



Insiders Report™



PRICES EFFECTIVE FOR 9 WEEKS

FROM THURSDAY, OCTOBER 30TH
TO WEDNESDAY, DECEMBER 31ST, 2025

new

Must Try



\$18

PC® PORCHETTA
REFRIGERATED
1.2 KG

21688648_EA

new

Must Try



\$11

PC® CHOCOLATE
NORTHERN SPANISH-STYLE
BASQUE CHEESECAKE
600 G

21687935_EA

new

Must Try

PC® GOURMET
LIGHT ROAST
GROUND COFFEE
930 G

21668446_EA



\$25

7 DAY SALE



4.49

PC® BUTTER PUFF
OR PHYLLO PASTRY
FROZEN
450/454 G

21288850_EA/21288853_EA



3.99

**POST CEREAL
SELECTED VARIETIES**

283-525 G

20299648_EA/21576434_EA



**LIBERTÉ GREEK OR
MÉDITERRANÉE YOGURT
650-900 G OR TROPICANA
ORANGE JUICE, BLENDS OR
LEMONADE OR PURE LEAF
ICED TEA 1.36-1.75 L
SELECTED VARIETIES**

20642273_EA/21622130_EA

5.99



6.49

**PC® APPETIZERS
SELECTED VARIETIES,
FROZEN**

225-454 G

20065214_EA/20503378_EA



**FRISKIES 156 G
OR FANCY FEAST 85 G
CAT FOOD
SELECTED VARIETIES**

20302296003_EA/20304755_EA

.99

FROM THURSDAY, NOVEMBER 27TH
TO WEDNESDAY, DECEMBER 3RD, 2025



SEE OUR FLYER
ONLINE VISIT
FRESHMART.CA

Freshmart[®]

PROUDLY CANADIAN

Super Valu
value and freshness

SHOP EASY
F · O · O · D · S

FRESH
WHOLE CHICKEN
7.26/KG
20147976_KG

3²⁹
LB



FRESH BEEF INSIDE ROUND OVEN ROAST*
16.51/KG
20812494_KG

7⁴⁹
LB



2⁹⁹

CELERY EACH, PRODUCT OF U.S.A. OR
FARMER'S MARKET[™] CUCUMBERS 6'S,
PRODUCT OF CANADA



MANDARINS
PRODUCT OF CHINA
5 LB

6⁹⁹

WONDER BREAD
SELECTED VARIETIES
570 G
20305674_EA/20310409_EA

2⁴⁹



PREPARED IN
CANADA



PREPARED IN
CANADA

OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES
500-700 G
20311594_EA

7⁴⁹



2⁴⁹

CAMPBELL'S SOUP
SELECTED VARIETIES
515 ML
21480390_EA/21480528_EA

HEINZ KETCHUP
750 ML/1 L
OR KRAFT
MIRACLE WHIP
890 ML
SELECTED VARIETIES
20069080_EA/20298681001_EA

4⁹⁹



6⁹⁹

iÖGO CREAMY OR YOPLAIT
SOURCE OR CREAMY
16'S YOGURT OR BECEL
MARGARINE 637/850 G
SELECTED VARIETIES
20297818002_EA/20609583001_EA



4⁴⁹

DR. OETKER RISTORANTE
OR CASA DI MAMA PIZZA
SELECTED VARIETIES, FROZEN
320-410 G
20296424001_EA/20852957_EA

PREPARED IN
CANADA

ROBIN HOOD
OR FIVE ROSES
ALL PURPOSE
FLOUR
10 KG
20134743_EA

12⁹⁹



PREPARED IN
CANADA



5⁹⁹

TIDE LIQUID 1 L PODS 9/16'S
LAUNDRY DETERGENT,
DOWNY OR GAIN FABRIC
ENHANCER 1.31 L OR BEADS
141 G OR BOUNCE SHEETS
40/80'S, SELECTED VARIETIES
20301481001_EA/21182551_EA/21549753_EA/21553085_EA

*cut from Canada AA grade beef or higher

FROM THURSDAY, NOVEMBER 27TH
TO WEDNESDAY, DECEMBER 3RD, 2025



SEE OUR FLYER
ONLINE VISIT
FRESHMART.CA

Freshmart[®]

PROUDLY CANADIAN

FRESH
WHOLE CHICKEN
7.26/KG
20147976_KG

3²⁹
LB



FRESH BEEF INSIDE ROUND OVEN ROAST*
16.51/KG
20812494_KG

7⁴⁹
LB



2⁹⁹

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MANDARINS
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5 LB

6⁹⁹

WONDER BREAD
SELECTED VARIETIES
570 G
20305674_EA/20310409_EA

2⁴⁹



PREPARED IN
CANADA



PREPARED IN
CANADA

OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES
500-700 G
20311594_EA

7⁴⁹

2⁴⁹

CAMPBELL'S SOUP
SELECTED VARIETIES
515 ML
21480390_EA/21480528_EA



4⁹⁹

HEINZ KETCHUP
750 ML/1 L
OR KRAFT
MIRACLE WHIP
890 ML
SELECTED VARIETIES
20069080_EA/20298681001_EA



6⁹⁹

iÖGO CREAMY OR YOPLAIT
SOURCE OR CREAMY
16'S YOGURT OR BECEL
MARGARINE 637/850 G
SELECTED VARIETIES
20297818002_EA/20609583001_EA



4⁴⁹

DR. OETKER RISTORANTE
OR CASA DI MAMA PIZZA
SELECTED VARIETIES, FROZEN
320-410 G
20296424001_EA/20852957_EA



PREPARED IN
CANADA

12⁹⁹

ROBIN HOOD
OR FIVE ROSES
ALL PURPOSE
FLOUR
10 KG
20134743_EA



PREPARED IN
CANADA

5⁹⁹

TIDE LIQUID 1 L PODS 9/16'S
LAUNDRY DETERGENT,
DOWNY OR GAIN FABRIC
ENHANCER 1.31 L OR BEADS
141 G OR BOUNCE SHEETS
40/80'S, SELECTED VARIETIES
20301481001_EA/21182551_EA/21549753_EA/21553085_EA



Meat & Seafood



3⁹⁹
LB

PORK SIDE RIBS
FRESH, CLUB SIZE
8.80/KG
20862906_KG



5⁹⁹
LB

FRESH CHICKEN BREASTS OR SPLIT CHICKEN WINGS
BONE-IN, SKIN-ON, CLUB SIZE
13.21/KG
20113612_KG/20761916_KG



17⁹⁹
LB

BEEF FLANK STEAK*
CLUB SIZE
39.66/KG
20072623_KG



11⁹⁹

PC® WORLD OF FLAVOURS PORK LOIN ROAST OR SHOULDER BLADE
SELECTED VARIETIES, FRESH
730/900 G
21603108_EA/21603234_EA

PREPARED IN CANADA



2⁹⁹

SEAQUEST® FLAVOURED ALASKA POLLOCK, READY TO EAT, SELECTED VARIETIES 227 G OR DOM SPECIALTY SMOKED STEELHEAD SALMON 50 G, FROZEN
20699832_EA/20792840_EA



8⁹⁹

PC® WHITE COOKED SHRIMP
FROZEN, 31-40 PER LB
400 G
20791381_EA



6⁹⁹

NO NAME® SUMMER SAUSAGE, PEPPERONI OR SALAMI CHUB OR REGULAR OR REDUCED SALT BACON
500 G
20015818_EA/20156771_EA

PREPARED IN CANADA



8⁹⁹

ST-HUBERT OR SWISS CHALET MEAT PIES
SELECTED VARIETIES, FROZEN
470-800 G
20719298_EA/21046979_EA/21047194_EA

PREPARED IN CANADA



12⁹⁹

PC® SMOKIES™ SAUSAGE
SELECTED VARIETIES
1 KG
20732535_EA/20733617_EA

PREPARED IN CANADA



15⁹⁹

PC® WINGS 800/907 G OR BBQ PORK BACK RIBS 500/680 G
SELECTED VARIETIES, FROZEN
20071715_EA/20708932_EA

PREPARED IN CANADA

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



3⁹⁹
LB

FRESH MARINATED PORK SIDE RIBS
PIECES
MADE IN-STORE
8.80/KG



4⁹⁹
LB

WHOLE FLATTENED MARINATED CHICKEN
MADE IN-STORE
11.00/KG



6⁹⁹
LB

FRESH MARINATED CHICKEN WINGS
MADE IN-STORE
15.41/KG



7⁹⁹
LB

INSIDE ROUND MARINATING STEAK*
CLUB SIZE
17.61/KG
20794583_KG

Fruits & Vegetables



2⁹⁹
LB

TOMATOES ON THE VINE
PRODUCT OF CANADA OR MEXICO
6.59/KG



4⁹⁹
LB

STEM & LEAF CLEMENTINES
PRODUCT OF SPAIN
11.00/KG



5⁴⁹

PC® SALADS
PRODUCT OF U.S.A.,
SELECTED VARIETIES
285-369 G
21378024_EA



5⁹⁹

**NO NAME® NATURALLY IMPERFECT™
STRAWBERRIES**
PRODUCT OF CANADA
340 G



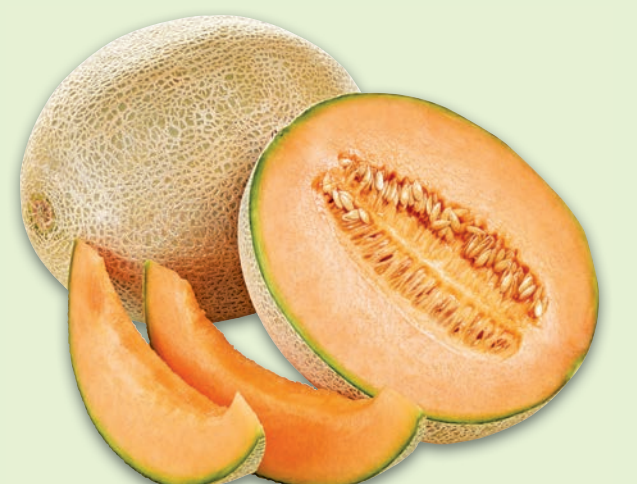
1⁹⁹
LB

MCINTOSH APPLES
PRODUCT OF WESTERN PROVINCES
4.39/KG



4⁹⁹
LB

PC® BLACK GRAPES
PRODUCT OF U.S.A.
11.00/KG



4⁹⁹

CANTALOUPE
PRODUCT OF U.S.A.
EACH



2⁹⁹

**FARMER'S MARKET™
GRAPE TOMATOES**
PRODUCT OF CANADA OR MEXICO
283 G



5⁹⁹

PC® POTATOES
PRODUCT OF CANADA,
SELECTED VARIETIES
5 LB



6⁹⁹

**NO NAME®
NATURALLY IMPERFECT™
MIXED PEPPERS**
PRODUCT OF CANADA OR MEXICO
2.5 LB



4/\$5

LEMONS
PRODUCT OF SOUTH AFRICA
EACH



2⁴⁹
LB

ZUCCHINI OR EGGPLANT
PRODUCT OF MEXICO OR U.S.A.
5.49/KG



6⁹⁹

FARMER'S MARKET™ KIWIS
PRODUCT OF ITALY
600 G

Deli Meat & Cheese



Ziggy's

2²⁹ /100 G

ZIGGY'S® PASTRAMI OR CORNED BEEF DELI-SLICED
21020569_KG

PC® OR BLUE MENU® RICOTTA CHEESE 454 G OR BOCCONCINI 200 G OR ZERTO SHREDDED CHEESE 140 G
20219848_EA/20546983_EA/20563140_EA

5⁹⁹





MASTRO SALAMI OR SALAMETTI CHUB 300 G OR FREYBE CERVELAT SALAMI CHUB 250 G
20303790_EA/20889122_EA

6⁹⁹



FANTINO AND MONDELLO SALAMETTI DICED OR SLICED
SELECTED VARIETIES 100-200 G
21551515_EA/21551779_EA/21551827_EA

5⁹⁹



PC® BLACK LABEL OR PC® SPLENDIDO® PARMIGIANO REGGIANO OR PECORINO ROMANO CHEESE
SELECTED VARIETIES 250 G
21053434_EA/21188276_EA

9⁴⁹

Bakery



FARMER'S MARKET™ CUPCAKES
SELECTED VARIETIES 284/318 G
21634742_EA/21635700_EA

3⁹⁹



CHARLOTTE'S 6 INCH CAKES
SELECTED VARIETIES 400/475 G
20970811_EA/21000008_EA

5⁹⁹



PC® CROISSANTS
SELECTED VARIETIES 312-360 G
21545086_EA/21545122_EA

\$6



NO NAME® BAGELS
SELECTED VARIETIES 6'S
21217967_EA/21297778_EA

2⁴⁹



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

3⁹⁹



CINNAROLL 840 G OR OLD MILL LOAF CAKE 1.17 KG
20974175_EA/21446869_EA

9⁹⁹

Dairy & Refrigerated



iögo NANO 6 X 93 ML OR SIGGI'S 4 X 100 G YOGURT
SELECTED VARIETIES
20609687001_EA/211589925_EA

4⁴⁹



INTERNATIONAL DELIGHT COFFEE ENHANCER 946 ML, LACTANTIA LACTOSE FREE MILK 1.5 L OR a2 MILK 2 L
SELECTED VARIETIES
20895480002_EA/21107151_EA

5⁹⁹



FRENCH VANILLA
Lactantia LACTOSE FREE
20895480002_EA/21107151_EA

PREPARED IN CANADA



PILLSBURY REFRIGERATED DOUGH 454/496 G OR KOZY SHACK PUDDING 6 X 113 G
SELECTED VARIETIES
21619255_EA/203225154001_EA

3⁹⁹



NANAK DAHI OR KHAAS HALAL YOGURT 750 G OR GAY LEA WHIPPED CREAM 225 G
SELECTED VARIETIES
20048223001_EA/20343515_EA

3⁹⁹



KRAFT CHEEZ WHIZ
SELECTED VARIETIES 450 G
20659606001_EA

6⁹⁹

Holiday Baking

**NO NAME®
EVAPORATED MILK**
SELECTED VARIETIES
354 ML
21040510_EA



179



349



**NO NAME® CREAM
CHEESE 227/250 G OR
COTTAGE CHEESE 500 G**
SELECTED VARIETIES
20183991002_EA/20308105001_EA

**PC® OR TRÜ FRÜ
CHOCOLATE COVERED FRUIT**
SELECTED VARIETIES
170/200 G
21516001_EA/21544055_EA



599



**NO NAME®
MARSHMALLOW 400 G
OR ROGERS GRANULATED
OR ICING SUGAR 1 KG**
20108812_EA/20304672001_EA

279



499

**CHRISTIE GRAHAM CRUMBS 400 G
OR BAKER'S CHOCOLATE CHIPS,
SELECTED VARIETIES**
225 G
20302704002_EA/20316019001_EA



449



**FLEISCHMANN'S YEAST 100/113 G
OR TENDERFLAKE LARD 454 G**
SELECTED VARIETIES
20027695_EA/20102920001_EA



125

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



329



**CRISCO SHORTENING 454 G
OR PC® CONDENSED MILK 300 ML**
SELECTED VARIETIES
20112979_EA/21475300_EA



449



**NO NAME®
FRUIT IN JUICE**
SELECTED VARIETIES
796 ML
20618824_EA

349

**PC®
ORGANICS BROTH**
SELECTED VARIETIES
900 ML
21190798_EA/21195472_EA

379



PAM COOKING SPRAY
SELECTED VARIETIES
141/170 G
20315275004_EA

479



.99

**TITAN ALUMINUM FOIL
OR WAX PAPER**
25 FEET
20099340_EA/21408432_EA

LINDT EXCELLENCE
50-100 G OR
GHIRARDELLI 138 G
CHOCOLATE BARS
SELECTED VARIETIES
20312527003_EA/21521218_EA

549



**NO NAME® JAM
OR MARMALADE 1 L
CLUB SIZE OR
PC® HAZELNUT
SPREAD 725 G**
SELECTED VARIETIES
20217879_EA/20684116_EA

699



**BAKE UP
THE PERFECT
GIFT**

FOR HOLIDAY RECIPES
VISIT
ROBINHOOD.CA

549

**Robin Hood®
Flour**
2.5 kg
Selected Varieties
20039497001_EA

549

**Robin Hood®
Pizza Flour**
2 kg
21484990_EA

399

**Robin Hood®
Quick Oats**
Selected Varieties
1 kg
20893370_EA

449

**Eagle Brand®
Sweetened
Condensed Milk**
Selected Varieties
300 mL
21012618_EA

799

**Jif®
Peanut Butter**
Selected Varieties
1 kg
21023784_EA

Grocery



PREPARED IN CANADA

2⁴⁹

NO NAME® SOUR CREAM
SELECTED VARIETIES
500 ML
20299657_EA



PREPARED IN CANADA

3⁴⁹

PC® LACTOSE-FREE COTTAGE
CHEESE 500 G OR SOUR
CREAM 500 ML, iÖGO 650 G
OR ASTRO 650/750 YOGURT
SELECTED VARIETIES
20165226001_EA/20984624_EA



3⁴⁹

PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES, FROZEN
212-365 G
20309869_EA/20312253001_EA



PREPARED IN CANADA

3/^{\$}5

OR \$1.67 EA.

PC®
SOFT DRINKS
SELECTED VARIETIES
2 L
20311645003_EA
20311645004_EA



2²⁹

NO NAME® JUICE
2 L OR GLACEAU
VITAMIN WATER
591 ML
SELECTED VARIETIES
20320439003_EA
20333194002_EA



2⁹⁹

PEPPERIDGE FARM
GOLDFISH SNACK
CRACKERS 156-227 G
OR DARE BEAR PAWS
COOKIES 168-240 G
SELECTED VARIETIES
20300320_EA/21080791_EA



3⁴⁹

PILLSBURY
PIZZA POPS
SELECTED VARIETIES,
FROZEN, 380 G
21436071_EA



2²⁹

SNACK PACK PUDDING,
DESSERTS OR
JUICY GELS 4 X 99 G
OR ACT II MICROWAVE
POPCORN 234 G
SELECTED VARIETIES
20310707006_EA/21691980_EA



2⁴⁹

SENSIBLE PORTIONS
VEGGIE STRAWS
SELECTED VARIETIES
120-142 G
21062314_EA
21380078_EA



4⁴⁹

LECLERC
CÉLÉBRATION COOKIES
SELECTED VARIETIES
240/350 G
20965360_EA/20965368_EA



5⁴⁹

HERSHEY'S SYRUP
462-523 ML OR
CHOCOLATE STAND UP
POUCHES 160-235 G
SELECTED VARIETIES
20581796_EA/21496953_EA



2²⁹

DARE REAL FRUIT 180 G
OR JOLLY RANCHER OR
TWIZZLERS 170-198 G
GUMMIES OR CANDIES
SELECTED VARIETIES
20078139_EA/21391723_EA



4²⁹

KOOL-AID JAMMERS
10 X 180 ML OR PC®
OR NESTEA TETRA
JUICE 10 X 200 ML
SELECTED VARIETIES
20079976002_EA/21061883_EA



5⁴⁹

QUAKER
HARVEST CRUNCH CEREAL
SELECTED VARIETIES
400-510 G
21219820_EA/21219824_EA



10⁹⁹

TIM HORTONS
GROUND COFFEE
300 G OR PODS
10/12'S
SELECTED VARIETIES
20902294_EA/20902453_EA



1⁹⁹

LIPTON CUP-A-SOUP
OR SOUP MIX
SELECTED VARIETIES
58-166 G
20308188001_EA/20308188002_EA



4/^{\$}5

OR \$1.25 EA.

FRANCO AMERICAN
GRAVY
SELECTED VARIETIES
284 ML
20302507_EA/20316929_EA



3²⁹

CATELLI PASTA
SELECTED VARIETIES
340 G
20704241_EA/21661872_EA



6⁹⁹

KRAFT PARMESAN
CHEESE 250 G OR PIZZA
MIX CHEESE 850 G
SELECTED VARIETIES
20013009001_EA/21528135_EA



4⁹⁹

PINE-SOL
CLEANER 1.41 L
OR WINDEX
GLASS CLEANER
765/950 ML
SELECTED VARIETIES
20125323001_EA
20298679001_EA



7⁴⁹

PC® BATHROOM TISSUE
12=24 ROLLS OR PAPER
TOWELS 3=6 ROLLS
SELECTED VARIETIES
21300716_EA/21450718_EA



14⁹⁹

NO NAME® PIG EARS
DOG TREATS 12'S OR
SPUNKY PUP GNAW
GUARD SMALL RING
EACH
20773658_EA/21691338_EA



21⁹⁹

PEDIGREE DOG FOOD
SELECTED VARIETIES
7/8 KG
20039397001_EA

DECEMBER Valid from
DECEMBER 1ST TO 31ST

HIT OF THE MONTH



**CHRISTIE
MINI COOKIES
SNAK PAKS
SELECTED VARIETIES**

144-200 G

21584976_EA

\$2



**SANPELLEGRINO
CARBONATED
FLAVORED WATER
SELECTED VARIETIES**

6 X 330 ML

21433206_C06/21590983_C06



\$5



**PLANTERS CASHEW HALVES
200 G OR MIXED NUTS 225 G**

21620001_EA

\$2⁵⁰



**PC® CINNAMON RAISIN
BREAD**

675 G

20104367_EA

\$2⁸⁵



**SOFTSOAP LIQUID
HAND SOAP REFILL
SELECTED VARIETIES**

1.47 L

21166983_EA/21167194_EA

\$4⁵⁰

LOWEST PRICES BEST DEALS

As compared to other major grocery retailers within your local areas.
While quantities last. See in-store for details.

HOTM W DEC FLAP