

Fresh

PROUDLY CANADIAN

AUGUST

**HIT
OF THE
MONTH**



\$1.75

Nestle Kit Kat, Aero or Crunch tablets

Selected varieties, 95 - 105 g



\$1.88

**Christie Triscuits, Good Thins
or Wheat Thins Crackers**

Selected varieties, 100 - 200 g



\$3.50

Bolthouse Farms Smoothies or Juice

Selected varieties, 946 ml



\$3.50

**Clif ZBar 5x36 g
or Clif Energy Minis 5x28 g**

Selected varieties

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. Offer valid August 1st - 31st, 2026 while quantities last. We reserve the right to limit quantities to reasonable family requirements. See in store for limits. No rainchecks.



2⁴⁹

**SEAQUEST® LOBSTER OR CRAB
FLAVOURED POLLOCK 227 G
OR STEELHEAD SALMON 50 G
SELECTED VARIETIES**

20699832_EA/20792840_EA



**KNORR SIDEKICKS PASTA 120-162 G
OR RICE SIDE DISHES 130-153 G
SELECTED VARIETIES**

20321430005_EA/20321430015_EA

1⁷⁹



3⁴⁹

**PC® OR BLUE MENU® FROZEN ENTRÉES
SELECTED VARIETIES**

212-365 G

20309869_EA/20312253001_EA



**LIBERTÉ GREEK 650/750 G OR
MÉDITERRANÉE 900 G YOGURT
SELECTED VARIETIES**

20642273_EA/21305347_EA

6⁹⁹



6²⁹

**MONTELLIER NATURAL SPRING WATER
10 X 355 ML OR BUBLY SPARKLING
WATER 12 X 355 ML
SELECTED VARIETIES**

21096704_C10/21097174_C12

Freshmart®

PROUDLY CANADIAN

SuperValu®
value and freshness

SHOP EASY®
F · O · O · D · S



349
LB

PORK LOIN CENTRE-CUT CHOPS OR ROAST
BONELESS, FAMILY SIZE
7.69/KG
2086262_KG



1699
LB

FRESH BEEF RIB STEAK OR ROAST BONE-IN*
37.45/KG
20007023_KG



329

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



299

PC® MINI POTATOES
SELECTED VARIETIES, PRODUCT OF CANADA
680 G



279

PC® OR BLUE MENU® DIPS OR HUMMUS
OR NAAN DIPPERS
SELECTED VARIETIES
200-228 G
20583408_EA/20584097_EA/21092033_EA



599

FARMER'S MARKET™ MUFFINS
SELECTED VARIETIES
570-600 G
21283356_EA/21283358_EA



399

OASIS ORANGE JUICE 1.5 L OR
SMOOTHIES 1.6 L OR KRAFT SINGLES
OR VELVEETA SLICES 410 G
SELECTED VARIETIES
21188654_EA/21376778_EA



179

UNICO SAUCE 680 ML
OR **BARILLA PASTA 340-410 G**
SELECTED VARIETIES
20326537001_EA/21404912_EA



929

UNICO VEGETABLE OR SUNFLOWER OIL
SELECTED VARIETIES
3 L
20089062_EA/20098102_EA



2/\$7
OR
\$3.50 EA.

SILK NON-DAIRY BEVERAGES
SELECTED VARIETIES
1.75/1.89 L
20308979_EA/20328231002_EA



399

PC® FROZEN FRUIT
SELECTED VARIETIES, FROZEN
300-600 G
20312227_EA/21289947_EA



399

BREYERS CLASSIC FROZEN DESSERT
SELECTED VARIETIES
1.41 L
21651628_EA

SEE OUR FLYER ONLINE, VISIT FRESHMART.CA
FROM THURSDAY, AUGUST 6TH TO WEDNESDAY, AUGUST 12TH, 2026



*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SESV 1

Freshmart[®]

PROUDLY CANADIAN



3⁴⁹
LB

PORK LOIN CENTRE-CUT CHOPS OR ROAST
BONELESS, FAMILY SIZE
7.69/KG
2086262_KG



16⁹⁹
LB

FRESH BEEF RIB STEAK OR ROAST BONE-IN*
37.45/KG
20007023_KG



3²⁹

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



2⁹⁹

PC[®] MINI POTATOES
SELECTED VARIETIES, PRODUCT OF CANADA
680 G



2⁷⁹

PC[®] OR BLUE MENU[®] DIPS OR HUMMUS
OR NAAN DIPPERS
SELECTED VARIETIES
200-228 G
20583408_EA/20584097_EA/21092033_EA



5⁹⁹

FARMER'S MARKET[™] MUFFINS
SELECTED VARIETIES
570-600 G
21283356_EA/21283358_EA



3⁹⁹

OASIS ORANGE JUICE 1.5 L OR
SMOOTHIES 1.6 L OR KRAFT SINGLES
OR VELVEETA SLICES 410 G
SELECTED VARIETIES
21188654_EA/21376778_EA



1⁷⁹

UNICO SAUCE 680 ML
OR **BARILLA PASTA 340-410 G**
SELECTED VARIETIES
20326537001_EA/21404912_EA



9²⁹

UNICO VEGETABLE OR SUNFLOWER OIL
SELECTED VARIETIES
3 L
20089062_EA/20098102_EA



2/\$7
OR
\$3.50 EA.

SILK NON-DAIRY BEVERAGES
SELECTED VARIETIES
1.75/1.89 L
20308979_EA/20328231002_EA



3⁹⁹

PC[®] FROZEN FRUIT
SELECTED VARIETIES, FROZEN
300-600 G
20312227_EA/21289947_EA



3⁹⁹

BREYERS CLASSIC FROZEN DESSERT
SELECTED VARIETIES
1.41 L
21651628_EA

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*CUT FROM CANADA AA GRADE BEEF OR HIGHER

SES V 1

FRUITS & VEGETABLES



3⁹⁹

CAULIFLOWER
PRODUCT OF CANADA
EACH

6⁹⁹

BLUEBERRIES
PRODUCT OF
CANADA OR U.S.A.
2 LB

1⁷⁹
LB

**GREENHOUSE
BEEFSTEAK
TOMATOES**
PRODUCT OF CANADA
3.95/KG



5⁷⁹
LB

CHERRIES
PRODUCT OF BRITISH COLUMBIA
13.87/KG

3⁴⁹

CANTALOUPE
PRODUCT OF CANADA
EACH

5⁹⁹

FARMER'S MARKET™ ORANGES
PRODUCT OF SOUTH AFRICA
3 LB

7⁴⁹

APRICOTS
PRODUCT OF WESTERN PROVINCES
1 L



2⁹⁹
LB

**BARTLETT PEARS
OR BOSCH PEARS**
PRODUCT OF U.S.A.
6.59/KG

3⁹⁹

PC® OR PC® ORGANICS MUSHROOMS
PRODUCT OF CANADA,
SELECTED VARIETIES
320-454 G

20738571_EA

2²⁹
LB

GREEN PEPPERS
PRODUCT OF CANADA
5.05/KG

1⁴⁹

FIELD CUCUMBERS
PRODUCT OF WESTERN PROVINCES
EACH

BAKERY



1⁵⁰

**GOLDEN HAPPINESS BUNS 100 G
OR BAGUETTE 255 G**
SELECTED VARIETIES

21297550_EA/21529211_EA

3⁴⁹

D'ITALIANO BREAD OR BUNS
SELECTED VARIETIES
420-675 G

20038335_EA/20521048_EA

4⁴⁹

**FARMER'S MARKET™ LOAF CAKE
WHOLE OR SLICED OR
FARMER'S MARKET™ CROISSANTS**
SELECTED VARIETIES
260-390 G

20975943_EA/21542157_EA

12⁹⁹

FARMER'S MARKET™ CAKE
SELECTED VARIETIES
825-875 G

21392537_EA/21392550_EA

DAIRY & REFRIGERATED



3⁹⁹

**ASTRO 650-750 G OR
iöGO YOGURT 650 G**
SELECTED VARIETIES

20165226001_EA/21659463_EA

2⁷⁹

FOREMOST DAIRIES STIRRED YOGURT
SELECTED VARIETIES
650 G

20337243_EA/20338702001_EA

2⁹⁹

**KOZY SHACK RICE PUDDING
4 X 113/624 G OR PILLSBURY READY
TO BAKE COOKIE DOUGH 454-496 G**
SELECTED VARIETIES

20318034002_EA/20323829001_EA

3⁷⁹

GAY LEA REAL WHIPPED CREAM
SELECTED VARIETIES
225 G

20048223001_EA/20048223002_EA

MEAT & SEAFOOD



3⁹⁹
LB

CHICKEN DRUMSTICKS OR THIGHS BONE-IN, SKIN-ON FAMILY SIZE 8.80/KG
20004494_KG/20058163_KG

5⁹⁹
LB

FRESH PORK KEBABS PLAIN OR MARINATED MADE IN-STORE 13.21/KG

11⁹⁹
LB

BEEF BRAISING SHORT RIBS* CLUB SIZE 26.43/KG
20812708_KG

PARTICIPATING STORES



5⁹⁹

PC® PORK SAUSAGES PREPARED IN CANADA, SELECTED VARIETIES 500 G
21584342_EA

14⁹⁹

GRASS FED MEDIUM GROUND BEEF 900 G
21675609_EA

12⁹⁹

MARCANGELO BACON WRAPPED BEEF 340 G
21025464_EA

12⁹⁹

NO NAME® ORIGINAL HOT DOGS, CLUB PACK®, 1.5 KG OR THICK SLICED BACON 1 KG
20961816_EA/21389815_EA



7⁹⁹

GRIMM'S SIZZLIN' SMOKIES™ OR GRIMM'S BAVARIAN SMOKIES™ SELECTED VARIETIES 375/450 G
20709755_EA/20709991_EA

5⁴⁹

ASIAN INSPIRATIONS ENTRÉES SELECTED VARIETIES, FROZEN 400 G
21047353_EA/21047376_EA

9⁹⁹

NO NAME® FROZEN APPETIZERS SELECTED VARIETIES, FROZEN 454 G-1.25 KG
21608591_EA/21613653_EA

7⁹⁹

PC® PACIFIC WHITE SHRIMP SELECTED VARIETIES, FROZEN 400 G
20789931_EA/20791381_EA

DELI MEAT & CHEESE



3⁴⁹

ZIGGY'S® FRESH PASTA SELECTED VARIETIES 350/360 G
20058077_EA

\$4

GOLD LABEL SLICED DELI MEATS SELECTED VARIETIES 175 G
21599776_EA/21599826_EA

5⁴⁹

BOTHWELL CHEESE SELECTED VARIETIES 170-540 G
21060074_EA/21060111_EA

5⁹⁹

TRE STELLE HALLOUMI OR BOCCONCINI 200 G OR RICOTTA 475 G SELECTED VARIETIES 20093652_EA/21350800_EA

PREPARED IN CANADA

FLAVOURS OF THE WORLD



.99

ROOSTER GARLIC PRODUCT OF CHINA 3'S

7⁹⁹

ZABIHA HALAL JUICY SUPREME CHICKEN HOT DOGS SELECTED VARIETIES 900 G
20911445_EA

7⁹⁹

TAMAM TAHINI 907 G
21217267_EA

5⁹⁹

CLIC QUINOA GRAINS 907 G
20051508_EA

*CUT FROM CANADA AA GRADE BEEF OR HIGHER

GROCERY



6⁴⁹

**PC® SHREDDED CHEESE 250-320 G
OR CHEESE BARS 300-400 G
SELECTED VARIETIES**

21060183_EA/21333360_EA



6⁹⁹

**STÖK OR STARBUCKS OR
INTERNATIONAL DELIGHT COLD BREW
COFFEE 1.18-1.89 L OR STARBUCKS
COFFEE ENHANCER 828 ML OR
INTERNATIONAL DELIGHT COLD FOAM
369/396 G, SELECTED VARIETIES**

21215530_EA/21358473_EA



3⁹⁹

**OASIS OR ARIZONA OR DEL MONTE
TETRA JUICE
SELECTED VARIETIES
8 X 200 ML**

20315764002_EA/21649074_C08



6⁹⁹

**COCA-COLA OR CANADA DRY
6 X 710 ML OR MIO ICED TEA 540 G
SELECTED VARIETIES**

20313741002_C06/21730486_EA



3⁴⁹

**CAVENDISH PREMIUM FRIES
SELECTED VARIETIES, FROZEN
400-750 G**

20318419001_EA



7⁹⁹

**POGO
SELECTED VARIETIES, FROZEN
8/10'S**

20053302001_EA



4⁹⁹

**EVIVE SMOOTHIE POPS
50/250 ML**

21528004_EA



5⁹⁹

**CHAPMAN'S YUKON ICE CREAM
OR NOVELTIES
SELECTED VARIETIES
5-8'S**

20950270_EA/21012281_EA



3⁷⁹

**QUAKER OATS 709 G-1 KG OR GOGO
SQUEEZE FRUIT SAUCE OR CUPS
4 X 90-97 G
SELECTED VARIETIES**

20323113001_EA/21701363_EA



7⁴⁹

**KELLOGG'S FAMILY SIZE CEREAL
450-650 G OR KRAFT HAZELNUT
SPREAD 725 G
SELECTED VARIETIES**

21285418_EA/21651947_EA



5⁴⁹

**HERSHEY'S CHIPITS 225-270 G OR
NO NAME® INSTANT COFFEE 150 G
SELECTED VARIETIES**

21180125_EA/21452844_EA



25⁹⁹

**PC® PODS 30'S OR
GROUND COFFEE 290/300 G
SELECTED VARIETIES**

21038762_EA/21393573_EA



2⁷⁹

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

20163708002_EA/20847582_EA



2⁷⁹

**DARE GRISSOL TOAST,
BAGUETTE OR VEGGIE CRISPS
SELECTED VARIETIES
100-200 G**

20313040001_EA/20973368_EA



2/\$7
OR
\$3.50 EA.

**OLD DUTCH POTATO CHIPS OR
SNACKS 200-290 G, ARRIBA 235/245 G
OR RESTAURANTE TORTILLA CHIPS
275/290 G
SELECTED VARIETIES**

21445100_EA/21646697_EA



2/\$5
OR
\$2.50 EA.

**WERTHER'S ORIGINAL OR
MAYNARDS SOUR PATCH KIDS
GUMMIES OR CANDIES
SELECTED VARIETIES
60-154 G**

20898717_EA/21545554_EA



2/\$1
OR
50¢ EA.

**MR. NOODLES RAMEN
SELECTED VARIETIES
85 G**

20322658004_EA/20322658007_EA



2⁹⁹

**VH MARINADES, STIR-FRY SAUCES,
DIPPING SAUCES OR SOYA SAUCE
SELECTED VARIETIES, 341-380 ML**

20308726008_EA/20984002_EA



3⁹⁹

**PC® KETCHUP 750 ML/1 L OR
SWEET BABY RAY'S BBQ SAUCE 425 ML
SELECTED VARIETIES**

20131845_EA/20316609001_EA



4⁷⁹

**HEREFORD CORNED BEEF 340 G
OR FRANK'S HOT SAUCE 354 ML
SELECTED VARIETIES**

20050622_EA/20187632001_EA



4⁹⁹

**PINE-SOL CLEANER 1.41 L
OR WINDEX GLASS CLEANER
765/950 ML
SELECTED VARIETIES**

20298679002_EA/21167236_EA



7⁹⁹

**CHARMIN TOILET PAPER 8'S
OR BOUNTY PAPER TOWEL 3'S
SELECTED VARIETIES**

21670159_EA/21707477_EA



2/\$3
OR
\$1.50 EA.

**CESAR WET DOG FOOD
SELECTED VARIETIES
100 G**

20323206002_EA/20323206009_EA



23⁹⁹

**PEDIGREE DOG FOOD
SELECTED VARIETIES
8 KG**

20039397002_EA

Freshmart

SuperValu Value and freshness **SHOP EASY** Freshmart logo

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.



SESV BACK

FROM THURSDAY, AUGUST 6TH TO WEDNESDAY, AUGUST 12TH, 2026

Grocery Essentials



3²⁹

PILLSBURY TOASTER STRUDEL PASTRIES
SELECTED VARIETIES,
FROZEN
326 G
20172664002_EA

2⁴⁹

BAGEL BITES PIZZA SNACKS
SELECTED VARIETIES,
FROZEN
9'S
20213483001_EA

5⁴⁹

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



3⁴⁹

NO NAME® DESERT WHIPPED TOPPING 1 L
OR **PIE SHELLS 350/380 G**
SELECTED VARIETIES,
FROZEN
20113422001_EA/20153259_EA

8⁹⁹

NESCAFÉ GOLD INSTANT COFFEE 90-100 G
OR **NESTEA ICED TEA 12 X 341 ML**
SELECTED VARIETIES
21521456_EA/21687040_C12

10⁹⁹

CORONA OR HEINEKEN NON-ALCOHOLIC BEER
SELECTED VARIETIES
6 X 330 ML
21099500_C06/21650191_C06



4⁷⁹

PC® POPCORN 220/250 G
OR **COOKIES 100-350 G**
SELECTED VARIETIES
20555781_EA/21661489_EA

5⁴⁹

PC® PEANUTS, ALMONDS OR CASHEWS
SELECTED VARIETIES
200/700 G
20057990001_EA/21054943_EA

4⁹⁹

CARNABY SWEET GUMMIES 500 G OR LINDT EXCELLENCE OR SWISS CLASSIC CHOCOLATE BARS 50-100 G
SELECTED VARIETIES
20296856001_EA/21363890_EA



3⁹⁹

PC® BLUE MENU® GRANOLA CEREAL OR CEREAL BOOSTER 325-475 G OR CROWN OR LILY CORN SYRUP 500 ML
SELECTED VARIETIES
20160687_EA/21315327_EA

5⁴⁹

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

12⁹⁹

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



2⁹⁹

KIJU JUICE 1 L OR PC® APPLE SAUCE 6 X 100 ML
SELECTED VARIETIES
20312710002_EA/21306828_EA

6⁹⁹

MAILLE GHERKINS
SELECTED VARIETIES
375 ML
20065033_EA

17⁹⁹

ROBIN HOOD OR FIVE ROSES ALL PURPOSE FLOUR CLUB PACK, 10 KG
20134743_EA/20251651_EA



2²⁹

NO NAME® FRUIT
SELECTED VARIETIES
398/540 ML
20628585002_EA/21097615_EA

1⁹⁹

UNICO BEANS
SELECTED VARIETIES
540 ML
20313447001_EA/20313447006_EA

3/\$4
OR \$1.33 EA.

GOLD SEAL SARDINES
SELECTED VARIETIES
125 G
21024464_EA/21024465_EA

Freshmart[®]

PROUDLY CANADIAN

AUGUST

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or Clif Energy Minis 5x28 g**

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BEST DEALS**

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