

FOODLAND

Fresh food. Friendly neighbours.



Inside Round Roasts cut by your meat expert from Canada AAA grade beef 17.61/kg

7.99 /lb



2.99 /lb

FLETCHER'S Cottage Rolls 6.59/kg



3.49 ea

COMPLIMENTS Shrimp 71.99 ct raw or cooked 340 g

Cauliflower product of Canada or USA no 1

APPLE FEST

ENJOY FRESH APPLES AND MORE IN-STORE



ATLANTIC **1.29** /lb

PRODUCT OF ATLANTIC CANADA Gala Apples Canada extra fancy grade 2.94/kg

SCAN FOR A CHANCE TO WIN 100,000 PTS

*Every purchase of Fresh Apples with the scan of your registered Scene+ card between October 17-23, 2024 enters you for a chance to win



LEARN MORE



2.64

DANONE Activia Yogurt 2 pk or 625-650 g



9.99

KRAFT Dinner Original 12 pk



1.99

QUAKER Dips or Chewy Granola Bars 120-156 g



2/\$6

DEMPSTER'S Whole Grain Bread 600 g or English Waffles 6 pk



3.99

Apple Danish 4 pk 375 g



3.99

SAVE \$1.50

5.49 without coupon
SUNRISE Bologna 375 g



2.99

SAVE \$1

3.99 without coupon
PRODUCT OF CANADA COMPLIMENTS Grape Tomatoes 283 g



10.99

SAVE \$7

17.99 without coupon
HERSHEY'S Assorted Chocolate or Candy 100 pk

Scene+ **DIGITAL EXCLUSIVE**

OFFER AVAILABLE OCTOBER 17-23, 2024

Your offers at Foodland

SPEND \$75 OR MORE, GET **500 PTS**

WHEN YOU LOAD THIS OFFER

In the Foodland app or at mygroceryoffers.ca See page 3 for details

Scan QR code to download or open the app

SCAN HERE FOR OUR DIGITAL FLYER



Foodland.ca

OCT 2024 THUR 17 FRI 18 SAT 19 SUN 20 MON 21 TUE 22 WED 23

PRICES EFFECTIVE FROM OCT 17-23

3lb ATLANTIC **5.99**
PRODUCT OF ATLANTIC CANADA COMPLIMENTS Cortland, Empire, Gala, Gravenstein, McIntosh, Spartan, Golden or Red Delicious Apples Canada extra fancy grade 1.36 kg

1.99 /lb ATLANTIC
PRODUCT OF ATLANTIC CANADA McIntosh or Cortland Apples Canada extra fancy grade 4.38/kg

4.99 Baked IN-STORE
Apple Strudel Family Size 400 g

3.99 Scene MEMBER PICKING **SAVE \$1**
4.99 without Member Card
Turnovers or Strudels 4-6 pk 228-260 g

150 PTS when you buy 2
7.49
COMPLIMENTS Apple Caramel Muffins 4 pk 440 g

2.49 /lb
Fuji, Pink Lady or Granny Smith Apples product of USA or South Africa extra fancy grade 5.48/kg

3lb **8.99**
LIL SNAPPERS ORGANIC Gala or Granny Apples product of USA extra fancy grade 1.36 kg

150 PTS when you buy 2
7.49 Baked IN-STORE
Gourmet Cookie Apple Oatmeal Raisin 6 pk 475 g

APPLE FEST
ENJOY FRESH APPLES AND MORE IN-STORE

PRODUCE

3.49 Scene MEMBER PICKING **SAVE 50¢**
3.99 without Member Card
PRODUCT OF CANADA COMPLIMENTS ORGANIC Whole White or Cremini Mushrooms 227 g

99¢ /lb ATLANTIC
PRODUCT OF ATLANTIC CANADA Cabbage or Turnips 2.18/kg

3.79 CANADA
Mini Cucumbers Canada no 1 6 pk

3.29
Celery product of USA no 1

MEAT

5.99 **100 PTS** when you buy 2
JOHNSONVILLE Smoked Sausage selected varieties 375 g

5.99 **100 PTS** when you buy 2
MAPLE LODGE FARMS Chicken Bacon, Ultimate Franks or Meat Sticks 300-500 g

9.99 /lb
Inside Round Rouladen cut by your meat expert from Canada AAA grade beef 22.02/kg

7.99 /lb
Stewing Beef Family Size cut by your meat expert from Canada AAA grade beef 17.61/kg

4.99 Scene MEMBER PICKING **SAVE \$1**
5.99 without Member Card
COMPLIMENTS Stuffed Chicken Cutlettes 284 g

10.99 **75 PTS** when you buy 1
ITALIAN-STYLE BANGA & ITALIENNE
COMPLIMENTS Meatballs 550-680 g

4.99 /lb
Pork Side Ribs Centre Portion Removed cut by your meat expert 11.90/kg

3.99 /lb
Boneless Pork Loin Centre Cut Roast cut by your meat expert 6.80/kg

7.99
COMPLIMENTS NATURALLY SIMPLE IQF Cod Haddock or Sole Fillets 400 g

12.99 **100 PTS** when you buy 1
COMPLIMENTS Boxed & Breaded Seafood selected varieties 300-500 g

3.99 /lb
COMPLIMENTS AIR-CHILLED Whole Chickens 8.80/kg

4.99 /lb
COMPLIMENTS AIR-CHILLED Split Chicken Breasts Family Size 11.00/kg

7.29 Scene MEMBER PICKING **SAVE \$1**
8.29 without Member Card
COMPLIMENTS Natural Ingredients Sliced Meats selected 175 g

4.99 **BUY 3 AT \$5.49 BUY 2 OR MORE**
BABYBEL 6 pk 102-120 g, THE LAUGHING COW Cheese Dippers 140 g or KIRI 144 g

9.99 STARTING AT
PILLER'S Family Size Pepperoni Topping 400 g or Club Packs, Sliced Deli Meats selected 350 g

12.79 **100 PTS** when you buy 1
COMPLIMENTS Double Cream Brie or Camembert 350 g

KITCHEN Available at most stores

4.99 Scene MEMBER PICKING **SAVE \$1**
5.99 without Member Card
SUMMI Asian Appetizers 250-350 g

6.99 YUCATAN Guacamole Large 454 g or Mini 6 pk 340 g

2/\$10
Assorted Tropicals or Succulents 4"

4.99
COMPLIMENTS Raw Pumpkin Seeds 300 g or Roasted Sunflower Seeds salted or unsalted 450 g

FLORAL Available at most stores

BULK

2 | Scene 1000 PTS = \$10 OF FREE GROCERIES

FROZEN & DAIRY

 <p>100 PTS when you buy 2</p> <p>4.99</p> <p>DR. OETKER Momeni! Pizza 170-185 g, Giuseppe Garlic Fingers 317 g or Panini 2 pk</p>	 <p>4.49</p> <p>CAVENDISH FARMS Restaurant Style Fries 540-750 g</p>	 <p>100 PTS when you buy 2</p> <p>3.49</p> <p>COMPLIMENTS Sour Cream 500 mL</p>	 <p>Scene MEMBER 100 PTS when you buy 2</p> <p>3.99 SAVE 50¢</p> <p>4.49 without Scene Card</p> <p>iögo Nano Drinkable Yogurt 6 pk</p>
 <p>50 PTS when you buy 1</p> <p>4.99</p> <p>COMPLIMENTS Orange Juice 1.54 L, Juice Blends 1.75 L or Lemon Iced Tea 2.5 L</p>	 <p>4.99</p> <p>BLACK DIAMOND Cheesings 1 pk 168 g, CRACKER BARREL Cheese Snacks 168 g or PHILADELPHIA Lactose-Free Cream Cheese 227-250 g</p>	 <p>Scene MEMBER 100 PTS when you buy 2</p> <p>4.99 SAVE \$1</p> <p>5.99 without Scene Card</p> <p>CRACKER BARREL Cheese Slices 200-240 g</p>	 <p>7.49</p> <p>iögo Yogurt 15 pk</p>

DRINKS, SNACKS & PANTRY

 <p>23.99</p> <p>STARBUCKS Coffee 750-907 g or K-Cup® Pods 24 pk</p>	 <p>2/\$9</p> <p>100 PTS when you buy 2</p> <p>OASIS Juice 8x200 mL tetra</p>	 <p>100 PTS when you buy 2</p> <p>4.49</p> <p>KELLOGG'S Cheez-It Crackers, Snap'd or Town House 213-391 g</p>	 <p>3.49</p> <p>CHRISTIE Cookies selected varieties 212-303 g</p>
 <p>2/\$8</p> <p>LAY'S Potato Chips 220-225 g, Baked 177 g or Popables 130 g or CHEETOS 170-285 g</p>	 <p>3.29</p> <p>QUAKER Crispy Minis 90-100 g or Rice Cakes 127-199 g</p>	 <p>6.99</p> <p>OLD DUTCH Potato Chips or Cheese Sticks 24 pk</p>	 <p>45</p> <p>CADBURY Assorted Chocolates or MAYNARDS Fun Treats 45 pk while supplies last</p>
 <p>2/\$3</p> <p>SPARKLING ICE Sparkling Water 503 mL</p>	 <p>3.49</p> <p>NATURE VALLEY Crunchy or Trail Mix Granola Bars or BETTY CROCKER Fruit or Gushers selected varieties 129-230 g</p>	 <p>3.99</p> <p>DEMPSTER'S Signature Breads 500 g</p>	 <p>Scene MEMBER 100 PTS when you buy 2</p> <p>4.99 SAVE 50¢</p> <p>5.49 without Scene Card</p> <p>COMPLIMENTS Long Grain or Parboiled Rice 2 kg</p>
 <p>1.99</p> <p>FRENCH'S Mustard 400 mL</p>	 <p>1.99</p> <p>ALLEN'S White Vinegar 1 L</p>	 <p>3.99</p> <p>STAGG CHILI 425 g</p>	 <p>100 PTS when you buy 3</p> <p>1.99</p> <p>COMPLIMENTS Broth 900 mL</p>
 <p>2.99</p> <p>BETTY CROCKER Super Moist Cake Mix selected 375-484 g</p>	 <p>7.99</p> <p>YELLOWSTONE Seasoning Blends 135-168 g</p>	 <p>4.99</p> <p>GENERAL MILLS Cheerios or Selected Cereal 250-430 g</p>	 <p>4.99</p> <p>KRAFT Cheez Whiz 450 g or Peanut Butter 500 g or ROBERTSON'S Marmalade 250 mL</p>

HOUSEHOLD

 <p>100 PTS when you buy 1</p> <p>10.99</p> <p>SCOTTIES Ultra Soft Facial Tissues 4 pk</p>	 <p>200 PTS when you buy 2</p> <p>15.99</p> <p>CASHMERE Bathroom Tissue 12-36 rolls or SPONGE TOWELS Ultra Choose-A-Size 6-8 rolls</p>	 <p>100 PTS when you buy 2</p> <p>11.99</p> <p>GLAD Tall Kitchen Catchers 50 pk</p>	 <p>Scene MEMBER 100 PTS when you buy 2</p> <p>24.99 SAVE \$2</p> <p>26.99 without Scene Card</p> <p>PEDIGREE Dry Dog Food 7-8 kg</p>
--	---	--	---

FROZEN & DAIRY

<p>449 COMPLIMENTS Aerosol Whipped Cream 225 g</p> <p>50 PTS when you buy 1</p>	<p>1049 iOGO Yogurt 2 kg</p>	<p>499 CRACKER BARREL Cheese 270 g</p> <p>BUY 1 AT \$6.99 BUY 2 OR MORE</p>	
<p>349 HEINZ Bagel Bites 198 g</p>	<p>399 MCCAIN Pizza Pockets 3 pk</p>	<p>599 PARKAY Margarine 850 g</p>	<p>799 KRAFT Shredded Parmesan 200 g</p>
<p>449 COMPLIMENTS Frozen Potatoes 800 g</p> <p>100 PTS when you buy 2</p>	<p>1399 SWANSON Oven Easy or Family Skillet Meals 879 g-1.19 kg</p>	<p>249 GREEN GIANT Simply Steam Vegetables 198-250 g</p>	

DRINKS, SNACKS & PANTRY

<p>479 DORITOS Tortilla Chips 210-280 g</p>	<p>2/\$8 HOSTESS Hickory Sticks 275 g or SUNCHIPS 205 g</p>	<p>\$3 CHRISTIE Mini Cookies 150-225 g</p> <p>BUY 1 AT \$3.99 BUY 3 OR MORE</p>	<p>399 COMPLIMENTS Soda Crackers 450 g</p> <p>100 PTS when you buy 2</p>
<p>4/\$5 BIG 8 Spring Water 1 L</p>	<p>100 PTS when you buy 1</p> <p>BIG 8 Soft Drinks 12x355 mL</p>	<p>699 NESTLE Carnation Hot Chocolate Canisters 400-450 g</p>	<p>2/\$7 COMPLIMENTS Tomato Juice or Vegetable Cocktail 1.36-1.89 L</p> <p>150 PTS when you buy 2</p>
<p>1899 BUDWEISER Zero 12x355 mL</p> <p>100 PTS when you buy 1</p>	<p>299 JOLLY RANCHER or TWIZZLERS Candy 170-198 g</p> <p>100 PTS when you buy 2</p>	<p>2/\$9 DENTYNE or MENTOS Gum Bottles 40-60 pk</p>	<p>250 CADBURY Dairy Milk Family Bars 80-100 g</p> <p>BUY 1 AT \$2.99 BUY 3 OR MORE</p>

DRINKS, SNACKS & PANTRY

49¢
MR. NOODLES Instant Noodles 85 g

2.99
COMPLIMENTS Refried Beans
288 ml, Mild or Medium Salsa 430 ml

15% off
COMPLIMENTS Baking Nuts 100 g
(excludes Pine Nuts)

4.99
CRISCO Shortening 454 g

5.49
SNACK PACK Pudding 12 pk

12.99
BEEMAID Liquid Honey 1 kg

7.99
TILDA Basmati Rice 907 g

4.49
GOLDEN DRAGON Sauce 455 ml
selected varieties

3.99
COMPLIMENTS 10 inch Tortillas
386-610 g

100 PTS
when you buy 2
COMPLIMENTS English Muffins 6 pk

HOUSEHOLD

10.99
KICKING HORSE ORGANIC Ground Coffee 284 g

2/\$7
COMPLIMENTS NATURALLY SIMPLE Tortilla Chips 240 g

4.99
O'DOUGHS Gluten-Free Bagel Thins 300 g

50 PTS
when you buy 1
COMPLIMENTS ORGANIC Orange Juice 1.54 L

3.99
CREST Toothpaste 63-120 ml, Floss or Toothbrush 1 pk or SOFTSOAP Hand Soap 332 ml, selected

300 PTS
when you buy 2
12.99
NATIVE Hair Care 177-487 ml, or Body Wash 532 ml, selected

8.49
MILK-BONE Comfort Chews 6 pieces or Biscuits 2 kg

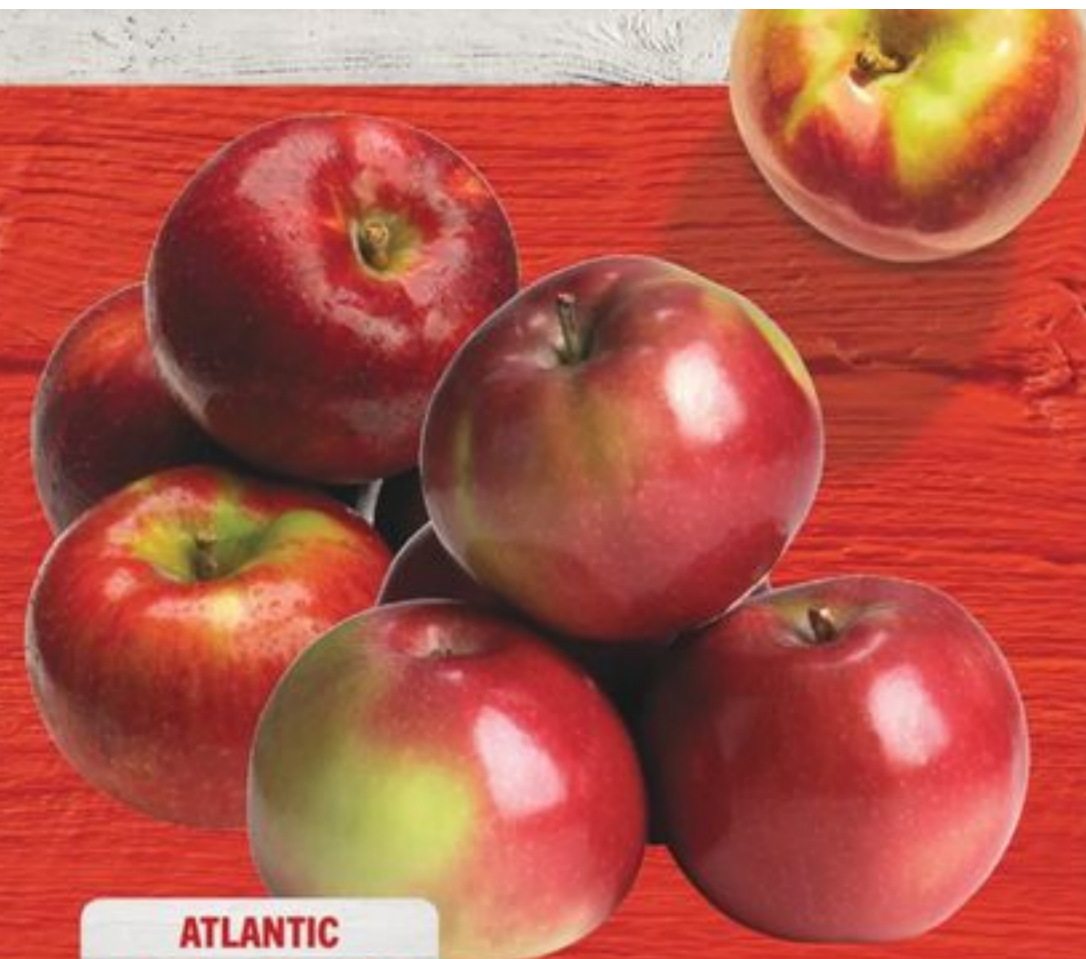
1.49
SHEBA Bistro Wet Cat Food 75 g

5.99
BOUNCE Dryer Sheets 80 pk

400 PTS
when you buy 2
17.99
TIDE Laundry Detergent 2.46 L, or Power Pods 25 pk

4.29
GLAD Cling Wrap 60 m

12.99
PURINA Tidy Cats Cat Litter 2.72 kg



APPLE FEST

ENJOY FRESH APPLES AND MORE IN-STORE

SCAN FOR A CHANCE TO **WIN**
100,000 PTS
 THAT'S LIKE \$1,000 TOWARDS YOUR GROCERIES!
 *Every purchase of Fresh Apples with the scan of your registered Scene+ card between October 17-23, 2024 enters you for a chance to win
[LEARN MORE](#)

ATLANTIC **1.99** /lb
 PRODUCT OF ATLANTIC CANADA
 McIntosh or Cortland Apples
 Canada extra fancy grade 4.39/kg



ATLANTIC **1.29** /lb
 PRODUCT OF ATLANTIC CANADA
 Gala Apples Canada extra fancy grade 2.84/kg

LIL SNAPPERS ORGANIC
 Gala or Granny Apples
 product of USA
 extra fancy grade 1.36 kg
8.99

2.49 /lb
 Fuji, Pink Lady or Granny Smith Apples
 product of USA or South Africa
 extra fancy grade 5.49/kg

3lb
 COMPLIMENTS
 GALA
 1.36 kg / 3 lb

3lb
 LIL SNAPPERS ORGANIC
 GRANNY SMITH
 GALA
 1.36 kg / 3 lb

ATLANTIC **5.99**
 PRODUCT OF ATLANTIC CANADA
 COMPLIMENTS Cortland, Empire,
 Gala, Gravenstein, McIntosh, Spartan,
 Golden or Red Delicious Apples
 Canada extra fancy grade 1.36 kg

APPLE'Y EVER AFTER made with the goodness of delicious apples

Scene+ MEMBER PRICING
9.49 SAVE \$1
 10.49 without Scene+ Card
 PANACHE Applewood-Smoked Cheddar 250 g

ATLANTIC **2.69**
 PRODUCT OF ATLANTIC CANADA
 BULWARK Non-Alcoholic Craft Cider 355 mL

LIMITED TIME OFFER
4.99
 BAKED IN-STORE
 Apple Strudel Family Size 400 g

Baked IN-STORE
 Scene+ MEMBER PRICING
3.99 SAVE \$1
 4.99 without Scene+ Card
 Turnovers or Strudels 4-6 pk 228-280 g

400 PTS when you buy 2
 LIMITED TIME OFFER
7.99
 BRANDT Apple & Cheese Kolbassa 250 g

200 PTS when you buy 250 g or more
2.99 /100 g
 Waldorf Salad

LIMITED TIME OFFER
 150 PTS when you buy 2
7.49
 COMPLIMENTS Apple Caramel Muffins 4 pk 440 g

4.99
 CHUDLEIGH'S Crumble Crunch Apple Blossoms frozen 228 g

Scene+
**DIGITAL
EXCLUSIVE**

OFFER VALID OCT 17-23, 2024

LOAD IT TO GET IT!

- 1 Download the Foodland app
- 2 Load your offers to activate them
- 3 Shop and scan your Scene+ card

Get **300 PTS** when you buy 2

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



PRODUCT OF CANADA
COMPLIMENTS Potatoes Canada no 1, 2.27 kg



Download on the
App Store

GET IT ON
Google Play



Card must be registered. Offer valid and available to be loaded October 17-23, 2024 at all participating Foodland and Co-Op locations in Ontario and Atlantic Canada. Minimum qualifying purchase must be made in a single transaction. Offer must be loaded to registered Scene+ Card prior to transaction. Limit 1 offer per Scene+ Card. Offer excludes taxes, delivery charges, bill payments, service fees, rental fees, event tickets, gift cards, fluid dairy products in Atlantic regions, pre-paid cards, postal products and services, Western Union, McCafe®/Tim Hortons®/Starbucks® 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. Limit one. 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.

Bake with
CANADA'S
#1
Baking Brands*



Chocolate
Pumpkin
Spice
Cake



FOR DELICIOUS
FALL RECIPES VISIT
ROBINHOOD.CA

GET
500 **PTS**
when you spend \$20



6⁹⁹

ROBIN HOOD®
Flour 2.5 kg
assorted varieties



4⁴⁹

EAGLE BRAND®
Sweetened
Condensed Milk
300 mL assorted varieties



2⁴⁹

CARNATION®
Evaporated Milk
354 mL
assorted varieties



4⁴⁹

HERSHEY'S®
Chipits
200-270 g
assorted varieties



4²⁹

ROBIN HOOD®
Quick Oats
1 kg assorted varieties

*In Canada, Robin Hood® is the #1 flour brand, Eagle Brand® is the #1 sweetened condensed milk brand, Carnation® is the #1 evaporated milk brand. Carnation® is a trademark of Société des Produits Nestlé S.A., used under license. ©/TM/MC/®/MD Smucker Foods of Canada Corp. or its affiliates. HERSHEY'S and CHIPITS are trademarks of Hershey Canada, Inc.

SUBSCRIBE TO EMAILS FROM FOODLAND & PARTICIPATING CO-OPS TO GET *more*

Get everything you love about
Foodland & Participating Co-Ops like:

- Access to weekly flyers
- Email exclusive offers
- Recipes plus tips & tricks from our experts
- Important updates about your store

**Sign up today to get your
first email exclusive offer**

SAVE \$5

on your next purchase of \$40**

SUBSCRIBE NOW

**New subscribers only. Terms and conditions apply.



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.