

**CHALO!**  
FRESH CO

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

ZONE 2

**FRENZY DAYS**

Royal  
Basmati Rice  
4.54 kg  
reg 9.99  
WHILE  
SUPPLIES LAST



**HOT DEAL**

**6<sup>97</sup>**



**2<sup>97</sup>**

Blueberries Pint  
Product of Peru  
No. 1 Grade



Seedless Cucumbers  
3 pk  
Product of Canada  
Canada No. 1

**3<sup>97</sup>**



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

EQUAL TO  
**3<sup>88</sup>**  
/lb



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<sup>23</sup>  
**7<sup>76</sup>**



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

SAVE #3  
**4<sup>77</sup>**



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

SAVE \$3<sup>02</sup>  
**3<sup>47</sup>**



General Mills  
Honey Nut Cheerios  
292 g  
WHILE SUPPLIES LAST

**1<sup>95</sup>**



NuPak Rice 8 kg  
reg 17.97

SAVE \$4  
**13<sup>97</sup>**

**VARIETY. VALUE. VAH!**

# 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 Tub 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



75 PTS  
when you buy 1  
SAVE \$2.01  
**3.46**

Imperial Margarine 637 g  
reg. 5.97



100 PTS  
when you buy 2  
that's \$1 toward your groceries  
SAVE UP TO \$1.04  
**2.95**

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 \$1.03  
**3.44**

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  
**3.97**

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 \$1.11  
**4.88**

Clover Leaf Pink Salmon 418 g  
reg. 5.99



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



500 PTS  
when you buy 2  
that's \$5 toward your groceries  
SAVE UP TO \$6.02  
**6.97**

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



100 PTS  
when you buy 1  
that's \$1 toward your groceries  
SAVE UP TO \$5.05  
**12.94**

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

## 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 vegetable based inks. 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

2 lb

**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

50 PTS when you buy 1

**2.97**

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

50 PTS when you buy 1

**3.97**

**Jumbo Golden Pineapples**  
Product of Costa Rica

50 PTS when you buy 1

**4.99**

**Mini Seedless Watermelon**  
Product of Mexico

**4.99**

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

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

**3.97**

**Avocados 5 pk**  
Product of Mexico

**4.99**

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

1.5 lb

**5.97**

# FRENZY DAYS

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

SAVE \$5.02

**11.97**

**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

SAVE 52¢/lb

**8.97/lb**

PREFERRED ANGUS

**MEMBERS SAVE \$1**

**7.97**

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

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

SAVE \$4.02

**5.97**

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

SAVE \$4.02

**6.97**

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

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

SAVE \$2.02

**7.97**

**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

SAVE \$1.62

**2.97**

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

SAVE \$1.02

**4.47**

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

SAVE \$2.02

**5.97**

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

SAVE \$3.02

**5.97**

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

AND GET A BONUS \$15

CHALO! 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 7.27</p> <p><b>SAVE 80¢</b> <b>647</b></p>	 <p>Heineken 0.0% 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 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</p> <p>Kellogg's Cheez-It Crackers 191-200 g reg 17.99</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 reg 7.97</p>	 <p>Black Diamond Cheese Slices 825 g reg 7.97</p>	 <p>Natrel Plus 2 L reg 6.47</p> <p><b>SAVE 50¢</b> <b>597</b></p>
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**SAVE \$1**  
**697**

# FRENZY DAYS

 <p>Kellogg's Rice Krispies 563 g reg 6.99-7.79</p>	 <p>Kellogg's Corn Flakes 480-650 g reg 6.99-7.79</p>	 <p>Italpasta 450-900 g reg 2.49</p>	 <p>Italpasta Artisan Penne Rigati 450-900 g reg 2.49</p> <p><b>SAVE 52¢</b> <b>197</b></p>
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**SAVE UP TO \$2.32**  
**547**

 <p>Starbucks Roast &amp; Ground Coffee 311-340 g or K-Cups 10 pk reg 10.99-11.99</p>	 <p>Starbucks Caffe Verona Pike Place 200 PTS when you buy 2 that's \$2 toward your purchase</p> <p><b>SAVE UP TO \$2.02</b> <b>997</b></p>
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 <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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 <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 All Purpose 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.



SAVE \$2  
**5.47**

Teja Chana Dal 1.81 kg  
reg 7.47



SAVE \$2.00  
**7.47**

Nanak Aloo Tikki  
Potato Patties  
720 g reg 9.97



SAVE \$1  
**9.27**

Nanak Veggie Kebabs  
600 g reg 10.27



Al Safa Halal Breaded  
Chicken Frozen 400-600 g  
reg 8.99

SAVE \$2.02  
**6.97**



Kebab Factory Tandoori  
Chicken Burgers  
Frozen 904 g reg 10.99

SAVE \$2.02  
**8.97**



Kebab Factory  
Beef Kebabs Frozen 910 g  
reg 13.99

SAVE \$2.02  
**11.97**



Dawn Plain Bulk Parathas  
2400 g reg 10.97

MEMBERS SAVE \$1  
**9.47**



Green World Red or  
Brown Lentils 1.82 kg  
reg 4.97

SAVE 50¢  
**4.47**



Bhikharam Chandmal  
Salted Snacks 320 g  
Selected Varieties  
reg 3.47

SAVE 70¢  
**2.77**



Parliament Cookies 600 g  
Selected Varieties reg 7.87

SAVE \$1.60  
**6.27**



Mother's Magic  
Frozen Snacks 400 g  
Selected Varieties reg 4.77

SAVE 80¢  
**3.97**



Hunter Bee Natural Honey  
1 kg reg 11.27

SAVE \$2.30  
**8.97**



Parle-G  
Biscuits 300 g  
reg 1.97

SAVE 50¢  
**1.47**



Ahmad Tea 100 g or 100 ct  
reg 6.97-7.47

SAVE \$1  
**6.47**



Sadaf Tomato Paste  
700 g reg 5.97

SAVE 70¢  
**5.27**



Horlicks Original  
or Chocolate Mix  
400 g reg 7.97

SAVE \$1  
**6.97**



Puck Creamy  
Dairy Spread 500 g  
reg 12.97

SAVE \$3  
**9.97**



Yamama  
Grenadine  
Molasses 750 mL  
reg 6.97

SAVE \$1.20  
**5.77**



Green World  
Vermicelli 454 g  
reg 1.47

**1.27**

# HOLIDAY SWEET DEALS!

WHILE SUPPLIES LAST



SAVE \$1  
**2.67**

Lindt Swiss Classic  
Chocolate 100 g  
reg 3.67



SAVE \$1.50  
**8.47**

Ferrero Chocolates  
156-200 g  
reg 9.97



SAVE UP TO \$3  
**13.97**

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



SAVE \$1  
**4.97**

Cadbury Mini Eggs  
200 g reg 5.97



**12.47**

Lindt Advent  
Calendar 128 g



After Eight Tin  
400 g reg 17.97

SAVE \$3  
**14.97**

**11.97**

Reese's or  
Hershey's Advent  
Calendar 212 g



SAVE \$2  
**11.97**

Kinder Maxi  
116-150 g  
reg 13.97



SAVE \$1  
**15.97**

Quality Street  
Chocolate Tin  
650 g reg 22.97



**13.97**

Kit Kat  
Advent Calendar  
233 g



SAVE \$1  
**9.97**

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



**4.94**

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



**5.88**

Nestlé Drumstick  
Frozen Dessert  
946 mL  
Selected Varieties



**9.99**

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

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# 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>08</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**

Yucca Root  
Product of Costa Rica  
4.34/kg



**1.47**

Plantain Bananas  
Product of Guatemala  
or Colombia 3.24/kg



**2.47**

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



SAVE 70¢

**3.97**

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



SAVE 70¢

**5.77**

Cool  
Runnings  
Seasoning  
90-900 g  
reg 7.47



SAVE 80¢

**1.97**

Sun Exotic Juice 1 L  
reg 2.77



SAVE 70¢

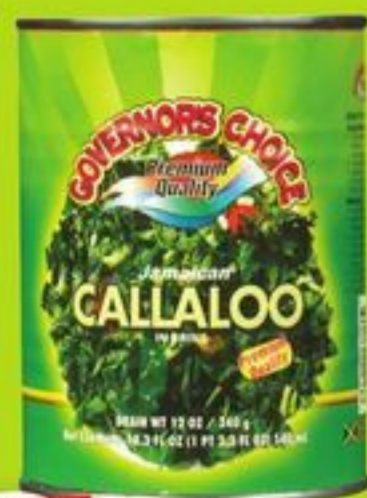
**2.97**

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.

# 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.



[Book today](#)



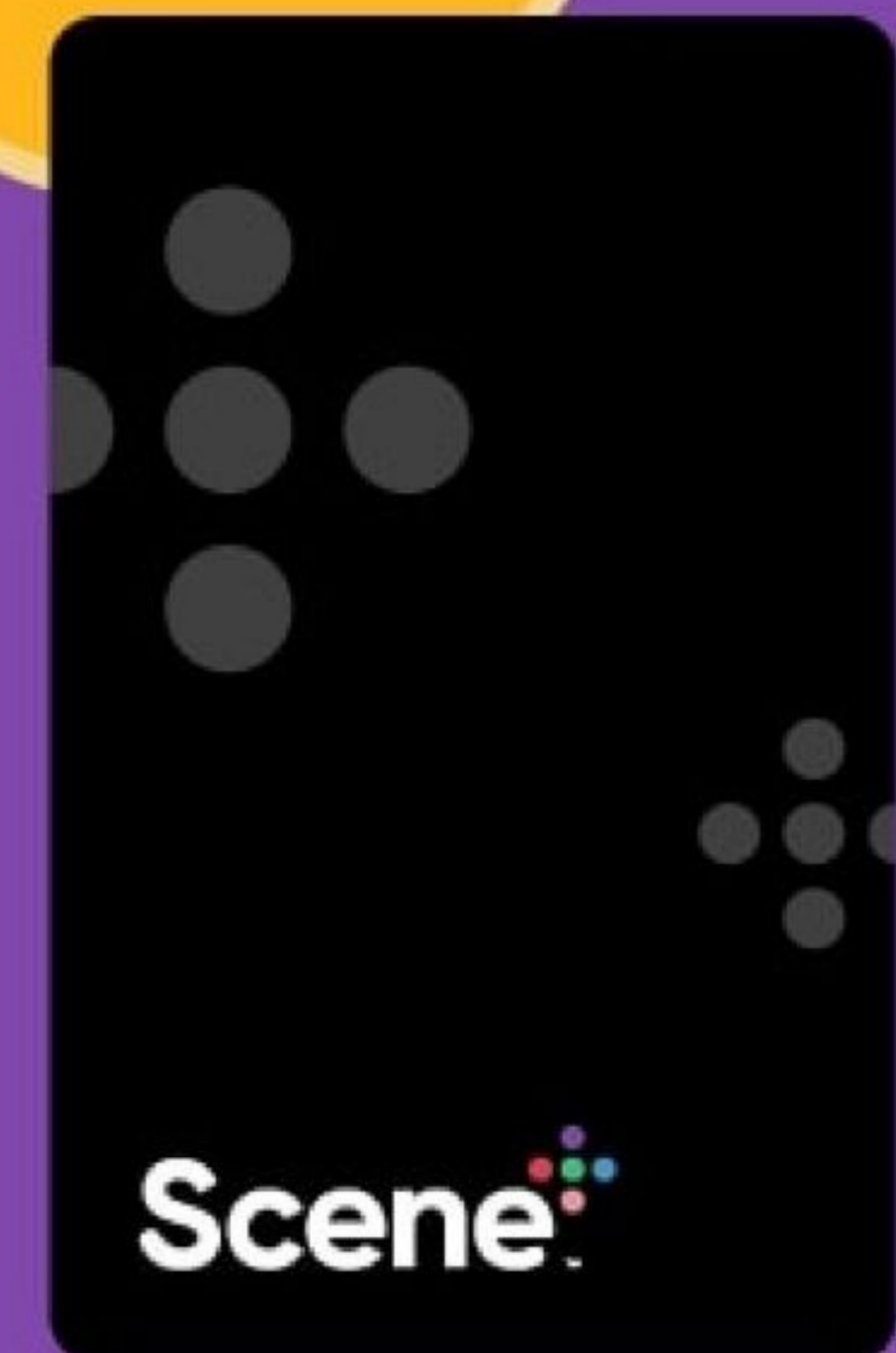
# GET TO **FREE** GROCERIES FASTER

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.**