

**FRESH CO**

Flyer in effect November 21-27, 2024  
Prices in effect in Western Canada

ZONE 1

**FRENZY DAYS**



3 lb

**EQUAL TO**

**388**  
/lb

Lean Ground Beef  
Tube 1.36 kg  
reg 17.00  
Save \$1.79/lb  
SALE PRICE \$11.64



**297**



Blueberries Pint  
Product of Peru  
No. 1 Grade



Armstrong Cheese Bars 400 g  
Armstrong Shreds 320 g  
reg 6.77-7.77

SAVE \$3  
**477**



Seedless Cucumbers 3 pk  
Product of Canada, Canada No. 1

**397**



Lou's Kitchen Fully Cooked  
Pork Back Ribs 585-610 g  
reg 12.99

SAVE \$5.03  
**796**



Maple Leaf Prime Raised Without Antibiotics  
Chicken Drumsticks, Thighs or Split Wings  
Frozen 750 g-1 kg  
Schneiders Schnitzel Chicken Cutlet  
Frozen 450 g reg 10.00-13.99

SAVE \$6.23  
**776**



General Mills  
Honey Nut Cheerios  
292 g  
WHILE SUPPLIES LAST

**195**



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

SAVE \$3.02  
**347**



NuPak Rice 8 kg  
reg 17.97

SAVE \$4  
**1397**

**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. 3.47-4.69

SAVE UP TO \$1.72  
**2.97**



Compliments  
Muffins 4-6 pk

LOCKED & LOW  
**\$6**



Best Buy  
Meat Lasagna  
Frozen 2.27 kg

LOCKED & LOW  
**\$10**



Smart Ones Frozen Entrées  
255-283 g  
Heinz Bagel Bites 198 g  
reg. 3.99-4.29

SAVE UP TO \$2.32  
**1.97**



Yoplait Source  
Yogurt Tubs 630 g  
reg. 3.47

SAVE 51¢  
**2.96**



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

BUY MORE SAVE MORE  
BUY 2 OR MORE  
**1.97**  
ea



Rogers Lantic Sugar  
2 kg reg. 3.29

SAVE 82¢  
**2.47**



Colgate Total Toothpaste  
70 mL or Kids Toothpaste  
75 mL Selected Varieties  
Softsoap Hand Soap  
221 mL  
reg. 2.29-2.97

SAVE UP TO \$1.04  
**1.93**



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

SAVE UP TO \$4.05  
**14.94**

## Scene 1000 PTS = \$10 OF FREE GROCERIES



Imperial Margarine 637 g  
reg. 5.97

75 PTS  
when you buy 1  
SAVE \$2.91  
**3.46**



Allen's Apple Juice 1.89 L  
Oasis or Arizona Iced Tea  
Drink Box 8x200 mL  
reg. 3.99-4.49

100 PTS  
when you buy 2  
that's \$1 toward your  
groceries  
SAVE \$1.54  
**2.95**



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

100 PTS  
when you buy 2  
that's \$1 toward your  
groceries  
SAVE \$1.53  
**3.44**



Hidden Valley  
Ranch Dressing 473 mL  
reg. 4.97  
WHILE SUPPLIES LAST

100 PTS  
when you buy 2  
that's \$1 toward your  
groceries  
SAVE \$1  
**3.97**



Clover Leaf Pink Salmon 418 g  
reg. 5.99

100 PTS  
when you buy 2  
that's \$1 toward your  
groceries  
SAVE \$1.11  
**4.88**



Nature Valley or Fibre 1 Granola  
Bars or Betty Crocker Fruit  
Snacks 125-230 g reg. 3.99

200 PTS  
when you buy 2  
that's \$2 toward your  
groceries  
SAVE \$1.12  
**2.87**



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

500 PTS  
when you buy 2  
that's \$5 toward your  
groceries  
SAVE \$6.82  
**6.97**



Finish Auto Dish Detergent  
30-55 pk  
reg. 16.99-17.99

100 PTS  
when you buy 1  
that's \$1 toward your  
groceries  
SAVE \$5.95  
**12.94**

## Get 500 PTS Spend \$25 on any Ferrero Seasonal Chocolate

that's \$5 toward your groceries



Ferrero Seasonal Chocolates  
Selected Varieties  
Excludes Everyday Chocolates



NOV 21-27, 2024  
\*terms and conditions apply

**20%\***  
Load this offer and  
get 20% off on  
Compliments Deli Meat  
175 g or Compliments  
Sliced Cheese 150-170 g



**20%\***  
OFF  
Load this offer and  
get 20% off on  
Purex Bathroom Tissue  
12=24 Rolls or 8=24 Rolls



This flyer is printed with recyclable based ink. Please recycle where facilities exist.



**Ambrosia Apples 3 lb**  
Product of BC  
Canada Fancy  
1.36 kg

**3.97**

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

**6.97**

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

**2.97**

**Compliments Organic Whole White or Brown Mushrooms 227 g**  
Product of Canada

**2.97**

50 PTS when you buy 1

**Compliments Lemons 2 lb**  
Product of USA  
907 g

**3.97**

50 PTS when you buy 1

**Jumbo Golden Pineapples**  
Product of Costa Rica

**4.99**

50 PTS when you buy 1

**Mini Seedless Watermelon**  
Product of Mexico

**4.99**

**Compliments Baby Spinach, Spring Mix or Arugula 142 g**  
Product of USA

**3.97**

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

**Avocados 5 pk**  
Product of Mexico

**4.99**

**Grape or Medley Tomatoes 680 g**  
Product of Canada or Mexico

**5.97**

1.5 lb

# FRENZY DAYS

**Mitchell's Heritage Bacon 1 kg**  
reg 16.99

**11.97**

SAVE \$5.02

**Compliments Deli Meats 175 g**

**\$4**

**Angus Beef Sirloin Tip Oven Roast**  
Cut from Canada  
AA Beef or Higher  
19.78/kg  
reg 9.49/lb

**8.97** /lb

SAVE 52¢ /lb

PREFERRED ANGUS

**IRU Chicken Wings Frozen 550 g**  
**Freshstone Brands Rolleez Frozen 540 g**  
**Waterview Market Shrimp & Sauce Frozen 454 g**  
reg 9.99-12.99

**7.97**

MEMBERS SAVE \$1

**Beyond Beef, Burger, Sausage Plant-Based Links, Tenders or Nuggets**  
Frozen 226-400 g  
reg 7.97-9.99

**5.97**

SAVE \$4.02

**Compliments Cooked or Raw Pacific White Shrimp**  
Frozen 340 g  
reg 8.99-10.99

**6.97**

SAVE \$4.02

**Grimm's Bavarian Smokies 450 g**  
reg 9.99

**7.97**

SAVE \$2.02

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

**Ocean Jewel Steelhead Trout Fillet**  
Previously Frozen  
48.48/kg

**21.99** /lb

**Dempster's White or Whole Wheat Bread 570-675 g**  
**Compliments Bagels 6 pk**  
reg 3.49-3.59

**2.97**

SAVE \$0.62

**Portofino Bread 585-630 g or Buns 6 pk**  
**Compliments Swiss Rolls 400 g**  
reg 4.99-5.49

**4.47**

SAVE \$1.02

**Maple Leaf Natural Selections 150-175 g**  
reg 7.99

**5.97**

SAVE \$2.02

**Tre Stelle Mozzarella Ball 340 g**  
**Mascarpone 275 g**  
**Crumbled Feta 150 g**  
**Castello Cheddar 200 g**  
reg 6.99-8.99

**5.97**

SAVE \$3.02

SPEND \$100 IN H&M, HUDSON'S BAY, PLAYSTATION, KOBO OR WAYSFA 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 Yogurt 650-750 g reg 7.27</p> <p><b>SAVE 80¢</b> <b>647</b></p>	 <p>Heineken 0.0% Non-Alcoholic Beer 6x330 mL Corona Sunbrew 0% Non-Alcoholic Beer 6x330 mL reg 12.99-13.99</p> <p><b>SAVE UP TO \$3.02</b> <b>1097</b></p>	 <p>Hellmann's Mayonnaise 750-890 mL reg 6.77</p> <p><b>SAVE 80¢</b> <b>597</b></p>	 <p>Dare Bear Paws 168-240 g Viva Puffs 300 g Dare Wagon Wheels Original 12x315 g reg 3.47-4.49</p> <p><b>SAVE UP TO \$2.02</b> <b>247</b></p>
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 <p>Tetley Tea 20-24 pk reg 4.99</p> <p><b>SAVE \$1.52</b> <b>347</b></p>	 <p>Maxwell House Coffee Pods 30 pk reg 17.99</p> <p><b>SAVE \$5.02</b> <b>1297</b></p>	 <p>OR BUY 1 at \$2.97 Kellogg's Cheez-It Crackers 191-200 g Pringles Super Stacks 148-156 g</p> <p><b>BUY 2 OR MORE</b> <b>247 ea</b></p>	 <p>Kellogg's Core or Premium Bars 125-384 g reg 4.27-4.49</p> <p><b>SAVE UP TO \$1.52</b> <b>297</b></p>
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 <p>Black Diamond Cheestrings 588 g Black Diamond Cheese Slices 825 g reg 7.97</p> <p><b>SAVE \$1</b> <b>697</b></p>	 <p>Natrel Plus 2 L reg 6.47</p> <p><b>SAVE 50¢</b> <b>597</b></p>
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# FRENZY DAYS

 <p>Kellogg's Cereal Selected 480-650 g reg 6.99-7.79</p> <p><b>SAVE UP TO \$2.32</b> <b>547</b></p>	 <p>Italpasta 450-900 g reg 2.49</p> <p><b>SAVE 52¢</b> <b>197</b></p>
 <p>Starbucks Roast &amp; Ground Coffee 311-340 g or K-Cups 10 pk reg 10.99-11.99</p> <p><b>SAVE UP TO \$2.02</b> <b>997</b></p>	

 <p>Kellogg's Eggo Waffles 270-280 g reg 4.49</p> <p><b>SAVE \$1.52</b> <b>297</b></p>	 <p>Kraft Dinner Frozen Meals 340 g or Crave Frozen Meals 200-340 g reg 4.69</p> <p><b>SAVE 72¢</b> <b>397</b></p>	 <p>Whiskas Temptations Treats 180 g reg 3.49</p> <p><b>SAVE \$1.02</b> <b>247</b></p>	 <p>Palmolive Dish Soap 591-828 mL reg 3.69</p> <p><b>SAVE \$1.22</b> <b>247</b></p>
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**SMUCKERS** Get 500 PTS Spend \$20 on selected products

 <p>Jif Peanut Butter 500 g reg 5.49</p> <p><b>SAVE 52¢</b> <b>497</b></p>	 <p>Robin Hood Gluten Free Flour 907 g reg 9.99</p> <p><b>SAVE \$3.02</b> <b>697</b></p>	 <p>Eagle Brand Condensed Milk 300 mL reg 3.99</p> <p><b>367</b></p>	 <p>Robin Hood Flour 5 kg reg 12.99</p> <p><b>SAVE \$3.02</b> <b>997</b></p>
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Scene GET 1000 PTS FOR EVERY \$100 SPENT IN GOOGLE PLAY GIFT CARDS!

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.



# HOLIDAY SWEET DEALS!

WHILE SUPPLIES LAST



SAVE \$1  
**267**

Lindt Swiss Classic  
Chocolate 100 g  
reg 3.67



SAVE \$1.50  
**847**

Ferrero Chocolates  
156-200 g  
reg 9.97



SAVE UP TO \$3  
**1397**

Ferrero Rocher  
Chocolate Gift Box  
Selected 259-375 g  
reg 15.97-16.97



SAVE \$1  
**497**

Cadbury Mini Eggs  
200 g reg 5.97



**1247**

Lindt Advent  
Calendar 128 g



After Eight Tin  
400 g reg 17.97

SAVE \$3  
**1497**

Reese's or  
Hershey's Advent  
Calendar 212 g



SAVE \$2  
**1197**

Kinder Maxi  
116-150 g  
reg 13.97



SAVE \$7  
**1597**

Quality Street  
Chocolate Tin  
650 g reg 22.97



**1397**

Kit Kat  
Advent Calendar  
233 g



SAVE \$1  
**997**

Cadbury Dairy Milk  
Assorted 304 g  
reg 10.97

Nestlé Scene

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

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



**494**

Nestlé Real Dairy  
Ice Cream 1.5 L or  
Confectionery  
Frozen Dessert  
or Novelties 4-10 pk  
Selected Varieties



**588**

Nestlé Drumstick  
Frozen Dessert  
946 mL  
Selected Varieties



**999**

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



# STOCK UP DEALS!



**1.97** ↓

Scotties Holiday Cubes 60 pk  
WHILE SUPPLIES LAST



**3.97** ↓

Febreze Holiday Spray  
250 g  
WHILE SUPPLIES LAST



**2.97** ↓

Alcan Foil 50 ft or  
Non-Stick Baking Foil 25 ft  
Reynolds Parchment Paper 35 ft  
reg. 4.29-4.99



**4.47** ↓

Ziploc Freezer Bags 10-90 pk  
reg. 5.49



**9.97** ↓

Glade Candles 1 pk  
reg. 10.99  
WHILE SUPPLIES LAST

**97¢** ↓

Febreze Plug Warmer  
1 pk reg. 5.99



**9.97** ↓

Febreze Holiday Plug Ins  
2 pk 52 mL  
WHILE SUPPLIES LAST



**9.97** ↓

Glad Garbage Bags 20-40 pk  
reg. 11.99



**4.97** ↓

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



**8.97** ↓

Purex Bathroom Tissue  
12=24 Rolls or  
Sponge Towels 6 pk  
reg. 9.99-10.99



**6.97** ↓

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



**4.47** ↓

Compliments  
Containers 2-4 pk



# FLAVOURS OF THE WORLD



**15<sup>97</sup>**

Baltic Gifts Frozen Herring Fillets 1 kg

Kühne Sauerkraut with Wine 720 mL reg 5.97

SAVE \$1<sup>02</sup>  
**4<sup>47</sup>**



50 PTS when you buy 2

SAVE \$1<sup>02</sup>  
**4<sup>47</sup>**

Dandar Buckwheat 900 g reg 5.49



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

SAVE \$5<sup>02</sup>  
**24<sup>97</sup>**

Red Gold Steelhead Salmon Frozen Caviar 200 g reg 29.99 WHILE SUPPLIES LAST



SAVE 52¢  
**1<sup>27</sup>**

Street Soup 50 g reg 1.79



SAVE 52¢  
**6<sup>97</sup>**

Tutto Calabria Nduja Pasta Sauce 190 g reg 7.49



SAVE \$2<sup>02</sup>  
**4<sup>47</sup>**

Aurora Antipasto 500 mL reg 6.49



50 PTS when you buy 2  
SAVE 52¢  
**4<sup>47</sup>**

Belevini Carrot or Sliced Beets Salad 840-860 g reg 4.99



25 PTS when you buy 2  
SAVE \$1<sup>02</sup>  
**3<sup>47</sup>**

Lovaré Tea 30 g reg 4.49



**1<sup>67</sup>**

Brio 355 mL reg 1.99



50 PTS when you buy 4  
SAVE 72¢  
**1<sup>97</sup>**

Jordanka Sparkling Mineral Water 1.5 L reg 2.69



SAVE \$1<sup>02</sup>  
**5<sup>97</sup>**

Lotus Biscoff Spread 380-400 g reg 7.79



SAVE \$1<sup>02</sup>  
**2<sup>97</sup>**

Franzeluța Gingerbread Plum 400 g reg 4.29



SAVE 72¢  
**1<sup>97</sup>**

Golden Alps Chocolate Bars 100 g reg 2.69



SAVE 52¢  
**2<sup>97</sup>**

Tre Marie Wafers 140 g reg 3.49



SAVE \$1<sup>02</sup>  
**14<sup>97</sup>**

Attiki Honey 500 g reg 16.79



SAVE 52¢  
**3<sup>47</sup>**

Krinos Candy 300 g reg 3.99



SAVE \$1<sup>02</sup>  
**1<sup>47</sup>**

S&F Cream Crackers 200 g reg 2.49



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.



# FLAVOURS OF THE CARIBBEAN

**2/\$1**



Chubby Soda  
250 mL  
reg 67¢

**\$1**



Mr. Goudas  
Table Salt 1 kg  
reg 1.47



Royalty Digestive  
Cookies 400 g  
reg 2.97

SAVE 70¢

**2.27**



**1.97**  
/lb

Yucca Root  
Product of Costa Rica  
4.34/kg



**1.47**  
/lb

Plantain Bananas  
Product of Guatemala  
or Colombia 3.24/kg



**2.47**  
/lb

Purple Sweet Potatoes  
Product of Honduras  
or Costa Rica 5.45/kg



SAVE 70¢

**1.97**

Royalty Ginger Nut,  
Oatmeal Biscuits or  
Cream Crackers 300 g  
reg 2.27-2.97

Grace Jerk  
Seasonings  
284-312 g or  
Sauce  
350-480 mL  
reg 4.77-5.27

SAVE 70¢

**3.97**



Cool  
Runnings  
Seasoning  
90-900 g  
reg 7.47

SAVE 70¢

**5.77**



SAVE 80¢

**1.97**

Sun Exotic Juice 1 L  
reg 2.77



SAVE 70¢

**2.97**

Grace Corn Meal 2 kg or  
Oats 1 kg  
reg 3.97-4.47



**\$1**

Grace Soda 355 mL or  
Plantain Chips 85 g  
reg 1.47



SAVE 70¢

**2.47**

Governor's  
Choice Callaloo  
540 mL  
reg 3.97  
WHILE SUPPLIES LAST



SAVE 70¢

**4.27**

Pure Heaven  
Non-Alcoholic  
Beverages 750 mL  
reg 4.97



SAVE 70¢

**4.47**

Nestlé Milo 400 g  
reg 5.77

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.



# KraftHeinz

# GET \$10 OFF

## When you buy 5 or more



**PARTICIPATING PRODUCTS:** Philadelphia Cream Cheese Product 227-250 g, Philadelphia Cream Cheese Dips 227-340 g, Classico Pasta Sauce 218-650 mL, Maxwell House Roast & Ground Coffee 864-900 g, Maxwell House Single Serve Pods 30 pk, Maxwell House Instant Coffee 150 g, Nabob Roast & Ground Coffee 340-930 g, Kraft Cheez Whiz Cheese Spread 450 g, Kraft Peanut Butter 500 g, 750 g-1 kg, Smart Ones® Entrées 255-283 g, Breakfast Bagel Bites® 198 g, Crave Frozen Entrées 200-340 g, Kraft Dinner Deluxe Frozen Meals 340 g, Pure J.L. Kraft Dressing & Marinade 355 mL, Kraft Dinner Macaroni & Cheese 12 pk, Kraft Dinner Macaroni & Cheese 4 pk cups, Heinz Ketchup 750 mL-1 L, Kraft Miracle Whip Spread 650-890 mL, Renée's Gourmet Dressing and Dip 350-355 mL, Nabob Single Serve Pods 30 pk



# 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 SPENT<sup>2</sup>**

**1000 pts  
= \$10 in  
groceries<sup>1</sup>**



<sup>1</sup>1000 points = \$10 in groceries - Scene+ points redeemed at any participating Empire location must be redeemed in increments of 1000.  
<sup>2</sup>Get 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](https://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.**