

# 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 in  
Western Canada

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



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 \$4  
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

Coca-Cola Soft Drinks  
6x710 mL  
reg 5.49

SAVE \$1.02

5.97

Bubly 12x355 mL  
Montellier 10x355 mL  
reg 6.99



SAVE \$2  
3.97

Simply Lemonade  
1.54 L  
reg 5.97



SAVE \$1  
2.97

Liberté Greek Yogurt 4 pk  
Liberté Méditerranée Yogurt 500 g  
reg 3.97



SAVE \$2  
6.97

Becel Margarine 637-850 g  
reg 8.97



SAVE \$2.52  
5.47

General Mills Cereal Selected  
475-778 g  
reg 7.99



SAVE \$4.82  
19.97

McCafé Coffee K-Cup Pods  
30 pk  
Tim Hortons Ground Coffee  
875-930 g or K-Cups 30 pk  
reg 23.99



SAVE 82¢  
3.97

Mott's Clamato 1.89 L  
reg 4.79



BUY 2 OR MORE  
2.97

OR BUY 1 \$3.47  
Jell-O Desserts 6 pk  
Save 80¢



SAVE \$2.52  
3.47

Quaker Cereal 350-500 g  
reg 4.99-5.99

Love it or it's free\*  
Great products, incredible value, every day

1000 pts = \$10 in FREE groceries

Reduced pricing for Scene+ members

SAVE UP TO \$1.32

2.47

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



Bick's Pickles 1 L  
reg 5.49-5.79

SAVE UP TO \$1.02  
4.77



SAVE 72¢  
1.97

Kraft BBQ Sauce 455 mL  
reg 2.69



SAVE \$5.92  
3.97

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



SAVE \$1.92  
7.97

Frito-Lay Variety Pack 16 pk  
reg 9.29



SAVE \$1.92  
2.97

Takis 190-280 g  
reg 4.29



SAVE \$1.92  
3.97

Old El Paso Taco Kits 250-510 g  
reg 4.99



SAVE 50¢  
3.97

Nestlé Chocolate Multipacks 164-200 g or Pouches 135-203 g  
Selected Varieties  
reg 4.47



SAVE \$1.92  
12.97

Boost High Protein or Plus 6 pk  
reg 14.79



SAVE \$2.92  
3.97

Pine-Sol 1.41 L  
Clorox Liquid Bleach 2.4 L  
reg 5.99



SAVE \$5.92  
13.97

Tide Liquid 2.48 L  
Tide Pods 25-42 un or Gain Flings! 890 g  
reg 14.79-18.99

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

Apply now at scotiabank.com/earnpointsfaster. \*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.

FC\_W002\_W01\_P03\_21

## 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/\$9

or \$4.97 ea  
Assorted  
Premium  
Annuals  
4.3" 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**  
**\$9**  
Compliments  
Sea Salt & Cracked  
Black Pepper Pork Belly  
500 g reg 10.00



**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 \$1.02**  
**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



Maggi Liquid  
Seasoning  
800 mL  
reg 10.97  
**SAVE \$3.09**  
**7.88**



Huy Fong  
Sriracha  
Hot Chili Sauce  
740 mL  
reg 7.47  
**SAVE \$2.59**  
**4.88**



Kewpie  
Japanese  
Mayonnaise  
450 g  
reg 7.97  
**SAVE \$2.09**  
**5.88**



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY.

# 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



**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 \$5.52  
**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>\*</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!**

