

FRESH CO

Lowering food prices



2.99
/lb

Pork Back Ribs
Frozen Cryovac 6.59/kg
WHILE SUPPLIES LAST
Côtes de porc



SAVE \$1.50
2.99

Lean Ground Chicken
454 g reg 4.49
Poulet haché maigre



SAVE \$2
3.99

Johnsonville Breakfast or Dinner Sausages
250-500 g
Compliments Marinated Pork Chops or Kabobs
250-300 g
reg. 5.00-5.99
Saucisses à déjeuner ou à dîner, côtelettes ou brochettes de porc



1.99
/lb

Red, Yellow or Orange Sweet Bell Peppers
Product of Ontario 4.39/kg
Poivrons doux



2.44

Strawberries 454 g
Product of USA or Mexico
No. 1 Grade
Fraises



SAVE \$1.00
1.99

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



SAVE \$2
2.99

Hereford Corned Beef
340 g reg 4.99
Bœuf salé



SAVE \$5
7.99

Tide Simply 3.1 L
Gain Liquid Detergent 2.6 L
340 g reg 12.99
Détergent à lessive



2.99
with Scene+ Card
3.99 without Scene+ Card

Pepsi Soft Drinks
6x710 mL
Boissons gazeuses



SAVE \$3.91
5.98

Dan-D Pak Cashews
Salted or Unsalted 454 g
reg. 8.99
Noix de cajou

GET UP TO 2,500 PTS That's like \$25 toward your groceries

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 booked, eligible \$50+ transactions must occur on 4 separate days. 1,000 points = \$10 of free groceries.

DOWNLOAD THE FRESHCO APP

Now AVAILABLE AT FRESH CO



100% WILD CAUGHT

LEARN MORE

149
/lb

Seedless Oranges
Product of Egypt
3.28/kg
Oranges sans pépins



199
/lb

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



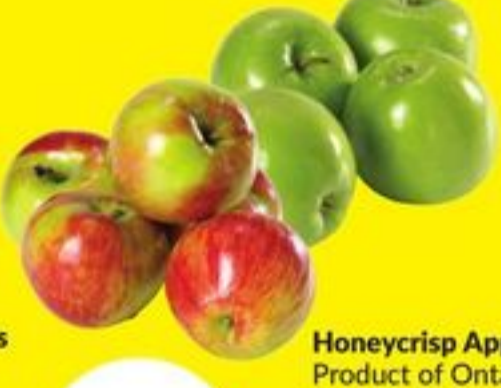
399
/lb

Red or Black
Seedless Grapes
Product of Chile
No. 1 Grade
8.80/kg
Raisins sans pépins



199
/lb

Bartlett Pears
Product of Argentina
Extra Fancy
Forelle Pears
Product of South Africa
Extra Fancy
4.39/kg
Pêches



169
/lb

Honeycrisp Apples
Product of Ontario
Canada Extra Fancy
Granny Smith
Apples
Product of USA
Extra Fancy Grade
3.73/kg
Pommes



399
/lb

Compliments
Lemons 2 lb
Product of Spain 907 g
Citrons



399
/lb

Golden Pineapples
Product of Costa Rica
Atemoya
Product of Brazil
Ananas, atemoya



299
/lb

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



249
/lb

Compliments
Whole White
or Brown
Mushrooms
227 g
Product of Ontario
Champignons



399
/lb

Compliments
Baby Arugula,
Spinach or
Spring Mix 142 g
Fresh Attitude
Baby Kale
Blend 142 g
Good Leaf Micro
Greens 50 g
Jeune roquette, jeunes
épinards ou mélange
printanier, mélange
de bébé chou frisé ou
microgreens

WEEKLY DEALS EVERYDAY LOW PRICES

Look for these symbols while you shop.

1499
/lb

ANGUS BEEF
CANADIAN BEEF
PREFERRED
ANGUS

Angus Beef
Striploin Steak
Cut from Canada AA
or Higher
33.05/kg
Bifeck de contre-filet

Compliments
More 50
points when you buy 1

1399
/lb

SAVE \$2

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

Compliments
More 100
points when you buy 2

599
/lb

That's like
\$1
toward your
groceries

Compliments Naturally
Smoked Bacon 375 g
Bacon

SAVE \$1/lb

1099
/lb

Fresh
Tilapia Fillets
24.23/kg
Filets de tilapia

SAVE \$1

\$11
/lb

Marcangelo
Breakfast Sausages
Frozen 1.2 kg
Souvlaki 480 g
Bacon Wrapped
Beef Sirloin or
Chicken 340-452 g
Saucisses à déjeuner,
souvlaki, surcharge de
boeuf ou poulet enrobé
de bacon

SAVE \$5 \$6

999
/lb

Schneiders
Smokies or
Red Hots 900 g
Maple Leaf
Prime Raised
Without
Antibiotics
Breaded Chicken
Frozen 560-581 g
Saucisses fumées,
poulet pané

799
/lb

Raw Breaded
Pollock Fillets
Frozen 1 kg
Filets de goberge

MEMBER
249

299

Dempster's Bagels 5-6 pk
Whole Grain Bread
450-600 g
Yachon Snack Cakes
252-336 g
Pain de grains entiers, bagels,
petits gâteau

SAVE \$3.99

329
/lb

Dempster's
Signature Buns
6-8 pk
Pains

100 PTS
when you buy 2

399
/lb

Mastro Salami
125-150 g
Salami

That's like
\$1
toward your
groceries

SAVE \$2

599
/lb

Tre Stelle
Mozzarella Ball
340 g
Castello
Cheddar 200 g
Fromage

Scene GET 1000 PTS FOR EVERY \$100 SPENT IN 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 size gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

150 PTS
when you buy 2

That's like
\$150
toward your
groceries

SAVE UP TO \$150

5.49



Coca-Cola Soft Drinks
Mini Bottles 8x300 mL
AHA Sparkling Water
12x355 mL
Boissons gazeuses, eau

SAVE UP TO \$274

6.25



Nestea
Iced Tea 12x341 mL



SAVE 80¢
4.99

Becel Bricks
454 g
Briques



SAVE \$2
8.99

Armstrong
Cheese Bars
600 g
Barres



BUY 2 OR MORE
2.99

OR BUY 1 \$3.49
Jell-O Desserts
6 pk
Save 80¢
Desserts



SAVE \$1.20
4.79

Astro Original
Yogourt 12 pk
Olympic
Yogourt 650 g
Yogourt



SAVE \$2.30
5.49

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



SAVE \$1
2.99

Allen's Apple
Juice 1.89 L
SunRype Juice
1.36 L
Jus



SAVE \$1.00
4.99

Heinz Ketchup
750 mL-1 L
Kraft Miracle
Whip
650-890 mL
Ketchup
mayonnaise



BUY 2 OR MORE
2.99

OR BUY 1 \$3.77
Kraft Dressing
425-475 mL
Diana Sauce
500 mL or
Bull's-Eye BBQ
Sauce 425 mL
Save up to 62¢
Vinaigrette, sauces



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



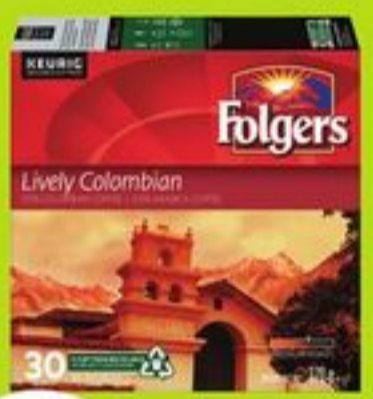
BEST BUY
EVERYDAY
Great products,
incredible value,
every day



Scene
1000 pts = \$10
in FREE
groceries



Scene
MEMBER
PRICING
Reduced
pricing for
Scene
members



SAVE \$5
14.99

Folgers K-Cups
30 pk
Capsules



SAVE \$4
19.99

Starbucks
Roast & Ground
Coffee 793 g
Whole Bean
Coffee 907 g
K-Cups 24 pk
Café



SAVE 80¢
2.99

Pepperidge Farm
Goldfish
Crackers
168-227 g
reg. 3.79
Craquelins



SAVE \$1
2.99

Clover Leaf
Pink Salmon
150-213 g
Selected
Salmon



3.99

Classico
Pasta Sauce
218-650 mL
Sauce



SAVE \$3
5.99

Red Rose
Orange Pekoe
Tea Bags 144 pk
Lipton Green Tea
or Yellow Label
Tea Bags 100 pk
The



That's like
\$150
toward your
groceries

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



That's like
\$1
toward your
groceries

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



That's like
\$150
toward your
groceries

SAVE \$2.00
2.99

Old Dutch
Potato Chips
235 g or
Ridgies 200 g
Old Dutch
Restaurant
Tortilla Chips
275-290 g
reg. 3.49-4.19
Croustilles



That's like
\$150
toward your
groceries

SAVE 70¢
3.49

Old Dutch
Crunch 200 g
Humpty Dumpty
Snacks 250-300 g
reg. 3.49-4.19
Grignolines



SAVE \$3.00
11.99

Cashmere
Bathroom
Tissue
12-36 Rolls
Sponge Towels
6-9 Rolls
reg. 13.99-15.49
Papier hygiénique



SAVE \$3
4.99

Colgate Sensitive
or Total Advanced
Selected 73-120 mL
or Toothbrush
Charcoal 1 pk
Irish Spring
Body Wash 591 mL
or Soap 6 pk 540 g
Softsoap Body
Wash 591 mL
Produits d'hygiène
personnelle

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

3/\$33
or \$12.00 ea

10" Premium
Hanging Baskets
Paniers suspendus de fleurs



3/\$45
or \$15.99 ea

Assorted Mixed Planters
11" Pot
Jardinières



2/\$50
or \$26.99 ea

13" Deluxe Hanging
Baskets
Paniers suspendus de fleurs



2/\$50
or \$26.99 ea

Assorted Mixed
Planters 13" Pot
Jardinières



4/\$10
or \$2.50 ea

Compliments
Black Earth Topsoil
25 L
Terreau de terre noire



4/\$11
or \$3.00 ea

Compliments
Sheep Manure Compost
12.5 kg
Compost de fumier de mouton



4/\$11
or \$3.00 ea

Compliments
Cow Manure
Compost 12.5 kg
Compost de fumier de vache

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

◆ FLAVOURS OF ◆
CINCO DE MAYO



SAVE 80¢
849

Maseca
 Corn Flour
 2 kg
 Farine de maïs



SAVE \$2
10⁹⁹

Corona Sunbrew
 0% Non-Alcoholic
 Beer 6x330 mL
 Bière sans alcool



SAVE UP TO 70¢
2⁹⁹

La Costeña Refried
 Beans or Peppers
 186-546 mL
 Haricots frites ou piments



SAVE 50¢
149

Jarritos Soft
 Drinks 370 mL
 Boissons gazeuses



SAVE \$1.30
649

Chata Chilorio
 Shredded Seasoned
 Pork Meat 250 g
 Porc effiloché assaisonné



2⁹⁹

Chata Refried
 Pinto Beans 430 g
 Haricots frites



349

P.A.N.
 Corn Flour
 1 kg
 Farine de maïs



SAVE \$1
499

Cholula
 Hot Sauce
 150 mL
 Sauce piquante



SAVE 80¢
349

La Costeña
 Salsa or
 Sauces
 455 mL
 Salsa ou sauces



SAVE 50¢
699

Tajin Chamoy
 Chili Sauce
 455 mL
 Sauce piquante



SAVE 50¢
499

Tajin Habanero
 Seasoning 45 g
 Assaisonnement



SAVE 50¢
599

Tajin
 Chili Powder
 142 g
 Poudre de chili



SAVE 50¢
499

La Costeña
 Green
 Tomatoes 820 mL
 Tomates

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

TACO NIGHT DEALS

6⁵⁰

Fresh Lean Ground Beef Tube 454 g
Boeuf



2⁴⁹
/lb

Green Sweet Bell Peppers
Product of USA or Mexico
5.49/kg
Poivrons



99¢

Cilantro
Product of Mexico or USA
Coriandre



5/\$2

Limes
Product of Mexico
Limes

75 PTS
when you buy 2

SAVE 50¢
3⁴⁹

Casa Bonita
Corn Tortillas 450 g
Tortillas



SAVE 50¢
4⁹⁹

Compliments
Shredded Cheese
226-320 g
Fromage



2²⁹

Compliments
Sour Cream Product
500 mL
Crème sure



2⁹⁹

El Popocatepetl
Corn Tortillas 765 g
Tortillas



100 PTS
when you buy 4

\$2

Aylmer Accents
540 mL
Tomates



100 PTS
when you buy 4

1⁹⁹

Hunt's
Tomato Sauce
680 mL
Sauce



100 PTS
when you buy 2

3⁹⁹

Old El Paso
Taco Kits 250-510 g
Trousées



100 PTS
when you buy 2

4⁴⁹

Old El Paso
Salsa
650 mL
Salsa

ORTHODOX EASTER DEALS

New Zealand
Spring Lamb
Short Cut
Lamb Leg
Frozen 15.17/kg
Gigot d'agneau

SAVE \$1¹¹/lb
6⁸⁸
/lb



2⁹⁹

Rapini
Product of USA
Rapini

SAVE \$1²⁰
2⁷⁹

Rudolph's
Multi-Grain
Bread 500 g
Selected Varieties
Pain

S&F Roasted
Peppers 500 mL
Pavotons

SAVE 80¢
5⁹⁹



1⁹⁹
/lb

Eggplant or Zucchini
Product of Mexico
or USA 4.39/kg
Aubergines ou courges



13⁹⁹

Baltic Herring
Fillets Frozen 1 kg
Filets



SAVE \$50¢
1⁷⁹

S&F Cream
Crackers 200 g
Craquelins

SAVE \$3⁹⁹
3⁴⁹

Oliya Virgin
Sunflower Oil
1 L
Huile



SAVE \$5
9⁹⁹

Red Gold
Steelhead
Salmon Caviar
100 g
Caviar



SAVE \$1⁹⁹
2⁹⁹

Finn Crisp
Thin Crispbread
175-200 g
Pain croustillant



SAVE 50¢
4⁴⁹

Kühne Barrel
or Sauerkraut
with Wine
720-796 mL or
Salata Seasoned
Vinegar 750 mL
Selected
Choucroute ou
vinagre

SAVE \$1
6⁹⁹

Kühne Barrel
Dill Pickles 1 L
Cornichons



SAVE \$1
7⁹⁹

Diana
Marinated
Artichokes
Hearts 1 L
Artichauts



SAVE \$1⁹⁹
4⁹⁹

Bechtle
Noodles
350-500 g
Nouilles



SAVE 50¢
3⁹⁹

Palirria Dolmas
400 g
Feuilles de
vigne farcies

SAVE 50¢
2⁴⁹

Borjomi
Carbonated
Natural
Mineral Water
500 mL
Eau



SAVE \$1
3⁴⁹

Lovaré Tea 30 g
Thé



99¢

Roshen Wafers
Sandwich Thins
55 g
Gaufrettes



SAVE \$1
3⁹⁹

Roshen
Chocolate
Shooters 150 g
Chocolats

SAVE 80¢
4⁴⁹

Wonder Berry
Jam 375 mL
Confiture



SAVE 80¢
7⁹⁹

7 Days Bake It
Filo Rollini 1 kg
Pâtisserie

We all deserve
compliments

We all
deserve
cool treats



SAVE 80¢
4.99

Compliments
Ice Cream 1.5 L
reg 5.79
Crème glacée

SAVE 80¢
4.49



Compliments
Fudge Ice Milk Bars
12 pk reg 5.29
Barres

SAVE 80¢
4.49



Compliments
Frozen Yogurt
1.5 L
reg 5.29
Yogourt

SAVE 50¢
5.79



Compliments
Ice Cream Sandwiches
12 pk reg 6.29
Sandwiches glacés

SAVE 50¢
3.79



Compliments
Ice Cream Cones
4 pk reg 4.29
Cônets

SAVE 50¢
4.99



Compliments
Twin Ice Pops 24 pk
reg 5.49
Sucettes glacées

SAVE 80¢
4.49



Compliments
Ice Cream Bars
12 pk reg 5.29
Barres glacées

4.29



Compliments
Fruit Bars 75 mL
reg 4.69
Barres aux fruits

HAPPY DRAGON BOAT FESTIVAL



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



99¢
Green Onions
Product of Mexico
Oignons verts



Garlic 5 pk
Product of China
All

129



199 /lb
Ginger Root
Product of China 4.39/kg
Rhizome de gingembre



99¢ /lb

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



299
Dragon Fruit
Product of Vietnam
Pitaya



SAVE \$1
\$9
Compliments
Sea Salt & Cracked
Black Pepper
Pork Belly 500 g
reg. 10.00
Flanc de porc



SAVE \$1
599
Eight Treasures
Head-On, Shell-On,
Raw Shrimp Frozen
400 g
Crevettes



SAVE \$1
1299 /lb
ANGUS
Angus Beef Inside
Round Sirloin Fry
Cut from Canada AA
or Higher 28.64/kg
Intérieur de ronde de bœuf Angus



SAVE \$4
1288
Eight Treasures
Thai Jasmine Rice 8 kg
Riz



SAVE \$1
398
Eight Treasures
Jasmine Rice 2 kg
Riz



188
Eight Treasures Noodles
400-454 g
Selected Varieties
Nouilles



SAVE 7¢
228
Eight Treasures
Sweetened Condensed Milk
300 mL
Lait condensé sucré



SAVE 6¢
288
Eight Treasures
Sesame Oil
185 mL
Huile de sésame



SAVE 5¢
98¢
Eight Treasures
Coconut Milk
400 mL
Lait de coco



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.

HAPPY DRAGON BOAT FESTIVAL



SAVE \$2.01
6.98

Kim Phat Vegetable Spring Roll 1 kg
Rouleaux de printemps

Kim Phat 3-Minute Instant Noodles 454 g
Nouilles instantanées

SAVE \$1.01
2.28



SAVE \$1.11
2.48



Kim Phat Pad Thai Noodles or Vermicelli 400 g
Nouilles

SAVE \$1.11
1.88



Kim Phat Instant Noodles 120 g Selected Varieties
Nouilles instantanées



SAVE 71¢
2.28

Kim Phat Coconut Milk 18% 400 mL
Lait de coco



SAVE 61¢
1.88

Kim Phat Coconut Milk Light 6% 400 mL
Lait de coco



SAVE \$1.11
3.48

Kim Phat Udon Noodles 800 g
Nouilles



SAVE \$1.11
3.48

Kim Phat Water Whole or Sliced Hearts of Palm 398 mL
Cœurs de palmier



SAVE \$1.11
3.48

Kim Phat Light Soya Sauce or Sushi Vinegar 298-500 mL
Sauce soya ou vinaigre pour sushi



SAVE \$1.11
3.88

Kim Phat Rice Paper 22 cm 400 g
Feuilles de riz



SAVE \$1.11
3.88

Kim Phat Sauces 298-500 mL Selected Varieties
Sauces



SAVE \$1.11
4.48

Kim Phat Roasted Sesame Oil 163 mL
Huile de sésame



1.88

Kim Phat Preserves Shitake 284 g
Champignons



SAVE 71¢
1.28

Kim Phat Water Chestnuts Whole or Sliced 227 g
Châtaignes d'eau



SAVE \$1.11
2.88

Kim Phat Sambal Oelek Sauce 250 g
Sauce



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.



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
FUDGEEO Cookies Selected Varieties
223g-303g

**TWIST
LICK
DUNK**



CHRISTIE Mini Cookies
Selected Varieties, 150-225g
\$3.29 ea



\$2.49

ea when you
buy 2 or more

