

FRESH CO

Lowering food prices

ZONE 1



SAVE \$3
\$10

Boneless Skinless Chicken Breasts
4 Pieces
reg 13.00
Poulet sans os et sans peau



SAVE UP TO \$2.85
4.44

Armstrong Cheese Bars 400 g
Armstrong Shreds 320 g
reg 6.79-7.29
Barres de fromage râpé



SAVE \$2.99
7.99

Compliments Smoked Sausages 900 g
reg 10.49
Saucisses fumées



99¢/lb

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



5/\$2

Corn
Product of USA No. 1 Grade
Maïs



SAVE \$2
4.99

Sorbelicious Sorbet Bars 8 pk
reg 6.99
Barres de sorbet



SAVE \$1.99
2.99

Pure Life Spring Water
24x500 mL reg 4.29
Eau de source



SAVE \$1.99
99¢

Sealtest Chocolate Milk 750 mL
Neilson Milkshakes 310 mL
reg 1.99-2.49
Lait au chocolat, Frappé



3/\$33
or \$12 ea

10" Premium Hanging Baskets
Paniers suspendus

Scene+ MEMBER PRICING

7.99 with Scene+ Card
8.99 without Scene+ Card

High Liner Pan-Sear Frozen 500-540 g
Catch of the Day Fish Fillets Frozen 580-800 g
reg 12.00-15.99
Poisson

2.49 with Scene+ Card
3.49 without Scene+ Card

Doritos 210-280 g
Ruffles 180-200 g
Croustilles

HAPPY MOTHER'S DAY!



Flyer in effect
May 2024
Prices in Effect in Ontario,
Excludes Thursday Day

THUR 9 FRI 10 SAT 11 SUN 12 MON 13 TUES 14 WED 15

FC_WWJL_Ont_Flyer_24

50 PTS
when you buy 1

2.99



Blackberries
Product of Mexico
Mères

1.29



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



1.49 /lb

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



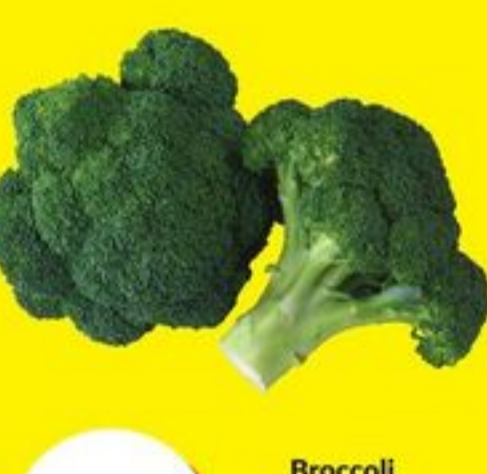
3.99

Sweet Bell Peppers 4 pk
Product of Ontario or Mexico
Poivrons



3.99

Compliments Bagged Oranges
3 lb
Product of Egypt
1.36 kg
Honeydew Melon
Product of Mexico
Oranges, melon miel



2.49 /lb

Broccoli Crowns
Product of Mexico or USA
5.49/kg
Brocoli



2.99

Iceberg Lettuce or Celery
Product of USA or Mexico
No. 1 Grade
Laitue ou céleri



1.29

Grapefruit Product of Israel
Avocado Product of Mexico
Pamplemousse, avocats



3.99

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



4.99

Compliments Baby Spinach or Spring Mix
312 g
Product of USA
Jeunes épinards ou mélange printanier

WEEKLY DEALS EVERYDAY LOW PRICES

Look for these symbols while you shop.

SAVE 50¢/lb

13.99 /lb

Value Pack Fresh Atlantic Salmon Fillets
30.84/kg
Filets de saumon

SAVE \$1.91

3.99

Butcher's Selection Stampede Hotdog 900 g
Harvest Creek Halal Chicken Wieners 908 g
Saucisse fumée, saucisses
Fumées de poulet

SAVE \$2

\$11

Marcangelo Souvlaki Chicken Breast or Pork Kabobs 480-640 g
Souvlaki de poulet ou porc

100 PTS when you buy 4

BUY 2 OR MORE

1.99 ea

OR BUY 1 \$2.99
Maple Lodge Farms or Zabihah Halal Chicken Bologna or Wieners 375-450 g
Bologna ou saucisses fumées de poulet

SAVE \$2

5.99

Maple Leaf Bacon or Ready Crisp Bacon 65-375 g
Breakfast Sausages 300 g
Bacon, saucisses à déjeuner

SAVE \$4

12.99

Pinty's Eatwell Chicken Breast Fillets or Chicken Wings 750-790 g
Filets ou ailes de poulet

100 PTS when you buy 2

That's like \$1 toward your groceries

18.99

Best Buy Beef Burgers Frozen 2.27 kg
Burgers de bœuf

SAVE \$1

1.99

Dempster's English Muffins 6 pk
Compliments Bagels 6 pk
Muffins anglais, bagels

SAVE \$1

2.99

Villaggio Bread 550-675 g or Buns 6-8 pk
Pain ou pains

50 PTS when you buy 1

SAVE \$5.99

3.49

Fontaine Santé Dips or Hummus 227-260 g
Babybel 6 pk
Trempelettes ou hummus, fromage

SAVE \$1

4.99

Main Street Deli Sliced Meat 200-300 g
Charcuterie en tranches

SPEND \$100 IN BOSTON PIZZA OR UBER GIFT CARDS AND GET A BONUS \$10 GIFT CARD FRESHCO GIFT CARD

Offer valid during May 9 - 15, 2024. Sorry no rainchecks or price matching. Offer valid only on Uber \$25-\$500 VL, Boston Pizza \$25, Boston Pizza \$50, Boston Pizza \$25-\$500 VL. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

100 PTS when you buy 2
There's like \$1 toward your groceries

SAVE UP TO \$120
4.29

Coca-Cola Soft Drinks 6x710 mL
Coca-Cola Soft Drinks Mini Cans 6x222 mL
Bissons gazeuses

SAVE \$1
5.99

Bubly 12x355 mL
Montellier 10x355 mL
Eau pétillante

SAVE \$2
3.99

Simply Lemonade 1.54 L
Limonades

SAVE \$1.99
2.99

Liberté Greek Yogurt 4 pk
Liberté Méditerranée Yogourt 500 g

SAVE \$2
6.99

Becel Margarine 637-850 g
Margarine

SAVE \$2.99
5.49

General Mills Cereal Selected 475-778 g
reg 7.99
Céréales

SAVE \$4
19.99

McCafé Coffee K-Cups Pods 30 pk.
Tim Hortons Ground Coffee 875-930 g or K-Cups 30 pk Café

150 PTS when you buy 2
There's like \$1.50 toward your groceries

SAVE 80¢
3.99

Mott's Clamato 1.89 L
Boisson

BUY 2 OR MORE
2.99

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

SAVE \$2.99
3.49

Quaker Cereal 350-500 g
reg 4.99-5.99
Céréales

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

BEST BUY EVERYDAY
Great products, incredible value, every day

Scene+
1000 pts = \$10 in FREE groceries

Scene+ MEMBER PRICING
Reduced pricing for Scene+ members

SAVE \$1.99
2.49

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

SAVE \$1
3.99

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

SAVE \$1.99
4.77

Bick's Pickles 1 L
Cornichons

SAVE 70¢
1.99

Kraft BBQ Sauce 455 mL
Sauce barbecue

SAVE \$1.99
7.99

Frito-Lay Variety Pack 16 pk
Croustilles

SAVE \$1.99
2.99

Takis 190-280 g
Croustilles

100 PTS when you buy 2
There's like \$1 toward your groceries

SAVE 50¢
3.99

Old El Paso Taco Kits 250-510 g
Ensembles à tacos

SAVE 50¢
3.99

Nestlé Chocolate Multipacks 164-200 g or Pouches 135-203 g
Selected Varieties
Chocolat

SAVE \$1.99
12.99

Boost High Protein or Plus 6 pk
Bissons protéinés

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

SAVE \$2
3.99

Pine-Sol 1.41 L
Clorox Liquid Bleach 2.4 L
reg 5.99
Nettoyant, eau de Javel

SAVE \$5
13.99

Tide Liquid 2.48 L
Tide Pods 25-42 un or Gain Flings! 890 g
reg 14.79-18.99
Détergent à lessive, capsules

Scene+

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

Apply now at scotiabank.com/earnpointsfaster
*Take minimum spend on every day purchases in the first year.
Conditions apply. *Scene+ is earned with other subject to change.
Offer effective 1/1/2024 to 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.

MOM'S DAY DEALS

14⁹⁹

Orchids
5" Deco Plastic Pot
Orchidées

14⁹⁹

50 cm Dozen
Long Stem Roses with Greens
Roses

7⁹⁹

Mini Roses or
Potted Mums
6" Pot
Mini roses ou
chrysanthèmes

4/\$10

or \$2.50 ea

Herbs or
Vegetables
4" Pot
Fines herbes ou légumes

7⁴⁹

10-Stem
Tulip Bouquets
Bouquets de tulipes

4/\$5

or \$1.25 ea

4 Cell
Vegetables
Légumes

2/\$50

or \$26.99 ea

Assorted Mixed
Planters
13" Pot
Jardinières mixtes
assorties

2/\$50

or \$26.99 ea

13" Deluxe
Hanging Baskets
Paniers suspendus

4/\$12

or \$3.00 ea

Flowering
Annuals 4" Pot
Annuelles

12⁹⁹

Large Mother's Day
Mixed Bouquet
Grand bouquet mixte

7⁹⁹

Mother's Day
Mixed Bouquet
Bouquet mixte

14⁹⁹

Extra Large
Mother's Day
Mixed Bouquet
Tres grand bouquet mixte

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

DISCOVER NEW

CREATED BY
Maison Perrier
FRANCE

Maison Perrier
Sparkling Water
6x500 mL
Eau pétillante

200 PTS
when you buy 2

That's like
\$2
toward your
groceries

749



Maison Perrier
Sparkling Water
8x330 mL
Eau pétillante

200 PTS
when you buy 2

That's like
\$2
toward your
groceries

699



NEW
FLAVOUR

188



Maison Perrier
Sparkling Water
1 L
Eau pétillante

ALL TRADEMARKS ARE OWNED BY NESTLÉ WATERS,
FRANCE AND USED UNDER LICENCE. ©2024 NESTLÉ.

SWEET DEALS



SAVE \$1
999

Mr. Freeze
Jumbo Pops
27 pk
Bâtons glacés



SAVE \$1
599

Compliments
S'mores Kit
500 g
Ensemble pour s'mores



SAVE \$1
999

Hershey's S'mores
Kit 578-551 g
Ensemble pour s'mores



SAVE \$1
899

Nestlé Aero
S'mores Kit 515 g
Ensemble pour s'mores



129

Kisko Freezies Bag
18 pk
Bâtons glacés



SAVE 50¢
649

Compliments
Marshmallows
700 g
Guimauves



SAVE \$1
899

Compliments Candy
Selected 800 g
Friandises



249

Dare Marshmallows
Selected 170 g
Guimauves



SAVE 80¢
249

Kisko Fruit Freezies
480 mL
Bâtons glacés



149

Icee Juice 177 mL
Jus



179

Imperial Cotton Candy
60 g
Bonbons à papa



85¢

Panda Licorice 32 g
Régisse



SAVE 50¢
499

Mr. Freeze Pops
80x20 mL
Bâtons glacés

HAPPY DRAGON BOAT FESTIVAL



Shwin Dumplings
454-500 g
Selected Varieties
Quenelles

SAVE \$2.11
3.88



There's like \$1 toward your groceries

100 PTS when you buy 1
SAVE \$2.11
4.88

Kikkoman Teriyaki or Soy Sauce 591 mL
Sauce teriyaki ou soja



SAVE \$3.11
4.88

SkyFlakes Saltine Crackers
800 g
Craquelins



SAVE \$1.11
2.88

Indomie Instant Noodles 425 g
Selected Varieties
Nouilles Instantanées



SAVE 99¢
2/\$5

Lay's Chips
Chicken & Tomato, Cucumber or Honey Butter 165 g
Selected Varieties
Croustilles



20 PTS when you buy 1
98¢

Mr. Brown Canned Coffee 240 mL
Selected Varieties
Café



20 PTS when you buy 1
SAVE 8¢
98¢

CJO O'Food Seaweed Snacks 15 g
Selected Varieties
Collation aux algues



SAVE \$1.11
5.48

Mini Crush Fruit Jelly Jar 1.4 kg
Cafés de fruits



SAVE \$1.11
1.48

Suntory 0% Sugar Oolong Tea 500 mL
Thé



SAVE \$8.11
1.98

Erawan Rice Sticks 454 g
Selected Varieties
Bâtonnets de riz



SAVE \$1.11
4.88

ETE Ice Bars 4x65-75 g
Selected Varieties
Bâres glacées



20 PTS when you buy 1
SAVE 79¢
2/\$5

Haitai Honey Butter Chip 165 g
Croustilles



20 PTS when you buy 1
SAVE 99¢
2/\$5

Wai Wai Vermicelli Rice 500 g
Nouilles



HAPPY DRAGON BOAT FESTIVAL



Angus Beef Inside Round Stir-Fry
Cut from Canada AA or Higher
28.64/kg
Intérieur de ronde de bœuf Angus

SAVE \$1/lb
12.99
/lb



Dragon Fruit
Product of Vietnam
Pitaya

2.99



1.88
/lb

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



1.29

Garlic 5 pk
Product of China
AIL



99¢
/lb

Bok Choy, Napa or Flat Cabbage
Product of USA or Mexico 2.18/kg
Pak-choi ou chou



1.99
/lb

Ginger Root
Product of China
4.39/kg
Rhizome de gingembre



99¢

Green Onions
Product of Mexico
Oignons verts



5.48

Häagen-Dazs or Confectionery
Ice Cream 400-450 mL or Novelties 3-4 pk
Crème glacée ou nouveautés



8.88

Carole's Japanese Style Cheesecake 500 g
Gâteau au fromage



3.88

Hormel Foods Spam 340 g
Selected Varieties
Viande en conserve



7.88

Maggi Liquid Seasoning 800 mL
Assaisonnement liquide



5.88

Huy Fong Sriracha Hot Chili Sauce 740 mL
Sauce aux piments épicée



5.88

Kewpie Japanese Mayonnaise 450 g
Mayonnaise



9.99

Compliments Sea Salt & Cracked Black Pepper Pork Belly 500 g
Flanc de porc



5.99

Eight Treasures Head-On Shell-On Raw Shrimp Frozen 400 g
Crevettes



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.

HOUSEHOLD SAVINGS



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

SAVE \$1.70

6.99

Purex Laundry Detergent 2.03 L
Purex Ultra Baby 1.47 L
reg 8.69
Détergents à lessive



50 PTS when you buy 1

SAVE \$4

8.99

Palmolive Dish Soap 4.27 L
reg 12.99
Savon à vaisselle



Tide Pods 63-112 pk
reg 32.99
Capsules de détergent

SAVE \$3

29.99



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

SAVE \$1.99

6.49

Swiffer Wet Cloth 10-12 pk, Cleaner Solutions 1.25 L or Power Mop Wet Jet
reg 7.29-7.99
Linges humides, nettoyeurs ou balai



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

SAVE 50¢

3.99

Lysol All-Purpose Cleaner 650 mL, Toilet Bowl Cleaner 710 mL or Multi Purpose Cleaner 1.2 L
reg 4.49
Nettoyants



SAVE \$3

11.99

Downy Fabric Softener 2.63 L
reg 14.99
Assouplissant textile



4.99

Bounce Dryer Sheets 40-80 pk
Downy Unstopables 141 g
WHILE SUPPLIES LAST
Feuilles assouplissantes, perles



We all deserve compliments

We all deserve savings



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

SAVE \$2

5.99

Compliments Facial Tissues 6 pk
reg 7.99
Mouchoirs



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

SAVE 50¢

5.99

Compliments Bathroom Tissue 12=24 Rolls
reg 6.49
Papier hygiénique



SAVE \$1

3.99

Compliments Disinfecting Wipes 75 pk
reg 4.99
Lingettes désinfectantes



SAVE \$3

2.49

Compliments Freezer Bags 40 pk, Foil Wraps 50 ft or Parchment Paper 35 ft
reg 3.29-5.49
Sacs de congélation, papier d'aluminium ou papier parchemin



SAVE \$1.99

1.99

Compliments Dish Soap 828 mL or Glass Cleaner 950 mL
reg 2.49-3.49
Savon à vaisselle ou nettoyant pour vitres



SAVE 50¢

2.99

Compliments Bleach 2.4 L or Multi-Surface Cleaner 1.41 L
reg 3.49
Eau de Javel ou nettoyant multi-surfaces



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.

²Visa 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://scotiabank.com/participatingstores).

²On 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**



McCain Value Sizes

AIR FRYER
OR OVEN
FRITEUSE À AIR
OU AU FOUR

100 PTS
when you buy 1

100 PTS
when you buy 1

NEW



\$10.00 McCain Family Size Superfries 1.9kg

\$10.00 McCain Bistro Super Crisp Fries 1.9kg

EXTRA VALUE!



\$4.79 McCain Value Size Regular Fries 1.5kg



Extra Fun, Extra Delicious,
EXTRA VALUE!



DISCOVER NEW

CREATED BY

**Maison
perrier**
FRANCE

NEW
FLAVOUR



\$XXX

MAISON PERRIER™
1 L, assorted
varieties

\$XXX

MAISON PERRIER™
8 x 330 mL, assorted
varieties



\$XXX

MAISON PERRIER™
6 x 500 mL, assorted
varieties



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