

# FRESH CO

Lowering food prices

ZONE 1



SAVE \$4  
**3.99**

Schneiders or Maple Leaf Bacon 375 g  
Schneiders Bologna 375-500 g  
Juicy Jumbos or Smoked Sausages 375-450 g  
reg. 7.99  
Bacon, bologna, saucisses fumées



100 PTS  
when you buy 2

SAVE \$6  
**9.99**

Compliments Angus, Sirloin or Prime Rib Beef Burgers  
Frozen 1.13 kg  
reg. 15.99  
Burgers de bœuf



2.99

Sweet Bell Peppers 4 pk  
Product of Mexico or Ontario  
Whole White Mushrooms 454 g  
Product of Ontario  
Porrons, champignons



2.49

Blueberries Pint  
Product of USA or Mexico  
No. 1 Grade  
Bleuets



50 PTS  
when you buy 2

SAVE \$1.29  
**2.29**

Dempster's Hot Dog or Hamburger Buns 8 pk  
White or Whole Wheat Bread 675 g or  
Hostess Snack Cakes 202-206 g  
reg. 3.19-3.49  
Pains à hamburger ou hot-dog, pain ou petits gâteaux



100 PTS  
when you buy 2

SAVE \$1.19  
**2.49**

Black Diamond Cheese Slices 410 g  
reg. 4.29  
Tranches de fromage



100 PTS  
when you buy 2

SAVE \$2.39  
**3.99**

Chapman's Markdale Creamery Ice Cream 2 L Canadian Collection  
Ice Cream Bars 8x55 mL  
reg. 4.99-6.29  
Crème glacée ou barres de crème glacée



SAVE 6¢  
**88¢**

Nongshim Noodle Soup Bowl 86 g  
Selected Varieties  
reg. 1.49  
Soupe aux nouilles



6.99

Green Ocean Wild Argentinian Shrimp Frozen 300 g  
Crevettes

**Scene+ MEMBER PRICING**

**6.99** with Scene+ Card  
**7.99** without Scene+ Card

Coca-Cola or Pepsi Soft Drinks 12x355 mL  
Selected Varieties  
Boissons gazeuses



SAVE \$1.66  
**5.99**

Cashmere Bathroom Tissue 12-24 Rolls or  
Sponge Towels 6 pk  
reg. 9.99-11.99  
Papier hygiénique ou essuie-tout

2 DAYS ONLY! MAY 17-18, 2024

**Scene+ LOAD & SCORE** OFFER AND GET **10%** BACK IN POINTS FOR EVERY \$40 THAT'S **400 PTS** FOR EVERY \$40 SPENT

DOWNLOAD THE FRESHCO APP



DISCOVER FLAVOURS OF THE WORLD!

Flyer in effect May 2024  
Prices in Effect in Ontario. Excludes Thunder Bay  
THUR FRI SAT SUN MON TUES WED  
16 17 18 19 20 21 22

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

FC\_WW01\_ONT\_POL\_21



**SAVE \$2**  
**5.99** Liberté Greek Yogourt 650-750 g, Heluva Good! Dip 680 g or Black Diamond Jumbo Cheestrings 12-16 pk  
Yogourt, trempette ou ficelle

**SAVE \$3**  
**8.99** San Pellegrino Sparkling Water 6x1 L  
Eau pétillante

**SAVE \$4**  
**8.99** Folgers Ground Coffee 544-616 g or Maxwell House Coffee 900-925 g reg 10.99-12.99  
Café

**SAVE 50¢**  
**2.49** Fruitopia Drinks 1.75 L  
Boissons, thé

**SAVE \$3.28**  
**2/\$6** Lay's Potato Chips 177-235 g, Poppables 130 g, Tostitos 205-300 g, Smartfood 150-220 g or Havoc Snacks 200 g  
Croustilles, maïs éclaté ou grignolines

**value size**

**Big format Big value**

**200 PTS** when you buy 1  
**SAVE \$2** Nescafé Rich Instant Coffee 475 g  
reg 14.99  
Café

**SAVE \$3**  
**11.99** Quaker Chewy or Dippes Granola Bar Club Pack 835-960 g  
reg 14.99  
Barres granola

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

**100 PTS** when you buy 2  
**SAVE \$1.98**  
**3.99** Kraft Peanut Butter 500 g or Cheez Whiz 450 g  
Beurre

**100 PTS** when you buy 4  
**SAVE \$1**  
**\$2** Aylmer Accents Italian 540 mL  
Tomatoes

**100 PTS** when you buy 2  
**SAVE \$1**  
**3.99** Ocean Spray Cocktail 1.89 L or 100% Juice 1.77 L  
reg 4.49-4.99  
Cocktail ou jus

**100 PTS** when you buy 2  
**SAVE \$1**  
**3.99** Hidden Valley Ranch 473 mL  
reg 4.99  
 Vinaigrette

**100 PTS** when you buy 9  
**SAVE \$1**  
**1.49** Cesar Wet Dog Food 100 g or Iams Wet Dog Food 75 g  
reg 1.69-1.89  
Nourriture pour chiens

**100 PTS** when you buy 2  
**SAVE \$1**  
**3.49** Dial Hand Soap 221 mL  
reg 4.69  
Savon

**SAVE \$2**  
**12.99** Nescafé Rich Instant Coffee 475 g  
reg 14.99  
Café

**SAVE \$3.11**  
**14.88** Powerade Variety Team Pack 24x591 mL  
reg 17.99  
Boissons

**200 PTS** when you buy 1  
**SAVE \$4**  
**17.99** Pillsbury Pizza Pops 30 pk 2.85 kg  
reg 21.99  
Bouchées de pizza

**SAVE \$4**  
**15.99** Gain Laundry Detergent 4.55 L or Downy Beads 680 g  
reg 18.99-19.99  
Détachant ou assouplissant

**1000 PTS** when you buy 1  
**SAVE \$10**  
**\$10** Pampers Super Econo Pack 66-160 pk reg 39.99  
(Ad Matching does not apply to this item this week)  
Couches

**Scene DIGITAL EXCLUSIVE**

**THAT'S LIKE 20%\* back in PTS**

For every dollar spent on Johnsonville Original or Breakfast Sausages 250-500 g Selected Varieties  
Variétés de saucisses  
\*terms and conditions apply


**Get 20 pts for every dollar spent on Johnsonville Original or Breakfast Sausages, when you LOAD THIS OFFER to your card**

MAY 16-22, 2024


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**149** /lb 

Royal Gala Apples  
Product of Ontario  
Canada Extra Fancy  
3.28/kg  
Pommes



**199** /lb 

Tomatoes on the Vine  
Product of Ontario  
Green Beans  
Product of USA  
4.39/kg  
Tomates, haricots




**499** /lb 

Cherries  
Product of USA  
No. 1 Grade  
11.00/kg  
Cerises



**129** 

Seedless Cucumbers  
Product of Ontario  
Canada No. 1  
Concombres sans pépins



**399** /lb 

Asparagus  
Product of Ontario  
Canada No. 1  
8.80/kg  
Asperges



**199** /lb 

Eggplant or Zucchini  
Product of Mexico or USA  
4.39/kg  
Aubergine ou courgettes



**399** 

Compliments Lemons 2 lb  
Product of South Africa  
907 g or Golden Pineapples  
Product of Costa Rica  
Citrons ou ananas



**99¢** 

Cilantro  
Product of Mexico or USA  
Green Onions  
Product of Mexico  
Coriandre ou oignons verts



**299** 

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



**499** 

Taylor Farms Chopped Salad Kit  
316-377 g Assorted  
Préparations de salades hachées

## WEEKLY DEALS EVERYDAY LOW PRICES

Look for these symbols while you shop.

**SAVE \$1/lb**

**15.99** /lb 

Beef Rib Steak Value Pack  
Cut from Canada AA Grade  
Beef or Higher 35.25/kg  
Bifteck de côte



**SAVE 50¢/lb**

**4.49** /lb 

Fresh Centre, Rib or Sirloin Pork Loin  
Combo Chops 9.90/kg  
Côtelettes de porc



**SAVE \$1/lb**

**11.99** /lb 

Fresh Rainbow Trout Fillets  
26.43/kg  
Filets de truite arc-en-ciel



**BUY 2 OR MORE**

**\$2.99** 

Schneiders Smokies 175 g  
OR BUY 1 \$3.00  
Saucisses fumées



**\$8** 

Marcangelo Skewers  
Selected Varieties  
200-320 g  
Brochettes



**SAVE \$2**

**7.99** 

Piller's Meat Sticks  
300-500 g  
Bâtonnets de viande



**SAVE \$1.99**

**9.49** 

Al Safa Halal Beef Burgers  
Frozen 800 g  
Burgers de bœuf



**SAVE \$1**

**3.29** 

Dempester's Bagels 5-6 pk or  
Tortillas 426-640 g  
San Daniele Mortadella 175 g  
Mastro Capocollo or Prosciutto Cotto 125 g  
Bagels ou tortillas, charcuterie



**SAVE \$4**

**4.99** 

Tre Stelle Feta 200 g  
Bocconcini 200 g  
Ricotta 475 g or Boursin 150-220 g  
Fromage



**SAVE \$3.99**

**5.49** 

Marcangelo Prosciutto 100 g or Balderson Cheese 250-280 g  
Selected Varieties  
Prosciutto ou fromage



**FOR EVERY \$100 SPENT IN HAPPY HER, HAPPY HIM OR HAPPY CUSTOM GIFT CARDS!**

**GET 1000 PTS**

Offer valid during May 16 - 22, 2024. Sorry no rainchecks or price matching. Offer valid only on Happy Custom \$25-\$500 VL, Happy Her \$25-\$500 VL, Happy Him \$25-\$500 VL, one gift card for different terms, conditions and (if applicable) fees. Subject to availability.



**\$2**

Compliments  
Lemonade  
1.75 L  
Limonade



**SAVE \$1**

**5.99**

Bubly 12x355 mL  
Montellier 10x355 mL  
reg 6.99  
Eau pétillante



**SAVE \$2.99**  
**3.99**

Armstrong  
Natural Cheese  
Slices  
220-240 g  
reg 6.49  
Fromage



**SAVE \$1**  
**5.99**

International  
Delight Iced  
Coffee 1.89 L  
Café glacé



**BUY 2 OR MORE  
SAVE \$1.00**  
**3.99**  
ea

OR BUY 1 \$4.99  
Philadelphia  
Cream Cheese  
227-250 g  
Fromage à la crème



**SAVE \$2.24**  
**6.25**

Nestea  
12x341 mL  
reg 8.99  
The glacé



**SAVE \$1.99**  
**5.49**

Gatorade  
6x591 mL  
Gatorade  
8x355 mL  
reg 6.99  
Boissons



**SAVE \$7**  
**14.99**

Nabob Ground  
Coffee 930 g  
Nabob Coffee  
Pods 30 pk  
reg 19.99-21.99  
Café



**SAVE \$1.99**  
**2.49**

Kellogg's  
Cheez-It  
Crackers  
191-200 g  
Pringles Super  
Stacks 148-156 g  
Craquelins, croustilles



**SAVE 80¢**  
**2.99**

Pepperidge Farm  
Goldfish Crackers  
168-227 g reg 3.79  
Craquelins



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 \$2.29**  
**5.49**

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



**SAVE \$1.49**  
**2/6.50**

Oasis or Arizona Iced Tea Drink  
Boxes 8x200 mL  
The glacé



**SAVE \$1**  
**3.99**

Christie Family Crackers  
Selected Varieties 345-350 g  
Christie Premium Plus Crackers  
450 g  
Craquelins



**SAVE \$3**  
**6.99**

Orville Redenbacher Microwave  
Popcorn 700-820 g 10 pk  
Maïs à éclater



**SAVE \$1.50**  
**4.29**

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



**SAVE 80¢**  
**2.99**

VH Sauce  
341-380 mL  
Sauce



**SAVE \$1.22**  
**2.77**

Clover Leaf  
Solid White  
Albacore Tuna  
170 g  
Thon



**3.99**

Classico  
Pasta Sauce  
218-650 mL  
Sauce



**SAVE \$1.99**  
**5.49**

Axe Body Spray  
76-113 g Hair Care or  
Body Wash 473 mL  
Dove Bar Soap 3 pk or  
Body Wash 325-400 mL  
Soins nettoyants ou capillaires



**8.99**  
with  
Scene+  
Card



**9.99**  
without  
Scene+  
Card

Scotties Facial Tissue 9 pk  
Mouchoirs

**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)  
\*Bonus minimum spend on everyday purchases in the first year.  
Conditions apply. While not an interest-free loan. Offer subject to change.  
Offer effective Mar 7 - June 30, 2024.

FC\_W003\_0917\_P03\_21



# GARDEN CENTRE DEALS



4 Cell Vegetables  
Légumes

**4/\$5**  
or \$1.25 ea



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

Herbs or  
Vegetables  
4" Pot  
Herbes ou légumes



**4/\$12**  
or \$3.00 ea

Flowering  
Annuals 4" Pot  
Annuelles



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

13" Deluxe  
Hanging Baskets or  
Assorted Mixed  
Planters 13" Pot  
Paniers ou jardinières



**2/\$17**  
or \$9.00 ea

6 Pack Annuals  
Annuelles



**7.99**

Citrosa 6" Pot  
Géranium



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

11" Premium  
Hanging Baskets  
Paniers



**\$12**

Premium Annuals  
8" Pot  
Annuelles



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

Compliments  
Black Earth Topsoil 25 L  
Terreau



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

Compliments  
Sheep Manure Compost  
12.5 kg  
Compost de fumier



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

Compliments  
Cow Manure  
Compost 12.5 kg  
Compost de fumier



# COOL DOWN DEALS



SAVE 50¢  
**1049**

Häagen-Dazs Ice Cream 6 pk reg. 10.99  
Crème glacée

100 PTS when you buy 2  
**699**



Chapman's Super Novelties 8-18 pk reg. 7.29  
Novautés



100 PTS when you buy 2  
SAVE 50¢  
**499**

Chapman's Lolly 28x50 mL reg. 5.49  
Sucettes glacées

Scene+ MEMBER PRICING

**588**  
with Scene+ Card  
**699** without Scene+ Card



Nestlé Drumstick or Del Monte Sorbet 946 mL  
Dessert glacé ou sorbet



SAVE 80¢  
**449**

Compliments Fudge Ice Milk Bars or Ice Cream Bars 12 pk reg. 5.29  
Barres de lait glacé ou barres de crème glacée



100 PTS when you buy 2  
SAVE \$1  
**399**

Chapman's Super Premium Plus Ice Cream 500 mL reg. 4.99  
Crème glacée



SAVE 50¢  
**579**

Compliments Ice Cream Sandwiches 12 pk reg. 6.29  
Sandwichs à la crème glacée



**379**

Compliments Ice Cream Cones 4 pk reg. 4.19  
Cornets de crème glacée



SAVE 80¢  
**499**

Compliments Ice Cream 1.5 L reg. 5.79  
Crème glacée



SAVE \$1  
**599**

Sorbelicious Sorbet Bars 8 pk  
Barre de sorbet



SAVE \$1  
**499**

Neale's Sweet N'Nice Ice Cream 500 mL reg. 5.99  
Crème glacée



SAVE \$1.99  
**699**

Kawartha Ice Cream 1.5 L reg. 8.29  
Crème glacée

## I ♥ Reese's DAY MAY 18<sup>TH</sup>



SAVE 80¢  
**169**

Hershey's King Size Bars Assorted Varieties 62-85 g  
Barres de chocolat



SAVE 80¢  
**1349**

Hershey's Reese's Large Packaged Candy 800 g  
Friandises



SAVE \$1.99  
**399**

Hershey's Multi 4 pk Assorted Varieties 172-232 g  
Chocolat



SAVE \$1.99  
**399**

Hershey's Packaged Candy Assorted Varieties 160-290 g  
Friandises

Scene+ Get 300 PTS When you spend \$15 on participating REESE'S products



# SUNCARE BLITZ



**10<sup>99</sup>**

Banana Boat Sunscreen Lotion 150-315 mL or 170-226 g Selected Ecran solaire

**15<sup>79</sup>**

Coppertone Sunscreen Lotion 148-259 mL or Spray 142-156 g Selected Ecran solaire



**13<sup>29</sup>**

Hawaiian Tropic Sheer Touch Toucher soyeux Selected 240-480 mL or 170 g Ecran solaire



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

Compliments After Sun Gel 473 mL Soins après-soleil



**11<sup>99</sup>**

Huggies Little Swimmers 10-12 pk Couches de bain

**8<sup>99</sup>**

Compliments Sunscreen Selected 177-222 mL Ecran solaire



**9<sup>99</sup>**

Raid Insect Killer Selected 350-400 g Insecticide

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

OFF! Mosquito Coils 8 pk Chasse-moustique



**11<sup>49</sup>**

OFF! Deep Woods Repellent 100 mL or 113-230 g Selected Chasse-moustique

**10<sup>99</sup>**



Piaactive Mosquito Repellent 150 g or 175 mL Selected Chasse-moustique



# HAPPY DRAGON BOAT FESTIVAL



SAVE \$1/m  
**12.99**  
/lb



SAVE \$1  
**\$9**



SAVE \$1  
**5.99**



SAVE \$1  
**2.68**



SAVE \$2.91  
**3.98**



20 PTS when you buy!  
SAVE \$1.11  
**1.88**



SAVE \$1.28  
**2.28**



SAVE \$1.88  
**88¢**



SAVE \$2.91  
**3.98**



20 PTS when you buy!  
SAVE \$1.11  
**6.88**



20 PTS when you buy!  
SAVE \$1.11  
**1.68**



SAVE \$5.11  
**8.88**



SAVE \$1.91  
**3.98**



20 PTS when you buy!  
SAVE \$2.91  
**5.48**



SAVE \$2.11  
**6.88**



SAVE \$1.91  
**1.98**



SAVE \$1.98  
**1.98**



SAVE \$1.32  
**3.28**



SAVE \$1.38  
**3.88**



SAVE \$1.91  
**3.98**



SAVE \$1.91  
**3.98**



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY.



# HEALTH & BABY BARGAINS



SAVE 70¢  
**1.99**

Nestlé Gerber Organic Purée 128 mL

SAVE \$1.80  
**2.49**

Nestlé Gerber Baby Snacks 42-155 g



SAVE \$1  
**1.99**

Colgate Toothpaste 70-120 mL or Kids Toothpaste 75 mL



SAVE 80¢  
**5.99**

TRESemmé Hair Shampoo or Conditioner 828 mL or Hair Styling Products 298-413 g



## Scene™ TURN POINTS INTO GROCERIES



500 PTS when you buy 1  
That's like \$5 toward your groceries  
SAVE \$7.19  
**25.99**



500 PTS when you buy 2  
That's like \$5 toward your groceries  
SAVE \$4.99  
**28.99**



200 PTS when you buy 2  
That's like \$2 toward your groceries  
SAVE 50¢  
**1.99**



150 PTS when you buy 1  
That's like \$1.50 toward your groceries  
SAVE \$1.19  
**14.99**



150 PTS when you buy 1  
That's like \$1.50 toward your groceries  
SAVE \$1.19  
**4.99**



100 PTS when you buy 1  
That's like \$1 toward your groceries  
SAVE 50¢  
**3.99**

Scene™ 1000 PTS = \$10 OF FREE GROCERIES





# 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.



# Get 25 GB for \$29/mo.

Plus, earn 2,000  
Scene+™ points.<sup>1</sup>



**lucky**<sup>™</sup>  
mobile

Pick up a SIM Card in-store today.

When you register for Automatic Top-Up. Offers subject to change without notice. One-time \$10 SIM Card charge applies. (1) After 2 months of service. Conditions apply. SIM Card must be purchased at a participating Sobeys or FreshCo location to be eligible to earn Scene+™ points. See SIM Card or visit [luckymobile.ca/scenepusbonus](http://luckymobile.ca/scenepusbonus) for details.





**New**



Save \$1.00

**\$3.99**

Matt & Steve's  
Caesar Mix 1.36L

MATT STEVE'S  
**Caesar** Mix

original - Lightly Spiced

Made with  
**Extreme Bean**  
Brine

Proudly  
Canadian

Tomato clam  
Cocktail

1.36 L

Chill & Shake  
before serving

  
**Proudly  
Canadian**

**Tastes** Like a Good Time 

**National Caesar Day May 16<sup>th</sup>**  
Victoria Day long weekend



# Summer Fresh®

# WHERE BBQ DREAMS COME TRUE



**\$3 49** SUMMER FRESH SALADS 300g



**\$7 99** SUMMER FRESH SALADS 750g - 900g

**\$3 49** SUMMER FRESH HUMMUS & DIPS 200 - 227g

**50 PTS** when you buy 2

\*May 16th to May 22th, 2024.