

FROM THURSDAY, JANUARY 4TH
TO WEDNESDAY, JANUARY 10TH, 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



4.99
lb

lean ground beef
club size
bœuf haché maigre
11.00/kg



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

2.49
lb



3.99

PC® potatoes
product of Atlantic Canada,
selected varieties
pommes de terre
5 lb



strawberries 1 lb or organic blackberries
6 oz, product of U.S.A. or Mexico or
organic blueberries 6 oz, product of Argentina
bleuets ou mûres biologiques ou fraises

4.99



3.99



Pizza Delight pepperoni or Brandt kolbassa
250 g or PC® cheese slices 150-170 g
selected varieties
pepperoni ou kolbassa ou tranches de fromage



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



3.99



Allen's juice or cranberry cocktail
selected varieties
8 x 200 mL/1.89 L
jus ou cocktail de canneberge

2.29



4.99

Nescafé Rich or Taster's Choice
instant coffee 100-170 g or
Kellogg's Eggo waffles, frozen,
16's, selected varieties
café instantané ou gaufres



2.99



Danone Activia 650 g or
PC® orange juice, lemonade
or iced tea 1.54 L
selected varieties, refrigerated
yogourt ou jus d'orange
ou limonade ou thé glacé



Dove body wash
325/400 mL
or bar soap
3 x 106 g
selected varieties
nettoyant pour
le corps ou
pain de savon

4.49



Lantic fine
granulated sugar
2 kg
sucre

2.79



3/\$7
or \$2.33 ea.



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

Hot Deals of the WEEK

Offres de la SEMAINE



3⁹⁹

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



The Laughing Cow cheese
120-140 g, Mini BabyBel
102/120 g or Saputo poutine
cheese curds 200 g
selected varieties
fromage ou fromage en grains

3⁹⁹



4/\$5
or \$1.25 ea.

Campbell's condensed soup
selected varieties
284 mL
soupe



General Mills cereal
selected varieties
300-437 g
céréales

3/\$10
or \$3.33 ea.

**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 lanieres 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.

Meat & Seafood Viandes & Poissonnerie



7⁴⁹
lb

inside round
oven roast or steak*
club size
rôti ou bifteck
d'intérieur de ronde*
16.51/kg



3⁴⁹
lb

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



12⁹⁹

PC® World of Flavours
pork roast
selected varieties
730/900 g
rôti de porc



11⁹⁹

PC® Shepherd's pie
900 g
pâté chinois



5⁹⁹

PC® Naturally smoked bacon
selected varieties
375/500 g
bacon



6⁴⁹

SeaQuest®
colossal raw
white shrimp,
16-20 per lb, 300 g
or bay scallops,
100-150 per lb,
400 g, frozen
crevettes ou
pétoncles

Deli Meat & Cheese Charcuterie & Fromagerie




4⁹⁹

Monsieur Gustav Gouda 170 g
or Castello Havarti 200 g
selected varieties
fromage



6⁴⁹

Tre Stelle
cubed feta cheese
selected varieties
200 g
fromage féta



3⁹⁹

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





.99

YOP drinkable yogurt
selected varieties
200 mL
yogourt à boire



2⁹⁹

Pillsbury
refrigerated dough
selected varieties
340-468 g
pâte réfrigérée



2⁴⁹

Silk coffee whitener
selected varieties,
refrigerated, 473 mL
colorant à café



3⁹⁹

Earth's Own
organic non-dairy
refrigerated
beverages
selected varieties
1.75/1.89 L
boissons



7⁴⁹

High Liner breaded
or battered fish fillets
selected varieties,
frozen, 300-700 g
filets de poisson



2/\$4
or \$2 ea.

Michelina's entrées
selected varieties,
frozen, 156-284 g
plats cuisinés



1⁷⁹

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



3⁹⁹

PC®
Ice Cream Shop
ice cream
selected varieties,
frozen, 946 mL
crème glacée



3²⁹

Nature Valley granola bars
or Mott's fruit snacks
selected varieties
120-230 g
barres granola ou
collations aux fruits



3⁹⁹

Nutella hazelnut
spread 375 g or Jif
peanut butter 500 g
selected varieties
tartinade de noisettes
ou beurre d'arachide



4⁴⁹

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



4⁹⁹

Carnation
hot chocolate mix
selected varieties
400/450 g
mélange à
chocolat chaud

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

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 A 1

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

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

1⁹⁹



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



no name® sans nom®
oatmeal
cookies
biscuits
avoine



907 g

4⁴⁹

no name® cookies
selected varieties
907 g
biscuits

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

12⁹⁹



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

5⁹⁹



6⁴⁹ no name® honey
liquid or creamed
500 g
miel



2⁹⁹ 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

3⁹⁹



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



2⁴⁹ no name® soda crackers
selected varieties
454 g
craquelins



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



1⁴⁹ 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.



2⁴⁹ 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
or parchment paper 10 m
papier d'aluminium ou pellicule
plastique ou papier parchemin

2⁴⁹

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

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

2⁹⁹

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



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

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

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

5⁹⁹

9⁹⁹

14⁹⁹

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

Fruits & Vegetables

Fruits & Légumes



PC® blood oranges 2 lb
or PC® Organics
Gala apples 3 lb,
product of U.S.A.
oranges sanguines
ou pommes

6⁹⁹



2⁹⁹

PC® tomatoes 255/340 g,
selected varieties,
product of Canada
or Mexico or cocktail
tomatoes 454 g,
product of Canada
tomates



3⁷⁹
lb

orange, red or yellow
peppers
product of Mexico
poivrons
8.36/kg



2²⁹
lb

eggplant or green zucchini
product of Mexico
aubergine ou courgette verte
5.05/kg



5⁹⁹

mini seedless watermelon
product of Guatemala
each
melon d'eau



3⁴⁹

PC® or PC® Organics salads 142 g
or PC® salad dressings 355 mL,
product of U.S.A. or PC® vinaigrettes
350 mL, product of Canada,
selected varieties
salades ou vinaigrettes

Bakery

Boulangerie



6⁹⁹

Farmer's Market™ cake
5 inch, selected varieties
475/490 g
gâteaux



3⁹⁹

Donut Time old fashion donuts
selected varieties
390 g
beignes



5⁹⁹

Silver Hills or O'Doughs
bread or bagel
selected varieties
300-680 g
pain ou bagel



6⁷⁹

Gatorade or Powerade
sports drinks
selected varieties
6 x 591 mL
boissons désaltérantes



3²⁹

SunnyD beverages
selected varieties
6 x 240 mL/1.89 L
boissons



2⁴⁹

PC® spring water
12 x 500 mL
eau de source



3⁴⁹

Christie mini 150-225 g
or Peek Freans
290-350 g cookies
selected varieties
biscuits



2⁹⁹

Dole fruit
selected varieties
540 mL
fruit



5²⁹

Gold Seal
sockeye salmon
selected varieties
213 g
saumon



3⁴⁹

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



5²⁹

Vlasic pickles
selected varieties
1 L
cornichons



1⁹⁹

Brunswick fillets
92/100 g or
sardines 106 g
selected varieties
filets ou sardines



2⁹⁹

Windsor coarse
or fine 500 g or
PC® Memories Of
Sicilia coarse
750 g sea salt
sel



4²⁹

PC® Splendido®
Arborio rice
750 g
riz



2⁷⁹

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

Grocery Épicerie



6⁹⁹

Pogo selected varieties, frozen 8/10's saucisse sur bâtonnet



6⁹⁹

PC® cheese bar selected varieties 300/400 g fromage



3²⁹

Kellogg's Rice Krispies 176 g, Pop-Tarts 384 g, Special K 125 g or Nutri-Grain bars 295 g selected varieties pâtisseries ou barres



2⁴⁹

Pillsbury Toaster Strudel selected varieties 326 g pâtisserie



3⁴⁹

Minute Maid, Five Alive or Nestea iced tea 8/10 x 200 mL or Honest Kids 5 x 200 mL drink boxes selected varieties boîtes de boisson



2⁹⁹

MiO liquid water enhancer, Country Time, Tang, Crystal Light or Kool-Aid liquid drink mix selected varieties, 48 mL mélange liquide à boisson



3⁴⁹

Old Dutch Restaurante 275/290 g or Arriba 245 g tortilla chips selected varieties croustilles de tortilla



1⁹⁹

Snack Pack pudding cups selected varieties 4 x 99 g pouding



9⁴⁹

Frito Lay variety pack 484/504 g grignotines



4⁴⁹

Nature's Path organic or Post cereal selected varieties 300-725 g céréales



2⁹⁹

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



21⁹⁹

McCafé roast and ground coffee selected varieties 640-950 g café



4⁹⁹

Rooster® Thai sweet rice 2 kg or Teriyaki Experience sauce 350 mL riz ou sauce



2²⁹

Kraft pasta salad 200 g salade de pâtes



2⁷⁹

PC® mayonnaise 300 mL or mustard 325 mL selected varieties mayonnaise ou moutarde



2⁷⁹

Maple Leaf flakes selected varieties 156 g flocons



2⁹⁹

Club House cinnamon tin 32 g or Fleischmann's baking powder 340 g contenant de cannelle ou poudre à pâte



2²⁹

Werther's candy 116-135 g or Maynards candy 150/154 g selected varieties friandises



4²⁹

Life Brand® razor or cartridge selected varieties and sizes rasoir ou cartouche



1⁴⁹

Life Brand® liquid hand soap selected varieties 340 mL savon liquide pour les mains



3²⁹

Life Brand® mouthwash 1 L or floss 2's selected varieties rince-bouche ou soie dentaire



3⁴⁹

Life Brand® moisturizing lotion selected varieties 532/600 mL lotion hydratante



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. ®/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaw's Inc. and others. All rights reserved. © 2024 Loblaw's Inc.

