

ZONE 1

FOODLAND

Fresh food. Friendly neighbours.

dollar DAYS

See back page for more



Boneless Pork Loin Rib or Sirloin Half or ONTARIO RAISED AIR-CHILLED Whole Chickens 4.99/kg

1.99 /lb



FLETCHER'S Cottage Rolls 6.61/kg

\$3 /lb

Ontario RAISED CHICKEN



PINT



Blueberries Pint product of Peru no 1 grade

3.99

French or Italian Bread 450 g

2.99



Baked IN-STORE



\$5

COMPLIMENTS Shrimp 71-90 ct raw or cooked 340 g



2.49 ea

Broccoli Bunches product of USA or Mexico



\$1

CAMPBELL'S Tomato, Chicken Noodle, Cream of Mushroom or Vegetable Soup 284 mL



3.47

DR. OETKER Ristorante or Casa di Mama Pizza selected 320-410 g



\$2

SAVE \$1
\$3 without Bonus Card
KELLOGG'S Cheez-It Crackers 191-200 g or DARE Ultimate Cookies 230-300 g



3.97

PHILADELPHIA Cream Cheese 227-250 g selected varieties



3.97

KELLOGG'S Premium Cereal selected varieties 306-353 g or Cereal selected varieties 227-435 g



\$10

SAVE \$2
\$12 without Bonus Card
MAPLE LEAF Breaded Chicken, Stuffed Chicken Cutlettes or Wings 568-700 g

4 DAYS ONLY - Valid January 30-February 2, 2025

SPEND \$75 OR MORE, GET **250 PTS** | SPEND \$125 OR MORE, GET **1000 PTS**

Scene SPEND & GET

DON'T FORGET YOUR COUPON

See page 3 for terms and conditions

SCAN HERE FOR OUR DIGITAL FLYER

Product may not be available at all locations

Foodland.ca

JAN-FEB 2025 PRICES EFFECTIVE FROM JAN 30-FEB 5

THUR 30 | FRI 31 | SAT 1 | SUN 2 | MON 3 | TUE 4 | WED 5

FBL_WW40_P01_001_21

\$4

MAPLE LEAF Top Dogs, SCHNEIDERS RedHots Wieners or SHOPSY'S Original Wieners 375 g

\$10

COMPLIMENTS Lasagna, Mac'N Cheese, Meatballs or Chicken or Beef Meat Pies 560 g-1 kg

\$4

Crusty Buns 12 pk 725 g

\$3

COMPLIMENTS Roast Beef, Corned Beef, Montreal Smoked Meat or Pastrami selected

\$5

Cantaloupes product of Costa Rica

\$4

PRODUCT OF ONTARIO COMPLIMENTS Potatoes 4.54 kg

2/\$3

COMPLIMENTS Potato Chips or Extraa! Flavour Chips 200 g

\$4

COMPLIMENTS Fresh Pasta 350-360 g or Sauce 170 g or 300 mL

\$6

ARMSTRONG Cheese 400 g or Shredded Cheese 300-320 g or SAPUTO Mozzarella 500 g

\$6

COMPLIMENTS Salted Butter 454 g

2/\$7

DANONE Activia Yogurt 650 g

\$4

SILK Non-Dairy Beverages assorted varieties 1.75-1.89 L

\$17

FOLGERS, MCCAFFEE or VAN HOUTTE Coffee Pods 30 pk

\$2

COCA-COLA or PEPSI Soft Drinks 2 L

\$6

HELLMANN'S Mayonnaise 710-890 mL

\$2

SNACK PACK Puddings or Gels 4 pk or COMPLIMENTS Canned Fruit 398 mL, Apple Sauce 620 mL or Apple Snack 4-6 pk

\$6

COMPLIMENTS Honey 500 g, KRAFT Peanut Butter 750 g-1 kg or BONNE MAMAN Jam 250 g

2/\$7

KELLOGG'S Rice Krispies Treats, Pop-Tarts, Nutri-Grain Bars, Special K or Kashi Bars selected varieties 125-364 g

\$7

CASHMERE Bathroom Tissue 12-24 or 8-24 rolls, SPONGE TOWELS 3-6 pk or SCOTTIES Facial Tissue 6 pk

\$12

PUREX Laundry 4.08-4.43 L, SUNLIGHT 4 L, PERSIL Laundry 2.21 L or Disc 32-42 pk or SNOUGLE Softener 3.41 L or Sheets 200 pk

Weekly offers are available only while supplies last. Advertised prices do not include any applicable taxes or deposits. Savings based on our regular retail. We reserve the right to limit quantities to reasonable family requirements. Text provided when a photo does not correspond to the description. Dealer may sell for less. *Save off this price" refers to the regular competitive shelf price at most locations. In stores open 24 hours, offer prices are effective from 4 am Thursday until midnight Wednesday.

The Scene+ Loyalty Program is available at all participating Foodland locations. No base Scene+ points earned. See weekly offers for current ways to earn Scene+ points and visit <https://www.sceneplus.ca/terms-and-conditions>. All weekly Scene+ offers exclude taxes, delivery charges, gift payments, service fees, rental fees, event tickets, gift cards. Not all products in Atlantic region, pre-paid cards, postal products and services, Western Union, McCafe™/Tim Hortons®/Starbucks® products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery, photo finishing, repairs, environmental charges, fuel and other goods and services which are non-discountable or excluded by law. Redeem 1,000 Scene+ points for \$10 towards your purchase up to a maximum of 30,000 Scene+ points (equivalent to \$300) per day. 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 Corporation used under license by Sobeys Capital Incorporated.

100% FRESH guarantee Storewide satisfaction or your money back.

Scene MEMBER PRICING
3.49 **SAVE 50¢**
 3.99 without Scene Card
COMPLIMENTS ORGANIC Whole White or Cremini Mushrooms 227 g

LOCAL 2.99 /lb
PRODUCT OF ONTARIO
Hot House Tomatoes
 Canada no 1 grade 6.55/kg

LOCAL 1.99 /lb
PRODUCT OF ONTARIO
Sweet Potatoes
 Canada no 1, 4.39/kg

2.49 **+100 PTS** when you buy 2
BOLTHOUSE FARMS Matchstick Carrots
 product of USA 284 g

2.49 /lb **Large Navel Oranges**
 product of USA, Morocco or Spain 5.48/kg

2.99 ea **Large Red Kent Mangoes**
 product of Peru

4.99 **+100 PTS** when you buy 2
Large Pineapples
 product of Costa Rica or Prepared Fresh Daily
In-Store Cored Pineapples

Prepared FRESH
 We offer whole and cored pineapples for the same price

MEAT

50 PTS when you buy 2
6.99
MAPLE LEAF or Ready Crisp Bacon 65-375 g

25 PTS when you buy 1
2.99
COMPLIMENTS Sliced Meats
 selected varieties 175 g

SAUSAGE OF THE MONTH
HOT JAMBALAYA
 MADE IN-STORE BY YOUR LOCAL MEAT EXPERT

Hot Jambalaya Sausage 11.00/kg **4.99 /lb**

Scene MEMBER PRICING
4.99 **SAVE \$1**
 5.99 without Scene Card
COMPLIMENTS Stuffed Chicken Cutlettes 284 g

50 PTS when you buy 1
9.99
SWISS CHALET Meat Pies
 selected varieties 650-655 g

100 PTS when you buy 1
8.99 /lb
Eye of Round Roasts cut by your meat expert from Canada AAA grade beef

100 PTS when you buy 1
8.99 /lb
Stewing Beef
 Family Size cut by your meat expert from Canada AAA grade beef 19.92/kg

50 PTS when you buy 1
9.99
HIGH LINER Family Favourites
 Baked & Breaded Seafood 330-700 g

7.99
MATLAW'S Stuffed Clams or Scallops 425 g

100 PTS when you buy 1
4.99 /lb
Pork Side Ribs Centre Portion Removed cut by your meat expert 11.00/kg

100 PTS when you buy 1
4.99 /lb
ONTARIO RAISED AIR-CHILLED Boneless Skinless Chicken Breasts

DELI Available at most stores

Scene MEMBER PRICING
6.99 **SAVE 30¢**
 7.29 without Scene Card
COMPLIMENTS Italian-Style Sub Trio 375 g

300 PTS when you buy 3
5.99
COMPLIMENTS Sliced Cheeses
 150-170 g

BAKERY Available at most stores

STARTING AT 5.99 **+200 PTS** when you buy 2
Donuts 320-500 g

Scene MEMBER PRICING
4.99 **SAVE \$1**
 5.99 without Scene Card
All Butter Croissants or Pastries 4 pk 275-400 g

GET 300 PTS when you buy any 2

STARTING AT 4.99
Shareable Desserts Brownie Cakes 295-390 g, 5" Cream Style Pies 260-375 g, 6" Cheesecakes 730-975 g or Dessert Half Cakes 415-800 g

KITCHEN Available at most stores

2/\$5
SUMMER FRESH
 Snack'n Go Hummus Snacks 83 g

279 **BUY 1 AT \$2.99 BUY 2 OR MORE**
Mini Chicken Wraps
 Ranch, Chipotle or Sweet Chili 110 g

LOCAL 12.99
GROWN IN ONTARIO
 Glowing Hearts Bouquet

4.99
GOODZ Dried Mango or Nut Mixes
 120-140 g

2 Scene 1000 PTS = \$10 OF FREE GROCERIES

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FROZEN & DAIRY

<p>200 PTS when you buy 2</p> <p>5.99</p> <p>COMPLIMENTS Frozen Fruit 300-600 g</p>	<p>3.49</p> <p>COMPLIMENTS Perogies 907 g</p>	<p>100 PTS when you buy 1</p> <p>7.99</p> <p>COMPLIMENTS Pure Orange Juice 2.5 L</p>	<p>100 PTS when you buy 2</p> <p>4.99</p> <p>COMPLIMENTS Cheese Slices 210-230 g</p>
<p>5.49</p> <p>CHAPMAN'S Markdale Creamery Ice Cream 2 L or Collection Novelties or Yogurt Bars 6 pk</p>	<p>3.99</p> <p>KELLOGG'S Eggo Waffles, French Toast Sticks or Pancakes 270-330 g</p>	<p>100 PTS when you buy 2</p> <p>5.99</p> <p>NATRELL Barista Cream 1 L or Lactose Free or Protein Plus Milk 2 L</p>	<p>3.49</p> <p>GAY LEA Sour Cream 425-500 mL</p>

DRINKS, SNACKS & PANTRY

<p>1</p> <p>NESTLÉ Singles 33-60 g</p>	<p>10.99</p> <p>MERCI Chocolates 400 g or HERSEY'S Assorted Eggs 389 g while supplies last</p>	<p>2/\$3</p> <p>PEACE TEA Beverages 695 mL</p>	<p>2.50 without Scene+ Card</p> <p>SAVE 50%</p> <p>GATORADE 710 mL</p>
<p>4.99</p> <p>CHRISTIE Family Size Crackers 350-454 g</p>	<p>4.99</p> <p>CHRISTIE Family Size Cookies selected 303-530 g or Oreo Cakesters 285 g</p>	<p>2/\$9</p> <p>RUFFLES Potato Chips 180-200 g</p>	<p>6.49</p> <p>ORVILLE REDENBACHER Microwave Popcorn 5-8 pk 248-482 g or Gourmet Popping Corn 850 g</p>
<p>100 PTS when you buy 2</p> <p>2/\$6</p> <p>COMPLIMENTS ZAZ Water Enhancers 48 mL</p>	<p>8.99</p> <p>WELCH'S Fruit Snacks 616 g</p>	<p>100 PTS when you buy 2</p> <p>3.99</p> <p>COMPLIMENTS Salsa 650 mL</p>	<p>99¢ without Scene+ Card</p> <p>SAVE 50%</p> <p>COMPLIMENTS Macaroni & Cheese 225 g or Deluxe 200 g</p>
<p>3.49</p> <p>DEMPSTER'S White or 100% Whole Wheat Bread 675 g, White or Whole Wheat Texas Toast or Thin 675 g or THOMAS' English Muffins 6 pk</p>	<p>200 PTS when you buy 2</p> <p>5.49</p> <p>COMPLIMENTS Baking Chocolate Chips 225-300 g</p>	<p>3.49</p> <p>COMPLIMENTS Cooking Spray 141-170 g</p>	<p>2.99</p> <p>KRAFT BBQ Sauce 455 mL</p>
<p>4.98</p> <p>MINUTE RICE 500-700 g</p>	<p>4.79</p> <p>BETTY CROCKER Cookie, Brownies, Biscuits or Cake Mix 263 g-1.13 kg selected</p>	<p>3.99</p> <p>POST Cereal selected 247-525 g</p>	<p>4/\$5</p> <p>JELLO-O Jelly Powders 10-85 g</p>

HOUSEHOLD

<p>7.79</p> <p>GLAD Tall Kitchen Catchers 26-48 pk or Compostable 10 pk</p>	<p>STARTING AT</p> <p>4.99</p> <p>DAWN Dish 532-982 mL or Powerwash 473 mL</p>	<p>15.49</p> <p>FINISH Dish Tabs 39-55 pk or Rinse Aid 946 mL</p>	<p>200 PTS when you buy 2</p> <p>8.49</p> <p>BONTERRA Mega Bathroom Tissue 9-27 rolls, Mega Paper Towel 3-6 rolls or Facial Tissue 3 pk</p>
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Scene+ SPEND & GET

Offer valid January 30-February 5, 2025 at all Foodland locations in Ontario. Minimum qualifying purchase must be made in a single transaction. No base Scene+ points earned. Printed or digital coupon and Scene+ digital or physical membership card must be presented. Spending \$75/\$25 or more awards only one 200 Scene+ points allotment or one 1000 Scene+ points allotment. Maximum 1000 Scene+ points per Scene+ card per day. Offer requires lower priced product and no other products are excluded by law or as determined from time to time. Coupon has no cash value and cannot be combined with any other offers. Limit one bonus bundle offer per Scene+ membership card per day. 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, Corporation used under license by Scene+ Capital Incorporated.

Celebrate Black History Month with flavour made close to home



100 PTS
when you buy 1

Meet Jermaine McFarlane, founder of AIVA Beverages

AIVA beverages provide flavour with function to your hydration. Each bottle of AIVA water has only 30 calories and boasts 200 mg of L-Theanine, an active ingredient that helps to promote relaxation.

Meet Andrew McBarnett, CEO / co-founder of NEALE'S SWEET N' NICE Foods Inc

Founded in the 1940s by Trinidadian Charles A. Neale, SWEET N' NICE remains family-run to this day - carrying forward a legacy of authentic Caribbean flavours made with all-natural ingredients.

100 PTS
when you buy 1



Proudly supporting local entrepreneurs



100 PTS
when you buy 1

Meet Veneise George, owner of YAWDI'S

Owned by Veneise George, YAWDI'S is redefining flavour with a unique blend of cultural authenticity and modern flair. The marinades and pepper jellies are crafted with all-natural premium ingredients and inspired by diverse, global tastes. These bold, uncompromising flavours elevate everyday meals into vibrant international culinary adventures-all from the comfort of home.

Meet Jerome Samuels, owner of THE PATTY SHOPPE

Celebrating Caribbean culture, Jerome brings iconic Jamaican patties - made with tradition, quality and authentic flavour - to Canada, with ingredients sourced from local suppliers.

100 PTS
when you buy 1



Meet Yohannes Petros, owner of HANES HUMMUS

Inspired by his East African roots, Yohannes is known for his oil- and preservative-free small-batch hummus, handmade with only the finest ingredients as well as bold, vibrant flavour in every bite.

100 PTS
when you buy 1








FROZEN & DAIRY

 <p>4⁹⁹ COFFEE MATE Coffee Creamer 828-946 mL</p>	 <p>4/\$5 YOPLAIT Drinkable Yogurt 200 mL</p>	 <p>5⁹⁹ LIBERTÉ Kéfir 1 L</p>	 <p>100 PTS when you buy 1</p> <p>4⁹⁹ COMPLIMENTS Cheddar Flavour Slices 400 g</p>
 <p>4⁹⁴ HÄAGEN-DAZS Ice Cream 400-450 mL or Novelties 3-4 pk</p>	 <p>5⁹⁹ SCHNEIDERS Breakfast Sandwiches 204-288 g</p>	 <p>200 PTS when you buy 2</p> <p>5⁹⁹ ARMSTRONG Cheese Slices 220-240 g or Slices 210 g</p>	 <p>5⁹⁹ COMPLIMENTS BALANCE Non-Hydrogenated or Olive Oil Margarine 850 g</p>
 <p>100 PTS when you buy 2</p> <p>3⁴⁹ BEST BUY Frozen Vegetables 750 g</p>	 <p>5⁴⁹ HUNGRY-MAN Frozen Dinners 300-455 g</p>	 <p>100 PTS when you buy 2</p> <p>3⁹⁹ COMPLIMENTS Frozen Whipped Topping 1 L</p>	 <p>4⁹⁹ MCCAIN Fries selected 800 g</p>













DRINKS, SNACKS & PANTRY

 <p>5⁴⁹ COMPLIMENTS Milk Chocolate or Caramel Filled Hearts 165-200 g or HUBBA BUBBA 160 g while supplies last</p>	 <p>6⁹⁹ KINDER Surprise 100 g while supplies last</p>	 <p>100 PTS when you buy 2</p> <p>1⁹⁹ COCA-COLA Soft Drinks 1 L</p>	 <p>100 PTS when you buy 4</p> <p>COMPLIMENTS Sparkling or Fizzy Flavoured or Unflavoured Water 503 mL-1 L</p>
 <p>4⁴⁹ ARNOTT'S Tim Tam Biscuits 175-200 g, GULLON Maria Cookies 600 g or LOTUS Biscoff Biscuits 250 g</p>	 <p>200 PTS when you buy 2</p> <p>CHRISTIE Good Thins Crackers 100 g</p>	 <p>3⁹⁹ TAKIS 280 g</p>	 <p>3⁹⁹ PRINGLES Party Stack 194-203 g or Mingles 155 g</p>
 <p>4⁹⁹ OASIS Juice 8x200 mL tetra</p>	 <p>300 PTS when you buy 1</p> <p>COMPLIMENTS Hot Chocolate Mix 1.8 kg</p>	 <p>400 PTS when you buy 2</p> <p>12⁹⁹ MAXWELL HOUSE Roast & Ground Coffee 631-925 g</p>	 <p>100 PTS when you buy 1</p> <p>7⁹⁹ COMPLIMENTS Family Size Granola Bars 560-630 g</p>

DRINKS, SNACKS & PANTRY

 <p>9⁹⁹ KRAFT 100% Grated Parmesan 230 g</p>	 <p>2⁹⁹ COMPLIMENTS or COMPLIMENTS BALANCE Salad Dressings 475 ml</p>	 <p>2/\$5 HUNT'S Heirloom Tomatoes 398 ml or ROTEL Tomatoes 284 ml</p>	 <p>5⁹⁹ CLOVER LEAF Sockeye Salmon 215 g</p>
 <p>6⁹⁹ QUAKER Muffin or Cookie Mix 900 g</p>	 <p>3⁹⁹ KRAFT Marshmallows 400 g</p>	 <p>3³³ COMPLIMENTS Granola 325 g, Instant Oatmeal or Hot Oats 260 g-1 kg</p>	 <p>8⁹⁹ NUTELLA Spread 725 g</p>
 <p>3⁹⁸ KIKKOMAN Soy or Teriyaki Sauce 298 ml</p>	 <p>2/6⁹⁸ TILDA Ready-to-Heat Rice 250 g selected varieties</p>	 <p>3⁹⁹ VILLAGGIO Bread 570-875 g or Buns 6-8 pk, DEMPSTER'S Tortillas 272-340 g or TIA ROSA Tortillas 220-328 g</p>	 <p>5⁴⁹ OROWEAT Keto Tortillas 246 g</p>

NATURAL, HEALTH & HOUSEHOLD

 <p>5⁹⁹ KASHI Granola 311-340 g, Organic Cereal 200-450 g or Go Lean Cereal 275-390 g</p>	 <p>7⁹⁹ CREST Pro-Health Rinse 1 L or Premium Paste 75-110 ml or ORAL-B Floss 1-150 pk</p>	 <p>4⁰⁰ LISTERINE Total Care or Ultra Clean Mouthwash 1 L selected</p>	 <p>5⁹⁹ U BY KOTEX, ALWAYS or TAMPAX Tampons, Pads or Liners 14-54 pk selected</p>
 <p>5 SNYDER'S OF HANOVER Gluten Free Pretzels 228 g</p>	 <p>19⁹⁹ ARM & HAMMER Cat Litter 3.88-9.1 kg</p>	 <p>9⁹⁹ PURINA Cat Chow 1.8-2 kg</p>	 <p>12⁹⁹ COMPLIMENTS Dry Dog Food 3-3.6 kg</p>
 <p>10⁹⁹ COMPLIMENTS Freezer Bags 120-150 pk</p>	 <p>6⁷⁹ COMPLIMENTS Plates 22-46 pk or Bowls 28 pk</p>	 <p>2⁷⁹ COMPLIMENTS Disinfecting Wipes 35 pk</p>	 <p>2¹⁹ GERBER Baby Food Purée 159-162 ml selected</p>

Scene+
**DIGITAL
EXCLUSIVE**

OFFER VALID JAN 30-FEB 5, 2025

LOAD IT TO GET IT!

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

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



Get **500** **PTS**
when you
Spend **\$15**

METHOD
Hand or Body Wash
300-532 mL



Download on the
App Store

GET IT ON
Google Play

Card must be registered. Offer valid and available to be loaded January 30-February 5, 2025 at all participating Foodland and Co-Op locations in Ontario and Atlantic Canada. Minimum qualifying purchase must be made in a single transaction. Offer must be loaded to registered Scene+ Card prior to transaction. Limit 1 offer per Scene+ Card. Offer excludes taxes, delivery charges, bill payments, service fees, rental fees, event tickets, gift cards, fluid dairy products in Atlantic regions, pre-paid cards, postal products and services, Western Union, McCafe®/Tim Hortons®/Starbucks® products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery, photo finishing, deposits, environmental charges, fuel and other goods and services which are non-discountable or excluded by law. Limit one. 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.

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TAX
BREAK
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On select items in store*

- Snacks and beverages**, including chips and carbonated water
- Baked goods**, including cakes, muffins and pies
- Prepared foods**, including sandwiches and ready to eat options

[Learn more](#)

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*Restrictions apply. Selection varies by store. Not all department items are included in tax break. Federal and provincial tax break may vary by province. Valid on qualifying goods from December 14, 2024 - February 15, 2025.

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- Email exclusive offers
- Recipes plus tips & tricks from our experts
- Important updates about your store

Sign up today to get your
first email exclusive offer

SAVE \$5

on your next purchase of \$40*

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*New subscribers only. Terms and conditions apply.



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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.
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