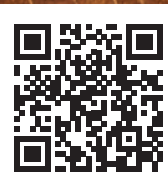


FROM THURSDAY, MAY 16<sup>TH</sup>  
TO WEDNESDAY, MAY 22<sup>ND</sup>, 2024

# Freshmart<sup>®</sup>

**Super Valu**<sup>®</sup>  
value and freshness

**SHOP EASY**<sup>®</sup>  
F · O · O · D · S



See our flyer online  
visit [freshmart.ca](http://freshmart.ca)



**4.99**  
lb

lean ground beef  
club size  
11.00/kg



chicken breasts or split chicken wings  
club size, fresh  
10.56/kg

**4.79**  
lb



GROWN IN THE  
WESTERN  
PROVINCES  
British Columbia  
Alberta • Saskatchewan  
Manitoba

tomatoes on the vine  
product of  
Western provinces  
2.84/kg

**1.29**  
lb



blueberries  
product of Mexico,  
U.S.A. or Morocco  
pint

**4.49**



**4.99**

Ziggy's<sup>®</sup> sliced deli meat 250/300 g  
or cheese slices 200/220 g  
selected varieties



Farmer's Market<sup>™</sup> pies  
selected varieties  
580 g-1 kg

**7.99**

Christie cookies  
selected varieties  
224-320 g

**3/\$8**  
or \$2.67 ea.



Danone Activia  
625/650 g, Oïkos  
or Two Good 4's  
or iÖGO nanö  
drinkable 6's yogurt  
selected varieties

**3.49**



**4.49**

Chapman's premium  
ice cream, frozen yogurt  
or sorbet  
selected varieties, frozen  
2 L

Hellmann's  
mayonnaise  
selected varieties  
710-890 mL

**5.99**



**4.79**

Glad Kitchen Catchers  
or white garbage bags  
selected varieties  
26-52's



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710-890 mL



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selected varieties  
26-52's



# Meat & Seafood



**6<sup>99</sup>**  
lb

inside round oven  
roast or steak\*  
club size  
15.41/kg



**3<sup>99</sup>**  
lb

pork side ribs  
club size  
8.80/kg



**11<sup>99</sup>**

frozen fish fillets  
selected varieties  
680 g



**6<sup>99</sup>**

Schneiders bacon 375 g  
or bologna 500 g  
selected varieties



**6<sup>99</sup>**

no name® meatballs, chicken  
burgers, nuggets or strips  
fully cooked, frozen  
680/908 g



**5<sup>49</sup>**

Johnsonville  
fresh pork sausage  
selected varieties  
375/500 g

# Deli Meat & Cheese



**6<sup>49</sup>**

PC® feta cheese in brine 400 g  
or Zerto shredded cheese 140 g  
selected varieties



**11<sup>99</sup>**

Freybe pepperoni sticks  
selected varieties  
500 g



**6<sup>99</sup>**

Grimm's  
kolbassa ring  
selected varieties  
300 g



**3<sup>99</sup>**

Liberté Greek or  
méditerranée 4's/500 g  
or Yoplait Source  
Proteines 650 g yogurt  
selected varieties



**3<sup>99</sup>**

no name® or  
Black Diamond Slices  
processed cheese product  
selected varieties  
400/410 g



**2<sup>99</sup>**

Kozy Shack pudding  
selected varieties  
4's/624 g



**7<sup>99</sup>**

Tropicana orange juice  
selected varieties,  
refrigerated  
2.63 L



**2<sup>99</sup>**

McCain fried potatoes  
selected varieties,  
frozen  
800 g



**4<sup>49</sup>**

Dr. Oetker Momenti  
170/185 g or Giuseppe  
garlic fingers 317 g pizza  
selected varieties,  
frozen



**4<sup>99</sup>**

Chapman's Super  
Premium Plus ice cream  
500 mL or no name®  
tart shells 30's  
selected varieties, frozen



**2<sup>99</sup>**

no name®  
Naturally Imperfect™  
fruit  
selected varieties,  
frozen, 300/400 g



**7<sup>49</sup>**

Nutella hazelnut spread  
725 g or Adams  
peanut butter  
selected varieties, 1 kg



**3<sup>49</sup>**

Quaker instant oatmeal  
selected varieties  
168-344 g



**5<sup>99</sup>**

PC® ground coffee  
selected varieties  
250 g



**5<sup>49</sup>**

Tetley or Red Rose tea  
60/72's or Smucker's  
Uncrustables 4's  
selected varieties



# Fruits & Vegetables



**1<sup>st</sup>**  
OF THE  
SEASON

**6<sup>49</sup>**  
lb

cherries  
product of U.S.A.  
14.31/kg

**1<sup>29</sup>**

green onion, bunched  
product of Mexico or  
English cucumber, each,  
product of Canada

**6<sup>49</sup>**

mini watermelon  
product of  
Mexico or U.S.A.  
each



**2<sup>29</sup>**  
lb

eggplant, product of Mexico  
or U.S.A. or green zucchini,  
product of U.S.A.  
5.05/kg

**7<sup>49</sup>**

yellow peaches, product of U.S.A.  
or Farmer's Market™ kiwis,  
product of Greece or Chile  
2 lb

**4<sup>49</sup>**

no name® Naturally Imperfect™  
white mushrooms 680 g, product of  
Canada or Farmer's Market™ mixed  
peppers 4's, product of Mexico

## Bakery



**6<sup>99</sup>**

Farmer's Market™ squares  
selected varieties  
400/450 g

**9<sup>99</sup>**

Cinnaroll 840 g or  
old mill loaf cake 1.17 kg

**6<sup>49</sup>**

ACE Bakery artisan rolls  
800-960 g or La Baguetterie  
sliced Miche 600/800 g  
selected varieties

Sanpellegrino  
or Maison  
Perrier sparkling  
water  
selected varieties



**1<sup>99</sup>**



**2<sup>99</sup>**

Leclerc Go Pure bars  
140-175 g, Celsius energy  
drink 355 mL or Bodyarmor  
sports drink 473 mL  
selected varieties



**5<sup>29</sup>**

Planters cashews 200 g,  
dry roasted peanuts  
454/600 g or bar mix 550 g  
selected varieties



**1<sup>99</sup>**

PC® 100% juice 1 L  
or Snack Pack Jell-O  
or puddings 4's  
selected varieties



**2<sup>99</sup>**

Ocean's white tuna  
170 g or Gold Seal  
pink salmon 170/213 g  
selected varieties



**2<sup>29</sup>**

Aylmer Accents tomatoes  
selected varieties  
540 mL



Vlasic pickles  
selected varieties  
1 L

**4<sup>79</sup>**



Mazola oil  
selected varieties  
1.18 L

**5<sup>99</sup>**



**3/\$5**  
or \$1.67 ea.

no name® spices  
selected varieties  
5.5-250 g



**4/\$5**  
or \$1.25 ea.

Jell-O jelly powder  
9.1-85 g or Dr. Oetker  
Shirriff instant  
pudding mix 90 g  
selected varieties



**4/\$5**  
or \$1.25 ea.

Sapporo Ichiban  
noodles  
selected varieties  
100 g



**1<sup>49</sup>**

PC® Deluxe or  
macaroni and cheese  
dinner  
selected varieties  
200-454 g



# Grocery



**3.99** Tenderflake pie or tart shells 255-397 g or Cool Whip dessert toppings 1 L selected varieties



**6.99** Black Diamond Cheestrings 16's or sticks 12's or PC® cheese bars 300/400 g selected varieties



**1.99** Dole pineapple selected varieties 398 mL



**3.79** Ocean Spray cranberry cocktail or 100% juice blend 1.89 L or Peek Freans cookies 290-350 g selected varieties

# no name®



**4/\$5** or \$1.25 ea. no name® chocolate bar selected varieties 100 g



**3.49** no name® graham wafers selected varieties 400 g



**2.49** no name® marshmallows selected varieties 400 g



**5.99** Buby 12 x 355 mL or Montellier 10 x 355 mL sparkling water selected varieties



**3/\$10** or \$3.33 ea. PC® natural spring water 24 x 500 mL



**2.49** Dare Grissol or PC® crackers selected varieties 100-225 g



**2.99** Tim Hortons granola bar 150/160 g or Voortman no sugar added wafers, cookies or shortbread 225-320 g selected varieties



**3.49** McCain pizza pockets selected varieties, frozen 3's



**3.79** Italpasta 375/500 g or Authentica World Cuisine pasta sauce 530 mL selected varieties



**5.99** Kellogg's cereal family size, selected varieties 480-650 g



**23.99** McCafé ground or bean coffee 640/950 g or K-Cups 30's selected varieties

**3.79** Mott's® Clamato® Original Light and selected varieties 1.89 L

**2.49** ReaLemon® 945 mL

**14.49** Budweiser Zero™ 12 X 355 mL

**16.99** Corona® Sunbrew 0.0% 12 X 355 mL

**FIND YOUR FAVOURITE**

**3.49** Lay's® potato chips 220 - 235 g, selected varieties or Lay's Poppables® potato snacks 135 g, selected varieties

**3.79** Tostitos® tortilla chips 205 - 300 g, selected varieties; EXCLUDES Simply Tostitos® tortilla chips [240 g] or Tostitos® salsa 394 - 419 mL, selected varieties

**3.99** Doritos® tortilla chips selected varieties 210 - 235 g

**3.79** PopCorners® popped-corn chips selected varieties 142 g

**\$5 Deals!**

**1.41 L** Royal Chinet lunch plates 40's or Pine-Sol cleaner selected varieties, 1.41 L

**1.31 L** Cascades paper towels 6=12 rolls or bathroom tissue 8=16 rolls selected varieties

**1.31 L** Tide pods 12/16's, Downy fabric softener 1.31 L or Gain Flings 16's selected varieties

**1.8 kg** no name® kibbles & nibbles selected varieties, 7 kg



# Long Weekend Deals!



**7<sup>99</sup>**

Harvest wieners or sausage selected varieties 500/675 g



Becel margarine selected varieties 427/454 g

**3<sup>99</sup>**



**3/\$10**  
or \$3.33 ea.

Ruffles potato chips or Cheetos snacks selected varieties 180-285 g



Coca-Cola, Canada Dry or Pepsi soft drinks selected varieties 12 x 355 mL

**6<sup>99</sup>**





# Insiders Report™



**\$3.99**



PC® Scoop Shop  
Birthday Cake Ice Cream  
or PC® Scoop Shop  
Cotton Candy Ice Cream  
selected varieties, frozen  
946 mL

*Must Try*

**\$15.99**



PC® Pork Belly Burnt Ends  
frozen  
500 g

*Must Try*

**\$4.79**



PC® Black Label  
White Barbecue Sauce  
selected varieties  
350 mL

*Must Try*

**\$4.99**



PC® M'AQUA Flavoured  
Sparkling Water  
selected varieties  
6 x 355 mL

*Must Try*



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# Insiders Report™



**\$4.99**



PC® chop salad kits product of U.S.A., selected varieties 285-369 g

**new**

**\$7.99**



PC® Chicken Bun Cha 300 g

**Must Try**

**\$5.99**



PC® Cheese Frusta 2 x 165 g or Mushroom Frusta 2 x 175 g frozen

**Must Try**



**5.99** PC® hummus or dips selected varieties 454/500 g



**5.99** PC® Samosa layered dip 350 g



**3.99** PC® garlic Toum dip selected varieties 200 g



**11.99**



**11.99** PC® Natural Choice® strips seasoned fully cooked selected varieties 300-375 g



**10.99** PC® Natural Choice® salami trio or assorted trio 250/400 g or PC® Splendido™ sliced deli meat 200 g selected varieties



**2.49** PC® naan flatbread selected varieties 220/300 g



**4.99** PC® Butternut Squash, Five Cheese or Mushroom Risotto frozen 400 g



**4.49** PC® frozen vegetables selected varieties, frozen, 350-750 g



**7.99** PC® Chicken Masala or Chicken Yellow Curry on Rice or Vegetable Yakisoba frozen, 300 g



**4.99** PC® chicken khao soi, chicken pho, vegetable tom yum or chicken wonton soup bowl 300 g



**7.99** PC® Black Label Pizzeria pizza selected varieties, frozen, 370-420 g



**5.99** PC® Cheese Calzones 240 g



**10.99** PC® hors d'oeuvre collection selected varieties, frozen, 300-574 g



**3.49** PC® cooking sauce selected varieties 400 mL



**2.29** PC® or Blue Menu® rice or quinoa selected varieties 250/750 g



**1.79** PC® or Blue Menu® beans or vegetables selected varieties 398/540 mL



**2.99** PC® MSC Albacore tuna selected varieties 170 g



**3.99** PC® or Blue Menu® pasta sauce selected varieties 650/700 mL

**PRICES EFFECTIVE FOR 8 WEEKS - FROM THURSDAY, MAY 16<sup>TH</sup> TO WEDNESDAY, JULY 10<sup>TH</sup>, 2024**





# Insiders Report™



\$6.49



PC® Barese Sausage selected varieties 250 g

Must Try

\$6.49



PC® Montreal Steak Spice Seasoned Pizza Mozzarella and Cheddar Cheese Blend selected varieties 250-320 g

new

\$5.49



PC® Brioche Sesame Buns 300 g

new



PC® The Ultimate Canadiana Burger frozen 512 g



PC® Street cart sausage selected varieties 500 g



PC® Smokies™ selected varieties 1 kg



PC® Old-Fashioned Style bacon 1 kg



PC® or Free From chicken wings 700-907 g or PC® pork back ribs 500/680 g selected varieties, frozen



PC® Blue Menu® wild Nova Scotian sea scallops, jumbo 20-40 per lb, 400 g or PC® garlic and herb or cajun seafood bake 700 g, frozen



PC® Blue Menu® wild sockeye salmon burgers 568 g or PC® shrimp burgers 452 g, frozen



PC® PEI mussels in provençale or creamy white wine sauce 907 g or PC® raw shrimp skewers 360 g selected varieties, frozen



PC® Gigantico™ burger or sausage buns selected varieties 342/568 g



PC® Naan rounds original 8's

4.49



PC® cheese slices club size, selected varieties 500 g

11.99



PC® pickles selected varieties 500 mL

3.29



PC® spice rubs selected varieties 100 g

3.49



PC® Black Label truffle salt 120 g

10.99



PC® marinade selected varieties 350/375 mL

2.99



PC® Memories Of® sauce selected varieties 350 mL

3.79



PC® or Blue Menu® stuffed olives selected varieties 375/500 mL

4.49



PC® vinegar selected varieties 500 mL

3.49



PC® vinaigrette or salad dressing selected varieties 350/475 mL

2.79



PC® olive or coconut oil spray selected varieties 120/155 mL

4.29

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# Insiders Report™



\$4.49



Must Try

PC® Pineapple Skewers selected varieties 300 g

\$14.99



Must Try

PC® Sweet & Smoky Barbecue or Tom Kha Butterflied Black Tiger Shrimp frozen 360 g

\$14.99



Must Try

PC® Chicken Yakitori frozen 480 g

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

3.99



PC® or Blue Menu® mayonnaise selected varieties 685-890 mL

5.49



PC® Smokin' Stampede™ BBQ sauce selected varieties 500 mL

2.99



PC® BBQ sauce selected varieties 1 L

4.79



PC® Soft drinks or Sparkling Water selected varieties 12 x 355 mL

5.99

PC® de-alcoholized wine selected varieties 750 mL

7.99



PC® Sparkling de-alcoholized Apple Cider or Pear Apple Cider Beverage 4 x 330 mL

11.49



PC® IPA Low Alcohol Beer (Less Than 0.5% Alc./Vol.) selected varieties 4 x 355 mL

5.99



PC® roasted peanuts 700 g or almonds or cashews 200 g or PC® Blue Menu® natural walnuts 200 g selected varieties

4.99



PC® or Blue Menu® Dipped & Chewy granola bars selected varieties 120-175 g

2.49

PC® Lemonade selected varieties 1.89 L

3.49



PC® The Decadent® cookie 200/300 g or PC® or Blue Menu® fruit cocktails or 100% juice blends selected varieties 1.89 L

3.99



PC® Spicy Ketchup Flavour Kettle Cooked Potato Chips selected varieties 200 g

2.49



PC® World of Flavours, Loads of™ potato chips or PC® tortilla chips selected varieties 200-350 g

2.29



PC® Club Size Super Absorbent Paper Towels 12 rolls

23.99



PC® bathroom tissue 12=24 rolls or PC® Max™ paper towels 3=6 rolls

5.99



PC® Planet First™ Dinner Napkins 100's

3.99



PC® Planet First™ Beverage Napkins 100's

1.99



PC® Planet First™ Kitchen Compost Bags, 10's

3.29



PC® Planet First™ birch compostable cutlery selected varieties 24's

1.79

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# Insiders Report™



**\$3.99**

**PC® Frostovers™ Hand Pies**  
selected varieties  
150 g

**new**

**\$7.99**

**PC® Inbetweenz™ Dessert Squares**  
selected varieties  
312/337 g

**new**



**new**

**11.99** PC® S'mores Cream Pie  
frozen, 730 g



**4.99** PC® Meringue Nests  
96 g



**new**

**4.99** PC® Blueberry Cinnamon Flavoured Ice Pops  
selected varieties,  
frozen, 6 x 60 mL



**3.99** PC® Black Label ice cream  
selected varieties,  
frozen 500 mL



**6.79** PC® S'mores kit  
600 g



**2.99** PC® maple marshmallows  
400 g



**2.29** PC® sugar ice cream cones  
142 g



**3.79** PC® syrup squeezable bottle 428 mL or waffle cones or bowls 120-205 g  
selected varieties

**\$6.99**

**PC® Flake Outs™ Croissant Donuts**  
selected varieties  
224 g

**Must Try**



**5.49** PC® Greek yogurt  
selected varieties  
650/750 g



**new**

**3.49** PC® Strawberry Watermelon Cream Pop Greek Yogurt  
selected varieties  
4 x 100 g



**new**

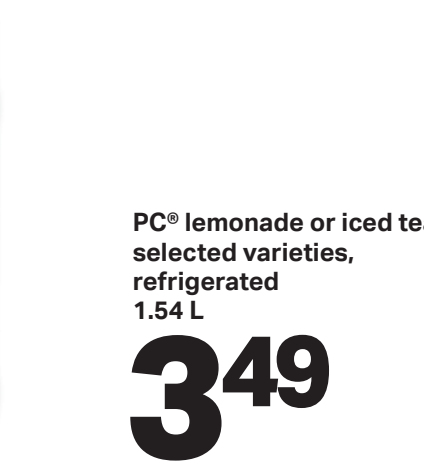
**5.49** PC® Milk Chocolate Covered Strawberries  
selected varieties,  
frozen, 200 g



**4.99** PC® frozen fruit  
selected varieties,  
frozen  
300-600 g



**4.99** PC® instant coffee  
selected varieties  
80/100 g



**3.49** PC® lemonade or iced tea  
selected varieties,  
refrigerated  
1.54 L



**16.99** PC® roast and ground coffee  
875/930 g or pods 30's  
selected varieties



**3.49** PC® pancake mix 905 g or table syrup 750 mL  
selected varieties



**11.99** PC® 100% pure maple syrup  
Canada Grade A Amber  
500 mL



**5.49** PC® cereal  
selected varieties  
475-700 g



**6.99** PC® croissants  
selected varieties,  
frozen, 312-360 g

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