

Fresh

PROUDLY CANADIAN

Spooktacular Deals!



14⁹⁹

KITKAT, AERO, SMARTIES OR
COFFEE CRISP MINI BARS & CANDIES
485 G
21570808_EA



CHRISTIE CHIPS AHOY!, FUDGEE-O
OR OREO COOKIES
SELECTED VARIETIES
224-303 G
21358407_EA/21361508_EA

2⁹⁹



4⁴⁹

DR. OETKER RISTORANTE
OR CASA DI MAMA PIZZA
SELECTED VARIETIES, FROZEN
288-410 G
20296424001_EA/20852957_EA



ST. HUBERT OR SWISS CHALET
PIES OR DINNERS
SELECTED VARIETIES, FROZEN
470-800 G
20719334_EA/21047194_EA

6⁹⁹

RED BULL ENERGY DRINK
250 ML OR MONSTER
ENERGY DRINK 473 ML
SELECTED VARIETIES
20702466_EA/20938249_EA

2⁷⁹



SEE OUR FLYER ONLINE
VISIT FRESHMART.CA

FROM THURSDAY, OCTOBER 22ND TO
WEDNESDAY, OCTOBER 28TH, 2026



2²⁹

**UNICO CANNED TOMATOES 796 ML
OR BARILLA PASTA 340/410 G
SELECTED VARIETIES**

20314629001_EA/21404975_EA



**BETTY CROCKER CAKE MIX OR
FROSTING 340-450 G OR CARNATION
EVAPORATED MILK 354 ML
SELECTED VARIETIES**

20896887_EA/21547834_EA

2⁴⁹



2/\$7
OR
\$3.50 EA.

**OLD DUTCH POTATO OR DUTCH CRUNCH
CHIPS 200/220 G OR HUMPTY DUMPTY
SNACKS 250-290 G
SELECTED VARIETIES**

21367553_EA/21733143_EA



**LIBERTÉ GREEK OR MÉDITERRANÉE
YOGURT 650-900 G OR DEL MONTE JUICE
OR JUICE BLEND 2.5 L
SELECTED VARIETIES**

20642273_EA/21595736_EA

6⁹⁹

Freshmart®

PROUDLY CANADIAN

SuperValu®
value and freshness

SHOP EASY®
F · O · O · D · S



7⁴⁹

JANES PUB STYLE BREADED CHICKEN
SELECTED VARIETIES, FROZEN
700 G

21191828_EA/21191827_EA

8⁹⁹
LB

BEEF BONELESS BLADE ROAST*
19.82/KG

20797470_KG



4⁹⁹

JUMBO PUMPKINS
PRODUCT OF CANADA
EACH



3⁴⁹

FARMER'S MARKET™ PEPPERS
PRODUCT OF CANADA
4'S



5⁴⁹

PC® DELI CHEESE BLOCKS 250 G
OR FETA 400 G
SELECTED VARIETIES

20219690_EA/20770652_EA



7⁹⁹

FARMER'S MARKET™ PIES
SELECTED VARIETIES
580 G-1 KG

21297365_EA/21297367_EA



5⁴⁹

NO NAME® BUTTER
SELECTED VARIETIES
454 G

20325029_EA



2/^{\$}7
OR
\$3.50 EA.

KELLOGG'S CEREAL 210-355 G
OR SILK NON-DAIRY BEVERAGES 1.75-1.89 L
SELECTED VARIETIES

20308979_EA/21450814_EA



5⁴⁹

CHAPMAN'S PREMIUM ICE CREAM, FROZEN
YOGURT, SORBET 2 L OR SUPER NOVELTIES
8-20'S

SELECTED VARIETIES, FROZEN

20111532_EA/20323573001_EA



1⁷⁹

CAMPBELL'S BROTH
SELECTED VARIETIES
250/900 ML

20322348002_EA/21347223_EA



4⁹⁹

ROGERS SUGAR
4 KG

20171831_EA



15⁹⁹

ROOSTER® JASMINE OR CALROSE RICE
8 KG

20121871_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SESV 1

Freshmart®

PROUDLY CANADIAN



7⁴⁹

JANES PUB STYLE BREADED CHICKEN
SELECTED VARIETIES, FROZEN
700 G

21191828_EA/21191827_EA

8⁹⁹
LB

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19.82/KG

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580 G-1 KG

21297365_EA/21297367_EA



5⁴⁹

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454 G

20325029_EA



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20111532_EA/20323573001_EA



1⁷⁹

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250/900 ML

20322348002_EA/21347223_EA



4⁹⁹

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4 KG

20171831_EA



15⁹⁹

ROOSTER® JASMINE OR CALROSE RICE
8 KG

20121871_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SES V 1

FRUITS & VEGETABLES



5⁹⁹

ROMAINE HEARTS
PRODUCT OF
CANADA OR U.S.A.
3'S

3⁴⁹

BROCCOLI
PRODUCT OF U.S.A.
EACH

5⁴⁹

NO NAME®
NATURALLY
IMPERFECT™
MIXED PEPPERS
PRODUCT OF
WESTERN PROVINCES
2.5 LB



3⁹⁹

BLACKBERRIES OR RASPBERRIES,
PRODUCT OF MEXICO OR
BLUEBERRIES, PRODUCT OF PERU
HALF PINT



2⁹⁹
LB

HAMI MELONS
PRODUCT OF U.S.A., MEXICO OR BRAZIL
6.59/KG



5⁹⁹

FARMER'S MARKET™ MANDARIN
PRODUCT OF PERU OR SOUTH AFRICA
3 LB



8⁷⁹

PC® ORGANICS APPLES
PRODUCT OF U.S.A. OR CANADA,
SELECTED VARIETIES
3 LB



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LEMONS, PRODUCT OF SOUTH AFRICA
OR LIMES, PRODUCT OF MEXICO
EACH



4²⁹

MANN'S SNAP PEAS 227 G OR SNOW
PEAS 170 G, PRODUCT OF U.S.A OR
SWISS CHARD, RED OR GREEN,
PRODUCT OF U.S.A. OR CANADA



4⁴⁹

PC® TOMATO CHERRY MIXIANY
PRODUCT OF CANADA
340 G



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AVOCADO
PRODUCT OF MEXICO
EACH

BAKERY



2⁹⁹

PC® PIZZA CRUSTS 440 G OR
SURAJ® NAAN BREADS 500 G
SELECTED VARIETIES
21050380_EA/21416545_EA



3⁴⁹

COUNTRY HARVEST BREAD
600-650 G OR BAGELS 450 G
SELECTED VARIETIES
21178597_EA/21178962_EA



4⁹⁹

QUINN'S SWISS ROLLS 400 G
OR FARMER'S MARKET™
BUTTER TARTS 510 G
SELECTED VARIETIES
21392547_EA/21721791_EA



12⁹⁹

SUGAR PLUM CAKES 950 G, PC® CAKES
553 G OR FARMER'S MARKET™
BAR CAKES 675-770 G
SELECTED VARIETIES
20794594_EA/21500612_EA

DAIRY & REFRIGERATED



2⁹⁹

YOPLAIT SOURCE,
TUBES OR MINIGO YOGURT
SELECTED VARIETIES
360-630 G
21391318001_EA/21547587_EA



3⁴⁹

PILLSBURY REFRIGERATED DOUGH
383-496 G OR KOZY SHACK PUDDING
624 G/4 X 113 G
SELECTED VARIETIES
20318034001_EA/20323829001_EA



3⁷⁹

GAY LEA REAL WHIPPED CREAM
SELECTED VARIETIES
225 G
20048223001_EA/20048223002_EA



14⁹⁹

NO NAME® SHREDDED CHEESE
CLUB SIZE, SELECTED VARIETIES
900 G
20142980_EA/20317943_EA

MEAT & SEAFOOD

PREPARED
IN STORE



9⁹⁹
LB

**FRESH BONELESS
BEEF STEWING CUBES
OR BLADE STEAK***
22.02/KG

3⁴⁹
LB

**PORK COMBINATION
CHOPS SIRLOIN AND
RIB PORTION
BONE-IN,
CUT IN-STORE**
7.69/KG
20822343_KG

5⁹⁹
LB

**CHICKEN BREASTS
BONE-IN, SKIN-ON
OR SPLIT
CHICKEN WINGS
FAMILY SIZE**
13.21/KG
20113612_KG/20761916_KG



7⁹⁹

**PC® BLUE MENU® GROUND
CHICKEN OR MINCED TURKEY**
454 G
21100091_EA/21100092_EA



11⁹⁹

**PC® SEASONED PORK CARNITAS
900 G OR MAPLE APPLE
LOIN ROAST 730 G
SELECTED VARIETIES**
21603108_EA/21603234_EA



5⁴⁹

**SCHNEIDERS BLUE RIBBON
BOLOGNA
SELECTED VARIETIES**
375 G
21738857_EA



7⁹⁹

**GRIMM'S SMOKIES™ OR WIENERS
SELECTED VARIETIES**
375/450 G
20709755_EA/20709991_EA



13⁹⁹

**PINTY'S FROZEN CHICKEN WINGS
OR THIGHS
SELECTED VARIETIES, FROZEN**
700-730 G
21699629_EA/21703423_EA



14⁹⁹

**PC® OR BLUE MENU®
SHEPHERD'S PIE
SELECTED VARIETIES, FROZEN**
900 G
20003749_EA



5⁹⁹

**SEAQUEST® RAW OR COOKED
WHITE SHRIMP
SELECTED VARIETIES, FROZEN**
36-55 PER LB, 300 G
21636326_EA/21636352_EA



21⁹⁹

**IFC SEAFOOD CANADIAN
SNOW CRAB CLUSTERS
FROZEN**
500 G
21615011_EA

DELI MEAT & CHEESE



2²⁹
/100 G

**ZIGGY'S®
PASTRAMI OR CORNED BEEF
SELECTED VARIETIES, SLICED**
21020569_KG



6⁴⁹

**MAPLE LEAF NATURAL SELECTIONS
SLICED OR SHAVED DELI MEAT
SELECTED VARIETIES**
175 G
20065285_EA/20066495_EA



5⁹⁹

**TRE STELLE BOCCONCINI,
RICOTTA OR HALLOUMI
SELECTED VARIETIES**
200/475 G
20093652_EA/20318663_EA



6⁴⁹

**PC® GOAT CHEESE LOGS
SELECTED VARIETIES**
300 G
21722528_EA/21722633_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SESV 3

GROCERY

4²⁹

BEATRICE MILK 2 L OR DAIRYLAND MILK
1.89/2 L
SELECTED VARIETIES
20081444_EA/20963512_EA

3⁹⁹

NO NAME® MARGARINE 907 G OR PROCESSED CHEESE SLICES 400 G
20104196_EA/21220995_EA

6⁹⁹

PC® SOFT DRINKS
SELECTED VARIETIES
12 X 355 ML
20218887027_C12
20690671002_C12

3⁴⁹

KELLOGG'S EGGO WAFFLES
SELECTED VARIETIES, FROZEN
270-330 G
20302779_EA

4⁹⁹

MCCAIN FRENCH FRIES
SELECTED VARIETIES, FROZEN
1.5 KG
20799761_EA

7⁹⁹

POGO CORN DOGS
SELECTED VARIETIES, FROZEN
600/750 G
20053302001_EA

6⁴⁹

MONTELLIER SPARKLING WATER
10 X 355 ML OR BUBLY SPARKLING WATER 12 X 355 ML
SELECTED VARIETIES
21096704_C10/21508926_C12

5⁷⁹

HERSHEY'S CHIPITS
SELECTED VARIETIES
200-270 G
21452844_EA

5⁹⁹

SMUCKER'S JAMS
SELECTED VARIETIES
310-500 ML
20308043001_EA/20308043003_EA

5²⁹

NATURE'S PATH ORGANIC CEREAL OR GRANOLA
SELECTED VARIETIES
300-400 G
20311234001_EA/20311234002_EA

12⁹⁹

TIM HORTONS ROAST AND GROUND COFFEE 300 G OR PODS 10/12'S, SELECTED VARIETIES
20902294_EA/20902453_EA

3²⁹

FIBRE 1 BARS OR BROWNIES
125/175 G OR NATURE VALLEY GRANOLA BARS OR BISCUITS
148-190 G
SELECTED VARIETIES
20587504001_EA/21714074_EA

4²⁹

LECLERC CÉLÉBRATION COOKIES
SELECTED VARIETIES
200-350 G
21680155_EA/21721385_EA

4⁹⁹

CHRISTIE RITZ, PREMIUM PLUS, TRISCUIT, WHEAT THINS OR TOPPABLES CRACKERS
SELECTED VARIETIES
350-481 G
21109004_EA/21189848_EA

4/\$9
OR \$2.25 EA.

HERSHEY'S, NESTLÉ, MARS OR CADBURY KING SIZE CHOCOLATE BARS
SELECTED VARIETIES
50-93 G
20574273_EA/20691451_EA/21671941_EA/20686572005_EA

2⁷⁹

NO NAME® PURE WHITE VINEGAR
CLUB SIZE
4 L
20102756_EA

2⁷⁹

UNICO OLIVES OR JALAPEÑO PEPPERS
SELECTED VARIETIES
375 ML
20100854_EA/20324873001_EA

3⁴⁹

FRENCH'S MUSTARD 325/400 ML OR TABASCO HOT SAUCE 57 ML
SELECTED VARIETIES
20037570_EA/20083238_EA

10⁴⁹

PC® SPLENDIDO® OLIVE OIL
1 L
20081865_EA

4⁴⁹

LYSOL MULTI SURFACE CLEANER 1.2 L, BATHROOM AEROSOL 538-680 G
SELECTED VARIETIES
20309873001_EA/20310677001_EA

21⁹⁹

PC® BATHROOM TISSUE
CLUB SIZE
30=100 ROLLS
21450846_EA

8⁹⁹

MILK-BONE SOFT & CHEWY DOG TREATS 708 G OR WHISKAS DRY CAT FOOD 1.5/2 KG
SELECTED VARIETIES
20018670_EA/21588944_EA

9⁹⁹

PC® NUTRITION FIRST® DOG FOOD
SELECTED VARIETIES
2 KG
21304456_EA/21305518_EA

Grocery Essentials



6⁷⁹

NO NAME® FROZEN VEGETABLES
CLUB SIZE, SELECTED VARIETIES, FROZEN
2 KG

20316388_EA

12⁹⁹

HIGH LINER PAN-SEAR SELECTS
OR SIGNATURE CUTS FISH FILLETS
SELECTED VARIETIES, FROZEN
425-540 G

21186254_EA



5⁹⁹

FRUIT RIOT! SOUR CANDY
COATED FRUIT
SELECTED VARIETIES,
FROZEN, 170 G

21653869_EA/21739660_EA

5⁴⁹

PC® PUFF OR PHYLLO
PASTRY
SELECTED VARIETIES,
FROZEN
450/454 G

21288850_EA/21288853_EA

2⁹⁹

ALANI OR CELSIUS
ENERGY DRINKS
SELECTED VARIETIES
355 ML

21576458_EA/21598247_EA



4⁴⁹

QUE PASA ORGANIC
TORTILLA CHIPS 156-350 G,
POPCORNERS POPPED-
CORN CHIPS 142 G OR
POPTASTIC POPCORN 130 G
SELECTED VARIETIES

21031316_EA/21370205_EA

1⁴⁹

NO NAME® RICE CRACKERS
100 G OR BREADSTICKS,
CRACKERS OR PRETZELS
AND CHEESE SNACKS
3 X 28/29 G
SELECTED VARIETIES

20297188003_EA/20889882_EA

2⁹⁹

ALLEN'S JUICE
OR NO NAME® COCKTAILS
SELECTED VARIETIES
8 X 200 ML

20315996002_EA/21717594_EA



4⁹⁹

NUTELLA SPREAD
375 G OR B-READY
SNACK BARS 132 G
SELECTED VARIETIES

20435988_EA/21457401_EA

3⁹⁹

ROBIN HOOD QUICK,
LARGE FLAKE
OR MINUTE OATS
SELECTED VARIETIES
1 KG

20893369_EA/20893370_EA

4⁴⁹

PEPSI SOFT DRINKS
SELECTED VARIETIES
6 X 222 ML

20857560002_C06/20857560004_C06



4⁷⁹

EXCEL, JUICY FRUIT
OR HUBBA BUBBA
GUM BOTTLES
SELECTED VARIETIES
40-60 PIECE

20310919003_EA/20310919002_EA

4/\$5
OR
\$1.25 EA.

JELL-O JELLY POWDER
OR PUDDING MIX
SELECTED VARIETIES
9.1-85 G

20317293001_EA

3⁹⁹

PC® OR BLUE MENU®
SALAD DRESSING
OR VINAIGRETTE
SELECTED VARIETIES
350/475 ML

21020952_EA/21072467_EA



7⁴⁹

CLOVER LEAF
SOCKEYE SALMON
213 G

21314811_EA

3⁹⁹

PC® OR BLUE MENU®
KETCHUP 750 ML/1 L
OR PC® ORGANICS
SAUERKRAUT 473 ML
SELECTED VARIETIES

20090124_EA/21355242_EA

4⁴⁹

PC® TACO KITS 427 G
OR SALSA 430/650 ML
SELECTED VARIETIES

20295845002_EA/20309646002_EA

Freshmart[®]

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Spooktacular Deals!



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485 G
21570808_EA



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