

FRESH CO

Flyer in effect October 24-30, 2024
Prices in effect in Western Canada

ZONE 1



EQUAL TO 362 /lb **2.5 kg BOX**

Compliments Seasoned Boneless Skinless Chicken Breasts Frozen 2.5 kg
reg 29.99, save \$10.02
SALE PRICE \$19.97/box

SPOOKTACULAR DEALS

597



Chinese Mandarins
4 lb Case
Product of China
1.81 kg

100



1397

Nestlé Chocolates Assorted 100 pk 977 g



Hothouse Tomatoes
Product of Canada
Canada No. 1, USA or Mexico No. 1 Grade
2.14/kg

97¢ /lb

797



50

Nestlé Chocolate Minis Assorted 50 pk 485 g

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



Dr. Oetker Ristorante or Casa di Mama Pizza 320-410 g
reg 6.49

SAVE \$3.02

347

SPEND \$20, GET 500 PTS

on any combination of these Assorted Nestlé Chocolates*

*before taxes. (Excludes Chips and Snacks)



Doritos 210-280 g
Ruffles 180-200 g
reg 4.49

SAVE \$1.52

297



High Liner Family Favourites Frozen 350-700 g
reg 8.97

SAVE \$4

497



Kohinoor Whole Wheat Flour 9.08 kg
Saleem Caravan Rice 4.54 kg
reg 14.97-24.27

SAVE \$11.00

1297

133 Member



197 without Scene+ Card

Coca-Cola or Pepsi Soft Drinks 2 L
Selected Varieties
Limit of 4
After Limit \$1.97

Scene+ **DIGITAL EXCLUSIVE**

YOUR 1000 PTS* OFFER IS WAITING

That's like **\$10** toward your groceries

VISIT THE FRESHCO APP OR MYGROCERYOFFERS.CA

OCT 24-30, 2024

*Scene+ card must be registered and offer must be loaded. See back page for full terms and conditions.

Lowering food prices

 <p>Gatorade 6x591 mL Gatorade 8x355 mL reg. 6.99</p> <p>SAVE \$1.52 5.47</p>	 <p>Post Cereal Selected Varieties 311-550 g, Quaker Cereal 350-500 g or Quaker Harvest Crunch 400-510 g reg. 4.99-5.99</p> <p>SAVE UP TO \$3.12 2.87</p>
 <p>Black Diamond Jumbo Cheestrings 12-16 pk reg. 7.97</p> <p>SAVE \$2 5.97</p>	 <p>OR BUY 1 at \$1.27 Hershey's Single Bars 34-58 g</p> <p>BUY 2 OR MORE 97¢ ea</p>
 <p>Dan-D Pak Cashews Salted or Unsalted 454 g reg. 8.97</p> <p>SAVE \$2 6.97</p>	 <p>Colgate Toothpaste 52-95 mL or Extra Clean Toothbrush Selected Varieties reg. 1.69-1.99</p> <p>SAVE \$1.92 97¢</p>
	 <p>Pampers Super Pack Diapers 44-96 pk Selected Varieties reg. 34.49</p> <p>SAVE \$9.52 24.97</p>

Scene 1000 PTS = \$10 OF FREE GROCERIES

 <p>Orville Redenbacher Microwave Popcorn 6-8 pk 340-492 g or Gourmet Popping Corn 850 g reg. 5.99-6.29</p> <p>500 PTS when you buy 3 that's \$5 toward your groceries</p> <p>SAVE \$2.32 3.97</p>	 <p>Quaker Crispy Minis 100 g or Rice Cakes 127-199 g reg. 3.29</p> <p>150 PTS when you buy 3 that's \$1.50 toward your groceries</p> <p>SAVE \$0.22 2.47</p>	 <p>Coca-Cola Soft Drinks 6x710 mL reg. 5.49</p> <p>100 PTS when you buy 2 that's \$1 toward your groceries</p> <p>SAVE \$1.61 3.88</p>
 <p>Siggi's Yogurt 650-750 g reg. 6.27</p> <p>100 PTS when you buy 2 that's \$1 toward your groceries</p> <p>SAVE \$1.30 4.97</p>	 <p>Compliments Potato Chips 200 g</p> <p>100 PTS when you buy 3 that's \$1 toward your groceries</p> <p>1.47</p>	 <p>Kellogg's Core Bars 125-384 g reg. 4.49</p> <p>100 PTS when you buy 2 that's \$1 toward your groceries</p> <p>SAVE \$1.52 2.97</p>
 <p>Kool-Aid Jammers 10x180 mL reg. 3.49</p> <p>100 PTS when you buy 2 that's \$1 toward your groceries</p> <p>SAVE \$0.26 2.97</p>	 <p>Tide Liquid 1.24 L Tide Pods 15-20 un Downy Rinse 754 mL reg. 8.79-10.29</p> <p>200 PTS when you buy 2 that's \$2 toward your groceries</p> <p>SAVE \$3.32 6.97</p>	 <p>Finish Auto Dish 60-105 pk reg. 27.99</p> <p>400 PTS when you buy 1 that's \$4 toward your groceries</p> <p>SAVE \$6.02 21.97</p>

Scene DIGITAL EXCLUSIVE
OCTOBER 24-30, 2024

20% off Red Onions 3 lb Bag
*terms and conditions apply

LOAD THIS OFFER and Get 20% Off on Red Onions 3 lb Bag



This flyer is printed with vegetable based ink. Please recycle when facilities exist.

Raspberries 170 g
Product of USA or Mexico

2⁹⁷

Broccoli Crowns
Product of Canada, USA or Mexico
6.55/kg

2⁹⁷/lb

Large Honeydew Melon
Product of Mexico

50 PTS when you buy 1

4⁹⁷

Green Seedless Grapes 907 g
Product of USA
No. 1 Grade

2 lb

50 PTS when you buy 1

6⁹⁷

Red, Yellow or Orange Sweet Bell Peppers
Product of Canada or Mexico 6.55/kg

2⁹⁷/lb

Seedless Cucumbers 3 pk
Product of Canada
Canada No. 1
Asparagus
Product of Mexico
No. 1 Grade 10.96/kg

4⁹⁷/lb

Compliments Lemons 2 lb
Product of South Africa
907 g

50 PTS when you buy 1

3⁹⁷

Avocados 5 pk
Product of Mexico

50 PTS when you buy 1

4⁹⁷

Iceberg Lettuce
Product of USA
No. 1 Grade

50 PTS when you buy 1

2⁴⁷

Compliments Carrots or Yellow Onions 3 lb
Product of Canada
Canada No. 1
1.36 kg

2⁹⁷

Johnsonville Sausages 375-500 g
reg 5.97-6.47

SAVE UP TO \$1.50

4⁹⁷

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

SAVE \$1

6⁹⁷

Grimm's Sausage Rings
300 g
reg 7.97

Fresh Lean or Halal Lean Ground Beef
450 g

\$7

Fresh Centre, Rib or Sirloin Pork Loin Combo Chops
8.75/kg reg 4.49/lb

SAVE 52¢/lb

3⁹⁷/lb

Compliments Grilled Beef, Chicken or Turkey Strips
150-200 g

MEMBERS SAVE \$1

\$5

Pogo Original Frozen 1.5 kg
reg 15.99

MEMBERS SAVE \$1

12⁹⁹

OR BUY 1 at \$4.50
Compliments Marinated Pork Chops or Kabobs
250-300 g
reg 5.00

BUY 2 OR MORE SAVE MORE

\$4⁰⁰

Basa Fillets Previously Frozen
17.61/kg

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

7⁹⁹/lb

Villaggio Bread 510-540 g
Buns 6-8 pk
Vachon Snack Cakes 282-336 g
reg 3.89-4.49

SAVE UP TO \$1.52

2⁹⁷

Best Buy Cookies 390 g
reg 5.00

SAVE \$1

\$4

OR BUY 1 at \$3.47
Compliments Deli Meat 175 g
Mastro Salami 125-150 g
Selected Varieties
reg 4.00-5.99

BUY 3 OR MORE SAVE MORE

\$3⁰⁰

Castello Sliced Cheese 125-165 g
reg 7.19

SAVE \$2.22

4⁹⁷

DISCOVER FLAVOURS OF THE WORLD & MORE DEALS ONLINE!



SAVE UP TO 80¢

347

Black Diamond Cheese Slices 410 g
Lactantia Cream Cheese Spread 227 g
reg 3.97-4.27

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

SAVE \$1.55

344



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



Liberté Greek Yogourt 650-750 g
reg 7.27

SAVE 80¢
647



Tropicana Orange Juice 1.36 L
reg 5.47

SAVE \$1
447



Heinz Beans or Pasta 398 mL
reg 1.67

144



Campbell's Ready to Serve Soup 515 mL
reg 3.29

100 PTS when you buy 4
That's \$1 toward your groceries
SAVE 82¢
247



Kraft Salad Dressing 425 mL
reg 4.39

SAVE 92¢
347



Divella Pasta 500 g
reg 2.49

SAVE 52¢
197



Smucker's Jam 310-500 mL Selected Varieties
reg 6.49

SAVE \$1.92
547



Kicking Horse Whole Bean Coffee 454 g
reg 18.99

SAVE \$5.92
1397



SAVE \$2.02

347

Kellogg's Cereal Selected Varieties 247-435 g
reg 5.49



Perrier Sparkling Water 8x330 mL
Sanpellegrino Naturali Sparkling Drink 6x330 mL
reg 7.99-8.29

200 PTS when you buy 2
That's \$2 toward your groceries
SAVE \$5.22
597



Pepsi Soft Drinks Rainbow Pack 24x355 mL
reg 12.99

SAVE \$1.92
1197



Nescafé Gold Instant Coffee 90-100 g, Sweet & Creamy 18 pk or Taster's Choice 100 g
reg 7.99-8.29

SAVE \$5.22
597



OR BUY 1 at \$3.97
Kellogg's Cheez-It Crackers 191-200 g

BUY 2 OR MORE
SAVE MORE
227



Dare Ultimate Cookies 290-300 g
reg 3.99

SAVE \$1.92
247



OR BUY 1 at \$3.79
Pepperidge Farm Goldfish Crackers 168-227 g

BUY 2 OR MORE
SAVE MORE
277



Lindt Excellence Chocolate Bars 100 g
reg 3.97

SAVE 50¢
347



Irish Spring Bar Soap 3 pk
reg 4.99

SAVE \$1.92
347



Speed Stick Deodorant or Antiperspirant 45-85 g
reg 4.49

SAVE \$1.92
297



Bounty Paper Towels 4-6 Rolls
reg 11.99

SAVE \$3.92
897



Purex Detergent 2.03 L or Baby Detergent 1.47 L
reg 8.69

100 PTS when you buy 1
That's \$1 toward your groceries
SAVE \$1.72
697

DOUBLE FRESH GUARANTEED

WE'LL REPLACE YOUR ITEM + REFUND YOUR MONEY*

*See online and in-store for more details.

HALLOWEEN TREATS

WHILE SUPPLIES LAST

Maynards Candy Assorted 90 pk 1.12 kg

14⁹⁷



5⁹⁷

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



12⁹⁷

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



12⁹⁷

Pringles Original Tub
32x19 g



9⁹⁷

Frito-Lay Chips 40 pk 640 g
Selected Varieties



6⁹⁷

Old Dutch Chips 240 g
Selected Varieties



16⁹⁷

Cadbury Chocolates
Assorted 90 pk 1 kg



11⁹⁷

Takis Fuego Tortilla Chips
40 pk



11⁹⁷

Skittles Starburst
Candy 90 pk
1.05 kg



16⁹⁷

Mars Mixed
Chocolates
Fun Size
95 pk 1.15 kg



7⁹⁷

Pepperidge Farm
Goldfish Crackers
22x28 g



5⁹⁷

Hershey's Chocolates
317-390 g
Selected Varieties



8⁹⁷

Oh Henry! Chocolates
Assorted 513 g



7⁹⁷

Nestlé Chocolate Minis
Assorted 50 pk 485 g



8⁴⁷

Ferrero Kinder Minis 297 g or
Bueno Minis 330 g



5⁹⁷

Ferrero Halloween
Kinder Surprise Eggs 100 g

DIWALI DEALS



SAVE \$2
12.97

Qilla or Lal Qilla Sella Basmati Rice
4.54 kg
Selected Varieties
reg 14.97



SAVE UP TO 80¢
2.47

Rubicon Juices 1 L
Selected Varieties
reg 2.97-3.27



1.97

Bunch Spinach
Product of USA or Mexico



9.99

David Roberts Mixed Nuts Celebration Tray
600 g



2.47

Ginger Root
Product of China
5.45/kg



1.47

Garlic 5 pk
Product of China



1.47

Carrots
Product of China
3.24/kg



Surati Salted Snacks
250-341 g
Selected Varieties
reg 2.97

SAVE 50¢
2.47



Mother's Magic Himalayan Pink Salt 2 kg
reg 8.97

SAVE \$1
7.97



Teja Chana Dal
1.81 kg
reg 7.47

SAVE \$2
5.47



Deep Paratha or Naan 300-400 g
Selected Varieties
reg 3.67

SAVE 70¢
2.97



Nanak Pure Desi Ghee
1.6 kg
reg 29.97

SAVE \$3
26.97



Nanak Dessert Rasmalai 850 g
Selected Varieties
reg 11.47

SAVE \$2.59
8.97



Teja Cookies or Biscuits
1.13-1.134 kg
Selected Varieties
reg 7.27-9.97

SAVE \$3
6.97



KFI Cooking Sauce
375-395 mL
Selected Varieties
reg 5.47

SAVE 50¢
4.97



Nanak Aloo Tikki Potato Patties 720 g
reg 9.97

SAVE \$1.50
8.47



SAVE 70¢
97¢

Eight Treasures
Coconut Milk
400 mL
reg 1.67



SAVE \$9
27⁹⁷

Eight Treasures
Thai Jasmine
Rice
18.1 kg
reg 36.97

泰国茉莉香米
MILAGROSA
GAO THOM THAI
ข้าวหอมของไทย
THAI JASMINE RICE
RIZ AU JASMIN THAI

PRODUCT OF THAILAND
PRODUIT DE THAILANDE NET WEIGHT / POIDS NET 18.1 kg

EIGHT TREASURES 八宝
MILAGROSA 泰国茉莉香米
GAO THOM THAI ข้าวหอมของไทย
THAI JASMINE RICE 泰国茉莉香米
RIZ AU JASMIN THAI 泰国茉莉香米



SAVE 50¢
4⁹⁷

Eight Treasures
Thai Jasmine Rice 2 kg
reg 5.47

泰国茉莉香米
MILAGROSA
GAO THOM THAI
ข้าวหอมของไทย
THAI JASMINE RICE
RIZ AU JASMIN THAI

NET WEIGHT / POIDS NET 2 kg

100%
THAI
JASMINE RICE
RIZ AU
JASMIN THAI
A 100%

EAST ASIAN INSPIRED - AFFORDABLY AUTHENTIC



SAVE \$1
2⁹⁷

Eight Treasures
Sesame Oil 185 mL
reg 3.97



SAVE 50¢
2⁴⁷

Eight Treasures
Sweetened Condensed
Milk 300 mL
reg 2.97



1⁹⁷

Eight Treasures
Rice Noodles 400-454 g
Selected Varieties
reg 2.27

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.

Stay on top of your family's wellness this fall.

Make appointments for

- flu shots
- COVID immunizations
- shingles immunizations
- other immunizations

with the 360Health scheduler.



Click on Pharmacy
in your grocery app

[Book today](#)



FRESH CO

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.

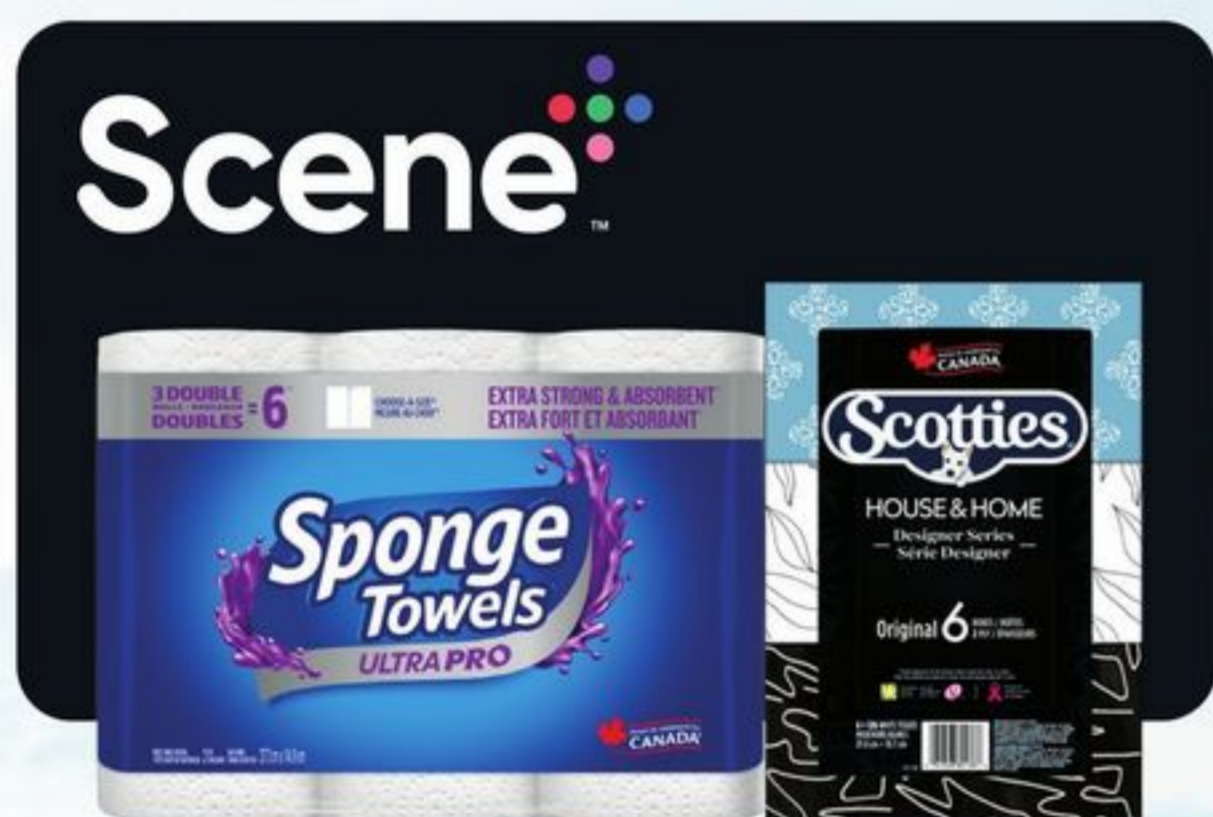


BUY \$25 TO GET A \$10 GIFT CARD

Minimum purchase of \$25 pre-tax on participating Kruger Products®*



\$6.99 Save \$3
Purex®
Bathroom Tissue
8=24 and 12=24 Rolls



\$6.99 with Scene+ Card Save \$3
SpongeTowels® 6pks
Scotties® 6pks

\$7.99 without Scene+ Card



\$5.99 Save \$1
Bonterra®
Bathroom Tissue 9=27 Rolls,
Paper Towel 3=6 Rolls,
Facial Tissue 3=6pk

BUY 2 GET 200 SCENE+ POINTS

BUY

any combination of participating Kruger Products® totaling \$25 pre-tax on the same receipt.



SNAP

a picture of your receipt and upload within 7 days to OnlyInCanada.ca



GET

a \$10 Gift Card*



Retails valid from October 24th to 30th, 2024.

*Valid on purchases Oct 1/24 to Dec 31/24. Submit receipt within 7 days from date of purchase to receive \$10 gift card on purchase of \$25 of participating Scotties, Cashmere, Purex, Sponge Towels and Bonterra products (excludes Premium) on one receipt. Limit 1 Gift Card per receipt. Not valid in combination with other offers. Terms and conditions at www.onlyincanada.ca. Limit 3 Gift Cards per household. Offer valid in only Canada. ©Registered trademarks of Kruger Products Inc. © Scotties is a registered trademark of Kimberly-Clark Worldwide Inc., used under license. **Products claimed as being made in Canada have been made with domestic and imported materials.

FLAVOURS OF EUROPE



447

R&S Buckwheat Roasted 908G



347

Semki XXL Roasted Sunflower Seeds 300G



397

Oliya Sunflower Oil Pure 1L

50 PTS when you buy 2



147

Dandar Rolled Oats 400G



2997

Red Gold Pink Salmon Caviar 200G Frozen



2997

Lemberg Trout Caviar 250G

50 PTS when you buy 2



2597

Red Gold Steelhead Salmon Caviar 200G Frozen

50 PTS when you buy 2



1497

K-life Fresh Cheese Tvorog 14% 1KG



347

Belevini Cod Liver 121G



297

Belevini Smoked Sprats 240G



397

Svalya Cheese Slices Assorted 150G

50 PTS when you buy 2



247

Borjomi Carbonated Mineral Water 500ML



397

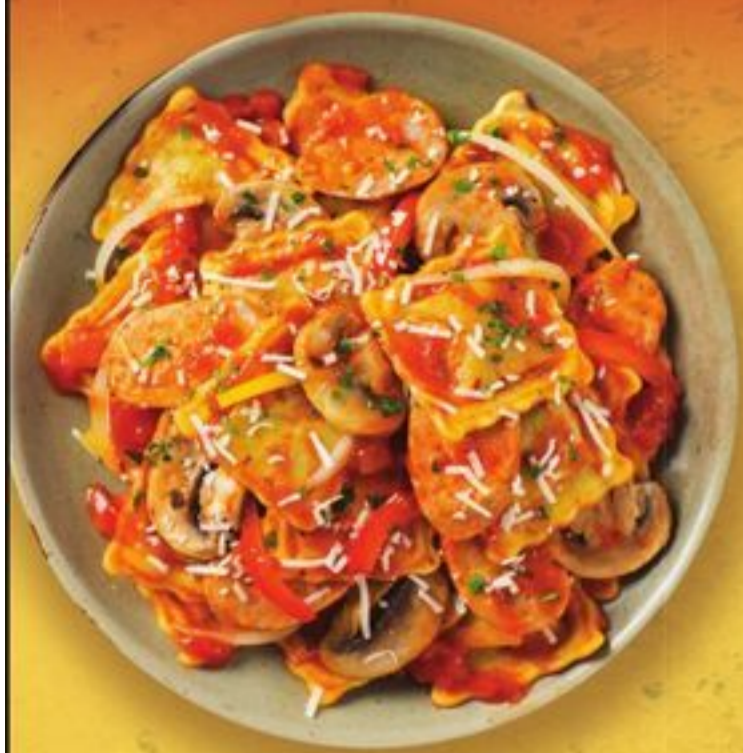
OakBarrel Crunchy Dill Pickles 1L

In effect September 26 - October 30, 2024



CELEBRATE WORLD PASTA DAY

OCTOBER 25, 2024



Skillet Gnocchi Stix / Skillet Gnocchi or Fresh Filled Pasta Twin Pack selected varieties 280g-500g

\$4.97



Skillet Gnocchi Family Size or Fresh Filled Pasta selected varieties 520g-700g

\$7.97



Fresh Filled Pasta Family Twin Pack selected varieties 900g-1100g

\$10.97



Fresh Pasta Sauce selected varieties 160g or 300mL

\$3.97



Offer Valid From October 24-30, 2024