

FRESH CO

Flyer in effect November 21-27, 2024
Prices in effect in Ontario, Excludes Thunder Bay

ZONE 1

FRENZY DAYS



EQUAL TO

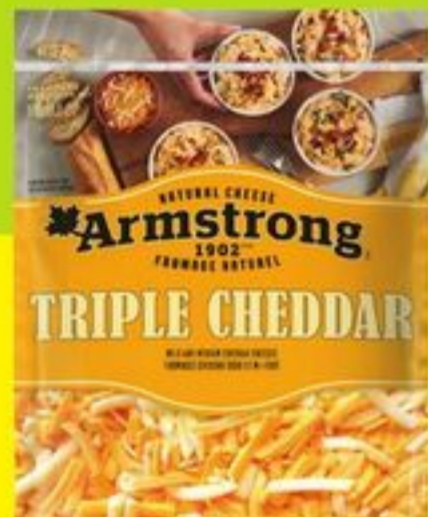
388
/lb

Lean Ground Beef Tube
1.36 kg
reg 17.00, Save \$5.36
SALE PRICE \$11.64
Boeuf haché maigre



186

Raspberries 170 g
Product of
USA or Mexico
Framboises



Armstrong Cheese Bars 400 g
Armstrong Shreds 320 g reg 6.79-7.79
Barres de fromage, râpé

SAVE \$3.02
477



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

SAVE \$3.02
347



General Mills
Honey Nut Cheerios
292 g
WHILE SUPPLIES LAST
Céréales

195



Swiss Chalet or
Montana's Pork
Back Ribs
Fully Cooked
600-650 g
reg. 14.99
Côtes de dos de porc

SAVE \$6.08
891



Taylor Farms Chopped
Salad Kit 316-377 g
Assorted
Product of USA
Préparations de salades
hachées

388



Janes Battered or Battered Fish Fillets
Selected Varieties
Frozen 450-510 g reg 9.99
Filets de poisson pané ou en pâte

MEMBERS SAVE \$2
591



Pure Life Natural
Spring Water
24x500 mL
reg 4.99
Eau de source

SAVE \$2.03
296



NuPak Rice 8 kg
reg 16.99
Riz

SAVE \$4
1299

Lowering food prices

FRENZY DAYS BIG DEALS. LIMITED TIME.

Lay's Potato Chips 177-235 g or Poppables 130 g
Smartfood 150-220 g
Lay's Multicultural 165 g
reg 3.49-4.69
Croustilles ou mais éclaté, croustilles

SAVE UP TO \$170

2.99

Compliments Muffins 4-6 pk Muffins **\$6**

Best Buy Meat Lasagna Frozen 2.27 kg Lasagne **\$10**

Smart Ones Frozen Entrées 255-283 g
Heinz Bagel Bites 198 g
reg 3.99-4.29
Repas, bouchées de bagel

SAVE UP TO \$2.31

1.98

Yoplait Source Yogurt Tubs 630 g reg 3.49
Yogourt

SAVE 53¢

2.96

OR BUY 1 at \$2.69
Pepsi Soft Drinks 2 L Selected Varieties
Boissons gazeuses

BUY 2 OR MORE

1.99 ea

Lantic Sugar 2 kg reg 3.27
Sucre

SAVE 78¢

2.49

Colgate Total Toothpaste 70 mL or Kids Toothpaste 75 mL Selected Varieties
Softsoap Hand Soap 221 mL
reg 2.29-2.49
Dentifrices, savon à mains

SAVE 56¢

1.93

Tide Liquid 2.48 L or Tide Pods 25-42 pk reg 15.99-18.99
Détergents

SAVE \$4.05

14.94

Scene 1000 PTS = \$10 OF FREE GROCERIES

75 PTS when you buy 1

SAVE \$2.33

3.46

Imperial Margarine 637 g
Margarine

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

SAVE \$1.54

2.95

Allen's Apple Juice 1.89 L
Oasis or Arizona Iced Tea Drink Box 8x200 mL
reg 3.99-4.49
Jus, boisson de thé

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

SAVE \$1.53

3.44

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

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

SAVE \$1

3.99

Hidden Valley Ranch Dressing 473 mL
 Vinaigrette

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

SAVE \$1.11

4.88

Clover Leaf Pink Salmon 418 g
reg 5.99
Saumon

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

SAVE \$1.12

2.87

Nature Valley or Fibre 1 Granola Bars or Betty Crocker Fruit Snacks 125-230 g
reg 3.99
Barres granola ou collations aux fruits

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

SAVE \$6

6.99

Jamieson Vitamin C 500 mg or Vitamin D 1000-2500 IU 75-240 pk
reg 8.99-12.99
Vitamine C ou D

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

SAVE \$4.95

12.94

Finish Auto Dish Detergent 30-55 pk
reg 16.99-17.49
Détergent

Get 500 PTS Spend \$25 on any Ferrero Seasonal Chocolates

Ferrero Seasonal Chocolates Selected Varieties
Excludes Everyday Chocolates Chocolates

20% OFF

Load this offer and get 20% off on Compliments Deli Meat 175 g or Compliments Sliced Cheese 150-170 g
Viande de charcuterie ou fromage

20% OFF

Load this offer and get 20% off on Cashmere Bathroom Tissue 12-24 Rolls or 8-24 Rolls
Papier hygienique

The Scene+ Loyalty Program is available at all participating FRESHCO locations within ONTARIO. No base Scene+ points earned. See weekly offers for current ways to earn Scene+ points and visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. All weekly Scene+ offers exclude taxes, delivery charges, bill payments, service fees, rental fees, event tickets, gift cards, food/dairy products in Atlantic regions, pre-paid cards, postal products and services, Western Union, McAfee, Tim Hortons/Starbucks products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery games, deposits, discounts, environmental charges, fuel and other goods and services which are non-deductible or excluded by law. For full Scene+ Terms & Conditions or to redeem your points, visit <https://www.sceneplus.ca/terms-and-conditions>. All offers are subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Sobey Capital Incorporated. Offers valid Thursday, November 21, 2024 to Wednesday, November 27, 2024. Prices in effect while supplies last. We reserve the right to limit quantities. No rainchecks except as advertised. All price savings shown in this flyer are measured against our best retail price offered at our stores in the applicable trade area. Guarantee does not apply to farmers market, operated or franchised by Sobey Capital Incorporated. Savings offered in this flyer. We reserve the right to correct any unintentional errors in this flyer and make changes to any of our programs without prior notice. See in-store or FreshCo.com for details. Our reference to "lowest price", "lowest price", "lowest price", and other similar statements in our ads is as compared to the full-service banners operated by Sobey Capital Incorporated. See in-store or FreshCo.com for full details of our Guarantees. All Guarantees are subject to our absolute discretion and we reserve the right to define competitor, trade area and to limit quantities. Not to be combined with any other offers and subject to change without notice. Guarantees do not apply to third party vendor products, prescription drugs, gift cards, liquor, tobacco, clearance & limited-time products, loyalty and marketing initiatives and any products which will be discounted by law. Limitation: 1. **LOWEST PRICE GUARANTEE:** Subject to the Limitations and excluding products sold by third party vendor products and within the store, if a discount competitor within the geographic trade area offers a lower price on an identical item by brand and size that we carry in this store, we will sell you that item for 1¢ less than the discount competitor's current advertised price in their flyer. Price matching will be done for the following banners: Ontario, No Frills, Food Basics, Real Canadian Superstore, and Wal-Mart British Columbia, Alberta, Saskatchewan, and Manitoba, No Frills, Real Canadian Superstore, Wal-Mart and Save-On-Foods. Price match locations are subject to change based on regional circumstances. Does not apply to competitor errors. Limit of four (4) units of each price match item per customer. **DOUBLE FRESH GUARANTEE:** Subject to Limitations, if you buy an eligible product from our store, use the product as intended, and the product does not meet your expectations, you can return the product with a receipt within 14 days of purchase and we will refund the purchase price and provide you with an identical replacement product (while supplies last). **IN-STOCK GUARANTEE:** Subject to Limitations and excluding seasonal and limited-quantity products, if you find that we are out of stock of any product featured in that store's current flyer, we will provide you with a rain check that can be used to purchase the item for 10% off the current advertised price when the item is back in stock. **PRICES IN EFFECT IN ONTARIO, EXCLUDES THUNDER BAY.**

Green Seedless Grapes
Product of USA
No. 1 Grade
7.69/kg
Raisins verts sans pépins

349 /lb

Honeycrisp or Ambrosia Apples
Product of Ontario
Canada Extra Fancy
3.95/kg
Pommes

179 /lb

Eggplant, Green or Gray Zucchini
Product of USA or Mexico
4.39/kg
Aubergine, courgettes

199 /lb

Cilantro or Green Onions
Product of USA or Mexico
Coriandre ou oignons verts

99¢ EA

Golden Pineapples
Product of Costa Rica
Compliments Lemons
2 lb Product of Spain or USA
907 g
Ananas, citrons

50 PTS when you buy 1

399

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

50 PTS when you buy 1

249

Compliments Russet Potatoes
10 lb
Product of Canada
Canada No. 1
4.54 kg
Pommes de terre

50 PTS when you buy 1

499

Compliments Baby Spinach or Spring Mix
312 g
Hiros Cherry Tomatoes on the Vine 340 g
Product of Canada
Jeunes épinards ou mélange printanier, tomates

50 PTS when you buy 1

499

199

Pomegranate
Product of USA
No. 1 Grade
Grenade

299 /lb

Stem & Leaf Clementines
Product of Spain
6.59/kg
Clementines

FRENZY DAYS

MEMBERS SAVE \$1

799

IRU Chicken Wings Frozen 550 g
Freshstone Brands Rolleez Frozen 540 g
Waterview Market Shrimp & Sauce Frozen 454 g
reg 9.99-12.99
Ailes de poulet, hors-d'œuvre, crevettes et sauce

SAVE 88¢ /lb

899 /lb

Angus Beef Sirloin Tip Oven Roast
Cut from Canada AA Beef or Higher
19.82/kg
Rôti de surlonge de bœuf à cuire au four

PREFERRED ANGUS

Compliments Deli Meat 175 g
Charcuterie

\$4

Mina Halal Fresh Chicken Legs
Back Attached or Tandoori Chicken Drumsticks
Cuisses de poulet ou pilons de poulet

SAVE \$3

\$10

Beyond Beef, Burger, Sausage Plant-Based Links, Tenders or Nuggets
Frozen 226-400 g
Burgers, saucisses, lanieres ou croquettes à base de plantes

SAVE \$4

599

Equal to 3.17/lb

Select Valley Foods Chicken Breasts
Frozen 1 kg
Poussins de poulet

SAVE \$3.01

699

Compliments Cooked or Raw Pacific White Shrimp
Frozen 340 g
Crevettes

SAVE \$4

699

Dempster's White or Whole Wheat Bread
675 g
Vachon Snack Cakes 252-336 g
Pain, petits gâteaux

SAVE \$1.50

299

Chalo! Naan 500 g
Pain naan

200 PTS when you buy 2
That's \$2 towards your next purchase

249

Maple Leaf Natural Selections
150-175 g
Charcuterie

SAVE \$2

599

Tre Stelle Mozzarella Ball 340 g
Mascarpone 275 g
Crumbled Feta 150 g
Castello Cheddar 200 g
Fromage

SAVE \$3

599

SPEND \$100 IN PIZZA PIZZA, H&M, HUDSON'S BAY, PLAYSTATION, KOBO OR WAYSIPA GIFT CARDS

AND GET A BONUS **\$15** GIFT CARD

FRESHCO GIFT CARD

Offer valid during November 21 - 27, 2024. Sorry no rainchecks or price matching. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

<p>Liberté Greek Yogourt 650-750 g reg. 7.29 Yogourt</p> <p>SAVE 80¢ 649</p>	<p>Heineken 0.0% Non-Alcoholic Beer 6x330 mL Corona Sunbrew 0% Non-Alcoholic Beer 6x330 mL Bière sans alcool</p> <p>SAVE UP TO \$3 10.99</p>	<p>Hellmann's Mayonnaise 750-890 mL Mayonnaise</p> <p>5.99</p>	<p>Dare Bear Paws 168-240 g Viva Puffs 300 g Dare Wagon Wheels Original 12x315 g Variété de biscuits</p> <p>SAVE UP TO \$2 249</p>
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<p>Tetley Tea 20-24 pk Thé</p> <p>SAVE \$1.50 349</p>	<p>Maxwell House Coffee Pods 30 pk Dossètes de café</p> <p>SAVE \$5 12.99</p>	<p>OR BUY 1 at \$2.99 Kellogg's Cheez-It Crackers 191-200 g Pringles Super Stacks 148-156 g Craquelins, croustilles</p> <p>BUY 2 OR MORE 249</p>	<p>Kellogg's Core or Premium Bars 125-384 g Barres de qualité</p> <p>SAVE UP TO \$1.50 2.99</p>
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<p>Black Diamond Cheestrings 588 g Black Diamond Cheese Slices 825 g reg. 7.99 Ficello, tranches de fromage</p> <p>SAVE \$1 6.99</p>	<p>Natrell Fine-Filtered Skim, 1% or 2% Milk 2 L Sealtest Chocolate Milk 2 L Variété de lait, lait au chocolat</p> <p>SAVE UP TO 90¢ 4.79</p>
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FRENZY DAYS

<p>Kellogg's Cereal Selected 480-650 g reg. 6.99-7.79 Céréales</p> <p>SAVE UP TO \$2.30 5.49</p>	<p>Italpasta 450-900 g Pâtes</p> <p>SAVE 50¢ 1.99</p>
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<p>Kellogg's Eggo Waffles 270-280 g reg. 3.99 Gaufres</p> <p>SAVE \$1 2.99</p>	<p>Kraft Dinner Frozen Meals 340 g or Crave Frozen Meals 200-340 g reg. 4.69 Repas surgelés</p> <p>SAVE 70¢ 3.99</p>	<p>Whiskas Temptations Cat Treats 180 g reg. 3.49 Gâteries pour chats</p> <p>SAVE \$1 2.49</p>	<p>Palmolive Dish Soap 591-828 mL reg. 3.69 Savon à vaisselle</p> <p>SAVE \$1.20 2.49</p>
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SMUCKERS Get 500 PTS Spend \$20 on selected products

<p>Jif Peanut Butter 500 g reg. 5.49 Beurre d'arachide</p> <p>SAVE 50¢ 4.99</p>	<p>Robin Hood All Purpose Flour 907 g Farine</p> <p>SAVE \$3 6.99</p>	<p>Eagle Brand Condensed Milk 300 mL Lait condensé</p> <p>3.69</p>	<p>Five Roses or Robin Hood Flour 5 kg Farine</p> <p>SAVE \$3 9.99</p>
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Scene GET 1000 PTS FOR EVERY \$100 SPENT IN GOOGLE PLAY GIFT CARDS!

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HOLIDAY SWEET DEALS!

WHILE SUPPLIES LAST



SAVE \$1
2.69

Lindt Swiss Classic Chocolate 100 g
reg 3.69
Chocolat



SAVE \$1.50
8.49

Ferrero Chocolates 156-200 g
reg 9.99
Chocolats



SAVE UP TO \$3
13.99

Ferrero Rocher Chocolate Gift Box 259-375 g
Chocolats



12.49

Lindt Advent Calendar 128 g
Calendrier de l'Avent



13.99

Nestlé Kit Kat Advent Calendar 233 g
Calendrier de l'Avent



SAVE \$1
4.99

Cadbury Mini Eggs 200 g
reg 5.99
Mini œufs



SAVE \$3
14.99

After Eight Chocolate Tin 400 g
reg 17.99
Contenant métallique



SAVE \$2
11.99

Kinder Maxi 116-150 g
reg 13.99
Chocolat



11.99

Reese's or Hershey's Advent Calendar 212 g
Calendrier de l'Avent



SAVE \$1
15.99

Quality Street Chocolate Tin 650 g
reg 22.99
Contenant métallique



SAVE \$1
9.99

Cadbury Dairy Milk Assorted 304 g
reg 10.99
Chocolats

Nestlé Scene

Get **1000** PTS
When you spend \$20
ON SELECTED* DRUMSTICK AND CONFECTIONERY ITEMS

That's like \$10 toward your groceries



4.94

Nestlé Real Dairy Ice Cream 1.5 L or Confectionery Frozen Dessert or Novelties 4-10 pk
Selected Varieties
Crème glacée ou dessert ou nouveautés



5.88

Nestlé Drumstick Frozen Dessert 946 mL
Selected Varieties
Dessert glacé



9.99

Nestlé Drumstick King Size Frozen Dessert Novelties 6x180 mL
Selected Varieties
Nouveautés

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STOCK UP DEALS!



1.99

Scotties
Holiday Cubes 60 Sheets
WHILE SUPPLIES LAST
Mouchoirs



3.99

Febreze
Holiday Spray
250 g
WHILE SUPPLIES LAST
Vaporisateur



2.99

Alcan Foil 50 ft or
Non-Stick Baking Foil 25 ft
Reynolds Parchment Paper 35 ft
reg. 4.29-4.49
Papier d'aluminium, pour cuisson ou
pâchemin



4.49

Ziploc Freezer Bags 10-90 pk
reg. 5.49
Sacs de congélation



9.99

Glade Candles 1 pk
reg. 10.99
WHILE SUPPLIES LAST
Bougies

99¢

Febreze Plug Warmer
1 pk reg. 5.99
Chauffe-pluie



9.99

Febreze Holiday Plug Ins
20-40 pk
WHILE SUPPLIES LAST
Branchées



9.99

Glad Garbage Bags
20-40 pk
reg. 11.99
Sacs à ordures



4.99

Fleece Fabric Softener 1.36 L
or Fleece Dryer Sheets 80 pk
reg. 5.79-6.29
Assouplissants



8.99

Cashmere Bathroom Tissue
12-24 Rolls or
Sponge Towels 6 pk
reg. 9.99
Papier hygiénique ou essuie-tout



6.99

Purex Detergent 2.03 L or
Baby Detergent 1.47 L
reg. 8.69
Détergents



4.49

Compliments
Containers 2-4 pk
Contenants

FLAVOURS OF THE WORLD



14⁹⁹

Baltic Gifts Frozen Herring Fillets 1 kg
Filets de hareng



24⁹⁹

Red Gold Steelhead Salmon Frozen Caviar 200 g
WHILE SUPPLIES LAST
Caviar

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

SAVE \$5



4⁴⁹
Kühne Sauerkraut with Wine 720 mL
Choucroute

SAVE 50¢



4⁴⁹
Dandar Buckwheat with Wine 900 g
Sarrasin

50 PTS when you buy 2
SAVE \$1



1²⁹

Street Soup 50 g
Soupe

SAVE 50¢



6⁹⁹

Tutto Calabria Nduja Pasta Sauce 190 g
Sauce pour pâtes

SAVE 50¢



4⁴⁹

Aurora Antipasto 500 mL
Antipasto

SAVE \$2



4⁴⁹

Belevini Carrot or Sliced Beets Salad 840-860 g
Carottes ou betteraves

50 PTS when you buy 2
SAVE 50¢



3⁴⁹

Lovaré Tea 30 g
Thé

25 PTS when you buy 2
SAVE \$1



1⁶⁹

Brio 355 mL
Soda

SAVE 50¢



1⁹⁹

Jordanka Sparkling Mineral Water 1.5 L
Eau minérale

50 PTS when you buy 4
SAVE \$1



5⁹⁹

Lotus Biscoff Spread 380-400 g
Tartnade

SAVE \$1.00



2⁹⁹

Franzeluța Gingerbread Plum 400 g
Gâteries

SAVE \$1.00



1⁹⁹

Golden Alps Chocolate Bars 100 g
Barres de chocolat

SAVE \$1



2⁹⁹

Tre Marie Wafers 140 g
Gaufrettes

SAVE 50¢



14⁹⁹

Attiki Honey 500 g
Miel

SAVE \$1



3⁴⁹

Krinos Candy 300 g
Friandises

SAVE 50¢



1⁴⁹

S&F Cream Crackers 200 g
Craquelins

50 PTS when you buy 3
SAVE 80¢

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.

FLAVOURS OF THE CARIBBEAN



2/\$1

Chubby Soda
250 mL
Soda



\$1

Mr. Goudas
Table Salt 1 kg
Sel



Cool Runnings
Seasonings
90-900 g
Assaisonnements

SAVE \$1.50
4.49



SAVE UP TO \$1
1.99

Royalty Cookies or
Cream Crackers
300-400 g
Biscuits ou craquelins



8.99
Kaki Vanilla Persimmons
Case
Product of Spain
Plaqueminier



1.29
/lb

Plantains
Product of Guatemala
2.84/kg
Plantains



SAVE \$0.50
2.99

Grace Corn Meal 2 kg or
Oats 1 kg
Farine de maïs ou gruau



SAVE 80¢
1.99

Sun Exotic
Jus 1 L



\$1

Grace Soda
355 mL or
Plantain Chips
85 g
Soda ou croustilles



SAVE \$1
3.99

Grace Jerk
Seasoning
284-312 g
or Sauce
350-480 mL
Assaisonnement
ou sauce



SAVE 80¢
2.49

Governor's
Choice Callaloo
540 mL
Callaloo



SAVE 75¢
3.29

Pure Heaven
Non-Alcoholic
Beverages 750 mL
Boissons sans alcool



SAVE \$1
4.49

Nestlé Milo 400 g
Boisson énergisante

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

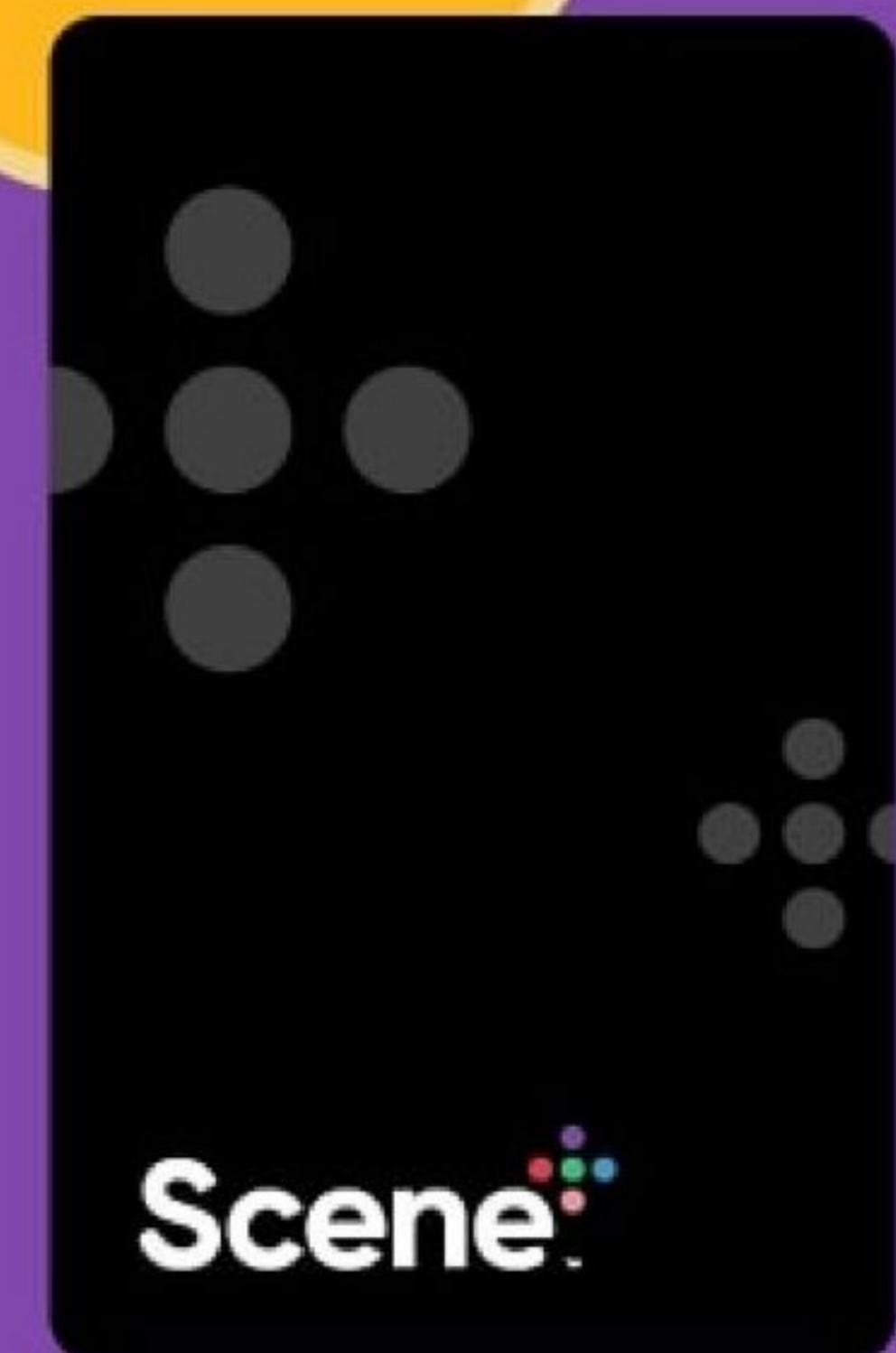
GET TO **FREE** GROCERIES FASTER

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.



Get diabetes care that fits **your needs.**

With a personalized care plan, our pharmacist can help you:

- Ensure your medications are working
- Understand insulin and injection techniques
- Review glucose monitoring and other technology
- Understand how blood pressure affects your diabetes

Ask our pharmacist if a personalized care plan is right for you.