

**CHALO!**  
FRESH CO

Flyer in effect November 21-27, 2024  
Prices in effect in Ontario, Excludes Thunder Bay

ZONE 2

**FRENZY DAYS**

SAVE \$5  
**9.99**

Royal Basmati Rice  
4.54 kg  
reg 14.99



**1.86**

Raspberries 170 g  
Product of USA or Mexico  
Framboises



**3.44**

Bagged Red Onions 7 lb  
Product of Ontario  
Canada No. 1, 3.18 kg  
Oignons rouges



Armstrong Cheese Bars 400 g  
Armstrong Shreds 320 g reg 6.79-7.79  
Barres de fromage, râpé

SAVE \$3.02  
**4.77**



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

SAVE \$3.02  
**3.47**



General Mills Honey Nut Cheerios  
292 g  
WHILE SUPPLIES LAST  
Céréales

**1.95**



Lean Ground Beef Tube  
1.36 kg  
reg 17.00, Save \$5.36  
SALE PRICE \$11.64  
Boeuf haché maigre

EQUAL TO  
**3.88**  
/lb



Taylor Farms Chopped Salad Kit 316-377 g  
Assorted  
Product of USA  
Préparations de salades hachées

**3.88**



Janes Breaded or Battered Fish Fillets  
Selected Varieties  
Frozen 450-510 g reg 9.99  
Filets de poisson pané ou en pâte

MEMBERS SAVE \$2  
**5.91**  
7.91 without Member Card



Pure Life Natural Spring Water  
24x500 mL  
reg 4.99  
Eau de source

SAVE \$2.03  
**2.96**



NuPak Rice 8 kg  
reg 16.99  
Riz

SAVE \$4  
**12.99**

**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 3.49-4.69  
Croustilles ou maïs éclaté, croustilles

**SAVE UP TO \$170**

**2.99**

**LOCKED & LOW**

**\$6**

Compliments Muffins 4-6 pk  
Muffins

**BEST BUY VALEUR PLUS**

**LOCKED & LOW**

**\$10**

Best Buy Meat Lasagna Frozen 2.27 kg  
Lasagne

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

**SAVE UP TO \$2.31**

**1.98**

**SAVE 53¢**

**2.96**

Yoplait Source Yogurt Tubs 630 g  
reg 3.49  
Yogourt

**BUY MORE SAVE MORE**

**BUY 2 OR MORE**

**1.99 ea**

OR BUY 1 at \$2.69  
Pepsi Soft Drinks 2 L  
Selected Varieties  
Boissons gazeuses

**SAVE 78¢**

**2.49**

Lantic Sugar 2 kg  
reg 3.27  
Sucre

**SAVE 56¢**

**1.93**

Colgate Total Toothpaste 70 mL or Kids Toothpaste 75 mL Selected Varieties  
Softsoap Hand Soap 221 mL  
reg 2.29-2.49  
Dentifrices, savon à mains

**SAVE UP TO \$4.05**

**14.94**

Tide Liquid 2.48 L or Tide Pods 25-42 pk  
reg 15.99-18.99  
Détergents

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

**75 PTS**  
when you buy 1

**SAVE \$2.23**

**3.46**

Imperial Margarine 637 g  
reg 5.99  
Margarine

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

**SAVE \$1.54**

**2.95**

Allen's Apple Juice 1.89 L  
Oasis or Arizona Iced Tea Drink Box 8x200 mL  
reg 3.99-4.49  
Jus, boisson de thé

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

**SAVE \$1.53**

**3.44**

Nestlé ParLOUR Frozen Dessert 1.5 L or Novelties 12 pk  
reg 4.99  
Dessert glacé ou nouveautés

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

**SAVE \$1**

**3.99**

Hidden Valley Ranch Dressing 473 mL  
reg 4.99  
Vinaigrette

**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  
Saumon

**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  
Barres granola ou collations aux fruits

**500 PTS**  
when you buy 2  
that's \$5 toward your groceries

**SAVE \$6**

**6.99**

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

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

**SAVE \$4.95**

**12.94**

Finish Auto Dish Detergent 30-55 pk  
reg 16.99-17.49  
Détergent

## Get 500 PTS Spend \$25 on any Ferrero Seasonal Chocolates

Ferrero Seasonal Chocolates Selected Varieties  
Excludes Everyday Chocolates  
Chocolats

**Scene DIGITAL EXCLUSIVE**

NOV 21-27, 2024  
terms and conditions apply

DOWNLOAD THE FRESHCO APP

**20% OFF**

Load this offer and get 20% off on Compliments Deli Meat 175 g or Compliments Sliced Cheese 150-170 g  
Viande de charcuterie ou fromage

**20% OFF**

Load this offer and get 20% off on Cashmere Bathroom Tissue 12-24 Rolls or 8-24 Rolls  
Papier hygienique

The Scene+ Loyalty Program is available at all participating FRESHCO locations within ONTARIO. 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, food/dairy products in Atlantic regions, pre-paid cards, postal products and services, Western Union, McAfee, Tim Hortons/Starbucks products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery games, gambling, deposits, environmental charges, fuel and other goods and services which are non-deductible or excluded by law. For full Scene+ Terms & 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 Sobey Capital Incorporated. Offers valid Thursday, November 21, 2024 to Wednesday, November 27, 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 price offered at our stores in the applicable trade area. Excludes items that apply to members, opt-out or restricted by Sobey Capital Incorporated. Savings offered in this flyer are not applicable to any other programs without prior notice. See in-store or FreshCo.com for details. Our reference to "lowest price", "savings" and other similar statements in our ads is as compared to the full-service banners operated by Sobey Capital Incorporated. See in-store or FreshCo.com for full details of our Guarantees. All Guarantees are subject 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, prescription drugs, gift cards, liquor, tobacco, clearance & limited-time products, loyalty and marketing initiatives and any products which will be discounted by law. Limitations: 1. **LOWEST PRICE GUARANTEE:** Subject to the Limitations and excluding products sold by third party vendor products and 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 sell you that item for 1¢ less than 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 competitor errors. Limit of 60 units of each price match 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 that 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 ONTARIO, EXCLUDES THUNDER BAY.**

**Green Seedless Grapes**  
Product of USA  
No. 1 Grade  
7.69/kg  
Raisins verts sans pépins

**349** /lb

**Honeycrisp or Ambrosia Apples**  
Product of Ontario  
Canada Extra Fancy  
3.95/kg  
Pommes

**179** /lb

**Eggplant, Green or Gray Zucchini**  
Product of USA or Mexico  
4.39/kg  
Aubergine, courgettes

**199** /lb

**Cilantro or Green Onions**  
Product of USA or Mexico  
Coriandre ou oignons verts

**99c** EA

**Golden Pineapples**  
Product of Costa Rica  
Compliments Lemons  
2 lb Product of Spain or USA  
907 g  
Ananas, citrons

**50 PTS** when you buy 1

**399**

**Compliments Whole White or Brown Mushrooms**  
227 g  
Product of Ontario  
Champignons

**50 PTS** when you buy 1

**249**

**Compliments Russet Potatoes**  
10 lb  
Product of Canada  
Canada No. 1  
4.54 kg  
Pommes de terre

**50 PTS** when you buy 1

**499**

**Compliments Baby Spinach or Spring Mix**  
312 g  
Hiros Cherry Tomatoes on the Vine 340 g  
Product of Canada  
Jeunes épinards ou mélange printanier, tomates

**50 PTS** when you buy 1

**499**

**199**

**Pomegranate**  
Product of USA  
No. 1 Grade  
Grenade

**299** /lb

**Stem & Leaf Clementines**  
Product of Spain  
6.59/kg  
Clementines

# FRENZY DAYS

**MEMBERS SAVE \$1**

**799**

**IRU Chicken Wings Frozen 550 g**  
**Freshstone Brands Rolleez Frozen 540 g**  
**Waterview Market Shrimp & Sauce Frozen 454 g**  
reg 9.99-12.99  
Ailes de poulet, hors-d'œuvre, crevettes et sauce

**SAVE 88c /lb**

**899** /lb

**Angus Beef Sirloin Tip Oven Roast**  
Cut from Canada AA Beef or Higher  
19.82/kg  
Rôti de surlonge de bœuf à cuire au four

**PREFERRED ANGUS**

**Compliments Deli Meat 175 g**  
Charcuterie

**\$4**

**Mina Halal Fresh Chicken Legs**  
Back Attached or Tandoori Chicken Drumsticks  
Cuisse de poulet ou pilons de poulet

**SAVE \$3**

**\$10**

**Beyond Beef, Burger, Sausage Plant-Based Links, Tenders or Nuggets**  
Frozen 226-400 g  
Burgers, saucisses, lanieres ou croquettes à base de plantes

**SAVE \$4**

**599**

**Equal to 3.17/lb**

**Select Valley Foods Chicken Breasts**  
Frozen 1 kg  
Poussins de poulet

**SAVE \$3.01**

**699**

**Compliments Cooked or Raw Pacific White Shrimp**  
Frozen 340 g  
Crevettes

**SAVE \$4**

**699**

**Dempster's White or Whole Wheat Bread**  
675 g  
Vachon Snack Cakes 252-336 g  
Pain, petits gâteaux

**SAVE \$1.50**

**299**

**Chalo! Naan 500 g**  
Pain naan

**200 PTS** when you buy 2  
That's \$2 toward your next purchase

**249**

**Maple Leaf Natural Selections**  
150-175 g  
Charcuterie

**SAVE \$2**

**599**

**Tre Stelle Mozzarella Ball 340 g**  
Mascarpone 275 g  
Crumbled Feta 150 g  
Castello Cheddar 200 g  
Fromage

**SAVE \$3**

**599**

**SPEND \$100 IN PIZZA PIZZA, H&M, HUDSON'S BAY, PLAYSTATION, KOBO OR WAYSFA 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><b>Liberté Greek Yogurt</b> 650-750 g reg. 7.29 Yogourt</p> <p><b>SAVE 80¢</b> <b>649</b></p>	 <p><b>Heineken 0.0% Non-Alcoholic Beer</b> 6x330 mL Corona Sunbrew 0% Non-Alcoholic Beer 6x330 mL Bière sans alcool</p> <p><b>SAVE UP TO \$3</b> <b>10.99</b></p>	 <p><b>Hellmann's Mayonnaise</b> 750-890 mL Mayonnaise</p> <p><b>5.99</b></p>	 <p><b>Dare Bear Paws</b> 168-240 g <b>Viva Puffs</b> 300 g <b>Dare Wagon Wheels Original</b> 12x315 g Variété de biscuits</p> <p><b>SAVE UP TO \$2</b> <b>249</b></p>
--	---	--	--

 <p><b>Tetley Tea</b> 20-24 pk Thé</p> <p><b>SAVE \$1.50</b> <b>349</b></p>	 <p><b>Maxwell House Coffee Pods</b> 30 pk Dossètes de café</p> <p><b>SAVE \$5</b> <b>12.99</b></p>	 <p><b>OR BUY 1 at \$2.99</b> Kellogg's Cheez-It Crackers 191-200 g Pringles Super Stacks 148-156 g Craquelins, croustilles</p> <p><b>BUY MORE SAVE MORE</b> <b>BUY 2 OR MORE 249 ea</b></p>	 <p><b>Kellogg's Core or Premium Bars</b> 125-384 g Barres de qualité</p> <p><b>SAVE UP TO \$1.50</b> <b>2.99</b></p>
--	--	---	---

 <p><b>Black Diamond Cheestrings</b> 588 g <b>Black Diamond Cheese Slices</b> 825 g reg. 7.99 Ficello, tranches de fromage</p> <p><b>SAVE \$1</b> <b>6.99</b></p>	 <p><b>Natrel Fine-Filtered Skim, 1% or 2% Milk</b> 2 L Variété de lait, lait au chocolat</p> <p><b>SAVE UP TO 90¢</b> <b>4.79</b></p>
--	---

# FRENZY ↓ DAYS

 <p><b>Kellogg's Cereal Selected</b> 480-650 g reg. 6.99-7.79 Céréales</p> <p><b>SAVE UP TO \$2.30</b> <b>5.49</b></p>	 <p><b>Italpasta</b> 450-900 g Pâtes</p> <p><b>SAVE 50¢</b> <b>1.99</b></p>
---	---

 <p><b>Kellogg's Eggo Waffles</b> 270-280 g reg. 3.99 Gaufres</p> <p><b>SAVE \$1</b> <b>2.99</b></p>	 <p><b>Kraft Dinner Frozen Meals</b> 340 g or Crave Frozen Meals 200-340 g reg. 4.69 Repas surgelés</p> <p><b>SAVE 70¢</b> <b>3.99</b></p>	 <p><b>Whiskas Temptations Cat Treats</b> 180 g reg. 3.49 Gâteries pour chats</p> <p><b>SAVE \$1</b> <b>2.49</b></p>	 <p><b>Palmolive Dish Soap</b> 591-828 mL reg. 3.69 Savon à vaisselle</p> <p><b>SAVE \$1.20</b> <b>2.49</b></p>
---	---	---	---

**SMUCKER'S** Get **500 PTS** Spend \$20 on selected products

 <p><b>Jif Peanut Butter</b> 500 g reg. 5.49 Beurre d'arachide</p> <p><b>SAVE 50¢</b> <b>4.99</b></p>	 <p><b>Robin Hood Gluten Free Flour</b> 907 g Farine</p> <p><b>SAVE \$3</b> <b>6.99</b></p>	 <p><b>Eagle Brand Condensed Milk</b> 300 mL Lait condensé</p> <p><b>3.69</b></p>	 <p><b>Five Roses or Robin Hood Flour</b> 5 kg Farine</p> <p><b>SAVE \$3</b> <b>9.99</b></p>
--	--	--	--

**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.



**4.99**  
MEMBER SAVE  
5.49 without Member Card

Modhani Yogurt  
2% or 3.2% 2 kg  
reg 5.99  
Yogourt



**6.49**  
SAVE \$1

Brar's Makhani  
250 g reg 7.49  
Beurre fouetté



**8.99**  
SAVE \$1

Nanak Veggie  
Kebabs 600 g  
reg 9.99  
Hors-d'œuvre



**6.99**  
SAVE \$2

Al Safa Halal Breaded  
Chicken Frozen 400-600 g  
Poulet pané



**8.99**  
SAVE \$2

Kebab Factory Tandoori  
Chicken Burgers  
Frozen 904 g  
Burgers de poulet



**10.99**  
SAVE \$3

Kebab Factory  
Beef Kebabs Frozen 910 g  
Kebabs de bœuf



**7.99**  
MEMBER SAVE \$1  
8.99 without Member Card

Nanak Aloo Tikki  
Potato Patties  
720 g reg 9.99  
Galettes de pommes de terre



**2.79**  
SAVE 70¢

Bhikharam  
Chandmal Salted  
Snacks 320 g  
Selected Varieties  
reg 3.49  
Grignotines



**5.99**  
SAVE \$1.30  
GET 8 FOR 6 FAMI PAC

Parliament  
Butter Delight  
Cookies  
600 g  
Selected Varieties reg 7.29  
Biscuits



**4.99**  
SAVE \$1

Mother's Magic Burgers  
320-400 g  
Selected Varieties reg 5.99  
Burgers



**4.99**  
SAVE \$1

Deluxe Biscuits 1 kg  
Selected Varieties reg 5.99  
Biscuits



**8.99**  
SAVE \$2.98

Dawn Plain  
Bulk Parathas  
2400 g reg 11.49  
Pain



**6.49**  
SAVE \$1

Ahmad Tea  
100 g or 100 ct  
Thé



**4.99**  
SAVE \$1

Green World Red  
or Brown Lentils  
1.82 kg  
Lentilles



**5.29**  
SAVE 70¢

Sadaf  
Tomato Paste  
700 g  
Pâte de tomates



**6.99**  
SAVE \$1

Horlicks Original  
or Chocolate Mix  
400 g reg 7.99  
Mélange pour boisson



**9.99**  
SAVE \$3

Puck Creamy  
Dairy Spread  
500 g  
Tartine



**5.79**  
SAVE 70¢

Yamama  
Grenadine  
Molasses 750 mL  
Mélasse de grenadine



**1.29**

Green World  
Vermicelli 454 g  
reg 1.49  
Nouilles



Al Marwa specializes in fresh halal meat, including delicious marinated and cooked meats. See in-store for specials.



AMAM MEAT SHOP  
See in-store for specials.

# HOLIDAY SWEET DEALS!

WHILE SUPPLIES LAST



SAVE \$1  
**2.69**

Lindt Swiss Classic Chocolate 100 g  
reg 3.69  
Chocolat



SAVE \$1.50  
**8.49**

Ferrero Chocolates  
156-200 g  
reg 9.99  
Chocolats



SAVE UP TO \$3  
**13.99**

Ferrero Rocher Chocolate Gift Box  
259-375 g  
Chocolats



**12.49**

Lindt Advent Calendar 128 g  
Calendrier de l'Avent



**13.99**

Nestlé Kit Kat Advent Calendar 233 g  
Calendrier de l'Avent



SAVE \$1  
**4.99**

Cadbury Mini Eggs 200 g  
reg 5.99  
Mini œufs



SAVE \$3  
**14.99**

After Eight Chocolate Tin 400 g  
reg 17.99  
Contenant métallique



SAVE \$2  
**11.99**

Kinder Maxi 116-150 g  
reg 13.99  
Chocolat



**11.99**

Reese's or Hershey's Advent Calendar 212 g  
Calendrier de l'Avent



SAVE \$1  
**15.99**

Quality Street Chocolate Tin 650 g  
reg 22.99  
Contenant métallique



SAVE \$1  
**9.99**

Cadbury Dairy Milk Assorted 304 g  
reg 10.99  
Chocolats

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  
Crème glacée ou dessert ou nouveautés



**5.88**

Nestlé Drumstick Frozen Dessert 946 mL  
Selected Varieties  
Dessert glacé



**9.99**

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

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland and used under licence. ©2024 Nestlé.

# STOCK UP DEALS!



**1.99**

Scotties  
Holiday Cubes 60 Sheets  
WHILE SUPPLIES LAST  
Mouchoirs



**3.99**

Febreze  
Holiday Spray  
250 g  
WHILE SUPPLIES LAST  
Vaporisateur



**2.99**

Alcan Foil 50 ft or  
Non-Stick Baking Foil 25 ft  
Reynolds Parchment Paper 35 ft  
reg. 4.29-4.49  
Papier d'aluminium, pour cuisson ou  
pâchemin



**4.49**

Ziploc Freezer Bags 10-90 pk  
reg. 5.49  
Sacs de congélation



**9.99**

Glade Candles 1 pk  
reg. 10.99  
WHILE SUPPLIES LAST  
Bougies

**99¢**

Febreze Plug Warmer  
1 pk reg. 5.99  
Chauffe-huile



**9.99**

Febreze Holiday Plug Ins  
20-40 pk  
WHILE SUPPLIES LAST  
Branchées



**9.99**

Glad Garbage Bags  
20-40 pk  
reg. 11.99  
Sacs à ordures



**4.99**

Fleece Fabric Softener 1.36 L  
or Fleece Dryer Sheets 80 pk  
reg. 5.79-6.29  
Assouplissants



**8.99**

Cashmere Bathroom Tissue  
12-24 Rolls or  
Sponge Towels 6 pk  
reg. 9.99  
Papier hygiénique ou essuie-tout



**6.99**

Purex Detergent 2.03 L or  
Baby Detergent 1.47 L  
reg. 8.69  
Détergents



**4.49**

Compliments  
Containers 2-4 pk  
Contenants

# FLAVOURS OF THE WORLD



**14<sup>99</sup>**

Baltic Gifts Frozen Herring Fillets 1 kg  
Filets de hareng



**24<sup>99</sup>**

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

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

SAVE \$5



**4<sup>49</sup>**

Kühne Sauerkraut with Wine 720 mL  
Choucroute

SAVE 50¢



50 PTS when you buy 2

**4<sup>49</sup>**

Dandar Buckwheat with Wine 900 g  
Sarrasin

SAVE \$1



**1<sup>29</sup>**

Street Soup 50 g  
Soupe

SAVE 50¢



**6<sup>99</sup>**

Tutto Calabria Nduja Pasta Sauce 190 g  
Sauce pour pâtes

SAVE 50¢



**4<sup>49</sup>**

Aurora Antipasto 500 mL  
Antipasto

SAVE \$2



**4<sup>49</sup>**

Belevini Carrot or Sliced Beets Salad 840-860 g  
Carottes ou betteraves

50 PTS when you buy 2  
SAVE 50¢



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

Lovaré Tea 30 g  
Thé

25 PTS when you buy 2  
SAVE \$1



**1<sup>69</sup>**

Brio 355 mL  
Soda

50 PTS when you buy 4



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

Jordanka Sparkling Mineral Water 1.5 L  
Eau minérale

50 PTS when you buy 4  
SAVE \$1



**5<sup>99</sup>**

Lotus Biscoff Spread 380-400 g  
Tartnade

SAVE \$1.00



**2<sup>99</sup>**

Franzeluța Gingerbread Plum 400 g  
Gâteries

SAVE \$1.50



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

Golden Alps Chocolate Bars 100 g  
Barres de chocolat

SAVE \$1



**2<sup>99</sup>**

Tre Marie Wafers 140 g  
Gaufrettes

SAVE 50¢



**14<sup>99</sup>**

Attiki Honey 500 g  
Miel

SAVE \$1



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

Krinos Candy 300 g  
Friandises

SAVE 50¢



**1<sup>49</sup>**

S&F Cream Crackers 200 g  
Craquelins

50 PTS when you buy 3  
SAVE 80¢

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY LOCATION.



# FLAVOURS OF THE CARIBBEAN



**2/\$1**

Chubby Soda  
250 mL  
Soda



**\$1**

Mr. Goudas  
Table Salt 1 kg  
Sel



Cool Runnings  
Seasonings  
90-900 g  
Assaisonnements

**SAVE \$1.50**  
**4.49**



**SAVE UP TO \$1**  
**1.99**

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



**8.99**  
Kaki Vanilla Persimmons  
Case  
Product of Spain  
Plaqueminier



**1.29**  
/lb

Plantains  
Product of Guatemala  
2.84/kg  
Plantains



**SAVE \$0.50**  
**2.99**

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



**SAVE 80¢**  
**1.99**

Sun Exotic  
Jus 1 L



**\$1**

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



**SAVE \$1**  
**3.99**

Grace Jerk  
Seasoning  
284-312 g  
or Sauce  
350-480 mL  
Assaisonnement  
ou sauce



**SAVE 80¢**  
**2.49**

Governor's  
Choice Callaloo  
540 mL  
Callaloo



**SAVE 75¢**  
**3.29**

Pure Heaven  
Non-Alcoholic  
Beverages 750 mL  
Boissons sans alcool



**SAVE \$1**  
**4.49**

Nestlé Milo 400 g  
Boisson énergisante

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](#)



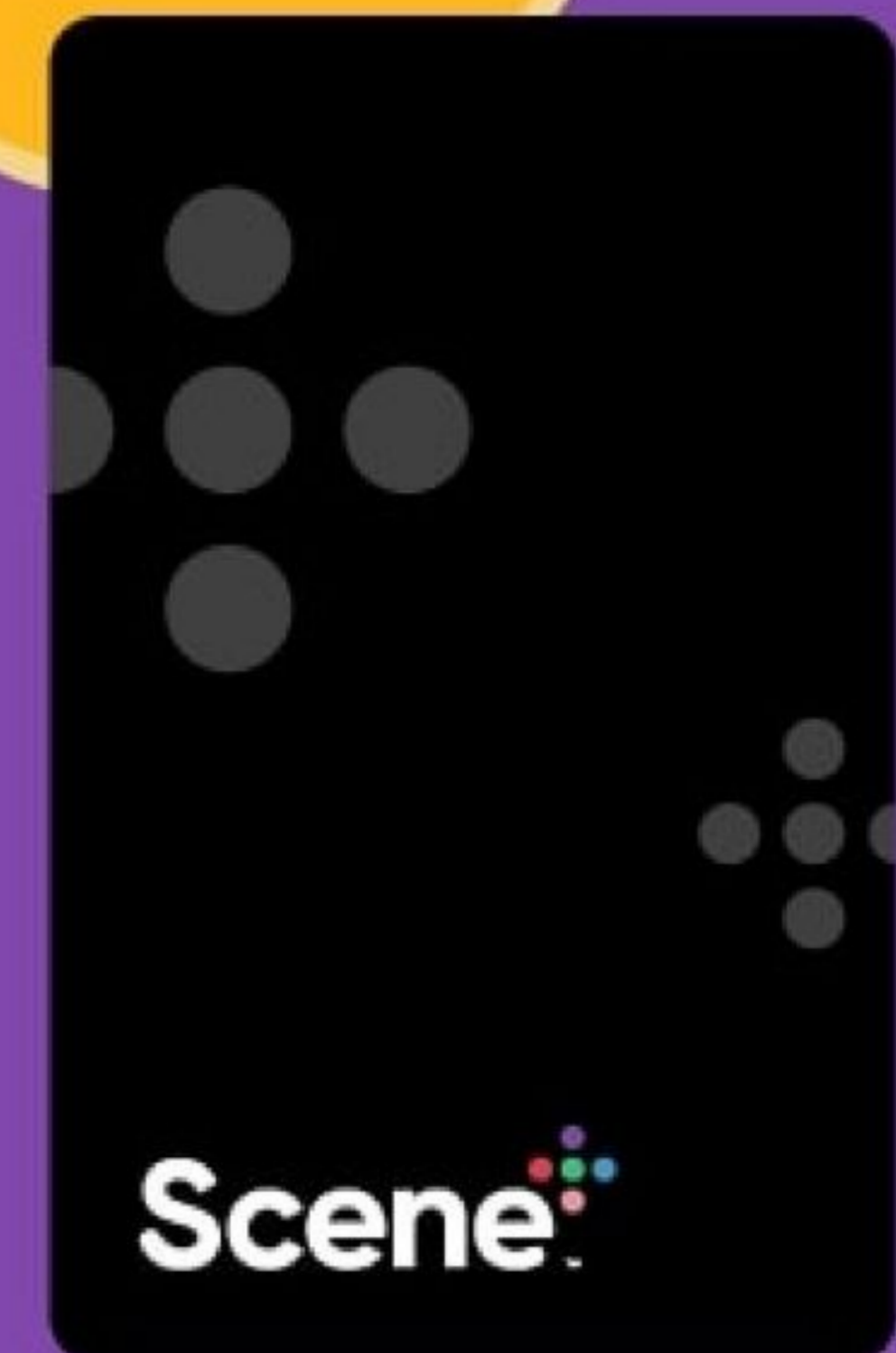
# GET TO **FREE** GROCERIES FASTER

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.**