FRESH CO

Lowering food prices

Flyer in effect January 8-14, 2026

Prices in effect in Ontario, Excludes Thunder Bay

ZONE 1

BIG% SAVINGS EVENT

SAVE UP TO 37%

$9.99

Janes Pub Style Chicken Strips, Nuggets or Burgers Frozen 1.1 kg
Ultimates Boneless Chicken Fillets or Bites Frozen 710-720 g
reg 14.99-15.99
Lanières, pépites, burgers, filets ou bouchées de poulet

Scene+ MEMBER PRICE SAVE 28%

$4.99

Gay Lea Butter Salted or Unsalted 454 g
LIMIT OF 4
Beurre

without Scene+ Card $6.99

$1.99 /lb

Green Seedless Grapes
Product of South Africa No. 1 Grade
Stem and Leaf Clementines
Product of Spain 1.43/kg
Raisins ou clémentines

$1.99

Mini Seedless Cucumbers 6 pk
Product of Ontario, Canada No. 1
Grape Tomatoes 283 g
Product of USA or Mexico
Concombres ou tomates raisins

Divella Pasta 500 g
Primo Pasta Sauce 680 mL or
Benedetto Passata 680 mL
reg 2.49-2.99
Sauce pour pâtes ou coulis de tomates

SAVE UP TO 50%

$1.49

McCain Regular Fries or Diced Hashbrowns 800 g reg 3.29
Frites ou pommes de terre rissolées

SAVE 39%

$1.99

Lactantia Cream Cheese Spread 227 g reg 4.19
Fromage à la crème

SAVE 52%

$1.99

+100 PTS when you buy 1

Nestlé King Size Bars 63-85 g or
Juniors 8 pk Selected Varieties
Barres de chocolat

SAVE UP TO 33%

$2

Lou's Quick n Easy Entrées or Lil' Juan's Entrées 300-400 g
reg 5.99-10.99
Repas surgelés

SAVE UP TO 45%

$6.99

General Mills Cereal Selected Varieties 526-778 g
reg 6.99
Céréales

SAVE 30%

$4.87

Rose Brand Jasmine White Scented Rice 8 kg
LIMIT OF 4
AFTER LIMIT $21.99
reg 24.99
Riz au jasmin

SAVE 36%

$15.98

Purex 4.43 L **Sunlight** 4 L or **Snuggle** 2.77 L reg 12.59-17.99
Détergent à lessive ou assouplissant textile

SAVE 25%

$8.99

without Scene+ Card $11.99

High Liner Pan-Sear Frozen 500-540 g
Catch of the Day Fish Fillets Frozen 580-800 g
Bâtonnets ou filets de poisson

SAVE 35%

$9.99

without Scene+ Card $13.99

Oasis Juices, Arizona Iced Tea or Del Monte Nectars 960 mL
Jus ou thés glacés

SAVE 45%

$1.25

without Scene+ Card $2.29

PRODUCT SELECTION MAY VARY BY LOCATION

Locally Owned & Operated
BY PROUD CANADIANS

Look for the leaf to help you support Canada

Learn more

FCO_FC_WK37_GNT_27_FRN

Coca-Cola Soft Drinks 6x710 mL
Selected Varieties

Scene+ MEMBER PRICE SAVE 33%
$3.99
without Scene+ Card $5.99

Lay's Potato Chips 177-235 g
Smartfood 150-220 g or **Tostitos** 205-300 g
reg 3.69-4.79

SAVE UP TO 37%
$2.99

Compliments
Cheese Bars 400 g or
Shredded Cheese
226-320 g

SAVE 8%
$5.49

Folgers K-Cups 30 pk or
Ground Coffee 544-816 g
reg 21.99-22.99

SAVE UP TO 26%
$16.99

Red Baron
Classic Crust Pizza 584-597 g or
Deep Dish Singles 2 pk reg 5.99

SAVE 33%
$3.99

Grace Patties 600 g reg 8.99

SAVE 33%
$5.99

Webber Naturals
Vitamins 20-360 pk or
Sesame Street Gummies
50-180 pk Selected Varieties

20% off

Gatorade
6x591 mL or 8x355 mL
reg 6.99

SAVE 15%
$5.99

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

Minute Maid, Five Alive or Fuze Iced Tea Beverages
8x200 mL or
10x200 mL reg 3.99

200 PTS when you buy 4
SAVE 25%
$2.99

Silk Coffee Creamer
890 mL
reg 5.79

50 PTS when you buy 2
SAVE 13%
$4.99

GoGo SqueeZ 4 pk
reg 3.99

120 PTS when you buy 3
SAVE 25%
$2.99

Pampers Super Pack Diapers 44-102 pk
Selected Varieties
reg 34.49-37.99

200 PTS when you buy 1
SAVE UP TO 23%
$28.99

Lysol Toilet Bowl Cleaner 710 mL
or **Cleaners** 650 mL-1.2 L
reg 4.49-5.49

150 PTS when you buy 2
SAVE UP TO 27%
$3.99

Verio Test Strips 100 pk
1,000 Scene+ pts with Meter (excl AB) Free Meter with Purchase of Test Strips 100 pk. Limit 1 Meter Per Customer. Pharmacy Locations Only.* reg 79.99

*Scene+ point on prescriptions are available only in provinces where loyalty offers are permitted. Some restrictions apply.

That's like $10 toward your groceries
1,000 PTS with Meter
SAVE 12.5%
$69.99

Scene+ DIGITAL EXCLUSIVE
JAN 8-14, 2026
*terms and conditions apply
DOWNLOAD THE FRESHCO APP

50 back* in PTS
Load this offer and get 50 Scene+ pts for every 2 ***Compliments*** **Lasagna** 375-500 g

20%* OFF
Load this offer and get 20% off for every ***Compliments*** **Triple Cream Brie** 175 g

PRICES IN EFFECT IN ONTARIO, EXCLUDES THUNDER BAY

Bagged Avocado 5 pk
Product of Mexico or
Blueberries
170 g
Product of Peru
No. I Grade

$3.99

Red Delicious or Ambrosia Apples
Product of Ontario, Canada Extra Fancy 373/kg

$1.69 /lb

Compliments
Lemons 2 lb
Product of
South Africa 907 g or
Pineapple
Product of Costa Rica

50 PTS when you buy 1

$3.99

Green Bell or Red Elongated Peppers
Product of USA or Mexico
5.49/kg

$2.49 /lb

Yellow or White Flesh Nectarines
Product of Chile
No. I Grade 6.58/kg

$2.99 /lb

Eggplant or Green or Grey Zucchini
Product of USA or
Mexico 4.38/kg

$1.99 /lb

Hothouse Tomatoes
Product of Ontario
Canada No. I or
Mexico No. I Grade
4.38/kg

$1.99 /lb

Rapini
Product of USA or
Iceberg Lettuce
Product of USA
No. I Grade

50 PTS when you buy 1

$2.99

Cherries
Product of Chile
No. I Grade
11.00/kg

$4.99 /lb

Yellow Potatoes 5 lb
Product of Canada
Canada No. 2, 2.27/kg

50 PTS when you buy 1

$2.99

Compliments
Whole White or Brown Mushrooms
227 g
Product of Ontario

50 PTS when you buy 1

$2.49

Good Leaf Salad Mix 113 g or
Micro Greens 50 g
Product of Ontario

100 PTS when you buy 2

$3.49

Maple Lodge or Zabiha Halal Chicken Bacon 375 g or
Zabiha Halal Sliced Chicken 200 g

50 PTS when you buy 2

$4.49

Johnsonville Sausages
375-500 g

MILD ITALIAN SAUSAGES
SAUCISSES ITALIENNES DOUCES
500 g

400 PTS when you buy 3

$5.99

Fresh Pork Back Ribs
15.40/kg

100 PTS when you buy 1

$6.99 /lb

High Liner Wild Pacific Salmon Fillets
Frozen 400 g

$7.99

St-Hubert Pies
Frozen 115-800 g

$9.99

Pogo Original
Frozen 1.5 kg

SAVE $2

$13.99

Compliments
Bread 675 g
English Muffins or
Bagels 6 pk

$1.99

Dempster's Tortillas
426-640 g or
Vachon Snack Cakes
252-336 g

SAVE $1.50

$3.49

Piller's Meat Duo
300-350 g

SAVE $1

$7.99

Compliments
Natural Ingredients Meat 175 g or
Sliced Cheese
150-170 g

SAVE $1.50

$5.49

SPEND $50 IN WAYSPA GIFT CARDS AND GET 750 SCENE+ POINTS!

Offer valid during January 8 – 14, 2026.
Sorry no rainchecks or price matching.
See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

SAVE $1.30

Cheetos 170-285 g or **Miss Vickie's** 180-200 g

$3.49

Coca-Cola Soft Drinks 12x355 mL Selected Varieties

Scene+ MEMBER PRICE $7.77

without Scene+ Card $8.99

Natrel Lactose Free Milk 2 L Selected Varieties

$5.99

Del Monte Juice, Oasis Health Break or Smoothie 1.6 L

SAVE $1

$3.99

Black Diamond Cheestrings 12-16 pk or **Siggi's Yogurt** 650-750 g

SAVE $0.80

$6.49

Liberté Méditerranée Yogurt 100 g or **Voplait Source Tubs** 630 g

SAVE $1.00

$2.99

Pepperidge Farm Goldfish Crackers 187-227 g

SAVE $1

$2.49

MadeGood Organic Granola Bars, Minis or Crispy Squares 120-132 g

100 PTS when you buy 2

SAVE $1.00

$2.99

Kellogg's Core Bars 125-384 g

SAVE $1.00

$2.99

Christie Family Crackers Selected Varieties 345-454 g

SAVE $1.00

$3.99

Clover Leaf Albacore Tuna 170 g or **Sardines** 106 g

SAVE $1.50

$2.49

Healthy Choice Gourmet Steamers 269-306 g or **Marie Callender's Frozen Entrées** 312-369 g reg 5.29-5.49

SAVE $1.50

$3.99

Nestlé Real Dairy & Confectionery Frozen Dessert 1.5 L **Drumstick or Novelties** 4-10 pk reg 5.99

SAVE $0.50

$5.49

Rustica Pizza Selected Varieties 577-866 g reg 8.49

SAVE $1

$7.49

Kraft Dinner 5 pk or **Kraft Dinner Cups** 4 pk

200 PTS when you buy 2

SAVE $2

$4.99

Unico Beans 540 mL or **Tomatoes** 796 mL

SAVE $3.99 ea.

3/$5

Old El Paso Taco Kits 250-510 g

SAVE $0.50

$3.99

Nestlé Multipacks 104-200 g or **Pouches** 135-203 g Selected Varieties

50 PTS when you buy 1

$4.89

Timothy's Coffee K-Cups 30 pk

SAVE $8

$17.99

Kool-Aid Jammers 10x80 mL

SAVE $1.00

$2.99

Nutella Hazelnut Spread 1 kg reg 11.49

SAVE $1

$10.49

Kraft Peanut Butter 750 g-1 kg reg 6.99

100 PTS when you buy 1

SAVE 50¢

$6.49

Scotties Facial Tissue 9 pk reg 13.99

SAVE $3

$9.99

without Scene+ Card $12.99

Cashmere Bathroom Tissue 12-36 rolls or **SpongeTowels** 4-8 pk reg 13.99

SAVE $1

$12.99

Colgate Sensitive Pro-Relief or Total Advanced Toothpaste 73-120 mL Selected Varieties

SAVE $1.50

$4.49

Softsoap or Irish Spring Body Wash 591 mL or **Irish Spring Soap Bars** 6 pk

SAVE $1.50

$4.49

MORE WAYS TO SAVE!

HOT PRICE

Scene+

Lucky & Low

Look for these specially-marked items throughout our stores

P03_FC_WK37_ON7_21_PRN

HOT BEVERAGES

Maxwell House Coffee 864-900 g
SAVE $2
$17.99

Kicking Horse Ground Coffee 284 g or **Tetley Orange Pekoe Tea** 216 pk
SAVE UP TO $6
$9.99

Nabob Ground Coffee 915-930 g
$21.99
without Scene+ Card $24.99

Maxwell House Pods 30 pk
SAVE $6
$16.99

Nescafé Gold Instant Coffee 90-100 g or **Espresso Concentrate** 500 mL
SAVE $2.55
$7.44

Tim Hortons Ground Coffee 300 g or **Single Serve K-Cups** 10-12 pk
SAVE $3
$10.99

Starbucks For Nespresso Vertuo Pods 8-10 pk
100 PTS when you buy 2
$12.99

Lavazza Espresso Bricks 250 g
SAVE $4.50
$6.49

Twinings Tea Bags 20 pk
SAVE $1
$3.99

Lipton Green Tea or Yellow Label 100 pk or **Red Rose Orange Pekoe Tea** 144 pk
SAVE UP TO $3
$6.99

Tazo Chai Latte 946 mL
SAVE $2
$5.99

Carnation Hot Chocolate Canisters 400-450 g
SAVE $5.50
$6.49

Carnation Hot Chocolate Envelopes 10 pk
SAVE $4.50
$4.49

Tim Hortons French Vanilla 454 g
SAVE $2
$7.99

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

FLAVOURS OF LOHRI

SAVE $2
Gagan Celebration Gift Pack 800 g
reg 9.99
$7.99

SAVE $1.50
$2.99
Gagan Peanuts Roasted in Shell
750 g reg 4.49

Sugar Cane
Product of Costa Rica
$1.49 ea

Chinese Eggplant
Product of Honduras 4.39/kg
$1.99 /lb

Red Carrot
Product of India 8.80/kg
$3.99 /lb

Brar's Malai Paneer
375 g
reg 6.49
SAVE $1.50
$4.99

Cilantro or Mint Bunch
Product of Mexico or USA
99¢

Spinach Bunch or Methi
Product of Mexico or USA
$1.99

Red Onions 3 lb
Product of Canada
Canada No. 1, 1.36 kg
$2.99

Pomegranates
Product of Egypt or Israel
$1.99

Tata Tea Orange Pekoe 220 pk
reg 8.69
SAVE $2
$7.99

Parle-G Gold Cookies 1 kg
reg 4.79
SAVE 80¢
$3.99

Nanak Gulabjamun
908 g reg 8.99
50 PTS when you buy 1
SAVE $2
$6.99

Aman's Super Fine Besan 1.81 kg
reg 6.99
50 PTS when you buy 1
SAVE 50¢
$6.49

Modhani Yogurt Dahi 3.2% or 2%
reg 2.49
SAVE 50¢
$1.99

Mitchell's Sarson Ka Saag
800 g or **Spinach Puree** 800 g
reg 3.49
SAVE 50¢
$2.99

Lal Qilla Basmati Rice, Supreme Sella or Sella Parboiled
4.54 kg reg 15.99
SAVE $4
$11.99

Nanak Rasmalai
850 g
Selected Varieties
reg 8.99
100 PTS when you buy 2
SAVE $3
$8.99

Aman's Biscuit Milk or Suji Rusk 600 g
reg 5.29
SAVE $1.30
$3.99

Deep IQF Bhindi Cut or Baby Okra
340 g
$1.49

Ashoka Naans or Parathas
1.02-1.275 kg
Selected Varieties
reg 9.99
SAVE $1
$8.99

Musafir Frozen Appetizers
336-480 g
Selected Varieties
reg 9.99
SAVE $1
$8.99

Rubicon Juice 1 L
Selected Varieties
reg 2.99
SAVE 50¢
$2.49

Surati Snacks
250-341 g
Selected Varieties
reg 2.99
SAVE 70¢
$2.29

Deep Mango Pulp
850 g reg 4.29
50 PTS when you buy 1
SAVE 50¢
$3.79

Golden Punjabi Biscuits 1.4-1.43 kg
SAVE $1.50
$5.99

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

We all deserve compliments

We all deserve savings

SAVE 50¢

$4.49

Compliments Greek Yogurt 650 g

Compliments Hot Chocolate 1.2 kg

SAVE $2

$12.99

Compliments Peanut Butter Dippers 240 g

$2

Compliments Cranberry Cocktail 1.88 L

SAVE 50¢

$2.99

Compliments Cookies 300-350 g

200 PTS when you buy 2

$3

Compliments Potato Chips 200 g

$1.49

Compliments Ice Cream Cones 4 pk

$2.99

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

HERSHEY

SHARE THE GOODNESS

Twizzlers Packaged Candy 283-454 g Assorted Varieties

$2.99

$4.49

Hershey Packaged Candy 160-235 g Assorted Varieties

Hershey Single Bars 34-58 g Assorted Varieties

99¢

YOUR SEASONAL BEVERAGE LINEUP

$28.99 Coors Light Lager 12x473 mL Cans

Michelob Ultra Light 473 mL or Czechvar Premium Lager 500 mL

$2.99

Sandbagger Lemon or Boysenberry Hard Seltzer 355 mL

$2.59

Dillon's Gin Cocktails Variety Pack 12x355 mL

$29.99

Sleeman Clear 2.0 Light Lager 6x473 mL Tall Cans

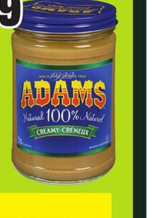
$15.99

PLEASE DRINK RESPONSIBLY. YOU MUST BE 19 YEARS OR OLDER TO PURCHASE ALCOHOL.
PRICE MATCHING IS NOT APPLICABLE TO ALCOHOL AVAILABLE AT SELECTED ONTARIO STORES.

NATURAL SAVINGS

SAVE $1.70

$9.79 Adams 100% Natural Peanut Butter 1 kg reg 11.49



SAVE $1

$6.99 *Compliments* *Organic* Free Range Large Eggs 12 pk

SAVE $1

$2.99 ONE Protein Bars 60 g

SAVE 50¢

$2.99 Dare Gluten Free Breton Crackers 135 g

SAVE $1.00

$6.99 Christie Gluten Free Oreos 342-353 g

SAVE 90¢

$3.49 Quest Protein Chips 32 g

SAVE $1

$5.99 Burnbrae Farms EGG Bakes! Crustless Quiche 340 g reg 6.99

WHILE SUPPLIES LAST. PRODUCT 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