Fresh

PROUDLY CANADIAN

Game Night!



PREPARED IN CANADA

10.99

NO NAME® CHICKEN WINGS 908 G
OR **SWISS CHALET** OR **MONTANA'S PORK RIBS** 600/650 G
SELECTED VARIETIES, FROZEN
21022221_EA/21045313_EA



2.79

PC® OR **BLUE MENU® DIPS**
OR **NAAN DIPPERS**
SELECTED VARIETIES, 200-228 G
20583408_EA/20584097_EA/21092033_EA



2/$7
OR
$3.50 EA.

LAY'S POTATO CHIPS 177-235 G OR
TOSTITOS TORTILLA CHIPS 210-295 G
SELECTED VARIETIES
21050575_EA/21241032_EA



5.49

MCCAIN DEEP'N DELICIOUS CAKES
SELECTED VARIETIES, FROZEN
510 G
20310132003_EA



OCEAN SPRAY
COCKTAIL OR **JUICE**
OR **MOTT'S CLAMATO**
SELECTED VARIETIES
1.89 L
20300006008_EA/20318955002_EA

3.49

SEE OUR FLYER ONLINE
VISIT FRESHMART.CA

FROM THURSDAY, NOVEMBER 12TH TO WEDNESDAY, NOVEMBER 18TH, 2026

Hot Deals of the WEEK



2.49

POMEGRANATE
PRODUCT OF U.S.A.
EACH



PC® ORANGE JUICE
SELECTED VARIETIES
1.36 L
21717114_EA

4.49



4.49

OLD EL PASO DINNER KITS, TACO SHELLS OR **TORTILLA BOWLS**
SELECTED VARIETIES
153-510 G
20795468_EA/20819773_EA



HELLMANN'S REAL MAYONNAISE OR **DRESSING**
SELECTED VARIETIES
710-890 ML
20618579001_EA/20627339002_EA

6.49

Freshmart®

PROUDLY CANADIAN

SuperValu® value and freshness | SHOP EASY® F·O·O·D·S



2.49 LB

PORK COMBINATION CHOPS SIRLOIN AND RIB PORTION
BONE-IN, CUT IN-STORE
5.49/KG
20822322_KG/20822343_KG



5.99 LB

LEAN GROUND BEEF
FAMILY SIZE
13.21/KG
20874394_KG



1.99 LB

BEEFSTEAK TOMATOES
PRODUCT OF CANADA
4.39/KG



3.29

BLUEBERRIES,
PRODUCT OF MEXICO OR MOROCCO
OR **BLACKBERRIES,**
PRODUCT OF MEXICO OR U.S.A.
6 OZ



5.49

SEAQUEST® PACIFIC WHITE SHRIMP 300 G
OR **FROZEN BAY SCALLOPS** 400 G
SELECTED VARIETIES, FROZEN
21043887_EA/21558527_EA



2.99

WONDER BREAD
SELECTED VARIETIES
570 G
20305674_EA/20310409_EA



3.99

PHILADELPHIA CREAM CHEESE OR **DIPS** 227/250 G
OR **KRAFT SINGLES CHEESE SLICES** 410 G
SELECTED VARIETIES
20641267_EA/21188654_EA



4.49

DR. OETKER RISTORANTE OR **CASA DI MAMA PIZZA**
SELECTED VARIETIES, FROZEN
320-410 G
20296424001_EA/20852957_EA



11.79

TERRA OLIVE OIL
1 L
20729461_EA



8.29

COCA-COLA, CANADA DRY OR **PEPSI SOFT DRINKS**
SELECTED VARIETIES
12 X 355 ML
20318694002_C12/20322361002_C12



14.99

KICKING HORSE ORGANIC WHOLE BEAN COFFEE
SELECTED VARIETIES
454 G
20322468006_EA



6.99

ROYALE FACIAL TISSUE 6'S, **BATHROOM TISSUE** 9/12'S OR **PAPER TOWELS** 3'S
SELECTED VARIETIES
21363770_EA/21484702_EA

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

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



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BONE-IN, CUT IN-STORE
5.49/KG
20822322_KG/20822343_KG



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20874394_KG



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PRODUCT OF CANADA
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21043887_EA/21558527_EA



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20305674_EA/20310409_EA

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3.99

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20641267_EA/21188654_EA



4.49

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320-410 G
20296424001_EA/20852957_EA



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1 L
20729461_EA

11.79



8.29

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20318694002_C12/20322361002_C12



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454 G
20322468006_EA

14.99



6.99

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FRUITS & VEGETABLES



2.99 LB
BROCCOLI CROWNS
PRODUCT OF MEXICO OR U.S.A.
6.59/KG

4.99
CAULIFLOWER
PRODUCT OF MEXICO, U.S.A. OR CANADA
EACH

4.49
PC® MUSHROOMS
PRODUCT OF CANADA, SELECTED VARIETIES
454 G



5.49
CANTALOUPE, PRODUCT OF U.S.A., GUATEMALA OR HONDURAS
OR **PINEAPPLE,**
PRODUCT OF COSTA RICA OR MEXICO
EACH

7.49
BLUEBERRIES
PRODUCT OF MEXICO, U.S.A., CHILE, PERU, MOROCCO OR CANADA
12 OZ

7.99
NO NAME®
NATURALLY IMPERFECT™ APPLES
PRODUCT OF WESTERN PROVINCES
8 LB

1.29 LB
PC® ORGANICS BANANAS
PRODUCT OF ECUADOR, PERU OR GUATEMALA
2.84/KG



1.29 LB
ACORN, KABOCHA, BUTTERNUT
OR **SPAGHETTI SQUASH**
PRODUCT OF WESTERN PROVINCES
2.84/KG

6.49
STRAWBERRIES
PRODUCT OF U.S.A. OR MEXICO
1 LB

1.89 LB
SWEET POTATOES
PRODUCT OF CANADA
4.17KG

2.49 LB
CHESTNUTS
PRODUCT OF ITALY
5.49/KG

BAKERY



3.99
FARMER'S MARKET™ CUPCAKES
SELECTED VARIETIES
284/318 G
21635700_EA/21634742_EA

4.99
FARMER'S MARKET™ COOKIES
SELECTED VARIETIES
456 G
20566774_EA

5.99
LA BAGUETTERIE MICHE 600/800 G
OR **ACE ARTISAN ROLLS** 400-700 G
SELECTED VARIETIES
21166112_EA/21724898_EA

12.99
PC® FROZEN DESSERTS
SELECTED VARIETIES, FROZEN
490-730 G
21586363_EA/21713701_EA

DAIRY & REFRIGERATED



3.29
DAIRYLAND OR **FOREMOST**
SOUR CREAM
SELECTED VARIETIES
500 ML
20275966001_EA/20040329_EA

4.99
OLYMPIC ORGANIC
OR **KREMA YOGURT**
SELECTED VARIETIES
650 G
20316485005_EA/20588372001_EA

7.99
ACTIVIA YOGURT
SELECTED VARIETIES
12 X 100 G
20303412001_EA

7.49
NO NAME® STRINGABLE CHEESE
SELECTED VARIETIES
336 G
20765349_EA

MEAT & SEAFOOD



2.99 LB

FRESH PORK LOIN CENTRE-CUT CHOPS
BONE-IN, FAMILY SIZE
6.59/KG
20823075_KG



8.99 LB

FRESH CHICKEN BREASTS OR **THIGHS**
BONELESS, SKINLESS, FAMILY SIZE
19.82/KG
20028450_KG/20162170_KG



11.99 LB

BEEF BONELESS BLADE ROAST*
26.43/KG
20797470_KG



$14

NEW ZEALAND STRIPLOIN STEAK*
300 G
21624177_EA



8.99

LOU'S ENTRÉES
SELECTED VARIETIES, FROZEN
375/400 G
20078077_EA/20182404_EA



9.99

NO NAME® GARLIC SAUSAGE COIL 750 G OR **SMOKED SAUSAGES CLUB PACK** 900 G
SELECTED VARIETIES
20090793_EA/20734142_EA



17.99

PC® OLD-FASHIONED STYLE BACON
1 KG
20115704_EA



6.49

NO NAME® BREADED CHICKEN NUGGETS, BURGERS OR **STRIPS**
SELECTED VARIETIES, FROZEN
908 G
21178744_EA



8.99

NO NAME® MEATBALLS
SELECTED VARIETIES, FROZEN
680 G
21538491_EA



2.99

DOM SMOKED STEELHEAD SALMON 50 G OR **SEAQUEST® SURIMI** 227 G
SELECTED VARIETIES
20699832_EA/20792840_EA



7.99

SEAQUEST® FISH FILLETS OR **CALAMARI RINGS**
SELECTED VARIETIES, FROZEN
340/400 G
20027170_EA/20036614_EA

DELI MEAT & CHEESE



1.99 /100 G

ZIGGY'S® TURKEY OR **CHICKEN DELI SERVICE CASE**
SELECTED VARIETIES
20299046_KG/20299196_KG/20324673_KG



2.99

REESER'S SALADS
SELECTED VARIETIES
454 G
20962393_EA/20962394_EA



5.99

PC® BOCCONCINI, RICOTTA OR **GOAT CHEESE** 165-454 G OR **ZERTO PARMESAN** 140 G
SELECTED VARIETIES
20563140_EA/20546983_EA



7.49

PC® OR PC® BLACK LABEL CHEDDAR OR **HALLOOM CHEESE**
SELECTED VARIETIES, 200-250 G
20563213_EA/21678876_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

GROCERY



4.29

BECEL MARGARINE OR **PLANT BUTTER**
SELECTED VARIETIES
400/454 G
21279365_EA/21747653_EA



6.99

INTERNATIONAL DELIGHT ICED COFFEE 1.75/1.89 L OR **COLD FOAM** 369/396 G, **STARBUCKS ICED COFFEE** 1.18/1.42 L OR **COFFEE ENHANCER** 828 ML OR **STōK COLD BREW COFFEE** 1.42 L
SELECTED VARIETIES
21215530_EA/21358473_EA



2.29

NO NAME® DRINKS 2 L, **MAISON PERRIER** OR **SANPELLEGRINO SPARKLING WATER** 1 L
SELECTED VARIETIES
20320439003_EA/21718302_EA



10.99

PC® DE-ALCOHOLIZED BEER
SELECTED VARIETIES
12 X 355 ML
20121729_C12



5.99

KELLOGG'S EGGO WAFFLES
SELECTED VARIETIES, FROZEN
16'S
20099730004_EA



3.49

CAVENDISH FARMS PREMIUM FRIES
SELECTED VARIETIES, FROZEN
400-750 G
20318419001_EA



10.99

PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES, FROZEN
907 G-1.13 KG
20326534_EA



2.99

OLD EL PASO REFRIED BEANS 398 ML, **TACO SHELLS** 125-133 G OR **TORTILLAS** 297-334 G
SELECTED VARIETIES
20063108001_EA/20314171001_EA



4.49

PC® THE DECADENT® CHOCOLATE CHIPS OR **CHUNKS**
SELECTED VARIETIES
226-300 G
20430272_EA



3.29

QUAKER INSTANT OATMEAL
SELECTED VARIETIES
168-344 G
21190251_EA/21190266_EA



6.49

KELLOGG'S FAMILY SIZE CEREAL
SELECTED VARIETIES
450-650 G
21449784_EA/21651947_EA



12.79

STARBUCKS ROAST AND GROUND COFFEE 311-340 G OR **K-CUP PODS** 10'S
SELECTED VARIETIES
20547343001_EA/20548682004_EA



2.79

PC® MINI PITA, TWISTS OR **SCALLOPED CRACKERS**
SELECTED VARIETIES
100-225 G
21346817_EA/21380316_EA



3.49

DARE BRETON, VINTA CRACKERS OR **VEGGIE CRISPS** 100-225 G OR **GRISSOL BAGUETTES** OR **MELBA TOAST** 120-200 G
SELECTED VARIETIES
21520666_EA/21520701_EA



4.79

PC® COOKIES
SELECTED VARIETIES
100-350 G
20560089_EA/21524543_EA



3.49

TWIZZLERS 75-454 G, **DARE REALFRUIT** 350 G OR **JOLLY RANCHER CANDY** 283 G
SELECTED VARIETIES
20022328004_EA/21689823_EA/21232292_EA



1.79

UNICO BEANS 540 ML OR **GREEN GIANT VEGETABLES** 284-398 ML
SELECTED VARIETIES
20313447001_EA/21021222_EA



3.49

DOLE FRUIT
SELECTED VARIETIES
540 ML
21297531_EA/21484264_EA



1.99

ST. HUBERT SAUCES OR **GRAVY** 398 ML OR **SWISS CHALET SAUCE** OR **GRAVY** 284 ML
SELECTED VARIETIES
20322135003_EA/21080164_EA



4.99

FRANK'S REDHOT SAUCE 354 ML OR **FRENCH'S KETCHUP** 1 L
SELECTED VARIETIES
20187632001_EA/20835951_EA



6.99

GLAD GARBAGE BAGS 26-52'S OR **OLD DUTCH LAUNDRY DETERMENT** 4 L
SELECTED VARIETIES
21164518_EA/21467437_EA



6.99

NO NAME® FACIAL TISSUE
6'S
20971002_EA



1.09

PURINA FRISKIES WET CAT FOOD
SELECTED VARIETIES
156 G
20855828_EA



22.99

PURINA DOG CHOW 8 KG OR **PUPPY CHOW DRY DOG FOOD** 6.5 KG
20314190_EA/21520635_C01

Freshmart
Super Valu value and freshness | SHOP EASY FOODS

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 Loblaws Inc. and others. All rights reserved. © 2026 Loblaws Inc.

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Everyday Essentials



3.29

CHEEMO PEROGIES
SELECTED VARIETIES, FROZEN
815/907 G
20527641_EA



7.99

MCCAIN PIZZA POCKETS
SELECTED VARIETIES, FROZEN
540/600 G
21047833_EA



10.99

HEINEKEN 0.0% OR **CORONA CERO NON-ALCOHOLIC BEER**
SELECTED VARIETIES
6 X 330 ML
21099500_C06/21650191_C06



4.99

NO NAME® TART SHELLS 570 G OR **CHAPMAN'S SUPER PREMIUM PLUS ICE CREAM** 500 ML
SELECTED VARIETIES, FROZEN
20296118001_EA/21511147_EA



6.99

iÖGO FROZEN YOGURT
946 ML OR **BARS** 320/400 ML
SELECTED VARIETIES, FROZEN
21650572_EA/21654419_EA



3.49

HERSHEY'S, REESE'S OR **NESTLÉ CHOCOLATE TABLET BARS**
SELECTED VARIETIES
90-120 G
20683743_EA/21634718_EA
21648436_EA



4.49

QUAKER CEREAL
SELECTED VARIETIES
350-500 G
20637355_EA/21082500_EA



3.49

TWININGS TEA BAGS
SELECTED VARIETIES
20'S
20303755001_EA



6.29

JACK LINK'S MEAT SNACKS 65-81 G OR **ORVILLE POPCORN** 6/8'S
SELECTED VARIETIES
20501983002_EA/20629532002_EA



6.49

PC® PEANUTS, ALMONDS OR **CASHEWS**
SELECTED VARIETIES
200/700 G
20057990001_EA/21054930_EA/21054943_EA



.99

CLUB HOUSE GRAVY, SAUCE OR **SEASONING MIXES**
SELECTED VARIETIES
21-41 G
20302816001_EA



3.49

NO NAME® PICKLES 1 L OR **SALAD DRESSING** 475 ML
SELECTED VARIETIES
20326255_EA/20628489001_EA



3.79

KRAFT SHAKE 'N BAKE COATING MIX
SELECTED VARIETIES
142-160 G
21548016_EA



5.49

PC® OR BLUE MENU® JAM, JELLY, MARMALADE OR **FRUIT SPREAD**
SELECTED VARIETIES
500 ML
20300537_EA/20312299_EA



1.99

NO NAME® BROTH
SELECTED VARIETIES
900 ML
21189609_EA/21189611_EA



2.29

NO NAME® PASTA 375-900 G OR **PASTA SAUCE** 680 ML
SELECTED VARIETIES
20299886001_EA/20315613002_EA



3/$4
OR $1.33 EA.

PC® DELUXE MACARONI & CHEESE DINNER
SELECTED VARIETIES
200/225 G
21529716_EA/21529753_EA



4.49

PC® MARINADES 375 ML OR **BARBECUE SAUCE** 500 ML
SELECTED VARIETIES
20558780003_EA/21021521_EA





Freshmart
PROUDLY CANADIAN

Game Night!



PREPARED IN CANADA



10.99

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OR **SWISS CHALET** OR **MONTANA'S PORK RIBS** 600/650 G
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21022221_EA/21045313_EA



2.79

PC® OR **BLUE MENU® DIPS**
OR **NAAN DIPPERS**
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20583408_EA/20584097_EA/21092033_EA



2/$7
OR
$3.50 EA.

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TOSTITOS TORTILLA CHIPS 210-295 G
SELECTED VARIETIES
21050575_EA/21241032_EA



5.49

MCCAIN DEEP'N DELICIOUS CAKES
SELECTED VARIETIES, FROZEN
510 G
20310132003_EA



OCEAN SPRAY
COCKTAIL OR **JUICE**
OR **MOTT'S CLAMATO**
SELECTED VARIETIES
1.89 L
20300006008_EA/20318955002_EA

3.49

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