

FROM THURSDAY, OCTOBER 12TH
TO WEDNESDAY, OCTOBER 18TH, 2023
DU JEUDI 12 OCTOBRE AU
MERCREDI 18 OCTOBRE 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



2.99
lb

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



2.99

cauliflower, each or PC® mushrooms,
selected varieties, 454 g
product of Canada
chou-fleur ou champignons



2.99
lb

green or red
seedless grapes
product of U.S.A.
raisins verts ou
rouges sans pépins
6.59/kg



2.99

Chris Brothers pepperoni, shaved meat
or deli sliced meats
selected varieties, 150-250 g
charcuteries ou viandes



Farmer's Market™ mini cinnamon
rolls 9's or cookies 12's
selected varieties
mini-brioches à la cannelle ou biscuits



4.29



no name®
chips 200 g or
PC® soda 2 L
selected varieties
croustilles
ou soda

4/\$5
or \$1.25 ea.

Oasis juice,
Del Monte nectar
or Arizona iced tea
selected varieties
960 mL
boissons

4/\$5
or \$1.25 ea.



3.99

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



2/\$7
or \$3.50 ea.

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



Campbell's
condensed soup
selected varieties
284 mL
soupe

4/\$5
or \$1.25 ea.



St-Hubert
sauce or gravy
selected varieties
398 mL
sauce ou sauce brune

2/\$3
or \$1.50 ea.

HOT DEALS OF THE WEEK

OFFRES DE LA SEMAINE



3⁹⁹

no name® natural cheese slices selected varieties 210/230 g tranches de fromage



old mill pies selected varieties 550 g tartes

3⁹⁹



5⁹⁹

no name® ice milk Club Size selected varieties, frozen 4 L lait glacé



Cashmere bathroom tissue 8/12 rolls, SpongeTowels paper towels 3/6 rolls or Scotties facial tissue 6's selected varieties papier hygiénique ou essuie-tout ou mouchoirs

5⁹⁹

National Pasta Day!

Tournée nationale des pâtes!

OCTOBER 17
17 OCTOBRE



7⁴⁹

Olivieri fresh pasta selected varieties 500-700 g pâtes fraîches



PC® Splendido® Parmigiano Reggiano or Pecorino Romano cheese 250 g fromage

7⁴⁹



Italtasta 900 g or Hunt's tomato sauce 680 mL selected varieties pâtes ou sauce tomate

2⁴⁹



Bertolli olive oil selected varieties 1 L huile d'olive

14⁹⁹



Meat & Seafood

Viandes & Poissonnerie



7.99
lb

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

4.49
lb

pork tenderloin
fresh, cryovac package
filet de porc
9.90/kg

7.49
lb

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



9.99 Atlantic Choice® sausage
selected varieties, club size
1 kg
saucisses



11.99 PC® Gochujang
sweet & spicy chicken bites
or PC® Too Good To Be Wings®
chicken chunks
selected varieties, frozen
700/800 g
bouchées de poulet
ou morceaux de poulet



2.99 DOM smoked steelhead salmon,
pre-sliced, 50 g or SeaQuest®
flavoured Alaska pollock,
ready to eat, 227 g
selected varieties, frozen
saumon ou goberge

Deli Meat & Cheese

Charcuterie & Fromagerie



Castello
cream cheese
selected varieties
125 g
fromage à la crème

4.49

Balderson cheese
selected varieties
250/280 g
fromage

6.49

PC® beef, chicken
or turkey strips
selected varieties
300/375 g
lanières de bœuf
ou poulet ou dinde

12.99

Grocery Épicerie



3.49 Astro or iÖGO
yogurt tubs
selected varieties
625-750 g
yogourt

no name®
orange juice
selected varieties,
refrigerated
1.75 L

4.49
jus d'orange

7.49 Black Diamond
Cheestrings 12/16's
or cheese sticks 252 g
selected varieties
fromage

3.99 Pillsbury dough
selected varieties,
refrigerated
454/496 g
pâte réfrigérée



2.49 Cavendish Farms
hash brown patties
selected varieties,
frozen, 600 g
galettes de pommes
de terre rissolées

2.49 no name® perogies
selected varieties,
frozen
907 g
perogies

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

4/\$5 Minute Maid
frozen punch
selected varieties,
frozen
295 mL
punch surgelé
or \$1.25 ea.



3.99 Quaker cereal
selected varieties
325-500 g
céréales



6.29 no name® honey
liquid or creamed
500 g
miel



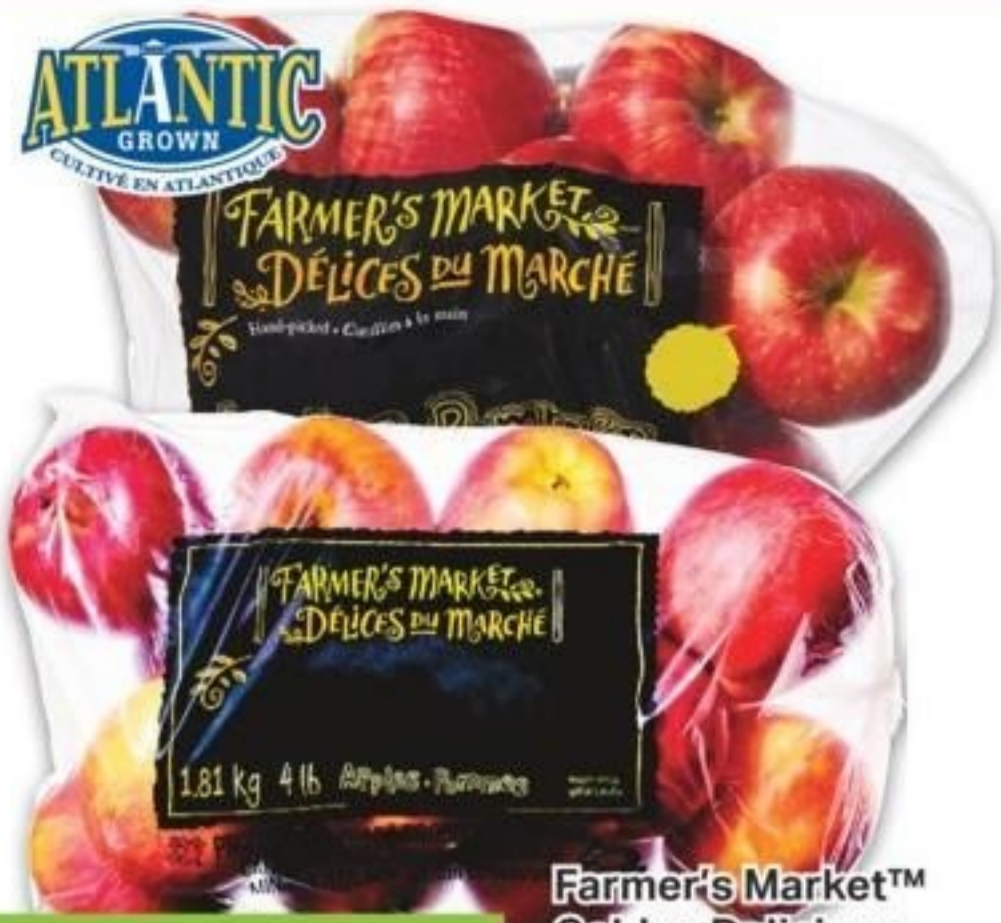
5.99 no name® coffee pods
selected varieties
12's
capsules de café



2.49 no name® coffee filters
no. 2, no. 4 or
poly basket
100's
filtres à café
no. 2
cone
coffee filters
100 filters

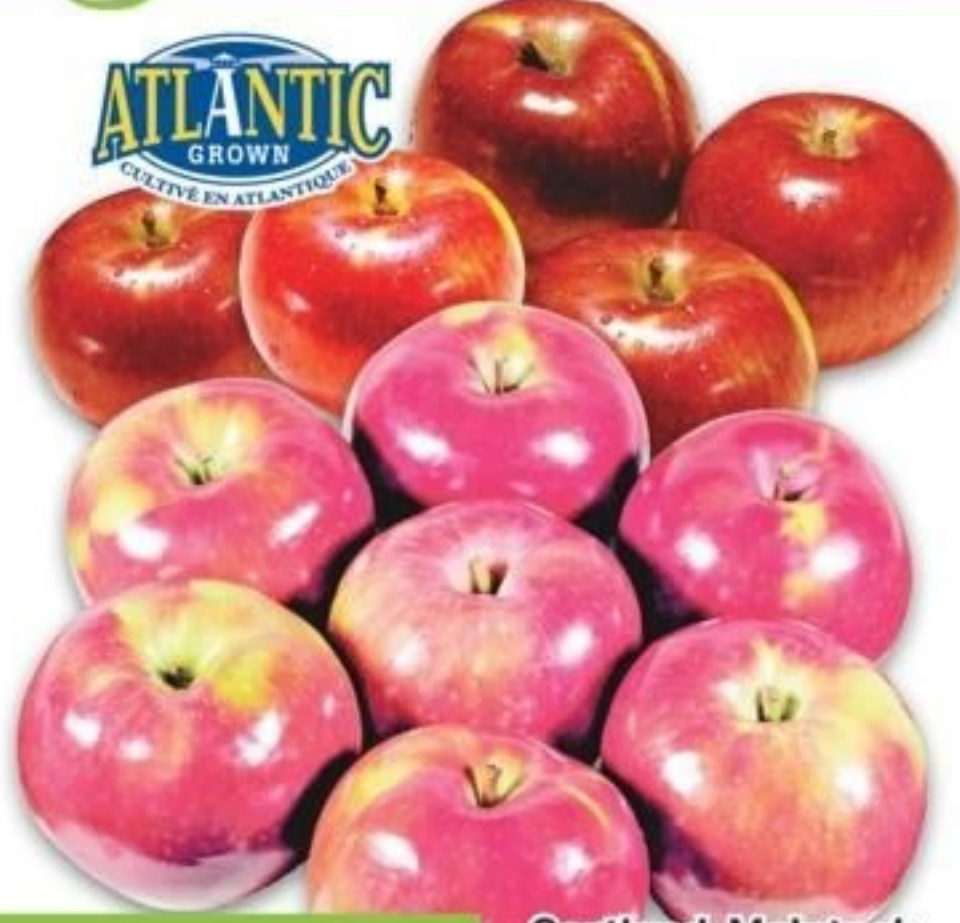
Fruits & Vegetables

Fruits & Légumes



5.49

Farmer's Market™ Golden Delicious, McIntosh or Paula Red apples, product of Atlantic Canada, selected varieties
4 lb bag
pommes



1.79
lb

Cortland, McIntosh, Paula Red or Royal apples
product of Atlantic Canada
pommes
3.95/kg



1.99
lb

Bartlett pears
product of Atlantic Canada
poires
4.39/kg



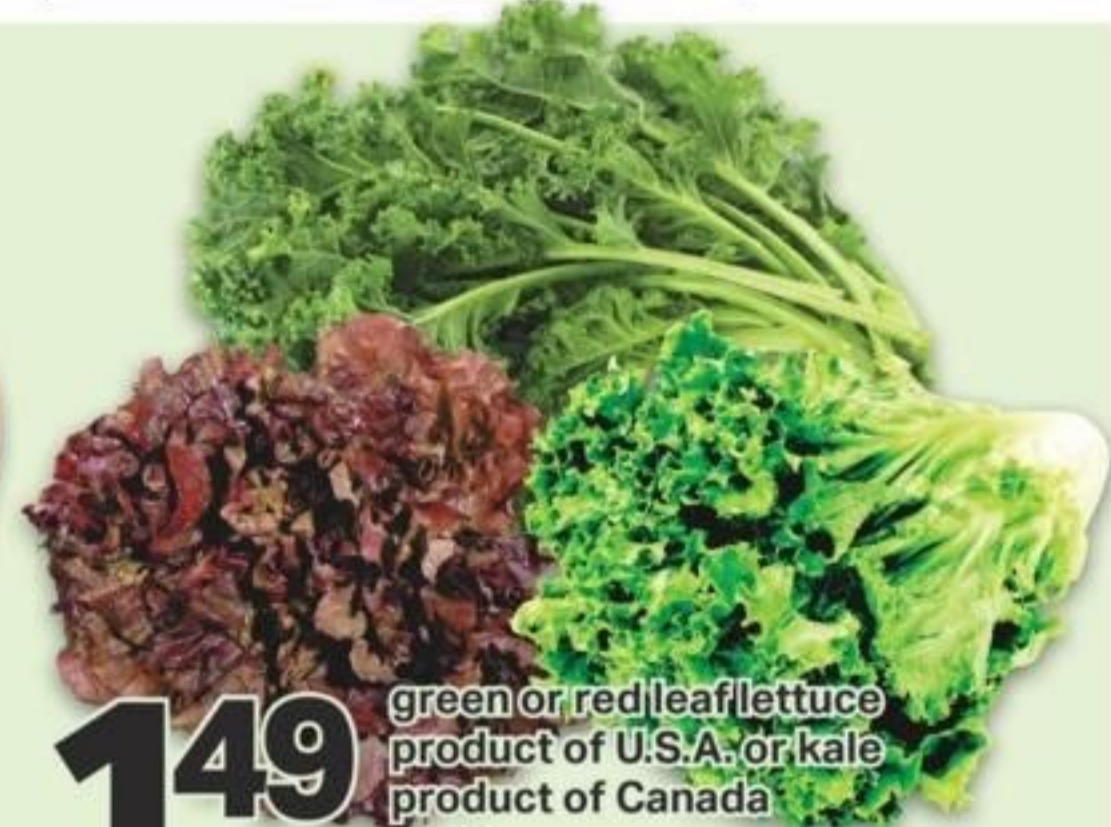
3.99

Mann's snap or snow peas
product of U.S.A.
170/227 g
pois snap ou mange-tout



1.99
lb

beefsteak tomatoes
product of Canada
tomates
4.39/kg



1.49

green or red leaf lettuce
product of U.S.A. or kale
product of Canada
each
laitue ou chou frisé

Bakery

Boulangerie



4.99

PC® or Little Bites mini muffins
selected varieties
234/336 g
mini-muffins



1.99

Donut Time donuts
selected varieties
6's
beignes



Wonder bread
selected varieties
500-675 g
pain

3.49

Grocery

Épicerie



1.99

Glaceau smartwater
or vitamin water 591 mL
or no name® fruit drinks 2 L
selected varieties
eau ou boissons aux fruits



3.29

SunnyD beverage
selected varieties
6 x 240 mL/1.89 L
boisson



2.99

Voortman wafers or
cookies 225/250 g or
Tim Hortons granola
bar 5's
selected varieties
gaufrettes ou biscuits
ou barre granola



4.29

Betty Crocker DunkAroos
168 g or Nature Valley
bars 132-184 g
selected varieties
biscuits ou barres



PC® or
Blue Menu® broth
selected varieties
900 mL
bouillon

1.99



no name® pickles
selected varieties
1 L
cornichons

3.99



Dole canned
fruit or jars
selected varieties
540 mL
fruits en conserve
ou en pots

2.99



SPAM luncheon meat
selected varieties
340 g
pain de viande

4.49



1.99

Hunt's Manwich sauce
398 mL or Idahoan
mashed potatoes
113/116 g
selected varieties
sauce ou pommes
de terre en purée



Club House
La Grille seasoning
selected varieties
120-248 g
assaisonnement

4.49



Amy's organic
soup 398 mL or
wraps 156/170 g
selected varieties
soupe ou tortillas

3.49



Dare RealFruit
plant-based
gummies 180 g
or Nestlé snack
size chocolates
66-112 g
selected varieties
friandises gélifiées
ou chocolats

1.99

Grocery Épicerie



2.99

no name® cream cheese selected varieties, 227/250 g fromage à la crème



3.99

Danone Oikos Greek 4's or Danino drinkable 6's or Liberté 2/4's or 500 g yogurt selected varieties yogurt



3.29

Kellogg's Rice Krispies, Nutri Grain or Pop-Tarts selected varieties 176-384 g barres ou pâtisseries



2.99

Pillsbury Pizza Pops selected varieties, frozen 380 g pizzas



2.49

Pillsbury Toaster Strudel selected varieties 326 g pâtisserie



3.29

Kool-Aid Jammers selected varieties 10 x 180 mL boissons



1.29

PC® natural spring water 4 L eau de source



3.99

Cheetos snacks 170-300 g or Doritos tortilla chips 155-280 g selected varieties grignotines ou croustilles



2.49

Viva Puffs 300 g or Dare Wagon Wheels 315/360 g selected varieties biscuits



5.99

General Mills family size cereal selected varieties 475-778 g céréales



2.79

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



12.99

Maxwell House roast and ground coffee selected varieties 631-925 g café torréfié et moulu



9.49

Becks or Corona 6 x 330 mL or Budweiser Zero 6 x 341 mL non-alcoholic beer bière sans alcool



2.49

Annie's pasta 170 g or Cheetos Mac'N Cheese 164/170 g selected varieties macaroni au fromage



2.49

PC® Blue Menu® beans, peas, lentils or soup mix 900 g or quinoa or rice 250 g selected varieties haricots ou pois ou lentilles ou mélange de soupe ou quinoa ou riz



3.99

PC® Memories Of® sauce selected varieties 350 mL sauce



2.99

Gold Seal wild pink salmon 213 g saumon rose sauvage



.99

Jell-O jelly powder selected varieties 9.1-85 g poudre pour gelée



1.29

Kinder Bueno bar 43 g or Nutella & Go snack 52 g barre ou collation

Cold & Flu Season Saison du rhume



1.49

PC® distilled water 4 L or 3-ply facial tissues selected varieties eau distillée ou mouchoirs



3.49

Purell hand sanitizer 236 mL or Lysol disinfectant wipes 35's selected varieties désinfectant pour les mains ou lingettes désinfectantes



2.99

Halls or Ricola lozenges selected varieties 17-30's pastilles



4.49

Microban 24 sanitizing spray selected varieties 354 g vaporisateur désinfectant