

**FRESH CO**

Flyer in effect Nov 28-Dec 4, 2024  
Prices in effect in Okotoks, AB and 100 Mile House, BC

ZONE 4

SAVE \$6<sup>23</sup>

**9<sup>77</sup>**

Mina Halal Air Chilled  
Drumsticks or Thighs  
1.728-1.812 kg  
reg 16.00

Value  
Pack

**FRENZY  
DAYS**

**96¢**  
/lb

Ambrosia Apples  
Product of BC  
Canada Extra Fancy  
Navel Oranges  
Product of USA 2.12/kg



SAVE \$3<sup>49</sup>

**1<sup>50</sup>**

Mutti Finely  
Chopped  
Tomatoes 796 mL  
reg 4.99  
Limit of 6



Burnbrae Farms Prestige Family Pack  
Large Eggs 18 pk  
Golden Valley Large Eggs 18 pk  
Selection varies by store

**3<sup>88</sup>**



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

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



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

SAVE \$<sup>7</sup>08  
**8<sup>91</sup>**



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

**5<sup>77</sup>**



SAVE \$<sup>2</sup>09  
**10<sup>88</sup>**

Purex Bathroom  
Tissue 30=50 Rolls or  
Sponge Towels 6 pk



Mazola Canola or  
Corn Oil 2.84 L  
reg 14.79

SAVE \$<sup>5</sup>01  
**8<sup>88</sup>**



Grace Coconut Water  
500 mL, Coconut Milk  
400 mL, or Peanut Punch  
240 mL, reg 1.37-1.97

SAVE \$<sup>1</sup>00  
**9<sup>7¢</sup>**

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.



**SAVE 99¢**  
**348**

Tropicana Tropics 1.75 L  
reg 4.47



**SAVE 63¢**  
**166**

Lancia Pasta 750 g  
reg 2.29



**BUY MORE SAVE MORE**  
**BUY 2 OR MORE**  
**197** ea

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



**SAVE \$1.11**  
**588**

Bubly 12x355 mL  
Montellier 10x355 mL  
reg 6.99



**SAVE \$1.33**  
**544**

Heinz Ketchup 750 mL-1 L  
Kraft Miracle Whip 650-890 mL  
reg 5.99-6.77

**BUY 2 OR MORE**  
**197** ea



**SAVE 81¢**  
**98¢**

Dare Breaktime Cookies 250 g  
reg 1.79



**SAVE \$1.07**  
**92¢**

Colgate Toothpaste 52-75 mL or Extra Clean Toothbrush 1 pk  
Selected Varieties  
reg 1.69-1.99



**SAVE \$8.61**  
**19.88**

Tide Liquid 3.9 L  
Tide Pods 76 pk or Downy Beads 853 g  
reg 24.99-28.49

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



**200 PTS** when you buy 2  
There's \$2 toward your groceries

**SAVE \$2.21**  
**2.98**

McCain Premium Specialty 540-800 g, Superfries 454-650 g or Breakfast Potatoes 600-650 g  
reg 4.99-5.29



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

**SAVE 83¢**  
**2.46**

Quaker Crispy Minis 100 g or Rice Cakes 127-199 g  
reg 3.29



**150 PTS** when you buy 3  
There's \$1.50 toward your groceries

**2.97**

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



**150 PTS** when you buy 3  
There's \$1.50 toward your groceries

**SAVE 61¢**  
**1.68**

Snack Pack Puddings or Gels 4 pk reg 2.29



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

**SAVE \$1.00**  
**4.47**

Silk Nextmilk or Protein Beverage 1.74-1.75 L  
reg 5.97



**50 PTS** when you buy 2  
There's \$0.50 toward your groceries

**SAVE \$2.92**  
**2.47**

Quaker Instant Oatmeal 228-344 g  
Quaker Standard Oats 709 g-1 kg  
reg 3.99-4.49



**150 PTS** when you buy 2  
There's \$1.50 toward your groceries

**SAVE \$1.98**  
**3.94**

Lysol Cleaners 650 mL-1.2 L  
reg 4.29-5.49

**Scene: DIGITAL EXCLUSIVE**

NOV 28-DEC 4, 2024

Download the FRESHCO APP

**20%\*** back in PTS

Load this offer and get 20 pts for every dollar spent on Compliments Home Style Crispy Chicken 1 kg

**20%\*** OFF

Load this offer and get 20% off on Pepsi Soft Drinks 12x355 mL

\* 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 Thursday on November 28, 2024 and available to be loaded on 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, bottle deposits, prescriptions, baby, alcohol, beverages, fuel, Western Choice and any other non-deductible product included by law. No base Scene+ points earned. Fuel is not transferred or shared. 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> for full Terms and Conditions. We reserve the right to rescind 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 Sobeys Capital Incorporated.

The Scene+ Loyalty Program is available at all participating FRESHCO locations within WESTERN CANADA. 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, fuel, dairy products in Atlantic regions, pre-paid cards, postal products and services, Western Choice, McCain/Tim Hortons "Starbucks" products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery games, bottle deposits, environmental charges, fuel and other goods and services which are non-deductible or excluded by law. For full Scene+ Terms and 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 Sobeys Capital Incorporated. Offers valid Thursday, November 28, 2024 to Wednesday, December 4, 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 lowest regular retail price offered at our stores in the applicable trade area. Guarantee does not apply to banners owned, operated or franchised by Sobeys Capital Incorporated. Savings offered may differ by region. 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", "low price" and other similar statements in our ads is as compared to the full-service banners operated by Sobeys Capital Incorporated. See in-store or FreshCo.com for full details of our Guarantees. All Guarantees are applied 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, prescriptions, gift cards, liquor, tobacco, clearance & limited-time products, health and beauty products and any products that are not manufactured in Canada. **LOWEST PRICE GUARANTEE.** Subject to the Limitations and excluding products sold by third party vendor products 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 call you that item for 15 days from 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 competing errors. Limit of four (4) units of each price matched 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 this 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 WESTERN CANADA.**



Red Seedless Grapes  
Product of USA  
No. 1 Grade  
8.75/kg

**3.97**  
/lb



Tomatoes on the Vine  
Product of Canada, USA  
or Mexico 5.45/kg

**2.47**  
/lb



Red Mangoes  
Product of Brazil

**1.77**



Pomegranate  
Product of USA

**2.97**



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

**3.47**



Mini Potatoes  
Yellow, Red or  
Trio 3 lb  
Product of  
Canada  
Canada No. 1  
1.36 kg

**6.97**



Blackberries  
170 g  
Product of USA  
or Mexico

**3.47**



Cantaloupe  
Product of Guatemala  
No. 1 Grade

**4.99**



Mandarins 2 lb  
Product of USA  
907 g

**5.97**



Compliments  
Baby Spinach  
or Spring Mix  
312 g  
Product of USA

**5.97**

# FRENZY DAYS



High Liner Pan-Sear Frozen 500-540 g  
reg 15.99

**10.97**

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

**SAVE \$2**  
**8.97**



Grimm's Pepperoni 375-600 g  
reg 10.97



Compliments  
Deli Sliced Meat  
400 g

**7.88**



Canada First  
Brands Pork Loin  
Rib End or Center  
Chops  
Frozen 6.55/kg  
reg 4.49/lb

**2.97**  
/lb



Green Ocean  
Wild Argentinian  
Raw Shrimp  
Frozen 300 g  
reg 8.99

**6.97**



Piller's  
Meat Sticks  
300-500 g  
reg 9.97

**7.97**



The Taco Truck Taco Kit  
Crispy Pork or Chicken 840 g  
reg 12.99

**10.99**



Dempster's  
Whole Grain  
Bread 600 g  
Tortillas  
272-340 g  
The Laughing  
Cow 133-140 g  
reg 3.89-4.99

**2.97**



Donut Time  
Donuts  
378-480 g  
Kimberley's  
Bakeshoppe  
Cookies 383 g  
Compliments  
Cupcakes 284 g

**\$4**



San Daniele Deli Meat  
100-175 g  
Mastro Deli Meat  
125-150 g  
Selected Varieties  
Fontaine Santé  
Hummus  
225-260 g  
reg 4.29-6.99

**3.47**



Castello  
Sliced Cheese  
125-165 g  
Tre Stelle Feta  
Dip 175 g  
Main Street  
Deli 200-300 g  
reg 5.99-7.19

**4.97**

SPEND \$50 IN  
UBER GIFT CARDS



AND GET A  
BONUS \$5



GIFT CARD

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.



Minute Maid, Five Alive or Nestea Iced Tea Beverages  
8x200 mL or 10x200 mL  
reg 3.99

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

SAVE \$1.02

**2.97**

MEMBERS \$1.02 SAVE

6.97

7.99 without Scanner Card

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

Kicking Horse Ground Coffee  
284 g  
reg 12.99

SAVE \$4.02

**8.97**

Timothy's Coffee K-Cups  
30 pk  
reg 19.99

SAVE \$8.02

**11.97**

Oasis Health Break or Smoothie 1.6 L  
reg 4.47

SAVE 50¢

**3.97**

Philadelphia Cream Cheese  
227-250 g

BUY 2 OR MORE SAVE MORE

**3.97 ea**

Gatorade  
710 mL  
reg 2.19

SAVE \$1.97

**3/\$5**

Kraft Salad Dressing  
425 mL  
reg 4.39

SAVE 92¢

**3.47**

International Delight Coffee Whitener 946 mL  
Silk Coffee Creamer 890 mL  
reg 5.47-5.97

SAVE \$2

**3.97**

Heluva Good! Dip 250 g  
reg 3.97

SAVE \$1

**2.97**

# FRENZY DAYS

WHOLE GRAIN FIRST

Cinnamon Toast Crunch

WHOLE GRAIN FIRST

Honey Nut Cheerios

My partner

SAVE \$2.52

**5.47**

General Mills Cereal  
Selected 475-778 g  
reg 7.99

OR BUY 1 at \$3.57  
Diana Sauce 500 mL  
Bull's-Eye BBQ Sauce 425 mL  
reg 3.97 SAVE \$1

BUY 2 OR MORE SAVE MORE

**2.97 ea**

Kellogg's Eggo Waffles  
270-280 g  
reg 3.99

SAVE \$1.02

**2.97**

Häagen-Dazs or Confectionery Ice Cream  
400-450 mL or Novelties 3-4 pk

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

**5.44**

Compliments Value Size Potato Chips  
750 g

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

**4.99**

Pringles Mingles  
155 g

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

SAVE \$1.52

**3.47**

MEMBERS \$1 SAVE

8.97

9.97 without Scanner Card

Scotties Facial Tissue  
9 pk

Pine-Sol 1.41 L  
Clorox Bleach 2.4 L  
reg 5.99

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

SAVE \$2.02

**3.97**

Purex 4.43 L  
Sunlight 4 L  
Persil 2.21 L  
reg 15.99-17.99

SAVE UP TO \$5.02

**12.97**

**DOUBLE FRESH GUARANTEED**

**WE'LL REPLACE YOUR ITEM + REFUND YOUR MONEY\***

\*See online and in-store for more details.



# FLORAL DEALS!



**4<sup>47</sup>**

Poinsettias  
4.5" Pot



**7<sup>97</sup>**

Poinsettias  
6" Pot



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

Cyclamen  
4" Pot



**4<sup>97</sup>**

Christmas Cactus  
4" Pot



**5<sup>97</sup>**

Western Red Cedar  
1.5 lb Bunch



**5<sup>97</sup>**

White Pine  
2 lb Bunch



**5<sup>97</sup>**

Noble Fir Tips  
1.5 lb Bunch



**9<sup>97</sup>**

Holiday Shrub  
1 G



**22<sup>97</sup>**

Holiday Wreath  
18"



**24<sup>97</sup>**

Winter Planter  
8.5"

COLOUR AND SELECTION MAY VARY - AVAILABLE AT MOST LOCATIONS - WHILE SUPPLIES LAST  
NOT AVAILABLE AT THUNDER BAY LOCATION



# BULK DEALS!



Dried Figs or  
Dried Apricots 200 g  
Product of Turkey

**1<sup>99</sup>**



NEW  
CROP

**3<sup>49</sup>**  
/lb

In-Shell Walnuts  
Product of USA  
7.69/kg



**9<sup>99</sup>**

Sally's Cajun Crunch Mix 750 g  
Sally's Wilderness Mix 750 g



**12<sup>99</sup>**

Bard Valley Dates 2 lb  
Product of USA



**8<sup>99</sup>**

David Roberts Peanut  
Party Wheel 700 g



**9<sup>99</sup>**

David Roberts Mix Nuts  
Celebration Tray 600 g



**11<sup>99</sup>**

David Roberts  
Peanut Raisins Tray 670 g or  
David Roberts Chocolate &  
Nut Tray 700 g



**9<sup>99</sup>**

Sally's Sliced or  
Ground Almonds  
500 g



**17<sup>99</sup>**

Sally's Raw Pecan  
Halves 750 g or  
Sally's Raw Cashews  
1 kg



**12<sup>99</sup>**

Sally's Walnuts  
Halves & Pieces 1 kg or  
Sally's Dried Apricots 750 g



# BAKING DEALS!



SAVE UP TO 72¢  
**1.97**

Betty Crocker  
Cake Mix  
375-404 g  
Betty Crocker  
Frosting  
340-450 g  
reg 2.47-2.69



SAVE 52¢  
**5.97**

Robin Hood Flour  
2.5 kg reg 6.49



SAVE 51¢  
**4.97**

E.D. Smith  
Pie Filling  
540 mL  
reg 5.99



SAVE 1.29  
**4.47**

E.D. Smith Pure Pumpkin  
796 mL  
compliments Pie Filling  
540 mL  
reg 5.49-6.99



**4.47**

Hershey's Chipits 200-270 g  
reg 4.79



SAVE 82¢  
**3.97**

Crisco Shortening or  
Tenderflake Pure Lard 454 g  
reg 4.49-4.79



SAVE 62¢  
**2.97**

Lantic or Rogers Sugar  
Selected Varieties 900 g-1 kg  
reg 3.29-3.79



SAVE 72¢  
**4.77**

Fleischmann's Yeast 113 g  
reg 5.49



SAVE 52¢  
**3.97**

Fleischmann's  
Corn Starch 454 g  
reg 4.49



SAVE 1.29  
**10.47**

Splenda Sweetener 275 g  
Splenda Sweetener 200 pk  
Splenda Granular Stevia 221.1 g  
reg 10.47-12.99



SAVE 1.17  
**4.97**

Crosby's Molasses 675 g  
reg 5.99

**2.97**  
Lay's Potato Chips 220-235 g  
Any Flavour/Variety  
Smartfood Popcorn 150-220 g  
Any Flavour/Variety

Popcorners  
Popped-Corn Chips  
142 g Any Flavour

**3.97**

Ruffles Potato Chips  
180-200 g Any Flavour/Variety  
Doritos Tortilla Chips  
210-235 g Any Flavour

**2/\$7**



# HOLIDAY SWEET DEALS!



**3<sup>47</sup>** ↓  
Compliments  
Candy Canes 200 g



**4<sup>97</sup>** ↓  
Compliments  
Winter Pure Milk  
Chocolate Balls 250 g



**15<sup>97</sup>** ↓  
Panache  
Luxury Belgian  
Biscuit Collection  
650 g



**4<sup>77</sup>** ↓  
Panache Scottish  
Shortbread 250 g



**3<sup>97</sup>** ↓  
Panache Chocolate Hazelnut  
Flavour Wafer Rolls 400 g



**7<sup>47</sup>** ↓  
Compliments  
Licorice Allsorts  
Candy Tower  
700 g



**4<sup>97</sup>** ↓  
Compliments  
Danish Butter Cookies 454 g



**6<sup>97</sup>** ↓  
Compliments  
Cinnamon Sugar Cashews  
275 g



**8<sup>97</sup>** ↓  
Panache Milk Chocolate  
Pecan Caramel Clusters 330 g



**3<sup>97</sup>** ↓  
Panache Butter Fudge  
150 g or  
Sponge Toffee 125 g



# FESTIVE ICE CREAM

WHILE SUPPLIES LAST



Chapman's Salty Caramel Shortbread or Chapman's Holiday Moments Peppermint Twist Ice Cream 1.5 L



# 4.97



Chapman's Winter Cocoa Ice Cream Cones 6x120 mL, Chapman's Gingerbread Mint Bars 8x55 mL or Chapman's Peppermint Sandwich 120 mL



# 3.97

Panache Mistletoe Wish Ice Cream 1 L

Compliments Candy Cane Ice Cream 1.5 L

NEW! GLOBAL CRAVINGS

A NEW KD EXPERIENCE



Crave Frozen Meals 200-340 g reg 4.69

SAVE 72¢  
**3.97**



Kraft Dinner Deluxe Frozen Meals 340 g reg 4.69

SAVE 72¢  
**3.97**



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

SAVE 15.23!  
**1.98**



Kraft Peanut Butter 500 g or Cheez Whiz 450 g reg 5.49

SAVE 1.52!  
**3.97**

SMUCKER'S



Jif Peanut Butter 500 g reg 5.49

SAVE 52¢  
**4.97**



Folgers Ground Coffee 544-816 g reg 16.49

SAVE 13.52!  
**12.97**



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

SAVE 1.92!  
**5.47**



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

SAVE 1.92!  
**4.97**



# FLAVOURS OF THE CARIBBEAN

2/\$1



Chubby Soda  
250 mL  
reg 67¢

\$1



Mr. Goudas  
Table Salt 1 kg  
reg 1.47



Royalty Digestives  
Cookies 400 g  
reg 2.97

SAVE 70¢  
2.27



SAVE 80¢  
1.97

Royalty Ginger Nuts,  
Oat Biscuits or  
Cream Crackers 300 g  
reg 2.27-2.97



1.97 /lb

Yucca Root  
Product of Costa Rica  
4.34/kg



2.47 /lb

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



77¢

Grace Soup Mix  
42-60 g reg 97¢



Grace Jerk  
Seasoning  
284-340 g or  
Sauce  
350-480 mL  
reg 4.97-5.27

SAVE 50¢  
3.97



Panache  
Jerk Flattened  
Whole Chicken  
13.21/kg

5.99 /lb



SAVE 80¢  
1.97

Sun Exotic Juice 1 L  
reg 2.77



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

SAVE 50¢  
2.97



\$1

Grace Soda 355 mL or  
Plantain Chips 85 g



SAVE 50¢  
2.47

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



Pure Heaven  
Non-Alcoholic  
Beverages  
750 mL  
reg 4.97

SAVE 70¢  
4.27



SAVE 50¢  
4.47

Nestlé Milo 400 g  
reg 5.77

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.



# Holiday TREATS

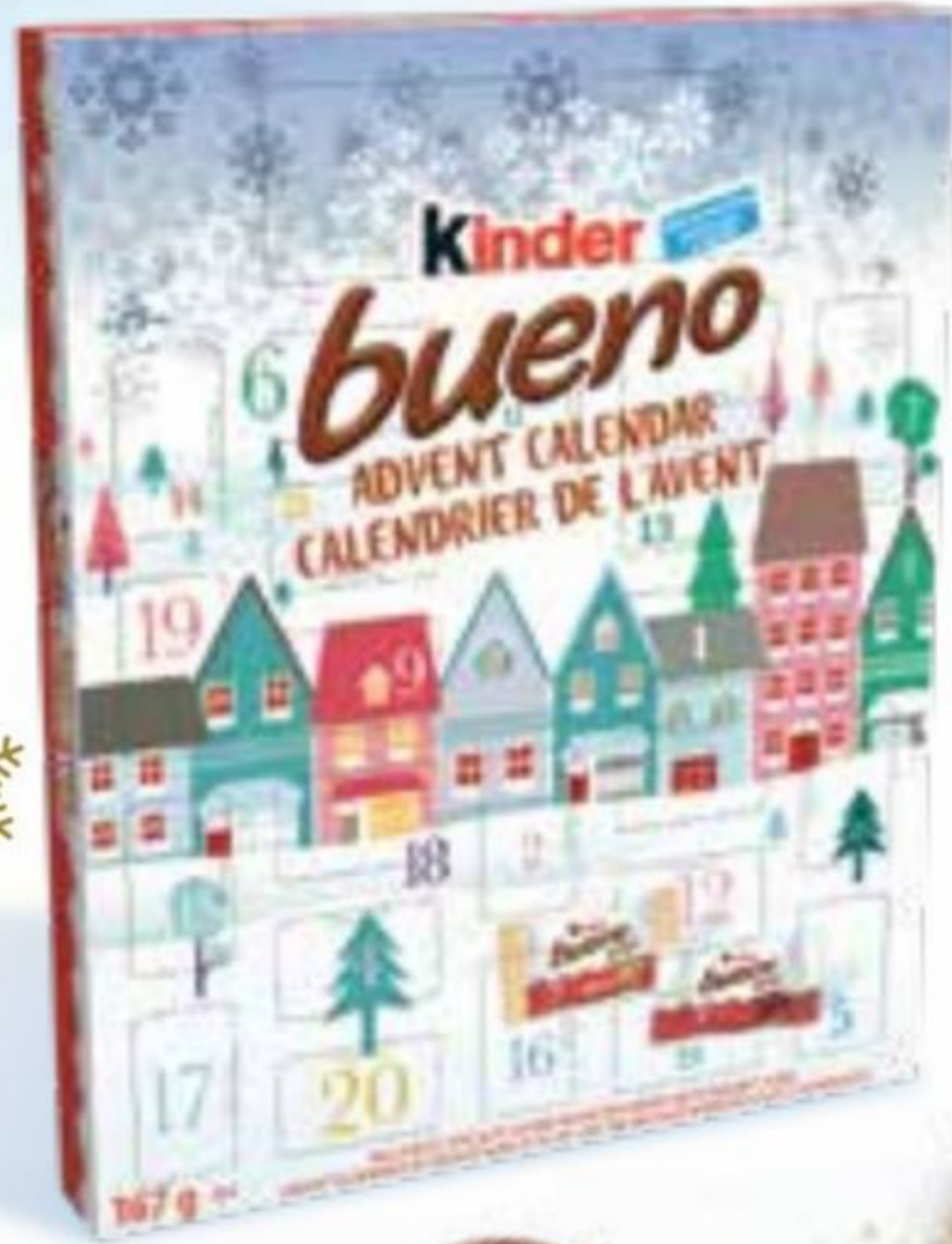


**\$6.47**  
Kinder  
Surprise  
100g



**\$10.97** Kinder  
Advent 182g

**\$9.97**  
Kinder Bueno  
Advent 167g



**\$3.27**  
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 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.**