

Fresh

PROUDLY CANADIAN



3⁴⁹
LB

GREENHOUSE TOMATOES ON THE VINE
PRODUCT OF CANADA
7.69/KG



YOPLAIT YOP DRINKABLE YOGURT 200 ML
OR BEATRICE OR DAIRYLAND MILK 473 ML
SELECTED VARIETIES

20800080_EA/21478178_EA

.99



1⁹⁹

BARILLA PASTA 410 G
OR UNICO PASTA SAUCE 680 ML
SELECTED VARIETIES

20326537001_EA/21404912_EA



EARTH'S OWN OR
SILK NON-DAIRY BEVERAGES
SELECTED VARIETIES, 1.75/1.89 L

20308979_EA/21037796_EA

2/\$7
OR
\$3.50 EA.



3⁹⁹

BREYERS FAMILY CLASSIC
FROZEN DESSERT
SELECTED VARIETIES
1.4 L

21651628_EA



SEE OUR FLYER ONLINE
VISIT FRESHMART.CA

FROM THURSDAY, MARCH 5TH TO
WEDNESDAY, MARCH 11TH, 2026



3⁷⁹

**GAY LEA WHIPPED CREAM 225 G,
KHAAS HALAL YOGURT 2/3% OR
PARMALAT 3% 750 G YOGURT
SELECTED VARIETIES**

20048223001_EA/20544362001_EA



**NO NAME® SUMMER SAUSAGE,
PEPPERONI OR SALAMI CHUB OR
REGULAR OR REDUCED SALT BACON**

500 G

20015818_EA/20156771_EA

5⁹⁹



5⁴⁹

**QUAKER HARVEST CRUNCH CEREAL
SELECTED VARIETIES**

400-510 G

21219815_EA/21219824_EA



**NO NAME® LIQUID HONEY
SELECTED VARIETIES**

1 KG

20033683_EA

11⁹⁹



6⁴⁹

**SEAQUEST® COLOSSAL WHITE SHRIMP
16-20/LB, COOKED SHRIMP 70-90/LB
OR BAY SCALLOPS 100-150/LB 400 G
FROZEN**

21043887_EA/21558527_EA

Freshmart®

PROUDLY CANADIAN

SuperValu®
value and freshness

SHOP EASY®
F · O · O · D · S



349
LB

PORK TENDERLOIN
CRYOVAC PACKAGE, 2'S
7.69/KG
20520970_KG



649
LB

CHICKEN THIGHS
BONELESS, SKINLESS, FAMILY SIZE
14.31/KG
20162170_KG



499

FARMER'S MARKET™ ORANGES 5 LB
OR LEMONS 3 LB
PRODUCT OF U.S.A.



599

FARMER'S MARKET™
RUSSET, RED OR WHITE POTATOES
SELECTED VARIETIES, PRODUCT OF CANADA
10 LB



349

D'ITALIANO BREAD OR BUNS
SELECTED VARIETIES AND SIZES
20038335_EA/20521048_EA



749

OLIVIERI FRESH FILLED PASTA
OR SKILLET GNOCCHI OR SAUCES
SELECTED VARIETIES
160-700 G
20311594_EA/20915834_EA



189

BETTY CROCKER SUPERMOIST CAKE MIX
375/404 G OR FROSTINGS 340/450 G OR
CARNATION EVAPORATED MILK 354 ML
SELECTED VARIETIES
20562641006_EA/20896887_EA/21547834_EA



3/\$4
OR
\$1.33 EA.

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



449

INTERNATIONAL DELIGHT COFFEE WHITENER
OR TROPICANA OR PURE LEAF JUICES
SELECTED VARIETIES
946 ML-1.75 L
20895480002_EA/21622130_EA



499

DR. OETKER GIUSEPPE RISING
OR THIN CRUST PIZZA 439-785 G
SELECTED VARIETIES, FROZEN
20904584_EA/21106360_EA



749

COCA-COLA, PEPSI OR CANADA DRY SOFT DRINKS
12 X 355 ML OR FUZE ICED TEA 12 X 341 ML
SELECTED VARIETIES
20318694002_C12/20322361002_C12



1599

MAXWELL HOUSE GROUND COFFEE
SELECTED VARIETIES
631-900 G
21606882_EA

Freshmart®

PROUDLY CANADIAN



349
LB

PORK TENDERLOIN
CRYOVAC PACKAGE, 2'S
7.69/KG
20520970_KG



649
LB

CHICKEN THIGHS
BONELESS, SKINLESS, FAMILY SIZE
14.31/KG
20162170_KG



499

FARMER'S MARKET™ ORANGES 5 LB
OR LEMONS 3 LB
PRODUCT OF U.S.A.



599

FARMER'S MARKET™
RUSSET, RED OR WHITE POTATOES
SELECTED VARIETIES, PRODUCT OF CANADA
10 LB



349

D'ITALIANO BREAD OR BUNS
SELECTED VARIETIES AND SIZES
20038335_EA/20521048_EA



749

OLIVIERI FRESH FILLED PASTA
OR SKILLET GNOCCHI OR SAUCES
SELECTED VARIETIES
160-700 G
20311594_EA/20915834_EA



189

BETTY CROCKER SUPERMOIST CAKE MIX
375/404 G OR FROSTINGS 340/450 G OR
CARNATION EVAPORATED MILK 354 ML
SELECTED VARIETIES
20562641006_EA/20896887_EA/21547834_EA



3/\$4
OR
\$1.33 EA.

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



449

INTERNATIONAL DELIGHT COFFEE WHITENER
OR TROPICANA OR PURE LEAF JUICES
SELECTED VARIETIES
946 ML-1.75 L
20895480002_EA/21622130_EA



499

DR. OETKER GIUSEPPE RISING
OR THIN CRUST PIZZA 439-785 G
SELECTED VARIETIES, FROZEN
20904584_EA/21106360_EA



749

COCA-COLA, PEPSI OR CANADA DRY SOFT DRINKS
12 X 355 ML OR FUZE ICED TEA 12 X 341 ML
SELECTED VARIETIES
20318694002_C12/20322361002_C12



1599

MAXWELL HOUSE GROUND COFFEE
SELECTED VARIETIES
631-900 G
21606882_EA

FRUITS & VEGETABLES



3⁴⁹

PC® SALADS
SELECTED VARIETIES,
PRODUCT OF U.S.A.
142 G



1⁴⁹

ROOSTER GARLIC,
PRODUCT OF CHINA,
3'S OR GREEN ONIONS,
PRODUCT OF MEXICO
EACH



4²⁹

GREEN OR RED PEPPERS
PRODUCT OF MEXICO
4'S



4²⁹

FARMER'S MARKET™
RED ONIONS 3 LB
OR **BABY CARROTS 2 LB**
PRODUCT OF CANADA



2⁴⁹
LB

EGGPLANT
OR **GREEN ZUCCHINI**
PRODUCT OF MEXICO
5.49/KG



7⁹⁹

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



6⁹⁹

FARMER'S MARKET™ GRAPE TOMATOES
907 G OR **PC® VARIETY PACK TOMATOES**
681 G OR **VILLAGE FARMS MARZANO**
TOMATOES 681 G
PRODUCT OF CANADA OR MEXICO



1⁷⁹

ATAULFO MANGO
PRODUCT OF MEXICO
EACH



1⁴⁹

FRESH HERBS
PRODUCT OF MEXICO, U.S.A.
OR COLOMBIA
BUNCH



6⁹⁹

NECTARINE OR PEACH
PRODUCT OF CHILE,
NO. 1 GRADE
2 LB

BAKERY



2⁴⁹

PC® OR PC® BLUE MENU®
ENGLISH MUFFINS
SELECTED VARIETIES, 6'S
20810796_EA/21016273_EA



2/\$3
OR
\$1.50 EA.

GOLDEN HAPPINESS SPECIALTY BUNS
OR **BAGUETTE**
SELECTED VARIETIES
100 G
21529211_EA



3⁹⁹

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



5⁹⁹

FARMER'S MARKET™ SQUARES
400/450 G OR **MACAROONS 350 G**
SELECTED VARIETIES
20323572_EA

DAIRY & REFRIGERATED



2⁹⁹

KOZY SHACK PUDDING 624 G OR
PILLSBURY REFRIGERATED DOUGH
318-468 G, SELECTED VARIETIES
20318034001_EA/20323829001_EA



4⁴⁹

DAIRYLAND OR FOREMOST DAIRIES
COTTAGE CHEESE
500 G
SELECTED VARIETIES
20310419_EA/20749835_EA



3⁹⁹

MINUTE MAID ZERO SUGAR
OR **FRUITÉ BEVERAGES**
SELECTED VARIETIES
1.75 L
21434122_EA/21595842_EA



7⁴⁹

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

MEAT & SEAFOOD



3⁹⁹
LB

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



8⁹⁹
LB

BONELESS, SKINLESS CHICKEN BREASTS
CLUB SIZE
19.82/KG
20028450_KG



15⁹⁹
LB

BONELESS BEEF STRIPLOIN ROAST OR STEAK*
FRESH, FAMILY SIZE
35.25/KG
20794005_KG



3⁴⁹

NO NAME® ORIGINAL HOT DOGS
450 G
20002786_EA



12⁹⁹

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



12⁹⁹

PINTY'S CHICKEN WINGS OR THIGHS
SELECTED VARIETIES, FROZEN
600-950 G
21699629_EA/21703423_EA



2⁹⁹

SEAQUEST® FLAVOURED ALASKA POLLOCK, READY-TO-EAT 227 G, SMOKED STEELHEAD SALMON, FROZEN, PRE-SLICED 50 G OR CRAB FLAKES OR CHUNKS 227 G
20699832_EA/20792840_EA



6⁹⁹

SEAQUEST® PINK SALMON FILLETS
400 G
21314740_EA



8⁹⁹

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

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



\$1
OFF
/LB

FRESH SAUSAGE
MADE IN-STORE



4⁴⁹
LB

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



4⁴⁹
LB

FRESH MARINATED BONELESS PORK TENDERLOIN
MADE IN-STORE
9.90/KG



8⁹⁹
LB

FRESH MARINATED BONELESS, SKINLESS CHICKEN BREASTS
MADE IN-STORE
19.82/KG

DELI MEAT & CHEESE



2²⁹
/100 G

ZIGGY'S® PASTRAMI OR CORNED BEEF
21020569_KG/21020585_KG



4⁹⁹

ZIGGY'S® SLICED PEPPERONI 175 G OR BRANDT KOLBASSA CHUBS 250 G
SELECTED VARIETIES
20085869_EA/20353446_EA



4⁹⁹

BABYBEL 6'S OR THE LAUGHING COW 8'S
SELECTED VARIETIES
20319107_EA/20574332_EA



5⁹⁹

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

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

**AVAILABLE AT PARTICIPATING STORES

GROCERY



279

GURU, REIGN OR MONSTER ENERGY DRINKS
SELECTED VARIETIES
355-473 ML
20938249_EA/21596501_EA



399

OCEAN SPRAY CRANBERRY COCKTAIL OR MOTT'S CLAMATO COCKTAIL
SELECTED VARIETIES
1.89 L
2030006008_EA/20318955002_EA



3/\$10
OR \$3.33 EA.

PC® WATER 24 X 500 ML OR KOOL-AID, MIO, CRYSTAL LIGHT, TANG OR COUNTRY TIME LIQUID DRINK MIX 48 ML
SELECTED VARIETIES
20137898_C24/20749494001_EA



349

KELLOGG'S EGGO WAFFLES
SELECTED VARIETIES, FROZEN
270-280 G
20302779_EA



799

MCCAIN PIZZA POCKETS
SELECTED VARIETIES, FROZEN
540/600 G
21047833_EA



1099

ARMSTRONG CHEESE BAR
SELECTED VARIETIES
600 G
21255902_EA/21256609_EA



1799

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



3/\$5
OR \$1.67 EA.

NO NAME® SPICES 6-250 G OR KNORR SAUCE 17-48 G
SELECTED VARIETIES
20307866001_EA/20617758_EA



399

QUAKER INSTANT OATMEAL 168-344 G OR ACTIVIA 650 G OR ACTIVIA EXPERT 4 X 100 G YOGURT
SELECTED VARIETIES
21190254_EA/20325132003_EA



599

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



1279

STARBUCKS GROUND COFFEE
340 G OR **K-CUPS 10'S**
SELECTED VARIETIES
20547343001_EA/2054682004_EA



249

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



449

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



299

PRINGLES POTATO CHIPS
SELECTED VARIETIES
102-156 G
21003832_EA/21003833_EA



429

TOSTITOS SALSA 394/418 ML, 416/432 G OR TORTILLA CHIPS
205-295 G
SELECTED VARIETIES
20673717_EA/21050572_EA



199

LIPTON CUP-A-SOUP OR SOUP MIX
SELECTED VARIETIES
94-166 G
20308188002_EA/20308188003_EA



229

CAMPBELL'S BROTH
SELECTED VARIETIES
900 ML
20322348003_EA/20322348005_EA



249

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



699

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



549

NO NAME® BATHROOM TISSUE
12=24 ROLLS OR **PAPER TOWELS**
6=12 ROLLS
21624748_EA/21636318_EA



699

SUNLIGHT 1.84 L OR PUREX 1.92/2.03 L LAUNDRY DETERGENT
SELECTED VARIETIES
20856516002_EA/21427029_EA



2/\$3
OR \$1.50 EA.

CESAR DOG FOOD 100 G OR PURINA BEYOND GRAIN FREE CAT FOOD 85 G
SELECTED VARIETIES
20323206007_EA/21165889_EA



899

NO NAME® WILD BIRD SEED MIX
SELECTED VARIETIES
4 KG
21303272_EA/21308564_EA

Freshmart

SuperValu Value and freshness SHOP EASY Price on Pump

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. ©/TM The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved. © 2026 Loblaws Inc.



Everyday Essentials



3.49 NO NAME® NATURALLY IMPERFECT™ FROZEN FRUIT SELECTED VARIETIES FROZEN 300/400 G 21545095_EA



3.29 CHEEMO PEROGIES SELECTED VARIETIES, FROZEN 815/907 G 20527369_EA



5.49 NO NAME® FISH SELECTED VARIETIES, FROZEN 454 G 21672264_EA



4.99 NO NAME® TART SHELLS 570 G OR CHAPMAN'S PREMIUM ICE CREAM 500 ML SELECTED VARIETIES, FROZEN 20296118002_EA/21511195_EA



4.49 COCA-COLA OR PEPSI MINI CANS SELECTED VARIETIES 6 X 222 ML 20354288002_C06/20857560004_C06



5.99 BUBLY OR MONTELLIER SPARKLING WATER SELECTED VARIETIES 10/12 X 355 ML 21096272_C10/21097177_C12



2.49 PC® APPLEREET™ 6 X 100 ML OR SQUEEZE 4 X 90 G FRUIT SNACKS SELECTED VARIETIES 20309701002_EA/20939686_EA



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



3.79 CADBURY FAMILY CHOCOLATE BARS SELECTED VARIETIES 90/105 G 21648577_EA/21648701_EA



3.29 NO NAME® PANCAKE MIX 905 G, SYRUP 750 ML OR PEANUT BUTTER 500 G SELECTED VARIETIES 20306030_EA/20316212001_EA/20322949_EA



3.99 NESTLÉ CARNATION HOT CHOCOLATE MIX 175/250 G OR NO NAME® COFFEE WHITENER 450 G SELECTED VARIETIES 20310718_EA/21041744_EA



4.49 NO NAME® JAM OR MARMALADE 500 ML OR 100% CANADIAN PURE LIQUID HONEY 375 G SELECTED VARIETIES 20001100_EA/20298902_EA



4.29 DIANA'S BBQ SAUCE 500 ML OR BULL'S-EYE BBQ SAUCE 425 ML SELECTED VARIETIES 20547834003_EA/21184617_EA



5.49 NATURE'S PATH OR JORDANS ORGANIC CEREAL OR GRANOLA SELECTED VARIETIES 300-400 G 20305710002_EA/21522281_EA



8.99 NESTEA 12 X 341 ML OR RED BULL ENERGY DRINKS 4 X 250 ML SELECTED VARIETIES 21689167_C12/20166737001_C04



1.99 UNICO BEANS SELECTED VARIETIES 540 ML 20313447004_EA/20313447006_EA



3.29 NO NAME® REAL BACON BITS SELECTED VARIETIES 85 G 20159354_EA



4.79 TACO BELL CREAMY SAUCE 354 ML OR DINNER KIT 260-420 G SELECTED VARIETIES 21661774_EA/21663637_EA

International Women's Day March 8th, 2026

Celebrating Our Customers!



Sara Saulnier

Chipman Freshmart

444 Main Street
Chipman, NB E4A 2P3



4⁹⁹

PC® ORANGE JUICE
SELECTED VARIETIES, REFRIGERATED
1,54 L
21430531_EA



6⁴⁹

NO NAME® CHEESE BAR
SELECTED VARIETIES
400 G
21289745_EA



10⁹⁹

PC® ENTRÉES
SELECTED VARIETIES, FROZEN
770 G-1.13 KG
20326534_EA

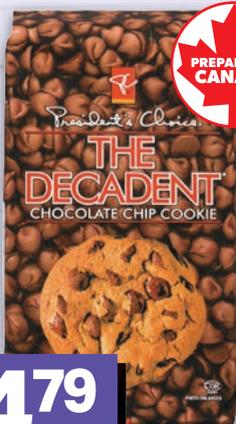
Favourite
3
Products

Favourite
3
Products



2⁹⁹

PC® UDON NOODLES
4'S
20354811_EA



4⁷⁹

PC® THE DECADENT® COOKIES
SELECTED VARIETIES
280/300 G
20612257_EA



5⁹⁹

PC® GREEK YOGURT TUBS
SELECTED VARIETIES
650/750 G
21518311_EA



Lianne Correia

L'interMarché Universel

89 Rue Mont-Royal Est
Montréal, QC H2T 1N6



Anny Brouillette

L'intermarché St-Esprit

31 Rue Rivest
St-Esprit, QC J0K 2L0



4⁹⁹

PC® THE DECADENT® MOLTEN CHOCOLATE LAVA CAKE
2 X 108 G
20800613_EA



6⁹⁹

PC® SHREDDED CHEESE
SELECTED VARIETIES
250-320 G
20711027_EA

Favourite
3
Products



19⁹⁹

PC® CEDAR PLANK ATLANTIC SALMON
FROZEN
500 G
21444230_EA

Favourite
3
Products



4⁴⁹

PC® COOKIES
SELECTED VARIETIES
100-350 G
20984018_EA



\$3

PC® KETTLE COOKED, LOADS OF™ FLAVOUR OR WORLD OF FLAVOUR POTATO CHIPS
SELECTED VARIETIES
200 G
21576276_EA



8⁹⁹

PC® CHOCOLATE COVERED FRUITS, NUTS OR BARS
SELECTED VARIETIES
200-400 G
20000356_EA



Kim Gendreault

Marché Gendreault

1097 Rue Principale
Notre Dame de Stanbridge,
QC J0J 1M0



Sierra Senecal

Foster's Freshmart

14 Robinson Drive
Bruce Mines, ON P0R 1C0



3⁴⁹

PC® LEMONADE OR TEA
SELECTED VARIETIES
1,54 L
21430552_EA



4⁹⁹

PC® LOADS OF GARLIC CAESAR
355 ML
21378145_EA

Favourite
3
Products



15⁹⁹

PC® BUTTERMILK BREADED CHICKEN BREAST STRIPS
SELECTED VARIETIES, FROZEN
907 G
21163498_EA

Favourite
3
Products



2⁴⁹

NO NAME® FRUIT BOWLS
SELECTED VARIETIES
4'S
20521654_EA



9⁹⁹

NO NAME® THICK SLICED BACON
SELECTED VARIETIES
1 KG
21389815_EA



11⁹⁹

100% PURE MAPLE SYRUP
SELECTED VARIETIES
500 ML
20049221_EA



Carrie Gerry

Gerry's Freshmart

5008 50th Avenue
NW - Box 716
Chetwynd, BC V0C 1J0

Freshmart[®]

PROUDLY CANADIAN



3⁴⁹
LB

GREENHOUSE TOMATOES ON THE VINE
PRODUCT OF CANADA
7.69/KG



YOPLAIT YOP DRINKABLE YOGURT 200 ML
OR BEATRICE OR DAIRYLAND MILK 473 ML
SELECTED VARIETIES

20800080_EA/21478178_EA

.99



1⁹⁹

BARILLA PASTA 410 G
OR UNICO PASTA SAUCE 680 ML
SELECTED VARIETIES

20326537001_EA/21404912_EA



EARTH'S OWN OR
SILK NON-DAIRY BEVERAGES
SELECTED VARIETIES, 1.75/1.89 L

20308979_EA/21037796_EA

2/\$7
OR
\$3.50 EA.



3⁹⁹

BREYERS FAMILY CLASSIC
FROZEN DESSERT
SELECTED VARIETIES
1.4 L

21651628_EA



SEE OUR FLYER ONLINE
VISIT FRESHMART.CA
FROM THURSDAY, MARCH 5TH TO
WEDNESDAY, MARCH 11TH, 2026