Fresh

PROUDLY CANADIAN

Hot Deals of the WEEK



7.49

JANES PUB STYLE BREADED CHICKEN
SELECTED VARIETIES, FROZEN
700 G
21191827_EA/21191828_EA



6.49

PC® PACIFIC WHITE SHRIMP
SELECTED VARIETIES, FROZEN
31-40/LB, 400 G
20789931_EA/20791381_EA



PREPARED IN CANADA



9.49

PC® SHREDDED CHEESE 620 G
OR **NO NAME® CHEESE BARS** 700 G
SELECTED VARIETIES
20975773_EA/21060177_EA



2/$7
OR $3.50 EA.

RUFFLES POTATO CHIPS 190-200 G,
DORITOS TORTILLA CHIPS 210-280 G
OR **CHEETOS SNACKS** 180-285 G
SELECTED VARIETIES
21241052_EA/21370240_EA/21758872_EA



MADE IN CANADA
From Domestic and Imported Ingredients

12.99

ROBIN HOOD OR **FIVE ROSES**
ALL PURPOSE FLOUR
CLUB SIZE
10 KG
20134743_EA/20251651_EA

SEE OUR FLYER ONLINE
VISIT FRESHMART.CA

FROM THURSDAY, NOVEMBER 19TH TO WEDNESDAY, NOVEMBER 25TH, 2026

no name®



4.99

NO NAME® BACON 375 G, **MEAT CHUBS** 500 G OR **HARVEST BREAKFAST SAUSAGE** 250/375 G
SELECTED VARIETIES
20176087_EA/21750394_EA



NO NAME®
CANNED VEGETABLES OR **BEANS**
SELECTED VARIETIES
284-540 ML
20299211_EA/20305513_EA

2/$3
OR $1.50 EA.



1.89

NO NAME® EVAPORATED MILK
SELECTED VARIETIES
354 ML
21040510_EA



NO NAME® CHEESECAKE
SELECTED VARIETIES, FROZEN
510 G
21089151_EA

6.99

Freshmart®

PROUDLY CANADIAN

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



3.49 LB

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



7.49 LB

INSIDE ROUND OVEN ROAST*
16.51/KG
20812494_KG



8.49

CHINESE MANDARINS
PRODUCT OF CHINA
5 LB



3.49

FARMER'S MARKET™ AVOCADO BAG
PRODUCT OF MEXICO
6'S



PREPARED IN CANADA

3.79

ZIGGY'S® DELI MEAT 175 G
OR **CHEESE SLICES** 160/180 G
SELECTED VARIETIES
21610826_EA/21592461_EA



PREPARED IN CANADA

3.99

FARMER'S MARKET™ COOKIES 456 G
OR **PC® MINI MUFFINS** 336 G
SELECTED VARIETIES
20566774_EA/21488821_EA



4.99

INTERNATIONAL DELIGHT COFFEE CREAMER
946 ML, **PURE LEAF ICED TEA** 1.75 L OR
TROPICANA JUICE OR **BEVERAGES** 1.36 L
SELECTED VARIETIES
20895480002_EA/21622130_EA



3.79

SILK NON-DAIRY BEVERAGES 1.75/1.89 L
OR **GENERAL MILLS CEREAL** 300-430 G
SELECTED VARIETIES
20308979_EA/21104047_EA



2.99

GREEN GIANT VALLEY SELECTIONS
OR **FROZEN VEGETABLES**
SELECTED VARIETIES, FROZEN
400-750 G
21022097_EA/21022268_EA



2.99

KRAFT SALAD DRESSING
SELECTED VARIETIES
425 ML
21584850_EA/21584931_EA



3/$4
OR $1.33 EA.

CAMPBELL'S CONDENSED SOUP
SELECTED VARIETIES
284 ML
20176214001_EA/20176214004_EA



4/$5
OR $1.25 EA.

KRAFT DINNER MACARONI & CHEESE
SELECTED VARIETIES
58-200 G
20298547001_EA/21549526_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

Freshmart®

PROUDLY CANADIAN



3.49 LB

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SELECTED VARIETIES
58-200 G
20298547001_EA/21549526_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

FRUITS & VEGETABLES



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

3.99



4.49

FARMER'S MARKET™ SWEET PEPPERS
PRODUCT OF CANADA OR MEXICO
4'S



2.29

PC® OR PC® ORGANIC MUSHROOMS
PRODUCT OF CANADA, SELECTED VARIETIES
200-227 G



3.49 LB

BLACK PLUMS
PRODUCT OF SPAIN OR ITALY
7.69/KG

1.79 LB

MCINTOSH, ROYAL GALA, SPARTAN OR AMBROSIA APPLES
PRODUCT OF WESTERN PROVINCES
3.95/KG

5.49

PINEAPPLE
PRODUCT OF COSTA RICA
EACH

2.99 LB

RED SEEDLESS GRAPES
PRODUCT OF U.S.A. OR PERU
6.59/KG



3.29

PC® SALADS 142 G, PRODUCT OF U.S.A. OR **MINI POTATOES** 680 G, PRODUCT OF CANADA, SELECTED VARIETIES



3.79

MARZETTI DIPS
PRODUCT OF U.S.A., SELECTED VARIETIES
340 G



2.49 LB

GREENHOUSE TOMATOES ON THE VINE
PRODUCT OF CANADA OR MEXICO
5.49/KG



2/$4 OR $2 EA.

ATAULFO OR RED MANGOES
PRODUCT OF BRAZIL OR PERU
EACH

BAKERY



2/$3 OR $1.50 EA.

BAGUETTE, WHITE OR WHOLE WHEAT, BAKED IN-STORE 255 G OR **GOLDEN HAPPINESS SPECIALTY BAKED BUN** 100 G, SELECTED VARIETIES
21529211_EA/21297550_EA



3.49

D'ITALIANO BREAD OR BUNS
SELECTED VARIETIES
420-675 G
20038335_EA/20521048_EA



8.99

FARMER'S MARKET™ PIES
SELECTED VARIETIES
580 G-1 KG
21297365_EA/21297367



12.99

FARMER'S MARKET™ BAR CAKE 675-770 G, **SUGAR PLUM CAKE** 950 G OR **PC® GLUTEN FREE CAKE** 553 G
SELECTED VARIETIES
20794367_EA/21500612_EA

DAIRY & REFRIGERATED



2.49

LACTANTIA FLAVOURED BUTTER 125 G OR **I CAN'T BELIEVE IT'S NOT BUTTER! MARGARINE** 400 G
SELECTED VARIETIES
20106744_EA/21747538_EA



2.99

PILLSBURY CRESCENTS, WIENERS WRAPS, PIZZA CRUST OR BISCUITS
SELECTED VARIETIES
200-391 G
20317832003_EA/21505340_EA



3.99

LIBERTÉ YOGURT 4 X 100 G/500 G OR **YOPLAIT SOURCE YOGURT** 650 G
SELECTED VARIETIES
21473714_EA/21587047_EA



8.49

PC® BLUE MENU® MARGARINE 1.81 KG OR **EGG WHITES** 1 KG
20094736_EA/20821364002_EA

MEAT & SEAFOOD



3.99 LB

CHICKEN LEG QUARTERS
FAMILY SIZE
8.80/KG
20790513_KG



3.99 LB

PORK BUTT BONE-IN
CRYOVAC
8.80/KG
20056387_KG



8.99 LB

FRESH BEEF INSIDE ROUND STEAK OR **STEWING CUBES***
FAMILY SIZE
19.82/KG
20794583_KG



4.49

LEAN GROUND PORK
450 G
21705787_EA







7.99

LEAN GROUND BEEF
450 G
21757012_EA

5.99

HARVEST PORK SAUSAGE
SELECTED VARIETIES
500 G
21724040_EA

12.99

PC® SMOKIES™ SMOKED SAUSAGES
CLUB PACK,
SELECTED VARIETIES
1 KG
20732535_EA/20733617_EA



3.99

SCHNEIDERS LUNCH OR **SNACK KITS**
SELECTED VARIETIES
75-120 G
21120301_EA/21309931_EA



5.49

ASIAN INSPIRATIONS ENTRÉES
SELECTED VARIETIES, FROZEN
400 G
21047353_EA/21047376_EA



6.99

BASA STEAKS OR **CHUB MACKEREL**
SELECTED VARIETIES, FROZEN
1 KG
20910469_EA/21079543_EA



$10

SELECTION OF SEAFOOD AND MEAT MEALS AND APPETIZERS
SELECTED VARIETIES, FROZEN
200 G-1.8 KG
21473698_EA/21667936_EA

DELI MEAT & CHEESE



2.79 /100 G

PC® NATURAL CHOICE CHICKEN BREAST DELI SERVICE CASE
SELECTED VARIETIES
20302980_KG



3.49

ZIGGY'S® PASTA
SELECTED VARIETIES
350 G
21521168_EA



3.49

PC® GOAT CHEESE
SELECTED VARIETIES
140 G
21722565_EA/21722579_EA



5.99

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

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

GROCERY



3.79

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



2.49

FOREMOST DAIRIES STIRRED YOGURT
SELECTED VARIETIES
650 G
20337243_EA/20338702001_EA



3.49

PC® NATURAL SPRING WATER 24 X 500 ML OR **MIO, CRYSTAL LIGHT, KOOL-AID, COUNTRY TIME** OR **TANG LIQUID WATER ENHANCER** 48 ML
SELECTED VARIETIES
20137898_C24/20565119002_EA



6.29

PC® BLUE MENU™ SPARKLING WATER
12 X 355 ML
21747415_C12/21306051_C12



7.49

DR. OETKER GIUSEPPE PIZZERIA STUFFED CRUST PIZZA 685-724 G OR **SUPREMA PIZZA** 475-520 G
SELECTED VARIETIES, FROZEN
21555844_EA/21649696_EA



14.99

PC® OR **BLUE MENU® FROZEN ENTRÉES**
CLUB SIZE, SELECTED VARIETIES, FROZEN
2/2.27 KG
20134930_EA



5.49

HÄAGEN-DAZS ICE CREAM
414/450 ML OR **BARS** 3/4'S
SELECTED VARIETIES, FROZEN
20302298004_EA/21513555_EA



2.49

COCA-COLA OR **CANADA DRY SOFT DRINKS** OR **FUZE ICED TEA**
SELECTED VARIETIES
500 ML
20827293_EA/20828514_EA



2.79

DARE BEAR PAWS COOKIES
SELECTED VARIETIES
168-210 G
21713321_EA



4.99

NO NAME® PEANUT BUTTER
SELECTED VARIETIES
1 KG
20296985001_EA



4.99

PC® OR PC® BLUE MENU® GRANOLA CEREAL
SELECTED VARIETIES
300-475 G
20631288003_EA/21315326_EA



7.29

PC® SOFT DRINKS
SELECTED VARIETIES
12 X 355 ML
20218887001_C12/20218887030_C12



2.49

PC® POTATO CHIPS
OR **KETTLE COOKED CHIPS**
SELECTED VARIETIES
200 G
21387549_EA/21425138_EA



2.99

PEPPERIDGE FARM GOLDFISH CRACKERS
SELECTED VARIETIES
156-227 G/6 X 28 G
20320900_EA/20322719_EA/21660146_EA



4/$9
OR
$2.25 EA.

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



2.49

UNICO PASTA 900 G
OR **PASTA SAUCE** 680 ML
SELECTED VARIETIES
20311358009_EA/20326537001_EA/20416260_EA



2.79

UNICO OLIVES
OR **JALAPEÑO PEPPERS**
SELECTED VARIETIES
20100854_EA/20324873001_EA



3.49

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



5.49

PAM COOKING SPRAY 110-170 G
OR **NANDO'S SAUCES** 250/450 ML
SELECTED VARIETIES
20312389_EA/21005214_EA



10.49

PC® SPLENDIDO® OLIVE OIL
SELECTED VARIETIES
1 L
20081865_EA



1.99

PC® DISHWASHING LIQUID
SELECTED VARIETIES
638/739 ML
21012698_EA/21012709_EA



6.99

NO NAME® BATHROOM TISSUE
12=24 ROLLS OR **PAPER TOWELS**
6=12 ROLLS
21624748_EA/21636318_EA



6.99

PURINA FRISKIES DRY CAT FOOD
SELECTED VARIETIES
1.4-1.5 KG
20912515_EA



18.99

ALPO COOKOUT CLASSICS DOG FOOD
7.2 KG
20097667_EA

Freshmart
SuperValu value and freshness | SHOP EASY FOODS

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PEFC/01-31-106
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GROCERY



3.99 **DR. OETKER GIUSEPPE GARLIC FINGERS** FROZEN 317 G
21164021_EA



5.49 **NO NAME® BREADED FISH BURGERS, FISH STICKS** OR **ENGLISH-STYLE FISH** SELECTED VARIETIES FROZEN, 454 G
21672264_EA



4.49 **BEN'S ORIGINAL STREET FOOD** SELECTED VARIETIES 255 G
21610756_EA/21719465_EA



2.29 **NO NAME® FROZEN JUICE** SELECTED VARIETIES, FROZEN 283 ML
21740292_EA/21740314_EA



3.29 **PILLSBURY TOASTER STRUDEL PASTRIES** SELECTED VARIETIES, FROZEN 326 G
20172664002_EA



9.99 **PEACE TEA** OR **FUZE ICED TEA** SELECTED VARIETIES 12 X 341 ML
21242429_C12/21644109_C12



2.49 **PC®** OR **BLUE MENU® GRANOLA BARS** 120-175 G OR **NO NAME® GRANOLA BARS** 130 G SELECTED VARIETIES
20040568001_EA/20913606_EA



2.49 **NO NAME® FRUIT GELS** 4 X 123 G OR **FRUIT CUPS** 4 X 107 ML/G SELECTED VARIETIES
20318138004_EA/20326314002_EA



2.49 **CARNABY SWEET CANDY GUMMIES** SELECTED VARIETIES 300 G
20853170_EA/20854070_EA



3.49 **PC®** OR **BLUE MENU® PANCAKE AND WAFFLE MIX** 905 G OR **TABLE SYRUP** 750 ML SELECTED VARIETIES
20175129_EA/20374908_EA



8.99 **NUTELLA HAZELNUT** OR **PEANUT SPREAD** SELECTED VARIETIES 725 G
20436105_EA/21720910_EA



6.29 **CARNATION HOT CHOCOLATE** SELECTED VARIETIES 400/450 G
21397690_EA



3.99 **PC®** OR **BLUE MENU® KETCHUP** 750 ML/1 L OR **PC® ORGANICS SAUERKRAUT** 473 ML SELECTED VARIETIES
20090124_EA/21355242_EA



8.99 **RED BULL ENERGY DRINKS** SELECTED VARIETIES 4 X 250 ML
20166737001_C04



5.79 **NO NAME® INSTANT COFFEE** SELECTED VARIETIES 150 G
21180125_EA



$1 **NO NAME® PIZZA SAUCE** 213 ML OR **TOMATO PASTE** 156 ML
20018020_EA/20118094_EA/20169686_EA



2.99 **NO NAME® CANNED FRUIT** SELECTED VARIETIES 398/540 ML
20618836_EA/21097609_EA



4.49 **PC®** OR **BLUE MENU® COOKING SAUCES** 400 ML OR **PC® BASMATI RICE** 750 G SELECTED VARIETIES
20298369001_EA/20961107_EA

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PROUDLY CANADIAN

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