

FRESH CO

Lowering food prices

ZONE 2



100 PTS
when you buy 2

That's like \$1
toward your groceries

SAVE UP TO \$4.02
3.97

Compliments Naturally Smoked Bacon 375 g
Schneiders Bologna 375-500 g
Juicy Jumbos or Smoked Sausages 375-450 g
reg 5.99-7.99



100 PTS
when you buy 2

That's like \$1
toward your groceries

SAVE \$6.02
9.97

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



2 lb

4.47

Strawberries 907 g
Product of USA
No. 1 Grade



SAVE 82¢
2.67

Dempster's Hot Dog or Hamburger Buns 12 pk
White or Whole Wheat Bread 570-675 g reg 3.49



SAVE \$9.25/lb
4.44/lb

Compliments Value Size Split Chicken Wings
9.79/kg reg 5.97/lb



2.97

Seedless Cucumbers 3 pk
Product of Canada
Canada No. 1



SAVE \$1.00
2.47

Black Diamond Cheese Slices 410 g
reg 4.27



SAVE 59¢
88¢

Nongshim Soup Bowl Noodles 86 g
Selected Varieties
reg 1.47



100 PTS
when you buy 2

That's like \$1
toward your groceries

SAVE \$1.02
4.47

Chapman's Markdale Creamery Ice Cream 2 L or Canadian Collection Bars
8x55 mL reg 5.49-6.29



Scene+ MEMBER PRICING

6.97 with Scene+ Card
7.99 without Scene+ Card

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

Members SAVE \$1.02

Purex Bathroom Tissue 12=24 Rolls
Sponge Towels 6 pk

SAVE \$6.02
5.97

Purex Bathroom Tissue 12=24 Rolls
Sponge Towels 6 pk
reg 9.99-11.99

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 Western Canada, Excludes BC
THUR FRI SAT SUN MON TUES WED
16 17 18 19 20 21 22

Scene+ 1000 PTS = \$10 OF FREE GROCERIES

FC_WW03_WST_POL22

50 PTS when you buy 1
4.47 /lb
 Avocados 4 pk
 Product of Mexico

PRODUCT OF CANADA
2.97 /lb
 Red, Yellow or Orange
 Sweet Bell Peppers
 Product of Canada
 6.55/kg

USA
1.97 /lb
 Cosmic Crisp
 Apples or
 Anjou Pears
 Product of USA
 Extra Fancy Grade
 4.34/kg

4.47 /lb
 Red or Black
 Seedless Grapes
 Product of Chile
 No. 1 Grade
 9.85/kg

50 PTS when you buy 1
2.97 /lb
 Iceberg Lettuce
 Product of USA
 No. 1 Grade

2.97 /lb
 Broccoli Crowns
 Product of USA
 or Mexico
 6.55/kg

50 PTS when you buy 1
4.97 /lb
 Clementines
 2 lb
 Product of
 Morocco
 907 g

50 PTS when you buy 1
5.97 /lb
 Compliments
 Baby Spinach or
 Spring Mix 312 g
 Product of USA

100 PTS when you buy 2
 That's like
\$1
 toward your
 groceries
2.97 /lb
 Mini Seedless
 Cucumbers 6 pk
 Product of Canada
 Canada No. 1
 Grape Tomatoes
 Pint
 Product of Canada
 or Mexico

100 PTS when you buy 2
 That's like
\$1
 toward your
 groceries
3.47 /lb
 Compliments
 Yellow, Red or
 Medley Mini
 Potatoes 680 g
 Product of
 Canada
 Canada No. 1

WEEKLY DEALS EVERYDAY LOW PRICES
 Look for these symbols while you shop.

SAVE 52¢/lb
3.97 /lb
 Fresh Centre, Rib or
 Sirloin Pork Loin Combo Chops
 8.75/kg reg 4.49/lb

SAVE \$1/lb
15.97 /lb
 Angus Beef Rib Steak Value Pack
 Cut from Canada AA Grade
 Beef or Higher 35.21/kg reg 16.97/lb

50 PTS when you buy 1
15.99 /lb
 Atlantic Salmon Steaks
 Previously Frozen 35.25/kg

BUY 2 OR MORE
2.99 ea
 Schneiders
 Smokies 175 g
 OR BUY 1 \$3.00

\$8 /lb
 Marcangelo
 Skewers
 Selected Varieties
 200-320 g

SAVE \$2
7.97 /lb
 Piller's
 Meat Sticks
 Selected Varieties
 300-500 g
 reg 9.97

SAVE \$1.50
9.47 /lb
 Al Safa Beef
 Burgers
 Frozen 800 g
 reg 10.97

SAVE \$1.82
3.27 /lb
 Dempster's Tortillas 426-640 g
 San Daniele Mortadella 175 g
 Mastro Capocollo or Prosciutto Cotto 125 g
 reg 4.29

SAVE \$4.92
4.97 /lb
 Tre Stelle Feta 200 g
 Boccocchini 200 g
 Ricotta 475 g
 Boursin 150-220 g
 reg 5.49-8.99

SAVE \$3.92
5.47 /lb
 Marcangelo 100 g
 Balderson Cheese
 250-280 g
 Selected Varieties
 reg 6.49-8.99

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. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

\$2

Compliments
Lemonade
1.75 L



SAVE \$1.02
5.97

Bubly 12x355 mL
Montellier 10x355 mL
reg 6.99



SAVE \$2.90
3.97

Armstrong
Natural Cheese
Slices
220-240 g
reg 6.47



SAVE \$1.92
5.97

International
Delight Iced
Coffee 1.89 L
reg 7.49



BUY 2 OR MORE
3.97
OR BUY 1 \$4.99
Philadelphia
Cream Cheese
227-250 g



SAVE \$2.24
6.25

Nestea
12x341 mL
reg 8.99



SAVE \$1.92
5.47

Gatorade
6x591 mL
Gatorade
8x355 mL
reg 6.99



SAVE \$8.92
14.97

Nabob Ground
Coffee 930 g
Nabob Coffee
Pods 30 pk
reg 19.99-22.99



SAVE \$5.92
2.47

Kellogg's
Cheez-It
Crackers
191-200 g
Pringles Super
Stacks 148-156 g
reg 3.49-3.79



SAVE 82¢
2.97

Pepperidge Farm
Goldfish Crackers
168-227 g reg 3.79

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 \$2.22
5.47

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



SAVE \$2.48
2/6.50

Oasis or Arizona Iced Tea
Drink Boxes 8x200 mL reg 4.49



SAVE \$4.92
3.97

Christie Family Crackers
Selected Varieties 345-350 g
Christie Premium Plus 450 g
reg 4.49-4.99



SAVE \$3.92
6.97

Orville Redenbacher Microwave
Popcorn 700-820 g 10 pk
reg 9.99



SAVE \$1.92
4.27

Christie Family Cookies
Selected Varieties
374-520 g
reg 5.49



SAVE 82¢
2.97

VH Sauce
341-380 mL
reg 3.79



SAVE \$1.92
2.77

Clover Leaf
Solid White
Albacore Tuna
170 g
reg 3.47-3.97



3.97

Classico
Pasta Sauce
218-650 mL
reg 4.27



SAVE \$1.92
5.47

Axe Body Spray 76-113 g,
Hair Care or Body Wash 473 mL,
Dove Bar Soap 3 pk or
Body Wash 325-400 mL
reg 5.99-7.27

Scene+ MEMBER PRICING

8.97 with Scene+ Card
9.97 without Scene+ Card

Scotties Facial Tissue 9 pk



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

*Apply now at scotiabank.com/earnpoinstfaster. *Add minimum spend on everyday purchases in the first year. Conditions apply. *Visit our Scotiabank.com. Offer subject to change. Offer effective Mar 1 - June 30, 2024.

GARDEN CENTRE DEALS

10" Boston Fern
Hanging Baskets

2/\$38
or \$19.97 ea



2/\$9
or \$4.97 ea

Assorted
Premium
Annuals
4.3" Pot



Assorted Herbs
4" Pot
Assorted Vegetables
4" Pot

4/\$12
or \$3.47 ea



Flowering Annuals
6 pk

4/\$15
or \$3.97 ea



2/\$15
or \$7.97 ea

Assorted
Flowering
Annuals
1 Gallon Pot



25⁹⁷

9" Succulent Bowl



21⁹⁷

20" Strawberry
Window Box

COOL DOWN DEALS



SAVE 50¢
1047

Häagen-Dazs Ice Cream
6 pk reg 10.97

100 PTS
when you buy 2
SAVE \$1.52



Chapman's Super Novelties
8-18 pk reg 8.49

Scene+
MEMBER
PRICING

587
with Scene+ Card
697 without Scene+ Card



Nestlé Drumstick or
Del Monte Sorbet 946 mL
Selected Varieties



100 PTS
when you buy 2
SAVE 52¢
497

Chapman's Lolly
28x50 mL
reg 5.49



447
Compliments Fudge Ice Milk Bars or Ice Cream Bars 12 pk
reg 4.79



SAVE 52¢
577
Compliments Ice Cream Sandwiches 12 pk
reg 6.29



SAVE 52¢
377
Compliments Ice Cream Cones 4 pk
reg 4.29



SAVE 82¢
497
Compliments Ice Cream 1.5 L
reg 5.79



SAVE \$2.92
697
Sorbelicious Sorbet Bars
6 pk reg 8.99



SAVE \$1.92
497
Neale's Sweet N'Nice Ice Cream
500 mL
reg 5.99



100 PTS
when you buy 2
That's like \$1 toward your groceries
SAVE \$1.92
397
Chapman's Super Premium Plus Ice Cream
500 mL
reg 4.99

I ♥ Reese's DAY MAY 18TH



SAVE 80¢
167
Hershey's King Size Bars Assorted Varieties
62-85 g reg 2.47



SAVE 80¢
1347
Hershey's Reese's Large Packaged Candy
800 g reg 14.27



SAVE \$1.98
397
Hershey's Multi 4 pk Assorted Varieties
172-232 g
reg 5.77



SAVE \$1.98
397



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

SUNCARE BLITZ



10⁹⁷

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

15⁷⁷

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



13²⁷

Hawaiian Tropic
Sheer Touch
Sunscreen
Selected
240-480 mL
or 170 g



Huggies Little
Swimmers 10-12 pk
reg. 12.77

8⁹⁷

Compliments
Sunscreen
Selected
177-222 mL



5⁹⁷

Compliments
After Sun Gel 473 mL

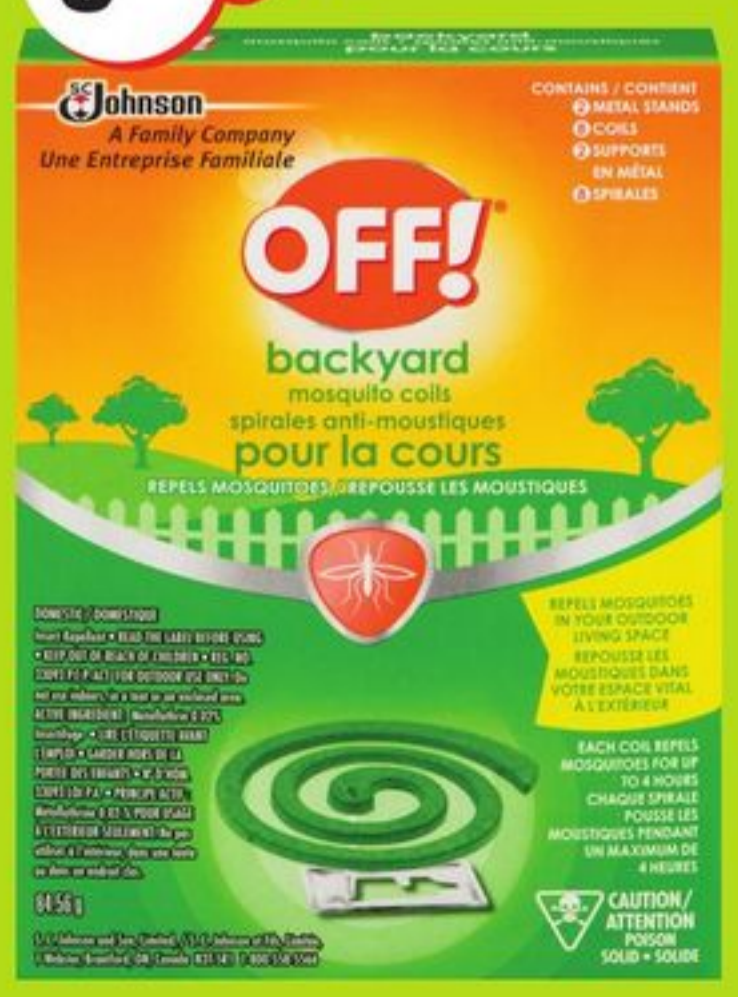


9⁹⁷

Raid Insect Killer
Selected 350-400 g

5⁹⁷

OFF! Mosquito Coils
8 pk



11⁴⁷

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

10⁹⁷



Piactive Mosquito
Repellent 150 g or
175 mL Selected

HAPPY DRAGON BOAT FESTIVAL



Inside Round Stir Fry Angus Beef
Cut from Canada AA or Higher
28.59/kg reg 14.44/lb

SAVE \$1.97/lb
12.97
/lb



SAVE 99¢
3.98
Lotte Mochi Ice Cream 270 mL
Selected Varieties
reg 4.97



98¢
Flat Cabbage
Product of China
2.16/kg



888
Mann's Sugar Snap Peas 680 g
Product of USA



1.98
/lb
Baby Bok Choy or Shanghai Bok Choy
Product of USA or Mexico 4.37/kg



SAVE 59¢
1.88
Aroy-D Canned Coconut Milk 400 mL reg 2.47



SAVE 95¢
8.88
Knorr Chicken Broth Mix 1 kg reg 13.97



SAVE \$1
\$9
Compliments Sea Salt & Cracked Black Pepper
Pork Belly 500 g reg 10.00



SAVE \$1.99
2.88
KJ Foods Dumplings 380-450 g
Selected Varieties reg 4.77



SAVE \$1.99
4.88
Nongshim Instant Noodles 448-480 g
Selected Varieties reg 5.97



SAVE 59¢
88¢
Swanson Chicken Broth 412 mL reg 1.47



SAVE \$1.99
3.98
Kadoya Sesame Oil 163 mL reg 5.97



SAVE \$1.99
3.88
Lee Kum Kee Sesame Sauce 180 mL reg 4.97



SAVE \$1.48
3.98
Nissin Instant Noodles 500 g
Selected Varieties reg 5.47



SAVE \$3.48
5.48
UCC Instant Coffee Blend 90 g
Selected Varieties reg 8.97



SAVE 69¢
2.28
Lee Kum Kee Soy Sauce Light 500 mL reg 2.97



SAVE 79¢
1.98
HY Guava Candy 340 g reg 2.77



SAVE \$1.99
6.88
Bingrae Flavoured Milk Drink 200 mL
Selected Varieties reg 8.47



SAVE 99¢
1.98
Hata Ramune Soda 200 mL
Selected Varieties reg 2.97



SAVE \$1.99
3.28
Marutai Noodles 185-186 g
Selected Varieties reg 4.27-4.47



SAVE \$1.99
6.88
CJ BBQ Sauce for Beef or Ribs Marinade 840 g
Selected Varieties reg 7.97



SAVE \$3.99
1.68
FOCO Coconut Juice or FOCO Roasted Coconut Juice 520 mL reg 1.97-2.77

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY.



HEALTH & BABY BARGAINS



SAVE \$1.80
2.47

Nestlé Gerber Baby Snacks
42-155 g
reg 4.27



SAVE 72¢
1.97

Nestlé Gerber Organic Purée
128 mL
reg 2.69



Colgate Toothpaste 70-120 mL or
Kid's Toothpaste 75 mL
reg 2.29-2.99



TRESemmé Hair Shampoo or Conditioner
828 mL or Hair Styling Products
298-413 g
reg 6.77

SAVE 80¢
5.97



SAVE UP TO \$1.02
1.97

Scene™ TURN POINTS INTO GROCERIES



500 PTS when you buy 1
That's like \$5 toward your groceries
SAVE \$7.00
25.97

Huggies Giga Pack Diapers 36-108 pk
reg 33.77



500 PTS when you buy 2
That's like \$5 toward your groceries
SAVE \$5.52
28.97

Pampers Easy Ups 56-66 pk or
Ninjamas Diapers 34-44 pk
reg 33.49-34.49



100 PTS when you buy 1
That's like \$1 toward your groceries
SAVE 52¢
3.97

Speed Stick Deodorant or
Antiperspirant 45-70 g
reg 4.49



150 PTS when you buy 1
That's like \$1.50 toward your groceries
SAVE \$1.12
14.97

Huggies Baby Wipes Selected 352-384 pk
reg 16.69



150 PTS when you buy 1
That's like \$1.50 toward your groceries
SAVE \$1.94
4.97

U by Kotex Tampons 16 pk,
Pads or Liners 12-50 pk,
Selected (Premium 1x)
reg 6.29-6.47



200 PTS when you buy 2
That's like \$2 toward your groceries
SAVE \$1
1.97

Softsoap Hand Soap
221 mL
reg 2.97

Scene™ 1000 PTS = \$10 OF FREE GROCERIES



**GET 2
SCENE+ PTS
ON EVERY
\$1 SPENT²**

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.

Summer Fresh®

WHERE BBQ DREAMS COME TRUE



\$3.47 SUMMER FRESH SALADS 300g



\$7.97 SUMMER FRESH SALADS 750g - 900g



\$3.47 SUMMER FRESH HUMMUS & DIPS 200 - 227g

50 PTS when you buy 2

*May 16th to May 22th, 2024.