

# FRESH CO

Lowering food prices



**2.99**  
/lb

**Pork Back Ribs**  
Frozen Cryovac 6.59/kg  
WHILE SUPPLIES LAST  
Côtes de porc



SAVE \$1.50  
**2.99**

**Lean Ground Chicken**  
454 g reg 4.49  
Poulet haché maigre



SAVE \$2  
**3.99**

**Johnsonville Breakfast or Dinner Sausages**  
250-500 g  
**Compliments Marinated Pork Chops or Kabobs**  
250-300 g  
reg. 5.00-5.99  
Saucisses à déjeuner ou à dîner, côtelettes ou brochettes de porc



**1.99**  
/lb

**Red, Yellow or Orange Sweet Bell Peppers**  
Product of Ontario 4.39/kg  
Poivrons doux



**2.44**

**Strawberries 454 g**  
Product of USA or Mexico  
No. 1 Grade  
Fraises



SAVE \$1.00  
**1.99**

**I Can't Believe It's Not Butter!**  
427 g reg 3.49  
Tartinade



SAVE \$2  
**2.99**

**Hereford Corned Beef**  
340 g reg 4.99  
Bœuf salé



SAVE \$5  
**7.99**

**Tide Simply 3.1 L**  
**Gain Liquid Detergent 2.6 L**  
340 g reg 12.99  
Détergent à lessive



**2.99**  
with Scene+ Card  
**3.99** without Scene+ Card  
**Pepsi Soft Drinks**  
6x710 mL  
Boissons gazeuses



SAVE \$3.91  
**5.98**

**Dan-D Pak Cashews**  
Salted or Unsalted 454 g  
reg. 8.99  
Noix de cajou

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

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

**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

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 booked, eligible \$50+ transactions must occur on 4 separate days. 1,000 points = \$10 of free groceries.

DOWNLOAD THE FRESHCO APP



**149**  
/lb

Seedless Oranges  
Product of Egypt  
3.28/kg  
Oranges sans pépins



**199**  
/lb

Hothouse Tomatoes  
Product of Ontario  
Canada No. 1  
4.39/kg  
Tomates



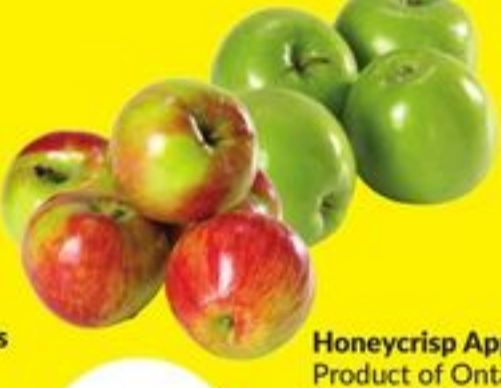
**399**  
/lb

Red or Black  
Seedless Grapes  
Product of Chile  
No. 1 Grade  
8.80/kg  
Raisins sans pépins



**199**  
/lb

Bartlett Pears  
Product of Argentina  
Extra Fancy  
Forelle Pears  
Product of South Africa  
Extra Fancy  
4.39/kg  
Pêches



**169**  
/lb

Honeycrisp Apples  
Product of Ontario  
Canada Extra Fancy  
Granny Smith  
Apples  
Product of USA  
Extra Fancy Grade  
3.73/kg  
Pommes



**399**  
/lb

Compliments  
Lemons 2 lb  
Product of Spain 907 g  
Citrons



**399**  
/lb

Golden Pineapples  
Product of Costa Rica  
Atemoya  
Product of Brazil  
Ananas, atemoya



**299**  
/lb

Mini Seedless  
Cucumbers 6 pk  
Product of Ontario  
Canada No. 1  
Grape Tomatoes  
Pint  
Product of USA  
or Mexico  
Mini concombres sans  
pépins, tomates



**249**  
/lb

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



**399**  
/lb

Compliments  
Baby Arugula,  
Spinach or  
Spring Mix 142 g  
Fresh Attitude  
Baby Kale  
Blend 142 g  
Good Leaf Micro  
Greens 50 g  
Jeune roquette, jeunes  
épinards ou mélange  
printanier, mélange  
de bébé chou frisé ou  
microgreens

**WEEKLY DEALS** EVERYDAY LOW PRICES

Look for these symbols while you shop.

**1499**  
/lb

ANGUS  
PREFERRED

Angus Beef  
Striploin Steak  
Cut from Canada AA  
or Higher  
33.05/kg  
Bifeck de contre-filet

Compliments  
More All  
Natural  
Beef Burgers

**50** PTS  
when you buy 1

SAVE \$2

**1399**  
/lb

Compliments  
Angus, Sirloin  
or Prime Rib  
Beef Burgers  
Frozen 1.13 kg  
Burgers

That's like  
\$1  
toward your  
groceries

**100** PTS  
when you buy 2

**599**  
/lb

Compliments Naturally  
Smoked Bacon 375 g  
Bacon

SAVE \$1/lb

**1099**  
/lb

Fresh  
Tilapia Fillets  
24.23/kg  
Filets de tilapia

SAVE \$1

**\$11**  
/lb

Marcangelo  
Breakfast Sausages  
Frozen 1.2 kg  
Souvlaki 480 g  
Bacon Wrapped  
Beef Sirloin or  
Chicken 340-452 g  
Saucisses à déjeuner,  
souvlaki, surcharge de  
boeuf ou poulet enrobé  
de bacon

SAVE \$5 \$6

**999**  
/lb

Schneiders  
Smokies or  
Red Hots 900 g  
Maple Leaf  
Prime Raised  
Without  
Antibiotics  
Breaded Chicken  
Frozen 560-581 g  
Saucisses fumées,  
poulet pané

**799**  
/lb

Raw Breaded  
Pollock Fillets  
Frozen 1 kg  
Filets de goberge

MEMBER  
249

with  
Scan+  
Card

**299**  
/lb

Dempster's Bagels 5-6 pk  
Whole Grain Bread  
450-600 g  
Yachon Snack Cakes  
252-336 g  
Pain de grains entiers, bagels,  
petits gâteau

SAVE \$1.99

**329**  
/lb

Dempster's  
Signature Buns  
6-8 pk  
Pains

That's like  
\$1  
toward your  
groceries

**100** PTS  
when you buy 2

SAVE \$2

**399**  
/lb

Mastro Salami  
125-150 g  
Salami

SAVE \$2

**599**  
/lb

Tre Stelle  
Mozzarella Ball  
340 g  
Castello  
Cheddar 200 g  
Fromage

Scene GET 1000 PTS FOR EVERY \$100 SPENT IN SKIP THE DISHES GIFT CARDS!

Offer valid during May 2-8, 2024. Sorry no rainchecks or price matching. Offer valid only on SkipTheDishes \$15-\$500 XL, see gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

# Now AVAILABLE AT FRESH CO



## 100% WILD CAUGHT

[LEARN MORE](#)

150 PTS  
when you buy 2

That's like  
\$150  
toward your  
groceries

SAVE UP TO \$150

5.49



Coca-Cola Soft Drinks  
Mini Bottles 8x300 mL  
AHA Sparkling Water  
12x355 mL  
Boissons gazeuses, eau

SAVE UP TO \$274

6.25



Nestea  
Iced Tea 12x341 mL



SAVE 80¢  
4.99

Becel Bricks  
454 g  
Briques



SAVE \$2  
8.99

Armstrong  
Cheese Bars  
600 g  
Barres



BUY 2 OR MORE  
2.99

OR BUY 1 \$3.49  
Jell-O Desserts  
6 pk  
Save 80¢  
Desserts



SAVE \$1.20  
4.79

Astro Original  
Yogourt 12 pk  
Olympic  
Yogourt 650 g  
Yogourt



SAVE \$2.30  
5.49

Kellogg's  
Cereal Selected  
480-650 g  
reg. 6.99-7.79  
Céréales



SAVE \$1  
2.99

Allen's Apple  
Juice 1.89 L  
SunRype Juice  
1.36 L  
Jus



SAVE \$1.00  
4.99

Heinz Ketchup  
750 mL-1 L  
Kraft Miracle  
Whip  
650-890 mL  
Ketchup  
mayonnaise



BUY 2 OR MORE  
2.99

OR BUY 1 \$3.77  
Kraft Dressing  
425-475 mL,  
Diana Sauce  
500 mL or  
Bull's-Eye BBQ  
Sauce 425 mL.  
Save up to 62¢  
Vinaigrette, sauces



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



SAVE \$5  
14.99

Folgers K-Cups  
30 pk  
Capsules



SAVE \$4  
19.99

Starbucks  
Roast & Ground  
Coffee 793 g  
Whole Bean  
Coffee 907 g  
K-Cups 24 pk  
Café



SAVE 80¢  
2.99

Pepperidge Farm  
Goldfish  
Crackers  
168-227 g  
reg. 3.79  
Craquelins



SAVE \$1  
2.99

Clover Leaf  
Pink Salmon  
150-213 g  
Selected  
Salmon



3.99

Classico  
Pasta Sauce  
218-650 mL  
Sauce



SAVE \$3  
5.99

Red Rose  
Orange Pekoe  
Tea Bags 144 pk  
Lipton Green Tea  
or Yellow Label  
Tea Bags 100 pk  
The



That's like  
\$150  
toward your  
groceries

Christie  
Family Cookies  
Selected  
Varieties  
374-520 g  
reg. 5.49  
Biscuits



That's like  
\$1  
toward your  
groceries

Jack Link's Jerky  
or Nuggets  
80-81 g reg. 6.49  
Jerky ou pépites



That's like  
\$150  
toward your  
groceries

SAVE \$2.00  
2.99

Old Dutch  
Potato Chips  
235 g or  
Ridgies 200 g  
Old Dutch  
Restaurant  
Tortilla Chips  
275-290 g  
reg. 3.49-4.19  
Croustilles



That's like  
\$150  
toward your  
groceries

SAVE 70¢  
3.49

Old Dutch  
Crunch 200 g  
Humpty Dumpty  
Snacks 250-300 g  
reg. 4.19  
Grignolines



SAVE \$3.00  
11.99

Cashmere  
Bathroom  
Tissue  
12-36 Rolls  
Sponge Towels  
6-9 Rolls  
reg. 13.99-15.49  
Papier hygiénique



SAVE \$3  
4.99

Colgate Sensitive  
or Total Advanced  
Selected 73-120 mL  
or Toothbrush  
Charcoal 1 pk  
Irish Spring  
Body Wash 591 mL  
or Soap 6 pk 540 g  
Softsoap Body  
Wash 591 mL  
Produits d'hygiène  
personnelle

SPEND \$50 IN HUDSON'S BAY GIFT CARDS AND GET A BONUS \$5 GIFT CARD FRESHCO GIFT CARD

Offer valid during May 2 - 8, 2024. Sorry no rainchecks or price matching. Offer valid only on HBC \$50, HBC \$100, HBC \$25-\$500. \*See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

## 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.

# GARDEN CENTRE DEALS

**3/\$33**  
or \$12.00 ea

10" Premium  
Hanging Baskets  
Paniers suspendus de fleurs



**3/\$45**  
or \$15.99 ea

Assorted Mixed Planters  
11" Pot  
Jardinières



**2/\$50**  
or \$26.99 ea

13" Deluxe Hanging  
Baskets  
Paniers suspendus de fleurs



**2/\$50**  
or \$26.99 ea

Assorted Mixed  
Planters 13" Pot  
Jardinières



**4/\$10**  
or \$2.50 ea

Compliments  
Black Earth Topsoil  
25 L  
Terreau de terre noire



**4/\$11**  
or \$3.00 ea

Compliments  
Sheep Manure Compost  
12.5 kg  
Compost de fumier de mouton



**4/\$11**  
or \$3.00 ea

Compliments  
Cow Manure  
Compost 12.5 kg  
Compost de fumier de vache



COLOUR AND SELECTION MAY VARY BY STORE - AVAILABLE AT MOST LOCATIONS  
WHILE SUPPLIES LAST - WEATHER PERMITTING

◆ FLAVOURS OF ◆  
**CINCO  
 DE  
 MAYO**



SAVE 80¢  
**849**

Maseca  
 Corn Flour  
 2 kg  
 Farine de maïs



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

Corona Sunbrew  
 0% Non-Alcoholic  
 Beer 6x330 mL  
 Bière sans alcool



SAVE UP TO 70¢  
**2<sup>99</sup>**

La Costeña Refried  
 Beans or Peppers  
 186-546 mL  
 Haricots frits ou pimientos



SAVE 50¢  
**149**

Jarritos Soft  
 Drinks 370 mL  
 Boissons gazeuses



SAVE \$1.30  
**649**

Chata Chilorio  
 Shredded Seasoned  
 Pork Meat 250 g  
 Porc effiloché assaisonné



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

Chata Refried  
 Pinto Beans 430 g  
 Haricots frits



**349**

P.A.N.  
 Corn Flour  
 1 kg  
 Farine de maïs



SAVE \$1  
**499**

Cholula  
 Hot Sauce  
 150 mL  
 Sauce piquante



SAVE 80¢  
**349**

La Costeña  
 Salsa or  
 Sauces  
 455 mL  
 Salsa ou sauces



SAVE 50¢  
**699**

Tajin Chamoy  
 Chili Sauce  
 455 mL  
 Sauce piquante



SAVE 50¢  
**499**

Tajin Habanero  
 Seasoning 45 g  
 Assaisonnement



SAVE 50¢  
**599**

Tajin  
 Chili Powder  
 142 g  
 Poudre de chili



SAVE 50¢  
**499**

La Costeña  
 Whole Tomatillos  
 TOMATILLES ENTIÈRES  
 820 mL  
 Tomates

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.



# TACO NIGHT DEALS

**6<sup>50</sup>**

Fresh Lean Ground Beef Tube 454 g  
Boeuf



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

Green Sweet Bell Peppers  
Product of USA or Mexico  
5.49/kg  
Poivrons



**99¢**

Cilantro  
Product of Mexico or USA  
Coriandre



**5/\$2**

Limes  
Product of Mexico  
Limes

75 PTS when you buy 2

SAVE 50¢  
**3<sup>49</sup>**

Casa Bonita  
Corn Tortillas 450 g  
Tortillas



SAVE 50¢  
**4<sup>99</sup>**

Compliments  
Shredded Cheese  
226-320 g  
Fromage



**2<sup>29</sup>**

Compliments  
Sour Cream Product  
500 mL  
Crème sure



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

El Popocatepetl  
Corn Tortillas 765 g  
Tortillas



100 PTS when you buy 4  
**\$2**

Aylmer Accents  
540 mL  
Tomates



100 PTS when you buy 4  
**1<sup>99</sup>**

Hunt's  
Tomato Sauce  
680 mL  
Sauce



100 PTS when you buy 2  
**3<sup>99</sup>**

Old El Paso  
Taco Kits 250-510 g  
Trousées



100 PTS when you buy 2  
**4<sup>49</sup>**

Old El Paso  
Salsa  
650 mL  
Salsa

# ORTHODOX EASTER DEALS

New Zealand Spring Lamb Short Cut Lamb Leg Frozen 15.17/kg Gigot d'agneau

SAVE \$1.11/lb  
**6.88**  
/lb



**2.99**

Rapini Product of USA Rapini

SAVE \$1.20  
**2.79**

Rudolph's Multi-Grain Bread 500 g Selected Varieties Pain

S&F Roasted Peppers 500 mL Pivrons

SAVE 80¢  
**5.99**



**1.99**  
/lb

Eggplant or Zucchini Product of Mexico or USA 4.39/kg Aubergines ou courges



**13.99**

Baltic Herring Fillets Frozen 1 kg Filets



SAVE \$0.50  
**1.79**

S&F Cream Crackers 200 g Craquelins

SAVE \$3.90  
**3.49**

Oliya Virgin Sunflower Oil 1 L Huile



SAVE \$5  
**9.99**

Red Gold Steelhead Salmon Caviar 100 g Caviar



SAVE \$1.90  
**2.99**

Finn Crisp Thin Crispbread 175-200 g Pain croustillant



SAVE 50¢  
**4.49**

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

SAVE \$1  
**6.99**

Kühne Barrel Dill Pickles 1 L Cornichons



SAVE \$1  
**7.99**

Diana Marinated Artichokes Hearts 1 L Artichauts



SAVE \$1.90  
**4.99**

Bechtle Noodles 350-500 g Nouilles



SAVE 50¢  
**3.99**

Palirria Dolmas 400 g Feuilles de vigne farcies

SAVE 50¢  
**2.49**

Borjomi Carbonated Natural Mineral Water 500 mL Eau



SAVE \$1  
**3.49**

Lovaré Tea 30 g Thé



**99¢**

Roshen Wafers Sandwich Thins 55 g Gaufrettes



SAVE \$1  
**3.99**

Roshen Chocolate Shooters 150 g Chocolats

SAVE 80¢  
**4.49**

Wonder Berry Jam 375 mL Confiture



SAVE 80¢  
**7.99**

7 Days Bake It Filo Rollini 1 kg Pâtisserie



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.

We all deserve  
**compliments**

We all  
deserve  
cool treats



SAVE 80¢  
**4.99**

Compliments  
Ice Cream 1.5 L  
reg 5.79  
Crème glacée

SAVE 80¢  
**4.49**



Compliments  
Fudge Ice Milk Bars  
12 pk reg 5.29  
Barres



Compliments  
Frozen Yogurt  
1.5 L  
reg 5.29  
Yogourt

SAVE 80¢  
**4.49**

SAVE 50¢  
**5.79**



Compliments  
Ice Cream Sandwiches  
12 pk reg 6.29  
Sandwiches glacés

SAVE 50¢  
**3.79**



Compliments  
Ice Cream Cones  
4 pk reg 4.29  
Cônets

SAVE 50¢  
**4.99**



Compliments  
Twin Ice Pops 24 pk  
reg 5.49  
Sucettes glacées

SAVE 80¢  
**4.49**



Compliments  
Ice Cream Bars  
12 pk reg 5.29  
Barres glacées

**4.29**



Compliments  
Fruit Bars 75 mL  
reg 4.69  
Barres aux fruits

# HAPPY DRAGON BOAT FESTIVAL



**188** /lb  
Yellow or Brown Asian Pears  
Product of China Fancy Grade  
4.14/kg  
Poires



**99c**  
Green Onions  
Product of Mexico  
Oignons verts



Garlic 5 pk  
Product of China  
All

**129**



**199** /lb  
Ginger Root  
Product of China 4.39/kg  
Rhizome de gingembre



**299**  
Dragon Fruit  
Product of Vietnam  
Pitaya



**99c** /lb  
Bok Choy Napa  
or Flat Cabbage  
Product of USA  
or Mexico 2.18/kg  
Pak-choi ou chou



**SAVE \$1**  
**\$9**  
Compliments  
Sea Salt & Cracked  
Black Pepper  
Pork Belly 500 g  
reg. 10.00  
Flanc de porc



**SAVE \$1**  
**599**  
Eight Treasures  
Head-On, Shell-On,  
Raw Shrimp Frozen  
400 g  
Crevettes



**SAVE \$1 in**  
**12.99** /lb  
Angus Beef Inside  
Round Sir Fry  
Cut from Canada AA  
or Higher 28.64/kg  
Intérieur de ronde de bœuf Angus



**SAVE \$4**  
**1288**  
Eight Treasures  
Thai Jasmine Rice 8 kg  
Riz



**SAVE \$1**  
**398**  
Eight Treasures  
Jasmine Rice 2 kg  
Riz



**188**  
Eight Treasures Noodles  
400-454 g  
Selected Varieties  
Nouilles



**SAVE 71c**  
**228**  
Eight Treasures  
Sweetened Condensed Milk  
300 mL  
Lait condensé sucré



**SAVE 61c**  
**288**  
Eight Treasures  
Sesame Oil  
185 mL  
Huile de sésame



**SAVE 51c**  
**98c**  
Eight Treasures  
Coconut Milk  
400 mL  
Lait de coco



**SAVE 51c**  
**98c**  
Eight Treasures  
GATA NG NIYOG  
Coconut Milk  
400 mL  
Lait de coco



# HAPPY DRAGON BOAT FESTIVAL



SAVE \$2.01  
**6.98**

Kim Phat Vegetable Spring Roll 1 kg  
Rouleaux de printemps

Kim Phat 3-Minute Instant Noodles 454 g  
Nouilles instantanées

SAVE \$1.01  
**2.28**



SAVE \$1.11  
**2.48**



Kim Phat Pad Thai Noodles or Vermicelli 400 g  
Nouilles

SAVE \$1.11  
**1.88**



Kim Phat Instant Noodles 120 g Selected Varieties  
Nouilles instantanées



SAVE 71¢  
**2.28**

Kim Phat Coconut Milk 18% 400 mL  
Lait de coco



SAVE 61¢  
**1.88**

Kim Phat Coconut Milk Light 6% 400 mL  
Lait de coco



SAVE \$1.11  
**3.48**

Kim Phat Udon Noodles 800 g  
Nouilles



SAVE \$1.11  
**3.48**

Kim Phat Water Whole or Sliced Hearts of Palm 398 mL  
Cœurs de palmier



SAVE \$1.11  
**3.48**

Kim Phat Light Soya Sauce or Sushi Vinegar 298-500 mL  
Sauce soya ou vinaigre pour sushi



SAVE \$1.11  
**3.88**

Kim Phat Rice Paper 22 cm 400 g  
Feuilles de riz



SAVE \$1.11  
**3.88**

Kim Phat Sauces 298-500 mL Selected Varieties  
Sauces



SAVE \$1.11  
**4.48**

Kim Phat Roasted Sesame Oil 163 mL  
Huile de sésame



**1.88**

Kim Phat Preserves Shitake 284 g  
Champignons



SAVE 71¢  
**1.28**

Kim Phat Water Chestnuts Whole or Sliced 227 g  
Châtaignes d'eau



SAVE \$1.11  
**2.88**

Kim Phat Sambal Oelek Sauce 250 g  
Sauce





# 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

**\$2.99**

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



CHRISTIE Mini Cookies  
Selected Varieties, 150-225g  
\$3.29 ea



**\$2.49**  
ea when you  
buy 2 or more

**TWIST  
LICK  
DUNK**

