

FROM THURSDAY, JANUARY 18TH
TO WEDNESDAY, JANUARY 24TH, 2024
DU JEUDI 4 JANVIER AU
MERCREDI 10 JANVIER 2024



See our flyer online
visit freshmart.ca

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



5.49
lb

chicken breasts or thighs
boneless skinless, club size
poitrines ou hauts de cuisses de poulet
12.10/kg

3.49
lb

pork loin centre-cut roast
boneless, club size
rôti de longe de porc, coupe du centre
7.69/kg



celery hearts or romaine hearts
product of U.S.A.
3's
cœurs de céleri ou cœurs de romaine

3.99



Farmer's Market™ seedless oranges,
product of Spain or Morocco
or grapefruits, product of Turkey, 3 lb
oranges ou pamplemousses

4.99



PC® cheese blocks
250 g or feta in
brine 400 g
selected varieties
barres de fromage
ou feta en saumure

4.99



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

1.29



Bertolli olive oil
selected varieties
1 L
huile d'olive

13.99



Kellogg's cereal
selected varieties
247-435 g
céréales

3/\$10
or \$3.33 ea.



3.49

Activia 8 x 100 g, Oikos or
Two Good yogurt 4 x 95/100 g
or iöGO nanö drinkable
yogurt 6 x 93 mL
selected varieties
yogourt ou yogourt à boire



3/\$5
or \$1.66 ea.

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



Heinz ketchup
750 mL/1 L
or Kraft
Miracle Whip
650/890 mL
selected varieties
ketchup
ou tartinaide

4.49



no name®
all purpose flour
Club Size
10 kg
farine tout usage

9.99

Hot Deals of the WEEK

Offres de la SEMAINE



2²⁹

DOM Specialty smoked steelhead salmon 50 g, frozen or SeaQuest® crab or lobster flavoured pollock flakes or chunks 227 g, refrigerated selected varieties
saumon fumé ou goberge



Farmer's Market™ mini carrots product of U.S.A. 340 g carottes miniatures

1⁴⁹



2/\$8
or \$4 ea.

Tetley or Red Rose tea 60/72's or Maxwell House instant coffee 150 g selected varieties
thé ou café instantané



Cashmere bathroom tissue 8/12=24 rolls, SpongeTowels paper towels 3/6's or Scotties facial tissue 6's selected varieties
papier hygiénique ou essuie-tout ou mouchoirs

5⁹⁹

What's for dinner?

Qu'est-ce qu'on mange?

SEE BACK PAGE FOR MORE
VOIR LA DERNIÈRE PAGE POUR EN SAVOIR PLUS



14⁹⁹

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



Furlani or D'Italiano garlic bread selected varieties 325-638 g pain à l'ail

3⁹⁹



Hunt's pasta sauce 680 mL or Italtasta 900 g selected varieties
sauce pour pâtes ou pâtes

2²⁹



Kraft parmesan cheese selected varieties 250 g parmesan

6⁹⁹



Meat & Seafood Viandes & Poissonnerie

6⁹⁹

PC® Blue Menu® ground chicken or turkey 454 g poulet ou dinde haché

3⁹⁹ lb

pork tenderloin, cryovac pkg 2's or pork loin center-cut chops, boneless, club size
filet de porc ou côtelettes de longe de porc, coupe du centre 8.80/kg

12⁹⁹ lb

beef short ribs* club size
bouts de côtes de bœuf* 28.64/kg

13⁹⁹

PC® Old-Fashioned Style bacon 1 kg or bacon-wrapped wild sea scallops, frozen, 260 g bacon ou pétoncles

5⁴⁹

Butterball turkey bacon 300-450 g, Johnsonville smoked sausage 375 g or no name® all beef hot dogs 450 g selected varieties
bacon de dinde ou saucisses fumées ou saucisses fumées tout bœuf

8⁹⁹

PC® smoked Atlantic salmon 150 g or SeaQuest® cooked salad shrimp 454 g, frozen saumon fumé ou crevettes cuites pour salade

Deli Meat & Cheese Charcuterie & Fromagerie

1²⁹ /100 g

Ziggy's® ham deli service, selected varieties jambon

7⁴⁹

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

7⁹⁹

Farmer's Market™ pot pies 500 g or Summer Fresh salads 800 g selected varieties pâtés ou salades

5⁹⁹

Liberté Greek or Méditerranée 650-900 g or classique drinkable 1 L yogurt or Yoplait YOP no added sugar yogurt 8 x 93 mL selected varieties yogourt

3⁴⁹

Minute Maid Zero sugar added 1.54 L or Fruitopia, Nestea, Five Alive or Peace Tea 1.75 L beverages selected varieties, refrigerated boissons

3⁴⁹

no name® cheese bars 200 g or cottage cheese 400 g selected varieties barres de fromage ou fromage cottage

3⁹⁹

Jell-O snacks selected varieties, refrigerated 4's collations

5⁴⁹

Smucker's Uncrustables selected varieties, frozen, 4's pâtisseries

3⁴⁹

Cavendish Farms premium fries selected varieties, frozen, 540-750 g frites

1⁹⁹

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

2⁴⁹

Pillsbury dough, selected varieties 200-227 g or no name® whipped topping 225 g refrigerated pâte ou garniture fouettée

4⁴⁹

Chapman's Super Premium Plus ice cream selected varieties, frozen 500 mL crème glacée

2⁴⁹

Kettle Cooked Original Nature CUITES À LA MARMITE 200 g selected varieties jus ou croustilles

4⁴⁹

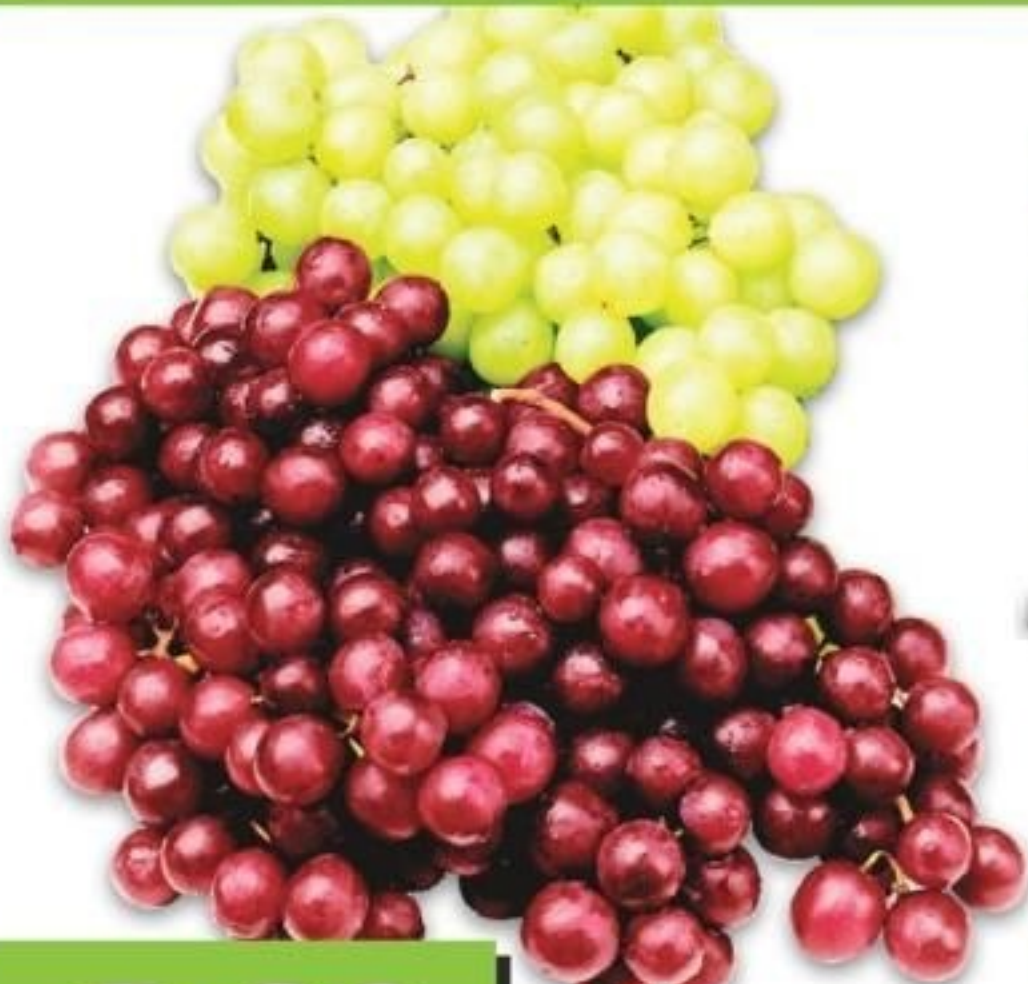
Nestlé Coffeemate coffee enhancer selected varieties 425/450 g rehausseur pour café

2⁴⁹

no name® coffee filters selected varieties 100's filtres à café

Fruits & Vegetables

Fruits & Légumes



3²⁹
lb

red or green
seedless grapes
product of South Africa,
Peru or Chile
raisins sans pépins
7.25/kg



6⁹⁹

Farmer's Market™ grape
tomatoes 907 g or Roma
tomatoes 3 lb, product
of Mexico or PC® variety
pack tomatoes, product
of Canada or Mexico
680/681 g
tomates



2²⁹
lb

Sweet Tango apples,
product of
Atlantic Canada or
Fuji or Pink Lady apples,
product of U.S.A.
pommes
5.05/kg



1²⁹
lb

red, white or yellow potatoes
product of Canada
pommes de terre
2.84/kg



3²⁹
lb

yellow nectarines or peaches,
product of Chile or black plums,
product of Italy
nectarines ou pêches ou prunes
7.25/kg



1⁴⁹
lb

red, yellow or spanish onions
product of Canada or U.S.A.
oignons
3.28/kg

Bakery

Boulangerie



4⁴⁹

School Safe snack cakes
selected varieties
8's
petits gâteaux



12⁹⁹

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



3⁷⁹

PC® molten chocolate lava cake,
apple blossom or mini key lime
pie 216-243 g
selected varieties, frozen



3⁷⁹

Quaker cereal 325-500 g
or steel cut oats 709 g
or oats 900 g/1 kg
selected varieties
céréales ou gruau



4⁹⁹

Christie cookies
selected varieties
374-520 g
biscuits



4/\$5

PC® Blue Menu® or
Free & Clear® sparkling
water 1 L or PC® natural
spring water 4 L
selected varieties
eau pétillante ou eau
de source naturelle



2⁹⁹

Tim Horton's granola
bar 150/160 or
Voortman no sugar
added wafers, cookies
or shortbread 225-320 g
selected varieties
barres granola ou
gaufrettes ou biscuits
ou sablé



1⁷⁹

Clover Leaf light tuna
selected varieties
85 g
thon



2²⁹

Unico tomatoes
selected varieties
796 mL
tomates



1⁹⁹

St-Hubert sauce
selected varieties
398 mL
sauce



1⁹⁹

Knorr or Lipton
soup mix
selected varieties
40-166 g
mélange à soupe



8⁹⁹

Old Dutch potato chips
variety pack
18's
croustilles



2⁹⁹

Blue Dragon spring roll
wrappers 134 g or oyster
sauce 150 mL or Gold Seal
wild pink salmon 213 g
galettes pour rouleaux de
printemps ou sauce aux
huîtres ou saumon rose



1⁷⁹

Rooster™ Kongmoon rice
stick vermicelli 400 g
or egg noodles 454 g
selected varieties
vermicelles ou nouilles
aux œufs



4⁹⁹

Baker's chocolate
170/225 g, selected
varieties or Sunsweet
pitted prunes 375 g
chocolat ou pruneaux
dénoyautés

What's for dinner?

Qu'est-ce qu'on mange ?



2.49 Beatrice sour cream selected varieties 500 mL crème sure



2.99 Cheemo perogies selected varieties, frozen 815/907 g perogies



3.29 Green Giant or Valley Selections frozen vegetables selected varieties 400-750 g légumes surgelés



4.99 PC® Splendido® sliced deli meat 100 g, Monsieur Gustav Gouda 170 g or Castello Havarti 200 g, selected varieties charcuteries ou fromage



2/\$4 Campbell's condensed soup, selected varieties 284 mL soupe condensée or \$2 ea.



4.29 no name® sauerkraut 796 mL/1 L or Bick's pickles 500 mL/1 L or beets 750 mL selected varieties choucroute ou cornichons ou betteraves



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



1.49 Kraft Dinner cups selected varieties 58 g macaroni au fromage



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

2.29



5.99 no name® shredded cheese selected varieties, 320 g fromage râpé



3.99 Old El Paso dinner kits selected varieties 94-510 g troupes-repas



2.99 PC® salsa 300 mL, Del Monte vegetables 398 mL or La Costeña refried beans 546 mL selected varieties salsa ou légumes ou haricots frites



4.99 Popsicle ice pops 4/12's or Fudgsicle novelties 12's selected varieties, frozen friandises glacées



5.79 Smucker's jam 310-500 mL or Jif peanut butter 1 kg selected varieties confiture ou beurre d'arachide



\$1 Jell-O jelly powder selected varieties 9.1-85 g poudre pour gelée



4.99 PC® chocolate covered fruits or nuts 200-400 g or chocolate bars 300 g selected varieties fruits ou noix enrobés de chocolat ou barres de chocolat



Carnation evaporated milk selected varieties 354 mL lait évaporé

1.99



10.99 McCafé ground and roast coffee 340 g or K-Cups 10/12's selected varieties café moulu et torréfié ou capsules



2.79 Quaker Dipps or Chewy granola bars selected varieties 120-156 g barres



5.49 Coca-Cola or Pepsi soft drinks selected varieties 6 x 710 mL boissons gazeuses



10.99 Tide 2.04 L or Gain 2.72 L liquid laundry detergent selected varieties détergent à lessive liquide



Irish Spring bar soap 3 x 104 g or Softsoap body wash 591 mL selected varieties pain de savon ou nettoyant pour le corps

3.99



Meow Mix cat food selected varieties 1.36/1.6 kg nourriture pour chats

7.99



Beneful dry dog food selected varieties 7 kg nourriture pour chiens

24.99

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.



3.49

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



5.99



1.49



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.



2.99

no name® wieners
450 g
saucisses fumées



8.99

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



3.99

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

3.99



4.99

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



4.99

no name® margarine
selected varieties
907 g
margarine



5.49

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



4.49

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



3.99

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



2.79

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



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



1.49

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



5.99

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



2.49

no name® perogies
selected varieties, frozen
907 g
perogies

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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



no name®
extra virgin olive oil
750 mL
huile d'olive extra vierge

\$9

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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

1.99



no name® sans nom®

chocolatey chip
cookies
biscuits
brisures
chocolatées



no name® sans nom®

oatmeal
cookies
biscuits
avoine



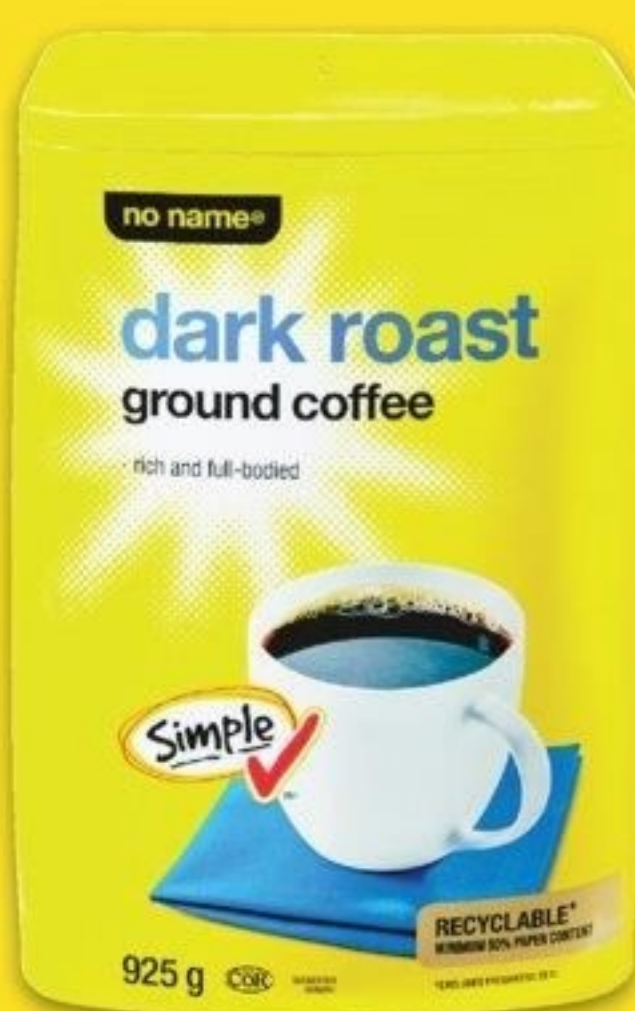
907 g

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



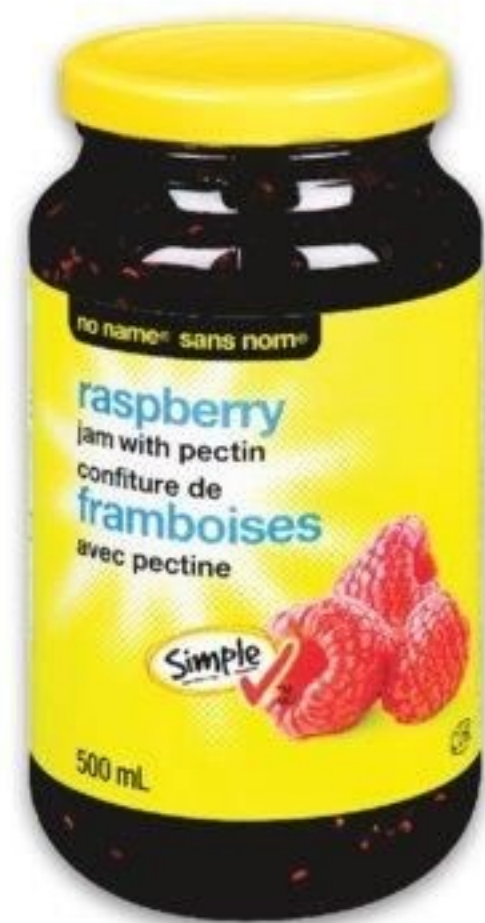
6.49 no name® honey
liquid or creamed
500 g
miel



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
or \$1.67 ea. cornets ou coupes pour
crème glacée



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

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*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
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



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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