

# FRESH CO

Lowering food prices

ZONE 1



SAVE \$3  
**\$10**

**Boneless Skinless Chicken Breasts**  
4 Pieces  
reg 13.00  
Poulet sans os et sans peau



**Armstrong Cheese Bars** 400 g  
**Armstrong Shreds** 320 g  
reg 6.79-7.29  
Barres de fromage râpé

SAVE UP TO \$2.85  
**4.44**



SAVE \$2.99  
**7.99**

**Compliments Smoked Sausages** 900 g  
reg 10.49  
Saucisses fumées



**99¢/lb**

**Hothouse Tomatoes**  
Product of Ontario  
Canada No. 1  
2.18/kg  
Tomates



**5/\$2**

**Corn**  
Product of USA No. 1 Grade  
Maïs



SAVE \$2  
**4.99**

**Sorbelicious Sorbet Bars** 8 pk  
reg 6.99  
Barres de sorbet



SAVE \$1.99  
**2.99**

**Pure Life Spring Water**  
24x500 mL reg 4.29  
Eau de source



SAVE \$1.99  
**99¢**

**Sealtest Chocolate Milk** 750 mL  
**Neilson Milkshakes** 310 mL  
reg 1.99-2.49  
Lait au chocolat, Frappé



**3/\$33**  
or \$12 ea

**10" Premium Hanging Baskets**  
Paniers suspendus

**Scene+ MEMBER PRICING**

**7.99** with Scene+ Card  
**8.99** without Scene+ Card

**High Liner Pan-Sear Frozen** 500-540 g  
**Catch of the Day Fish Fillets Frozen** 580-800 g  
reg 12.00-15.99  
Poisson

**2.49** with Scene+ Card  
**3.49** without Scene+ Card

**Doritos** 210-280 g  
**Ruffles** 180-200 g  
Croustilles

HAPPY MOTHER'S DAY!



Flyer in effect  
May 2024  
Prices in Effect in Ontario,  
Excludes Thursday Day

THUR 9 FRI 10 SAT 11 SUN 12 MON 13 TUES 14 WED 15

FC\_WWJL\_ONT\_FLYER



50 PTS  
when you buy 1

**2.99**



Blackberries  
Product of Mexico  
Mores

**1.29**



Seedless Cucumbers  
Product of Ontario  
Canada No. 1  
Concombres sans pépins



**1.49** /lb

Royal Gala Apples  
Product of Ontario  
Canada Extra Fancy  
3.28/kg  
Pommes



**3.99**

Sweet Bell Peppers 4 pk  
Product of Ontario or Mexico  
Poivrons



**3.99**

Compliments Bagged Oranges  
3 lb  
Product of Egypt  
1.36 kg  
Honeydew Melon  
Product of Mexico  
Oranges, melon miel



**2.49** /lb

Broccoli Crowns  
Product of Mexico or USA  
5.49/kg  
Brocoli



**2.99**

Iceberg Lettuce or Celery  
Product of USA or Mexico  
No. 1 Grade  
Laitue ou céleri



**1.29**

Grapefruit Product of Israel  
Avocado Product of Mexico  
Pamplemousse, avocats



**3.99**

Compliments Yellow, White, Red or Medley Mini Potatoes  
Product of Ontario  
Canada No. 1  
Fingerling Potatoes  
Product of Canada  
Canada No. 1  
680 g  
Pommes de terre



**4.99**

Compliments Baby Spinach or Spring Mix  
312 g  
Product of USA  
Jeunes épinards ou mélange printanier

# WEEKLY DEALS EVERYDAY LOW PRICES

Look for these symbols while you shop.

SAVE 50¢/lb

**13.99** /lb

Value Pack Fresh Atlantic Salmon Fillets  
30.84/kg  
Filets de saumon

SAVE \$1.91

**3.99**

Butcher's Selection Stampede Hotdog 900 g  
Harvest Creek Halal Chicken Wieners 908 g  
Saucisse fumée, saucisses  
Fumées de poulet

SAVE \$2

**\$11**

Marcangelo Souvlaki Chicken Breast or Pork Kabobs 480-640 g  
Souvlaki de poulet ou porc

100 PTS when you buy 4

BUY 2 OR MORE

**1.99** ea

OR BUY 1 \$2.99  
Maple Lodge Farms or Zabihah Halal Chicken Bologna or Wieners 375-450 g  
Bologna ou saucisses fumées de poulet

SAVE \$2

**5.99**

Maple Leaf Bacon or Ready Crisp Bacon 65-375 g  
Breakfast Sausages 300 g  
Bacon, saucisses à déjeuner

SAVE \$4

**12.99**

Pinty's Eatwell Chicken Breast Fillets or Chicken Wings 750-790 g  
Filets ou ailes de poulet

100 PTS when you buy 2

That's like \$1 toward your groceries

**18.99**

Best Buy Beef Burgers Frozen 2.27 kg  
Burgers de bœuf

SAVE \$1

**1.99**

Dempster's English Muffins 6 pk  
Compliments Bagels 6 pk  
Muffins anglais, bagels

SAVE \$1

**2.99**

Villaggio Bread 550-675 g or Buns 6-8 pk  
Pain ou pains

50 PTS when you buy 1

SAVE \$5.99

**3.49**

Fontaine Santé Dips or Hummus 227-260 g  
Babybel 6 pk  
Trempelettes ou hummus, fromage

SAVE \$1

**4.99**

Main Street Deli Sliced Meat 200-300 g  
Charcuterie en tranches

SPEND \$100 IN BOSTON PIZZA OR UBER GIFT CARDS

AND GET A BONUS \$10

GET CARD FRESHCO GIFT CARD

Offer valid during May 9 - 15, 2024. Sorry no rainchecks or price matching. Offer valid only on Uber \$25-\$500 VL, Boston Pizza \$25, Boston Pizza \$50, Boston Pizza \$25-\$500 VL. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

100 PTS when you buy 2  
There's like \$1 toward your groceries

**SAVE UP TO \$120**  
**4.29**

Coca-Cola Soft Drinks 6x710 mL  
Coca-Cola Soft Drinks Mini Cans 6x222 mL  
Bissons gazeuses

**SAVE \$1**  
**5.99**

Bubly 12x355 mL  
Montellier 10x355 mL  
Eau pétillante

**SAVE \$2**  
**3.99**

Simply Lemonade 1.54 L  
Limonades

**SAVE \$1.99**  
**2.99**

Liberté Greek Yogurt 4 pk  
Liberté Méditerranée Yogourt 500 g

**SAVE \$2**  
**6.99**

Becel Margarine 637-850 g  
Margarine

**SAVE \$2.99**  
**5.49**

General Mills Cereal Selected 475-778 g  
reg 7.99  
Céréales

**SAVE \$4**  
**19.99**

McCafé Coffee K-Cups Pods 30 pk.  
Tim Hortons Ground Coffee 875-930 g or K-Cups 30 pk Café

**150 PTS when you buy 2**  
There's like \$1.50 toward your groceries

**SAVE 80¢**  
**3.99**

Mott's Clamato 1.89 L  
Boisson

**BUY 2 OR MORE SAVE MORE**  
**2.99**

OR BUY 1 \$3.49  
Jell-O Desserts 6 pk  
Desserts

**SAVE \$2.99**  
**3.49**

Quaker Cereal 350-500 g  
reg 4.99-5.99  
Céréales

**Compliments** Love it or it's free\*  
\*For details see Compliments.ca

**BEST BUY EVERYDAY** Great products, incredible value, every day

**Scene** 1000 pts = \$10 in FREE groceries

**Scene MEMBER PRICING** Reduced pricing for Scene+ members

**SAVE \$1.99**  
**2.49**

Kellogg's Cheez-It Crackers 191-200 g  
Pringles Super Stacks 148-156 g  
Craquelins, croustilles

**SAVE \$1**  
**3.99**

Christie Family Crackers Selected Varieties 345-350 g  
Christie Premium Plus Crackers 450 g  
Craquelins

**SAVE \$1.92**  
**4.77**

Bick's Pickles 1 L  
Cornichons

**SAVE 70¢**  
**1.99**

Kraft BBQ Sauce 455 mL  
Sauce barbecue

**SAVE \$1.99**  
**7.99**

Frito-Lay Variety Pack 16 pk  
Croustilles

**SAVE \$1.99**  
**2.99**

Takis 190-280 g  
Croustilles

**100 PTS when you buy 2**  
There's like \$1 toward your groceries

**SAVE 50¢**  
**3.99**

Old El Paso Taco Kits 250-510 g  
Ensembles à tacos

**SAVE 50¢**  
**3.99**

Nestlé Chocolate Multipacks 164-200 g or Pouches 135-203 g  
Selected Varieties  
Chocolat

**SAVE \$1.99**  
**12.99**

Boost High Protein or Plus 6 pk  
Bissons protéinés

**200 PTS when you buy 2**  
There's like \$2 toward your groceries

**SAVE \$2**  
**3.99**

Pine-Sol 1.41 L  
Clorox Liquid Bleach 2.4 L  
reg 5.99  
Nettoyant, eau de Javel

**SAVE \$5**  
**13.99**

Tide Liquid 2.48 L  
Tide Pods 25-42 un or Gain Flings! 890 g  
reg 14.79-18.99  
Détergent à lessive, capsules

**Scene** **EARN REWARDS FASTER WITH UP TO 7,500 BONUS SCENE+ POINTS\*** with the Scotiabank Scene+ Visa Card.

\*Apply now at scotiabank.com/earnpointsfaster. Table minimum spend on everyday purchases in the first year. Conditions apply. \*Scene+ is earned with other subject to change. Offer effective 1/1/2024 to June 30, 2024.

## Introducing our digital pharmacy service

- ✓ Manage prescriptions
- ✓ Request refills
- ✓ Book appointments & more



Sign up for 360Health in the FreshCo App

[360healthpharmacy.ca](https://360healthpharmacy.ca)

See our privacy policy on [360healthpharmacy.ca](https://360healthpharmacy.ca) for more information.

# MOM'S DAY DEALS

**14<sup>99</sup>**

Orchids  
5" Deco Plastic Pot  
Orchidées

**14<sup>99</sup>**

50 cm Dozen  
Long Stem Roses with Greens  
Roses

**7<sup>99</sup>**

Mini Roses or  
Potted Mums  
6" Pot  
Mini roses ou  
chrysanthèmes

**4/\$10**

or \$2.50 ea

Herbs or  
Vegetables  
4" Pot  
Fines herbes ou légumes

**7<sup>49</sup>**

10-Stem  
Tulip Bouquets  
Bouquets de tulipes

**4/\$5**

or \$1.25 ea

4 Cell  
Vegetables  
Légumes

**2/\$50**

or \$26.99 ea

Assorted Mixed  
Planters  
13" Pot  
Jardinières mixtes  
assorties

**2/\$50**

or \$26.99 ea

13" Deluxe  
Hanging Baskets  
Paniers suspendus

**4/\$12**

or \$3.00 ea

Flowering  
Annuals 4" Pot  
Annuelles

**12<sup>99</sup>**

Large Mother's Day  
Mixed Bouquet  
Grand bouquet mixte

**14<sup>99</sup>**

Extra Large  
Mother's Day  
Mixed Bouquet  
Très grand bouquet mixte

**7<sup>99</sup>**

Mother's Day  
Mixed Bouquet  
Bouquet mixte

COLOUR AND SELECTION MAY VARY BY STORE - AVAILABLE AT MOST LOCATIONS  
WHILE SUPPLIES LAST - WEATHER PERMITTING

DISCOVER NEW

CREATED BY  
**Maison Perrier**  
FRANCE

Maison Perrier  
Sparkling Water  
6x500 mL  
Eau pétillante

200 PTS  
when you buy 2

That's like  
\$2  
toward your  
groceries

749



Maison Perrier  
Sparkling Water  
8x330 mL  
Eau pétillante

200 PTS  
when you buy 2

That's like  
\$2  
toward your  
groceries

699



NEW  
FLAVOUR

188



Maison Perrier  
Sparkling Water  
1 L  
Eau pétillante



ALL TRADEMARKS ARE OWNED BY NESTLÉ WATERS,  
FRANCE AND USED UNDER LICENCE. ©2024 NESTLÉ.

# SWEET DEALS



SAVE \$1  
**999**

Mr. Freeze  
Jumbo Pops  
27 pk  
Bâtons glacés



SAVE \$1  
**599**

Compliments  
S'mores Kit  
500 g  
Ensemble pour s'mores



SAVE \$1  
**999**

Hershey's S'mores  
Kit 578-551 g  
Ensemble pour s'mores



SAVE \$1  
**899**

Nestlé Aero  
S'mores Kit 515 g  
Ensemble pour s'mores



**129**

Kisko Freezies Bag  
18 pk  
Bâtons glacés



SAVE 50¢  
**649**

Compliments  
Marshmallows  
700 g  
Guimauves



SAVE \$1  
**899**

Compliments Candy  
Selected 800 g  
Friandises



**249**

Dare Marshmallows  
Selected 170 g  
Guimauves



SAVE 80¢  
**249**

Kisko Fruit Freezies  
480 mL  
Bâtons glacés



**149**

Icee Juice 177 mL  
Jus



**179**

Imperial Cotton Candy  
60 g  
Bonbons à papa



**85¢**

Panda Licorice 32 g  
Régisse



SAVE 50¢  
**499**

Mr. Freeze Pops  
80x20 mL  
Bâtons glacés



# HAPPY DRAGON BOAT FESTIVAL



Shwin Dumplings  
454-500 g  
Selected Varieties  
Quenelles

SAVE \$2.11  
**3.88**



There's like \$1 toward your groceries

100 PTS when you buy 1  
SAVE \$2.11  
**4.88**

Kikkoman Teriyaki or Soy Sauce 591 mL  
Sauce teriyaki ou soja



SAVE \$3.11  
**4.88**

SkyFlakes Saltine Crackers  
800 g  
Craquelins



SAVE \$1.11  
**2.88**

Indomie Instant Noodles 425 g  
Selected Varieties  
Nouilles Instantanées



SAVE 99¢  
**2/\$5**

Lay's Chips  
Chicken & Tomato, Cucumber or Honey Butter 165 g  
Selected Varieties  
Croustilles



20 PTS when you buy 1  
**98¢**

Mr. Brown Canned Coffee 240 mL  
Selected Varieties  
Café



20 PTS when you buy 1  
SAVE 8¢  
**98¢**

CJO O'Food Seaweed Snacks 15 g  
Selected Varieties  
Collation aux algues



SAVE \$1.11  
**5.48**

Mini Crush Fruit Jelly Jar 1.4 kg  
Cakes de fruits



SAVE \$1.11  
**1.48**

Suntory 0% Sugar Oolong Tea 500 mL  
Thé



SAVE \$8.11  
**1.98**

Erawan Rice Sticks 454 g  
Selected Varieties  
Bâtonnets de riz



SAVE \$1.11  
**4.88**

ETE Ice Bars 4x65-75 g  
Selected Varieties  
Bâres glacées



20 PTS when you buy 1  
SAVE 79¢  
**2/\$5**

Haitai Honey Butter Chip 165 g  
Croustilles



20 PTS when you buy 1  
SAVE 99¢  
**2/\$5**

Wai Wai Vermicelli Rice 500 g  
Nouilles



# HAPPY DRAGON BOAT FESTIVAL



Angus Beef Inside Round Stir-Fry  
Cut from Canada AA or Higher  
28.64/kg  
Intérieur de ronde de bœuf Angus

SAVE \$1/lb  
**12.99**  
/lb



Dragon Fruit  
Product of Vietnam  
Pitaya

**2.99**



**1.88**  
/lb

Yellow or Brown Asian Pears  
Product of China  
Fancy Grade 4.14/kg  
Poires

**1.29**

Garlic 5 pk  
Product of China  
AIL



**99¢**  
/lb

Bok Choy, Napa or Flat Cabbage  
Product of USA or Mexico  
2.18/kg  
Pak-choi ou chou



**1.99**  
/lb

Ginger Root  
Product of China  
4.39/kg  
Rhizome de gingembre



**99¢**

Green Onions  
Product of Mexico  
Oignons verts



**5.48**

Häagen-Dazs or Confectionery Ice Cream 400-450 mL or Novelties 3-4 pk  
Crème glacée ou nouveautés



**8.88**

Carole's Japanese Style Cheesecake 500 g  
Gâteau au fromage



**3.88**

Hormel Foods Spam 340 g  
Selected Varieties  
Viande en conserve



**7.88**

Maggi Liquid Seasoning 800 mL  
Assaisonnement liquide



**5.88**

Huy Fong Sriracha Hot Chili Sauce 740 mL  
Sauce aux piments épicée



**5.88**

Kewpie Japanese Mayonnaise 450 g  
Mayonnaise



**9.99**

Compliments Sea Salt & Cracked Black Pepper Pork Belly 500 g  
Flanc de porc



**5.99**

Eight Treasures Head-On Shell-On Raw Shrimp Frozen 400 g  
Crevettes



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.

# HOUSEHOLD SAVINGS



100 PTS when you buy 2  
That's like \$1 toward your groceries

**SAVE \$1.70**

**6.99**

Purex Laundry Detergent 2.03 L  
Purex Ultra Baby 1.47 L  
reg 8.69  
Détergents à lessive



50 PTS when you buy 1

**SAVE \$4**

**8.99**

Palmolive Dish Soap 4.27 L  
reg 12.99  
Savon à vaisselle



25+ 100% 3-in-1

**SAVE \$3**

**29.99**

Tide Pods 63-112 pk  
reg 32.99  
Capsules de détergent



100 PTS when you buy 2  
That's like \$1 toward your groceries

**SAVE \$1.99**

**6.49**

Swiffer Wet Cloth 10-12 pk, Cleaner Solutions 1.25 L or Power Mop Wet Jet  
reg 7.29-7.99  
Linges humides, nettoyeurs ou balai



100 PTS when you buy 2  
That's like \$1 toward your groceries

**SAVE 50¢**

**3.99**

Lysol All-Purpose Cleaner 650 mL, Toilet Bowl Cleaner 710 mL or Multi Purpose Cleaner 1.2 L  
reg 4.49  
Nettoyants



**SAVE \$3**

**11.99**

Downy Fabric Softener 2.63 L  
reg 14.99  
Assouplissant textile



**4.99**

Bounce Dryer Sheets 40-80 pk  
Downy Unstopables 141 g  
WHILE SUPPLIES LAST  
Feuilles assouplissantes, perles



We all deserve compliments  
We all deserve savings



100 PTS when you buy 1  
That's like \$1 toward your groceries

**SAVE \$2**

**5.99**

Compliments Facial Tissues 6 pk  
reg 7.99  
Mouchoirs



100 PTS when you buy 1  
That's like \$1 toward your groceries

**SAVE 50¢**

**5.99**

Compliments Bathroom Tissue 12-24 Rolls  
reg 6.49  
Papier hygiénique



**SAVE \$1**

**3.99**

Compliments Disinfecting Wipes 75 pk  
reg 4.99  
Lingettes désinfectantes



**SAVE \$3**

**2.49**

Compliments Freezer Bags 40 pk, Foil Wraps 50 ft or Parchment Paper 35 ft  
reg 3.29-5.49  
Sacs de congélation, papier d'aluminium ou papier parchemin



**SAVE \$1.99**

**1.99**

Compliments Dish Soap 828 mL or Glass Cleaner 950 mL  
reg 2.49-3.49  
Savon à vaisselle ou nettoyant pour vitres



**SAVE 50¢**

**2.99**

Compliments Bleach 2.4 L or Multi-Surface Cleaner 1.41 L  
reg 3.49  
Eau de Javel ou nettoyant multi-surfaces



# EARN UP TO **7,500** WELCOME BONUS SCENE+ POINTS<sup>1</sup>

with the Scotiabank<sup>®</sup> Scene+<sup>™</sup> Visa<sup>®</sup> Card.  
That's \$75 in groceries.<sup>^</sup>

**APPLY NOW**

<sup>1</sup>With minimum spend on everyday purchases in the first year. Other conditions apply. Offer subject to change.

<sup>2</sup>Visa Int/Licensed user

<sup>^</sup>Scene+ points redeemed at any Participating Empire Location must be redeemed in increments of 1,000.

See full list of participating merchants across Canada at [Scotiabank.com/participatingstores](https://scotiabank.com/participatingstores).

<sup>2</sup>On all eligible purchases at participating grocery stores. Conditions Apply.

# THE PERFECT PAIRING

**\$2.99**

CHRISTIE OREO, CHIPS AHOY!, or  
FUDGE-O Cookies Selected Varieties  
223g-303g



CHRISTIE Mini Cookies  
Selected Varieties, 150-225g  
\$3.29 ea



**\$2.49**  
ea when you  
buy 2 or more

**TWIST  
LICK  
DUNK**



# McCain Value Sizes

AIR FRYER  
OR OVEN  
FRITEUSE À AIR  
OU AU FOUR

100 PTS  
when you buy 1

100 PTS  
when you buy 1

NEW



\$10.00 McCain Family Size  
Superfries 1.9kg

\$10.00 McCain Bistro  
Super Crisp Fries 1.9kg

EXTRA  
VALUE!



\$4.79 McCain Value Size  
Regular Fries 1.5kg



Extra Fun, Extra Delicious,  
**EXTRA VALUE!**

