

FRESH CO

Flyer in effect September 19-25, 2024
Prices in effect in Ontario, Excludes Thunder Bay

ZONE 1

77
THE BIG EVENT

SAVE \$6²³

977



Mina Halal
Air-Chilled
Whole Chicken,
Drumsticks or Thighs
1.2-1.7 kg
reg. 16.00
Poulet entier, pilons ou
hauts de cuisse

277

Avocados 5 pk
Product of Mexico
Avocats



77¢
/lb



McIntosh or Gala Apples
Product of Ontario
Canada Extra Fancy 1.70/kg
Pommes



Campbell's
Tomato, Alphabet
Vegetable, Chicken
Noodle or Cream
of Mushroom Soup
284 mL reg. 1.59
Limit of 6
After Limit 99¢
Soupe

SAVE 82¢
77¢



Becel Bricks 454 g
reg. 5.79
Bricques

SAVE \$4⁰²
177



Dempster's
English Muffins
6 pk
Compliments
Bagels 6 pk
reg. 2.19-2.99
Muffins anglais, bagels

SAVE \$1²²
177



Maxwell House
Instant Coffee
150 g reg. 5.99
Café instantané

SAVE \$3²²
277



Eskä Natural
Spring Water
24x500 mL
reg. 5.99
Eau de source

SAVE \$3²²
277



Janes Pub Style
Chicken Strips,
Nuggets or Burgers
Frozen 1.1 kg
Ultimates Boneless
Chicken Bites
Frozen 710 g
reg. 13.99-15.99
Lanières, pépites ou burgers de
poulet, bouchées de poulet

SAVE \$6²²
977



877
MEMBER
977
High Liner Pan-Sear
Frozen 500-540 g
Catch of the Day
Fish Fillets Frozen
580-800 g
reg. 12.00-15.99
Poisson



India Gate
Basmati Rice
4.54 kg reg. 16.99
Riz

SAVE \$5²²
1177



Mazola Corn or
Canola Oil 2.84 L
reg. 14.79
Huile de maïs ou de canola

SAVE \$6⁰²
877

LOAD YOUR OFFERS EVERY WEEK TO SEE IF YOU'VE RECEIVED THE
GOLDEN OFFER

EVERY THURSDAY, ONE LUCKY CUSTOMER WILL RECEIVE A GOLDEN OFFER WORTH

THAT'S LIKE
\$10,000
IN FREE
GROCERIES

1,000,000 PTS*

WEEKLY GOLDEN OFFER EXPIRES ON WEDNESDAYS! SPEND \$5+ IN-STORE TO REDEEM! SEE BACK PAGE FOR FULL TERMS & CONDITIONS



DOWNLOAD THE
FRESHCO APP

Lowering food prices

Red Seedless Grapes or
Yellow Flesh Peaches
Product of USA
No. 1 Grade
6.59/kg
Raisins sans pépins ou pêches

2.99
/lb



1.79
/lb



Green Sweet Bell Peppers
Product of Ontario
3.95/kg
Poivrons doux



Bartlett or Bosc
Pears
Product of Ontario
Fancy Grade
3.95/kg
Poires

1.79
/lb



Clementines
Product of South Africa
5.49/kg
Clémentines

2.49
/lb



Field Tomatoes
Product of Ontario
Canada No. 1
3.28/kg
Tomates

1.49
/lb



Iceberg Lettuce
or Celery
Product of Canada
Canada No. 1
Laitue ou céleri

1.99
/lb



Cauliflower
Product of Canada
Canada No. 1
Sweet Bell Peppers
4 pk
Product of Ontario
Chou-fleur, poivrons doux

3.99



Compliments
Whole White
or Brown
Mushrooms 227 g
Product of Ontario
Bagged Potatoes
5 lb
Product of Canada
Canada No. 1
Champignons, pommes
de terre

2.49



Fresh Attitude
Single Kits
155-185 g
Trousse individuelles

3.99



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

4.99



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

8.99



Lou's Kitchen
Double Smoked
Back Bacon
375-454 g
Bacon de dos

5.99



5.99
/lb

Boneless Pork Loin
Centre Cut Roast
13.21/kg
Rôti de longe de porc désossé



Zabiha Halal
Chicken Wings
or Fillets
Frozen 908 g
Ailes ou filets de poulet

13.99



OR BUY 1 at \$4.29
Compliments
Stuffed or Breaded
Chicken Cutlets
Frozen 284 g
Escalolettes de poulet
farcies ou panées

3.99



Compliments
Ginger Beef, Orange
Chicken, Sweet &
Sour Pork
Frozen 400 g
Repas

4.99



Party On!
Classic Dippers
Frozen 454 g
Hors-d'œuvre

4.99



Dempster's Whole
Grain Bread 600 g
Pain de grains entiers

2.99



Fontaine Santé
Hummus 227-260 g
Lantana Hummus
283 g
Hummus

3.29



Compliments
Sliced Meat 175 g
Mastro Salami 125 g
Selected Varieties
Charcuterie

3.49



Tre Stelle
Feta Cheese 200 g
Castello Sliced
Cheese 125-165 g
Olivieri Pasta Twin
Pack 450-500 g
Fromage, pâtes

4.99

Scene GET 1500 PTS FOR EVERY \$100 SPENT IN HOME HARDWARE GIFT CARDS!



Offer valid during September 19 - 25, 2024. Sorry no rainchecks or price matching. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.



SAVE \$1.55

344

Nestlé Parlour
Frozen Dessert 1.5 L
or Novelties 12 pk
reg 4.99
Dessert glacé ou nouveautés

SAVE \$1

299

Minute Maid,
Five Alive or
Nestea Iced Tea
Beverages
8x200 mL or
10x200 mL
Jus ou boissons au thé



Liberté
Méditerranée
Yogourt 500 g

SAVE 50¢

299



Tropicana
Tropics
1.75 L
Jus

SAVE 50¢

399



Kellogg's Eggo
Waffles 270-280 g
reg 3.99
Gaufres

SAVE \$1

299



Snack Pack
Pudding or Gel
4 pk
Pouding ou gelée

SAVE 60¢

169



Maxwell House
Coffee Pods 30 pk
Capsules de café

SAVE \$5

1299

599

MEMBER

649
without
Soybean
Oil

Kraft Peanut Butter
750 g-1 kg
Beurre



Kellogg's Core or
Premium Bars 125-384 g
Barres

SAVE \$1.90

299



200 PTS
when you buy 4
That's \$2 toward your
like groceries

SAVE 80¢

249

Quaker Crispy Minis
100 g or Rice Cakes
127-199 g
Croustilles ou galettes de riz



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

SAVE \$1.90

249



Kraft Dinner
175-200 g
reg 1.69-2.29
Repas

SAVE \$1.79

\$1



Old El Paso
Taco Kit 250-510 g
Trousses à taco

SAVE 50¢

399



Tim Hortons Single
Serve K-Cups
10-12 pk
Capsules de café

SAVE \$3

899



Unico Beans 540 mL
or Tomatoes 796 mL
Haricots ou tomates

SAVE \$90¢

159



Takis 190-280 g
Snyder's of Hanover
Pretzel Pieces 240 g
Bretzels

SAVE \$1.90

299



Jamieson Vitamins
60-240 pk
Selected Varieties
Vitamines

25% OFF



Palmolive
Dish Soap
4.27 L
reg 12.99
Savon

SAVE \$4

899



Tide Liquid 3.9 L,
Tide Pods 45-76 pk
or Gain Flings! 76 pk
reg 24.99-28.49
Détergents ou
assouplissants

SAVE \$4.00

2399



899

MEMBER

999 without
Soybean
Oil

Scotties Facial
Tissues 9 pk
Mouchoirs

**DOUBLE FRESH
GUARANTEED**

WE'LL REPLACE YOUR ITEM + REFUND YOUR MONEY*
*See online and in-store for more details.

value size



SAVE \$2
15.99

Powerade Variety Team Pack 24x591 mL
Bossons

**Big format
Big value**



10.99

Black Diamond Cheestrings 588 g Fromage



SAVE \$4
17.99

Pillsbury Pizza Pops 30 pk 2.85 kg reg 21.99
Bouchées de pizza

SAVE \$1
6.99

Tropicana Orange Juice 2.63 L or Starbucks Iced Coffee 1.18-1.42 L Jus ou café



\$10

Compliments Salsa 1.89 L Salsa



11.99

Nature Valley Granola Bars or Fruit Snacks Selected Varieties 637 g-1.28 kg Barres ou collations



SAVE \$3
8.99

Post Jumbo Cereal 1.1-1.24 kg reg 9.79-11.99 Céréales



600 PTS when you buy 2 that's \$6 toward your \$56 groceries

SAVE \$2
10.99

Nescafé Gold Instant Coffee 200 g Coffee Mate Powder 1.4 kg Café



SAVE \$4
15.99

Gain Liquid 4.55 L Downy Beads 680 g reg 18.99-19.99 Détergent, perles



SAVE \$7.22
32.77

Pampers Super Econo Pack 66-160 pk Selected Varieties Couches

HOT DRINK DEALS



SAVE UP TO \$10
12.99 ↓
 Nabob Ground Coffee 930 g or Nabob Coffee Pods 30 pk Café



200 PTS when you buy 2
 That's \$2 toward your like groceries
SAVE UP TO \$2
9.99 ↓
 Starbucks Roast & Ground Coffee 311-340 g or K-Cups 10 pk Café



100 PTS when you buy 2
 That's \$1 toward your like groceries
SAVE 70%
11.29 ↓



SAVE \$1
4.99 ↓
 Earth's Own Barista Oat 946 mL
 Silk Barista 946 mL
 Selected Varieties
 Colorants de café



SAVE UP TO \$3
6.99 ↓
 Red Rose Orange Pekoe Tea Bags 144 pk
 Lipton Tea Bags
 Green Tea 100 pk or Yellow Label 100 pk Tea



SAVE \$2.20
5.99 ↓



SAVE \$6
12.99 ↓



SAVE \$4
8.99 ↓



SAVE \$1
3.99 ↓



SAVE \$2
5.99 ↓



SAVE UP TO \$2
5.99 ↓

Scene Get **500 PTS** When you spend \$20 **\$5** That's like \$5 toward your groceries



SAVE \$2
17.99 ↓



SAVE \$1.50
4.99 ↓



SAVE \$1
9.99 ↓



SAVE \$2
3.99 ↓



SAVE \$1
5.99 ↓

SWEET DEALS



8⁹⁹

Pepperidge Farm
Goldfish Crackers
22x28 g
Craquelins



16⁹⁹

Maynards
Assorted 90 pk
1.12 kg
Friandises



11⁹⁹

Frito-Lay Chips
40 pk 640 g
Selected Varieties
Croustilles



18⁹⁹

Cadbury Chocolate
Assorted 90 pk 1 kg
Chocolats



5⁹⁹

Rockets Candy 500 g,
Tootsie Roll Snack Bar 599 g,
Candy Kidz Bag 700 g or
Dubble Bubble Gum 495 g
Friandises, barres ou gommes



18⁹⁹

Mars Fun Size
Mixed Chocolate
95 pk 1.15 kg
Chocolats



20⁹⁹

Nestlé Chocolate
Assorted 100 pk 977 g
Chocolats



15⁹⁹

Reese's Chocolate
Assorted 100 pk 1 kg or
Twizzlers 100 pk 1.17 kg
Chocolats ou friandises



10⁹⁹

Oh Henry! Chocolate
Assorted 513 g
Chocolats



9⁴⁹

Ferrero Kinder Mini
330 g or Bueno Mini
297 g
Mini chocolats



15⁹⁹

Skittles Starburst
90 pk 1.05 kg
Friandises



7⁹⁹

Old Dutch Chips
384 g
Selected Varieties
Croustilles

HEALTH & BABY BARGAINS

SAVE \$8.78

Huggies Giga Pack Diapers 32-88 pk Couches

24.99



SAVE \$9.50

24.99

Pampers Super Pack Diapers 44-96 pk Selected Varieties Couches



SAVE \$2

19.99

Huggies Baby Wipes 560-704 pk Selected Varieties Lingettes pour bébés



SAVE \$1

8.99

Always Pads 20-42 pk or Liners 68-80 pk Tampax Tampons 40 pk Selected Varieties Serviettes ou protège-dessous, tampons



SAVE \$2.98

7.99

Dove Shampoo or Conditioner 750 mL Selected Varieties Shampoing ou revitalisant



SAVE \$1

5.99

Head & Shoulders Shampoo or Conditioner Selected 315-370 mL Shampoing ou revitalisant



SAVE \$1.19

1.99

Colgate Toothpaste 70-120 mL or Kids Toothpaste 75 mL Dentifrice ou dentifrice pour enfants



SAVE 50¢

1.99

Softsoap Hand Soap 221 mL Savon pour les mains



SAVE \$1.3

7.99

Dove Body Wash 591 mL or Bar Soap 6 pk Selected Varieties Nettoyant pour le corps ou pain de savon



Scene 1000 PTS = \$10 OF FREE GROCERIES

500 PTS when you buy 2 that's \$5 toward your groceries

SAVE \$5.58

28.99

Huggies Pull-Ups 48-74 pk or Goodnites Youth Pants Big Size 28-44 pk Selected Varieties Sous-vêtements



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

SAVE \$7.58

26.99

Pampers Easy Ups 56-66 pk or Ninjamas Diapers 34-44 pk Sous-vêtements ou couches



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

SAVE \$3.98

8.99

Pampers Wipes 168-216 pk Selected Varieties Lingettes



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

SAVE \$3

6.99

Dove Deodorant or Antiperspirant Selected 74-113 g Déodorant ou antisudorifique



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

SAVE \$2

8.99

Gillette Deodorant 216 g or Secret Clinical Antiperspirant 45 g Selected Varieties Déodorant ou antisudorifique



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

SAVE \$1.58

3.49

Crest Toothpaste Selected 100-130 mL Dentifrice



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

SAVE 50¢

8.49

Old Spice Body Wash 709 mL Selected Varieties Nettoyant pour le corps



FLAVOURS OF THE WORLD



SAVE UP TO \$1.50
349

Hengstenberg Red Cabbage or Sauerkraut 720-796 mL
Chou ou choucroute

SAVE \$1.30
299



Finn Crisp Thin Crispbread 175-200 g
Pain plat



SAVE 50¢
399

Marcangelo Mortadella 125 g
Mortadelle



Rapini
Product of USA
Rapini

349

New Zealand Spring Lamb Short Cut Lamb Leg Frozen 16.51/kg
Gigot d'agneau



SAVE 50¢/lb
749/lb



SAVE 80¢
449

Wonder Berry Jam 375 mL
Confiture



SAVE \$1
250

Krinos Fillo Twisters 1 kg
Tortades



SAVE \$1
499

Cholula Hot Sauce 150 mL
Sauce piquante



SAVE \$1
1199

Eight Treasures Whole Pompano Frozen 800 g
Palomine entière



SAVE 50¢
249

Borjomi Carbonated Natural Mineral Water 500 mL
Eau minérale naturelle gazeifiée



SAVE 50¢
179

Puck Thickened Creamy Product 160 g reg 2.29
Produit crémeux épais



SAVE \$3
999

Puck Creamy Dairy Spread 500 g reg 12.99
Tartinade



SAVE 50¢
149

California Garden Fava Beans 450 g reg 1.99
Fèves



SAVE UP TO \$1.30
349

Indomie Noodles 75 g 5 pk or Salem Foods Tomato Paste Selected Varieties reg 3.99-4.79
Nouilles ou pâte de tomate



SAVE 80¢
399

Almaral Juices 235 mL 6 pk Selected Varieties reg 4.79
Jus



SAVE 50¢
549

KDD Milk Drinks 180 mL 6 pk reg 5.99
Boissons au lait



SAVE \$1.60
749

Alshifa Natural Honey 500 g reg 8.99
Miel

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.

FLAVOURS OF THE WORLD



SAVE \$5
16⁹⁹

Swarna Chakki Fresh Atta
9.07 kg reg 21.99



SAVE \$1
4⁹⁹

Nanak Paneer 341 g
reg 5.99



SAVE \$4
13⁹⁹

Kohinoor Extra Long
Basmati Rice 4 kg
reg 17.99



SAVE 50¢
4⁹⁹

Aman's Lentils
1.81 kg
Selected Varieties
reg 5.49



SAVE \$2
14⁹⁹

Brar's Desi Ghee
800 g reg 16.99



SAVE 50¢
7⁴⁹

Brar's Gulab Jamun
850 g reg 7.99



SAVE \$2
8⁹⁹

Aman's Brown Sugar
4.5 kg reg 10.99



50 PTS
when you buy 2
3⁹⁹

Aljuice or Alphonso Juice
1.75 L Selected Varieties



SAVE \$1
9⁹⁹

Brar's Rasmalai 850-908 g
Selected Varieties
reg 10.99



25 PTS
when you buy 1
SAVE 50¢
2⁹⁹

Deep Cocktail Potato Samosas
425-427.5 g
reg 3.49



79¢

Crystal
Hot Sauce
88 mL
reg 99¢



SAVE \$2.00
9⁴⁹

Kabkeb Kibbeh 454 g
Selected Varieties
reg 11.99



SAVE \$1
5⁹⁹

Puck Halloumi Cheese 180 g
Fromage



1²⁹

Salem Foods Vermicelli 453 g
reg 1.49



2⁴⁹

ETI Tea Biscuits
400 g reg 2.79



SAVE 50¢
3⁹⁹

Salem Foods Pickled
Vine Leaves 454 g or
Pickled Cucumbers 1000 g
reg 4.29-4.49



SAVE 50¢
4⁴⁹

Durra Bread Sticks
with Sesame 454 g
reg 4.99



SAVE \$1
5⁴⁹

Maggi Chicken Cubes
21 g 24 pk
reg 6.49

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.

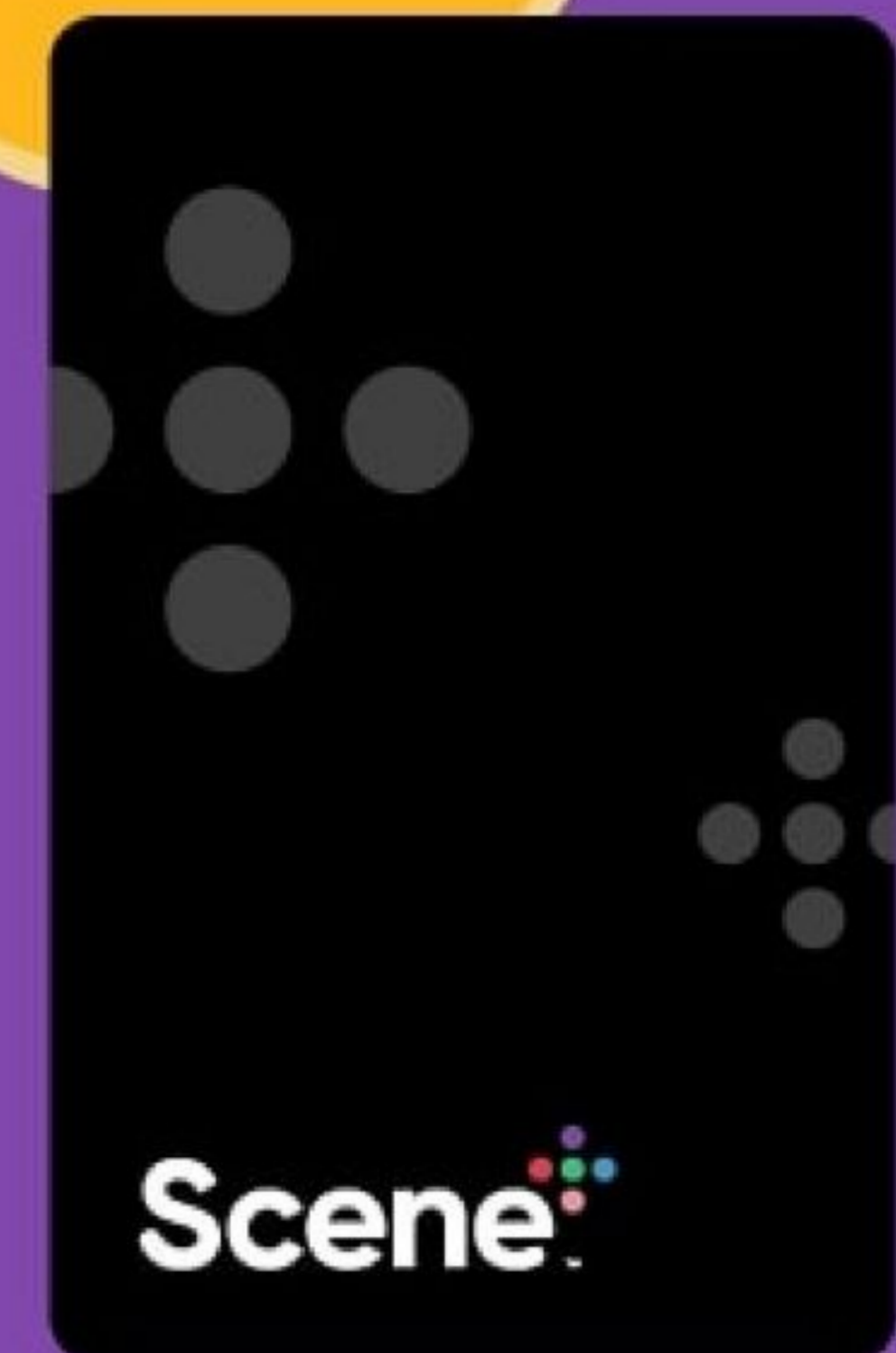
GET TO **FREE** GROCERIES FASTER

when you scan your **Scene+ membership card** and pay with your **Scotiabank® Scene+™ Visa* Card**.

APPLY NOW

**GET 2
SCENE+ PTS
ON EVERY
\$1 SPENT²**

**1000 pts
= \$10 in
groceries¹**



¹1000 points = \$10 in groceries - Scene+ points redeemed at any participating Empire location must be redeemed in increments of 1000.
²Get 2 Scene+ pts on every \$1 spent - On eligible everyday purchases at participating grocery stores. Other conditions apply.
See full list of participating merchants across Canada at scotiabank.com/participatingstores.
*Visa Int. / licensed user.

Sept. 19 - Oct. 6

Donate **in-store**

**100% of your
donation supports
local kids' mental
health programs**



Family
of **Support**

Nève, 17 Received support for
anxiety & depression

[Learn more](#)