

Hot Deals of the WEEK

Offres de la SEMAINE

PREPARED IN CANADA

549

PC® PUB RECIPETM OR GLUTEN-FREE CHICKEN BURGERS, STRIPS OR NUGGETS SELECTED VARIETIES, FROZEN, 600/700 G BURGERS OU LANIÈRES OU PÉPITES DE POULET
21079451_EA/21201321_EA

PRODUCT OF CANADA

299
LB

RED, ORANGE OR YELLOW PEPPERS
PRODUCT OF CANADA
POIVRONS
6.59/KG

3/\$10
OR \$3.33 EA.

RUFFLES, DORITOS CHIPS OR CHEETOS SNACKS SELECTED VARIETIES 180-285 G CROUSTILLES OU GRIGNOTINES
21241146_EA/21369106_EA/21370195_EA

PREPARED IN CANADA

2099

TIM HORTONS GROUND COFFEE 640-875 G OR PODS 24/30'S SELECTED VARIETIES CAFÉ MOULU OU CAPSULES
21166682_EA/21688802_EA

**What's for dinner?
Qu'est-ce qu'on mange?**

549

WONG WING ENTRÉES SELECTED VARIETIES, FROZEN 400-680 G PLATS CUISINÉS
20162067_EA/20503472_EA

299
LB

BOK CHOY
PRODUCT OF CANADA,
SELECTED VARIETIES
PAK-CHOI
6.59/KG

349

NO NAME® VEGETABLES SELECTED VARIETIES, FROZEN, 750 G LÉGUMES
20297898_EA/20301012_EA

1899

ROOSTER™ SCENTED JASMINE RICE 8 KG RIZ AU JASMIN
20121871_EA

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

PREPARED IN CANADA

\$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 tartine au fromage
21673885_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

**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.

FROM THURSDAY, SEPTEMBER 18TH
TO WEDNESDAY, SEPTEMBER 24TH, 2025
DU JEUDI 18 SEPTEMBRE AU
MERCREDI 24 SEPTEMBRE 2025



SEE OUR FLYER
ONLINE
VISIT FRESHMART.CA

Freshmart[®]

PROUDLY CANADIAN

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

**FRESH
WHOLE CHICKEN**
POULET ENTIER FRAIS
6.59/KG
20779008_KG

2⁹⁹
LB



FRESH BEEF BONELESS BLADE ROAST*
RÔTI DE PALETTE DE BŒUF DÉOSSÉ FRAIS
15.41/KG
20797470_KG

6⁹⁹
LB



PC[®] SALADS
PRODUCT OF U.S.A.,
SELECTED VARIETIES
142 G
SALADES
21203746_EA

2⁷⁹



STRAWBERRIES
PRODUCT OF U.S.A. OR MEXICO
1 LB
FRAISES

4⁹⁹



**PC[®] PACIFIC LARGE
WHITE SHRIMP
RAW ZIPPERBACK[®]
OR PEELED
FROZEN, 31-40/LB
400 G
CREVETTES**
20788888_EA/20789931_EA

6⁹⁹



**PC[®] CHEESE
BLOCKS 250 G OR
FETA CHEESE 400 G
SELECTED VARIETIES
FROMAGE**
20219690_EA/20770652_EA

5⁹⁹



4⁹⁹

ACTIVIA YOGURT
SELECTED VARIETIES
8'S
YOGOURT
20325384002_EA/21430512_EA



4⁹⁹

**DR. OETKER GIUSEPPE
THIN CRUST OR
RISING CRUST PIZZA**
SELECTED VARIETIES, FROZEN
439-785 G
PIZZA
20904583_EA/21106361_EA



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/20314434007_EA/20323573001_EA

HEINZ KETCHUP
750 ML-1 L OR
**KRAFT MIRACLE
WHIP** 890 ML
SELECTED VARIETIES
KETCHUP OU
TARTINADE
20069080_EA
20298681001_EA

4⁹⁹



**ROBIN HOOD
OR FIVE ROSES
ALL PURPOSE
FLOUR**
10 KG
FARINE
TOUT USAGE
20134743_EA/20251651_EA

12⁹⁹



PALMOLIVE
591/828 ML OR
DAWN 431/473 ML
LIQUID DISH SOAP
SELECTED VARIETIES
SAVON À VAISSELLE
LIQUIDE
21004368_EA/21430576_EA

2⁴⁹



Meat & Seafood

Viandes & Poissonnerie



3⁴⁹
LB

PORK BUTT ROAST OR CHOPS BONE-IN CLUB SIZE
RÔTI DE SOC DE PORC OU CÔTELETTES AVEC OS
7.69/KG
20056387_KG

8⁹⁹
LB

PC® FREE FROM® SHORT CUT LAMB LEG FROZEN
GIGOT D'AGNEAU RACCOURCI PC^{MD} SIMPLEMENT BON^{MC}
19.82/KG
20819368_KG



4⁹⁹
LB

PC® FREE FROM TURKEY DRUMSTICKS OR THIGHS FRESH
PILONS OU HAUTS DE CUISSE DE DINDE
PC^{MD} SIMPLEMENT BON^{MC}
11.00/KG
21124826_KG/21124859_KG

10⁹⁹

ATLANTIC CHOICE® SAUSAGE
SELECTED VARIETIES, CLUB SIZE
1 KG
SAUCISSES
21332589_EA



3⁹⁹

SMOKEHOUSE
TRADITIONAL BACON
500 G
BACON
20138827_EA

5⁹⁹

BUTTERBALL
TURKEY BACON 300/375 G OR JOHNSONVILLE SAUSAGE 375 G
SELECTED VARIETIES
BACON DE DINDE OU SAUCISSES
20016865_EA/20355614_EA

5⁹⁹

CHUB MACKEREL FROZEN
1 KG
MAQUEREAU ESPAGNOL
21079543_EA



7⁹⁹

NO NAME® MEATBALLS
SELECTED VARIETIES, FROZEN
680 G
BOULETTES DE VIANDE
21537713_EA

\$10

SELECTION OF MEAT & SEAFOOD FROZEN
200 G-1.81 KG
VIANDE OU FRUITS DE MER
21473698_EA/21667936_EA

7⁹⁹

SOGEL LOBSTER MEAT FROZEN
320 G
CHAIR DE HOMARD
20959821_EA

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

Venez voir notre choix de viandes préparées en magasin**



\$1 OFF /LB

FRESH SAUSAGE
MADE IN-STORE
SAUCISSE FRAÎCHE

4⁹⁹
LB

WHOLE FLATTENED MARINATED CHICKEN
MADE IN-STORE
POULET ENTIER EN CRAPAUDINE MARINÉ
11.00/KG

4⁹⁹
LB

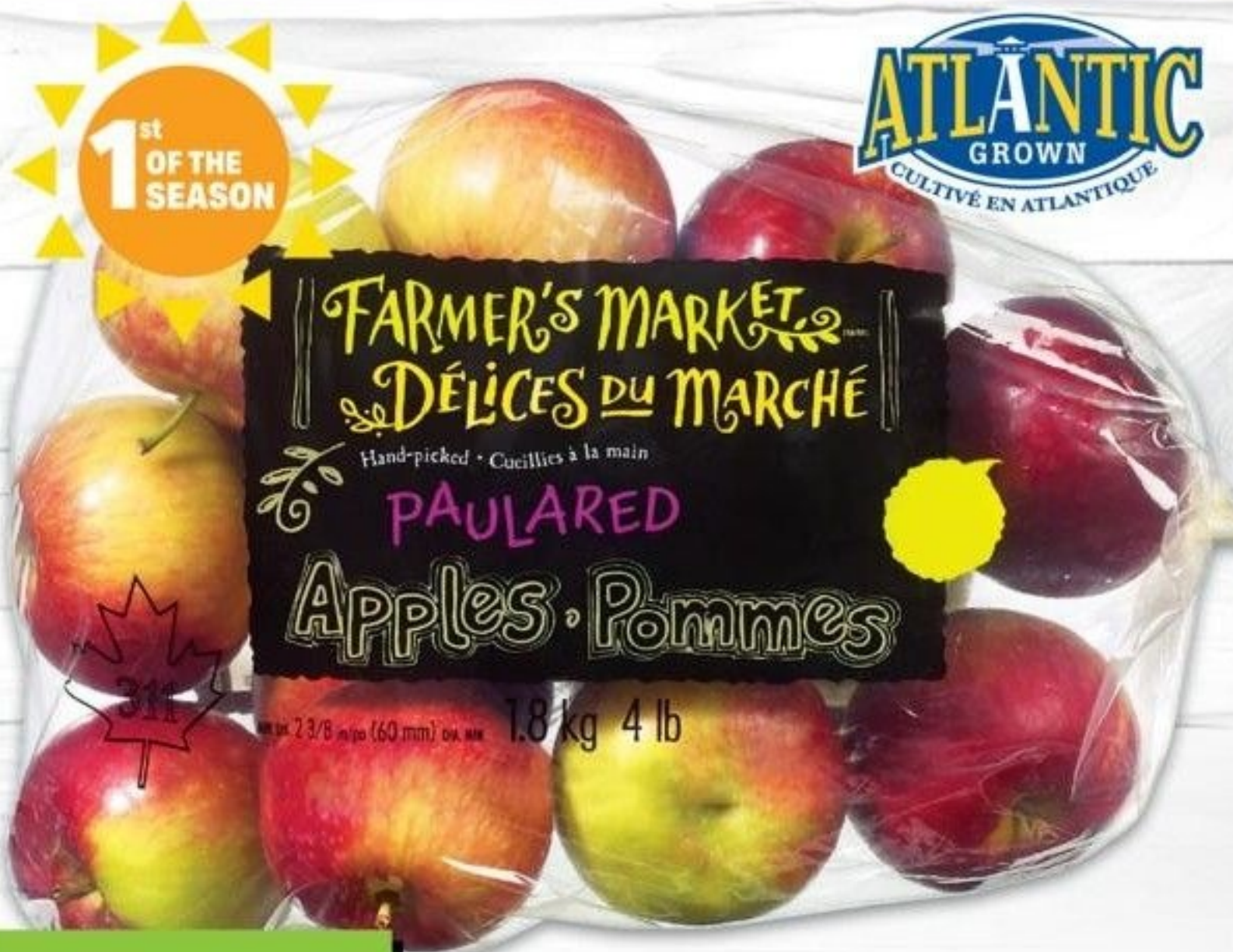
BONELESS PORK STEWING CUBES
MADE IN-STORE
CUBES DE PORC À RAGÔT DÉOSSÉS
11.00/KG

8⁹⁹
LB

AA BEEF STEW OR BLADE STEAK* CLUB SIZE, BONELESS, MADE IN-STORE
CUBES DE BŒUF À RAGÔT OU BIFTECK DE PALETTE
19.82/KG

Fruits & Vegetables

Fruits & Légumes



2⁹⁹

BROCCOLI
PRODUCT OF CANADA
EACH
BROCOLI

5⁹⁹

FARMER'S MARKET™ APPLES
PRODUCT OF ATLANTIC CANADA,
SELECTED VARIETIES
4 LB
POMMES



4⁴⁹

PC® MUSHROOMS
PRODUCT OF CANADA, SELECTED VARIETIES
100-454 G
CHAMPIGNONS

6⁹⁹



PC® ORRI MANDARINS
PRODUCT OF SOUTH AFRICA
2 LB
MANDARINES



5⁹⁹

PINEAPPLE
PRODUCT OF COSTA RICA
EACH
ANANAS



6⁴⁹

FARMER'S MARKET™ ORANGES
PRODUCT OF SOUTH AFRICA
3 LB
ORANGES



6⁴⁹

SEEDLESS WATERMELON
PRODUCT OF CANADA OR U.S.A.
EACH
MELON D'EAU SANS PÉPINS



.99

LB

GREEN OR RED CABBAGE
PRODUCT OF CANADA
CHOU
2.18/KG



.99

GREEN ONION OR RADISH
PRODUCT OF CANADA
BUNCH
OIGNON VERT OU RADIS



3⁹⁹

PC® MINI POTATOES
PRODUCT OF CANADA,
SELECTED VARIETIES, 680 G
MINI-POMMES DE TERRE



1⁷⁹

LB

ROMA TOMATOES
PRODUCT OF CANADA
TOMATES
3.95/KG



4²⁹

FARMER'S MARKET™ RED ONIONS
PRODUCT OF CANADA
3 LB
OIGNONS ROUGES



6⁹⁹

NO NAME® ROASTED PEANUTS
PRODUCT OF U.S.A.
907 G
ARACHIDES GRILLÉES

Deli Meat & Cheese Charcuterie & Fromagerie



PREPARED IN CANADA

1⁹⁹
/100 G

ZIGGY'S® CHICKEN OR TURKEY BREASTS
DELI SERVICE, SELECTED VARIETIES
POITRINES DE POULET OU DE DINDE
20299196_KG



APPENZELLER GOLD, BRADBURY CHEDDAR OR HENRI WILLIG GOUDA CHEESE
SELECTED VARIETIES
180-400 G
FROMAGE
21345046_EA/21654341_EA

8⁹⁹



PREPARED IN CANADA

3⁴⁹

ZIGGY'S® FRESH PASTA
SELECTED VARIETIES
350/360 G
PÂTES FRAÎCHES
21521089_EA/21521170_EA



PREPARED IN CANADA

5⁹⁹

PC® BOCCONCINI 200 G OR RICOTTA 454 G OR ZERTO SHREDDED CHEESE 140 G, SELECTED VARIETIES
FROMAGE
20219848_EA/20546983_EA/20563140_EA



PREPARED IN CANADA

6⁴⁹

MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT
SELECTED VARIETIES, 175 G
CHARCUTERIES TRANCHÉES
20009282_EA/20065285_EA

Bakery Boulangerie



PREPARED IN CANADA

4⁹⁹

FARMER'S MARKET™ DONUTS
SELECTED VARIETIES
264-600 G
BEIGNES
21559294_EA/21559343_EA



9⁹⁹

PC® CHEESECAKE
SELECTED VARIETIES, FROZEN
600 G
GÂTEAU AU FROMAGE
20147627_EA/20287738_EA



2⁹⁹

HOSTESS SNACK CAKES
SELECTED VARIETIES
202-236 G
PETITS GÂTEAUX
21283752_EA/21593325_EA



PREPARED IN CANADA

2⁹⁹

PC® PIZZA CRUST 440 G OR SURAJ® NAAN, SELECTED VARIETIES, 5'S
CROÛTE À PIZZA OU PAIN NAAN
21051353_EA/21416545_EA



PREPARED IN CANADA

3⁹⁹

PC® RYE BREAD 480 G OR DEMPSTER'S GRAIN BREAD 600 G
SELECTED VARIETIES
PAIN
20251602_EA/20682493_EA

Dairy & Refrigerated Produits laitiers & réfrigérés



PREPARED IN CANADA

3⁹⁹

PC® LACTOSE-FREE COTTAGE CHEESE OR SOUR CREAM 500 G/500 ML, iöGO YOGURT 650 G OR ASTRO YOGURT 650/750 G
SELECTED VARIETIES
FROMAGE COTTAGE OU CRÈME SURE OU YOGOURT
20165226002_EA/20984624_EA/21659463_EA



PREPARED IN CANADA

6⁹⁹

PARKAY MARGARINE
SELECTED VARIETIES
1.28/1.36 KG
MARGARINE
20056004_EA/20279976_EA



PREPARED IN CANADA

3⁴⁹

PC® TEA OR LEMONADE
SELECTED VARIETIES
1.54 L
THÉ OU LIMONADE
21430542_EA/21616432_EA



PREPARED IN CANADA

5⁹⁹

CRACKER BARREL NATURAL CHEESE SLICES
SELECTED VARIETIES
200-240 G
TRANCHES DE FROMAGE
21290682_EA/21290705_EA



PREPARED IN CANADA

6⁹⁹

NO NAME® STRINGABLE CHEESE
SELECTED VARIETIES
16'S
FROMAGE EFFILOCHABLE
20765349_EA

Fall Baking! À vos fourneaux!



2⁹⁹

PC® CONDENSED MILK
300 ML OR LANTIC
SUGAR 1 KG
SELECTED VARIETIES
LAIT CONDENSÉ OU SUCRE
20016320_EA/20112979_EA



4⁴⁹

PC® BUTTER PUFF
OR PHYLLO PASTRY
450/454 G OR NO NAME®
TART SHELLS 570 G
SELECTED VARIETIES,
FROZEN
PÂTE FEUILLETÉE AU BEURRE
OU PÂTE PHYLLO OU
CROÛTES À TARTELETTE
20296118002_EA/21288850_EA/21288853_EA



7⁹⁹

BECEL MARGARINE
SELECTED VARIETIES
637/850 G
MARGARINE
20297818002_EA



3⁴⁹

BETTY CROCKER
PREMIUM BAKING MIX
SELECTED VARIETIES, 263-550 G
MÉLANGE À PÂTISSERIE
20136507001_EA/20694464001_EA



4⁴⁹

FLEISCHMANN'S YEAST 100/113 G
OR NO NAME® **PIE FILLING** 540 ML
SELECTED VARIETIES
LEVURE OU GARNITURE POUR TARTE
20102920002_EA/21662347_EA



4⁹⁹

BAKER'S CHOCOLATE
SQUARES 170/225 G OR **QUAKER**
COOKIE OR MUFFIN MIX 900 G
OR **OAT FLOUR 700 G**
SELECTED VARIETIES
CARRÉS DE CHOCOLAT OU
MÉLANGES À BISCUITS OU À
MUFFINS OU FARINE D'AVOINE
20316019001_EA/21361904_EA



3⁷⁹

GRANDMA OR CROSBY'S MOLASSES
675 G OR NO NAME® **RAISINS** 375 G
SELECTED VARIETIES
MÉLASSE OU RAISINS SECS
20648026_EA/20664406_EA



3²⁹

NO NAME® MARSHMALLOW 400 G
OR **CRISCO SHORTENING** 454 G
SELECTED VARIETIES
GUIMAUVES OU SHORTENING
20304672002_EA/21475300_EA



6⁴⁹

MAGIC BAKING
POWDER 450 G
OR NO NAME®
COCOA, CLUB SIZE 454 G
POUDRE À PÂTE
OU CACAO
20124984_EA/21039704_EA



1¹⁹

JELL-O JELLY POWDER
SELECTED VARIETIES
9.1-85 G
POUDRE POUR GELÉE
20317293001_EA



3²⁹

NO NAME®
FRUIT IN JARS
SELECTED VARIETIES
540 ML
FRUITS EN POT
20671325_EA/20671499_EA

fruit salad
In fruit juice from concentrate
salade de fruits
sans du jus de fruits
sans du jus de fruits
20671325_EA/20671499_EA



5⁷⁹

PAM COOKING SPRAY
SELECTED VARIETIES
141/170 G
VAPORISATEUR À CUISSON
20178204001_EA/20315275004_EA



3²⁹

ALCAN FOIL
WRAP 25/50 FT
OR **REYNOLDS**
PARCHMENT PAPER
35 FT
PAPIER D'ALUMINIUM
OU PARCHEMIN
20051862_EA/21365195_EA



3⁴⁹

PC® PANCAKE OR
WAFFLE MIX 905 G
OR **SYRUP 750 ML**
SELECTED VARIETIES
MÉLANGE À CRÊPES OU
À GAUFRES OU SIROP
20175129_EA/20374908_EA



5⁹⁹

HERSHEY'S CHOCOLATE
BAR MULTIPACK
156-232 G OR **WHITTAKER'S**
CHOCOLATE TABLETS
200-220 G
SELECTED VARIETIES
BARRES DE CHOCOLAT
20309056_EA/21099381_EA



22⁹⁹

ANITA'S
ALL PURPOSE
ORGANIC FLOUR
5 KG
FARINE
21303539_EA/21303541_EA



BAKE WITH
FALL FAVOURITES
CUISINEZ AVEC VOS
INGRÉDIENTS PRÉFÉRÉS
DE L'AUTOMNE.

SCAN
FOR THIS
RECIPE
SCANNEZ
LA CODE POUR CONSULTER
CETTE RECETTE.

Pumpkin
Streusel
Squares
Streusel
à la citrouille



5⁴⁹

Robin Hood®
Flour
Selected Varieties
Farine **Robin Hood®**
Certaines variétés
2.5 kg
20039497001_EA



3⁴⁹

Smucker's®
Magic Shell®
Flavoured Topping
Garniture aromatisée
Smucker's® Magic Shell®
205 g
20094400_EA



7⁹⁹

Jif® Peanut Butter
Selected Varieties
Beurre d'arachide **Jif®**
Certaines variétés
1 kg
21023784_EA



4⁴⁹

Eagle Brand®
Sweetened
Condensed Milk
Selected Varieties
Lait condensé sucré
Eagle Brand®
Certaines variétés
300 mL
21012618_EA

Grocery Épicerie



PC® SHREDDED CHEESE
250-320 G OR
CHEESE BARS 400 G
SELECTED VARIETIES
FROMAGE RÂPÉ OU
BARRES DE FROMAGE
21060183_EA/21333360_EA

6⁹⁹



PC® ORANGE JUICE 2.5 L
OR **STARBUCKS COFFEE**
ENHANCER 828 ML OR
STARBUCKS OR STÖK
COFFEE BEVERAGE 1.18/1.42 L
SELECTED VARIETIES
JUS D'ORANGE OU
REHAUSSEUR DE CAFÉ
OU BOISSONS AU CAFÉ
21358473_EA/21531644_EA/21656614_EA

7⁹⁹



CLUB PACK • FORMAT
MEAT LASAGNA
LASAGNE VIANDE
with fresh pasta, beef and a creamy
sauce with mushrooms, onions and tomatoes
2.27 kg
COOK 20-25 MIN / 100°C
EAT BY: 01/10/2024
PREPARED IN CANADA

14⁹⁹

PC® OR BLUE MENU®
ENTRÉES
CLUB PACK®,
SELECTED VARIETIES, FROZEN
2/2.27 KG
PLATS CUISINÉS
20134930_EA



MCCAIN FRIES
SELECTED VARIETIES,
FROZEN
800 G
FRITES
21521219_EA

2⁷⁹

COCA-COLA
OR **CANADA DRY**
SOFT DRINKS
SELECTED VARIETIES
6 X 222 ML
BOISSONS GAZEUSES
2035428802_C06

4⁴⁹



MAISON PERRIER
SPARKLING WATER
8 X 330 ML OR **CHIC**
NON-ALCOHOLIC
DRINKS 4 X 250 ML
SELECTED VARIETIES
EAU PÉTILLANTE
OU BOISSONS
NON ALCOOLISÉES
21575556_C08/21604035_C04

7⁹⁹



SUNCHIPS OR LAY'S
POPPABLE CHIPS
SELECTED VARIETIES
170-205 G
CROUSTILLES
21370317_EA/21663803_EA

3⁷⁹



WERTHER'S ORIGINAL
CANDIES OR MAYNARDS
SOUR PATCH KIDS
GUMMIES
SELECTED VARIETIES
60-154 G
FRIANDISES
20898717_EA/21545554_EA

2⁴⁹



NATURE VALLEY, MOTT'S
FRUIT ROLL-UPS, PILLSBURY,
GENERAL MILLS OR
BETTY CROCKER GRANOLA
OR FRUIT SNACK BARS
SELECTED VARIETIES
120-230 G
GRANOLA OU BARRES
DE COLLATION AUX FRUITS
2031552005_EA/20686716001_EA

2⁹⁹



CHRISTIE MINI COOKIES
150-200 G OR **CRISPERS**
CRACKERS 145 G
SELECTED VARIETIES
MINI-BISCUITS
OU CRAQUELINS
21394910_EA/21522576_EA

3²⁹



BOOST® OR ENSURE®
READY TO DRINK
SHAKES
SELECTED VARIETIES
235-237 ML
BOISSONS FRAPPÉES
PRÊTES À BOIRE
20304767002_C06/20986348_C06

14⁴⁹



KELLOGG'S CEREAL
SELECTED VARIETIES
306-460 G
CÉRÉALES
20015041_EA/21607294_EA

5⁹⁹



KRAFT SMOOTH
PEANUT BUTTER 500 G
OR **BONNE MAMAN JAM**
OR **HAZELNUT SPREAD**
250-280 ML
SELECTED VARIETIES
BEURRE D'ARACHIDE
OU CONFITURE OU
TARTINADE DE NOISETTES
20132369001_EA/20307313001_EA

4⁹⁹



PC® DE-ALCOHOLIZED
BEER
SELECTED VARIETIES
12 X 355 ML
BIÈRE DÉALCOOLISÉE
20121729_C12

9⁴⁹



REAL CANADIAN
WATER
24 X 500 ML
EAU
20154975_C24

3²⁹



AYLMER TOMATOES
SELECTED VARIETIES
796 ML
TOMATES
21207592_EA

2⁹⁹



ST-HUBERT SAUCE
SELECTED VARIETIES
398 ML
SAUCE
20322135001_EA/20322135004_EA

1⁹⁹



HEINZ BEANS OR PASTA
SELECTED VARIETIES
398 ML
FÈVES OU PÂTES
20040380003_EA/20177278006_EA

2⁴⁹



TACO BELL® CREAMY
SAUCE 354 ML OR
DINNER KIT 260-420 G
SELECTED VARIETIES
SAUCE CRÉMEUSE OU
ENSEMBLE POUR REPAS
21661774_EA/21663631_EA

4⁴⁹



NO NAME® AIR FRESHENER
SELECTED VARIETIES
170 G
DÉSODORISANT
21405442_EA/21405448_EA

1⁰⁹



CASHMERE BATHROOM
TISSUE 12 DOUBLE ROLLS,
SPONGETOWELS PAPER
TOWEL 3=6 ROLLS OR
SCOTTIES FACIAL TISSUE
6'S, SELECTED VARIETIES
PAPIER HYGIÉNIQUE OU
ESSUIE-TOUR OU MOUCHOIRS
21204739_EA/21676183_EA

8²⁹



WHISKAS CAT FOOD
SELECTED VARIETIES
75 G
NOURRITURE
POUR CHATS
20944971_EA/20945796_EA

1²⁹



ALPO COOKOUT
CLASSICS
DOG FOOD
7.2 KG
NOURRITURE
POUR CHIENS
20097667_EA

19⁹⁹