

Pork Back Ribs
Frozen Cryovac
8.80/kg



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



**Astro
Yogurt
Tubs**
00-750 g
reg 3.69

200 PTS
when you buy 2

SAVE \$6

\$99



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



Broccoli Crowns
Product of Mexico or
USA 4.39/kg



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



**Johnsonville
Sausages**
375-500 g



Armstrong
Natural Cheese Slice
220-2110 a reg 6119



Tostitos 205-300 g or
Sunchips 205 g reg II II9-II79



Dan-D Pak
Cashews
Salted or

January 22-28, 2026
*Terms and conditions apply

VISIT THE **FRESHCO APP**
OR **MYGROCERYOFFERS.CA**

That's like
\$10⁸⁸
in free
groceries

PRODUCT SELECTION MAY VARY BY LOCATION



**Look for the leaf
to help you
support Canada**



P01_FC_WK39_WST_Z

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

Scene 
MEMBERS SAVE
MORE
MEMBER PRICING ON SELECT ITEMS



Dempster's Whole Grains, Signature or Protein Bread
600 g or
Bagels 5-6 pk
reg 11.19-11.69



**Coca-Cola or
Pepsi Soft Drinks**
6x710 mL
Selected Varieties



Avocados 5 pk
Product of Mexico

Scene®
MEMBER
PRICE

SAVE \$1

\$2.99

without
Scene® Card **\$3.99**

ZONE 1

[illegible]

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

100 PTS
when you buy 2

\$4.99

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

100 PTS
when you buy 2

\$2.99

Stem and Leaf Clementines Product of Spain 1689kg

100 PTS
when you buy 2

\$3.49

Red Mangoes Product of Brazil or Peru

100 PTS
when you buy 2

\$1.79

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

1.99

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

1.99

Compliments Lemons 2 lb Product of USA 907 g

100 PTS
when you buy 2

\$4.99

Cherries Product of Chile No. 1 Grade 13.21/kg

5.99

Iceberg Lettuce Product of USA No. 1 Grade

50 PTS
when you buy 1

\$2.99

Cauliflower Product of Mexico or USA No. 1 Grade

50 PTS
when you buy 1

\$4.99

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

100 PTS
when you buy 1

\$14.99

Grimm's Smokies 150 g reg. 9.99

50 PTS
when you buy 1

SAVE \$4

\$5.99

Compliments Sliced Cooked Ham 375 g reg. 6.99

SAVE \$1

\$5.99

Grimm's Sausage Rings 300 g reg. 8.99

50 PTS
when you buy 1

\$5.99

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

SAVE \$2

\$7.99

Schneiders Juicy Jumbos or Smoked Sausages 375-500 g reg. 8.49

\$7.99

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

40

SAVE \$1

\$11

Pinty's Gluten-Free Breaded Chicken Frozen 730-750 g

\$13.99

Compliments Meat 175 g reg. 4.00

SAVE \$1

\$3.49

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

SAVE \$1

\$4.99

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

SAVE \$1

\$5.49

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

SAVE \$1

\$5.49

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

SAVE \$1

\$3.49

Dempster's Tortillas 426-640 g reg. 4.49

SAVE \$1

\$3.49

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

SAVE \$1

\$3.99

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

SAVE 50¢

\$3.49

General Mills
Cereal 297-430 g
Selected Varieties
reg 3.99

Cinnamon Toast Crunch

Honey Nut Cheerios

QUAKER INSTANT OATMEAL

QUAKER QUICK OATS

QUAKER SIMPLE & BROWN SUGAR

100 PTS
when you buy 3

SAVE UP TO \$1.50

\$3.49

Quaker Instant Oatmeal
232-344 g or
Standard Oats 709 g-1 kg
reg 3.99-4.99

Kellogg's Cheez-It Crackers
H8-200 g or Pringles Super Stacks
H8-156 g reg 3.49-3.89

SAVE \$1.00

\$2.49

Quaker Chewy or Dippys
Granola Bars 120-156 g

100 PTS
when you buy 4

SAVE \$1

\$1.99

Liberté Méditerranée Yogurt
500 g or Yoplait Source Tubs 630 g

SAVE \$1.00

\$2.99

Kellogg's Rice Krispies

LUTRI RAIN

Made Good Granola Bars, Minis or Crispy Squares
120-132 g reg 4.49

SAVE \$1.00

\$2.99

Tropicana Orange Juice or Beverages 136 L
Selected Varieties

100 PTS
when you buy 2

SAVE \$1.00

\$2.99

Siggis Black Diamond Cheesstrings 12-16 pk
Siggis Yogurt 650-750 g

SAVE \$1.80

\$6.49

Glover Leaf Albacore Tuna 170 g
reg 3.47-3.99

SAVE \$1.00

\$2.49

Rustica Pizza Selected Varieties
577-866 g reg 8.49

SAVE \$1

\$7.49

Becel Margarine 837-850 g

SAVE \$2

\$6.99

Natrel Lactose Free Milk 2L Selected Varieties

SAVE \$5

\$5.99

Maxwell House Pods 30 pk
reg 22.99

SAVE \$6

\$16.99

Maxwell House Coffee 894-900 g
reg 19.99

SAVE \$2

\$17.99

Allent's Apple Juice 1.89 L reg 4.29

SAVE \$1.50

\$2.99

Tetley Orange Pakee Tea 72 pk reg 5.99

SAVE \$2

\$3.99

Classico Pasta Sauce 218-600 mL reg 4.29

SAVE \$3

\$3.99

Old El Paso Taco Kits 250-510 g reg 4.99

SAVE \$1

\$3.99

Nutella Hazelnut Spread 1 kg reg 11.49

SAVE \$1

\$10.49

Kraft Dinner 5 pk or Cups 4 pk
reg 6.79-6.99

200 PTS
when you buy 2

SAVE \$2

\$4.99

Clorox Cleaner 887-948 mL reg 5.49

SAVE \$1

\$4.49

Palmolive Dish Soap 427 L Fleece Fabric Softener 3.5 L or Fleecy Dryer Sheets 200 pk reg 12.49-12.99

SAVE \$3

\$9.99

Colgate Sensitive Pro-Relief or Total Advanced Toothpaste 75-120 mL Selected Varieties

SAVE \$3.00

\$4.49

Softsoap or Irish Spring Body Wash 500 mL or Irish Spring Soap Bars 6 pk

SAVE \$3.00

\$4.49

MORE WAYS TO SAVE!

HOT PRICE

Scene®

LOOKER'S 40%

Look for these specially-marked items throughout our stores



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



200 PTS
when you buy 2

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



200 PTS
when you buy 2

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 \$1.99

\$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 24.99-26.99



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
Sunwhite Calrose Rice
4.5 kg reg 16.99
SAVE \$3
\$13.99

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

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

Salem Foods
Tomato Paste
750 g reg 5.49
SAVE \$1.80
\$3.69

Puck
THICKENED CREAMY PRODUCT
Produit Crèmeux Épais
500 g reg 2.29
SAVE 50¢
\$1.79

Salem
Grapes/Leaves
Feuilles De Vignes
454 g reg 4.79
SAVE \$1.10
\$3.69

Salem Foods
Pickled Grape
Leaves 454 g or
Cucumbers 1 kg
reg 4.49-4.79

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

Salem Foods
Nabbus 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

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

Yamama
Grenadine
Molasses
750 mL reg 6.99
SAVE \$1.00
\$5.99

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

Serra
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 120 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 154 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



\$14⁹⁹

Money Trees
5" deco pot

Orchids
6" Deco
Plastic Pot

\$19⁹⁹



\$11⁸⁸



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



Dan-D Pak
Salted
Pistachios 50 g
reg 1.99

SAVE 50¢

\$1⁴⁸



Foco
Coconut Juice
Canned 520 mL
reg 2.29

SAVE 60¢

\$1⁶⁸



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

SAVE 10¢

\$1⁶⁸



Mi Sedaap Instant
Noodles 5 pk
Selected Varieties
reg 2.89

SAVE 10¢

\$1⁹⁸



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

SAVE 50¢

\$1⁹⁸



NY Guava Candy
210 g reg 2.99

SAVE 99¢

\$2



Aroy-D Curry
Canned 400 g
reg 3.49

SAVE 10¢

\$2⁴⁸



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

SAVE 50¢

\$2⁹⁸



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¢

\$2⁹⁸



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¢

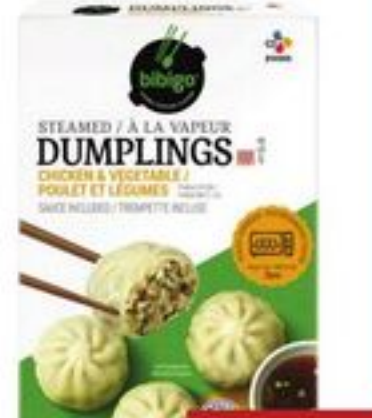
\$2⁹⁸



HFA Spicy
Peanuts 210 g
reg 3.49

SAVE 50¢

\$2⁹⁸



Bibigo Steamed
Chicken or Pork
Dumplings 187 g
reg 4.59

SAVE 10¢

\$3⁴⁸



Sinbao
Star Pudding
600 g Selected
Varieties
reg 3.99

SAVE 50¢

\$3⁴⁸



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

SAVE 10¢

\$3⁹⁸



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

SAVE 10¢

\$3⁹⁸



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

SAVE 10¢

\$3⁹⁸



Ribena
850 mL
reg 12.99

SAVE 10¢

\$9⁹⁸



Lay's
Honey Butter
Potato Chips
200 g reg 3.99
or Sunrise Extra
Firm Tofu 350 g

SAVE 10¢

\$2⁹⁹



Sunrise Medium
Firm Tofu 454 g

SAVE 10¢

\$2⁴⁹



Ovaltine Biscuits
150 g reg 2.49

SAVE 50¢

\$1⁹⁸

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 \$1.01

\$4.98



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

SAVE \$1.01

\$4.98



Maggi
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 \$1.01

\$5.48



Lee Kum Kee
Black Bean Garlic
or Chili Garlic
Sauce 368 g
reg 5.49-5.99

SAVE \$1.51

\$4.48



Siwin
Taiwanese Style
Pork Sausage
375 g reg 6.99

SAVE \$1.01

\$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 \$1.01

\$5.98



Shirakiku
Imitation Crab
Sticks 500 g
reg 7.99

SAVE \$1.01

\$6.98



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 \$1.01

\$4.98



BaiKiang
Instant Noodles
5 pk Selected
Varieties
reg 5.99

SAVE \$1.01

\$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 \$1.01

\$3.98

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.



THE SNACK AVALANCHE CONTEST





YOU COULD **Win**
\$25,000*



\$3.99
Mini Rolls
6 pk 102 g



\$2.99
GoGo
squeezeZ
4 pk 360 g



\$3.29
Cheese
Dippers
4 pk 140 g



\$3.99
Babybel
6 pk 120 g



\$2.99
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



CASTELLO®

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

