

# FRESH CO

Lowering food prices

ZONE 1



**HOT DEAL**

**4.99**  
/lb

Boneless Skinless  
Chicken Thighs  
11.00/kg  
Hauts de cuisine



**1.79**

Raspberries 170 g  
Product of Mexico  
Framboises



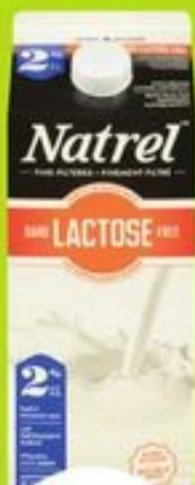
**7.99**

Compliments  
Large Eggs 30 pk  
Limit of 2  
After Limit \$8.99  
Œufs



**79¢**

Seedless Cucumbers  
Product of Ontario  
Canada No. 1  
Concombres



**SAVE \$2**  
**4.99**

Gay Lea Grass-Fed  
Butter 250 g  
NatreL Lactose Free Milk 2 L  
Selected Varieties  
reg 6.29-6.99  
Beurre, lait



**SAVE \$8**  
**5.99**

Schneiders Pepperettes 250-375 g  
Schneiders Chicken Wings Frozen 615 g  
Mina Halal Breaded Chicken  
Frozen 552-600 g  
reg 8.99-13.99  
Bâtonnets, ailes et morceaux de poulet



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

Clover Leaf  
Pink Salmon  
418 g  
Salmon

**Scene+ MEMBER PRICING**

Swipe your Scene+ Card and Save

**1.99** with Scene+ Card  
**2.99** without Scene+ Card

Christie Oreo, Chips Ahoy! or Fudge-O Cookies  
Selected Varieties 150-303 g  
Biscuits

**Ox Head Jasmine Rice**  
7 kg  
reg 25.99

**SAVE \$10<sup>11</sup>**  
**15.88**

特選香米  
OX HEAD BRAND  
牛頭牌  
WHITE FRAGRANT-SCENTED RICE 100%  
RIZ PARFUMÉ  
SÉRIE THAÏE  
MI LANGKASSA  
ข้าวหอมมะลิ 100%  
THAI HOMO MALI RICE  
7.0 kg 15.4 lb  
PRODUCT OF THAILAND  
PRODUIT DU THAÏLANE

**GET UP TO 2,500 PTS** That's like \$25 toward your groceries

**WHEN YOU LOAD THIS OFFER APR 11 - MAY 8, 2024**

LOAD THIS OFFER AND GET **250 PTS** ON 4 TRANSACTIONS OF \$50+ AND GET A **1,500 PTS** BONUS FOR USING ALL 4 OFFERS.  
See Back page for full terms & conditions. Card must be registered and offer must be loaded, eligible \$50+ transactions must occur on 4 separate days. 1,000 points = \$10 of free groceries.

**SPEND \$50+**

- 1<sup>st</sup> Shop GET 250 PTS
- 2<sup>nd</sup> Shop GET 250 PTS
- 3<sup>rd</sup> Shop GET 250 PTS
- 4<sup>th</sup> Shop GET 1,750 PTS

DOWNLOAD THE FRESHCO APP

**FIND LOADS OF ITEMS, ALL LOCKED & LOW**

**LOCKED & LOW** Look for this symbol while you shop.

**DISCOVER FLAVOURS OF THE WORLD!**

Flyer in effect April-May 2024  
Prices in Effect in Ontario, Excludes Thunder Bay

THUR	FRI	SAT	SUN	MON	TUES	WED
25	26	27	28	29	30	1

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

# LOWERING FOOD PRICES. GUARANTEED.

**WEEKLY  
DEALS**  
**EVERYDAY  
LOW PRICES**

**IN-STOCK  
GUARANTEED**

If we run out of a flyer item, you'll get a rain check + 10% off\*

**DOUBLE FRESH  
GUARANTEED**

We'll replace your item + refund your money\*

**LOWEST PRICE  
GUARANTEED**

We'll beat advertised prices\*

\*See online and in-store for more details.

**Scene**



1000 **PTS** = \$10  
in **FREE**  
groceries

**Scene**  
**MEMBER**  
**PRICING**

Reduced pricing  
for Scene+  
members

**FRESH CO**  
Lowering food prices

YOUR FRESH  
DEALS ARE HERE

WEEKLY  
OFFERS

SEE IT  
34¢

Weekly  
personalized  
offers

**compliments**

**Love it.**  
Or it's free.



**BEST BUY**  
EVERYDAY

Great products,  
incredible value,  
everyday







**2<sup>99</sup>**  
ea

Blackberries 170 g  
Product of Mexico  
Mûres



**1<sup>99</sup>**  
/lb

Tomatoes on the Vine  
Product of Ontario  
4.39/kg  
Tomates



**1<sup>99</sup>**  
/lb

Bosc, Abate or Forelle Pears  
Product of USA or South Africa  
Extra Fancy Grade  
4.39/kg  
Poires



**1<sup>88</sup>**  
/lb

Cosmic Crisp Apples  
Product of USA  
Extra Fancy Grade  
Black or Red Plums  
Product of Chile  
No. 1 Grade  
4.14/kg  
Pommes, prunes



**3<sup>99</sup>**

50 PTS when you buy 1

Cauliflower  
Product of USA  
No. 1 Grade  
Sweet Bell Peppers 4 pk  
Product of Mexico or Canada  
Chou-fleur, poivrons



**2<sup>49</sup>**

50 PTS when you buy 1

Iceberg Lettuce  
Product of USA  
No. 1 Grade  
Lattue



**3<sup>99</sup>**

50 PTS when you buy 1

Compliments Lemons 2 lb  
Product of Spain  
907 g



**2<sup>49</sup>**

50 PTS when you buy 1

Compliments Bagged Seedless Oranges 3 lb  
Product of Spain  
1.36 kg  
Citrons, oranges



**3<sup>99</sup>**

50 PTS when you buy 1

Compliments Whole White or Brown Mushrooms 227 g  
Product of Ontario  
Champignons



**4<sup>99</sup>**

50 PTS when you buy 1

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

## WEEKLY DEALS EVERYDAY LOW PRICES

Look for these symbols while you shop.

LOCKED & LOW

Loads of items, all LOCKED & LOW



**\$6**

Medium Ground Beef Tube  
454 g  
Bœuf



**\$12**

50 PTS when you buy 1

Compliments Breakfast or Dinner Sausages 1-1.4 kg  
Saucissons



**SAVE \$4**  
**9<sup>99</sup>**

Maple Leaf Prime Raised Without Antibiotics Breaded Chicken or Wings  
Frozen 560-695 g  
Schneiders Schnitzel  
Frozen 450 g  
Morceaux ou ailes de poulet, schnitzel



**SAVE \$100**  
**5<sup>99</sup>**

Wong Wing Entrées  
Frozen 400-680 g  
Repas



**SAVE \$1**  
**9<sup>99</sup>**

Zabiha Halal Breaded Chicken  
Frozen 800 g  
Morceaux de poulet



**2<sup>44</sup>**

Compliments Jumbo Wieners 450 g  
Saucisses fumées



**100 PTS** when you buy 1

That's like \$1 toward your groceries

**SAVE \$3**  
**7<sup>99</sup>**

Compliments Cooked, Peeled, Tail-On Pacific White Shrimp  
Frozen 340 g  
Crevettes



**200 PTS** when you buy 2

That's like \$2 toward your groceries

**4<sup>79</sup>**

Compliments Tarts 510 g  
Tartelettes



**SAVE \$3**  
**3<sup>99</sup>**

San Daniele Prosciutto 100 g  
Mastro Genoa Salami 150 g  
Prosciutto, salami



**SAVE \$1**  
**3<sup>49</sup>**

Summer Fresh Dips or Hummus 200-227 g  
Tremettes ou hummus



**200 PTS** when you buy 2

That's like \$2 toward your groceries

**5<sup>99</sup>**

Compliments Natural Ingredients Sliced Meat 175 g  
Viandes froides

**Scene GET 500 PTS** FOR EVERY \$25 SPENT IN GAP INC. BRANDS, KOBO, WAYSRA OR JOEY RESTAURANTS GIFT CARDS!

Offer valid during April 25-May 1, 2024. Sorry no rainchecks or price matching. Offer valid only on Gap Options \$25, Options \$25-\$500 VL, Joey's \$25-\$500 VL, Joey's Restaurant \$25-\$500 VL, Wayspa \$50, Wayspa \$25-\$100 VL, Kobo \$25, Kobo \$10-\$250 VL. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

12x  
100g

**ACTIVIA**  
active probiotics - probiotiques actifs

**SAVE \$1**

**5.99**

**Danone Activia  
Yogurt 12 pk**  
Yogourt

**SAVE \$1**

**IMPERIAL**

Non Hydrogenated - Non hydrogénée

**4.99**

**Imperial  
Margarine  
637 g**  
Margarine

OR BUY 1 \$2.99  
Christie Crackers  
Selected Varieties  
180-386 g or  
Christie Peek  
Freans 275-350 g  
Craquelins ou biscuits

**BUY 2 OR MORE**  
**2.49**  
ea



**BUY 2 OR MORE**  
**1.88**  
ea



OR BUY 1 \$2.69  
Pepsi Soft Drinks 2 L  
Selected Varieties  
Boissons gazeuses

**BUY 2 OR MORE**  
**3.49**  
ea

OR BUY 1 \$3.99  
Classico Sauce  
410-650 mL  
Sauce



**SAVE \$5**

**12.99**

Maxwell House  
Coffee Pods 30 pk  
reg 17.99  
Dosettes de café

**BUY 3 OR MORE**  
**2.49**  
ea



OR BUY 1 \$3.29  
Quaker Crispy  
Minis 100 g or  
Rice Cakes  
127-199 g  
Croustilles ou galettes  
de riz

**4.88**



Frito-Lay Value  
Size Potato Chips,  
Tortilla Chips,  
Snacks or Popcorn  
275-480 g  
reg 5.29  
Croustilles, croustilles  
tortilla, grignotines ou  
maïs soufflé

**SAVE \$1.99**

**5.99**

Nescafé Gold  
Instant Coffee  
90-100 g or  
Sweet & Creamy  
18 pk  
Café instantané

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

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

**Scene+ MEMBER PRICING** 1000 pts = \$10 in FREE groceries

Reduced pricing for Scene+ members

**100 PTS**  
when you buy 3

That's like  
**\$1**  
toward your  
groceries

**SAVE 80¢**

**2.49**

Red Bull  
Energy Drink  
250 mL  
reg 3.29  
Boisson énergisante

**100 PTS**  
when you buy 3

That's like  
**\$1**  
toward your  
groceries

**SAVE 80¢**

**2.49**

Monster  
Singles  
444-473 mL  
reg 3.29  
Boisson énergisante

**125 PTS**  
when you buy 4

That's like  
**\$1.25**  
toward your  
groceries

**1.79**

Green Giant  
Simply Steam  
Frozen Vegetables  
250 g  
reg 2.19  
Légumes

**SAVE \$3.99**

**4.99**

ALCAN  
NON-STICK 50'

Alcan Aluminum  
Foil 35-100 ft.  
Reynolds  
Parchment Paper  
or Air Fryer Sheets  
40-50 ft  
reg 5.99-8.29  
Papier d'aluminium,  
papier parchemin ou  
tapis de cuisson pour  
friteuse à l'air

**200 PTS**  
when you buy 2

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

**SAVE \$1**

**3.99**

Old El Paso  
Seasonings 24 g  
Selected Varieties  
Ensembles

**100 PTS**  
when you buy 4

That's like  
**\$1**  
toward your  
groceries

**SAVE \$1.99**

**4/\$5**

Old El Paso Taco  
Seasonings 24 g  
Selected Varieties  
Assaisonnements

**SAVE \$3.99**

**13.99**

Finish Auto  
Dish Detergent  
40-55 pk  
reg 16.99-17.49  
Détergent à vaisselle

**200 PTS**  
when you buy 2

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

**SAVE \$1**

**9.99**

Dove Body Wash  
591 mL or  
Dove Bar Soap  
6 pk  
Nettoyant pour le corps  
ou pain de savon

**SAVE 50¢**

**2.99**

Vim Cleaner  
500 mL  
reg 3.49  
Nettoyant

**SAVE \$1.99**

**6.99**

Purex Laundry  
Detergent 2.03 L  
Purex Baby  
Detergent 1.47 L  
reg 8.69  
Détergent à lessive

**200 PTS**  
when you buy 2

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

**SAVE \$2.99**

**3.99**

Fleecy Fabric  
Softener 1.36 L  
Fleecy Dryer  
Sheets 80 pk  
reg 5.79-6.29  
Assouplissant textile  
ou feuilles

**200 PTS**  
when you buy 2

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

**SAVE \$1.99**

**5.49**

Pantene Shampoo  
or Conditioner  
308-355 mL  
Shampooing ou  
revitalisant

**Scene+**

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

Apply now at [scotiabank.com/earnpointsfaster](http://scotiabank.com/earnpointsfaster)  
\*With minimum spend on everyday purchases in the first year.  
Conditions apply. ©Visa Inc. All rights reserved. Offer subject to change.  
Offer effective Nov 1 - June 30, 2024.

## Introducing our digital pharmacy service

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



Sign up for 360Health in the FreshCo App

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**360healthpharmacy.ca**

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

# ORTHODOX EASTER DEALS



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

New Zealand Spring Lamb  
Short Cut Lamb Leg  
Frozen 17.61/kg  
Gigot d'agneau



Rapini  
Product of USA  
Rapini

**2<sup>99</sup>**



Eggplant or Zucchini  
Product of Mexico or USA 4.39/kg  
Anise Product of USA  
Aubergine ou courges, anis

**1<sup>99</sup>**  
/lb or ea

**13<sup>99</sup>**

Baltic Frozen Herring  
Fillets 1 kg  
Hareng

Oliya Virgin  
Sunflower Oil  
1 L  
Huile

SAVE \$3<sup>99</sup>  
**3<sup>49</sup>**



**1<sup>29</sup>**  
Italian or Curly Parsley  
Product of USA  
Coriandre



SAVE \$1<sup>99</sup>  
**2<sup>79</sup>**

Rudolph's Bread 500 g  
Selected Varieties  
Pain



SAVE \$50<sup>00</sup>  
**1<sup>79</sup>**

S&F Cream  
Crackers 200 g  
Craquelins



SAVE 80<sup>00</sup>  
**5<sup>99</sup>**

S&F Roasted  
Red Peppers 500 mL  
Poivrons rôtis



SAVE \$5<sup>99</sup>  
**9<sup>99</sup>**

Red Gold Steelhead  
Salmon Caviar 100 g  
Caviar



SAVE \$1<sup>99</sup>  
**2<sup>99</sup>**

Finn Crisp  
Thin Crispbread  
175-200 g  
Pain croustillant

Kühne Barrel  
or Sauerkraut  
with Wine  
720-796 mL or  
Salata Seasoned  
Vinegar 750 mL  
Selected  
Choucroute ou  
vinaigre

SAVE 50<sup>00</sup>  
**4<sup>49</sup>**



SAVE \$1<sup>99</sup>  
**6<sup>99</sup>**

Kühne Barrel  
Dill Pickles 1 L  
Cornichons



SAVE \$1<sup>99</sup>  
**7<sup>99</sup>**

Diana Marinated  
Artichoke Hearts 1 L  
Artichauts

Bechtle  
Noodles  
350-500 g  
Nouilles

SAVE \$1<sup>99</sup>  
**4<sup>99</sup>**



100 PTS  
when you buy 2

SAVE 50<sup>00</sup>  
**3<sup>99</sup>**

Palirria Dolmas  
400 g  
Feuilles de vigne  
farcies

Borjomi  
Carbonated  
Natural  
Mineral Water  
500 mL  
Eau

SAVE 50<sup>00</sup>  
**2<sup>49</sup>**



50 PTS  
when you buy 2

SAVE \$1<sup>99</sup>  
**3<sup>49</sup>**



Lovaré Tea 30 g  
Thé



**99¢**

Roshen Wafer  
Thins 55 g  
Gaufrettes



SAVE \$1<sup>99</sup>  
**3<sup>99</sup>**

Roshen  
Chocolate Shooters  
150 g  
Chocolats



SAVE 80<sup>00</sup>  
**4<sup>49</sup>**

Wonder Berry  
Jam 375 mL  
Confiture



SAVE 80<sup>00</sup>  
**7<sup>99</sup>**

7 Days Bake It Filo Rollini  
1 kg  
Pâtisserie

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.

FC\_WKS2\_ONT\_D01.21

# FIND LOADS OF ITEMS, ALL LOCKED & LOW



LOCKED & LOW

19<sup>99</sup>

**Compliments**  
Bathroom Tissue  
30=100 Rolls  
Papier hygiénique



**Compliments**  
Ketchup 1.5 L  
Ketchup

LOCKED & LOW

3<sup>99</sup>



LOCKED & LOW

10<sup>88</sup>

**Compliments**  
Prime Rib or Angus  
Meatballs Frozen 680 g  
Boulettes de viande



LOCKED & LOW

5<sup>77</sup>

**Compliments**  
Muffins 400-600 g  
Muffins



LOCKED & LOW

1<sup>49</sup>

**Compliments**  
Potato Chips 200 g  
Croustilles



LOCKED & LOW

3<sup>99</sup>

**Compliments**  
Cream Cheese Spread  
340 g  
Fromage à la crème à tartiner



LOCKED & LOW

4<sup>99</sup>

**Compliments**  
Ice Cream  
1.5 L  
Crème glacée





# 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://www.scbank.com/participatingstores).

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

# CROWD PLEASING for Every Occasion

AIR FRYER  
OR OVEN  
FRITEUSE À AIR  
OU AU FOUR

200 PTS  
when you buy any 3



\$3.99

**McCain Breakfast**  
9 min Potato Patties 600g



\$3.99

**McCain**  
Tasti Taters 800g  
or Smiles 650g

200 PTS  
when you buy any 3



\$3.99

**McCain**  
Superfries  
5 Minute Fries 650g

200 PTS  
when you buy any 3



NEW

NEW

\$3.99

**McCain Bistro**  
Waffle Fries 567g  
or Beer Battered Fries 624g

200 PTS  
when you buy any 3

NEW

NEW



\$3.99

**McCain Medleys**  
Smoky Paprika & Pepper 400g  
or Mexican Style 400g

200 PTS  
when you buy any 3

**McCain**  
FAMILY  
FAVS

