

FROM THURSDAY, JANUARY 25TH
TO WEDNESDAY, JANUARY 31ST, 2024
DU JEUDI 25 JANVIER AU
MERCREDI 31 JANVIER 2024



See our flyer online
visit freshmart.ca

Freshmart[®]

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



\$8

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



\$3 lb

pork loin, rib & sirloin
or sirloin chops, club size
côtelettes de longe de porc,
de côtes et surlonge ou de surlonge
6.61/kg



\$3

Farmer's Market[™] carrots or red onions
product of Canada
3 lb bag
carottes ou oignons rouges



\$3

cantaloupes, product of Guatemala
or small pineapple, product of Costa Rica, each
cantaloups ou petit ananas



\$5

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



\$5

8 inch pies
selected varieties
635-750 g
tartes



\$2

Aylmer tomatoes
or Habitant soup
selected varieties
796 mL
tomates ou soupe



\$9

Folgers
roast and ground coffee
selected varieties, 544-816 g
café



\$5

Lactantia or Atlantic butter
selected varieties
454 g
beurre



2 for \$3
or \$1.50 ea.

no name[®] or St-Hubert sauce
selected varieties
398 mL
sauce



4 for \$9
or \$2.25 ea.

Coca-Cola or Pepsi
soft drinks
selected varieties
2 L
boissons gazeuses



4 for \$5
or \$1.25 ea.

Oasis juice,
Del Monte nectar
or Arizona iced tea
960 mL or Graves
apple juice 1 L
selected varieties
jus ou nectar
ou thé glacé

Dollar Gale

Vente du dollar

Farmer's Market™ donuts
selected varieties
204-600 g
beignes

\$4

PC® or PC® Blue Menu®
pistachios
product of U.S.A., 225 g
pistaches

\$4

Post cereal
selected varieties
310-525 g
céréales

\$3

no name®
windshield wash
-35°C
3.78 L
lave-glace

no name® sans nom®
-35°C
windshield washer fluid
liquide lave-glace

4 for \$11
or \$2.75 ea.

Fish & Chips

SeaQuest® fish fillets
selected varieties, frozen
400 g
filets de poisson

5.99

BlueWater® fish or shrimp,
battered or breaded
selected varieties,
frozen
210-600 g
poisson
ou crevettes

6.99

Ziggy's® salad
selected varieties,
refrigerated
454 g
salade

2.49

McCain Superfries,
breakfast or
specialty potatoes
selected varieties,
frozen
454-800 g
frites ou pommes
de terre à déjeuner
ou de spécialité

3.29

Kraft
tartar sauce
355 mL
sauce tartare

3.99



Meat & Seafood

Viandes & Poissonnerie



6⁹⁹
lb

outside round roast
or steak*
club size
rôti ou bifteck
d'extérieur de ronde*
15.41/kg



3⁴⁹
lb

pork loin chop
center cut, bone-in,
club size
côtelette de longe de porc
7.69/kg



3⁴⁹
lb

fresh whole chicken
poulet entier frais
7.69/kg



6⁹⁹

Schneiders Juicy Jumbos
wieners or bacon 374/450 g
or Maple leaf bacon 65 g
selected varieties
saucisses fumées ou bacon



8⁹⁹

no name®
coil garlic or smoked sausage
selected varieties
750/900 g
saucisses



7⁹⁹

PC® Zipperback® raw or PC®
peeled raw Pacific large white
shrimp 31-40 per lb 400 g or
SeaQuest® cooked shrimp
36/45 per lb 300 g, frozen
crevettes

Deli Meat & Cheese

Charcuterie & Fromagerie



2⁷⁹
/100 g

PC® Naturel Choice® chicken
or turkey breast deli service
selected varieties
poitrine de poulet ou dinde



6⁹⁹

Agropur or Ile De France
Brie or Camembert cheese
selected varieties
170/250 g
fromage



4⁹⁹

Castello blue cheese 125 g or
PC® goat's milk cheese logs 140 g
selected varieties
fromage bleu ou fromage de chèvre



3⁴⁹

Black Diamond slices
processed cheese
product
selected varieties
410 g
produit de
fromage fondu



3⁴⁹

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



6⁹⁹

PC® cheese bars
300/400 g or Kraft
Velveeta process
cheese 450 g
selected varieties
barres de fromage
ou produit de
fromage fondu



3/\$5

Danone Activia, Oikos
or GO! drinkable yogurt
selected varieties
190 mL
yogourt à boire



Monster or Reign
458/473 mL or
Red Bull 250 mL
energy drinks
selected varieties
boissons
énergisantes

2⁷⁹



2⁹⁹

Sensible Portions
Veggie Straws or chips
120-142 g or Kettle Brand
potato chips 198 g
selected varieties
grignotines ou croustilles



2⁹⁹

Dare crackers
selected varieties
100-225 g
craquelins



3²⁹

Fibre 1 or Nature Valley
Sweet & Salty granola
bars, selected varieties
125-210 g
barres granola



PC®
maple syrup
500 mL or
no name®
liquid or
creamed
honey 1 kg
sirop d'érable
ou miel

11⁹⁹



6⁴⁹

Kellogg's
family size
cereal
selected varieties
480-650 g
céréales



2⁴⁹

PC® herbal tea
selected varieties
20's
tisane

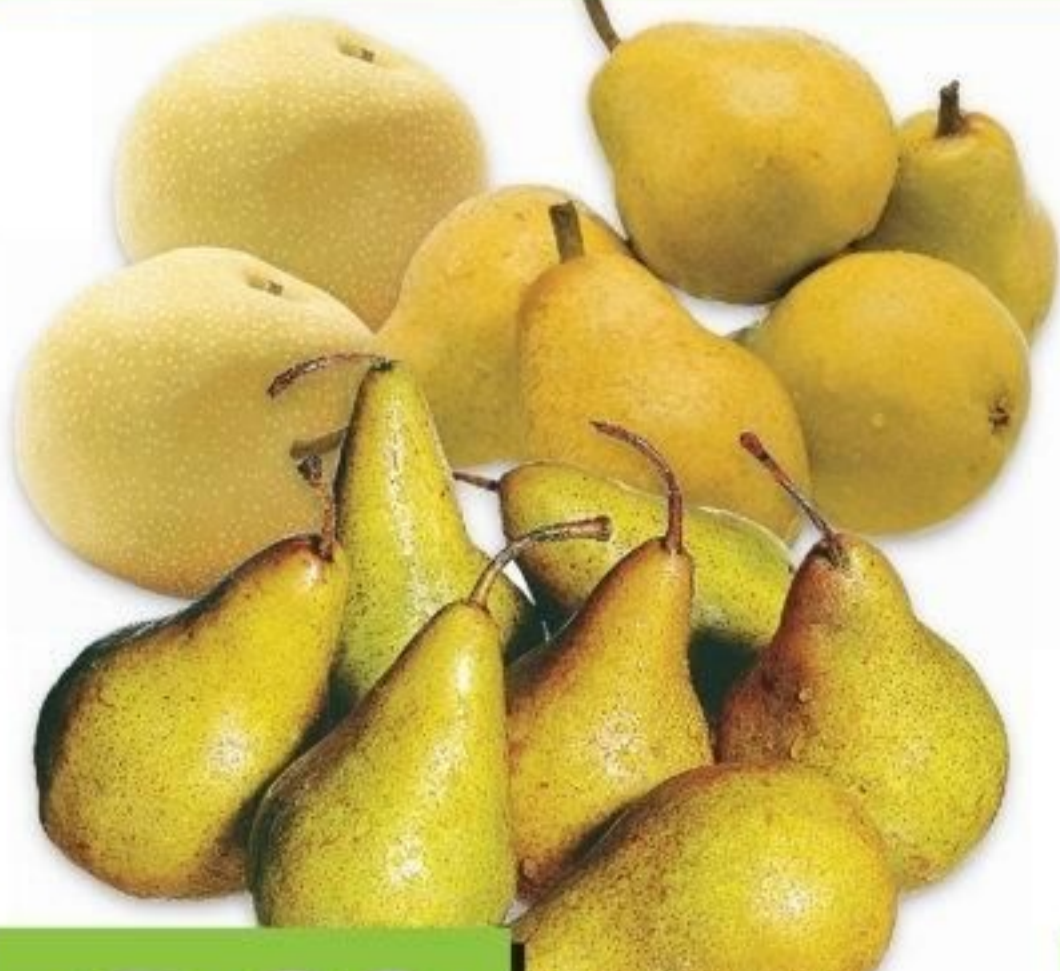


4⁹⁹

Tim Hortons
hot chocolate tub
500 g or packets 8's
chocolat chaud

Fruits & Vegetables

Fruits & Légumes



2.29
lb

Bosc pears or Bartlett pears, product of U.S.A. or yellow Asian pears, product of China
poires
5.05/kg



5.49

Ombre cherry tomatoes 340 g or Cherto cherry tomatoes on the vine 255 g, product of Canada or Sugar Bombs tomatoes 341 g, product of U.S.A. tomates



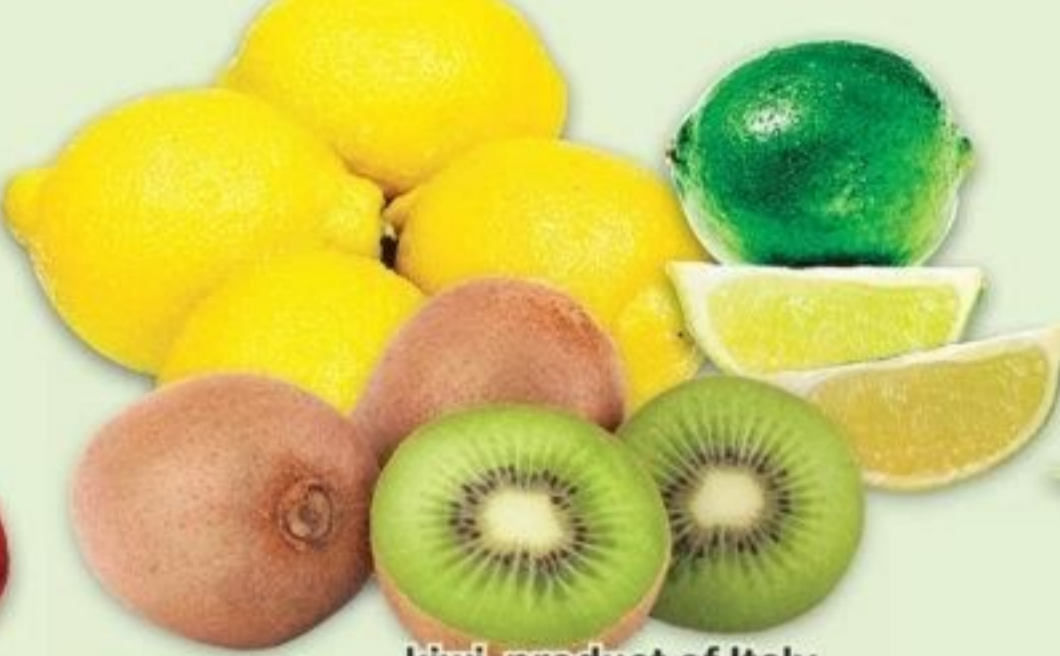
3.99

Farmer's Market™ potatoes baking tray 4's, product of Atlantic Canada or PC® Organics red, yellow or russet potatoes, product of Canada, 3 lb pommes de terre



1.79
lb

apples product of Atlantic Canada, selected varieties
pommes
3.95/kg



.79

kiwi, product of Italy, lemon, product of Spain or lime, product of Mexico each
kiwi, citron ou lime



2.99
lb

green beans or Brussels sprouts product of U.S.A.
haricots verts ou chou de Bruxelles
6.59/kg

Bakery

Boulangerie



9.99

PC® cheesecake selected varieties, frozen 600 g
gâteau au fromage



2.79

no name® bagels selected varieties, 6's
bagels



3.99

PC® rye bread or loaf selected varieties, 480/500 g
pain de seigle ou miche



6.99

PC® Wood-Fired pizza selected varieties, frozen 351-413 g
pizza



14.99

PC® or Blue Menu® entrées selected varieties, frozen 2/2.27 kg
plats cuisinés



6.49

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



4.99

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



2.79

PC® salad dressing selected varieties 475 mL
vinaigrette



2/\$1
or 50¢ ea.

Mama instant noodles selected varieties 55/60 g
nouilles instantanées



3.79

Lea & Perrins Worcestershire sauce 284 mL or PC® Memories Of® sauce selected varieties 350 mL
sauce
Worcestershire ou sauce



3.49

Sweet Baby Ray's® BBQ sauce selected varieties 425 mL
sauce barbecue



4.49

Blue Dragon or Patak's cooking sauce 220-271 g or Minute Rice 500-700 g selected varieties 375-700 g
sauce à cuisson ou riz



4.49

PC® cooking sauce 400 mL or ketchup 750 mL/1 L selected varieties
sauce à cuisson ou ketchup



2.29

no name® sweetened or unsweetened shredded coconut 200 g or chopped hazelnut or walnuts 100 g
noix de coco râpée ou noisettes ou noix de Grenoble en morceaux



10.49

Splenda Stevia packets 140's or Fredo's dark chocolate chips 720/800 g
sachets d'édulcorant ou brisures de chocolat

Dollar Sale

Vente du dollar

PC® orange juice
selected varieties, refrigerated
2.5 L
jus d'orange

\$6



2 for \$5
or \$2.50 ea.



I can't believe it's not Butter!
margarine
427 g
margarine

no name®
peanut butter
selected varieties
1 kg
beurre d'arachide



\$5



\$3

Pillsbury pizza pops
selected varieties,
frozen, 380 g
pizzas



\$3

Kellogg's
Eggo waffles
selected varieties,
frozen, 8's
gaufres



\$9

PC® ground coffee
112-340 g or
coffee pods 8-14's
selected varieties
café moulu
ou capsules



3 for \$8
or \$2.67 ea.

Quaker Crispy minis
or rice cakes
selected varieties
90-199 g
gallettes de riz



2 for \$7
or \$3.50 ea.

Leclerc Célébration
cookies 240/350 g
or Leclerc Go Pure
bars 5's
selected varieties
biscuits ou barres



3 for \$10
or \$3.33 ea.

PC® Spring water
24 x 500 mL or
Pringles party stack
194/203 g
selected varieties
eau de source
ou croustilles



Robin Hood oats
selected varieties
1 kg
avoine

3 for \$8
or \$2.67 ea.

Vlasic pickles
selected varieties
1 L
cornichons



\$5



\$3

Ocean's white tuna
170 g or Gold Seal
pink salmon
120/213 g
selected varieties
thon ou saumon rose



\$7

Cascade rinse aid
901 mL or dishwasher
pacs 12-20's
or Fleecy fabric
softener 2.6 L
selected varieties
agent de rinçage
ou capsules de
détergent pour
lave-vaisselle ou
assouplissant textile



\$5

Cascades paper
towel 6=12 rolls or
bathroom tissue
8=16 rolls
selected varieties
essuie-tout ou
papier hygiénique

Sweet Treats

Petites douceurs



4 for \$5
or \$1.25 ea.

Nestlé, Hershey's,
Cadbury, Butterfinger
single chocolate bars
or Tic Tac candies
selected varieties
29-60 g
barres de chocolat
ou friandises



\$2

PC® or Nestlé
chocolate bars,
Huer cup gummies
or Dare Real Fruit
or Carnaby gummies
selected varieties
66-400 g
barres de chocolat
ou friandises



\$3

Lindt Swiss classic
chocolate bars,
Twizzlers, Toffifee
or Ritter Sport
chocolate or candies
selected varieties
50-454 g
barres de chocolat ou
friandises ou chocolat



\$4

Nestlé, Hershey's or
Cadbury chocolate
stand up pouches
135-290 g or Nestlé
multipack chocolate
bars 4 x 42-52 g
selected varieties
chocolat ou barres
de chocolat



3/\$8
or \$2.67 ea.

Skittles, Starburst or
LifeSavers candy or
gummies 122-191 g
selected varieties
friandises



4/\$5
or \$1.25 ea.

Excel or Juicy Fruit
single gums
selected varieties, 12's
gomme



\$4

Excel or Juicy Fruit
gum bottles
selected varieties
40-60's
gomme



4/\$5
or \$1.25 ea.

Mars single chocolate bars
selected varieties
30-57 g
barres de chocolat



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DE LA LIGUE NATIONALE
DE FOOTBALL

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



1.49 no name® broth selected varieties 900 mL bouillon



4/\$7 no name® vegetables selected varieties 284-796 mL légumes or \$1.75 ea.

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. 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



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



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 yogurt



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 sandwiches 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

**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



3.79

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

1.49



no name® white vinegar
4 L
vinaigre blanc

2.79



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

1.99



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

2.99



no name® soya sauce
selected varieties
450 mL
sauce soya

1.99



no name® yellow
prepared mustard
400 mL
moutarde jaune
préparée

1.49



2.49 no name® marshmallows
selected varieties
400 g
guimauves



1.79 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



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



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



2.99

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



3.29

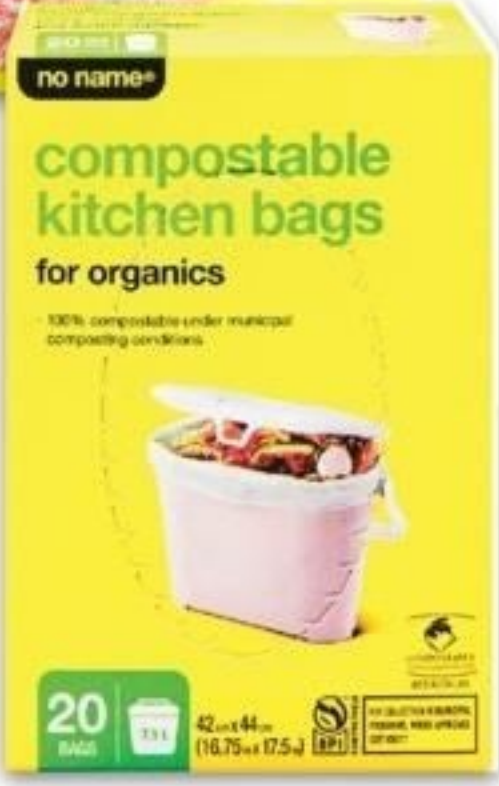
no name® garbage bags
selected varieties
30/48's
sacs à ordures

1.79

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

13.99

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



1.99

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

2.49

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

2.49

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



3.49

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

3.49

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

2.99

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



5.99

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

9.99

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

14.99

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

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