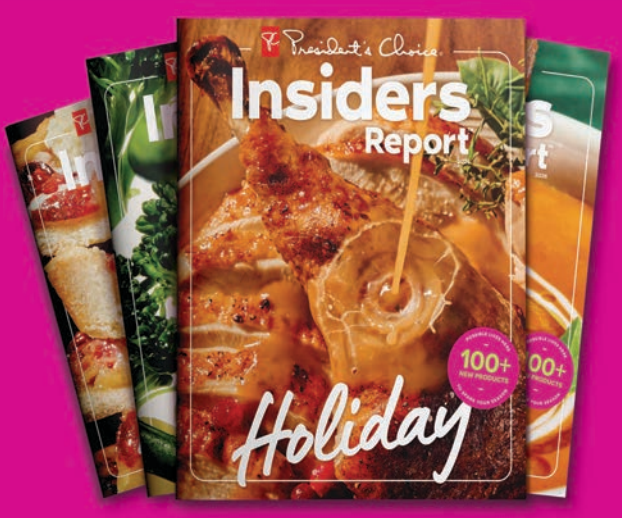
Fresh

PROUDLY CANADIAN

Insiders Report™



PRICES EFFECTIVE FOR 9 WEEKS
FROM THURSDAY, NOVEMBER 5TH, 2026
TO WEDNESDAY, JANUARY 6TH, 2027

Must Try!



$10

PC® BEEF WELLIE BITES
FROZEN
288 G
21742294_EA

Must Try!



$9

PC® BLACK LABEL PIZZA
FROZEN
310 G
21741726_EA

Must Try!



$6

PC® BLUEBERRY PROTEIN MUFFINS
400 G
21739320_EA

Must Try!



4.50

PC® BLACK LABEL EGGNOG ICE CREAM
500 ML
21734458_EA

DECEMBER

HIT OF THE MONTH



$5

San Pellegrino carbonated flavoured water
Selected varieties, 6 x 330 mL



$2.50

Pringles Party Stack Potato Chips
Selected varieties, 179/188 g



$3.50

Prepared in Canada

PC® Salsa
Selected varieties, 650 mL



$4

Ocean Pier Snow Crab & Cheese Bites
144 g

LOWEST PRICES BEST DEALS

As compared to other major grocery retailers within your local trade areas. Offer valid December 1st - 31st, 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
FAMILY SIZE
7.69/KG
20147976_KG



17.99 LB

FRESH BEEF PRIME RIB OVEN ROAST OR **STEAK***
39.66/KG
20794832_KG



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

3.29

FARMER'S MARKET™ CARROTS
PRODUCT OF WESTERN PROVINCES
5 LB



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

5.79

FARMER'S MARKET™ APPLES
PRODUCT OF WESTERN PROVINCES, SELECTED VARIETIES
5 LB BAG



7.49

OLIVIERI FRESH FILLED PASTA, SKILLET GNOCCHI OR **TWIN PACK**
SELECTED VARIETIES
500-700 G
20311594_EA/20915834_EA



PREPARED IN CANADA

3.99

FARMER'S MARKET™ LOAF CAKES 344-390 G OR **CROISSANTS** 260-336 G
SELECTED VARIETIES
21542157_EA/20975943_EA



PREPARED IN CANADA

6.99

iÖGO YOGURT 16 X 100 G OR **BECEL MARGARINE** 637/800 G
SELECTED VARIETIES
20609583001_EA/21747692_EA



2.99

MCCAIN FROZEN POTATOES
SELECTED VARIETIES, FROZEN
454-800 G
20799529_EA



4.99

HEINZ KETCHUP 750 ML/1 L OR **KRAFT MIRACLE WHIP** 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
20521648_EA/21360360_EA



PREPARED IN CANADA

1.59

PC® SOFT DRINKS 2 L, **OASIS JUICE, DEL MONTE NECTAR** OR **ARIZONA ICED TEA** 960 ML
SELECTED VARIETIES
20311645003_EA/20336722001_EA



5.99

GAIN LIQUID DETERGENT 1.36 L, **TIDE LAUNDRY DETERGENT** 1 L/12-16'S OR **DOWNY** OR **GAIN FABRIC SOFTENER** 946 ML-1.31 L OR **BEADS** 141/150 G, SELECTED VARIETIES
21579685_EA

SEE OUR FLYER ONLINE, VISIT FRESHMART.CA
FROM THURSDAY, NOVEMBER 26TH TO WEDNESDAY, DECEMBER 2ND, 2026

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

Freshmart®

PROUDLY CANADIAN



3.49 LB

WHOLE CHICKEN
FAMILY SIZE
7.69/KG
20147976_KG



17.99 LB

FRESH BEEF PRIME RIB OVEN ROAST OR **STEAK***
39.66/KG
20794832_KG



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

3.29

FARMER'S MARKET™ CARROTS
PRODUCT OF WESTERN PROVINCES
5 LB



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

5.79

FARMER'S MARKET™ APPLES
PRODUCT OF WESTERN PROVINCES, SELECTED VARIETIES
5 LB BAG



7.49

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500-700 G
20311594_EA/20915834_EA



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MCCAIN FROZEN POTATOES
SELECTED VARIETIES, FROZEN
454-800 G
20799529_EA



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20069080_EA/20298681001_EA



4/$5
OR $1.25 EA.

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20311645003_EA/20336722001_EA



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21579685_EA

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FROM THURSDAY, NOVEMBER 26TH TO WEDNESDAY, DECEMBER 2ND, 2026

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SESV Y 1

FRUITS & VEGETABLES



3.49

ICEBERG LETTUCE
PRODUCT OF
U.S.A. OR MEXICO
EACH



6.99

FARMER'S MARKET™ SWEET CORN
PRODUCT OF U.S.A.
4'S



3.99

THE LITTLE POTATO COMPANY BBQ OR **MICROWAVE READY POTATOES KIT**
PRODUCT OF CANADA,
CANADA NO.1 GRADE
SELECTED VARIETIES



8.49

HONEYDEW
PRODUCT OF GUATEMALA,
HONDURAS OR MEXICO
EACH



3.79

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



8.99

PC® RED SEEDLESS GRAPES
PRODUCT OF U.S.A. OR PERU
NO. 1 GRADE
907 G



3.99

PC® WHITE WHOLE OR **CREMINI WHOLE MUSHROOMS**
PRODUCT OF CANADA
454 G



5.99

FARMER'S MARKET™ LEMONS
PRODUCT OF SOUTH AFRICA
3 LB BAG



7.99

NO NAME® ROASTED PEANUTS
PRODUCT OF U.S.A.
907 G



3.99

MARZETTI DRESSING OR **DIP**
PRODUCT OF U.S.A.,
SELECTED VARIETIES
340 G



3.49

PC® OR PC® BLUE MENU CAESAR SALAD KITS
PRODUCT OF U.S.A.
282 G

BAKERY



3.49

COUNTRY HARVEST BAGELS 450 G OR **BREAD** 600-650 G
SELECTED VARIETIES
21178531_EA/21178642_EA



4.99

QUINN'S SWISS ROLLS 400 G OR **FARMER'S MARKET™ BUTTER TARTS** 510 G
SELECTED VARIETIES
21392547_EA/21629191_EA



5.99

FARMER'S MARKET™ MACAROONS 350 G OR **SQUARES** 400/450 G
SELECTED VARIETIES
20323572_EA/21216501_EA



6.99

FARMER'S MARKET™ TWO-BITE BROWNIES® 608 G OR **GRANDMOTHER'S BAKE SHOPPE TARTS** 765 G
SELECTED VARIETIES
21450067_EA/21493396_EA

DAIRY & REFRIGERATED



3.79

GAY LEA REAL WHIPPED CREAM
SELECTED VARIETIES
225 G
20048223001_EA



5.49

OASIS ORANGE JUICE, HEALTH-BREAK OR **SMOOTHIES**
SELECTED VARIETIES
1.5/1.6 L
21376778_EA/21529910_EA



6.99

LIBERTÉ GREEK OR **MÉDITERRANÉE YOGURT**
SELECTED VARIETIES
650-900 G
20642273_EA/21305347_EA



6.99

KRAFT CHEEZ WHIZ CHEESE SPREAD 450 G OR **PHILADELPHIA CREAM CHEESE** 340 G
SELECTED VARIETIES
20659606001_EA/20866929002_EA

MEAT & SEAFOOD



4.49 LB

CHICKEN DRUMSTICKS OR **THIGHS, BONE-IN, SKIN-ON**
FAMILY SIZE
9.90/KG
20004494_KG/20058163_KG



3.99 LB

PORK SIDE RIBS
8.80/KG
20862906_KG



16.99 LB

AUSTRALIAN LAMB LOIN CHOPS
37.46/KG
21682485_KG/21682497_KG



7.99

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



16.99

BUTCHER'S CHOICE® BREAKFAST SAUSAGES
CLUB SIZE,
SELECTED VARIETIES
1.45 KG
21218891_EA



11.99

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



12.99

NO NAME® ORIGINAL HOT DOGS 1.5 KG
CLUB PACK OR **EXTRA THICK CUT BACON** 1 KG
20961816_EA/21389815_EA



5.99

SCHNEIDERS BLUE RIBBON BOLOGNA
SELECTED VARIETIES
375 G
21738727_EA/21738857_EA



4.49

NO NAME® STUFFED BREADED CHICKEN BREAST CUTLETS
SELECTED VARIETIES, FROZEN
284 G
21664886_EA/21664961_EA



20.99

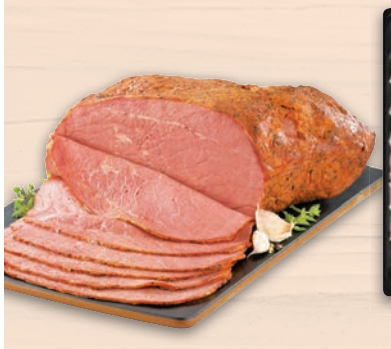
PC® OR BLUE MENU® MEATBALLS
SELECTED VARIETIES, FROZEN
907 G
21724805_EA/21724942_EA



5.99

SEAQUEST® PACIFIC WHITE SHRIMP
SELECTED VARIETIES, FROZEN
36-55 PER LB
300 G
21636326_EA/21636352_EA

DELI MEAT & CHEESE



2.29 /100 G

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



5.99

PC® SPLENDIDO® SLICED MEATS
SELECTED VARIETIES
100 G
21049131_EA/21050405_EA



4.49

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



6.49

PC® DELI CHEESE BLOCKS 250 G OR **FETA** 400 G
SELECTED VARIETIES
20219690_EA/20770652_EA

GROCERY



4.29

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



2/$13 OR $6.50 EA.

PC® CHEESE BARS OR **SHREDDED CHEESE**
SELECTED VARIETIES
250-400 G
21060183_EA/21333360_EA



2.99

MONSTER, RED BULL, REIGN, NOS OR **FULL THROTTLE ENERGY DRINK**
SELECTED VARIETIES
250-473 ML
20702466_EA/20938249_EA



4.99

PURE LIFE NATURAL SPRING WATER
24 X 500 ML
20060696_C24



3.49

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



7.99

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



4.49

BREYERS CLASSIC FROZEN DESSERT
SELECTED VARIETIES, FROZEN
1.41 L
21651628_EA



7.99

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



4.79

COCA-COLA OR **CANADA DRY SOFT DRINKS** 6 X 222 ML OR **CORE POWER PROTEIN SHAKES** 414 ML
SELECTED VARIETIES
20354288002_C06/21731559_EA



5.49

QUAKER HARVEST CRUNCH CEREAL
SELECTED VARIETIES
325-510 G
21219824_EA



5.99

POST OR **ALPEN MUESLI FAMILY SIZE CEREAL**
SELECTED VARIETIES
525-635 G
21542452_EA/21575229_EA



7.99

NESCAFÉ SWEET & CREAMY 144-351 G **OR FLAVOURED** OR **DECAFFEINATED COLOMBIAN COFFEE** 100-170 G
SELECTED VARIETIES
20873036_EA/21363371_EA



4.99

CHRISTIE PREMIUM PLUS, TRISCUIT OR **TOPPABLES FAMILY SIZE CRACKERS**
SELECTED VARIETIES, 354-481 G
21109004_EA/21618621_EA/21189848_EA



3.49

SENSIBLE PORTIONS VEGGIE STRAWS OR **CHIPS** 120-142 G OR **KETTLE POTATO CHIPS** 156-198 G
SELECTED VARIETIES
20377204001_EA/21520654_EA



2.99

QUAKER DIPPS OR **CHEWY GRANOLA BARS**
SELECTED VARIETIES
120-156 G
20847582_EA/21359369_EA



4.79

PC® OR **BLUE MENU® SALAD DRESSING** OR **VINAIGRETTE**
SELECTED VARIETIES
350/475 ML
20628488006_EA/21072467_EA



2.49

LIPTON SOUP MIX OR **CUP-A-SOUP**
SELECTED VARIETIES
58-166 G
20308188001_EA/20308188002_EA



2.49

BUSH'S BEST BAKED BEANS 398 ML OR **CHEF BOYARDEE CANNED PASTA** 418-425 G
SELECTED VARIETIES
20101518001_EA/20312500002_EA



2.79

DEL MONTE FRUIT, VEGETABLES OR **BEAN SALAD**
SELECTED VARIETIES
398 ML
20296567008_EA/21238910_EA



3.49

VH SAUCES
SELECTED VARIETIES
341-380 ML
20297368_EA/21127164_EA



10.99

GLAD GARBAGE BAGS
SELECTED VARIETIES
20-40'S
21165477_EA



21.99

PC® BATHROOM TISSUE
CLUB SIZE
30 ROLLS
21450846_EA



3.29

TEMPTATIONS CAT TREATS 40-180 G OR **PURINA FRISKIES PARTY MIX CAT TREATS** 170 G
SELECTED VARIETIES
20298151005_EA/21080999_EA



25.99

BENEFUL DOG FOOD
SELECTED VARIETIES
7 KG
21041235_C01

Freshmart
SuperValu valuie and freshness | SHOP EASY F·O·O·D·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 Loblaws Inc. and others. All rights reserved. © 2026 Loblaws Inc.

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PEFC
PEFC/01-31-106
PEFC Certified
www.pefc.org

Holiday Baking



1.19

JELL-O JELLY POWDER OR **PUDDING MIX**
SELECTED VARIETIES
9.1-85 G
20317293001_EA



2.79

NO NAME® SOUR CREAM
SELECTED VARIETIES
500 ML
20299657_EA



3.49

NO NAME® FROZEN FRUIT
SELECTED VARIETIES, FROZEN
300/400 G
21545106_EA



3.29

ROGERS ICING SUGAR 1 KG
OR **CRISCO SHORTENING**
454 G
SELECTED VARIETIES
20108812_EA/21475300_EA



4.99

TENDERFLAKE PURE LARD
SELECTED VARIETIES
454 G
20027695_EA



5.49

PC® BUTTER PUFF OR **PHYLLO PASTRY**
FROZEN
450/454 G
21288850_EA/21288853_EA



3.79

NO NAME® RAISINS
SELECTED VARIETIES
375 G
20648026_EA



4.99

QUAKER BAKING MIXES OR **OAT FLOUR**
SELECTED VARIETIES
700-900 G
21611830_EA



4.99

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



4.79

LINDT SWISS CLASSIC OR **LINDOR CHOCOLATE BARS**
SELECTED VARIETIES
100 G
20296856001_EA/20375989_EA



3.49

BETTY CROCKER CAKE, BROWNIE OR **COOKIE MIXES** OR **FROSTING**
SELECTED VARIETIES
263-550 G
20078877001_EA



6.79

NO NAME® COCOA POWDER
227 G
21467906_EA



5.49

HERSHEY'S, REESE'S OR **BROOKSIDE CHOCOLATE BAG**
SELECTED VARIETIES
160-270 G
20737738_EA/21079668_EA



6.79

MAGIC BAKING POWDER
450 G
20124984_EA



11.99

NO NAME® HONEY
SELECTED VARIETIES
1 KG
20033683_EA/20072342_EA

make your gameday snack



M&M's | Skittles | Mars | SNICKERS | NFL

OFFICIAL SPONSORS OF THE NATIONAL FOOTBALL LEAGUE



Chocolate Peg
selected varieties
95 – 100 g
21571767_EA
5.49



Chocolate King
selected varieties
50 – 92 g
20686572002_EA/20686572005_EA
2.29

Gum Bottles
selected varieties
40-60 pc
20310919002_EA/21220909_EA
4.79





Candy Peg
selected varieties
142 – 170 g
21424499_EA/21645665_EA
3.49

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5.49
Robin Hood® Flour
Selected Varieties
2.5 kg
2003497001_ EA

3.79
Robin Hood®
Quick Oats
Selected Varieties
1 kg
20893370_EA

4.79
Eagle Brand® Sweetened
Condensed Milk
Selected Varieties
300 mL
21012618_EA

6.49
Smucker's®
Fruit Spreads
Selected Varieties
310 - 500 mL
20308043001_EA



3.49
Pringles®
Potato Chips
Selected Varieties
148 - 156 g
21003833_EA

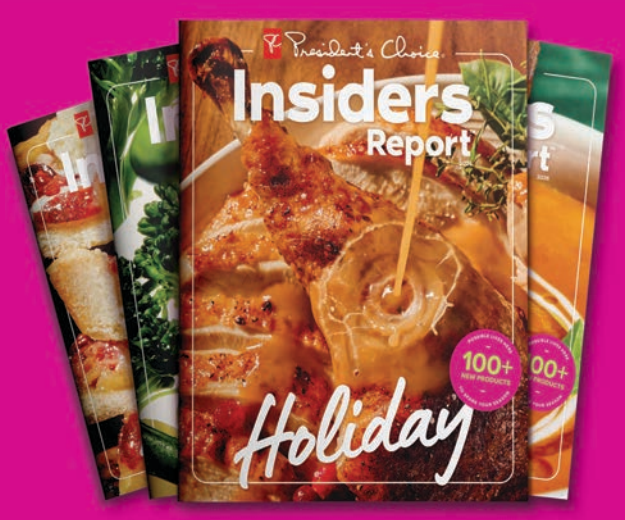
3.79
Town House® Crackers
Selected Varieties
247 - 391 g
21107403_EA

3.79
Kashi® Bars
Selected Varieties
175 - 200 g
20849832001_EA

3.79
Nutri-Grain® Bars, Rice Krispies Squares® Bars or Pop-Tarts® Toaster Pastries
Selected Varieties
176 - 384 g
20313984001_EA/ 20126567003_EA/21290106_EA

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21742294_EA

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FROZEN
310 G
21741726_EA

Must Try!



$6

PC® BLUEBERRY PROTEIN MUFFINS
400 G
21739320_EA

Must Try!



4.50

PC® BLACK LABEL EGGNOG ICE CREAM
500 ML
21734458_EA