

**FRESH CO**

Flyer in effect March 13-19, 2025  
Prices in effect in Western Canada

ZONE 1

**77**  
**THE BIG EVENT**



Equal to  
\$3.77/lb

SAVE \$9<sup>22</sup>

**20<sup>77</sup>**

Compliments  
Seasoned Boneless  
Skinless Chicken  
Breasts  
Frozen 2.5 kg  
reg 29.99



**2<sup>77</sup>**  
/lb

Green or Red Seedless Grapes  
Product of Peru or  
South Africa No. 1 Grade  
6.11/kg



Asparagus  
Product of Mexico  
No. 1 Grade  
6.11/kg

**2<sup>77</sup>**  
/lb



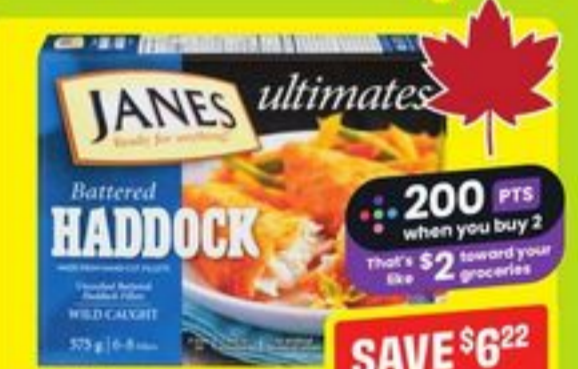
Compliments  
Chicken, Turkey or  
Ham Deli Meat  
175 g  
Selected Varieties  
Mastro Genoa Salami  
150 g  
WHILE SUPPLIES LAST  
reg 4.00-5.99

SAVE UP TO \$3<sup>22</sup>  
**2<sup>77</sup>**



Campbell's  
Tomato, Vegetable,  
Chicken Noodle or  
Cream of Mushroom  
Soup 284 mL reg 1.69

SAVE 92¢  
**77¢**



Janes Ultimates Breaded  
or Battered Fish  
Frozen 530-615 g or  
Pan Sear Fish  
Frozen 500-540 g  
reg 15.99

SAVE \$6<sup>22</sup>  
**9<sup>77</sup>**



Black Diamond  
Cheese Slices  
410 g  
Silk Beverages  
1.40-1.89 L  
Selected Varieties  
Danone Oikos  
Yogurt 4 pk  
reg 4.29-4.99

SAVE UP TO \$2<sup>22</sup>  
**2<sup>77</sup>**



Simply Orange  
Juice 2.63 L  
reg 8.99

SAVE \$3<sup>22</sup>  
**5<sup>77</sup>**



MEMBERS SAVE \$2  
**6<sup>77</sup>**  
MEMBER CARD

Lil' Juan's Entrées 300-400 g  
Lou's Kitchen Quick'n Easy Entrées 375-400 g  
reg 9.99-10.99



Lal Qilla Rice or  
Saleem Caravan Rice  
4.54 kg  
Selected Varieties  
reg 14.79-14.99

SAVE UP TO \$4<sup>22</sup>  
**10<sup>77</sup>**

Last Week! **GET UP TO 2,500 PTS** **WHEN YOU LOAD THIS OFFER FEB 20 - MAR 19, 2025**

LOAD THIS OFFER AND GET 250 PTS ON 4 TRANSACTIONS OF \$50+ AND GET UP TO 1,500 PTS BONUS FOR USING THESE OFFERS.

SPEND \$50+  
1<sup>st</sup> Shop GET 250 PTS  
2<sup>nd</sup> Shop GET 250 PTS  
3<sup>rd</sup> Shop GET 250 PTS  
4<sup>th</sup> Shop GET 1,750 PTS

Download the FreshCo App

PRODUCT SELECTION MAY VARY BY LOCATION

**Shopping Canadian** That's Fresh Look for this symbol

FC\_WW46\_WST\_FOLD1

<p><b>177</b> 229 without coupon Quaker Chewy or Dipp's Granola Bars 120-156 g</p>	<p>Compliments Fizzy Water 1 L or Sparkling Water 1 L or Flavoured Sparkling Water 503 mL reg. 0.99-1.29 <b>SAVE UP TO 52¢</b> <b>77¢</b></p>	<p>Nestlé Chocolate Bars 40-60 g Selected Varieties reg. 2.00 <b>SAVE \$1.23</b> <b>77¢</b></p>
<p>Maxwell House Pods 30 pk or Nabob Ground Coffee 930 g or Pods 30 pk reg. 19.99-24.99 <b>SAVE UP TO \$10.22</b> <b>14.77</b></p>	<p>Lactantia Cream Cheese 250 g or Cream Cheese Spread 227 g reg. 3.99 <b>SAVE \$1.22</b> <b>2.77</b></p>	<p>Tetley Tea 20-24 pk reg. 4.99 <b>SAVE \$2.22</b> <b>2.77</b></p>
<p>Cheetos 170-285 g Miss Vickie's 180-200 g Sun Chips 205 g reg. 4.49-4.79 <b>SAVE UP TO \$1.02</b> <b>3.77</b></p>	<p>Mott's Clamato or Ocean Spray Cocktail 1.89 L reg. 4.49-4.79 <b>SAVE UP TO \$1.02</b> <b>3.77</b></p>	<p>Compliments Frozen Fruit 300-600 g or Ice Cream 1.5 L reg. 4.99-5.79 <b>SAVE UP TO \$2.02</b> <b>3.77</b></p>
<p>Gatorade 6x591 mL or 8x355 mL reg. 6.99 <b>SAVE \$1.22</b> <b>5.77</b></p>	<p>Bubly 12x355 mL Montellier 10x355 mL reg. 6.99 <b>SAVE \$1.22</b> <b>5.77</b></p>	<p>McCain Premium Family Size Potatoes 900 g-1.8 kg reg. 8.99 <b>SAVE \$2.22</b> <b>6.77</b></p>

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

<p>100 PTS when you buy 3 That's \$1 toward your groceries <b>2.77</b> Pillsbury Cookies 251-468 g</p>	<p>100 PTS when you buy 2 That's \$1 toward your groceries <b>SAVE \$1.22</b> <b>2.77</b> Minute Maid, Five Alive or Fuze Iced Tea Beverages 8x200 mL or 10x200 mL reg. 3.99</p>
<p>200 PTS when you buy 2 That's \$2 toward your groceries <b>SAVE \$1.62</b> <b>8.77</b> Gain Liquid Detergent 2.6 L Downy Beads 303-379 g or Liquid 2.63 L reg. 13.49-14.99</p>	<p>100 PTS when you buy 2 That's \$1 toward your groceries <b>SAVE \$1.22</b> <b>4.77</b> Axe Deodorant or Body Spray 76-113 g, Hair Shampoo 473 mL or Body Wash 473 mL reg. 5.99-7.29</p>

**Scene Digital Exclusive** MARCH 13-19, 2025

**25% OFF** Load this offer and get 25% off on Chaló! Naan 5-10 pk or Roti 15 pk

**25% OFF** Load this offer and get 25% off on Compliments Frozen Mini Pizzas 736-786 g

Download the FRESHCO APP

Offer valid February 20-March 19, 2025. Offer must be loaded to registered Scene+ Card prior to transaction. Minimum \$50 spend must be made in a single transaction. Limit 1000 Points allotment per transaction, and four (4) total allotments on four (4) separate transactions. 1000 points bonus to be awarded within 4 weeks of the end of the offer period and qualifying purchases must be made on different days. Offer excludes taxes, rental fees, event tickets, gift cards, postal products and services, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery, photo finishing and other products that are excluded by law. Offer valid at all FreshCo and Foodland locations in Canada.

The Scene+ Loyalty Program is available at all participating FRESHCO locations within WESTERN CANADA. No base Scene+ points earned. See weekly offers for current ways to earn Scene+ points and visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. All weekly Scene+ offers exclude taxes, delivery charges, bill payments, service fees, rental fees, event tickets, gift cards, fluid dairy products in Atlantic regions, postal products and services, Western Union, McCain/Tim Hortons/Starbucks products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery, photo finishing, donations, 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, March 13, 2025 to Wednesday, March 19, 2025. Prices in effect while supplies last. We reserve the right to limit quantities. No rainchecks except as advertised. All price savings shown in this flyer are measured against our lowest regular retail price offered at our stores in the applicable trade area and do not apply to products owned, operated or franchised by Sobey Capital Incorporated. Savings offered may differ by region. We reserve the right to correct any unintentional errors in this flyer and make changes to any of our programs without prior notice. See [www.freshco.com](https://www.freshco.com) for details. Our reference to "lowest price", "low price", and other similar statements in our ads is as compared to the full-service banners operated by Sobey Capital Incorporated. See in store or [www.freshco.com](https://www.freshco.com) for full details of our Guarantees. All Guarantees are optional and our absolute discretion and we reserve the right to define competitor's 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, health and marketing initiatives and any products which may not be discounted by law. **LOWEST PRICE GUARANTEE:** Subject to the Limitations and excluding products sold by third-party vendor products sold 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; New York, 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 four (4) units of each price matched item per customer. **DOUBLE FRESH GUARANTEE:** Subject to Limitations, if you buy an eligible product from our store, use the product as intended, and the product does not meet your expectations, you can return the product with a receipt within 14 days of purchase and we will refund the purchase price and provide you with an identical replacement product (while supplies last). **IN-STOCK GUARANTEE:** Subject to Limitations and excluding seasonal and limited-quantity products, if you find that we are out of stock of any product featured in this store's current flyer, we will provide you with a rain check that can be used to purchase the item for 10% off the current advertised price when the item is back in stock. **PRICES IN EFFECT IN WESTERN CANADA.**

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

Blueberries 170 g  
Product of Mexico  
or Peru  
No. 1 Grade  
Blackberries 170 g  
Product of Mexico

**3.99**

Grape Tomatoes 680 g  
Mini Sweet Peppers 454 g  
Product of Mexico

**3.99**

Red Mangoes  
Product of Peru  
or Mexico

**1.79**

Compliments  
Gala Apples 3 lb  
Product of Canada  
Canada Fancy  
1.36 kg

**4.99**

Roma Tomatoes  
Product of Mexico  
No. 1 Grade  
4.39/kg

**1.99**  
/lb

Mini Seedless  
Cucumbers 6 pk  
Product of Canada  
Canada No. 1

**3.49**

Green Kiwifruit

Kiwi 454 g  
Product of Italy  
or Greece

**4.99**

Clementines 2 lb  
Product of Morocco  
907 g

**5.99**

Romaine Hearts 3 pk  
Product of Mexico  
or USA

**4.99**

Cauliflower  
Product of Mexico  
or USA  
No. 1 Grade

**3.99**

CANADIAN BEEF  
PREFERRED ANGUS

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

**11.99**  
/lb

Value Pack Beef  
Tri Tip Steak  
Cut from Canada  
AA or Higher  
26.43/kg

SAVE \$1

**\$4**

Legacy Boneless  
Pork Chops 375 g  
WHILE SUPPLIES  
LAST  
reg 5.00

Pogo Original 4 pk  
Frozen 300 g  
reg 5.99

**2.99**

Maple Leaf  
Top Dogs or  
Schneiders Original  
375 g reg 5.99

**3.99**

Tasty Bite  
285 g

**2.75**

Maple Leaf Prime Raised  
Without Antibiotics  
Breaded Chicken  
Frozen 568-700 g  
Schneiders Schnitzel  
Frozen 450 g  
reg 12.99-13.99

**9.99**

Dempster's Tortillas  
272-340 g  
Vachon Snack Cakes  
252-336 g  
reg 3.89-4.49

**2.79**

Villaggio Bread  
510-540 g or  
Buns 6-8 pk  
reg 3.89

**2.99**

Castello Sliced Cheese  
125-165 g or  
Blue Cheese 150 g  
Tre Stelle Boccconcini  
200 g  
reg 6.99-7.49

**5.49**

Marcangelo  
Sliced Meat 100 g  
reg 6.49

**5.99**

DISCOVER FLAVOURS OF THE WORLD & MORE DEALS ONLINE!



SAVE 90¢

2.79

Christie Cookies  
Selected Varieties  
224-303 g  
reg 3.69

SAVE UP TO \$1.70

2.99

Lay's Potato Chips  
177-235 g  
Smartfood 150-220 g  
Havoc Snacks 200 g  
reg 3.69-4.69



Danone Activia  
Yogurt 12 pk

5.99



Imperial Margarine  
1.28-1.36 kg  
reg 8.99

SAVE \$2  
6.99



McCain Breakfast Pockets  
6 pk 600 g  
reg 8.99

SAVE \$2.10  
6.79



Kellogg's Cereal  
Selected Varieties 247-435 g  
reg 5.49

SAVE \$2  
3.49



Quaker Cereal 350-500 g or  
Harvest Crunch 400-510 g  
reg 4.99-5.99

SAVE \$2.99  
\$3



Dare Bear Paws 336-480 g or  
Wagon Wheels 630 g  
Grissol Melba Toast 350-400 g  
reg 5.99-6.29

SAVE \$1.10  
4.99

Barilla Pasta 410 g  
Aurora Passata 660 mL  
reg 2.77-3.19

SAVE UP TO 70¢

2.49



Starbucks Roast & Ground Coffee  
311-340 g or K-Cups 10 pk  
reg 12.99

SAVE \$3  
9.99



Habitant Soup  
796 mL  
reg 3.59

SAVE 60¢  
2.99



Maxwell House  
Instant Coffee 150 g  
reg 6.99

SAVE \$2  
4.99



Hershey's Chocolate Pouches  
165-290 g or Multipacks  
184-232 g Selected Varieties

3.97



Takis Tortilla Chips 190-280 g  
reg 3.99

SAVE \$1  
2.99



Palmolive Dish Soap  
591-828 mL  
reg 3.29

SAVE 80¢  
2.49



Bounty Paper Towels  
3-6 Rolls  
reg 11.99

SAVE \$3  
8.99



Purex 4.43 L,  
Sunlight 4 L or  
Persil Laundry Detergent 2.21 L  
reg 15.99-17.99

SAVE \$3.5  
12.99



Finish  
Auto Dish  
Detergent  
60-105 pk  
reg 24.99

SAVE \$3  
21.99

MORE WAYS TO SAVE

HOT PRICE

Scene

Locked & Low

Look for these specially-marked items throughout our stores

# HAPPY HOLI



**2<sup>99</sup>** ↓  
**Rapini**  
 Product of USA



**2<sup>49</sup>** /lb ↓

**Red Carrots**  
 Product of China  
 5.49/kg



**SAVE \$3**  
**14<sup>97</sup>** ↓

**Brar's Desi Ghee**  
 800 g  
 reg 17.97



**SAVE 70¢**  
**2<sup>97</sup>** ↓  
**Deep Parathas or Naans**  
 300-400 g Selected Varieties  
 reg 3.67



**SAVE \$7**  
**14<sup>97</sup>** ↓  
**Swarna Chakki Fresh**  
 Atta 9.07 kg reg 21.97



**2<sup>47</sup>** ↓  
**Teja Holi Paints**  
 4 Colors 400 g



**SAVE \$1.00**  
**3<sup>97</sup>** ↓

**Britannia Biscuit Milk Rusk**  
 560 g reg 5.47



**SAVE 50¢**  
**1<sup>47</sup>** ↓

**Haldiram's Snacks 150 g**  
 Selected Varieties reg 1.97



**SAVE \$1**  
**2<sup>97</sup>** ↓

**Deep Indian Patties**  
 Lentil Flavour or Cocktail Potato  
 Samosas 425-427.5 g reg 3.97



**SAVE \$1**  
**3<sup>97</sup>** ↓

**Rubicon Organic Coconut**  
 Water or Milk Beverage 1 L  
 reg 4.97



**SAVE \$2.00**  
**6<sup>97</sup>** ↓

**Nanak Gulabjamun**  
 908 g  
 reg 9.77



**25 PTS**  
 when you buy 1  
**SAVE 50¢**  
**4<sup>47</sup>** ↓

**Verka Roasted Peanuts**  
 In-Shell 908 g  
 reg 4.97



**SAVE \$1**  
**4<sup>47</sup>** ↓

**Happy Dairy Paneer 300 g**  
 reg 5.47



**SAVE 50¢**  
**7<sup>47</sup>** ↓

**Teja Beans 1.81 kg**  
 Selected Varieties  
 reg 7.97



**2<sup>97</sup>** ↓

**Swad Sarson Da Saag**  
 800 g  
 reg 3.27



**SAVE 50¢**  
**3<sup>79</sup>** ↓

**Crispy Pound Cake**  
 368-420 g  
 reg 4.29



**SAVE \$2.00**  
**8<sup>97</sup>** ↓

**Nanak Rasmalai Dessert 850 g**  
 Selected Varieties  
 reg 11.47

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

# HAPPY NOWRUZ

Grey Zucchini  
Product of Mexico  
4.39/kg



**1.99**  
/lb



Fresh Yellow Dates  
Product of Peru  
19.82/kg

**8.99**  
/lb



**6.99**

Ahmad Tea  
100 pk or 100 g  
reg 7.47



**13.99**

Taj Foods Supreme Sella  
Basmati Rice 4.54 kg  
reg 16.97



Kasih  
Golden Tahini  
900 g  
reg 8.97

**7.99**



**3.99**

Kasih Premium  
Vanilla Halva 450 g  
reg 4.47



**1.79**

Puck Thickened  
Creamy Product  
160 g reg 2.27



**5.99**

Icim Turkish  
Labneh 550 g  
reg 6.97



**7.49**

Alshifa  
Natural Honey  
500 g reg 9.97



**4.99**

Kasih Premium  
Pistachio Halva  
450 g reg 5.97



**6.99**

Sera Hot Pepper  
Paste 720 mL  
reg 8.27



**2.49**

Almarai Guava  
or Mango 1 L  
reg 2.97



**3.29**

Salem Foods  
Classic Mixed  
Nuts 200 g  
reg 3.77



**3.49**

Bartar Jam  
250-300 g  
reg 3.77-4.47



**9.99**

Puck Creamy  
Dairy Spread  
500 g  
reg 12.97



**2.99**

Taj Foods  
Cookies 180 g  
reg 3.77



**2.99**

Taj Foods  
Cinnamon  
Sugar Cubes  
250 g reg 3.97



**3.79**

Sera Roasted  
Eggplant or  
Tomato Paste  
650-700 g  
reg 4.47-4.49



**5.49**

Greenworld  
Mixed Baklava  
200 g reg 6.97



**13.99**

Abu Kass Sella  
Basmati Rice  
4.54 kg reg 17.97



**3.99**

Chalo! Naan  
10 pk or  
Roti 15 pk  
reg 3.99-4.49



**13.79**

Kasih Jameed  
1 kg reg 15.97



**1.79**

Salem Foods  
Rose or Orange  
Blossom Water  
275 mL reg 2.27

WHILE SUPPLIES LAST, PRODUCT SELECTION MAY VARY BY STORE.

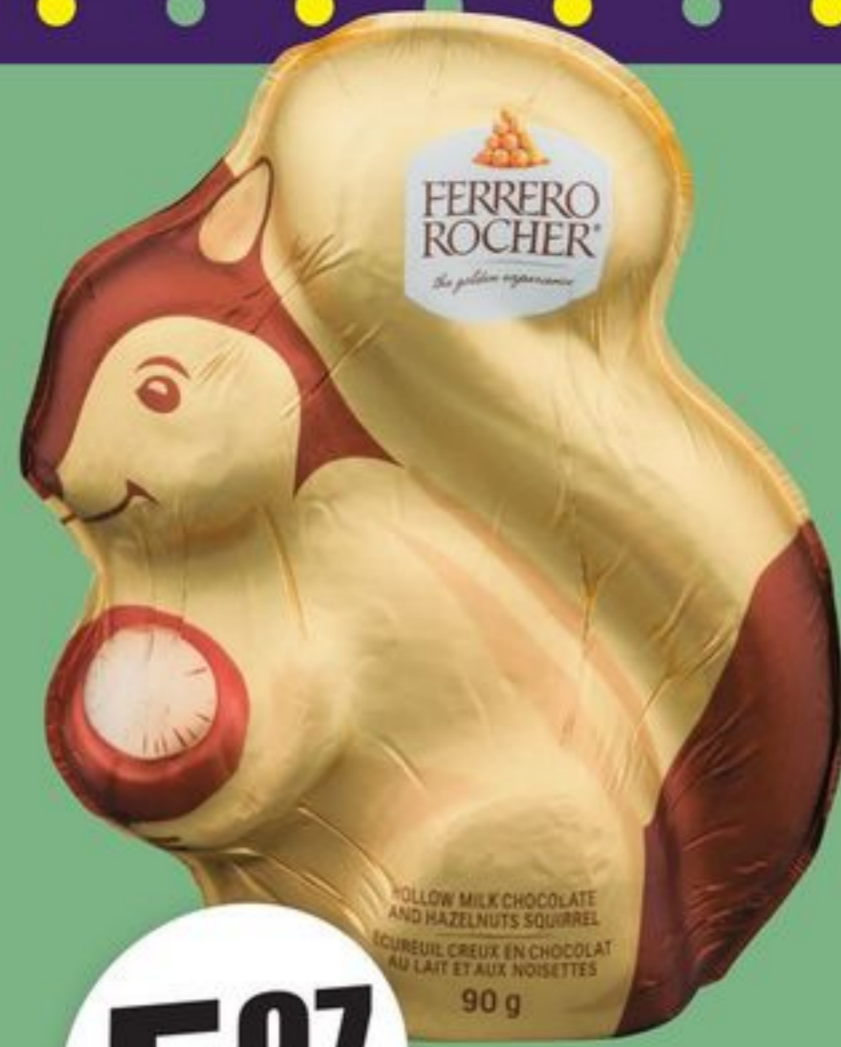
# SWEET DEALS



50 PTS  
when you buy 2

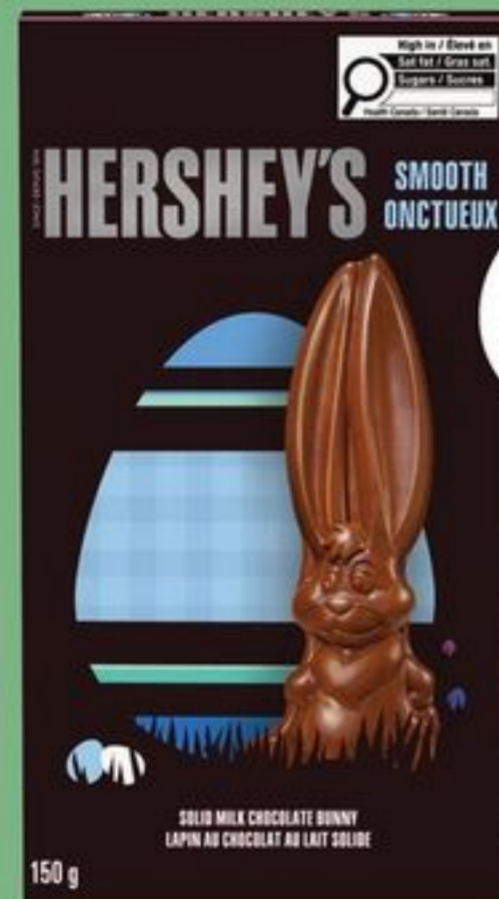
**4<sup>97</sup>**

Cadbury  
Mini Eggs 200 g



**5<sup>97</sup>**

Ferrero Rocher  
Squirrel 90 g



**5<sup>47</sup>**

Hershey's  
Chocolate Bunny  
120-170 g  
Selected Varieties

**2<sup>97</sup>**

Peeps  
Marshmallow  
Chicks 85 g



Lindt Lindor  
Mini Eggs 100 g

**4<sup>97</sup>**



Lindt Gold Milk  
Chocolate Bunny  
100 g

**6<sup>97</sup>**



Cadbury Novelty  
Chocolate Egg 97 g

**4<sup>97</sup>**



Kinder Chocolate  
Easter Eggs  
Mini Bag 182 g or  
Kinder Surprise  
4 pk

**6<sup>47</sup>**



Hershey's Eggies  
200-230 g

**4<sup>47</sup>**



Nestlé Hide Me  
Eggs 100-153 g

**5<sup>47</sup>**



Nestlé Chocolate  
Bunny 85-132 g

**5<sup>47</sup>**



Compliments  
Candy Coated  
Milk Chocolate  
Easter Eggs 943 g

**17<sup>97</sup>**



SAVE \$1.50

**3<sup>99</sup>**

Old El Paso Taco Kit  
250-510 g or Muir Glen  
Diced Tomatoes 796 mL  
reg 4.49-5.49



SAVE \$4

**17<sup>99</sup>**

Pillsbury Pizza Pops 30 pk  
2.85 kg  
reg 21.99



SAVE \$1

**8<sup>99</sup>**

General Mills Jumbo Cereal  
830-1300 g  
reg 9.99



SAVE \$1

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

Nature Valley Granola Bars  
or Betty Crocker  
Fruit Snacks 128-230 g  
reg 3.99

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

# 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.





# FOR THE TASTIEST OF IFTARS

إفطار ولا ألد



Member **\$3.29** Non Member **\$3.79**

Kiri 8P, 144g

Member **\$2.89** Non Member **\$3.29**

Kiri 150g



**\$10.99**

The Laughing Cow  
32P, 535g



Offer valid from March 13<sup>th</sup>-19<sup>th</sup>, 2025

