

Freshmart®

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freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer

Fall Essentials

see inside

Les essentiels de l'automne

voir à l'intérieur



4.99
lb

sirloin tip oven roast or steak*
club size
rôti ou bifteck de pointe de surlonge*
11.00/kg



2.49
lb

pork loin centre-cut chops
bone-in, club size
côtelettes de longe de porc, coupe du centre
5.49/kg



4.49

Farmer's Market™ muffins
selected varieties
6's
muffins
Délices du Marché^{MC}



4.49

Farmer's Market™ McIntosh apples
product of Atlantic provinces,
Canada fancy grade
4 lb
pommes McIntosh Délices du Marché^{MC}



99
lb

eggplant, zucchini or Roma tomatoes
product of Canada
aubergines, courgettes
ou tomates Roma
2.18/kg



no name®
cheese bars 400 g or
shredded cheese 320 g
selected varieties
barre de fromage ou
fromage râpé sans nom®



4.99

Robin Hood flour
selected varieties
5 kg
farine Robin Hood

7.99



Tostitos chips 205-300 g,
dip or salsa
416-418 g/418-423 mL
selected varieties
croustilles, trempettes
ou salsa Tostitos

3.29



Oasis juice, Del Monte nectar or Arizona iced tea
selected varieties
960 mL
jus Oasis, nectar
Del Monte ou thé glacé
Arizona

1.29



Campbell's tomato, cream of mushroom, vegetable or chicken noodle soup
selected varieties, 284 mL
soupe aux tomates, crème de champignons, légumes ou poulet et nouilles
Campbell's

.99



Unico tomatoes
selected varieties
796 mL
tomates Unico

1.49



Delissio thin crust or singles pizza
selected varieties
frozen
360-550 g
pizza Crouite mince ou pizzas individuelles
Delissio

4.49



2.49 **Real Canadian natural spring water**
24 x 500 mL
eau de source naturelle Real Canadian



Earth's Own, So Nice or So Fresh non-dairy beverages
selected varieties,
refrigerated
1.75/1.89 L
boissons non laitières
Earth's Own, So Nice
ou So Fresh

3.29



PRICES EFFECTIVE FROM THURSDAY, SEPTEMBER 22ND TO WEDNESDAY, SEPTEMBER 28TH, 2022 / PRIX EFFECTIFS DU JEUDI 22 SEPTEMBRE AU MERCREDI 28 SEPTEMBRE 2022

*cut from Canada AA grade beef or higher/*provenant de bœuf Canada AA ou d'une catégorie plus élevée

FROM OUR BUTCHER DE NOTRE BOUCHER



14.99 lb

T-bone steak* club size bifteck d'aloiau* 33.05/kg



6.99 lb

chicken thighs boneless, skinless, club size hauts de cuisse de poulet 15.41/kg



20.99

Country Ribbon chicken breasts bone-in, frozen 2 kg poitrines de poulet Country Ribbon



6.99 lb

pork back ribs fresh, cryovac 2's côtes de dos de porc 15.41/kg



5.49

Johnsonville diner sausage or grinds selected varieties 375/500 g saucisse Johnsonville



no name® salami or pepperoni chubs 500 g saucissons de salami ou pepperoni sans nom®

4.99



5.99 Cook's ham steak bone-in 454 g tranche de jambon Cook's

Wong Wing entrées selected varieties, frozen 400-500 g plats cuisinés Wong Wing

5.99



5.99 no name® chicken nuggets, burgers or strips, frozen 908 g pépites, burgers ou languettes de poulet sans nom®

SEAFOOD POISSONNERIE



8.99 PC® Argentinian or Atlantic white raw or cooked shrimp 31-40 or 21-30 per lb 340/400 g, frozen



2.79 SeaQuest® lobster or crab flavored pollock 227 g, ready-to-eat or DOM smoked salmon 50 g, frozen



23.99 PC® grilling lobster tail skewers, frozen 200 g



14.99 PC® garlic & herb seafood bake frozen 700 g

FRUITS & VEGETABLES
FRUITS ET LÉGUMES



ATLANTIC GROWN
CULTIVÉ EN ATLANTIQUE



HARVEST SEASON
SAISON DES RÉCOLTES



cauliflower
product of Canada
chou-fleur



349



749

Clapp pears
product of Atlantic provinces
3 L basket
poires Clapp



599

blue grapes
product of Canada
2 L
raisins bleus

blueberries
product of Peru
pint
bleuets

4⁴⁹



romaine hearts
product of Canada
3's
cœurs de laitue
romaine

3⁹⁹



bunched beets
or PC® creamy
gold potatoes
product of Canada
2 lb
betteraves en botte ou
pommes de terre jaunes
et crémeuses PC^{MD}

2⁷⁹



1⁹⁹

carrots
product of Canada, bunch
carottes

It's Apple Season!
C'est la saison des pommes!



Sweet Tango apples
product of
Atlantic provinces,
Canada fancy grade
2 lb
pommes Sweet Tango



399



499

Farmer's Market™
Gravenstein apples
product of Atlantic provinces,
Canada fancy grade, 4 lb
pommes Gravenstein Délices du Marché^{MC}



549

Farmer's Market™
Golden Delicious apples
product of Atlantic provinces,
Canada fancy grade, 4 lb
pommes Golden Delicious
Délices du Marché^{MC}



no name®
9 inch pie shells
frozen
2's
croûtes à tarte
de 9 pouces sans nom®

2⁴⁹



3⁹⁹

PC® butter puff or phyllo pastry
selected varieties, frozen
450/454 g
pâte feuilletée au beurre ou phyllo PC^{MD}



Chapman's
Original ice cream
selected varieties,
frozen, 2 L
crème glacée
originale Chapman's

3⁹⁹



**PRICES EFFECTIVE
FOR 3 WEEKS!**

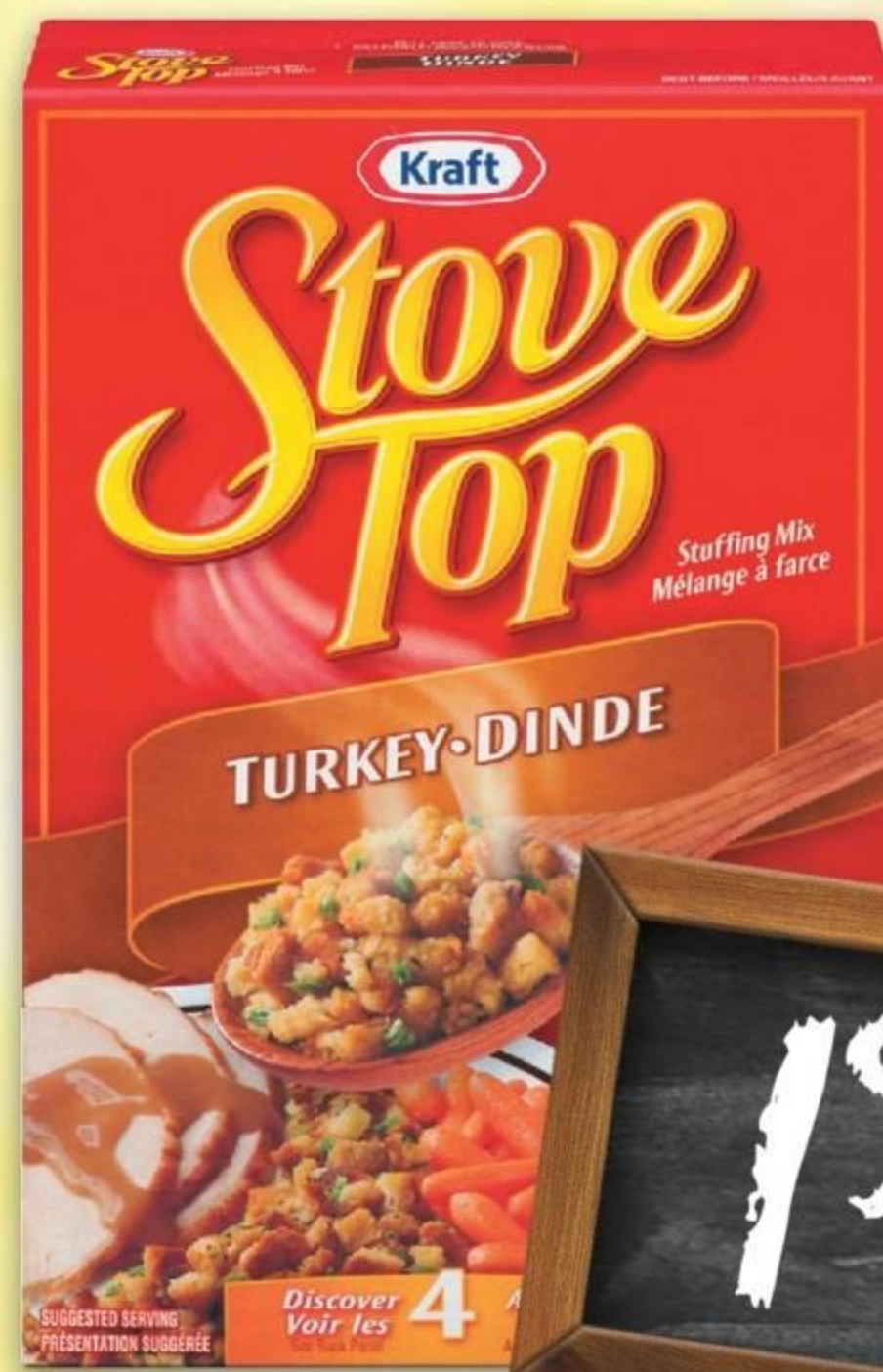
September 22 to October 12, 2022

Fall Essentials!



**Franco American
gravy
selected varieties
284 mL
sauce Franco American**

1.29



**Kraft Stove Top
stuffing mix
selected varieties
120 g
mélange à farce
Stove Top Kraft**

1.99



**Campbell's broth
selected varieties
900 mL
bouillon Campbell's**

2.49



**1.79 Knorr Sidekicks side dishes
selected varieties
124-162 g
plats d'accompagnement Sidekicks Knorr**



**3.49 Green Giant or
Valley Selections vegetables
selected varieties, frozen
400-750 g
légumes Valley Selections ou Géant Vert**

**Betty Crocker
mashed or
scalloped potatoes
selected varieties
141-215 g
pommes de terre
en purée ou gratin
dauphinois
Betty Crocker**

2.49



**Minute Rice
selected varieties
500-700 g
Minute Rice**

5.49



**PC® Splendido® cold-pressed
extra virgin olive oil
1 L
huile d'olive extra vierge
pressée à froid PC® Splendido®**

9.99



**3.99 Italpasta 375/500 g or
World Authentica Cuisine
pasta sauce 530 mL
selected varieties
pâtes Italpasta ou sauce pour pâtes
World Authentica Cuisine**

**Kraft
Miracle Whip spread
selected varieties
650/890 mL
tartinade
Miracle Whip Kraft**

4.99



**Campbell's soup
selected varieties
284 mL
soupe Campbell's**

2.29



**3.99 Cool Whip
dessert topping
selected varieties, 1 L
garniture fouettée Cool Whip**



**3.99 Tenderflake pastry puff,
pie or tart shells
selected varieties, frozen
255-350 g
pâte feuilletée, croûtes à tarte
ou tartelettes Tenderflake**



**.99 Arm & Hammer baking
soda 250 g or Jell-O 85 g
selected varieties
bicarbonate de soude
Arm & Hammer ou Jell-O**



**Betty Crocker
cake mix
or frosting
selected varieties
340-461 g
mélange à gâteau
ou glaçage
Betty Crocker**

2.29



**Fleischmann's
yeast
selected varieties
113 g
levure
Fleischmann's**

4.49



Les essentiels de l'automne!

**PRIX EN VIGUEUR
POUR 3 SEMAINES!**
September 22 to October 12, 2022



no name®
lemonade or
iced tea
selected varieties,
refrigerated
1.75 L
limonade ou thé glacé
sans nom®



no name®
cream cheese
selected varieties
227/250 g
fromage à la crème
sans nom®



Dare Breton, Vinta
or Grissol crackers
or baguettes
selected varieties
100-250 g
craquelins Breton, Vinta
ou craquelins ou baguettes
Grissol Dare



Tetley, Red Rose
or Salada tea
selected varieties
60/72's
thé Tetley, Red Rose
ou Salada

4⁴⁹



8⁴⁹ PC® ground coffee 112-340 g
or coffee pods 8-14's
selected varieties
café moulu ou dosettes de café PC^{MD}

Starbucks or Stok
coffee beverage
selected varieties,
refrigerated
1.18/1.42 L
boisson au café Starbucks ou
Stok

6⁹⁹



2⁹⁹ V8 vegetable cocktail
selected varieties
6 x 156 mL
cocktail de légumes V8



Green Giant vegetables
selected varieties
341/398 mL
légumes Géant Vert

1⁷⁹

Ocean Spray whole or
jellied cranberry sauce
selected varieties
348 mL
sauce aux canneberges
entières ou en gelée
Ocean Spray

1⁹⁹



Dole pineapple
selected varieties
398 mL
ananas Dole

2²⁹



Pringles potato chips
selected varieties
137-156 g
croustilles Pringles

2²⁹



no name® plastic
cutlery 48's or
straws 200's
selected varieties
coutellerie en plastique
ou pailles sans nom®

2²⁹



3⁹⁹ Royal Chinet 6.75 inch
dessert plates, 40's
assiettes à dessert Royal Chinet



7⁹⁹ Royal Chinet 10.38 inch
dinner plates, 40's
assiettes plates Royal Chinet



5⁹⁹ no name® napkins
500's
serviettes sans nom®



2⁹⁹ no name® roaster pans
selected varieties
family size, each
rôtissoires sans nom®

**DELICATESSEN
CHARCUTERIE**



199
/100 g

**Ziggy's® roast beef
Deli Service
rôti de bœuf Ziggy's®**

**CHEESE
FROMAGERIE**



799

**Balderson
cheddar cheese
selected varieties
280 g
fromage cheddar
Balderson**



**Chris Brothers
combo, sliced or
shaved deli meat
selected varieties
150-250 g
charcuteries en combo,
tranchées ou émincées
Chris Brothers**

3⁹⁹



**Brandt Kolbassa
sausage or
Pizza Delight
pepperoni
selected varieties
250 g
saucisson kolbassa
Brandt ou pepperoni
Pizza Delight**

4⁹⁹



**Summer Fresh
salads 800 g or
From our Chefs™
soup 700 mL
selected varieties
salades Summer Fresh
ou soupe
Concorté par nos chefs^{MC}**

6⁹⁹



**PC® mozzarella
ball 340 g or Zerto
fresh mozzarella
log 250 g
boule de mozzarella
PC^{MD} ou buchette de
mozzarella fraîche Zerto**

6⁹⁹



**Monsieur Gustav
gouda
selected varieties
170 g
gouda Monsieur Gustav**

4⁹⁹



**Saputo poutine
cheese curds 200 g
or PC® cheddar
mini sticks 126 g
selected varieties
fromage en grains à
poutine Saputo ou
mini-bâtonnets de
cheddar PC^{MD}**

3⁹⁹

**BAKERY
BOULANGERIE**



899

**PC® cheesecake
selected varieties, frozen
420/600 g
gâteau au fromage PC^{MD}**



**Donut Time donuts
selected varieties
250 g
beignes Donut Time**

1⁷⁹



**Hostess
snack cakes
121-252 g
petits gâteaux Hostess**

2⁹⁹



**Country Harvest
bread 450-650 g
or bagels 6's
selected varieties
pain ou bagels
Country Harvest**

3⁴⁹

**Reserve your
Thanksgiving Party Platters**

(only at participating stores)

**Reservez vos plateaux de réception pour l'Action de grâces
(seulement chez les magasins participants)**



Grocery Favourites! Vos Préférés!



**no name®
natural cheese slices**
selected varieties
210/230 g
tranches de fromage
naturel sans nom®



**iöGO nano
drinkable yogurt**
selected varieties
6 x 93 mL
yogourt à boire
nano iöGO



**Gold Peak iced tea or
Simply juice**
selected varieties, refrigerated
1.54/1.75 L
thé glacé Gold Peak
ou jus Simply



Kellogg's cereal
selected varieties
306-525 g
céréales Kellogg's

4.99

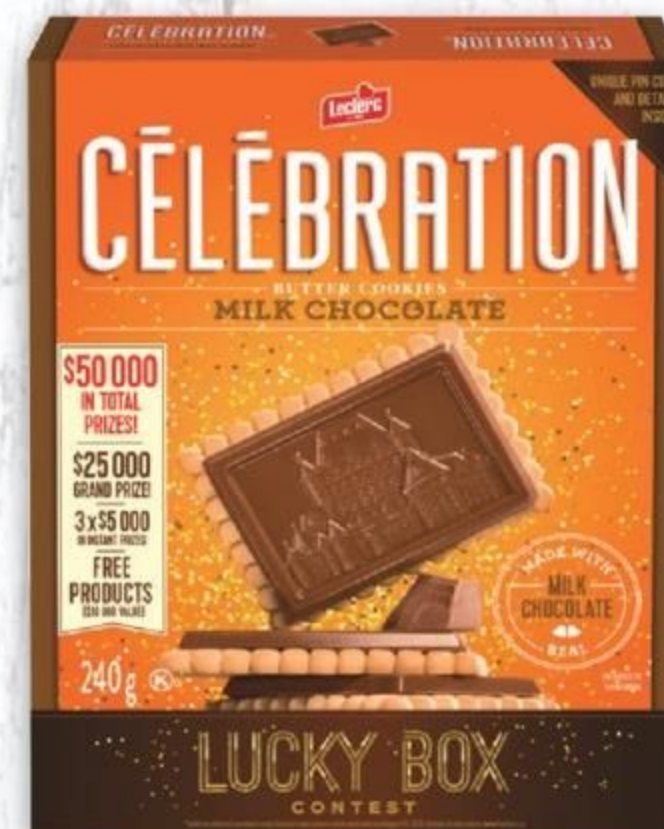


**Dr. Oetker Giuseppe pizza fingers
or Momenti pizza**
selected varieties, frozen, 170-405 g
doigts de pizza ou pizza
Momenti Giuseppe Dr. Oetker

3.29

**Leclerc
Célébration cookies**
selected varieties
240/350 g
biscuits Célébration Leclerc

3.29



Planters mixed nuts
selected varieties
200/250 g
noix mélangées Planters

4.99

**no name®
fruit drinks**
selected varieties
2 L
boissons aux fruits
sans nom®

1.79



**Bob's Red Mill
natural almond
flour**
453 g
farine d'amandes
naturelles
Bob's Red Mill

15.99



Nestlé chocolate
selected varieties
4's/135-246 g
chocolat Nestlé

5.79



6.29

bubly™ sparkling water beverage
selected varieties
boisson à base d'eau pétillante
bubly™
12 x 355 mL



2.79

**Rockstar®
energy drink**
selected varieties
boisson énergisante
Rockstar®
473 mL



This product may not be suitable for everyone. Read the label and follow directions for use.
Ce produit pourrait ne pas convenir à tous. Veuillez lire et suivre les directives inscrites sur l'étiquette.

6.99

PepsiCo Beverages, selected varieties
boissons PepsiCo
6 x 710 mL



4.49

PepsiCo Beverages, selected varieties
boissons PepsiCo
6 x 222 mL



Fall Baking! À vos fourneaux!



Crisco vegetable oil
1.42 L
huile végétale Crisco



Crisco shortening
454 g
shortening Crisco



Lantic sugar
selected varieties
1 kg
sucre Lantic



E.D. Smith pie filling
selected varieties
540 mL
garniture pour tarte E.D. Smith



Hershey's Chipits
selected varieties
180-270 g
brisures de chocolat Chipits
Hershey's

3²⁹

Shirriff pie filling, Dr. Oetker dessert mix or pie crust mix
selected varieties
28-260 g
garniture pour tarte Shirriff, mélange à dessert ou mélange à croûte Dr. Oetker

1⁴⁹



Club House extract
selected varieties
43/125 mL
extrait Club House

1⁹⁹



Quaker oat flour 700 g or muffin mix 900 g
selected varieties
farine d'avoine ou mélange à muffin Quaker

3⁹⁹



RobinHood.ca
APPLE FRITTER BREAD / PAIN AUX BEIGNETS DE POMMES



Robin Hood® or Five Roses® flour
selected varieties
Farine Robin Hood® ou Five Roses® certaines variétés
2.5 kg

5⁹⁹



Robin Hood® Organic flour
Farine biologique Robin Hood®
2 kg

7⁹⁹



Robin Hood® Oats
selected varieties
Grauu Robin Hood® certaines variétés
1 kg

2⁷⁹



SUGAR IN THE RAW™
Natural Turbinado Sugar
SUCRE À L'ÉTAT BRUT™
Sucre turbiné naturel
500 g

2⁹⁹



Eagle Brand® Sweetened Condensed Milk
Lait condensé sucré Eagle Brand®
300 mL

3⁹⁹



Carnation® Evaporated Milk
Lait évaporé Carnation®
354 mL

1⁹⁹

Kraft Heinz

SaveWithShortcuts.ca

RaccourcisPayants.ca



Kraft Hazelnut Spread
Tartinade noisettes Kraft
725 g

5⁹⁹
selected varieties
certaines variétés



Kraft Peanut Butter
Beurre d'arachide Kraft
500 g

4²⁹
selected varieties
certaines variétés



Baker's Chocolate
Chocolat Baker's
170 - 225 g

5⁹⁹
selected varieties
certaines variétés



Jell-O Instant Pudding Mix
Pouding instantané Jell-O
30 - 113 g

1⁹⁹
selected varieties
certaines variétés



Magic Baking Powder
Poudre à pâte Magic
450 g

5⁹⁹



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. © 2022 Loblaws Inc.

