

FROM THURSDAY, SEPTEMBER 7<sup>TH</sup>  
TO WEDNESDAY, SEPTEMBER 13<sup>TH</sup>, 2023  
DU JEUDI 7 SEPTEMBRE AU  
MERCREDI 13 SEPTEMBRE 2023

# Freshmart®

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



See our flyer online  
visit [freshmart.ca](http://freshmart.ca)



**\$5**

PC® Pub Recipe™ chicken nuggets or strips  
700 g or SeaQuest® Pacific white shrimp raw  
Zipperback® 36-45 per lb, 300 g  
frozen  
pépites ou lanières de poulet ou crevettes  
blanches du Pacifique



**\$6**  
lb

sirloin tip oven roast or steak\*  
club size  
rôti ou bifteck de pointe de surlonge\*  
13.23/kg



**\$1**

Belleisle coleslaw 227 g, bunch radish  
or English cucumber each, product of Canada  
salade de chou ou radis en botte ou concombre



**3 for**  
**\$8**  
or \$2.67 ea.

blackberries, product of U.S.A. or Mexico  
or raspberries, product of U.S.A.  
170 g  
mûres ou framboises



**\$5**

Ziggy's® sliced deli meat 250-300 g  
or cheese slices 200/220 g  
selected varieties  
charcuteries tranchées  
ou tranches de fromage



baked in-store  
baguette or  
no name® pita bread  
white or whole wheat  
250/255 g  
baguette ou pain pita

**2 for**  
**\$3**  
or \$1.50 ea.



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

Kraft Original 225 g  
or Dinner cups 58 g  
selected varieties  
macaroni au fromage



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

no name® mushrooms  
284 mL or Unico beans 540 mL  
selected varieties  
champignons ou légumineuses



**\$7**

Becel margarine  
selected varieties  
637/850 g  
margarine



**3 for**  
**\$7**  
or \$2.33 ea.

Dare cookies 168-240 g or  
Pepperidge Farm Goldfish  
crackers 156-227/6 x 28 g  
selected varieties  
biscuits ou craquelins



**3 for**  
**\$7**  
or \$2.33 ea.

Quaker  
Crispy Minis 90-168 g  
or rice cakes  
127-199 g  
selected varieties  
galettes de riz



**2 for**  
**\$11**  
or \$5.50 ea.

PC® bathroom tissue  
selected varieties  
12=24  
papier hygiénique

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

# Dollar Sale

## Vente du dollar



PC® or PC® Blue Menu® pistachios or PC® or Farmer's Market™ bulk nuts selected varieties 170-400 g pistaches ou noix en vrac

**\$4**



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

Hostess snack cakes selected varieties 121-252 g petits gâteaux



Dr. Oetker Ristorante or Casa di Mama pizza selected varieties, frozen 320-410 g pizza

**2 for \$7**  
or \$3.50 ea.



**\$3**

Post cereal, 311-525 g or Silk non-dairy beverages 1.74-1.89 L, selected varieties, refrigerated céréales ou boissons non-laitières

# Easy Meals

## Repas faciles



Olivieri fresh pasta selected varieties 500-700 g pâtes fraîches

**\$7**



**\$6**

Farmer's Market™ pot pies or quiches selected varieties 500 g pâtés ou quiches



Stagg chili selected varieties 425 g chili

**3 for \$8**  
or \$2.66 ea.



**2 for \$7**  
or \$3.50 ea.

PC® or Blue Menu® entrées selected varieties, frozen 275-365 g plats cuisinés

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

# Meat & Seafood Viandes & Poissonnerie



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

chicken thighs  
boneless, skinless,  
club size, fresh  
hauts de cuisse  
de poulet  
15.41/kg

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

pork sirloin  
chops or roast  
club size, boneless  
côtelettes ou rôti  
de surlonge de porc  
8.80/kg

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

beef stir fry strips\*  
club size  
lanières de bœuf  
à sauter\*  
17.61/kg

no name® summer  
sausage, pepperoni  
or salami chub  
500 g  
saucisson de salami d'été  
ou pepperoni ou salami

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



**5<sup>99</sup>** Strub's pickles  
selected varieties  
1 L  
cornichons



**5<sup>99</sup>** SeaQuest® fish fillets  
selected varieties, frozen  
400 g  
filets de poisson

# Deli Meat & Cheese Charcuterie & Fromagerie



**6<sup>99</sup>** Agropur Brie cheese 170 g  
or Ile De France Brie or  
Camembert cheese 250 g  
selected varieties  
fromage

**5<sup>49</sup>** PC® goat's milk cheese logs 140 g  
or Castello blue cheese 125 g  
fromage

**9<sup>29</sup>** Piller's pepperoni sticks  
or turkey bites  
selected varieties, 300-500 g  
bâtonnets de pepperoni  
ou bouchées de dinde

# Grocery Épicerie

Fruitopia, Nestea,  
Peace Tea or  
Five Alive  
beverage  
selected varieties,  
refrigerated  
1.75 L  
boissons

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



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

Astro 625/750 g or  
iÖGO 650 g yogurt  
selected varieties  
yogourt

PC® Greek  
650/750 g or  
Danone  
Two Good  
625 g yogurt or  
Liberté kéfir 1 L  
selected varieties  
yogourt grec  
ou kéfir

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



**2<sup>49</sup>** Cavendish Farms  
hash brown patties  
selected varieties, frozen  
600 g  
galettes de pommes de terre  
rissolées

Minute Maid  
orange juice  
selected varieties,  
frozen  
295 mL  
jus d'orange

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



**5<sup>49</sup>** PC® Organics butter 250 g  
or cheese 200 g  
selected varieties  
beurre ou fromage



no name®  
instant coffee  
selected varieties  
150 g  
café instantané

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



Minute Maid, Five Alive  
juice or Nestea iced tea  
8/10 x 200 mL or Old Dutch  
Arriba or Restaurante  
245-290 g  
selected varieties  
jus Minute Maid,  
Déli-cinq ou thé glacé  
Nestea ou croustilles Arriba  
ou Restaurante Old Dutch

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

no name®  
spices  
selected varieties  
5.5-250 g  
épices

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



Made Good granola  
minis 100 g or Silk  
plant-based yogurt  
selected varieties, 380 g  
mini granola ou yogourt  
à base de plantes

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



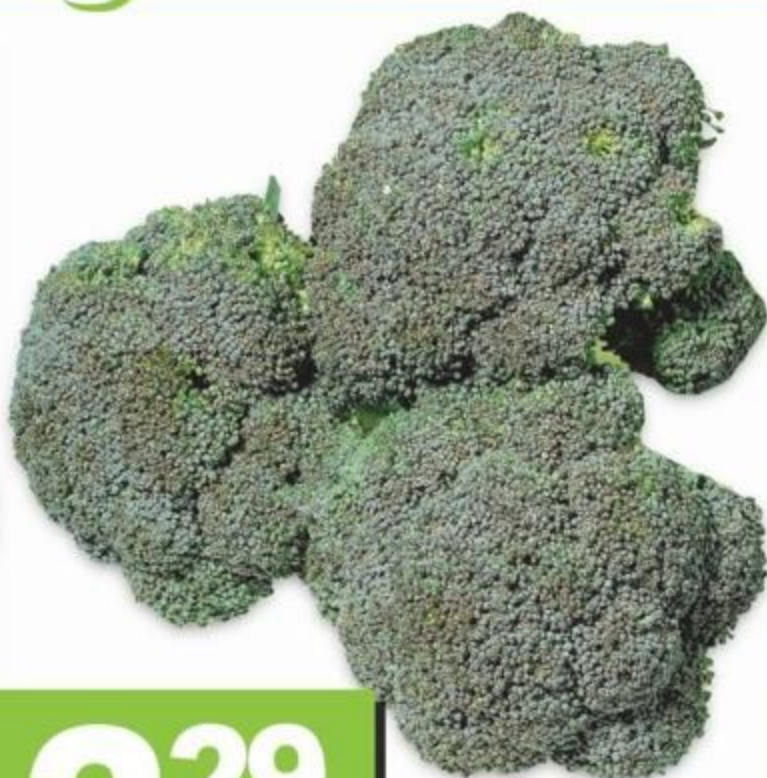
# Fruits & Vegetables

# Fruits & Légumes



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

Farmer's Market™  
sweet corn  
product of Canada  
5's  
maïs sucré



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

broccoli crowns  
product of Canada  
couronnes de brocoli  
5.05/kg



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

PC® mini potatoes  
product of Canada,  
selected varieties  
680 g  
mini-pommes de terre



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

whole pineapple  
product of Costa Rica  
each  
ananas entier



Farmer's Market™  
lemons  
product of  
South Africa  
2 lb bag  
citrons

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



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

black plums  
product of U.S.A.  
prunes noires  
7.25/kg

## Bakery

## Boulangerie



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

Farmer's Market™  
round cakes  
selected varieties  
750-875 g  
gâteaux ronds



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

Farmer's Market™ or Charlotte's  
mini brownies 265/290 g  
or two-bite mini cupcakes 12's  
mini brownies ou mini-petits  
gâteaux



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

no name® bagel  
selected varieties  
6's  
bagels

## Cold & Flu Season

## Saison du rhume



**.79**

Mr. Noodles instant  
noodle soup 85 g or  
Mama noodles 55 g  
selected varieties  
soupe aux nouilles  
instantanée ou nouilles



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

Celestial specialty tea  
16/20's or Twinings  
tea 20's  
selected varieties  
thé



**7<sup>49</sup>**

PC® facial tissues  
selected varieties  
6 x 78's  
mouchoirs



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

Halls lozenges  
selected varieties  
25/30's  
pastilles



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

Ricola lozenges  
selected varieties  
17/19's  
pastilles



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

Buckley's medication  
selected varieties  
100-200 mL  
médicaments



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

NeoCitran cold,  
flu and fever relief  
selected varieties  
10's  
soulagement du rhume,  
grippe et fièvre



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

Emergen-C  
selected varieties  
18-45's  
vitamine C



Taste you  
can't beat  
Un goût  
imbattable

Best Coke Ever?  
Meilleur Coke de l'histoire?



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

Coca-Cola® and Canada Dry®  
beverages Selected varieties  
Les boissons Coca-Cola® ou  
Canada Dry® en emballage de  
Saveurs variétés, 6 x 710 mL



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

Coca-Cola® beverages  
Selected varieties  
Les boissons Coca-Cola®  
Saveurs variétés, 8 x 300 mL



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

AHA® SPARKLING WATER beverages  
Selected varieties  
EAU PÉTILLANTE AHA®  
Saveurs variétés, 12 x 355 mL



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

Glaceau vitaminwater® beverages  
Selected varieties  
Les boissons Glaceau vitaminwater®  
Saveurs variétés, 591 mL

\*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less. The trademarks that appear are the property of their respective trademark owners.

\*Taxes, redevances, consignes et frais applicables en sus. Valide dans les établissements participants pour une durée limitée. Selon la disponibilité, jusqu'à épuisement des stocks. Le détaillant peut vendre à un prix inférieur. Les marques de commerce indiquées appartiennent à leur propriétaire respectif.

# Dollar Sale

## Vente du dollar



**\$7**

Tropicana orange juice selected varieties, refrigerated 2.63 L jus d'orange



**\$1**

Yoplait YOP drinkable yogurt selected varieties 200 mL yogourt à boire



**\$6**

PC® Cream First™ or Loads Of ice cream selected varieties, frozen 1.5 L crème glacée



**\$3**

MiO liquid water enhancer, Country Time, Tang, Crystal Light or Kool-Aid liquid drink mix selected varieties, 48 mL aromatisant liquide pour eau



**\$5**

no name® peanut butter 1 kg or Quaker Harvest Crunch cereal 400-510 g selected varieties beurre d'arachide ou céréales



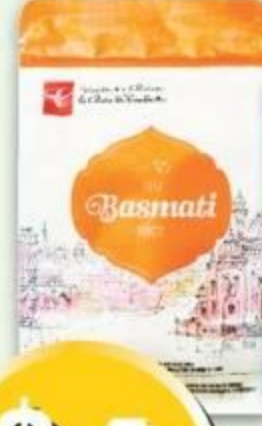
no name® extra virgin olive oil 750 mL or Becel oil 1 L selected varieties huile

**\$8**



Frank's RedHot sauce 354 mL or PC® Memories Of® sauce 350 mL selected varieties sauces

**\$4**



**\$4**

PC® cooking sauce 400 mL or Indian basmati rice 750 g selected varieties sauce ou riz



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

no name® soya sauce 450 mL or Ben's Original Fast & Fancy rice 132 g selected varieties sauce soya ou riz

## Sweet Treats

### Petites douceurs



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

Nestlé, Hershey's, Cadbury or Butterfinger single chocolate bars selected varieties 34-60 g barres de chocolat



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

Twizzlers, Sour patch kids or Jolly rancher gummies 98-198 g, Werther's Original candies 128-135 g or Nestlé tablet bars 97-120 g selected varieties friandises



**2 for \$7**  
or \$3.50 ea.

Trident or Dentyne gum 40/60's, Dare RealFruit candy 350 g, Twizzlers licorice 311-454 g or Mondoux Sweet Sixteen candy mix 400 g selected varieties friandises



**2 for \$9**  
or \$4.50 ea.

PC® chocolate covered fruits or nuts 250-400 g or bars 300 g, Nestlé or Hershey's chocolate stand up pouches or Multipacks 135-230 g/4 x 42-50 g selected varieties fruits ou noix enrobés de chocolat ou barres ou chocolat

## Pet Animaux domestiques

Meow Mix cat food selected varieties 1.36-2 kg nourriture pour chats

**\$8**



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

Fancy Feast wet cat food selected varieties 85 g nourriture humide pour chats

Beneful dry dog food selected varieties 7 kg nourriture sèche pour chiens

**\$26**



Milk-Bone dog biscuits selected varieties 750-900 g biscuits pour chiens

**\$4**



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 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**

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



**6.99**

no name®  
stringable cheese  
336 g  
fromage  
effilochable



**4.49**

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



**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



no name® ketchup 1 L ketchup



1.49

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

3.49



3/\$5 or \$1.67 ea.

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

2.99

no name® pickles selected varieties 1 L cornichons



2.99

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

3.99

no name® fruit selected varieties 796 mL fruit



no name® olives selected varieties 398 mL olives



3.29

no name® relish 750 mL relish

1.99

.79

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



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



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



2.29

4.79

4.99

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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® breadsticks & cheese  
préemballés / cheese product  
bâtonnets et fromage  
produit de fromage haché  
87 g 3

no name® original  
rice crackers  
craquelins de riz  
nature  
100 g

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

no name® sans nom®  
100% Canadian - pure  
liquid honey  
miel liquide  
100% canadien - pur  
500 g

no name® sans nom®  
100% Canadian - pure  
creamed honey  
500 g

no name® honey  
liquid or creamed  
500 g  
miel

no name® milk chocolate  
with  
hazelnuts  
chocolat au lait avec  
noisettes  
100 g

no name® milk chocolate  
chocolat  
au lait  
100 g

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



no name® honey  
graham  
wafers  
400 g 2

no name® seasoned  
dry roasted  
peanuts  
arachides  
rôties à sec  
assaisonnées  
650 g

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

no name® cheese flavoured  
twists  
tortillons  
à saveur de fromage  
200 g

no name® apple  
juice  
from concentrate  
1 L CANADA CHOICE

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® salted tops  
soda crackers  
454 g 4

no name® tomato juice  
1.36 L

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



no name® quick oats  
100% whole grain Canadian oats  
grau complet à grains entiers à 100%  
grau rapide  
1 kg

no name® smooth  
peanut butter  
beurre d'arachide  
crémeux  
500 g

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

no name® chocolate chip  
cookies  
biscuits  
brisures  
chocolatées  
907 g

no name® oatmeal  
cookies  
biscuits  
avoine  
907 g

no name® cookies  
selected varieties  
907 g  
biscuits

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

**3.29**



no name® chocolate  
pudding - pouding  
chocolat  
4 x 99 g

no name® pudding  
selected varieties  
4 x 99 g  
pouding

no name® mixed fruit  
in cherry gel  
4 x 123 g

no name® mandarin  
oranges  
in light syrup  
4 x 107 mL

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

no name® no. 2  
cone  
coffee filters  
100 filters

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

**1.79**

**2.79**

**2.49**

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**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

**3.49**

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



**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



**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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