

# IGA

Hometown Proud 

**Proudly supporting Canada!**

Look for this symbol\*



**2.99**  
/lb

Picnic Pork Shoulder Roasts cut in-store by your meat expert. FLETCHER'S Cottage Rolls or COMPLIMENTS AIR-CHILLED Chicken Drumsticks or Thighs Family Size 6.59/kg



Mountain Grain or Good Haven Bread 450 g

**4.49**



compliments  
YELLOW-FLESHED  
A CHAIR JAUNE  
MARIANNE POTATO

5lb

**4.49**

PRODUCT OF WESTERN CANADA  
COMPLIMENTS Potatoes 2.27 kg



Baked IN-STORE

**International WOMEN'S DAY**  
Saturday, March 8 2025

**21.99**

400 PTS when you buy 1  
One Dozen Ecuadorian Roses assorted colours



Collectively we can all #AccelerateAction



**5.44**

HÄAGEN-DAZS Ice Cream 400-450 ml or Novelites 3-4 pk



**3.97**

KELLOGG'S Premium Cereal selected varieties 308-553 g



**5.99**

ROYALE Bathroom Tissue 9-12x24 rolls, Paper Towel 3x6 rolls or Facial Tissue 6 pk



**3.64**

DANONE Activia Yogurt 8 pk

4 DAYS ONLY - Valid March 6-9, 2025

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

DON'T FORGET YOUR COUPON

See page 3 for terms and conditions

SCAN HERE FOR OUR DIGITAL FLYER



PROUD CANADIAN COMPANY [west.iga.ca](http://west.iga.ca)

MAR 2025  
PRICES EFFECTIVE FROM MAR 6-12

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



Scene MEMBER PRICING

**4.99**

SAVE \$1

Orri Mandarins product of Israel 907 g

Scene MEMBER PRICING

**13.99**

SAVE \$2

COMPLIMENTS Fully Cooked Shrimp with Cocktail Sauce 680 g

Scene MEMBER PRICING

**4.99**

SAVE \$1.50

COMPLIMENTS Feta 200 g

Scene MEMBER PRICING

**2.49**

SAVE \$1

DEMPSTER'S White or Whole Wheat Bread, Texas Toast 570-675 g or VACHON Snacks 248-336 g

Scene MEMBER PRICING

**2.99**

/100 g

Fresh Atlantic Salmon Fillets Family Size

Scene MEMBER PRICING

**8.99**

HARVEST Wieners 675 g



# Proudly supporting Canada!

Look for this symbol\*



COMPLIMENTS  
AIR-CHILLED Chicken  
Drumsticks or Thighs  
Family Size 6.59/kg

**2.99**  
/lb



**5.99**  
/lb

Lean Ground Beef  
Family Size 13.21/kg

500 PTS  
when you buy  
500 g or more

**2.99**  
/ 100 g

COMPLIMENTS  
Black Forest Ham,  
Honey Ham,  
Turkey or Chicken



Sliced  
FRESH



**4.99**  
/lb

Pork Tenderloin  
Family Size 11.00/kg



3lb

PRODUCT OF  
WESTERN CANADA  
COMPLIMENTS  
Onions 1.36 kg

WESTERN CANADA  
**3.49**



Scene  
MEMBER  
PRICING  
**4.99**

SAVE \$1.50

6.49 without  
Scene+  
Card  
COMPLIMENTS  
Feta 200 g



5lb  
WESTERN CANADA  
**4.49**

PRODUCT OF WESTERN CANADA  
COMPLIMENTS Potatoes 2.27 kg



**5.44**

HÄAGEN-DAZS Ice Cream  
400-450 mL or Novelties 3-4 pk



**5.99**

ROYALE Bathroom Tissue 9-12=24 rolls,  
Paper Towel 3=6 rolls or Facial Tissue 6 pk



**8.99**

ARMSTRONG Cheese 600 g,  
Shredded Cheese 450-500 g or  
SAPUTO Mozzarellissima 690 g

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







**100% FRESH** *guarantee*  Storewide satisfaction or your money back.

<p><b>Scene MEMBER PICKING</b></p> <p><b>249</b> ea <b>SAVE 50¢</b></p> <p>Iceberg Lettuce product of USA or Mexico</p>	<p><b>CANADA</b></p> <p><b>499</b> <b>+100 PTS</b> when you buy 2</p> <p><b>PRODUCT OF CANADA</b> COMPLIMENTS ORGANIC Sliced White or Cremini Mushrooms 227 g</p>	<p><b>499</b> /lb</p> <p>Asparagus product of Mexico no 1 11.00/kg</p>	<p><b>499</b> <b>+100 PTS</b> when you buy 2</p> <p>COMPLIMENTS Caesar Salad Kit product of USA 280 g or FRESH ATTITUDE Caesar Bacon SS 171 g or Spring Mix SS 155 g packed in Canada</p>
<p><b>2/56</b> <b>+100 PTS</b> when you buy 2</p> <p>Ataulfo Mangoes product of Mexico</p>	<p><b>599</b> ea <b>+100 PTS</b> when you buy 2</p> <p>Cantaloupe product of Costa Rica</p>	<p><b>499</b> <b>5 pk</b></p> <p>Avocados product of Mexico 5 pk</p>	<p><b>699</b> <b>+100 PTS</b> when you buy 2</p> <p><b>CANADA</b></p> <p><b>PRODUCT OF CANADA</b> Bagged Apples Ambrosia, Gala or McIntosh Canada fancy grade 1.36 kg</p>

**MEAT**

<p><b>599</b></p> <p>COMPLIMENTS Bacon 375 g</p>	<p><b>2/\$10</b> <b>+50 PTS</b> when you buy 2</p> <p>COMPLIMENTS Marinated Souvlaki Sticks or Pork Chops 250-300 g</p>	<p><b>899</b> /lb</p> <p>Boneless Cross Rib Roasts cut by your meat expert from Canada AAA grade beef 19.82/kg</p>	<p><b>399</b> /lb</p> <p>Sliced Beef Liver &amp; 80%g</p>
<p><b>Scene MEMBER PICKING</b></p> <p><b>1299</b> <b>SAVE \$2</b></p> <p>Chicken Strips Lambies de poulet</p>	<p><b>1099</b> <b>+50 PTS</b> when you buy 1</p> <p>LEADBETTERS BBQ Bacon-Wrapped Chicken 300 g</p>	<p><b>599</b> /lb</p> <p>Boneless Pork Loin Centre Cut Chops Family Size cut in-store by your local meat expert 13.21/kg</p>	<p><b>649</b> /lb</p> <p>Marinated Pork Tenderloin 14.31/kg</p>
<p><b>899</b></p> <p>COMPLIMENTS Shrimp 31-40 ct raw or cooked 340 g</p>	<p><b>1499</b> <b>+50 PTS</b> when you buy 1</p> <p>JANES BREAD &amp; BREADED Seafood 330-615 g selected varieties</p>	<p><b>799</b> /lb</p> <p>COMPLIMENTS AIR-CHILLED Boneless Skinless Chicken Breasts Family Size 17.61/kg</p>	<p><b>599</b></p> <p>COMPLIMENTS Ground Chicken, Turkey or Pork 450-454 g</p>

**DELI** Available at most stores

<p><b>Scene MEMBER PICKING</b></p> <p><b>EXTRA \$2 off</b></p> <p>COMPLIMENTS Shredded Parmesan or Italian Blend 125 g</p>	<p><b>349</b> /100 g</p> <p>COMPLIMENTS Roast Beef, Pastrami, Montreal Smoked Meat or Corned Beef Selection varies by store</p>	<p><b>699</b> <b>+100 PTS</b> when you buy 2</p> <p>COMPLIMENTS Pecan or Raisin Butter Tarts 510 g</p>	<p><b>Scene MEMBER PICKING</b></p> <p><b>\$4</b> <b>SAVE 99¢</b></p> <p>5" Cream Pie 260-370 g</p>
<p><b>649</b> <b>+200 PTS</b> when you buy 2</p> <p>MONSIEUR GUSTAV Gouda 170 g selected varieties or Swiss 170 g</p>	<p><b>2/\$12</b></p> <p>COMPLIMENTS Dry-Cured Salami selected 125 g</p>	<p><b>499</b></p> <p>STUYVER'S Ciabatta or Portuguese Buns 4 pk 340-400 g</p>	<p><b>999</b> <b>+100 PTS</b> when you buy 1</p> <p>Small Bar Cakes 325-375 g</p>

**KITCHEN** Available at most stores

<p><b>200 PTS</b> when you buy 1</p> <p>4 Pack Mixed Deli Meats or Subs 860 g</p>	<p><b>15% off</b></p> <p>Pulled Meats, Chicken or Pork sold by 100 g Available chilled</p>	<p><b>1599</b></p> <p>Women's Day Seasonal Bouquet</p>	<p><b>599</b> <b>+100 PTS</b> when you buy 2</p> <p>COMPLIMENTS Snack Mixes selected 400-500 g</p>
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**2** Scene **1000 PTS = \$10 OF FREE GROCERIES**







# ONE SIP AND YOU'LL KNOW



Naturally Flavoured Iced Tea



**3.49**

MINUTE MAID®  
Zero Sugar Beverages 1.54 L



**4.99**

SIMPLY Lemonade®  
Beverages 1.54 L



**2/\$5**

FUZE® Iced Tea  
500 mL



**200 PTS**  
when you buy 2

**3.99**

FUZE® Iced Tea  
10x200 mL

**8.99**

FUZE® Iced Tea  
12x341 mL



\*Plus applicable taxes, levies, deposits and fees. Valid at participating locations from March 6th to 12th, 2025. Subject to availability while supplies last. Not valid in conjunction with any other offer. Retailer may sell for less. All products must be purchased at the same time, single units at regular price. The trademarks that appear are the property of their respective trademark owners.

## GRAB THE GAMEDAY GO-TO'S



**3.79**

SNYDER'S OF HANOVER®  
Pretzels 240 g  
selected varieties



**2/\$7**

KETTLE® Brand Kettle Chips  
156-198 g



**3.29**

PEPPERIDGE FARM®  
Goldfish® Crackers  
156-227 g selected varieties



**7.49**

GATORADE®  
Zero Sports Drink  
8x355 mL or 6x591 mL  
(any flavour)

NEW



NEW

**2/\$6**

GATORADE® Water 1 L or  
EVIAN® Natural Spring Water 1 L



CELSIUS.  
ENERGY

NEW

**50 PTS**  
when you buy 2

**2.99**

CELSIUS®  
Energy Drink  
355 mL (any flavour)

ZERO SUGAR  
GLUTEN FREE  
10 CAL PER CAN





# SPREAD SAVINGS WITH CANADA'S FAVOURITE BRANDS



**KRAFT Peanut Butter**  
500 g each any variety



**KRAFT Cheez Whiz Cheese Spread**  
900 g each any variety



**PHILADELPHIA Cream Cheese Product**  
227-250 g each any variety



**KRAFT Singles Process Cheese Product**  
825 g each any variety

\*Based on the 2025 BrandSpark® Canadian Trust Study.



**FIND YOUR NEW FAVOURITE**

Coming Soon

## Discover Lunchtime Favourites

**Marie Callender's BEEF & BROCCOLI BŒUF ET BROCCOLI BOWL** 335 g

**Healthy Choice simply steamer Chicken and Vegetable Stir Fry** 312 g

**Healthy Choice Steamer Beef and Broccoli** 312 g

**Healthy Choice POWER BOWLS** 287-288 g

**4.99**

HEALTHY CHOICE Gourmet or Simply Steamers or MARIE CALLENDER'S Bowls 287-335 g

**P.F. CHANG'S CHICKEN LO MEIN** 312 g

**6.99**

P.F. CHANG'S Single Serve Bowls 312 g

**Swanson Chicken Pot Pie** 200 g

**1.99**

SWANSON Pot Pies 200 g

P.F. CHANG'S and P.F. CHANG'S HOME MENU are trademarks of P.F. Chang's China Bistro, Inc. and are used under license.



# FROZEN & DAIRY

<p><b>449</b> COMPLIMENTS Tater Treats 400 g</p>	<p><b>379</b> COMPLIMENTS Frozen Entrées selected 250-280 g</p>	<p><b>129</b> COMPLIMENTS Frozen Punch 283 ml</p>	<p><b>299</b> COMPLIMENTS 68% Vegetable Oil Margarine 427 g</p>
<p><b>249</b> MICHELINA'S Frozen Entrées 128-284 g</p>	<p><b>399</b> PILLSBURY Pizza Pops 4 pk</p>	<p><b>699</b> GAY LEA Premium Butter 250 g</p>	<p><b>449</b> COMPLIMENTS Cheese Sticks 210 g</p>
<p><b>649</b> ASTRO Yogurt 12 pk</p>	<p><b>649</b> COMPLIMENTS Aerosol Whipped Cream 400 g</p>	<p><b>399</b> DAIRYLAND Cottage Cheese 500 g</p>	<p><b>399</b> KRAFT Philadelphia Dips 227 g</p>

# DRINKS, SNACKS & PANTRY

<p><b>499</b> TIM HORTONS or COMPLIMENTS Hot Chocolate 350-500 g</p>	<p><b>499</b> TWININGS Tea 20 pk assorted varieties</p>	<p><b>299</b> COMPLIMENTS Snacking Crackers selected 200-225 g</p>	<p><b>649</b> DARE Bear Paws Family Pack 337-480 g or Wagon Wheels 630 g</p>
<p><b>399</b> HUMPTY DUMPTY Party Mix 250 g or Snacks 200-290 g</p>	<p><b>129</b> NESTLÉ Single Chocolate Bars 37 g or HERSHEY'S Easter Novelty Chocolates 34-40 g while supplies last</p>	<p><b>599</b> HERSHEY'S Easter Bunnies or REESE'S Peanut Butter Egg 120-170 g while supplies last</p>	<p><b>549</b> CHRISTIE Honey Maid Pâté Abeille 400 g or Fig Newtons 283 g</p>
<p><b>999</b> FRITO-LAY Multipacks 16 pk</p>	<p><b>100 PTS</b> when you buy 2 <b>RED BULL</b> Energy Drink 355 ml</p>	<p><b>3/\$8</b> PRIME Hydration Drink 500 ml</p>	<p><b>899</b> KELLOGG'S Pop-Tarts 1.152 kg, Rice Krispies Squares 860 g or Special K Bars 500 g</p>



# DRINKS, SNACKS & PANTRY

<p><b>349</b> COMPLIMENTS Bacon Bits 75-85 g</p>	<p><b>100 PTS</b> when you buy 1 <b>149</b> COMPLIMENTS Coating Mix 142 g</p>	<p><b>100 PTS</b> when you buy 3 <b>149</b> COMPLIMENTS Mac &amp; Cheese 200-225 g</p>	<p><b>2/\$5</b> BUSH'S Beans 398 ml</p>
<p><b>100 PTS</b> when you buy 2 <b>299</b> COMPLIMENTS English Muffins 6 pk</p>	<p><b>399</b> BETTY CROCKER Frosting selected 340-450 g</p>	<p><b>299</b> MOTT'S Fruitsations 6 pk</p>	<p><b>2/\$5</b> COMPLIMENTS Fruit 398 ml</p>
<p><b>499</b> DEMPSTER'S 10 inch Tortillas 365-610 g</p>	<p><b>499</b> EAGLE BRAND Condensed Milk 300 ml or CROSBY'S Molasses selected 675 g</p>	<p><b>799</b> MINUTE RICE 1.2-1.4 kg or TILDA Basmati Rice 907 g</p>	

# NATURAL, HEALTH & HOUSEHOLD

<p><b>599</b> SILK Creamers 890 ml, Next or Protein Beverages 1.74-1.75 L or Whipping Cream 473 ml</p>	<p><b>1599</b> PURINA Beyond Dry Cat Food 1.36 kg selected</p>	<p><b>9/999</b> PURINA Friskies or Fancy Feast 85-156 g</p>	<p><b>799</b> SENSODYNE Toothpaste 75 ml, Toothbrush 2 pk or DEGREE Deodorant 74-107 g selected</p>
<p><b>1899</b> KICKING HORSE ORGANIC Ground Coffee 454 g</p>	<p><b>999</b> WHISKAS Dry Cat Food 2 kg</p>	<p><b>1899</b> CESAR Wet Dog Food 12 pk</p>	<p><b>599</b> SOFTSOAP or IRISH SPRING Body Wash 591 ml</p>
<p><b>1399</b> PURINA Tidy Cats Litter 2.72 kg</p>	<p><b>1199</b> GLAD Waste Bags 20-40 pk</p>	<p><b>1599</b> <b>200 PTS</b> when you buy 2 PUREX Bathroom Tissue 12=36 rolls or SPONGE TOWELS Ultra Choose-A-Size Giant 6=9 rolls</p>	





# International WOMEN'S DAY

Learn more

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 Natalia from Seven Spice

A lover of spicy food, Natalia began making chili oil with her mother, sharing it with friends and family. Today, her versatile oils, made with seven premium ingredients, can be found on store shelves in mild, hot and extra-hot.



200 PTS when you buy 2

SEVEN SPICE Chili Oil 227 g

## Meet Alexandra from Sarjesa Tea

Alexandra launched her small tea company as a student entrepreneur. Today, her company manufactures tea and beverage brands across North America. Alexandra is committed to fostering equity and joy and creating opportunities for women across her supply chains.



200 PTS when you buy 2

SARJESA Tea 30 g



200 PTS when you buy 2

SOUPTACULAR Soups 340 g

## Meet Maureen from Souptacular

Maureen started Souptacular Soups in the basement of her family home, all while raising three boys. Her nutritious soups are now carried in 200 stores as she operates the company with her husband and their three grown sons.

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



# sweet on **Easter**



**749**

LINDT Gold Bunny 100 g



**1599**

LINDT Easter Chocolates Assorted Box 250 g



**549**

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



**100 PTS** when you buy 1

COMPLIMENTS Mini Eggs 943 g



**279**

PEEPS Marshmallow Candy 85 g



**200 PTS** when you buy 2

**1249**

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

All items while supplies last





local  
LEGENDS

**HAND  
CRAFTED  
BEEF BURGERS  
MADE IN-STORE**



**40** PTS

when you buy 1  
package



Scene+  
**DIGITAL  
EXCLUSIVE**

# LOAD IT TO GET IT!

- 1 Load your offers to activate them
- 2 Shop and scan your Scene+ card

OFFER VALID MAR 6-12, 2025

## Get up to **700** PTS

Activate your offers at [MyGroceryOffers.ca](https://MyGroceryOffers.ca)



Get **300** PTS  
when you buy 2

**DARE Veggie Crisps 100 g or  
Breton Bites 200 g \$2.99**



Get **400** PTS  
when you buy 2

**LECLERC Célébration Cookies  
200-350 g**



Get **\$10** off  
when you buy 2

**COMPLIMENTS  
Traditional Beef Burgers 907 g**

**Card must be registered.** Offer valid and available to be loaded March 6-12, 2025 at all participating IGA locations in Western 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.





PLUS  
**CLICK**  
 for more  
**SAVINGS†**

# BUY ANY 3

participating Maple Leaf® products

# GET 1 FREE\*

Maple Leaf® product

\*In-store coupon required for redemption, while quantities last. Free product must be of equal or lesser value. Offer excludes Maple Leaf® canned meats & Maple Leaf® fresh pork.



\*Participating products include Maple Leaf®, Maple Leaf® Natural Selections® or Maple Leaf Prime® branded products but excludes Maple Leaf® canned meats or Maple Leaf® fresh pork. Offer valid for one (1) free Maple Leaf® branded product of equal or lesser value when you purchase any three (3) Maple Leaf branded products. Offer for a limited time only - not valid with any other offer and coupon expires April 30, 2025. Restrictions apply. While quantities last.

†Products must be purchased in the same transaction with coupon to redeem free product.



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first email exclusive offer

# SAVE \$5

on your next purchase of \$40\*

**SUBSCRIBE NOW**

\*New subscribers only. Terms and conditions apply.





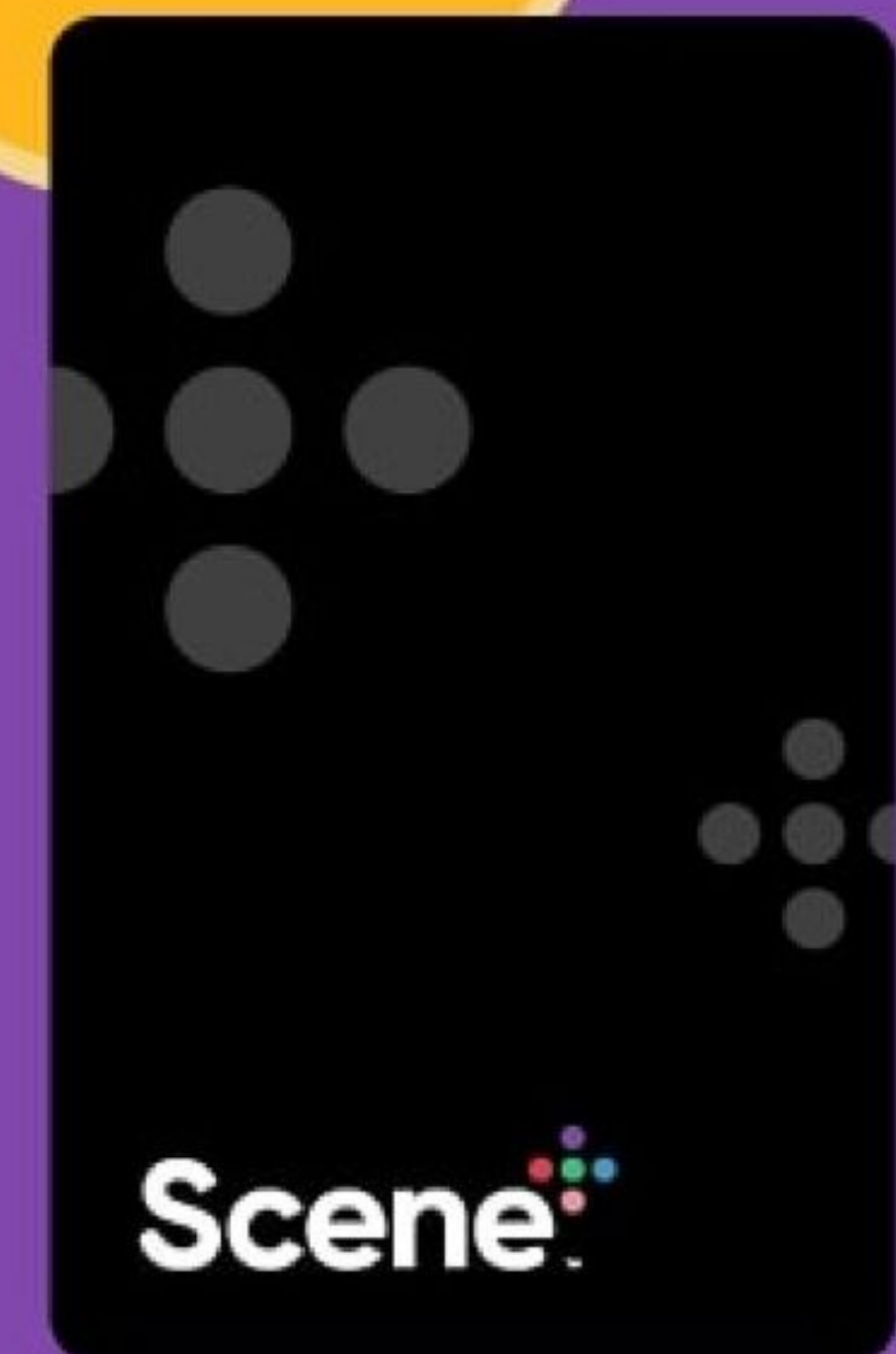
# GET TO **FREE** GROCERIES FASTER

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.