

100% FRESH GUARANTEE

GUARANTEED FRESH OR YOUR MONEY BACK

SAFEWAY

Sobeys

3⁹⁹ /lb

Fresh Boneless Pork Loin Centre or Rib Combo Chops Family Size 8.80/kg

4⁴⁹ /lb

4KG BOX

COMPLIMENTS Seasoned Boneless Skinless Chicken Breasts frozen 9.90/kg 39.60 per 4 kg box

Individually portioned and quick-frozen to seal in freshness

\$11

COMPLIMENTS Chicken Wings EARL'S KITCHEN + BAR, BELMONT, MONTANA'S, TOP GRASS CATTLE CO., CARDINAL ROADHOUSE, BUTTERBALL, COMPLIMENTS Burgers selected varieties 568 g-113 kg

2⁹⁹

PINT

Blueberry Pint product of Peru no 1 grade

1⁹⁹ /100 g

Coho Salmon Fillets frozen or previously frozen product of Chile

1⁴⁹ /lb

Red Prince Apples product of Canada, Canada extra fancy grade 3.28/kg

7⁹⁹

COMPLIMENTS Apple Sauce 620 mL or Apple Snack 4-6 pk, Canned Fruit or Pineapple 398 mL, or Mandarins 284 mL, or SNACK PACK Gels or Pudding 4 pk

7⁹⁹

QUAKER Dippys or Chewy Granola Bars 120-156 g

77¢

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

2⁷⁹

MCCAIN Superfries 454-800 g or Vegetable Medleys 400 g

7⁹⁹

QUAKER Crispy Minis 90-100 g or Rice Cakes 127-199 g

1⁹⁷

DARE Bear Paws 168-240 g, Viva Puffs 300 g, Wagon Wheels 315-360 g or CHRISTIE Premium Plus Crackers 225 g

Scene+ MEMBER DAY

TUESDAY ONLY! TUESDAY, JANUARY 7, 2025 EXCLUSIVELY FOR SCENE+ MEMBERS

GET 15% OFF OR 200 PTS

FOR EVERY \$20 SPENT† ON A MINIMUM \$50 GROCERY PURCHASE!†

†Discount with minimum \$50 grocery purchase and Scene+ card. Minimum purchase must be made in a single transaction. See in-store for details. †Points with minimum \$50 grocery purchase and Scene+ card. Get 200 Scene+ points for every \$20 in eligible grocery purchases. Minimum purchase must be made in a single transaction. See in-store for details.

THU 2 FRI 3 SAT 4 SUN 5 MON 6 TUE 7 WED 8

Prices and offers in effect Jan. 2025

More deals! Scan here for our full flyer

Scene
MEMBER
PRICING

Swipe your Scene+ Card and Save



COMPLIMENTS Thick Cut Bacon 1 kg

\$12 **SAVE \$2**

\$14 without Scene+ Card

THE LITTLE POTATO COMPANY
product of Canada or USA
assorted 680 g

\$3.49 **SAVE 50¢**

\$3.99 without Scene+ Card

MAXWELL HOUSE or NABOB
Keurig Compatible Single Serve
Pods 30 pk or NABOB Roast & Ground Coffee 915-930 g

\$12 **SAVE \$3**

\$15 without Scene+ Card

SILK Beverages
1.75-1.89 L

\$3 **SAVE 1.99**

\$4.99 without Scene+ Card

Look for more Member Pricing throughout the flyer and in-store.



**Happy
Lunar
New Year**
新年快樂



100 PTS
when you buy 2

10⁸⁸

Pomelo or Asian Yellow
Pear Gift Box
product of China



17⁸⁸

SHIRAKIKU Japanese Sekka Rice 6.8 kg
available in select stores while quantities last
or YAMAY Jasmine Rice 8 kg



1⁸⁸

AROY-D
Coconut Milk
400 mL



2/6⁹⁸

BLUE DRAGON Noodles
250-300 g available in
selected varieties and stores



23⁸⁸

BLACK + DECKER
Rice Cooker 16-Cup
while quantities last

Dollar DAYS!

\$7
/lb

Fresh Extra Lean Ground Beef
Family Size 15.43/kg

\$3

SCHNEIDERS Adult Kits, Lunchmate Stackers or GREENFIELD Kits selected 67-120 g or COMPLIMENTS Regular or Jumbo Wieners 450 g or Sliced Meats 175 g selected

\$8
/lb

Fresh Boneless Sirloin Tip Oven Roast, Family Size Marinating Steak or Family Size Beef Steaming Cubes cut by your meat expert from Canada AA grade beef while supplies last 17.63/kg

\$8
200 PTS
when you buy 2

COMPLIMENTS Cooked or Raw Shrimp
71-90 ct per lb 340 g

\$4
100 PTS
when you buy 2

MANN'S Snow Peas 170 g or Snap Peas 227 g product of USA or COMPLIMENTS Baby-Cut Carrots product of USA 2 lb or 907 g

\$3
MIX & MATCH

\$3
500 PTS
when you buy 600 g or more

COMPLIMENTS Black Forest Ham, Honey Ham, Turkey or Chicken

\$7
value size
BAKED
IN STORE

Cinnamon Buns 8 pk 630 g or Croissants 12 pk 756 g

\$4

COMPLIMENTS Fresh Pasta 350-360 g

\$2

SUNRYPE Juice 5x200 mL or 900 mL tetra

\$3

VILLAGGIO Bread 510-540 g or Buns 6-8 pk or DEMPSTER'S 7" Tortillas 272-340 g or TIA ROSA Tortillas 220-328 g

\$3

DANONE Activia Yogurt 650 g

\$3

JELL-O or HERSHEY'S Refrigerated Pudding or Gels 4 pk

\$3
150 PTS
when you buy 3

BEN'S ORIGINAL Bistro Express Rice 240-250 g

\$3

QUAKER Instant Oatmeal 228-344 g, Quick or Old Fashioned Oats 1 kg or Yogurt Granola Bars 175 g selected varieties

\$4

COMPLIMENTS Orange Juice not from concentrate selected 1.54 L or BLACK DIAMOND Cheese Strings 8 pk 168 g

\$5

COMPLIMENTS Cheese 400 g or Shreds 226-320 g selected varieties

\$5

DOVE Beauty Bar 3 pk, Deodorant 45-74 g, Body or Hand Wash 325-400 mL, Hair Care 142-198 g or 195-355 mL selected

\$7
100 PTS
when you buy 1

BECEL Margarine 637-850 g

\$10

GAIN Laundry Detergent 2.6 L or Flings! 31 pk, DOWNY or GAIN Softener 1.89-2.63 L, DOWNY or GAIN Beads 379 g or Sheets 120-200 pk or TIDE Simply 3.1 L

\$12
400 PTS
when you buy 2

ROYALE Bathroom Tissue 24=48 rolls, Paper Towels 6=12 rolls or Facial Tissue 12 pk

\$32

PAMPERS Huge Diapers 80-160 pk

PROUDLY CANADIAN safeway.ca | sobeys.com

Partners in Growth

For every ton of paper used in the printing of this flyer, SJC's Partners in Growth program will contribute to the planting of a tree through Trees for Life Canada.

We reserve the right to limit sales to retail consumer quantities. Prices in effect Thursday, January 2, 2025 to Wednesday, January 8, 2025. Advertised prices do not include taxes, discounts and environmental fees. Some items may not be available at all stores. All items while stocks last. Items advertised may not be evenly distributed. "Mix & Match" when you buy 2 or more items. On both (1) and (2) items, customer must purchase the first item at full price to receive the second item free. 9000 offers are not 1/2 price sales. The free item must be of equal or lesser value to the purchase item. Customer must pay taxes, deposits and environmental fees on the purchased and free items. Manufacturer's coupons apply to purchased items only - not free items. Item must be in original packaging. The Sobeys Loyalty Program is available at all participating Sobeys locations in Western Canada. No Sobeys points earned for current week. To earn Sobeys points, all weekly Sobeys offers exclude taxes, delivery charges, fuel payments, service fees, event tickets, gift cards, fuel daily products in Western Canada regions, pre-paid cards, postal products and services, Western Union, McCaffrey's, Tim Hortons, Starbucks products and services in select regions, prescription drugs, non-prescription pharmacy drugs, liquor and alcohol products, tobacco products, lottery tickets, deposits, environmental charges, fuel and other goods and services which are non-discountable or excluded by law. Redeem 1000 Sobeys points for \$10 towards your purchase up to a maximum of 50000 Sobeys points (\$500) per day. For full Sobeys Terms & Conditions or to redeem your points, visit <https://www.sobeys.ca/terms-conditions>. All offers are subject to change and may be withdrawn without notice. Trademarks of Sobeys Inc. Corporation used under license by Sobeys Capital Incorporated. Please recycle where facilities exist. SJC_S25_WW1_P01_W01_A8_ML_PK

Scene
**DIGITAL
EXCLUSIVE**

LOAD IT TO GET IT!

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

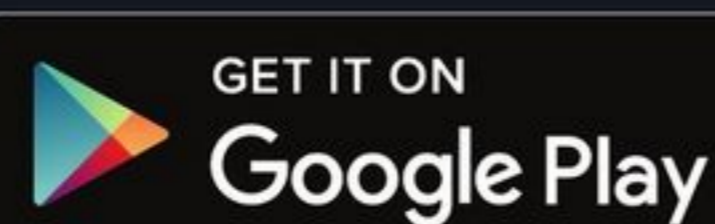
Get **500 PTS** when you buy 2

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



That's like
\$5
toward your
groceries

MELITTA Single Serve
Coffee 30 pk



Offer valid January 2nd to January 8th, 2025 at all Sobeys and Safeway locations in Western Canada. 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.



Quality you want at the price you expect

3.49 Carrots or Onions product of Western Canada 3 lb

5.99 COMPLIMENTS Apples selected varieties product of Canada, Canada fancy grade 1.36 kg 3 lb bag

7.99 COMPLIMENTS Red Grapefruit product of USA, Israel or Turkey 1.36 kg 3 lb bag

4.99 COMPLIMENTS Lemons product of USA 907 g 2 lb bag

5.49 COMPLIMENTS Potatoes product of Western Canada 5 lb

5.99 COMPLIMENTS ORGANIC Portabella Mushroom Caps product of Canada 170 g

Get 400 PTS
When you buy any 3 participating Compliments produce products.

MIX & MATCH



GUARANTEED FRESH OR YOUR MONEY BACK

Fruity Fresh...

4.49 Extra Large Green or Red Seedless Grapes product of Peru 9.90/kg

2.99 Large Bartlett Pears product of USA extra fancy grade 6.59/kg

100 PTS when you buy 2

2/\$5 Ataulfo Mangoes product of Mexico

5.49 Kiwi product of Greece or Italy 454 g

100 PTS when you buy 2

6.99 Mini Watermelon product of Mexico or Brazil

200 PTS when you buy 2

10.99 Pomegranate Arils product of USA

Veggie love...

2/\$5 Romaine, Green or Red Leaf Lettuce product of USA or Mexico

99¢ Green Cabbage product of Western Canada 2.18/kg

6 PACK

4.49 Mini Seedless Cucumbers product of Western Canada, Canada no 1 grade 6 pk

2.99 Green Peppers product of USA or Mexico 6.59/kg

2.79 Roma Tomatoes product of USA or Mexico 6.15/kg

3.49 Broccoli Crowns product of USA or Mexico 7.69/kg

bulk

3.99 COMPLIMENTS Candies selected 350-400 g 4.49 ea

200 PTS when you buy 1

10.99 SUNRYPE Fruitsource Bars 12-24 pk or H&H Dried Fruit 12 pk

15% off Prepared Fresh Daily In-Store Chicken Caesar Salads assorted sizes

15% off Prepared Fresh Daily Mixed Melon, Watermelon, Honeydew or Cantaloupe Chunks assorted sizes

floral

100 PTS when you buy 1

26.99 Timeless Bouquet selection may vary by store

Grown in British Columbia

3.29 Primula assorted colours 4" pot

Grown in British Columbia

14.99 Gerbera assorted colours 10-stem bunch

Grown in British Columbia

13.99 Mixed Bulb Pan assorted colours 7" pot

Give them more with the Grocery Essentials Card

Visit sobeys.com/giftcards or safeway.ca/giftcards for details

*If you buy an eligible product from our store, use the product as intended, and the product does not meet your expectations, you can present the product and/or receipt and we will provide you with the appropriate reimbursement. Restrictions apply. See www.sobeys.com/return-policy or www.safeway.ca/return-policy for details.

Impress with Our Exclusive Fresh Boneless Sirloin Tip Roast Royale.
Seasoned with Compliments steak spice and added prime rib fat to self baste as it cooks for an easy family dinner. Simply removes the string and fat cap and slice accordingly.

\$8 /lb **300 PTS** when you spend \$10 or more

Fresh Boneless Sirloin Tip Roast Royale, Seasoned, Prime Rib Fat Added cut by your meat expert from Canada AA grade beef 17.63/kg

STERLING SILVER **HAND-SELECTED AAA BEEF**
Well-marbled. Aged to perfection. Cut from Canada AAA Beef. Exclusive to Sobeys or Safeway.

12⁹⁹ /lb

CERTIFIED TENDER™ TENDRETE™ CERTIFIEE™

STERLING SILVER Fresh Boneless Top Sirloin Premium Oven Roast or Family Size Grilling Steaks cut by your meat expert from Canada AAA grade beef 28.64/kg

200 PTS when you buy 1

5⁹⁹ /lb

PANACHE Flattened Chicken Lemon Greek, Jerk or Portuguese 13.21/kg

100 PTS when you buy 1 pkg

4⁹⁹

Boneless Stuffed Chicken Breast Asparagus & Mozzarella, Spinach & Feta or Red Pepper & Halloumi Cheese 175 g or 2 pk 350 g 9.98

150 PTS when you spend \$10 or more

5⁹⁹ /lb

Fresh Boneless Pork Loin Centre Stir Fry Strips, Cutlets or Schnitzel 13.21/kg

200 PTS when you spend \$20 or more

5⁹⁹ /lb

Fresh Pork Loin Back Ribs Family Size cryovac 13.21/kg

100 PTS when you spend \$10 or more

4⁴⁹ /lb

Fresh Beef Liver sliced 9.90/kg

BUY MORE SAVE MORE

5⁵⁰ go when you buy 2 or more

LAMB TONIGHT Lean Ground Lamb, JOHNSONVILLE Sausage Meat or Fontaine Lean Ground Veal 226-454 g starting at 5.99 ea

11⁹⁹ /lb

Seasoned Lamb Chops Greek & Lemon or Provencal Herbs 26.43/kg

300 PTS when you buy 2

5⁹⁹

MAPLE LODGE FARMS Chicken Sausage 375-500 g

READY FOR YOU

Ready for you marinated meats.

3⁹⁹ /lb

Fresh Boneless Pork Loin Centre Roast Homestyle Seasoned 8.80/kg

4⁹⁹ /lb

Whole Chicken Homestyle Seasoned 11.00/kg

6⁹⁹ /lb

Fresh BBQ Whiskey or Honey Garlic Marinated Pork Loin Back Ribs 15.41/kg

4⁹⁹ /lb

Fresh Maple Chipotle or BBQ Whiskey Marinated Boneless Pork Loin Centre Chops 11.00/kg

the Certified Tender Advantage

CERTIFIED TENDER™ TENDRETE™ CERTIFIEE™

14⁹⁹ /lb

STERLING SILVER Fresh Boneless Top Sirloin Grilling Medallions cut by your meat expert from Canada AAA grade beef 33.05/kg

When choosing a roast or steaks, look for the Certified Tender™ shield. It means the meat has been certified by the Canadian Beef Grading Agency to be tender and aged perfectly, so you can count on delicious results. Exclusive to select STERLING SILVER™ premium cuts.

quick & easy

BUY MORE SAVE MORE

150 go when you buy 3 or more

CARL BUDDIG Sliced Meats 55 g 1.99 ea

STARTING AT 13⁹⁹

SWISS CHALET or MONTANA'S Pork Back Ribs 600-650 g

4⁹⁹ **200 PTS** when you buy 2

MAPLE LODGE FARMS Chicken Bacon or ZABIHA HALAL Breakfast Chicken Strips 375 g

7⁹⁹

SCHNEIDERS Juicy Jumbos Wieners 375-450 g

6⁹⁹

BEYOND MEAT Plant-Based Chicken Tenders, Breakfast Sausages or 2 Pack Burger 226-235 g

8⁹⁹

BEYOND MEAT Plant-Based Ground Beef, Dinner Sausages or Steak Tips 226-400 g

50 PTS when you buy 1

9⁹⁹

COMPLIMENTS Beef, Chicken or Vegetable Lasagna, Mac & Cheese or Chili 907 g-1 kg or FRESHSTONE Rolleez Supreme, Meat Lover's Pizza or Philly Cheesteak 540 g

220 PTS when you buy 2

10⁹⁹

COMPLIMENTS Meatballs 560-680 g

GET TO FREE GROCERIES FASTER

when you join your Sobeys membership card and pay with your scotiabank® Sobeys Visa® Card.

GET 500 PTS ON EVERY \$1 SPENT

100 pts = \$10 in groceries

©2025 Sobeys. \$10 in groceries. Sobeys points redeemed at any participating Empire location must be redeemed in increments of 1000. Text: Sobeys. See full list of participating grocery stores. See full list of participating merchants across Canada at Sobeys.com/participatingmerchants. Visa Inc. Licensed user.

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

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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.

Introducing

RICARDO

NEW

Simple gourmet meal solutions for your family



MIX & MATCH

BUY 2 GET 3RD FREE of equal or lesser value

RICARDO Marinated Chicken Breast, Marinated Pork Chop, Tenderloin, Marinated Beef or Veal Flap Steak or Risotto Stuffed Chicken Breast starting at 8.99/lb, 19.82/kg

Get 50 PTS When you buy 1

OR Get 200 PTS When you buy 2

6.49

RICARDO Dips Onion, Ranch or South West 300 g



20.99 RICARDO Cakes Chocolate or Vanilla & Strawberry frozen 600 g

Quebec-based celebrity chef Ricardo



4.79

RICARDO Kitchen Tools selected varieties



250 PTS when you buy 1

STARTING AT 7.99

RICARDO Sides or Entrées 280-570 g

Learn more

Simplify meal prep with the new selection of easy, chef quality meal solutions Available Exclusively at Sobeys and Safeway

Warm up

with comfort foods!



PERFECT
for pulled pork sandwiches!



16⁹⁹

100 PTS
when you buy 1
COMPLIMENTS Shepherd's or Farmhouse Pie 900 g



3⁴⁹ /lb
Fresh Pork Shoulder Picnic Roast hock removed 7.69/kg

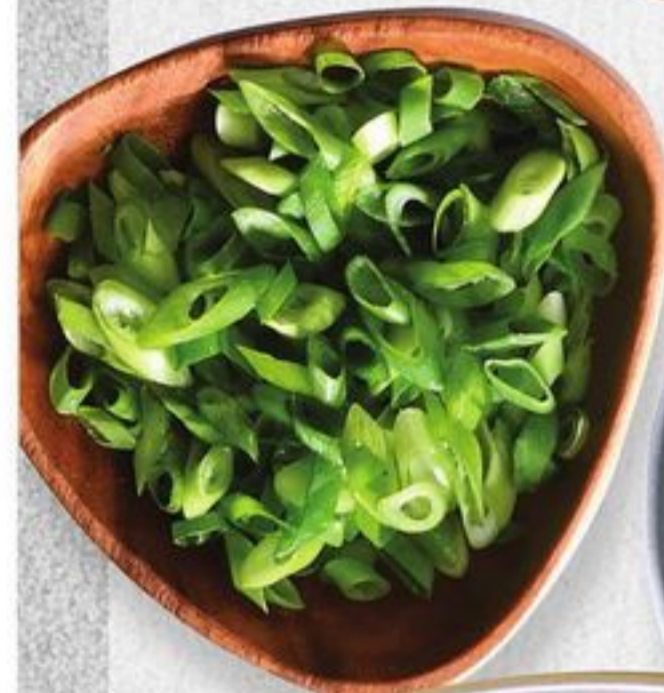
GREAT
for making burgers



BUY MORE SAVE MORE

5⁵⁰

ea when you buy 2 or more
COMPLIMENTS Extra Lean Ground Chicken or Extra Lean Minced Turkey or LAMB TONIGHT Lean Ground Lamb 240-454 g starting at 5.99



ENJOY
a hearty bowl of chili!



value size

500 PTS
when you buy 1

6⁴⁹ /lb

That's like **\$5** toward your groceries

Fresh Lean Ground Beef 5 lb tube 14.31/kg



seafood

value size

Scene+ MEMBER

12⁹⁹ SAVE \$2

14⁹⁹ without Scene+ Card

COMPLIMENTS NATURALLY SIMPLE Wild Pink Salmon, Cod or Haddock Fillets 908 g

4/\$5

MRS. FRIDAY'S Crab-Style Crab Cakes 65 g previously frozen or 8 pk frozen \$10.00

2⁹⁹ /100 g

Almond Crusted Sole, Potato Crusted Cod or Coconut Crusted Tilapia Fillets frozen or previously frozen

2⁹⁹

COMPLIMENTS Crab- or Lobster-Flavoured Alaskan Pollock 227 g

150 PTS when you buy 2

2⁹⁹ /100 g

Wild Icelandic Cod Fillets previously frozen or frozen

2⁹⁹ /100 g

Wild Mahi Fillets product of Peru previously frozen or frozen

100 PTS when you spend \$10*

7⁹⁹

COMPLIMENTS Breaded Fish Sticks, Fish in Tempura Batter, Breaded Cod Nuggets or Fish Burger 454-700 g

200 PTS when you buy 2

8⁹⁹

PREMIER Seafoods Smoked Pink Salmon Nuggets assorted, previously frozen 150 g

4⁹⁹

ANCHOR BAY Cooked Mussel or Salmon Nuggets assorted, 340-360 g

12⁹⁹

JANES Ultimates Breaded or Battered Haddock or Cod or Pan Sear Haddock, Cod or Sole 500-615 g

400 PTS when you buy 2

That's like \$4 toward your groceries

HAUL IN 1 MILLION SCENE+ POINTS

Scene+ That's like \$10,000 toward your groceries

BUY \$15 on any participating True North Seafood products between January 2-29, 2025.

SCAN your Scene+ card at checkout to be entered to win.

*see contest rules at the bottom of the page.

value size

17⁹⁹

TRE STELLE Feta 850 g

25% off

Gruyère works out to 4.99/100 g, Emmental works out to 4.29/100 g, Chevalier Triple Cream Brie works out to 3.89/100 g or Gruyère Langrutti works out to 5.69/100 g

Get back to routine with these essentials!

300 PTS when you buy 3

5⁹⁹

COMPLIMENTS Cheese Slices 150-170 g

100 PTS when you buy 2

\$5

COMPLIMENTS Sliced Meats 175 g

50 PTS when you buy 1

6⁹⁹

FRICO Gouda Snacks 160 g

\$2

OH SNAP! Pickle Bites selected 90 mL

10⁴⁹

PILLER'S Family Size Pepperoni Topping 400 g

8⁹⁹

PILLER'S Club Packs Sliced Deli Meats selected 350 g

SLICED FRESH

4⁴⁹ /100 g

MAPLE LEAF Natural Selections

SLICED FRESH

3⁴⁹ /100 g

SIKORSKI Grandpa Ham

75 PTS when you buy 150 g or more

3⁴⁹ /100 g

SAN DANIELE Mortadella selection varies by store

SLICED FRESH

* NO PURCHASE NECESSARY. Full Contest rules and no purchase entry method found at www.sobeys.com/en/true-north-salmon-one-million, www.safeway.ca/true-north-salmon-one-million. Contest runs from January 2, 2025 and ends on January 29, 2025. Open to legal residents across all provinces of Canada excluding Quebec who have a valid Scene+ account, and who have reached the age of majority on the date they enter the Contest. There is one (1) prize to be won. The prize consists of 1,000,000 Scene+ points (ARV \$10,000.00 CAD). The prize has no equivalent cash value, is non-transferable and no substitutions will be made. Correctly answered skill testing question required. Odds of winning depend on the number of eligible entries received.

HAPPY LOHRI

Find everything you need for your festivities.



Indian Okra (Bhindi)
product of Honduras
13.21/kg
5.99
/lb



PRODUCT OF CANADA
2.29
/lb
Red Carrots product of Canada 5.05/kg



4.99
/lb
Guava product of Egypt 11.00/kg



12.99
CHALO Signature Basmati Rice 4.54 kg



12.99
TILDA Basmati or Basmati Brown Rice 1.81 kg



39¢
MAGGI Masala Noodles 70 g



3.99
PATAK'S Sauces 400 mL or 3 Step Meal Kits 313-315 g



3.99
THE SPICE TAILOR Meal Kits 215-375 mL



4.49
TRE STELLE Paneer 350 g



2.49
SURATI Snacks 250-341 g



8.99
TEA VALLEY Orange Pekoe Tea 216 pk or AHMAD TEA 454 g selected varieties



99¢
PARLE-G Biscuits 300 g

Happy Lunar New Year
新年快樂



1.88

Asian Pears product of China 4.14/kg

Spicy & savoury!



88¢

Bok Choy or Napa Cabbage product of USA or Mexico 1.94/kg



3.88

Kumquats product of China



2.49

CARNATION Evaporated Milk 354 mL



6.88

EIGHT TREASURES Whole Raw Head-On Shrimp 400 g



8.88

EIGHT TREASURES Whole Tilapia 1.36 kg



20.99

LINDOR Chocolate Cornet 540 g while supplies last



13.99

MAZOLA Corn, Vegetable or Canola Oil 2.84 L



6.48

KIKKOMAN Soy Sauce 591 mL



5.98

MINI CRUSH Fruit Jelly 1.4 kg



3.98

AROJ Coconut Crispy Rolls 90 g available in selected varieties and stores



4.48

GLICO Pocky Chocolate or Strawberry Biscuit Sticks 8 pk available in selected stores



2.48

HATA Ramune Sodas 200 mL available in selected varieties and stores



4.98

SAPPORO ICHIBAN Noodles 5 pk available in selected varieties and stores



4.88

CP AUTHENTIC ASIA Frozen Entrées 250-350 g available in selected varieties and stores

kitchen



STARTING AT **4.99**

RESER'S Main Street Bistro Side Dishes 340-680 g



6.79 Wrap Sandwiches 219-370 g



9.99 BBQ Chicken Legs Back Attached 4 pk 720 g



19.99 RANA Lasagna 1.1 kg available chilled

READY FOR YOU This week's ready for you meal deals.

250 PTS when you buy 1 meal deal

1.49 ea. PLUS add one 1-litre Coca-Cola product

Feed a family of 4 for \$4.75 ea.

BUY 1 Whole Assorted Dagwood Sandwich 1.15 kg

+1 COMPLIMENTS Salad potato, creamy coleslaw, macaroni or other selected varieties 850-908 g

for only 18.99

That's like **\$5** toward your groceries

Get **500 PTS** When you spend \$10 or more

Ready for you Chilled Meals

READY FOR YOU



3.99 COMPLIMENTS Regular Dips or Hummus 200-227 g



5.49 FONTAINE SANTÉ Mini Hummus 6x57 g

bakery

BAKED IN STORE

3.99 Butter Crust, Dutch Crunch, Soft Italia or Sesame Seed Topped Bread 450 g

Scene **MEMBER** **4.29** SAVE 40¢

4.69 without Scene+ Card COMPLIMENTS Brioche Burger Buns 4 pk 200 g

BAKED IN STORE

4.69 Value Pack Hot Dog or Hamburger Buns 12 pk

BAKED IN STORE

50 PTS when you buy 1

6.29 Cheese Swirl Buns 4 pk 367-400 g

BAKED IN STORE

4.49 Panini Buns 6 pk 250-480 g

BAKED IN STORE

6.99 Gourmet Cookies 6 pk 410-475 g

100 PTS when you buy 2

6.99 COMPLIMENTS Loaf Cake Sliced 344-400 g

8.99 Small Bar Cakes 455-575 g

75 PTS when you buy 1

5.99 COMPLIMENTS Mini Cupcakes Vanilla or Chocolate 12 pk 284 g

BUY MORE SAVE MORE

5.99 COMPLIMENTS Mini Muffins 336 g 6.49 ea

4.49 Dessert Cake Slices 115-230 g

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



Ready for you 4 Can Dine for \$19.99



ADD one 1-litre
Coca-Cola product

149
ea.



**CHOOSE
CHICKEN
OR
RIBS**

250 PTS
when you buy 1
Family meal deal

**Hot Roast
Chicken**

OR

**Full Rack
of Back Ribs**

and Any 2 Sides

Large Potato Wedges

or COMPLIMENTS

Salad 426-454 g

**and 4 Butter
Topped Buns**



frozen & dairy



11⁹⁹
YOPLAIT Yop
12x200 mL



3⁹⁹ +100 PTS
when you buy 3
INTERNATIONAL
DELIGHT Coffee
Creamers 473 mL



4⁹⁹ iOGO Nano
Drinkable Yogurt
6 pk



5⁹⁹ +100 PTS
MEMBER
PRICE
SAVE 50¢
without
Scene+
Card
SIGGI'S Icelandic Style Yogurt 750 g



5⁴⁹
NATREL Lactose Free Milk 2 L or
Flavoured Coffee Creamer 1 L



3⁹⁹ +150 PTS
when you buy 3
YOPLAIT Yogurt
Tubes or Mingo
Yogurt 6-8 pk



5⁴⁹ TROPICANA Zero
Sugar, Drinks or
Lemonade 1.36 L



5⁹⁹ +100 PTS
when you buy 2
ARMSTRONG Cheese Slices
220-240 g, Sticks 210 g, Swirls
283-340 g or Combos 180 g



6⁹⁹ GAY LEA Butter
454 g excludes
sticks



8⁹⁹ KRAFT Singles
825 g



3⁹⁹ KOZY SHACK Pudding 624 g or
4 pk or MINUTE MAID Zero Sugar
Drinks 1.54 L



5⁹⁹ +100 PTS
when you buy 2
OASIS Health Break
or Smoothie 1.6 L



7⁴⁹ +100 PTS
when you buy 2
DR. OETKER Tradizionale Pizza,
Giuseppe Easy Pizzi or The Good
Baker Pizza 300-600 g



5⁹⁹ HEALTHY CHOICE
Zero or Power
Bowls 262-276 g



3⁴⁹ PILLSBURY Toaster
Strudel 326 g



4⁴⁹ +100 PTS
when you buy 2
CHAPMAN'S Super
Premium Plus Ice
Cream 500 mL



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Or it's free.***

*For details see COMPLIMENTS.ca

100%
MONEY BACK
GUARANTEE



4⁹⁹ +100 PTS
when you buy 2
COMPLIMENTS Cozy Coop
Large White Eggs 12 pk



4⁴⁹ +200 PTS
COMPLIMENTS Cheddar
Flavour Slices 400 g



5⁹⁹ +100 PTS
when you buy 2
COMPLIMENTS
Greek Yogurt 650 g



2⁹⁹ +150 PTS
when you buy 2
COMPLIMENTS Balance or
Asian-Inspired Frozen Entrées
selected 250-280 g



2⁹⁹ +100 PTS
when you buy 2
COMPLIMENTS
Perogies 907 g



3⁹⁹ COMPLIMENTS Steak Cut
Onion Rings 454 g



3⁹⁹ +200 PTS
when you buy 2
COMPLIMENTS Frozen
Vegetables selected 750 g



2⁹⁹ COMPLIMENTS
Couscous 340 g



2⁹⁹ +100 PTS
when you buy 2
COMPLIMENTS Sauces 350 mL
or Soya Sauce 450 mL



2⁹⁹ +100 PTS
when you buy 2
COMPLIMENTS Coconut
selected 200 g



5⁷⁹ +100 PTS
when you buy 1
COMPLIMENTS Bagged
Jumbo Cereal 400-794 g



1⁹⁹ +100 PTS
when you buy 3
COMPLIMENTS Canned
Tomatoes 540-796 mL

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drinks & snacks

 <p>2/950 DORITOS Tortilla Chips 210-280 g</p>	 <p>3.99 LA COCINA Tortilla Chips 300-400 g</p>	 <p>100 PTS when you buy 2 PEPSICO Beverages 12x355 mL, any flavour</p>
 <p>749 STARBUCKS Creamers 828 mL</p>	 <p>2/\$9 MISS VICKIE'S Kettle Chips 190-200 g</p>	 <p>6.49 BUY MORE SAVE MORE MONTELLIER Carbonated Spring Water 10x355 mL, any flavour</p>

 <p>4.49 HERSEY'S Bagged Chocolate 160-290 g</p>	 <p>9.99 FRITO-LAY Multipacks 16 pk</p>	 <p>3.99 TWIGZ Pretzels 130 g</p>	 <p>100 PTS when you buy 2 COMPLIMENTS Flavoured Tortilla Chips 255 g or Potato Chips Extra!!! Flavour 200 g</p>
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 <p>2.99 LINDT Swiss Classic Chocolate Bar 100 g or DARE Real Fruit Candy 120-180 g</p>	 <p>1.79 BUY MORE SAVE MORE HERSEY'S King Size Chocolate Bars 62-96 g or SKITTLES or STARBURST Candy 48-61 g 1.99 ea</p>	 <p>7.99 NATURE VALLEY Midsize or Trail Mix Granola Bars or BETTY CROCKER Fruit Gushers selected varieties 340-525 g</p>	 <p>9.99 SAVE \$2 11.99 without Scene+ Card SUNKIST Fruit Snacks Club Pack 792 g</p>
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 <p>3.29 PEPPERIDGE FARM Goldfish Crackers or Crisps 156-227 g</p>	 <p>3.99 CHRISTIE Cookies selected 212-303 g</p>	 <p>3.49 VOORTMAN No Sugar Added Cookies or Wafers 142-320 g or BOULANGERIE GRISSOL Melba Toast, Canape or Baguettes 120-200 g</p>	 <p>3.49 CARR'S Table Water Crackers 125-150 g</p>
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 <p>6.99 YORKSHIRE TEA Gold or Red 80 pk</p>	 <p>21.99 LAVAZZA Rossa or VAN HOUTTE Coffee K-Cups® Pods 30 pk</p>	 <p>100 PTS when you buy 2 6.99 TAZO Tea Concentrates 346 mL</p>	 <p>200 PTS when you buy 2 4.99 NESTLÉ Carnation Hot Chocolate Envelopes 7-10x25 g</p>
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Here for your budget and lifestyle 

 <p>500 PTS when you buy 4 4.99 COMPLIMENTS Tea 48-72 pk</p>	 <p>75 PTS when you buy 2 1.99 COMPLIMENTS Tomato Juice 540 mL</p>	 <p>100 PTS when you buy 4 4/\$5 COMPLIMENTS Spring Water 1.5 L</p>	 <p>4/\$5 COMPLIMENTS Fizzy or Sparkling Flavoured or Unflavoured Water 503 mL-1 L</p>
 <p>150 PTS when you buy 2 4.99 BEST BUY Creme-Filled Cookies selected varieties 600 g</p>	 <p>150 PTS when you buy 2 2/\$7 COMPLIMENTS Cranberry or Ruby Red Cocktails 1.89 L</p>	 <p>100 PTS when you buy 2 2.00 COMPLIMENTS Potato Chips 200 g</p>	 <p>150 PTS when you buy 2 1.25 COMPLIMENTS Candy 125-175 g</p>

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889_SWFT_WF06152_WST_AB_M81_8K

meal makers

300 PTS when you buy 1

COMPLIMENTS Extra Virgin Olive Oil 1 L

5.99 STEFANO Pasta Sauce 405-648 mL

4.79 FRANK'S RedHot Sauce 354 mL or Thick Hot Sauce 354 mL or MUTTI Passata 680 mL

9.99 KRAFT 100% Grated Parmesan 250 g

100 PTS when you buy 5

99¢ COMPLIMENTS Taco, Fajita or Chili Seasonings 35-39 g

2.29 KNORR Sidekicks 112-167 g Buy 3 or more

5.99 CLOVER LEAF Sockeye Salmon 213 g

1.99 GREEN GIANT Canned Vegetables 341-398 mL

value size

15.99 HERSEY'S Chipits 775-925 g

4.99 EAGLE BRAND Condensed Milk 300 mL or COMPLIMENTS Pie Filling selected 540 mL

4.49 BETTY CROCKER Bisquick, Cookie, Brownie & Cake Mixes selected varieties 263 g -1.13 kg

8.79 YELLOWSTONE Seasoning Blends 135-160 g

80 PTS when you buy 4

4/\$5 JELL-O Instant Pudding 30-170 g or Jelly Powders 10-85 g

3.49 DEL MONTE Fruit Bowls or Gels 4 pk

100 PTS when you buy 1

5.49 BEEMAIID Honey 375 g

4.99 NUTELLA Hazelnut Spread 375 g or B-Ready Bars 6 pk

5.49 OROWEAT Tortilla Keto 246 g

3.49 DEMPSTER'S White or Whole Wheat Bread, Texas Toast or Sandwich Bread 675 g

4.99 MINUTE RICE 500-700 g selected varieties

4.99 SPAM Luncheon Meat 340 g

natural health

50 PTS when you buy 1

11.99 PASTA TAVOLA Ravioli 400 g

GLUTEN FREE

2/10 EARTH'S OWN Beverage Barista Oat Gluten-Free 946 mL

11.99 AMY'S Pizza 340-397 g

BUY 1 GET 2ND 50% OFF

NOBLE BEAN Tempeh 240 g

100 PTS when you buy 2

3.99 COMPLIMENTS Coconut Water 1 L

3.99 SMARTSWEETS 50 g

9.99 COMPLIMENTS ORGANIC Roasted Ground Coffee 275-300 g or Pods 12 pk

100 PTS when you buy 1

6.49 MARY'S ORGANIC Crackers 142-184 g

5.99 TOM'S OF MAINE Toothpaste 76-90 mL

39.99 PERFECT SPORTS DIESEL Whey Protein 908 g

150 PTS when you buy 2

7.99 LARABAR 5 pk 225-240 g

30% off JAMIESON Assorted Letter Vitamins or Multivitamins

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Back to wellness
Hit your health resolutions with these simple swaps

2/\$5 CLIF Builders Bars 66 g or Carton of 12, 29.99 a carton

Boost your hydration

44⁹⁹ VEGA Sport Vegan Protein Powder 812-837 g

19⁹⁹ BIOSTEEL Hydration Mix 16 pk 112 g

100 PTS when you buy 2

5⁴⁹ TRADITIONAL MEDICINALS Teas 16 pk

9⁹⁹ SMART Juice ORGANIC 1L

7⁴⁹ NAKED & SAUCY Natural Nooch Dressings or Natural Sauces 250-296 mL or Natural Simmering Sauces 350 g

9⁹⁹ KETTLE AND FIRE Bone Broth 454 g

3⁹⁹ PURPLESFUL SNACKING Popcorn 136 g

2/9⁹⁹ RIVIERA Vegan Delights Yogurt 500-650 g

7⁹⁹ EARTH BALANCE Spreads or Sticks 368-454 g

200 PTS when you buy 2

100 PTS when you buy 2

4⁴⁹ DAIYA Cheese Style Shreds, Slices or Blocks 185-220 g

6⁹⁹ ENJOY LIFE Chocolate Chips 255-283 g

15% off BOB'S RED MILL Rolled Oats 454-907 g or Steel Cut Gluten-Free Oats assorted varieties 680 g

100 PTS when you buy 2

4⁹⁹ DAIYA Mac & Cheese 156 g

100% plant-based

400 PTS when you buy 2

8⁹⁹ DAIYA Pizza 346-550 g

9⁹⁹ SWERVE Icing Sugar or Sugar Replacement 340 g

50 PTS when you buy 1

7⁹⁹ WHOLESOME ORGANIC Blue Agave 240 mL or ORGANIC Palm Sugar 454 g

Carbonaut
Plant-based. Numbers conscious. Delicious.

STARTING AT 6⁹⁹ CARBONAUT Breads assorted 164-550 g 6.99-8.49 ea

200 PTS when you buy 3

4⁴⁹ ANNIE'S Crackers, Cookies or Granola Bars 130-213 g

Return to school with natural and organic favourites

5⁹⁹ ANNIE'S Cinnamon Crunch Cereal 260 g

3²⁹ ANNIE'S Mac & Cheese 148-170 g

150 PTS when you buy 2

4⁹⁹ MUIR GLEN Tomatoes selected varieties 796 mL

7⁹⁹ LÄRABAR Fruit and Nut Energy Bars 5 pk

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home & pet care

4/\$6 IAMS Perfect Portions Wet Cat Food Singles 75 g

24⁹⁹ IAMS Proactive Health Cat Food 3.18 kg

75 PTS when you buy 1
12⁹⁹ PURINA ONE Dry Cat Food 1.45-1.8 kg or Treats 425-566 g

100 PTS when you buy 1
7⁹⁹ COMPLIMENTS Cat Litter 7 kg or Cat Food 2 kg

6⁹⁹ OXI CLEAN White Revive Laundry Stain Remover 1.47 L

4⁹⁹ MR. CLEAN Multi-Surface Cleaners 1.21 L

200 PTS when you buy 1
8⁹⁹ COMPLIMENTS Dishwashing Liquid 5 L

4⁹⁹ DRANO Drain Cleaner Liquid 900 mL

7⁹⁹ BONTERRA Bathroom Tissue 9=27 rolls, Facial Tissue or Paper Towels 3 pk

18⁹⁹ PUREX Bathroom Tissue 24=48 or 12=48 rolls, SPONGE TOWELS 6=12 rolls or SCOTTIES Facial Tissue 12 pk

12⁴⁹ GLAD Tall Kitchen Catchers 50-60 pk

2⁹⁹ **SAVE 80¢**
3⁷⁹ without Scene+ Card
COMPLIMENTS Recloseable Sandwich Bags 100 pk, Snack 75 pk, Freezer Bags 15=20 pk or Foil Wrap 50 ft

health, beauty & baby

150 PTS when you buy 2
6⁹⁹ NIVEA Body Wash, Deodorant or Shave or Lip Care 51-125 g, 50-500 mL or 2 pk selected

3⁹⁹ COLGATE Total or Max Fresh Toothpaste 70-170 mL or Brushes 1-3 pk, IRISH SPRING Bar 3 pk or SOFTSOAP Hand Soap 332 mL selected

8⁹⁹ JOHN FRIEDA, L'ORÉAL Everpure or Everstrong Shampoo or Conditioner 115-250 mL or 210 g selected

10⁹⁹ ALWAYS Pads, Liners or TAMPAX Tampons 18-162 pk selected

300 PTS when you buy 2
6⁹⁹ LISTERINE Mouthwash 1 L selected

STARTING AT 7⁹⁹ **400 PTS** when you buy 1
OGX, AVEENO or MAUI Hair Care 100-385 mL or 172-340 g selected

100 PTS when you buy 1
6⁴⁹ DEGREE Deodorant 50 mL or 74-107 g selected

15% off
GARNIER Micellar Water 400 mL or Wipes 25 pk or L'ORÉAL Paris Skincare 120-200 mL selected

22⁹⁹ HUGGIES Baby Wipes 560-704 pk

28⁹⁹ HUGGIES Giga, Goodnites or Pull-Ups 28-74 pk

59⁹⁹ SIMILAC Pro-Advance 16x235 mL

2¹⁹ **BUY MORE SAVE MORE**
LOVE CHILD Organics Purée 128 mL 2.49 ea

pharmacy

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300 PTS when you buy 1
15% off
NEXIUM 24hr Heartburn Relief 14 pk*

300 PTS when you buy 2
10% off
VITALUX Eye Vitamins 75-120 pk or CLEAR CARE Contact Lens Solution Duo Pack 720 mL

250 PTS when you buy 1
20% off
TENSOR Pain or Injury Products selected

150 PTS when you buy 2
15% off
TYLENOL Pain Relief 50-120 pk or MOTRIN 200-400 mg 45-90 pk selected*

250 PTS when you buy 2
16⁹⁹
TYLENOL Complete 40 pk or BENYLIN All-In-One 250-270 mL or 40 pk selected*

150 PTS when you buy 2
15% off
POLYSPORIN Ointment 15 g or BAND-AID Bandages 10-60 pk

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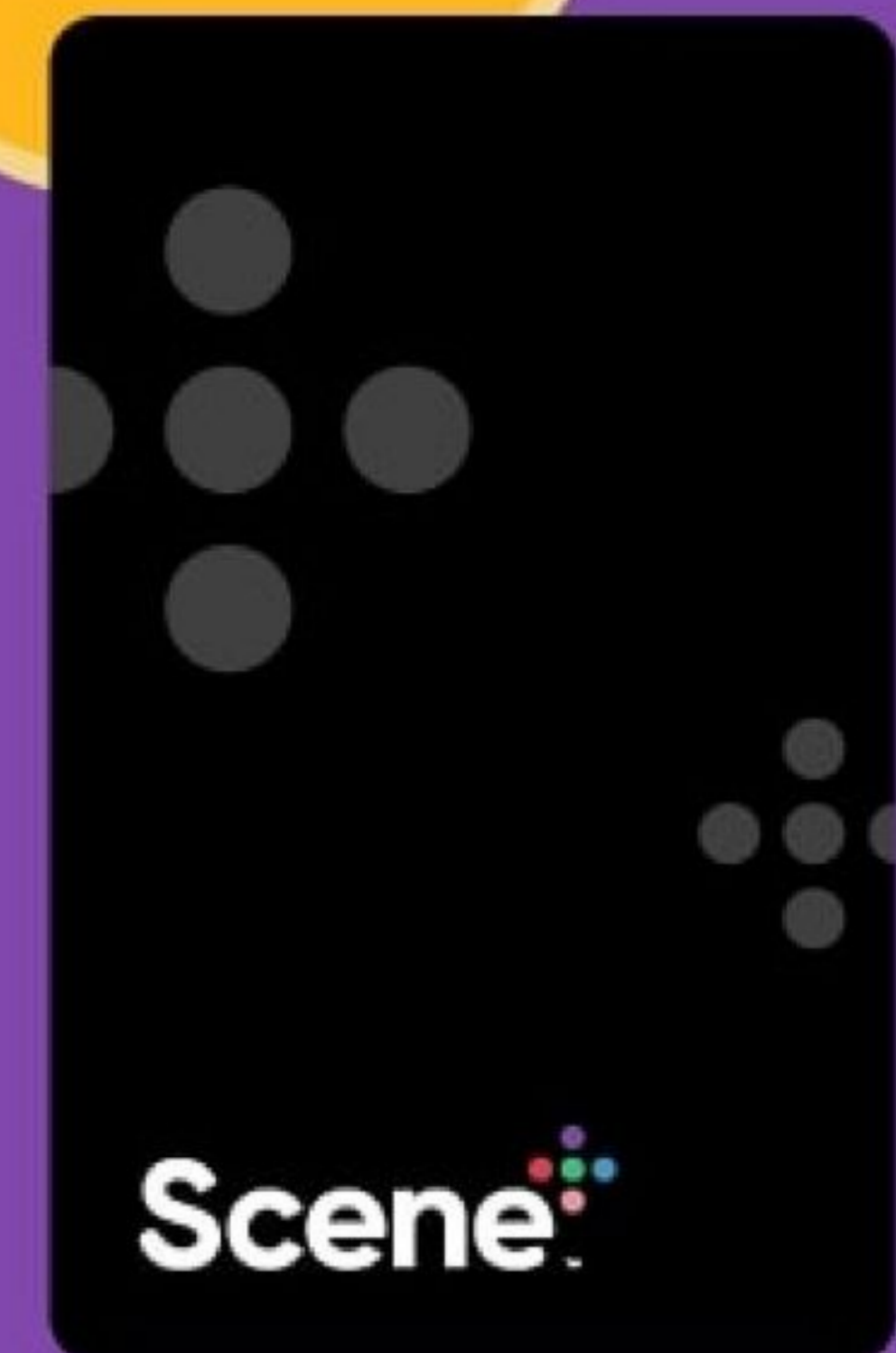
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