

FROM THURSDAY, SEPTEMBER 26TH
TO WEDNESDAY, OCTOBER 2ND, 2024
DU JEUDI 26 SEPTEMBRE AU
MERCREDI 2 OCTOBRE 2024



See our flyer online
visit freshmart.ca

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



5.49
lb

fresh lean ground beef
club size
bœuf haché maigre
12.10/kg
20874394_KG

chicken breasts or thighs
fresh, boneless, skinless, club size
poitrines ou hauts de cuisses de poulet
13.21/kg
20162170_KG/21189206_KG

5.99
lb



cauliflower
product of Canada
each
chou-fleur
20135372003_EA

2.99



strawberries
product of
Mexico or U.S.A.
1 lb
fraises
20049778001_EA

4.99



9.99

PC® Splendido® antipasto or prosciutto 200 g
or PC® Natural Choice® assorted trio pack
250/400 g or strips 300/375 g
selected varieties
antipasto ou prosciutto ou
assortiment de trio ou lanières
20786418_EA/21049119_EA/21105597_EA



Furlani or D'Italiano garlic bread
selected varieties, 325-638 g
pain à l'ail
20041579_EA/20291572_EA



3.99



4.99

Dr. Oetker Giuseppe
Thin Crust, Rising Crust
pizza 439-785 g, Easy Pizzi
3 x 200-573 g or Good Baker
pizza 300-390 g
selected varieties, frozen
pizza
20904583_EA/21106361_EA



3/\$8
or \$2.67 ea.

Christie cookies
selected varieties
224-320 g
biscuits
21358407_EA/21361508_EA



3.99

Danone Activia 8 x 100 g
or iÖGO nanö drinkable
6 x 93 mL yogurt
selected varieties
yogourt
20325384002_EA/20609687001_EA



Folgers roast
and ground coffee
selected varieties
544-816 g
café torréfié
et moulu
21478183_EA

9.99



5.99

Cashmere bathroom tissue
8/12 = 24 rolls, Sponge Towels
paper towels 3/6's or
Scotties facial tissue 6's
selected varieties
papier hygiénique ou
essuie-tout ou mouchoirs
21189872_EA/21204739_EA



Lantic fine
granulated sugar
2 kg
sucre granulé
20145033_EA

2.79

SEPTEMBER Valid from **SEPTEMBER 1ST TO 30TH**

HIT OF THE MONTH
PRIX FOUS DU MOIS

DE SEPTEMBRE Prix en vigueur **DU 1^{ER} AU 30 SEPTEMBRE**



Quaker Chewy granola bars
selected varieties
120 g
barres granola
21359366 EA/21359369 EA

\$2



Unico
solid light tuna in oil
99 g
thon pâle en morceaux
dans l'huile
20069525 EA

95¢



Huggies wipes
selected varieties
56/64's
lingettes
20557596 EA/21084208 EA

\$2



Sunrise bologna
selected varieties
375 g
bologne
20806936 EA/20806938 EA

\$3⁵⁰

LOWEST PRICES
BEST DEALS
PLUS BAS PRIX
PLUS GROS RABAIS

As compared to other major grocery retailers within your local areas.
Par rapport à d'autres grands magasins d'alimentation dans vos zones commerciales locales.
Valid from September 1st to September 30th, 2024. While quantities last. See in-store for details.
En vigueur du 1^{er} au 30 septembre 2024. Jusqu'à épuisement des stocks. Voir les détails en magasin.

HOTM A FLAP

Thanksgiving
Essentials!

Les essentiels
de l'Action de grâce !

3
WEEK EVENT
SEMAINES
D'ÉVÉNEMENT



7⁹⁹

Tropicana orange juice
selected varieties,
refrigerated, 2.63 L
jus d'orange
20119756001 EA



Kraft Stove Top stuffing
selected varieties
120 g
farce
20009598001 EA/20310507001 EA

1⁹⁹



1⁹⁹

Dole pineapple 398 mL
or Ocean Spray 348 mL
cranberry sauce
selected varieties
ananas ou sauce aux
canneberges
20136767001 EA/20136767003 EA
20022893001 EA/20022893002 EA



Betty Crocker
potatoes or
Eagle Foods
hamburger or
tuna Helper
selected varieties
141-220 g
préparation pour
pomme de terre ou
hamburger ou thon
21574286 EA/21591018 EA

2²⁹



PRICES EFFECTIVE FROM
THURSDAY, SEPTEMBER 26TH TO
WEDNESDAY, OCTOBER 16TH 2024
ON SELECTED ITEMS ON THIS PAGE AND BACK PAGE

INS TH A FLAP

Meat & Seafood

Viandes & Poissonnerie



6⁹⁹
lb

inside round oven roast or steak*
rôti ou bifteck d'intérieur de ronde*
15.41/kg
20812494_KG

3⁹⁹
lb

pork side ribs
club size
côtes de flanc de porc
8.80/kg
20862906_KG



6⁹⁹

PC® Blue Menu®
ground chicken or turkey
454 g
poulet haché ou hachis de dinde
21100091_EA/21100092_EA

4⁹⁹

PC® fresh pork sausage
selected varieties
500 g
saucisses
21584342_EA



13⁹⁹

PC® Old-fashioned style bacon
1 kg or bacon-wrapped wild
sea scallops 260 g
bacon ou pétoncles bardés
de bacon
20115704_EA/21220644_EA

5⁴⁹
lb

PC® spiral-sliced bone-in ham
selected varieties
jambon avec os tranché en spirale
12.10/kg
20857240_KG

13⁹⁹

SeaQuest® shrimp ring
with mild cocktail sauce
frozen, 454 g
couronne de crevettes
avec sauce cocktail douce
20979191_EA



23⁹⁹

Butterball turkey breast
roast, boneless
selected varieties, frozen
1.5 kg
rôti de poitrine de dinde
20613995_EA/21377745_EA

12⁹⁹

no.name® chicken wings
frozen 908 g or Swiss Chalet
or Montana's pork back ribs
fully cooked, 600/650 g
selected varieties
ailes de poulet ou côtes
de dos de porc
21022221_EA/21045313_EA

\$10

selection of meat or seafood
selected varieties, frozen
200 g-1.81 kg
viande ou fruits de mer
21372692_EA/21473698_EA

*Come see our selection of in-store prepared meats***

*Venez voir notre choix de viandes préparées en magasin***



SEE
IN-STORE
FOR
VARIETIES

SEE
IN-STORE
FOR
VARIETIES

6⁹⁹
lb

fresh store made
beef meatballs with
or without cheese
boulettes de viande
fraîches faites en
magasin avec
ou sans fromage
15.41/kg

9⁹⁹
lb

fresh store made
stuffed chicken breasts
selected varieties
poitrines de poulet
farcies fraîches
faites en magasin
22.02/kg

4⁹⁹
lb

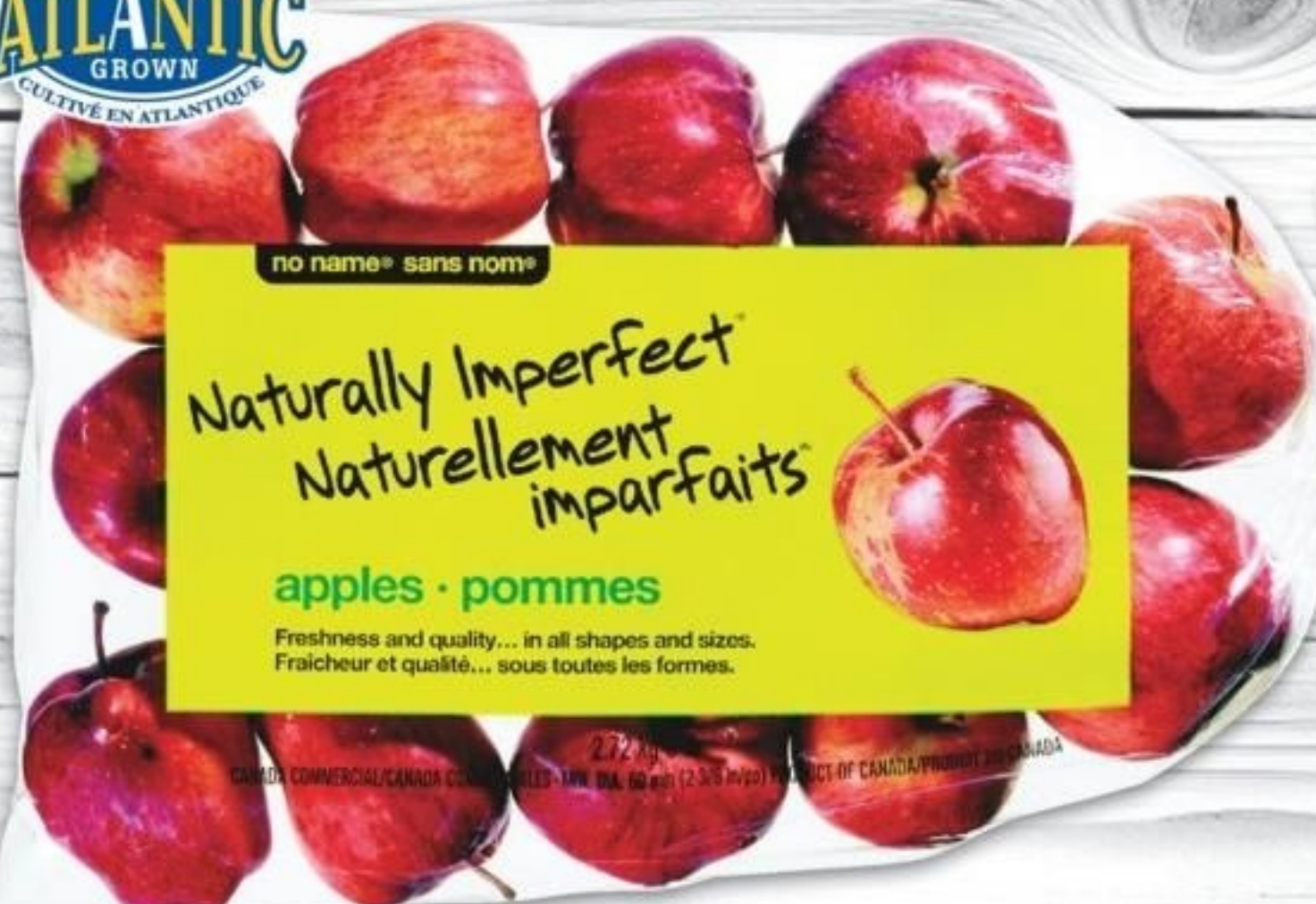
fresh marinated
pork side ribs
côtes de flanc
de porc
11.00/kg

9⁹⁹
lb

fresh stuffed
beef Pinwheels
rosettes de bœuf
fraîches farcies
22.02/kg

Fruits & Vegetables

Fruits & Légumes



no name® sans nom®
Naturally Imperfect
Naturellement imparfaits

apples · pommes

Freshness and quality... in all shapes and sizes.
Fraîcheur et qualité... sous toutes les formes.



no name® sans nom®
Naturally Imperfect
Naturellement imparfaits

potatoes
pommes de terre

Freshness and quality... in all shapes and sizes.
Fraîcheur et qualité... sous toutes les formes.

6.80 kg 15 lb

CANADA No. 2 PRODUCT OF CANADA/CANADA N° 2 PRODUIT DU CANADA

6⁹⁹

no name® Naturally Imperfect™ apples
product of Atlantic Canada
6 lb
pommes
20868995001_EA

6⁹⁹

no name® Naturally Imperfect™ potatoes
product of Canada
15 lb
pommes de terre
2094462001_EA



1⁹⁹

bunched carrot
product of Canada
carottes
20047449001_EA



4⁹⁹
lb

Muscat grapes
product of Spain
raisins Muscat
11.00/kg
20562311001_KG



4⁹⁹

PC® orri mandarins 2 lb,
product of South Africa or Peru or
Farmer's Market™ seedless oranges
3 lb, product of South Africa
mandarines ou oranges sans pépins
20162945001_EA/20907647001_EA



4⁹⁹

no name® Naturally Imperfect™
Brussels sprouts 680 g or PC®
mushrooms, selected varieties,
454 g, product of Canada
choux de Bruxelles
ou champignons
21619566001_EA/20761372_EA/20738571_EA



7⁴⁹

Farmer's Market™ kiwi
product of Chile
2 lb
kiwi
21576456001_EA



asparagus
product of Peru
asperges
20174581001_KG

6⁴⁹
lb



3⁹⁹

avocados
product of Mexico
5's
avocats
20142232001_EA



2⁹⁹

Farmer's Market™ or Sundrop
grape tomatoes 283 g or
PC® cocktail tomatoes 340 g
product of Canada
tomates
21367888001_EA/20778176001_EA/21532206001_EA



4⁹⁹

Farmer's Market™
sweet corn
product of Canada
5's
maïs sucré
20214929001_EA



3⁴⁹

PC® salad mix 142 g,
product of U.S.A. or
dressing or vinegar
350/355 mL, product
of Canada or U.S.A.
mélange de salade
ou vinaigrette
21183318_EA/21109415_EA/21203746_EA



11⁹⁹

no name® peanuts
product of U.S.A.
2 kg
arachides
20293477_EA



8⁹⁹

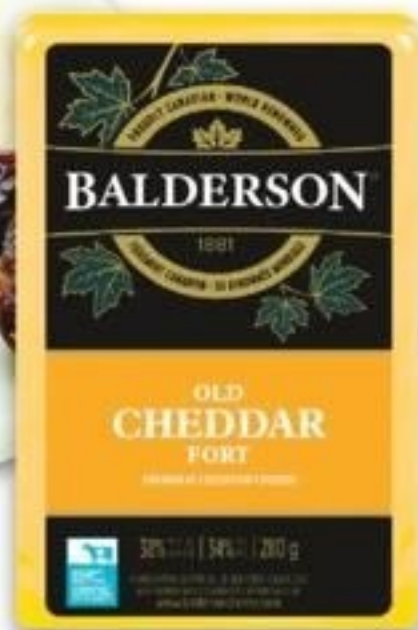
Bolthouse smoothie
selected varieties,
product of U.S.A.
1.54 L
boisson fouettée
21362472_EA/20069494_EA

Deli Meat & Cheese

Charcuterie & Fromagerie

Balderson cheese
selected varieties
250/280 g
fromage
20416277_EA

6⁴⁹



1⁹⁹
/100 g

Ziggy's® chicken or turkey breast
deli service, selected varieties
poitrine de poulet ou de dinde
20299196_KG



9⁹⁹

Schneiders Pepperettes
selected varieties
250-375 g
bâtonnets de saucisson
20976110_EA/21196171_EA



3⁹⁹

salads
selected varieties
425/454 g
salades
21544606_EA/21544702_EA



4⁹⁹

PC® salsa
selected varieties
300 g/430 mL
salsa
20571848_EA/20959575_EA

Bakery

Boulangerie



12⁹⁹

Farmer's Market™ cakes
selected varieties
750-875 g
gâteaux
21392537_EA/21392544_EA



4⁹⁹

Farmer's Market™ mini
cinnamon rolls 9's or cookies 12's
selected varieties
mini-brioche à la cannelle ou biscuits
20563813_EA/20566774_EA



3⁷⁹

Farmer's Market™ Two-bite
Brownies® 284 g or two-bite
mini assorted cupcakes 12's
selected varieties
brownies ou mini-petits gâteaux
21298140_EA/21450055_EA



4⁴⁹

Simple Joys filled croissants
selected varieties
272 g
croissants fourrés
21570477_EA/21570662_EA



Sun-Maid cinnamon
raisin bread
450 g
pain cannelle et raisins
20165873_EA

4⁹⁹

Dairy

Produits laitiers



3⁹⁹

Danone oikos or Two Good Greek yogurt
selected varieties, 4's
yogourt
20419715001_EA/20419715003_EA

Oasis orange or fruit juice
or smoothie
selected varieties, refrigerated
1.5/1.6 L
jus d'orange ou jus de fruit
ou boisson fouettée
21529907_EA/21529910_EA

4⁹⁹



3⁹⁹

PC® lactose free sour cream
500 mL or cottage cheese 500 g
crème sure ou fromage cottage
20984624_EA/20987150_EA



3⁹⁹

no name® processed cheese
product slices
selected varieties
400 g
tranches de produit
de fromage fondu
21220995_EA



no name®
stringable cheese
16's
fromage
effilochable
20765349_EA

6⁹⁹

Grocery Épicerie



4.99

no name® tart shells
30's or Chapman's
Super Premium Plus
ice cream 500 mL
selected varieties,
frozen
croûtes à tarte
ou crème glacée

20296118002_EA/21511200_EA



7.99

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

20297032001_EA/20310745004_EA



2.79

PC® tortilla 320-350 g,
PC® Loads of™ Flavour
or PC® World Of Flavour
200 g chips or Old Dutch
potato chips 180 g
selected varieties
croustilles de tortilla
ou croustilles

20305180_EA/20689964001_EA/20840911006_EA



8.99

Swanson family size skillet meal
selected varieties, frozen
1.19 kg
plats cuisinés

20745335_EA



6.99

Sanpellegrino beverages
selected varieties
6 x 330 mL
boissons

21433198_C06/21590961_C06



4.99

no name® cookies 907 g
or Coca-Cola or Canada Dry
soft drinks 6 x 222 mL
selected varieties
biscuits ou boissons gazeuses

20318678001_EA/20354288002_C06



Nestlé Coffee-mate
coffee enhancer
selected varieties
425/450 g
rehausseur de café

4.99

20308221002_EA



6.79

no name® instant coffee,
Club Size, 340 g or coffee pods,
selected varieties, 12's
café instantané ou
capsules de café

20057497_EA/21393594_EA



4.49

no name® jam or marmalade 500 mL
or General Mills cereal 297-430 g
selected varieties
confiture ou marmelade ou céréale

20032552001_EA/21562045_EA



3.29

Robin Hood oats 1 kg or
Leclerc Chocomax, Nügar
or Muffin Max bars 175-223 g
selected varieties
grau ou barres

20893370_EA/21154318_EA/21536594_EA



2.79

no name® marshmallows
selected varieties
400 g
guimauves

20304672001_EA/20304672002_EA



14.49

Ensure or Boost original
meal replacement shakes
selected varieties
4/6's
laits frappés de substitut
de repas

20304767001_C06/20319843_C06



no name® spices
selected varieties
5.5-250 g
épices

1.79

20617758_EA/20618363_EA/20619627_EA



1.99

Clover Leaf light tuna
chunk or flake
170 g
thon

20018117001_EA/20573583_EA



Kraft parmesan cheese 250 g
or pizza kit 850 g
parmesan ou tresse à pizza

6.99

20013009001_EA/21528135_EA



2.79

ROCKSTAR® ENERGY DRINK
selected varieties
BOISSON ÉNERGISANTE
ROCKSTAR®
certaines variétés, 473 mL

20368415003_EA/21144905_EA



4.79

PEPSI® SOFT DRINK
SELECTED VARIETIES
BOISSON GAZEUSE PEPSI®
CERTAINES VARIÉTÉS

6 X 222 mL, 20857560004_C06



7.99

GATORADE G FIT™ Electrolyte Beverage
selected varieties
GATORADE G FIT™ Boisson avec électrolytes
certaines variétés

6 x 500 mL, 21521362_C06



5.99

bubly™ sparkling water beverage
selected varieties
Boisson d'eau pétillante bubly™
certaines variétés

12 x 355 mL, 21097171_C12



2.99

GATORLYTE™ ELECTROLYTE BEVERAGE
selected varieties
GATORLYTE™ BOISSON
AVEC ÉLECTROLYTES
certaines variétés

591 mL, 21448906_EA/21587302_EA

Thanksgiving Essentials!

Les essentiels de l'Action de grâce!

3

WEEK EVENT

SEMAINES D'ÉVÉNEMENT

Ben's Original
Bistro Express
rice
selected varieties
240/250 g
riz

Ben's Original
ORGANIC - BIOLOGIQUE
BASMATI RICE
RIZ BASMATI

Le Sieur
tender peas 398 mL
or Green Giant
vegetables
341/398 mL
selected varieties
pois ou légumes

Green Giant
Cut Green Beans

Franco American
Beef Gravy
Sauce au bœuf

CLUB HOUSE
GRAVY MIX FOR - MÉLANGE À SAUCE POUR
TURKEY | DINDON

329

3/\$5

4/\$5

or \$1.66 ea.

or \$1.25 ea.

no name® margarine
907 g
margarine

no name® vegetables
selected varieties, frozen
750 g
légumes

Tenderflake
pie or tart shells
255-397 g or Cool Whip
dessert toppings 1 L
selected varieties, frozen
croûtes à tarte ou tartelette
ou garniture à dessert

Cool Whip
dessert toppings

449

349

429

20073675_EA

20301012_EA/20316412_EA

20030369001_EA/20303840003_EA

Knorr
Sidekicks
side dishes
selected varieties
120-167 g
plats d'accompagnement

Campbell's
Ready to serve
or Chunky soup
selected varieties
515 mL
soupe

no name® spaghetti
900 g
or pasta sauce 680 mL
selected varieties
pâtes ou sauce pour pâtes

zesty
pasta sauce
sauce pour pâtes
piquante

179

299

3/\$5

20321430005_EA/20321430011_EA

21479186_EA/21480447_EA

2029986002_EA/20315613001_EA

or \$1.66 ea.

Breton
 Dare
crackers
selected varieties, 100-225 g
craquelins

Dare
Ultimate Maple
or Whippet
cookies
selected varieties, 230-300 g
biscuits

Mott's
Fruitsations
sauce
selected varieties
6's
purée de fruit

Apple
Apple Sauce

279

329

249

21520666_EA/21520701_EA

20783328001_EA/20974343_EA

20324241001_EA

Fruité beverages
2 L or Pringles
potato chips
148/156 g
selected varieties
boissons
ou croustilles

PC® or Blue Menu®
fruit cocktails or
100% juice blends or V8
vegetable cocktail
selected varieties
1.89 L
cocktails
de fruit ou
mélanges de
jus ou cocktail
de légumes

Starbucks
roast &
ground coffee 340 g
or K-Cup pods 10's
selected varieties
café torréfié et
moulu ou capsules
de café

Twinnings or Celestial
specialty tea
selected varieties
20's
thé de spécialité

299

399

1049

299

20109062_EA/21003833_EA

20077351001_EA
20307025001_EA

20547343004_EA/20548682003_EA

20308033002_EA/20308149004_EA

Finish
dishwasher
powerballs
selected varieties
21-30's
capsules de
détergent pour
lave-vaisselle

no name®
foilware roasters
selected varieties
each
rôtissoires en aluminium

Royal Chinet
dinner plates, 10.38 inch
40's
assiettes

no name® napkins
500's or Glade small
jar candle, each or
wax melt air freshener
6's, selected varieties
serviettes ou
chandelle ou
assainisseur d'air

1099

299

799

399

21561304_EA

20869961_EA/20872331_EA

20092226_EA

20306897_EA/20955453_EA

PRICES EFFECTIVE FOR ITEMS ON THIS PAGE FROM THURSDAY, SEPTEMBER 26TH TO WEDNESDAY, OCTOBER 16TH, 2024
DU JEUDI 26 SEPTEMBRE AU MERCREDI 16 OCTOBRE 2024