

Fresh

PROUDLY CANADIAN

Hot Deals of the WEEK



3⁹⁹

FARMER'S MARKET™ GRAPE TOMATOES
283 G, PRODUCT OF CANADA OR
MINI CARROTS 2 LB, PRODUCT OF U.S.A.



PC® 336 G OR MINI MUFFINS,
SCHOOL SAFE BARS 296 G
21121909_EA/20015767_EA/21488839_EA

3⁹⁹



2/\$5
OR \$2.50 EA.

CHRISTIE CRACKERS
SELECTED VARIETIES
30-200 G
21030647_EA/21547034_EA



KELLOGG'S CEREAL 315-355 G
OR FUN PAC 210 G
SELECTED VARIETIES
20067427_EA/21652110_EA

2/\$7
OR \$3.50 EA.



SEE OUR FLYER ONLINE
VISIT FRESHMART.CA

FROM THURSDAY, JANUARY 8TH TO
WEDNESDAY, JANUARY 14TH, 2026

Back to Routine!



3⁴⁹

**SCHNEIDERS LUNCHMATE
LUNCH KITS OR STACKERS
SELECTED VARIETIES**

75-120 G

21120301_EA/21309931_EA



**SIMPLY DRINKS 1.54 L OR
KRAFT SINGLES OR VELVEETA
PROCESSED CHEESE
PRODUCT SLICES 410 G
SELECTED VARIETIES**

21170790_EA/21188654_EA

4⁴⁹



6²⁹

**CLOVER LEAF SOCKEYE SALMON
SELECTED VARIETIES**

213 G

21314811_EA



**PC® FROZEN FRUIT
SELECTED VARIETIES**

300-600 G

20312227_EA

4⁴⁹

Freshmart[®]

PROUDLY CANADIAN

SuperValu[®]
value and freshness

SHOP EASY[®]
F · O · O · D · S



2.49
LB

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



5.99
LB

LEAN GROUND BEEF
FAMILY SIZE
13.21/KG
20874394_KG



1.99

**FARMER'S MARKET™
CARROTS OR YELLOW ONIONS**
PRODUCT OF CANADA
3 LB



3.99
LB

RED, ORANGE OR YELLOW PEPPERS
PRODUCT OF CANADA OR MEXICO
8.80/KG



3.79

ZIGGY'S® CHEESE SLICES OR SLICED DELI MEAT
SELECTED VARIETIES
160-180 G
21592461_EA/21599921_EA/21610826_EA



WONDER BREAD
SELECTED VARIETIES
675 G
20310409_EA/20305674_EA

2.49



4/\$5
OR \$1.25 EA.

**GREEN GIANT VEGETABLES 341/398 ML
OR LE SIEUR TENDER PEAS 398 ML**
SELECTED VARIETIES
21021175_EA/21021222_EA/21021208_EA



2.99

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



\$3

MADEGOOD GRANOLA BARS
SELECTED VARIETIES
120/150 G
20797052002_EA/21425469_EA



5.99

HELLMANN'S MAYONNAISE
SELECTED VARIETIES
710-890 ML
20618579001_EA/21518360_EA



6.99

**BECEL MARGARINE 637/850 G
OR iöGO OR YOPLAIT YOGURT 16 X 100 G**
SELECTED VARIETIES
20297818002_EA/20609583001_EA



6.99

**PC® BATHROOM TISSUE 12=24 ROLLS
OR PAPER TOWELS 3=6 ROLLS**
SELECTED VARIETIES
21300716_EA/21540603_EA

Freshmart[®]

PROUDLY CANADIAN



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SELECTED VARIETIES
21300716_EA/21540603_EA

FRUITS & VEGETABLES



5⁹⁹

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



3⁹⁹

ICEBERG LETTUCE
PRODUCT OF U.S.A.
EACH



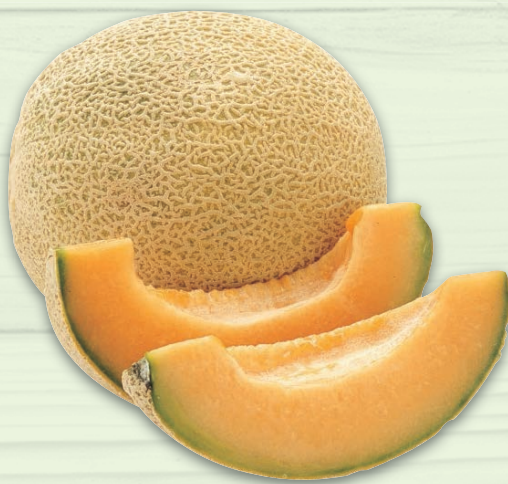
5⁹⁹

**FARMER'S MARKET™
CORN**
PRODUCT OF U.S.A.
4'S



2⁹⁹

**FARMER'S MARKET™
AVOCADOS**
PRODUCT OF MEXICO
5'S



4⁹⁹

CANTALOUPE
PRODUCT OF HONDURAS
EACH



6⁹⁹

**FARMER'S MARKET™
MANDARINS**
PRODUCT OF
SOUTH AFRICA
3 LB



1²⁹
LB

GREEN OR RED CABBAGE
PRODUCT OF CANADA
2.84/KG



1⁹⁹
LB

**ASIAN PEAR, PRODUCT OF CHINA
OR BARTLETT PEARS,
PRODUCT OF U.S.A.**
4.39/KG



3⁹⁹

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



5⁹⁹

BOLTHOUSE SMOOTHIES
PRODUCT OF U.S.A.,
SELECTED VARIETIES
946 ML
20301788_EA

BAKERY



11⁹⁹

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



3⁴⁹

**FARMER'S MARKET™
MINI TWO-BITE BROWNIES**
SELECTED VARIETIES
265 G
21450055_EA



1⁹⁹

**DONUT TIME GLAZED
OR SUGAR DONUTS**
SELECTED VARIETIES
6'S
21342096_EA/21342108_EA



3⁹⁹

CASA MENDOSA TORTILLAS
SELECTED VARIETIES
204-640 G
20981522_EA/20318788_EA

DAIRY & REFRIGERATED



3⁹⁹

**JELL-O OR HERSHEY'S SNACKS OR
PUDDING 4'S OR RISE KOMBUCHA 414 ML**
SELECTED VARIETIES, REFRIGERATED
21019795_EA/21019799_EA/21295362_EA



6⁴⁹

OÏKOS YOGURT
SELECTED VARIETIES
650/750 G
21006634_EA/21305945_EA



7⁹⁹

**KRAFT VELVEETA
PROCESS CHEESE LOAF**
450 G
20076573_EA



7⁴⁹

**BLACK DIAMOND CHEESTRINGS
OR SNACKS**
SELECTED VARIETIES, 252/336 G
20763300_EA/20763661_EA

MEAT & SEAFOOD



4⁴⁹
LB

FRESH WHOLE CHICKEN
9.90/KG
20147976_KG

2⁹⁹
LB

FRESH BONE-IN CENTRE-CUT PORK CHOPS
6.59/KG
20823075_KG

9⁹⁹
LB

FRESH BEEF INSIDE ROUND OVEN ROAST OR STEAK*
22.02/KG
20812494_KG



PREPARED IN CANADA

5⁹⁹

PC® PORK SAUSAGE
SELECTED VARIETIES
500 G
21584342_EA



PREPARED IN CANADA

6⁹⁹

SCHNEIDERS BOLOGNA
SELECTED VARIETIES
375/500 G
20039186_EA/20095530_EA



PREPARED IN CANADA

8⁹⁹

LOU'S PREPARED MEALS
SELECTED VARIETIES
375-400 G
20078077_EA/20182404_EA



SEAQUEST® PACIFIC WHITE SHRIMP, PEELLED, COOKED OR ZIPPERBACK® RAW

5⁹⁹

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



SEAQUEST® FISH FILLETS, SELECTED VARIETIES, 300 G OR CALAMARI RINGS 400 G FROZEN

6⁹⁹

SEAQUEST® FISH FILLETS, SELECTED VARIETIES, 300 G OR CALAMARI RINGS 400 G FROZEN
20027170_EA/20036614_EA



MEAT OR SEAFOOD SELECTION

\$10

MEAT OR SEAFOOD SELECTION
SELECTED VARIETIES, FROZEN
200 G-1.18 KG
21473698_EA/21667936_EA

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



3⁹⁹
LB

FRESH MARINATED BONE-IN PORK CHOPS
MADE IN-STORE
8.80/KG



4⁹⁹
LB

WHOLE FLATTENED MARINATED CHICKEN
MADE IN-STORE
11.00/KG



7⁹⁹
LB

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



11⁹⁹
LB

FRESH BEEF PINWHEEL'S
MADE IN-STORE
26.43/KG

DELI MEAT & CHEESE



PREPARED IN CANADA

1⁹⁹
/100 G

ZIGGY'S® CHICKEN OR TURKEY BREASTS
DELI SERVICE, SELECTED VARIETIES
20299196_KG



PREPARED IN CANADA

3⁴⁹

ZIGGY'S® FRESH PASTA
SELECTED VARIETIES
350 G
21302270_EA



PREPARED IN CANADA

6⁹⁹

BALDERSON CHEESE
SELECTED VARIETIES
250/280 G
20416277_EA/21495455_EA



PREPARED IN CANADA

13⁹⁹

PC® CHEESE PORTIONS
SELECTED VARIETIES
420 G
20571150_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

**AVAILABLE AT PARTICIPATING STORES

SESV 3

GROCERY



3/\$8
OR \$2.67 EA.

**COCA-COLA, PEPSI OR CANADA DRY
SOFT DRINKS 2 L OR ROCKSTAR
ENERGY DRINKS 473 ML
SELECTED VARIETIES**

20296926002_EA/20316026002_EA/20368415003_EA



1⁹⁹

**7UP NIMBOOZ 355 ML OR
GATORADE SPORT DRINKS 710 ML
SELECTED VARIETIES**

20305775003_EA/21682042_EA



4²⁹

**DAIRYLAND OR FOREMOST DAIRIES
COTTAGE CHEESE
SELECTED VARIETIES
500 G**

20310419_EA/20749835_EA



6⁹⁹

**STARBUCKS COFFEE ENHANCER
828 ML OR STARBUCKS OR STOK
COFFEE BEVERAGE 1.18/1.42 L,
INTERNATIONAL DELIGHT ICED
COFFEE 1.89 L OR PC® ORANGE
JUICE 2.5 L, SELECTED VARIETIES**

21358473_EA/21531644_EA



2²⁹

**PC® ORGANICS FLATBREAD,
CRACKERS OR VEGAN PUFFS
SELECTED VARIETIES
142 G**

20978831_EA/21358684_EA



3⁴⁹

**PILLSBURY PIZZA POPS
SELECTED VARIETIES, FROZEN
380 G**

21436071_EA



7⁴⁹

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

21555838_EA/21649696_EA



4⁹⁹

**BEN & JERRY'S ICE CREAM
SELECTED VARIETIES, FROZEN
473 ML**

21428265_EA/21428517_EA



3²⁹

**PC® PANCAKE OR WAFFLE MIX
905 G OR SYRUP 750 ML
SELECTED VARIETIES**

20175129_EA/20374908_EA



6⁴⁹

**JIF PEANUT BUTTER
SELECTED VARIETIES
1 KG**

21023784_EA/21023863_EA



10⁹⁹

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

20022248_EA



12⁴⁹

**TIM HORTONS GROUND COFFEE
300 G OR PODS 10/12'S
SELECTED VARIETIES**

20902294_EA/20902453_EA



1⁹⁹

**NESTLÉ, MARS OR HERSHEY'S
KING SIZE CHOCOLATE BARS
SELECTED VARIETIES
50-93 G**

20574273_EA/20581714_EA/20686572005_EA



2⁹⁹

**DOLE FRUIT CUPS
SELECTED VARIETIES
4 X 107-123 G**

20318455002_EA/20318455004_EA



2⁹⁹

**DARE WHIPPET OR
ULTIMATE COOKIES
SELECTED VARIETIES
250-300 G**

20783328001_EA/20974349_EA



3⁷⁹

**SUNCHIPS OR LAY'S
POPPABLE CHIPS
SELECTED VARIETIES
170-205 G**

21370317_EA/21663803_EA



5⁷⁹

**PRINGLES SNACK STACK
CRISPS 228 G OR JACK
LINK'S MEAT SNACKS
65-81 G
SELECTED VARIETIES**

20501983002_EA/21069445_EA



2⁴⁹

**HEINZ BEANS
SELECTED VARIETIES
398 ML**

20177278006_EA/20381735_EA



5²⁹

**FRENCH'S KETCHUP
SELECTED VARIETIES
750 ML/1 L**

20835951_EA



6²⁹

**KRAFT PARMESAN CHEESE
250 G OR PIZZA KIT 850 G
SELECTED VARIETIES**

20013009001_EA/21528135_EA



10²⁹

**UNICO VEGETABLE OIL
3 L**

20098102_EA



3²⁹

**KLEENEX HAND TOWELS
1-PLY, 60'S**

20688226_EA



4⁴⁹

**NO NAME® WINDSHIELD
WASHER FLUID
-35°C, 3.78 L**

20720431_EA



8⁹⁹

**MILK-BONE SOFT AND CHEWY DOG
TREATS 708 G OR WHISKAS CAT
FOOD 1.5/2 KG
SELECTED VARIETIES**

20018670_EA/21588889_EA



18⁹⁹

**ALPO COOKOUT CLASSICS
DOG FOOD
7.2 KG**

20097667_EA

Freshmart

Super Valu value and freshness **SHOP EASY** F.O.O.D.S.

Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. **Pricing:** All references to any savings claims (ie. "Save", "Was", "1/2 Price", etc.) is in comparison to our lowest regular retail prices at Freshmart locations. **Savings on items shown may vary in each store location.** Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. Prices not applicable At-The-Pumps gas bar locations. ®/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaw's Inc. and others. All rights reserved. © 2026 Loblaw's Inc.

proudly Canadian



SESV BACK

FROM THURSDAY, JANUARY 8TH TO WEDNESDAY, JANUARY 14TH, 2026

Back to Routine!



379

**ARIZONA, DEL MONTE
OR TETRA JUICE
SELECTED VARIETIES
8 X 200 ML**
20315764002_EA/21649074_C08

849

**NESTEA
SELECTED VARIETIES
12 X 341 ML**
21689167_C12

549

**CRAVE DINNER
ENTRÉES 200-340 G
OR KRAFT DELUXE
MAC & CHEESE 340 G
SELECTED VARIETIES,
FROZEN**
21085515_EA/21552618_EA



**HUER SOUR RAINBOW
STEAMERS OR WHIPS
GUMMIES 70 G OR EXCEL
OR JUICE FRUIT SINGLE
GUMS 12'S
SELECTED VARIETIES**
20309672001_EA/21359653_EA



**SCHNEIDERS EGG BITES OR
BREAKFAST SANDWICHES
SELECTED VARIETIES,
FROZEN, 204-288 G**
21623289_EA/21623322_EA



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

4/\$5
OR \$1.25 EA.

599

699



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



**MAGIC BAKING
POWDER
CLUB PACK
454 G**
20124984_EA



**FRITO-LAY
VARIETY PACK CHIPS
SELECTED VARIETIES
428/448 G**
21584889_EA

349

649

999



**PC® OR BLUE MENU®
INSTANT OATS 264-360 G
OR STEEL CUT OATS 840 G
SELECTED VARIETIES**
20703868_EA/21505058_EA



**TETLEY TEA 20/24'S
OR NO NAME®
COFFEE FILTER 100'S
SELECTED VARIETIES**
20177815_EA/20711158_EA



**SMUCKER'S JAM
OR MARMALADE
SELECTED VARIETIES
310-500 ML**
20308043001_EA/20308043003_EA

329

329

699



**QUAKER CRISPY MINIS RICE
CAKES, CHIPS 90-199 G OR BARS
120-156 G, SELECTED VARIETIES**
20847582_EA/20163708002_EA



**MAPLE LEAF FLAKES
SELECTED VARIETIES
156 G**
20298273002_EA



**BARILLA PASTA
SELECTED VARIETIES
410 G**
21404912_EA/21404970_EA



**PC® BBQ SAUCE
SELECTED VARIETIES
500 ML**
21021456_EA

299

279

249

349



**HALLS LOZENGES
SELECTED VARIETIES
25/30'S**
20315680012_EA/20896787_EA



**IRISH SPRING BAR SOAP
3 X 104 G OR BODY WASH
591 ML OR SOAP
BODY WASH 591 ML
SELECTED VARIETIES**
21219604_EA/21436450_EA



**SENSODYNE OR
PRONAMEL TOOTHPASTE
SELECTED VARIETIES
75-135 ML**
20247931002_EA/20301179003_EA

379

449

649

Freshmart[®]

PROUDLY CANADIAN

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3⁹⁹

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3⁹⁹



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