

FRESH CO

Flyer in effect Nov 28-Dec 4, 2024
Prices in effect in Western Canada

ZONE 1

SAVE \$6²³

9⁷⁷

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 \$3⁴⁹

1⁵⁰

Mutti Finely
Chopped
Tomatoes 796 mL
reg 4.99
Limit of 6



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

1⁹⁵



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

SAVE \$⁷₀₈

8⁹¹



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

5⁷⁷



SAVE \$2⁰⁹

10⁸⁸

Purex Bathroom
Tissue 30=50 Rolls or
Sponge Towels 6 pk
reg 12.97



Mazola Canola or
Corn Oil 2.84 L
reg 14.79

SAVE \$⁵₀₁

8⁸⁸



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

SAVE \$¹₀₀

9^{7¢}

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

FC_WK01_WST_POL121

FRENZY DAYS BIG DEALS. LIMITED TIME.



SAVE 99¢
3.48



SAVE 63¢
1.66



BUY 2 OR MORE
1.97 ea



SAVE \$1.11
5.88



SAVE \$1.33
5.44

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



SAVE 81¢
98¢



SAVE \$1.07
92¢



SAVE \$8.61
19.88

Scene: 1000 PTS = \$10 OF FREE GROCERIES



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

SAVE \$2.21
2.98



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

SAVE 83¢
2.46



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

2.97



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

SAVE 61¢
1.68



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

SAVE \$1.50
4.47



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

SAVE \$2.02
2.47



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

SAVE \$1.55
3.94

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

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

* 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 on 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 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 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 region, 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, Real Basics, Real Canadian Superstore, and Wal-Mart British Columbia, Alberta, Saskatchewan, and Manitoba. No Frills, Real Canadian Superstore, Real 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

3.47



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

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

5.97



Compliments Baby Spinach or Spring Mix
312 g
Product of USA

5.97

FRENZY DAYS



High Liner Pan-Seared 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
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



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 Town House Crackers 247-391 g
Kellogg's Cheez-It Family Crackers 352 g
Kellogg's Cheez-It Snap'd 213 g
reg 4.29

150 PTS when you buy 3
That's like \$1.50 toward your groceries

SAVE \$1.02

3.27

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 like \$2.50 toward your groceries

4.99

Pringles Mingles
155 g

200 PTS when you buy 3
That's like \$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!



4⁴⁷

Poinsettias
4.5" Pot



7⁹⁷

Poinsettias
6" Pot



3⁹⁷

Cyclamen
4" Pot



4⁹⁷

Christmas Cactus
4" Pot



5⁹⁷

Western Red Cedar
1.5 lb Bunch



5⁹⁷

White Pine
2 lb Bunch



5⁹⁷

Noble Fir Tips
1.5 lb Bunch



9⁹⁷

Holiday Shrub
1 G



22⁹⁷

Holiday Wreath
18"



24⁹⁷

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

1⁹⁹



NEW
CROP

3⁴⁹
/lb

In-Shell Walnuts
Product of USA
7.69/kg



9⁹⁹

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



12⁹⁹

Bard Valley Dates 2 lb
Product of USA



8⁹⁹

David Roberts Peanut
Party Wheel 700 g



9⁹⁹

David Roberts Mix Nuts
Celebration Tray 600 g



11⁹⁹

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



9⁹⁹

Sally's Sliced or
Ground Almonds
500 g



17⁹⁹

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



12⁹⁹

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



300 PTS
when you buy 1
that's \$1 toward your
groceries
SAVE 1.29
10.47
Splenda Sweetener 275 g
Splenda Sweetener 200 pk
Splenda Granular Stevia 221.1 g
reg 10.47-12.99



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



3⁴⁷

Compliments
Candy Canes 200 g



4⁹⁷

Compliments
Winter Pure Milk
Chocolate Balls 250 g



15⁹⁷

Panache
Luxury Belgian
Biscuit Collection
650 g



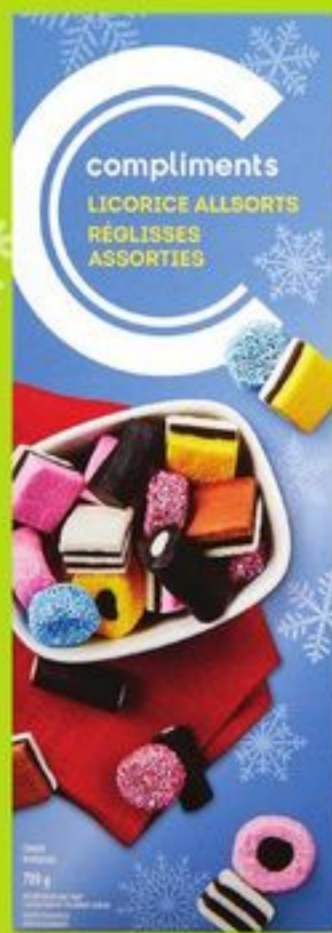
4⁷⁷

Panache Scottish
Shortbread 250 g



3⁹⁷

Panache Chocolate Hazelnut
Flavour Wafer Rolls 400 g



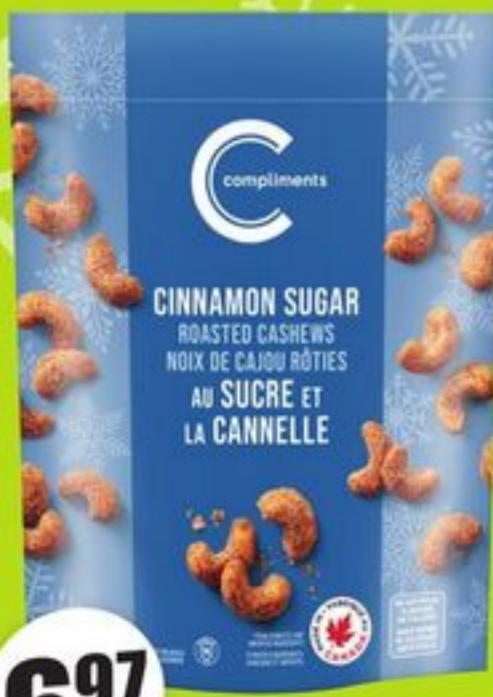
7⁴⁷

Compliments
Licorice Allsorts
Candy Tower
700 g



4⁹⁷

Compliments
Danish Butter Cookies 454 g



6⁹⁷

Compliments
Cinnamon Sugar Cashews
275 g



8⁹⁷

Panache Milk Chocolate
Pecan Caramel Clusters 330 g



3⁹⁷

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



Compliments Candy Cane Ice Cream 1.5 L

Panache Mistletoe Wish Ice Cream 1 L

NEW! GLOBAL CRAVINGS



Crave Frozen Meals 200-340 g reg 4.69

SAVE 72¢
3.97

A NEW KD EXPERIENCE



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 Heinz 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 1.52!
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 70¢
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 70¢
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



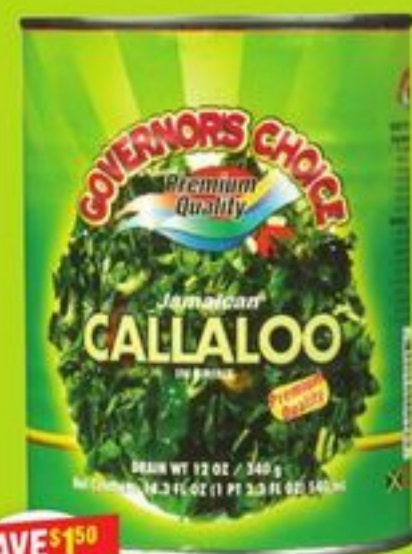
Grace Corn Meal 2 kg or
Oats 1 kg
reg 3.97-4.47

SAVE 70¢
2.97



Grace Soda 355 mL or
Plantain Chips 85 g

\$1



SAVE 70¢
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 70¢
4.47
Nestlé Milo 400 g
reg 5.77

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.

Holiday TREATS

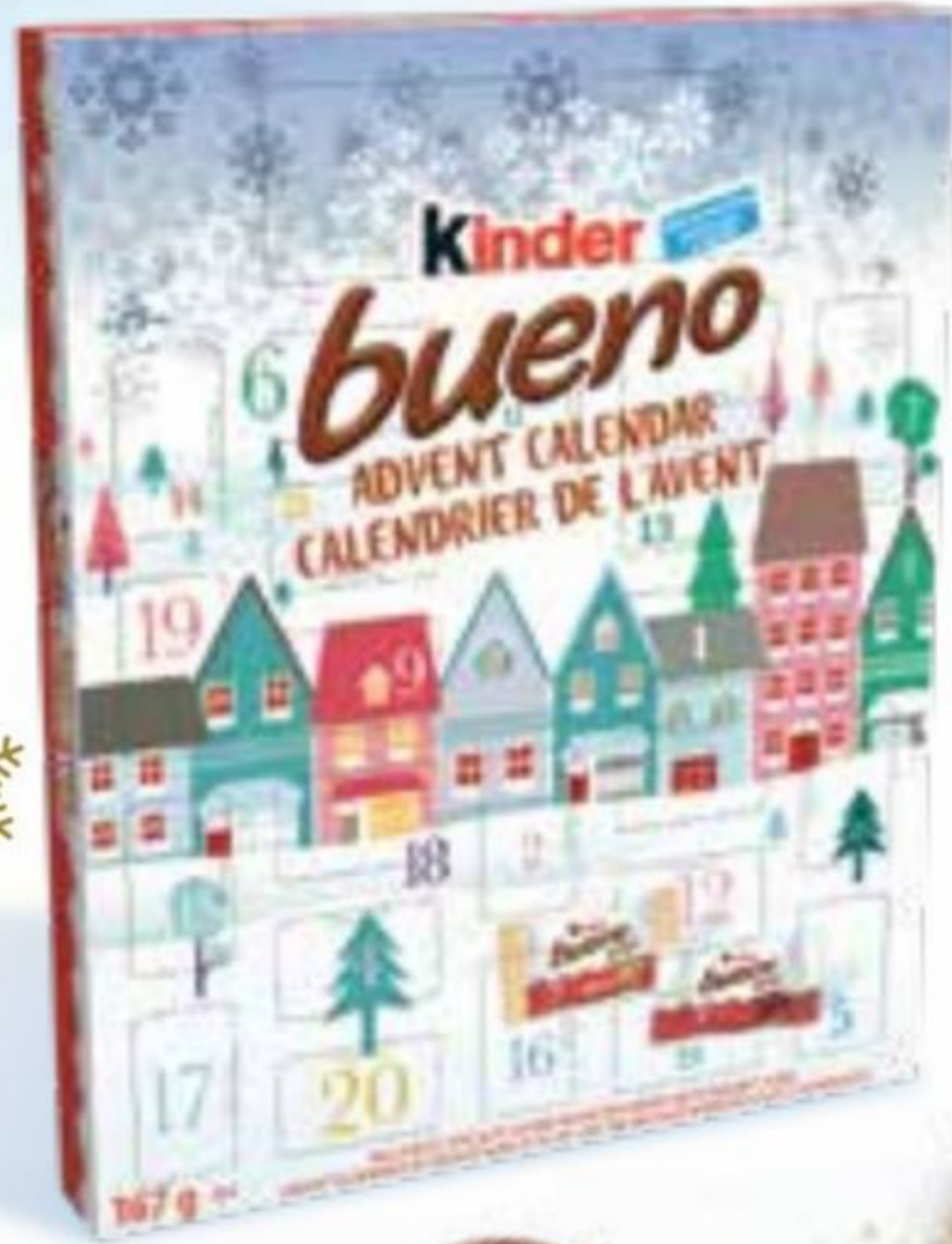


\$6.47
Kinder
Surprise
100g



\$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 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.