

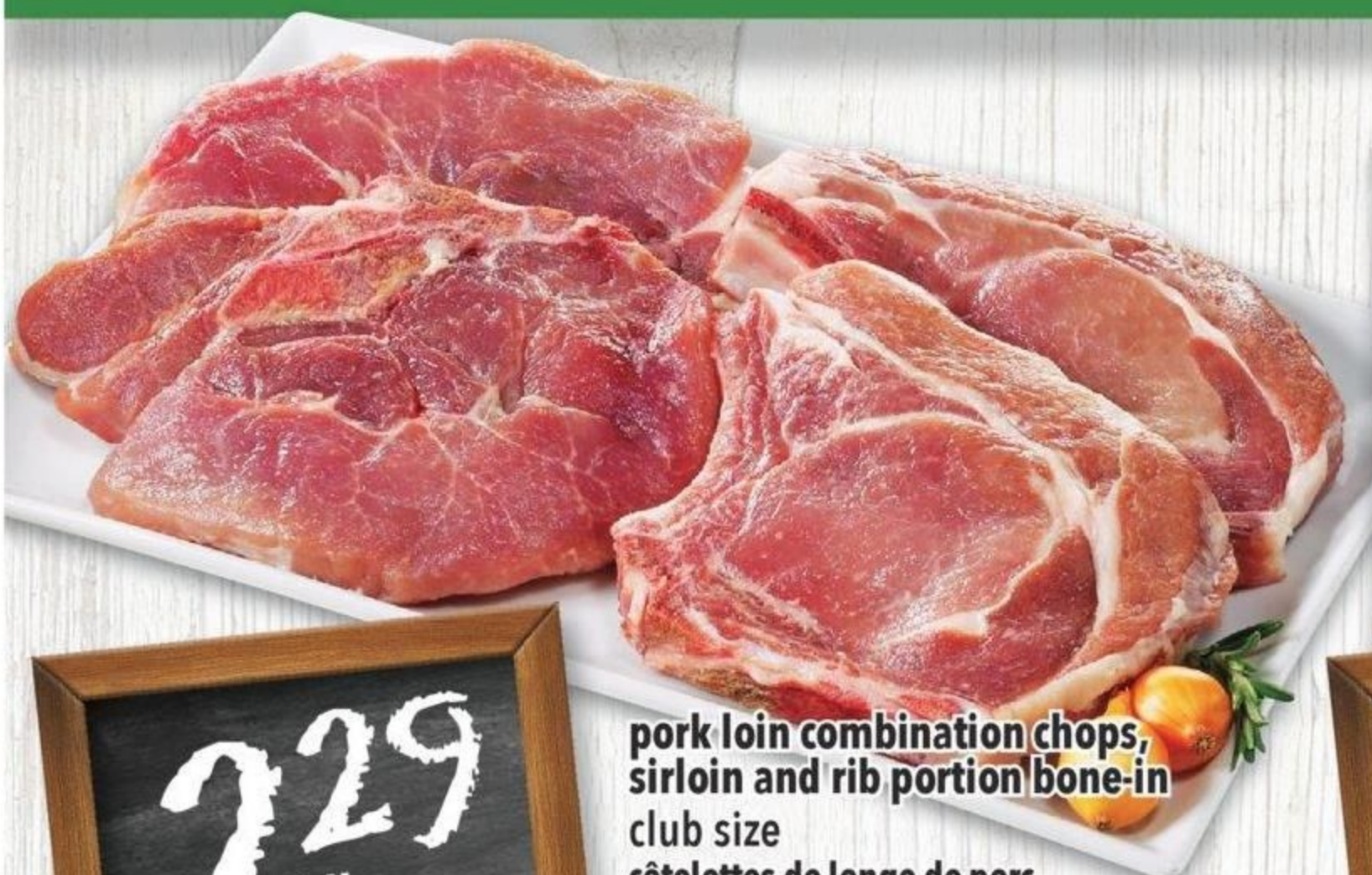
# Freshmart®

visit [www.freshmart.ca](http://www.freshmart.ca)

**freshmart** RED & WHITE  
FOOD STORE  
Your Neighbourhood Grocer

*Holiday Essentials*  
*Les essentiels des Fêtes!*

See inside  
Voir à l'intérieur



**229**  
lb

**pork loin combination chops, sirloin and rib portion bone-in club size**  
côtelettes de longe de porc, combinaison de coupes, portions de surlonge et de bout de côte, avec os  
5.05/kg



**499**

**PC® bacon**  
selected varieties  
500 g  
bacon PC<sup>MD</sup>



**399**

**Farmer's Market™ cookies**  
selected varieties  
12's  
biscuits Délices du Marché<sup>MC</sup>



**249**

**blackberries or raspberries**  
product of Mexico or U.S.A.  
6 oz  
mûres ou framboises



**479**

**Farmer's Market™ cucumbers or assorted peppers**  
product of Canada or Mexico  
3's  
concombres ou poivrons variés  
Délices du Marché<sup>MC</sup>



**449**

**Lactantia butter**  
selected varieties  
454 g  
beurre Lactantia



**PC® soft drinks**  
selected varieties  
2 L  
boissons gazeuses  
PC<sup>MD</sup>

**129**



**Christie crackers or cookies**  
selected varieties  
175-386 g  
craquelins ou biscuits Christie

**229**



**Nescafé or Taster's Choice instant coffee**  
selected varieties  
100-170 g  
café instantané  
Nescafé ou Taster's Choice

**449**



**Kellogg's cereal**  
selected varieties  
320-435 g  
céréales Kellogg's

**349**



**Kraft Dinner**  
58/225 g or  
pasta salad 200 g  
selected varieties  
Dinner ou salade de pâtes Kraft

**3/\$5**  
or \$1.67 ea.



**PC® or Blue Menu® single serve entrées**  
selected varieties, 275-365 g  
plats cuisinés individuels  
PC<sup>MD</sup> ou Menu bleu<sup>MC</sup>

**249**



**Clover Leaf sockeye salmon**  
213 g  
saumon sockeye Clover Leaf

**449**



**no name® evaporated milk**  
selected varieties  
354 mL  
lait évaporé sans nom®

**129**

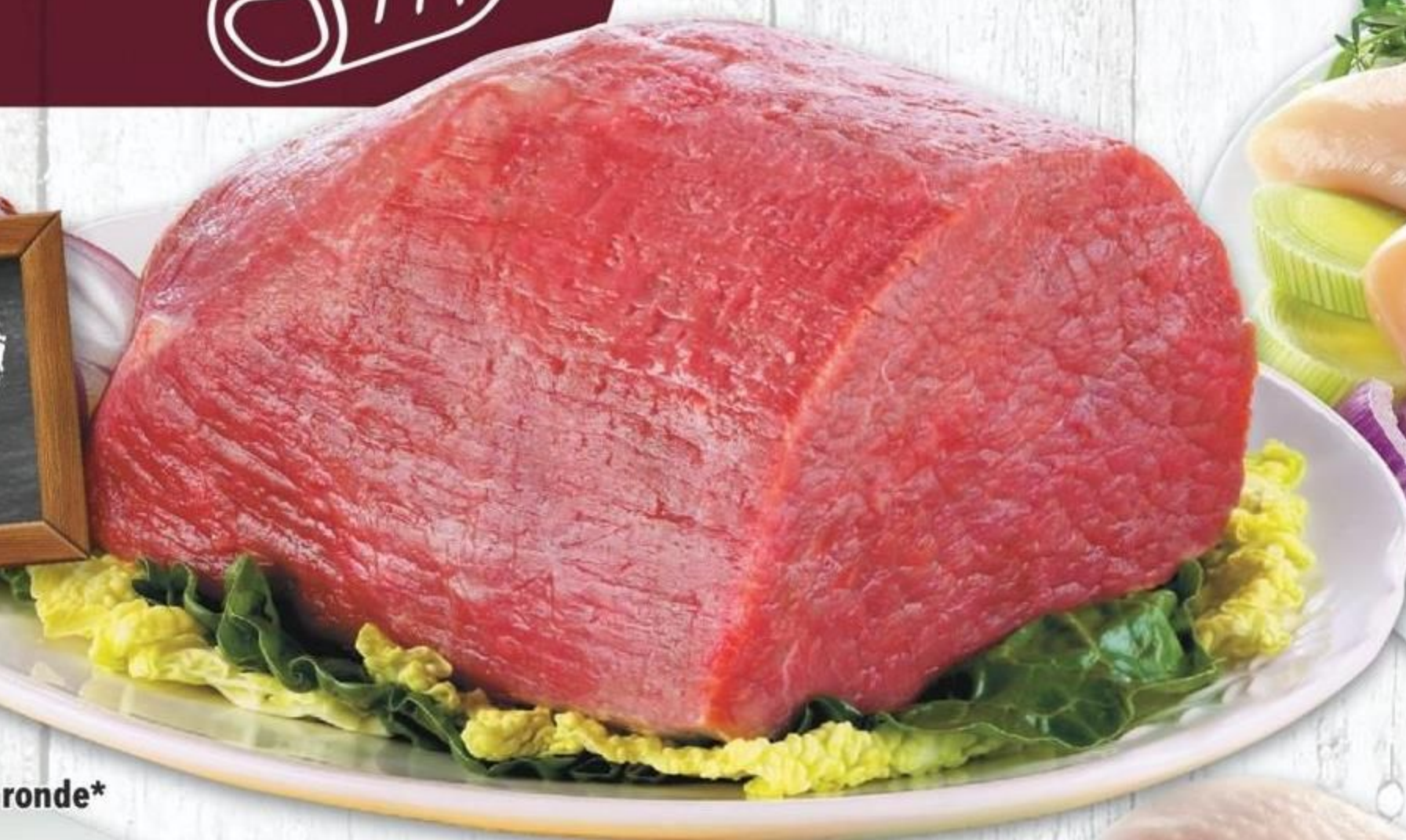
PRICES EFFECTIVE FROM THURSDAY, DECEMBER 8<sup>TH</sup> TO WEDNESDAY, DECEMBER 14<sup>TH</sup>, 2022/PRIX EFFECTIFS DU JEUDI 8 DÉCEMBRE AU MERCREDI 14 DÉCEMBRE 2022

FROM OUR BUTCHER DE NOTRE BOUCHER



**6.99**  
lb

eye of round steak or roast\* club size  
bifteck ou rôti de noix de ronde\*  
15.41/kg



**7.99**  
lb

chicken breasts boneless, skinless, club size  
poitrines de poulet  
17.61/kg



**2.99**  
lb

pork loin center-cut chop club size  
côtelette de longe de porc, coupe du centre  
6.59/kg



**3.49**  
lb

whole chicken bagged  
poulet entier  
7.69/kg



**6.99**  
lb

tenderized hip or inside round fast-fry steak\* club size  
bifteck de cuisse ou d'intérieur de ronde attendri pour sauté\*  
15.41/kg



**5.49** Johnsonville smoked sausage selected varieties  
375 g  
saucisses fumées Johnsonville



**8.49** Lou's Kitchen entrées selected varieties  
400 g  
plats cuisinés Lou's Kitchen



**5.99** Wong Wing entrées selected varieties, frozen  
400-680 g  
plats cuisinés Wong Wing



**\$10** selection of meat, appetizers or entrées selected varieties, frozen  
800 g-1.81 kg  
sélection de viandes, hors-d'œuvre ou plats cuisinés

SEAFOOD POISSONNERIE



**5.99** SeaQuest® fish fillets, boneless, skinless selected varieties, frozen  
400 g  
filets de poisson, sans peau, sans arêtes SeaQuest®



**3.49** GO shrimp raw, 51-70 per lb or cooked, 61-90 per lb frozen, 160 g  
crevettes crues ou cuites GO



**\$10** selection of seafood selected varieties, frozen  
255 g-1.13 kg  
sélection de fruits de mer



**14.99** PC® garlic and herb seafood bake frozen, 700 g  
casserole de fruits de mer ail et fines herbes PC<sup>MD</sup>

**FRUITS & VEGETABLES  
FRUITS ET LÉGUMES**



**5.29**

**Farmer's Market™  
sweet potatoes  
product of Canada  
5 lb  
patates douces Délices du Marché™**



**Sugar Bombs 341 g or  
Kumato tomatoes 454 g  
product of Mexico or U.S.A.  
tomates Sugar Bombs ou Kumato**

**5.99**



**Vidalia sweet onions  
product of U.S.A.  
3 lb  
oignons doux Vidalia**



**6.99**



**3.99**

**The Little Potato Company oven  
or microwave ready potatoes  
product of Canada,  
selected varieties, 454 g  
pommes de terre prêtes pour le four ou  
le micro-ondes The Little Potato Company**



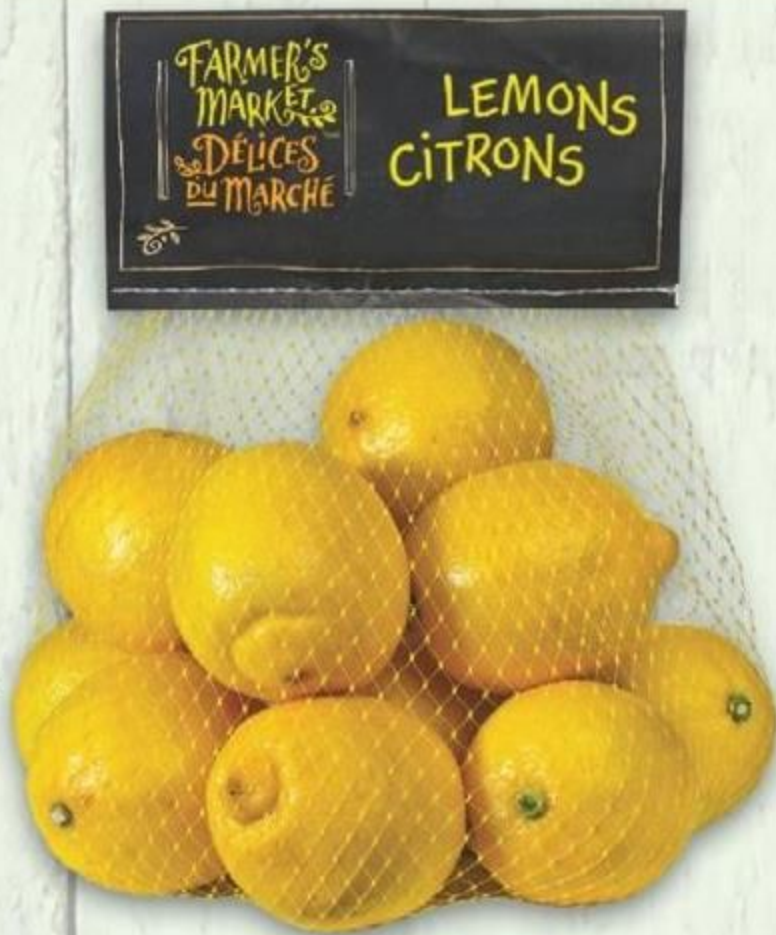
**Taylor Farms 315-360 g  
or Eat Smart 340 g salads  
product of U.S.A.,  
selected varieties  
salades Taylor Farms  
ou Eat Smart**



**5.49**

**Farmer's Market™  
lemons  
product of South Africa  
3 lb  
citrons Délices du Marché™**

**4.49**



**5.29** **green or red swiss chard  
product of U.S.A.  
bunch  
bette à cardes verte ou rouge**

**PC® herbs  
product of Mexico,  
Colombia or Canada,  
selected varieties  
28 g  
fines herbes PC™**

**1.99**



**12.99  
/case**

**2.49**

**PC® persimmons  
product of Spain, each  
kaki plaquemines PC™**



**PC® mangoes  
product of Brazil  
each  
mangues PC™**

**2.49**



**kiwi  
product of Greece  
2 lb  
kiwi**

**5.99**



# Holiday Essentials! 3 Week Price Freeze!

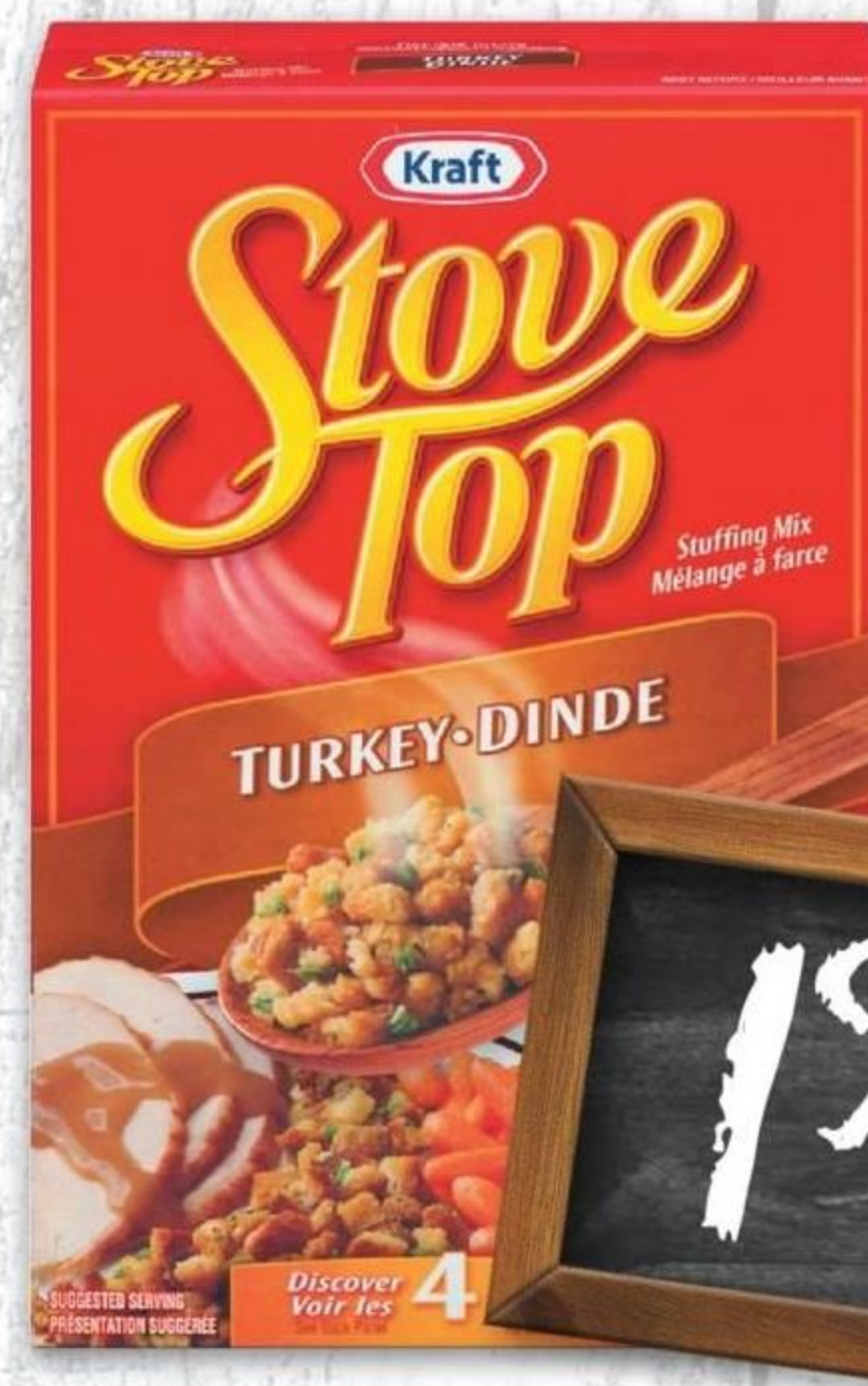
From  
December  
8 to 28



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



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



**Stove Top stuffing**  
selected varieties  
120 g  
farce Stove Top



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



1.29

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



5.49

**Betty Crocker  
potatoes**  
selected varieties  
141-215 g  
pommes de terre  
Betty Crocker



2.49



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

1.99

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



1.79



**no name® frozen vegetables**  
selected varieties  
750 g  
légumes surgelés sans nom®

2.49



**no name® pasta sauce** 680 mL  
or **pasta** 900 g  
selected varieties  
sauce pour pâtes ou pâtes sans nom®

1.69

**no name®  
extra virgin olive oil**  
750 mL  
huile d'olive extra vierge  
sans nom®



6.99

**Campbell's  
condensed  
soup or broth**  
selected varieties  
284 mL  
soupe condensée  
ou bouillon  
Campbell's



2.49



**Club House gravy or seasoning**  
selected varieties  
21-45 g  
sauce ou assaisonnements  
Club House

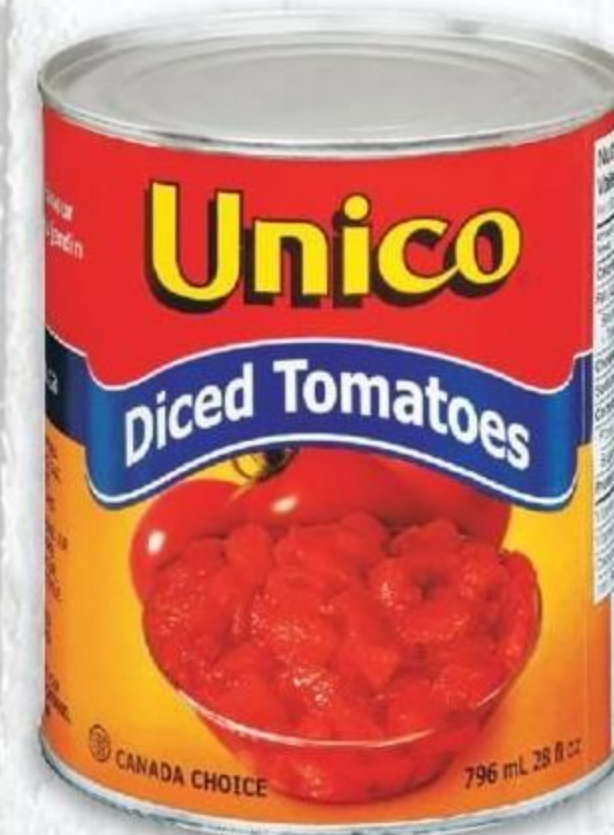
.99

**Ocean Spray  
cranberry sauce**  
selected varieties  
348 mL  
sauce aux  
canneberges  
Ocean Spray



2.49

**Unico tomatoes**  
selected varieties  
796 mL  
tomates Unico



1.99

# Les essentiels des Fêtes!

Prix en vigueur pour 3 semaines!

Du 8 au 28 décembre



PC® shredded cheese selected varieties 250-320 g fromage râpé PC<sup>MD</sup>



5<sup>99</sup>



Dare Baguettes or Melba Toast selected varieties 120-200 g Baguettes ou Toast Melba Dare



2<sup>49</sup>



Ocean Spray cranberry cocktail 1.89 L or 100% cranberry juice 1.77 L selected varieties cocktail de canneberge ou jus de canneberge à 100% Ocean Spray



3<sup>99</sup>



Tenderflake shells 255-350 g or Cool Whip whipped topping 1 L selected varieties croûtes Tenderflake ou garniture fouettée Cool Whip



no name® margarine 907 g margarine sans nom®

PC® orange juice selected varieties, refrigerated 2.63 L jus d'orange PC<sup>MD</sup>



no name® chocolate syrup 700 mL, strawberry syrup 510 mL, hot chocolate mix 500 g, Carnation hot chocolate envelopes 175/250 g selected varieties sirop au chocolat, sirop à la fraise mélange à chocolat chaud sans nom®, enveloppes de chocolat chaud Carnation

3<sup>99</sup>

3<sup>99</sup>

5<sup>49</sup>

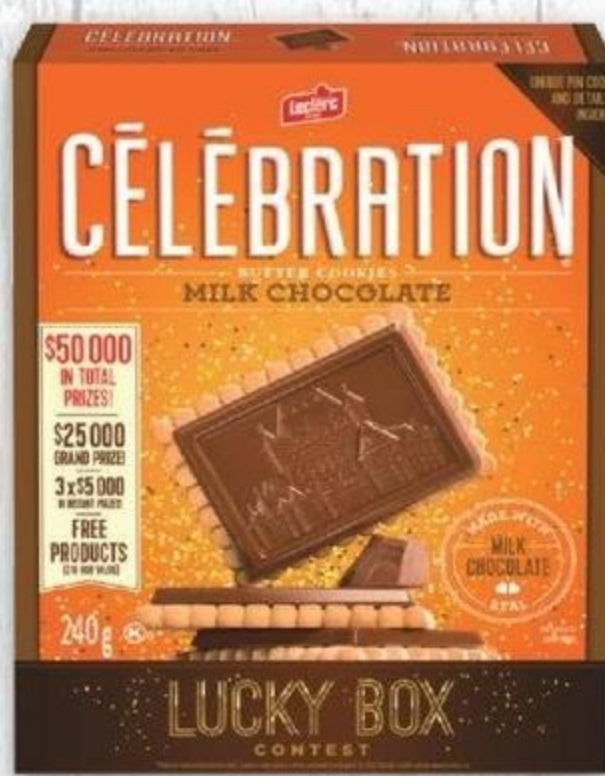
3<sup>29</sup>

Pringles potato chips selected varieties 137-156 g croustilles Pringles



2<sup>79</sup>

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



3<sup>29</sup>

Club House organic seasoning selected varieties 10-57 g assaisonnement biologique Club House



1<sup>79</sup>

Dole pineapple selected varieties 398 mL ananas Dole



2<sup>29</sup>



no name® napkins Club Size 500's serviettes sans nom®

5<sup>29</sup>



no name® paper luncheon plates 40's assiettes à lunch en papier sans nom®

4<sup>49</sup>

no name® plastic cutlery selected varieties 48's coutellerie en plastique sans nom®



2<sup>49</sup>



no name® deep roaster pan each rôtissoire profonde sans nom®

2<sup>49</sup>

**DELICATESSEN  
CHARCUTERIE**



**229**  
/100 g

**Ziggy's® roast beef  
deli service  
rôti de bœuf  
Ziggy's®**

**CHEESE  
FROMAGERIE**



**699**

**Agropur Notre Dame  
Brie cheese 170 g,  
Île de France Brie or  
Camembert 250 g  
selected varieties  
brie Notre-Dame  
Agropur, brie ou  
camembert  
Île de France**



**Maple Leaf  
Natural Selections  
deli meat  
selected varieties  
175 g  
charcuteries Natural  
Selections Maple Leaf**

**6<sup>49</sup>**



**PC® salsa 300 g,  
5-layer dip 454 g or  
Yucatan guacamole  
340/454 g  
selected varieties  
salsa, trempette  
5 étages PC<sup>MD</sup> ou  
guacamole Yucatan**

**6<sup>99</sup>**



**Summer Fresh  
packaged salads 800 g  
or From our Chefs™  
soup 700 mL  
selected varieties  
salades emballées  
Summer Fresh ou soupe  
Concorté par nos chefs<sup>MC</sup>**

**7<sup>99</sup>**



**PC® Halloom 250 g  
or Kaukauna  
pepper jack cheese  
ball 283 g  
selected varieties  
fromage halloom PC<sup>MD</sup> ou  
boule de fromage avec  
Pepper Jack Kaukauna**

**7<sup>99</sup>**



**Balderson cheddar  
selected varieties  
280 g  
cheddar Balderson**

**7<sup>99</sup>**



**Arla havarti or  
Monsieur Gustav  
cheese  
selected varieties  
170/200 g  
fromage havarti Arla  
ou Monsieur Gustav**

**5<sup>49</sup>**

**BAKERY  
BOULANGERIE**



**549**

**8 inch pies  
selected varieties  
635-750 g  
tarte de 8 po**



**Farmer's Market™  
round cakes  
selected varieties  
750-875 g  
gâteaux ronds  
Délices du Marché<sup>MC</sup>**

**11<sup>99</sup>**



**PC® or Blue Menu®  
English muffins or  
crumpets  
selected varieties  
284/342 g  
muffins anglais ou  
crumpets PC<sup>MD</sup> ou Menu bleu<sup>MC</sup>**

**2<sup>79</sup>**



**D'Italiano garlic  
bread or baguette  
325 g  
pain ou baguette à  
l'ail D'italiano**

**4<sup>49</sup>**

**\*Reserve your Holiday  
Party Platters!**

\*Only available at participating stores.

**\*Réservez vos plateaux de réception  
pour des Fêtes!**

\*dans les magasins participants seulement.



# Grocery Essentials! Vos Essentiels!



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



PC® Greek yogurt  
selected varieties  
908 g  
yogourt grec PC<sup>MD</sup>



Cracker Barrel cheese  
slices 200-240 g or Kraft  
Cheez Whiz cheese  
spread 450 g  
selected varieties  
tranches de fromage  
Cracker Barrel ou tartina  
de fromage Cheez Whiz Kraft



PC® phyllo or butter puff pastry  
frozen  
454 g  
pâte phyllo ou feuilletée au beurre PC<sup>MD</sup>



Stouffer's  
bistro crustini  
selected varieties  
226-256 g  
crustini  
Bistro Stouffer's



PC® fries  
selected varieties, frozen  
400-650 g  
frites PC<sup>MD</sup>



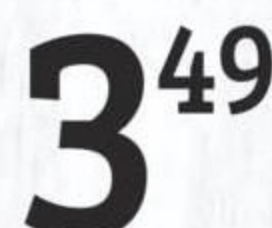
French's mustard  
selected varieties  
325/400 mL  
moutarde French's



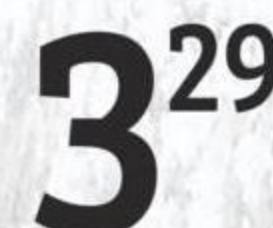
Doritos chips  
selected varieties  
210-280 g  
croustilles Doritos



PC® Blue Menu® peanut butter  
750 g or Nutella 375 g  
selected varieties  
beurre d'arachide PC<sup>MD</sup> Menu bleu<sup>MC</sup>  
ou Nutella



PC® or Blue Menu® cereal  
selected varieties  
325-475 g  
céréales PC<sup>MD</sup> ou Menu bleu<sup>MC</sup>



2.79

Starbucks® Trippleshot® Fortified Coffee Drink  
444 mL or Starbucks® Frappuccino® Coffee Drink 405 mL  
selected varieties  
Boisson au café enrichie Starbucks® Trippleshot®  
certaines variétés ou boissons au café  
Starbucks® Frappuccino® certaines variétés



6.99

PepsiCo Beverages  
selected varieties  
Boissons PepsiCo  
certaines variétés  
6 x 710 mL



4.49

PepsiCo Beverages  
selected varieties  
Boissons PepsiCo  
certaines variétés  
6 x 222 mL



6.99

bubly™ sparkling water beverage  
selected varieties  
boisson à base d'eau pétillante bubly<sup>MC</sup>  
certaines variétés  
12 x 355 mL



# Grocery Favourites! Vos Pr f r s!



McCaf  premium roast coffee or whole bean roast tin selected varieties 900/950 g caf    torr faction sup rieure ou contenant de caf  en grains torr fi  McCaf 



Black Diamond cheese bar, shreds, Cheestrings or snacks selected varieties 200-400 g fromage en bloc, r p , Ficello ou collation Black Diamond



BlueWater fish or shrimp, battered or breaded selected varieties, frozen 210-600 g poisson ou crevettes en p te ou pan s BlueWater



PC  Sorbet or PC  Ice Cream Shop ice cream selected varieties, frozen 946 mL sorbet PC  ou cr me glac e D lices du bar laitier PC 

3<sup>79</sup>



SunRype juice selected varieties 1.36 L jus SunRype

2<sup>99</sup>



Simply juice or Gold Peak iced tea selected varieties, refrigerated 1.54/1.75 L jus Simply ou th  glac  Gold Peak

3<sup>99</sup>



V8 vegetable cocktail selected varieties 1.89 L cocktail de l gumes V8

3<sup>79</sup>



Brunswick fillets 92/100 g or sardines 106 g selected varieties filets ou sardines Brunswick

1<sup>79</sup>

PC  wing sauce selected varieties 350 mL sauce pour ailes PC 

3<sup>79</sup>



Planters mixed nuts selected varieties 200/250 g noix m lang es Planter's

4<sup>99</sup>



PC  Organics baby food pouches selected varieties 128 mL sachets de nourriture pour b b  PC  Biologique

1<sup>29</sup>



Milk-Bone dog treats 450-475 g, biscuits 900 g or Whiskas Temptations cat treats 130-180 g selected varieties g tieries pour chiens, biscuits Milk-Bone ou g tieries pour chats Temptations Whiskas

3<sup>99</sup>

Palmolive liquid dish soap selected varieties 431-828 mL d tergent liquide   vaisselle Palmolive

2<sup>49</sup>



PC  dinner napkins 180's serviettes de table PC 

5<sup>99</sup>



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.  /TM The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved.   2022 Loblaws Inc.

