

Proudly supporting Canada!
Look for this symbol*



Sobeys



HOT PRICE
9.99
/lb

Fresh Boneless Striploin Premium Oven Roast or Family Size Grilling Steaks cut by your meat expert from Australia graded beef while supplies last 22.02/kg



HOT PRICE
4.88
/lb, ea

Boneless Skinless Chicken Breasts Family Size 10.76/kg or HAYTER'S FARM Fresh Extra Lean Minced Turkey product of Ontario 450 g



HOT PRICE
8.99

BARD VALLEY Medjool Dates 907 g



HOT PRICE
7.49
/lb

Tomatoes on the Vine product of Ontario 3.28/kg



HOT PRICE
8.99

PANACHE Seafood Appetizers selected 252-355 g



HOT PRICE
9.99

Prepared Fresh Daily Fruit or Vegetable Carousel 1-1.3 kg



HOT PRICE
5.47

KELLOGG'S or POST Family Size Cereals 480-725 g selected varieties



HOT PRICE
7.66

BARILLA Pasta 410 g or COMPLIMENTS Pasta Sauce 680 mL



HOT PRICE
4.44

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



HOT PRICE
3.64

DANONE Activia 8 pk



HOT PRICE
4.97

KRAFT Peanut Butter 750 g-1 kg or COMPLIMENTS Jam 375-500 mL



HOT PRICE
5.44

NESTLÉ Premium Frozen Dessert or Real Dairy Ice Cream 1.5 L, Drumstick or Premium Novelties 4-10 pk

*For details on claim requirements, visit the Canadian Food Inspection Agency (CFIA) website for food, and the Competition Bureau website for non-food.

International Women's Day

Proudly supporting **Canadian Women Entrepreneurs**

Women-owned or founded brands curated just for you. Discover these brands today in our online flyer and at your local Sobeys.

Collectively we can all **#AccelerateAction** Saturday, March 8, 2025



400 PTS when you buy 1 **21.99** Premium Ecuadorian Roses dozen 50 cm

THU 6 | FRI 7 | SAT 8 | SUN 9 | MON 10 | TUE 11 | WED 12

Prices and offers in effect March 2025

A PROUD CANADIAN COMPANY SINCE 1907

SBF_WW45_P01_001

Proudly supporting Canada!



Add these to your shopping 'eh' list.



4.88 /lb
Boneless Skinless Chicken Breasts
Family Size 10.76/kg



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



MEMBER PRICING
9.99 /lb, 22.02/kg **SAVE \$1** /lb
10.99 without Scene+ Card 24.23/kg
Fresh Wild Haddock Fillets
product of Canada subject to availability



1.49 /lb
Tomatoes on the Vine
product of Ontario 3.28/kg



3.99
Mini Seedless Cucumbers product of Ontario, Canada no 1 grade 6 pk



3.49
Onions product of Ontario 3 lb 1.36 kg



Made with 100% Canadian flour

80 PTS when you buy 1
3.49
BAKED IN STORE
French or Italian Bread
450 g

That's like \$5 toward your groceries

500 PTS when you buy 3
5.99
COMPLIMENTS Sliced Cheese
150-170 g



4.44
COMPLIMENTS Cheese 400 g or Shreds selected varieties 226-320 g



3.64
DANONE Activia 8 pk



5.44
NESTLÉ Premium Frozen Dessert or Real Dairy Ice Cream 1.5 L, Drumstick or Premium Novelties 4-10 pk



\$3
COMPLIMENTS Water 24x500 mL

Choose Canada for your table.

Scene⁺

MEMBER

PRICING

Swipe your Scene+ Card and Save




MEMBER PRICING

11⁹⁹

SAVE \$4

without Scene+ Card
 15⁹⁹ MAPLE LEAF or SCHNEIDERS Hams 600-700 g or SWISS CHALET or MONTANA'S Pork Back Ribs 600-650 g



MEMBER PRICING

9⁹⁹

/lb, 22.02/kg SAVE \$1/lb

without Scene+ Card
 10⁹⁹ Fresh Wild Haddock Fillets product of Canada subject to availability or Fresh Steelhead Trout Fillets



MEMBER PRICING

2⁴⁴

SAVE \$1

without Scene+ Card
 3⁴⁴ COMPLIMENTS Fruit Cups 4 pk or Instant Oatmeal 325-430 g



MEMBER PRICING

99¢

SAVE 50¢

without Scene+ Card
 1⁴⁹ COMPLIMENTS Canned Legumes 540 mL

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

Scene

TURN POINTS INTO GROCERIES



300 PTS when you spend \$20 or more

7.99 /lb
Fresh Premium Medium Ground Beef Chuck Burger Bacon & Cheddar, Jalapeño & Cheddar or Onion & Swiss 17.61/kg



100 PTS when you buy 2

3.99
THE LITTLE POTATO COMPANY Potatoes product of Canada assorted 454 g



250 PTS when you buy 4

2.99
CHRISTIE Peek Freans or Dad's Cookies 275-350 g or CHRISTIE Snacking Crackers Selected 175-200 g



250 PTS when you buy 2

14.99
HERSHEY'S Eggies or Assorted Eggs 700-900 g while supplies last

1000 Points = \$10 of free groceries

A Proud Canadian Company  Since 1907

STUFFED FARCIS **RECEIVE \$5 OFF**

BUY MORE SAVE MORE

10⁹⁹ ea when you buy 2 or more

ANGUS BEEF BURGERS

COMPLIMENTS, JACK ASTOR'S, MONTANA'S, ST. LOUIS, BAR & GRILL, BELMONT, CARDINAL or BUTTERBALL Burgers selected varieties 678 g-1.13 kg 12.99 ea

value size

11⁹⁹ COMPLIMENTS Breakfast, Mild, Hot or Honey Garlic Pork Sausage 1-1.4 kg

3⁴⁹ /lb Fresh Pork Loin Rib and Sirloin Combo Chops Family Size 7.69/kg

8⁹⁹ MARINA DEL REY Ecuadorian Jumbo Raw Shrimp 10-20 ct 340 g or Wild Argentinian Raw Shrimp 20-30 ct per lb 300 g

4⁹⁹ TAYLOR FARMS Chopped Salad Kits packed in Canada 292-383 g

100 PTS when you buy 2

3⁴⁹ /lb Extra Large Black, Red or Green Seedless Grapes product of Peru 7.69/kg

Made with 100% Canadian flour

80 PTS when you buy 1

3⁴⁹ French or Italian Bread 450 g

500 PTS when you buy 3

5⁹⁹ COMPLIMENTS Sliced Cheese 150-170 g

That's like \$5 toward your groceries

2/11 MAIN STREET DELI Sliced Deli Meats selected 200-300 g

\$3 COMPLIMENTS Water 24x500 mL

2/\$7 LAY'S Potato Chips 220-235 g or Baked 177 g

4⁴⁹ TROPICANA Orange Juice or Juice Blends selected 1.36 L

3⁴⁹ VILLAGGIO Bread 570-675 g, Buns 6-8 pk or DEMPSTER'S™ Tortillas 272-340 g or TIA ROSA Tortillas 275-328 g

5⁹⁹ HELLMANN'S Mayonnaise 710-890 mL

11⁹⁹ FOLGERS Roast & Ground Coffee 544-865 g, TIMOTHY'S Coffee K-Cup® Pods 30 pk or NESTLÉ Coffee-mate Powder 1.4 kg

200 PTS when you buy 2

4⁹⁹ ARMSTRONG Cheese Slices 220-240 g, Sticks 210 g, Swirls 283-340 g or Combos 180 g

3⁴⁹ PILLSBURY Pizza Pops 4 pk

2⁹⁹ NATURE VALLEY Crunchy or Trail Mix Granola Bars or BETTY CROCKER Fruit or Gushers selected varieties 120-230 g

4⁹⁹ CLOVER LEAF Sockeye Salmon 213 g or Flaked Sockeye Salmon 142 g

4⁹⁹ SILK Yogurt 500-650 g, Next Beverages 1.74 L, Protein Beverages 1.75 L or Assorted Non-Dairy Cheese 200 g

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

19⁹⁹ TIDE Laundry 3.9 L, Pods 45-76 pk or GAIN Flings 76 pk or MOYI SNOW 3.1 L or DOWNY Unstoppables 853 g

24⁹⁹ PAMPERS Super or HUGGIES Giga Pack Diapers 32-120 ct

Scene™ GET 1000 PTS FOR EVERY \$100 SPENT IN ONE4ALL ULTIMATE GIFT CARDS!

Offer valid during March 6 - 12, 2025. Sorry, no rainchecks or price matching. See gift card for details, terms, conditions and (if applicable) fees. Subject to availability. Cards issued by Peoples Trust Company.

PROUDLY CANADIAN  sobeys.com

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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 **400 PTS** when you buy 2

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



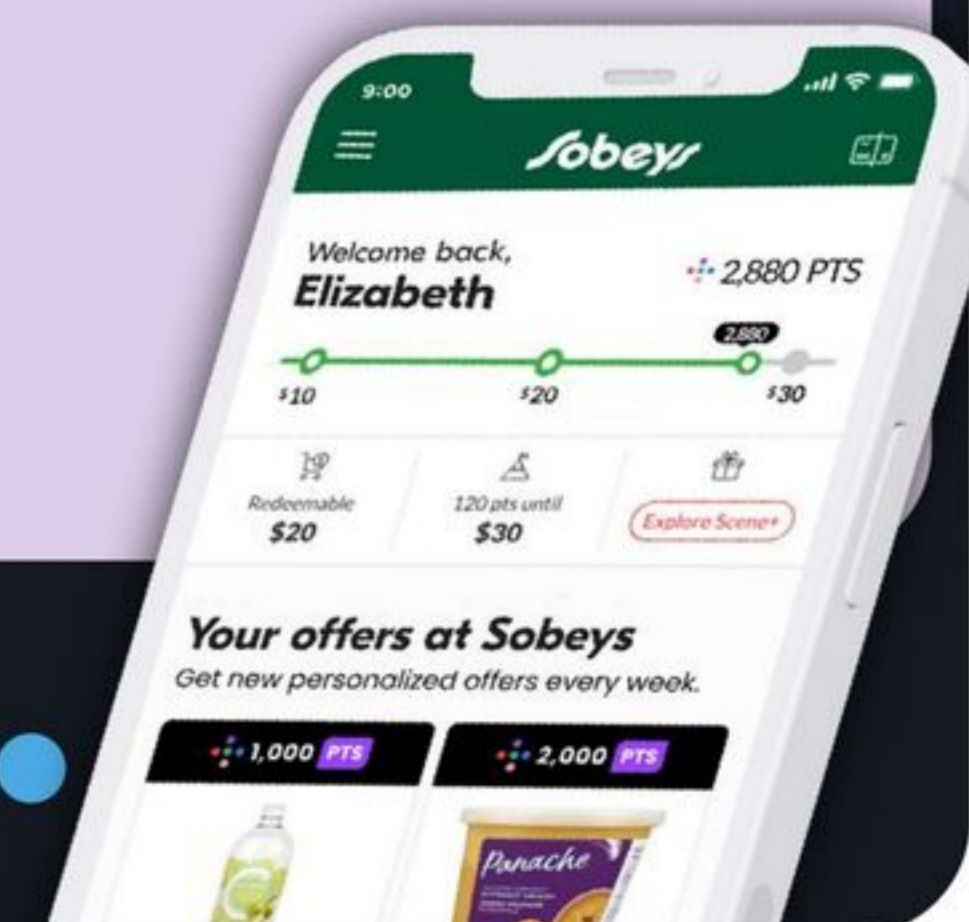
DARE Bear Paws 168-240 g or
Wagon Wheels 315-360 g



Download on the
App Store



GET IT ON
Google Play



Offer valid March 6th to March 12th, 2025 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.



Celebrate International Women's Day



11.99
Large Gerbera Daisy 10-Stem or Mini Gerbera 15-Stem

Great arrangements!



19.99
Ready to Go Arrangements selection may vary by store



14.99
Women's Celebration Bouquet



9.99
Hyacinth in Glass Vase

Celebrate the day!



17.99
Multi-Bloom Hydrangea 6"

Collectively we can all **#AccelerateAction** Wednesday, March 8, 2025

so.local

3.99 Mini Seedless Cucumbers product of Ontario, Canada no 1 grade 6 pk	2.49 RED PRINCE Red Prince Apples product of Ontario, Canada extra fancy grade 5.49/kg
3.49 Carrots or Onions product of Ontario 3 lb 1.36 kg	2.97 GOODLEAF Microgreens product of Ontario 50 g
3.99 GEN V Boston Duo Lettuce product of Canada	4.99 White or Cremini Sliced Mushrooms product of Canada 227 g or Gourmet Mushrooms product of Ontario 100-150 g
7.99 THE LITTLE POTATO COMPANY Potatoes product of Canada 3 lb bag	1.99 Bean Sprouts product of Canada 454 g

100% fresh GUARANTEE **Guaranteed fresh or your money back**

Fruity fresh... 1.99 Yellow Flesh Peaches or Nectarines product of Chile no 1 grade 4.39/kg	Veggie love... 4.99 Asparagus product of Mexico no 1 grade 11.00/kg
3.99 Blueberries product of Mexico no 1 grade 170 g	2.99 Green Peppers product of Mexico 6.59/kg
4.99 COMPLIMENTS Lemons product of Morocco, Spain or Egypt 907 g 2 lb bag or Kiwi Fruit product of Greece or Italy 454 g	1.49 Green Onions or Cilantro product of USA or Mexico
2/\$5 Mangoes product of Mexico or Peru	1.99 Bunched Radish product of Canada or Mexico or BOLTHOUSE FARMS Matchstick Carrots Product of USA 283 g
99¢ Passion Fruit product of Colombia	2.49 Chinese Eggplant product of Dominican Republic 5.49/kg

15% off Prepared Fresh Daily Regular or Tropical Fruit Salad assorted sizes	25% OFF Prepared Fresh Daily Taco or Guacamole Dip, Pineapple Salsa or Bruschetta Mix assorted sizes	2.99 DAVID ROBERTS Louisiana Cajun Mix 350 g	3.99 HUEB Food Candy 250-300 g
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bulk

floral

19.99 Confidence Indoor Garden	8.99 Bubblegum Tradescantia in Ceramic 4"	7.99 Potted Mini Roses 4"	19.99 International Women's Day Bouquet
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Give them more with the Grocery Essentials Card Visit sobeys.com/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/value-100 for details.

So tender
STERLING SILVER
HAND-SELECTED AAA BEEF
 Well-marbled Aged to perfection
 Cut from Canada AAA Beef
 Exclusive to Sobeyes

9.99 /lb
 STERLING SILVER Fresh Boneless Inside Round Oven Roast or Family Size Marinating Steaks cut by your meat expert from Canada AAA grade beef 22.02/kg

12.99 /lb
 STERLING SILVER Fresh Boneless Bottom Sirloin Tri Tip Grilling Steaks Family Size or Premium Oven Roast cut by your meat expert from Canada AAA grade beef 26.64/kg

CERTIFIED TENDER
TENDRETE CERTIFIEE

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

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

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

3.99 /lb
250 PTS
 when you spend \$20 or more
 Fresh Pork Shoulder Blade Roasts or Steak Family Size 8.80/kg

7.99 /lb
200 PTS
 when you spend \$20 or more
 Fresh Lean Ground Beef Family Size 17.61/kg

16.99 /lb
 Fresh Canadian Lamb Loin Chop 37.47/kg

4.99 /lb
100 PTS
 when you buy 1 pkg
 Frozen Cornish Hens grade A 11.00/kg

4.49 /lb
value size
 Pork Belly skin on frozen 9.90/kg

READY FOR YOU
Marinated meats

5.49 /lb
 Fresh Montreal BBQ or Korean BBQ Marinated Pork Loin Centre Chops 12.10/kg

4.99 /lb
 Fresh Maple Chipotle Glazed Boneless Pork Shoulder Blade Roast 11.00/kg

11.99 /lb
 Marinated Fresh Beef Hip Boneless Korean BBQ or Three Pepper Glazed Stir-Fry Strips cut by your meat expert from Canada AA grade beef 26.43/kg

5.88 /lb
 In-Store Marinated Boneless Skinless Chicken Breast 12.96/kg

HAYTER'S FARM
 LOCAL | WHOLESTONE | FARM FRESH | 3 GENERATIONS OF FAMILY

Taste the Hayter's Turkey Difference

- Local to Ontario
- Humanely-raised
- No added hormones or steroids*

6.99 EXCLUSIVE
 HAYTER'S FARM Fresh Turkey Burgers, Sausages or Meatballs 375-456 g exclusive to Sobeyes

quick & easy

3.50 /lb
BUY MORE SAVE MORE
 SCHNEIDERS Snack Kits, LUNCHMATE Stackers or GREENFIELD Kits 67-120 g 3.99 ea

5.99 /lb
BUY MORE SAVE MORE
 COMPLIMENTS Bacon 375 g or Fully Cooked Meat Strips 150-200 g 6.99 ea

5.99 /lb
300 PTS
 when you buy 3
 MAPLE LODGE FARMS Ultimate or ZABIHA HALAL Juicy Supreme Chicken Frankfurters 300 g or Italian Sausages 375 g selected

7.99 STARTING AT
 MAPLE LEAF Fully Cooked Breakfast Sausages or Natural Shredded Chicken 250-300 g

10.99 /lb
100 PTS
 when you buy 1
 COMPLIMENTS Beef, Chicken or Vegetable Lasagna or Mac & Cheese or Beef Chili 907 g 1 kg

11.99 /lb
150 PTS
 when you buy 1
 WONG WING Uncooked Pork Wontons 550 g or COMPLIMENTS 5 Cheese Cannelloni 1 kg

13.99 /lb
100 PTS
 when you buy 1
 TACO TRUCK Kits Crispy Chicken with Mexican Style Sauce or Crispy Pork with Chipotle & Lime Sauce 840 g Makes 12 Tacos!

15.99 /lb
value size
120 PTS
 when you buy 1
 COMPLIMENTS Breaded Chicken 1.47-1.5 kg

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

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

Meat your way!

Roast or steak, we give you the perfect custom cut.

So tender



HAND-SELECTED
AAA BEEF

Well-marbled · Aged to perfection
Cut from Canada AAA Beef
Exclusive to Sobeys

Minimum
21 Day
Aged



STERLING SILVER Fresh Boneless Bottom Sirloin Tri Tip Grilling Steak Family Size cut by your meat expert from Canada AAA grade beef



STERLING SILVER Fresh Boneless Rib or Rib Eye Steaks Family Size cut by your meat expert from Canada AAA grade beef



STERLING SILVER Fresh Boneless Top Sirloin Cap or Coulotte Grilling Steak Family Size cut by your meat expert from Canada AAA grade beef



This roast comes pre-seasoned and features a convenient self-basting prime rib fat cap for added flavour and juiciness.

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



ASK US

Don't see what you're looking for?
Our meat experts can custom order it for you.

seafood



4⁹⁹ COMPLIMENTS Crab-Flavoured Seafood 454 g
 +100 PTS when you buy 2



5⁴⁹ Fresh Atlantic Salmon Portions plain or in-store marinated skin on product of Canada 113 g
12⁹⁹ /lb Almond Crusted Sole Fillets, Potato Crusted Cod or Coconut Crusted Tilapia previously frozen 26.64/kg



9⁹⁹ PANACHE Hot Smoked Atlantic Salmon Strips, Maple Pepper or All Dressed previously frozen 150 g



9⁹⁹ Wild Mahi-Mahi Fillets previously frozen or frozen product of Peru 22.02/kg
4⁰⁰ Authentic Maryland Crab Cakes frozen or previously frozen 120 g, 2 pk \$8



15⁹⁹ COMPLIMENTS NATURALLY SIMPLE Wild Pink Salmon, Cod or Haddock Fillets 908 g
 +150 PTS when you buy 1

HOOKED ON QUALITY.

100% WILD CAUGHT

8⁹⁹ JAMES Battered or Battered Fish selected 450-510 g
 +250 PTS when you spend \$25 or more

10⁹⁹ JAMES Pan Sear Herb & Garlic Haddock, Lemon Pepper, Citrus Dill or Cajun Sole 500-540 g
 +250 PTS when you spend \$25 or more

12⁹⁹ JAMES Ultimates Battered, Battered Haddock or Cod 530-615 g
 +250 PTS when you spend \$25 or more

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8⁹⁹ EIGHT TREASURES Whole Tilapia 1.36 kg

deli & kitchen



3²⁹ /100 g COMPLIMENTS German, Hungarian or Peppercorn Salami
 +200 PTS when you buy 400 g or more



2⁹⁹ /100 g L'EXTRA Brie, Double Crème Brie, OKA Original or L'Artisan Swiss-Style Cheese



7⁹⁹ PILLER'S Pepperoni Toppings selected 175-250 g
 +100 PTS when you buy 1



7⁴⁹ PANACHE Italian Meats selected 100 g
2⁹⁹ /100 g BRANDT Kolbassa Coil, Loaf, Lyoner Sausage or Krakowska



20% off Cabbage Rolls available hot as individuals or as 2, 4 or 6 pk chilled



3⁹⁹ HUMBLE SEEDZ Hummus 227 g
 NEW HUMBLE SEEDZ ROASTED GARLIC HUMMUS & LAMB GRILLE
 SESAME-FREE GLUTEN-FREE OIL-FREE
 100% CANADIAN INGREDIENTS
 HUMBLESEEDZ.COM



200 PTS when you buy 1
 NEW Mixed Deli Meat Subs 4 pk 860 g

2 Dollar Tuesdays

Every Tuesday!

2 Pieces of Crispy Chicken thigh and drum
\$2

Medium Wedges, Fries or Onion Rings
\$2

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

HOOKED ON QUALITY.



100% WILD CAUGHT



250 PTS
when you spend
\$25 or more

8⁹⁹

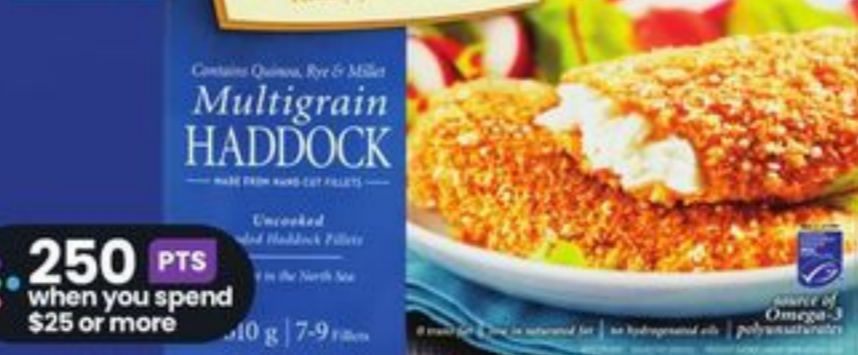
JAMES Breaded or Battered Fish
selected 450-510 g



250 PTS
when you spend
\$25 or more

10⁹⁹

JAMES Pan Sear Herb & Garlic
Haddock, Lemon Pepper,
Citrus Dill or Cajun Sole 500-540 g



250 PTS
when you spend
\$25 or more

12⁹⁹

JAMES Ultimates Battered or Battered
Haddock or Cod 530-615 g

deli & kitchen



11⁹⁹ BOWELL Marble, Medium or Old Cheddar, Monterey Jack Jalapeno or Mozzarella 540 g



9⁹⁹ THE LAUGHING COW 24 pk 400 g or BOURSIN 250 g



4⁴⁹ MAPLE LEAF Natural Selections Turkey or Ham



7⁹⁹ COMPLIMENTS Cooked Ham, Bologna or Mock Chicken



6⁴⁹ SARDO Antipasto selected 250 mL



5⁹⁹ MARCANGELO Sliced Italian Deli Meats selected 100 g



16⁹⁹ RANA Lasagna 1.1 kg available chilled



6⁹⁹ Mini Croissant 2 pk, Black Forest Ham & Cheddar, Roast Turkey & Cheddar or Chicken Salad 200 g



100 PTS when you buy 1
Roasted Chicken Pot Pie available hot or chilled 320 g



15% off Chicken Wings breaded, naked, sauced or unsauced, available hot or chilled sold by 100 g

bakery



100 PTS when you buy 1
13⁹⁹ Real Cream Layered Cake 610-705 g



3⁹⁹ SAVE \$1
4⁹⁹ without Scene+ Card Croissants 6 pk 372 g



150 PTS when you buy 2
4⁴⁹ COMPLIMENTS Half Pies 290-375 g



5⁹⁹ 100% Butter Danish 4 pk 420 g



150 PTS when you buy 2
7⁹⁹ Gourmet Cinnamon Buns plain or with cream cheese icing 4 pk 550-800 g



10⁹⁹ PANACHE Mini Profiteroles or Eclairs frozen 300-455 g



150 PTS when you buy 1
12⁹⁹ Trifle Chocolate Dulce or Strawberry 588-798 g



200 PTS when you buy 1
16⁹⁹ 6" Cheesecakes cherry, lemon or strawberry 810-865 g



4⁴⁹ **50 PTS** when you buy 1
Butter Crust, Dutch Crunch, Soft Italia or Sesame Seed Topped Bread 450 g Made with 100% Canadian Flour



4⁴⁹ Garlic Bread 540 g Made with 100% Canadian Flour



4⁴⁹ Small Crusty Buns 12 pk 725 g Made with 100% Canadian Flour

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

Proudly supporting **Canadian Women Entrepreneurs**

Meet Margaret Coons from Nuts for Cheese

Margaret is a passionate plant-based chef who creates creamy, dairy free cheeses from nuts and seeds. She launched Nuts For Cheese™ at a farmer's market in 2015 and has since seen the love for vegan cheese grow across North America.

200 PTS
when you buy 2
7.99
NUTS FOR CHEESE Dairy Free Spread 210 g

Meet Jade Herman from Yoggu!

Jade is a lover of food and natural living, devoted to creating products that are great tasting and nourishing. Inspired by her time living in France, YOGGU! is a high quality, creamy coconut yogurt made with billions of live probiotics.

150 PTS
when you buy 2
6.99
YOGGU! Plant-Based Yogurt 450 g

Meet Jen & Michelle Smith from Cherry Lane

Jen is a 10th generation farmer who runs Cherrylane, a 116-year-old farm in Vineland with 400 acres of cherries, peaches and pears. Every bottle of Cherrylane's Concentrated Tart Cherry Juice is still hand bottled on the farm.

200 PTS
when you buy 2
2.99
CHERRY LANE Juice 350-750 mL

Meet Jess & Fumi from Abokichi

Jess and partner Fumi launched their Japanese-inspired food company to make convenient, natural plant-based products for home cooks. They are committed to using nutritious upcycled ingredients in order to reduce food waste.

200 PTS
when you buy 2
2.99
ABOKICHI Soup 140 g or Chili Miso 230 mL

Meet the McLaughlin sisters from Shaw's Ice Cream

The McLaughlin sisters scooped Shaw's Ice Cream as kids, and then bought the struggling company as adults. They make old-fashioned ice cream using 100% Canadian Dairy, including all the classics and signature flavours like Unicorn Toots and Lumber Jack.

200 PTS
when you buy 2
2.99
SHAW'S Ice Cream 1.5 L

Meet Emily O'Brien from Comeback Snacks

Emily had the idea for Comeback Snacks while in prison. Her company employs people who have done time in prison, as Emily believes everyone deserves a second chance. Comeback Snacks is sold in 800-plus locations in Canada and the U.S.

200 PTS
when you buy 2
2.99
COMEBACK SNACKS Popcorn 200-225 g

Meet Candace Tierney from Oat & Mill

Candace is an Ottawa Valley entrepreneur who founded Oat & Mill in 2015. She is committed to sustainability and giving back to her community as she builds her line of vegan ice creams and bars, now sold at 600-plus locations.

200 PTS
when you buy 2
2.99
OAT & MILL Plant-Based Frozen Desserts or Novelties 270-500 mL

Meet Sharon Rotzangi from La Presserie

Sharon was born into a passionate food business family. La Presserie is inspired by the artisanal, sophisticated food of the South of France. The company prides itself on innovation, developing cold-pressed juices, smoothies, dressings, cocktail mixers and soups.

200 PTS
when you buy 2
2.99
LA PRESSERIE Soups 500 g

dairy & frozen

4.99 **+100 PTS** when you buy 2
 BECEL Margarine Soft Tub Plant-Based 427 g or IMPERIAL Margarine 637 g

5.99 **+100 PTS** when you buy 2
 OASIS Health Break or Smoothie Beverages 1.6 L

7.99
 GAY LEA Butter Sticks 454 g

4.99 **+100 PTS** when you buy 2
 COMPLIMENTS Cozy Coop Large White Eggs 12 pk

2/\$3 **+50 PTS** when you buy 2
 MILK2GO or NEILSON Milkshakes 310-473 mL

3.99 **+150 PTS** when you buy 3
 INTERNATIONAL DELIGHT Coffee Creamers 425 mL

5.99
 OLYMPIC Krema or ORGANIC Greek Yogurt 650 g 6.99

10.99 **SAVE \$1**
11.99 without Scene+ Card
 OIKOS Greek Yogurt 12 pk or 1.5 kg

3.99 **+100 PTS** when you buy 3
 KRAFT Dips 227 g

4/\$5
 YOPLAIT Yop 200 mL

4.49
 TENDERFLAKE Frozen Pie Shells, Tart Shells or Puff Pastry 255-397 g

3.99 **+100 PTS** when you buy 2
 COMPLIMENTS Frozen Vegetables selected 750 g

7.99 **+100 PTS** when you buy 2
 DR. OETKER Giuseppe Pizzeria Stuffed Crust Pizza 685-771 g

3.79
 CAVENDISH FARMS Restaurant Style Fries 540-750 g

7.99
 MARIE CALLENDER'S Frozen Meals 680-879 g

2.99 **+100 PTS** when you buy 2
 COMPLIMENTS Frozen Waffles 8 pk 260 g

5.49 **+100 PTS** when you buy 2
 COMPLIMENTS Cream Cheese Spread 340 g

4.49 **+50 PTS** when you buy 1
 COMPLIMENTS Cheddar Flavour Slices 400 g

5.99 **+50 PTS** when you buy 1
 COMPLIMENTS Cottage Cheese 750 g

13.99 **+300 PTS** when you buy 2
 COMPLIMENTS Frozen Fruit 1.5 kg

natural health

3.49 **BUY MORE SAVE MORE**
 SMART SWEETS 50 g 3.99 ea

7.49
 SANTA CRUZ ORGANIC Juice 473 mL

3.99
 NEAL BROTHERS Tortilla Chips 300 g or PLUMM GOOD Rice Thins 95 g

9.99 **+50 PTS** when you buy 1
 COMPLIMENTS ORGANIC Whole Bean Coffee 275-300 g

30% off **+400 PTS** when you buy 2
 WEBBER NATURALS assorted sizes and varieties (excludes sesame)

2/\$6 **NEW**
 MADE WITH LOCAL Protein Bars or Cookies 53-68 g

49.99
 KAIZEN Whey Isolate Protein Powder 840 g

15% off **+500 PTS** when you buy 2
 D DROPS Vitamin Drops 2.5-7.5 mL

15% off
 CARBONAUT Select Products Low Carb or Gluten Free

4.49 **+100 PTS** when you buy 2
 DAIYA Cheese Style Shreds, Slices or Blocks 185-220 g or Cream Cheese 227 g

7.99 **+200 PTS** when you buy 2
 NUTS FOR CHEESE Dairy Free Cream Cheese 210 g

6.99 **+150 PTS** when you buy 2
 YOGGU! Plant-Based Yogurt 450 g

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7.99

SALEM FOODS Liquid Honey 500 g



1.99

SALEM FOODS Rose or Orange Blossom Water 275 mL



9.99

PUCK Creamy Dairy Spread 500 g



9.99

KABKEB Kibbeh selected varieties 454 g



3.29

BASMA Green Okra selected varieties 400 g



7.29

PEACHTREE VALLEY Peaches in Light Syrup 1 L



4.99

R&S Roasted Buckwheat 908 g

Ramadan KAREEM



2⁴⁹
/lb

Indian Eggplant product of Dominican Republic 5.49/kg



6⁹⁹
/lb

Sugar Mangoes product of Colombia 15.41/kg



4⁹⁹

PANACHE Naan plain, caramelized onion or roasted garlic 340 g



39⁹⁹

Eggless Vanilla Cake 1/4 slab 1.6 kg

500 PTS when you buy 1

That's like \$5 toward your groceries



8⁹⁹

BARD VALLEY Medjool Date Rolls 142-170 g selected varieties



12⁹⁹

SUNGOLD Lamb Tonight 284-375 g



2⁴⁹

SALEM FOODS Bulgur 908 g or Semolina 907-908 g



1⁶⁹

CALIFORNIA GARDEN Canned Beans selected varieties 450 g



3⁹⁹

SALEM FOODS Pickled Cucumber or Hot Peppers 1000 mL or Pickled Vine Leaves 454 g



7⁹⁹

BARBIAN Malt Beverage selected varieties 6x330 mL



4⁴⁹

DURRA Bread Sticks with Sesame 454 g



6⁴⁹

ALAMEED Medium Ground Coffee with Cardamom 226 g

drinks & snacks



200 PTS
when you buy 2
14.99

BALZACS Coffee 300-340 g or Pods 18 pk Roasted in Ancaster



5.99

TETLEY Tea selected varieties 60-72 pk



9.99

VAN HOUTTE Roast & Ground Coffee 340 g, K-Cup® Coffee or Brew Over Ice pods 10-12 pk



4.99

TIM HORTONS Hot Chocolate 8 pk or 500 g tin or French Vanilla Cappuccino 8 pk



150 PTS
when you buy 3
\$3

KELLOGG'S Cheez-It Crackers 191-200 g



2/7.50

DARE Viva Puffs, Ultimate, Simple Pleasures, Whippets or Ruffles Cookies 230-310 g



4.49

CADBURY Fingers Cookies 114 g or ARNOTT'S Tim Tam Biscuits 175-200 g



100 PTS
when you buy 2
2.99

VOORTMAN Wafer Cookies selected 300 g



200 PTS
when you buy 4
11.99

COMPLIMENTS Soft Drinks or Iced Tea 2 L



11.99

BECK'S Non-Alcoholic Beer 6x330 mL



100 PTS
when you buy 2
1.33

COMPLIMENTS Sparkling Water 12x355 mL



1.33
ea when you buy 3 or more
1.79-1.99 ea

PEPSI Soft Drinks 1 L, MONTELLIER 1 L or BRISK Iced Tea 710 mL-1 L



3.99

LA COCINA Tortilla Chips 300-400 g



2/\$8

LAY'S Poppables 130 g, SMARTFOOD Popcorn 150-220 g, SUNCHIPS 205 g or ROLD GOLD Pretzels 295-370 g



5.99

HAWKINS Cheezies 420 g



3.99

TWIGZ Pretzels 130 g



100 PTS
when you buy 2
5.29

KINDER Chocolate Mini 96 g, Surprise 3 pk 60 g, Bueno 145 g or Bueno 3 pk 129 g 4.29-5.49 ea



5.29

NESTLE Novelty Easter Chocolates 85-153 g while supplies last



6.49

FERRERO ROCHER Chocolate Squirrel 90 g while supplies last



1.29

MENTOS Mint 37 g or HERSHEY'S Easter Novelty Chocolates 34-40 g



4.99

MAYNARDS Candy 308-315 g



5.99

HERSHEY'S Bunny or REESE'S Peanut Butter Egg 120-170 g while supplies last



9.49

KELLOGG'S Pop-Tarts 1.152 kg, Rice Krispies Squares 660 g or Special K Bars 500 g



3.99

DUNKAROO'S selected varieties 168 g or NATURE VALLEY Muffin Bars or Crunchy Bars selected 132-175 g

Here for your budget and lifestyle



BEST BUY



100 PTS
when you buy 2
7.99

COMPLIMENTS Potato Chips 200 g or Tortilla Chips 250-280 g



100 PTS
when you buy 1
7.99

COMPLIMENTS Mini Rice Crisps 100 g



100 PTS
when you buy 1
6.49

COMPLIMENTS Mini Soft Drinks 6x222 mL



300 PTS
when you buy 2
2/7.99

COMPLIMENTS Non-Alcoholic Beer 6x355 mL



150 PTS
when you buy 2
7.49

COMPLIMENTS Cranberry or Ruby Red Cocktails 1.89 L



150 PTS
when you buy 1
1.99

COMPLIMENTS Coffee Pods 12 pk



100 PTS
when you buy 3
4.99

COMPLIMENTS Rice Crackers 100 g



150 PTS
when you buy 2
6.00

BEST BUY Creme Filled Cookies 600 g

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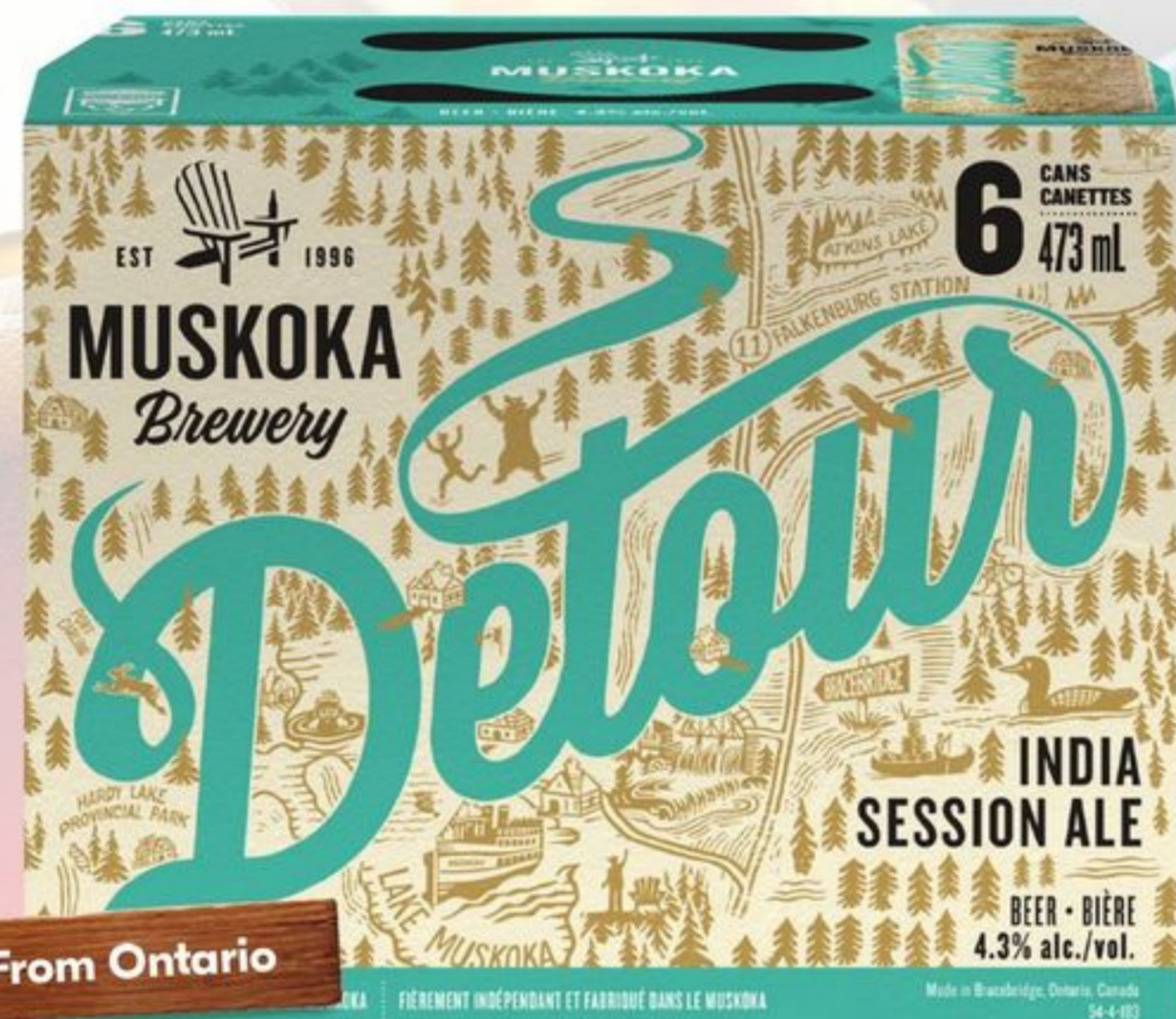
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Detour Session Ale
6x473 mL tall cans



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6x473 mL tall cans



\$2 off TWISTED TEA Original
12x355 mL cans



30¢ off MOTT'S CLAMATO Original
Caesar or Extra Spicy Caesar 458 mL



30¢ off NICKEL BROOK BREWING CO.
Head Stock IPA 473 mL
tall can

meal makers

 <p>3⁹⁹ NO YOLKS Egg Noodles 340 g</p>	 <p>50 PTS when you buy 1 COMPLIMENTS White Vinegar 1 L</p>	 <p>5⁹⁹ 50 PTS when you buy 1 PAM Cooking Sprays 113-170 g (excluding non-GMO and ORGANIC)</p>	 <p>100 PTS when you buy 2 PANACHE Dry Pasta 500 g or COMPLIMENTS Pasta Sauce 650 mL or Alfredo Sauce 410 mL</p>
 <p>4⁹⁹ OLD EL PASO Dinner Kits 250-510 g or Salsa 650 mL</p>	 <p>3⁴⁹ 200 PTS when you buy 3 CAMPBELL'S Chunky Soup 515 mL</p>	 <p>1⁴⁹ 100 PTS when you buy 3 COMPLIMENTS Macaroni & Cheese 200-225 g</p>	 <p>2/\$5 BUSH'S Beans 398 mL</p>
 <p>2⁹⁹ LANTIC Brown, Yellow or Icing Sugar 1 kg</p>	 <p>5⁹⁹ 100 PTS when you buy 2 BAKER'S Chocolate 170-225 g</p>	 <p>5⁹⁹ CLUB HOUSE La Grille Spices or Seasonings 111-248 g</p>	 <p>5⁹⁹ 200 PTS when you buy 2 QUAKER Muffin or Cookie Mix 900 g or Oat Flour 700 g</p>
 <p>5⁹⁹ GENERAL MILLS Family Size Cheerios selected varieties 526-778 g</p>	 <p>8⁹⁹ 100 PTS when you buy 1 COMPLIMENTS Apple Cups 24 pk</p>	 <p>2/\$3 50 PTS when you buy 2 JELL-O Instant Pudding 30-170 g</p>	 <p>3⁹⁹ 300 PTS when you buy 3 QUAKER Harvest Crunch Cereal selected varieties 350-600 g</p>
 <p>3⁹⁹ VACHON Snacks 248-336 g or SARA LEE Little Bites Snacks 234 g</p>	 <p>8⁹⁹ SCHÄR Bread or Rolls 200-400 g</p>	 <p>4⁴⁹ STONEMILL Bread 454-550 g or DEMPSTER'S Malt Bread 340 g</p>	 <p>3⁴⁹ 50 PTS when you buy 2 RUDOLPH'S BAKERY Bavarian Bread 500 g available at selected stores</p>
 <p>7⁹⁹ MINUTE RICE 1.2-1.4 kg or TILDA Basmati Rice 907 g</p>	 <p>4⁹⁹ AL'FEZ Sauce selected varieties 400 mL</p>	 <p>5⁴⁹ 200 PTS when you buy 2 COMPLIMENTS Chocolate or Baking Chips 225-300 g</p>	 <p>200 PTS when you buy 2 CHOLULA Hot Sauce 150 mL</p>

Here for your budget and lifestyle

 <p>3²⁹ COMPLIMENTS or COMPLIMENTS BALANCE Salad Dressings 475 mL</p>	 <p>2⁹⁹ COMPLIMENTS Croutons 145 g or PANACHE Egg Noodles 375 g</p>	 <p>16⁹⁹ 200 PTS when you buy 1 PANACHE Maple Syrup Amber Rich 1 L</p>	 <p>10⁹⁹ 100 PTS when you buy 1 COMPLIMENTS Honey 750 g-1 kg</p>
 <p>1⁹⁹ 100 PTS when you buy 2 COMPLIMENTS Flaked or Chunk Light Tuna 170 g</p>	 <p>1⁷⁹ 100 PTS when you buy 2 COMPLIMENTS Onion Soup Mix 57 g or Chicken Noodle Soup Mix 128 g</p>	 <p>4⁹⁹ 50 PTS when you buy 1 COMPLIMENTS Flour selected 2.5 kg</p>	 <p>3⁹⁹ 50 PTS when you buy 1 COMPLIMENTS Sweetened Condensed Milk 300 mL or Graham Crumbs 400 g</p>

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So Egg-cited



7⁴⁹

LINDT Gold Bunny 100 g

15⁹⁹

LINDT Easter Chocolates Assorted Box 250 g



200 PTS
when you buy 2

12⁴⁹

KINDER SURPRISE Maxi, Plush or Easter Egg Hunt Kit 116-186 g



100 PTS
when you buy 1

COMPLIMENTS Mini Eggs 943 g



2⁷⁹

PEEPS Marshmallow Candy 85 g



5⁴⁹

CADBURY Crème Eggs Mini, Assorted or Caramilk Eggs 148-154 g

home & pet care

<p>200 PTS when you buy 2</p> <p>5.99 BEST BUY Bathroom Tissue 12 rolls or Paper Towels 6 pk</p>	<p>100 PTS when you buy 2</p> <p>5.99 COMPLIMENTS Wet or Dry Cloths 12-16 pk</p>	<p>5.49</p> <p>FANTASTIK All Purpose or Disinfectant Cleaners selected 650 mL</p>	<p>STARTING AT 10.99</p> <p>FINISH Dishwasher Cleaner 250 mL, Jet-Dry 473-621 mL or Dish Tabs 21-30 pk</p>
<p>5.99 6.99 without Scene+ Card</p> <p>COMPLIMENTS Disposable Plates 22-48 pk, Bowls 28 pk, Plastic Cups 16 oz 50 pk or Plastic Glasses 10 oz 50 pk</p>	<p>3.99</p> <p>ZIPLOC Storage Bags selected varieties 10-90 pk</p>	<p>7.49</p> <p>GLAD Kitchen Bags 26-52 pk or Compostable 10 pk</p>	<p>4.99</p> <p>FLEECY Fabric Softener 1.36 L or Dryer Sheets 80 pk</p>
<p>6.99 8.99 when you buy 2 or more</p> <p>BLUE BUFFALO Bits 113 g, Sizzlers or Stix 170 g 7.79 ea</p>	<p>18.99</p> <p>CESAR Wet Dog Food 12 pk</p>	<p>1.25 1.99 when you buy 4 or more</p> <p>PURINA Lil' Soups or Fancy Feast Broths 34-40 g 1.59 ea</p>	<p>200 PTS when you buy 1</p> <p>10.99</p> <p>COMPLIMENTS Scoopable Cat Litter 15 kg or Wet Cat Food 12x85 g</p>

health, beauty & baby

<p>STARTING AT 1.49</p> <p>COLGATE or CREST Toothpaste 52-120 mL, Floss or Toothbrushes 1-75 pk selected</p>	<p>That's like \$6 toward your groceries</p> <p>600 PTS when you buy 4</p> <p>15% off</p> <p>SENSODYNE Toothpaste 75 mL or Toothbrushes 2 pk selected</p>	<p>6.99</p> <p>LISTERINE Mouthwash 1 L or DEGREE Deodorant 74-107 g selected</p>	<p>5.99</p> <p>HEAD & SHOULDERS or OLD SPICE Hair Care 315-400 mL or DOVE Deodorant 45-74 g selected</p>
<p>100 PTS when you buy 1</p> <p>10% off</p> <p>ST. IVES Skincare selected</p>	<p>10.49</p> <p>U BY KOTEX Pads, Liners or Tampons 22-100 pk selected</p>	<p>5.99</p> <p>LIVE CLEAN Hand Soap 400-500 mL or PANTENE Hair Care 170-355 mL or 187-200 g selected</p>	<p>STARTING AT 9.99</p> <p>JOHN FRIEDA Hair Care 50-250 mL or 210 g, NATURAL INSTINCT Hair Colour 1 pk or SCHMIDT'S Deodorant 75 g selected</p>
<p>300 PTS when you buy 1</p> <p>10% off</p> <p>ENFAMIL A+ NeuroPro selected 587-890 g or 237 mL or 18x237 pk</p>	<p>1.99 2.49 when you buy 3 or more</p> <p>BABY GOURMET Pouches or Jars selected 113-128 mL 2.49 ea</p>	<p>100 PTS when you buy 2</p> <p>4.49</p> <p>GERBER ORGANIC Snacks 28-150 g</p>	<p>28.99</p> <p>PAMPERS Easy Ups or Ninjamas or HUGGIES Giga Pack Pull-Ups or Goodnites 28-74 pk</p>

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2/\$5 NESTLÉ Juniors 58-95 g or Tablets 95-120 g assorted selection

1.29 **100 PTS** when you buy 4 NESTLÉ Easter 45 g or Single Bars 31-60 g assorted selection

8.49 NESTLÉ Easter Novelty Bunny Gift Pack 140 g while supplies last

4.99 NESTLÉ Multipacks 164-208 g or Cellos 76-180 g assorted selection

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Rachelle Béry
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2/\$7
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2. Keep energy up

20% off
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20% off
IRON VEGAN PROTEIN 1 KG, GLUTAMINE 400 G, SUPERFOODS GREENS 180 G OR PROTEIN BARS 62-64 G

15% off
A. VOGEL ECHINAFORCE ASSORTED 30-100 ML OR 30-90 PK

20% off
IRON VEGAN PROTEIN 1 KG, GLUTAMINE 400 G, SUPERFOODS GREENS 180 G OR PROTEIN BARS 62-64 G

3. Support body and mind

20% off LILY OF THE DESERT ALOE VERA JUICE OR GEL 946 ML

400 PTS when you buy 2
15% off ST FRANCIS HERB FARM SKIN CARE

15% off FRESHFIELD VEGAN OMEGA 3 60 PK

20% off ORANGE NATURALS MAGNESIUM GLYCINATE OR SLEEP ASSORTED 60-90 PK

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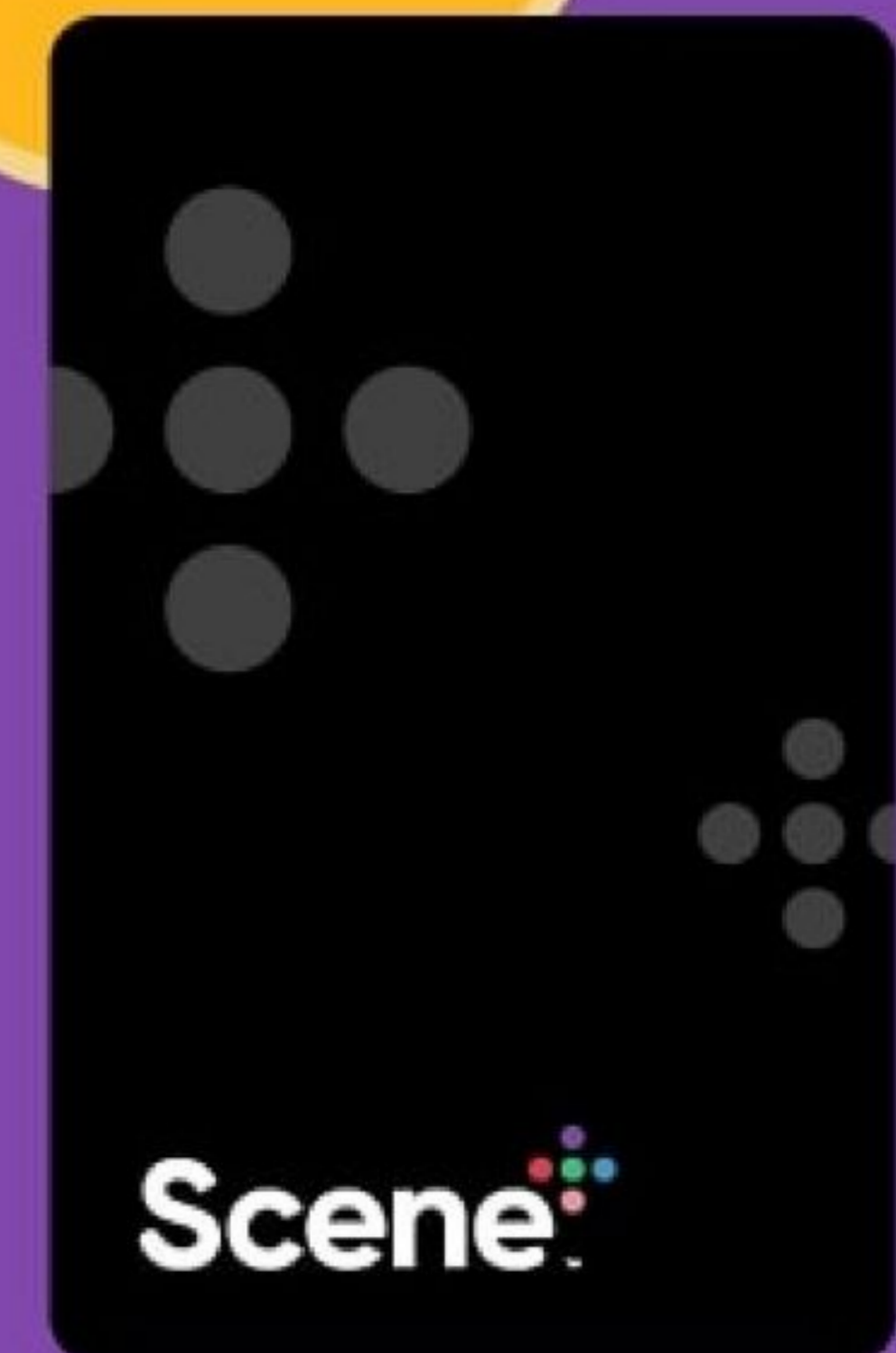
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