

THRIFTY FOODS

Eat happy



5.97
/LB
Fresh Lean Ground
Beef Family Size
\$13.16/kg

Cauliflower
Product of USA
Large

2/\$5



\$4
/100 g



Wild Sockeye
Salmon Fillets Frozen
Whole Sides \$18.14/lb



3.99
EACH
Cheese Kaiser Buns
6 Pack, 420 g
Baked In-Store



3.47
EACH
Dr. Oetker Ristorante
or Casa Di Mama
Pizza Selected
320-410 g



4.49
EACH
Lindt Excellence
Bars 50-100 g



4.49
EACH
International Delight
Creamers 946 ml,
Silk Cold Foam
369 g or Tree
Island Greek
or Cream Top
Yogurt
325-500 g



25% OFF
AT TEL
Paradise Island
Random Cut
Cheese or Long
Stick Random
Weight, Packaged
in Nanaimo



11.99
EACH
Purex Bathroom Tissue
24=48 or 12=48 Rolls or
SpongeTowels 6-12 Rolls

DOLLAR days

See back page for more!



\$3
/LB

WE PICK
BC
FIRST

BC
Fresh
Chicken
Drumsticks or Legs
Family Size, Back Attached
Product of Surrey \$6.61/kg



\$1
/LB

Royal Gala Apples
Canada Extra Fancy
Large, Product of
British Columbia
\$2.20/kg

WE PICK
BC
FIRST

\$1
EACH

Compliments
Sparkling
or Fizzy
Flavoured or
Unflavoured
Water
503 ml-1 L



\$2
EACH

McCain Fries
Selected, 800 g

Scene[™]
SPEND
& GET

750 PTS OR **1,500 PTS**
WHEN YOU SPEND \$125 OR MORE

That's like
\$15
toward your
groceries

4 DAYS ONLY
January 1 - January 4, 2026
DON'T FORGET YOUR COUPON
See Offer Details on Page 5



DIGITAL
FLYER

ON SALE *specials* THURS, JANUARY 1 - WED, JANUARY 7, 2026

ALL STORES OPEN JAN. 1: 9AM-10PM*

*CLOSING TIMES VARY
BY LOCATION. VISIT
THRIFTYFOODS.COM FOR
STORE LOCATION HOURS

P01_TF_WK36_FRN



\$6 EACH

Compliments
Naturally Smoked Bacon Selected, 375 g



\$4 EACH

Avocados
5 Pack
Product of Mexico



2/\$3

Compliments
Baby-Cut Carrots
340 g Pack
Product of USA



\$3 EACH

Thrifty Kitchens
Pork Sausage Rolls
Sold by Individual Piece or **Handheld Savoury Pastries**, Spinach & Feta, Bacon & Egg or Other Selected Varieties, 76–95 g
Available Hot or Chilled



\$7 EACH

Compliments **Raw Shrimp** 71–90 ct per lb, 340 g or Panache Shrimp Spring Roll, Crab Rangoon or Tempura Shrimp with Truffle, Selected Varieties, 252–300 g



\$1 EACH

Campbell's **Tomato, Chicken Noodle, Cream of Mushroom or Vegetable Soup** 284 ml



\$6 EACH

Compliments **Mini Cupcakes**
12 Pack, 284–300 g



\$4 EACH

Silver Hills **Bread** 430–680 g, Dempster's Signature Hamburger or Sausage Buns 6–8 Pack or Adams Peanut Butter 500 g



\$7 EACH

100 PTS
when you buy 1

Becel **Margarine** 637–850 g



\$1 EACH

JELL-O **Jelly Powders** 10–85 g or Instant Pudding, Assorted 30–113 g



\$2 EACH

Compliments **Apple Sauce**
620 ml, Apple Snack 4–6 Packs, Canned Fruit 398 ml or Snack Pack Pudding Cups 4 Pack



\$2 EACH

Dare **Breton, Vinta or Simple Goodness Crackers** 135–225 g or Kellogg's Cheez-It 191–200 g



\$4 EACH

General Mills or Kellogg's **Premium or Core Cereal** 210–525 g or Northern Gold Granola 700–730 g



\$8 EACH

Rao's **Pasta Sauce** 660–680 ml or Compliments Extra Virgin Olive Oil 500 ml

DOLLAR days



500 PTS
when you buy 2

8⁹⁹ EACH

Panache **Maple Syrup** 500 ml



500 PTS
when you buy 5

2⁴⁹ EACH

Quaker **Crispy Minis** 90–100 g or Rice Cakes 127–199 g



500 PTS
when you buy 1

46⁹⁹ EACH

Vega **All-in-One Nutrition** 827–876 g, Selected



Scene BIG BONUS



500 PTS
when you buy 2

8⁹⁹ EACH

Panache **Maple Syrup** 500 ml



500 PTS
when you buy 5

2⁴⁹ EACH

Quaker **Crispy Minis** 90–100 g or Rice Cakes 127–199 g



500 PTS
when you buy 1

46⁹⁹ EACH

Vega **All-in-One Nutrition** 827–876 g, Selected



GET 1,000 PTS

FOR EVERY \$100 SPENT ON DOORDASH GIFT CARDS!



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.



Where this symbol appears, deposit & enviro levies are applicable.

CUSTOMER CARE: 1.866.948.0196 • PARTY PLATTER HOTLINE: 250.483.1666 • Visit www.thriftyfoods.com for hours of operation and store and pharmacy locations.
Printed using vegetable based inks. Please recycle this flyer where facilities exist. We reserve the right to limit quantities. Personal shopping only. Styled food photographs illustrate serving suggestions only.
POB_TF_WK36_PRN

*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.thriftyfoods.com/bringing-you-bigger-smiles for details.

100% FRESH GUARANTEE STOREWIDE SATISFACTION OR YOUR MONEY BACK.

Our TEAM'S PICKS

- FAMILY-OWNED VERTICAL FARM IN OKANAGAN FALLS, BC
- SUSTAINABLY GROWN & PESTICIDE-FREE
- FRESH AND FULL OF FLAVOUR YEAR-ROUND

2/\$6

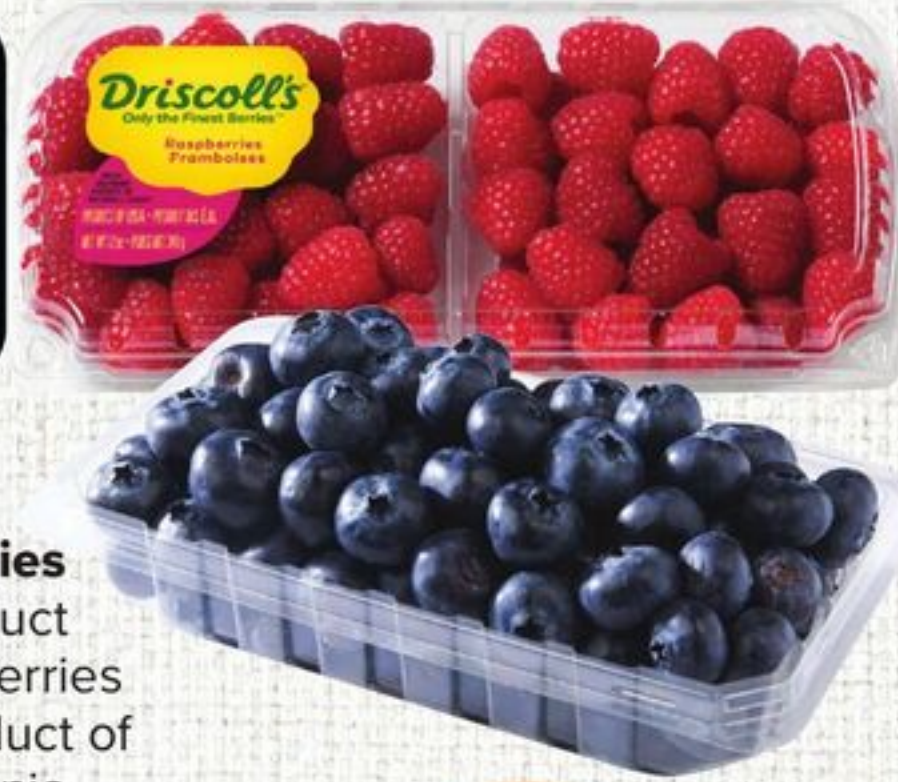
Avery Farms
Lettuces Product
of British Columbia

WE PICK
BC
FIRST

NEW



MEMBERS
SAVE \$1
7.99
EACH
MEMBER



Jumbo Blueberries
277 g Pack, Product
of Peru or Raspberries
340 g Pack, Product of
Mexico or California

8.99
EACH
without
Scene+
Card

2.49
/LB

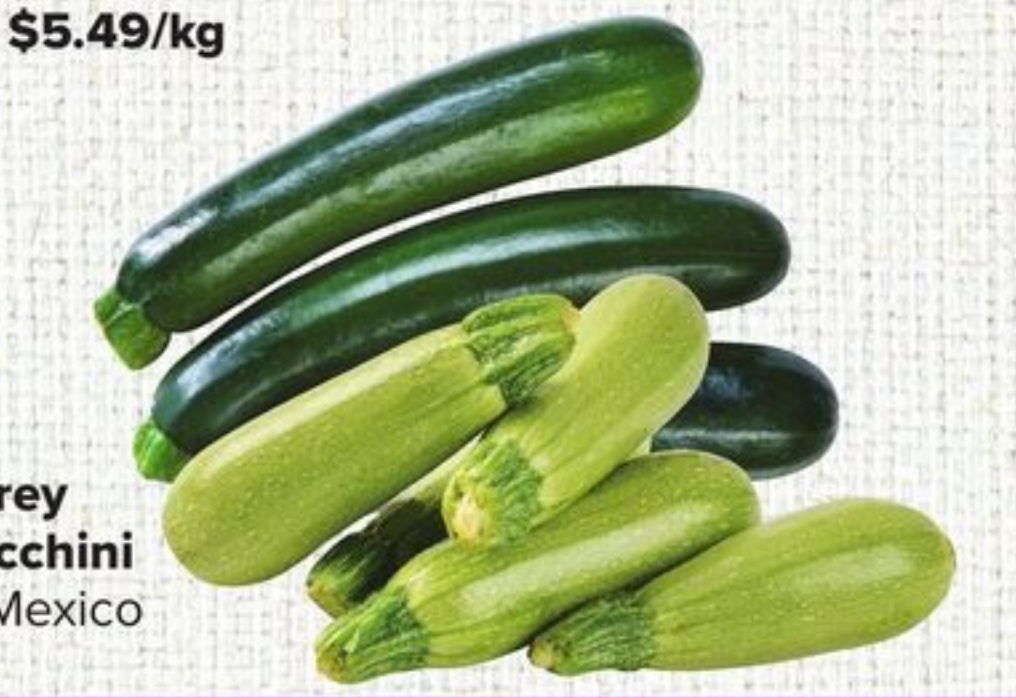
SanLucar
Navel Oranges
Product of Spain
or Morocco **\$5.49/kg**



SanLucar
EXCLUSIVE
TO US

1.99
/LB

**Green or Grey
Marrow Zucchini**
Product of Mexico
\$4.39/kg



5.99
/LB

Sumo Oranges
Product of California
\$13.21/kg



5.99
EACH

150 PTS
when you buy any 2

Kiwi
1 lb, 454 g Pack
Product of Greece or Italy or
Compliments Red or Green Bell
Peppers, 4 Pack, Product of Mexico



3.99
EACH

75 PTS
when you buy 1

The Little Potato Co.
Little Fingerlings
1.5 lb, 680 g Pack
Product of Canada



9.99
EACH

Lychees
1 lb, 454 g Pack
Product of Brazil

ORGANIC

7.99
EACH

Buck Brand **Organic
Shaddocks** Product of
Deer Heights Ranch,
California



NEW
CROP

2.99
/LB

Buck Brand
Organic Mango Oranges
Product of Deer Heights Ranch,
California **\$6.59/kg**



3.99
/LB

**Organic
Butternut,
Spaghetti or
Acorn Squash**
Product of British
Columbia
\$8.80/kg



100 PTS
when you buy 1

5.99
EACH

Litehouse **Organic
Dressings** 332 ml
Product of USA



Ask our **FLORISTS** for **CUSTOM BOUQUETS, arrangements AND MORE!**

19.99
EACH

Fresh Start Bouquet



12.99
EACH

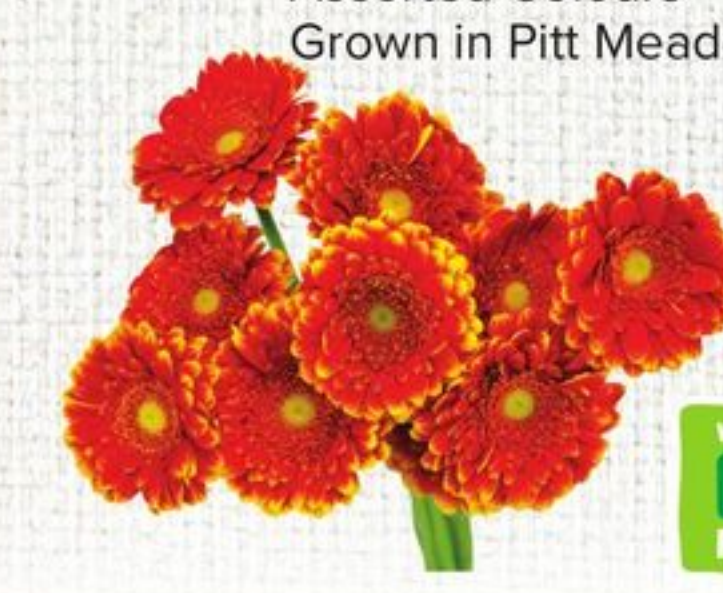
**Boston
Ferns**
8" Pot
Grown in
Surrey

WE PICK
BC
FIRST



7.99
EACH

Mini Gerbera
10-Stem Bunch
Assorted Colours
Grown in Pitt Meadows



WE PICK
BC
FIRST

12.99
EACH

**Rose &
Alstroemeria
Bouquet**
Assorted
Colours



CUSTOM CUTS, marinades AND MORE - ask our MEAT EXPERTS in store



\$5 EACH
Thrifty Kitchens **Fresh Chicken Cordons** Selected
200 g, Product of Victoria



\$5 EACH
Fresh Lean **Ground Pork**
454 g Tray Pack
Product of Western Canada

\$2 EACH
Buddig **Sliced Meat** Selected
55 g

\$6 /LB
Panache **Fresh Flattened Chicken** Lemon Greek Herb, Jerk, Portuguese or Portuguese Half Chicken **\$13.23/kg**



\$5 EA
WHEN YOU BUY 2 OR MORE
OR 1 FOR 6.00
Schneiders **Chicken or Beef Meat Pies** Frozen
400 g



\$3 EACH
Starting at
Compliments **Sliced Meat** Selected, 175 g

13.99 /LB

Sterling Silver **Fresh Sirloin Tri-Tip Steaks**
Family Size or Roast
Cut from Canada
AAA Grade Beef
\$30.84/kg



200 PTS
when you spend \$25

\$6 /LB

Fresh **Pork Loin Schnitzel** Product of Western Canada
\$13.23/kg



\$10 EACH
Bassili's Best **Meat Lasagna or Shepherd's Pie** Frozen, 907 g



Our SEAFOOD EXPERTS will FILLET your FISH in store - JUST ASK!



10.99 EACH
MEMBER SAVE \$2
Mrs. Friday's **Seafood Crab Cakes**
8 Pack Frozen

125 PTS
when you spend \$10

3.69 /100 G

Chilean **Shrimp**
Meat Hand Peeled
Previously Frozen
\$16.74/lb



BUY 2 GET 3RD FREE

Wild Ahi Tuna Loin Steaks Boneless
Skinless, Frozen, 155 g
Regular Retail: **\$5.49 Each**



3.49 /100 G

Almond Crusted Sole Fillets, Potato
Crusted Cod or Coconut
Crusted Tilapia, Frozen or
Previously Frozen **\$15.83/lb**



125 PTS
when you spend \$10

6.99 /100 G

Smoked Salmon Strips
Previously Frozen
Selected, Product of
Vancouver **\$31.71/lb**



7.99 EACH

Nanuk **Smoked Wild Sockeye Salmon Lox** 85 g or Mussel King
Whole Cooked PEI Mussels
Frozen, 454 g

All weekly Scene+ offers exclude 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. Redeem 1,000 Scene+ for \$10 towards your purchase up to a maximum of 50,000 Scene+ points (equivalent to \$500) per day. For full Scene+ Terms & Conditions or to redeem your points, visit <http://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 Sobeys Capital Incorporated.

OUR DELI is full of MEATS, sliced or shaved YOUR WAY!

MEMBERS
SAVE 80¢
8.49
EACH
MEMBER
THANKS

9.29 without
Scene+
Card
Greenfield
Sliced Deli
Meats
Selected, 175 g



7.99
EACH

Fantino &
Mondello
Authentic
Italian
Charcuterie
Meats
Selected
100–200 g



7.99
EACH

Castello
Havarti
Blocks
170–200 g
or Slices
145–165 g



4.99
/100 g

Thrifty Kitchens
Sterling Silver
Roast Beef
Sliced Fresh



8.99
EACH

Panache 2 Year
Old Cheddar
225 g



MEMBERS
SAVE \$1
5.49
EACH
MEMBER
THANKS

without
Scene+
Card
Compliments
Goat Cheese 113 g
Selected Varieties



3.79
/100 g

Leoncini
Italian Cotto or
Herbed Ham
Sliced Fresh



5.49
/100 g

200 PTS
when you spend
\$15 or more
Jarlsberg or Cambozola Blue



TAKE IT to go!

MEMBERS
SAVE 50¢
5.99
EACH
MEMBER
THANKS

without
Scene+
Card
6.49
EACH
Thrifty Kitchens
Wraps 219–300 g



200 PTS
when you buy 2

9.99
EACH

Thrifty Made Bowls
435–455 g
Available Chilled



Starting at

250 PTS
when you buy 2

12.99
EACH

14" Take & Bake
Pizza 715–890 g



3.99
EACH

Compliments
Dips or Hummus Regular
200–227 g



SUSHI & more

100 PTS
when you buy 2

Zenshi Marina Plate
6 pcs, 221–234 g

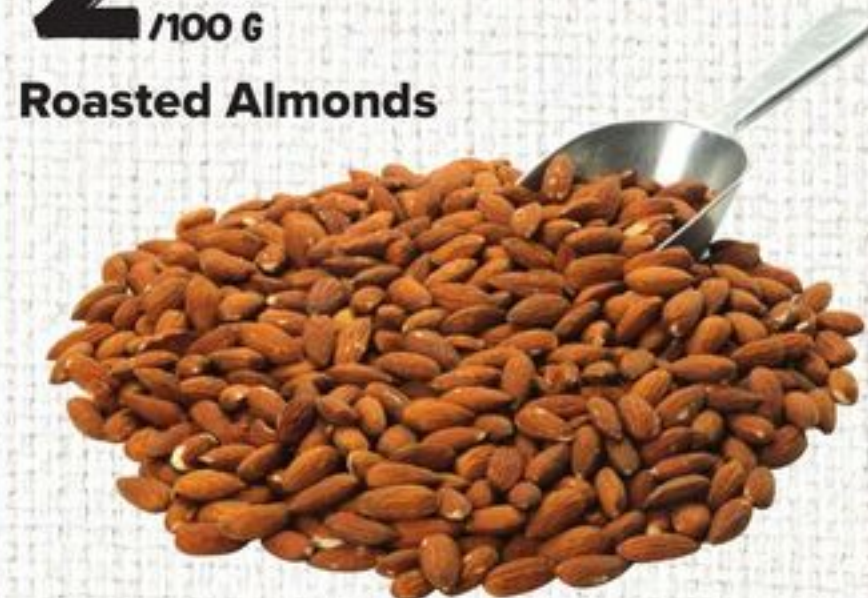


4 ON SALE specials THURS, JANUARY 1 – WED, JANUARY 7, 2026

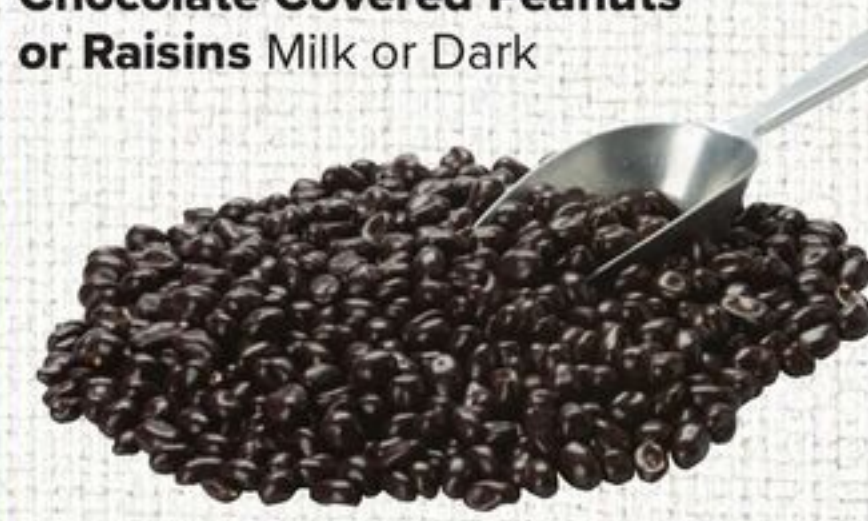
SunRype
**Fruitsource or
Fruit to Go Bars**
12-24 Pack



Roasted Almonds



Chocolate Covered Peanuts or Raisins Milk or Dark



CANADIAN FLOUR

GET IT FREE



Thirsty Budd
All Natural
Coconut
Water 1 L



SmartSweet
Candy
50 g



Remedy
Kombucha
355 ml
4 Pack



\$3.33
WHEN YOU BUY 3 OR MORE



**Millsie Cashew
Cream Cheese**
Made in Richmond
185 g



EACH or Cauliflower Hash
Brown 37E g



Wild Tea
Kombucha
355 ml



OGGI
MARGHERITA



Offer valid January 1, 4 - 2024 at all Thrifty Foods locations in British Columbia. Minimum qualifying purchase must be made in a single transaction. No base Scene+ points earned. Printed or digital coupon and Scene+ digital or physical membership card must be presented. Spending \$75 or more awards only one 750 Scene+ points allocation. Spending \$200 or more awards only one 1500 Scene+ points allocation. Offer excludes taxes, gift cards and other goods and services which are non-discountable or excluded by law or as we determine from time to time. Limit one basket builder offer per Scene+ membership card per day. Coupon has no cash value and cannot be combined with any other offers. 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.

MEMBERS
SAVE \$1

10⁹⁹

EACH

MEMBER
PRICED

11⁹⁹

without
Scene+
Card

EACH

Donia Farms
Heritage Style
Yogurt Made Using Milk
from Grass Fed Cows
Made in Surrey, 1.75 kg

6⁹⁹

EACH

Rolling
Meadow
Kefir
1 L

100 PTS
when you buy 2

2⁴⁹

EACH

Island Farms
Chocolate
Milk Made
in Victoria
1 L

3⁴⁹

EACH

Astro or IÖGO Duo
Yogurt 650–750 g

DAIRY & frozen

50 PTS
when you buy 1

11⁴⁹

EACH

IÖGO
Creamy
Yogurt
2 kg

4⁴⁹

EACH

Fraser Valley **Butter** 250 g
Salted or Unsalted

8⁹⁹

EACH

Paradise Island
Lactose Free
Cheese 400 g
Packaged in
Nanaimo

7⁹⁹

EACH

Black Diamond
Cheestrings
12–16 Pack

4⁹⁹

EACH

100 PTS
when you buy 2

Compliments **Cheese Slices**
210–230 g

5⁹⁹

EACH

Simply
Orange
Juice
1.54 L

MEMBERS
SAVE 50¢

4⁴⁹

EACH

MEMBER
PRICED

Meatman's
Meat Pies
280 g, Made
in Burnaby

5⁴⁹

EACH

Healthy Choice **Simply Steamer**
or Marie Callender's Bowls
255–349 g

100 PTS
when you buy 1

Compliments **Perogies**
907 g

100 PTS
when you buy 2

Compliments **Frozen Fruit**
300–600 g

5⁹⁹

EACH

Häagen-Dazs **Ice Cream**
400–450 ml or Novelties
3–4 Pack

VITAMINS & more

10% OFF

Aeryon
Supplements
14–60 Pack
or 250 g
Selected

15% OFF

Nutramin **Vegan Multivitamin
Gummies** 90 Pack, Selected

20% OFF

Beekeeper's
Naturals
**Lozenges
or Propolis
Sprays**
Selected

4⁹⁹

EACH

200 PTS
when you buy 3

Sensodyne Whitening
or Pronamel **Toothpaste**
75–100 ml, Selected

BUY
more
SAVE
more

\$ 2¹⁹ EA

WHEN YOU BUY
3 OR MORE
OR 1 FOR 2.49

Baby Gourmet **Puree Pouches**
or Jars 92–128 ml, Selected

2/\$7

Simply Protein **Stacked Bars**
or GoMacro Bars 45–65 g
Selected

15% OFF

100 PTS
when you buy 2

Tom's of Maine **Toothpaste,
Mouthwash or Deodorants**
Selected Varieties and Sizes

20% OFF

Sisu **Ester-C Supplements**
40–210 Pack Selected

10% OFF

Tums 32–160 Pack
Selected

10% OFF

600 PTS
when you buy 2

Tylenol, Benylin
or Sinutab
**Cough,
Cold & Sinus**
Selected†

ON SALE *specials* THURS, JANUARY 1 – WED, JANUARY 7, 2026

† Available while a Pharmacist is on Duty

PO6_TF_WK36_PRR

DRINKS & snacks

100 PTS
when you buy 2

1.99
EACH

Sparkling Ice
Sparkling Water
503 ml



4.99
EACH

Fresh is Best
Tortilla Chips
300 g



2/\$**8.50**

Miss Vickie's
Kettle Chips
190–200 g



2.79
EACH

Nestlé Juniors 8 Pack,
Hershey's Juniors 120–124 g
or Excel Mint Tins 34 g



1.69
EACH

50 PTS
when you buy 2

Kinder Bueno Chocolate Bars
20–43 g or Kinder Surprise
Eggs 20 g



100 PTS
when you buy 2

2.49
EACH

SunRype
Juice
900 ml
Tetra



400 PTS
when you buy 2

9.99
EACH

Compliments
Roast & Ground
Coffee
300 g



BUY
more
SAVE
more

\$4.49 EA
WHEN YOU BUY
2 OR MORE
OR 1 FOR 4.99

Christie Premium Plus
Crackers 402–481 g



2/\$**7**

Christie
Mini Cookies
144–200 g,
Crispers or
Bits & Bites 145 g



3.99
EACH

Kellogg's
Special K or Kashi
Bars Selected
144–200 g



GROCERY & more

15% OFF

Compliments
Baking Nuts
400 g or Raisins,
Currants, Dates or
Prunes
375 g–1 kg
Selected



20% OFF

Club House Spices or
Seasonings Family Size
Selected, 81–165 g



4.49
EACH

Dempster's Whole Grains
Bread 600 g or Dempster's
Bagels 5–6 Pack



3/\$**4.98**

Compliments
Flavoured Tuna 85 g



MEMBERS
SAVE \$1

6.99
EACH
MEMBER

7.99 without
Scene+
Card

Clover Leaf
Sockeye
Salmon
213 g



4.49
EACH

Quaker Cereal Selected
350–500 g or Post Size Cereal,
Selected, 283–525 g



7.99
EACH

BeeMaid
Honey
Selected
500 g



100 PTS
when you buy 1

Le Grec
Salad
Dressing
350 ml or
Compliments
Parmesan
Cheese
250 g



5.79
EACH

Garofalo
Imported Dry Pasta
Gluten Free, 400 g



7.99
EACH

Minute Rice Regular or
Wholegrain Brown Rice
1.2–1.4 kg or Tilda Basmati
Rice 907 g



HOUSEHOLD & more

BUY
more
SAVE
more

\$1.11 EA
WHEN YOU BUY
4 OR MORE
OR 1 FOR 1.39

Purina Friskies
Wet Cat Food 156 g



7.99
EACH

Glad Kitchen Bags 28–52 Pack
or Compostable 10 Pack



Starting at

13.99
EACH

Tide Liquid Detergent
2.15–2.48 L, Pods 25–42 Pack,
Gain Flings! 25–42 Pack or
Liquid Detergent 4.25 L



5.49
EACH

Scrubbing Bubbles Bathroom
Cleaner 623 g or 946 ml,
Shower Foamer 567 g or 946 ml
or Easy Peasy 385 g or 946 ml
Selected



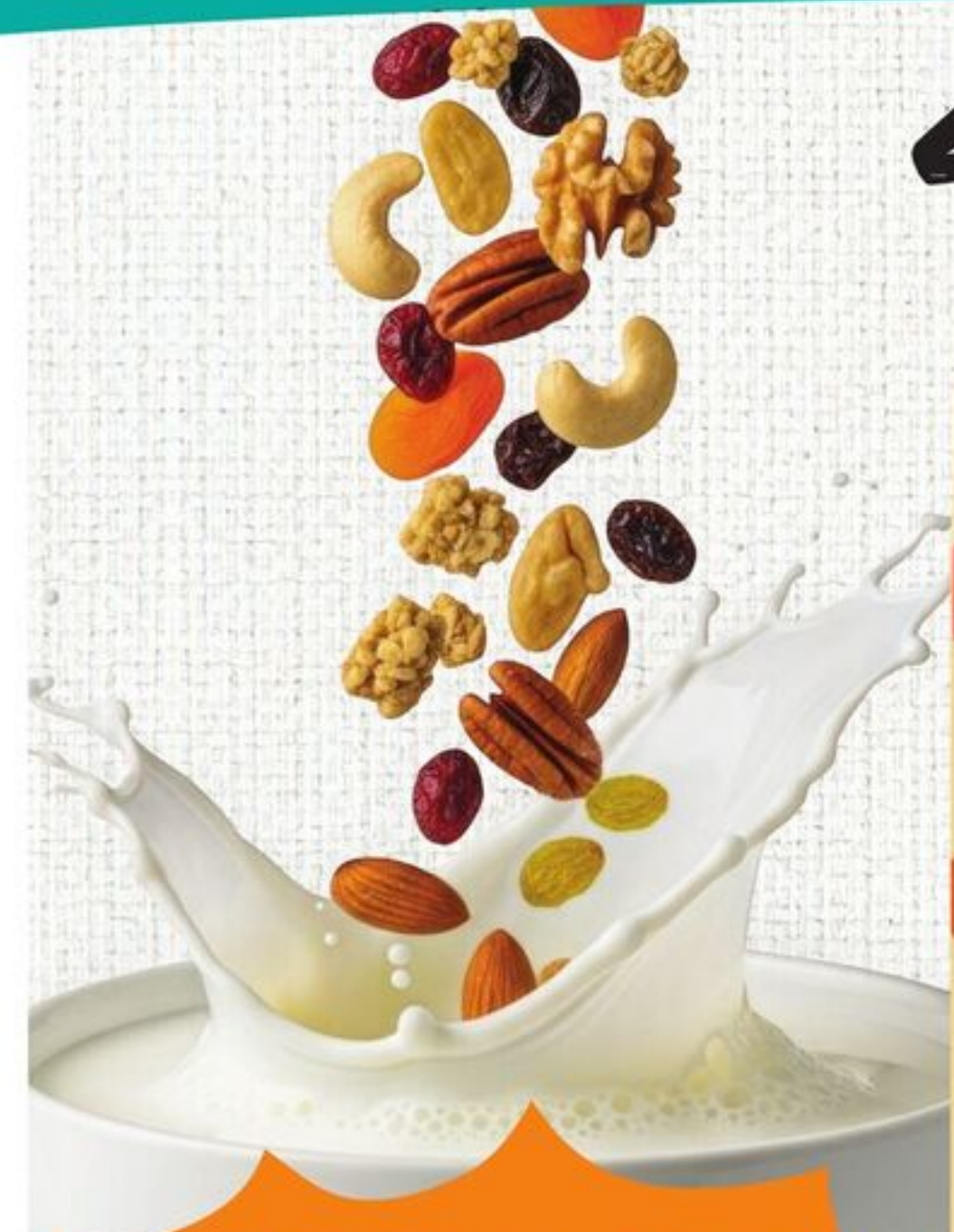
2.99
EACH

200 PTS
when you buy 2

Best Buy Paper Towels
2 Pack or Napkins 250 Pack



HAPPY IS *starting fresh* with FLAVOUR AND WELL-BEING



TRY IT WITH
breakfast
& FEEL GOOD

4.99
EACH

Silk Beverages
1.75–1.89 L
Selected



6.99
EACH

Butterball
Turkey Style Bacon
300–375 g



4.99
EACH

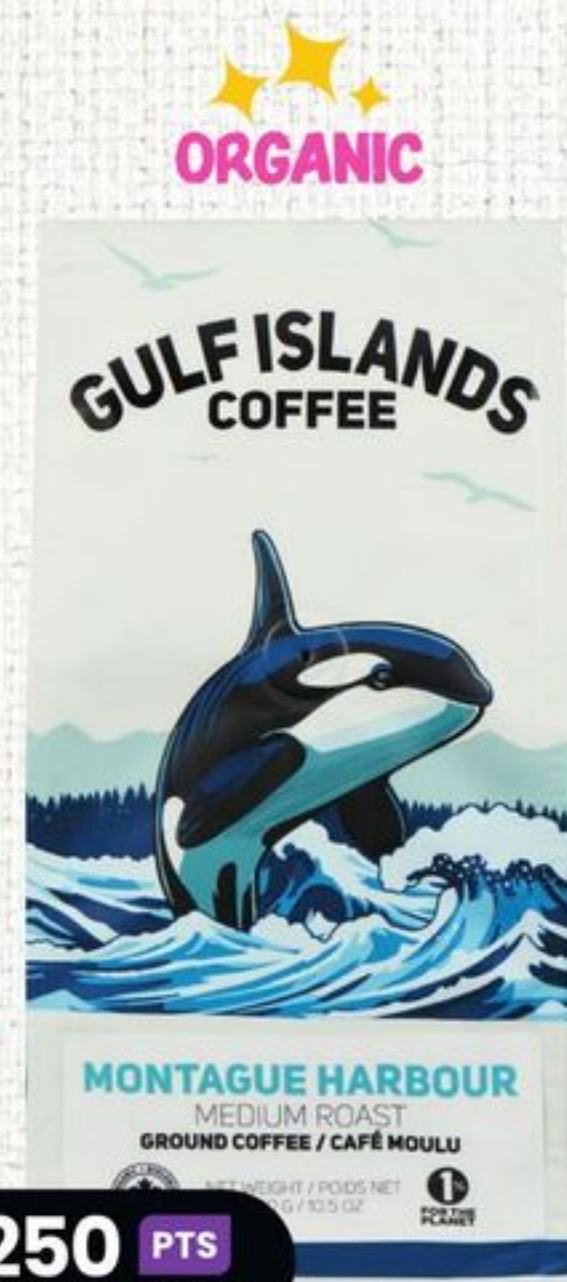
Jordan's
Cereals
375–400g



250 PTS
when you buy 2

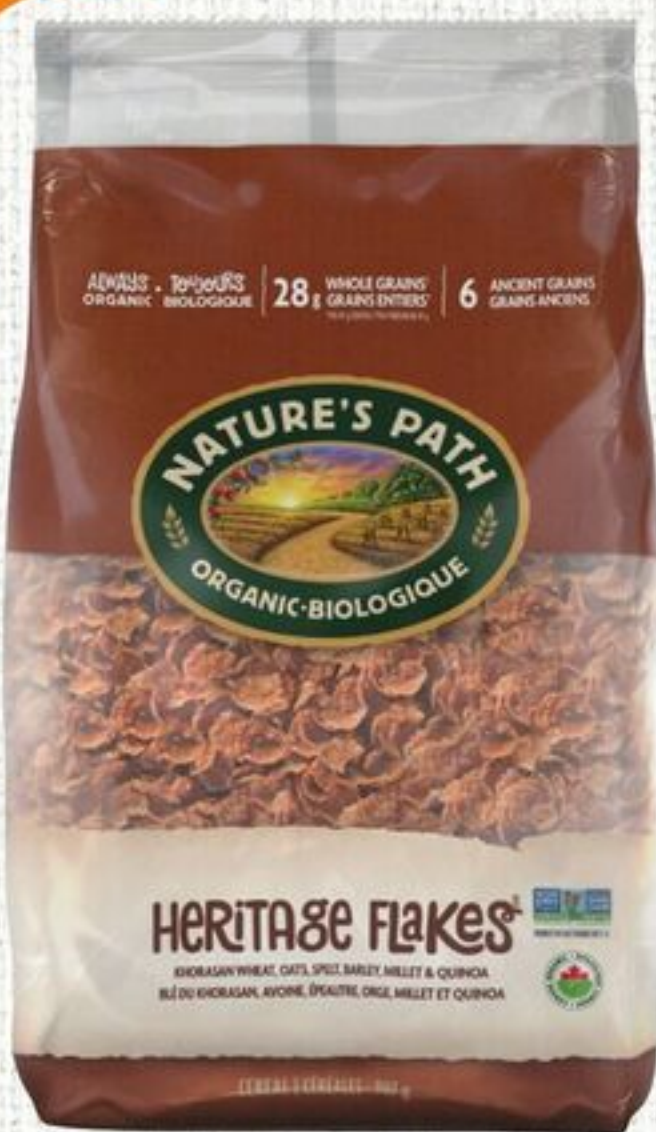
9.99
EACH

Gulf Islands
Organic Coffee
300 g, Selected



Nature's Path
Eco Pac Assorted
650–907 g

9.99
EACH



100 PTS
when you buy 2

8.99

Flourish
Pancake
Mix 430 g



BUY
more
SAVE
more

50 PTS
when you buy 2

\$5.99 EA
WHEN YOU BUY
2 OR MORE
OR 1 FOR 6.49

Traditional Medicinals Teas 16 Pack



200 PTS
when you buy 1

11.99
EACH

Dan-D Pak
Whole Natural
Almonds 650 g

1.49
/100 g

Raw Energy Mix



QUICK MEALS & SNACKS

made easy

2/\$5

Annie's
Mac & Cheese 149–170 g
(Excludes Gluten Free,
Vegan or Super! Mac)



150 PTS
when you buy 2

5⁹⁹
EACH

Broya
Bone Broth
237 ml



3⁹⁹
EACH

GT's
Kombucha
480 ml



100 PTS
when you buy 4

2/\$5

Mid-Day Squares
33 g

9⁹⁹
EACH

Kettle & Fire
Bone Broth
454 ml



6⁹⁹
EACH

Little Northern Bakehouse **Bread,
Buns, Bagels or Pizza Crust** 260–567 g



2⁹⁹
EACH

Made Good Bars, Minis
or Rice Crisps 120–132 g

100 PTS
when you buy 2

6⁴⁹
EACH

Chocxo
**Chocolate
Cups**
98–100 g



50 PTS
when you buy 2

2/\$6

Harvest Snaps
or SnapPea
Crunchions 71–93 g
or Poppi Soda 355 ml



4⁴⁹
EACH

Que Pasa
Tortilla Chips
300–350 g



5⁷⁹
EACH

Que Pasa
Rolled Chips
184 g



VITAMINS & more

300 PTS when you buy 2

20% OFF

Jamieson Letter or Multi Vitamins
Selected Varieties or Sizes



18.99 EACH

100 PTS when you buy 1

Centrum Multivitamin Supplements 90–100 Pack, Selected (Excludes Gummies)



15% OFF

150 PTS when you buy 1

Nature's Way, NutraVege or NutraSea Supplements 200–500 ml



300 PTS when you buy 1

22.99 EACH

YouTheory Supplements
Selected Varieties or Sizes



20% OFF

Webber Naturals Melatonin, Omega or Magnesium Supplements
Selected



15% OFF

Garden of Life Probiotic Supplements 30–60 Pack or 30–100 ml
Selected



400 PTS when you buy 1

15% OFF

St. Francis Immunity Supplements 60–90 Pack or 30–250 ml
Selected



15% OFF

Salus Iron or Magnesium Supplements 80 Pack 250–500 ml or 200 g
Selected



20% OFF

Smart Solutions Supplements 60–120 Pack or 30–250 ml, Selected



15% OFF

Lean Fit Plant Based Organic Protein 715 g



29.99 EACH

Good Protein All-in-One Shake 440g



2/\$9

Quest Protein Bars or Chips 32–60 g or Lenny & Larry's Fitzels 85 g



11.99 EACH

Blume SuperBelly Hydration Powder 7 Pack



300 PTS when you buy 1

15% OFF

A.Vogel Echinaforce Supplements 30–90 Pack or 30–100 ml, Selected



300 PTS when you buy 1

43.99 EACH

Kaizen Whey Protein 840 g



20% OFF

Clif Bar Builder Bar 68 g or 5 Pack



2/\$5

100 PTS when you buy 2

Simply Protein Bars 40 g



15% OFF

Cwench Electrolytes Mix 315 g or 10 Pack



35.99 EACH

Genuine Health Greens+ Powder
Selected 199–228 g



3.99 EACH

Barebells Protein Bars 55 g



1.99 EACH

100 PTS when you buy 2

Kind Fruit & Nut Bars 40 g



2/\$6

Trubar Protein Bar 50 g



9.99 EACH

Nuun Electrolytes 10 Pack



15% OFF

100 PTS when you buy 1

Organika Electrolytes or Enhanced Collagen
Selected



PLANT[★] based

6⁹⁹
EACH
Big Mountain
Veggie Sausages
300 g Pack
Made in Delta



4⁴⁹
EACH
Light Life **Smart Dogs**
Plant-Based Hot Dogs
340 g Pack, Product of USA

5⁴⁹
EACH
Light Life **Gimme Lean**
Plant-Based Sausage
397 g Pack, Product of USA



8⁹⁹
EACH
Field Roast
Stadium Dogs
Plant-Based
Hot Dogs
283 g Pack



NEW

WE PICK
BC
FIRST



7⁹⁹
EACH
Field Roast **Plant-Based Sausages**
Apple Sage, Chipotle or Italian, 368 g Pack
or Plant-Based Frankfurters 340 g Pack



19⁹⁹
EACH
Beyond Meat **Plant-Based Ground Beef** Value Pack
Frozen, 2x454 g Pack
908 g, Simulated Lean Ground Beef

7-19¢
OF PROTEIN
per serving



BUY 2 GET 3RD FREE
Impossible **Plant-Based Burger**, Ground Beef
or Chicken Nuggets
Frozen, Simulated Meat
227-383 g

left coast ORGANICS

sustainably sourced snacks & staples



Left Coast Organics takes pride in bringing you the best
tasting bulk foods from pioneering organic farmers.

30% OFF
AT TILL
Left Coast Organics
Selected Varieties



leftcoastorganics.com

ORGANIC fresh

14⁷⁹
EACH
Bradner Farms **Organic Lean Ground Beef** 400 g, Product of Abbotsford



WE PICK
BC
FIRST

ORGANIC

5⁹⁹
/LB
BC Fresh Organic
Whole Frying Chicken
Product of Ashcroft **\$13.21/kg**



★ **MADE** BY *us* to
MAKE *you* **SMILE** ★



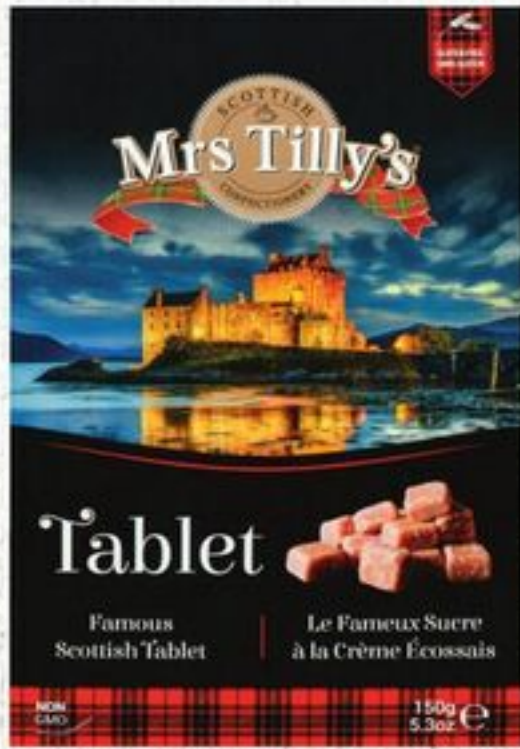
**WRAP UP
A QUICK
AND
DELICIOUS
MEAL**

18⁹⁹
EACH

Thrifty Kitchens
Taco or Souvlaki Kit 800 g
Available Chilled

5.49
EACH

Mrs Tilly's
Candy Tablet
150 g



100 PTS
when you buy 2

3.99
EACH

Kühne Gourmet
Selection
Pickled Onions
500 ml



4.29
EACH

Ritter Sport
Chocolate Bars 100 g



50 PTS
when you buy 2



100 PTS
when you buy 2

3.29
EACH

Kühne
Prepared Red Cabbage
720 ml

100 PTS
when you buy 2

4.49
EACH

Kühne
Mustard
250 ml
Selected Varieties



Asian Pear 8 Pack
Product of China



Get **888 PTS**
when you buy any 2

MIX & Match

9.88
EACH



Pomelo 4 Pack
Product of China



Clementines Stem & Leaf
2.2 lb, 1 kg Pack
Product of Spain or Morocco



Savour the WORLD

EXPLORE INTERNATIONAL FLAVOURS

4.49
EACH

100 PTS
when you buy 2

Kühne **Whole Pickled Red Baby Beets**
500 ml or Wine Sauerkraut 720 ml



100 PTS
when you buy 2

7.99
EACH

Kühne
Barrel Dill Pickles
1 L



100 PTS
when you buy 2

3.29
EACH

Kühne
Mustard
Whole Grain
250 ml



4.49
EACH

Aunty's **Steamed Puds**
Sticky Toffee Pudding
Dessert, 2 Pack



6.49
EACH

Peaches in Light Syrup
1.7 L



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.



OFFER AVAILABLE
JANUARY 1 - JANUARY 7, 2026

LOAD IT TO GET IT!

- 1 Download the Thrifty Foods app
- 2 Load your offers to activate them
- 3 Shop and scan your Scene+ card

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

Get **200 PTS**
when you buy 1
Compliments **Natural Spring**
or **Distilled Water** 4 L



SAVE \$1
when you buy 1

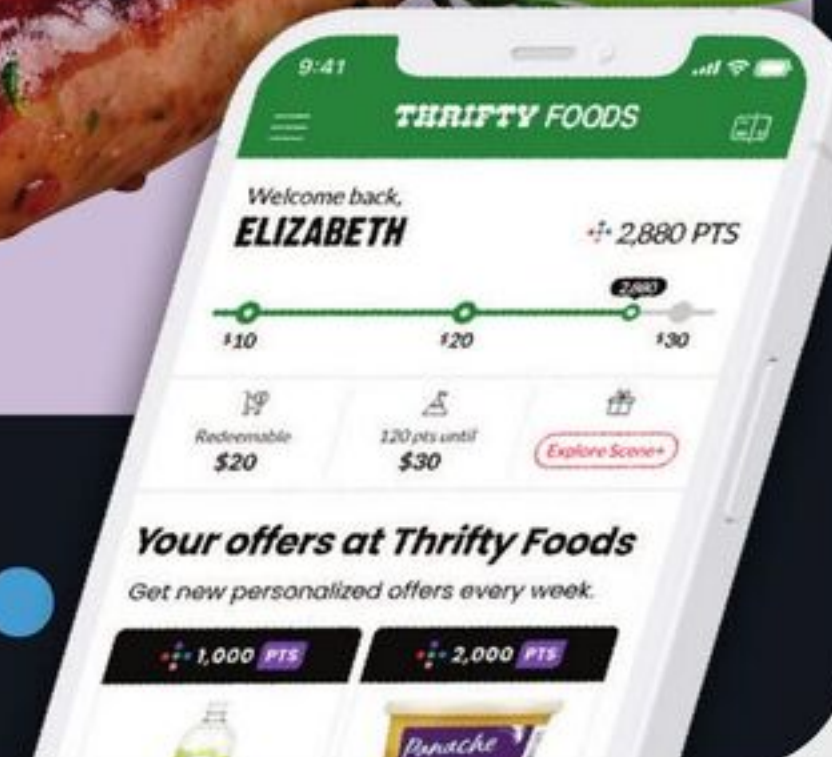
Compliments
Garbage Bags
Drawstring 90 L 24 Pack or
Grip N Tie Waste Bags 30 Pack,
Recycling Bags 90 L 30 Pack
or 74 L 40 Pack

SAVE \$2
when you
buy 1 pkg

Helmuts Sausage Co
Artisan Sausages
Pork, Chicken, Beef or Lamb
Frozen, Assorted, 400 g



WE PICK
BC
FIRST



Offer valid January 1 to January 7, 2026, at all Thrifty Foods Locations in British Columbia. 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.

**LOCKED
DOWN *and*
SMILE
Priced**



3⁹⁹
/100 g

McLean Meats **Clean
and Lean Roasted
Turkey or Ham**
Sliced Fresh

19⁹⁹
EACH

Dan-D Pak
Fancy Nut Mix
560 g



**THRIFTY
Kitchens**

\$6
EACH

Thrifty Kitchens
Samosas Beef, Chicken
or Vegetable, 4 Pack
Available Chilled



13⁹⁹
EACH

H&H
Family Pack
12 Pack

200 PTS
when you buy 2

8⁹⁹
EACH

Compliments
Cod Nuggets,
Tempura Fish, Breaded
Burgers or Fish Sticks,
Selected 454–700 g



100 PTS
when you buy 2

3⁹⁹
EACH

Greenhouse
Wellness Shots
Assorted
60 mL, Product
of Canada



6⁹⁹
EACH

Cheesecake Bars
250–260 g



7⁴⁹
EACH

Compliments
Sliced Cheeses
150–170 g



6⁹⁹
EACH

Butterball
Turkey Bacon
300–375 g



LOOK FOR 1000+ **SMILE Priced** ITEMS THROUGHOUT THE STORE
LOCKED DOWN PRICES → ends February 11th

LOCKED DOWN *and* SMILE Priced



50 PTS
when you buy 2

2/\$6

Celsius
Energy Drinks
355 ml

100 PTS
when you buy 2

2.49
EACH

Compliments
White or Whole
Wheat Bread
570 g



3.99
EACH

Hawkins
Cheezies
210 g



13.99
EACH

Starbucks Roast &
Ground Coffee 340 g
or K-Cup® Pods 10 Pack



2.99
EACH

Applesnax
Fruit Cups 6 Pack

2/\$5

Aylmer
Tomatoes 796 ml or
Accents 398–540 ml



3.99
EACH

Compliments
Kalamata Olives
375 ml



3.99
EACH

Kraft Jet Puffed
Marshmallows
400 g



7.49
EACH

iÖGO
Creamy Yogurt
16 Pack or Siggi's
Icelandic Style
Yogurt 650-750 g

100 PTS
when you buy 2

5.99
EACH

Compliments
Shredded Cheese
226-320 g



5.99
EACH

Kellogg's
Eggo Waffles 650 g or
Protein Waffles 280 g



LOOK FOR 1000+ SMILE Priced ITEMS THROUGHOUT THE STORE

LOCKED DOWN PRICES



ends February 11th

GIVE YOUR SCENE+ POINTS A BOOST

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

APPLY NOW

♦Conditions Apply





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VENDING
TRUSTED BY
CANADIANS!**

**PROUDLY SERVING
CUSTOMERS
ACROSS CANADA.**

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