

FRESH CO

Lowering food prices



SAVE \$4
\$10

Boneless Skinless
Chicken Breasts
4 Pieces
reg 14.00



347

Blueberries Pint
Product of
Mexico or USA
No. 1 Grade



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

SAVE \$2.54
797

Compliments
Smoked Sausages 900 g
reg 10.47



SAVE \$2.83
444

Armstrong
Cheese Bars 400 g
Armstrong
Shreds 320 g
reg 6.77-7.27



BUY MORE SAVE MORE
50¢

OR BUY 1 67¢
Sweet Corn
Product of USA
No. 1 Grade



SAVE \$1.19
97¢

Lucerne Chocolate Milk 750 mL
Neilson Milkshakes 310 mL
reg 2.57



SAVE \$3.92
597

Sorbelicious Sorbet Bars 8 pk
reg 8.99



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

\$13

10" Premium
Hanging Baskets

Scene+ MEMBER PRICING
Swipe your Scene+ Card and Save

897 with Scene+ Card	997 without Scene+ Card	247 with Scene+ Card	347 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	Doritos 210-280 g	Ruffles 180-200 g

HAPPY MOTHER'S DAY!



Flyer in effect
May 2024
Prices in Effect in
Western Canada

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

100 PTS when you buy 2

That's like \$1 toward your groceries

397

Raspberries or Blackberries 1.70 g Product of USA or Mexico



PRODUCT OF CANADA

197 /lb

Tomatoes on the Vine Product of Canada 4.34/kg



197 /lb Pink Lady Apples Product of USA Extra Fancy Grade 4.34/kg



177 /lb Navel Oranges Product of USA 3.90/kg



197 /lb Green Zucchini or Eggplant Product of Mexico or USA 4.34/kg



247 Celery Product of Mexico or USA No. 1 Grade



497 Compliments Lemons 2 lb Product of Spain or South Africa 907 g



447 Cantaloupe Product of USA or Mexico No. 1 Grade



497 Sweet Bell Peppers 4 pk Product of Canada or Mexico



497 Taylor Farms Chopped Salad Kit 267-377 g

WEEKLY DEALS EVERYDAY LOW PRICES

Look for these symbols while you shop.



50 PTS when you buy 1
1599 /lb

Value Pack Fresh Atlantic Salmon Fillets 35.25/kg



SAVE \$1.92
397

Butcher's Selection Stampede Hotdog 900 g Harvest Creek Halal Chicken Wieners 900 g reg 5.00



SAVE \$2.92
597

Maple Leaf Bacon or Ready Crisp Bacon 65-375 g Breakfast Sausages 300 g reg 6.99-8.49



100 PTS when you buy 2
That's like \$1 toward your groceries
BUY MORE SAVE MORE
BUY 2 OR MORE
997 ea

OR BUY 1 \$10.99
Grimm's Pepperoni 600 g



100 PTS when you buy 4
That's like \$1 toward your groceries
SAVE \$1.92
197

Maple Lodge Farms or Zabihah Halal Chicken Bologna or Wieners 375-450 g reg 3.49



SAVE \$2
\$11

Marcangelo Souvlaki Chicken Breast or Pork Kabobs 480-640 g reg 13.00



SAVE \$5.44
1299

Pinty's Eatwell Chicken Breast Fillets or Chicken Wings 750-790 g reg 12.99-16.99



100 PTS when you buy 2
That's like \$1 toward your groceries
1899

Best Buy Beef Burgers Frozen 2.27 kg



SAVE \$2.92
297

Villaggio Bread 510-540 g or Buns 6-8 pk Dempster's English Muffins 6 pk Compliments Bagels 6 pk reg 3.59-3.89



100 PTS when you buy 1
That's like \$1 toward your groceries
SAVE \$1.92
697

Wonderbrands Lemon Meringue Pie 635 g reg 7.99



50 PTS when you buy 1
SAVE \$5.92
347

Fontaine Santé Dips or Hummus 227-260 g Babybel 6 pk reg 4.49-4.99



SAVE \$1.92
497

Main Street Deli Sliced Meat 200-300 g reg 5.99

SPEND \$100 IN BOSTON PIZZA OR UBER GIFT CARDS

AND GET A BONUS \$10

GET CARD FRESHCO GIFT CARD

Offer valid during May 8 - 15, 2024. Sorry no rainchecks or price matching. Offer valid only on over \$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
That's like \$1 toward your groceries

SAVE \$1.22

4.27

Coca-Cola Soft Drinks
6x710 mL
reg 5.49

SAVE \$1.02

5.97

Bubly 12x355 mL
Montellier 10x355 mL
reg 6.99



SAVE \$2
3.97

Simply Lemonade
1.54 L
reg 5.97



SAVE \$1
2.97

Liberté Greek Yogurt 4 pk
Liberté Méditerranée Yogurt 500 g
reg 3.97



SAVE \$2
6.97

Becel Margarine 637-850 g
reg 8.97



SAVE \$2.52
5.47

General Mills Cereal Selected
475-778 g
reg 7.99



SAVE \$4.82
19.97

McCafé Coffee K-Cup Pods
30 pk
Tim Hortons Ground Coffee
875-930 g or K-Cups 30 pk
reg 23.99



SAVE 82¢
3.97

Mott's Clamato 1.89 L
reg 4.79



BUY 2 OR MORE
2.97

OR BUY 1 \$3.47
Jell-O Desserts 6 pk
Save 80¢



SAVE \$2.52
3.47

Quaker Cereal 350-500 g
reg 4.99-5.99

Love it or it's free*
Great products, incredible value, every day

1000 pts = \$10 in FREE groceries

Reduced pricing for Scene+ members

SAVE UP TO \$1.32

2.47

Kellogg's Cheez-It Crackers 191-200 g
Pringles Super Stacks 148-156 g
reg 3.49-3.79



Bick's Pickles 1 L
reg 5.49-5.79

SAVE UP TO \$1.02
4.77



SAVE 72¢
1.97

Kraft BBQ Sauce 455 mL
reg 2.69



SAVE \$5.92
3.97

Christie Family Crackers Selected Varieties 345-350 g
Christie Premium Plus 450 g
reg 4.49-4.99



SAVE \$1.92
7.97

Frito-Lay Variety Pack 16 pk
reg 9.29



SAVE \$1.92
2.97

Takis 190-280 g
reg 4.29



SAVE \$1.92
3.97

Old El Paso Taco Kits 250-510 g
reg 4.99



SAVE 50¢
3.97

Nestlé Chocolate Multipacks 164-200 g or Pouches 135-203 g
Selected Varieties
reg 4.47



SAVE \$1.92
12.97

Boost High Protein or Plus 6 pk
reg 14.79



SAVE \$2.92
3.97

Pine-Sol 1.41 L
Clorox Liquid Bleach 2.4 L
reg 5.99



SAVE \$5.92
13.97

Tide Liquid 2.48 L
Tide Pods 25-42 un or Gain Flings! 890 g
reg 14.79-18.99

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 over time. Offer subject to change. Offer effective 1/1/2024 to 12/31/2024.

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

21⁹⁷

Orchids
5" Deco Plastic Pot



3⁹⁷

Mini Roses
4" Pot



11⁹⁷

Multi Bloom
Hydrangeas
6" Pot



4/\$12

or \$3.47 ea
Assorted Vegetables
4" Pot

16⁹⁷

12" Annual
Bowls



4/\$15

or \$3.97 ea
Flowering Annuals
6 pk

2/\$9

or \$4.97 ea
Assorted
Premium
Annuals
4.3" Pot

16⁹⁷

50 cm Dozen
Long Stem Roses



14⁹⁷

Large Mother's Day
Mixed Bouquet



10⁹⁷

Mother's Day
Mixed Bouquet

DISCOVER NEW

CREATED BY
Maison Perrier
FRANCE

Maison Perrier
Sparkling Water
6x500 mL

200 PTS
when you buy 2

That's like
\$2
toward your
groceries

747



Maison Perrier
Sparkling Water
8x330 mL

200 PTS
when you buy 2

That's like
\$2
toward your
groceries

697



NEW
FLAVOUR

188



Maison Perrier
Sparkling Water
1 L



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

SWEET DEALS

SAVE \$1
997

Mr. Freeze
Jumbo Pops
27 pk
reg 10.97



SAVE \$1
597

Compliments
S'mores Kit
500 g reg 6.97



SAVE \$1
997

Hershey's
S'mores Kit
578-651 g
reg 10.97



SAVE \$1
897

Nestlé Aero
S'mores Kit 515 g
reg 9.97



127

Kisko Freezies Bag
18 pk



SAVE 50¢
647

Compliments
Marshmallows
700 g reg 6.97



SAVE \$1
897

Compliments Candy
Selected 800 g reg 9.97



247

Dare Marshmallows
Selected 170 g



SAVE 80¢
247

Kisko Fruit Freezies
480 mL reg 3.27



147

Icee Juice 177 mL



177

Imperial Cotton Candy
60 g



85¢

Panda Licorice 32 g



SAVE 50¢
497

Mr. Freeze Pops
80x20 mL reg 5.47

HAPPY DRAGON BOAT FESTIVAL



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

SAVE \$2.09
4.88

Kikkoman Teriyaki or Soy Sauce 591 mL
reg 6.97



SAVE \$2.09
3.88

Siwin Dumplings 454-500 g
Selected Varieties
reg 5.97



SAVE \$3.09
4.88

SkyFlakes Saltine Crackers 800 g
reg 7.97



SAVE \$1.09
2.88

Indomie Instant Noodles 425 g
Selected Varieties
reg 3.97



SAVE 97¢
2/\$5

Lay's Chips Chicken & Tomato, Cucumber or Honey Butter 165 g
Selected Varieties
reg 3.47



20 PTS when you buy 1
98¢

Mr. Brown Canned Coffee 240 mL
Selected Varieties
reg 1.27



20 PTS when you buy 1
SAVE 79¢
98¢

CJO O'Food Seaweed Snacks 15 g
Selected Varieties
reg 1.77



SAVE \$1.19
5.48

Mini Crush Fruit Jelly Jars 1.4 kg
reg 6.97



SAVE 99¢
1.48

Suntory 0% Sugar Oolong Tea 500 mL
reg 2.47



SAVE 79¢
1.98

Erawan Rice Sticks 454 g
Selected Varieties
reg 2.77



SAVE \$1.99
4.88

ETE Ice Bars 4x65-75 g
Selected Varieties
reg 6.47



20 PTS when you buy 1
SAVE 77¢
2/\$5

Haital Honey Butter Chip 60 g
reg 3.27



SAVE 97¢
2/\$5

Wai Wai Vermicelli Rice 500 g
reg 3.47

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY.

HAPPY DRAGON BOAT FESTIVAL



SAVE \$1.92/lb
12.97
/lb

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



SAVE \$1
\$9

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



SAVE \$1.02
5.97

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



98¢
/lb

Flat Cabbage
Product of China
2.16/kg



888

Mann's Sugar Snap
Peas 680 g
Product of USA



1.98
/lb

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



50 PTS
when you buy 1

5.48

Häagen-Dazs or Confectionery
Ice Cream 400-450 mL or
Novelties 3-4 pk



SAVE \$2.11
8.88

Carole's
Japanese Style
Cheesecake 500 g
reg 10.99



SAVE \$2.09
3.88

Hormel Foods Spam 340 g
reg 5.47-5.97



SAVE \$3.09
7.88

Maggi Liquid
Seasoning
800 mL
reg 10.97



SAVE \$2.59
4.88

Huy Fong
Sriracha
Hot Chili Sauce
740 mL
reg 7.47



SAVE \$2.09
5.88

Kewpie
Japanese
Mayonnaise
450 g
reg 7.97



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY.

HOUSEHOLD SAVINGS



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

SAVE \$1.72
6.97

Purex Laundry Detergent 2.03 L
Purex Ultra Baby Soft 1.47 L
reg 8.69



50 PTS when you buy 1

SAVE \$4.02
8.97

Palmolive Dish Soap 4.27 L
reg 12.99



Tide Pods 63-112 pk
reg 32.99

SAVE \$3.02
29.97



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

SAVE \$5.52
6.47

Swiffer Wet Cloth 10-12 pk.
Cleaner Solutions 1.25 L or
Power Mop Wet Jet
reg 7.29-7.99



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

SAVE \$2.52
3.97

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



SAVE \$3.02
11.97

Downy Fabric Softener 2.63 L
reg 14.99



SAVE \$2.02
4.97

Bounce Dryer Sheets 40-80 pk
Downy Unstopables 141 g
WHILE SUPPLIES LAST



We all deserve compliments
We all deserve savings



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

SAVE \$2.02
5.97

Compliments Facial Tissues 6 pk
reg 7.99



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

SAVE \$1.02
5.97

Compliments Bathroom Tissue 12-24 Rolls
reg 6.99



SAVE \$1.02
3.97

Compliments Disinfecting Wipes 75 pk
reg 4.99



SAVE \$3.52
2.47

Compliments Freezer Bags 40 pk,
Foil Wraps 50 ft or
Parchment Paper 35 ft
reg 3.29-5.49



SAVE \$5.52
1.97

Compliments Dish Soap 828 mL or
Glass Cleaner 950 mL
reg 1.99-2.49



SAVE \$2.52
2.97

Compliments Bleach 2.4 L or
Multi-Surface Cleaner 1.41 L
reg 3.49



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

\$2.97

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



TWIST
LICK
DUNK

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



\$2.47

ea when you
buy 2 or more



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!



\$4.77 McCain Value Size
Regular Fries 1.5kg



Extra Fun, Extra Delicious,
EXTRA VALUE!



DISCOVER NEW

CREATED BY

**Maison
perrier**
FRANCE

\$XXX

MAISON PERRIER™
6 x 500 mL, assorted
varieties



\$XXX

MAISON PERRIER™
8 x 330 mL, assorted
varieties



NEW
FLAVOUR

\$XXX

MAISON PERRIER™
1 L, assorted
varieties



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