

FROM THURSDAY, JANUARY 11TH
TO WEDNESDAY, JANUARY 17TH, 2024
DU JEUDI 11 JANVIER AU
MERCREDI 17 JANVIER 2024

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



See our flyer online
visit freshmart.ca



5⁹⁹
lb

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



2⁹⁹
lb

chicken legs
back attached, fresh, club size
cuisses de poulet
6.59/kg



3⁴⁹

broccoli, each, product of U.S.A.
or French beans 400 g, product of Mexico
brocoli ou haricots verts



4⁴⁹

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



2⁴⁹

PC® dips or hummus 227-280 g or Naan dippers
200 g or Ziggy's® fresh pasta 350/360 g
selected varieties
trempettes ou hummus ou
pains naan ou pâtes fraîches



5⁴⁹

Farmer's Market™ squares or coffee cake
selected varieties
400-500 g
carrés ou gâteau pause-café



2⁴⁹

Real Canadian
natural spring water
24 x 500 mL
eau de source



3/\$7
or \$2.33 ea.



Christie crackers
selected varieties
175-386 g
craquelins



Black Diamond
shredded cheese
300/320 g, cheese
bar 400 g or cheese
sauce 300 mL
selected varieties
fromage râpé ou
barre de fromage
ou sauce au fromage

4⁴⁹



5⁴⁹

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



3/\$10
or \$3.33 ea.



Swanson entrées
280-345 g, Hungry-Man
entrées 360-455 g
or Healthy Choice
Gourmet Steamers
283-306 g
selected varieties,
frozen
plats cuisinés



1⁴⁹

Betty Crocker Super Moist
cake mix 375/404 g or frostings
340/450 g or no name®
evaporated milk 354 mL
selected varieties
mélange à gâteau
ou glaçages ou lait évaporé

Hot Deals of the WEEK

Offres de la SEMAINE



PC® Pacific large white shrimp cooked peeled 31-40 per lb or SeaQuest® pink salmon fillets frozen, 400 g crevettes ou filets de saumon

7⁹⁹



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

9⁹⁹



Mutti Passata selected varieties 680 mL coulis de tomate

2⁹⁹



PC® Indian basmati rice 750 g or VH sauces, selected varieties 341/355 mL riz basmati ou sauces

2⁴⁹

A Great Start!

Nouveau départ!



Silk non-dairy beverages, refrigerated, 1.74-1.89 L or PC® Organics peanut butter 500 g or oats or granola 325 g-1 kg selected varieties boissons sans produits laitiers ou beurre d'arachide ou gruau ou granola

3⁹⁹



Prana fruit & nut mix 150 g, PC® Organics cherries, cranberries & dark chocolate trail mix 150 g or PC® triple chocolate brownie mix 535 g selected varieties mélange de fruits et noix ou mélange du randonneur ou mélange à brownie

3⁹⁹



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

4⁹⁹



Meat & Seafood

Viandes & Poissonnerie



7.99
lb

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

2.99
lb

pork butt roast
bone-in, club size
rôti de soc de porc
6.59/kg

4.49
lb

chicken breasts,
bone-in skin-on or
whole chicken wings
club size
poitrines de poulet ou
ailes de poulet entières
9.90/kg



6.99

Schneiders bacon 375 g
or bologna 500 g
selected varieties
bacon ou bologne



\$10

meat or seafood selection
selected varieties, frozen
200 g-1.81 kg
viande ou produits de la mer



9.99

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

Deli Meat & Cheese

Charcuterie & Fromagerie



5.99

PC® bocconcini or ricotta cheese
selected varieties
200/454 g
fromage



6.49

Maple Leaf
Natural Selections
deli meat 175 g
or Balderson
cheese 250-280 g
selected varieties
charcuteries
ou fromage



4.49

Yves Veggie Cuisine
selected varieties
120-340 g
plats cuisinés



2.99

Yoplait Tubes 8 x 56 g,
Minigo 6 x 60 g or
Source 630 g yogurt
selected varieties
yogourt



4.99

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



2.99

Kozy Shack pudding
selected varieties
624 g/4 x 113 g
pouding



3.99

Liberté Greek 2/4's
or méditerranée
4's/500 g yogurt
selected varieties
yogourt



12.49

High Liner Pan-Sear
or Signature cuts,
bites or shrimp
selected varieties,
frozen, 425-540 g
poisson ou crevettes



4.99

McCain fried potatoes
selected varieties,
frozen, 1.5 kg
frites



1.99

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



5.99

Kraft Cheez Whiz
cheese spread 450 g
or Cracker Barrel
Natural cheese slices
200-240 g
selected varieties
tartinade au fromage
ou tranches de fromage



3.99

PC® butter puff
or phyllo pastry
frozen
450/454 g
pâte feuilletée au
beurre ou pâte phyllo



6.99

Lipton Yellow Label tea
black or green
200 g
thé



3.99

no name® strawberry
or chocolate syrup
510/700 mL or hot
chocolate mix 500 g or
Carnation hot chocolate
175/250 g
selected varieties
sirop ou mélange
à chocolat chaud



4.99

Wowbutter spread 500 g
or Quaker Harvest Crunch
400-510 g or Jordans
325-400 g cereal
selected varieties
tartinade ou céréales

Fruits & Vegetables Fruits & Légumes



7⁹⁹

organic red or green seedless grapes, product of Peru or Chile or cotton candy grapes product of Brazil, 454 g raisins



3⁴⁹

avocados 5's, product of Mexico or PC® Organics carrots 2 lb, product of U.S.A. avocat ou carottes



6⁹⁹

halos mandarins product of U.S.A. 2 lb mandarines



2⁷⁹
lb

beefsteak or Roma tomatoes or tomatoes on the vine product of Canada tomates 6.15/kg



6⁹⁹

kiwi Sungold 1 lb, product of Italy or organic Navel oranges 2 lb, product of South Africa kiwi ou oranges



6⁹⁹

no name® Naturally Imperfect™ potatoes 15 lb, product of Canada or zucchini 2.25 lb, product of Mexico pommes de terre ou courgette

Bakery Boulangerie



4⁴⁹

Farmer's Market™ or Charlotte's mini brownies 265/290 g or two-bite mini cupcakes 284 g selected varieties



2/\$5
or \$2.50 ea.

PC®, Blue Menu® or Wonder English muffins selected varieties, 6's



3⁴⁹

Wonder bread selected varieties, 500-675 g pain



1⁷⁹

Powerade or Gatorade sports drink 710 mL or CLIF or Larabar energy bars 45-68 g selected varieties boisson désaltérante ou barres d'énergie



2⁷⁹

PC® or Blue Menu® granola bars selected varieties 120-300 g barres granola



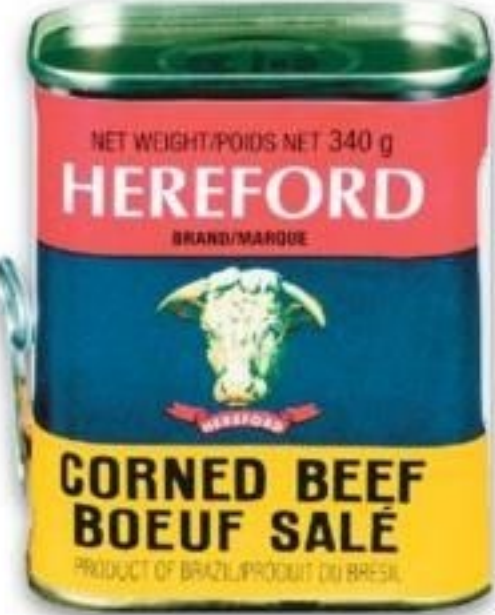
2⁹⁹

Starbucks beverages 404/444 mL or Rockstar energy drinks 473 mL selected varieties boissons



9⁹⁹

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



5²⁹

Hereford corned beef selected varieties 340 g bœuf salé



1⁷⁹

Unico solid light tuna in oil 99 g thon dans de l'huile

French's mustard selected varieties 325/400 mL moutarde

2⁷⁹



Becel oil 1 L huile

7⁹⁹



4²⁹

Popcorners popped corn chips 143 g, Smartfood popcorn 150-220 g or Miss Vickie's potato chips 185-200 g selected varieties croustilles ou maïs soufflé

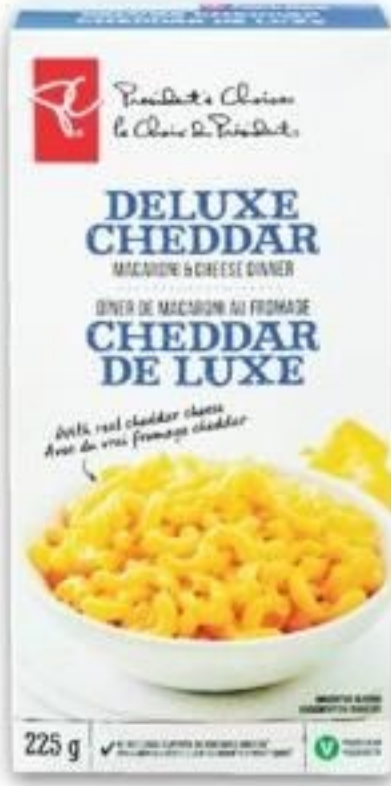
PC® Plant Based vegetarian bolognese pasta sauce 700 mL sauce pour pâtes

4⁷⁹



PC® deluxe mac and cheese dinner selected varieties 220/225 g repas de macaroni au fromage

3/\$5
or \$1.66 ea.



2⁹⁹

PC® The Decadent® chocolate chips selected varieties 226-300 g brisures de chocolat

Grocery Épicerie



3⁹⁹

Minute Maid orange juice or Oasis orange or fruit juice or smoothies selected varieties, refrigerated 1.5/1.75 L
jus d'orange ou jus de fruit ou boisson fouettée



4⁴⁹

PC® or Blue Menu® Thin & Crispy, flatbread pizza or focaccia selected varieties, frozen, 330-455 g
pizza ou focaccia



5⁴⁹

Häagen-Dazs ice cream selected varieties, frozen, 216-450 mL
crème glacée



2⁴⁹

Sunrise tofu selected varieties 350/454 g
tofu



9⁹⁹

Starbucks ground or whole bean coffee 340 g or K-Cups 10's selected varieties
café ou capsules de café



3⁷⁹

Kool-Aid Jammers selected varieties 10 x 180 mL
boissons



4⁹⁹

Mary's Organic crackers 184 g or Christie Premium Plus crackers 450/500 g selected varieties
craquelins



4⁴⁹

Kellogg's or Kashi cereal selected varieties 306-525 g
céréales



2⁹⁹

no name® pickles selected varieties 1 L
cornichons



2⁹⁹

Campbell's Everyday Gourmet soups or rich and thick stock selected varieties 500 mL
soupes ou bouillon



3/\$5
or \$1.66 ea.

Ben's Original Fast & Fancy rice selected varieties 132 g
riz



5⁷⁹

Magic baking powder 450 g or PC® berry cherry dried fruit blend 300 g
poudre à pâte ou mélange de fruits séchés

Home Essentials Les essentiels pour la maison

Windex glass cleaner 765/950 mL, Glade small candles 1's or wax melts 6's selected varieties
nettoyant à vitre ou petites bougies ou carrés de cire

4⁴⁹



Palmolive 591/828 mL or Dawn 431/473 mL dishwashing liquid selected varieties
détergent liquide à vaisselle

2⁷⁹



Allen's vinegar cleaners 950 mL/2.5 L or Lysol toilet bowl cleaner 710 mL or lemon all-purpose cleaner 650 mL selected varieties
nettoyants au vinaigre ou nettoyant à cuvette ou nettoyant tout usage au citron

3⁷⁹



Bounce fabric softener sheets 40/80's or Clorox bleach 2.4 L feuilles d'assouplissant ou eau de Javel

4⁴⁹



5⁹⁹

PC® bathroom tissues 12=24 rolls or PC® MAX™ paper towels 3=6 rolls
papier hygiénique ou essuie-tout



Pine-Sol cleaner 1.41 L or Ziploc storage or freezer bags 10-28's selected varieties
nettoyant ou sacs à rangement ou congélation

4⁴⁹

Febreze Air air freshener 250 g or Scrubbing Bubbles bathroom cleaner 623 g selected varieties
désodorisant ou nettoyant pour salle de bains

3⁴⁹



Downy fabric softener selected varieties 1.31 L assouplissant textile

5⁴⁹



5⁹⁹

Swiffer wet or dry cloth refills 10-16's or duster kit 1 ea or Glad garbage bags 26-52's selected varieties
recharges de linges ou trousse d'époussetage ou sacs à ordures



3⁴⁹

Mr. Clean Magic Eraser 2-8's or Clorox cleaning sprays 887/946 mL selected varieties
effaceur ou vaporisateurs nettoyants

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.



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



no name® chicken nuggets,
burgers or strips
frozen, 908 g
pépites ou burgers
ou lanières de poulet

5⁹⁹



no name® broth
selected varieties
900 mL
bouillon

1⁴⁹



no name® vegetables
selected varieties
284-796 mL
légumes

4/\$7
or \$1.75 ea.

FROM THURSDAY, JANUARY 4TH TO WEDNESDAY, 31ST, 2024
DU JEUDI 4 JANVIER AU MERCREDI 31 JANVIER 2024
*NO NAME 4 WEEK PRICE FREEZE APPLICABLE TO SELECT ITEMS IN FLYER.
SEE INSIDE FOR MORE.

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.



2⁹⁹ no name® wieners
450 g
saucisses fumées



8⁹⁹ no name® smokies
or coil garlic sausage
750-900 g
saucisses fumées
ou saucisson à l'ail



3⁹⁹ no name® breaded
and stuffed chicken
selected varieties,
frozen
284 g
poulet Pané et farci



no name® original
garlic bread
16's
pain à l'ail

3⁹⁹



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



4⁹⁹ no name® margarine
selected varieties
907 g
margarine



5⁴⁹ no name® roasted unsalted peanuts
product of U.S.A.
907 g
arachides



4⁴⁹ no name® stirred yogurt
selected varieties
12 x 100 g
yogourt



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



2⁷⁹ no name® pie shells 380 g
or whipped topping 1 L
selected varieties, frozen
croûtes à tarte
ou garniture fouettée



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

12⁹⁹



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



1⁴⁹ no name® spinach
chopped or whole leaf
frozen
300 g
épinards



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



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

FROM THURSDAY, JANUARY 4TH TO WEDNESDAY, JANUARY 31ST, 2024/DU JEUDI 4 JANVIER AU MERCREDI 31 JANVIER 2024

*NO NAME 4 WEEK PRICE FREEZE APPLICABLE TO SELECT ITEMS IN FLYER.

no name®
sans nom®

flyer page
contains low prices from a yellow brand
pages circulaire
avec des bas prix sur la marque jaune



3/\$5
or \$1.67 ea.

no name® flaked or
chunk light tuna
170 g
thon



379

no name® flour
selected varieties
2.5 kg
farine

no name®
pizza sauce 213 mL
or tomato paste
369 mL
selected varieties
sauce à pizza
ou pâte de tomate

149



no name® white vinegar
4 L
vinaigre blanc

279



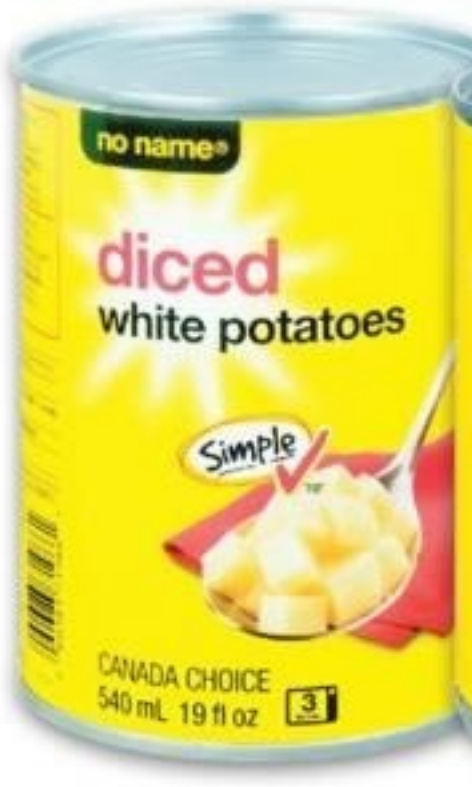
no name®
chicken noodle soup
selected varieties
2 x 83 g/284 mL
soupe poulet
et nouilles

4/\$5
or \$1.25 ea.



no name®
pasta sauce
selected varieties
680 mL
sauce pour pâtes

199



4/\$7
or \$1.75 ea.

no name®
beans, lentils or potatoes
selected varieties, 540 mL
haricots ou lentilles
ou pommes de terre

no name®
cooking sauce
selected varieties
350 mL
sauce à cuisson

299



no name® soya sauce
selected varieties
450 mL
sauce soya

199



no name® yellow
prepared mustard
400 mL
moutarde jaune
préparée

149



249

no name® marshmallows
selected varieties
400 g
guimauves



179

no name® spices or coating mixes
selected varieties
5.5-250 g
épices ou panure



\$9

FROM THURSDAY, JANUARY 4TH TO WEDNESDAY, JANUARY 31ST, 2024/DU JEUDI 4 JANVIER AU MERCREDI 31 JANVIER 2024

**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

1.99



no name® sans nom®
chocolatey chip
cookies
biscuits
brisures
chocolatées

Simple



no name® sans nom®
oatmeal
cookies
biscuits
avoine

Simple



907 g

4.49

no name® cookies
selected varieties
907 g
biscuits

no name® roast
and ground coffee
selected varieties
925 g
café torréfié et moulu

12.99



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

5.99



6.49 no name® honey
liquid or creamed
500 g
miel



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

no name®
jam or marmalade
selected varieties
500 mL
confiture ou
marmelade

3.99



3.99 no name® drink boxes
selected varieties
10 x 200 mL
boîtes de boisson



2.49 no name® soda crackers
selected varieties
454 g
craquelins



1.79 no name® chips or snacks
200 g or juice 1 L
selected varieties
croustilles ou grignotines ou jus



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



3/\$5 no name® ice cream cones
75 g or cups 80 g
cornets ou coupes pour
crème glacée
or \$1.67 ea.



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

FROM THURSDAY, JANUARY 4TH TO WEDNESDAY, JANUARY 31ST, 2024/ DU JEUDI 4 JANVIER AU MERCREDI 31 JANVIER 2024

*NO NAME® 4 WEEK PRICE FREEZE APPLICABLE TO SELECT ITEMS IN FLYER.

INS NN 3

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



2⁹⁹

no name® bathroom tissue 12's
or napkins 250's
papier hygiénique ou serviettes



4/\$5
or \$1.25 ea.



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



3²⁹

no name® garbage bags
selected varieties
30/48's
sacs à ordures



1⁷⁹

no name® resealable sandwich
100's or freezer 40's bags
sacs à sandwich ou congélation



13⁹⁹

no name® garbage bags
selected varieties,
Club Size, 60-100's
sacs à ordures



1⁹⁹

no name® foil 50 ft or heavy duty
foil 25 ft, plastic wrap 60 m
or parchment paper 10 m
papier d'aluminium ou pellicule
plastique ou papier parchemin



no name® compostable
kitchen 20's or
freezer 30's bags
sacs de cuisine
ou congélation

2⁴⁹



2⁴⁹

no name® dishwashing
liquid 800 mL or sponge,
selected varieties, 6/9's
détergent liquide à vaisselle
ou éponge



3⁴⁹

no name® free & clear nature
detergent 2.03 L or bleach,
regular or lemon, Club Size, 2.4 L
détergent ou eau de Javel



3⁴⁹

no name® garbage bags
kitchen & bathroom cleaner
selected varieties, 650/828 mL
sacs à ordures ou nettoyant
pour cuisine et salle de bains



no name®
toilet bowl
cleaner
710 mL or
drain opener
900 mL
nettoyant à
cuvette ou
débouche-tuyaux

2⁹⁹



no name®
cat litter
selected varieties
7 kg
litière
pour chats

5⁹⁹

no name® cat food
selected varieties
4 kg
nourriture
pour chats

9⁹⁹



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

14⁹⁹



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