

Unwrap the value **Sobeys**

2.99 /lb
Fresh Pork Side Ribs breast bone removed 6.59/kg

7.66 /lb
From Ontario
so local HAYTER'S FARM Frozen Grade A Raised Without Antibiotics Turkeys product of Ontario all available sizes 3.66/kg

8.88 /lb
TRY WITH Our in-store BBQ Whiskey Marinade!
Fresh Boneless Striploin Premium Oven Roast or Family Size Grilling Steak cut by your meat expert from Australia graded beef while supplies last 19.58/kg

7.99
From Ontario
COMPLIMENTS Carrots or Onions product of Ontario 3 lb or 1.36 kg

3.99
Halo Clementines or Mandarins product of USA 907 g or 2 lb or Jumbo Pomegranates product of USA

7.99
ULTRA NATURAL Fair Trade Honduras Shrimp cooked or raw 300 g or Atlantic Canada 3-4 oz Lobster Tail previously frozen or frozen 85 g or 2 pk of Tails 15.98

200 PTS when you buy 2
4.94
NESCAFÉ Rich or Taster's Choice Instant Coffee selected 100-170 g

2.97
CLASSICO Pasta Sauce 218-650 mL or COMPLIMENTS Pasta 900 g

1.99
HOT PRICE
VILLAGGIO Bread 570-675 g or Buns 6-8 pk

99¢ SAVE 50¢
749 without Scene+ Card
COMPLIMENTS Canned Legumes 540 mL

4.94
HOT PRICE
Häagen-Dazs Ice Cream 400-450 mL or Novelties 3-4 pk

11.99
From Ontario
Premium Red or Novelty Poinsettias in Decor Pot 6.5"

Scene+ **SPEND & GET 1000 PTS** SPEND \$125 OR MORE ON GROCERIES, GET That's like \$10 toward your groceries

DON'T FORGET YOUR COUPON Offer also available through mygroceryoffers.ca or on the Sobeys app

0 61925 86354 5
Valid Thursday, November 28 - Sunday, December 1, 2024

Offer valid November 28 to December 1, 2024 at all Sobeys locations in Ontario. Receive 1000 Scene+ points when you spend a minimum qualifying purchase of \$125 in a single transaction. No base Scene+ points earned. Printed or digital coupon and Scene+ digital or physical membership card must be presented. Spending \$125 or more awards only one 1000 Scene+ points allotment. Offer can be redeemed by flyer/coupon or through My Grocery Offers. Offer excludes taxes and other goods and services which are non-discountable or excluded by law or as we determine from time to time. Limit of one basket builder offer per Scene+ membership card per day. Coupon has no cash value and cannot be combined with any other offers. Visit <https://www.sceneplus.ca/termsand-conditions> to see full Terms and Conditions. Offer subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

Prices and offers in effect November-December 2024

THU 28 | FRI 29 | SAT 30 | SUN 1 | MON 2 | TUE 3 | WED 4

so many deals
Scan here for our full digital flyer

ONT

black friday

4 DAY SALE!

Thursday, November 28th to Sunday, December 1st
While quantities last!



SAVE \$43.96 WHEN YOU BUY 4

\$5 ea when you buy 4 or more

JANES Pub Style Breaded Chicken Strips, Nuggets, Burgers, Chicken Fries, Popcorn or Chicken Wings 600-700 g or Breaded or Battered Fish selected 450-510 g 6.99 ea
REST OF THE WEEK 6.99 ea



2.99

COMPLIMENTS Honeycrisp Apples product of Ontario, Canada, extra fancy grade 1.36 kg
REST OF THE WEEK 3.99 ea



4.99

ENERGIZER Max AA 8 pk or AAA 4 pk selected varieties
REST OF THE WEEK 9.99 ea



14.99

COMPLIMENTS Bathroom Tissue 30=100 rolls limit of 4

That's like \$10 toward your groceries

WHILE SUPPLIES LAST

SEP_APR17_FLOL_ONT

Scene

TURN POINTS INTO GROCERIES



200 PTS when you spend \$30

14⁹⁹ /lb

Fresh Beef Chuck Short Ribs Thick English Style or Thin Sliced Family Size cut by your meat expert from Canada AA grade beef 33.05/kg



That's like \$5 toward your groceries

500 PTS when you buy 5

2⁴⁹

QUAKER Dippys, Chewy or Granola Bars 120-156 g

Get 1000 PTS

When you spend \$30 on all Starbucks brew at home hot beverages.*

That's like \$10 toward your groceries

*before taxes.



STARBUCKS Roast & Ground Coffee 340-793 g or K-Cups® 10-44 pk, Whole Bean 907 g, Instant Coffee 90 g, Cold Brew 946 mL, Via 5-8 pk, Hot Chocolate 240-300 g or STARBUCKS by Nespresso 10 pk or Vertuo Pods 8-10 pk

1000 Points = \$10 of free groceries

4.99 COMPLIMENTS or DAILY'S Bacon 375 g or COMPLIMENTS Marinated Boneless Pork Chops or Sirloin Kabobs 250-300 g

6.99 /lb COMPLIMENTS Fresh AIR-CHILLED Split Chicken Wings Family Size or Fresh AIR-CHILLED Boneless Skinless Chicken Thighs Family Size 15.41/kg

16.99 /lb From Nova Scotia Land-Raised Atlantic Salmon Fillets subject to availability 37.46/kg

11.99 value size COMPLIMENTS Breakfast, Mild or Honey Garlic Pork Sausage 1-1.4 kg

6.99 From Canada THE LITTLE POTATO COMPANY Yellow Potatoes product of Canada, 3 lbs, 1.36 kg

2/\$6 COMPLIMENTS Garden Salad 340 g or Coleslaw 397 g product of USA

4.29 Homestyle Oat Bran, Mountain Grain, Good Haven or Low Fat Multigrain Bread 450 g

\$1 off TRE STELLE Feta, Halloumi, Becconcini, Feta Cubes 200 g, Grated Parmesan 125 g, Crumbled Feta 150 g, Mascarpone 275 g or Ricotta 475 g

2.99 /100 g COMPLIMENTS Black Forest Ham, Honey Ham, Turkey or Chicken

75 PTS when you buy 2

100 PTS when you buy 2

500 PTS when you buy 500 g or more

75 PTS when you buy 1

500 PTS when you buy 500 g or more

6.99 CRACKER BARREL Cheese 340-400 g, Shreds 250-320 g or BLACK DIAMOND Cheesestings 12-16 pk 252-336 g

5.99 GAY LEA Butter 454 g (excludes sticks)

3.99 SILK Next or Protein Beverages 1.74-1.75 L, Yogurt 500-650 g, Barista 946 mL or Shredded or Sliced Cheese 200 g

3.99 DANONE Activia Yogurt 8 pk

4.25 CRACKER BARREL Cheese Slices 200-240 g or Snacks 168 g

2/\$7 LAY'S Potato Chips 220-235 g, Poppables 130 g or Baked 177 g or TOSTITOS Tortilla Chips 205-300 g

2/14 PEPSI or COCA-COLA Soft Drinks 12x355 mL

5.99 KELLOGG'S Family Size Cereals selected 480-650 g

10.97 BEEMIDA Liquid Honey 1 kg or KRAFT Peanut Butter 2 kg

2.99 KELLOGG'S Cheez-It Crackers, Snap'd or Town House 213-391 g or CHRISTIE Mini Cookies 144-200 g

9.99 TURTLES or TOBLERONE Chocolates 300-360 g while supplies last

2/\$8 POPCORNERS Popcorn Chips 142 g

2/\$3 GREEN GIANT Canned Vegetables 341-398 mL or COMPLIMENTS Canned Tomatoes 540-796 mL

3.99 CRAVE SMART ONES or KD Deluxe Frozen Entrées 200-340 g

19.99 That's like \$5 toward your groceries **500 PTS** when you buy 2

19.99 CREST Rechargeable Toothbrushes, Heads or 3D Whitening System 1-10 pk selected

Donate December 2nd - 24th to support our local food bank
100% of your donation goes to our local food bank!

**Sobeys favourites,
delivered. Just like that.**



\$60 **off**
your groceries*

USE
CODE: **VOILAFRESH**

Shop Now

*\$15 off your first four orders. New customers only. See terms and conditions for details. Expires November 30th, 2024.

Scene+
**DIGITAL
EXCLUSIVE**

LOAD IT TO GET IT!

- 1 Download the Sobeys app
- 2 Load your offers to activate them
- 3 Shop and scan your Scene+ card

Get up to **1400** PTS

Activate your offers in the **Sobeys app** or at **MyGroceryOffers.ca**

That's like
\$14
toward your
groceries



Get **1000** PTS when you buy 1

MELITTA Ground Coffee 930 g



Get **400** PTS when you buy 2

COMPLIMENTS Baby Wipes 72 pk



Download on the
App Store



GET IT ON
Google Play

Offer valid November 28th to December 4th, 2024 at all Sobeys locations in Ontario. Minimum qualifying purchase must be made in a single transaction. No base Scene+ points earned. Offer must be loaded to a registered Scene+ card prior to purchase. Limit one digital offer per Scene+ membership card. Visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. Offer subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

Special offers and inspiring recipes to simplify the holidays

So it's Sobey's Merry Maker

So many possibilities

12 Roasts of Christmas
Choose from any of our 12 holiday roasts



Roast 4
6.99 /lb
Bourbon and Brown Sugar Seasoned Apple Stuffed Pork Tenderloin 15.41/kg

READY FOR YOU

It's easy with freshly prepared holiday trays

Get **2500 PTS**

When you spend \$200 or more on made-to-order trays

or **1000 PTS**

When you spend \$100 or more on made-to-order trays.

*before taxes

shop our **60+** made-to-order trays



2.49 ea when you buy 3 or more

COMPLIMENTS Herbs product of Canada, USA or Mexico assorted varieties 20-28 g 2.79 ea

LIMITED TIME ONLY

NEW

6.99

WILDLY DELICIOUS Toppers golden fig or Muskoka cranberry 185 mL

100 PTS when you buy 1

12.79

COMPLIMENTS Double Cream Brie or Camembert 350 g

Meal prep made easy

READY FOR YOU

Crowd-pleasing mains

12 Roasts of Christmas

Apps, sides, desserts and more!

Compliments Panache

Learn more



GAY LEA GRASS-FED
SALTED BUTTER / BEURRE SALE
250 g
6.49

100 PTS when you buy 2
4.99
COMPLIMENTS Apple Juice 1.54 L

3.49
GAY LEA Sour Cream 425-500 mL

100 PTS when you buy 2
4.99
DR. OETKER Momenti Pizza 160-185 g, Giuseppe Garlic Fingers 317 g or Panini 2 pk

3.99
Dinner Rolls 24 pk or DEMPSTER'S Pull Apart Rolls 12 pk

2/\$9
MISS VICKIE'S 190-200 g or RUFFLES Potato Chips 180-200 g

6.99
LINDT or GHIRARDELLI Bagged Chocolate 138-151 g or HERSHEY'S Pot of Gold 243-245 g while supplies last

2.69
PERRIER Sparkling Water or SAN PELLEGRINO Sparkling Water 750 mL-1 L

2.69
PERRIER Sparkling Water or SAN PELLEGRINO Sparkling Water 750 mL-1 L

Stock-up on family faves

A moment of holiday magic starts with the Grocery Essentials Gift Card. Visit sobey.com/giftcards for details.

SBY_WK3_LP02_OHT

Stuffed Salmon Roast
Roast 12
12⁹⁹ /lb
 Fresh Atlantic Salmon Roasts with Imitation Crab and Shrimp Stuffing 28.64 kg

READY FOR YOU

Beef Tenderloin Premium Oven Roast
10% off **Roast 2**
 STERLING SILVER Fresh Beef Tenderloin Premium Oven Roast or Grilling Steak cut by your meat expert from Canada AAA grade beef

CERTIFIED TENDER TENDRETE CERTIFIEE

5⁹⁹ RESER'S Main Street Bistro or Sides 482-680 g
 +100 PTS when you buy 1

2/\$5 OCEAN SPRAY Cranberry Sauce 348 mL

\$7 COMPLIMENTS Cooked Shrimp in Ring with Sauce 255 g

17⁹⁹ 6" Cheesecakes fruit topped, strawberry topped or caramel \$25-975 g
 +200 PTS when you buy 1

BUY 2 GET 3RD FREE SUMMI Asian Appetizers 250-350 g

9⁹⁹ MAISON ORPHÉE Extra Virgin Olive Oil 250mL

2²⁹ STOVE TOP Stuffing 120 g

5²⁹ CLUB HOUSE La Grille or Seasoning Blends selected 65-203 g

4⁹⁹ MINUTE RICE selected varieties 500-700 g

5⁹⁹ BOUNTY Paper Towel 2-3 rolls or Napkins 200 pk

20% off HANDI-FOIL Roasting Pans selected varieties

2²⁹ COMPLIMENTS Foil Containers 2-7 pk or Parchment Paper 35 ft or Foil Wrap 25 ft

+100 PTS when you buy 2

Enjoy the holidays

SPEND \$50 IN UBER GIFT CARDS AND GET A \$5 BONUS

SOBEYS 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.

*Certified by the Canadian Beef Grading Agency / Certifié par L'Agence Canadienne de Classement du Bœuf

so local

Made right here at home

100 PTS when you buy 2

4.99 /lb
Gourmet Mushrooms product of Canada 100-150 g

1.29 /lb
Rutabaga product of Ontario 2.84/kg

99¢ /lb
Green Cabbage product of Ontario 2.18/kg

1.79 /lb
Fuji or Gala Apples product of Ontario, Canada extra fancy grade 4.39/kg

3.99 /lb
Parsnips product of Ontario 4.54 g

1.29 /lb
Bulk Russet Potatoes product of Ontario 2.84/kg

7.49 /lb
Hiros Cherry Tomatoes on the Vine product of Canada 340 g

54.99
Sheared or Natural Balsam Christmas Trees 6-8 ft available at select store locations

Celebrate with a fresh tree!

100% fresh GUARANTEE Guaranteed fresh or your money back

Fruity fresh...

Driscoll's
Only the Finest Berries

Driscoll's New Sweetest Batch Blueberries are extra sweet! Try them with dessert or as a salad topper!

NEW

8.99 /lb
DRISCOLL'S Sweetest Batch Blueberries product of Peru or Mexico 312 g

Veggie love...

1.99 /lb
Bulk Red Onions product of Canada or USA 4.39/kg

4.99 /lb
COMPLIMENTS Baby-Cut Carrots product of USA 907 g

1 LB BAG

3.49 /lb, ea
Green Anjou Pears product of USA extra fancy grade 7.69/kg or Fresh Limes product of Mexico 4.54 g 1 lb bag

CASE

7.99
Vanilla Persimmons Case product of Spain or bulk 1.49 ea

LARGE

2/\$4
Large Avocados product of Mexico

5.99 /lb
COMPLIMENTS Baby Spinach or Spring Mix product of USA 312 g

5.99 /lb
Chestnuts product of Italy 13.21/kg

5.99 /lb
Mini Watermelon product of Brazil or Mexico

3.99 /lb
Boston Duo Lettuce product of Canada

1.29 /lb
Flat Cabbage or Daikon Lo Bok product of USA no 1 grade 2.84/kg

15% off

Prepared Fresh Daily Mixed Melon, Watermelon, Honeydew or Cantaloupe Chunks assorted sizes

25% off

Prepared Fresh Daily In-Store Taco or Guacamole Dip, Pineapple Salsa or Bruschetta Mix assorted sizes

3.99 /lb
COMPLIMENTS Candies selected 350-400 g 4.49 ea

25% off

COMPLIMENTS Baking Nuts 200-400 g

floral

selection may vary by store

19.99
Holiday Gardens

200 PTS when you buy 1

14.99
Fleursetta Garden 8"

11.99
Large Gerbera Daisies 10-Stem Bunch

18.99
Country Garden Holiday Bouquet

A moment of holiday magic starts with the Grocery Essentials Gift Card. Visit sobeyes.com/giftcards for details.

So tender
STERLING SILVER
HAND-SELECTED AAA BEEF
 Well-marbled • Aged to perfection
 Cut from Canada AAA Beef
 Exclusive to Sobey's

19.99 /lb
 STERLING SILVER Fresh Capless Prime Rib Grilling Steaks Family Size or Premium Oven Roast cut by your meat expert from Canada AAA grade beef 44.07/kg

24.99 /lb
 STERLING SILVER Fresh Boneless Rib or Rib Eye Grilling Steaks Family Size or Premium Oven Roast cut by your meat expert from Canada AAA grade beef 55.09/kg

CERTIFIED TENDER TENDRETE CERTIFIEE

3.79 /lb
 Fresh Chicken Legs Family Size back attached 8.36/kg

4.99 **100 PTS** when you buy 1 pkg
 Boneless Stuffed Chicken Breast Asparagus & Mozzarella, Spinach & Feta or Red Pepper & Halloumi Cheese 175 g or 2pk 350 g 9.98

3.49 /lb
 Fresh Pork Hock 7.69/kg

5.99 /lb
 Fresh Pork Tenderloin Family Size cryovac 13.21/kg

7.99 /lb **300 PTS** when you spend \$20 or more
 Fresh Premium Medium Ground Beef Chuck Burger Bacon & Cheddar, Jalapeno & Cheddar, Onion & Swiss 17.61/kg

5.99
 JOHNSONVILLE Breakfast or Dinner Pork Sausage 250-500 g

16.99 /lb
 Fresh Canadian Lamb Loin Chops 37.46/kg

10% off
 THOMAS FARMS Lamb frozen

READY FOR YOU
Ready for you marinated meats.

6.99 /lb
 Fresh Honey Garlic or Maple Chipotle Marinated Pork Tenderloin 15.41/kg

15.99 /lb **200 PTS** when you spend \$20 or more
 Fresh Maple Chipotle, Korean BBQ or BBQ Whiskey Marinated Beef Chuck Short Rib, Thin Cut, cut by your meat expert from Canada AA grade beef 35.25/kg

So appetizing
Panache
MIX & MATCH

BUY 2 GET 3RD FREE
 COMPLIMENTS or PANACHE Meat or Seafood Appetizers or Chicken Wings or PANACHE Bakery Desserts frozen 300-650 g selected

quick & easy

12.99 /lb
 FRESTY Fully Cooked Chicken 454 g

4.99 **200 PTS** when you buy 2
 MAPLE LODGE FARMS Chicken Bacon or ZABIHA HALAL Breakfast Chicken Strips 375 g

9.99 **300 PTS** when you buy 2
 COMPLIMENTS Marinated Flattened Pork Tenderloin or Belly 450-500 g

10.99
 COMPLIMENTS Smoked Sausages 900 g

4.49 /lb
 COMPLIMENTS Peameal Bacon Chub 9.90/kg

4.99
 LEADBETTER Wood Smoked Bacon 250 g

\$6.00 when you buy 2 or more
 NOTCO Plant-Based Chickenless Nuggets or Burgers 260-340 g 6.99 ea

10.99 **220 PTS** when you buy 2
 COMPLIMENTS Individual Pot Pies 750 g

GET TO FREE GROCERIES FASTER
 when you join your Scene membership card and pay with your Scotiabank Scene Visa Card. **GET 500 PTS ON EVERY \$1 SPENT** **1000 pts = \$10 in groceries**

©2020 Sobey's. Scene points redeemed at any participating Empire location must be redeemed in increments of 1000. For 3 Scene pts per \$1 spent. On eligible everyday purchases at participating grocery stores. Other conditions apply. See full list of participating merchants across Canada at sobeys.com/participatingstores. Visa Inc. Licensed user.

So local

Made right here
at home



From Ontario

4.49

PELMEN Perogies
500 g

350 PTS
when you buy 1

29.99

MAMA YOLANDA'S
Lasagna 2.72 kg



5.49

PROVISIONS
Jams 125 mL



100 PTS
when you buy 1

8.99

NUTS FOR CHEESE
Cream Cheese 210 g

seafood



10⁹⁹
/lb
Coho Salmon Fillets frozen or previously frozen product of Chile 24.23/kg



200 PTS
when you spend \$25 or more
CHOOSE CANADIAN SEAFOOD
Live Market Lobsters product of Atlantic Canada subject to availability



9⁹⁹ **100 PTS**
when you buy 1
Seacuterie Board with Smoked Salmon, Shrimp, Imitation Crab prepared in-store 380 g



16⁹⁹
Prepared In-Store Cooked Shrimp with Cocktail Sauce 570 g




9⁹⁹ **SAVE \$1**
10⁹⁹ without Scenes+ Card
COMPLIMENTS Steelhead, Atlantic Salmon or Gravlax 150 g



25% off
COMPLIMENTS Hokkaido, Sea or Bay Scallops 340-400 g



19⁹⁹
AQUA STAR Atlantic Canada Snow Crab Meat 200 g or COMPLIMENTS NATURALLY SIMPLE Raw Black Tiger Shrimp 8-12 ct per lb, 454 g



13⁹⁹
LA FISHERIE Seafood Pie 700 g or Shrimp Mac & Cheese 620 g

kitchen



SAVE 15%
Chicken Wings available hot or chilled ready to eat



3⁹⁹ **100 PTS**
when you buy 2
COMPLIMENTS Salads regular potato, creamy coleslaw, macaroni or other selected varieties 426-454 g



So festive
13⁹⁹ **100 PTS**
when you buy 1
Whole Festive Chicken Dagwood Sandwich 1.04 kg also available in 1/2 or 1/4 sandwiches.
6⁹⁹ **200 PTS**
when you buy 2
Brie, Prosciutto & Fig Flatbread, Sweet Stinger Hot Honey or Cup & Char Pepperoni Flatbreads select varieties 203-305 g

Pasta deal!
BUY 1
Family Size OLIVIERI Pasta 500-700 g
& GET 1 FREE
OLIVIERI Regular or Skillet Gnocchi 280-350 g

deli




25% off
FRICO Gouda Mild, Medium, Spiced or Chili works out to 3.39/100 g. Smoked works out to 3.19/100 g or Aged works out to 3.59/100 g



100 PTS
when you buy 2
6⁴⁹
BOTHWELL Cheeses 170 g



Bring some Spanish flare to your charcuterie board
9⁴⁹
RABEL Spanish Cheeses 150 g



7⁹⁹
MAPLE LEAF Natural Selections or SCHNEIDERS Sliced Deli Meats selected 125-175 g



NEW
400 PTS
when you buy 2
3⁹⁹
BRANDT Sliced Meats 125-150 g selected



SLICED FRESH
3⁹⁹ **100 PTS**
/100 g when you buy 200 g or more
MASTRO Genoa Salami, Calabrese, Pancetta, Soppressata or SAN DANIELE Prosciutto



SLICED FRESH
4²⁹ /100 g
HAYTER'S FARM Cooked or Montreal Smoked Turkey

bakery



100 PTS
when you buy 1
STARTING AT 7⁴⁹
Cupcakes 6 pk 335-505 g



19⁴⁹
Fresh Fruit Flan 990 g



LIMITED TIME ONLY
9⁴⁹
Apple Cranberry Pie 625 g



BAKED IN STORE
3⁹⁹ **SAVE 50c**
4⁴⁹ without Scenes+ Card
Pumpernickel, Sourdough or San Francisco Sourdough Boules 450-454 g



5⁴⁹
ACE BAKERY Demi Baguette frozen 400 g



BAKED IN STORE
4²⁹
Panini or Calabrese Buns 6 pk 250-480 g



BAKED IN STORE
2⁹⁹
Artisan Style Baguettes 325-375 g

Sign up for Sobey's E-Flyer & **SAVE \$5** off your next purchase of \$40 or more!
www.sobeys.com/getflyer

Explore products from around the world!

Shop international foods storewide.



4⁹⁹
ea
Atemoya product of Egypt



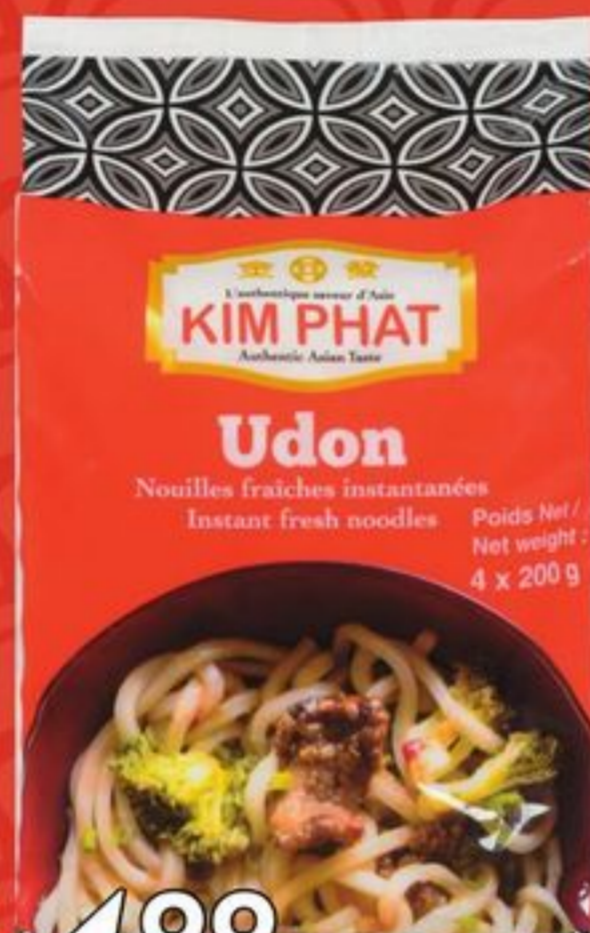
1⁹⁹ /lb
From Canada
Red Carrots product of Canada 4.39/kg



1⁸⁸
KIM PHAT Water Chestnuts whole or sliced 227 g



3⁹⁹
KIM PHAT Pad Thai Noodles 400 g



4⁹⁹
KIM PHAT Udon Noodles 4 pk



1⁷⁹
COMPLIMENTS Coconut Milk regular or light 400 mL



1⁷⁹
EIGHT TREASURES Coconut Milk 400 mL



3⁹⁹
EIGHT TREASURES Sesame Oil 185 mL



24⁹⁹
OXHEAD Jasmine Rice 7 kg



1⁷⁹
DAN-D PAK ORGANIC Chestnuts 100 g

dairy & frozen

4⁹⁹ NATREL Fine Filtered Milk 2 L

5⁹⁹ INTERNATIONAL DELIGHT Creamer 946 mL or Cold Foam 396 g **100 PTS** when you buy 2

5⁴⁹ KRAFT Dips 340 g **100 PTS** when you buy 2

3⁴⁹ YOPLAIT Source Yogurt 630 g **SAVE 50c** without Scene+ Card

7⁹⁹ iöGO Yogurt 16 pk

4⁹⁹ SHEPHERD GOURMET SKYR Icelandic Style Yogurt 500 g

3⁹⁹ KOZY SHACK Pudding 624 g Tub or 4 pk

3⁴⁹ TRE STELLE Cream Cheese 200 g **100 PTS** when you buy 2

5⁴⁹ PURE LEAF Iced Tea 1.75 L

6⁴⁹ BURNBRAE or GRAY RIDGE Large White Eggs 18 pk

4⁹⁹ OASIS Orange Juice Blends 1.5 L **200 PTS** when you buy 2

5⁴⁹ TROPICANA Zero Sugar Fruit Drinks or Drinks 1.36 L

4⁹⁹ OASIS Orange Juice Blends 1.5 L

7⁹⁹ STARBUCKS Iced Coffee 142 L Iced Espresso Beverage or Cold Brew Beverage 1.18 L

4⁹⁹ CHAPMAN'S Premium Ice Cream, Frozen Yogurt, Sorbet, No Sugar Added Ice Cream 1-2 L or Super Novelties 8-18 pk

10⁴⁹ CRAFTY RAMEN Frozen Ramen 520 g

6⁴⁹ COMPLIMENTS Aerosol Whip Cream 400 g **50 PTS** when you buy 1

3⁹⁹ COMPLIMENTS Fries 650 g

2⁹⁹ COMPLIMENTS Perogies 907 g

8⁹⁹ BEST BUY Frozen Vegetables 2 kg **200 PTS** when you buy 1

natural health

4⁴⁹ AMY'S Kitchen Burritos or Gluten Free Burritos 156-170 g **50 PTS** when you buy 1

9⁹⁹ DAIYA Thin Crust Pizza or Flatbreads 346-550 g **400 PTS** when you buy 2

6⁴⁹ KASHI Granola 311-340 g, ORGANIC or Go Lean Cereal 275-460 g **100 PTS** when you buy 2

2⁹⁹ TWO BEARS Assorted Lattes 207 mL or CLUB HOUSE ORGANIC Spice Bags 10-57 g

3/\$7 COVE Gut Healthy Soda 355 mL

4⁹⁹ THIRSTY BUDDHA All Natural Coconut Water 1 L

6⁴⁹ NATURE'S BAKERY Blueberry Fig Bars 270-340 g **100 PTS** when you buy 2

\$3 COMPLIMENTS Veggie Snax 142 g **50 PTS** when you buy 2

15% off DR. SQUATCH Soaps 141-142 g Harry Potter or Star Wars Soaps available for a limited time at select stores

4⁹⁹ COREPOWER Shakes 414 mL or Elite 414 mL **100 PTS** when you buy 2

11⁹⁹ LIQUID IV Drink Mix 6x16 g sticks **200 PTS** when you buy 2

24⁹⁹ VEGA Protein & Greens 510-526 g

So sweet

Perfect gifts



9⁹⁹ CADBURY Dairy Milk Chocolate Mini Bars Variety Box 304 g or Mini Eggs 400 g or TOFFIFEE 400 g while supplies last



5²⁹ TOBLERONE Tiny Chocolates 120 g while supplies last



10⁴⁹ FERRERO ROCHER Tree 150 g while supplies last



8⁹⁹ PANACHE Peppermint or Marshmallow Cookie Bark, Pecan Clusters or COMPLIMENTS Jolly Mix Candy 330-900 g while supplies last



12⁹⁹ LINDT Advent Calendars 128 g while supplies last



10⁹⁹ HERSHEY'S or CADBURY Advent Calendars 200-212 g while supplies last



12⁹⁹ KIT KAT Advent Calendars 233 g while supplies last



11⁹⁹ KINDER Plush 116 g, Surprise Maxi 150 g or Advent Calendar 182 g while supplies last



3⁹⁹ FERRERO ROCHER Chocolate Bar 90 g 4.49 ea

*Best New Product for Chocolate Bar in a 2024 BrandSpark® Survey.

drinks & snacks

<p>400 PTS when you buy 2</p> <p>AHA Sparkling Water 12x355 mL</p>	<p>150 PTS when you buy 2</p> <p>7⁴⁹ SODASTREAM Fountain Style Syrup 440 mL</p>	<p>50 PTS when you buy 2</p> <p>7²⁹ COCA-COLA Mini Bottles 8x300 mL</p>	<p>279 get when you buy 2 or more</p> <p>MAYNARDS Small Bag Candy 150-154 g 3.79 ea</p>
<p>100 PTS when you buy 2</p> <p>\$4 LA COCINA Tortilla Chips 300-400 g</p>	<p>379</p> <p>HUMPTY DUMPTY Party Mix 250 g or Snacks 200-290 g</p>	<p>100 PTS when you buy 2</p> <p>COMPLIMENTS Potato Chips Extraa! Flavour, Kettle Chips 200 g or Flavoured Tortilla Chips 255 g</p>	<p>399</p> <p>CHRISTIE Peek Freans or Dad's Cookies 275-350 g, Crispers or Ritz Chips Family Size 240 g</p>
<p>499 200 PTS when you buy 2</p> <p>NESTLÉ Carnation Hot Chocolate Envelopes 7-10x25 g</p>	<p>2/\$7</p> <p>MIO Lemonade or KOOL-AID Liquid Orange or CRYSTAL LIGHT Strawberry Lemonade 48 mL, Lemon Singles 36 g or Raspberry Ice 4 pk</p>	<p>200 PTS when you buy 2</p> <p>16⁹⁹ From Ontario</p> <p>BALZACS Coffee Pods 18 pk Roasted in Ancaster</p>	<p>100 PTS when you buy 2</p> <p>4⁹⁹</p> <p>CHRISTIE Family Size Crackers 350-454 g or Premium Plus Crackers 450-500 g</p>

Love it. Or it's free. *For details see COMPLIMENTS.ca **100% BONUS POINTS**

<p>200 PTS when you buy 4</p> <p>COMPLIMENTS Soft Drinks or Iced Tea 2 L</p>	<p>200 PTS when you buy 2</p> <p>COMPLIMENTS Cookies selected 300-350 g</p>	<p>499 100 PTS when you buy 1</p> <p>COMPLIMENTS Hot Chocolate Canisters 500 g or White Candy Cane 350 g</p>	<p>1099 100 PTS when you buy 1</p> <p>COMPLIMENTS Bar Granola Chewy Chocolate Chip 1256 g</p>
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meal makers

<p>14⁴⁹ TILDA Basmati or Basmati Brown Rice 1.81 kg</p>	<p>4⁹⁹ AL'FEZ Sauces selected varieties 400 mL</p>	<p>4⁴⁹</p> <p>STONEMILL Bread 450-550 g, WEIGHT WATCHERS Bread 450 g or Tortillas 8 pk or DEMPSTER'S Raisin Bread 600 g</p>	<p>3⁹⁹</p> <p>VACHON Snacks 248-336 g, SARA LEE Little Bites 234 g or HOSTESS Mini Donuts 269 g</p>
<p>4⁴⁹ BICK'S Pickles 500 mL</p>	<p>100 PTS when you buy 2</p> <p>3⁹⁹ LE GREC Salad Dressing 350 mL</p>	<p>2⁹⁹ LANCIA Pasta 750 g</p>	<p>5⁹⁹ CLOVER LEAF Sockeye Salmon 213 g</p>
<p>200 PTS when you buy 3</p> <p>7⁹⁹ COMPLIMENTS Beans 398 mL</p>	<p>5⁴⁹ CHOLULA Hot Sauce 150 mL or Salsa 325 mL</p>	<p>3⁹⁹ CRISCO Shortening 454 g or COMPLIMENTS Condensed Milk 300 mL</p>	<p>200 PTS when you buy 2</p> <p>15% off</p> <p>COMPLIMENTS Baking Nuts selected 100 g (excludes pine nuts)</p>
<p>2⁹⁹ LANTIC Brown, Yellow or Icing Sugar selected 1 kg</p>	<p>3⁶⁹ CREAM OF WHEAT 336-800 g or COMPLIMENTS Granola 325 g</p>	<p>100 PTS when you buy 1</p> <p>9⁹⁹ PANACHE Maple Syrup Amber Rich 500 mL</p>	<p>100 PTS when you buy 2</p> <p>4⁹⁹ COMPLIMENTS Jam 375-500 mL</p>

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STARTING AT

12⁹⁹

COMPLIMENTS Gingerbread House Kit or Pre-Built House Kit 748-874 g



STARTING AT
5⁹⁹

COMPLIMENTS Chocolate Peppermint Mini Cupcakes 12 pk 284 g or KIMBERLEY'S BAKESHOPPE Green & White Frosted Soft Sugar Cookies 383 g



STARTING AT
9⁹⁹

MCFADGEN'S Fruitcake, Plum Pudding or MONTE CRISTO Fruitcake 450-600 g



18⁹⁹

AURORA Pandoro Classic 800 g



STARTING AT
9⁹⁹

MILANO Panettone 800 g



5⁹⁹

WENDEL'S Ginger Cookies gluten-free 160 g







Try our mistletoe muffins, available for a limited time!

6⁹⁹

150 PTS when you buy 2
COMPLIMENTS Muffins 4-6 pk 400-600 g

home & pet care

 <p>5/\$7</p> <p>PURINA Fancy Feast Broths Singles or FRISKIES Lil' Soups 34-40 g</p>	 <p>9.99</p> <p>WHISKAS Dry Cat Food or BENEFUL Dry Dog Food 1.6-1.8 kg</p>	 <p>6.99</p> <p>MEOW MIX Original Cat Food 1.42 kg</p>	 <p>200 PTS when you buy 1</p> <p>27.99</p> <p>PURINA ONE Dog Food 6-7 kg</p>
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 <p>16.49</p> <p>PUREX Laundry Detergent 4.08-4.43 L. SUNLIGHT Laundry Detergent 4.0 L. PERSIL Laundry Detergent 2.21 L or 32-42 pk</p>	 <p>200 PTS when you buy 2</p> <p>5.49</p> <p>COMPLIMENTS Fabric Softener Sheets 120 pk</p>	 <p>100 PTS when you buy 1</p> <p>22.99</p> <p>ROYALE Bathroom Tissue 24=72 rolls or Paper Towel 12 pk</p>	 <p>7.29</p> <p>WINDSOR Clean & Protect Pellets 18.1 kg</p>
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 <p>BUY MORE SAVE MORE</p> <p>3.49</p> <p>go when you buy 2 or more</p> <p>PALMOLIVE Dish Soap 591-628 mL 3.99 ea</p>	 <p>2/\$9</p> <p>100 PTS when you buy 2</p> <p>LYSOL Bathroom or Toilet Bowl Cleaner 650-950 mL, All Purpose Cleaner 650 mL-1.2 L, Shower Cleaner 538-680 g or Puck 100 g selected</p>	 <p>8.99</p> <p>CASHMERE Bathroom Tissue 8=16 rolls or SPONGE TOWELS 2 pk</p>	 <p>20% off</p> <p>COMPLIMENTS Gift Wrap Rolls while quantities last</p>
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health, beauty & baby

 <p>1.49</p> <p>CREST Toothpaste 50-100 mL or ORAL-B Cavity Defense Toothbrushes 1 pk selected</p>	<p>STARTING AT 4.99</p> <p>PANTENE, HEAD & SHOULDERS or OLD SPICE Shampoo or Conditioner 308-400 mL or SECRET or OLD SPICE Deodorant 45-85 g selected</p>	 <p>10.99</p> <p>ALWAYS Pads, Liners or TAMPAX Tampons 18-162 pk selected</p>	 <p>7.49</p> <p>OLD SPICE Deodorant or Spray selected 73-144 g</p>
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 <p>600 PTS when you buy 2</p> <p>10.99</p> <p>LISTERINE Value Size Total Care Mouthwash 1.5 L selected</p>	<p>STARTING AT 5.99</p> <p>DOVE Deodorant 45-85 g or Hand Soap 355-400 mL selected</p>	 <p>50 PTS when you buy 2</p> <p>20% off</p> <p>COMPLIMENTS Body Wash, Hand Soap or Sanitizer 236 mL-1 L selected</p>	 <p>100 PTS when you buy 1</p> <p>15% off</p> <p>ST. IVES Skincare selected</p>
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 <p>BUY MORE SAVE MORE</p> <p>1.99</p> <p>go when you buy 2 or more</p> <p>200 PTS when you buy 2</p> <p>BABY GOURMET Purée Pouches 113-128 mL selected 2.49 ea</p>	 <p>59.99</p> <p>SIMILAC Pro-Advance 16x235 mL selected</p>	 <p>300 PTS when you buy 2</p> <p>15% off</p> <p>HONEST CO Baby Care 118-532 mL or 288 pk</p>	 <p>BUY MORE SAVE MORE</p> <p>3.49</p> <p>go when you buy 2 or more</p> <p>200 PTS when you buy 2</p> <p>COMPLIMENTS Baby Wipes 64-72 pk 3.99 ea</p>
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pharmacy

Only available at Pharmacy Locations
*Select products only available when a pharmacist is on duty.

 <p>10% off</p> <p>VICKS DayQuil or NyQuil Cold & Flu 236 mL or 16 pk* selected</p>	 <p>10% off</p> <p>100 PTS when you buy 1</p> <p>FLORASTOR Probiotic Supplements 20-50pk selected</p>	 <p>100 PTS when you buy 1</p> <p>15% off</p> <p>NEOCITRAN Cold & Flu Relief 10 pk*</p>	 <p>300 PTS when you buy 1</p> <p>15% off</p> <p>NICORETTE Gum, Lozenges 80-105 pk or Quick Mist or NICODERM 7 pk selected</p>
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 <p>20% off</p> <p>300 PTS when you buy 2</p> <p>TYLENOL Pain Relief 40-200 pk or MOTRIN Muscle & Body 40 pk selected*</p>	 <p>150 PTS when you buy 2</p> <p>15% off</p> <p>BAND-AID Bandages 10-60 pk</p>	 <p>Get diabetes care that fits your needs.</p> <p>Ask us if a personalized care plan is right for you.</p> <p>360Health Jobey</p>
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ed when you buy 4 or more
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when you buy 2
LIP SMACKER Holiday Lip Balm
or Tins 1 pk selected

300 PTS
when you buy 2
NATIVE Sugar Cookie or Candy Cane Body Wash
532 mL, Deodorant 75 g or Hair Care 487 mL

Everyday essentials



150 PTS
when you buy 1
NIVEA or NIVEA Men
Gift Set

150 PTS
when you buy 2
NIVEA Body Wash, Deodorant,
Lip or Shave Care 50-500 mL,
51-52 g or 2 pk selected

STARTING AT **9.99**
100 PTS
when you buy 1
SENSODYNE Pronamel
Children Toothpaste or POLIGRIP
Value Size 2 pk selected

Bath time bests



100 PTS
when you buy 2
OMBRA Bath Salts
350 g or Foam Bath
500 mL

100 PTS
when you buy 2
DR. TEAL'S Epsom
Salts 1.36 kg or Foam
Bath 1 L selected

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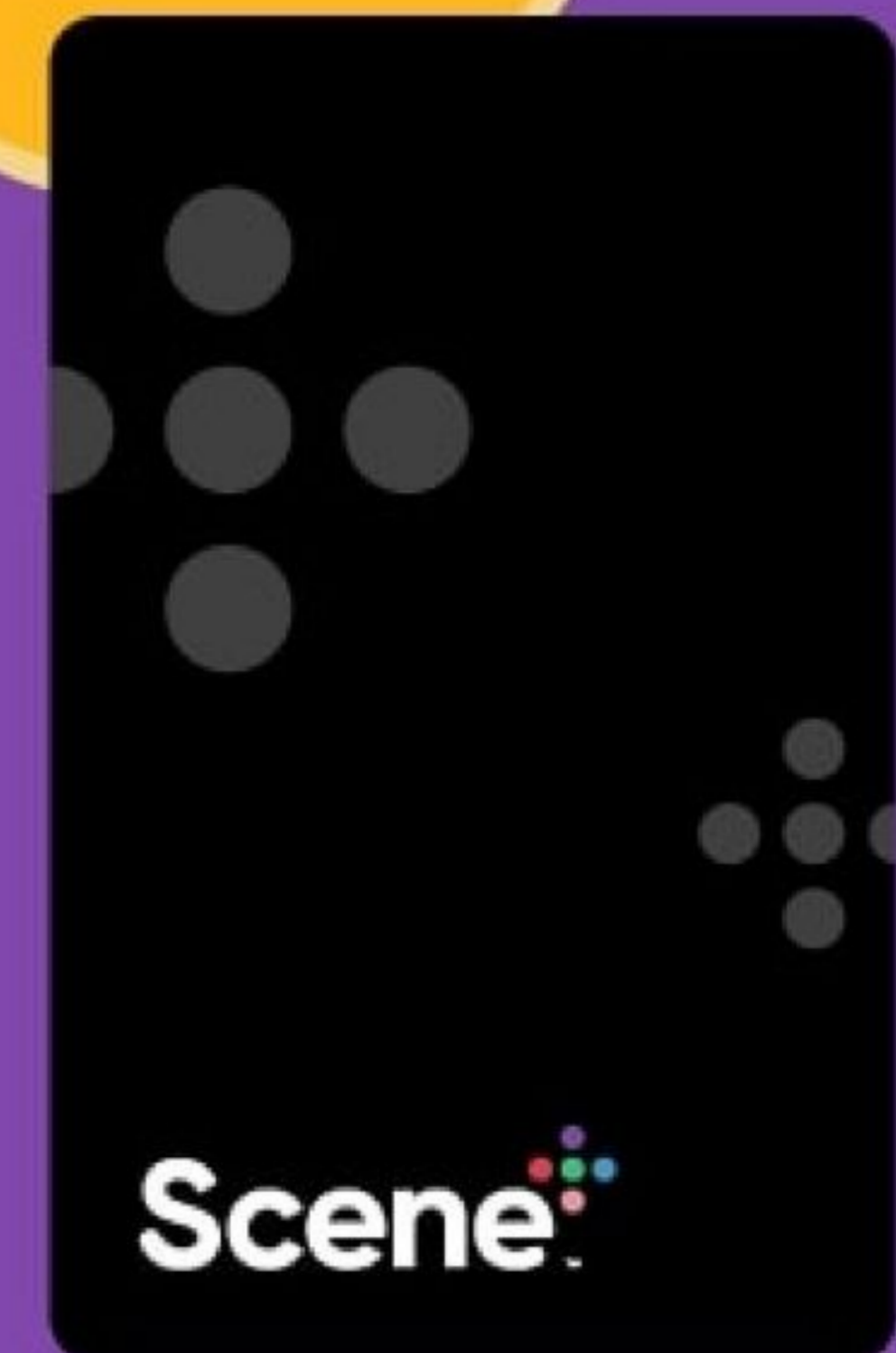
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- Understand insulin and injection techniques
- Review glucose monitoring and other technology
- Understand how blood pressure affects your diabetes

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