

FRESH CO

Lowering food prices

ZONE 1

**Looking
for deals?**

**With our
Price Match
you can get the
lowest price
on flyer items***

*That's
Fresh*

**LOWEST
PRICE**
OR WE'LL BEAT IT*

**Flip the
page for
our hottest
deals of
the week!**

Dempster's
Breads 675 g
Plain

**BUY
MORE
SAVE
MORE**
4 for \$10.99 (reg. \$13.96)

\$2.99
each (reg. \$3.49)

**Flyer in effect
February 5-11, 2026**

Prices in effect in Ontario
Excludes Thunder Bay

[Learn more](#)

*Our Lowest Price Guarantee/Price Match means that if a discount supermarket competitor within your local store's geographic trade area offers a lower price on any item that we carry in this store, we will sell you that item for 1¢ less than the competitor's current advertised price when you show us the competitor's price in their current flyer (print or digital).
See page 2 for full details.

FWL_FTC_WW1-FW1-ONT_21

McCain Premium Superfries 154-450 g or Premium Breakfast Potatoes 600-650 g reg 4.99-5.29

SAVE \$2.77

Tostitos 205-300 g or Sun Chips 205 g reg 4.49-4.79

SAVE \$2.69

Coca-Cola Soft Drinks 12x355 mL Selected Varieties

SAVE \$8.99

Gatorade 6x501 mL or 6x355 mL reg 6.99

SAVE \$1

Mott's Clamato or Garden Cocktail 1.89 L reg 4.79-5.29

SAVE \$3.49

Grace Patties 600 g reg 8.99

SAVE \$3

Dare Breton or Vinta Crackers 173-225 g, Grissol Melba Toast, Canape or Baguettes 120-200 g reg 3.49-3.79

SAVE \$1.99

Compliments Peanuts 700 g or Planters Trail Mix or Flavoured Cashews 145-170 g reg 4.99-5.99

SAVE \$4

Webber Naturals Vitamins 30-360 pk or Sesame Street Gummies 50-480 pk Selected Varieties

20% off

Cheemo Pirogies 815-907 g reg 3.99

SAVE \$1.99

Ocean Spray Cocktail 1.89 L or 100% Juice 1.77 L reg 4.49-4.99

SAVE \$1.99

Mutti Tomatoes 796 mL or Passata 680 mL reg 5.49

SAVE \$3.99

Takis 190-280 g reg 4.29

SAVE \$2.29

Dawn Dish Detergent 2.2L-2.64 L reg 11.99

SAVE \$1

Crest Scope Mouthwash 1 L, Pro-Health Rinse 500 mL, Gum Care Toothpaste 65 mL, or Oral-B Charcoal Toothbrush 1 pk Selected Varieties reg 5.79-6.49

SAVE \$4.99

Kellogg's Cereal 210-525 g reg 5.99

SAVE \$3.97

For every Compliments Pancake Mix 905 g, get

20% off

ORIGINAL COMPLEX COMPLETE

For every Best Buy Frozen Popcorn Shrimp 600 g, get

50% off

Shop with confidence

That's Fresh

Get the most from your shop with our Savings and Satisfaction Guarantees



*See [freshco.com/everyday-savings](https://www.freshco.com/everyday-savings) for full details.



Price matching limited to up to four (4) discount competitors in the applicable trade area (No Frills, Food Basics, Real Canadian Superstore, and Wal-Mart in Ontario; No Frills, Real Canadian Superstore, Wal-Mart and Price-Go Foods in BC, Alberta, Saskatchewan and Manitoba. Price match locations may vary by store and are subject to change based on regional circumstances. **Visit your local FreshCo or Shoppers Food Mart for a list of competitors that are part of the Price Match program.** This guarantee does not apply to competitor e-commerce platform or competitor online pricing. This guarantee applies to identical items (must be same brand, size and attributes) or comparable items (must be same size and attributes). Does not apply to any of the following items: products sold by in-store third party vendors, importations, gift cards, liquor, tobacco products which may not be discounted by law, and also includes special x part x purchased items, clearance sale items, and their accessories and discounts for items purchased through loyalty or other customer programs. Does not apply to over-the-counter prescriptions. Eligible price matched purchases are limited to a maximum of four (4) units of the identical price match for in-store. The guarantee may be withdrawn at any time. We reserve the right, in our discretion, to determine for each store the applicable competitors, applicable trade area and comparable items, and to make changes to this guarantee program without prior notice, which includes the right to withdraw this guarantee from any customer who we determine to be abusing the guarantee. See www.freshco.com/legal for details.

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Blueberries 170 g Product of Chile or Peru No.1 Grade or Raspberries or Blackberries 170 g Product of Mexico

\$3.49

+ 100 PTS when you buy 1

Kaki Vanilla Persimmons Case Product of Spain

\$7.99

+ 100 PTS when you buy 1

Okra or Bhindi Okra Product of Honduras 4.39/kg

\$1.99

+ 50 PTS when you buy 1

Roma Tomatoes Product of USA or Mexico No.1 Grade 4.39/kg

\$1.99

+ 50 PTS when you buy 1

The Little Potato Company Mini Potato Trays 454 g Product of Canada, Canada No.1

\$3.49

+ 50 PTS when you buy 1

Red Seedless Grapes Product of South Africa No.1 Grade 8.89/kg

\$3.99

+ 50 PTS when you buy 1

Yellow or White Flesh Nectarines Product of Chile No.1 Grade 5.49/kg

\$2.49

+ 50 PTS when you buy 1

Red Prince Apples Product of Ontario Canada Extra Fancy or Pink Lady Apples Product of USA Extra Fancy Grade 3.95/kg

\$1.79

+ 50 PTS when you buy 1

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

\$1.99

+ 50 PTS when you buy 1

Compliments Lemons 2 lb Product of USA 907 g or Golden Pineapple Product of Costa Rica

\$3.99

+ 50 PTS when you buy 1

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

\$2.49

+ 50 PTS when you buy 1

Compliments Whole White or Brown Mushrooms 227 g Product of Ontario

\$2.49

+ 50 PTS when you buy 1

Iceberg Lettuce Product of USA No.1 Grade

\$2.49

+ 50 PTS when you buy 1

Compliments Breakfast or Dinner Sausages 375-500 g

\$4.49

SAVE \$1.00 when you buy 1

Fresh Boneless Centre and Rib Pork Loin Chops 13.21/kg

\$5.99

+ 50 PTS when you buy 1

Compliments Sliced Cooked Ham 375 g

\$5.99

SAVE \$1.00 when you buy 1

St-Hubert Pies Frozen 715-800 g reg 10.99

\$9.99

SAVE \$1.00 when you buy 1

MarcAngelo Italian Style Pork Sausage 450 g

\$4.49

SAVE \$1.00 when you buy 1

MarcAngelo Italian Style Jumbo Sausages Frozen 675 g

\$6.00

SAVE \$1.00 when you buy 1

Lou's Quick n Easy or Lij Juan's Entrées Frozen 300-400 g

\$8.99

SAVE \$2.00 when you buy 1

Angus Beef Striploin Steak Cut from Canada AA Grade Beef or Higher 50.51/kg

\$22.99

+ 50 PTS when you buy 1

Fantino & Mondello Deli Meat 100-200 g

\$4.99

SAVE \$3.00 when you buy 1

Grimm's Sausage 300 g

\$4.99

SAVE \$2.00 when you buy 1

Maple Leaf Natural Selections 375-400 g

\$11.99

+ 650 PTS when you buy 1

Dempster's Hot Dog or Hamburger Buns 5.04

\$2.79

SAVE \$0.50 when you buy 1

Dempster's Tortillas 272-340 g or Tia Rosa Tortillas 275-328 g

\$2.79

SAVE \$0.50 when you buy 1

Twinkies Mystery Mysterio Cupcakes 200-228 g

\$2.49

SAVE \$0.50 when you buy 1

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

POA_FC_WW19_P001_001_21

SAVE \$2

\$5.49

Kellogg's Cereal
Selected Varieties
450-650 g reg. 7.49

Rice Krispies
FAMILY SIZE
SOURCE OF 7 VITAMINS & MINERALS
SUGAR FREE SWEETENED WITH SPICE

Corn Flakes
FAMILY SIZE
SOURCE OF 7 VITAMINS & MINERALS
SUGAR WISE™ 3g SUGAR

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

100 PTS
when you buy 3

SAVE UP TO \$1.50

\$3.49

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

200 PTS
when you buy 4

SAVE \$1

\$2.99

Chewy
Quaker Chewy or Dippys Granola Bars 120-156 g

Dippys

100 PTS
when you buy 4

SAVE \$1

\$1.99

Oikos
Danone Oikos Yogurt 4 pk or Silk Beverage 175-189 L
Selected Varieties

Silk Almond

SAVE \$1

\$3.99

Heathly Choice
Gourmet Steamers 289-306 g or Marie Callender's Frozen Entrées
322-349 g reg. 5.29-5.49

200 PTS
when you buy 2

SAVE \$1.50

\$3.99

Cheez-It
Kelllogg's Cheez-It Crackers
18-200 g or Pringles Super Stacks
148-166 g

Pringles

200 PTS
when you buy 2

SAVE \$1.50

\$2.49

Nestle
Nestle Brand Roasted Red Potatoes Vinaigrette Dressing
Credor Real Cheddar

Pepperidge Farm Goldfish Crackers
147-227 g or Kettle Brand Chips 156-198 g

200 PTS
when you buy 2

SAVE \$1.50

\$2.49

Classico Pasta Sauce
218-690 mL

Barilla

Catelli Smart

Barilla Pasta 410 g, Catelli Smart or Healthy Harvest Pasta 375 g

200 PTS
when you buy 2

SAVE \$1.50

\$1.99

Clover Leaf Albacore Tuna
170 g

Old El Paso Taco Kits
250-510 g

200 PTS
when you buy 2

SAVE \$1.50

\$2.49

SAVE 50¢

\$3.99

Jif Peanut Butter
1 kg reg. 6.99

Becel Margarine
637-850 g

Allen's Apple Juice
1.89 L reg. 4.29

Q&A Smoothie
Del Monte Juice, Oasis Health Break or Smoothie 1.6 L

200 PTS
when you buy 2

SAVE \$1.50

\$2.99

200 PTS
when you buy 2

SAVE \$1.50

\$4.99

200 PTS
when you buy 2

SAVE \$1.50

\$4.99

200 PTS
when you buy 2

SAVE \$1.50

\$4.99

Timothy's Coffee
K-Cup 30 pk reg. 25.99

McLain Deep'n Delicious Cake
510 g reg. 7.49

Tide Liquid Detergent
3.48-3.9 L, Downy Beads 155 g, Tide Pods or Gain Flings 415-76 pk reg. 24.99-26.99

Downy

Clorox

200 PTS
when you buy 2

SAVE \$1.50

\$17.99

200 PTS
when you buy 2

SAVE \$1.50

\$5.99

200 PTS
when you buy 2

SAVE \$1.50

\$22.99

200 PTS
when you buy 2

SAVE \$1.50

\$4.99

200 PTS
when you buy 2

SAVE \$1.50

\$4.99

MORE WAYS TO SAVE!

HOT PRICE

Scene®

LOAN & LOW

Look for these specially-marked items throughout our stores

GAMEDAY

LINEUP



\$15⁹⁹

Coors Light or Bud Light Lager
6x473 mL Tall Cans



\$28⁹⁹

Bud Light
Lager
12x473 mL
Tall Cans



Cottage Springs
Weekender Vodka
Soda Mix Pack
8x355 mL

\$18⁹⁹



Black Fly
Vodka Cranberry
4x400 mL

\$9⁹⁹



Pabst Strong Iced Tea or Smirnoff Berry Blast
473 mL Tall Can or DAB Original Lager 500 mL Tall Can

\$2¹⁹

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. ASSORTMENT VARIES BY LOCATION.

GAMEDAY

DEALS

SAVE UP TO \$3
\$8.99

Panache Breaded Coconut or
Butterfly, Tempura or Bang Bang
Shrimp Frozen 340-355 g
Crispy Calamari or Crab
Rangoon Frozen 252-355 g



SAVE UP TO \$1.50
\$2.99

Fontaine Sante
Hummus
227-260 g
Compliments
Salad 426-454 g



SAVE \$2
\$10.99

Compliments
Chicken Wings
Frozen 800 g



SAVE UP TO \$2
\$4.99

Brandt
Kolbassa Chubs
250 g



Mini Sweet Peppers 454 g
Product of Canada or Mexico

\$3.99



Limes
Product of Mexico

3/99¢



Fruit or
Vegetable Tray
1.0-1.1 kg

SAVE 100¢
when you buy 1
\$14



Taylor Farms Caesar 574 g or
Sweet Kale Kit 632 g
Product of Spain

SAVE 50¢
when you buy 1
\$6.99



Compliments
Garden Salad 340 g or
Coleslaw 397 g
Product of USA

\$2



Planters
In Shell Peanuts
2 kg

\$9.99



David Roberts
Mixed Nuts Tray 600 g

\$7.99



Candy Bazaar
230 g Assorted

\$2



King's Hawaiian
Sweet Rolls or
Savoury Butter
Rolls 340 g

SAVE \$1
\$3.49



Compliments
Marinated Pork
Chops or Kabobs
250-300 g

SAVE 50¢
\$4.49



Pace Pizza
510-550 g

SAVE 50¢
when you buy 1
\$6.49



Compliments
Cheese
Sticks Frozen
325-400 g

SAVE \$2
\$5.99

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

SWEET SAVINGS



\$8⁹⁹

10-Stem Tulip Bouquets



\$14⁸⁸

Orchids
5" Deco Plastic Pot



\$4⁹⁹

Mini Roses
4" Pot



\$12⁹⁹

6-Stem Roses with Greens & Baby's Breath



\$6⁹⁹

3-Stem Roses with Greens & Baby's Breath



\$14⁹⁹

Valentine's Mixed Bouquets



\$19⁹⁹

Large Valentine's Mixed Bouquets

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

LUNAR NEW YEAR DEALS

新春優惠



\$10⁸⁸

Money Trees
5" Deco Pot



\$11⁸⁸

3-Piece Lucky Bamboo in Glass



\$33⁸⁸

Calamondin
1 Gallon



\$12⁸⁸

Lunar New Year's Large Mixed Bouquets

COLOUR AND SELECTION MAY VARY - AVAILABLE AT MOST LOCATIONS - WHILE SUPPLIES LAST

SWEET SAVINGS

\$13⁹⁹

Merci
Chocolate
400 g



\$6⁹⁹

Hershey's
Chocolate Heart
165 g

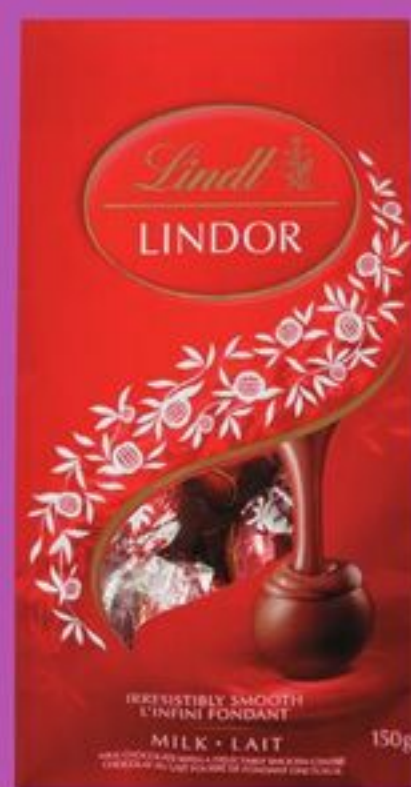
\$2⁹⁹

Tablerone
Bar 100 g



Ferrero
Chocolate Heart
174-200 g
Selected Varieties

200 PTS
when you buy 2
\$12⁹⁹



Lindt
Chocolate Bags 150 g

\$8⁹⁹



Lindt
Chocolate Hearts
108 g

\$13⁹⁹



Ferrero
Chocolate Hearts
89.5-100 g

200 PTS
when you buy 2
\$6⁹⁹



Kinder & Love Mini
107 g

100 PTS
when you buy 2
\$6⁴⁹



Nestlé
Valentines Minis
354 g

\$8⁹⁹



Hershey's Kisses
180 g

\$4⁹⁹



Pepperidge Farm
Valentines Goldfish
560 g

\$8⁹⁹



Lindor
Chocolate Cornets
540 g

SAVE \$10
\$19⁹⁹



Ferrero
Chocolate Heart 205 g

100 PTS
when you buy 1
\$20⁹⁹

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

LUNAR
NEW YEAR DEALS

新春優惠

\$188

ea or /lb

Honey Pomelo

Product of China or

Full Apples Product

of China Extra Fancy

Grade 4.14/kg

\$888

Pomelo Gift Box

2 kg.

Chinese Mandarin

4 lb

or Pomelo Gift Box

4 pk Product of China

\$188

/lb

Ginger Root

Product of China

4.14/kg

\$188

/lb

Yellow or Brown Asian Pears or

Ya Pears Product of China

Extra Fancy Grade 4.14/kg

98¢

/lb

Flat Cabbage

Product of USA No. 1 Grade

Bok Choy or Napa Cabbage

Product of USA 2.86/kg

\$128

/lb

Garlic

5 pk Product

of China

SAVE \$1.00

\$298

Kirin

Milk Tea 1.5 L

reg. 4.99

SAVE \$1.00

\$398

Coco Buri

Natural Coconut

Water 1 L reg. 4.99

SAVE \$1.00

\$148

AllFit Konjac Jelly

150 ml Selected

Varieties reg. 1.79

SAVE \$1.00

\$598

O'Food Roasted

Seaweed with

Avocado Oil 48 g

reg. 6.99

SAVE \$1.00

\$398

Watson

Seaweed Salad

454 g

reg. 4.99

SAVE \$1.00

\$398

Sheng Hsiang

Jen Green Peas

240 g Selected

Varieties reg. 4.99

SAVE 81¢

\$348

Marutai

Instant Ramen

180-187 g Selected

Varieties reg. 4.29

SAVE \$1.00

\$788

A-Sha Noodles

475 g Selected

Varieties reg. 8.99

SAVE \$1.00

\$488

Asian Choice

Pork Buns 510 g

Selected

Varieties reg. 5.99

SAVE \$1.00

\$688

Asian Choice

Steamed Pork

Shumai 652 g

reg. 8.49

SAVE \$1.00

\$298

Asian Choice

Dumplings 680 g

Selected

Varieties reg. 3.99

SAVE \$2.00

\$798

Watson Smoked

Duck Breast

Original or Black

Pepper 500 g

reg. 9.99

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

RAMADAN MUBARAK



2/\$10

Apna Taste Vegetable Spring Rolls or Aloo Tikki 750 g-1 kg reg. 7.99



SAVE \$1

\$3.99

Tre Stelle Paneer 300 g reg. 4.99



SAVE 80¢

\$4.99

Chalor Dahi 2% M.F. or 3.25% M.F. 1.8 kg reg. 5.79



99¢

Cilantro or Mint Bunch Product of Mexico or USA

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

\$2.99



Parle-G Biscuits 300 g reg. 1.49

99¢



SAVE \$1

\$3.99

Qarahi Syrup 800 mL reg. 4.99



SAVE 50¢

\$1.79

Rehmat-e-Shereen Pheni 200 g reg. 2.29



SAVE 50¢

\$2.99

Mitchell's Saag or Purse 800 g reg. 3.49



SAVE \$1

\$5.99

Aman's Chana Dal or Kabuli Chana 1.8 kg reg. 6.99



SAVE \$1.99

\$3.99

Sherbon Mango or Guava Juice 2 L reg. 5.49



SAVE 70¢

\$4.29

Britannia Milk Rusk 560 g reg. 4.99



SAVE \$2

\$7.99

Tata Tea Orange Pekoe 220 pk 638 g reg. 9.99



25 PTS when you buy 1

\$1.99

Bikano Snacks 125-150 g Selected Varieties



50 PTS when you buy 1

SAVE 50¢

\$3.79

Deep Mango Pulp 850 g reg. 4.29



50 PTS when you buy 1

SAVE 50¢

\$6.49

Aman's Super Fine Besan 1.8 kg reg. 6.99



SAVE 50¢

\$6.99

Brar's Makhan 250 g reg. 7.49



SAVE \$2

\$7.99

Brar's Milk Cake 400 g reg. 9.99



50 PTS when you buy 1

SAVE \$1

\$5.99

Brar's Samosas 624 g Selected Varieties reg. 6.99



SAVE \$5.00

\$3.99

Chalor Naan 1 kg or Roti 750 g



\$7.99

Kebab Factory Chicken Kebabs Frozen 912 g

WHILE SUPPLIES LAST, ITEM SELECTION MAY VARY BY STORE.



OFFICIAL PROTEIN PARTNER

**Spend \$20* on participating
Maple Leaf® products and receive a
\$10 Visa® Prepaid Card.**

**NOURISH
FUTURE
CHAMPIONS.**



**PLUS
ENTER FOR A
CHANCE TO
WIN OFFICIAL
TEAM CANADA
PRIZES.**

**BUT FIRST,
PROTEIN.**



PROMOTION TERMS AND CONDITIONS: *Subject to Full Offer Terms and Conditions at www.mapleleaf.ca/Promotions. Open to legal residents of Canada who have reached the age of majority in their province, territory of residence and are located in Canada. Between January 12, 2026, and February 22, 2026, purchase \$20.00 CAD (before taxes and after application of any coupons or discounts) worth of participating Maple Leaf® products in one (1) transaction from a participating Canadian retailer (in-store or online) to receive a \$10 Prepaid Card. \$10 PREPAID CARD FOR THE LEAF OF PARTICIPATING PRODUCTS: Promotion includes Maple Leaf® Ground Beef, Maple Leaf® Fresh Pork and Maple Leaf® Premiums, Chicken Eggs, Pork Tenderloin & Picked Pork, Big Birds as well as other products. Rewards are available while supplies last. Rewards requests must be submitted by one (1) participant from a household and not by multiple participants of a household and this individual may only use one (1) e-mail account. Limit: One (1) Reward per Sales Receipt. Offer limited to five (5) Rewards per household regardless of the Reward level and how many individuals reside within a household. To participate, visit www.mapleleaf.ca/Promotions, upload the photograph of your sales receipt or a PDF of your online order pick-up or delivery confirmation e-mail before 11:59:59 PM, ET on March 1, 2026. Completion of a one-time registration form is required. Allow 48 hours for receipt verification. You will receive an e-mail confirming the status of your submission. A household and participant are only eligible to receive a total of five (5) Rewards no matter the eligible Reward level received for this Offer.

CONTEST RULES & REGULATIONS: *No purchase necessary. Contest begins on January 12, 2026, at 12:00:01 A.M. ET and ends on March 1, 2026, at 11:59:59 P.M. ET. Open to legal residents of Canada who have reached the age of majority in their province or territory of residence and are located in Canada. Two hundred and fifty (250) prizes to be won, each valued at approximately \$100.00 CAD and consisting of a Visa Canada Prepaid Card. Limit of one (1) competition entered per household during the entry period. Odds of winning a prize depend on number of eligible entries received up to the close of the applicable entry period. Must correctly answer a mathematical skill-testing question to win. Full contest rules and entry form available at <https://www.mapleleaf.ca/promotions>.



\$10

**Maple Leaf Prime®
Raised Without Antibiotics
Boneless Skinless Chicken
Breasts or Thighs 12 pk**



\$13

**Maple Leaf Prime® Raised
Without Antibiotics Boneless
Skinless Thin Sliced, Fillets, or
Diced Chicken Breast 8 pk**



\$11.99

**Maple Leaf Prime®
Raised Without
Antibiotics Frozen
Chicken 568-700 g**



\$11.99

**Maple Leaf Prime®
Raised Without
Antibiotics Frozen
Stuffed Chicken 568 g**



\$6.99

**Maple Leaf® Natural Bacon, Ready Crisp® Natural Bacon 65-375 g
or Natural Shredded Chicken 250 g**



\$5.99

**Maple Leaf®
Natural Top
Dogs®
375 g**

\$11.99

**Maple Leaf®
Natural Ham
600 g**



Offer Valid February 5-11, 2026

GIVE YOUR SCENE+ POINTS A BOOST

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

APPLY NOW

♦Conditions Apply

