

FROM THURSDAY, AUGUST 31ST
TO WEDNESDAY, SEPTEMBER 6TH, 2023
DU JEUDI 31 AOÛT AU
MERCREDI 6 SEPTEMBRE 2023

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



See our flyer online
visit freshmart.ca



4.99
lb

lean ground beef
club size
bœuf haché maigre
11.00/kg



Larsen wieners
or Maple Leaf
Top Dog wieners
selected varieties
375 g
saucisses fumées

2.99



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

3.99



cauliflower each or Farmer's Market™
mini cucumbers 6's, product of Canada
chou-fleur ou mini-concombres

2.79



2.49

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



Vachon snack cakes
selected varieties
252-336 g
petits gâteaux

2.99



PC® Splendido®
cold pressed
extra virgin olive oil
1 L
huile d'olive
extra vierge

4.49

Clover Leaf sockeye salmon
213 g or Hereford corned beef
selected varieties, 340 g
saumon ou bœuf salé

11.99



3.99

Kraft Singles or Velveeta
process cheese product
selected varieties
410 g
produit de fromage fondu



3/\$7
or \$2.33 ea.

Christie cookies
selected varieties
224-290 g
biscuits

1.49

Graves juice
or juice blends
selected varieties
945 mL/1 L
jus ou mélanges
de jus



3/\$10
or \$3.33 ea.

Nutella hazelnut spread
375 g or Nutella B-ready
132 g or PC® Blue Menu®
cereal 450-650 g
selected varieties
tartinade de noisettes
ou céréales

Long Weekend Deals!

Offres prolongées du long week-end!



8.99

PC® Splendido® deli meat 200 g or PC® Natural Choice® assorted trio 250/400 g selected varieties charcuteries



SeaQuest® shrimp ring frozen 227 g couronne de crevettes

6.99



6.49

Coca-Cola, Canada Dry or Pepsi soft drinks selected varieties 12 x 355 mL boissons gazeuses



Chapman's frozen yogurt or sorbet selected varieties, frozen 2L yogurt glacé ou sorbet

4.49

Breakfast Special!

Pour un déjeuner spécial!



INTERNATIONAL BACON DAY SEPT. 2ND

5.99

Schneiders 375 g or Maple Leaf bacon 65-375 g selected varieties bacon



Danone Activia yogurt selected varieties 8 x 100 g yogourt

4.49



5.49

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



Kellogg's Eggo waffles selected varieties, frozen 8's gaufres

2.99



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.



4.29

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

3.99

no name® flour selected varieties 2.5 kg farine

3.99



no name® straight cut fried potatoes pommes de terre frites coupe régulière

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

3.29

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

10.99



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

Meat & Seafood

Viandes & Poissonnerie



7⁹⁹
lb

tenderized minute or inside round sandwich steak* club size
bifteck minute attendri ou bifteck à sandwich d'intérieur de ronde
17.61/kg

8⁹⁹
lb

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

3⁹⁹
lb

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

Schneiders lunchmate Stackers or kits selected varieties 90-120 g tousse-repas

3²⁹



\$10

selection of meats selected varieties, frozen 650 g-1.81 kg viandes



7⁹⁹

SeaQuest® green lipped half shell mussels frozen, 454 g moules



Deli Meat & Cheese

Charcuterie & Fromagerie



BellaVitano cheese selected varieties 150 g fromage

8⁹⁹

BellaVitano

Origin: Wisconsin

Milk: Cow's milk

Characteristics: BellaVitano cheeses are pressed, washed-rind cheeses with different flavors. On tasting, you'll notice its salty taste, crunch of Parmesan and creaminess of aged cheddar.

Its full-bodied flavour is mouth-watering. Pair it with roasted walnuts, prosciutto, freshly cut salami and other soft cheeses. Or enjoy it with Italian crust bread. Serve with a red wine like Pinot Noir or Sirah, or a hop-flavored Pilsner beer.

PC® block cheese selected varieties 200/250 g fromage

7⁴⁹

Maple Leaf Natural Selections sliced deli meat selected varieties, 175 g charcuterie tranchées

5⁹⁹



Dairy & Frozen

Produits laitiers & surgelés

PC® orange juice selected varieties, refrigerated 2.5 L jus d'orange

5⁹⁹



6⁹⁹

Atlantic butter salted or unsalted 454 g beurre



High Liner Signature or Captain's Crew breaded fish fillets, strips or nuggets 425-515 g or High Liner Pan Sear Selects 500/540 g selected varieties, frozen poisson

12⁴⁹



no name® cheese bar 200 g or cottage cheese 500 g selected varieties barres de fromage ou fromage cottage

3⁴⁹



Kraft Cheez Whiz cheese spread selected varieties 450 g tartina de fromage

5⁹⁹



no name® frozen punch selected varieties 283 mL punch surgelé

.79



Just Us! organic maritime breakfast black tea 20's or Blue Diamond almond non-dairy beverage, selected varieties, refrigerated, 1.89 L thé ou boisson aux amandes

4⁴⁹



Fruits & Vegetables

Fruits & Légumes



6⁹⁹

large watermelon
product of Canada
each
gros melon d'eau



7⁹⁹

Farmer's Market™
peaches
product of Canada
3 L
pêches



5⁹⁹

Farmer's Market™
oranges 3 lb
product of South Africa
or nectarines 2 L
product of Ontario
oranges ou nectarines



4⁹⁹

PC® or PC® Organics mushrooms
product of Canada,
selected varieties
100-454 g
champignons



1⁹⁹
lb

eggplant
product of Canada
aubergine
4.39/kg



5⁴⁹

Farmer's Market™
mixed peppers
product of Canada
3's
poivrons variés

Bakery

Boulangerie



5⁹⁹

8 inch pies
selected varieties
635-750 g
tartes 8 pouces



3⁹⁹

PC® pizza crust, original or
multigrain 440 g or protein
tortillas 342 g
croûte à pizza ou tortillas



5⁴⁹

Farmer's Market™ or
La Fournée dorée croissants
selected varieties
210-336 g
croissants

Grocery

Épicerie

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

3⁷⁹



3⁹⁹

Pearl Milling Company
pancake mix 905 g
or syrup 710 mL
selected varieties
mélange à crêpes ou sirop

PC® or Blue Menu®
Twice the Fruit™ spread
or PC® pure jam, jelly
or marmalade
selected varieties
310/500 mL
tartine ou confiture
ou gelée ou marmelade

4⁷⁹



1⁹⁹

Knorr or Lipton soup mix
selected varieties
40-117 g
mélange à soupe

Heinz aioli or
burger 355 mL
or Heinz MayoChup
490/560 mL sauce
selected varieties
sauces

4⁹⁹



3/\$8
or \$2.67 ea.

Old El Paso tortillas 297-334 g,
refried beans 398 mL or
jalapeño peppers 250 mL
selected varieties
tortillas ou haricots frites
ou piments jalapeño

Quaker
instant oatmeal
selected varieties
264-344 g
gruau instantané

3⁴⁹



no name®
raisins,
currants
or prunes
selected varieties
375 g
raisins ou raisins
de Corinthe
ou prunes

3⁹⁹



Chef Boyardee
selected varieties
418/425 g
pâtes

1⁹⁹



2⁷⁹

Sensible Portions
veggie straws or chips,
selected varieties
120-142 g or PC® Organics
apple juice 1.36 mL
selected varieties
grignotines ou croustilles
ou jus de pomme

Grocery Épicerie



Dr. Oetker Giuseppe
Thin Crust, Rising Crust
439-785 g, Easy Pizzi
560-600 g or Good
Baker pizza 300-350 g
selected varieties,
frozen
pizza

5⁹⁹



Popsicle or Fudgesicle
novelties
selected varieties,
frozen
4-12's
friandises glacées

4⁹⁹



Nestlé Pure Life
natural spring water
12 x 500 mL
eau de source
naturelle

2⁴⁹



McCafé premium
roast coffee pods
selected varieties
12's
capsules de café

10⁹⁹



no name® tomato,
chicken noodle,
cream of mushroom,
vegetable or
chicken soup, 284 mL
soupes

.99



no name® tomatoes
selected varieties
796 mL
tomates

1⁷⁹



Betty Crocker's
Hamburger or
Tuna Helper 158-240 g
or Knorr Sidekicks
side dishes 124-162 g
selected varieties
plats cuisinés ou
d'accompagnement

4/\$9
or \$2.25 ea.



Kiju organic juice
4 x 200 mL or
PC® Organics
applesauce 650 mL
selected varieties
jus ou purée de pomme

2²⁹

2⁹⁹
Yoplait® Tubes™ 8 x 56 g,
Yoplait® Minigo™ 6 x 60 g,
Yoplait® Source™ Yogurt 630 g,
Liberté Classique™ 650 g
Yoplait® Tubes™, Minigo™,
Yogourt Source™,
Liberté Classique™

3⁹⁹
General Mills™
Retail Size Cereals
selected varieties
Céréales General Mills™
en format au détail
certaines variétés, 300-437 g

2⁹⁹
Nature Valley™ Granola Bars 120-230 g,
Betty Crocker™ and Mott's Fruit Snacks
selected varieties 128-226 g
Barres granola Val Nature™ et collations
aux fruits Betty Crocker™ et Mott's
certaines variétés

NEW
minis
Vanilla Spice
Cheerios
Reese's Puffs
minis

3/\$4
or \$1.33 ea.
Larabar™ Fruit & Nut Energy bar
Barres énergétiques
Larabar aux fruits et aux noix, 45/48 g

Head back to School Place à la Rentrée

3⁷⁹
Cheetos® cheese flavoured snacks
170-285 g, any flavour/variety or
Cheetos® popcorn 180 g, any flavour
grignotines à saveur de fromage
Cheetos® saveur/variété au choix
ou maïs soufflé Cheetos
saveur au choix

3²⁹
Lay's® potato chips
any flavour/variety
croustilles Lay's®
saveur/variété au choix
220-235 g

9⁴⁹
Frito-Lay® Variety Packs
any variety
emballages de produits
assortis Frito-Lay®
variété au choix
484-504 g

3⁷⁹
Tostitos® tortilla chips
any flavour
chips tortilla Tostitos®
205-300 g
EXCLUDES Simply Tostitos®
tortilla chips 240 g/EXCLUT les
chips tortilla Simply Tostitos®

FEED YOUR FUSSY, FANCY + FEARLESS

BIEN MANGER, UNE AFFAIRE DE FAMILLE!

FANCY GOURMANDS
FUSSY CAPRICIEUX
FEARLESS AUDACIEUX

Visit YUMFORALL.COM for recipes.
Visitez MIAMPOURTOUS.CA
Pour des recettes.

Kraft Hazelnut Spread
Tartinade noisettes Kraft
725 g

5⁹⁹
Selected Varieties
Certaines Variétés

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

1²⁹
Selected Varieties
Certaines Variétés

Kraft Peanut Butter
Beurre d'arachide Kraft
500 g

4⁴⁹

Baker's Chocolate
Chocolat Baker's
225 g

5⁹⁹
Selected Varieties
Certaines Variétés

Magic Baking Powder
Poudre à pâte Magic
450 g

5⁹⁹

YUM FOR ALL
+ ALL FOR YUM
BY Kraft/Jeinz

MIAM POUR TOUS
ET TOUS POUR MIAM
PAR Kraft/Jeinz

ROYALE

TRUSTED QUALITY. CARBON NEUTRAL. QUALITÉ ÉPROUVÉE. NEUTRE EN CARBONE.

6/12
STRONGEST
LE PLUS FORT
Royale Tiger Towel® Paper Pack
selected varieties, 6=12 half sheet paper towels
Essuie-tout Royale® Tiger Towel® Emballage en Papier certaines variétés

16⁴⁹

18/48
Royale Velour® Paper Pack
selected varieties, 18=48 bath tissue
Papier hygiénique Royale® Velour®
Emballage en Papier certaines variétés

17⁹⁹

12
Royale Original
selected varieties, 12 pack facial tissue
Mouchoirs Royale® Original
certaines variétés

12⁴⁹

*Royale® tissue products are manufactured by Irving Consumer Products Limited, an affiliate of J.D. Irving, Limited. J.D. Irving, Limited and affiliated corporations have planted a billion trees since 1957. Each year, forests managed by J.D. Irving, Limited and affiliated corporations remove more carbon than is emitted in the lifecycle of Royale® tissue products. For more information, visit royale.ca/carbon-neutral. / Les produits de papier Royale® sont fabriqués par Les Produits de consommation Irving Limitée, une société affiliée à J.D. Irving, Limited. J.D. Irving, Limited et ses sociétés affiliées ont planté plus de 1 milliard d'arbres depuis 1957. Chaque année, les forêts sous la gestion de J.D. Irving, Limited retirent de l'atmosphère une quantité plus grande de carbone que celle émise durant le cycle de vie des produits de papier Royale®. Pour plus d'information, visitez royale.ca/carbonneutral.

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 17TH TO WEDNESDAY, SEPTEMBER 13TH, 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



1.49

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

3.49



3/\$5

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

3.99

no name® lard or shortening 454 g saindoux ou shortening

no name® pickles selected varieties 1 L cornichons

2.99



2.99

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



2/\$3

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

no name® fruit selected varieties 796 mL fruit

3.99



3.29

no name® relish 750 mL relish

no name® olives selected varieties 398 mL olives

1.99



.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

2.29



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

4.79



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

4.99



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

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

1.49

6.49

.99



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

3.79

1.79

2.49



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

2.79

4.49

3.29



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

1.79

2.79

2.49

FROM THURSDAY, AUGUST 17TH TO WEDNESDAY, SEPTEMBER 13TH, 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



no name® sans nom®
bathroom tissue
papier hygiénique

4 ROLLS



no name® sans nom®
facial tissues
mouchoirs
2 ROLLS
126 SHEETS
20.6 cm x 20.2 cm

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

3.49

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



no name® sans nom®
bleach
eau de Javel

2.4 L

CAUTION/ATTENTION
IRRITANT



no name® plastic wrap

no name® sans nom®
aluminum foil
papier d'aluminium

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

1.29

no name®
white vinegar
1 L
vinaigre blanc



no name® sans nom®
pure white vinegar
vinaigre blanc
pur
1 L C98



no name®
drawstring
garbage
bags

LARGE
20 BAGS

76.2 cm x 83.8 cm
(30 in x 33 in)

5.99

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



no name® sans nom®
napkins
serviettes

500

4.99

no name® napkins
Club Size
500's
serviettes



no name® sans nom®
paper
dinner plates
assiettes
en papier

40

6.99

no name® dinner paper plates
40's
assiettes



40
plastic cups
premium quality

4.49

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



no name®
large round
containers

12

3.99

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



no name®
compostable
kitchen bags
for organics

100

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



10
scouring
pads

lemon
fresh
dishwashing liquid
citron frais
à vaisselle
800 mL

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

9.99



no name®
balanced
nutrition
for cats

4 kg

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

14.99



no name®
balanced
nutrition
for dogs

6 kg

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

7.99



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

4 kg

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