

THRIFTY FOODS

Eat happy



Celebrate **EARTH DAY**
ON April 22



**BUY 1
GET 1
FREE**

Fresh Pork Side or Back Ribs
Product of Western Canada
Regular Retail:
\$6.49-\$10.49/lb, \$14.31-\$23.13/kg
*Same Item of Equal or Lesser Value

888
/LB

Sterling Silver
Fresh Beef Top Sirloin Steaks
Family Size or Roast, Boneless
Cut from Canada
AAA Grade Beef, \$19.58/kg



CERTIFIED
TENDER
TENDRETÉ
CERTIFIÉE

399
EACH

Organic Strawberries
Product of USA
or Mexico
1 lb, 454 g Pack



ORGANIC

299
EACH

Rainforest Sprout Grain Bread
Baked In-Store
450 g



999
EACH

Tribal Java Organic Coffee
Selected Varieties
340-400 g
Roasted in Vernon



ORGANIC

399
EACH

Que Pasa Tortilla Chips
300-350 g



399
EACH

Adams or Compliments Organic Peanut Butter
500 g



ORGANIC

399
EACH

Avalon Dairy Organic Probiotic Yogurt
Made in Burnaby
650 g or
Danone Oikos Greek Yogurt
4 Pack



399
EACH

Silver Hills Breads
430-680 g



999
EACH

with Scene+ Card

1399
EACH

MEMBERS SAVE \$4

Snowcrest Perfectly Imperfect Fruit
1.75 kg



1199
EACH

without Scene+ Card

Pinty's Breaded Chicken
Breast, Chunks, Fillets or Wings, Frozen, Selected
750-790 g



MEMBERS SAVE \$2

999
EACH

with Scene+ Card

599
EACH

with Scene+ Card

799
EACH

without Scene+ Card

Buck Brand Organic Oranges
Product of Deer Creek Heights Ranch
Porterville, California, USA
3 lb, 1.36 kg Pack

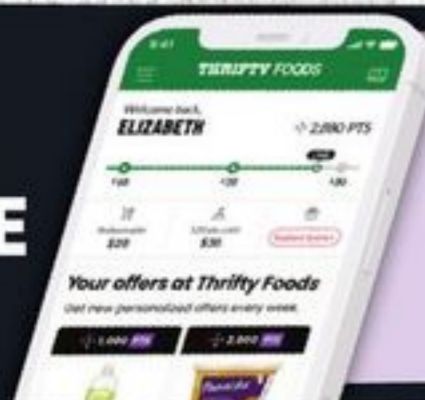
MEMBERS SAVE \$2



ORGANIC

Scene+
DIGITAL EXCLUSIVE

OFFER AVAILABLE
APRIL 18-24, 2024



Scan this code to visit
mygroceryoffers.ca

SPEND \$75 OR MORE, GET **500 PTS** WHEN YOU LOAD THIS OFFER
in the Thrifty Foods app or at MyGroceryOffers.ca

*Card must be registered. Offer valid and available to be loaded from April 18 to 24, 2024 at all Thrifty Foods locations in British Columbia. Minimum qualifying purchase must be made in a single transaction. Offer must be loaded to registered Scene+ Card prior to transaction. Spending \$75 or more awards only one 500 Scene+ points allotment. Limit 1 offer per Scene+ Card. Offer excludes taxes, tobacco products, gift cards, bottle deposits, prescriptions, lottery, alcoholic beverages, fuel, Western Union and any other non-discountable product excluded by law. Tim Hortons®, Starbucks®, McCafé® products, and fluid dairy may be excluded in certain regions. Digital Offer has no cash value and cannot be combined with other minimum spend/receive offer(s). SCENE+ registered digital or physical card must be presented. Visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. Offer subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Sobey's Capital Incorporated.



ON SALE *specials* THURS, APR 18 - WED, APR 24, 2024

SCAN HERE FOR OUR DIGITAL FLYER

TF_WK51_P01

30% OFF
AT TILL

Smoked Salmon Nuggets or Strips
Including New Maui-Style Cajun or
Tandoori Flavours
Regular Retail:
Starting at \$5.99/100 g, \$27.17/lb



2/\$4

Haden Mangoes
Large
Product of Mexico



Ripe
AND READY TO EAT!

100 PTS
when you buy 2

5.99
EACH
Almond or Butter Tarts
Baked In-Store
6 Pack, 330-370 g



3.99
/100 G

Jumbo Snow or Wild Dungeness Crab Clusters
Cooked, Frozen or Previously Frozen
\$18.10/lb



11.99
EACH
Compliments Cheese 907 g
Packaged in Nanaimo



4.99
EACH
Riviera
Vegan Delights
4 Pack or
500-650 ml,
Kefir 946 ml or
Silk **Non Dairy Coffee Creamers**
890 ml



200 PTS
when you buy 2
4.99
EACH
General Mills
Cheerios, Oatmeal Crisp, Chex
or Selected Cereal
297-437 g



4.49
EACH
Healthy Choice Simply Steamers Entrées
or Marie Callender's Bowl
Selected, 255-349 g



100 PTS
when you buy 4
2.49
EACH
Annie's Pasta with Cheese
149-170 g



150 PTS
when you buy 3
2.99
EACH
Leclerc
Célébration Cookies
240-350 g or
Pepperidge Farm
Goldfish Crackers 156-227 g



2/\$4
Hornby
Organic Energy Bars
Selected, 80 g
Carton of 12 Bars,
\$23.99 Each



Scene+ MEMBER PRICING
12.99 EACH with Scene+ Card
19.99 EACH without Scene+ Card
Purex Bathroom Tissue
12/24=48 Rolls or
SpongeTowels Mega 6=12 Rolls



MEMBERS SAVE \$7

Scene+ BIG BONUS

500 PTS
when you buy 4

2/\$6
Old Dutch Potato Chips
235 g or
Riddies
200-220 g



That's like
\$5
toward your groceries



500 PTS
when you buy 5

3.99
EACH
Pearl Milling Company Pancake Mix
905 g or
Syrup 710 ml

That's like
\$5
toward your groceries

Scene+ GET 500 PTS FOR EVERY \$100 SPENT IN ONE4ALL GIFT CARDS!



Offer valid during April 18 - 24, 2024. Sorry no rainchecks or price matching. Offer valid only on One4All \$25-\$500. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

THRIFTY FOODS
Eat happy

CUSTOMER CARE: 1 866 948 0196 • PARTY PLATTER HOTLINE: 250 483 1666 • Visit www.thriftyfoods.com for hours of operation and store and pharmacy locations.
Printed using vegetable based inks. Please recycle this flyer where facilities exist. We reserve the right to limit quantities. Personal shopping only. Styled food photographs illustrate serving suggestions only.



**BUY
more
SAVE
more**

20% OFF AT TILL

**WHEN YOU BUY
3 OR MORE
OR 2 FOR 10%**

Bradner Farms **Fresh Grass-Fed Beef**
Cut from Certified Organic Beef
Product of Ashcroft
Regular Retail:
Starting at \$9.99/lb, \$22.02/kg

ORGANIC

WE PICK
**BC
FIRST**



**HAPPY IS *Organic*
AND LOCALLY SOURCED**

**BUY
more
SAVE
more**

Bradner Farms **BC Fresh Organic Chicken**
Product of Abbotsford, All Size Packages
Regular Retail: Starting at \$4.99/lb, \$11.00/kg

20% OFF AT TILL

**WHEN YOU BUY
3 OR MORE
OR 2 FOR 10%**



WE PICK
**BC
FIRST** **ORGANIC**

**EARTH DAY
CLEAN**

100 PTS
when you buy 2

Dial
**Foaming
Hand Soap**
221 ml or
LHS Refill
1.53 L
Selected



300 PTS
when you buy 2

6.49
EACH
Method
Cleaners
709-828 ml



200 PTS
when you buy 2

6.99
EACH

Bonterra
**Bathroom
Tissue**
6=24 Rolls,
Paper Towels
3=6 Rolls or
Facial Tissue
3=6 Pack

* MADE FROM
RESPONSIBLY SOURCED,
FSC CERTIFIED PAPER
* WRAPPED IN PLASTIC-FREE
RECYCLABLE PAPER
PACKAGING



250 PTS
when you buy 2

13.99
EACH

Tru Earth
**Laundry
Detergent**
32 Loads



18.99
EACH

Royale
Bathroom Tissue
24=48 Rolls,
Paper Towel 6 Pack
or Facial Tissue
12 Pack

BUY ONE,

**PLANT
ONE
TREE!***

For each select** Royale® product you buy at Sobeys, Safeway, Thrifty Foods or Foodland stores during the month of April, one tree will be planted in Canada (up to 50,000).



*Irving Consumer Products Limited, or an affiliate thereof, will plant one tree for each sale of a select Royale® product at Sobeys, Safeway, Thrifty Foods or Foodland stores from March 28, 2024 to May 1, 2024, up to a maximum of 50,000 trees.

**Select products at Sobeys, Safeway, Thrifty Foods or Foodland stores include: Royale® Velour® bathroom tissue (24=48), Royale® Original bathroom tissue (24=48), Royale® Tiger Towel® paper towel (6=12), Royale® Velour 3-Ply facial tissue (12 pack), and Royale® Original 2-Ply facial tissue (12 pack).

Royale® tissue products are manufactured by Irving Consumer Products Limited, an affiliate of J.D. Irving, Limited. Each year, forests managed by J.D. Irving, Limited and affiliated corporations remove more carbon than is emitted in the lifecycle of Royale® paper products. For more information, visit <https://www.irvingconsumerproducts.com/sustainability>

ON SALE *specials* THURS, APR 18 - WED, APR 24, 2024

TF_WK51_IN01

2/\$11

Traditional Medicinals Herbal Tea Selected Varieties 16 Pack



6.99 EACH

Yumi Overnight Oats 200-250 g or Starter Kit 425 g



100 PTS when you buy 2

5.99 EACH

Nature's Bakery Fig Bars Selected Varieties 340 g



8.99 EACH

Avalon Dairy Probiotic Kefir 2 L Made in Burnaby



HAPPY IS *discovering* a FLAVOURFUL ROUTE TO WELLNESS

14.99 EACH

49th Parallel Coffee Selected Varieties 340 g Roasted in Burnaby



5.99 EACH

Gardein Meatless Entrées 226-390 g



BUY more SAVE more

4.49 EA WHEN YOU BUY 2 OR MORE OR 1 FOR 4.99

Amy's Burrito 156-170 g or Organic Canned Soup 398 ml



10% OFF AT TILL

Cerebelly Organic Baby Food Pouches Selected 3 Pack, 128 ml or Smart Snack Bars 5 Pack



VITAMINS

2/\$4

Kind Bars Selected, 40 g Carton of 12, \$21.99 Each



3.99 EACH

Quest Protein Bars Selected, 60 g Carton of 12, \$45.99 Each



500 PTS when you buy 1

20% OFF AT TILL

Salus Floradix or Floravit or Healthology Supplements Selected Sizes and Varieties



35% OFF AT TILL

Nature Bee Soap Products Selected 1-2 Each



1200 PTS when you buy 1

25% OFF AT TILL

Purica Mushroom Supplements Selected 120 Pack or 100 g



ON SALE *specials* THURS, APR 18 - WED, APR 24, 2024

& More

2/\$5 Simply Protein Bars
Selected, 40 g
Case of 12, \$27.99 Each



2/\$4 Hornby Organic Energy Bars
80 g
Case of 12, \$23.99 Each



2.49 EACH
Rise Prebiotic Soda
Selected
355 ml
4 Pack
\$9.49 Each



24.99 EACH
CanPrev Magnesium Bis-Glycinate
120 Pack



15% OFF AT TILL
Genuine Health Fermented Superfoods, Probiotics, or Collagen
Selected
30-60 Pack or 140-273 g



41.99 EACH
Bio-K Probiotic
Selected, 12 Pack



200 PTS when you buy 1
59.99 EACH
Garden of Life Raw All-In-One Nutritional Shake
Vanilla or Chocolate
969-1017 g



2.49 EACH
Love Good Fats Bars
Selected
39-40 g
Carton of 12, \$27.99 Each



2.49 EACH
Thirsty Buddha Prebiotic Sodas
Selected
355 ml



20% OFF AT TILL
Blume Superfood Lattes
Selected
100-125 g



5.49 EACH
Live Clean Hand Soap
Selected
400-500 ml



7.99 EACH
Live Clean Body Wash
Selected
500 ml



20% OFF AT TILL
Honibe Vitamins or Supplements
Selected
60-70 Pack



300 PTS when you buy 1
9.99 EACH
Healthypup Superfood Dog Treats
113 g



300 PTS when you buy 2
30% OFF AT TILL
Webber Naturals Vitamins or Supplements
Selected Sizes and Varieties
(Excludes Sesame Street Gummies)



Jamieson
NATURAL SOURCES | SINCE 1922

50% OFF AT TILL

Jamieson Vitamins or Supplements
Selected Sizes and Varieties

STAY STRONG

ALL YEAR LONG

WITH JAMIESON



ORGANIC BULK FOOD

The Sustainable Choice



A LIGHTER FOOTPRINT

Left Coast Organics packaged bulk now comes in fully recyclable, carbon neutral pouches, made with 70% post-consumer recycled material.

GET TO KNOW YOUR FARMER

It's important to know where your food comes from. Click the QR code on the back of the packaged bulk pouch, or on bulk bin labels to learn more about each item.

30%
OFF
AT TILL

Left Coast Organics
Bulk Items



left coast
ORGANICS



9.99
EACH

Nuts for Cheese
Plant-Based Dairy Free Wedges
Black Garlic and Assorted Varieties
120 g Pack

Plant-based BITES

keep you fuelled from morning to night

200 PTS
when you buy 2

6.49
EACH

Melt Organic
Spread or Sticks
Selected
368-454 g



**BUY 2
GET A 3RD
FREE**

Beyond Meat
Plant-Based Sausage Links,
Breakfast Sausages, Burgers,
Ground Beef, Tenders,
Nuggets or Steak, 226-678 g
Simulated Meat
Regular Retail:
Starting at \$7.99 Each
*Same Item of Equal or Lesser Value.



11-24g
OF PROTEIN
per serving



**PLANT-BASED
D'ORIGINE VÉGÉTALE**

Meatless Burgers
UNCOOKED • NON CUITS
Burgers sans viande

SIMULATED BEEF BURGERS - CONTAINS NO MEAT
BURGERS DE SIMILI-BŒUF - NE CONTIENNENT PAS DE VIANDE

678 g 6 x 113 g BURGERS KEEP FROZEN - GARDER CONGELÉ SUGGESTED SERVING - PRÉSENTATION SUGGÉRÉE PHOTO ENLARGIÉ PHOTO SCANDI



22g OF PROTEIN
PER 113g BUNGER
11.5g OF PROTEIN
PAR BUNGER
DE 72g

**NO SOYA
OR WHEAT
HAVE SOYA
NI BLÉ**

20g OF PROTEIN
per serving

NEW

12.99
EACH

Compliments
Plant-Based Meatless Burgers
678 g or 6x113 g
Simulated Beef Burgers

ON SALE specials THURS, APR 18 - WED, APR 24, 2024

TF_WK51_NO4

300 PTS
when you buy
1 kg or more

FAIR TRADE
Organic Bananas
Product of Ecuador
\$2.84/kg



1.29
/LB

That's like
\$3
toward your
groceries



3.99
/LB

Organic Tomatoes on the Vine
Product of Canada or Mexico
\$8.80/kg



2/\$7

BC Organic Long English Cucumbers
Grown in Delta



Scene+
MEMBER
PRICING

8.99
EACH

with Scene+
Card

9.99
EACH

without Scene+
Card

Buck Brand
Organic Grapefruit
Product of Deer Creek Heights Ranch, Porterville, California
5 lb, 2.27 kg Pack



100 PTS
when you buy 1

4.99
EACH

Nature Fresh Farms
Organic Hiros Cherry Tomatoes
Product of Canada, 1 Pint Pack



Eco-Friendly
ORGANICS

5.99
/LB

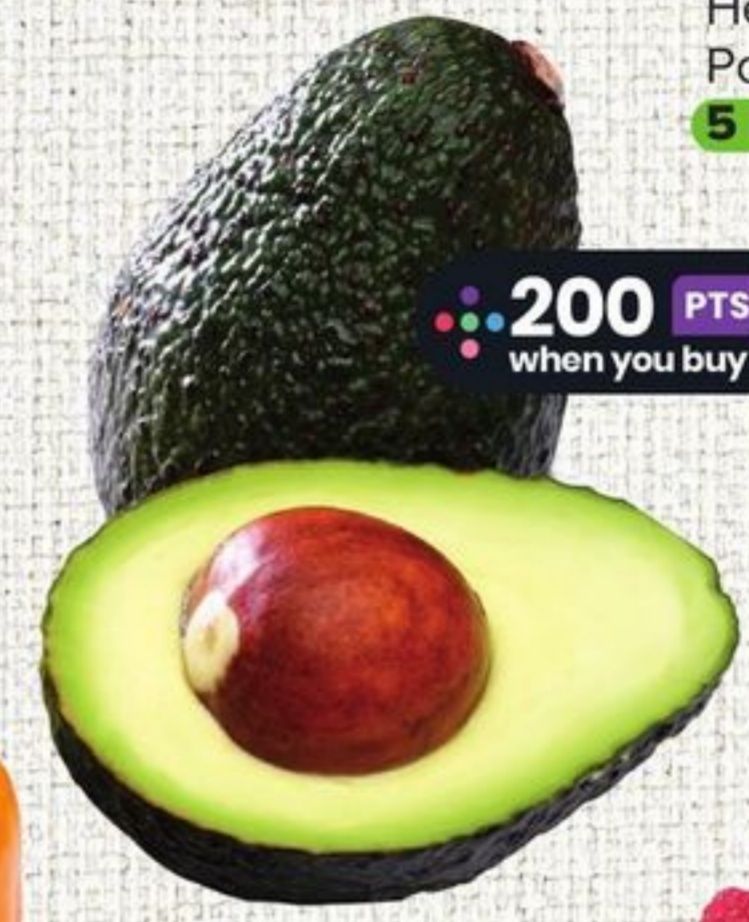
BC Organic Bell Peppers
Red, Orange or Yellow
Grown in Delta
\$13.21/kg



200 PTS
when you buy 4

2/\$6

Organic Avocados
Product of Mexico



5.99
EACH

Organic Raspberries
Product of USA or Mexico
170 g, 6 oz. Pack



150 PTS
when you buy 1

6.99
EACH

Nature Fresh Farms
Organic Hiros Cherry Tomatoes on the Vine
Product of Canada
340 g, 12 oz. Pack

5.99
EACH

Organic Cauliflower or Broccoli, \$4.99 Each
Product of USA or Mexico



170 g, 6 oz. Pack

2.99
EACH

Organic Celery
Product of USA or Mexico



6.99
EACH

Organic Lemons
Product of USA
2 lb, 907 g Pack



5.99
EACH

Organic Romaine Hearts
Product of USA
3 Pack



FLORAL

Let our Customer Care representatives put you in touch with our Floral Designer nearest you.
1 866 948 0196 or online at [thriftyfoods.com/floral](https://www.thriftyfoods.com/floral)

24.99
EACH

Admin Day Bouquet



ADMINISTRATIVE DAY
APRIL 24

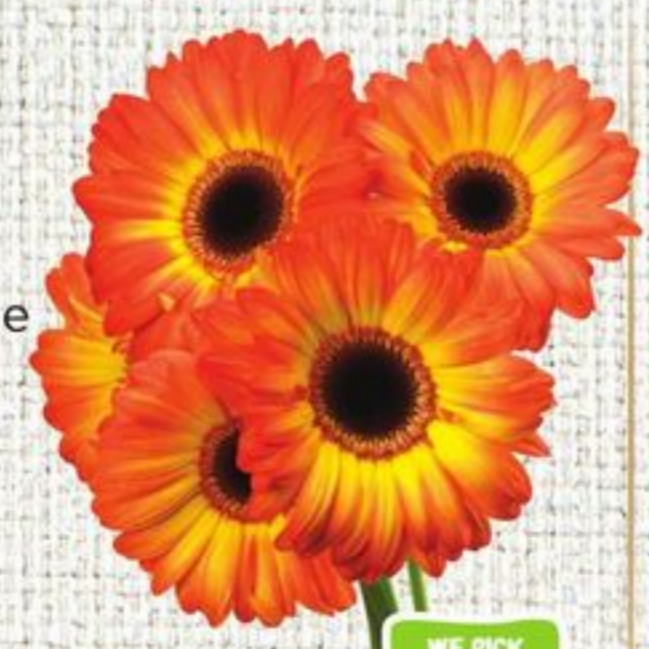
6.99
EACH

Spring House Pot with Fern
Grown in Surrey



6.99
EACH

Gerbera
in Compostable Sleeve
Assorted Colours
5-Stem Bunch
Grown in Pitt Meadows



5.99
EACH

Happy Earthling Pot
with Fern
Grown in Surrey



EARTH DAY
APRIL 22





Scene+ MEMBER PRICING

4.99 EACH with Scene+ Card

5.49 EACH without Scene+ Card

Schneiders
Natural Smoked Side Bacon,
Juicy Jumbos or Smoked Sausage
375-450 g



WE PICK BC FIRST

3.49 /LB

BC Fresh Whole Frying or Roasting Chicken
Product of Surrey, \$7.69/kg



200 PTS when you spend \$20

5.49 EACH

Thrifty Kitchens
Fresh Chicken Cordons
Selected, 200 g
Product of Victoria



7.49 /LB

Fresh Ground Turkey Thigh
Product of Western Canada
(Excludes Ground Breast)
\$16.51/kg



250 PTS when you buy 3 pkg



9.99 EACH

Grimm's
Pepponi
Selected
600 g

Gluten FREE

8.49 /LB

Fresh Turkey Cranberry Patties
Available from Our Meat Service Case
Made In-Store Daily
\$18.72/kg




200 PTS when you buy 2 pkg

6.88 /LB

Sterling Silver Beef Eye of Round Roast
Cut from Canada
AAA Grade Beef, \$15.17/kg

100 PTS when you buy 1 pkg

11.49 /LB

Fresh Lamb Shoulder Roast
Boneless, Product of Western Canada
\$25.33/kg



BUY 1 GET 1 FREE

Schneider's
Chicken or Beef Meat Pies or Quiche
Frozen, 330-400 g
Regular Retail: Starting at \$7.99 Each
*Same Item of Equal or Lesser Value

SEAFOOD

3.49 /100 G

Wild Sockeye Salmon Fillets
Sustainably Caught in Alaska
Previously Frozen or Frozen
\$15.83/lb



50 PTS when you buy 1 pkg

2.49 /100 G

Wild Sockeye Patties
Sun-Dried Tomato & Asiago,
Spinach & Feta or Prawn & Cod
Made In-Store Daily
\$11.29/lb



3.69 /100 G

Chilean Shrimp Meat
Hand Peeled
Previously Frozen
\$16.74/lb



2.99 /100 G

Almond Crusted Sole Fillets,
Potato Crusted Cod Fillets
or Coconut Crusted Tilapia Fillets,
Frozen or Previously Frozen, \$13.56/lb



\$3 EACH

Thrifty Kitchens
Seafood Cakes
Shrimp & Crab or Coconut Halibut
55 g, Made in Victoria



18.99 EACH with Scene+ Card

21.99 EACH without Scene+ Card

Marina Del Rey
Wild Argentine Shrimp
20-30 to the lb Raw
Easy Peel
Frozen, 800 g



Scene+
MEMBER
PRICING

349
/100 G

with Scene+
Card

379
/100 G

without Scene+
Card

Compliments
Corned Beef
or Montreal Smoked Meat
Sliced Fresh

699
EACH

Boursin
Cheese Spread
150 g or
Cuisine 220 g



100 PTS
when you buy 1

1399
EACH

Jarlsberg
Cheese
250 g

DELI & cheese



999
EACH

Mastro
Gran Piatto
200 g or
Charcuterie
Trio
200-250 g



649
EACH

Compliments
Feta Cheese
200 g



799
EACH

Compliments
Ricotta Cheese
475 g



999
EACH

Happy Days
Goat Dairy
Goat Cheese
Cheddar,
Gouda, Marble
or Mozzarella
200 g
Made in
Salmon Arm, BC



259
/100 G

Freybe
**Honey or
Peppered Ham**
Sliced Fresh



TAKE IT to go!

999
EACH

Olivieri **Fresh Pasta**
540-700 g,
Skillet Gnocchi 520-700 g
or Sauce 600 ml



10% OFF AT TILL

Salads
Selected Varieties
Prepared In-Store



299
/100 G

**Pulled Chicken
or Pork**
Random Weight
Prepared In-Store



SUSHI & more

1199
EACH

Shoreline
**Combo
White Rice**
349 g



649
EACH

Summer Roll
142 g



4 ON SALE specials THURS, APR 18 - WED, APR 24, 2024

BULK

BUY more SAVE more

Dan-D Pak
Tubs
Selected
200-400 g

4.99 EA
WHEN YOU BUY
2 OR MORE
OR 1 FOR 5.99



BAKERY & more

Starting at

100 PTS
when you buy 2

2.99
EACH

Mini Croissants
Plain or
Cheese
Baked In-Store
250-260 g



5.99
EACH **100% Butter Danish**
Baked In-Store
4 Pack, 420-450 g



12 PACK / UNITÉS 480 g



12 PACK / UNITÉS 480 g

Scene+ MEMBER PRICING

12.99
EACH with Scene+ Card

14.99
EACH without Scene+ Card
H&H Dried Fruit
Family Pack
480 g

50 PTS
when you buy 300 g
Roasted Cashews
Selected Varieties

2.69
/100 g



3.49
/100 g
Raw Pecans
Halves or Pieces



Scene+ MEMBER PRICING

Starting at
1.69
EACH with Scene+ Card

Starting at
2.49
EACH without Scene+ Card

Sourdough Boule
Bread, Buns or Baguette
Baked In-Store
300-450 g



6.99
EACH
Cheesecake Bars
250-260 g



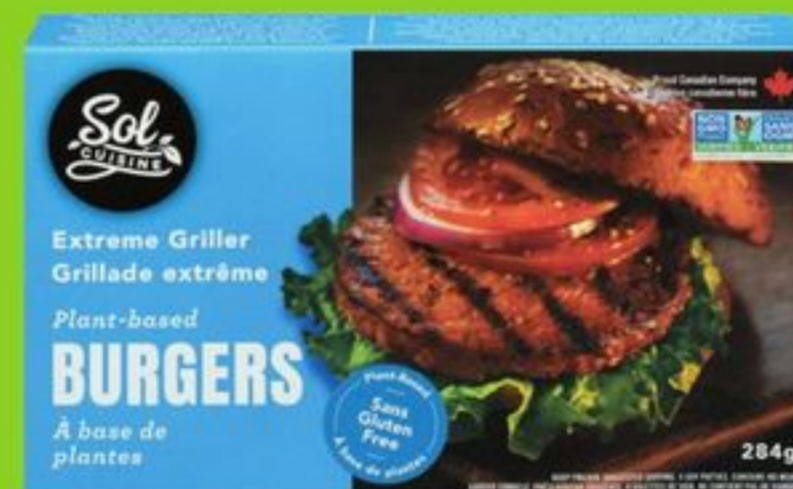
NATURAL

8.99
EACH

Donia Farms
Grass Fed Butter
Sea Salt or Unsalted, 250 g
Produced in Surrey



6.99
EACH
Sol Cuisine
Plant-Based Burgers
284 g



ORGANIC

2/\$7

Rise
Organic Kombucha
414 ml



5.49
EACH
Nature's Path
Organic Frozen Waffles
210-240 g



13.99
EACH

BeeMaid
Honey
1 kg



4.99
EACH

FreeYumm
Cookies
154 g,
Crackers
or Bites
120 g



2/\$9

Frito-Lay
Simply
Organic
Snacks
156-241 g



10.49
EACH

Anita's
Organic
Sprouted
Spelt Flour
1 kg
Milled in
Chilliwack



5

Scene+
MEMBER PRICING

12.99 EACH with Scene+ Card

13.99 EACH without Scene+ Card

WE PICK BC FIRST

Tree Island
Greek Yogurt 1.75 kg
Made in Courtenay



100 PTS when you buy 2

5.99 EACH

Natrel
Lactose Free or Protein Plus Milk
2 L




6.99 EACH

Tim Hortons
Creamers
750 ml



4.49 EACH

Shepherd
Gourmet Skyr Yogurt
500 g



DAIRY & frozen

10.49 EACH

lögo
Yogurt
2 kg



100 PTS when you buy 2

4.99 EACH

Philadelphia
Cream Cheese
227-250 g



4.99 EACH

Compliments
Natural Cheese Slices
210-230 g



50 PTS when you buy 2

4.99 EACH

Kraft
Singles
410 g



4.99 EACH

Burnbrae Farms
Nestlaid Large White Eggs
Dozen
Produced on Vancouver Island or the Lower Mainland

WE PICK BC FIRST



7.49 EACH

Stök
Cold Brew
1.42 L



Scene+
MEMBER PRICING

1.99 EACH with Scene+ Card

2.49 EACH without Scene+ Card

WE PICK BC FIRST

Green Giant
Simply Steam
Selected 198-250 g



4.49 EACH

Cavendish
Farms Restaurant Style Fries
Selected 540-750 g



5.49 EACH

Crave
Frozen Entrées
200-340 g or Kraft Dinner
Frozen Entrées 340 g



100 PTS when you buy 2

4.79 EACH

Dr. Oetker
Garlic Fingers
317 g or Momenti
Pizza
160-185 g



Dr. Oetker
Momenti
Pepperoni
170 g



VITAMINS & more

20% OFF AT TILL

Attitude or Green Beaver
Sunscreen
Selected Sizes and Varieties



4.99 EACH

Soylent
Plant Based Meal Replacement
Selected 414 ml



39.99 EACH

PVL
Sport Whey
Selected 840 g



200 PTS when you buy 1

15% OFF AT TILL

Advil
Liquid-Fast Relief
LIQUI-GELS



250 PTS when you buy 1

15% OFF AT TILL

Poise Pads or Depend Underwear
Selected



Scene+
MEMBER PRICING

6.49 EACH with Scene+ Card

6.99 EACH without Scene+ Card

Everyone
Hand Soap
Selected, 377 ml



500 PTS when you buy 2

20% OFF AT TILL

Centrum
or Caltrate
Vitamins
Selected 50-150 Pack



2.99 EACH

Snack
Conscious Energy Bites
Selected 45 g or 150 g
\$7.99 Each



5.49 EACH

Garnier
Whole Blends Shampoo or Conditioner
Selected 250-370 ml



4.99 EACH

Q-tips
Cotton Swabs
Selected 400 Pack



ON SALE specials THURS, APR 18 - WED, APR 24, 2024

† Available while a Pharmacist is on Duty

DRINKS & snacks

100 PTS
when you buy 1

Compliments
Party Mix
300 g
or Rings
265 g



4.99
EACH
Mars
**Chocolate
Pouches**
155–230 g



1.89
EACH
Hershey's
**King Size
Chocolate Bars**
62–85 g



2.99
EACH

Christie Kids
**Cookies or
Snak Paks**
Selected
Varieties
150–225 g



Scene+
**MEMBER
PRICING**

6.99 EACH with Scene+ Card

7.99 EACH without Scene+ Card

Compliments
Roast & Ground Coffee
300 g

5.99
EACH
Bubly
Sparkling Water
12x355 ml



6.99
EACH
Coca-Cola
Mini Bottles
8x300 ml



11.99
EACH
Corona Sunbrew
**Non-Alcoholic
Beer**
6x330 ml



75 PTS
when you buy 1

9.99
EACH

Van Houtte
**Coffee
K-Cup Pods**
12 Pack



3.99
EACH
Made Good
**Granola Bars
or Minis**
120–150 g



GROCERY & more

100 PTS
when you buy 1

Compliments
**Gluten-Free
All-Purpose
Flour**
800 g



5.49
EACH
Compliments
Pie Filling
540 ml



100 PTS
when you buy 2

2/7.50

Kraft
**Jet-Puffed
Marshmallows** 400 g



100 PTS
when you buy 3

4.99
EACH

Pace
Salsa
642 ml



Scene+
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Clover Leaf
Sockeye Salmon 213 g

5.99
EACH

Heinz
Ketchup
750 ml–1 L,
Kraft Miracle
Whip or
Mayonnaise
650–890 ml



2.99
EACH

Compliments
Apple Sauce
620 ml or
Apple Snack
4–6 Pack



50 PTS
when you buy 2

2/\$3

Jell-O
**Instant
Pudding**
Assorted
30–113 g



100 PTS
when you buy 2

5.99
EACH

Mezzetta
**Pasta or
Pesto Sauce**
177–709 ml



3.99
EACH

Golden
Dragon
Sauce
Selected
Varieties
455 ml



HOUSEHOLD & more

**BUY
more
SAVE
more**

2.50 EA
WHEN YOU BUY
2 OR MORE
OR 1 FOR 3.49

Purina One Smart Blend
Wet Dog Food 368 g



100 PTS
when you buy 2

5.49
EACH

Dawn
Dish Soap
532–982 ml
or Powerwash
473 ml



12.49
EACH

Downy
Unstopables
or Gain or Ivory
Snow Scent
Boosters 379 g



100 PTS
when you buy 2

7.99
EACH

Glad
Press'N Seal
140 ft



Scene+
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PRICING**

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8.99 EACH without Scene+ Card

Compliments
**Laundry
Detergent** 1.37–1.47 L



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IN FREE*
GROCERIES**

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PROMO CODE: SPRING2024**

With minimum online order of \$75 before taxes and fees in a single transaction. Offer valid for online shopping orders picked-up or delivered April 18th - 24th, 2024.

**Offer valid between April 18th and 24th, 2024 for online shopping orders to be picked-up or delivered. Limit one per user account. Promo code SPRING2024 must be applied at checkout and an online shopping order of \$75 or more before taxes and fees in a single transaction to receive \$15 off a qualifying purchase. Discount will be applied at the end of the transaction once all qualifications are met. No cash value, non-transferrable. Cannot be combined with any other minimum spend/receive offer(s). Excludes Gift Cards, Tim Horton's, McCafe and Starbucks products, prescriptions and pharmacy services, applicable taxes, fees, deposits or charges on other good and services which are non-discountable or excluded by law.



- SMILE Priced - RECIPES



only
\$5*
or less
per serving

RECIPE OF THE WEEK: *Spaghetti with Tuna and Artichokes*

GET RECIPE



SMILE
Priced

Clover Leaf
Skipjack Light Tuna
170 g



SMILE
Priced

Compliments
Lemons
Product of USA
2 lb, 907 g Pack

SMILE
Priced

Compliments
Pasta
2.27 kg

*You can make this recipe for \$5 or less per portion, based on pricing in-store and in the April 18th, 2024 to April 24th, 2024 weekly flyer. Stated cost does not include basic household pantry items. Stated cost is based on amount of each ingredient required in recipe

LOOK FOR
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ITEMS THROUGHOUT THE STORE



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bigger smiles!

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FOR THESE
SYMBOLS WHILE
YOU SHOP

On SALE

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Priced**

BUY
more
**SAVE
more**

BUY 1
GET 1
FREE*



Scene



1000 PTS = \$10
IN FREE
GROCERIES

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**MEMBER
PRICING**

REDUCED PRICING
FOR SCENE+
MEMBERS

LOOK FOR

10000+
-SMILE Priced-
ITEMS THROUGHOUT THE STORE



5⁹⁹ /LB Panache **Fresh Flattened Chicken**
Lemon Greek Herb, Jerk, Portuguese
or Portuguese Half Chicken, **\$13.21/kg**



2⁴⁹ EACH Clover Leaf
Skipjack Light Tuna
170 g

3⁴⁹ EACH

Compliments
**Cranberry
Cocktail**
1.89 L



3⁶⁹ EACH

Compliments
Syrup
750 ml



1⁴⁹ /LB

Green Cabbage
Product of Canada
\$3.28/kg



6⁴⁹ EACH

Red Delicious Apples
Product of USA
3 lb, 1.36 kg Pack



SMILE Priced RECIPES

CLICK HERE

ON SALE *specials* THURS, APR 18 - WED, APR 24, 2024

TF_WK51_DIG_1000 ITEMS

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GOLDFISH®
DOES CHIPS!**



Pepperidge Farm **Goldfish Crackers**
or Crisps, 156–227 g, Selected Varieties



Snyder's of Hanover **Pretzels**
Selected Varieties, 240 g

**EXTRA
IN A
GOOD
WAY™**



Kettle Brand **Kettle Chips**
Selected Varieties, 198 g

2.99
EACH

150 PTS
when you buy 3

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**TIME FOR A
SPRING CLEAN**



Purex, Persil or Sunlight
Laundry Detergent
2.21–4.43 L or
Snuggle Fabric Softener 3.41 L

14.99
EACH



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That's \$75 in groceries.[^]

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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.

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²On all eligible purchases at participating grocery stores. Conditions Apply.



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IN FREE*
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