

FRESH CO

Flyer in effect Nov 28-Dec 4, 2024
Prices in effect in Ontario, Excludes Thunder Bay

ZONE 1

FRENZY DAYS



SAVE \$6¹²
988

Mina Halal Air Chilled Drumsticks or Thighs reg 16.00
Pilons ou hauts de cuisse



198

Blueberries Pint Product of Peru No. 1 Grade Bieuits



SAVE \$3⁴⁹
150

Mutti Finely Chopped Tomatoes 796 mL reg 4.99
Limit of 6 Tomatoes



Avocados 5 pk Product of Mexico Avocats

286



Maple Leaf or Schneiders Smoked Ham 600-700 g reg 14.99-15.99
Jambon fumé

SAVE UP TO \$7⁰³
896



Mazola Canola or Corn Oil 2.84 L reg 14.79
Variété de huiles

SAVE \$5⁹¹
888



Cracker Barrel Cheese Bars 400 g
Cracker Barrel Shreds 320 g
WHILE SUPPLIES LAST
Fromage

577



SAVE \$1
588
MEMBER PRICE
Compliments Cooked or Raw Pacific White Shrimp Frozen 340 g reg 8.99-10.99
Crevettes



SAVE \$2¹¹
1088
MEMBER PRICE
Cashmere Bathroom Tissue 30=50 Rolls or Sponge Towels 6 pk
Papier hygiénique



SAVE UP TO \$1
99¢
Grace Coconut Water 500 mL
Coconut Milk 400 mL or Peanut Punch 240 mL reg 1.49-1.99
Eau ou lait de coco ou punch

LOAD YOUR OFFERS EVERY WEEK TO SEE IF YOU'VE RECEIVED THE

GOLDEN OFFER

EVERY THURSDAY, ONE LUCKY CUSTOMER WILL RECEIVE A GOLDEN OFFER WORTH

THAT'S LIKE **\$10,000** IN FREE GROCERIES

1,000,000 PTS*

WEEKLY GOLDEN OFFER EXPIRES ON WEDNESDAY! SPEND \$5+ IN-STORE TO REDEEM. SEE BACK PAGE FOR FULL TERMS & CONDITIONS.

DOWNLOAD THE FRESHCO APP

Lowering food prices

FRENZY DAYS BIG DEALS. LIMITED TIME.

Tropicana Tropics 1.75 L Jus

SAVE \$1.01
348

Granoro Pasta 450 g WHILE SUPPLIES LAST Pâtes

96¢

Coca-Cola ORIGINAL TASTE

CANADA DRY GINGER ALE

BUY MORE SAVE MORE
BUY 2 OR MORE
199 ea

Bubly sparkling water

Montellier 10x355 mL Eau pétillante

SAVE \$1.11
588

Heinz Ketchup 750 mL • 1 L

Kraft Miracle Whip 650-890 mL

SAVE \$1.35
544

OR BUY 1 at \$2.79
Coca-Cola
Soft Drinks 2 L
Selected Varieties
Boissons gazeuses

Dare Breaktime Cookies 250 g Biscuits

SAVE 71¢
98¢

Colgate Toothpaste 52-95 mL or Extra Clean Toothbrush 1 pk

Selected Varieties
Dentifrice ou brosse à dents
SAVE \$1.07
92¢

Tide Liquid Detergent 3.9 L, Tide Pods 76 pk or Downy Beads 853 g

reg 24.99-28.49
Détergent à lessive, capsules ou perles
SAVE \$8.61
19.88

Scene 1000 PTS = \$10 OF FREE GROCERIES

McCain Premium Specialty 540-800 g, Superfries 454-650 g or Breakfast Potatoes 600-650 g

reg 4.99-5.29
Pommes de terre, frites ou à déjeuner
200 PTS when you buy 2
That's \$2 toward your groceries
SAVE \$2.91
298

Quaker Crispy Minis 100 g or Rice Cakes 127-199 g

reg 3.29
Croustilles ou galettes de riz
200 PTS when you buy 4
That's \$2 toward your groceries
SAVE 83¢
246

Ben's Original Basmati Rice Express 250 g or Tasty Bite 285 g

Riz ou repas
150 PTS when you buy 3
That's \$1.50 toward your groceries
299

Snack Pack Puddings or Gels 4 pk


reg 2.29
Pouding ou gélées
150 PTS when you buy 3
That's \$1.50 toward your groceries
SAVE 61¢
168

Silk Nextmilk or Protein Beverage 1.74-1.75 L

reg 5.99
Boisson à base de plantes ou protéinée
100 PTS when you buy 2
That's \$1 toward your groceries
SAVE \$1.60
449

Quaker Instant Oatmeal 228-344 g

reg 3.99-4.49
Gruau instantané ou gruu
50 PTS when you buy 2
That's \$0.50 toward your groceries
SAVE \$1.20
247

Lysol Cleaners 650 mL-1.2 L

reg 4.49-5.49
Nettoyants
150 PTS when you buy 2
That's \$1.50 toward your groceries
SAVE \$1.99
394

Scene DIGITAL EXCLUSIVE

NOV 28-DEC 4, 2024
***terms and conditions apply**
DOWNLOAD THE FRESHCO APP

20%* back in PTS
Load this offer and get 20 pts for every dollar spent on
Panache Appetizers 250-355 g or Compliments Cooked Shrimp with Sauce 680 g
Hors-d'œuvre ou crevettes

20%* OFF
Load this offer and get 20% off on Pepsi Soft Drinks 12x355 mL
Boissons gazeuses

*Receive 1,000,000 Scene+ points when you load the golden offer the "Offer" and make a minimum purchase of \$5 on eligible grocery purchases at participating FreshCo stores in the Ontario or Western Canada region (each a "Region") in a single transaction before applicable taxes and charges and after deducting any discounts or coupons. Scene+ card must be valid and registered. Offer valid and available to be loaded starting from Thursday on November 28, 2024 and expires the following Wednesday on December 4, 2024. Only one customer in each Region will receive the chance to redeem this Offer each week between Thursday and the following Wednesday. Offer must be loaded to a registered Scene+ card prior to transaction. Offer includes taxes, tobacco products, gift cards, baby diapers, prescription, safety, dietary, alcoholic beverages, fuel, Western Union and any other non-deductible product excluded by law. No base Scene+ points earned. Offer valid, transferred, or altered. Digital Offer has no cash value. Scene+ registered digital or physical card must be presented at time of transaction. Visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. We reserve the right to restrict the offer, if we determine, in our sole discretion, there is abuse of the offer or unauthorized or ineligible use of the offer and is subject to change without notice. Trademarks of Scene Plus IP Corporation used under license by Solberg Capital Incorporated.

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



3.99

Compliments Baged Apples 3 lb
Selected Varieties
Product of Ontario
Canada Fancy
1.36 kg
Pommes



3.49
/lb

Red Seedless Grapes
Product of Peru
No. 1 Grade
7.69/kg
Raisins



Cantaloupe
Product of Guatemala
No. 1 Grade
Cantaloup

2.99



Bartlett Pears
Product of USA
Extra Fancy
Grade
4.39/kg
Pomegranates
Product of USA
Poirés, grenades

1.99
/lb or ea



Sweet Potatoes
Product of Ontario
Grade
2.84/kg
Patates douces

1.29
/lb



Seedless Cucumbers
Product of Ontario
Canada No. 1
or Mexico
No. 1 Grade
Concombres

1.49



Compliments Whole White or Brown Mushrooms
227 g
Product of Ontario
Yellow Potatoes 5 lb
Product of Canada
Canada No. 2
Variété de champignons,
Pommes de terre

2.49



Mini Seedless Cucumbers 6 pk
Product of Ontario
Canada No. 1
Grape Tomatoes
283 g
Product of Canada or USA
Mini concombres,
tomates

2.99



Compliments Carrots or Yellow Onions 3 lb Bag
Product of Ontario
Canada No. 1
1.36 kg
Carottes ou oignons

2.49



Compliments Baby Arugula, Spinach or Spring Mix 142 g
Fresh Attitude Single Kits 155-185 g
Variété de salades,
trousses

3.99

FRENZY DAYS



MEMBERS SAVE \$2
10.99
12.99 without Member Card
The Taco Truck Taco Kit, Crispy Pork or Chicken 840 g
reg 12.99
Trousses à taco, porc ou poulet



SAVE \$1.95/lb
2.99
/lb
Lou's Peameal Bacon, Cured Boneless Pork Loin Rolled in Cornmeal
6.59/kg
Bacon, longe de porc



Boneless Pork Loin Centre Cut Roast
13.21/kg
Rôti de longe de porc

5.99
/lb



High Liner Pan-Seared Salmon
Frozen
500-540 g
reg 15.99
Repas surgelés

10.99



Pillier's Meat Sticks
300-500 g
Bâtonnets

7.99



Carver's Choice Bacon 375 g
Bacon

3.99



Fresh Rainbow Trout Fillets
31.94/kg
Filets de truite

14.49
/lb



Compliments Deli Sliced Meat 400 g
Viande de charcuterie

7.88



Dempster's Whole Grain Bread 600 g
Tortillas 426-610 g
The Laughing Cow 133-140 g
Pain, tortilla, tartina de fromage

2.99



Donut Time Donuts 378-480 g
Kimberley's Bakeshoppe Cookies 383 g
Compliments Cupcakes 284 g
Bûchettes, biscuits, petits-gâteaux

4.00



San Daniele Deli Meat 100-175 g
Mastro Deli Meat 125-150 g
Selected Varieties
Fontaine Santé Hummus 225-260 g
Viandes de charcuterie,
hummus

3.49



Castello Sliced Cheese 125-165 g
Tre Stelle Feta Dip 175 g
Main Street Deli 200-300 g
Fromage, tremettes,
charcuterie

4.99

SPEND \$50 IN UBER GIFT CARDS



AND GET A BONUS \$5



FRESHCO GIFT CARD

Offer valid during November 28-December 4, 2024. Sorry no rainchecks or price matching. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

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

SAVE \$1

2.99

Minute Maid, Five Alive or Nestea Iced Tea Beverages
8x200 mL or 10x200 mL
Boissons

MEMBERS SAVE \$1

6.99

7.99 without Scanner Card

Coca-Cola or Pepsi Soft Drinks
12x355 mL
Selected Varieties
Boissons gazeuses

SAVE \$4

8.99

Kicking Horse Ground Coffee
284 g
Café moulu

SAVE \$8

11.99

Timothy's Coffee K-Cups
30 pk
Capsules de café

SAVE 50¢

3.99

Oasis Health Break or Smoothie 1.6 L
reg 4.49
Boissons

BUY 2 OR MORE SAVE MORE

3.99 ea

Philadelphia Cream Cheese
227-250 g
Fromage à la crème

SAVE \$1.79

3/\$5

Gatorade
710 mL
Boisson désaltérante

SAVE 90¢

3.49

Kraft Salad Dressing
425 mL
Vinaigrette

SAVE \$2

3.99

International Delight Coffee Whitener
946 mL
Silk Coffee Creamer 890 mL
Colorant à café

SAVE \$1

2.99

Heluva Good! Dip 250 g
Trempeuse

FRENZY DAYS

SAVE \$2.50

5.49

Cinnamon Toast Crunch
FAMILY SIZE

SAVE \$1

5.49

General Mills Cereal
Selected 475-778 g
reg 7.99
Céréales

OR BUY 1 at \$3.59

BUY 2 OR MORE SAVE MORE

2.99 ea

Diana Sauce 500 mL
Bull's-Eye BBQ Sauce 425 mL
SAVE \$1
Sauce barbecue

150 PTS when you buy 3

SAVE \$1

3.29

Kellogg's Town House Crackers 247-391 g
Kellogg's Cheez-It Family Crackers 352 g
Kellogg's Cheez-It Snap'd 213 g
Craquelins

SAVE \$1

2.99

Kellogg's Eggo Waffles
270-280 g
reg 3.99
Gâufres

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

5.44

Häagen-Dazs or Confectionery Ice Cream
400-450 mL or Novelties 3-4 pk
Crème glacée ou nouveautés

250 PTS when you buy 3
That's like \$2.50 toward your groceries

4.99

Compliments Value Size Potato Chips
750 g
Croustilles

200 PTS when you buy 3
That's like \$2 toward your groceries

SAVE \$1.50

3.49

Pringles Mingles
155 g
Croustilles

MEMBERS SAVE \$1

8.99

9.99 without Scanner Card

Scotties Facial Tissue 9 pk
Mouchoirs

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

SAVE \$2

3.99

Pine-Sol 1.41 L
Clorox Bleach 2.4 L
reg 5.99
Nettoyant, eau de Javel

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

SAVE \$5

12.99

Purex 4.43 L
Sunlight 4 L or Persil 2.21 L
reg 15.99-17.99
Détergent à lessive

DOUBLE FRESH GUARANTEED

WE'LL REPLACE YOUR ITEM + REFUND YOUR MONEY*

*See online and in-store for more details.

FLORAL DEALS!



4⁵⁰ Poinsettias
4.5" Pot
Poinsettias

34⁸⁸ Balsam Fir Trees
6-8 ft
Sapins baumiers

\$11 Mumsettia 7" Pot
or Fleursettia 8" Pot
Mumsettia ou fleursettia

7⁹⁹ Christmas Cactus 6" Pot
Amaryllis
6" Mylar Pot
Cactus de Noël, amaryllis

11⁹⁹ Orchids
5" Deco Plastic Pot
Orchidées

7⁹⁹ Holiday Tradition Bouquet
Bouquet tradition des Fêtes

12⁹⁹ Antique Christmas Bouquet
Bouquet de Noël antique

\$14 50 cm Dozen Long-Stem
Roses with Greens & Baby's
Breath
Roses à longue tige avec verdure
et gypsophile

7⁹⁹ Western Red Cedar
1.5 lb Bunch or
White Pine 2 lb Bunch
Branches de cèdre rouge ou
de pin blanc

7⁹⁹ Noble Fir Tips
1.5 lb Bunch
Cimes de sapin noble

6⁹⁹ Large Magnolia
4-Stem Bunch
Magnolia

13⁹⁹ Traditional or
Evergreen Swag
18" - 22"
Guirlandes

26⁹⁹ Holiday Decorative
Planters
Jardinières décoratives
des Fêtes

27⁹⁹ Winter Greens
Decorative
Arrangement
Arrangement
décoratif

COLOUR AND SELECTION MAY VARY - AVAILABLE AT MOST LOCATIONS - WHILE SUPPLIES LAST

BULK DEALS!



1⁹⁹

Dried Figs or
Dried Apricots 200 g
Product of Turkey
Figues ou abricots secs

**NEW
CROP**



3⁴⁹
/lb

In-Shell Walnuts
Product of USA
7.69/kg
Noix de Grenoble



5⁹⁹
/lb

Jumbo Chestnuts
Product of Italy
13.21/kg
Châtaignes



12⁹⁹

Bard Valley Dates 2 lb
Product of USA
Dates



8⁹⁹

David Roberts
Peanut Party Wheel
700 g
Arachides



9⁹⁹

David Roberts Mix Nuts
Celebration Tray 600 g
Mélange de noix



11⁹⁹

David Roberts Peanuts &
Raisins Tray 670 g
David Roberts Chocolate &
Nuts Tray 700 g
Plateau mixte



9⁹⁹

Sally's Cajun Crunch Mix or
Sally's Wilderness Trail Mix
750 g
Variété de mélanges



9⁹⁹

Sally's Sliced or
Ground Almonds
500 g
Amandes



17⁹⁹

Sally's Raw Pecan Halves 750 g or
Sally's Raw Cashews 1 kg
Pacanes ou noix de cajou



12⁹⁹

Sally's Walnuts
Halves & Pieces
1 kg
Noix de Grenoble

BAKING DEALS!



SAVE UP TO 70¢
1.99

Betty Crocker Cake Mix 375-404 g
Betty Crocker Frosting 340-450 g
Mélange à gâteau, glaçage



SAVE UP TO 20¢
4.49

E.D. Smith Pure Pumpkin 796 mL
Compliments Pie Filling 540 mL
Citrouille pure, garniture pour tarte



SAVE \$1
4.99

E.D. Smith
Pie Filling 540 mL
Garniture pour tarte



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

4.49

Hershey's Chipits 200-270 g
Pêtilés de chocolat



SAVE 80¢
3.99

Crisco Shortening or
Tenderflake Pure Lard 454 g
Shortening ou saindoux



SAVE 50¢
5.99

Five Roses or
Robin Hood Flour 2.5 kg
Farine



SAVE 80¢
2.99

Lantic or Rogers Sugar
Selected Varieties
900 g-1 kg
Sucre



SAVE 50¢
4.79

Fleischmann's Yeast 113 g
Levure



SAVE 50¢
3.99

Fleischmann's Canada
Corn Starch 454 g
Fécule de maïs



300 PTS
when you buy 1
that's \$3 toward your groceries

SAVE \$1.99
10.49

Splenda Sweetener 275 g
Splenda Sweetener 200 pk
Splenda Granular Stevia 221.1 g
Édulcorant



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

SAVE 80¢
4.99

Crosby's Molasses 675 g
Mélasse

3.99
Popcorners
Popped-Corn Chips
142 g Any Flavour
Croustilles de maïs soufflé

2.99
Lay's Potato Chips 220-235 g
Any Flavour/Variety
Smartfood Popcorn 150-220 g
Any Flavour/Variety
Croustilles, maïs soufflé

2/\$7
Ruffles Potato Chips
180-200 g
Any Flavour/Variety
Doritos Tortilla Chips
210-235 g Any Flavour
Croustilles, croustilles tortilla

HOLIDAY SWEET DEALS!



3⁴⁹

**Compliments
Candy Canes 200 g**
Cannes de Noël



4⁹⁹

**Compliments
Winter Pure Milk
Chocolate Balls 250 g**
Boules de chocolat



15⁹⁹

**Panache
Luxury Belgian
Biscuit Collection
650 g**
Biscuits



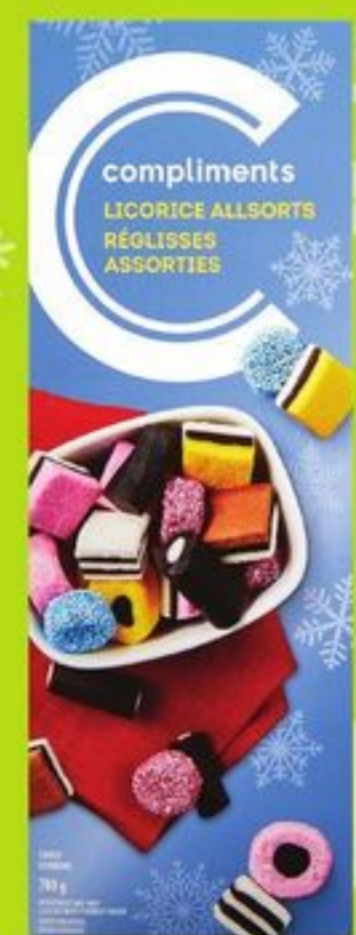
4⁷⁹

**Panache Scottish
Shortbread 250 g**
Sablés



3⁹⁹

**Panache Chocolate Hazelnut
Flavour Wafer Rolls 400 g**
Rouleaux de gaufrettes



7⁴⁹

**Compliments
Licorice Allsorts
Candy Tower 700 g**
Reglisse



4⁹⁹

**Compliments
Danish Butter Cookies 454 g**
Biscuits au beurre



6⁹⁹

**Compliments
Cinnamon Sugar Cashews
275 g**
Noix de cajou au sucre à la cannelle



8⁹⁹

**Panache Milk Chocolate
Pecan Caramel Clusters 330 g**
Rochers au chocolat



3⁹⁹

**Panache Butter Fudge
150 g or
Sponge Toffee 125 g**
Sucre à la crème ou ttre-éponge

FESTIVE ICE CREAM

WHILE SUPPLIES LAST



Chapman's Salty Caramel Shortbread or Chapman's Holiday Moments Peppermint Twist 1.5 L
Sablé ou torsade des fêtes



4.99



Chapman's Winter Cocoa Ice Cream Cone 6x120 mL
Chapman's Gingerbread Mint Bars 8x55 mL
Chapman's Peppermint Sandwich 120 mL
Variété de crèmes et barres glacées

3.99



Compliments Candy Cane Ice Cream 1.5 L
Crème glacée

Panache Mistletoe Wish Ice Cream 1 L
Crème glacée

NEW! GLOBAL CRAVINGS

Crave Frozen Meals
200-340 g
reg. 4.69
Repas surgelés

SAVE 70¢
3.99

150 PTS when you buy 3
Think \$1.50 toward your groceries

A NEW KD EXPERIENCE

NEW

Kraft Dinner Deluxe Frozen Meals
340 g
reg. 4.69
Repas surgelés

SAVE 70¢
3.99

150 PTS when you buy 3
Think \$1.50 toward your groceries

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

SAVE \$2.01
1.98

Kraft Peanut Butter
500 g or
Cheez Whiz
450 g
reg. 5.49
Beurre d'arachide ou tartina

SAVE \$1.50
3.99

100 PTS when you buy 2
Think \$1 toward your groceries

SMUCKER'S

Jif Peanut Butter
500 g
reg. 5.49
Beurre d'arachide

SAVE 50¢
4.99

Folgers Ground Coffee
544-816 g
Café

SAVE \$3.99
12.99

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

SAVE \$1
5.49

Smucker's Uncrustables Sandwich 4x52 g or 4x58 g
Sandwich

4.99

FLAVOURS OF THE CARIBBEAN



\$1

Mr. Goudas
Table Salt 1 kg
Set



2/\$1

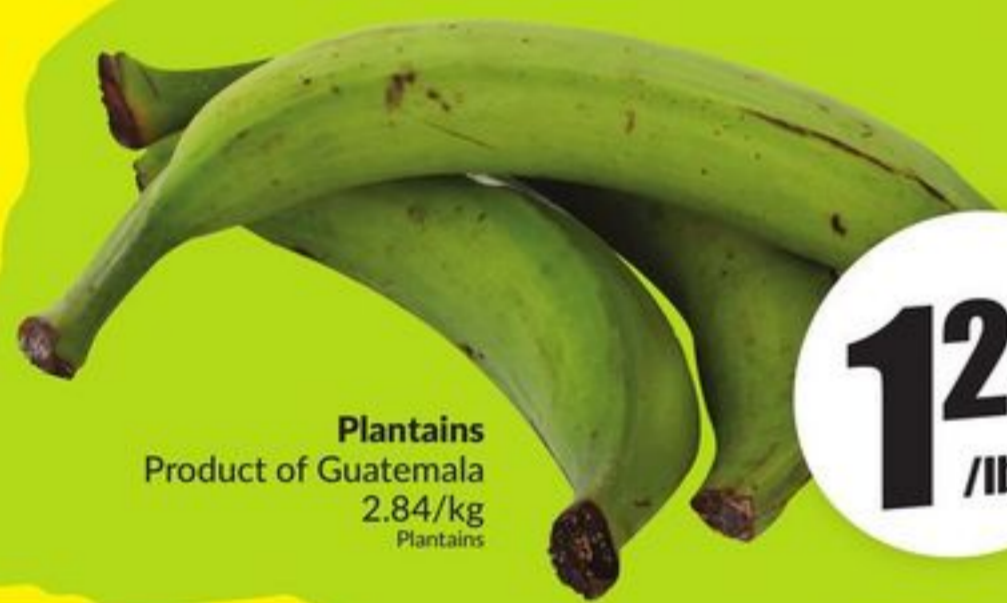
Chubby Soda
250 mL
Soda



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

SAVE UP TO **\$1**

1.99



Plantains
Product of Guatemala
2.84/kg
Plantains

1.29
/lb



Sweet Purple Potatoes
Product of Ontario or USA
2.84/kg
Patates douces



79¢

Grace Soup Mix
42-60 g
Mélange à soupe

SAVE **\$1**
3.99



Grace Jerk
Seasonings
284-340 g or
Sauce
350-480 mL
Assaisonnements
ou sauce



5.99
/lb

Panache
Jerk Flattened
Whole Chicken
13.21/kg
Poulet entier



SAVE **80¢**
1.99

Sun Exotic Juice 1 L
Jus



SAVE **\$1.50**
2.99

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



\$1

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



SAVE **80¢**
2.49

Governor's
Choice Callaloo
540 mL
Callaloo

SAVE **\$1.99**
3.29

Pure Heaven
Non-Alcoholic
Beverages
750 mL
Boissons sans alcool



SAVE **\$1**
4.49

Nestlé Milo 400 g
Mélange à boisson

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.

Holiday TREATS



\$6.49
Kinder
Surprise
100g



\$10.99 Kinder
Advent 182g

\$9.99
Kinder Bueno
Advent 167g



\$3.29
Ferrero Rocher
chocolate bars
90g



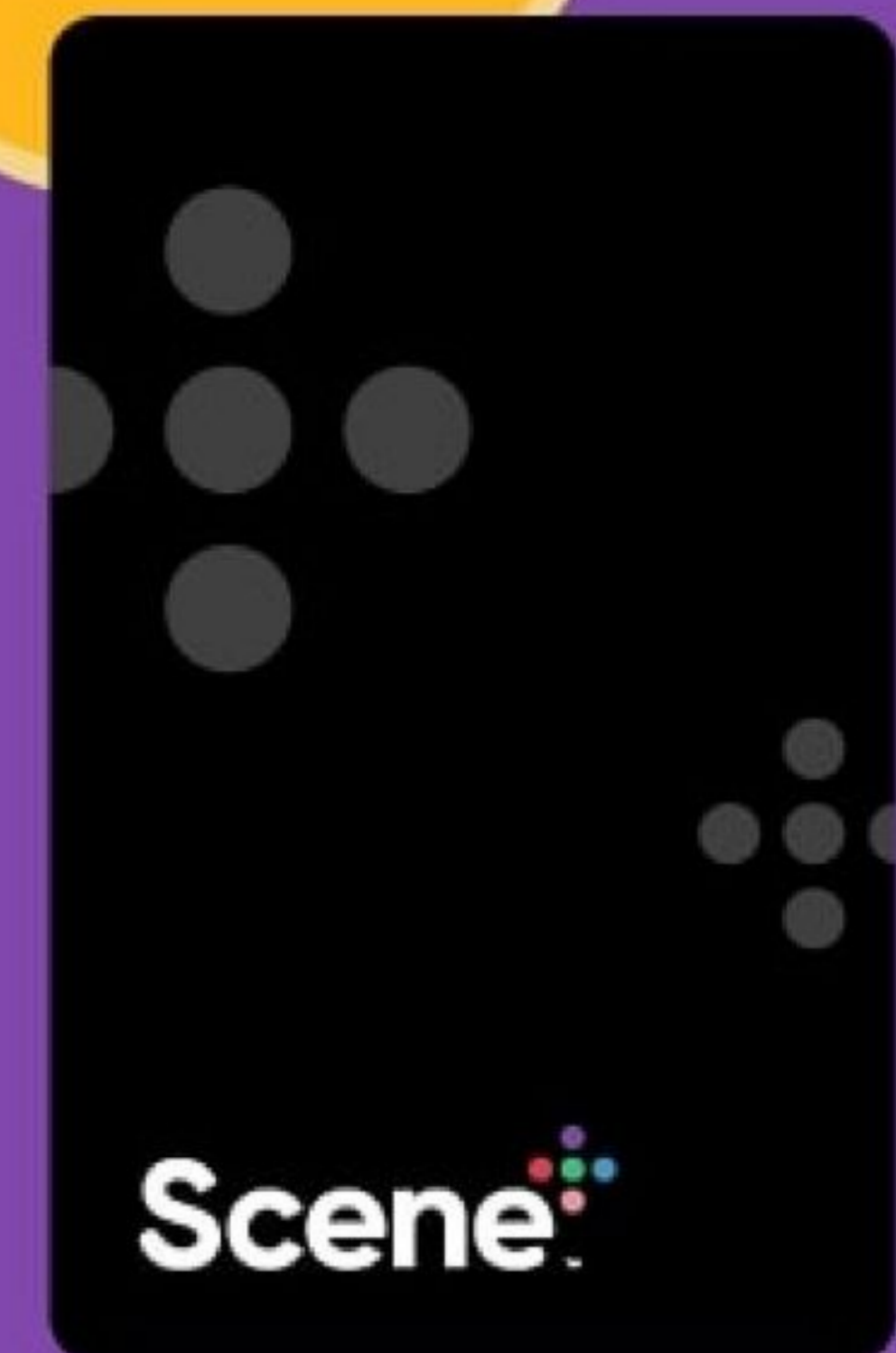
GET TO **FREE** GROCERIES FASTER

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.