

FROM THURSDAY, OCTOBER 3RD
TO WEDNESDAY, OCTOBER 9TH, 2024
DU JEUDI 3 OCTOBRE AU
MERCREDI 9 OCTOBRE 2024



See our flyer online
visit freshmart.ca

Freshmart®

freshmart RED & WHITE
FOOD STORE
Your Neighbourhood Grocer



3.49
lb

pork loin centre-cut roast
boneless
rôti de longe de porc, coupe du centre
7.69/kg
20825820_KG

chicken drumsticks or thighs
fresh, club size
pilons ou hauts de cuisse de poulet
6.59/kg
20004494_KG/20058163_KG

2.99
lb



4.99

Farmer's Market™ potatoes
product of Atlantic Canada,
selected varieties, 10 lb
pommes de terre
2060102001_EA/20601013001_EA



Farmer's Market™ apples
product of Atlantic Canada,
selected varieties
4 lb
pommes
20713211001_EA/20281372001_EA

4.99



4.99

PC® Brie or Camembert
165-200 g or Boursin
130/150 g cheese
selected varieties
fromage
20116794_EA/20787327_EA



8.99

PC® Tiramisu 460 g
or cheesecake,
selected varieties, 600 g
frozen
tiramisu ou gâteau
au fromage
20318694002_C12/20322361002_C12



6.99

Becel margarine
selected varieties
637/850 g
margarine
20297818002_EA



3/\$10
or \$3.33 ea.

Tostitos® tortilla chips
205-295 g or salsa
or dips 416 g/418 mL
selected varieties
croustilles de tortilla
ou salsa ou trempettes
20673728_EA/21050575_EA



6.99

Coca-Cola, Canada Dry
or Pepsi soft drinks
selected varieties
12 x 355 mL
boissons gazeuses
20318694002_C12/20322361002_C12



3/\$4
or \$1.33 ea.

Campbell's
condensed soup
selected varieties
284 mL
soupe condensée
20176214001_EA/20176214003_EA



3/\$10
or \$3.33 ea.

Post cereal,
selected varieties,
310-525 g or Nutella
hazelnut spread
375 g
céréales ou tartinade
de noisettes
20299648_EA/20435988_EA



no name® flour
selected varieties
2.5 kg
farine
20013256_EA

\$3

Thanksgiving Favourites!

Favoris de l'Action de grâce!



2⁷⁹ lb

Cook's portion or whole smoked picnic ham or Sugardale smoked portion ham
jambon 6.14/kg
20559641*KG



International delight Cold Foam 396 g or coffee enhancer 946 mL
selected varieties, refrigerated
mousse froide ou rehausseur de café
20895480002_EA/20895480003_EA
21590982*EA

4⁹⁹



4/\$5
or \$1.25 ea.

no name® vegetables or beans 284-540 mL or seasoned stuffing mix 120 g
selected varieties
légumes ou légumineuses ou mélange à farce assaisonné
20065872_EA/20097492_EA/20312587_EA/20554593_EA



Breyers Creamery Style ice cream
selected varieties, frozen 1.66 L
crème glacée 20344925006_EA

4⁴⁹



FMA FLAP 1

Beer, Pizza & Pierogi

Bière, pizza et pierogi

PIEROGI DAY! OCTOBER 8TH
BEER & PIZZA DAY! OCTOBER 9TH



3/\$10
or \$3.33 ea

no name® pizza 350-411 g or Cheemo perogies 815/907 g
selected varieties, frozen
pizza ou perogies
20527369_EA/21541441_EA



5⁴⁹

PC® bacon or PC® Free From® bacon 375/500 g
bacon
20152629_EA/21048165_EA



5⁹⁹

PC® shredded cheese selected varieties 250-320 g
fromage râpé 21060201_EA



9⁹⁹

PC® de-alcoholized beer selected varieties 12 x 355 mL
bière désalcoolisée 20121729_C12



FMA FLAP 2

OCTOBER Valid from OCTOBER 1ST TO 31ST

HIT OF THE MONTH

PRIX FOUS DU MOIS

D'OCTOBRE 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
20320525002_EA

\$1



no name® flour
selected varieties
2.5 kg
farine
20013266_EA

\$3



Dare Real Fruit gummies
selected varieties, 180 g
friandises gélifiées
21391610_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.

HOTM OT FLAP

Thanksgiving

Essentials!

Les essentiels
de l'Action de grâces !

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



8⁹⁹
lb

chicken breast fillets
boneless, fresh, club size
filets de poitrine de poulet
20166993_KG



pork loin centre-cut
chops or roast
boneless, club size
côtelettes ou rôti de longe
de porc, coupe du centre
9.90/kg
20826506_KG

4⁴⁹
lb



8⁹⁹
lb

beef boneless
blade roast*
rôti de palette de bœuf désossé
20797470_KG



7⁹⁹
lb

PC® Free From® lamb shank
or short cut lamb leg
frozen
jarret d'agneau ou
gigot d'agneau raccourci
17.61/kg
20798674_KG/20819368_KG



5⁴⁹

Butterball turkey bacon 300/375 g
or Johnsonville smoked sausage
375 g, selected varieties
bacon de dinde ou
saucisses fumées
20016865_EA/20355614_EA

6⁴⁹

PC® Wiltshire bacon rashers
250 g or cocktail sausage 500 g
bacon ou saucisses cocktail
20101081_EA/21546108_EA

6⁴⁹

SeaQuest® colossal Pacific
white shrimp raw Zipperback®
16-20 per lb, 300 g or bay
uncooked scallops 400 g, frozen
crevettes ou pétoncles
21043887_EA/21556527_EA



6⁹⁹

no name® meatballs, chicken burger,
nuggets or strips
fully cooked, frozen, 680/908 g
boulettes de viande ou burgers
ou pépites ou lanières de poulet
21178744_EA/21537713_EA

6⁹⁹

PC® appetizers
selected varieties,
frozen, 225-454 g
hors-d'œuvre
20065214_EA/20581030_EA

9⁹⁹

PC® smoked salmon 150 g or
cooked wild Atlantic cold water
shrimp 340 g or Seaquest®
wild pink salmon fillets 400 g
frozen
20021832_EA/21404587_EA

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

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



beef boneless
bottom blade steak
or stewing cubes*
club size
bifteck de palette
de bœuf désossé*
22.02/kg
20797672_KG/20797941_KG

9⁹⁹
lb



3⁹⁹
lb

fresh marinated
chicken drumsticks
pilons de poulet frais
marinés
8.80/kg
21447303_KG



\$1 off
/lb

fresh store made
sausage
saucisses fraîches
faites en magasin



4⁹⁹
lb

fresh marinated
boneless pork chops
côtelettes de porc
désossées marinées,
fraîches
11.00/kg
20797672_KG/20797941_KG



**Reserve your
Holiday
Party Platters!*
*Only available
at participating stores.
**Réservez vos plateaux
de réception pour les Fêtes!*
*dans les magasins
participants seulement.



Fruits & Vegetables

Fruits & Légumes



3⁹⁹

cantaloupe, product of U.S.A.
or pineapple, product of Costa Rica
each
cantaloup ou ananas
20167017001_EA/20160992001_EA

iceberg lettuce
product of Canada
each
laitue Iceberg
20135326001_EA

1⁹⁹



broccoli crowns
product of Canada or U.S.A.
each
couronnes de brocoli
21121560001_EA

1⁹⁹



Bartlett or Bosc pears
product of Canada
poires
4.39/kg
20287815001_KG/20172240001_KG

1⁹⁹
lb



7⁹⁹ PC® flavour burst blueberries
product of Mexico, Peru or Morocco
9.8 oz
bleuets
20573077_EA



6⁹⁹ PC® Axiandy, Mixiandy cherry tomatoes
680/681 g
product of Canada
tomates cerises
21285888001_EA/21090447001_EA



1⁹⁹ red or ataulfo mangoes
product of Brazil or Peru
each
mangues
20121509001_EA/20059635001_EA



.99 lb
red, green or savoy cabbage
product of Atlantic Canada
2.18/kg
chou
20793034001_EA/20773656001_EA/21291599001_EA



1⁷⁹ lb
seedless oranges
product of South Africa
oranges sans pépins
3.95/kg
20426078001_KG



4⁹⁹ PC® mixed mini or
Paradise Crunch peppers
product of Canada, 1 lb
poivrons
20920821001_EA/21534092001_EA

Apple Season!

C'est la saison des pommes!



Cortland apples
product of
Atlantic Canada
pommes
5.05/kg
20016938001_KG

2²⁹
lb



1⁹⁹ lb
McIntosh or Royal Gala apples
product of Atlantic Canada
pommes
4.39/kg
20039956001_KG/20083526001_KG



1⁹⁹ lb
Golden Delicious or Paula Red apples
product of Atlantic Canada
pommes
4.39/kg
20430790001_KG/20166360001_KG



2⁹⁹ lb

Honeycrisp apples
product of
Atlantic Canada
pommes
6.59/kg
20132621001_KG



2²⁹ lb

Ambrosia apples
product of U.S.A.
pommes
5.05/kg
21240884001_KG



PC® apple cider
product of
Canada,
selected varieties
3-L
cidre
de pommes
20000005_EA

7⁹⁹

Deli Meat & Cheese Charcuterie & Fromagerie



5⁹⁹

Tre Stelle bocconcini 200 g or ricotta 475 g
selected varieties
bocconcini ou ricotta

20318663_EA

Larsen salami
or Maple Leaf bologna
salami ou bologne

20068801_KG

1⁹⁹
/100 g



6⁴⁹

Maple Leaf Natural Selections
sliced deli meat
selected varieties
175 g
charcuteries tranchées

20009282_EA/20065285_EA



2⁹⁹

Ziggy's® salads 454 g
or fresh pasta 350/360 g
selected varieties
salades ou pâtes fraîches

20326055_EA/21521089_EA



9⁹⁹

Hormel Gatherings snack tray
425 g
plateau à collation

20618657_EA

Bakery Boulangerie



4⁹⁹

Farmer's Market™ donuts
selected varieties, 264-600 g
beignes

21559343_EA/21592613_EA



6⁴⁹

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

21115991_EA/21116015_EA



3⁹⁹

Vachon snack cakes
selected varieties
252-336 g
petits gâteaux

20005728_EA/20047091_EA



2⁷⁹

no name® bagels
selected varieties, 6's
bagels

21217967_EA/21297778_EA



Wonder bread
selected varieties
570-675 g
pain

20305674_EA/20310409_EA

3⁴⁹

Dairy Produits laitiers

PC® organic Kefir 1 L
or Greek yogurt tub 650/750 g
selected varieties
kéfir ou yogourt grec

20944278_EA/21518484_EA

5⁹⁹



3⁹⁹

no name® cheese bars
selected varieties
200 g
barres de fromage

20305854_EA/20331973_EA



no name®
whipped topping aerosol
225 g
garniture fouettée

2⁴⁹

20017493_EA



3⁹⁹

Jell-O or Hershey's snacks
or pudding
selected varieties, refrigerated
4's
collations ou pouding

21019804_EA/21019805_EA

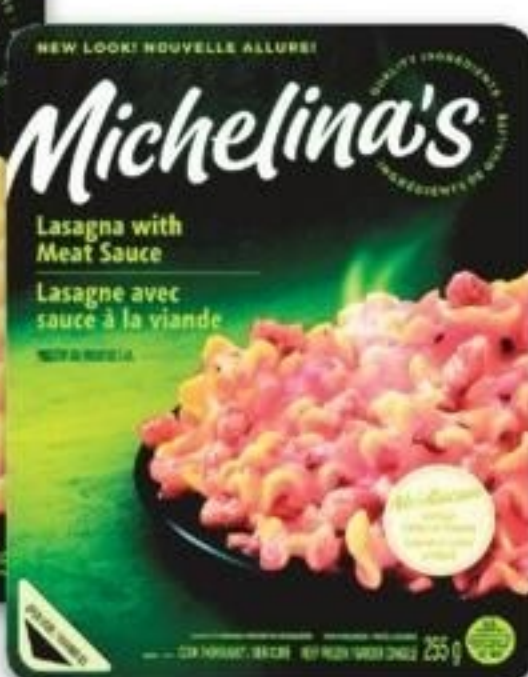


3⁹⁹

Liberté méditerranée 500 g/4 x 100 g
or Greek 2 x 130 g/4 x 100 g or
Source Protéines 650 g yogurt
selected varieties
yogourt

20788062002_EA/21587047_EA/21588406_EA

Grocery Épicerie



Allen's apple juice or
cranberry cocktail
1.89 L or juice boxes
8 x 200 mL, Del Monte
On Ice refresher
1.89 L or Rougemont
apple juice 2 L
selected varieties
jus de pomme ou
cocktail de canneberge
ou jus ou boisson
21545099_EA
21085265001_EA/21518094_EA
21575061_EA



2/\$6
or \$3 ea.

no name®
Naturally Imperfect™
frozen fruit
selected varieties,
frozen
300/400 g
fruits surgelés
21545099_EA

1.99

Michelina's entrées
selected varieties,
frozen
156-284 g
plats cuisinés
21208614_EA/21208633_EA

3.49



4.49

PC® Ice Cream Shop ice cream
selected varieties, frozen
946 mL
crème glacée
21013145_EA/21221432_EA

13.99

PC® or Blue Menu®
breaded or battered fish
selected varieties, frozen
550/600 g
poisson pané ou en pâte
20324259002_EA/20574108_EA

7.99

Maison Perrier sleek cans
selected varieties
8 x 330 mL
eau pétillante
21575556_C08



5.49

Smucker's Uncrustables
frozen, selected varieties
4's
sandwichs
21543055_C04

4.49

no name®
instant coffee
150 g or coffee
whitener 450 g
selected varieties
café instantané
ou colorant à café
20310718_EA/21180125_EA

3.29

Christie Crispers
or Christie Bits & Bites
selected varieties
145 g
grignotines
21358226_EA/21395350_EA



3.29

PC® pancake mix 905 g or
table syrup 750 mL or SunnyD
juice 1.89 L/6 x 240 mL
selected varieties
mélange à crêpes ou sirop ou jus
20175129_EA/20374908_EA/21102505_EA

12.49

PC® 100% pure
maple syrup
500 mL
sirop d'érable
20049221_EA

2.79

no name® fruit bowls 4's
or PC® or Blue Menu®
granola bars 120-175 g
selected varieties
bols de fruits ou barres granola
20326314002_EA/20913806_EA



2.29

St-Hubert sauce
398 mL or Campbell's
broth 900 mL
selected varieties
sauce ou bouillon
20322135003_EA/20322348002_EA

3.79

no name® fruit
selected varieties
796 mL
fruit
20618071_EA/20618936_EA

4.79

Hereford corned beef
340 g or Frank's RedHot
or Thick sauce 354 mL
selected varieties
bœuf salé ou sauce
20050622_EA/20187632001_EA

4.49

Bick's pickles 1 L or
Heinz chili sauce 455 mL
selected varieties
cornichons
ou sauce chili
20158289001_EA/20297430001_EA



3.49

Fleischmann's corn
starch 454 g or
Windsor iodized
salt & pepper 155 g
féculé de maïs
ou sel et poivre
20006692_EA/20038299_EA

2.99

no name® maraschino
cherries 375 mL
or Jell-O pudding,
selected varieties,
135/170 g
cerises ou pouding
20050959_EA/20301142001_EA

1.99

Dainty rice 350 g or
Clark beans 398 mL
selected varieties
riz ou fèves
20325219001_EA/21308477_EA

1.99

no name®
soya sauce
450 mL or
applesauce
620 mL
selected varieties
sauce soya
ou purée de pommes
20324462002_EA/21379757_EA

Grocery Épicerie



4⁹⁹ PC® cheese slices 210 g or no name® natural cheese slices 210/230 g selected varieties tranches de fromage 20742315_EA/20742858_EA/20742893_EA

Minute Maid zero sugar or Fruité beverages or iced tea selected varieties 1.54 L boissons ou thé glacé 21595841_EA/21434119_EA



3⁹⁹



4²⁹ Miss Vickie's kettle cooked potato chips 185-200 g, Popcorners chips 142 g or Smartfood popcorn 150-200 g selected varieties croustilles ou grignotines ou maïs soufflé 20972855_EA/21240703_EA/21370367_EA



3⁴⁹ McCain Pizza Pockets selected varieties, frozen, 3's pochettes de pizza 21026061_EA



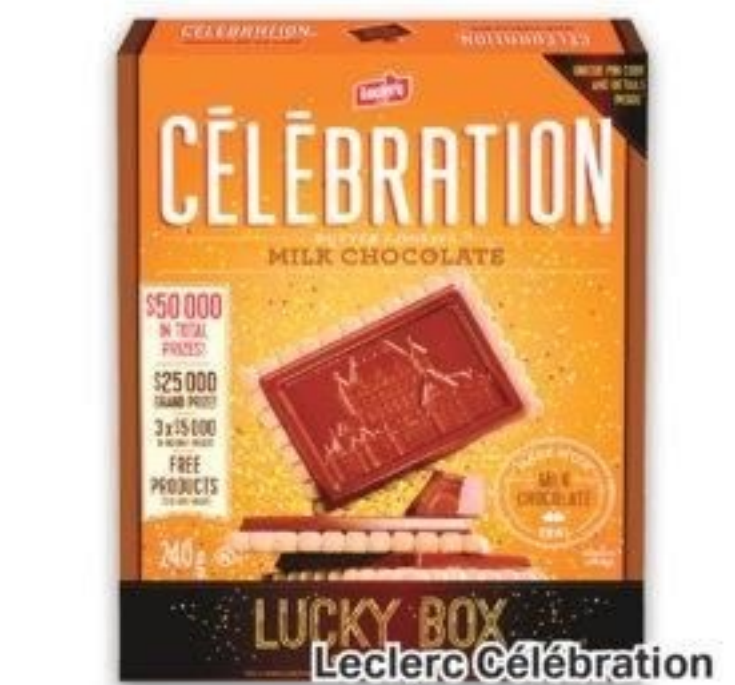
3²⁹ Kellogg's Eggo waffles selected varieties, frozen, 8's gaufres 20302779_EA



6⁴⁹ PC® family size chocolate bars 300 g or chocolate covered fruits and nuts 200-400 g selected varieties barres de chocolat ou fruits et noix enrobés 20000356_EA/20298217_EA



3⁴⁹ Real Canadian natural spring water 24 x 500 mL eau 20154975_C24



3⁹⁹ Leclerc Célébration cookies selected varieties 240/350 g biscuits 20965372_EA



2⁴⁹ Dare Grissol or PC® crackers selected varieties 100-225 g craquelins 20313040001_EA/20603888003_EA



5²⁹ Kraft smooth peanut butter 500 g or Quaker Harvest Crunch cereal, selected varieties, 325-510 g beurre d'arachide ou céréales 20132369001_EA/21575967_EA



6⁴⁹ Kellogg's family size cereal selected varieties 480-650 g céréales 21430738_EA



5⁴⁹ PC® or Blue Menu® sparkling water selected varieties 12 x 355 mL eau pétillante 20686034002_C01



8⁹⁹ PC® ground coffee 136/340 g or coffee pods 8-14's selected varieties café moulu ou capsules 20585545_EA/21477992_EA



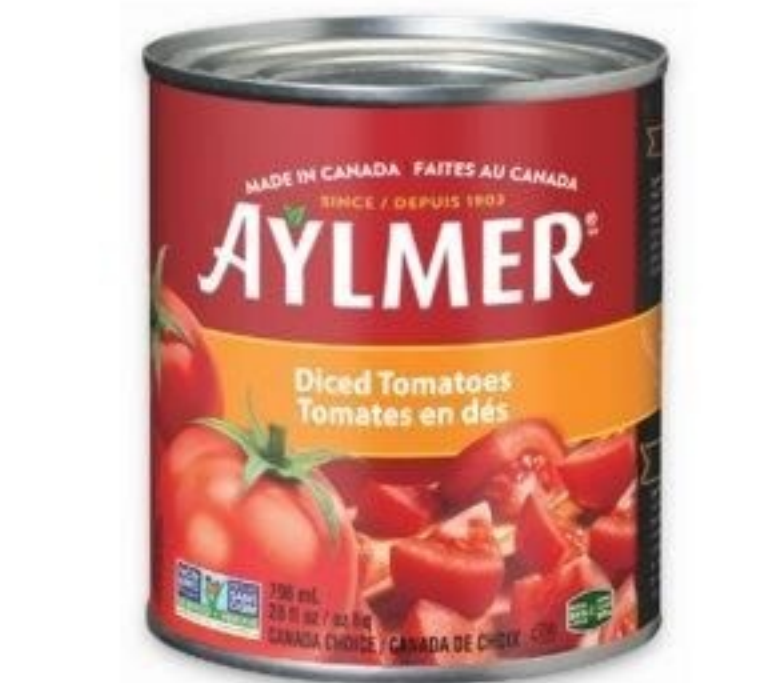
3⁷⁹ PC® salsa 650 mL, taco or fajita kit 427 g selected varieties salsa ou trousse-repas 20295845002_EA/20309646005_EA



2⁴⁹ Unico pasta 900 g or Primo pasta sauce 680 mL selected varieties pâtes ou sauce pour pâtes 20165260_EA/20311358001_EA



5⁷⁹ Clover Leaf sockeye salmon 213 g saumon sockeye 21314811_EA



3/\$8 Aylmer tomatoes selected varieties 796 mL tomates 21206804_EA or \$2.66 ea.



3⁴⁹ Frank's RedHot original seasoning 132 g or Kraft Shake 'n Bake coating mix, selected varieties, 142-160 g assaisonnement ou mélange à panure 21103994_EA/21603339_EA



2⁹⁹ no name® bacon bits 85 g or mayonnaise 445 mL miettes de bacon ou mayonnaise 20159354_EA/20547831_EA



3⁹⁹ no name® paper towel 6=8 rolls or bathroom tissue 24 rolls essuie-tout ou papier hygiénique 20078625_EA/20963747_EA



2²⁹ no name® scrub sponge 6/9's or PC® dishwashing liquid 638 mL-1 L selected varieties éponge à récurer ou liquide à vaisselle 20556918_EA/21012698_EA



4⁹⁹ Royal Chinet lunch plates 40's or Royale napkins 3 ply, 75's assiettes ou serviettes 20154455_EA/20972884_EA



.99 Titan aluminum foil or wax paper 25 ft papier d'aluminium ou papier ciré 20099340_EA/21408432_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

21405439_EA/21494288_EA

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

21021175_EA/21021208_EA

Franco American
gravy 284 mL or
Club House gravy
or sauce mixes
21-45 g
selected varieties
mélanges à sauce
bruneou sauce

20063534_EA/20316929_EA
20302816001_EA/20302816004_EA

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

20073675_EA

no name® vegetables
selected varieties, frozen
750 g
légumes

20301012_EA/20316412_EA

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

20030369001_EA/20303840003_EA

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

20321430005_EA/20321430011_EA

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

21479186_EA/21480447_EA

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

20299886002_EA/20315613001_EA

Dare crackers
selected varieties, 100-225 g
craquelins

21520666_EA/21520701_EA

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

20783328001_EA/20974343_EA

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

20324241001_EA

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

20109062_EA/21003833_EA

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

20077351001_EA
20307025001_EA

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

20547343004_EA/20548682003_EA

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

20308033002_EA/20308149004_EA

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

21561304_EA

no name®
foilware roasters
selected varieties
each
rôtissoires en aluminium

20869961_EA/20872331_EA

Royal Chinet dinner
plates, 10.38 inch
40's
assiettes

20892226_EA

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

20306887_EA/20955453_EA

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