

Fresh

PROUDLY CANADIAN



President's Choice®



6⁴⁹

PC® PACIFIC WHITE SHRIMP
SELECTED VARIETIES, FROZEN
31-40/LB, 400 G

20789931_EA/20791381_EA



**PC® BREAKFAST SAUSAGE
OR FLAVOURED BACON**
SELECTED VARIETIES
375 G

21584308_EA/21738792_EA

4⁹⁹



5⁹⁹

**PC® CHEESE BARS
OR SHREDDED CHEESE**
SELECTED VARIETIES
250-400 G

21060183_EA/21333360_EA



PC® FROZEN FRUIT
SELECTED VARIETIES, FROZEN
300-600 G

20312227_EA/21289947_EA

3⁹⁹



6⁹⁹

PC® CHOCOLATE COVERED NUTS OR FRUIT
SELECTED VARIETIES
200-400 G

20000356_EA/20308219_EA



**SEE OUR FLYER ONLINE
VISIT FRESHMART.CA**

**FROM THURSDAY, OCTOBER 29TH TO
WEDNESDAY, NOVEMBER 4TH, 2026**

NOVEMBER

**HIT
OF THE
MONTH**



\$5

Fruit of the Loom
Men's or Women's, 3 pk socks
Selected varieties



\$2.50

🍁 Made in Canada

Pillsbury Pizza Pops 4's
Frozen
Selected varieties



\$1.88

🍁 Prepared in Canada

Christie Mini Cookies
Selected varieties, 144 - 200 g



\$3

Cook's Boneless Ham Steak
227 g

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. Offer valid November 1st - 30th, 2026 while quantities last. We reserve the right to limit quantities to reasonable family requirements. See in store for limits. No rainchecks.

Freshmart®

PROUDLY CANADIAN

SuperValu®
value and freshness

SHOP EASY®
F · O · O · D · S



3.49
LB

WHOLE CHICKEN
7.69/KG
20654705_KG



11.99
LB

FRESH BEEF STRIPLOIN ROAST OR STEAK*
26.43/KG
21672237_KG



4.99

FARMER'S MARKET™ POTATOES OR CARROTS, SELECTED VARIETIES OR COUNTRY FRESH BEETS
PRODUCT OF CANADA
10 LB



5.99

FARMER'S MARKET™ MANDARINS
PRODUCT OF SOUTH AFRICA
3 LB



7.99

FREYBE PEPPERETTES 500 G OR ROMA PEPPERONI CLUB PACK 900 G
SELECTED VARIETIES
21217461_EA



5.99

FARMER'S MARKET™ MUFFINS
SELECTED VARIETIES
500-600 G
21283357_EA/21283360_EA



3.49

ACTIVIA YOGURT TUBS 650 G, OÏKOS GREEK OR TWO GOOD YOGURT 4 X 95/100 G OR DANINO DRINKABLE YOGURT 6 X 93 ML
SELECTED VARIETIES

20325132003_EA/20903842003_EA



4.99

DR. OETKER GIUSEPPE PIZZERIA PIZZA
SELECTED VARIETIES, FROZEN
480-785 G

20904584_EA/21106360_EA



4.99

HEINZ KETCHUP 750 ML-1 L OR KRAFT MIRACLE WHIP SPREAD 650/890 ML
SELECTED VARIETIES

20069080_EA/20298681001_EA



4/\$5
OR \$1.25 EA.

NO NAME® TUNA 85/170 G, SARDINES 106 G OR CONDENSED SOUP 284 ML
SELECTED VARIETIES

20252539_EA/20521648_EA



2.39

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS
SELECTED VARIETIES
2 L

20296926002_EA/20316026002_EA



4.49

PURE LIFE NATURAL SPRING WATER
24 X 500 ML

20060696_C24

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SESV 1

Freshmart®

PROUDLY CANADIAN



3.49
LB

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20654705_KG



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LB

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3 LB



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21217461_EA



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500-600 G
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20325132003_EA/20903842003_EA



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SELECTED VARIETIES, FROZEN
480-785 G

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20296926002_EA/20316026002_EA



4.49

PURE LIFE NATURAL SPRING WATER
24 X 500 ML

20060696_C24

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SES V 1

FRUITS & VEGETABLES



2⁹⁹_{LB}

RED, YELLOW, ORANGE OR GREEN SWEET PEPPERS
PRODUCT OF QUEBEC
6.59/KG



1⁶⁹_{LB}

ROMA OR GREENHOUSE RED TOMATOES
PRODUCT OF CANADA
3.73/KG



3⁴⁹

CELERY
PRODUCT OF U.S.A. OR MEXICO
EACH



7⁹⁹

FARMER'S MARKET™ HONEYCRISP APPLES
PRODUCT OF WESTERN PROVINCES
5 LB



.⁹⁹

SHARONI PERSIMMONS
PRODUCT OF U.S.A.
EACH



1⁴⁹

ENGLISH CUCUMBER
PRODUCT OF WESTERN PROVINCES
EACH



6⁷⁹

SUNGOLD KIWI
PRODUCT OF NEW ZEALAND
1 LB



5⁴⁹

STRAWBERRIES
PRODUCT OF MEXICO OR U.S.A.
1 LB



7⁴⁹

NO NAME® NATURALLY IMPERFECT™ AVOCADO
CLUB SIZE, PRODUCT OF MEXICO
2.2 LB



2⁹⁹_{LB}

BRUSSELS SPROUTS
PRODUCT OF CANADA
6.59/KG



4⁴⁹

RENÉE'S SALAD DRESSINGS,
350-355 ML, SELECTED VARIETIES,
PRODUCT OF CANADA OR
PC® BABY SPINACH OR SPRING MIX
312 G, PRODUCT OF U.S.A.

BAKERY



3²⁹

WONDER BREAD
SELECTED VARIETIES
570 G
20305674_EA/20310409_EA



4⁴⁹

FURLANI TEXAS TOAST 638 G OR
D'ITALIANO GARLIC TOAST 325 G
SELECTED VARIETIES, FROZEN
20291572_EA/21552105_EA



6⁹⁹

FARMER'S MARKET™ COFFEE CAKE
SELECTED VARIETIES
750 G
21707339_EA/21707345_EA



11⁹⁹

PC® CHEESECAKES
SELECTED VARIETIES, FROZEN
600 G
20318102_EA/21609491_EA

DAIRY & REFRIGERATED



2⁹⁹

MINUTE MAID OR FRUITOPIA BEVERAGES
SELECTED VARIETIES
1.54/1.75 L
20347440001_EA/21434122_EA



3⁹⁹

PC® KEFIR
SELECTED VARIETIES
1 L
20840914003_EA/20939815_EA



3⁹⁹

LACTANTIA OR DAIRYLAND CREAM
SELECTED VARIETIES
473 ML-1 L
20073927_EA/21443531_EA



7²⁹

BLACK DIAMOND CHEESTRINGS
OR CHEESE STICKS
SELECTED VARIETIES
252/336 G
20763661_EA/20986474_EA

MEAT & SEAFOOD



8⁹⁹
LB

BEEF EYE OF ROUND MARINATING STEAK*
FAMILY SIZE
19.82/KG
20812702_KG

8⁹⁹
LB

CHICKEN BREAST FILLETS
CLUB SIZE
19.82/KG
20695348_KG



4⁹⁹
LB

PORK TENDERLOIN
FRESH,
CRYOVAC PACKAGE
2'S
11.00/KG
20520970_KG

7⁹⁹

GRASS-FED MEDIUM GROUND BEEF
450 G
21757159_EA



3⁴⁹

NO NAME® ORIGINAL HOT DOGS
450 G
20002786_EA



5⁹⁹

BUTTERBALL TURKEY BACON 375 G,
MAPLE LODGE FARMS CHICKEN BACON-STYLE 375 G OR ULTIMATE CHICKEN WIENERS 900 G
SELECTED VARIETIES
20016865_EA/20671791_EA



16⁹⁹

BUTCHER'S CHOICE® SAUSAGES
CLUB SIZE, SELECTED VARIETIES
1.45 KG
21218159_EA



15⁹⁹

PC® PORK BACK RIBS 680 G OR CHICKEN WINGS 800-907 G
SELECTED VARIETIES, FROZEN
20071715_EA/20708932_EA



16⁹⁹

PC® BREADED CHICKEN BREAST STRIPS
SELECTED VARIETIES, FROZEN
907 G
21163498_EA



6⁹⁹

SEAQUEST® PINK SALMON FILLETS
FROZEN
400 G
21314740_EA



12⁹⁹

PC® SMOKED SOCKEYE SALMON
FROZEN
150 G
20055009_EA

DELI MEAT & CHEESE



1²⁹
/100 G

ZIGGY'S® HAM DELI SERVICE CASE
SELECTED VARIETIES
20320534_KG

4⁴⁹

PC® DELI CHEESE SLICES
SELECTED VARIETIES
140-170 G
20250268_EA/20250947_EA

5⁹⁹

HENRI WILLIG GOUDA 200 G OR IRISH CHEDDAR 150-200 G
SELECTED VARIETIES
21345050_EA/21737902_EA

8⁹⁹

OLIVIERI PASTA
SELECTED VARIETIES
500-700 G
20311594_EA/20915834_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

GROCERY



PREPARED IN CANADA

2⁴⁹

NO NAME® SOUR CREAM
SELECTED VARIETIES
500 ML
20299657_EA



PREPARED IN CANADA

6⁹⁹

PC® ORANGE JUICE
2.5 L OR SIGGI'S SKYR
YOGURT 650/750 G
SELECTED VARIETIES
21353892_EA/21531644_EA



4⁹⁹

NO NAME® WINDSHIELD WASHER FLUID
3.78 L
20720431_EA



2⁴⁹

CAVENDISH FARMS CLASSIC FRIES
SELECTED VARIETIES,
FROZEN
800 G
21559976_EA



3⁴⁹

PC® OR BLUE MENU® FROZEN ENTRÉES
SELECTED VARIETIES,
FROZEN
214-365 G
20309869_EA/20312253001_EA



4⁹⁹

BEN & JERRY'S ICE CREAM OR NON-DAIRY FROZEN DESSERT
SELECTED VARIETIES,
FROZEN, 473 ML
21428403_EA/21428818_EA



2⁴⁹

PC® 100% JUICE 1 L OR FRUITÉ DRINKS 2 L
SELECTED VARIETIES
20109062_EA/21622812_EA



7⁴⁹

GATORADE SPORTS DRINK
SELECTED VARIETIES
6 X 591 ML
20303218003_C06



7⁹⁹

KRAFT PIZZA KIT 850 G OR GRATED PARMESAN CHEESE 250 G
SELECTED VARIETIES
20013009001_EA/21528135_EA



2⁹⁹

ROGERS BROWN, YELLOW OR ICING SUGAR
SELECTED VARIETIES
900 G/1 KG
20087098_EA



6⁴⁹

BONNE MAMAN JAM, SPREAD OR CURD
SELECTED VARIETIES
250-280 ML/360-380 G
20307313001_EA



6⁴⁹

GENERAL MILLS CEREAL FAMILY SIZE
SELECTED VARIETIES
455-778 G
21103503_EA/21213661_EA



13⁴⁹

MCCAFÉ GROUND COFFEE
290/300 G OR PODS 10/12'S
SELECTED VARIETIES
21238598_EA/21721681_EA



2²⁹

SNACK PACK PUDDING CUPS
SELECTED VARIETIES
4 X 99 G
20310707001_EA/20310707004_EA



3²⁹

DARE WHIPPET OR ULTIMATE COOKIES
SELECTED VARIETIES
250-300 G
20783328004_EA/20863158_EA/20974349_EA



2⁷⁹

PRINGLES POTATO CHIPS
SELECTED VARIETIES
148-156 G
21002466_EA/21003833_EA



2⁴⁹

CHEF BOYARDEE CANNED PASTA
418-425 G OR AYLMER CANNED TOMATOES 540 ML
SELECTED VARIETIES
20312500002_EA/21207613_EA



2⁷⁹

HEINZ BEANS OR PASTA
SELECTED VARIETIES
398 ML
20040380003_EA/20177278006_EA



3⁹⁹

VH SAUCES 341-380 ML OR TILDA WHITE RICE 907 G
SELECTED VARIETIES
21127163_EA/21689592_EA



11⁴⁹

MAZOLA OIL
SELECTED VARIETIES
2.84 L
20092556_EA



7⁹⁹

CHARMIN BATH TISSUE 8 TRIPLE ROLLS OR BOUNTY PAPER TOWELS 3 ROLLS
SELECTED VARIETIES
21670159_EA/21707477_EA



8⁹⁹

PUREX LIQUID LAUNDRY DETERGENT
SELECTED VARIETIES
1.75/1.94 L
21737503_EA



4/\$5
OR \$1.25 EA.

WHISKAS PERFECT PORTIONS WET CAT FOOD
SELECTED VARIETIES
75/100 G
21011523_EA



2/\$3
OR \$1.50 EA.

CESAR WET DOG FOOD
SELECTED VARIETIES
100 G
20323206007_EA

Freshmart

SuperValu Value and freshness **SHOP EASY** Plan O G P S

Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. **Pricing:** All references to any savings claims (ie. "Save", "Was", "1/2 Price", etc.) is in comparison to our lowest regular retail prices at Freshmart locations. **Savings on items shown may vary in each store location.** Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. Prices not applicable At-The-Pumps gas bar locations. ®/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaw's Inc. and others. All rights reserved. © 2026 Loblaw's Inc.

proudly Canadian



Everyday Essentials

BAGEL BITES
SELECTED VARIETIES,
FROZEN
198 G
20213483001_EA

2⁴⁹



**PC® BREADED
OR BATTERED FISH**
SELECTED VARIETIES,
FROZEN
500-680 G
21637039_EA

9⁹⁹



5⁴⁹

**SCHNEIDERS BREAKFAST
SANDWICH OR EGG BITES**
SELECTED VARIETIES, FROZEN
204-288 G
21623060_EA/21623533_EA

**PC®
CRANBERRY COCKTAILS**
1.89 L
20307025001_EA

3⁹⁹



3⁹⁹

**OASIS JUICE,
HYDRAFRUIT,
ARIZONA ICED TEA
OR DEL MONTE NECTAR**
SELECTED VARIETIES
8 X 200 ML
20315764002_EA



2⁷⁹

**CHRISTIE TRISCUIT, RITZ, WHEAT
THINS OR CRISPERS** 145-200 G,
DARE BRETON, VINTA OR VEGGIE
CRISPS CRACKERS 100-225 G
SELECTED VARIETIES
20313040001_EA/21033184_EA



2⁷⁹

CHEEZ-IT CRACKERS
SELECTED VARIETIES
191/200 G
21214560_EA



4²⁹

PEARL MILLING COMPANY
PANCAKE & WAFFLE MIX 905 G
OR SYRUP 710 ML
SELECTED VARIETIES
21384609_EA/21391619_EA



4⁴⁹

PC® OR PC® BLUE MENU® GRANOLA
OR CEREAL 300-475 G **OR KRAFT**
SMOOTH PEANUT BUTTER 500 ML
SELECTED VARIETIES
21315332_EA/20132369001_EA



2⁹⁹

ANNIE'S MAC & CHEESE
SELECTED VARIETIES
149-170 G
20316187001_EA/20326517002_EA



1²⁹

**PC® OR BLUE MENU®
SPARKLING WATER**
SELECTED VARIETIES
20162061004_EA/20320832002_EA/21185641_EA



5⁴⁹

**HERSHEY'S OR CADBURY'S
CHOCOLATE SNACKS POUCHES**
SELECTED VARIETIES
138-290 G
20737738_EA/21079668_EA



6⁴⁹

BAKER'S CHOCOLATE BAKING BARS
SELECTED VARIETIES
170/225 G
20316019001_EA



2⁷⁹

LA MOLISANA PASTA 450 G
OR HUNT'S PASTA SAUCE 680 ML
SELECTED VARIETIES
20296852001_EA/20303498012_EA/20889657_EA



3⁴⁹

NO NAME® OLIVES
SELECTED VARIETIES
375-398 ML
20322176_EA/20323294_EA



3⁹⁹

NO NAME® ARTICHOKE HEARTS 398 ML,
SWEET GREEN RELISH 750 ML
OR REAL BACON BITS 85 G
SELECTED VARIETIES
20053787_EA/20159354_EA



3⁹⁹

SWEET BABY RAY'S BBQ SAUCE
425 ML **OR NO NAME® CHILI SAUCE**
445 ML
SELECTED VARIETIES
20316609001_EA/20683482_EA

COUGH & COLD



3⁷⁹

HALLS LOZENGES
SELECTED VARIETIES
25-30'S
20315680013_EA



7⁴⁹

VICKS VAPORUB
57 ML/50 G
21114321_EA



8⁴⁹

LISTERINE CLASSIC MOUTHWASH
SELECTED VARIETIES
1 L
21091207_EA



9⁹⁹

BENLYN DM DRY COUGH XS
SELECTED VARIETIES
100 ML
20315180001_EA



**WANTA FANTA?
RUN FOR IT.**



1⁷⁹*

POWERADE® beverages
selected varieties
710 mL
21520551_EA



4⁹⁹*

Coca-Cola® beverages
selected varieties
6 x 222 mL
20354288002_C06



2²⁹*

Glacéau vitaminwater® beverages
selected varieties
591 mL
21671331_EA



4⁹⁹*

**CORE POWER® high protein
milk shake**
selected varieties
414 mL
21731564_EA

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*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less.

The trademarks that appear are the property of their respective trademark owners.

no name®

bake with no name® at low prices

NO NAME®
BAKING CRUMBS
SELECTED VARIETIES
400 G
20323233_EA

3²⁹



4⁹⁹

NO NAME®
SEMI-SWEET CHOCOLATE CHIPS
270 G
21743791_EA

NO NAME®
GLACE CHERRIES
OR FRUIT MIX
SELECTED VARIETIES
450 G
20114653_EA

5⁷⁹



1⁴⁹

NO NAME® BAKING CUPS
SELECTED VARIETIES
50'S
21670182_EA/21670184_EA



2⁴⁹

NO NAME® FOILWARE
SELECTED VARIETIES
EACH
20869961_EA/20870530_EA



2⁹⁹

NO NAME®
ALUMINUM FOIL 50 FT OR
PARCHMENT PAPER 10 M
SELECTED VARIETIES
EACH
21375917_EA/21119987_EA



3⁹⁹

NO NAME®
PLASTIC WRAP
90 M
20099511_EA



1⁹⁹

NO NAME® GRAHAM
CRACKER PIE CRUST
170 G
21213760_EA



2⁷⁹

NO NAME® COCONUT
SELECTED VARIETIES
200 G
20325160001_EA



2⁷⁹

NO NAME®
MARSHMALLOWS
SELECTED VARIETIES
400 G
20304672002_EA



2⁹⁹

NO NAME® ALMONDS
OR WALNUTS
SELECTED VARIETIES
100 G
20127455001_EA/20617491_EA

NO NAME®
VANILLA EXTRACT
125 ML
20430176_EA

2⁴⁹



NO NAME®
MARASCHINO CHERRIES
375 ML
20050959_EA

3⁷⁹



NO NAME®
DRIED FRUIT
SELECTED VARIETIES
375 G
20648026_EA

3⁹⁹



4⁹⁹

NO NAME® PIE FILLING 540 ML
OR PURE PUMPKIN 796 ML
SELECTED VARIETIES
21662314_EA

NO NAME® FLOUR
SELECTED VARIETIES
2.5 KG
20013256_EA

3⁷⁹



3⁹⁹

NO NAME®
SHORTENING OR LARD
SELECTED VARIETIES
454 G
20120854_EA/20129484_EA

NO NAME®
BAKING POWDER
450 G
20163323_EA

4⁹⁹



6²⁹

NO NAME®
COCOA POWDER
227 G
21467906_EA



Freshmart[®]

PROUDLY CANADIAN



President's Choice[®]



6⁴⁹

PC® PACIFIC WHITE SHRIMP
SELECTED VARIETIES, FROZEN
31-40/LB, 400 G

20789931_EA/20791381_EA



PC® BREAKFAST SAUSAGE
OR FLAVOURED BACON
SELECTED VARIETIES
375 G

21584308_EA/21738792_EA

4⁹⁹



5⁹⁹

PC® CHEESE BARS
OR SHREDDED CHEESE
SELECTED VARIETIES
250-400 G

21060183_EA/21333360_EA



PC® FROZEN FRUIT
SELECTED VARIETIES, FROZEN
300-600 G

20312227_EA/21289947_EA

3⁹⁹



6⁹⁹

PC® CHOCOLATE COVERED NUTS OR FRUIT
SELECTED VARIETIES
200-400 G

20000356_EA/20308219_EA



SEE OUR FLYER ONLINE
VISIT FRESHMART.CA

FROM THURSDAY, OCTOBER 29TH TO
WEDNESDAY, NOVEMBER 4TH, 2026