

DECEMBER Valid from
DECEMBER 1ST TO 31ST

HIT OF THE MONTH



**CHRISTIE
MINI COOKIES
SELECTED VARIETIES
144-200 G**

21584976_EA

\$2



**SANPELLEGRINO
CARBONATED
FLAVOURED 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

Holiday Baking



1.99

**BETTY CROCKER
SUPERMOIST CAKE MIX
SELECTED VARIETIES**

375/404 G
21547834_EA



2.49

**BETTY CROCKER FROSTINGS
340/450 G OR CARNATION
EVAPORATED MILK 354 ML
SELECTED VARIETIES**

20562641006_EA/20896887_EA



4.99

**HERSHEY'S CHOCOLATE
CHIPS 200-270 G OR
E.D.SMITH PIE FILLING 540 ML
SELECTED VARIETIES**

20297753001_EA/21452844_EA



**NO NAME® FLOUR
CLUB SIZE,
SELECTED VARIETIES**

10 KG
20022248_EA

10.49

FROM THURSDAY, DECEMBER 4TH
TO WEDNESDAY, DECEMBER 10TH, 2025



SEE OUR FLYER
ONLINE VISIT
FRESHMART.CA

Freshmart[®]

PROUDLY CANADIAN

Super Valu[®]
value and freshness

SHOP EASY[®]
F · O · O · D · S



**FAMILY
SIZE**

2⁴⁹
LB

**PORK LOIN COMBINATION CHOPS
OR SIRLOIN AND RIB PORTION
BONE-IN, FAMILY SIZE**
5.49/KG
20822322_KG/20822343_KG



BEEF OUTSIDE ROUND ROAST OR STEAK*
CLUB SIZE
15.41/KG
20797074_KG

6⁹⁹
LB



2⁹⁹

**BROCCOLI EACH, PRODUCT OF CANADA
OR U.S.A. OR PC® OR PC® BLUE MENU®**
CAESAR SALAD KIT 282 G, PRODUCT OF U.S.A.
21334801_EA



**BLUEBERRIES
PRODUCT OF PERU
PINT**

4⁹⁹



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

5⁹⁹



**LACTANTIA BUTTER
SELECTED VARIETIES**
454 G
20639926_EA

5⁴⁹



4/\$5
OR \$1.25 EA.

**NO NAME® TUNA 85/170 G
OR SARDINES 106 G
SELECTED VARIETIES**
20097482001_EA/20521647_EA/21291640_EA



**ROGERS SUGAR
4 KG**
20171831_EA

5²⁹



5⁹⁹

**FARMER'S MARKET™ SQUARES
400/450 G OR MACAROONS 350 G
OR EXQUISITE COFFEE CAKE 750 G
SELECTED VARIETIES**
21216501_EA/21668703_EA



2⁹⁹

**MCCAIN SUPERFRIES
OR SPECIALTY POTATOES
SELECTED VARIETIES,
FROZEN, 454-800 G**
20799529_EA



**CLASSICO
PASTA SAUCE
410/600 ML OR
BASIL PESTO 218 ML
SELECTED VARIETIES**
20325608003_EA/21618217_EA

3²⁹



6⁹⁹

**PUREX BATHROOM TISSUE
8/12=24 ROLLS, SPONGETOWELS
PAPER TOWELS 3=6 ROLLS OR
SCOTTIES FACIAL TISSUE 6'S
SELECTED VARIETIES**
21186225_EA/21521746_EA

FROM THURSDAY, DECEMBER 4TH
TO WEDNESDAY, DECEMBER 10TH, 2025



SEE OUR FLYER
ONLINE VISIT
FRESHMART.CA

Freshmart[®]

PROUDLY CANADIAN



2⁴⁹
LB

**PORK LOIN COMBINATION CHOPS
OR SIRLOIN AND RIB PORTION
BONE-IN, FAMILY SIZE**
5.49/KG
20822322_KG/20822343_KG



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CLUB SIZE
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21334801_EA



4⁹⁹

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20219690_EA/20770652_EA

5⁹⁹



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20639926_EA

5⁴⁹



4/\$5
OR \$1.25 EA.

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20097482001_EA/20521647_EA/21291640_EA



5²⁹

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4 KG**
20171831_EA



5⁹⁹

**FARMER'S MARKET™ SQUARES
400/450 G OR MACAROONS 350 G
OR EXQUISITE COFFEE CAKE 750 G
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21216501_EA/21668703_EA



2⁹⁹

**MCCAIN SUPERFRIES
OR SPECIALTY POTATOES
SELECTED VARIETIES,
FROZEN, 454-800 G**
20799529_EA



3²⁹

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PASTA SAUCE
410/600 ML OR
BASIL PESTO 218 ML
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20325608003_EA/21618217_EA



6⁹⁹

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8/12=24 ROLLS, SPONTOWELS
PAPER TOWELS 3=6 ROLLS OR
SCOTTIES FACIAL TISSUE 6'S
SELECTED VARIETIES**
21186225_EA/21521746_EA

Meat & Seafood



2⁹⁹
LB

PORK LOIN CENTRE CHOPS
BONE-IN
6.59/KG



10⁹⁹
LB

BEEF BONELESS BLADE ROAST*
24.23/KG
20797470_KG



4⁴⁹
LB

CHICKEN DRUMSTICKS OR THIGHS
CLUB SIZE
9.90/KG
20004494_KG/20058163_KG



6⁹⁹

JOHNSONVILLE SAUSAGE OR ITALIAN GRINDS
SELECTED VARIETIES
375/500 G
20303844_EA

PREPARED IN CANADA



SEAQUEST®
PACIFIC WHITE SHRIMP,
PEELED, COOKED
OR ZIPPERBACK® RAW
36-55 PER LB, FROZEN
300 G
21636326_EA/21636352_EA

5⁹⁹



SOGEL
COOKED LOBSTER MEAT
FROZEN
320 G
20959921_EA

7⁹⁹



5⁴⁹
LB

PC® SPIRAL-SLICED APPLEWOOD
OR HICKORY SMOKED BONE-IN
HALF HAM
12.10/KG
20857240_KG/20857391_KG



9⁹⁹

NO NAME® APPETIZERS
SELECTED VARIETIES, FROZEN
456 G-1.2 KG
21607107_EA/21613653_EA



\$10

MEAT OR SEAFOOD SELECTION
SELECTED VARIETIES, FROZEN
200 G-1.8 KG
21473698_EA/21667936_EA

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



4⁹⁹
LB

FRESH MARINATED
CHICKEN DRUMSTICKS
MADE IN-STORE
11.00/KG



7⁹⁹
LB

FRESH MEATBALLS
WITH OR WITHOUT
CHEESE
MADE IN-STORE
17.61/KG



7⁹⁹
LB

FRESH PORK
HOTEL CHOPS
OR CROWN ROAST
MADE IN-STORE
17.61/KG



11⁹⁹
LB

FRESH BEEF
STEWING CUBES
MADE IN-STORE
26.43/KG

Fruits & Vegetables



2⁹⁹
LB

GREEN PEPPERS
PRODUCT OF U.S.A.
6.59/KG



FARMER'S MARKET™
AVOCADOS
PRODUCT OF MEXICO
6'S

3⁹⁹



2⁴⁹
LB

ROMA TOMATOES
PRODUCT OF CANADA OR MEXICO
5.49/KG



3⁹⁹

BLACKBERRIES
PRODUCT OF MEXICO
6 OZ



1⁹⁹

RED OR ATAULFO MANGOES
PRODUCT OF BRAZIL OR MEXICO
EACH



\$7

PC® GREENHOUSE STRAWBERRIES
PRODUCT OF CANADA
12 OZ



8⁴⁹

PC® GREEN OR RED GRAPES
PRODUCT OF U.S.A.
907 G



1²⁹
LB

GREEN OR RED CABBAGE
PRODUCT OF CANADA
2.84/KG



3⁹⁹

FARMER'S MARKET™ BAKING POTATOES
PRODUCT OF CANADA
4'S



3⁴⁹

SNOW OR SUGAR SNAP PEAS
PRODUCT OF CHINA
200 G



2⁹⁹

POMEGRANATE
PRODUCT OF U.S.A.
EACH



3/\$2
OR 67¢ EA.

LIMES
PRODUCT OF MEXICO
EACH



5⁹⁹

PC® OR PC® BLUE MENU® ROASTED PISTACHIOS
PRODUCT OF U.S.A., 225 G

20940332_EA/20940014_EA

Deli Meat & Cheese



ZIGGY'S® HAM DELI SERVICE, SELECTED VARIETIES
20320534_KG
20323392_KG

1²⁹
/100 G



7⁴⁹

MONSIEUR GUSTAV SAINT-PAULIN OR OKA 190 G OR KERRYGOLD IRISH CHEDDAR 198 G OR ENTREMONT 227 G CHEESE SELECTED VARIETIES
20921279_EA/21397209_EA/21690170_EA



4⁹⁹

PC® GOAT CHEESE SELECTED VARIETIES 140 G
20000584_EA/20296631_EA

5⁴⁹

RESER'S MAIN ST. BISTRO MAC AND CHEESE OR MASHED POTATOES SELECTED VARIETIES 340-680 G
20027947_EA/21122979_EA



11⁹⁹

PC® NATURAL CHOICE® STRIPS OR DELI MEAT 250-400 G OR PC® SPLENDIDO® PROSCIUTTO OR ANTIPASTO 200 G SELECTED VARIETIES
21049119_EA/21296778_EA

Bakery



DELI WORLD RYE BREAD SELECTED VARIETIES 900 G
20003243_EA

3⁹⁹



5⁹⁹

LA FOURNÉE DORÉE BRIOCHE SLICED BREAD 500 G OR FARMER'S MARKET™ MUFFINS, SELECTED VARIETIES, 6'S
20978205_EA/21283356_EA



5⁹⁹

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



3⁹⁹

PC® YORKSHIRE PUDDING 180 G
20025468_EA



11⁹⁹

PC® CHOCOLATE OR VANILLA PROFITEROLES 490/625 G, MINI ÉCLAIRS 710 G OR COCONUT OR KEY LIME CREAM PIE 730 G FROZEN
20004726_EA/21586363_EA



11⁹⁹

FARMER'S MARKET™ ROUND CAKES SELECTED VARIETIES 750-875 G
21392537_EA/21392550_EA

Dairy & Refrigerated



3⁴⁹

FOREMOST DAIRIES OR DAIRYLAND SOUR CREAM SELECTED VARIETIES 500 ML
20040329_EA/20275966001_EA



6⁴⁹

BRAR'S MALAI PANEER 375 G OR OIKOS GREEK YOGURT 650/750 G SELECTED VARIETIES
20283164_EA/21305945_EA



3⁹⁹

JELL-O OR HERSHEY'S SNACKS OR PUDDING 4'S OR RISE KOMBUCHA 414 ML SELECTED VARIETIES, REFRIGERATED
21019795_EA/21295362_EA



10⁹⁹

NO NAME® CHEESE BAR 700 G OR PC® SHREDDED CHEESE 620 G SELECTED VARIETIES
20975773_EA/21060759_EA



7⁴⁹

PHILADELPHIA CREAM CHEESE PRODUCT 340 G OR DEL MONTE JUICE BLENDS 2.5 L SELECTED VARIETIES
21595736_EA/20866929002_EA

Grocery

**7UP NIMBOOZ 355 ML
OR GATORADE
SPORT DRINKS 710 ML
SELECTED VARIETIES**
20305775003_EA/21682042_EA

1⁹⁹



**KOOL-AID, MIO,
CRYSTAL LIGHT, TANG
OR COUNTRY TIME
LIQUID DRINK MIX
SELECTED VARIETIES
48 ML**
20663342_EA/20749494001_EA

3²⁹



**iögo FROZEN YOGURT
946 ML OR BARS 4/8'S
SELECTED VARIETIES,
FROZEN**
21650572_EA/21654419_EA

6⁹⁹



**NO NAME® WAFFLES
SELECTED VARIETIES,
FROZEN
16'S, 560 G**
20180368001_EA

4⁹⁹



**KRAFT DELUXE MAC & CHEESE 340 G
SELECTED VARIETIES, FROZEN**
21085515_EA/21553329_EA

5⁴⁹



**DR. OETKER GIUSEPPE STUFFED
CRUST OR SUPREMA PIZZA
SELECTED VARIETIES, FROZEN
487-724 G**
21555844_EA/21649696_EA

7⁹⁹



**PC® DIPPED, CHEWY OR
CEREAL GRANOLA BARS
SELECTED VARIETIES, 120-300 G**
20296687001_EA/20914014_EA

2⁹⁹



**FERRERO OR MERCI
CHOCOLATE TABLET BARS
SELECTED VARIETIES, 90-112 G**
21160524_EA/21428863_EA

3⁴⁹



**PC® COOKIES
SELECTED VARIETIES
100-350 G**
20129504_EA/20321396_EA

4⁴⁹



**PC® PANCAKE OR
WAFFLE MIX 905 G
OR SYRUP 750 ML
SELECTED VARIETIES**
20175129_EA/20374908_EA

3⁴⁹



**DOLE PINEAPPLE OR HEINZ JUICE
1.36 L OR V8 COCKTAIL 1.89 L
SELECTED VARIETIES**
20037838_EA/20077351001_EA/20173906_EA

4⁴⁹



**PC® BLUE MENU®
PEANUT BUTTER
750 G OR FRUIT
SPREAD 310/500 ML
SELECTED VARIETIES**
20057669001_EA/21385372_EA

5⁴⁹



**NO NAME® RAISINS 375 G,
SELECTED VARIETIES
OR LARD OR
SHORTENING 454 G**
20129484_EA/20648026_EA

3⁷⁹



**PC® MAYONNAISE
SELECTED VARIETIES
750/890 ML**
20301438_EA/20769626_EA

5²⁹



**KICKING HORSE
ORGANIC WHOLE
BEAN COFFEE
SELECTED VARIETIES
454 G**
20322468001_EA/20322468006_EA

17⁹⁹



**NO NAME® BROTH
SELECTED VARIETIES
900 ML**
21189607_EA/21189609_EA

1⁴⁹



**HUNT'S TOMATO
OR PASTA SAUCE
680 ML OR
ITALPASTA 900 G
SELECTED VARIETIES**
20081342001_EA/20296852001_EA

2⁹⁹



**SPAM
LUNCHEON MEAT
SELECTED VARIETIES
340 G**
20968255_EA

4⁴⁹



**NO NAME® FOILWARE ROASTERS
SELECTED VARIETIES
EACH**
20861912_EA/20866309_EA

3²⁹



**PC® DINNER NAPKINS
180'S, PC® GREEN BATH
TISSUE 12=24 ROLLS
OR BONTERA FACIAL
TISSUE 3'S**
20084398_EA/20757938_EA/21434464_EA

6⁹⁹



**MILK-BONE DOG TREATS,
SELECTED VARIETIES,
283-900 G OR BLUE WASTE
PICK UP BAGS 120'S**
21014573_EA/21398272_EA

4⁷⁹



**PURINA DOG OR
PUPPY CHOW
SELECTED VARIETIES
6.5/8 KG**
20314190_EA/21520635_C01

20⁹⁹



Happy Holidays!

Old Dutch



**RESTAURANTE Tortilla Chips
Selected varieties
275-290 g, 21367510_EA**

3⁴⁹



**Arriba Tortilla Chips
Selected varieties
235-245 g, 20967677_EA**

3⁴⁹



**Old Dutch Potato Chips
Selected varieties
235 g, 21367546_EA**

3⁴⁹



**Humpty Dumpty Party Mix
Selected varieties
200-290 g, 21445100_EA**

3⁴⁹



**Dutch Crunch Kettle Cooked
Potato Chips, Selected varieties
200 g, 20503479003_EA**

3⁴⁹



Holiday Essentials

4
WEEK
EVENT

4⁷⁹

TENDERFLAKE PASTRY
255-350 G OR **COOL WHIP**
DESSERT TOPPING 1 L
SELECTED VARIETIES, FROZEN
2030369001_EA/20303840003_EA

5⁴⁹

DANONE ACTIVIA YOGURT
SELECTED VARIETIES
8'S
20325384002_EA/21108459_EA

4⁹⁹

COFFEEMATE
COFFEE ENHANCER
SELECTED VARIETIES, 828 ML
21564580_EA/21564632_EA

2²⁹

PC® JUICE OR
SANPELLEGRINO
OR MAISON PERRIER
SPARKLING WATER
SELECTED VARIETIES
1 L
20501952_EA/21012469_EA
21577878_EA

3⁴⁹

PRINGLES
PARTY STACK
CRISPS 194-203 G
OR MINGLES PUFFED
SNACKS 155 G
SELECTED VARIETIES
21074284_EA/21626258_EA

3⁷⁹

PC® CRANBERRY OR
TOMATO COCKTAIL JUICE
OR NESTEA
ICED TEA
SELECTED VARIETIES
1.89 L
20307025001_EA/21687074_EA

3⁹⁹

PC® VEGETABLES
SELECTED VARIETIES,
FROZEN
400-750 G
20308556_EA/20318915_EA

2⁴⁹

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

2⁴⁹

DARE GRISSOL
OR BAGUETTES
CRACKERS
SELECTED VARIETIES
120-200 G
20313040001_EA/21033173_EA

8⁴⁹

SUNRYPE FRUIT TO GO
STRIPS FRUIT SNACK
14 G OR **NUTELLA**
BISCUITS 276 G
20055576_EA/21571552_EA

3²⁹

KETTLE BRAND POTATO
156/198 G
OR QUE PASA TORTILLA
300/350 G **CHIPS**
SELECTED VARIETIES
21031312_EA/21520652_EA

.99

CLUB HOUSE
GRAVY OR
SEASONINGS MIX
SELECTED VARIETIES
20-47 G
20302816001_EA

3⁷⁹

QUAKER OATS
SELECTED VARIETIES
709 G-1 KG
20323113001_EA/20939060_EA

5⁹⁹

GENERAL MILLS CEREAL
FAMILY SIZE, SELECTED VARIETIES
475-778 G
21103495_EA/21103497_EA

11⁴⁹

STARBUCKS
GROUND COFFEE
340 G OR **PODS** 10'S
SELECTED VARIETIES
20547343001_EA/20548682004_EA

1⁷⁹

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

3²⁹

BEN'S ORIGINAL
BISTRO EXPRESS RICE
SELECTED VARIETIES
240/250 G
21404864_EA/21494288_EA

3⁹⁹

KRAFT SALAD
DRESSING
SELECTED VARIETIES
425 ML
21583672_EA/21584927_EA

5²⁹

FRENCH'S KETCHUP
SELECTED VARIETIES
750 ML/1 L
20835951_EA

ITEMS AND PRICES ON THIS PAGE ARE EFFECTIVE FOR 4 WEEKS FROM THURSDAY, DECEMBER 4TH TO WEDNESDAY, DECEMBER 31ST, 2025

6^{49*}

Coca-Cola® beverages
selected varieties
6 x 710 mL
2030349002_C06

7^{49*}

AHA™ SPARKLING WATER
beverages
selected varieties
12 x 355 mL
22040794_C02

4^{49*}

Coca-Cola® beverages
selected varieties
6 x 222 mL
2035428002_C06

2^{79*}

Monster Energy®
beverages¹
selected varieties
473 mL
20938249_EA

*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Not valid in conjunction with any other offer. Retailer may sell for less.
¹All products must be purchased at the same time, single units at regular price.
¹This product may not be suitable for everyone. Please read the label for instructions.
The trademarks that appear are the property of their respective trademark owners.

4⁹⁹

KITKAT® 4 Finger 4-Pack
19 x 180 g or **COFFEE CRISP®**
4-Pack 20 x 200 g
selected varieties
20322502_EA/20323087_EA

2⁷⁹

AERO® Scoops® Vanilla Bean Tablet
15 x 105 g or **KITKAT®** Classic
Tablet 15 x 99 g
selected varieties
20648406_EA/20648571_EA

5⁴⁹

COFFEE CRISP® Mix-ups® Cello
12 x 110 g or **DRUMSTICK®** Bites
Cello Milk Chocolatey Cones 12 x 78 g
selected varieties
20648460_EA/20648209_EA

2⁴⁹

NESTLE® Assorted 8 ct Juniors
22 x 78 g or **SMARTIES®**
8's Juniors 8 x 10 g
selected varieties
20648409_EA/20648209_EA