

FRESH CO
Lowering food prices

Flyer in effect January 1-7, 2026
Prices in effect in Western Canada

DEALS UNDER \$5

ZONE 1

EQUAL TO

\$4.49
/lb

Compliments
Seasoned
Boneless
Skinless
Chicken
Breasts
Frozen 2.5 kg
\$24.75
reg 33.99

**Clover Leaf
Skipjack
Tuna 170 g or
Flavoured
Tuna 85 g
reg 1.99-2.19**

Scene
MEMBER
PRICING

SAVE 99¢

\$1

without
Scene+ Card **\$199**



Seedless Cucumber 3 pk
Product of Mexico, No. 1 Grade or
Canada, Canada No. 1

\$50 per 50 lbs
when you buy 1

\$3.49

**Campbell's
Regular or
Spicy Tomato,
Alphabet
Vegetable,
Regular or Spicy
Chicken Noodle
or Cream of
Mushroom Soups**
284 mL reg. 1.69

Two cans of Campbell's soup are shown side-by-side. The can on the left is labeled 'Chicken Noodle' and 'Poulet et nouilles'. The can on the right is labeled 'Tomato' and 'Tomates'. Both cans feature the Campbell's logo and a picture of the soup.

100 PTS
when you buy 5

SAVE 69¢

\$1

Heinz
Beans or Pasta
398 mL
reg 2.00

100 PTS
when you buy 5

SAVE \$1

\$1

Tre Stelle
Paneer
300 g
REG 4.99

SAVE 1!
\$3.99

Cheetos
170-285 g
Miss Vickie's
180-200 g
Fritos 300 g
pkg 489-479

Miss Vickie's
ORIGINAL RECIPE
RECETTE ORIGINALE
Fragrant and Crispy
Frits

SAVE \$1.00
\$3.49

[illegible]

Schneiders

Stackers, Lunch Mate

or Adult

Snack Kits
75-120 g

SAVE 40

SAVE \$2

\$199

33

without \$2000

ITALIAN STYLE DOUBLE HAM
(JAMBOON CHOP & L. CHAUDHARY)

Best Shagins

natural
selections

Shaved & Embréed

Made with natural ingredients
No added MSG, NO added sodium

Dash of tangy-sourness naturally

100% PORK

BIRNOLA

ITALIAN STYLE COOKER MAR JAMONER CUIT & TRAVERSANT

Meat: Jamon Cooked Ham

Shaved Fennel

natural selections

Shaved Fennel

Made with natural ingredients

No artificial preservatives

No artificial colors

No artificial flavors

No artificial sweeteners

No artificial trans fats

No artificial MSG

No artificial anything

100% Natural

100% Pure

100% Delicious

Maple Leaf
Natural
Selection
175

MEMBER SAVE \$2
\$4.49
without

**Maple Leaf
Natural
Selections**
175 g

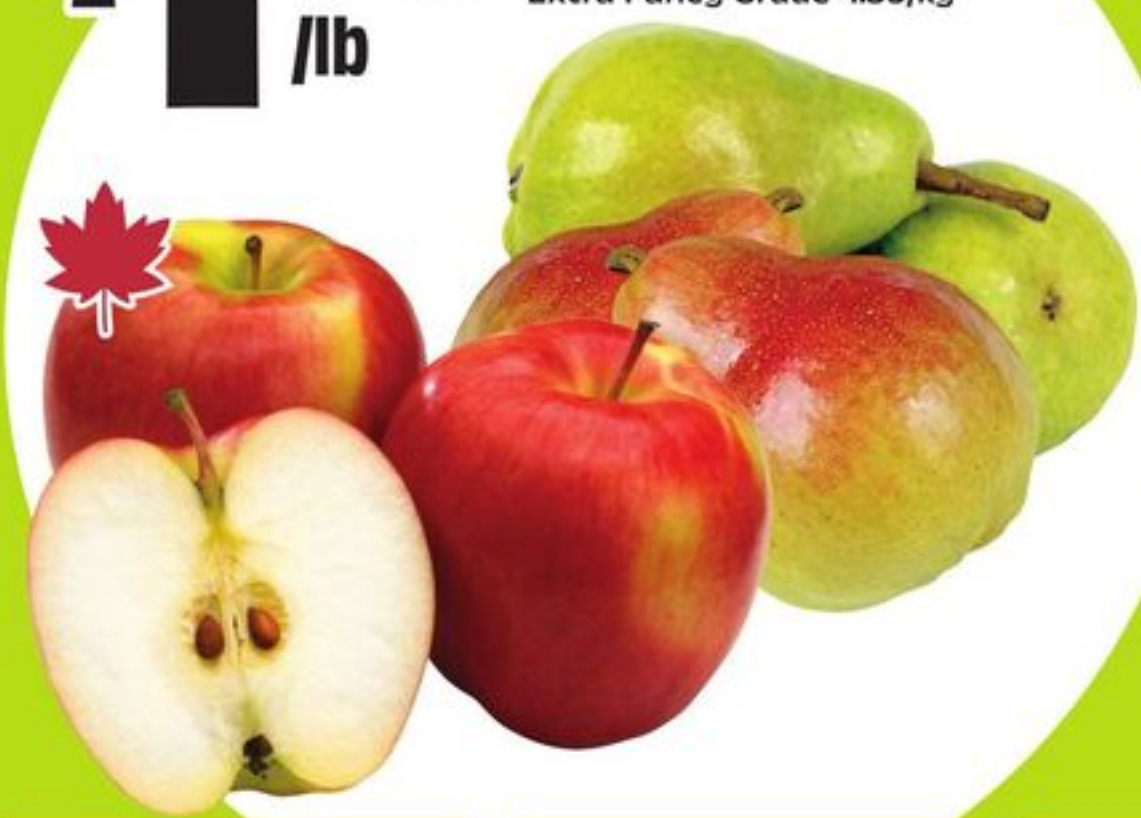
SAVE \$2⁵⁰
4 49

without Card **\$6.99**

DOI: 10.1002/for

\$1.99
/lb

Ambrosia Apples
Product of British Columbia,
Canada Extra Fancy or
Bartlett Pears Product of USA
Extra Fancy Grade 4.39/kg



\$4.99

Romaine Hearts 3 pk
Product of USA or
Mexico or
Taylor Farms
Chopped Salad Kits
292-383 g



Red Mangoes
Product of Peru

100 PTS
when you buy 2

\$1.99



Green Seedless Grapes
Product of Peru
No. 1 Grade 1.00/kg

\$4.99



Tomatoes
on the Vine Product
of Canada, USA or
Mexico 5.49/kg

\$2.49
/lb



Broccoli Crowns
Product of USA or
Mexico 6.59/kg

\$2.99
/lb



Kiwi 154 g
Product of Italy
or Greece

50 PTS
when you buy 1

\$4.99



Mandarins 2 lb
Product of USA
907 g

50 PTS
when you buy 1

\$5.99



Organic Whole White or Brown Mushrooms
227 g
Product of Canada

100 PTS
when you buy 2

\$2.99



Compliments Baby Spinach, Spring Mix or Arugula 142 g
Product of USA

100 PTS
when you buy 2

\$3.99



Maple Lodge or Zabihla Halal Chicken Sausages
reg 5.99

100 PTS
when you buy 2
SAVE \$1

\$4.99



MarcAngelo Bacon Wrapped Beef or Chicken Medallions 340-600 g or **Porchetta Roast** 1 kg
reg 12.00-13.00

SAVE UP TO \$2

\$11



Capital Ham or Ukrainian Naturally Smoked Sausage
600 g reg 8.99

100 PTS
when you buy 2
SAVE \$2

\$6.99



Schneiders Bologna
375-500 g

SAVE \$2

\$6.99
without ham \$8.99



Schneiders Meat Pies, Mini Sizzlers or Sausage Rounds
Frozen 375-400 g
reg 7.99

SAVE \$2

\$5.99



Pinty's Chicken Wings
Frozen 700-720 g
reg 17.99

SAVE \$3

\$14.99



High Liner Family Favourites
Frozen 350-700 g
reg 9.99

SAVE \$2

\$7.99



Dempster's Whole Grains, Signature or Protein Bread 600 g
reg 4.19-4.49

\$3.29



Compliments Deli Meats, San Daniele Mortadella 175 g, Mastro Coppocollo 100 g, Rosemary Ham or Prosciutto Dotto 125 g
reg 4.00-4.49

SAVE \$1

\$3.49



Piller's Salami, Summer Sausage or Pepperoni 125 g
reg 3.49

SAVE 50%

\$2.99



Castello Slice Cheese 125-165 g
reg 7.19

SAVE \$1.19

\$5.49



**SPEND \$100 IN DOORDASH GIFT CARDS
AND GET 1,000 SCENE+ POINTS!**



Offer valid during January 2 - 7, 2026.
Sorry no rainchecks or price matching.
See gift card for details, terms, conditions,
and (if applicable) fees. Subject to availability.

SAVE UP TO \$1.30

\$3.99

McCain Premium Breakfast Potatoes 600-850 g or Premium Specialty Potatoes 540-800 g reg 4.99-5.29

SAVE UP TO \$1.30

\$3.99

McCain Bistro Potato Pancakes 600 g

SAVE UP TO \$1.30

\$3.99

McCain Breakfast Déjeuner Potato Pancakes 600 g

100 PTS when you buy 2

SAVE 76¢

\$1.99

SAVE \$1.00 ON 2

2/\$7

200 PTS when you buy 2

SAVE \$2

\$10.99

SAVE \$1.00

\$2.79

SAVE \$1

\$3.99

SAVE \$1.00

\$2.99

SAVE \$1.00

\$2.99

SAVE \$1.00

\$2.99

SAVE \$2

\$2.99

SAVE \$1

\$1.99

SAVE \$2

\$2.99

SAVE \$1

\$1.99

200 PTS when you buy 2

SAVE 70¢

\$3.49

200 PTS when you buy 2

SAVE 70¢

\$3.49

SAVE \$1.00

\$2.99

SAVE \$1.00

\$2.99

SAVE \$1.00

\$4.49

SAVE \$1

\$9.99

100 PTS when you buy 2

SAVE \$2

\$4.99

SAVE \$1.00

\$64.95

MORE WAYS TO SAVE!

HOT PRICE

Scene

Locked & Low

Look for these specially-marked items throughout our stores

BACK TO ROUTINE



Violife
100% Vegan
cheddar style / style cheddar
SHREDDED / RÂPÉ
Vegetarian
227g e

SAVE \$1

\$4.99

Violife Dairy Free Shreds or Slices 200 g



\$4.99

Mini Sweet Peppers 454 g
Product of Mexico



\$2.99

Mini Seedless Cucumbers 6 pk
Product of Canada, Canada No. 1,
Grape Tomatoes 283 g
or Medley Tomatoes Pint
Product of Canada or Mexico



\$6.99

Organic Lil Snappers Gala, Pink Lady or Fuji Apples 3 lb
Product of USA Extra Fancy Grade
1.36 kg

50 PTS when you buy 1



\$6.99

Maple Leaf Bacon or Ready Crisp Bacon 65-375 g
Breakfast Sausage 300 g or Shredded Chicken 250 g



\$6.99

Maple Leaf Chicken 250 g



\$4.99

Silver Hills Sprouted Grains Bread 430-680 g
reg 5.79-6.29



\$2.99

Dempster's English Muffins 6 pk reg 3.79

WHILE SUPPLIES LAST, PRODUCT SELECTION MAY VARY BY STORE.



We all deserve compliments

We all deserve savings

100 PTS
when you buy 4
\$1.29

Compliments
Soft Drinks 2 L
reg 1.69



Compliments
Hot Chocolate 500 g
reg 5.49

200 PTS
when you buy 2

SAVE \$1.50

\$3.99



Compliments
Chocolate Covered Almonds,
Peanuts or Raisins 400 g or
Chocolate Covered Salted Cashews 350 g

\$7.99



250 PTS
when you buy 2

Compliments
De-Alcoholized Beer 12x355 mL reg 8.99



Compliments
Lasagna 375-500 g
reg 3.19

SAVE 70%
\$2.49



Compliments
Frozen Entrées
Selected Varieties
227-284 g

\$1.49



Compliments
Waffles 8 pk 280 g
reg 2.99

SAVE 50%
\$2.49



Compliments
Training Pants 33-44 pk

\$14.97



Compliments
Balance
Egg Whites 1 kg

\$7.99



Compliments
Value Size Granola
Bars 40 pk or 48 pk
reg 13.99-15.99

100 PTS
when you buy 1
SAVE UP TO \$2
\$13.99



\$3.49

Compliments
Salad Dressing
475 mL



Compliments
Cookies 300-350 g

200 PTS
when you buy 2
\$3

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

HOUSEHOLD SAVINGS

Best Buy
Bathroom
Tissue
12=24 rolls

100 PTS
when you buy 1

\$5



Best Buy Paper Towels
6=8 rolls reg 6.00

SAVE \$1

\$5



Compliments
Garbage Bags
20=40 pk reg 6.99-7.99

SAVE \$2

\$5.99



Compliments
Laundry Scent
Booster 422 g
reg 8.99

SAVE \$1

\$7.99



Compliments
Dryer Sheets
120 pk or Stain
Remover 680 g
reg 4.49-5.29

SAVE \$1

\$4.29



Compliments
Laundry Detergent
1.37-1.47 L reg 6.99

SAVE \$1

\$5.99



Compliments
Fabric Softener
4.4 L reg 8.29

SAVE \$1.29

\$6.99



Compliments
Bleach 2.4 L
reg 3.99

SAVE \$1

\$2.99



Compliments
Multi-Surface
Floor Cleaner
1.4 L

100 PTS
when you buy 2

\$3.29



Compliments
Freezer Bag 30 pk
reg 5.99

SAVE \$2

\$3.99



Compliments
Fume-Free
Oven Cleaner
400 g reg 5.29

SAVE \$1.29

\$3.99



Compliments
Glass Cleaner
950 mL reg 2.49

SAVE \$1.29

\$1.99



Compliments
Disinfecting
Wipes 75 pk

100 PTS
when you buy 2

\$3.99



Compliments
All Purpose Cloth
15 pk reg 3.00

SAVE \$1.51

\$2.49



Downy Rinse
1.08-1.09 L reg 12.99

500 PTS
when you buy 2

SAVE \$3

\$9.99



Tide Liquid Detergent
2.15-2.48 L
reg 18.99-19.49

500 PTS
when you buy 2

SAVE \$4.54

\$14.99



Downy Beads
379 g reg 13.49

500 PTS
when you buy 2

SAVE \$3.54

\$9.99



Tide Pods or
Gain Flings
25-42 pk reg 15.99

500 PTS
when you buy 2

SAVE \$2

\$13.99

WHILE SUPPLIES LAST, PRODUCT SELECTION MAY VARY BY STORE.

ORTHODOX CHRISTMAS



SAVE \$1
\$14.99
Baltic Frozen Herring Fillets 1 kg
reg 15.99



99¢
lb

Green or Red Cabbage
Product of Canada,
Canada No. 1, 2.18/kg



\$2.99
Natural Bakery Rye Bread 500 g reg 3.89



Copper River Frozen Keta Salmon Caviar 500 g

100¢
when you buy 1
\$69.99



Red Gold Steelhead Salmon Frozen Caviar 200 g reg 32.99
WHILE SUPPLIES LAST

100¢
when you buy 1
SAVE \$8
\$24.99



Baltic Salmon Meatballs 454 g
Selected Varieties
reg. 14.99-14.99
WHILE SUPPLIES LAST

SAVE \$3.99
\$10.99



Baltic Smoked Whole Atlantic Mackerel 400 g
reg. 9.49
WHILE SUPPLIES LAST

SAVE 50¢
\$8.99



Red Gold Steelhead Salmon Caviar 100 g reg 15.99

50¢
when you buy 1
SAVE \$2
\$13.99



Grandma's Pierogies 907 g
reg. 10.49

SAVE \$2.49
\$8.99



Roshen Kyiv Cake Small 450 g reg 28.99

100¢
when you buy 1
SAVE \$1.99
\$26.99



Alfa Medium Phyllo Pastry 450 g reg 4.49

50¢
when you buy 1
SAVE 50¢
\$3.99



Alfa Phyllo Twists or Rollinis 1 kg reg 9.99

50¢
when you buy 1
SAVE \$2
\$7.99



Lovare Tea 30 g reg 4.49

SAVE 50¢
\$3.99



S&F Cream Crackers 200 g reg 2.49

SAVE 70¢
\$1.79



Borjomi Carbonated Natural Mineral Water 500 mL reg 2.99

SAVE 50¢
\$2.49



Kühne Barzel or Wine Sauerkraut 720-730 mL reg 4.79-5.99

100¢
when you buy 2
SAVE \$2.92
\$3.99



S&F Sprats in Oil 270 g reg 5.99

100¢
when you buy 2
SAVE 50¢
\$5.49



Oliya Virgin Sunflower Oil 1 L reg 6.99

SAVE \$2.50
\$4.49



R&S Roasted Buckwheat 908 g reg 5.29

50¢
when you buy 2
SAVE \$1.99
\$4



Pallirra Greek Dolmas 400 g reg 4.49

SAVE 50¢
\$3.99

WHILE SUPPLIES LAST, PRODUCT SELECTION MAY VARY BY STORE.

FLAVOURS OF LOHRI



GAGAN
BROWN SUGAR
4.54 kg reg 13.47-13.97

SAVE UP TO \$3.98

\$9.99

GAGAN
PURE CANE SUGAR
4.54 kg reg 13.47-13.97

India Gate
Basmati Rice
4.54 kg reg 16.99

SAVE \$4

\$12.99


Spinach Bunch
Product of USA or Mexico

\$1.99


Cilantro Bunch
Product of USA or Mexico

99¢


Red Onions
3 lb Product of Canada, Canada No. 1, 1.36 kg

\$3.99


Raspini
Product of USA

\$2.99


Brar's Desi Ghee 800 g reg 17.97

SAVE \$3.98

\$13.99


Parle-G Biscuits
300 g reg 1.87

SAVE 98¢

99¢


Gagan Peanuts
Roasted in Shell
750 g reg 4.47

SAVE \$1.98

\$2.99


Khaas Halal or Dahi Yogurt 750 g

\$2.99


Tea India Orange Pekoe
216 pk reg 11.47

SAVE \$2.48

\$8.99


Mirch Masala Paratha 2 kg reg 10.99

SAVE \$1

\$9.99


Teja Peanut Gachhak
400 g reg 5.27

SAVE 98¢

\$4.29


Swarna Chakki Fresh Atta 5.07 kg reg 18.99

SAVE \$5

\$13.99


Chalol Naan 1 kg or Roti 750 g reg 3.99-4.49

\$3.99


Nanak Gulabjamun
908 g reg 9.99

SAVE \$2

\$7.99


Sherbon Mango or Pink Guava Juice 2 L reg 5.47

SAVE \$1.98

\$4.29


Bikano Suji Rusk 600 g reg 5.47

SAVE 98¢

\$4.49


Deep Cocktail Samosas Potato 425 g or Indian Lantli Patties 425 g reg 3.99

SAVE \$1.00

\$3.29


Nanak Rasmalai 850 g Selected Varieties reg 11.99

SAVE \$1.98

\$10.29


Bikano Snacks
125-150 g Selected Varieties

50¢ off when you buy 1

\$1.79


Nanak Aloo Tikki Potato Patties 720 g reg 9.99

SAVE \$1

\$8.99

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

GIVE YOUR SCENE+ POINTS A BOOST

Earn Scene+ points **3.7X faster** with
the Scotiabank Scene+ Visa Card.♦

APPLY NOW

♦Conditions Apply

