



\$5 lb

outside round roast or steak*
club size
rôti ou bifteck d'extérieur de ronde*
11.02/kg



\$2 lb

pork side ribs
club size
côtes de flanc de porc
4.41/kg



\$5

Boursin cheese
selected varieties
130-150 g
fromage Boursin



pineapple
product of Costa Rica
each
ananas

\$4



\$2

Farmer's Market™
carrots or onions
product of Atlantic provinces
3 lb
carottes ou oignons Délices du Marché^{MC}

Tropicana orange juice, blends,
lemonade or Pure Leaf iced tea
refrigerated, selected varieties
1.54/1.75 L
jus d'orange, mélanges, limonade
Tropicana ou thé glacé Pure Leaf

2 for \$7
or \$3.50 ea.



no name®
potato chips
selected varieties
200 g
croustilles
sans nom®

4 for \$5
or \$1.25 ea.

no name®
peanut butter
selected varieties
1 kg or Earth's Own
Oat Barista 946 mL
beurre d'arachide
sans nom® ou
Barista Oat
Earth's Own

\$4



Post cereal
selected varieties
311-525 g
céréales Post

\$3



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

4 for \$5
or \$1.25 ea.



Kraft Dinner
selected varieties
58/225 g
Kraft Dinner

3 for \$5
or \$1.67 ea.

Heinz ketchup
selected varieties
750 mL/1 L
ketchup Heinz

\$4



Delissio
Thin Crust or
Singles pizza
selected varieties
360-550 g
pizza Croûte
mince ou pizzas
individuelles
Delissio

2 for \$9
or \$4.50 ea.



SpongeTowels
6 rolls or
Cashmere
bathroom tissue
8/12 = 24 rolls
selected varieties
essuie-tout
SpongeTowels ou
papier hygiénique
Cashmere

\$6



FROM OUR BUTCHER

Dollar Sale Vente du dollar Dollar Sale

DE NOTRE BOUCHER

boneless skinless chicken breasts club size, fresh 4's
poitrines de poulet désossées sans peau 17.63/kg

\$8 lb



tenderized hip or inside round fast-fry steak* club size
bifteck de cuisse ou d'intérieur de ronde attendri pour sauté* 13.23/kg

\$6 lb



\$4 lb

lean ground pork club size
porc haché maigre 8.82/kg



\$10 lb

beef short ribs* club size
bouts de côtes de bœuf* 22.05/kg



\$5 lb

chicken wings club size
ailes de poulet 11.02/kg



\$6

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



\$6

Strub's pickles selected varieties 1 L
cornichons Strub's



\$13

PC® BBQ pork back ribs selected varieties, fully cooked, refrigerated 500 g
côtes de dos de porc barbecue PC^{MD}



\$7

Beyond Burger plant based burgers 226 g
burgers à base de plantes Beyond Burger



\$5

Johnsonville breakfast sausage or grinds selected varieties 250/375 g
saucisse à déjeuner ou viande hachée Johnsonville

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

your choice au choix
\$10



\$5

Premier Marine Canada seafood medley 340 g or Waterview Market crispy calamari 300 g, frozen
mélange de la mer Premier Marine Canada ou calmar croustillant Waterview Market

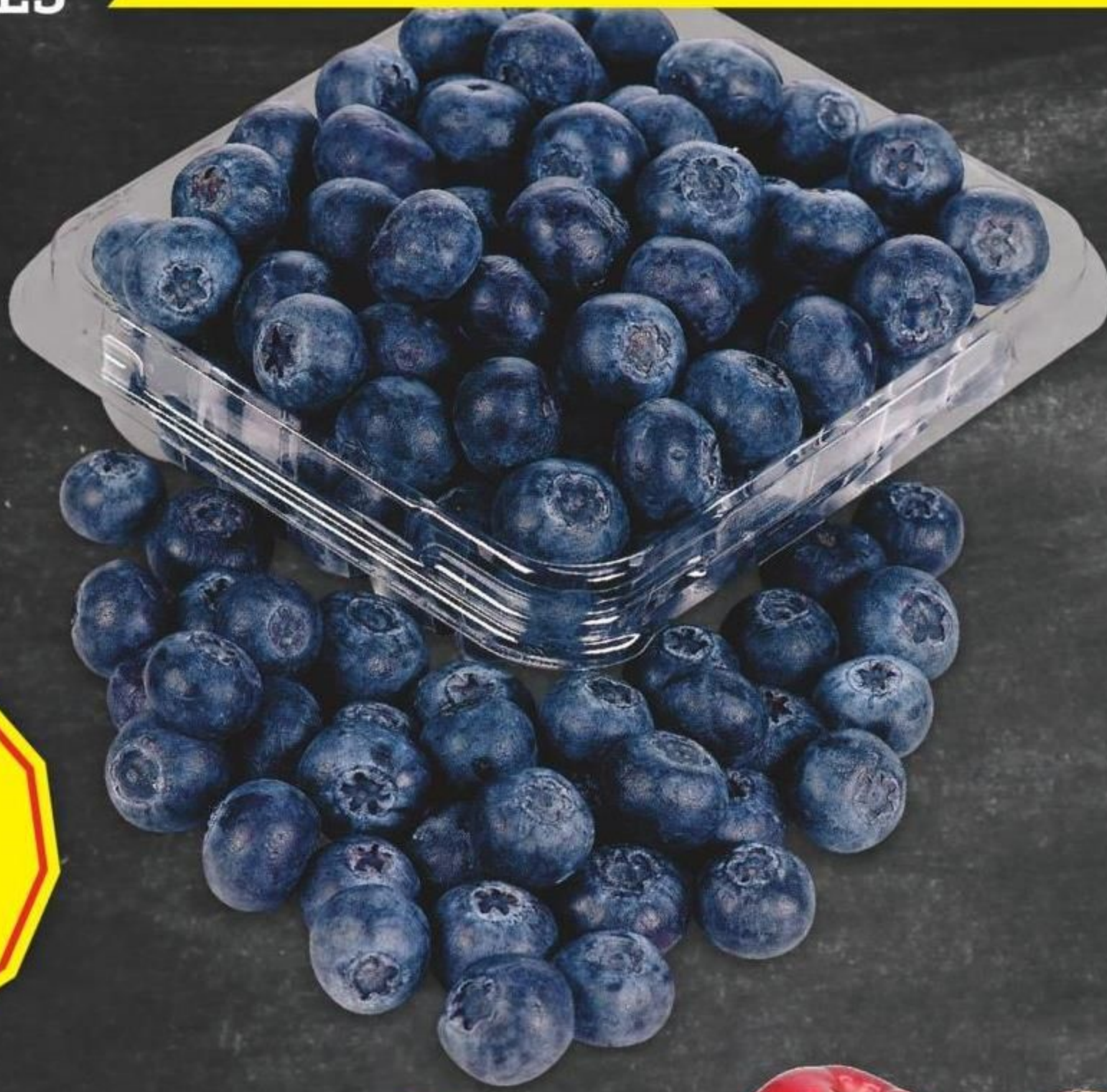


selection of seafood, appetizers or entrées frozen 800 g-1.02 kg
sélection de fruits de mer, hors-d'œuvre ou plats cuisinés

your choice au choix
\$10



blueberries
product of Mexico
6 oz
bleuets



\$3

PC® pre-washed salads
selected varieties,
product of U.S.A.
142 g
salades prélavées PC^{MD}



\$3

oranges
product of Spain
oranges
4.41/kg



\$2
lb



\$2
lb

Granny Smith apples, product of Italy
or McIntosh apples, product of Canada
pommes Granny Smith ou pommes McIntosh
4.41/kg



\$2

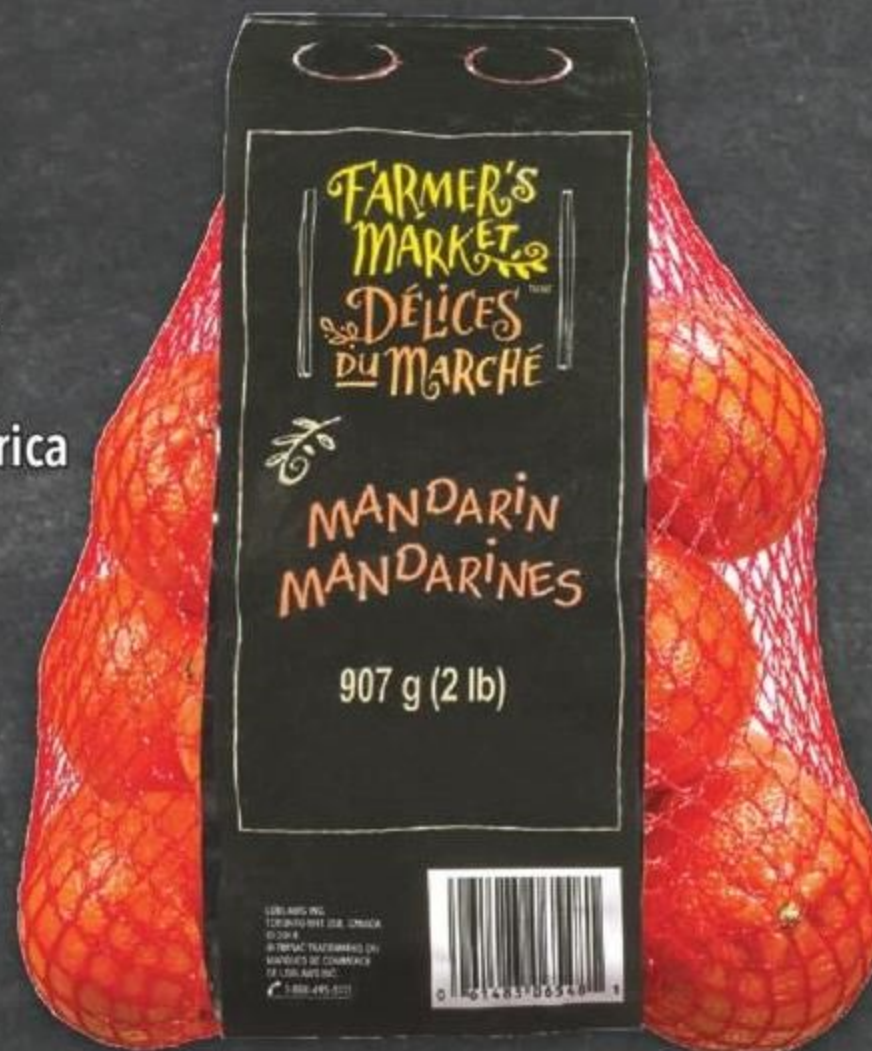
PC® Kent mangoes
product of Peru
mangues Kent PC^{MD}

broccoli
product of U.S.A.
each
brocoli



\$4

Farmer's Market™
mandarins
product of South Africa
2 lb
mandarines
Délices du Marché^{MC}



\$5



2 lb

\$7

peaches or nectarines
product of Chile
2 lb
pêches ou nectarines

kale
product of Mexico
bunch
chou frisé



2 for
\$5
or \$2.50 ea.

The Little Potato Company
potatoes
selected varieties,
product of Canada
454 g
pommes de terre
The Little Potato Company



\$4



\$6

Farmer's Market™
peppers
product of Mexico
3's
poivrons Délices du Marché^{MC}

Dollar Sale Vente du dollar Dollar Sale

\$2



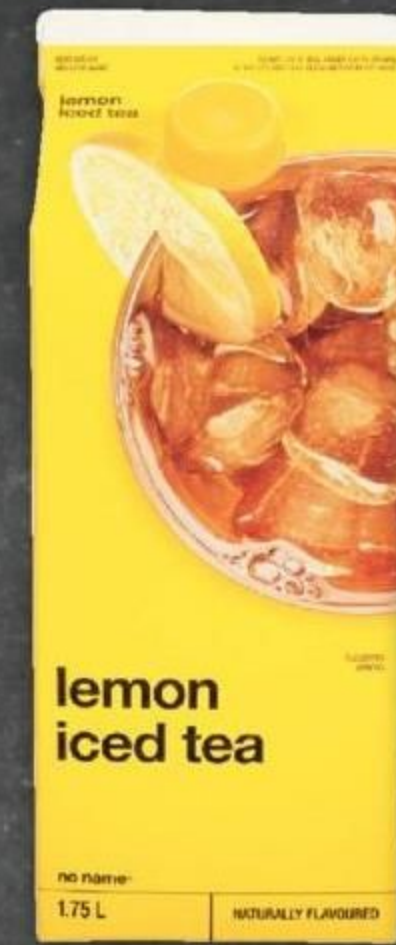
smoked steelhead salmon 50 g, pre-sliced, frozen or SeaQuest® crab or lobster flavoured pollock 227 g saumon steelhead fumé ou goberge à saveur de crabe ou de homard SeaQuest®



Sunrise tofu 454 g tofu Sunrise



Donut Time donuts selected varieties 250 g beignets Donut Time



lemon iced tea

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



1.75 L NATURALLY FLAVORED

\$3



PC® extra thick cinnamon bread 675 g or ACE Bakery baguette baked in-store, 325-400 g selected varieties pain à la cannelle en tranches extra-épaisses PC^{MD} ou baguette Boulangerie ACE



Yoplait minigo yogurt 6 x 60 g or tubes 8 x 56 g selected varieties yogourt Minigo ou Tubes Yoplait



Ziggy's® fresh pasta or salad selected varieties 350-454 g pâtes fraîches ou salades Ziggy's®



PC® naan, flatbread or no name® dinner rolls selected varieties 220-420 g naan ou pain plat PC^{MD} ou petits pains sans nom®



PC® naan dippers 200 g, hummus or dips 227-280 g selected varieties bouchées naan, hummus ou trempettes PC^{MD}

\$5



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



Ziggy's® sliced cheese or deli meat selected varieties 200-300 g fromage ou charcuteries tranchés Ziggy's®



Zerto shredded parmesan, asiago or romano cheese 140 g parmesan, asiago ou romano râpé Zerto



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

**no name®
sans nom®**

4 week savings event flyer!
convincing you to switch to a yellow brand
Évènement 4 semaines!
pour vous convaincre de passer à la marque jaune



2⁹⁹ no name® original wieners
450 g
saucisses fumées originales sans nom®



5⁹⁹ no name® bacon
regular or reduced salt
500 g
bacon sans nom®



4⁹⁹ no name® sliced deli meat
selected varieties
375-500 g
charcuteries tranchées sans nom®



no name®
orange juice
selected varieties,
refrigerated
1.75 L
jus d'orange
sans nom®

2⁹⁹



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



3⁴⁹ no name® bar or
processed cheese product
selected varieties
200/400 g
barre ou produit de fromage
fondu sans nom®



4⁴⁹ no name®
stirred yogurt
selected varieties
12's
yogourt brassé sans nom®



no name®
perogies
selected varieties
907 g
perogies sans nom®

2⁴⁹



2²⁹ no name® fried potatoes
selected varieties, frozen
1 kg
pommes de terre frites sans nom®

no name®
pizza pouches
selected varieties,
frozen, 8's
pizzas en poche
sans nom®

5⁹⁹



8⁹⁹ no name® ice cream
sandwiches or bars
selected varieties, frozen,
Club Size, 24/30's
sandwichs ou barres à la
crème glacée sans nom®



2⁷⁹ no name® whipped topping
1 L or pie shells 350 g
selected varieties
garniture fouettée ou
croûtes à tarte sans nom®



1⁹⁹ no name® waffles
selected varieties, frozen
8's
gaufres sans nom®

no name®
Naturally Imperfect™
fruit
frozen, 2 kg
fruits
Naturellement imparfaits™
sans nom®

12⁹⁹



FROM THURSDAY, JANUARY 5TH TO WEDNESDAY, FEBRUARY 1ST, 2023 / DU JEUDI 5 JANVIER AU MERCREDI 1^{ER} FÉVRIER 2023

no name®

flyer page

contains low prices from a yellow brand

pages circulaire

avec des bas prix sur la marque jaune

no name® beans
selected varieties
540 mL
haricots sans nom®

1.99



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

6.99



no name® egg noodles 340 g or
soy sauce 450 mL, selected varieties
nouilles aux œufs ou sauce soya sans nom®

1.79

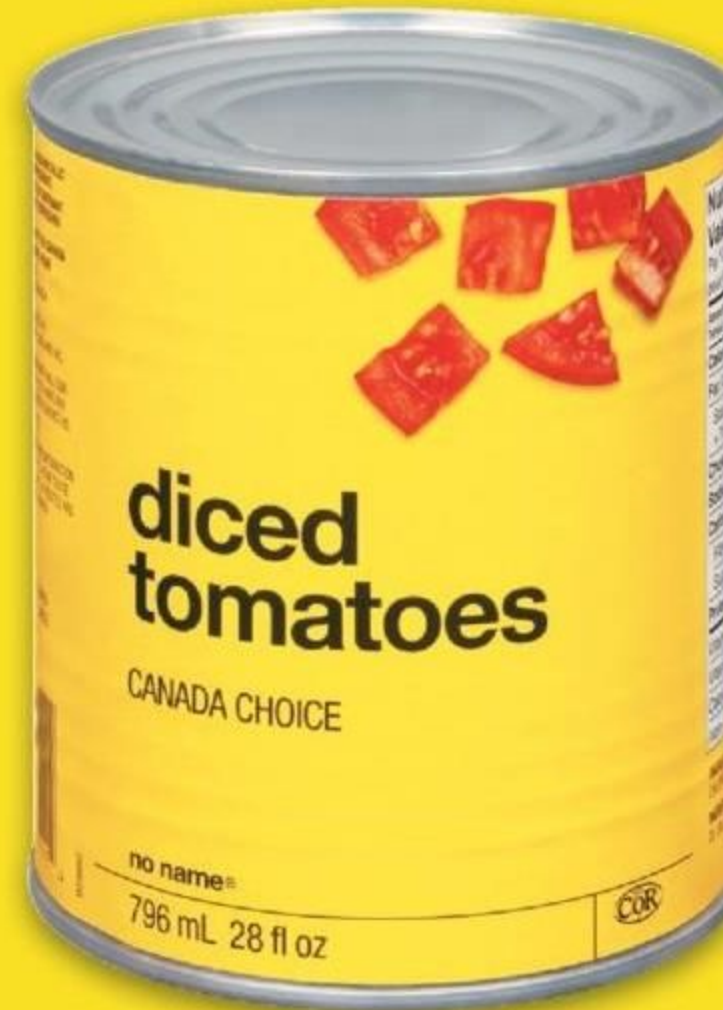


1.49 no name® flaked or chunk light tuna
170 g
thon pâle émietté ou en morceaux sans nom®



no name® tomatoes
selected varieties
796 mL
tomates sans nom®

1.79



1.29 no name® pizza sauce 213 mL
or tomato paste 369 mL
sauce à pizza ou pâte de tomate sans nom®



no name® dressing
selected varieties
475 mL
vinaigrette sans nom®

2.29



no name® olives
selected varieties
375 mL
olives sans nom®

1.79



no name®
cooking sauce
selected varieties
350 mL
sauce à cuisson
sans nom®

2.49



2.49 no name® tomato juice
1.36 L or soda crackers
selected varieties, 454 g
jus de tomate ou craquelins
au soda sans nom®



no name® flour
selected varieties
2.5 kg
farine sans nom®

3.99



1.99 no name® spices
selected varieties
5.5-250 g
épices sans nom®



no name®
raisins, currants
or prunes
selected varieties
375 g
raisins secs, raisins
de Corinthe ou
pruneaux sans nom®

3.79



FROM THURSDAY, JANUARY 5TH TO WEDNESDAY, FEBRUARY 1ST, 2023 / DU JEUDI 5 JANVIER AU MERCREDI 1^{ER} FÉVRIER 2023

sans nom®

groceries
may contain snacks and beverages
épicerie
pouvant contenir collations et boissons

no name® prune juice
1.36 L
jus de pruneaux sans nom®



4²⁹



5⁹⁹ no name® coffee pods
selected varieties
12's
capsules de café sans nom®



2⁹⁹ no name® fruit bowls
selected varieties
4's
bols de fruits sans nom®



3²⁹ no name® juice boxes
selected varieties
10 x 200 mL
jus en boîte sans nom®

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

1⁷⁹



no name® coffee whitener
selected varieties
450 g
colorant à café
sans nom®

3⁴⁹



2²⁹ no name® coffee filters
selected varieties
100's
filtres à café sans nom®



1⁴⁹ no name® pudding
selected varieties
4 x 99 g
pouding sans nom®

no name® trail mix
selected varieties,
Club Size
1 kg
mélange montagnard
sans nom®

10²⁹



1²⁹ no name® crackers 100 g or
breadsticks or pretzels &
cheese snacks 3's
selected varieties
collations de craquelins ou bâtonnets
ou bretzels et fromage sans nom®

no name® pretzels 200 g or
apple or orange
juice 1 L
selected varieties
bretzels ou
jus de pomme ou
d'orange sans nom®

1⁴⁹



2⁷⁹ no name® whole grain oats
900 g/1 kg or smooth peanut
butter 500 g, selected varieties
grauu à grains entiers ou beurre
d'arachide sans nom®

5⁹⁹ no name® honey
liquid or creamed, 500 g
miel sans nom®



2²⁹ no name® marshmallows
selected varieties
400 g
guimauves sans nom®

no name® chocolate bars
selected varieties
100 g
barres de chocolat
sans nom®

1²⁹



FROM THURSDAY, JANUARY 5TH TO WEDNESDAY, FEBRUARY 1ST, 2023/DU JEUDI 5 JANVIER AU MERCREDI 1^{ER} FÉVRIER 2023

**no name®
sans nom®**

yet more groceries
featuring household products at low prices
encore plus d'épicerie
comprenant des produits pour la maison à bas prix



5⁹⁹ no name® garbage bags
selected varieties
20-40's
sacs à ordures sans nom®

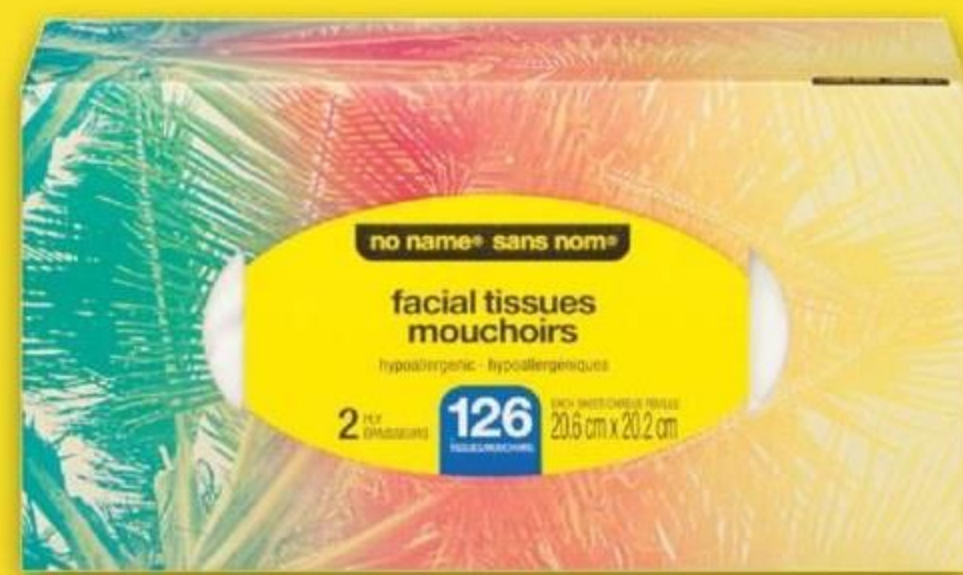


3²⁹ no name® napkins
selected varieties
250's
serviettes sans nom®



no name®
bathroom tissue
2 ply, 4 rolls
papier hygiénique
sans nom®

1²⁹



1²⁹ no name® facial tissue
126 sheets
mouchoirs sans nom®

no name®
dishwasher
rinse agent
250 mL
agent de rinçage
pour lave-vaisselle
sans nom®

3⁷⁹



no name®
paper towels
selected varieties
2=2 rolls
essuie-tout
sans nom®

1²⁹



1⁴⁹ no name® foil wrap 25 ft,
plastic wrap 30 m or fold lock
sandwich bags 100's
papier d'aluminium, pellicule plastique ou
sacs à sandwich refermables sans nom®

no name®
vinegar
Club Size
4 L
vinaigre
sans nom®

2⁷⁹



no name® all-purpose
reusable cloths 10's,
cellulose sponge
all-purpose or scour
pad mixed each
selected varieties
chiffons réutilisables tout
usage, éponges en cellulose
tout usage ou éponges à
récuser sans nom®

1⁹⁹



7⁹⁹

no name® 10.4 inch
paper dinner plates, 40's
assiettes en papier
de 10,4 pouces sans nom®



no name® cake
pans with lid
2's
moules à gâteau
avec couvercle
sans nom®

3⁹⁹



no name®
dry cat food
selected varieties
4 kg
nourriture sèche pour
chats sans nom®

10⁴⁹



no name®
cat litter
selected varieties
7 kg
litière pour chats
sans nom®

6⁴⁹



no name®
kibbles & nibbles
dry dog food
1.8 kg
nourriture sèche
pour chiens kibbles
& nibbles sans nom®

6⁹⁹



no name® wild
bird seed mix
4 kg
mélange de graines
pour oiseaux
sauvages sans nom®

8⁹⁹



FROM THURSDAY, JANUARY 5TH TO WEDNESDAY, FEBRUARY 1ST, 2023 / DU JEUDI 5 JANVIER AU MERCREDI 1^{ER} FÉVRIER 2023

Dollar Sale Vente du dollar Dollar Sale



2 for \$7
or \$3.50 ea.

Dr. Oetker Momenti 160-185 g, Giuseppe garlic fingers or bruschetta 317/405 g selected varieties, frozen Momenti, bâtonnets à l'ail ou bruschetta Giuseppe Dr. Oetker



\$1

YOP drinkable yogurt selected varieties 200 mL yogurt à boire YOP



2 for \$5
or \$2.50 ea.

I can't believe it's not Butter! 427 g or Lactantia garlic butter 125 g margarine I Can't Believe It's Not Butter ou beurre à l'ail Lactantia

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



2 for \$7
or \$3.50 ea.



2 for \$5
or \$2.50 ea.

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

PC® fries selected varieties 400-650 g frites PC^{MD}

\$3



Neilson milkshakes selected varieties 310 mL laits frappés Neilson



\$2

Simply juice, fruit beverages or lemonade selected varieties, refrigerated 340 mL jus, boissons aux fruits ou limonade Simply

4 for \$5
or \$1.25 ea.



\$3

no name® cottage cheese selected varieties 500 g fromage cottage sans nom®



\$3

Jell-O desserts 4's or Kozy Shack pudding 624 g selected varieties, refrigerated desserts Jell-O ou pouding Kozy Shack

Coffeemate coffee whitener selected varieties, refrigerated 946 mL colorant à café Coffeemate



\$5



2 for \$5
or \$2.50 ea.

Pillsbury Toaster Strudel selected varieties 326 g Toaster Strudel Pillsbury



\$5

Klondike bars or sandwiches selected varieties, frozen 4/6's barres ou sandwichs Klondike

\$7



PC® Organics frozen fruit 600 g or orange juice 1.75 L selected varieties fruits surgelés ou jus d'orange PC^{MD} Biologique

Dollar Sale Vente du dollar Dollar Sale

Tim Hortons or PC® The Decadent® hot chocolate selected varieties 500 g
chocolat chaud Tim Hortons ou PC^{MD} Le décadent^{MC}

2 for
\$9
or \$4.50 ea.



Gatorade sport drinks selected varieties 6 x 591 ml
boissons désaltérantes Gatorade

\$6



V8 vegetable cocktail selected varieties 1.89 L
cocktail de légumes V8

\$4



Christie crackers selected varieties 350/354 g
craquelins Christie

\$5



Dare Ultimate cookies 290/300 g or Whippet cookies 230-285 g selected varieties
biscuits Suprême ou biscuits Whippet Dare

3 for
\$10
or \$3.33 ea.

PC® Organics baby food pouches selected varieties 128 ml
sachets de nourriture pour bébé PC^{MD} Biologique

4 for
\$5
or \$1.25 ea.



2 for
\$9
or \$4.50 ea.

Christie Premium Plus crackers selected varieties 450 g
craquelins Premium Plus Christie



Terra vegetable 141-170 g or Neal Brothers tortilla 300 g chips selected varieties
croustilles de légumes Terra ou de tortilla Neal Brothers

\$5



PC® Organics digestive cookies 200 g or Made Good organic granola bars 5's selected varieties
biscuits digestifs PC^{MD} Biologique ou barres granola biologiques Made Good

\$5

SunRype slim beverage selected varieties 1.36 L
boisson Slim SunRype

\$3



Betty Crocker fruit snacks, Mott's Fruitsations or Nature Valley granola bars selected varieties 125-226 g
collations aux fruits Betty Crocker, Mott's Fruitsations ou barres Val Nature

3 for
\$10
or \$3.33 ea.



PC® tea selected varieties 20/40's the PC^{MD}

2 for
\$5
or \$2.50 ea.



Treat Yourself! Gâchez-vous!

4 for
\$5
or \$1.25 ea.

Nestlé, Hershey's, Mars or Butterfinger chocolate single bars selected varieties, 30-60 g
barres de chocolat individuelles Nestlé, Hershey's, Mars ou Butterfinger



\$4

Jus' Better, Dare Real Fruit or Smart Sweets gummies selected varieties 50-750 g
friandises gélifiées Jus Better, Real Fruit Dare ou Smart Sweets

\$3

Hershey's or Merci chocolate tablets or Cadbury or Nestlé snack size chocolate bars selected varieties, 66-120 g
barres de chocolat Hershey's ou Merci ou barres de chocolat format collation Cadbury ou Nestlé



\$5

Mars or Hershey's chocolate bags selected varieties 136-290 g
sacs de chocolat Mars ou Hershey's



Dollar Sale Vente du dollar Dollar Sale

Robin Hood oats
selected varieties
1 kg
flocons d'avoine
Robin Hood



\$3

PC® or
Blue Menu®
cereal
selected varieties
325-475 g
céréales PC^{MD}
ou Menu bleu^{MC}



3 for \$10
or \$3.33 ea.



2 for \$7
or \$3.50 ea.

Tim Hortons soup 540 mL
or chili 425 g
selected varieties
soupe ou chili Tim Hortons

no name® pickles
selected varieties
750 mL/1 L
cornichons sans nom®



\$3

no name®
canned vegetables
or beans
selected varieties
341/398 mL
légumes ou légumineuses
en conserve sans nom®



2 for \$3
or \$1.50 ea.

Clover Leaf
light tuna
selected varieties
85 g
thon pâle
Clover Leaf



3 for \$6
or \$1.66 ea.

Fry's
premium cocoa
454 g
cacao premium
Fry's



\$8

Unico olives
selected varieties
375 mL
olives Unico



\$2

Del Monte fruit
selected varieties
398 mL
fruits Del Monte



\$3



\$4

PC® cooking sauces
or Basmati rice
selected varieties
750 g/400 mL
sauces à cuisson ou riz basmati PC^{MD}

Kraft pasta salad
200 g or Rice A Roni
fried rice 177/227 g
selected varieties
salade de pâtes Kraft
ou riz frit Rice A Roni



4 for \$7
or \$1.75 ea.

PC® Splendido®
Arborio rice 750 g
or PC® Organics
broth 900 mL
riz Arborio PC^{MD}
Splendido^{MD} ou
bouillon PC^{MD}
Biologique



\$4



\$4

PC®
heavy duty freezer bags
selected varieties
10-38's
sacs à congélation robustes PC^{MD}

Vim cream cleaner
selected varieties
500 mL
nettoyant crème Vim

2 for \$7
or \$3.50 ea.



Dollar Sale Vente du dollar Dollar Sale



\$7

Armstrong cheese bars
selected varieties
400 g
barres de fromage Armstrong



\$3

Yoplait Source yogurt
selected varieties
630 g
yogourt Source Yoplait



\$5

Eggo waffles
selected varieties, frozen
16's
gaufres Eggo

Cheetos
Mac'N Cheese
selected varieties
160-170 g
macaroni au
fromage Cheetos



\$3



2 for \$1
or 50¢ ea.

Mr. Noodles instant noodles
selected varieties
85 g
nouilles instantanées Mr. Noodles

no name® canola oil
473 mL
huile de canola sans nom®

3 for \$8
or \$2.66 ea.



PC® Gourmet
whole bean
or roast and
ground coffee
selected varieties
875-930 g
café en grains ou
torréfié et moulu
PC®MD Gourmet



\$16

Quaker
instant oatmeal
selected varieties
232-344 g
gruau instantané
Quaker

\$4



2 for \$7
or \$3.50 ea.

Minute Maid, Five Alive juice
or Nestea iced tea
selected varieties
8/10 x 200 mL
jus Minute Maid, Délicinq
ou thé glacé Nestea



3 for \$10
or \$3.33 ea.

PC® natural spring water
24 x 500 mL
eau de source naturelle PC®MD

no name®
cat litter
7 kg
litière pour chats
sans nom®



\$6

Pedigree
high protein
adult dog food
7 kg
nourriture pour
chiens adultes à
teneur élevée en
protéines Pedigree

\$22



\$6

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

Clorox
disinfecting spray
selected varieties
887/946 mL
vaporisateur
désinfectant Clorox

2 for \$7
or \$3.50 ea.



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. © 2023 Loblaws Inc.

