

HOT DEALS OF THE WEEK

OFFRES DE LA SEMAINE



2.79
lb

Cook's portion ham
jambon
6.15/kg



Butterball turkey breast roast boneless or stuffed, selected varieties, frozen
1.5 kg
rôti de poitrine de dinde

23.99



Lantic fine granulated sugar
2 kg
sucre

2.49



Coca-Cola, Canada Dry or Pepsi soft drinks selected varieties
12 x 341/355 mL
boissons gazeuses

6.99

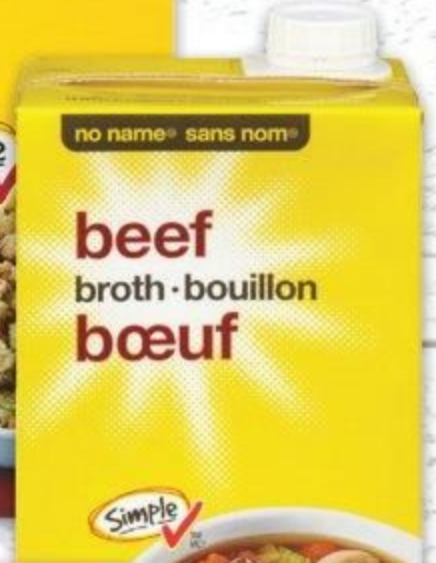
Thanksgiving Prep!

Préparez l'Action de grâce!



no name® sans nom®
seasoned stuffing mix
mélange à farce
assaisonné

120 g

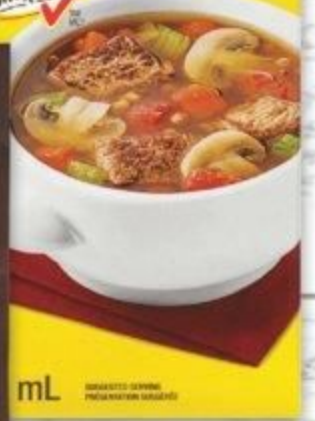


no name® sans nom®
beef broth · bouillon
boeuf

900 mL



GRavy MIX FOR · MÉLANGE À SAUCE POUR
TURKEY | DINDON



21-42 mL



no name® sans nom®
miniature cobs of corn
épis de maïs
miniatures

341 mL



no name® sans nom®
cut green beans
assorted sizes
haricots verts coupés
grosseurs assorties

341/398 mL

no name® beans, corn or vegetables 341/398 mL, Club House gravy mix 21-42 g, no name® broth 900 mL, selected varieties or no name® seasoned stuffing mix 120 g haricots ou maïs ou légumes ou mélange à sauce ou bouillon ou farce

4/\$5
or \$1.25 ea



NATURAL SAUSAGE
SAUCISSE NATURELLE



5.99

Maple Leaf pork sausage roll frozen
500 g
chair à saucisse de porc



FMA FLAP 1



FMO FMA FLAP 2

FROM THURSDAY, SEPTEMBER 28TH
TO WEDNESDAY, OCTOBER 4TH, 2023
DU JEUDI 28 SEPTEMBRE AU
MERCREDI 4 OCTOBRE 2023



See our flyer online
visit freshmart.ca

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



5.99
lb

boneless bottom blade steak or stewing beef*
club-size
bifteck de bas de palette désossé
ou cubes de bœuf à ragoût*
13.21/kg



Swiss Chalet pork back ribs, refrigerated 600 g
or no name® chicken wings, frozen 908 g
selected varieties, fully cooked
côtes de dos de porc ou ailes de poulet

9.99



4.99

Farmer's Market™ potatoes
product of Atlantic Canada, selected varieties
10 lb bag
pommes de terre



Farmer's Market™ apples
product of Atlantic Canada,
selected varieties, 4 lb bag
pommes

4.49



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

3.99



Farmer's Market™ muffins
selected varieties
6's
muffins

5.49



4.99

Dr. Oetker Giuseppe 3's or
The Good Baker 300-390 g
or Easy Pizzi 439-785 g pizza
selected varieties, frozen
pizza



2.99

Tostitos salsa or dips
416/418 g, 418-423 mL or
Tostitos tortilla or Ruffles
potato chips 180-300 g
selected varieties
salsa ou trempettes
ou tortilla ou croustilles



3.99

Philadelphia cream cheese
product 227/250 g
selected varieties
fromage à la crème



2.79

Green Giant
frozen vegetables
selected varieties
400-750 g
légumes surgelés



3.49

Kellogg's cereal
247-435 g or
Earth's Own or
So Nice organic
non-dairy
refrigerated
beverages
1.75/1.89 L
selected varieties
céréales ou boissons
non-laitières
réfrigérées



Terra Delyssa olive oil
1 L
huile d'olive

10.49

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

Meat & Seafood

Viandes & Poissonnerie



3.49
lb

chicken leg quarters
fresh, club size
cuisses de poulet
7.69/kg



5.49
lb

medium ground beef
club size
bœuf haché mi-maigre
12.10/kg



5.99
lb

pork backribs
cryovac pack, 2's
côtes de dos de porc
13.21/kg



16.99

PC® Old-Fashioned Style bacon
selected varieties
bacon
1 kg



PC® Pacific large
white shrimp
raw peeled,
31-40 per lb
frozen, 400 g
crevettes

7.99



11.99

PC® World of Flavours
pork roast
selected varieties
730 g
rôti de porc



5.49

Johnsonville sausage
selected varieties
375 g
saucisses



11.99 PC® wild smoked
sockeye salmon 150 g or
Maryland-style crab cakes
170 g, frozen
saumon ou galettes de crabe



9.99

Janes Pub Style breaded chicken
selected varieties, frozen
700 g
poulet pané



14.99

PC® meatballs
selected varieties, frozen
800-907 g
boulettes de viande

Deli Meat & Cheese

charcuterie & Fromagerie



Castello
cream cheese ring
selected varieties
125 g
rondelle de fromage
à la crème

4.49

Castello Cream Cheese Rings

Characteristics: This cream cheese was first made in Denmark in 1986 from fresh cow's milk and cream. The range of gorgeous cream cheese rings are inspired by travels around the world and were carefully created in Denmark's Jutland peninsula. Each spreadable slice is topped with real ingredients like nuts, fruit, herbs and spices. It takes your taste buds on a multi-faceted journey of creamy plus spicy, nutty, fruity and more. Just pick your flavour.

In 2015 at the Global Cheese Awards, Castello pineapple cream cheese ring won the gold medal. Studded with juicy pineapple chunks - this cheese transports you to the beaches of Hawaii.

Pairings:

- Add it to a cheese platter as an appetizer, snack or dessert with bread or crackers
- Top hot pancakes for a decadent, cheesecake-like delight



7.49

Monsieur Gustav Saint-Paulin
or OKA cheese
selected varieties
190 g
fromage



6.49

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



5.49

PC® salsa 300 g/430 mL or
Yucatan guacamole 454 g
selected varieties, refrigerated
salsa ou guacamole

Fruits & Vegetables Fruits & Légumes

Apple Fest!
C'est la saison
des pommes!



3²⁹
lb

PC® Organics Gala apples
product of U.S.A.
pommes
7.25/kg

2⁹⁹
lb

Golden Delicious or Honeycrisp apples,
product of Atlantic Canada or
Granny Smith apples product of U.S.A.
pommes
6.59/kg



no name®
whipped topping
225 g
garniture fouettée

2⁴⁹



PC® apple cider
product of Canada,
selected varieties, 3 L
cidre de pommes

6⁴⁹



leeks
product of Canada
each
poireaux

3⁹⁹



2⁷⁹ Farmer's Market™
grape tomatoes
product of Canada
283 g
tomates raisins



4⁹⁹ PC® mini peppers
product of Canada
454 g
mini-poivrons



1²⁹ romaine lettuce
product of Canada
each
laitue romaine



.79 lemons, product of
South Africa or limes,
product of Mexico
each
citron ou limes



1⁹⁹ lb Canary or Hami melons
product of U.S.A.
melons
4.39/kg



3⁷⁹ pomegranate
product of U.S.A.
each
grenade



5⁹⁹ PC® greenhouse
strawberries
product of Canada
340 g
fraises

Bakery Boulangerie



SEE PRICE
IN-STORE
VOIR PRIX
EN MAGASIN

Kimberley's cookie 383 g
or Top Dessert mini cupcake 12's
biscuits ou mini-petits gâteaux

5⁴⁹

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



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

PC® extra thick
cinnamon raisin
bread 675 g or
PC® hot cross
buns 8's
brioches ou
pain aux raisins

3⁹⁹



3⁴⁹ D'Italiano buns or bread
selected varieties
420-675 g
petits pains ou pain

Thanksgiving Prep!

Préparez l'Action de grâces!



3.99

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

Oasis orange, fruit juice or smoothie
selected varieties, refrigerated
1.5/1.6 L
jus d'orange ou jus de fruit
ou boisson fouettée

4.49



3.49

no name® cheese bars
selected varieties
200 g
barres de fromage

PC® lactose-free sour cream
500 mL or cottage cheese 500 g,
Plant Based cultured oat yogurt
alternative 500 g, sour cream
alternative 340 mL or butter
454 g or Kefir 1 L
selected varieties
crème sure ou fromage cottage
sans lactose ou alternative
au yogourt ou crème sure
ou beurre ou kéfir

3.49



4.99

no name® tart shells
selected varieties
30's
croûtes à tarte

no name® stringable
cheese 336 g or
Kraft Velveeta
process cheese 450 g
fromage effilochable
ou produit de
fromage fondu

6.99



no name® orange juice
selected varieties
283 mL
jus d'orange

1.99

PC® Ice Cream Shop
ice cream
selected varieties,
frozen
946 mL
crème glacée

3.99



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

12.99



Fruité drink 2 L,
PC® World of Flavours
or PC® Loads of™ 200 g
flavour potato chips
selected varieties
boisson ou croustilles

2.49



PC® or Blue Menu®
sparkling water
selected varieties
12 x 355 mL
eau pétillante

4.99



Sanpellegrino Momenti
or Naturali sparkling water
selected varieties
6 x 330 mL
eau pétillante

6.49



PC® crackers
selected varieties
100-225 g
craquelins

2.49



Leclerc Célébration
cookies
selected varieties
240/350 g
biscuits

3.49



Snack Pack
pudding or Juicy Gels
selected varieties
4 x 99 g
pouding ou gelée

1.99



Kraft smooth peanut
butter 500 g or
Bonne Maman jam
selected varieties
250/280 mL
beurre d'arachide
ou confiture

4.79



Quaker steel cut 709 g or oats
900 g/1 kg or no name® honey
graham wafers 400 g
selected varieties
grauu ou gaufrettes graham

3.79



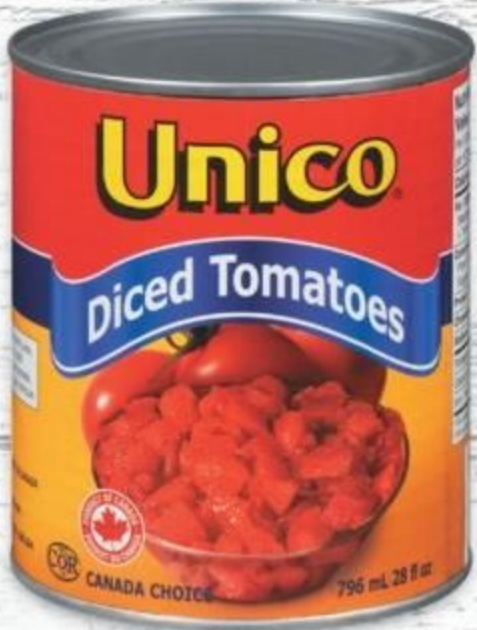
PC® or
PC® Blue Menu®
cereal or
instant oatmeal
selected varieties
264-840 g
céréales ou grauu

2.99

Thanksgiving Prep!

Préparez l'Action de grâces!

Unico tomatoes
selected varieties
796 mL
tomates



1.99

Campbell's
Everyday Gourmet soups
selected varieties
500 mL
soupe



2.99



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

2.79



Kraft parmesan
250 g or pizza mix
850 g cheese
selected varieties
fromage parmesan
ou trosse à pizza

7.49



Minute Rice
500-700 g or
Teriyaki Experience
sauce 350 mL
selected varieties
riz ou sauce

4.49



no name® spices
selected varieties, 5.5-250 g
épices

1.99



Ocean's light tuna
selected varieties
170 g
thon

1.79



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

1.99

no name® poutine
or chicken sauce
selected varieties
398 mL
sauce



1.49

Vlasic pickles
selected varieties
1 L
cornichons



5.29

Unico olives
selected varieties
375 mL
olives



2.29

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



3.29

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



5.49



no name® marshmallows
selected varieties
400 g
guimauves

2.49



Hershey's or Cadbury
chocolate pouch
selected varieties, 152-290 g
chocolat

4.49



PC® Gluten-Free pie crust 380g,
frozen, PC® Organics creamed
honey 500 g or maple syrup 375 mL
croûte à tarte ou miel crémeux
ou sirop d'érable

8.49

Del Monte fruit
selected varieties
796 mL
fruit



4.99

OUR PLANET. OUR FUTURE.
TOGETHER, LET'S MAKE A DIFFERENCE.

PLANET FIRST
PRIORITÉ PLANÈTE™



PC® Planet First™
Birchwood cutlery
selected varieties
24's
coutellerie

1.99



PC® Planet First™
wheat straws
50's
pailles

1.99



PC® Planet First™ dessert
plates or bamboo bowls
selected varieties
20's
assiettes ou bols

4.99



PC® Planet First™ bamboo
plates lunch or dinner
20's
assiettes

7.99



Danone Activia yogurt
8 x 100 g or iÖGO Nano
drinkable yogurt 900 mL
selected varieties
yogourt ou yogourt à boire



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



4.49

3.99



PC® frozen fruit
selected varieties
400-600 g
fruits surgelés



4.29

Hungry-Man 360-455 g or Swanson 280-354 g
entrées or Healthy Choice Gourmet Steamers
283-306 g, selected varieties, frozen
plats cuisinés

4.99

no name® oil
canola or vegetable
946 mL
huile de canola
ou végétale



PC® or Blue Menu®
salad dressing
475 mL or
ET TU caesar
salad mix 132 g
selected varieties
vinaigrette ou
mélange à salade
césar



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



4.49

2.99

3/\$5
or \$1.67 ea.



19.99

Tim Hortons ground
640-930 g or K-Cup
coffee pods 30's
selected varieties
café moulu ou capsules

9.99

Red Bull or Monster energy drinks
selected varieties
4 x 250/473 mL
boissons énergisantes

3.29

Nature Valley biscuit, protein
or Sweet & Salty 48-210 g
or Fibre 1 125 g bars
selected varieties
biscuits ou barres

PC® 100% Pure Maple
Syrup Canada Grade A
Amber 500 mL or
no name® pure 100%
Canadian liquid or
creamed honey 1 kg
selected varieties
sirop d'érable ou miel



Cadbury chocolate tablets
or snack size
selected varieties
95-115 g
barres de chocolat



11.99

3/\$8
or \$2.67 ea.

2.49

Sensible Portions Veggie Straws
or chips, selected varieties
120-142 g or Three Farmers
roasted chickpeas 120 g
selected varieties
grignotines ou pois chiches rôtis



Vim cleaners
500 mL-1 L or
Scrubbing
Bubbles
710 mL/623 g
selected varieties
nettoyant



7.49
Purex 1.47-2.03 L or
Arm & Hammer 1.63 L
liquid laundry detergent
selected varieties
détergent à lessive liquide

3.49

5.49
Cascades paper towel
selected varieties
6/8's
essuie-tout

3.29
Temptations cat treats
180 g or Dentalife
dog treats 248 g
selected varieties
gâteries pour
chats ou chiens



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. © 2023 Loblaws Inc.



Thanksgiving Essentials!

Les essentiels de l'Action de grâce!

3
WEEK EVENT
SEMAINES
D'ÉVÈNEMENT

Ocean Spray
cranberry sauce
selected varieties
348 mL
sauce aux
canneberges



2.29



2.29



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

Franco American
gravy
selected varieties
284 mL
sauce brune



1.29



2.49 Beatrice sour cream
selected varieties
500 mL
crème sure

Gay Lea Real
whipped cream
selected varieties
225 g
crème fouettée

3.49



3.99 Cool Whip dessert
topping 1 L or Tenderflake
pastry 255-397 g
selected varieties, frozen
garniture fouettée ou
croûte à tarte



2.99 no name® vegetables
selected varieties,
frozen
750 g
légumes



1.79 Le Sieur peas or
Green Giant vegetables
selected varieties
341/398 mL
légumes



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

PC® Organics
mushroom,
pieces and stems
284 mL, beans
398 mL or
broth 900 mL
selected varieties
champignons ou
légumineuses
ou bouillon

1.49



2.99 Ben's Original
Bistro Express rice
selected varieties
240/250 g
riz



Grissol Crispy
Baguettes or
Breton crackers
selected varieties
100-225 g
craquelins

2.99



Pringles
super stacks
potato chips
148/156 g
or Cheez-It
crackers
191/200 g
selected varieties
croustilles ou
craquelins

2.99

Kraft
Miracle Whip
selected varieties
650/890 mL
tartinade

5.49



PC®
sliced pickles
selected varieties
500 mL
cornichons

2.79

PC® or Blue Menu®
cranberry or
vegetable
cocktail
selected varieties
1.89 L
cocktail de
canneberges
ou légumes

3.49



3.49 Heinz juice 1.36 L
or V8 vegetable
cocktails 6 x 156 mL
selected varieties
jus ou cocktails
de légumes



4.49 Tetley or Red Rose tea
selected varieties
60/72's
thé



9.99 Starbucks K-Cup 10's,
roast & ground or
cold brew 340 g
selected varieties
café



2.99 no name®
foilware roasters
selected varieties
rôtissoires en aluminium



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



6.49 PC® dinner napkins
180's
serviettes de table



9.49 Cascade rinse aid 901 mL
or dishwasher pacs 12-20's
or Air Wick scented oil
2 x 20/21 mL or 20/42 mL
selected varieties
agent de rinçage ou capsules
de détergent pour lave-vaisselle
ou huile parfumée

FROM THURSDAY, SEPTEMBER 21ST TO WEDNESDAY, OCTOBER 11TH, 2023 / DU JEUDI 21 SEPTEMBRE AU MERCREDI 11 OCTOBRE 2023



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Thanksgiving Essentials!

Les essentiels de l'Action de grâce!

3
WEEK EVENT
SEMAINES
D'ÉVÉNEMENT



4.99

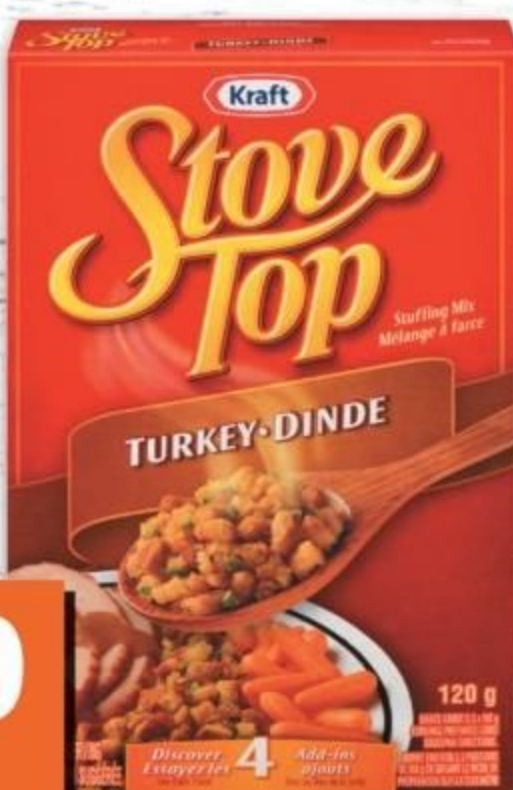
Christie Premium Plus
crackers
selected varieties
450/500 g
craquelins



Habitant soup 796 mL
or Campbell's Chunky
soup 515 mL
selected varieties
soupe

3.49

Kraft Stove Top
stuffing
selected varieties
120 g
farce



1.99



Dole pineapple
selected varieties
398 mL
ananas

1.99



**FROM THURSDAY, SEPTEMBER 21ST
TO WEDNESDAY, OCTOBER 11TH
DU JEUDI 21 SEPTEMBRE AU MERCREDI
11 OCTOBRE 2023**