

FROM THURSDAY, MARCH 14TH
TO WEDNESDAY, MARCH 20TH, 2024
DU JEUDI 14 MARS AU
MERCREDI 20 MARS 2024

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



See our flyer online
visit freshmart.ca



3.99
lb

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



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

5.99
lb



red, yellow
or orange peppers
product of Mexico
pivrons
7.25/kg

3.29
lb



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

4.49



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



3.99 Farmer's Market™
loaf cakes, whole or sliced
selected varieties
344-390 g



4.99 no name® shredded
cheese 320 g or
cheese bars 400 g
selected varieties
fromage râpé ou
barres de fromage



4.49 PC® chocolate covered
fruit 200 g or McCain
Deep 'n Delicious cakes 510 g
selected varieties, frozen
fruits enrobés de chocolat
ou gâteaux



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

4/\$5
or \$1.25 ea.



Lantic fine
granulated sugar
2 kg
sucre

2.79



3/\$8
or \$2.67 ea.



4/\$5
or \$1.25 ea.



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



4/\$5
or \$1.25 ea.

Maple Festival

Fête de l'érable



5.49
lb

PC® spiral-sliced, bone-in ham, selected varieties
jambon avec os tranché en spirale
12.10/kg



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

9.49

Leclerc Célébration cookies
selected varieties
240/350 g
biscuits

3/\$8
or \$2.67 ea.



Clark beans
selected varieties
398 mL
légumineuses

3/\$4
or \$1.33 ea.

PC® coffee
selected varieties
250 g
café

4.99



FMO FMA FLAP 1

Easter Essentials

Les essentiels de Pâques

3
WEEK
EVENT
SEMAINES
D'ÉVÉNEMENT



4.49

no name® margarine
907 g
margarine



no name® frozen vegetables
selected varieties
750 g
légumes surgelés

2.99



4.49

PC® BBQ sauce 1 L or
no name® mayonnaise 890 mL
selected varieties
sauce barbecue
ou mayonnaise



Aylmer tomato, cream of mushroom, chicken noodle or vegetable soup
selected varieties, 284 mL
soupe

3/\$4
or \$1.33 ea.



ITEMS & PRICES ON THIS PAGE ARE EFFECTIVE FOR 3 WEEKS FROM THURSDAY, MARCH 14TH TO WEDNESDAY, APRIL 3RD, 2024
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LES ARTICLES ET LES PRIX SUR CETTE PAGE SONT EN VIGUEUR 3 SEMAINES DU JEUDI 14 MARS AU MERCREDI 3 AVRIL 2024

FMA E FLAP 2

Meat & Seafood Viandes & Poissonnerie

2⁹⁹ lb pork butt roast bone-in rôti de soc de porc 6.59/kg

10⁹⁹ lb beef short ribs* club size bouts de côtes de bœuf* 24.23/kg

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

6⁹⁹ Schneiders Juicy Jumbos wieners 375 g, Schneiders or Maple Leaf bacon 375 g or Maple leaf bacon 65 g selected varieties saucisses fumées ou bacon

8⁹⁹ Montana's, St-Hubert or Swiss Chalet pies selected varieties, frozen 650-800 g tartes

9⁹⁹ PC® smoked salmon 150 g or PC® white cooked shrimp 31-40 per lb or SeaQuest® pink salmon fillets, selected varieties 400 g, frozen

Deli Meat & Cheese Charcuterie & Fromagerie

5⁴⁹ Holmestead feta cheese 250 g feta

4⁹⁹ Mastro or San Daniele sliced deli meat 125-175 g, Monsieur Gustav Gouda 170 g or Castello Havarti 200 g, selected varieties charcuteries ou fromage

4⁴⁹ Yves Veggie Cuisine selected varieties 120-340 g plats cuisinés végétariens

5⁹⁹ Liberté classique 1 L or Yoplait YOP 8 x 93 mL drinkable yogurt selected varieties yogurt à boire

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

2⁴⁹ no name® dips selected varieties 250 g trempettes

3⁹⁹ Earth's Own organic dairy-free beverages selected varieties, refrigerated 1.75-1.89 L boissons sans produits laitiers

12⁹⁹ PC® breaded 550/600 g or BlueWater battered or breaded 480/525 g fish fillets, selected varieties, frozen filets de poisson

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

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

3⁹⁹ PC® butter puff or phyllo pastry 450/454 g or no name® waffles 16's selected varieties, frozen pâte feuilletée au beurre ou pâte phyllo ou gaufres

5⁹⁹ General Mills family size cereal selected varieties 475-778 g céréales

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

6⁹⁹ Maxwell House instant coffee 150 g or Lipton yellow label tea 200 g selected varieties café instantané ou thé

5⁴⁹ Nesquik syrup 510/700 mL or powder 540 g selected varieties sirop ou poudre

Fruits & Vegetables

Fruits & Légumes



3⁴⁹

blueberries, product of Mexico, Morocco or Peru or blackberries, product of Mexico, 170 g
bleuets ou mûres



4⁴⁹

Farmer's Market™ grape tomatoes 283 g, product of Mexico or Cherto cherry tomatoes on the vine 255 g product of Canada
tomates



5⁹⁹

Farmer's Market™ seedless oranges, product of Spain, Morocco or Turkey or no name® Naturally Imperfect™ lemons, product of U.S.A., 3 lb oranges ou citrons



4⁹⁹

Farmer's Market™ bicolor corn 4's, product of U.S.A. or no name® Naturally Imperfect™ white mushrooms 680 g, product of Canada
maïs ou champignons



4⁹⁹

PC® Organics kiwi 1 lb, product of U.S.A. or Palmer mango, each, product of Brazil or raspberries 170 g, product of U.S.A. or Mexico
kiwi, mangue ou framboises



4⁴⁹

PC® green beans 340 g or red or green Swiss chard, each product of U.S.A.
haricots verts ou bette à cardes

Bakery

Boulangerie



6⁹⁹

Farmer's Market™ muffins selected varieties 6's
muffins



4⁹⁹

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



3⁹⁹

PC® rye bread selected varieties 480/500 g
pain de seigle



Gatorade or Powerade sport drinks selected varieties 710 mL
boissons désaltérantes

1⁷⁹



4⁴⁹

Coca-Cola, Canada Dry or Pepsi soft drinks selected varieties 6 x 222 mL
boissons gazeuses



2⁹⁹

Sensible Portions Veggie Straws or chips 120-142 g, Kettle Brand potato chips 198 g or Monster or Reign energy drink 458/473 mL
selected varieties grignotines ou croustilles ou boissons énergisantes



2⁹⁹

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



2⁷⁹

Del Monte fruit selected varieties 398 mL
fruits



3²⁹

Tim Hortons soup 540 mL or chili 425 g selected varieties
soupe ou chili



2/\$1

or 50¢ ea. MAMA or Mr. Noodles instant noodle soup 85 g selected varieties
nouilles ou soupe aux nouilles



4⁴⁹

French's ketchup 750 mL/1 L or Heinz chili sauce 455 mL selected varieties
ketchup ou sauce chili



2⁷⁹

PC® Blue Menu® beans, peas, lentils, rice, quinoa or soup mix selected varieties
légumineuses ou riz ou quinoa ou mélange de soupe



3⁴⁹

Italpasta 375/500 g or Authentica World Cuisine pasta sauce 530 mL selected varieties
pâtes ou sauce pour pâtes



9⁹⁹

Pedigree Dentastix 396-608 g or Purina Cat Chow dry cat food 1.42-2 kg selected varieties
gâteries pour chiens ou nourriture sèche pour chats



1⁷⁹

Cesar wet dog food selected varieties 100 g
nourriture pour chien humide

Easter Essentials

Les essentiels de Pâques

3
WEEK
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SEMAINES
D'ÉVÉNEMENT



3.49

no name® all-purpose flour
2.5 kg or Hershey's Chipits
selected varieties
200-270 g
farine ou brisures
de chocolat



Ocean Spray cranberry
or Mott's Clamato
cocktail
selected varieties
1.89 L
cocktail de canneberges
ou palourdes

3.99



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

2/\$5
or \$2.50 ea.



2.49

Beatrice sour cream
500 mL, selected
varieties or Lactantia
garlic butter stick 125 g
crème sure ou bâtonnet
de beurre à l'ail

Tropicana
orange juice
selected varieties,
refrigerated
2.63 L
jus d'orange

7.99



11.99

PC® entrées
selected varieties,
frozen, 907 g-1.13 kg
plats cuisinés

Mazola oil
selected varieties
1.18 L
huile

5.99



3.99

SPAM luncheon meat
selected varieties
340 g
pain de viande



2.99

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



4.49

Hereford corned beef
selected varieties
340 g
bœuf salé

French's
mustard 400 mL,
squeeze bottle or Heinz seafood
cocktail sauce
285 mL
moutarde ou
sauce cocktail-
à fruits de mer

2.49



4.29

PC® taco or fajita kits
421/427 g or salsa 650 mL
selected varieties
trousses à taco
ou fajita ou salsa



3/\$10
or \$3.33 ea.

PC® natural spring water
24 x 500 mL or Old Dutch
Restaurant 275/290 g or
Arriba tortilla 235/245 g
chips, selected varieties
eau de source ou
croustilles de tortilla



3.29

PC® condensed milk
300 mL or Tetley
herbal tea 20/24's
selected varieties
lait condensé ou tisane



6.79

Coca-Cola soft drinks
8 x 300 mL or AHA
sparkling water
selected varieties
12 x 355 mL
boissons gazeuses
ou eau pétillante



3.79

Quaker cereal or oats
selected varieties
350 g-1 kg
céréales ou gruau



2/\$3
or \$1.50 ea.

no name® pasta
selected varieties
900 g
pâtes



3.79

no name® pure lard
454 g or honey graham
crumb, Club Size, 1 kg
or Betty Crocker Reese's
brownie mix 453 g
saindoux pur ou
chapelure graham
ou mélange à brownie



5.99

Baker's dark chocolate
squares 170 g or
E.D. Smith pie filling,
selected varieties, 540 mL
carrés de chocolat noir
ou garniture pour tarte



2.49

PC® crackers
100-225 g or Mott's
Fruitsations fruit snack
6's, selected varieties
craquelins ou
collations aux fruits



4.99

Christie cookies
selected varieties
374-520 g
biscuits



3.99

Kinder Surprise T3
chocolate eggs 60 g or
Kinder Bueno mini's bag
145 g, selected varieties
œufs en chocolat
ou mini-œufs



2.49

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



3/\$5
or \$1.67 ea.

PC® Planet First™
birch cutlery
selected varieties
24's
coutellerie
en bouleau



7.99

Royal Chinet
dinner plates
10.38 inch, 40's
assiettes



2.99

no name®
foilware roasters
selected varieties
rôtissoires en aluminium



5.99

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

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