

FRESH CO

Lowering food prices

SAVE \$3.02/lb
2.97 /lb

Pork Back Ribs
 Frozen Cryovac
 6.55/kg
 reg 5.99/lb

SAVE \$1.2
3.97

Johnsonville Breakfast or Dinner Sausages
 250-500 g
Compliments Marinated Pork Chops or Kabobs
 250-300 g
 reg 5.00-5.97

1.97 /lb

Broccoli Crowns
 Product of USA or Mexico
 4.34/kg

2 lb

4.97

Strawberries 907 g
 Product of USA
 No. 1 Grade

SAVE \$1.92
1.97

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

SAVE \$2
2.97

Hereford Corned Beef
 340 g reg 4.97

SAVE \$5.92
7.97

Tide Simply 3.1 L
Gain Liquid Detergent 2.6 L
 reg 12.99

MEMBER
2.97 with Scene+ Card
3.97 without Scene+ Card

PEPSI
PEPSI
ZERO SUGAR
 Pepsi Soft Drinks 6x710 mL

SAVE \$2.99
5.98

Dan-D Pak Cashews
 Salted or Unsalted
 454 g reg 8.97

GET UP TO 2,500 PTS
WHEN YOU LOAD THIS OFFER APR 11 - MAY 8, 2024

SPEND \$50+

- 1st Shop GET 250 PTS
- 2nd Shop GET 250 PTS
- 3rd Shop GET 250 PTS
- 4th 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 loaded. †Eligible \$50+ transactions must occur on 4 separate days. 1,000 points = \$10 of free groceries.

DISCOVER FLAVOURS OF THE WORLD!

Flyer in effect May 2024
 Prices in Effect in Western Canada
 THUR FRI SAT SUN MON TUES WED
 2 3 4 5 6 7 8

Scene+ 1000 PTS = \$10 OF FREE GROCERIES



50 PTS when you buy 1

4.47 Avocados 4 pk Product of Mexico

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

2.97 Mini Seedless Cucumbers 6 pk Product of Canada Canada No. 1 Grape Tomatoes Pint Product of Canada or Mexico

1.97 /lb Ambrosia Apples Product of British Columbia Canada Extra Fancy 4.34/kg

4.47 /lb Red or Black Seedless Grapes Product of Chile No. 1 Grade 9.85/kg

2.97 Compliments Organic White or Brown Mushrooms 227 g Product of Canada

5.97 Vidalia Sweet Onions 3 lb Bag Product of USA No. 1 Grade 1.36 kg

50 PTS when you buy 1

4.99 Jumbo Golden Pineapples Product of Costa Rica

5.97 Orri Clementines 2 lb Bag Product of Israel 907 g

50 PTS when you buy 1

4.97 Romaine Hearts 3 pk Product of USA

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

3.47 Compliments Yellow, Red or Medley Mini Potatoes 680 g Product of Canada Canada No. 1

WEEKLY DEALS EVERYDAY LOW PRICES

Look for these symbols while you shop.

PREFERRED ANGUS

SAVE \$1.02 /lb

14.97 /lb

Angus Beef Striploin Steak Cut from Canada AA or Higher 33.00/kg reg 15.99/lb

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

7.99 /lb

Fresh Basa Fillets 17.61/kg

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

5.99

Compliments Naturally Smoked Bacon 375 g

50 PTS when you buy 1

13.97

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

SAVE \$1

\$11

Marcangelo Breakfast Sausages Frozen 1.2 kg Souvlaki 480 g Wrapped Beef Sirloin or Chicken 340-452 g reg 12.00

SAVE \$6.92

9.97

Schneiders Smokies or Maple Leaf Top Dogs 900 g reg 10.47-15.99

SAVE \$3.82

9.97

Prime Raised Without Antibiotics Breaded Chicken Frozen 560-581 g reg 11.99-12.99

MEMBER ONLY

2.77 with Scene+ Card

3.27 Dempster's Bagels 5-6 pk Whole Grain Bread 600 g Vachon Snack Cakes 252-336 g reg 3.99-4.49

SAVE \$62

3.97

Dempster's Signature Buns 6-8 pk Signature Bread 600 g reg 4.29-4.59

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

3.97

Mastro Salami 125-150 g reg 5.99

SAVE \$2.82

5.97

Tre Stelle Mozzarella Ball 340 g Castello Cheddar 200 g reg 7.49-7.99

Scene GET 1000 PTS FOR EVERY \$100 SPENT ON 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 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 \$152

5.47



SAVE \$2.74

6.25



Nestea
12x341 mL
reg. 8.99



SAVE 80¢
4.97

Becel Bricks
454 g
reg. 5.77



SAVE \$2
8.97

Armstrong
Cheese Bars
600 g
reg. 10.97



BUY 2 OR MORE
2.97 ea

OR BUY 1 \$3.47
Jell-O Desserts
6 pk



SAVE \$1.20
4.77

Astro Original
Yogurt 12 pk
Olympic
Yogurt 650 g
reg. 5.97



SAVE \$2.92
5.47

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



SAVE \$1.92
2.97

Allen's Apple
Juice 1.89 L
SunRype Juice
1.36 L
reg. 3.99



SAVE \$1.00
4.97

Heinz Ketchup
750 mL-1 L
Kraft Miracle
Whip
650-890 mL
reg. 5.99-6.77



BUY 2 OR MORE
2.97 ea

OR BUY 1 \$3.77
Kraft Dressing
425-475 mL
Diana Sauce
500 mL or
Bull's-Eye BBQ
Sauce 425 mL
reg. 3.97-4.39



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 \$5.02
14.97

Folgers K-Cups
30 pk
reg. 19.99



SAVE \$5.40
19.97

Starbucks
Roast & Ground
Coffee 793 g,
Whole Bean
Coffee 907 g or
K-Cups 24 pk
reg. 21.99-23.99



SAVE 82¢
2.97

Pepperidge Farm
Goldfish
Crackers
168-227 g
reg. 3.79



SAVE \$1.00
2.97

Clover Leaf
Pink Salmon
150-213 g
Selected
reg. 3.99-4.47



3.97

Classico
Pasta Sauce
218-650 mL
reg. 4.27



SAVE \$3
5.97

Red Rose
Orange Pekoe
Tea Bags 144 pk
Lipton Green
Tea Bags or
Yellow Label
Tea Bags 100 pk
reg. 7.97-8.97



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

SAVE \$1.22
4.27

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



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

SAVE \$1.92
4.97

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



150 PTS
when you buy 3
That's like
\$1.50
toward your
groceries

SAVE \$1.22
2.97

Old Dutch
Potato Chips
235 g or
Ridgels 200 g
Old Dutch
Restaurante
Tortilla Chips
275-290 g
reg. 3.99-4.19



150 PTS
when you buy 3
That's like
\$1.50
toward your
groceries

SAVE 72¢
3.47

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



SAVE \$3.92
11.97

Purex Bathroom
Tissue
12-36 Rolls
Sponge Towels
6-9 Rolls
reg. 13.99-15.49



SAVE \$3.92
4.97

Colgate Sensitive
or Total Advanced
Toothpaste
Selected 73-120 mL
or Toothbrush
Charcoal 1 pk
Irish Spring Body
Wash 591 mL or
Soap 6 pk
Softsoap Body
Wash 591 mL
reg. 5.69-7.99

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

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

GARDEN CENTRE DEALS

2/\$27
or \$13.97 ea

10" Premium
Hanging Baskets



4/\$15
or \$3.97 ea

Flowering Annuals
6 pk



Succulents 3.5" Pot
Assorted Herbs 4" Pot
Assorted Vegetables 4" Pot

4/\$12
or \$3.47 ea



2/\$9
or \$4.97 ea

Assorted Premium Annuals
4.3" Pot



17/47

11" Strawberry
Hanging Baskets



◆ FLAVOURS OF ◆
**CINCO
 DE
 MAYO**



SAVE 82¢
847

Maseca
 Corn Flour
 2 kg
 reg 9.29



Corona
 Sunbrew 0% Non-Alcoholic Beer
 6x330 mL
 reg 12.99

SAVE \$2.02
1097



Jarritos
 Soft Drinks
 370 mL
 reg 1.99

+100 PTS
 when you buy 6
 That's like
 \$1
 toward your
 groceries

SAVE 52¢
147



Chata Chilorio
 Shredded Seasoned
 Pork Meat
 250 g reg 7.77

SAVE \$1.30
647



Chata Refried
 Pinto Beans 430 g
 reg 3.27

297



P.A.N.
 Corn Flour 1 kg
 reg 3.79

347



Cholula
 Hot Sauce
 150 mL
 reg 5.97

SAVE \$1
497



La Costeña Salsa or
 Sauces 455 mL
 reg 4.49

SAVE \$1.12
347



La Costeña Refried
 Beans or Peppers
 186-546 mL
 reg 3.17-3.49

SAVE \$1.52
297



Tajin Chamoy
 Chili Sauce
 455 mL
 reg 7.49

SAVE 52¢
697



Tajin Habanero
 Seasoning 45 g
 reg 6.29

SAVE \$1.12
497



Tajin
 Chili Powder
 142 g
 reg 6.29

597



La Costeña
 Green Tomatoes
 820 mL
 reg 5.49

SAVE 52¢
497

TACO NIGHT DEALS

\$6

Fresh Lean Ground Beef Tube 454 g



247
/lb

Green Sweet Bell Peppers
Product of USA or Mexico
5.45/kg



60¢
ea

Limes
Product of Mexico



Cilantro
Product of Mexico or USA

97¢



75 PTS
when you buy 2
SAVE 52¢
347

Casa Bonita Corn Tortillas 450 g
reg. 3.99



SAVE 50¢
4.99

Compliments Shredded Cheese
226-320 g
reg. 5.49



227

Compliments Sour Cream
Product
500 mL



100 PTS
when you buy 2
SAVE \$1.92
3.97

Old El Paso Taco Kit 250-510 g
reg. 4.99



100 PTS
when you buy 4
\$2

Aylmer Accents
540 mL
reg. 2.49



100 PTS
when you buy 4
SAVE 52¢
1.97

Hunt's Tomato Sauce
680 mL
reg. 2.49



100 PTS
when you buy 2
SAVE 52¢
4.47

Old El Paso Salsa
650 mL reg. 4.99

ORTHODOX EASTER DEALS

New Zealand Spring Lamb Short Cut Lamb Leg Frozen 12.96/kg reg 7.99/lb

SAVE \$2.11/lb
5.88
/lb



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

SAVE UP TO 72¢
2.47



97¢
/lb

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



1.47



Parsley or Italian Parsley Product of USA or Mexico



14.99
Baltic Herring Fillets Frozen 1 kg



SAVE 72¢
1.77
S&F Cream Crackers 200 g reg 2.49



SAVE \$3.82
3.47
Oliya Virgin Sunflower Oil 1 L reg 6.99



SAVE \$5.92
9.97
Red Gold Steelhead Salmon Caviar 100 g reg 14.99



SAVE \$1.50
2.97
Finn Crisp Thin Crispbread 175-200 g reg 4.47



SAVE \$1.50
4.47
Kühne Barrel or Sauerkraut with Wine 720-796 mL or Salata Seasoned Vinegar 750 mL Selected reg 4.79-5.97



SAVE \$4
6.97
Kühne Barrel Dill Pickles 1 L reg 10.97



SAVE \$1.92
7.97
Diana Marinated Artichoke Hearts 1 L reg 8.99



SAVE \$1.92
4.97
Bechtle Noodles 350-500 g reg 5.77-6.49



SAVE 52¢
3.97
Palirria Dolmas 400 g reg 4.49



SAVE 52¢
2.47
Borjomi Carbonated Natural Mineral Water 500 mL reg 2.99



SAVE \$1.92
3.47
Lovaré Tea 30 g reg 4.49



97¢
Roshen Wafers Thins 55 g reg 1.29



SAVE \$1.92
3.97
Roshen Shooters Chocolates 150 g reg 4.99



SAVE 82¢
4.47
Wonder Berry Jam 375 mL reg 5.29



SAVE \$1.92
7.97
7 Days Bake It Filo Rollini 1 kg reg 8.99

We all deserve
compliments

We all
deserve
cool treats



SAVE 82¢
4.97

Compliments
Ice Cream 1.5 L
reg 5.79

4.47

Compliments
Fudge Ice Milk Bars
12 pk reg 4.79



Compliments
Frozen Yogurt
1.5 L
reg 6.29

SAVE 82¢
5.47



Compliments
Ice Cream
Sandwiches
12 pk reg 6.29

SAVE 52¢
5.77



3.77

Compliments
Ice Cream Cones
4 pk reg 4.19



SAVE 52¢
4.97

Compliments
Twin Ice Pops 24 pk
reg 5.49



4.47

Compliments
Ice Cream Bars
12 pk reg 4.79



SAVE 52¢
4.27

Compliments
Fruit Bars 75 mL
reg 4.79

HAPPY DRAGON BOAT FESTIVAL

Mann's
Sugar Snap Peas
680 g
Product of USA

888



98¢
/lb

Flat Cabbage
Product of China
2.16/kg



198
/lb

Baby Bok Choy or
Shanghai Bok Choy
Product of Mexico or USA
4.37/kg



SAVE \$1
\$9

Compliments
Sea Salt & Cracked
Black Pepper
Pork Belly 500 g
reg. 10.00



SAVE \$1.27
597

Eight Treasures
Head-On, Shell-On
Raw Shrimp
Frozen 400 g
reg. 6.99



SAVE \$1.91
1297
/lb

Angus Beef Inside
Round Stir Fry
Cut from Canada AA
or Higher 28.59/kg
reg. 14.49/lb



SAVE \$10.99
2688

Eight Treasures
Thai Jasmine Rice 18.1 kg
reg. 36.97



498

Eight Treasures
Jasmine Rice 2 kg
reg. 5.47



188

Eight Treasures Rice
Noodles 400-454 g
Selected Varieties
reg. 2.27



SAVE 69¢
228

Eight Treasures
Sweetened Condensed Milk
300 mL reg. 2.97



SAVE \$1.19
288

Eight Treasures
Sesame Oil
185 mL
reg. 3.97



SAVE 69¢
98¢

Eight Treasures
Coconut Milk
400 mL
reg. 1.67



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.

HAPPY DRAGON BOAT FESTIVAL



SAVE \$1.99
6.98

Kim Phat Vegetable Spring Roll 1 kg reg 8.97

Kim Phat 3-Minute Instant Noodles 454 g reg 3.27

SAVE 99¢
2.28



SAVE 99¢
2.48



Kim Phat Pad Thai Noodles or Vermicelli 400 g reg 3.47

SAVE \$1.09
1.88



Kim Phat Instant Noodles 120 g Selected Varieties reg 2.97



SAVE 69¢
2.28

Kim Phat Coconut Milk 18% 400 mL reg 2.97



SAVE 59¢
1.88

Kim Phat Coconut Milk Light 6% 400 mL reg 2.47



SAVE 99¢
3.48

Kim Phat Udon Noodles 800 g reg 4.47



SAVE \$1.49
3.48

Kim Phat Water Whole or Sliced Hearts of Palm 398 mL reg 4.97



SAVE \$1.49
3.48

Kim Phat Soy Sauce Light or SUSHI Vinegar 298-500 mL reg 4.47-4.97



SAVE \$1.99
3.88

Kim Phat Rice Paper 22 cm 400 g reg 5.47



SAVE \$1.99
3.88

Kim Phat Sauces 298-500 mL Selected Varieties reg 4.97-5.47



SAVE \$1.99
4.88

Kim Phat Sesame Oil Roasted 163 mL reg 5.97



1.88

Kim Phat Preserves Shitake 284 g reg 2.27



SAVE 69¢
1.28

Kim Phat Water Chestnuts Whole or Sliced 227 g reg 1.97



SAVE \$1.99
2.88

Kim Phat Sambal Oelek Sauce 250 g reg 3.97





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

\$2⁹⁷

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



**TWIST
LICK
DUNK**



CHRISTIE Mini Cookies
Selected Varieties, 150-225g
\$3.27 ea



\$2⁴⁷
ea when you
buy 2 or more

