

CHALO!

FRESH CO

VARIETY.
VALUE.
VAH!

ZONE 2



249

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



100 PTS
when you buy 2

That's like
\$1
toward your
groceries

SAVE \$6
999

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



299

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



50 PTS
when you buy 2

SAVE \$1.29
229

Dempster's Hot Dog or
Hamburger Buns 8 pk
White or Whole Wheat Bread 6.75 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 \$1.00
249

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



100 PTS
when you buy 2

SAVE \$2.29
399

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



699

Green Ocean
Wild Argentinian Shrimp
Frozen 300 g
Crevettes



SAVE \$6
599

Cashmere Bathroom Tissue 12x24 Rolls or
Sponge Towels 6 pk
reg 9.99-11.99
Papier hygiénique ou essuie-tout



699

with Scene*
Card
without Scene*
Card
799

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

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*

FCL_WRO3_ONF_POL22

129 ↓

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



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



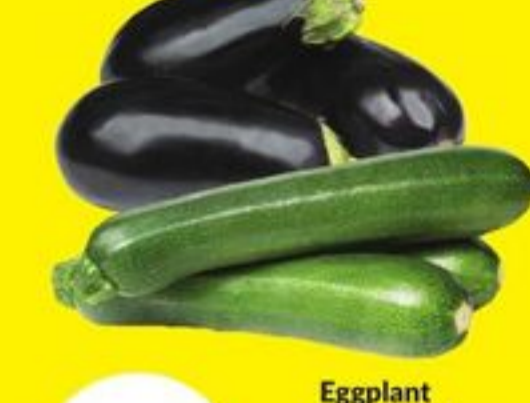
99c ↓

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



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 ↓
/lb

Compliments Lemons 2 lb
Product of South Africa
907 g
Citrons



399 ↓
/lb

Golden Pineapples
Product of Costa Rica
ananas



299 ↓
/lb

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 ↓
/lb

Taylor Farms Chopped Salad Kit
316-377 g
Assorted Preparations 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



449 ↓
/lb

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



11.99 ↓
/lb

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



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

2.99 ↓



8 ↓

Marcangelo Skewers Selected Varieties 200-320 g
Brochettes



7.99 ↓

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



9.49 ↓

Al Safa Halal Beef Burgers Frozen 800 g
Burgers de bœuf



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



4.99 ↓

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



5.49 ↓

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

Scene GET 1000 PTS FOR EVERY \$100 SPENT IN HAPPY HER, HAPPY HIM OR HAPPY CUSTOM GIFT CARDS! 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 \$1.99
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 Thé 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 \$1.99
2/6.50

There's like \$1 toward your groceries

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 Mais à éclater



SAVE \$1.29
4.29

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



SAVE 80¢
2.99

Clover Leaf Solid White Albacore Tuna 170 g Thon

VH Sauce 341-380 mL Sauce



SAVE \$1.22
2.77

Classico Pasta Sauce 218-650 mL Sauce

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



SAVE \$1.99
5.49

There's like \$1 toward your groceries



8.99 with Scene+ Card

9.99 without Scene+ Card

Scotties Facial Tissue 9 pk Mouchoirs



9.100

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. *Add minimum spend on everyday purchases in the first year. Conditions apply. While not a financial card. Offer subject to change. Offer effective Mar 7, June 30, 2024.

CHALO!

FRESH CO



99¢
/lb

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



149
/lb

Ginger Root
Product of China
3.28/kg
Rhizome de gingembre



SAVE \$1.30
3.99

Santosh Naan 10 pk
Pain naan



SAVE \$2
4.49

Aman's Lentils
1.8 kg
Selected Varieties
reg 6.49
Lentilles

WEEKLY!

VAH!



SAVE 50¢
2.99

Crispy Para 360 g
Collation

Scene+
MEMBER
PRICING

Kohinoor Silver Extra Fine Basmati Rice
4.54 kg
reg 15.99
Riz

12.99
with Scene+ Card
14.99
without Scene+ Card



YOUR SOUTH ASIAN SPECIALTY MARKET - AND MORE! MAY 16-22

1.99

Methi Leaf Bunch
Product of Mexico
or USA
Methi



1.29

Garlic 5 pk
Product of China
Ail



5 pack

1.49
/lb

Long Squash
Product of Honduras
3.28/kg
Courge



WE'RE SERVING UP SOUTH ASIAN FLAVOURS GALORE!

SAVE \$1
7.99

Compliments
Pacific White Raw
Shrimp Frozen 340 g
Crevettes



1.99

Bunch Spinach
Product of USA
Épinards



5/\$2

Limes
Product of Mexico
Limes



SAVE \$1.01
3.99

Butcher's Selection
Stampede Hotdog 900 g
Harvest Creek Halal
Chicken Wieners 900 g
Saucisse fumée, saucisses fumées
au poulet



SAVE \$2
\$11

Marcangelo
Souvlaki Chicken
Breast Kabobs
480 g
Brochettes de poitrine
de poulet



50 PTS
when you buy 1

SAVE 50¢
349

Bestropics
Coconut Water
1 L reg 3.99
Eau de coco



SAVE \$1
4.99

Mother's Magic
Burgers 320-400 g
Selected Varieties
reg 5.99
Burgers



39¢

Maggi Masala
Noodles 70 g
reg 49¢
Nouilles



ALL OF YOUR SOUTH ASIAN SPECIALTY NEEDS!



SAVE 50¢
249

Rubicon Classic
Juice 1 L
Selected Varieties
reg 2.99
Jus



SAVE 50¢
179

Jabsons Peanuts
140-160 g
Selected Varieties
reg 2.29
Arachides



SAVE 50¢
229

Handi Himalayan
Pink Salt Powder
1 kg
reg 2.79
Sel



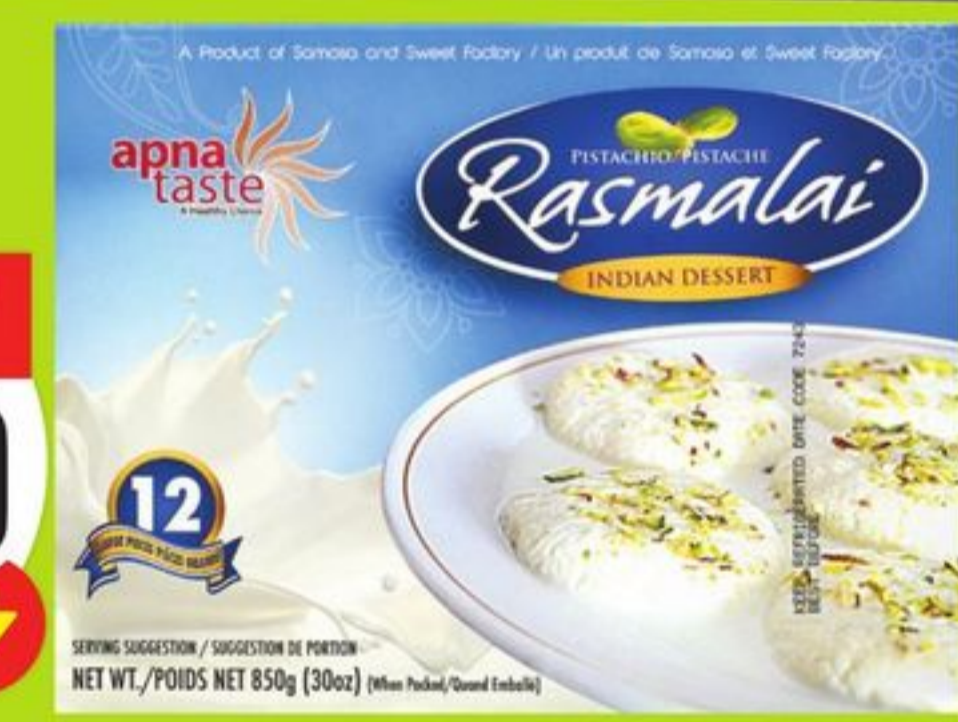
SAVE 50¢
699

Brar's Makhani
250 g reg 7.49
Dessert indien



2/\$6

Lay's India Chips 165 g
Selected Varieties
reg 3.49
Dessert indien



SAVE \$1.80
899

Apna Taste Rasmalai 850 g
Selected Varieties reg 10.79
Croustilles

Scene+
MEMBER
PRICING

799
with
Scene+
Card

899
without
Scene+
Card

Deep Tandoori or
Garlic Naan Family
Pack 898 g-1.179 kg
reg 9.99
Pain indien



50 PTS
when you buy 1

SAVE \$1
349

Aman's Cookies 350 g
Selected Varieties reg 4.49
Biscuits



50 PTS
when you buy 2

SAVE 50¢

4.99

Grace Corned Beef 340 g
Selected Varieties
reg 5.49
Bœuf salé



50 PTS
when you buy 2

4.49

Grace 100%
Pure Coconut
Water 1 L
reg 4.79
Eau de coco



50 PTS
when you buy 2

99¢

Grace Coconut
Water No Pulp
No Sugar Added
310 mL reg 1.29
Eau de coco



SAVE 50¢

3.29

Nutriment Vanilla
Energy Drink 355 mL
reg 3.79
Boisson



79¢

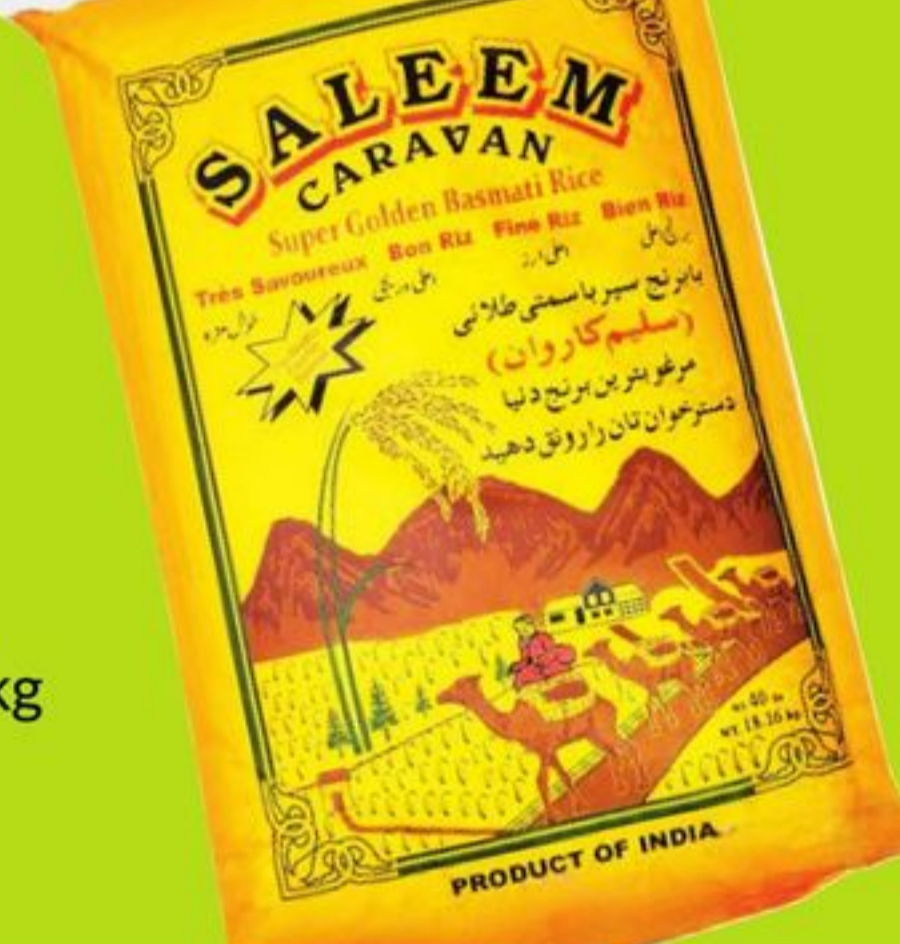
Grace Soup Mix
42-60 g
Selected Varieties
reg 99¢
Mélange à soupe



SAVE \$2

12.99

Saleem Caravan
Basmati Rice 4.54 kg
Selected Varieties
reg 14.99
Riz



SAVE \$1.50

4.99

Maggi Chicken
Cubes 21 g 24 pk
reg 6.49
Cubes de poulet



SAVE \$1.50

8.49

Marmarabirlik
2XS Black Olives 800 g
reg 9.99
Olives



AL MARWA
Al Marwa specializes in fresh
halal meat, including delicious
marinated and cooked meats.
See in-store for specials.



AMAN MEAT SHOP
See in-store for specials.

ALL OF YOUR SOUTH ASIAN SPECIALTY NEEDS!

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

100 PTS when you buy 2 toward your groceries

That's like \$1

6⁹⁹

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

SAVE 50¢

10⁴⁹

Häagen-Dazs Ice Cream 6 pk reg 10.99 Crème glacée

Scene+ MEMBER PRICING

5⁸⁸ with Scene+ Card

6⁹⁹ without Scene+ Card

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

100 PTS when you buy 2 toward your groceries

That's like \$1

SAVE 50¢

4⁹⁹

Chapman's Lolly 28x50 mL reg 5.49 Succettes glacées

compliments FUDGE ICE MILK BARS 12 pk reg 5.29

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 toward your groceries

That's like \$1

SAVE \$1

3⁹⁹

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

compliments ICE CREAM SANDWICHES 12 x 118 mL (1.33 L)

SAVE 50¢

5⁷⁹

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

compliments ICE CREAM CONES 4 pk reg 4.19

3⁷⁹

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

compliments ICE CREAM 1.5 L reg 5.79

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 18TH

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

4 Bar / Barres Full Size (Peanut Standard)

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

SAVE \$1.99

3⁹⁹

Hershey's THINS-MINCES Milk + Peanut 200 g Friandises

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

SUNCARE BLITZ



10⁹⁹

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

15⁷⁹

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



13²⁹

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



5⁹⁹

Compliments After Sun Gel 473 mL Soins après-soleil



11⁹⁹

Huggies Little Swimmers 10-12 pk Couches de bain

8⁹⁹

Compliments Sunscreen Selected 177-222 mL Ecran solaire



9⁹⁹

Raid Insect Killer Selected 350-400 g Insecticide

5⁹⁹

OFF! Mosquito Coils 8 pk Chasse-moustique



11⁴⁹

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

10⁹⁹

Piactive 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

Get 25 GB for \$29/mo.

Plus, earn 2,000
Scene+™ points.¹

That's like
\$20
toward your
groceries



lucky
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 for details.

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.



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.

^{*}Visa 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.



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 16th
Victoria Day long weekend