

FROM THURSDAY, AUGUST 17<sup>TH</sup>  
TO WEDNESDAY, AUGUST 23<sup>RD</sup>, 2023  
DU JEUDI 17 AOÛT AU  
MERCREDI 23 AOÛT 2023



See our flyer online  
visit freshmart.ca

# Freshmart®

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



**5.99**  
lb

boneless bottom blade roast\*  
club size  
rôti de bas de palette désossé\*  
13.21/kg

**3.99**  
lb

pork back ribs  
cryovac 2's  
côtes de dos de porc  
8.80/kg



**5.99**

Farmer's Market™  
nectarines 2 L or peaches 3 L  
product of Canada  
nectarines ou pêches



**2.49**

PC® salads  
product of U.S.A.,  
selected varieties  
142 g  
salades



**2.99**

Chris Brothers deli sliced meats  
selected varieties  
150-250 g  
charcuteries tranchées



**7.99**

PC® cheesecake  
selected varieties, frozen  
600 g  
gâteau au fromage



**2.29**

Christie crackers  
selected varieties  
180/200 g  
craquelins



**2/4.50**  
or \$2.25 ea.

PC® or Blue Menu®  
salad dressing  
475 mL or PC®  
croutons 140 g  
selected varieties  
vinaigrette  
ou croûtons



**2.99**

Danone Activia  
yogurt  
selected varieties  
650 g  
yogourt



**4/\$5**  
or \$1.25 ea.

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



**3.99**

McCain  
Deep'n Delicious cake  
selected varieties, frozen  
510 g  
gâteau



**4.99**

Tide laundry detergent  
1.09 L, pods 12/16's  
or Gain Flings 14's  
selected varieties  
détergent à lessive

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

no name® sans nom®

4 week  
**price freeze**  
on your favourite yellow brand.

4 semaines  
**gel des prix**

Sur vos favoris de la marque jaune.



**4<sup>29</sup>**

no name® Naturally Imperfect™ mixed peppers product of Mexico 2.5 lb bag poivrons variés



no name® processed cheese product slices selected varieties 400 g tranches de produit de fromage fondu

**3<sup>99</sup>**

no name® flour selected varieties 2.5 kg farine

**3<sup>99</sup>**



no name® french fries or puffs selected varieties, frozen 1 kg frites ou pommes de terre soufflées

**3<sup>29</sup>**

no name® vegetable or canola oil 3 L huile végétale ou de canola

**10<sup>99</sup>**



FROM THURSDAY, AUGUST 17<sup>TH</sup> TO WEDNESDAY, SEPTEMBER 13<sup>TH</sup>, 2023  
DU JEUDI 17 AOÛT AU MERCREDI 13 SEPTEMBRE 2023

INS NN FLAP 1

**National Fajita Day** AUGUST 18 18 AOÛT  
*Journée nationale des fajitas*



**2<sup>49</sup>**

Farmer's Market™ yellow onions 3 lb, product of Canada or PC® hot peppers, product of Mexico, selected varieties 50-226 g oignons jaunes ou piments forts



Beatrice sour cream selected varieties 500 mL crème sure

**2<sup>49</sup>**



**4<sup>29</sup>**

Old El Paso dinner kits selected varieties 250-510 g trousses-repas



La Costena sliced jalapeño, selected varieties 330/327 mL or PC® chipotle crema 245 mL piments jalapeño tranchés ou sauce crémeuse au chipotle

**2<sup>29</sup>**



FMA FLAP 2

# Meat & Seafood Viandes & Poissonnerie



**3<sup>99</sup>**  
lb

chicken drumsticks  
or thighs  
club size  
pilons ou hauts  
de cuisse de poulet  
8.80/kg

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

pork loin  
centre-cut chops  
club size, boneless  
côtelettes de longe de  
porc, coupe du centre  
9.90/kg

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

stewing beef\*  
club size  
bœuf à ragoût\*  
17.61/kg



**8<sup>99</sup>** Lou's Kitchen entrées  
selected varieties, fully cooked  
375/400 g  
plats cuisinés



PC®  
spring rolls  
selected varieties,  
frozen  
574 g  
rouleaux  
de printemps

**9<sup>99</sup>**



PC®  
smoked salmon  
selected varieties,  
frozen  
150 g  
saumon fumé

**10<sup>99</sup>**

# Deli Meat & Cheese Charcuterie & Fromagerie



Tre Stelle  
bocconcini 200 g  
or ricotta cheese 475 g  
selected varieties  
bocconcini ou ricotta

**5<sup>99</sup>**



PC® cheese slices  
selected varieties  
150-170 g  
tranches de fromage

**4<sup>99</sup>**



PC® Natural Choice®  
meat strips  
selected varieties  
300/375 g  
lanières de viande

**12<sup>99</sup>**

# Dairy & Frozen Produits laitiers & surgelés



**3<sup>99</sup>**

Danone oikos or Two Good Greek 4's,  
Liberté Greek or Méditerranée 2/4's,  
500 g yogurt  
selected varieties  
yogourt

Coffeemate coffee whitener  
selected varieties  
946 mL  
colorant à café

**4<sup>99</sup>**



**12<sup>99</sup>**

PC® breaded fillets 550/600 g,  
BlueWater fish battered or  
breaded fillets 480/525 g  
selected varieties  
filets panés ou filets  
de poisson en pâte ou panés



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

Jell-O snacks  
selected varieties, refrigerated  
4's  
collations

Gay Lea  
Real whipped cream  
selected varieties,  
refrigerated  
225 g  
crème fouettée

**3<sup>49</sup>**



**8<sup>99</sup>**

Patty King International  
Jamaican style beef patties  
mild or hot  
1.17 kg  
pâtés au bœuf

Minute Maid  
frozen punch  
selected varieties,  
frozen  
295 mL  
punch surgelé

**1<sup>19</sup>**



Kevita Kombucha  
450 mL or  
Earth's Own coffee  
whitener 473 mL  
selected varieties  
breuvage fermenté  
pétillant ou colorant  
à café

**3<sup>49</sup>**



# Fruits & Vegetables

# Fruits & Légumes



**1<sup>99</sup>**

celery  
product of Atlantic Canada or Quebec  
each  
céleri



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

field or Roma tomatoes  
product of Canada  
3 L  
tomates



**3<sup>99</sup>**

The Little Potato Company  
microwave, oven or  
BBQ ready potatoes  
product of Canada,  
selected varieties  
454 g  
pommes de terre



strawberries  
product of U.S.A.  
454 g  
fraises

**4<sup>29</sup>**



green or red  
seedless grapes  
product of U.S.A.  
raisins  
6.59/kg

**2<sup>99</sup>**  
lb



Granny Smith  
apples  
product of South Africa  
pommes  
3.95/kg

**1<sup>79</sup>**  
lb

# Bakery

# Boulangerie



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

Farmer's Market™ tarts  
selected varieties, 6/12's  
tartelettes



**4<sup>99</sup>**

Donut Time donuts 550/600 g  
or Quinn's Swiss rolls 6's  
selected varieties  
beignes ou roulés



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

ACE Bakery rolls or  
La Baguetterie sliced Miche  
selected varieties  
600-960 g  
petits pains ou miche tranchée

# Grocery

# Épicerie

Nesquik syrup 510/700 mL  
or powder 540 g  
selected varieties  
sirop ou poudre



**4<sup>99</sup>**

Perrier sparkling water  
selected varieties  
750 mL/1 L  
eau pétillante



**2<sup>29</sup>**



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

Minute Maid or Nestea  
beverages 1.89 L or  
Quaker Dipps or Chewy  
granola bars 120-156 g  
selected varieties  
boissons ou barres



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

**3<sup>79</sup>**

PC® Balsamic Glaze  
250 mL  
réduction de  
balsamique



**2<sup>49</sup>**



Kraft Deluxe mac & cheese  
400 g or Velveeta shells & cheese  
350 g dinner  
macaroni au fromage  
ou coquilles au fromage

**3<sup>99</sup>**



PC® Blue Menu®  
peanut butter  
750 g or Quaker  
steel cut 709 g or  
oats 900 g/1 kg  
selected varieties  
beurre d'arachide  
ou avoine époincée

**3<sup>79</sup>**



Jell-O jelly powder  
selected varieties  
9-85 g  
poudre pour gelée

**.99**



PC® Organics  
vegan cheddar  
puffs 142 g or  
G.H. Cretors  
handcrafted  
popcorn 42 g  
selected varieties  
grignotines

**2<sup>29</sup>**

# Grocery Épicerie



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

**5<sup>99</sup>**



Oasis orange or fruit juice  
1.5/1.6 L or Minute Maid  
orange juice, fruit beverage  
or lemonade 1.54/1.75 L  
selected varieties,  
refrigerated  
jus d'orange ou de fruit  
ou limonade

**3<sup>99</sup>**



**3/\$10**  
or \$3.33 ea.

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



Smartfood popcorn  
150-220 g or  
Miss Vickie's  
potato chips  
190/200 g  
selected varieties  
maïs soufflé  
ou croustilles

**4<sup>29</sup>**



PC® condensed  
milk 300 mL or  
Tetley tea 20/24's  
selected varieties  
lait condensé ou thé

**2<sup>99</sup>**



Post family size or Alpen cereal  
selected varieties  
340-725 g  
céréales

**4<sup>99</sup>**



Nando's Perinaise sauce  
selected varieties  
450 mL  
sauce

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



French's mustard  
selected varieties  
325/400 mL  
moutarde

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



**4<sup>29</sup>** SPAM luncheon meat  
selected varieties  
340 g  
pain de viande



**3<sup>29</sup>** Ben's Original  
Bistro Express rice  
selected varieties, 240/250 g  
riz



Muir Glen organic  
tomatoes 796 mL  
or GoGo quinoa  
pasta 227 g  
selected varieties  
tomates biologiques  
ou pâtes de quinoa

**3<sup>49</sup>**



New for YOU!  
Nouveautés pour VOUS



**4<sup>99</sup>** BEN & JERRY'S ice cream  
selected varieties, frozen  
variétés sélectionnées, surgelé  
473 mL



**5<sup>49</sup>** Magnum Bars  
selected varieties  
Barres de Magnum  
variétés sélectionnées, 3/4's



**6<sup>49</sup>** WALL'S ice cream  
selected varieties  
variétés sélectionnées  
6's/1.41 L



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 Loblaw's Inc. and others. All rights reserved. © 2023 Loblaw's Inc.



**no name® sans nom®**

**4 week price freeze**  
on your favourite yellow brand.  
**4 semaines gel des prix**  
sur vos favoris de la marque jaune.



**5.49**

no name® roasted no salt peanuts  
product of U.S.A.  
907 g  
arachides grillées sans sel



**3.99**

no name® stuffed chicken  
selected varieties, frozen  
284 g  
poulet farci



**2/\$5**  
or \$2.50 ea.

no name® hamburger  
or hot dog buns 8's or  
original wieners 450 g  
selected varieties  
pains à hamburger ou hot-dog  
ou saucisses fumées



**4.99**

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



**4.49**

no name® stirred yogurt  
selected varieties  
12's  
yogourt



no name® stringable cheese  
336 g  
fromage effilochable

**6.99**

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

**4.49**



**4.99**

no name® margarine  
907 g  
margarine



**1.99**

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

**12.99**



no name® Naturally Imperfect™  
fruit  
selected varieties,  
frozen  
2 kg  
fruit



**9.99**

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



**12.99**

no name® pizza  
selected varieties,  
frozen  
4's  
pizza



**5.99**

no name® meat lasagna  
frozen  
1 kg  
lasagne à la viande



**2.49**

no name® perogies  
selected varieties,  
frozen  
907 g  
pérogies



**1.49**

no name® spinach  
selected varieties, frozen  
300 g  
épinards

FROM THURSDAY, AUGUST 17<sup>TH</sup> TO WEDNESDAY, SEPTEMBER 13<sup>TH</sup>, 2023/ DU JEUDI 17 AOÛT AU MERCREDI 13 SEPTEMBRE 2023

no name® sans nom®

flyer page

contains low prices from a yellow brand

pages circulaire

avec des bas prix sur la marque jaune



149

no name® beans, corn, chick peas or vegetables selected varieties 341-540 mL haricots ou maïs ou pois chiches ou légumes

no name® ketchup 1 L ketchup

349



3/\$5 or \$1.67 ea.

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

399

no name® lard or shortening 454 g saindoux ou shortening

no name® pickles selected varieties 1 L cornichons

299



299

no name® bacon bits 85 g or salad dressing, selected varieties 475 mL miettes de bacon ou vinaigrette

2/\$3 or \$1.50 ea.



no name® flaked or chunk light tuna 170 g thon pâle en flocons ou morceaux

no name® fruit selected varieties 796 mL fruit

399



329

no name® relish 750 mL relish

no name® olives selected varieties 398 mL olives

199



.79 no name® pizza or tomato sauce 213 mL sauce à pizza ou tomate

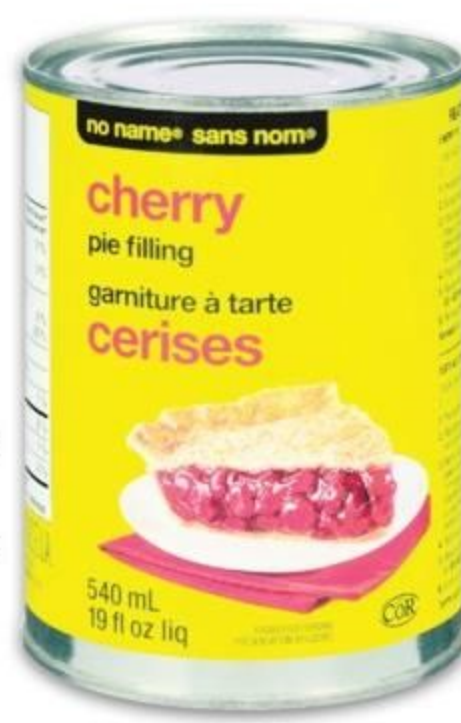


no name® cooking sauce, selected varieties 350 mL or parboiled long grain rice 900 g sauce à cuisson ou riz étuvé

229

no name® pie filling selected varieties 540 mL garniture pour tarte

479



no name® concentrated bouillon beef or chicken 500 mL bouillon de bœuf ou poulet concentré

499



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**no name® sans nom®**

**groceries**

may contain snacks and beverages

**épicerie**

pouvant contenir collations et boissons

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



no name® roast  
or ground coffee  
selected varieties  
925 g  
café torréfié  
ou moulu



**1.99**

**12.99**



no name® rice crackers 100 g  
or cheese snacks 3's  
selected varieties  
craquelins de riz ou  
collations au fromage

no name® honey  
liquid or creamed  
500 g  
miel

no name® chocolate bar  
selected varieties  
100 g  
barres de  
chocolat



no name® graham wafers  
400 g or dry roasted salted  
peanuts 650 g  
selected varieties  
gaufrettes ou arachides  
grillées à sec salées

no name® chips or snacks 200 g  
or juice 1 L  
selected varieties,  
excludes no name® party mix  
croustilles ou grignotines ou jus

no name® tomato juice 1.36 L  
or soda crackers  
selected varieties 454 g  
jus de tomate ou craquelins



no name® whole grain oats  
900 g/1 kg or smooth peanut  
butter 500 g  
selected varieties  
gruau ou beurre d'arachide

no name® cookies  
selected varieties  
907 g  
biscuits

no name® party mix  
selected varieties  
320 g  
mélange de fête



no name® pudding  
selected varieties  
4 x 99 g  
pouding

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

no name® coffee filters no. 2  
or no. 4 or poly basket filters  
100's  
café ou filtres

FROM THURSDAY, AUGUST 17<sup>TH</sup> TO WEDNESDAY, SEPTEMBER 13<sup>TH</sup>, 2023/ DU JEUDI 17 AOÛT AU MERCREDI 13 SEPTEMBRE 2023

**no name® sans nom®**

**more groceries**

featuring household products at low prices

**encore plus d'épicerie**

comprenant des produits pour la maison à bas prix



**1.29**

no name® facial tissues  
126 sheets, paper towel rolls 2's  
or bathroom tissues 2 ply 4's  
mouchoirs ou essuie-tout ou  
papier hygiénique

no name® bleach  
regular or lemon,  
Club Size  
2.4 L  
eau de Javel

**3.49**



**1.99**

no name® foil wrap 25 ft,  
plastic wrap 30 m,  
fold and lock sandwich  
100's or resealable  
snack 80's bags  
papier d'aluminium ou  
pellicule plastique ou sacs

no name®  
white vinegar  
1 L  
vinaigre blanc

**1.29**



**5.99**

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



**4.99**

no name® napkins  
Club Size  
500's  
serviettes



**6.99**

no name® dinner paper plates  
40's  
assiettes



**4.49**

no name® red plastic cups  
9 oz  
40's  
gobelets en plastique rouges



**3.99**

no name® food storage containers  
excludes the no name®  
meal prep containers  
7/6's, each  
contenants de  
rangement pour aliments



**9.99**

no name® compostable bags  
Club Size  
100's  
sacs compostables

no name®  
cellulose all purpose  
sponge 4's, heavy  
duty scrub sponge  
2's, all purpose  
reusable cloth 10's  
or dishwashing  
liquid 800 mL  
selected varieties  
éponge ou chiffons  
ou savon à vaisselle

**2.29**



no name®  
3 Flavour Gourmet  
or Balanced cat food  
4 kg  
nourriture  
pour chats

**9.99**



no name®  
dry dog food  
selected varieties  
6/8 kg  
nourriture sèche  
pour chiens

**14.99**



no name®  
wild bird  
seed mix  
4 kg  
graines  
pour oiseaux

**7.99**



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