

Back to School DEALS!

OFFRES de rentrée!



4/\$5
or \$1.25 ea.

Kraft Dinner cups 58 g or
macaroni & cheese 200 g
macaroni et fromage

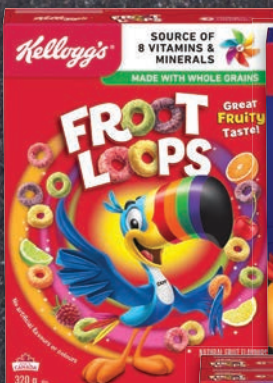
20298547001_EA/21549526_EA



Oasis, Del Monte
or Arizona juice 960 mL
or PC® soft drinks 2 L
selected varieties
jus ou boissons gazeuses

20311645003_EA/20336722001_EA/20894117004_EA

149



3/\$10
or \$3.33 ea.

Kellogg's cereal 315-355 g
or Fun Pac 210 g
selected varieties
céréales

20067427_EA/21652110_EA/21652128_EA



Nutella
Hazelnut spread
725 g or Kraft
peanut butter
750 g/1 kg
selected varieties
tartine de noisettes
ou beurre d'arachide

20039581001_EA/20436105_EA

649



Snack Time!

L'heure de la Collation



3⁹⁹

PC® or Sara Lee Little Bites
mini muffins or School Safe
peanut free muffin bars
selected varieties
194-336 g

mini-muffins ou barres muffins
sans arachides

21121909 EA/21363229 EA/21488913 EA



Black Diamond Cheestrings
selected varieties
252/336 g
fromage effilochable

20763300 EA/20763661 EA

6⁹⁹



1⁹⁹

Farmer's Market™
mini cucumbers 6's
or mini carrots 340 g
product of Canada or U.S.A.
mini-concombres ou carottes



Schneiders Lunchmate lunch
kits, stackers or snack kits
selected varieties
75-120 g

trousses-repas

21120301 EA
21310034 EA

3⁴⁹



FROM THURSDAY, AUGUST 21ST
TO WEDNESDAY, AUGUST 27TH, 2025
DU JEUDI 21 AOÛT AU
MERCREDI 27 AOÛT 2025



See our flyer online
visit freshmart.ca

Freshmart[®]

PROUDLY CANADIAN

freshmart

RED & WHITE
FOOD STORE

Your Neighbourhood Grocer



2⁹⁹
lb

fresh chicken drumsticks or thighs
bone-in skin-on, club size
pilons ou hauts de cuisse de poulet frais
6.59/kg

20004494_KG/20058163_KG



PC® bacon 500 g or breakfast sausage 375 g
selected varieties

bacon ou saucisses à déjeuner
20152629_EA/21584308_EA

5⁴⁹



cauliflower
product of Canada
each
chou-fleur

2⁹⁹



blueberries
product of
Canada or U.S.A.
pint
bleuets

3⁴⁹



5⁴⁹

SeaQuest® colossal raw white shrimp 16-20 per lb,
300 g or bay scallops 400 g, frozen
crevettes ou pétoncles de baie

21043887_EA/21558527_EA



Pillers pepperoni, bites or sticks 300-500 g or
Roma sliced pepperoni 900 g
selected varieties

pepperoni ou bouchées ou bâtonnets ou
pepperoni tranché

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visit freshmart.ca

PROUDLY CANADIAN



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



2⁹⁹
lb

fresh chicken drumsticks or thighs
bone-in skin-on, club size
pilons ou hauts de cuisse de poulet frais
6.59/kg
20004494_KG/20058163_KG



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300 g or bay scallops 400 g, frozen
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21043887_EA/21558527_EA



Pillers pepperoni, bites or sticks 300-500 g or
Roma sliced pepperoni 900 g
selected varieties
pepperoni ou bouchées ou bâtonnets ou
pepperoni tranché
21099391_EA/21217461_EA

7⁹⁹



4⁴⁹

Chapman's Premium ice cream,
frozen yogurt or sorbet 2 L
or Super Novelties 6-20's
selected varieties, frozen
crème glacée ou yogourt glacé
ou sorbet ou friandises glacées
20111532_EA/20323573001_EA



4⁹⁹

Dr. Oetker Giuseppe
Thin Crust or Rising Crust
pizza, selected varieties,
frozen, 439-785 g
pizza
20904584_EA/21106360_EA



6⁹⁹

Becel margarine 637/850 g
or Yoplait source or creamy
iÖGO creamy yogurt
16 x 100 g
selected varieties
margarine ou yogourt
20120316004_EA/20297818002_EA



3/\$8
or \$2.67 ea.

Christie crackers
selected varieties
175-200 g
craquelins
21030647_EA/21547034_EA



20⁹⁹

Tim Hortons ground
coffee 640-875 g
or pods 24/30's
selected varieties
café moulu
ou capsules
21688802_EA/21166682_EA



6⁹⁹

PC® bathroom tissue
12=24 rolls or paper towels
3=6 rolls
selected varieties
papier hygiénique
ou essuie-tout
21450718_EA/21540603_EA

Meat & Seafood

Viandes & Poissonnerie





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

3⁹⁹
lb



beef eye of round steak or roast*
club size
bifteck ou rôti de noix de ronde de bœuf*
19.82/kg
20812702_KG

8⁹⁹
lb



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

8⁹⁹
lb



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

10⁹⁹



Larsen wiener or
Maple Leaf Top Dogs
selected varieties
375 g
saucisses fumées
21093446_EA/21093477_EA

5⁴⁹



Sunrise bologna
selected varieties
375 g
bologne
20806936_EA

4⁹⁹



PC® smoked salmon
selected varieties, frozen
125/150 g
saumon
20108286_EA

9⁹⁹



no.name® chicken nuggets,
burgers or strips
frozen, 908 g
pépites ou burgers
ou lanières de poulet
21178744_EA/21178761_EA

6⁹⁹



no.name® chicken wings
selected varieties, frozen
908 g
ailes de poulet
21045309_EA/21045313_EA

12⁹⁹



PC® salmon Wellington
frozen
725 g
saumon Wellington
21552109_EA

19⁹⁹

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

Venez voir notre choix de viandes préparées en magasin**



fresh beef burgers
with or without
cheese, made in-store
burgers de bœuf frais
avec ou sans fromage
17.61/kg

7⁹⁹
lb



fresh marinated
pork side ribs
center-cut
côtes de flanc
de porc fraîches
marinées
9.90/kg

4⁴⁹
lb



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

3⁹⁹
lb



raw frozen
shrimp skewers
plain or marinated
55 g
brochettes de
crevettes crues
surgelées nature
ou marinées
21119692_EA

1⁴⁹

Fruits & Vegetables

Fruits & Légumes



1⁹⁹

Iceberg lettuce
product of Canada or U.S.A.
each
laitue Iceberg



5⁹⁹

blue grapes
product of Canada
2 L basket
raisins



2⁴⁹
lb

red, orange or yellow peppers
product of Canada
poivrons
5.49/kg



strawberries
product of
Canada or U.S.A.
1 lb
fraises

5⁹⁹



3⁴⁹

cantaloupe
product of Canada
each
cantaloup



2⁴⁹
lb

Granny Smith apples
product of U.S.A.
pommes
5.49/kg



Farmer's Market™
mandarins
product of
South Africa
2 lb
mandarines

5⁹⁹



1⁴⁹
lb

Roma tomatoes
product of Canada
tomates
3.28/kg



4⁹⁹

Mann's snow or snap peas
product of U.S.A.
170/227 g
pois mange-tout ou sucré
20712998_EA/20712967_EA



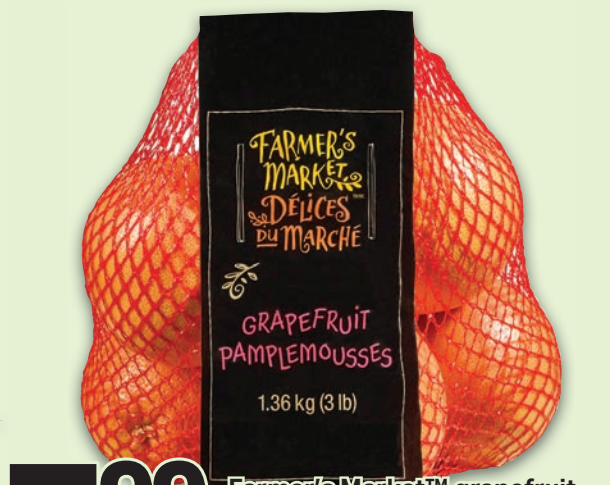
.99
lb

green or red cabbage
product of Atlantic Canada
chou
2.18/kg



1⁹⁹
lb

sweet potatoes
product of U.S.A.
patates douces
4.39/kg



7⁹⁹

Farmer's Market™ grapefruit
product of South Africa
3 lb
pamplemousse



Bolthouse smoothies
product of U.S.A.,
selected varieties
946 mL
jus frappés
20316397_EA

5⁹⁹

Deli Meat & Cheese

Charcuterie & Fromagerie



PREPARED IN CANADA

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

199

/100 g



PREPARED IN CANADA

Castello cheese selected varieties
113-200 g
fromage
20428574_EA/20573932_EA
21158086_EA

599



PREPARED IN CANADA

PC® Splendido® sliced deli meat selected varieties
100 g
charcuteries tranchées
21049145_EA/21049398_EA

599



PREPARED IN CANADA

Ziggy's® chicken or turkey strips selected varieties
150/200 g
lanières de poulet ou de dinde
21603178_EA

\$5



PC® Splendido® Parmigiano Reggiano, grana padano and pecorino romano
250 g
parmesan
21053434_EA/21188276_EA

899

Bakery

Boulangerie



PREPARED IN CANADA

Farmer's Market™ tarts selected varieties, 510/765 g
tartelettes
21629191_EA

599



PC® pie, mini éclairs or profiteroles selected varieties, frozen, 625-730 g
tarte ou mini-éclairs ou profiteroles
21586363_EA/20004726_EA

1199



PREPARED IN CANADA

Donut Time donuts selected varieties
6's
beignes
21342096_EA/21342154_EA

199



PREPARED IN CANADA

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

499



PREPARED IN CANADA

PC® rye bread 480 g or Dempster's grain bread 600 g
selected varieties
pain
20251602_EA/20682493_EA

399

Dairy & Refrigerated

Produits laitiers & réfrigérés



PREPARED IN CANADA

PC® Kefir 1 L or yogurt 750 g selected varieties
kéfir ou yogourt
20180775001_EA/20840914003_EA

399



PREPARED IN CANADA

Tre Stelle cream cheese 200 g or Lactantia cream cheese 227 g
selected varieties
fromage à la crème
21673558_EA

449



PREPARED IN CANADA

Black Diamond combo 3 x 43 g or Cracker Barrel 168 g cheese snacks
selected varieties
fromage
21208641_EA/21290676_EA

499



Tropicana orange juice, blends or lemonade or Pure Leaf lemon iced tea selected varieties
1.36-1.75 L
jus d'orange ou mélanges ou limonade ou thé glacé
20755752002_EA/21622130_EA

649

FMA 4

Back to School

Retour à l'école



PC® pancake or waffle mix 905 g or syrup 750 mL selected varieties mélange à crêpes ou à gaufres ou sirop



2/\$1
or 50¢ ea.

Mr. Noodles instant noodles selected varieties 85 g nouilles instantanées

349

399

Minute Maid or Five Alive juice or Fuze iced tea selected varieties 8 x 200 mL jus ou thé glacé



349 Christie mini Cookies 150-200 g or Crispers crackers 145 g selected varieties mini-biscuits ou craquelins

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

899 SunRype fruit to go strips fruit snack 14 g or Nutella biscuits 276 g collations aux fruits ou biscuits

Peanut Free Sans arachide

PC® appletreet™ 6 x 100 mL or Squeeze 4 x 90 g fruit snacks selected varieties purée de pommes ou collations aux fruits

249

Christie Ritz snackwich crackers 304 g craquelins

479

Leclerc Go Pure snack bars selected varieties 140-223 g barres de collation

349

Voortman wafers 250 g or cookies 225 g selected varieties gaufrettes ou biscuits

349

Dare Real Fruit gummies 350/450 g or Kinder Surprise milk chocolate with a surprise toy 60 g selected varieties friandises gélifiées ou chocolat au lait avec jouet

429

Maynards Sour Patch Kids or Jelly Belly candies selected varieties, 100 g friandises

199

Chapman's premium ice cream selected varieties, frozen, 500 mL crème glacée

499

Nestlé snack size chocolate bars selected varieties 58-94 g barres de chocolat

299

BACK TO SCHOOL ESSENTIALS

LES ESSENTIELS DE LA RENTRÉE

349 Nature Valley™ Granola Bars 120-230 g, Betty Crocker™ or Mott's Fruit Snacks 128-226 g, selected varieties Barres granola Val Nature™ 120-230 g, Collations aux fruits Mott's ou Betty Crocker™ 128-226 g, certaines variétés

399 Nature Valley™ Sweet & Salty, Biscuits & Protein Bars 148-210 g or Fibre1™ Bars 125 g selected varieties Sucrées et Salées, Galettes et Barres aux protéines Val Nature™ 148-210 g, certaines variétés

349 Pillsbury™ Pizza Pops™ selected varieties Pillsbury™ Pizza Pops™ certaines variétés 4 CT/UNITÉS, 380 g

429 Old El Paso™ Mexican Kits selected varieties Ensembles mexicains Old El Paso™, certaines variétés 250-510 g

SHOP BACK TO SCHOOL FAVOURITES. COMMENCEZ LA RENTRÉE TOUT EN DÉLICE.

649 Smucker's® Jam Selected Varieties Confiture Smucker's® Certaines variétés 310 - 500 mL

349 Robin Hood® Oats Selected Varieties Gruau Robin Hood® Certaines variétés 1 kg

499 Smucker's® Uncrustables® Selected Varieties Sandwichs Smucker's® Uncrustables® Certaines variétés 4 x 52 - 58 g

499 Softsoap or Irish Spring body wash 591 mL or bar soap 3 x 104 g selected varieties nettoyant pour le corps ou pains de savon

529 Dial 473 mL or Nivea 500 mL body wash selected varieties nettoyant pour le corps

799 Dove bar soap 6 x 106 g or body wash 325/400 mL selected varieties pains de savon ou nettoyant pour le corps

879 Listerine mouthwash selected varieties 1 L rince-bouche

Grocery Épicerie



Minute Maid Zero Sugar
or Fruité drinks
selected varieties
1.54 L
boissons
21434122_EA/21595744_EA



2⁹⁹

Yoplait tubes 8 x 56 g,
Minigo 6 x 60 g or Source
630 g/4 x 100 g yogurt
selected varieties
yogourt
21391318001_EA/21547595_EA/21619318_EA

3⁹⁹

5⁴⁹

McCain
Deep'n Delicious cakes
selection varieties, frozen
510 g
gâteaux
20310132003_EA



High Liner breaded
or battered fish
selected varieties
350-700 g
poisson pané
ou en pâte
20572299004_EA

6⁹⁹

Gatorade
sport drinks
selected varieties
710 mL
boissons
désaltérantes
20305775001_EA/20305775003_EA

1⁹⁹



Monster,
Full Throttle,
NOS and Reign
energy drink
selected varieties
355-473 mL
boisson énergisante
20938249_EA/21595360_EA

2⁹⁹



Orville Redenbacher
popcorn 340-492 g
or Jack Link's meat
snacks 65-81 g
selected varieties
maïs à éclater ou
collations de viande
20501983004_EA/20629532003_EA

5⁷⁹



Nestlé chocolate
stand up pouches
selected varieties
76-203 g
chocolat
21080077_EA/21568090_EA

5⁴⁹



Christie cookies
selected varieties,
family size, 374-520 g
biscuits
21014087_EA/21520747_EA

5⁷⁹



GoGo SQUEEZ fruit sauce
360 g or Quaker yogurt
granola bars 175 g
selected varieties
purée de fruit
ou barres granola
20057659001_EA/20322697001_EA

4⁴⁹



Kind bars
selected varieties
5's
barres
21285812_EA/212307505_EA

7⁹⁹



PC® or Blue Menu®
instant oats 264-360 g
or Steel Cut Oats 840 g
selected varieties
grauu instantané
ou avoine découpée
20703868_EA/21505058_EA

2⁹⁹

Crown or
Lily White corn
syrup 500 mL or
Cream of Wheat
or Rice hot
cereal 336-800 g
selected varieties
sirop de maïs
ou céréale chaude
20051179_EA/20698221_EA

3⁴⁹



Carnation hot chocolate
400/450 g or no name®
instant coffee 150 g
selected varieties
chocolat chaud
ou café instantané
21180125_EA/21194486_EA

5⁹⁹



Betty Crocker
premium cake
mix 263-550 g
or no name®
coffee whitener
450 g
selected varieties
mélange à gâteau
ou colorant à café
20310718_EA/21614173_EA

3⁹⁹



PC® or
Blue Menu®
ketchup
selected varieties
750 mL/1 L
ketchup
20090124_EA
20337586_EA

3⁷⁹

PC® Splendido® oil
selected varieties
1 L
huile
20081865_EA/21401612_EA

13⁴⁹



no name® canned fruit
selected varieties
796 mL
fruits en conserve
20618824_EA/20618884_EA

3⁴⁹



VH cooking or
dipping sauce
selected varieties
341-380 mL
sauces à cuisson
ou à trempette
20322926001_EA
20984003_EA

3²⁹



Saular KatKit
litter tray
bac à litière
20010448_EA

3⁹⁹

Arm & Hammer
laundry detergent
selected varieties
1.63 L
détergent
à lessive
21517225_EA

6⁴⁹



Friskies 7
dry cat food
1.42 kg
nourriture
sèche pour chats
20912515_EA

6⁴⁹



Milk Bone dog treats
2 kg
gâteries pour chiens
20318530001_EA

7²⁹



RESTAURANTE Tortilla Chips
Selected varieties
Croustilles tortillas RESTAURANTE
Certaines variétés
275-295 g
21367510_EA

3⁹⁹



Ariba Tortilla Chips
Selected varieties
Croustilles tortillas Ariba
Certaines variétés
235-245 g
20987677_EA

3⁹⁹



Old Dutch Potato Chips
Selected varieties
Croustilles Old Dutch
Certaines variétés
235 g
21367546_EA

3⁹⁹



Humpty Dumpty Party Mix
Selected varieties
Mélange Fiesta Humpty Dumpty
Certaines variétés
250 g
21445100_EA

3⁹⁹



Dutch Crunch Kettle Cooked Potato Chips
Selected varieties
Croustilles cuites à la marmite Dutch Crunch
Certaines variétés
200 g
20503479003_EA

3⁹⁹



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