

100% fresh
GUARANTEE*
 Guaranteed fresh or
 your money back

Sobeys

Fresh Pork Loin Rib and
 Sirloin Combo Chops
 Family Size 6.59/kg

2.99
 /lb



6.99
 /lb



Sterling SILVER
 FRESH BEEF
 STERLING SILVER Fresh Boneless
 Inside Round Oven Roast or Family
 Size Marinating Steak cut by your meat
 expert from Canada AAA grade beef
 15.41/kg

5.99



LARSEN Wieners 900 g, MAPLE LEAF,
 SCHNEIDERS or GREENFIELD Bacon 375 g
 or SCHNEIDERS Smoked Sausages, Juicy
 Jumbos or Beef Wieners 375-450 g selected

2.47



Raspberries product of
 USA or Mexico 170 g

1.99
 /lb



Fresh Mussels
 product of Atlantic
 Canada 4.39/kg

4.99



COMPLIMENTS Raw
 or Cooked Shrimp
 71-90 ct per lb 340 g

2.99

From Atlantic
 Canada



Eco Spuds Potatoes
 product of Atlantic
 Canada 10 lb or 4.54 kg

3.99

From Atlantic
 Canada



COMPLIMENTS Cortland,
 Empire, Gala, McIntosh, Spartan,
 Golden or Red Delicious Apples
 product of Atlantic Canada,
 Canada extra fancy grade 1.36 kg

HOT PRICE
7.99

QUAKER Dippys
 or Chewy
 Granola Bars
 120-156 g



HOT PRICE
5.88

LIBERTÉ
 Greek Yogourt
 650-750 g



HOT PRICE
99¢

CAMPBELL'S Tomato,
 Chicken Noodle, Cream
 of Mushroom or
 Vegetable Soup 284 mL



HOT PRICE
9.97

200 PTS
 when you buy 2



KRAFT DINNER Original 12 pk

*If you buy an eligible product from our store, use the product as intended, and the product does not meet your expectations, you can present the product and/or receipt and we will provide you with the appropriate reimbursement. Restrictions apply, see www.sobeys.com/value-flyer for details.

Scene **EARN POINTS ON HALLOWEEN TREATS**

GET UP TO 1000 PTS when you purchase Halloween TreatsSM October 24-31

SPEND \$20-29.99, GET **250 PTS** | SPEND \$30-39.99, GET **500 PTS** | SPEND \$40 OR MORE, GET **1000 PTS**

Prices and offers in effect October 2024 Nova Scotia

THU 24 | FRI 25 | SAT 26 | SUN 27 | MON 28 | TUE 29 | WED 30

So many deals
 Scan here for our full digital flyer

**Must be in a single transaction that contains at least \$20 of Halloween treats and excludes tax. Applies to all in-stock items only. No rain checks or special orders. Offer valid from Oct 24-31, 2024. SOBEYS_WK26_P01_ATEL_M0

KS, NB, PE, P, Q, R, S, T, U, V, W, X, Y, Z

Scene

MEMBER

PRICING

Swipe your Scene+ Card and Save



MEMBER PRICING

5⁹⁹ /lb 13.21/kg **value size** SAVE \$1 /lb

6⁹⁹ without Scene+ Card 13.41/kg Fresh Boneless Whole Beef Brisket cryovac cut from Canada AA grade beef while supplies last



MEMBER PRICING

13⁹⁹ SAVE \$4

17⁹⁹ without Scene+ Card HERSHEY'S Chocolate or Candy 120 pk white supplies last



MEMBER PRICING

17⁹⁹ SAVE \$3

20⁹⁹ without Scene+ Card CADBURY Assorted Chocolates or MAYNARDS Candy 115 pk while supplies last

Look for more Member Pricing throughout the flyer and in-store.



KS, NB, PE, P, Q, R, S, T, U, V, W, X, Y, Z

Scene

TURN
POINTS
INTO
GROCERIES



400 PTS
when you buy 5

2.49

PRINGLES Super
Stacks 148-156 g



200 PTS
when you buy 2

2.99

KETTLE BRAND
Chips 156-198 g



100 PTS
when you buy 1

6.99

BECEL Margarine
637-850 g



400 PTS
when you buy 2

8.99

KRAFT Cheez Whiz
900 g

1000 Points = \$10 of free groceries

5086Y5_MK05_FL02_ATL_06_NRL_PEL_NFLD

\$3 /lb
COMPLIMENTS Fresh AIR-CHILLED Whole Chicken or Fresh Chicken Legs Family Size back attached 6.61/kg

1kg
COMPLIMENTS Thick Cut Bacon or Breakfast, Mild or Honey Garlic Pork Sausages 1-1.4 kg

2/11 TAYLOR FARMS Chopped Salad Kits product of USA 312-383 g

11.99 COMPLIMENTS Thick Cut Bacon or Breakfast, Mild or Honey Garlic Pork Sausages 1-1.4 kg

3.99 CATCH OF THE DAY Breaded or Battered Fish 350 g

\$8 JANES Pub Style Breaded Chicken or Turkey or Chicken Wings 600-700 g

2.99 COMPLIMENTS Grape Tomatoes product of Canada 283 g

\$4 Kaiser Buns 6 pk 430 g

6.49 TRE STELLE Feta, Bocconcini or Halloumi 200 g, Crumbled Feta 150 g, Mascarpone 275 g, Grated Parmesan 125 g or Ricotta 475 g 6.99 ea

2.99 COMPLIMENTS Black Forest Ham, Honey Ham, Turkey or Chicken selection varies by store /100 g

Made with Real Cane Sugar

99¢ From Atlantic Canada **big8** Soft Drinks 2 L

3.99 TROPICANA Drinks or Lemonade selected 1.36 L

2.99 NEW ALMOND BREEZE 50 PTS when you buy 1 1.89 L

3.47 DR. OETKER Ristorante or Casa Di Mama Pizza selected 320-410 g

4.99 COMPLIMENTS Cheese 400 g or Shreds 220-320 g selected varieties

99¢ NEW REESE'S Hershey's Singles 34-58 g

2.49 DARE Bear Paws 168-240 g, Viva Puffs 300 g or Wagon Wheels 315-360 g 100 PTS when you buy 3

3.49 DEMPSTER'S Whole Grain Bread or Signature Breads 600 g

\$15 CLIFF BAR 12x68 g pk or 4/55 ea 68 g

\$2 ALLEN'S Apple Juice 1.89 L, FRUITE Fruit Drink 2 L or OASIS Juice, ARIZONA Iced Tea or DEL MONTE Nectar 960 mL tetra

17.88 VAN HOUTTE Roast & Ground Coffee 640-908 g or TIM HORTONS Single Serve Coffee Cups 24-30 pk

3.33 300 PTS when you buy 3 QUAKER Instant Oatmeal 168-344 g or Quaker or Old Fashioned Oats 1 kg selected varieties

14.99 M&S Halloween Chocolates 95 pk while supplies last

\$3 SOFTSOAP Hand Soap 332 mL or SPEED STICK Deodorant 45-85 g selected

\$1 CREST or COLGATE Toothpaste 50-120 mL or ORAL-B Toothbrush 1 pk selected

5.88 HOT PRICE FRISKIES Dry Cat Food 1.4-1.5 kg

It is our intention to have every advertised item in stock for all customers, so we reserve the right to limit quantities to reasonable family requirements while supplies last. We regret we are unable to provide large quantities to retail outlets. Occasionally an item may not be available due to unforeseen difficulties. In such cases, we'll send you an e-mail to let you know. We reserve the right to correct any typographical errors. Advertised prices do not include any applicable taxes or discounts. All advertised prices are at participating locations. Prices effective from 8:00 a.m. Thursday morning until 11:59 p.m. Wednesday evening. The Sobeys Loyalty Program is available at all participating Sobeys locations within Nova Scotia. No base Sobeys points earned. See weekly offers for current ways to earn Sobeys points. All weekly Sobeys offers exclude taxes, delivery charges, bill payments, service fees, rental fees, event tickets, gift cards, fuel duty products in Atlantic regions, pre-paid cards, postal products and services, Western Union, McCall's/Tim Hortons/Clubhouse products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery, photo finishing, deposits, environmental charges, fuel and other goods and services which are non-discountable or excluded by law. Redeem 1000 Sobeys points for \$10 towards your purchase up to a maximum of \$50.00 Sobeys points per day. For full Sobeys Terms & Conditions or to redeem your points, visit <http://www.sobeyss.com/terms-and-conditions>. All offers are subject to change and may be withdrawn without notice. Trademarks of Sobeys Plus IP Corporation used under license by Sobeys Capital Incorporated. Please recycle where facilities exist. Printed with vegetable based ink. Nova Scotia. Supplement to The Telegraph Journal, The Daily Guardian & The Chronicle Herald.



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**DIGITAL
EXCLUSIVE**

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- 3 Shop and scan your Scene+ card

Get up to **1050 PTS**

Activate your offers in the **Sobeys app** or at **MyGroceryOffers.ca**

That's
like over
\$10
toward your
groceries



Get **250 PTS**
when you buy 2

COMPLIMENTS Milk Chocolate
Peanut Butter Bites 340 g



Get **700 PTS**
when you buy 2

COMPLIMENTS Aerosol
Creamy Whip Whipped
Cream 400 g



Get **100 PTS**
when you buy 1

HERSHEY'S
Multi-Pack Bars 156-232 g



Download on the
App Store



GET IT ON
Google Play

Offer valid October 24th to October 30th, 2024 at all Sobeys locations in Atlantic Canada. Minimum qualifying purchase must be made in a single transaction. No base Scene+ points earned. Offer must be loaded to a registered Scene+ card prior to purchase. Limit one digital offer per Scene+ membership card. Visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. Offer subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.



Get Rewarded for Shopping Local!

The Government of Nova Scotia has launched a new program to make it easier for Nova Scotians to buy local.

Scene Get **50** PTS This week when you purchase 1 participating Nova Scotia product.

Look out for this sticker!



Learn more at nsloyal.ca



Product subject to availability at select locations.

100%
fresh
GUARANTEE*



**At Sobeys, our 100% Fresh
Guarantee couldn't be easier.**

**Groceries aren't fresh?
Get your money back - yes, really it's that easy.**

[Learn more](#)

*If you buy an eligible product from our store, use the product as intended, and the product does not meet your expectations, you can present the product and/or receipt in-store to qualify for a refund. Restrictions apply, see www.sobeys.com/value-flyer for details.

Bake with CANADA'S #1 Baking Brands

Chocolate Pumpkin Spice Cake

SCAN FOR DELICIOUS FALL RECIPES

Get 500 PTS
When you spend \$20 or more on any of these participating baking products!

3.97 ROBIN HOOD Flour assorted varieties 2.5 kg

3.79 EAGLE BRAND Sweetened Condensed Milk assorted varieties 300 mL

1.79 CARNATION Evaporated Milk assorted varieties 354 mL

3.99 HERSHEY'S Chipits assorted varieties 200-270 g

1.99 LANTIC Brown, Yellow or Icing Sugar selected 1 kg

*Sugar offer is not part of Scene offer

Celebrate **Diwali**
Find everything you need for your festivities.

More Diwali inspiration at Sobeys.com/en/diwali/

4 KG BAG
17.99
TILDA Basmati Rice 4 kg

16.99
BRAR'S Desi Ghee 800 g or SWARNA Chakki Fresh Atta 9.07 kg

2.99
Bunch Spinach product of USA or Mexico

17.99
Long (Opo) Squash product of Mexico 3.95/kg

3.99
PATAK'S Cooking Sauce 400 mL or 3-Steps Meal 313 g selected varieties

2.49
Indian Karela product of USA 5.49/kg

2.29
Husked Coconuts product of Dominican Republic

2.99
PANACHE Mini Naan plain or roasted garlic 200 g 3.99 ea

3.49
BUY MORE SAVE MORE
PANACHE Mini Naan plain or roasted garlic 200 g 3.99 ea

5.29
COMPLIMENTS Naan Rounds 480 g

4.99
COMPLIMENTS Peanuts selected 425-500 g

6.99
COMPLIMENTS Almonds roasted salted or unsalted 275 g

7.99
100 PTS when you buy 1
COMPLIMENTS Cashews roasted salted or unsalted 275 g

7.99
BEST BUY VALEUR PLUS
PEAS & CARROTS POIS ET CAROTTES 2 kg

7.99
BEST BUY VALEUR PLUS
WHOLE KERNEL CORN MAÏS EN GRAINS ENTIERS 2 kg

1.69
DEEP IQF Bhindi 340 g

2/\$7
LAY'S Chips Asian Flavours selected varieties 165 g

3.49
QUAKER Crispy Mini Magic Masala 90 g

2/\$9
CHEETOS 170-285 g or DORITOS Tortilla Chips 210-280 g

3.49
DEEP Frozen Pastry 292-400 g

11.99
HERSHEY'S Nuggets Chocolate Gift Box 244 g while supplies last

9.99
FERRERO Collection, Grand Assortment or Jewel Box Chocolates 118-200 g while supplies last

1.99
100 PTS when you buy 3
COMPLIMENTS Canned Legumes 540 mL

3.49
RUBICON Exotic Drink selected varieties 1 L

23.99
100 PTS when you buy 1
BRITA Water Pitcher 6-Cup or Filters 3 pk

3.97 MAGGI Masala Noodles Family Pack 280 g

3.97 ROBIN HOOD Flour assorted varieties 2.5 kg

3.79 EAGLE BRAND Sweetened Condensed Milk assorted varieties 300 mL

1.79 CARNATION Evaporated Milk assorted varieties 354 mL

3.99 HERSHEY'S Chipits assorted varieties 200-270 g

1.99 LANTIC Brown, Yellow or Icing Sugar selected 1 kg

GREAT GIFT IDEA! Our Gift Cards can be any amount.

Scene GET PERSONALIZED OFFERS ON PRODUCTS YOU'LL LOVE.

Visit mygroceryoffers.ca or the Sobeys app.

So Local

Time to make pumpkin pie!

Grown right here at home

Dependent on weather



From Atlantic Canada

4.99

Regular Pumpkins product of Atlantic Canada



From Atlantic Canada

2.99

Pie Pumpkins product of Atlantic Canada

From Atlantic Canada

1.49

/lb Assorted Squash product of Atlantic Canada 3.28/kg

From Atlantic Canada

1.99

/lb Ornamental Gourds product of Atlantic Canada 4.39/kg

From Atlantic Canada

4.49

Parsnips product of Atlantic Canada 454 g

From Canada

3.99

/lb Brussels Sprouts bulk product of Canada, Canada no 1 grade 8.80/kg

6 PACK

From Canada

3.79

Mini Cucumbers product of Canada, Canada no 1 grade 6 pk

100% fresh GUARANTEE

Guaranteed fresh or your money back

Fruity fresh...



2.49 /lb Clementines product of South Africa or Argentina 5.49/kg



4.49 /lb Extra Large Green Seedless Grapes product of USA 9.90/kg



8.99 3L From Atlantic Canada Bartlett Pears product of Atlantic Canada, Canada extra fancy 3L (product may not be exactly as shown)



6.99 SunGold Kiwi product of New Zealand 454 g



5.99 50 PTS when you buy 1 Honeydew Melons product of USA



3.99 100 PTS when you buy 2 Dragon Fruit product of Vietnam

Veggie love...



1.49 25 PTS when you buy 2 Herbs Bunch product of Canada, USA or Mexico



4.49 COMPLIMENTS Baby-Peeled Carrots 340 g product of USA no 1 grade



3.99 From Canada COMPLIMENTS ORGANIC White Button Mushrooms product of Canada 227 g



6.49 ORGANIC 7.49 COMPLIMENTS Baby Spinach or Spring Mix or COMPLIMENTS ORGANICS Salad Blends product of USA or Mexico 312 g



5.99 VALUE FREE Reusable Produce Bag with the purchase of any 2 LOOP Smoothies 355 mL selected



5.99 VALUE



15% off Prepared In-Store Daily Mixed Fruit Salad or Tropical Fruit Salads assorted sizes



BUY 2 GET 1 FREE Prepared Fresh Daily In-Store Roasters or BBQ Grillers assorted sizes



6.99 COMPLIMENTS Chocolate Covered Almonds 350 g



4.99 H&H Dried Fruit 180 g

floral

available at most stores



9.99 Assorted Halloween Ceramics selection may vary by store



12.99 Air Brushed or Dyed Roses 3-Stem



12.99 Happy Diwali Mini Rose 6" Pot



15.99 150 PTS when you buy 1 Halloween Bouquet selection may vary by store

GREAT GIFT IDEA! Our Gift Cards can be any amount.

©2025 Sobey's. \$10 in groceries. Saver points redeemed at any participating Empire location must be redeemed in increments of 1000. Text: Scan QR on every \$1 spent. On eligible weekly purchases at participating grocery stores. Offer conditions apply. See full list of participating merchants across Canada at scotiabank.com/participatingstores. Visa Inc. Licensed user.



so.tender
Sterling Silver
HAND-SELECTED
AAA BEEF

Well-marbled. Aged to perfection
Cut from Canada AAA Beef
Exclusive to Sobey's

300 PTS
when you spend \$15 or more

9.99 /lb

STERLING SILVER Fresh Boneless Blade or Cross Rib Pot Roast or Family Size Simmering Steaks cut by your meat expert from Canada AAA grade beef 22.02/kg

CERTIFIED TENDER
TENDRETE CERTIFIEE



19.99 /lb

STERLING SILVER Fresh Boneless Striploin Premium Oven Roast or Family Size Grilling Steaks cut by your meat expert from Canada AAA grade beef 44.07/kg



100 PTS
when you buy 1 pkg

5.99 /lb

COMPLIMENTS Fresh AIR-CHILLED Bone-In Chicken Breast Halves Family Size 13.21/kg



200 PTS
when you buy 1 pkg

5.99 /lb

COMPLIMENTS Fresh AIR-CHILLED Split Chicken Wings Family Size 13.21/kg

BUY 2 GET 1 FREE

NAGANO Premium Fresh Pork Loin Hotel Cut Chop, Tenderloin or Back Rib starting at 10.99/lb, 24.23/kg

That's like **\$5** toward your groceries

500 PTS
when you buy 1 pkg

3.99 /lb

value size

Pork Half Loin Bone-In Chops frozen 8.80/kg

300 PTS
when you spend \$20 or more

7.99 /lb

Fresh Premium Bacon & Cheddar, Jalapeno & Cheddar or Onion & Swiss Medium Ground Chuck Beef Burger 17.61/kg

That's like **\$5** toward your groceries

500 PTS
when you buy 1 pkg

5.99 /lb

Frozen Grade A Duck 13.21/kg

Halal

11.99 /lb

Seasoned Lamb Chops Greek & Lemon or Provence De Herb 26.43/kg

5.99 /lb

PANACHE Breakfast or Dinner Pork Sausages 375-500 g

Warm up with a hearty stew!



9.99 /lb

Fresh Boneless Beef Stewing Cubes Family Size cut from Canada AA grade beef 22.02/kg

Tasty stir fries start here!



200 PTS
when you spend \$20 or more

11.99 /lb

Fresh Beef Hip Boneless Stir Fry Strips cut by your meat expert from Canada AA grade beef 26.43/kg



150 PTS
when you spend \$10 or more

5.99 /lb

Fresh Boneless Pork Loin Centre Stir-Fry Strips or Cutlets Family Size 13.21/kg

quick & easy



2.99

COMPLIMENTS Regular or Jumbo Wieners 450 g or Sliced Meat 175 g



7.99 /lb

CHRIS BROTHERS Corned Beef Brisket 17.61/kg



100 PTS
when you buy 2

5.99 /lb

BUTTERBALL Turkey Bacon or Rasher 300-375 g



100 PTS
when you buy 2

7.99 /lb

COMPLIMENTS Cheese Sticks, Breaded Pickle Spears, Cheddar & Bacon Potato Skins or Cream Cheese Stuffed Jalapeno Poppers 325-500 g



7.99 /lb

SWISS CHALET or MONTANA'S Individual Pot Pies frozen 470 g



9.99 /lb

BUTCHER'S SELECTION BBQ or Honey Garlic Pork Back Ribs 680 g



200 PTS
when you buy 2

9.99 /lb

POGO Original 10 pk or All Beef 8 pk 600-750 g



150 PTS
when you buy 1

14.99 /lb

MARCANGELO Pork Breakfast Sausage Links & Patties or Chicken or Pork Meatballs 1.2-1.4 kg

GET TO FREE GROCERIES FASTER


when you open your Saver membership card and pay with your Scotiabank Saver Visa Card.

100 pts on every \$1 spent

100 pts = \$10 in groceries

Certified by the Canadian Beef Grading Agency / Certifié par l'Agence Canadienne de Classement du Bœuf

seafood

 <p>7⁹⁹ /lb Haddock Fillets frozen 17.61/kg</p>	 <p>8⁹⁹ COMEAU or GOSSELIN Hot Smoked Salmon 140-150 g or WILLY KRAUCH'S Cold Smoked Atlantic Salmon 115 g previously frozen</p>	 <p>5⁹⁹ Prepared In-store Cooked or Raw Garlic Shrimp Griller previously frozen 280 g or Imitation Crab Platter with Cocktail Sauce 450 g</p>	 <p>10⁹⁹ /lb Yellowfin Tuna Steaks previously frozen or frozen product of Vietnam 24.23/kg</p>
 <p>9⁹⁹ PANACHE Seafood Appetizers assorted 252-355 g</p>	 <p>2⁹⁹ COMPLIMENTS Crab- or Lobster-Flavoured Alaskan Pollock 227 g</p>	 <p>BUY 1 GET 1 FREE IFC Atlantic Canada Cooked Snow Crab Clusters 454 g</p>	 <p>8⁹⁹ SAVE \$1 9⁹⁹ without Scene+ Card MARINA DEL REY Ecuadorian Jumbo Raw Shrimp 10-20 ct per lb, 340 g</p>

kitchen

 <p>18⁹⁹ SAVE 1.50 20⁴⁹ without Scene+ Card RANA Lasagna 1.1 kg</p>	 <p>1¹⁹ COMPLIMENTS 6-Layer Dip 850 g</p>	<h2>Pizza & Wings Halloween meal deal.</h2> <p>500 PTS when you buy Pizza & Wings</p> <p>BUY 1 & GET 1 14" Take & Bake Pizza Wings for only \$12 ea.</p> <p>1⁴⁹ ea. PLUS add one 1-litre Coca-Cola product</p>
 <p>6⁹⁹ YUCATAN Guacamole large 454 g or 6 pk mini 340 g</p>	 <p>9⁹⁹ ENJOY WORLD PASTA DAY! Friday, Oct 25th OLIVIERI Pasta 500-700 g or Sauce 600 mL 7.99 ea</p>	

deli

 <p>3⁴⁹ /100 g COMPLIMENTS German, Hungarian or Peppercorn Salami</p>	 <p>100 PTS when you buy 200 g or more 3⁹⁹ STARTING AT MAPLE LEAF Natural Selections Black Forest Ham or Roasted Turkey</p>	<h2>AGROPUR Grand Cheddar™</h2> <p>SAME AWARD-WINNING CHEDDARS, LESS PACKAGING</p> <p>6⁹⁹ AGROPUR Grand Cheddar 1 or 2 years 200 g 7⁹⁹ AGROPUR Grand Cheddar 3 or 5 years 200 g</p> <p>82% less packaging</p> <p>MIX & MATCH Get 200 PTS When you buy any 2 participating Agropur or L'Extra cheeses.</p> <p>6⁹⁹ L'EXTRA Camembert or Double Cream Brie 170 g</p> <p>30% off 200 PTS when you buy 400 g or more L'EXTRA Brie or Brie Double Crème works out to be 3.29/100 g</p>
 <p>5⁹⁹ FANTINO & MONDELLO Authentic Italian Charcuterie Meats selected 100-200 g</p>	 <p>50 PTS when you buy 1 5⁹⁹ SAN DANIELE Prosciutto 100 g</p>	



Guaranteed fresh or your money back

bakery

 <p>80 PTS when you buy 2 2⁹⁹ BAKED IN STORE French or Italian Bread 450 g</p>	 <p>100 PTS when you buy 2 6⁹⁹ QUINN'S Pumpkin Spice Swiss Rolls 402 g</p>	<h2>So spooky! Trick or Treat!</h2> <p>ALL HALLOWEEN PRICES EFFECTIVE UNTIL OCTOBER 31st</p> <p>6⁹⁹ STARTING AT Cupcakes 6 pk 310-505 g</p> <p>5⁹⁹ STARTING AT TWO-BITE Halloween Mini Cupcakes 12 pk or KIMBERLEY'S BAKESHOPPE Soft Sugar Frosted Cookies 10 pk 284-383 g</p> <p>150 PTS when you buy 1 12⁹⁹ Small Halloween Pull Apart Cake 400 g</p> <p>11⁴⁹ Monster Cake 705 g</p>
 <p>5⁹⁹ SAVE \$1 6⁹⁹ without Scene+ Card COMPLIMENTS Pecan or Raisin Butter Tarts 510 g</p>	 <p>3⁹⁹ BAKED IN STORE Panini or Calabrese Buns 6 pk 250-480 g</p>	

Sign up for Sobey's E-Flyer & **SAVE \$5** off your next purchase of \$40 or more!
www.sobeys.com/getflyer

So easy



Family meal deals



Get **250** PTS
When you buy
200 g or more
Ready for you Meal Kits,
Value Sized or Individual Sized
Chilled Meals

Buy any

Freshly Prepared
Sandwich or Wrap

& add

a Small Hot Soup

for only

\$2



So spooky!

Trick or Treat

32
PACK



12.49

PRINGLES Chips 32 pk while supplies last



9.99

MARS Fun Size Assorted Chocolate 50 pk while supplies last



17.49

CADBURY Assorted Chocolates or MAYNARDS Candy 90 pk while supplies last

Cake and pizza available at our bakery and hot food counters



Offer not included in the Scene Halloween Promo



10.99

HERSCHEY'S Chocolate or Candy 35-50 pk while supplies last



18.99

NESTLÉ Assorted Minis 100 pk while supplies last

Get 500 PTS

When you spend \$20 or more on Nestlé participating products.*

*before taxes



5.99

KINDER Surprise 100 g while supplies last

Scene

EARN POINTS ON HALLOWEEN TREATS

GET UP TO 1000 PTS

when you purchase Halloween Treats** October 24-31

SPEND \$20-29.99, GET 250 PTS

SPEND \$30-39.99, GET 500 PTS

SPEND \$40 OR MORE, GET 1000 PTS

**Must be in a single transaction that contains at least \$20 of Halloween treats and excludes tax. Applies to all in stock items only. Does not include items from our HMR or in-store bakery. No rain checks or special orders. Offer valid from Oct 24-31, 2024



We all deserve scary-good sweets!



100 PTS
when you buy 1

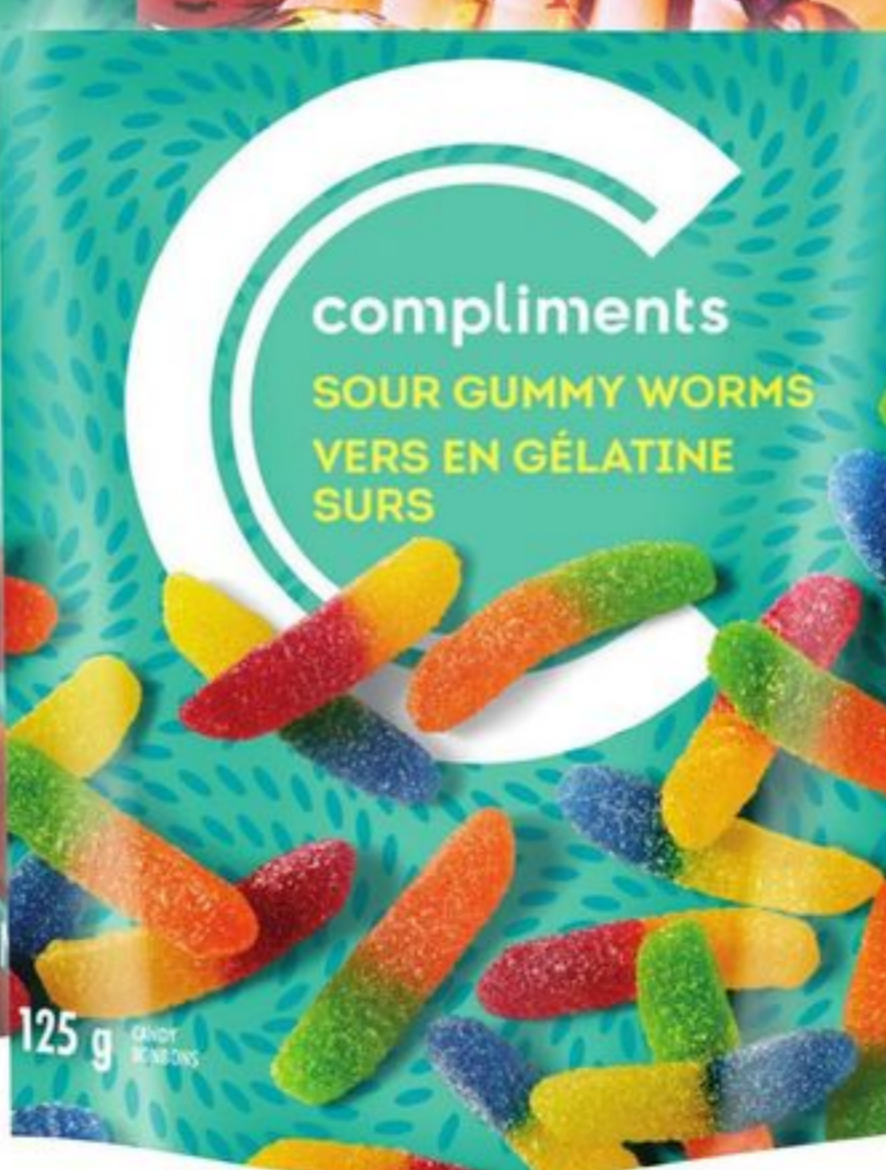
4⁴⁹

COMPLIMENTS Pure Milk Chocolate Balls 250 g while supplies last



2⁴⁹

COMPLIMENTS Candy 125-175 g



2⁹⁹

COMPLIMENTS Tablet Bars 100 g

frozen & dairy



5.99
NESTLÉ Drumstick Frozen Dessert or DEL MONTE Gelato or Sorbet 946 mL



4.49 MCCAIN Breakfast Potatoes 600-650 g



4.99 COFFEEMATE Coffee Creamers 828-946 mL



4.99 OASIS Health Break or Smoothie 1.6 L



2.29 MINUTE MAID Frozen Orange Juice 295 mL



2/\$5 GREEN GIANT SIMPLY Steam Vegetables 198-250 g



3.99 YOPLAIT Source Yogurt 630 g



7.99 COMPLIMENTS Orange Juice not from concentrate 2.5 L or STARBUCKS Iced Coffee 1.18-1.42 L



3.49 HEINZ Bagel Bites 198 g



5.99 BREYERS Creamery Style Ice Cream 1.66 L or REVELLO, FUDGICLE or POPSICLE Ice Pops selected 12 pk



10.49 value size iögo Yogurt 2 kg



2.49 PILLSBURY Crescent Rolls or Wiener Wrap 200-227 g or COMPLIMENTS 68% Vegetable Oil Margarine 427 g

meal makers



200 PTS when you buy 2
COMPLIMENTS Spices or Seasonings selected 5-245 g



3.49 COMPLIMENTS 7" Tortillas 340 g, Hot Dog or Hamburger Buns 12 pk



5.47 GENERAL MILLS Family Size Cheerios or Selected Varieties 475-778 g



2.49 MEMBER PICKS SAVE \$1
3.49 without Scene+ Card
MOTT'S Apple Sauce 620 mL or Fruitsations 6 pk



2.49 FRENCH'S Mustard 400 mL



100 PTS when you buy 2
MEZZETTA Peppers 375 mL



5.99 SMUCKER'S Pure Jam 310-500 mL or JIF Peanut Butter (excludes raspberry)



150 PTS when you buy 1
COMPLIMENTS Pickles or Sauerkraut 1 L



1.79 GREEN GIANT Canned Vegetables 341-398 mL



150 PTS when you buy 3
3.49 BEN'S ORIGINAL Bistrot Express Rice 240-250 g



20% off COMPLIMENTS Raisins, Prunes, Currants or Dates 375 g-1 kg



2.99 BETTY CROCKER Frostings 340-450 g or Super Moist Cake Mix selected 375-404 g

Love it. Or it's free.*

*For details see COMPLIMENTS.ca

100% MONEY-BACK GUARANTEE

3.99 COMPLIMENTS Frozen Vegetables selected 750 g

13.99 value size COMPLIMENTS Frozen Fruit 1.5 kg

50 PTS when you buy 1
3.49 COMPLIMENTS Aerosol Whipped Cream 225 g

100 PTS when you buy 2
3.49 COMPLIMENTS Cream Cheese or Spread 227-250 g

3.99 COMPLIMENTS Frozen Entrée Bowls 300 g

5.99 COMPLIMENTS Flatbread Pizza 310 g

50 PTS when you buy 2
1.99 COMPLIMENTS Sour Cream 250 mL

200 PTS when you buy 2
6.49 COMPLIMENTS Omega-3 Free Run Large Eggs 12 pk

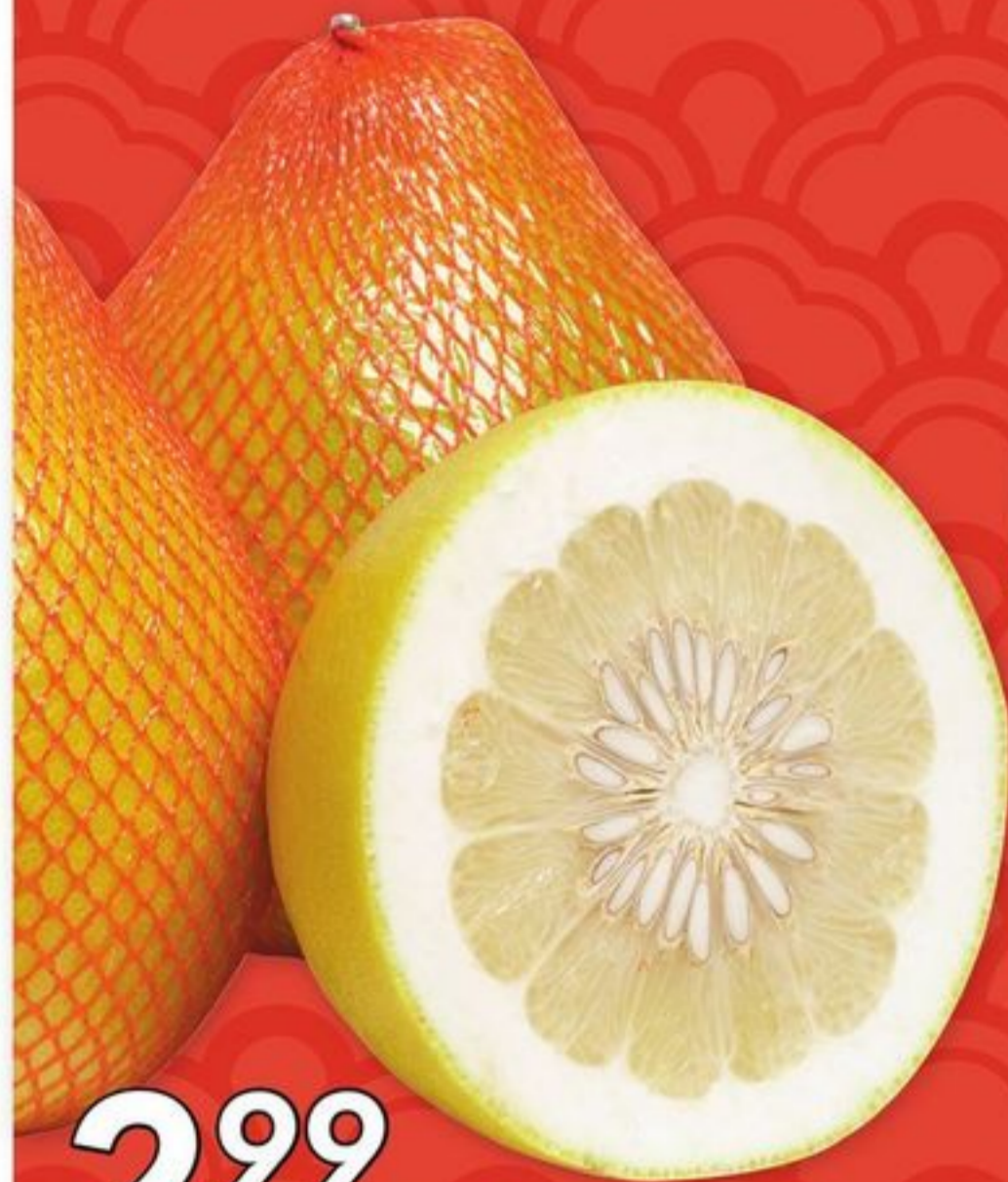
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2⁹⁹ ea
Honey Pomelos
product of China



3⁴⁹ **100 PTS**
when you buy 2
SUNRISE Tofu Firm 500 g or
Soyganic Tofu Firm 500 g



1⁹⁹ ea
From Canada
Bean Sprouts
product of Canada
325 g



1²⁹
NONGSHIM Bowl
Noodles 86 g
selected varieties



3⁹⁹
PATAK'S 3 Step Meal
Kits 313-315 g
selected varieties



6⁹⁹
THAI KITCHEN
Curry Paste 112 g
selected varieties



5⁹⁹
KIKKOMAN Soy Sauce
less sodium 296 mL



6⁹⁹
KIKKOMAN
Teriyaki Sauce
296 mL



7⁹⁹
KIKKOMAN
Takumi Sauce
470-472 mL
selected varieties

drinks & snacks

100 PTS when you buy 4
2/\$7

KOOL-AID Orange 48 mL, MIO Lemonade, CRYSTAL LIGHT Lemonade 48 mL, Lemon Singles 36 g, Raspberry Ice 4 pk

4.99

CHRISTIE Family Size Cookies selected 303-530 g or Family Size Crackers 350-454 g

200 PTS when you buy 3
3.29

PEPPERIDGE FARM Goldfish Crackers or Crisps 156-227 g

3.99

CHRISTIE Premium Plus Crackers 450-500 g

5.49

TERRA BEATA Cranberry or Cherry Juice 1.89 L

23.99

STARBUCK'S Coffee 793-907 g or K-Cups® 24 pk

5.49

WERTHER'S ORIGINAL Soft Caramels pumpkin or apple 250 g while supplies last

2.99

HERSHEY'S Harry Potter Kisses Canes 50 g, AIRHEADS 340 g, CHUPACHUP Suckers 25 pk or DARE Real Fruit Candy 120-180 g while supplies last

150 PTS when you buy 2
2/12

LACROIX Sparkling Water 8x355 mL

100 PTS when you buy 2

RED BULL Energy Drinks 250 mL

2.99

PURE LIFE Spring Water 12x330 mL

100 PTS when you buy 2
2.99

JOLLY RANCHER or TWIZZLERS Candy 170-198 g

100 PTS when you buy 2

COMPLIMENTS Potato Chips 200 g

2/8.50

TOSTITOS Tortilla Chips 205-300 g

3.75 BUY MORE SAVE MORE

HUMPTY DUMPTY Party Mix 250 g or Snacks 200-290 g 5.49 ea

3.49

KELLOGG'S Kashi, Nutri-Grain Bar, Special-K or Rice Krispies Squares or Pop-Tarts selected varieties 125-384 g

Here for your budget and lifestyle

300 PTS when you buy 1
14.99

COMPLIMENTS Whole Bean Coffee 907 g or 30 pk

100 PTS when you buy 1

COMPLIMENTS Non-Alcoholic Beer 12x355 mL

1.49

COMPLIMENTS Bagged Chocolate 110 g

200 PTS when you buy 2

BEST BUY Crème Filled Cookies selected varieties 600 g

6.49

NATURE'S BAKERY FIG BARS Raspberry 340 g

12.99

PREMIER Protein Shakes 4 pk, 325 mL

17.99

METHOD Laundry Detergent 1.58 L

Get 100 PTS when you buy 5 bars
Get 300 PTS when you buy a 19 pk carton

25.99

LARABAR 45-48 g 16 pk or 1 pk 3 for \$5

2.99

SILK Aseptic Next Beverage 346 mL

4.49

AMY'S KITCHEN Soups 398 mL

7.99

AMY'S KITCHEN Bowls and Entrées 234-284 g

100 PTS when you buy 1

COMPLIMENTS Gluten Free or Cauliflower Crust Frozen Pizza 330-360 g

4.29

QUE PASA Tortilla Chips 156-350 g

2/\$5

COVE Gut Healthy Soda 355 mL

50 PTS when you buy 2
\$3

HARVEST SNAPS Crunchions 71-93 g

100 PTS when you buy 2
3.99

COMPLIMENTS ORGANIC Tablet Bars 100 g

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15⁹⁹

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1.36 kg



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750

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ea when you buy 4 or more
85 g 2.19 ea



100 PTS when you buy 1

13⁹⁹

PURINA Tidy Cats Cat Litter 2.72 kg



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349

ea when you buy 2 or more
FORTHGLADE Wet Dog Food 4.29 ea



BUY MORE SAVE MORE

749

ea when you buy 4 or more
SHEBA Bistro Wet Cat Food 75 g 1.79 ea



15⁹⁹

LILY & JAX Dry Cat or Dog Food
1.6-2 kg



12 PACK

16⁹⁹

SHEBA Bistro Wet Cat Food
12 pk



home & pet care

<p>19⁹⁹ CESAR Wet Dog Food 12x100 g</p>	<p>15⁹⁹ WHISKAS Perfect Portions Wet Cat Food 12 pk, NATURE'S RECIPE Grain Free Dry Dog Food 1.8 kg or IAMS ProHealth 1.36-1.5 kg</p>	<p>200 PTS when you buy 1 15⁴⁹ COMPLIMENTS Cat Litter 4 kg or Dry Cat Food 9 kg</p>	<p>150 PTS when you buy 4 3/\$5 COMPLIMENTS Wet Dog Food 100 g</p>
<p>14⁴⁹ PUREX Laundry Detergent 4.08-4.43 L, PERSIL Laundry 2.21 L, Discs 32-42 pk or SUNLIGHT Laundry Detergent 4 L</p>	<p>8⁹⁹ CASCADE Dishwasher Tabs 12-20 pk or PUREX Laundry Detergent 1.47-2.03 L or SUNLIGHT Laundry Detergent 1.84 L</p>	<p>100 PTS when you buy 2 2/\$9 LYSOL Bathroom or Toilet Bowl Cleaner 650-950 mL, All Purpose Cleaner 650 mL-1.2 L, Shower Cleaner 538-680 g or Pucks 100 g selected</p>	<p>6⁴⁹ FLEECY Dryer Sheets 80 pk or Fabric Softener 1.36 L</p>
<p>200 PTS when you buy 2 8⁹⁹ ROYALE Bathroom Tissue 8=16 rolls</p>	<p>8⁹⁹ COMPLIMENTS Paper Towel 6 rolls or Facial Tissue 6 pk</p>	<p>2/\$7 ZIPLOC Sandwich or Snack Bags 30-40 pk</p>	<p>23⁹⁹ Glad Large Waste Bags 100 pk</p>

health, beauty & baby

<p>5⁴⁹ PANTENE Hair Care 170-355 mL or 187 g selected</p>	<p>5⁹⁹ U BY KOTEX Pads, Tampons or Liners 14-50 pk selected</p>	<p>8⁹⁹ OLAY Body Wash 650 mL, OLD SPICE Bars 12 pk, SPEEDSTICK Deodorant 2 pk or SCHMIDT'S Deodorant 75 g selected</p>	<p>UP TO 30% off HEAD & SHOULDERS or NEXXUS Hair Care 100-613 mL or CLAIROL Nice 'N Easy or Natural Instincts Hair Colour 1 pk selected</p>
<p>300 PTS when you buy 2 12⁹⁹ HEAD & SHOULDERS or Hair Biology Hair Care 95-400 mL selected</p>	<p>BUY 1 GET 1 FREE COMPLIMENTS Toothbrush 1-2 pk or Hand Soap 340 mL selected</p>	<p>250 PTS when you buy 2 4⁹⁹ GARNIER Hair Shampoo or Conditioner 250-370 mL selected</p>	<p>9⁹⁹ AVEENO Body Lotion 532 mL</p>
<p>28⁹⁹ HUGGIES Ninjamas or Training Pants or Pull Ups or Goodnites 28-120 pk</p>	<p>15⁹⁹ HUGGIES Baby Wipes 288-384 pk</p>	<p>BUY MORE SAVE MORE 1⁹⁹ BABY GOURMET Purée Pouches 113-128 mL selected 2.49 ea</p>	<p>34⁹⁹ PAMPERS Huge Diapers 80-160 pk</p>

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MIX & MATCH

GET 600 PTS when you buy 2

150 PTS when you buy 2
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GOLD BOND First Aid Care selected

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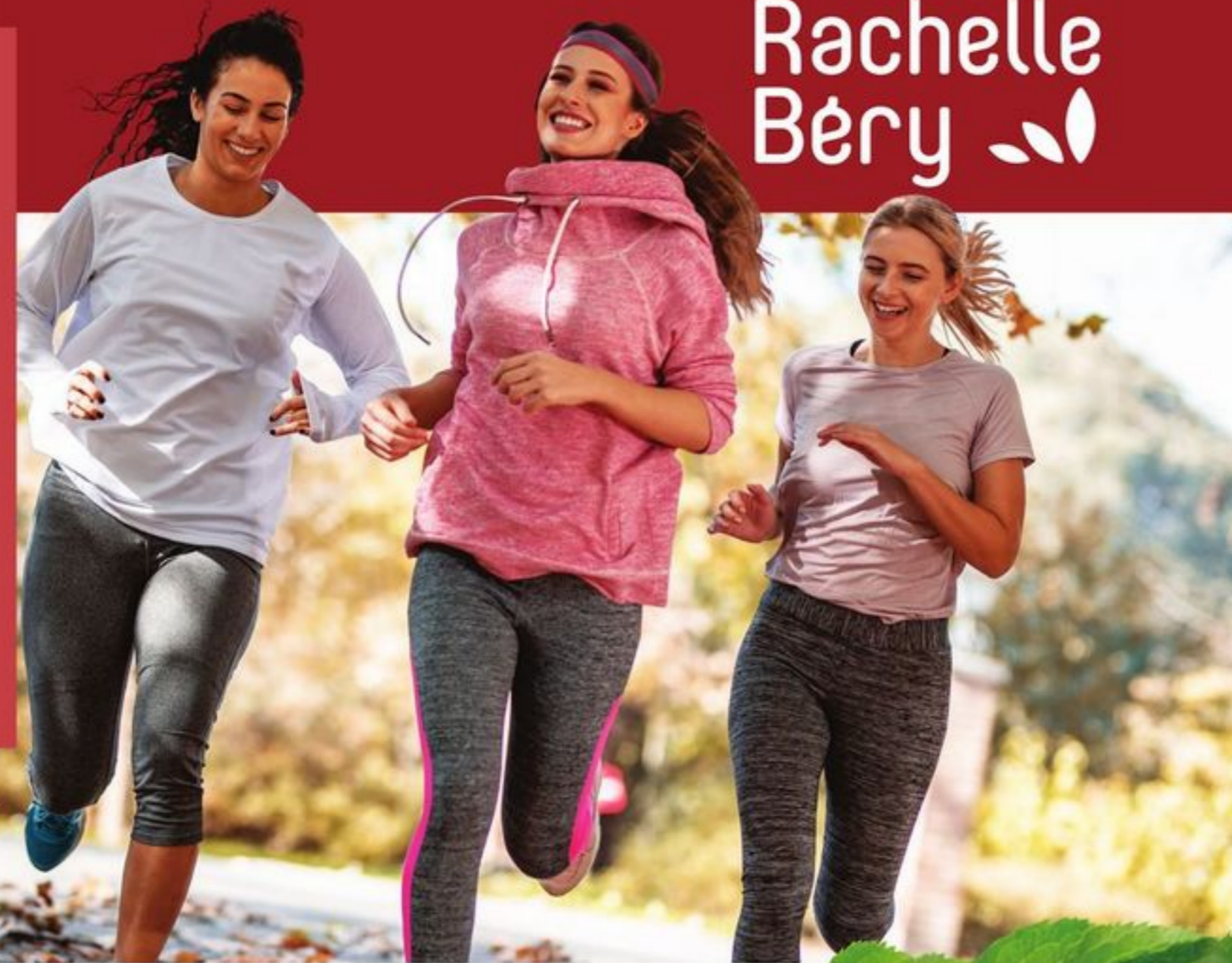
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