

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

6⁹⁷



2⁹⁷

Blueberries Pint
Product of Peru
No. 1 Grade



Seedless Cucumbers
3 pk
Product of Canada
Canada No. 1

3⁹⁷



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

EQUAL TO
3⁸⁸
/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 #6²³
7⁷⁶



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

SAVE #3
4⁷⁷



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

SAVE \$3⁰²
3⁴⁷



General Mills
Honey Nut Cheerios
292 g
WHILE SUPPLIES LAST

1⁹⁵



NuPak Rice 8 kg
reg 17.97

SAVE \$4
13⁹⁷

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
VALEUR PLUS
MEAT
LASAGNA
À LA VIANDE
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 \$2.91
3.46

Imperial Margarine 637 g
reg. 5.97



100 PTS
when you buy 2
that's \$1 toward your
groceries
SAVE UP TO \$1.94
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 \$1.93
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 \$6.92
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 \$5.95
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>SAVE 80¢ 647</p>	 <p>Heineken 0.0% Non-Alcoholic Beer 6x330 mL reg 12.99-13.99</p> <p>SAVE UP TO \$3.02 1097</p>	 <p>Hellmann's Mayonnaise 750-890 mL reg 6.77</p> <p>SAVE 80¢ 597</p>	 <p>Dare Bear Paws 168-240 g reg 3.47-4.49</p> <p>SAVE UP TO \$2.02 247</p>
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 <p>Tetley Tea 20-24 pk reg 4.99</p> <p>SAVE \$1.52 347</p>	 <p>Maxwell House Coffee Pods 30 pk reg 17.99</p> <p>SAVE \$5.02 1297</p>	 <p>OR BUY 1 at \$2.97</p> <p>Kellogg's Cheez-It Crackers 191-200 g reg 17.99</p> <p>BUY 2 OR MORE 247 ea</p>	 <p>Kellogg's Core or Premium Bars 125-384 g reg 4.27-4.49</p> <p>SAVE UP TO \$1.52 297</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>SAVE 50¢ 597</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 Penne Rigate 450-900 g reg 2.49</p> <p>SAVE 52¢ 197</p>
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SAVE UP TO \$2.32
547

 <p>Starbucks Roast & Ground Coffee 311-340 g or K-Cups 10 pk reg 10.99-11.99</p>	 <p>Starbucks Caffe Verona Pike Place Blend 200 PTS when you buy 2 that's \$2 toward your purchase</p> <p>SAVE UP TO \$2.02 997</p>
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 <p>Kellogg's Eggo Waffles 270-280 g reg 4.49</p> <p>SAVE \$1.52 297</p>	 <p>Kraft Dinner Frozen Meals 340 g or Crave Frozen Meals 200-340 g reg 4.69</p> <p>SAVE 72¢ 397</p>	 <p>Whiskas Temptations Treats 180 g reg 3.49</p> <p>SAVE \$1.02 247</p>	 <p>Palmolive Dish Soap 591-828 mL reg 3.69</p> <p>SAVE \$1.22 247</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>SAVE 52¢ 497</p>	 <p>Robin Hood Gluten Free Flour 907 g reg 9.99</p> <p>SAVE \$3.02 697</p>	 <p>Eagle Brand Condensed Milk 300 mL reg 3.99</p> <p>367</p>	 <p>Robin Hood All Purpose Flour 5 kg reg 12.99</p> <p>SAVE \$3.02 997</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



MEMBERS SAVE \$1
8.47
9.47 without Dawn* Card

Dawn Plain Bulk Parathas
2400 g reg 10.97



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
Butter
Delight
Cookies
GET 8 FOR \$6 FARM PAY

SAVE \$1.00
6.27

Parliament Cookies 600 g
Selected Varieties reg 7.87



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
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 \$1
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

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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



15⁹⁷

Baltic Gifts Frozen Herring Fillets 1 kg

Kühne Sauerkraut with Wine 720 mL reg 5.97

SAVE \$1⁰⁸
4⁴⁷



50 PTS when you buy 2

SAVE \$1⁰²
4⁴⁷

Dandar Buckwheat 900 g reg 5.49



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

SAVE \$5⁰²
24⁹⁷

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



SAVE 52¢
1²⁷

Street Soup 50 g reg 1.79



SAVE 52¢
6⁹⁷

Tutto Calabria Nduja Pasta Sauce 190 g reg 7.49



SAVE \$2⁰²
4⁴⁷

Aurora Antipasto 500 mL reg 6.49



50 PTS when you buy 2
SAVE 52¢
4⁴⁷

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



25 PTS when you buy 2
SAVE \$1⁰²
3⁴⁷

Lovaré Tea 30 g reg 4.49



1⁶⁷

Brio 355 mL reg 1.99



50 PTS when you buy 4
SAVE 72¢
1⁹⁷

Jordanka Sparkling Mineral Water 1.5 L reg 2.69



SAVE \$1⁰²
5⁹⁷

Lotus Biscoff Spread 380-400 g reg 7.79



SAVE \$1⁰²
2⁹⁷

Franzeluța Gingerbread Plum 400 g reg 4.29



SAVE 72¢
1⁹⁷

Golden Alps Chocolate Bars 100 g reg 2.69



SAVE 52¢
2⁹⁷

Tre Marie Wafers 140 g reg 3.49



SAVE \$1⁰²
14⁹⁷

Attiki Honey 500 g reg 16.79



SAVE 52¢
3⁴⁷

Krinos Candy 300 g reg 3.99



SAVE \$1⁰²
1⁴⁷

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 50¢

1.97

Royalty Ginger Nut,
Oatmeal Oat 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 1.50

3.97



Cool
Runnings
Seasoning
90-900 g
reg 7.47

SAVE 1.75

5.77



SAVE 80¢

1.97

Sun Exotic Juice 1 L
reg 2.77



SAVE 1.50

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 1.50

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 1.50

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

Only with:



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.



[Book today](#)

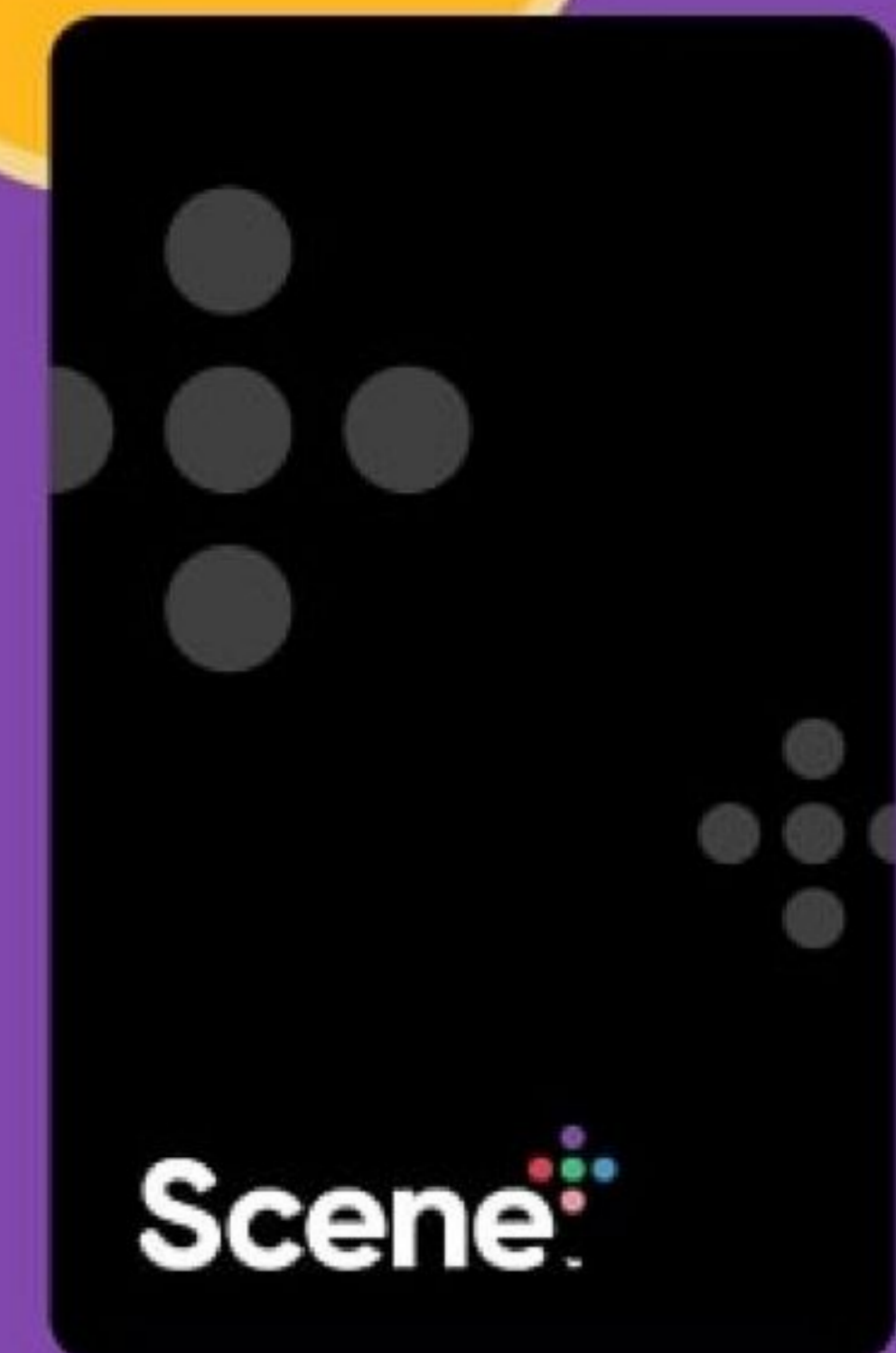
GET TO **FREE** GROCERIES FASTER

when you scan your **Scene+ membership card** and pay with your **Scotiabank® Scene+™ Visa* Card**.

APPLY NOW

**GET 2
SCENE+ PTS
ON EVERY
\$1 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.