

**no name®
sans nom®**

**just value.
(so switch)**

**juste une bonne valeur.
(donc, changez)**



**NO NAME®
CHICKEN NUGGETS,
BURGERS OR STRIPS
FROZEN
908 G**
PÉPITES OU BURGERS OU
LANIÈRES DE POULET
21178744_EA/21178761_EA

4⁹⁹



7⁴⁹

**NO NAME®
NATURALLY IMPERFECT™
POTATOES
PRODUCT OF
ATLANTIC CANADA
15 LB
POMMES DE TERRE**



**NO NAME® CANOLA
OR 100% PURE
VEGETABLE OIL
3 L**
HUILE DE CANOLA
OU VÉGÉTALE
20028656_EA/20103390_EA

6⁹⁹



14⁹⁹

**NO NAME® GARBAGE BAGS
DRAWSTRING, CLUB PACK®
60'S
SACS À ORDURES
20155093_EA**

It's Cleaning Time!

C'est l'heure du nettoyage!

**NO NAME®
PAPER TOWELS
2 ROLLS
ESSUIE-TOUT**

20118684_EA

**2 rolls
rouleaux
paper towels
essuie-tout**

• strong and absorbent
• quilted sheets
• made from 100% recycled paper
• résistants et absorbants
• plissés
• en papier recyclé à 100 %

27.7 cm x 22.2 cm 45 SHEETS PER ROLL / 20118684_EA

119



**PINE-SOL
MULTI-PURPOSE
CLEANER 1.41 L
OR WINDEX
765/950 ML
SELECTED VARIETIES
NETTOYANT**

20125323001_EA/20298679001_EA

4.99

**PC® YARD WASTE
PAPER BAGS
5'S**

SAC EN PAPIER
POUR DÉCHETS
DE L'EXTÉRIEUR

20429980_EA



4.99



**PUREX OR SUNLIGHT
LAUNDRY DETERGENT
SELECTED VARIETIES**

1.84-2.03 L

DÉTERGENT À LESSIVE

20856516004_EA/21427029_EA

6.99



FROM THURSDAY, SEPTEMBER 11TH
TO WEDNESDAY, SEPTEMBER 17TH, 2025
DU JEUDI 11 SEPTEMBRE AU
MERCREDI 17 SEPTEMBRE 2025



SEE OUR FLYER
ONLINE VISIT
FRESHMART.CA

Freshmart[®]

PROUDLY CANADIAN

freshmart **RED & WHITE**
FOOD STORE
Your Neighbourhood Grocer

5⁹⁹
LB

FRESH LEAN GROUND BEEF
CLUB SIZE
BŒUF HACHÉ MAIGRE FRAIS
13.21/KG
20874394_KG

5⁴⁹
LB

PORK BACK RIBS
CRYOVAC PACKAGE, 2'S
CÔTES DE DOS DE PORC
12.10/KG
20289672_KG

1⁹⁹

FARMER'S MARKET[™] GRAPE TOMATOES, 283 G
OR **PC[®] MUSHROOMS, SELECTED VARIETIES, 227 G**
PRODUCT OF CANADA
TOMATES RAISINS OU CHAMPIGNONS
21021499_EA

2⁹⁹

CANTALOUPE
PRODUCT OF
CANADA OR U.S.A.
EACH
CANTALOUPE

4⁹⁹

AGROPUR NOTRE DAME BRIE,
PC[®] DOUBLE CREAM BRIE OR BOURSIN CHEESE
SELECTED VARIETIES
130-220 G
FROMAGE
20116794_EA/20177193_EA/20787327_EA

5⁴⁹

FARMER'S MARKET[™] SQUARES 400/450 G
OR **MACAROONS 350 G**
SELECTED VARIETIES
CARRÉS OU MACARONS
20323572_EA/21216501_EA

1⁴⁹

CAMPBELL'S TOMATO,
CREAM OF MUSHROOM,
VEGETABLE OR
CHICKEN NOODLE SOUP
284 ML
SOUPE
20176214001_EA/20176214003_EA

3⁹⁹

PC[®] FROZEN FRUIT
SELECTED VARIETIES,
300-600 G
FRUITS SURGELÉS
20312227_EA/21377841_EA

4⁹⁹

NO NAME[®] CHEESE BAR
400 G OR **SHREDDED**
CHEESE 320 G
SELECTED VARIETIES
BARRES DE FROMAGE
OU FROMAGE RÂPÉ
21082491_EA/21289745_EA

.99

HERSHEY'S, MARS, NESTLÉ OR
CADBURY CHOCOLATE BARS
SELECTED VARIETIES
30-60 G
BARRES DE CHOCOLAT
20068954_EA/20582012_EA/20691851_EA/20695015_EA

2⁹⁹

MCCAIN
SUPERFRIES OR
SPECIALTY POTATOES
SELECTED VARIETIES,
FROZEN, 454-800 G
FRITES OU POMMES
DE TERRE DE SPÉCIALITÉ
20799529_EA

2/\$7
OR \$3.50 EA.

GENERAL MILLS CEREAL
SELECTED VARIETIES
297-430 G
CÉRÉALES
21104053_EA/21104173_EA

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

LOWEST PRICES
BEST DEALS
PLUS BAS PRIX
PLUS GROS RABAIS

As compared to other major grocery retailers within your local areas.
While quantities last. See in-store for details.
Par rapport à d'autres grands magasins d'alimentation dans vos zones commerciales
locales. Jusqu'à épuisement des stocks. Voir les détails en magasin.

\$3

MAYNARDS CANDIES
SHARE SIZE
SELECTED VARIETIES
308/315 G
FRIANDISES
21545820_EA

\$1⁵⁰

BAGEL BITES
SELECTED VARIETIES
FROZEN, 198 G
BOUCHÉES DE BAGEL
20213483003_EA

\$2⁵⁰

PRÉSIDENT
RONDELÉ
CHEESE STYLE
SPREAD
SELECTED VARIETIES
125 G
TARTINADE
AU FROMAGE
21673695_EA/21672975_EA

\$4

DURACELL
COPPERTOP
AA, 8'S OR
AAA, 4'S
ALKALINE
BATTERIES
SELECTED VARIETIES
PILES
21696237_EA/21696078_EA

\$2

HUGGIES BABY
WIPES 56-64'S
OR **WET ONES**
ANTIBACTERIAL
WIPES 20'S
SELECTED VARIETIES
LINGETTES
20557596_EA/20946664_EA

FROM THURSDAY, SEPTEMBER 11TH
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DU JEUDI 11 SEPTEMBRE AU
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SEE OUR FLYER
ONLINE VISIT
FRESHMART.CA

PROUDLY CANADIAN



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



5⁹⁹
LB

FRESH LEAN GROUND BEEF
CLUB SIZE
BŒUF HACHÉ MAIGRE FRAIS
13.21/KG
20874394_KG



5⁴⁹
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CRYOVAC PACKAGE, 2'S
CÔTES DE DOS DE PORC
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21021499_EA



2⁹⁹

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20323572_EA/21216501_EA



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3⁹⁹

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20312227_EA/21377841_EA



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.99

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BARRES DE CHOCOLAT
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20799529_EA



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PREPARED IN CANADA

MAYNARDS
CANDIES
SHARE SIZE
SELECTED VARIETIES
308/315 G
FRIANDISES
21545820_EA

\$3



\$1⁵⁰

BAGEL BITES
SELECTED VARIETIES
FROZEN, 198 G
BOUCHÉES DE BAGEL
20213483003_EA



\$2⁵⁰

PRÉSIDENT
RONDELÉ
CHEESE STYLE
SPREAD
SELECTED VARIETIES
125 G
TARTINADE
AU FROMAGE
21673695_EA/21672975_EA



\$4

DURACELL
COPPERTOP
AA, 8'S OR
AAA, 4'S
ALKALINE
BATTERIES
SELECTED VARIETIES
PILES
21696237_EA/21696078_EA



\$2

HUGGIES BABY
WIPES 56-64'S
OR **WET ONES**
ANTIBACTERIAL
WIPES 20'S
SELECTED VARIETIES
LINGETTES
20557596_EA/20946664_EA

Meat & Seafood

Viandes & Poissonnerie



4⁴⁹_{LB}

PORK TENDERLOIN
FRESH, CRYOVAC PACKAGE
2'S
FILET DE PORC
9.90/KG
20520970_KG



9⁹⁹

BEEF INSIDE ROUND OVEN ROAST OR STEAK*
CLUB SIZE
RÔTI OU BIFTECK D'INTÉRIEUR DE RONDE DE BŒUF*
22.02/KG
20812494_KG



3⁹⁹_{LB}

CHICKEN LEGS
FRESH, BACK ATTACHED, CLUB SIZE
CUISSES DE POULET
8.80/KG
20129696_KG



5⁹⁹

PC® FRESH PORK SAUSAGE
SELECTED VARIETIES
500 G
SAUCISSE DE PORC FRAÎCHE
21584342_EA







7⁴⁹

SCHNEIDERS JUICY JUMBOS
WIENERS 375/450 G OR BACON
375 G OR MAPLE LEAF BACON 65 G
SELECTED VARIETIES
SAUCISSES FUMÉES OU BACON
20105611_EA/20732366_EA





8⁹⁹

LOU'S ENTRÉES
SELECTED VARIETIES, FULLY COOKED
375/400 G
PLATS CUISINÉS
20078077_EA/20182404_EA





9⁹⁹

SEAQUEST® SALAD SHRIMP
FROZEN
454 G
CREVETTES À SALADE
20180352_EA



8⁹⁹

ST-HUBERT OR SWISS CHALET PIE
SELECTED VARIETIES, FROZEN
470-800 G
PÂTÉ
21047194_EA



15⁹⁹

PC® STUFFED CHICKEN BREASTS
SELECTED VARIETIES, FROZEN
560 G
POITRINES DE POULET FARCIES
20503402_EA



6⁹⁹

SEAQUEST® PINK SALMON FILLETS
400 G
FILETS DE SAUMON ROSE
21314740_EA

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

Venez voir notre choix de viandes préparées en magasin**



4⁹⁹_{lb}

FRESH MARINATED BONELESS PORK TENDERLOIN
MADE IN-STORE
FILET DE PORC DÉOSSÉ FRAIS
MARINÉ
11.00/KG



5⁹⁹_{lb}

FRESH MARINATED PORK BACK RIBS
MADE IN-STORE
CÔTES DE DOS DE PORC FRAÎCHES MARINÉES
13.21/KG



7⁹⁹_{lb}

FRESH BEEF MEATBALLS WITH OR WITHOUT CHEESE
MADE IN-STORE
BOULETTES DE VIANDE FRAÎCHES AVEC OU SANS FROMAGE
17.61/KG



11⁹⁹_{lb}

FRESH BEEF PINWHEELS
MADE IN-STORE
ROSETTES DE BŒUF FRAÎCHES
26.43/KG

Fruits & Vegetables

Fruits & Légumes



3⁹⁹

CAULIFLOWER
PRODUCT OF CANADA
EACH
CHOU-FLEUR

FARMER'S MARKET™
MANDARINS
PRODUCT OF
SOUTH AFRICA
4 LB
MANDARINES

8⁹⁹



1⁴⁹
LB

GREEN PEPPERS
PRODUCT OF ATLANTIC CANADA
POIVRONS VERTS
3.28/KG



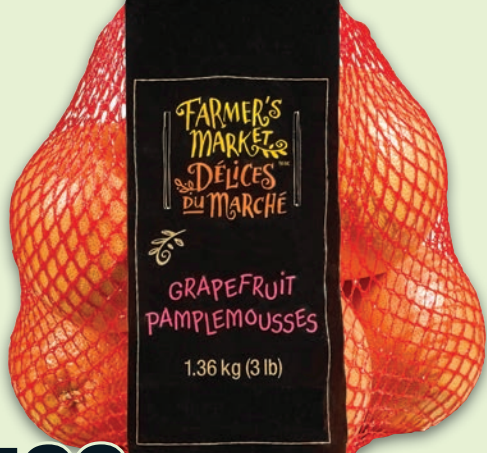
2⁹⁹
LB

GREEN OR RED SEEDLESS GRAPES
PRODUCT OF U.S.A.
RAISINS SANS PÉPINS
6.59/KG



4/\$5
OR \$1.25 EA.

AVOCADOS
PRODUCT OF MEXICO
AVOCATS



7⁹⁹

FARMER'S MARKET™ GRAPEFRUIT
PRODUCT OF SOUTH AFRICA
3 LB
PAMPLEMOUSSE



.99

KIWI
PRODUCT OF NEW ZEALAND
EACH
KIWI



6⁹⁹
LB

ASPARAGUS
PRODUCT OF MEXICO
ASPERGES
15.41/KG



1⁹⁹
LB

TOMATOES ON THE VINE
PRODUCT OF CANADA
TOMATES SUR VIGNE
4.39/KG



2⁷⁹

FARMER'S MARKET™
MINI CUCUMBERS
PRODUCT OF CANADA
6'S
MINI-CONCOMBRES



1⁹⁹
LB

GREEN ZUCCHINI
PRODUCT OF CANADA
COURGETTE
4.39/KG



1²⁹

BELLEISLE COLESLAW
PRODUCT OF
ATLANTIC CANADA
227 G
SALADE DE CHOU
20033594_EA



2⁴⁹

COOKING SPINACH
PRODUCT OF
MEXICO OR U.S.A.
227 G
ÉPINARDS
20959677_EA



5⁹⁹

PC® OR BLUE MENU®
PISTACHIOS
PRODUCT OF U.S.A.
225 G
PISTACHES
20940332_EA/20940014_EA

Deli Meat & Cheese

Charcuterie & Fromagerie

ZIGGY'S® HAM
DELI SERVICE,
SELECTED VARIETIES
JAMBON
20313480_EA

1²⁹
/100 G

MONSIEUR GUSTAV
GOUDA AND
CHEDDAR CHEESE
SELECTED VARIETIES
170/200 G
FROMAGE
21397352_EA/21547375_EA

6⁹⁹

PC® GOAT CHEESE
SELECTED VARIETIES
140 G
FROMAGE DE CHÈVRE
20000584_EA/20314830_EA

4⁹⁹

SAN DANIELE MORTADELLA 175 G
OR **MASTRO GENOA SALAMI** 150 G
SELECTED VARIETIES
MORTADELLE OU SALAMI DE GÈNES
20576743_EA/21061099_EA

4⁹⁹

BONTÉ DONAIR MEAT
ORIGINAL OR SPICY
250/300 G
VIANDE DONAIR
20095652_EA/21308939_EA

5⁴⁹

Bakery

Boulangerie

FARMER'S MARKET™ MUFFINS
SELECTED VARIETIES, 4'S
MUFFINS
21639400_EA/21639417_EA

3⁹⁹

8 INCH PIES
SELECTED VARIETIES
635-750 G
TARTES
21297470_EA/21297475_EA

5⁹⁹

NO NAME® BAGELS
SELECTED VARIETIES, 6'S
BAGELS
21217967_EA/21217969_EA

2⁴⁹

ACE BAKERY ARTISAN ROLLS
640-840 G OR **LA BAGUETTERIE**
SLICED MICHE 600/800 G
SELECTED VARIETIES
PETITS PAINS OU MICHE TRANCÉE
20862393_EA/21596355_EA

5⁹⁹

DEMPSTER'S BREAD
SELECTED VARIETIES
570/675 G
PAIN
21591959_EA/21592051_EA

3⁴⁹

Dairy & Refrigerated

Produits laitiers & réfrigérés

PC® OR BLUE MENU®
MARGARINE 427/454 G
OR **NO NAME® LEMONADE,**
APPLE JUICE OR
ICED TEA 1.75 L
SELECTED VARIETIES
MARGARINE OU LIMONADE,
JUS DE POMME OU THÉ GLACÉ
20300165_EA/21666561_EA

2⁹⁹

PARMALAT OR KHAAS
HALAL YOGURT
750 G OR **GAY LEA**
WHIPPED CREAM 225 G
SELECTED VARIETIES
YOGOURT HALAL
OU CRÈME FOUETTÉE
20048223001_EA/20544362001_EA

3⁹⁹

NO NAME® CREAM CHEESE
SELECTED VARIETIES
227/250 G
FROMAGE À LA CRÈME
20308105001_EA/21036106_EA

3⁴⁹

PC® GREEK OR OLYMPIC YOGURT
SELECTED VARIETIES, 650/750 G
YOGOURT
20316485002_EA/21518484_EA/21545633_EA

5⁹⁹

PC® BUTTER QUARTERS 454 G
OR **KRAFT CHEEZ WHIZ** 450 G
SELECTED VARIETIES
BÂTONNETS DE BEURRE OU PRODUIT
DE FROMAGE FONDU
20313456002_EA/20659606001_EA

6⁹⁹

Grocery

Épicerie

COCA-COLA, PEPSI, CANADA DRY
SOFT DRINKS OR FUZE ICED TEA
SELECTED VARIETIES
500/591 ML
BOISSONS GAZEUSES OU THÉ GLACÉ
20321598002_EA/20827293_EA

3/\$8
OR \$2.67 EA.



6⁷⁹

SANPELLEGRINO NATURALI OR MOMENTI DRINKS
SELECTED VARIETIES
6 X 330 ML
BOISSONS PÉTILLANTES
21241143_C06/21433193_C06



3⁷⁹
PILLSBURY
TOASTER STRUDEL
SELECTED VARIETIES
326 G
PÂTISSERIE
20172664001_EA



4⁷⁹
PC® THIN AND CRISPY, LOADS OF
OR FLAT BREAD PIZZAS
SELECTED VARIETIES, FROZEN
330-405 G
PIZZAS PAINS PLATS
21013867_EA/21102735_EA



8⁹⁹
SWANSON FAMILY SIZE MEALS
SELECTED VARIETIES, FROZEN
1.19 KG
REPAS FORMAT FAMILIAL
20745136_EA



PC® BLUE MENU®
PEANUT BUTTER
750 G OR FRUIT
SPREAD 310/500 ML
SELECTED VARIETIES
BEURRE D'ARACHIDE
OU TARTINADE DE FRUIT
20057669001_EA/20985462_EA

5⁴⁹



PC® 100%
MAPLE SYRUP
500 ML OR NO NAME®
LIQUID HONEY,
SELECTED VARIETIES,
1 KG
SIROP D'ÉRABLE
OU MIEL LIQUIDE
20033683_EA/20049221_EA

11⁹⁹



STARBUCKS
DRINKS 405/444 ML
OR CELSIUS 355 ML
SELECTED VARIETIES
OR GATORADE
WATER 1 L
BOISSONS OU EAU
20307679001_EA/21648038_EA
21651607_EA

2⁹⁹



5²⁹
NATURE'S PATH ORGANIC CEREAL
OR GRANOLA
SELECTED VARIETIES, 300-400 G
CÉRÉALES OU GRANOLA
20043938001_EA/20551080001_EA



STUBB'S
BBQ SAUCE
SELECTED VARIETIES
450 ML
SAUCE BARBECUE
21020939_EA/21021268_EA

3⁷⁹



NO NAME®
LARD OR SHORTENING
OR FLEISCHMANN'S
CORNSTARCH
SELECTED VARIETIES
SAINDOUX OU SHORTENING
OU FÉCULE DE MAÏS
20006692_EA/20129484_EA

3⁷⁹



3⁴⁹
HABITANT SOUP
SELECTED VARIETIES
796 ML
SOUPE
20299690001_EA/20299690004_EA



5²⁹
DEL MONTE FRUIT
SELECTED VARIETIES
796 ML
FRUIT
20306160002_EA/21661815_EA



ERAWAN
RICE STICKS
SELECTED VARIETIES
454 G
NOUILLES DE RIZ
20343466001_EA

2⁷⁹



1⁷⁹
NO NAME® ICE CREAM
CONES OR CUPS 75/80 G
OR CHOCOLATE BARS 100 G
SELECTED VARIETIES
CORNETS OU GOBELÉTS
À CRÈME GLACÉE OU
BARRES DE CHOCOLAT
20580727_EA/21203830_EA/21203883_EA



1⁹⁹
NO NAME® POTATO
OR CORN CHIPS OR
CHEESE SNACKS
SELECTED VARIETIES
142-200 G
CROUSTILLES OU
CROUSTILLES DE MAÏS OU
GRIGNOTINES AU FROMAGE
20048210_EA/20322677_EA/20946414_EA



3⁷⁹
NO NAME® ICE MILK
SELECTED VARIETIES,
FROZEN, 1.65 L
LAIT GLACÉ
21610199_EA



NO NAME® COOKIES
907 G OR SEASONED
DRY ROASTED
PEANUTS 650 G
SELECTED VARIETIES
BISCUITS OU
ARACHIDES GRILLÉES
20318678001_EA/21191816_EA

4⁴⁹

