

FRESH CO

Lowering food prices

ZONE 1

SAVE \$3.03

797

Sunrise Farms Seasoned Chicken Drumsticks
Frozen 3 kg reg 11.00



value size



397

Raspberries 340 g
Product of Mexico



877

Compliments Large Eggs 30 pk



397

Sweet Bell Peppers 4 pk
Product of Canada or Mexico



50¢ ea

OR BUY 1.67c
Sweet Corn
Product of USA
No. 1 Grade



SAVE \$0.92

497

Gay Lea Grass-Fed Butter 250 g
Natre! Lactose Free Milk 2 L
Selected Varieties
reg 6.27-6.97



SAVE \$0.82

597

Schneiders Pepperettes 250-375 g
Schneiders Chicken Wings Frozen 615 g
Mina Halal Breaded Chicken Frozen 600 g
reg 8.99-13.99



SAVE \$2.02

397

Clover Leaf Pink Salmon 418 g
reg 5.99

Scene+ MEMBER PRICING

Swipe your Scene+ Card and Save



197

297

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



SAVE \$12.09

2388

Triple Girls Jasmine Rice 18 kg
reg 35.97

GET UP TO 2,500 PTS

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+

1st Shop GET 250 PTS
2nd Shop GET 250 PTS
3rd Shop GET 250 PTS
4th Shop GET 1,750 PTS



FIND LOADS OF ITEMS, ALL LOCKED & LOW



Look for this symbol while you shop.



DISCOVER FLAVOURS OF THE WORLD!

Flyer in effect April-May 2024
Prices in Effect in Western Canada
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.



1000 PTS = \$10
in FREE groceries



Reduced pricing for Scene+ members



Weekly personalized offers



Love it.
Or it's free.



**Great products,
incredible value,
everyday**



Gay Lea Cottage Cheese 750 g
reg 6.97

SAVE \$2
4.97



SAVE \$2.92
4.97

Dr. Oetker Giuseppe Rising or Thin Crust Pizza 439-785 g
reg 7.49



SAVE \$4
8.97

Maxwell House Coffee 900-925 g
Folgers Ground Coffee 544-816 g
reg 10.99-12.97



SAVE \$5.22
3.47

Doritos 210-280 g
Miss Vickie's 190-200 g
Tostitos 205-300 g
reg 3.99-4.79



SAVE \$2.92
2.97

Quaker Cereal 325-500 g
reg 4.99



SAVE \$5.92
9.97

O'Sole Mio Pasta Kits 908 g
reg 14.99

Scene™ TURN POINTS INTO GROCERIES



That's like **\$5** toward your groceries
500 PTS when you buy 4

Dempster's White or Whole Wheat Bread 570-675 g
Tortillas 426-640 g
Hamburger or Hot Dog Buns 12 pk
Signature Buns 6-8 pk
Villaggio Bread 510-540 g
Vachon Snack Cakes 252-336 g
Hostess Snack Cakes 202-206 g
reg 3.49-4.59

Kraft Peanut Butter 750 g-1 kg
reg 6.99

200 PTS when you buy 2
That's like **\$2** toward your groceries
SAVE \$1.92
5.97



200 PTS when you buy 2
That's like **\$2** toward your groceries
SAVE \$3.92
5.47



Purex Bathroom Tissue 8=16 Rolls, Bonterra Paper Products or Sponge Towels 2=4 Rolls
reg 6.99-8.49



100 PTS when you buy 2
That's like **\$1** toward your groceries
SAVE 50¢
4.97

Silk Nextmilk or Protein Beverage 1.74-1.75 L
reg 5.47



100 PTS when you buy 3
That's like **\$1** toward your groceries
SAVE \$3.37
3/\$5

Coca-Cola Soft Drinks 2 L Selected Varieties
reg 2.79



Jarritos Soft Drink 370 mL
reg 1.99
100 PTS when you buy 6
That's like **\$1** toward your groceries
SAVE 52¢
1.47



100 PTS when you buy 2
That's like **\$1** toward your groceries
SAVE \$2.92
5.47

Pillsbury Pizza Bites 693 g
Pillsbury Pizza Pops 8 pk 760 g
reg 7.29-7.99



100 PTS when you buy 1
That's like **\$1** toward your groceries
SAVE \$4.02
10.97

Downy Beads 379 g
Downy Liquid Fabric Softener 2.63 L
reg 11.99-14.99



50 PTS when you buy 2
\$1

Wrigley's Gum Pellet Singles 1 pk or Mars Chocolate Singles 30-57 g
Selected Varieties
reg 1.27-1.47

Scene™ 1000 PTS = \$10 OF FREE GROCERIES

Offer valid April 11-May 8, 2024. Offer must be loaded to registered Scene™ Card prior to transaction. Minimum \$50 spend must be made in a single transaction. Limit 100 Points allotment per transaction, and four (4) total allotments on four (4) separate transactions. 1000 points bonus to be awarded within 4 weeks of the end of the offer period and qualifying purchases must be made on different days. Offer excludes taxes, rental fees, event tickets, third-party sellers, pre-paid cards, postal products and services, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco, lottery, photo finishing and other products that are excluded by law. Offer valid at all FreshCo and Dixel/FreshCo stores in Western Canada.

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.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. All weekly Scene™ offers exclude taxes, delivery charges, bill payments, service fees, rental fees, event tickets, gift cards, fuel/dairy products in Atlantic regions, pre-paid cards, postal products and services, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery, photo finishing, deposits, environmental charges, fuel and other goods and services which are non-deductible or excluded by law. For full Scene™ Terms & Conditions or to redeem your points, visit <https://www.sceneplus.ca/terms-and-conditions>. All offers are subject to change and may be withdrawn without notice. Trademarks of Scene Plus® Corporation used under license by Scene Plus Capital Incorporated.

FC_WK52_WST_OBC_21

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This flyer is printed with vegetable based inks. Please recycle where facilities exist.

197
/lb

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

SMIC
CRISP



297
/lb

Broccoli Crowns or
Green Beans
Product of
USA or Mexico
6.55/kg



297
/lb

Orri Clementines
Product of Israel
6.55/kg



347

Blackberries 170 g
Product of Mexico
Pomegranates
Product of Peru



147
/lb

Sweet Potatoes
Product of USA
No. 1 Grade
3.24/kg



147
ea

Seedless
Cucumbers
Product of Canada
Canada No. 1



50 PTS
when you buy 1
497
ea

Cantaloupe
Product of
Guatemala or
Costa Rica
No. 1 Grade



50 PTS
when you buy 1
497

Compliments
Lemons 2 lb
Product of USA
907 g



50 PTS
when you buy 1
297
ea

Iceberg Lettuce
Product of USA
or Mexico
No. 1 Grade



50 PTS
when you buy 1
597

Compliments
Baby Spinach or
Spring Mix 312 g
Product of USA

WEEKLY DEALS EVERYDAY LOW PRICES

Look for these symbols while you shop.

LOCKED & LOW

Loads of items, all LOCKED & LOW

\$5

CERTIFIED MEDIUM GROUND BEEF
BOEUF HACHÉ MI-MAIGRE
NET 454 g

18g PROTEIN

Medium Ground Beef Tube
454 g

50 PTS
when you buy 1
\$12

Compliments
Breakfast or
Dinner Sausages
1-1.4 kg

188

Compliments
Chicken Wieners
450 g

WONG WING
Sweet & Sour
Chicken
Poulet aigre-doux

SAVE \$1.52
597

Wong Wing
Entrées
Frozen 400-680 g
reg 7.49

Zabiha Halal
Caudon's No. 1
Breaded Chicken
Le poulet pané n°1 de Caudon's

SAVE \$1.02
997

Zabiha Halal
Breaded Chicken
Frozen 800 g
reg 10.99

Prime Raised
Without
Antibiotics
Breaded Chicken
or Wings
Frozen 560-695 g

SAVE \$4.02
997

Schnitzel
Frozen 450 g
reg 11.99-13.99

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

SAVE \$3.02
797

Compliments
Cooked, Peeled,
Tail-On Pacific
White Shrimp
Frozen 340 g
reg 10.99

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

479

Compliments
Tarts 510 g

SAVE \$3.02
397

San Daniele
Prosciutto 100 g
Mastro Genoa
Salami 150 g
reg 5.99-6.99

SAVE \$1.02
347

Summer Fresh
Dips or Hummus
200-227 g
reg 4.49

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

599

Compliments
Natural
Ingredients
Sliced Meat
175 g

Scene GET 500 PTS FOR EVERY \$25 SPENT IN GAP INC. BRANDS, KOBO, WAYSIPA 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, Waysipa \$50, Waysipa \$25-\$500 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

5.97

Danone Activia Yogurt 12 pk reg 6.97

SAVE \$1

4.97

Imperial Margarine 637 g reg 5.97

OR BUY 1 \$2.97
Christie Crackers
Selected Varieties
180-386 g or
Christie Peek
Frens 275-350 g

BUY MORE SAVE MORE
BUY 2 OR MORE
2.47
ea



BUY MORE SAVE MORE
BUY 2 OR MORE
1.88
ea



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

BUY MORE SAVE MORE
BUY 2 OR MORE
3.47
ea



OR BUY 1 \$3.97
Classico Sauce
410-650 mL

SAVE \$5.02

12.97

Maxwell House Coffee Pods 30 pk reg 17.99

BUY MORE SAVE MORE
BUY 3 OR MORE
2.47
ea

OR BUY 1 \$3.29
Quaker Crispy Minis 100 g or
Rice Cakes 127-199 g

4.88

Frito-Lay Value Size Potato Chips, Tortilla Chips, Snacks or Popcorn 275-480 g reg 5.29

SAVE \$2.32

5.97

Nescafé Gold Instant Coffee 90-100 g or Sweet & Creamy 18 pk reg 7.99-8.29



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

100 PTS when you buy 3
That's like **\$1** toward your groceries

SAVE 82¢

2.47

Red Bull Energy Drink 250 mL reg 3.29

100 PTS when you buy 3
That's like **\$1** toward your groceries

SAVE 82¢

2.47

Monster Singles 444-473 mL reg 3.29

125 PTS when you buy 4
That's like **\$1.25** toward your groceries

1.77

Green Giant Simply Steam Frozen Vegetables 250 g reg 2.19

SAVE \$3.32

4.97

Alcan Aluminum Foil 35-100 ft, Reynolds Parchment Paper or Air Fryer Sheets 40-50 ft reg 5.99-8.29

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

SAVE \$1.82

3.97

Old El Paso Kits 250-510 g Selected Varieties reg 4.99

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

SAVE \$1.68

4/\$5

Old El Paso Taco Seasonings 24 g Selected Varieties reg 1.67

SAVE \$3.32

13.97

Finish Auto Dish Detergent 40-55 pk reg 16.99-17.49

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

SAVE \$1.82

9.97

Dove Body Wash 591 mL or Dove Bar Soap 6 pk reg 10.99

Vim Cleaner 500 mL reg 3.49

SAVE 52¢

2.97

SAVE \$1.72

6.97

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

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

SAVE \$2.32

3.97

Fleecy Fabric Softener 1.36 L
Fleecy Dryer Sheets 80 pk reg 5.79-6.29

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

SAVE \$1.82

5.47

Pantene Shampoo or Conditioner 308-355 mL reg 6.49

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

Apply now at scotiabank.com/earnpointsfaster
*With maximum 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

360healthpharmacy.ca

See our privacy policy on 360healthpharmacy.ca for more information.

ORTHODOX EASTER DEALS

New Zealand
Spring Lamb
Short Cut
Lamb Leg
Frozen 17.61/kg

7⁹⁹
/lb



City Bread Sliced
Rye Bread 480 g
Selected Varieties
reg 2.99-3.19

SAVE UP TO **72¢**
2⁴⁷



97¢
/lb

Green Cabbage
Product of USA
No. 1 Grade
2.14/kg



1⁴⁷

Parsley or Italian Parsley
Product of USA or Mexico



14⁹⁹

Baltic Frozen
Herring Fillets 1 kg



SAVE **72**
1⁷⁷

S&F Cream
Crackers 200 g
reg 2.49



SAVE **\$3⁵²**
3⁴⁷

Oliya Virgin
Sunflower Oil
1 L reg 6.99



SAVE **\$5⁰²**
9⁹⁷

Red Gold
Steelhead
Salmon Caviar
100 g
reg 14.99



SAVE **\$1⁰⁰**
2⁹⁷

Finn Crisp
Thin Crispbread
175-200 g
reg 4.47



SAVE **\$1⁰⁰**
4⁴⁷

Kühne Barrel
or Sauerkraut
with Wine
720-796 mL or
Salata Seasoned
Vinegar 750 mL
Selected
reg 4.79-5.97



SAVE **\$4**
6⁹⁷

Kühne Barrel
Dill Pickles 1 L
reg 10.97



SAVE **\$1⁰²**
7⁹⁷

Diana Marinated
Artichoke Hearts
1 L reg 8.99



SAVE **\$1⁵²**
4⁹⁷

Bechtle
Noodles
350-500 g
reg 5.77-6.49



SAVE **52¢**
3⁹⁷

Palirria Dolmas
400 g
reg 4.49



SAVE **52¢**
2⁴⁷

Borjomi
Carbonated
Natural
Mineral Water
500 mL
reg 2.99



SAVE **\$1⁰²**
3⁴⁷

Lovaré Tea 30 g
reg 4.49



97¢

Roshen Wafer
Thins 55 g
reg 1.29



SAVE **\$1⁰²**
3⁹⁷

Roshen
Shooters
Chocolates 150 g
reg 4.99



SAVE **82¢**
4⁴⁷

Wonder Berry
Jam 375 mL
reg 5.29



SAVE **\$1⁰²**
7⁹⁷

7 Days Bake It
Filo Rollini 1 kg
reg 8.99



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.

FC_WKS2_WST_D01_21

FIND LOADS OF ITEMS, ALL LOCKED & LOW



LOCKED & LOW

19⁹⁷

Compliments
Bathroom Tissue
30=100 Rolls



Compliments
Ketchup 1.5 L

LOCKED & LOW

3⁹⁹



LOCKED & LOW

4⁹⁹

Compliments
Ice Cream
1.5 L



LOCKED & LOW

10⁸⁸

Compliments
Prime Rib or
Angus Meatballs
Frozen 680 g



LOCKED & LOW

1⁴⁹

Compliments
Potato Chips
200 g



LOCKED & LOW

3⁹⁷

Compliments
Cream Cheese
340 g



Compliments
Bagels 6 pk

LOCKED & LOW

2⁹⁷



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://www.sciotiabank.com/participatingstores).

²On 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



\$3.97 **McCain Breakfast**
9 min Potato Patties 600g



\$3.97 **McCain**
Tasti Taters 800g
or Smiles 650g

200 PTS
when you buy any 3



\$3.97 **McCain**
Superfries
5 Minute Fries 650g

200 PTS
when you buy any 3



NEW



NEW

\$3.97 **McCain Bistro**
Waffle Fries 567g
or Beer Battered Fries 624g

200 PTS
when you buy any 3



\$3.97 **McCain Medleys**
Smoky Paprika & Pepper 400g
or Mexican Style 400g

200 PTS
when you buy any 3

McCain
FAMILY
FAVS

