

FROM THURSDAY, FEBRUARY 29TH
TO WEDNESDAY, MARCH 6TH, 2024
DU JEUDI 29 FÉVRIER AU
MERCREDI 6 MARS 2024



See our flyer online
visit freshmart.ca

Freshmart[®]

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



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

5⁹⁹
lb

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

3⁹⁹
lb



2⁴⁹
lb

eggplant, product of Mexico
or green pepper, product of U.S.A.
aubergine ou poivron vert
5.49/kg



strawberries
product of
U.S.A. or Mexico
1 lb
fraises

2⁹⁹



4⁹⁹

PC® Splendido® sliced deli meat 100 g,
cheese blocks 250 g or feta in brine 400 g
selected varieties
charcuteries tranchées ou
barres de fromage ou feta en saumure

no name®, Furlani
or D'Italiano
garlic bread
selected varieties
325-638 g
pain à l'ail

3⁹⁹



4⁴⁹

Coca-Cola, Pepsi or
Canada Dry soft drinks
selected varieties
6 x 710 mL
boissons gazeuses



Old Dutch potato chips
180 g or Christie cookies
224-320 g
selected varieties
crostilles ou biscuits

3/\$7
or \$2.33 ea.



4⁹⁹



PC® orange juice 2.5 L or
Greek yogurt 650/750 g
selected varieties
jus d'orange ou yogourt



4/\$5
or \$1.25 ea.

no name® tuna 170 g,
Green Giant vegetables
341/398 mL or Le Sieur
tender peas 398 mL
selected varieties
thon ou légumes ou pois



3⁹⁹

Breyers Classic
frozen dessert
selected varieties
1.66 L
dessert glacé



6⁴⁹



Royale bathroom tissue
8/12 = 24 rolls, Tiger Towels
paper towels 2/3=6 rolls
or facial tissue 6's
selected varieties
papier hygiénique ou
essuie-tout ou mouchoirs

cut from Canada AA grade beef or higher/provenant de bœuf Canada AA ou d'une catégorie plus élevée

Hot Deals of the WEEK

Offres de la SEMAINE



Yoplait Source
630 g, Tubes 448 g
or Minigo 6 x 60 g
yogurt
selected varieties
yogourt

2.49



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

6.49



4/\$5
or \$1.25 ea.

Campbell's condensed soup
selected varieties
284 mL
soupe condensée



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

2/\$7
or \$3.50 ea.

FMO FMA FLAP 1

Peanut Butter Lover's Day

Journée des Amoureux du Beurre d'Arachide

**MARCH
1ST
1^{ER} MARS**



4.49

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



Bonne Maman jam 250/280 mL
or 360 g or Kraft smooth
peanut butter 500 g
selected varieties
confiture ou beurre d'arachide

4.99



5.49

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



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

2.99



FMO FMA FLAP 2

Meat & Seafood

Viandes & Poissonnerie



7⁹⁹
lb

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

4⁹⁹
lb

pork back ribs cryovac pack 2's
côtes de dos de porc
11.00/kg

12⁹⁹

PC® World of Flavours seasoned pork loin roast or pork shoulder blade
selected varieties
730/900 g
rôti de longe de porc assaisonné ou palette d'épaule de porc



8⁹⁹

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



5⁹⁹

Wong Wing entrées selected varieties, frozen
400/500 g
plats cuisinés



\$10

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

Deli Meat & Cheese

Charcuterie & Fromagerie



Feta cheese

Origin: Nova Scotia
Milk used: Cow's milk
Particularities: Made with artisanal methods giving it a distinctly authentic taste.
Holmstead feta cheese is a white semi-soft cheese. Crumbly in texture and called a pickle cheese because it is cured in a 17% to 20% salt brine. This cheese may be sliced or crumbled in salads or as a table snack cheese.
Preservation: Keep refrigerated



Holmstead feta cheese
250 g

5⁴⁹



2⁹⁹

Ziggy's® fresh pasta or salad selected varieties
350-454 g
pâtes ou salades fraîches



3/333
or \$1.11 ea.

Yoplait YOP drinkable yogurt selected varieties
200 mL
yogourt à boire



5⁹⁹

EarthBalance dairy free spreads 425 g or Violife dairy free slices or shredded cheese
200/227 g
selected varieties
tartinades ou tranches de fromage ou fromage râpé sans produits laitiers

International Delight coffee whitener selected varieties
946 mL
colorant à café

5⁹⁹



2⁴⁹

Silk coffee whitener 473 mL or Pillsbury crescents or wraps dough 200/227 g
selected varieties, refrigerated
colorant à café ou croissants ou pâte



7⁹⁹

Marie Callender's entrées 680 g or Swanson family size skillet meal 1.19 kg
selected varieties, frozen
plats cuisinés



12⁴⁹

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



5⁹⁹

PC® or Blue Menu® smoothie or fruit bars selected varieties, frozen
6/12's
boisson fouettée ou barres aux fruits



1⁹⁹

no name® orange juice 283 mL or waffles or pancakes, frozen, 280/310 g
selected varieties
jus d'orange ou gaufres ou crêpes



3²⁹

PC® pancake mix 905 g or SunnyD juice 6 x 240 mL/1.89 L
selected varieties
mélange à crêpes ou sirop ou jus



5²⁹

Wowbutter spread 500 g or Jordans cereal, 325-400 g
selected varieties
tartinade ou céréales



3⁹⁹

no name® instant coffee 150 g or coffee whitener 450 g, selected varieties
café instantané ou colorant à café



4⁹⁹

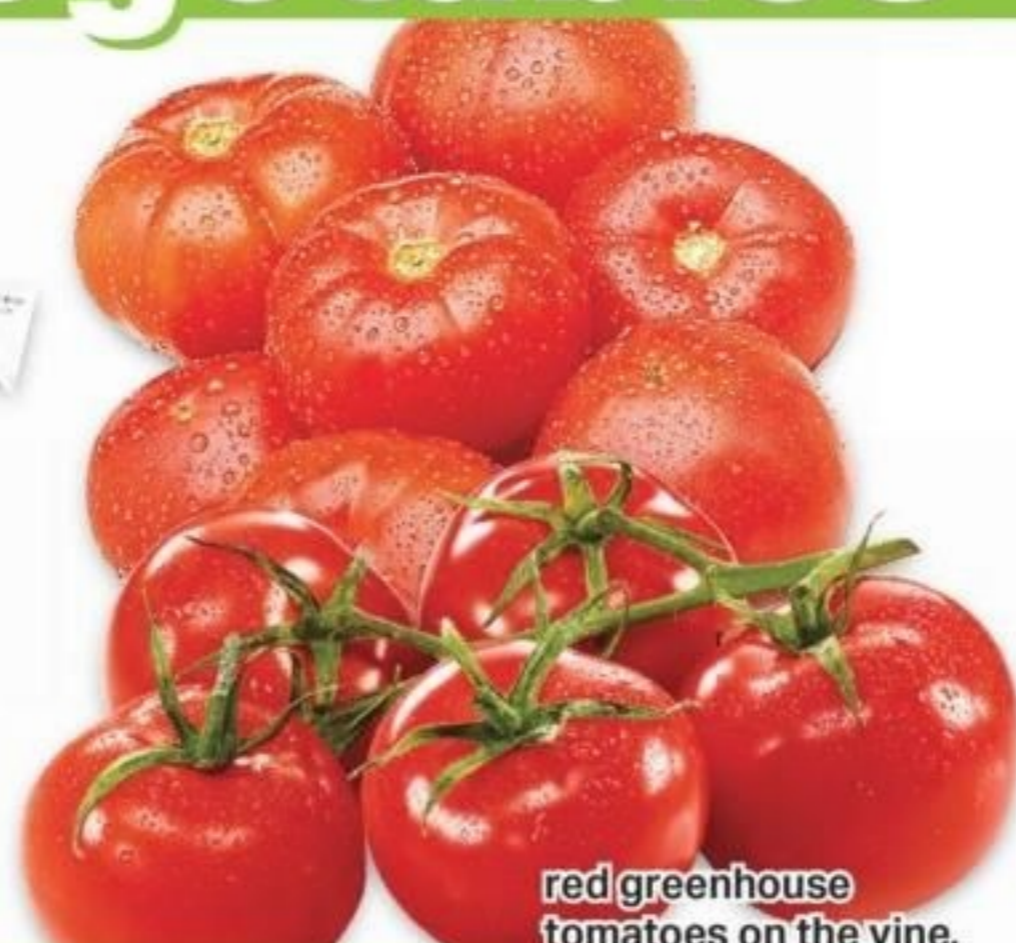
Tim Hortons hot chocolate mix 500 g or packet 8's
selected varieties
chocolat chaud

Fruits & Vegetables

Fruits & Légumes



6.49 no name® Naturally Imperfect™ apples 6 lb, product of Atlantic Canada or pears 4 lb, product of U.S.A. pommes ou poires



3.49 lb red greenhouse tomatoes on the vine, product of Canada or PC® Organics® greenhouse tomatoes on the vine, product of Canada or Mexico tomates 7.69/kg



5.49 Farmer's Market™ potatoes product of Atlantic Canada 10 lb pommes de terre



4.29 Farmer's Market™ mandarins 2 lb, product of Morocco or Turkey or small pineapple, product of Costa Rica, each mandarines ou ananas



4.99 lb PC® pink muscat grapes product of Chile raisins 11.00/kg



6.49 organic blackberries or raspberries 170 g, product of U.S.A. or PC® Organics blueberries 278 g, product of Argentina



5.49 Farmer's Market™ red onions 3 lb, product of The Netherlands or PC® mini peppers 1 lb, product of Canada oignons rouges ou mini-poivrons

Bakery

Boulangerie



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



2/\$5 PC®, Blue Menu® or Wonder English muffins selected varieties, 6's muffins anglais or \$2.50 ea.



5.99 Silver Hills or O'Doughs bread or bagels selected varieties, 300-680 g pain ou bagels



3.49 Graves apple juice selected varieties 1.36 L jus de pomme



2.79 PC® tortilla chips 320-350 g or salsa 430 mL or Starbucks coffee beverages 405/444 mL selected varieties croustilles de tortilla ou salsa ou boissons au café



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



3.49 Keebler Town House crackers 260-391 g, Cheez-It Snap'd 213 g or Cheez-It family pack 352 g, selected varieties craquelins



1.79 Clover Leaf light tuna selected varieties 85 g thon



2.29 Unico tomatoes selected varieties 796 mL tomates



3.79 Lea & Perrins Worcestershire sauce 284 mL or PC® Memories Of® sauce, selected varieties, 350 mL sauces



4.99 Vlasic pickles selected varieties 1 L cornichons



3.49 Fleischmann's corn starch 454 g or Windsor iodized salt & Club House pepper 155 g féculé de maïs ou sel et poivre



6.99 no name® cocoa powder, Club Size 454 g or PC® Organics whole wheat flour 2.5 kg poudre de cacao ou farine de blé entier



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



2.49 no name® white vinegar 4 L vinaigre

Grocery Épicerie



6⁹⁹

PC® cheese bars
selected varieties
300/400 g
barres de fromage

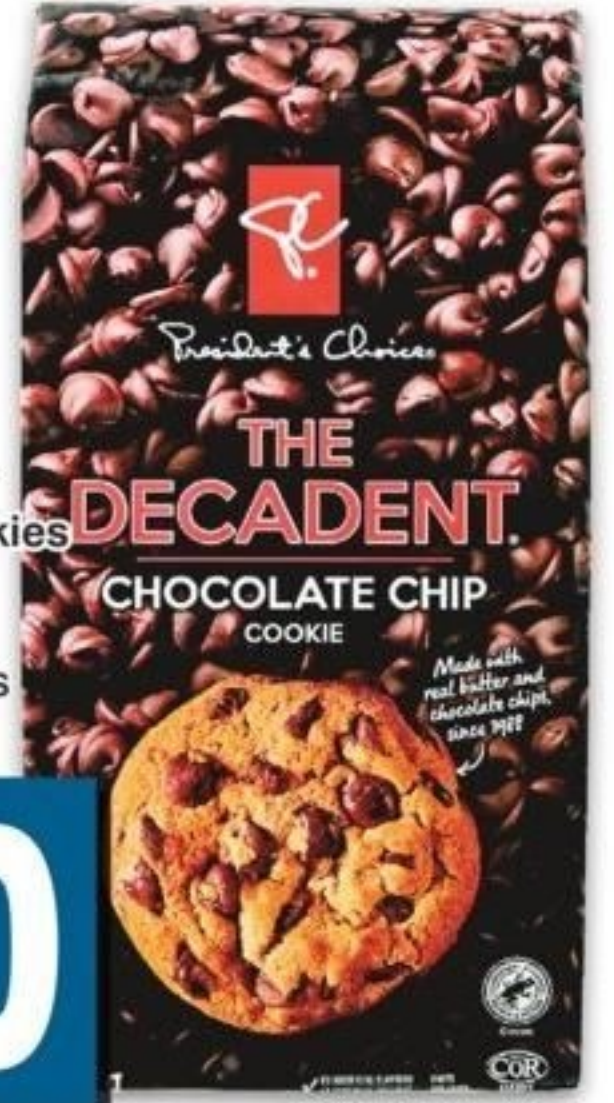


PC® shredded cheese
selected varieties
250-320 g
fromage râpé

5⁹⁹

PC® The Decadent®
chocolate chip cookies
selected varieties
300 g
biscuits aux brisures
de chocolat

3/\$10
or \$3.33 ea.



4⁴⁹ PC® frozen vegetables
selected varieties
400-750 g
légumes surgelés



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



4⁹⁹ no name® honey
liquid or creamed
500 g
miel



3⁹⁹ Post cereal
selected varieties
310-525 g
céréales



2⁴⁹ PC® Loads Of™ Flavour
or World Of Flavours
potato chips
selected varieties
200 g
croustilles



4²⁹ no name® cookies
selected varieties
907 g
biscuits



3⁷⁹ Kool-Aid Jammers
selected varieties
10 x 180 mL
boissons



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



15⁹⁹ PC® roast & ground
875/930 g or whole
bean 907 g coffee
selected varieties
café



19⁹⁹ McCafé coffee pods
selected varieties
30's
capsules de café



1⁹⁹ Betty Crocker's
Hamburger or Tuna
Helper 158-240 g or
Knorr Sidekicks side
dishes 120-162 g
selected varieties
plats cuisinés ou
d'accompagnement



2⁴⁹ Old El Paso soft
tortillas 297-334 g,
refried beans 398 mL
or jalapeños 250 mL
selected varieties
tortillas ou haricots
frits ou jalapeños



1⁷⁹ no name® relish 375 mL
or UFC banana sauce,
selected varieties 550 g
relish ou sauce aux
piments bananes



1²⁹ Ocean's flaked light
tuna 85 g or Gold Seal
sardines 125 g
selected varieties
thon ou sardines



4⁴⁹ no name®
pitted prunes 375 g
Tenderflake lard 454 g
selected varieties
prunes ou saindoux



6⁴⁹ M&M's minis milk
chocolate baking bits
275 g or PC® Organics
dark chocolate 70%
300 g
morceaux de chocolat à
cuisson ou chocolat noir



5⁴⁹ 20 Mule Team Borax
laundry booster 1.84 kg
or Tide laundry pods
12/16's
selected varieties
activant de détergent
ou capsules de
détergent à lessive



4²⁹ Dial body
wash 473 mL
or Nivea body
wash 500 mL
selected varieties
nettoyant
pour le corps



.99 Whiskas perfect
portions cat food
selected varieties, 75 g
nourriture pour chats



1⁹⁹ PC® Extra Meaty
dog food
selected varieties
374 g
nourriture pour chiens