

CHALO!

FRESH CO

SAVE \$4

\$9.99

Sunrise Farms Seasoned Chicken Drumsticks Frozen 3 kg reg 13.99

SAVE \$4

\$10.99

India Gate Rice Feast Rozzana 4.54 kg reg 14.99

SAVE 70¢

\$2.99

Astro Yogurt 500-750 g reg 3.69

\$1.99 /lb

Broccoli Crowns Product of Mexico or USA 4.39/kg

\$2.49 /lb

Red Seedless Grapes Product of Peru No. 1 Grade 5.49/kg

50¢ off when you buy 1

\$3.49

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

SAVE \$2

\$3.99

Zabihla Halal Chicken Sausages 375-500 g reg 5.99

200 PTS when you buy 2

SAVE \$6

\$9.99

Janes Ultimates Breaded or Battered Fish Frozen 450-545 g or Lightly Dusted Fish Frozen 500-540 g WHILE SUPPLIES LAST reg 15.99

SAVE \$5.99

\$2.99

Tostitos 205-300 g or Sunchips 205 g reg 4.49-4.79

Scene⁺ DIGITAL EXCLUSIVE

January 22-28, 2026
*Terms and conditions apply

YOUR 1088 PTS OFFER IS WAITING

VISIT THE FRESHCO APP OR MYGROCERYOFFERS.CA

Locally Owned & Operated
BY PROUD CANADIANS

Flyer in effect January 22-28, 2026
Prices in effect in Western Canada

Scene⁺

MEMBERS SAVE MORE

MEMBER PRICING ON SELECT ITEMS

SAVE \$1

\$3.19

Dempster's Whole Grains, Signature or Protein Bread 600 g or Bagels 5-6 pk reg 4.19-4.69

Without Scene+ Card **\$4.19**

SAVE \$2

\$3.99

Coca-Cola or Pepsi Soft Drinks 6x750 mL Selected Varieties

Without Scene+ Card **\$5.99**

SAVE \$1

\$2.99

Avocados 5 pk Product of Mexico

Without Scene+ Card **\$3.99**

SAVE \$2.99

\$3.99

Armstrong Natural Cheese Slices 220-240 g reg 6.49

SAVE \$7.99

\$24.99

Nanak Desi Ghee 16 kg reg 32.97

That's like
\$10.88
in free groceries

Look for the leaf to help you support Canada

Learn more

ZONE 2

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Strawberries 454 g
Product of USA or Mexico, No. 1 Grade

100 PTS
when you buy 2

\$4⁹⁹



Compliments Organic Whole White or Brown Mushrooms 227 g
Product of Canada

100 PTS
when you buy 2

\$2⁹⁹



Stem and Leaf Clementines Product of Spain 168/kg

\$3⁴⁹



Red Mangoes Product of Brazil or Peru

100 PTS
when you buy 2

\$1⁷⁹



Hothouse Tomatoes Product of Canada, Canada No. 1, USA or Mexico No. 1 Grade 4.39/kg

\$1⁹⁹



Eggplant or Green or Grey Zucchini Product of Mexico 4.39/kg

\$1⁹⁹



Compliments Lemons 2 lb Product of USA 907 g

100 PTS
when you buy 2

\$4⁹⁹



Cherries Product of Chile No. 1 Grade 13.2/kg

\$5⁹⁹



Iceberg Lettuce Product of USA No. 1 Grade

50 PTS
when you buy 1

\$2⁹⁹



Cauliflower Product of Mexico or USA No. 1 Grade

50 PTS
when you buy 1

\$4⁹⁹



Angus Beef Sirloin Tip Oven Roast cut from Canada AA beef or higher 33.05/kg

100 PTS
when you buy 1

\$14⁹⁹



Bavarian Sausages

50 PTS
when you buy 1

SAVE \$4
\$5⁹⁹



Compliments Sliced Cooked Ham 375 g reg. 6.99

SAVE \$1
\$5⁹⁹



Grimm's Sausage Rings 300 g reg. 8.99

50 PTS
when you buy 1

\$5⁹⁹



Pogo 8 or 10 pk Frozen 600-750 g reg. 9.99

SAVE \$2
\$7⁹⁹



Schneiders Juicy Jumbos or Smoked Sausages 375-500 g reg. 9.49

\$7⁹⁹



MarcAngelo Pork Sausages or Meatballs Frozen 12-14 kg reg. 12.00

SAVE \$1
\$11



Pinty's Gluten-Free Breaded Chicken Frozen 730-780 g

\$13⁹⁹



Compliments Meat 175 g reg. 4.00

SAVE 50¢
\$3⁴⁹



Monsieur Gustav Gouda 170 g or Swiss 170 g reg. 5.99

SAVE \$1
\$4⁹⁹



Compliments Camembert 170 g Double Crème Brie 200 g or Triple Cream Brie 175 g reg. 6.49-6.99

SAVE \$2 \$4.99
\$5⁴⁹



Compliments Halloumi 200 g or Sliced Cheese 150-170 g reg. 5.99-6.49

SAVE \$1
\$5⁴⁹



Dempster's Signature Buns 6-8 pk reg. 4.79

SAVE \$1.99
\$3⁴⁹



Dempster's Tortillas 426-640 g reg. 4.49

SAVE \$1
\$3⁴⁹



Furlani Texas Toast 638 g or Garlic Parmesan Breadsticks 660 g reg. 5.00

SAVE \$1.99
\$3⁹⁹

Scene 1,000 PTS = \$10 OF FREE GROCERIES

SAVE 50% \$349 General Mills Cereal Selected Varieties 287-430 g reg 3.99		100 PTS when you buy 3 SAVE UP TO \$1.50 \$349 Quaker Instant Oatmeal 232-344 g Quaker Standard Oats 709 g-I kg reg 3.99-4.99	
Kellogg's Cheez-It Crackers 149-200 g Pringles Super Stacks 149-156 g reg 3.49-3.99 SAVE \$1.00 \$249	Quaker Chewy or Dippys Granola Bars 120-156 g 100 PTS when you buy 4 SAVE \$1 \$199	Liberté Méditerranée Yogurt 500 g or Yoplait Source Tubes 630 g SAVE \$1.00 \$299	
Kellogg's Core Bars 125-394 g reg 4.49 SAVE \$1.00 \$299	Made Good Organic Granola Bars, Minis or Crispy Squares 120-132 g reg 4.49 100 PTS when you buy 2 SAVE \$1.00 \$299	Tropicana Orange Juice or Beverages 1.36 L Selected Varieties SAVE \$1.00 \$499	Siggis Black Diamond Cheesings 12-16 pk Siggis Yogurt 650-750 g SAVE \$1.00 \$649
Clover Leaf Albacore Tuna 170 g reg 3.47-3.99 SAVE \$1.00 \$249	Rustica Pizza Selected Varieties 577-866 g reg 8.49 SAVE \$1 \$749	Beceel Margarine 637-850 g SAVE \$2 \$699	Natrel Lactose Free Milk 2 L Selected Varieties SAVE \$1.00 \$599
Maxwell House Pods 30 pk reg 22.99 SAVE \$6 \$1699	Maxwell House Coffee 894-900 g reg 18.99 SAVE \$2 \$1799	Aller's Apple Juice 1.89 L reg 4.29 SAVE \$1.00 \$299	Tetley Orange Pekoe Tea 72 pk reg 5.99 SAVE \$2 \$399
Classico Pasta Sauce 216-500 mL reg 4.29 \$399	Old El Paso Taco Kits 250-510 g reg 4.99 SAVE \$1 \$399	Nutella Hazelnut Spread 1 kg reg 11.49 SAVE \$1 \$1049	Kraft Dinner 5 pk or Cups 4 pk reg 6.79-6.99 200 PTS when you buy 2 SAVE \$1.00 \$499
Clorox Cleaner 887-948 mL reg 5.49 SAVE \$1 \$449	Palmolive Dish Soap 427 L Fleecy Fabric Softener 3.5 L or Fleecy Dryer Sheets 200 pk reg 12.49-12.99 SAVE \$3 \$999	Colgate Sensitive Pro-Relief or Total Advanced Toothpaste 75-120 mL Selected Varieties SAVE \$1.00 \$449	Softsoap or Irish Spring Body Wash 591 mL or Irish Spring Soap Bars 6 pk SAVE \$1.00 \$449
MORE WAYS TO SAVE!			



We all deserve
compliments

We all
deserve
savings

Compliments
Soft Drinks 2 L
reg 1.69

100 PTS
when you buy 4

\$1.29



Compliments
Coffee Cups 12 pk reg 8.99

SAVE \$2

\$6.99



\$6.99

Compliments
Cheese Slices
800 g



Compliments
Snack Crackers 200-225 g

100 PTS
when you buy 2

\$3



Compliments
Crispy Rice Squares
528 g reg 6.99

100 PTS
when you buy 2

SAVE 50¢
\$6.49



Compliments
Ice Cream 1.5 L
reg 6.29

SAVE \$1.30

\$4.99

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

HOUSEHOLD SAVINGS

200 PTS
when you buy 2

SAVE \$1

\$4.99

Bounce
Dryer Sheets
40-80 pk
reg 5.99



200 PTS
when you buy 2

SAVE \$3

\$10.99

Gain Liquid
Detergent 2.6 L
reg 13.99



200 PTS
when you buy 2

SAVE \$2

\$4.99

Downy
Rinse 473 mL
reg 6.99



200 PTS
when you buy 2

SAVE \$3

\$10.99

Ivory Snow Baby
Liquid Detergent
1.36 L reg 13.99



200 PTS
when you buy 2

SAVE \$5

\$9.99

Downy
Fabric Softener 1.66-2.63 L
reg 13.99-14.99



200 PTS
when you buy 2

SAVE \$4.99

Tide Liquid Detergent
1.09-1.24 L or Pods 20 pk
reg 8.49-12.49



SAVE \$8.00

\$4.49

Febreze
Air Freshener
250 g
reg 4.99-5.29



SAVE \$2.99

SOS Soap Pads
10 pk reg 4.99



SAVE \$2

\$6.49

Mr. Clean
Magic Eraser
4 pk reg 8.49



200 PTS
when you buy 2

SAVE \$2

\$10.99

Finish Dish Tabs 26-30 pk,
Jet Dry Original 621 mL or
Dishwasher Cleaner 2 pk
reg 11.99-12.99



100 PTS
when you buy 2

SAVE \$2.49

Lysol Disinfecting Wipes 75 pk,
Disinfecting Spray 350 g or Flat
Wipes 34 pk reg 6.99-13.99



SAVE \$4.99

\$3.49

Glad
Cling Wrap 60 m
reg 5.29



SAVE \$2

\$10.99

Glad
Garbage Bags
20-40 pk reg 11.99-12.99



200 PTS
when you buy 2

SAVE \$2

\$4.99

Dawn
Dish Detergent
473-625 mL
reg 5.99-6.99



SAVE \$1

\$6.99

Clorox
Liquid Bleach 3.57 L
reg 7.99



SAVE \$6

\$22.99

Tide Liquid Detergent 3.46-3.9 L,
Downy Beads 653 g, Tide Pods
or Gain Flings 145-75 pk
reg 24.99-29.99



SAVE \$1

\$12.99

Purex
Bath Tissue
12-36 rolls or
Sponge Towels
4-6 pk reg 13.99

WHILE SUPPLIES LAST, PRODUCT SELECTION MAY VARY BY STORE.

RAMADAN MUBARAK



Arz Kalrose
صنوايت
Calrose Rice
4.5 kg reg 16.99
SAVE \$3
\$13.99

icim
Turkish Labneh
550 g reg 7.49
SAVE \$1.50
\$5.99

Salem
Tomato Paste
Pâte à Tomate
750 g reg 5.49
SAVE \$1.80
\$3.69

Puck
THICKENED CREAMY PRODUCT
Produit Crèmeux Épais
سميكة كريم المثلج
180 g reg 2.29
SAVE 50¢
\$1.79

Salem
Grapes/Leaves
Feuilles De Vignes
Salem Foods
Pickled Grape Leaves 454 g or Cucumbers 1 kg reg 4.49-4.79
SAVE \$1.10
\$3.69

AHMAD TEA
ENGLISH BREAKFAST
Earl Grey
50 g reg 2.99
SAVE \$1
\$1.99

Salem Foods
Nablus Olives
2 kg reg 12.49
SAVE \$3
\$9.49

Salem Foods
Bulgur or Semolina
907-908 g reg 2.99
SAVE 70¢
\$2.29

Kabkab
Kibbeh
454 g reg 11.99
SAVE \$2
\$9.99

Puck
Creamy Dairy Spread
500 g reg 12.99
SAVE \$3
\$9.99

Salem
Caravan Sunflower Oil
3 L reg 11.99
SAVE \$2
\$9.99

Yamama
Grenadine Molasses
750 mL reg 6.99
SAVE \$1.10
\$5.29

Almarai
Nectar 1 L
reg 2.49
SAVE 50¢
\$1.99

Sera
Sera Roasted Eggplant or Tomato Paste
720 mL reg 4.49
SAVE \$1
\$3.49

Bartar
Saffron 1 g
reg 6.99
SAVE \$1
\$5.99

Sadaf
Harissa Sauce
295 g reg 5.49
SAVE \$1
\$4.49

Barbican
Non-Alcoholic Beverage 6 pk
reg 9.99
SAVE \$2
\$7.99

Puck
Triangle 180 g
reg 3.49
SAVE \$1.50
\$1.99

Dunya
Harvest Canned Beans
510 mL reg 1.79-1.99
SAVE \$0.50
\$1.49

Almarai
Juice 6x235 mL
reg 4.79
SAVE \$1
\$3.79

Toffix
Candy 400 g or Durra Bread Sticks 1554 g
reg 4.29-4.99
SAVE \$1
\$3.99

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

LUNAR
NEW YEAR DEALS

新春優惠



Orchids
6" Deco
Plastic Pot

\$19.99

\$14.99

Money Trees
5" deco pot



\$11.88

Honey Pomelo 4 pk Case
Product of China or Yellow Asian Pears
Case Product of China Fancy Grade



Dor-D Pak
Salted
Pistachios 50 g
reg 1.99

SAVE 50¢

\$1.48



Foco
Coconut Juice
Canned 520 mL
reg 2.29

SAVE 60¢

\$1.68



UCC Coffee With
Milk 337 mL or
Early Spring Basil
Seed Drink 290 mL
Selected Varieties
reg 1.69

SAVE 10¢

\$1.68



Mi Sedaap Instant
Noodles 5 pk
Selected Varieties
reg 2.89

SAVE 10¢

\$1.98



Ox Head
Spring Roll
Pastry 250-270 g
reg 2.49-2.99

SAVE 50¢

\$1.98



NY Guava Candy
210 g reg 2.99

SAVE 99¢

\$2



Aroy-D Curry
Canned 400 g
reg 3.49

SAVE 10¢

\$2.48



China Lily Soy
Sauce 483 mL or
Savoy Coconut
Cream 400 mL
reg 3.49

SAVE 50¢

\$2.98



Chen Ko Ming
Noodles 800 g or
Asian Choice
Frozen Crispy
Fried Dough Sticks
240 g Selected
Varieties
Reg 3.49-3.99

SAVE 10¢

\$2.98



Lee Kum Kee
Oyster Sauce
500 g or
Lao Gan Ma
Chili in Oil
210-275 g
Selected
Varieties
reg 3.49-4.29

SAVE 10¢

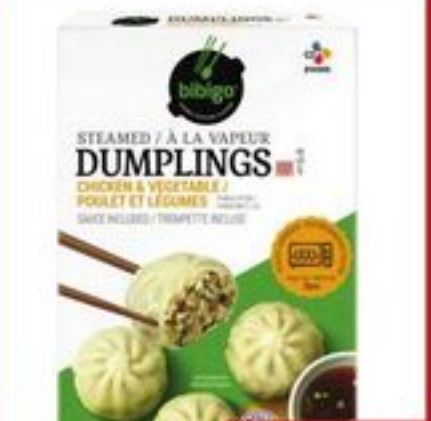
\$2.98



HFA Spicy
Peanuts 210 g
reg 3.49

SAVE 50¢

\$2.98



Bilibigo Steamed
Chicken or Pork
Dumplings 187 g
reg 4.59

SAVE 10¢

\$3.48



Sinbao
Star Pudding
600 g Selected
Varieties
reg 3.99

SAVE 50¢

\$3.48



Orion Turtle
Chips
Chocolate or
Sweet Corn
Flavour 160 g
reg 4.99

SAVE 10¢

\$3.98



Lee Kum Kee
Sriracha Chili
Sauce 445 mL or
Aroy-D Sweet
Chili Sauce for
Chicken 720 mL
reg 4.99

SAVE 10¢

\$3.98



Yikkoon
Teriyaki Marinade
& Sauce or Soy
Sauce Selected
Varieties 266 mL
reg 4.99-5.49

SAVE 10¢

\$3.98



Ribena
850 mL
reg 12.99

SAVE 10¢

\$9.98



Lay's Honey Butter
Potato Chips
200 g reg 3.89
or Sunrise Extra
Firm Tofu 350 g

SAVE 10¢

\$2.99



Sunrise Medium
Firm Tofu 454 g

SAVE 10¢

\$2.49



Ovaltine Biscuits
150 g reg 2.49

SAVE 50¢

\$1.98

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

LUNAR
NEW YEAR DEALS

新春優惠



SAVE \$2.01

\$3.98

Siwin
potstickers or Dumplings
454-500 g Selected Varieties
reg 5.99

Shirakiku
Frozen Udon
Noodles 1.15 kg
reg 4.99

SAVE \$1.01

\$3.98



Lee Kum Kee
Sriracha Mayo
or Honey Sriracha
Sauce 444.5 mL
reg 6.99

SAVE \$1.01

\$5.98



Binggrae Melona Ice
Bars 580 mL Selected
Varieties reg 6.99

SAVE \$2.11

\$4.88



Kikkoman
Soy Sauce 12 L
reg 12.99

SAVE \$3.99

\$9.98



Kikkoman
Less Sodium
Soy Sauce
295 mL
reg 5.49

SAVE \$1.51

\$4.98



Thai Kitchen
Curry Paste
112 g or Aroy-D
UHT Coconut Milk
1 L Selected
Varieties
reg 5.99

SAVE \$1.91

\$4.98



Huy Fong
Sambal Oelek
Chili Paste 478 mL
or Chili Garlic
Sauce 481 mL
reg 5.99

SAVE \$1.01

\$4.98



Maegi
Liquid
Seasoning
500 mL or
Knorr Chicken
Broth Powder
Mix 1 kg
reg 11.99-13.99

SAVE \$3.51

\$8.98



Three
Crabs Brand
Fish Sauce
682 mL
reg 12.99

SAVE \$2.99

\$10.98



Aroy-D
Frozen Mango
Sticky Rice
250 g
reg 6.49

SAVE \$1.91

\$5.48



Lee Kum Kee
Black Bean Garlic
or Chili Garlic
Sauce 368 g
reg 5.48-5.99

SAVE \$1.51

\$4.48



Siwin
Taiwanese Style
Pork Sausage
375 g reg 6.99

SAVE \$1.91

\$5.98



UCC
The Blend 114
or 117 Instant
Coffee 50 g
reg 8.49

SAVE \$2.51

\$5.98



ETE Frozen
Dessert Bars
4x65-75 g
Selected Varieties
reg 7.49

SAVE \$1.91

\$5.98



Shirakiku
Imitation Crab
Sticks 500 g
reg 7.99

SAVE \$1.91

\$6.88



Asian Choice
Rice Roll with
Prawns 550 g or
Shrimp
Dumplings 500 g
reg 8.49

SAVE \$1.51

\$7.98



Nature-SM
Herbal Tea Extra
Strength 50 g
reg 8.49

SAVE \$1.91

\$4.98



Bakliang
Instant Noodles
5 pk Selected
Varieties
reg 5.99

SAVE \$1.91

\$4.98



Lotte
Milkis Milk & Yogurt
Flavoured Drink 1.5 L or
KO & O Hao
Tea Bags 200 g
Selected Varieties
reg 4.29-4.99

SAVE \$1.91

\$3.98

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.



Kiri



GoGo SQUEEZ



Babybel

THE SNACK AVALANCHE CONTEST

you could **win** **\$25,000***





\$3⁹⁹

Mini Rolls
6 pk 102 g



\$3²⁹

GoGo SQUEEZ
no sugar added
apple strawberry
360 g
4 pouches x 90 g
Fruit Sauce



\$2⁹⁹

Cheese Dippers
4 pk 140 g



\$3⁹⁹

Babybel
6 pk 120 g



\$3²⁹

GoGo SQUEEZ
no sugar added
apple strawberry
360 g
4 pouches x 90 g
Fruit Sauce



\$2⁹⁹

The Laughing Cow
8 pk 133 g

Offer valid from January 22 to January 28, 2026

* NO PURCHASE NECESSARY. Open to Canadian residents of legal age. Contest ends February 22, 2026, at 11:59 p.m. ET. Scan the QR code to enter or visit bel-canada.ca/en/snackavalanche. Maximum of 10 entries per email address, with a valid UPC code required for each entry. Cash prize of C\$25,000 to be won. Mathematical skill-testing question required. For no-purchase entry method, more details, and for the rules, go to bel-canada.ca/en/snackavalanche.



Tre Stelle®

EFFORTLESS FLAVOUR READY WHEN YOU ARE



\$6⁴⁹

without
Scene+ Card \$6⁹⁹

Tre Stelle
Mozzarella Ball
340 g



\$4⁹⁹

Tre Stelle Feta
200 g



\$4⁹⁹

Tre Stelle
Bocconcini
200 g



\$4⁹⁹

Tre Stelle
Ricotta
400-475 g

TURN YOUR
MEALS INTO
MOMENTS



\$5⁹⁹

Castello
Extra Creamy Blue
150 g



\$5⁹⁹

Castello
Assorted Varieties
200 g



\$4⁹⁹

Castello
Assorted Varieties
170-200 g

FROM JANUARY 22 – 28, 2026



Perfect For
Any Occasion



\$4⁹⁹

Assorted Dry Cured
Sliced Meats 100 g



\$3⁴⁹

Sliced Mortadella
Regular or Pistachio 125 g



\$4⁹⁹

Pepperoni
Pizza Style 175 g

100% PRODUCT OF ITALY

CURED, SLICED AND PACKAGED
IN PARMA, ITALY

January 22nd to January 28th, 2026



GIVE YOUR SCENE+ POINTS A BOOST

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

APPLY NOW

♦Conditions Apply

