

# FRESH CO

## Lowering food prices



SAVE \$4  
**\$10**

Boneless Skinless  
Chicken Breasts  
4 Pieces  
reg 14.00



**347**

Blueberries Pint  
Product of Mexico or USA  
No. 1 Grade



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

SAVE \$2.54  
**797**

Compliments  
Smoked Sausages 900 g  
reg 10.47



SAVE \$2.83  
**444**

Armstrong  
Cheese Bars 400 g  
Armstrong  
Shreds 320 g  
reg 6.77-7.27



BUY MORE SAVE MORE  
**50¢**

OR BUY 1 67¢  
Sweet Corn  
Product of USA  
No. 1 Grade



SAVE \$1.19  
**97¢**

Lucerne Chocolate Milk 750 mL  
Neilson Milkshakes 310 mL  
reg 2.57



SAVE \$3.92  
**597**

Sorbelicious Sorbet Bars 8 pk  
reg 8.99



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

**\$13**

10" Premium  
Hanging Baskets

**Scene+ MEMBER PRICING**  
Swipe your Scene+ Card and Save

<b>897</b> with Scene+ Card	<b>897</b> with Scene+ Card	<b>247</b> with Scene+ Card	<b>347</b> 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	Doritos 210-280 g	Ruffles 180-200 g

HAPPY MOTHER'S DAY!



Flyer in effect  
May 2024  
Prices in Effect by  
Western Canada, Excludes BC

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

 <p><b>4.94</b> ↓</p> <p>Nestlé Real Dairy or Confectionery Frozen Dessert 1.5 L or Novelties 4-10 pk</p>	 <p><b>SAVE \$1.98 ON 2</b></p> <p><b>2/\$6</b> ↓</p> <p>Tostitos 205-300 g reg 3.99</p>	 <p><b>SAVE \$2.02</b></p> <p><b>4.47</b> ↓</p> <p>Dr. Oetker Ristorante or Casa di Mama Pizza 320-410 g reg 6.49</p>
 <p><b>SAVE 52¢</b></p> <p><b>1.27</b> ↓</p> <p>Dare Breaktime Cookies 250 g reg 1.79</p>	 <p><b>SAVE \$1.04</b></p> <p><b>3.47</b> ↓</p> <p>Silk Beverage 1.75-1.89 L Selected Varieties reg 4.77</p>	 <p><b>SAVE 15¢ \$4.92</b></p> <p><b>8.97</b> ↓</p> <p>Whiskas Dry Dog Food 2 kg Purina Cat Chow 1.5-2 kg reg 9.49-12.99</p>
 <p><b>SAVE 15¢ \$3.92</b></p> <p><b>4.97</b> ↓</p> <p>Colgate Sensitive or Total Advanced Selected 73-120 mL or Toothbrush Charcoal 1 pk Irish Spring Body Wash 591 mL or Soap 6 pk Softsoap Body Wash 591 mL reg 5.69-7.99</p>		

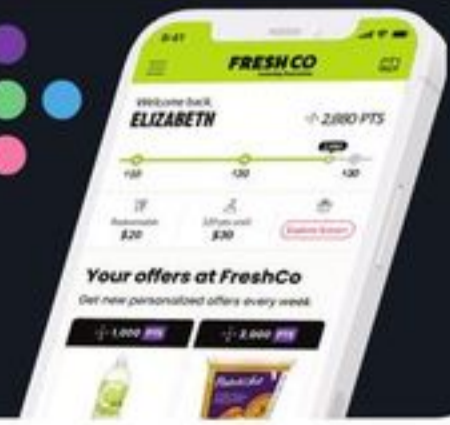
## Scene+ TURN POINTS INTO GROCERIES

 <p><b>200 PTS</b> when you buy 4</p> <p>That's like <b>\$2</b> toward your groceries</p> <p><b>SAVE UP TO 82¢</b></p> <p><b>2.47</b> ↓</p> <p>Quaker Crispy Minis 100 g or Rice Cakes 127-199 g reg 2.97-3.29</p>	 <p><b>100 PTS</b> when you buy 3</p> <p>That's like <b>\$1</b> toward your groceries</p> <p><b>SAVE UP TO \$1</b></p> <p><b>3.27</b> ↓</p> <p>lōgo Nanō Drinks 6 pk Sigg's Yogourt 4 pk reg 3.97-4.27</p>	
 <p><b>150 PTS</b> when you buy 3</p> <p>That's like <b>\$1.50</b> toward your groceries</p> <p><b>SAVE \$3.92</b></p> <p><b>3.97</b> ↓</p> <p>Kellogg's Cereal Selected 210-525 g reg 6.99</p>	 <p><b>100 PTS</b> when you buy 2</p> <p>That's like <b>\$1</b> toward your groceries</p> <p><b>SAVE 15¢ \$2.22</b></p> <p><b>5.97</b> ↓</p> <p>Nescafé Gold Instant Coffee 90-100 g, Sweet &amp; Creamy 18 pk or Taster's Choice Instant Coffee 100 g reg 7.99-8.29</p>	 <p><b>150 PTS</b> when you buy 3</p> <p>That's like <b>\$1.50</b> toward your groceries</p> <p><b>SAVE 52¢</b></p> <p><b>2.97</b> ↓</p> <p>Ben's Original Bistrot Express Basmati Rice 250 g reg 3.49</p>
 <p><b>100 PTS</b> when you buy 4</p> <p>That's like <b>\$1</b> toward your groceries</p> <p><b>SAVE 15¢ 62¢</b></p> <p><b>1.97</b> ↓</p> <p>Hunt's Tomato Sauce 680 mL Manwich 398 mL reg 2.49-2.59</p>	 <p><b>200 PTS</b> when you buy 2</p> <p>That's like <b>\$2</b> toward your groceries</p> <p><b>SAVE 15¢ \$3.92</b></p> <p><b>5.47</b> ↓</p> <p>Purex Bathroom Tissue 8-16 Rolls Bonterra Paper Products reg 6.99-8.49</p>	 <p><b>200 PTS</b> when you buy 1</p> <p>That's like <b>\$2</b> toward your groceries</p> <p><b>39.99</b> ↓</p> <p>Lifesource Basic Blood Pressure Monitor UA651 1 pk Pharmacy Locations Only.</p>

Scene+ 1000 PTS = \$10 OF FREE GROCERIES

### Scene+ MORE POINTS. MORE OFFERS. GET MORE FROM SCENE+ WITH THE FRESHCO APP

Earn points and save with personalized offers and digital-only exclusives. Download the app and link your card today.



The Scene+ Loyalty Program is available at all participating FRESHCO locations within WESTERN CANADA. No base Scene+ points earned. See weekly offers for current ways to earn Scene+ points and visit <https://www.freshco.ca/terms-and-conditions> to see full Terms and Conditions. All weekly Scene+ offers include taxes, delivery charges, lift services, service fees, rental fees, event tickets, gift cards, fuel cards, food products, alcohol, pet products, toys, pet supplies, household products, and services. Western Union, McAfee/True Home/Starbucks products and services, select prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery, gift certificates, deposits, promotional charges, and other goods and services which are non-refundable or excluded by law. For full Scene+ Terms & Conditions or to redeem your points, visit <https://www.freshco.ca/terms-and-conditions>. All offers are subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Scene Plus IP Corporation. © 2024 Scene Plus IP Corporation.

Offers valid Thursday, May 9, 2024 to Wednesday, May 15, 2024. Prices in effect while supplies last. We reserve the right to limit quantities. No rainchecks except as advertised. All price savings shown in this flyer are measured against our lowest regular retail prices offered at our stores in the applicable trade area. Quantities shown apply to in-store purchases. Offers are sponsored or franchised by Scene Plus IP Corporation. Savings offered may differ by region. We reserve the right to correct any unintentional errors in this flyer and make changes to any of our programs without prior notice. See in-store or FreshCo.com for details. Our reference to "lowest prices" or "low prices" and other similar statements in our ads is as compared to the full-service banners operated by Scene Plus IP Corporation. See in-store or FreshCo.com for full details of our Guarantees. All Guarantees are subject to our disclaimer. We reserve the right to change quantities, trade areas and limit quantities. Not to be combined with other offers and subject to change without notice. Guarantees do not apply to third party vendor products, prescriptions, gift cards, liquor, tobacco, clearance & limited-time products, loyalty and marketing initiatives and any products which may not be discounted by law (the "Limitations"). **LOWEST PRICE GUARANTEE:** Subject to the Limitations and excluding products sold by third party vendor products sold within the store, if a discount competitor within the applicable trade area offers a lower price on an identical item by the same brand and size as the item in our store, we will set our price to match the lowest advertised price in their flyer. Price matching will be done for the following banners: Ontario: No Frills, Food Basics, Real Canadian Superstore, and Wal-Mart Supercentre; Alberta: Superstore, and Manito; No Frills, Real Canadian Superstore, Wal-Mart and Save-On-Foods. Price match locations are subject to change based on regional circumstances. Some offers apply to competitor errors. Limit of four (4) units of each price matched item per customer. **DOUBLE FRESH GUARANTEE:** Subject to Limitations, if you buy an eligible product from our store, and the product is advertised, and the product does not meet our expectations, you can return the product with a receipt within 14 days of purchase and we will refund the purchase price and provide you with an identical replacement product (while supplies last). **IN-STOCK GUARANTEE:** Subject to Limitations and excluding seasonal and limited quantity products, if you find that we are out of stock of any product featured in this store's current flyer, we will provide you with a rain check that can be used to purchase the item for 75% off the current advertised price while the item is back in stock. **PRICES IN EFFECT IN WESTERN CANADA.**

FC\_WK02\_WST\_OBC\_21

100 PTS when you buy 2

397

Raspberries or Blackberries 1.70 g Product of USA or Mexico



PRODUCT OF CANADA

197 /lb

Tomatoes on the Vine Product of Canada 4.34/kg



197 /lb Pink Lady Apples Product of USA Extra Fancy Grade 4.34/kg



177 /lb Navel Oranges Product of USA 3.90/kg



197 /lb Green Zucchini or Eggplant Product of Mexico or USA 4.34/kg



247 Celery Product of Mexico or USA No. 1 Grade



497 Compliments Lemons 2 lb Product of Spain or South Africa 907 g



447 Cantaloupe Product of USA or Mexico No. 1 Grade



497 Sweet Bell Peppers 4 pk Product of Canada or Mexico



497 Taylor Farms Chopped Salad Kit 267-377 g

# WEEKLY DEALS EVERYDAY LOW PRICES

Look for these symbols while you shop.



50 PTS when you buy 1  
1599 /lb

Value Pack Fresh Atlantic Salmon Fillets 35.25/kg



SAVE \$1.92  
397

Butcher's Selection Stampede Hotdog 900 g Harvest Creek Halal Chicken Wieners 900 g reg 5.00



SAVE \$2.92  
597

Maple Leaf Bacon or Ready Crisp Bacon 65-375 g Breakfast Sausages 300 g reg 6.99-8.49



100 PTS when you buy 2  
That's like \$1 toward your groceries  
BUY MORE SAVE MORE  
BUY 2 OR MORE  
997 ea

OR BUY 1 \$10.99  
Grimm's Pepperoni 600 g



100 PTS when you buy 4  
That's like \$1 toward your groceries  
SAVE \$1.92  
197

Maple Lodge Farms or Zabihah Halal Chicken Bologna or Wieners 375-450 g reg 3.49



SAVE \$2  
\$11

Marcangelo Souvlaki Chicken Breast or Pork Kabobs 480-640 g reg 13.00



SAVE \$5.44  
1299

Pinty's Eatwell Chicken Breast Fillets or Chicken Wings 750-790 g reg 12.99-16.99



100 PTS when you buy 2  
That's like \$1 toward your groceries  
1899

Best Buy Beef Burgers Frozen 2.27 kg



SAVE \$2.92  
297

Villaggio Bread 510-540 g or Buns 6-8 pk Dempster's English Muffins 6 pk Compliments Bagels 6 pk reg 3.59-3.89



100 PTS when you buy 1  
That's like \$1 toward your groceries  
SAVE \$1.92  
697

Wonderbrands Lemon Meringue Pie 635 g reg 7.99



50 PTS when you buy 1  
SAVE \$5.92  
347

Fontaine Santé Dips or Hummus 227-260 g Babybel 6 pk reg 4.49-4.99



SAVE \$1.92  
497

Main Street Deli Sliced Meat 200-300 g reg 5.99

SPEND \$100 IN BOSTON PIZZA OR UBER GIFT CARDS

AND GET A BONUS \$10

GET CARD FRESHCO GIFT CARD

Offer valid during May 8 - 15, 2024. Sorry no rainchecks or price matching. Offer valid only on over \$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  
That's like \$1 toward your groceries

**SAVE \$1.22**  
**4.27**

**SAVE \$1.02**  
**5.97**

**SAVE \$2**  
**3.97**

**SAVE \$1**  
**2.97**

**SAVE \$2**  
**6.97**

**SAVE \$2.52**  
**5.47**

**SAVE \$4.82**  
**19.97**

**150 PTS when you buy 2**  
**\$1.50**

**BUY 2 OR MORE**  
**2.97**

**SAVE \$2.52**  
**3.47**

**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 UP TO \$1.32**  
**2.47**

**SAVE UP TO \$1.02**  
**4.77**

**SAVE 72¢**  
**1.97**

**SAVE \$5.82**  
**3.97**

**SAVE \$1.82**  
**7.97**

**SAVE \$1.82**  
**2.97**

**SAVE \$1.82**  
**3.97**

**SAVE 50¢**  
**3.97**

**SAVE \$1.82**  
**12.97**

**200 PTS when you buy 2**  
**\$2**

**SAVE \$5.82**  
**13.97**

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

Apply now at scotiabank.com/earnpointsfaster. \*Take minimum spend on everyday purchases in the first year. Conditions apply. ©2024 Scotiabank. All rights reserved. Offer subject to change. Offer effective from 11 June 20, 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

21<sup>97</sup>

Orchids  
5" Deco Plastic Pot



3<sup>97</sup>

Mini Roses  
4" Pot



11<sup>97</sup>

Multi Bloom  
Hydrangeas  
6" Pot



4/\$12

or \$3.47 ea  
Assorted Vegetables  
4" Pot

16<sup>97</sup>

12" Annual  
Bowls



4/\$15

or \$3.97 ea  
Flowering Annuals  
6 pk

2/\$7

or \$3.97 ea

Flowering  
Annuals  
4" Pot

16<sup>97</sup>

50 cm Dozen  
Long Stem Roses



14<sup>97</sup>

Large Mother's Day  
Mixed Bouquet



10<sup>97</sup>

Mother's Day  
Mixed Bouquet

DISCOVER NEW

CREATED BY  
**Maison Perrier**  
FRANCE

Maison Perrier  
Sparkling Water  
6x500 mL

200 PTS  
when you buy 2

That's like  
**\$2**  
toward your  
groceries

**747**



Maison Perrier  
Sparkling Water  
8x330 mL

200 PTS  
when you buy 2

That's like  
**\$2**  
toward your  
groceries

**697**



**NEW  
FLAVOUR**

**188**



Maison Perrier  
Sparkling Water  
1 L



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

# SWEET DEALS

SAVE \$1  
997

Mr. Freeze  
Jumbo Pops  
27 pk  
reg 10.97



SAVE \$1  
597

Compliments  
S'mores Kit  
500 g reg 6.97



SAVE \$1  
997

Hershey's  
S'mores Kit  
578-651 g  
reg 10.97



SAVE \$1  
897

Nestlé Aero  
S'mores Kit 515 g  
reg 9.97



127

Kisko Freezies Bag  
18 pk



SAVE 50¢  
647

Compliments  
Marshmallows  
700 g reg 6.97



SAVE \$1  
897

Compliments Candy  
Selected 800 g reg 9.97



247

Dare Marshmallows  
Selected 170 g



SAVE 80¢  
247

Kisko Fruit Freezies  
480 mL reg 3.27



147

Icee Juice 177 mL



177

Imperial Cotton Candy  
60 g



85¢

Panda Licorice 32 g



SAVE 50¢  
497

Mr. Freeze Pops  
80x20 mL reg 5.47



# HAPPY DRAGON BOAT FESTIVAL



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

**SAVE \$2.09**  
**4.88**

Kikkoman Teriyaki or Soy Sauce 591 mL  
reg 6.97



**SAVE \$2.09**  
**3.88**

Siwin Dumplings 454-500 g  
Selected Varieties  
reg 5.97



**SAVE \$3.09**  
**4.88**

SkyFlakes Saltine Crackers 800 g  
reg 7.97



**SAVE \$1.09**  
**2.88**

Indomie Instant Noodles 425 g  
Selected Varieties  
reg 3.97



**SAVE 97¢**  
**2/\$5**

Lay's Chips Chicken & Tomato, Cucumber or Honey Butter 165 g  
Selected Varieties  
reg 3.47



**20 PTS** when you buy 1  
**98¢**

Mr. Brown Canned Coffee 240 mL  
Selected Varieties  
reg 1.27



**20 PTS** when you buy 1  
**SAVE 79¢**  
**98¢**

CJO O'Food Seaweed Snacks 15 g  
Selected Varieties  
reg 1.77



**SAVE \$1.19**  
**5.48**

Mini Crush Fruit Jelly Jars 1.4 kg  
reg 6.97



**SAVE 99¢**  
**1.48**

Suntory 0% Sugar Oolong Tea 500 mL  
reg 2.47



**SAVE 79¢**  
**1.98**

Erawan Rice Sticks 454 g  
Selected Varieties  
reg 2.77



**SAVE \$1.99**  
**4.88**

ETE Ice Bars 4x65-75 g  
Selected Varieties  
reg 6.47



**20 PTS** when you buy 1  
**SAVE 77¢**  
**2/\$5**

Haital Honey Butter Chip 60 g  
reg 3.27



**SAVE 97¢**  
**2/\$5**

Wai Wai Vermicelli Rice 500 g  
reg 3.47



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY.

# HAPPY DRAGON BOAT FESTIVAL



SAVE \$1.92 /lb  
**12.97** /lb

Angus Beef Inside Round Stir Fry  
Cut from Canada AA or Higher  
28.59/kg reg 14.49/lb



SAVE \$1  
**\$9**

Compliments  
Sea Salt & Cracked  
Black Pepper Pork Belly  
500 g reg 10.00



SAVE \$1.02  
**5.97**

Eight Treasures  
Raw Shrimp  
Head-On, Shell-On  
Frozen 400 g  
reg 6.99



**98¢** /lb

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 Mexico or USA  
4.37/kg



50 PTS when you buy 1

**5.48**

Häagen-Dazs or Confectionery  
Ice Cream 400-450 mL or  
Novelties 3-4 pk



SAVE \$2.11  
**8.88**

Carole's  
Japanese Style  
Cheesecake 500 g  
reg 10.99



SAVE \$2.09  
**3.88**

Hormel Foods Spam 340 g  
reg 5.47-5.97



SAVE \$3.09  
**7.88**

Maggi Liquid  
Seasoning  
800 mL  
reg 10.97



SAVE \$2.59  
**4.88**

Huy Fong  
Sriracha  
Hot Chili Sauce  
740 mL  
reg 7.47



SAVE \$2.09  
**5.88**

Kewpie  
Japanese  
Mayonnaise  
450 g  
reg 7.97



# HOUSEHOLD SAVINGS



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

SAVE \$1.72  
**6.97**

Purex Laundry Detergent 2.03 L  
Purex Ultra Baby Soft 1.47 L  
reg 8.69



50 PTS when you buy 1

SAVE \$4.02  
**8.97**

Palmolive Dish Soap 4.27 L  
reg 12.99



SAVE \$3.02  
**29.97**

Tide Pods 63-112 pk  
reg 32.99



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

SAVE \$5.52  
**6.47**

Swiffer Wet Cloth 10-12 pk.  
Cleaner Solutions 1.25 L or  
Power Mop Wet Jet  
reg 7.29-7.99



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

SAVE \$2.52  
**3.97**

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



SAVE \$3.02  
**11.97**

Downy Fabric Softener 2.63 L  
reg 14.99



SAVE \$2.02  
**4.97**

Bounce Dryer Sheets 40-80 pk  
Downy Unstopables 141 g  
WHILE SUPPLIES LAST



We all deserve compliments  
We all deserve savings



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

SAVE \$2.02  
**5.97**

Compliments Facial Tissues 6 pk  
reg 7.99



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

SAVE \$1.02  
**5.97**

Compliments Bathroom Tissue 12-24 Rolls  
reg 6.99



SAVE \$1.02  
**3.97**

Compliments Disinfecting Wipes 75 pk  
reg 4.99



SAVE \$3.52  
**2.47**

Compliments Freezer Bags 40 pk,  
Foil Wraps 50 ft or  
Parchment Paper 35 ft  
reg 3.29-5.49



SAVE \$3.52  
**1.97**

Compliments Dish Soap 828 mL or  
Glass Cleaner 950 mL  
reg 1.99-2.49



SAVE \$2.52  
**2.97**

Compliments Bleach 2.4 L or  
Multi-Surface Cleaner 1.41 L  
reg 3.49



# 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<sup>97</sup>**

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



**TWIST  
LICK  
DUNK**



CHRISTIE Mini Cookies  
Selected Varieties, 150-225g  
\$3.27 ea

**BUY  
MORE  
SAVE  
MORE**

**\$2<sup>47</sup>**  
ea when you  
buy 2 or more



# 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!



\$4.77 McCain Value Size  
Regular Fries 1.5kg



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

