

FEBRUARY Valid from **FEBRUARY 1ST TO 28TH**

HIT OF THE MONTH

PRIX FOUS DU MOIS

DE FÉVRIER Prix en vigueur **DU 1^{er} AU 28 FÉVRIER**



Annie's
macaroni & cheese
selected varieties
170 g
macaroni et fromage

20316187002_EA

2²⁵



Cavendish Farms fries
selected varieties, frozen
800 g
frites

21559976_EA

\$2



Vachon snack cakes
selected varieties
282-336 g
petits gâteaux

20005728_EA

2⁵⁰



Royale Tiger Towel
paper towels
3=6 rolls
essuie-tout

21484702_EA

\$4

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.

HOTM FEB FLAP

What's for dinner?

Qu'est-ce qu'on mange?

**no name® pepperoni
or salami chub
selected varieties
500 g
saucisson de pepperoni
ou de salami**

20015818_EA/20176087_EA



5.49



**Unico olives 375 mL or
Dole pineapple 398 mL
selected varieties**

olives ou ananas

20324873001_EA/20136767001_EA

1.99



**Kraft parmesan cheese,
selected varieties, 250 g
or pizza mix cheese 850 g
fromage parmesan
ou trousse à pizza**

20013009001_EA/21528135_EA

6.79



**Freshstone Brands
Rolleyz pizza
selected varieties,
frozen, 540 g
pizza**

21598374_EA/21598375_EA

7.99



FROM THURSDAY, JANUARY 30TH
TO WEDNESDAY, FEBRUARY 5TH, 2025
DU JEUDI 30 JANVIER AU
MERCREDI 5 FÉVRIER 2025



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



4.49
lb

fresh bone-in skin-on chicken breasts
or chicken wings, club size
poitrines de poulet ou ailes de poulet
9.90/kg
20113612_KG/20168158_KG



1.99

broccoli crowns, product of U.S.A. or Mexico
or PC® mushrooms 227 g, selected varieties,
product of Canada
couronnes de brocoli ou champignons
20776239_EA



2.99

blackberries
or blueberries
product of
U.S.A. or Mexico
6 oz
mûres ou bleuets



7.99

Piller's pepperoni sticks, pepperoni
300-500 g or Roma sliced pepperoni 900 g
selected varieties
bâtonnets de pepperoni,
pepperoni ou pepperoni tranché
21099391_EA/21217461_EA



8.99

PC® cheesecake or Tiramisu
selected varieties, frozen
460/600 g
gâteau au fromage ou tiramisu
20318102_EA/21104504_EA



3.29

Kraft salad dressing
selected varieties
425 mL
vinaigrette
21584724_EA/21584931_EA



5.99

Nutella
hazelnut spread
725 g
tartinade
de noisettes
20436105_EA



5.49

Lactantia or
no name® butter
selected varieties
454 g
beurre
20639926_EA



7.99

Saporita cooking oil
selected varieties, 3 L
huile à cuisson
21629402_EA/21634040_EA



3.29

Spam luncheon meat
142/340 g or Clover Leaf
pink salmon 150/213 g
selected varieties
pain de viande
ou saumon rose
20968255_EA/21618585_EA



18.99

Tim Hortons
roast and ground
coffee 640-930 g
or K-Cups 30's
selected varieties
café torréfié et
moulu ou K-Cups
20875767_EA/21166682_EA

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35 BIG COVE ROAD, ELSIPOGTOG (506) 523-7186

3.49
lb

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

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20875767_EA/21166682_EA

Meat & Seafood

Viandes & Poissonnerie



7⁹⁹

lb

beef sirloin tip oven roast or steak*
club size
rôti ou bifteck de pointe de surlonge de bœuf*
17.61/kg
20795286_KG

4⁴⁹

lb

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



3⁹⁹

lb

fresh whole chicken
poulet entier frais
8.80/kg
20729008_KG



10⁹⁹

Atlantic Choice® sausage
selected varieties, club size
1 kg
saucisses
21332589_EA



6⁴⁹

PC® bacon 500 g or
breakfast sausages 375 g
bacon ou saucisses à déjeuner
20152629_EA/21584308_EA



2⁴⁹

Zabiha Halal or no name®
chicken wieners
450 g
saucisses fumées de poulet
20006571_EA/20058192_EA



7⁹⁹

PC® Zipperback® raw or
PC® peeled raw Pacific large
white shrimp 31-40 per lb 400 g
or SeaQuest® cooked shrimp
36-45 per lb 300 g, frozen
crevettes
20789931_EA/21043685_EA



17⁹⁹

Pinty's frozen
chicken wings
selected varieties,
frozen, 780 g
ailes de poulet
21507493_EA/21507226_EA



8⁹⁹

St. Hubert,
Swiss Chalet
or Montana's pies
selected varieties,
frozen, 470-800 g
tartes
21047194_EA/21310527_EA



6⁹⁹

no name® breaded
chicken burger,
nuggets or strips
908 g or beef or Italian
meatballs 680 g,
frozen
burger de poulet pané,
pépites ou lanières
ou boulettes de boeuf
21178744_EA/21537713_EA



6⁹⁹

SeaQuest® raw
shrimp 56-65 per lb
300 g or fish fillets,
selected varieties,
400 g, frozen
crevettes ou filets
de poisson
20027170_EA/20153570_EA
20048346_EA

Fruits & Vegetables

Fruits & Légumes



2⁹⁹

iceberg lettuce
product of U.S.A.
each
laitue Iceberg



5⁹⁹

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



tomatoes on the vine
product of Canada or Mexico
tomates sur vigne
7.69/kg

3⁴⁹
lb



4⁹⁹
lb

cherries
product of Chile
cerises
11.00/kg



3/\$2
or 67¢ ea. lemons, product of Egypt
or Turkey or kiwi,
product of Greece
citrons ou kiwi



2⁴⁹
lb papaya
product of Mexico
papaye
5.49/kg



PC®
blood oranges
product of U.S.A.
2 lb
oranges
sanguines

6⁴⁹



2²⁹
bean sprouts 370 g,
product of Canada or
cooking spinach 227 g,
product of Mexico or U.S.A.
fèves germées ou
épinards à cuisson
20959677_EA



2⁹⁹
lb green peppers
product of Mexico
pivrons verts
6.59/kg



2⁴⁹
lb acorn, buttercup, butternut
or spaghetti squash
product of Canada
courage
5.49/kg



.99
lb rutabaga
product of Canada
rutabaga
2.18/kg



3⁴⁹
snap or snow peas
product of China or Guatemala
200 g
pois snap ou mange-tout



6⁴⁹
no name® Naturally Imperfect™
potatoes
product of Canada
15 lb
pommes de terre

Deli Meat & Cheese

Charcuterie & Fromagerie



5⁹⁹

Castello Havarti, blue or cheddar cheese selected varieties 113-200 g fromage
20428574_EA/20573932_EA/21158086_EA



Larsen salami or Maple Leaf bologna bologne 20068801_KG

1⁹⁹

/100 g



4⁹⁹

PC® goat cheese selected varieties 140 g fromage de chèvre
20000584_EA/20296631_EA



Marcangelo sliced antipasto misto 175 g charcuteries tranchées
21290205_EA

10⁹⁹



3⁹⁹

White Label salads selected varieties 425/454 g salades
21544608_EA/21544702_EA

Bakery

Boulangerie



6⁹⁹

Farmer's Market™ 5 inch cakes selected varieties, 490 g gâteaux
21115991_EA/21116015_EA



Donut Time donuts selected varieties 6's beignes
21342096_EA

1⁹⁹



3⁴⁹

PC® Thin pizza crusts 4's croûtes à pizza
20182857_EA/21416545_EA



2/\$5

or \$2.50 ea.

PC®, Blue Menu® or Wonder English muffins selected varieties, 6's muffins anglais
20810796_EA/20946466_EA



3⁴⁹

Dempster's bread selected varieties, 570/675 g pain
21591959_EA/21592051_EA

Dairy & Refrigerated

Produits laitiers & réfrigérés



Yoplait YOP drinkable yogurt selected varieties 200 mL yogourt à boire
21478178_EA/21478300_EA

4/\$5

or \$1.25 ea.



Simply juice or blends selected varieties, refrigerated 1.54 L jus ou mélanges
21086068_EA/21170793_EA

5⁴⁹



Oasis fruit juice or smoothie selected varieties, refrigerated 1.5/1.6 L jus de fruit ou smoothie
21529910_EA/21530281_EA

5⁴⁹



5⁹⁹

PC® organic Kefir 1 L or Greek yogurt 650/750 g, selected varieties kéfir ou yogourt
21518484_EA/21518405_EA



3⁹⁹

Pillsbury cookies or cinnamon rolls refrigerated dough selected varieties, 454/496 g pâte à biscuits ou brioches à la cannelle, réfrigérée
20301101002_EA/21619335_EA

FMA 4

Grocery

Épicerie



449

PC® butter puff
or phyllo pastry
450/454 g
pâte feuilletée au
beurre ou pâte phyllo
21288850_EA/21288853_EA



599

PC® Wood-Fired pizza
selected varieties,
frozen
351-413 g
pizza
21540352_EA



899

Red Bull
energy drinks
selected varieties
4 x 250 mL
boissons énergisantes
21229628_C04



699

Schneiders breakfast bites
or sandwiches
selected varieties, frozen
204-288 g
bouchées déjeuner ou sandwichs
21623060_EA/21623331_EA



899

Swanson family size skillet meal
selected varieties, frozen
1.19 kg
plats cuisinés
20745136_EA



Peek Freans cookies
selected varieties
290-350 g
biscuits
20680381_EA

399



599

PC® soft drinks
selected varieties
12 x 355 mL
boissons gazeuses
20218887027_C12/20690671002_C12

Que Pasa tortilla
chips or Frito Lay
Minis snacks
selected varieties
102-350 g
croustilles de tortilla
ou grignotines
21031311_EA/21613537_EA

349



Nesquik
flavoured syrup,
selected varieties,
510/700 mL
or chocolate
powder 540 g
sirop aromatisé ou
poudre de chocolat
20139236002_EA/20320167002_EA

699



399

no name® liquid honey 375 g
or Quaker cereal 350-500 g
selected varieties
miel ou céréales
20001100_EA/21082500_EA



329

PC® pancake mix 905 g
or table syrup 750 mL
selected varieties
mélange à crêpes ou sirop
20175129_EA/20374908_EA



449

Tenderflake lard 454 g or
Fleischmann's yeast 113 g
selected varieties
saindoux ou levure
20027695_EA/20102920002_EA



179

Mr. Noodles soup bowls
selected varieties
110 g
bols de soupe
20346960001_EA/20346960002_EA

PC® Blue Menu®
broth
selected varieties
900 mL
bouillon
21189872_EA

179



no name®
bacon bits
85 g
miettes de bacon
20159354_EA

299



PAM cooking spray
selected varieties
141 g
vaporisateur
à cuisson
20315275001_EA/20315275004_EA

529



279

Bravo pasta sauce
680 mL
sauce pour pâtes
20056278_EA



299

PC® Blue Menu® beans,
peas, lentils or soup mix
selected varieties
900 g
légumineuses ou
mélange de soupe
20629492_EA/20629671_EA

Grocery Épicerie



4⁹⁹

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

21611215_EA/21614277_EA



2⁹⁹

Yoplait Source 630 g,
Protéines 4 x 100 g, Tubes
8 x 56 g or Minigo 6 x 60 g
yogurt, selected varieties
yogourt

21391318001_EA/21547595_EA/21619318_EA



4⁹⁹

Post or Alpen cereals
selected varieties
368-650 g
céréales

21542452_EA



3⁹⁹

PC® frozen vegetables
selected varieties, 350-750 g
légumes surgelés

21096445_EA/21520140_EA



4⁷⁹

PC®
frozen fruit
selected varieties
300-600 g
fruits surgelés

20312227_EA/20926607_EA



8⁹⁹

PC® roast and ground coffee
136/340 g or coffee pods 8-14's
selected varieties
café ou capsules de café

20585365_EA/21477992_EA



2⁹⁹

Pringles
potato chips
148/156 g
or Cheez-It
crackers
191/200 g
selected varieties
croustilles
ou craquelins

21003933_EA
21214560_EA



3²⁹

Christie
mini cookies
or snack packs
selected varieties
150-200 g
mini-biscuits
ou collations

21584976_EA



3²⁹

Allen's apple juice or cranberry
cocktail or Del Monte On Ice
beverages 1.89 L, Allen's
juice boxes 8 x 200 mL or
Rougemont apple juice 2 L
selected varieties
jus de pomme ou
cocktail de canneberge
ou boisson ou jus en boîte

20185265001_EA/21518094_EA/21574890_EA



6⁹⁹

Gatorade
selected varieties
6 x 591 mL
boisson désaltérante

20303218002_C06



2⁴⁹

PC®
herbal tea
selected varieties
20's
tisane

20296026_EA
21467338_EA



4²⁹

PC® or Blue Menu®
ketchup 750 mL
or Heinz chili
sauce 455 mL
selected varieties
ketchup ou
sauce chili

20131845_EA/20297430001_EA



1⁹⁹

Brunswick sardines
filets 92/100 g
or sardines 106 g
selected varieties
filets de sardines
ou sardines

20318426001_EA/20322242001_EA



2²⁹

Chef Boyardee pasta
selected varieties
418/425 g
pâtes

20312500003_EA/20312500006_EA



4⁴⁹

Bick's pickles
selected varieties, 1 L
cornichons

20158299001_EA/20186083001_EA



2⁷⁹

Clover Leaf white tuna
selected varieties
170 g
thon blanc

20326358001_EA



1⁴⁹

Windsor salt 1 kg
or Arm and Hammer
baking soda 500 g
selected varieties
sel ou bicarbonate
de soude

20063491001_EA/20126203_EA/20698805_EA



2⁷⁹

Cadbury or Ritter Sport
chocolate bars
selected varieties
80-100 g
barres de chocolat

20322193001_EA/20691626_EA/21167994_EA



7⁴⁹

Cashmere
bathroom tissue
selected varieties
8=24 rolls
papier hygiénique

21436446_EA



4⁹⁹

Glad garbage bags
26-52's or Old Dutch
liquid laundry detergent
4 L, selected varieties
sacs à ordures ou
détergent à lessive liquide

20297334001_EA/21467435_EA



1¹⁹

Whiskas Perfect Portions
wet cat food
selected varieties
2 x 37.5 g
nourriture humide
pour chats

21011588_EA/21383313_EA



1⁴⁹

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

20323206002_EA/20323206004_EA



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