

Speektacular Deals!

Rabais effrayants!

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

21047194 EA/21310527_EA

749

mini Babybel 102-120 g or The Laughing Cow cheese 120-140 g selected varieties fromage

20319107_EA/20599762_EA

399

Coca-Cola, Canada Dry or Pepsi soft drinks selected varieties 12 x 355 mL boissons gazeuses

20318694002_C12/20322361002_C12

699

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

20799529_EA

349

Movie Night!

Soirée cinéma!

Dr. Oetker Giuseppe Thin or Rising Crust 439-785 g, Easy Pizzi 200-573 g or Good Baker 300-350 g pizza selected varieties, frozen pizza

20904584_EA/21106360_EA

599

PG® hummus or dips 227-280 g or Naan dippers 200 g, selected varieties hummus ou trempettes ou pains Naan

20583408_EA/20584097_EA/210920331_EA

279

Takis chips selected varieties 260/280 g croustilles

21036714_EA/21590350_EA

299

Nestlé Aero, Smarties or mini assorted candy box 25's boîte de bonbons

21450107_EA/21571131_EA

749

Farmer's Market™ milk chocolate covered peanuts or raisins or dark chocolate covered almonds, 350-400 g arachides ou raisins ou amandes enrobés de chocolat

21519548_EA/21519580_EA/21519574_EA

549

OCTOBER

HIT OF THE MONTH

PRIX FOUS DU MOIS

D'OCTOBRE

Valid from OCTOBER 1ST TO 31ST

Prix en vigueur DU 1^{ER} AU 31 OCTOBRE

DOM Specialty smoked steelhead salmon frozen, 50 g saumon

20792840_EA

\$2

Swanson meat pies selected varieties 200 g pâtés à la viande

20320625002_EA

\$1

no name® flour selected varieties 2.5 kg farine

20013266_EA

\$3

Dare Real Fruit gummies selected varieties, 180 g friandises gélifiées

213931610_EA/21391731_EA

177

Twizzlers gummies 170 g or Jolly Rancher candy bags 182/198 g selected varieties friandises ou sac de friandises

21219287_EA/21552632_EA

177

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 October 1st - 31st, 2024. While quantities last. See in-store for details.
En vigueur du 1^{er} au 31 octobre 2024. Jusqu'à épuisement des stocks. Voir les détails en magasin.

FMA FLAP 1

FMO FMA FLAP 2

HOTM OT FLAP

FROM THURSDAY, OCTOBER 24TH
TO WEDNESDAY, OCTOBER 30TH, 2024
DU JEUDI 24 OCTOBRE AU
MERCREDI 30 OCTOBRE 2024



See our flyer online
visit freshmart.ca

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



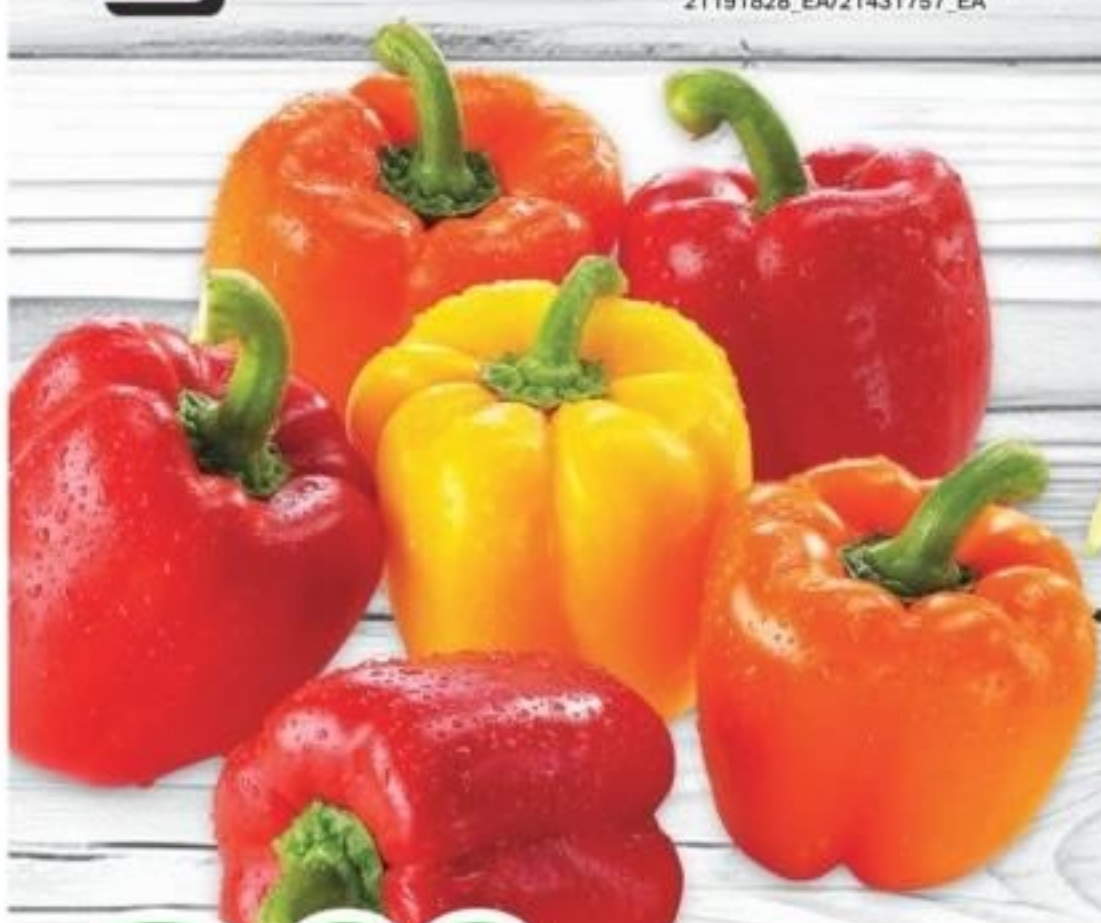
7.99

Janes Pub style breaded chicken or turkey
selected varieties, frozen
600-720 g
poulet ou dinde pané
21191828_EA/21431757_EA



pork side ribs
fresh, club size
côtes de flanc de porc
6.59/kg
20862906_KG

2.99
lb



2.99
lb

red, orange or yellow
peppers, product of
Canada or Mexico
poivrons
6.59/kg
20166880001_KG/20007535001_KG



1.99
lb

green or wax beans
product of U.S.A.
haricots
4.39/kg
20142683001_KG



4.79

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



3.29

Ziggy's® sliced deli meat 175-300 g
or sliced cheese 160 g
selected varieties
charcuteries tranchées ou fromage tranché
21592461_EA/21599921_EA/21610826_EA



PC® 336 g or Sara Lee Little Bites
194/234 g mini muffins or cookies
selected varieties
mini-muffins ou biscuits
21488639_EA/21556098_EA

3.99



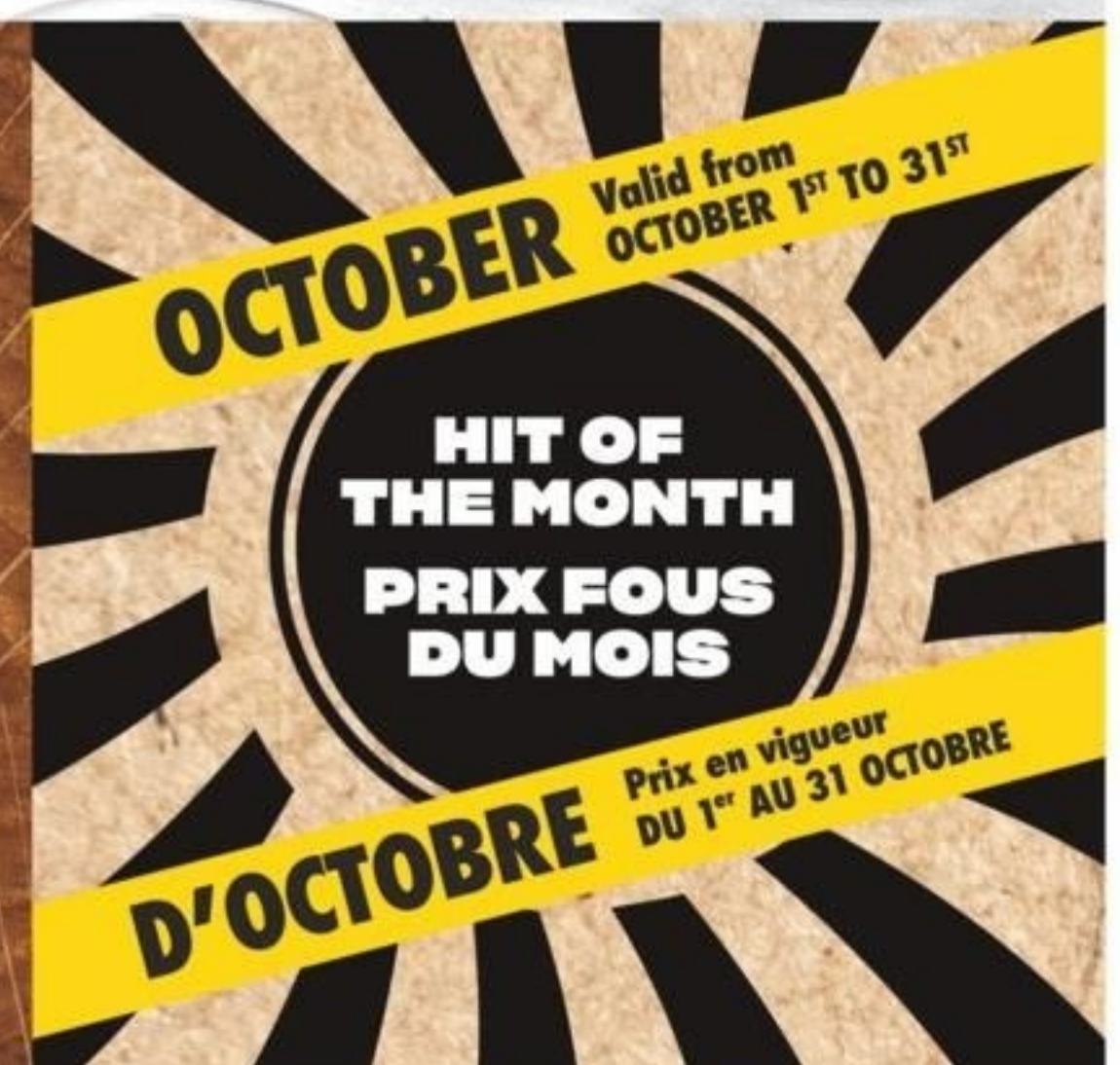
Unico
vegetable oil
3 L
huile végétale
20098102_EA

8.99



5.49

no name® butter
selected varieties
454 g
beurre
20325029_EA



5.49

Nescafé Rich 100-170 g
or Taster's Choice 100 g
instant coffee or Kellogg's
Eggo waffles 16's
selected varieties
café instantané ou gaufres
20099730004_EA/20661811001_EA

Kellogg's cereal
selected varieties
298-435 g
céréales
21450814_EA

3/\$10
or \$3.33 ea.



DOM
Specialty
smoked
steelhead
salmon
frozen, 50 g
saumon
20792840_EA

\$2

Meat & Seafood

Viandes & Poissonnerie



12⁹⁹
lb

beef striploin roast or steak*
club size
rôti ou bifteck de contre-filet de bœuf*
28.64/kg
20794005_KG



3⁹⁹
lb

pork sirloin chops or roast
boneless, club size
côtelettes ou rôti de surlonge de porc
8.80/kg
20828442_KG



3⁹⁹
lb

chicken legs
back attached, club size
cuisses de poulet
8.80/kg
20129696_KG



5⁴⁹

PC® pork sausage
selected varieties
500 g
saucisses
21584342_EA



6⁹⁹

Schneiders Juicy Jumbos wieners
375/450 g or Maple Leaf or
Schneiders bacon 65/375 g
selected varieties
saucisses fumées ou bacon
20105611_EA/20732366_EA



3⁹⁹

Schneiders Lunchmate
lunch kits, stackers or snack kits
selected varieties
75-120 g
trousses-repas
21120301_EA/21309931_EA



9⁹⁹

PC® smoked Atlantic salmon
150 g or Argentinian shrimp raw
Zipperback® 21-30 per lb, 340 g
or SeaQuest® cooked salad
shrimp 454 g, frozen
saumon ou crevettes
ou crevettes pour salade
20108266_EA/21332386_EA



3⁹⁹

no name®
stuffed and breaded chicken
selected varieties, frozen
284 g
poulet farci et pané
20503296_EA/20503300_EA



12⁹⁹

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



11⁹⁹

Sea Crave wild-tuna, Pacific
cod or Sockeye salmon
portions, 260/310 g
portions de thon ou morue
ou saumon
21531662_EA/21560089_EA

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

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



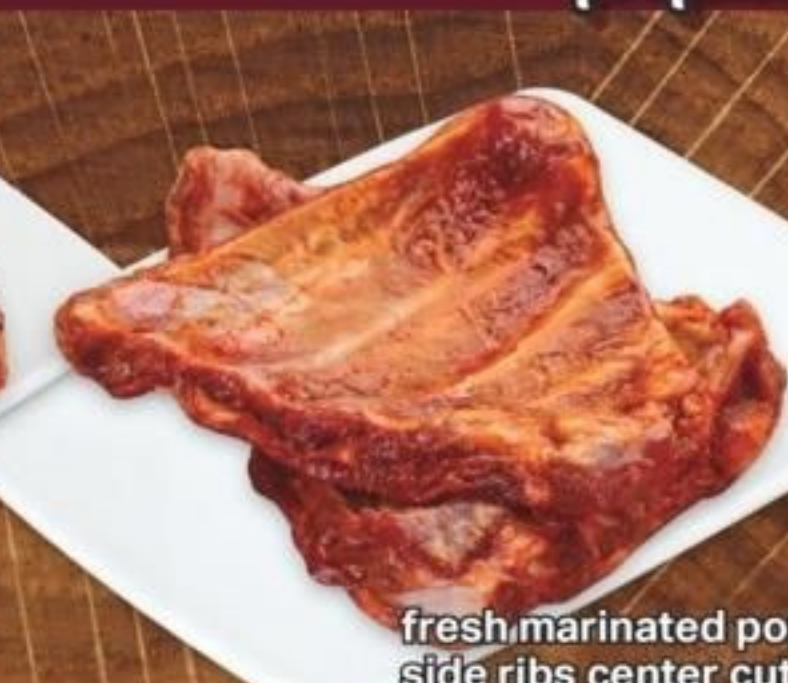
13⁹⁹
lb

fresh peppercorn
crusted boneless
beef striploin steak
bifteck de
contre-filet
de bœuf frais
désossé avec
croûte de poivre
30.84/kg



4⁹⁹
lb

fresh marinated
boneless pork sirloin
chops
côtelettes de surlonge
de porc désossées
fraîches marinées
11.00/kg



3⁹⁹
lb

fresh marinated pork
side ribs center cut
côtes de flanc
de porc fraîches
marinées coupe
du centre
8.80/kg

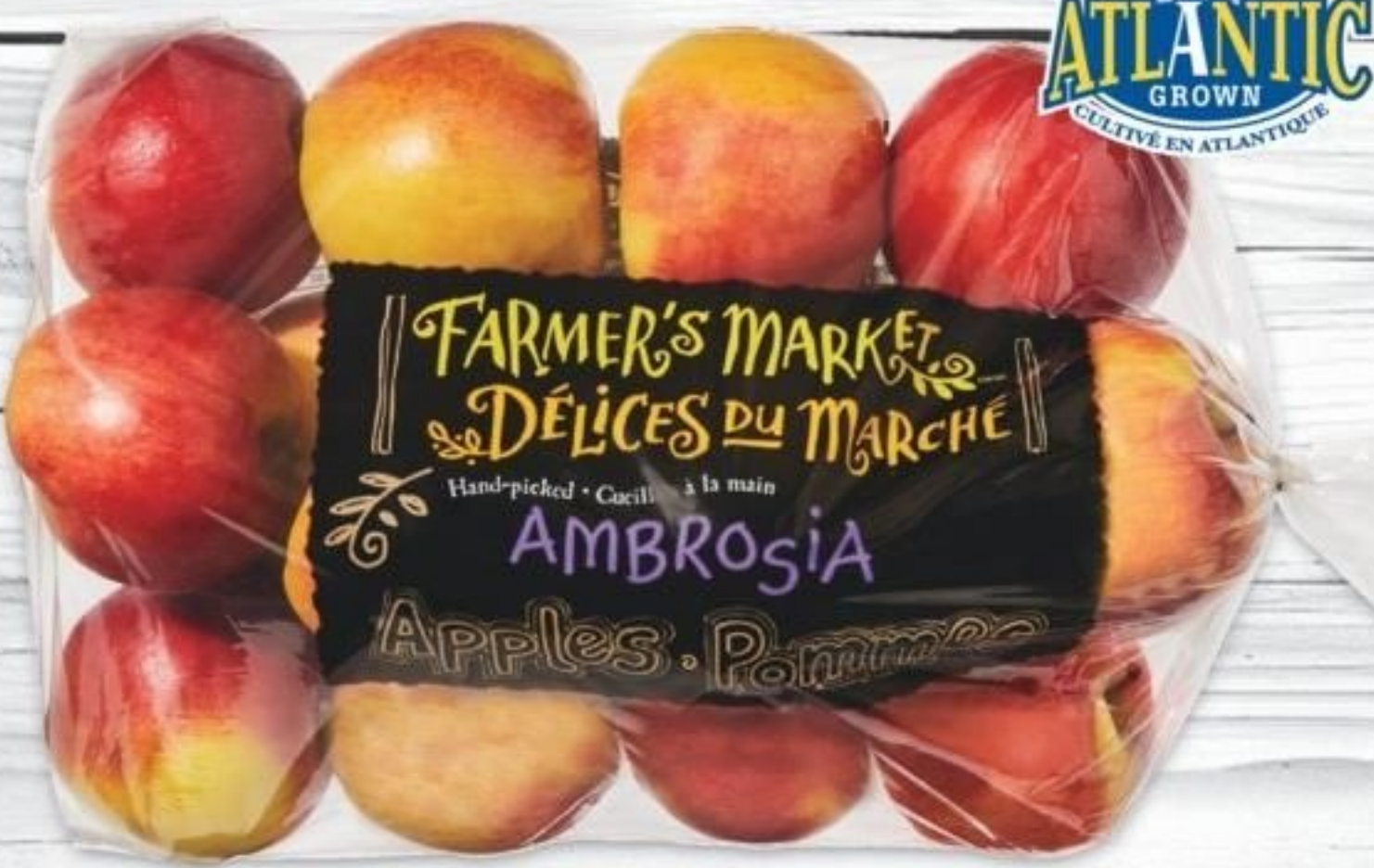


4⁴⁹
lb

fresh marinated
chicken legs
cuisses de poulet
fraîches marinées
9.90/kg

Fruits & Vegetables

Fruits & Légumes



5⁴⁹

Farmer's Market™ Ambrosia apples
product of Atlantic Canada
4 lb
pommes
21307212001_EA/20723960001_EA

2⁴⁹
lb

Roma tomatoes
product of Canada or Mexico
tomates
5.49/kg
20143381001_KG

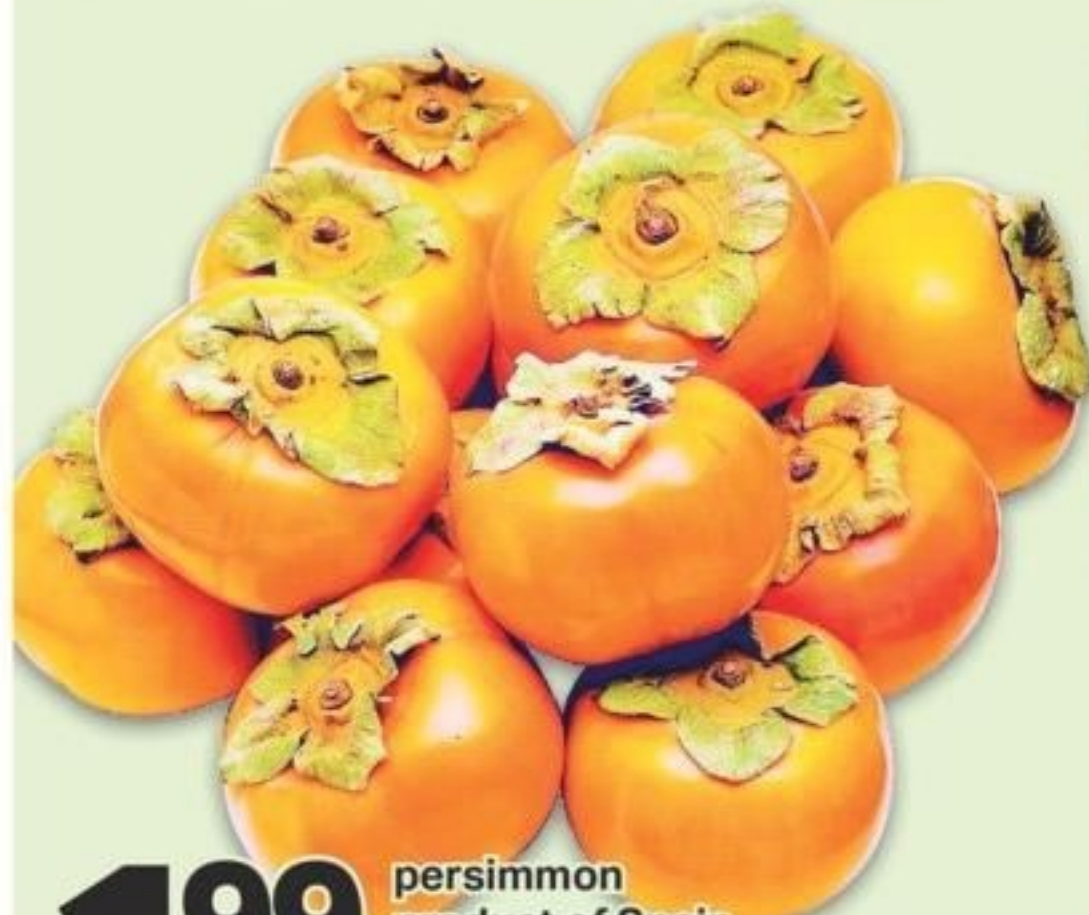


2⁴⁹

celery stalks
product of Canada or U.S.A.
each
céleri
20163119001_EA

Farmer's Market™
mandarins
product of
South Africa or Chile
4 lb
mandarines
20054025001_EA

8⁴⁹



1⁹⁹

persimmon
product of Spain
each
kaki
20139417001_EA



1⁷⁹

green onions, bunch, product of Mexico
or English cucumber, each or
Farmer's Market™ mini carrots
340 g, product of Canada
oignons verts ou concombres anglais
ou carottes miniatures
20070132001_EA/20117370001_EA/20107500001_EA



6⁴⁹

sungold kiwi
product of New Zealand
1 lb
kiwi
20985015001_EA



5⁹⁹

PC® mixed mini potatoes
product of Canada
3 lb
mini-pommes de terre
21037948001_EA



9⁹⁹

no name® Naturally Imperfect™
avocados
product of Mexico, 3 lb
avocats
21086003001_EA



2⁹⁹
lb

Brussels sprouts
product of Canada
choux de Bruxelles
6.59/kg
20036155001_KG

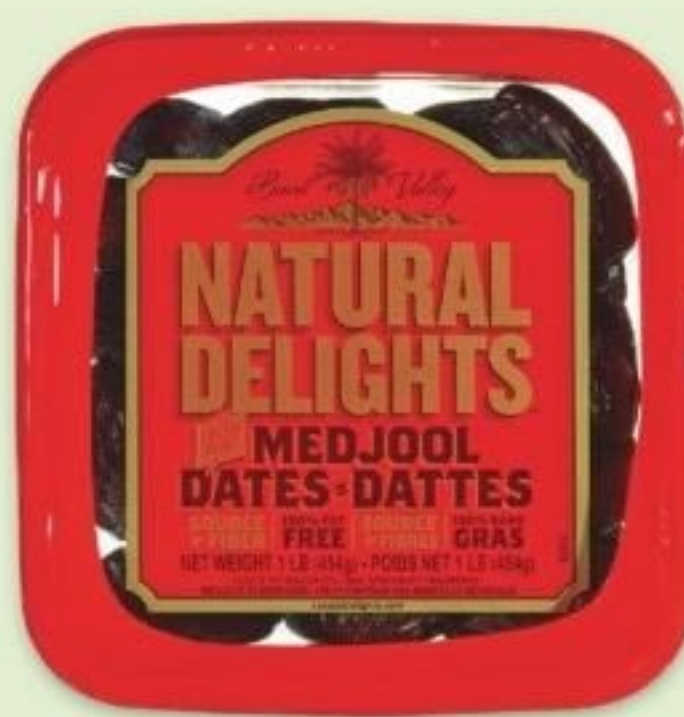


4⁹⁹

PC® salads 312 g,
product of U.S.A.,
or Renée's salad
dressing or vinegar
350/355 mL,
product of Canada
salades ou
vinaigrettes
21204385_EA/20314592_EA

Cove organic
kombucha
product of Canada,
selected varieties
355 mL
kombucha
biologique
21362499_EA
21362564_EA

2⁴⁹



7⁹⁹

Medjool dates
product of Israel
1 lb
dattes
21526406_EA



6⁹⁹

no name® peanuts
product of U.S.A.
907 g
arachides
20996039_EA

Deli Meat & Cheese

Charcuterie & Fromagerie



5⁹⁹

PC® cheese blocks
selected varieties
250 g
barres de fromage
20770708_EA



1⁹⁹
/100 g

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



8⁹⁹

Olivieri fresh filled pasta
or skillet gnocchi
selected varieties, 500-700 g
pâtes ou gnocchi à poêler
20311594_EA/20915834_EA



11⁹⁹

PC® Natural Choice®
beef or chicken breast strips
seasoned, fully cooked
300/375 g
lanières de bœuf ou de poulet
20787394_EA/21296778_EA



2⁷⁹

Sunrise extra firm tofu
selected varieties
350 g
tofu
20570507_EA

Bakery

Boulangerie



4⁹⁹

Farmer's Market™ butter croissants
260-336 g or Dempster's bagels 6's
croissants au beurre ou bagels
20563221_EA/20975943_EA



4⁴⁹

Farmer's Market™ loaf cakes
whole or sliced, selected varieties
344-390 g
gâteaux quatre-quarts
20565382_EA/21542157_EA



7⁹⁹

Chatman's Bakery peanut butter
and chocolate mounds or
Country Market variety pack
squares 16's or Farmer's Market™
Two-bite Brownies® 608 g
20067731_EA/21450067_EA



5⁹⁹

ACE Bakery artisan rolls
640-840 g or La Baguetterie
sliced Miche 600/800 g
selected varieties
petits pains ou miche tranchée
20862393_EA/21596355_EA



4⁹⁹

Dempster's tortillas
selected varieties
10 inch
tortillas
20008517_EA/21424015_EA

Dairy

Produits laitiers

Liberté Greek 650/750 g,
Méditerranée 900 g
or YOP no added sugar
drinkable yogurt 8's or
Liberté classique 1 L
selected varieties
yogourt
20704361001_EA/21619474_EA/21390111_EA

6⁴⁹



Danone Activia 8's
or Silk plant based
500-650 g yogurt
selected varieties
yogourt
20325384002_EA/21588707_EA

4⁹⁹



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

6⁹⁹



3⁹⁹

Pillsbury refrigerated dough
selected varieties
454/496 g
pâte réfrigérée
21619255_EA/21619335_EA



3⁴⁹

no name® cream cheese
selected varieties
227/250 g
fromage à la crème
20308105001_EA

FMA 5

Grocery Épicerie

PC® orange juice
1.54 L or Oasis
fruit juice or
smoothie 1.5/1.6 L
selected varieties,
refrigerated
jus d'orange ou jus
de fruit ou boisson
fouettée

4⁹⁹



3⁹⁹

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



3⁷⁹

Que Pasa tortilla chips
156-350 g or salsa 420 mL
or Humpty Dumpty snacks
250-280 g
selected varieties
croustilles de tortilla
ou salsa ou grignotines



7⁹⁹

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



4⁹⁹

Fudgesicle, Creamsicle,
Revello or Popsicle novelties
selected varieties, frozen, 12's
friandises glacées

no name® juice
1 L or snacks or
chips 142-200 g
selected varieties
jus ou grignotines
ou croustilles

1⁹⁹



5⁴⁹

Orville Redenbacher microwave
popcorn 6/8's or Jack Link's
beef jerky strip or sticks 65-150 g
selected varieties
maïs à éclater ou jerky
ou bâtonnets

Christie kids cookies
selected varieties
150-200 g
biscuits pour enfants

3²⁹



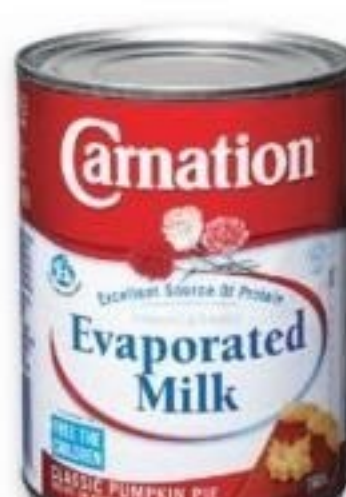
Jif peanut butter
1 kg or General Mills
family size cereal
475-778 g,
selected varieties
beurre d'arachide
ou céréales

6⁴⁹



6⁹⁹

Gatorade
or Powerade
sports drink
selected varieties
6 x 591 mL
boisson
désaltérante



1⁹⁹

Carnation
evaporated milk
selected varieties
354 mL
lait évaporé



1⁹⁹

Betty Crocker
SuperMoist cake
mix 375/404 g or
frosting 340/450 g
selected varieties
mélange à gâteau
ou glaçage



19⁹⁹

Cadbury or
Mars assorted
chocolate
bars, 16's
barres
de chocolat



4⁹⁹

Dare Juicée
or Jus' Better
Jujubes candies
selected varieties
450-700 g
friandises
gélifiées



2²⁹

no name®
salad dressing
475 mL or
yellow mustard
550 mL
selected varieties
vinaigrette
ou moutarde



2⁹⁹

Stagg chili 425 g or
Habitant soup 796 mL
selected varieties
chili ou soupe



3⁷⁹

PC® taco or fajita kit
427 g or salsa 650 mL
selected varieties
trousses à taco
ou fajita ou salsa



1⁷⁹

no name® pasta
selected varieties
900 g
pâtes



5⁴⁹

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



11⁹⁹

Tide or Gain
laundry detergent
selected varieties
1.86/2.06 L
détergent à lessive



5⁴⁹

no name® garbage bags
selected varieties
20-100's
sacs à ordures



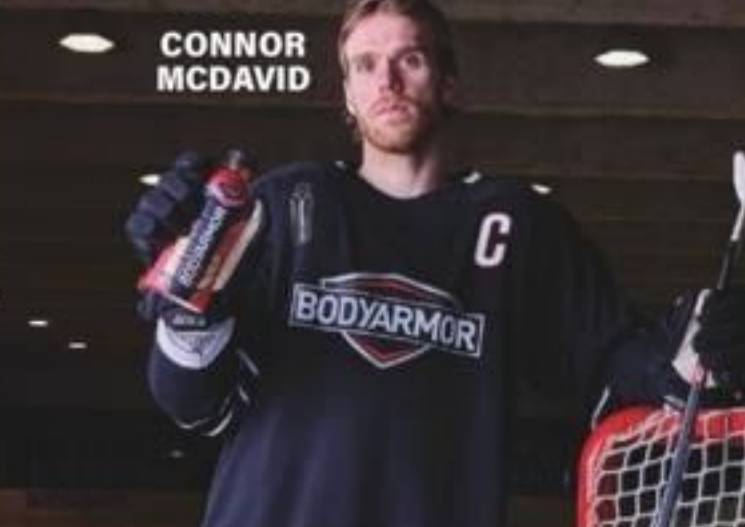
9⁴⁹

no name® cat litter
Club Size,
selected varieties
18 kg
litière pour chats

BODYARMOR



OFFICIAL SPORTS DRINK OF THE NHL
BOISSON SPORTIVE OFFICIELLE DE LA LNH



6⁴⁹*

Coca-Cola® beverages
selected varieties
Les boissons Coca-Cola^{MD}
en emballage, certaines variétés
6 x 710 mL, 2015107001_C06



4⁴⁹*

6 x 222 mL Coca-Cola® beverages
selected varieties
Les boissons Coca-Cola^{MD}
en emballage, certaines variétés
6 x 222 mL, 20354164001_C06



2⁷⁹*

BODYARMOR SuperDrink® beverages
selected varieties
Les boissons de BODYARMOR^{MD} SuperDrink
en bouteille, certaines variétés
473 mL, 21582808_EA



2⁹⁹*

Monster Energy® beverages*
selected varieties
Les boissons Monster Energy^{MD}
en canette, certaines variétés
473 mL, 20875127_EA

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* Taxes, redevances, consignes et frais applicables en sus. Valable dans les établissements participants pour une durée limitée.
Selon la disponibilité, jusqu'à épuisement des stocks. Le détaillant peut vendre à un prix inférieur.
Les marques de commerce indiquées appartiennent à leur propriétaire respectif.

Freshmart
freshmart

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