

FRESH CO

Lowering food prices

ZONE 1



SAVE \$4
3.99

Schneiders or Maple Leaf Bacon 375 g
Schneiders Bologna 375-500 g
Juicy Jumbos or Smoked Sausages 375-450 g
reg. 7.99
Bacon, bologna, saucisses fumées



100 PTS
when you buy 2

SAVE \$6
9.99

Compliments Angus, Sirloin or Prime Rib Beef Burgers
Frozen 1.13 kg
reg. 15.99
Burgers de bœuf



2.99

Sweet Bell Peppers 4 pk
Product of Mexico or Ontario
Whole White Mushrooms 454 g
Product of Ontario
Porrons, champignons



2.49

Blueberries Pint
Product of USA or Mexico
No. 1 Grade
Bleuets



50 PTS
when you buy 2
SAVE \$1.29
2.29

Dempster's Hot Dog or Hamburger Buns 8 pk
White or Whole Wheat Bread 675 g or
Hostess Snack Cakes 202-206 g
reg. 3.19-3.49
Pains à hamburger ou hot-dog, pain ou petits gâteaux



100 PTS
when you buy 2
SAVE \$1.99
2.49

Black Diamond Cheese Slices 410 g
reg. 4.29
Tranches de fromage



100 PTS
when you buy 2
SAVE \$2.39
3.99

Chapman's Markdale Creamery Ice Cream 2 L Canadian Collection
Ice Cream Bars 8x55 mL
reg. 4.99-6.29
Crème glacée ou barres de crème glacée



SAVE 6¢
88¢

Nongshim Noodle Soup Bowl 86 g
Selected Varieties
reg. 1.49
Soupe aux nouilles



6.99

Green Ocean Wild Argentinian Shrimp Frozen 300 g
Crevettes

Scene+ MEMBER PRICING

6.99 with Scene+ Card
7.99 without Scene+ Card

Coca-Cola or Pepsi Soft Drinks 12x355 mL
Selected Varieties
Boissons gazeuses



SAVE \$1.99
5.99

Cashmere Bathroom Tissue 12=24 Rolls or
Sponge Towels 6 pk
reg. 9.99-11.99
Papier hygiénique ou essuie-tout

2 DAYS ONLY! MAY 17-18, 2024

Scene+ LOAD & SCORE OFFER AND GET **10%** BACK IN POINTS FOR EVERY \$40 THAT'S **400 PTS** FOR EVERY \$40 SPENT

DOWNLOAD THE FRESHCO APP

DISCOVER FLAVOURS OF THE WORLD!

Flyer in effect May 2024
Prices in Effect in Ontario. Excludes Thunder Bay
THUR FRI SAT SUN MON TUES WED
16 17 18 19 20 21 22

Scene+ **1000 PTS = \$10** OF FREE GROCERIES*

FC_WW01_ONT_POL_21

SAVE \$2
5.99 Liberté Greek Yogourt 650-750 g, Helava Good! Dip 680 g or Black Diamond Jumbo Cheestrings 12-16 pk
Yogourt, trempette ou ficelle

SAVE \$3
8.99 San Pellegrino Sparkling Water 6x1 L
Eau pétillante

SAVE \$4
8.99 Folgers Ground Coffee 544-616 g or Maxwell House Coffee 900-925 g reg 10.99-12.99
Café

SAVE 50¢
2.49 Fruitopia Drinks 1.75 L
Peace Tea 1.75 L
Boissons, thé

SAVE \$3.28
2/\$6 Lay's Potato Chips 177-235 g, Poppables 130 g, Tostitos 205-300 g, Smartfood 150-220 g or Havoc Snacks 200 g
Croustilles, maïs éclaté ou grignolines

value size

Big format Big value

200 PTS when you buy 1
SAVE \$2 Nescafé Rich Instant Coffee 475 g
reg 14.99
Café

SAVE \$3
11.99 Quaker Chewy or Dippes Granola Bar Club Pack 835-960 g
reg 14.99
Barres granola

Scene 1000 PTS = \$10 OF FREE GROCERIES

100 PTS when you buy 2
SAVE \$1.98
3.99 Kraft Peanut Butter 500 g or Cheez Whiz 450 g
Beurre

100 PTS when you buy 4
SAVE \$1
\$2 Aylmer Accents Italian 540 mL
Tomatoes

100 PTS when you buy 2
SAVE \$1
3.99 Ocean Spray Cocktail 1.89 L or 100% Juice 1.77 L
reg 4.49-4.99
Cocktail ou jus

100 PTS when you buy 2
SAVE \$1
3.99 Hidden Valley Ranch 473 mL
reg 4.99
 Vinaigrette

100 PTS when you buy 9
SAVE \$1
1.49 Cesar Wet Dog Food 100 g or Iams Wet Dog Food 75 g
reg 1.69-1.89
Nourriture pour chiens

100 PTS when you buy 2
SAVE \$1
3.49 Dial Hand Soap 221 mL
reg 4.69
Savon

SAVE \$2
12.99 Nescafé Rich Instant Coffee 475 g
reg 14.99
Café

SAVE \$3.11
14.88 Powerade Variety Team Pack 24x591 mL
reg 17.99
Boissons

200 PTS when you buy 1
SAVE \$4
17.99 Pillsbury Pizza Pops 30 pk 2.85 kg
reg 21.99
Bouchères de pizza

SAVE \$4
15.99 Gain Laundry Detergent 4.55 L or Downy Beads 680 g
reg 18.99-19.99
Détachant ou assouplissant

1000 PTS when you buy 1
SAVE \$10
\$10 Pampers Super Econo Pack 66-160 pk reg 39.99
(Ad Matching does not apply to this item this week)
Couches

Scene DIGITAL EXCLUSIVE

THAT'S LIKE 20%* back in PTS


For every dollar spent on Johnsonville Original or Breakfast Sausages 250-500 g Selected Varieties
Variétés de saucisses
*terms and conditions apply

Get 20 pts for every dollar spent on Johnsonville Original or Breakfast Sausages, when you LOAD THIS OFFER to your card


MAY 16-22, 2024

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149 /lb 

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



199 /lb 

Tomatoes on the Vine
Product of Ontario
Green Beans
Product of USA
4.39/kg
Tomates, haricots



499 /lb 

Cherries
Product of USA
No. 1 Grade
11.00/kg
Cerises



129 

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



399 /lb 

Asparagus
Product of Ontario
Canada No. 1
8.80/kg
Asperges



199 /lb 

Eggplant or Zucchini
Product of Mexico or USA
4.39/kg
Aubergine ou courgettes



50 PTS when you buy 1

399 

Compliments Lemons 2 lb
Product of South Africa
907 g or Golden Pineapples
Product of Costa Rica
Citrons ou ananas



99¢ 

Cilantro
Product of Mexico or USA or Green Onions
Product of Mexico
Coriandre ou oignons verts



50 PTS when you buy 1

299 

Mini Seedless Cucumbers 6 pk
Product of Ontario
Canada No. 1 or Grape
Tomatoes Pint
Product of USA or Mexico
Mini concombres sans pépins ou tomates



50 PTS when you buy 1

499 

Taylor Farms Chopped Salad Kit
316-377 g Assorted
Préparations de salades hachées



WEEKLY DEALS EVERYDAY LOW PRICES

Look for these symbols while you shop.

SAVE \$1/lb

15.99 /lb 

Beef Rib Steak Value Pack
Cut from Canada AA Grade
Beef or Higher 35.25/kg
Bifteck de côte



SAVE 50¢/lb

4.49 /lb 

Fresh Centre, Rib or Sirloin Pork Loin
Combo Chops 9.90/kg
Côtelettes de porc



SAVE \$1/lb

11.99 /lb 

Fresh Rainbow Trout Fillets
26.43/kg
Filets de truite arc-en-ciel



BUY 2 OR MORE

\$2.99 

Schneiders Smokies 175 g
OR BUY 1 \$3.00
Saucisses fumées



\$8 

Marcangelo Skewers
Selected Varieties
200-320 g
Brochettes



SAVE \$2

7.99 

Piller's Meat Sticks
300-500 g
Bâtonnets de viande



SAVE \$1.99

9.49 

Al Safa Halal Beef Burgers
Frozen 800 g
Burgers de bœuf



SAVE \$1

3.29 

Dempester's Bagels 5-6 pk or
Tortillas 426-640 g
San Daniele Mortadella 175 g
Mastro Capocollo or Prosciutto Cotto 125 g
Bagels ou tortillas, charcuterie



SAVE \$4

4.99 

Tre Stelle Feta 200 g,
Bocconcini 200 g,
Ricotta 475 g or
Boursin 150-220 g
Fromage



SAVE \$3.99

5.49 

Marcangelo Prosciutto
100 g or Balderson
Cheese 250-280 g
Selected Varieties
Prosciutto ou fromage



Scene **GET 1000 PTS** FOR EVERY \$100 SPENT IN HAPPY HER, HAPPY HIM OR HAPPY CUSTOM GIFT CARDS!

Offer valid during May 16 - 22, 2024. Sorry no rainchecks or price matching. Offer valid only on Happy Custom \$25-\$500 VL, Happy Her \$25-\$500 VL, Happy Him \$25-\$500 VL, one gift card for different terms, conditions and (if applicable) fees. Subject to availability.

\$2

Compliments
Lemonade
1.75 L
Limonade



SAVE \$1

5.99

Bubly 12x355 mL
Montellier 10x355 mL
reg 6.99
Eau pétillante



SAVE \$2.99
3.99

Armstrong
Natural Cheese
Slices
220-240 g
reg 6.49
Fromage



SAVE \$1
5.99

International
Delight Iced
Coffee 1.89 L
Café glacé



**BUY 2 OR MORE
SAVE \$1.00**
3.99
ea

OR BUY 1 \$4.99
Philadelphia
Cream Cheese
227-250 g
Fromage à la crème



SAVE \$2.24
6.25

Nestea
12x341 mL
reg 8.99
Thé glacé



SAVE \$1.99
5.49

Gatorade
6x591 mL
Gatorade
8x355 mL
reg 6.99
Boissons



SAVE \$7
14.99

Nabob Ground
Coffee 930 g
Nabob Coffee
Pods 30 pk
reg 19.99-21.99
Café



SAVE \$1.99
2.49

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



SAVE 80¢
2.99

Pepperidge Farm
Goldfish Crackers
168-227 g reg 3.79
Craquelins



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



Great products,
incredible value,
every day



1000 pts = \$10
in FREE
groceries



Reduced
pricing for
Scene+
members



SAVE \$2.29
5.49

Kellogg's Cereal Selected
480-650 g reg 6.99-7.79
Céréales



SAVE \$1.49
2/6.50

Oasis or Arizona Iced Tea Drink
Boxes 8x200 mL
Thé glacé



SAVE \$1
3.99

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



SAVE \$3
6.99

Orville Redenbacher Microwave
Popcorn 700-820 g 10 pk
Maïs à éclater



SAVE \$1.29
4.29

Christie Family Cookies
Selected Varieties
374-520 g
reg 5.49
Biscuits



SAVE 80¢
2.99

VH Sauce
341-380 mL
Sauce



SAVE \$1.22
2.77

Clover Leaf
Solid White
Albacore Tuna
170 g
Thon



3.99

Classico
Pasta Sauce
218-650 mL
Sauce



SAVE \$1.99
5.49

Axe Body Spray
76-113 g Hair Care or
Body Wash 473 mL
Dove Bar Soap 3 pk or
Body Wash 325-400 mL
Soins nettoyants ou capillaires



8.99
with
Scene+
Card



9.99
without
Scene+
Card

Scotties Facial Tissue 9 pk
Mouchoirs

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

Apply now at scotiabank.com/earnpointsfaster
*Bonus minimum spend on everyday purchases in the first year.
Conditions apply. While not an investment. Offer subject to change.
Offer effective Mar 7 - June 30, 2024.

GARDEN CENTRE DEALS



4 Cell Vegetables
Légumes

4/\$5
or \$1.25 ea



Herbs or
Vegetables
4" Pot
Herbes ou légumes

4/\$10
or \$2.50 ea



13" Deluxe
Hanging Baskets or
Assorted Mixed
Planters 13" Pot
Paniers ou jardinières

2/\$50
or \$26.99 ea



Flowering
Annuals 4" Pot
Annuelles

4/\$12
or \$3.00 ea



6 Pack Annuals
Annuelles

2/\$17
or \$9.00 ea



Citrosa 6" Pot
Géranium

7.99



11" Premium
Hanging Baskets
Paniers

3/\$45
or \$15.99 ea



Premium Annuals
8" Pot
Annuelles

\$12



Compliments
Black Earth Topsoil 25 L
Terreau

4/\$10
or \$2.50 ea



Compliments
Sheep Manure Compost
12.5 kg
Compost de fumier

4/\$11
or \$3.00 ea



Compliments
Cow Manure
Compost 12.5 kg
Compost de fumier

4/\$11
or \$3.00 ea

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

COOL DOWN DEALS

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

6⁹⁹

Chapman's Super Novelties 8-18 pk reg 7.29 Novelties

12 x 120mL
Vanilla

SAVE 50¢

10⁴⁹

Häagen-Dazs Ice Cream 6 pk reg 10.99 Crème glacée

Scene+ MEMBER PRICING

5⁸⁸ with Scene+ Card

6⁹⁹ without Scene+ Card

Nestlé Drumstick or Del Monte Sorbet 946 mL Selected Varieties
Dessert glacé ou sorbet

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

SAVE 50¢

4⁹⁹

Chapman's Lolly 28x50 mL reg 5.49 Succettes glacées

compliments FUDGE ICE MILK BARS 12 pk reg 5.29

SAVE 80¢

4⁴⁹

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

SAVE \$1

3⁹⁹

Chapman's Super Premium Plus Ice Cream 500 mL reg 4.99 Crème glacée

compliments ICE CREAM SANDWICHES 12 pk reg 6.29

SAVE 60¢

5⁷⁹

compliments VANILLA ICE CREAM CONES 4 pk reg 4.19

3⁷⁹

compliments ICE CREAM 1.5 L reg 5.79

SAVE 80¢

4⁹⁹

SAVE \$1

5⁹⁹

Sorbelicious Sorbet Bars 8 pk Barre de sorbet

SAVE \$1

4⁹⁹

Neale's Sweet N'Nice Ice Cream 500 mL reg 5.99 Crème glacée

SAVE \$1.99

6⁹⁹

Kawartha Ice Cream 1.5 L reg 8.29 Crème glacée

I ♥ Reese's DAY MAY 18TH

SAVE 80¢

1⁶⁹

Hershey's King Size Bars Assorted Varieties 62-85 g Barres de chocolat

SAVE 80¢

13⁴⁹

Hershey's Reese's Large Packaged Candy 800 g Friandises

SAVE \$1.99

3⁹⁹

Hershey's Multi 4 pk Assorted Varieties 172-232 g Chocolat

SAVE \$1.99

3⁹⁹

Hershey's Packaged Candy Assorted Varieties 160-290 g Friandises

SAVE \$1.99

3⁹⁹

Hershey's THINS-MINCES Assorted Varieties 160-290 g Friandises

Scene+ Get 300 PTS When you spend \$15 on participating REESE'S products

SUNCARE BLITZ



10⁹⁹

Banana Boat Sunscreen Lotion 150-315 mL or 170-226 g Selected Ecran solaire

15⁷⁹

Coppertone Sunscreen Lotion 148-259 mL or Spray 142-156 g Selected Ecran solaire



13²⁹

Hawaiian Tropic Sunscreen Selected 240-480 mL or 170 g Ecran solaire



SAVE \$1.99
11⁹⁹

Huggies Little Swimmers 10-12 pk Couches de bain

8⁹⁹

Compliments Sunscreen Selected 177-222 mL Ecran solaire



5⁹⁹

Compliments After Sun Gel 473 mL Soins après-soleil



9⁹⁹

Raid Insect Killer Selected 350-400 g Insecticide

5⁹⁹

OFF! Mosquito Coils 8 pk Chasse-moustique



11⁴⁹

OFF! Deep Woods Repellent 100 mL or 113-230 g Selected Chasse-moustique

10⁹⁹

Piactive Mosquito Repellent 150 g or 175 mL Selected Chasse-moustique



HAPPY DRAGON BOAT FESTIVAL



SAVE \$1/m
12.99
/lb



SAVE \$1
\$9



SAVE \$1
5.99



SAVE \$1
2.68



SAVE \$2.91
3.98



20 PTS when you buy!
SAVE \$1.11
1.88



SAVE \$1.28
2.28



SAVE \$1.88
88¢



SAVE \$2.91
3.98



20 PTS when you buy!
SAVE \$1.11
6.88



20 PTS when you buy!
SAVE \$1.11
1.68



SAVE \$5.11
8.88



SAVE \$1.91
3.98



20 PTS when you buy!
SAVE \$2.91
5.48



SAVE \$2.11
6.88



SAVE \$1.91
1.98



SAVE \$1.98
1.98



SAVE \$1.32
3.28



SAVE \$1.38
3.88



SAVE \$1.91
3.98



SAVE \$1.91
3.98

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY.

HEALTH & BABY BARGAINS



SAVE 70¢
1.99

Nestlé Gerber Organic Purée 128 mL

SAVE \$1.80
2.49

Nestlé Gerber Baby Snacks 42-155 g



SAVE \$1
1.99

Colgate Toothpaste 70-120 mL or Kids Toothpaste 75 mL



SAVE 80¢
5.99

TRESemmé Hair Shampoo or Conditioner 828 mL or Hair Styling Products 298-413 g



Scene TURN POINTS INTO GROCERIES



500 PTS when you buy 1
That's like \$5 toward your groceries
SAVE \$7.19
25.99

Huggies Giga Pack Diapers 36-108 pk Couches



500 PTS when you buy 2
That's like \$5 toward your groceries
SAVE \$4.99
28.99

Pampers Easy Ups 56-66 pk or Ninjamas Diapers 34-44 pk Couches



200 PTS when you buy 2
That's like \$2 toward your groceries
SAVE 50¢
1.99

Softsoap Hand Soap 221 mL Savon



150 PTS when you buy 1
That's like \$1.50 toward your groceries
SAVE \$1.99
14.99

Huggies Baby Wipes Selected 352-384 pk Lingettes



150 PTS when you buy 1
That's like \$1.50 toward your groceries
SAVE \$1.99
4.99

U by Kotex Tampons 16 pk, Pads or Liners 12-50 pk Selected (Premium 1x) Tampons, serviettes ou protège-dessous



100 PTS when you buy 1
That's like \$1 toward your groceries
SAVE 50¢
3.99

Speed Stick Deodorant or Antiperspirant 45-70 g Deodorant ou antisudorifique

Scene 1000 PTS = \$10 OF FREE GROCERIES



EARN UP TO **7,500** WELCOME BONUS SCENE+ POINTS¹

with the Scotiabank[®] Scene+[™] Visa^{*} Card.
That's \$75 in groceries.[^]

APPLY NOW

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

^{*}Visa Int/Licensed user

[^]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).

²On all eligible purchases at participating grocery stores. Conditions Apply.

Get 25 GB for \$29/mo.

Plus, earn 2,000
Scene+™ points.¹

That's like
\$20
toward your
groceries



lucky
mobile

Pick up a SIM Card in-store today.

When you register for Automatic Top-Up. Offers subject to change without notice. One-time \$10 SIM Card charge applies. [1] After 2 months of service. Conditions apply. SIM Card must be purchased at a participating Sobeys or FreshCo location to be eligible to earn Scene+™ points. See SIM Card or visit luckymobile.ca/scenepusbonus for details.



New



Save \$1.00

\$3.99

**Matt & Steve's
Caesar Mix 1.36L**


**Proudly
Canadian**

Tastes Like a Good Time 

**National Caesar Day May 16th
Victoria Day long weekend**

Summer Fresh®

WHERE BBQ DREAMS COME TRUE



\$3.49 SUMMER FRESH SALADS 300g



\$7.99 SUMMER FRESH SALADS 750g - 900g

\$3.49 SUMMER FRESH HUMMUS & DIPS 200 - 227g

50 PTS when you buy 2

*May 16th to May 22th, 2024.