

# FRESH CO

Lowering food prices

**DEALS UNDER \$5**



**\$4.99** /lb

**\$1.99** /lb

**\$1.99**



**\$4.99**



**\$3.49**



**\$1.99**



**\$3.99**



**\$2.99**



**\$4.99**



**\$1.99**



**\$4.99**



**\$3.47**



**\$4.99**



**\$9.99**



**\$3.99**



**\$2.49**

**Scene™ TRIPLE REWARDS** GET UP TO \$50 IN VALUE\* after you load your offers

Cumulative spend of \$200 and get a free product on your next shop†  
 Cumulative spend of \$300 and also get 10% back in points on your next shop†  
 Cumulative spend of \$400 and also earn 2,000 pts on your next shop†

\*The maximum value of \$50.00 is the combined total of all reward offers available from February 18 - March 18, 2026. This includes one (1) free product (valued at \$10.00), a 10% back in Scene+ points offer (capped at a \$20.00 value), and a 2,000 Scene+ points offer (valued at \$20.00). For full terms and conditions of the offer, please visit <https://www.freshco.com/Scene+Triple-Rewards>.

Locally Owned & Operated BY PROUD CANADIANS

Look for the leaf to help you support Canada

ZONE 1

POPC\_2024\_FRESH\_ZONE1



 <p><b>Avocado Finest</b> 5 pk Product of Mexico or Khal 600 g Product of Greece</p> <p><b>50 PTS</b> when you buy 1</p> <p><b>\$3.99</b></p>	 <p><b>Blueberries</b> 170 g Product of Chile or Peru No. 1 Grade or <b>Strawberries</b> 454 g Product of USA or Mexico No. 1 Grade</p> <p><b>\$3.99</b></p>		
 <p><b>Black or Red Plums</b> Product of Chile No. 1 Grade 5.49/kg</p> <p><b>\$2.49</b> /lb</p>	 <p><b>Cantaloupe</b> Product of Brazil No. 1 Grade</p> <p><b>\$2.99</b> /lb</p>	 <p><b>Red Delicious or Ambrosia Apples</b> Product of Ontario, Canada Extra Fancy Grade 3.73/kg</p> <p><b>\$1.69</b> /lb</p>	
 <p><b>Ataulfo Mangoes</b> Product of Mexico or <b>Red Mangoes</b> Product of Peru</p> <p><b>\$1.29</b> /lb</p>	 <p><b>Red Elongated Peppers</b> Product of USA or Mexico or <b>Roma Tomatoes</b> Product of USA or Mexico, No. 1 Grade 5.49/kg</p> <p><b>\$2.49</b> /lb</p>	 <p><b>Bartlett Pears</b> Product of South Africa Extra Fancy Grade or <b>Bosc Pears</b> Product of USA Extra Fancy Grade 4.39/kg</p> <p><b>\$1.99</b> /lb</p>	
 <p><b>Yellow Potatoes</b> 5 lb Product of Canada, Canada No. 2, 2.27 kg <b>Mini Seedless Cucumbers</b> 6 pk Product of Ontario, Canada No. 1 or <b>Grape Tomatoes</b> 25.5 g Product of Mexico or Canada</p> <p><b>50 PTS</b> when you buy 1</p> <p><b>\$2.99</b></p>	 <p><b>Compliments Carrots or Yellow Onions</b> 2 lb Bag Product of Ontario, Canada No. 1, 1.95 kg</p> <p><b>50 PTS</b> when you buy 1</p> <p><b>\$2.99</b></p>	 <p><b>Compliments Baby Spinach or Spring Mix</b> 3/2 g Product of USA</p> <p><b>50 PTS</b> when you buy 1</p> <p><b>\$4.99</b></p>	
 <p><b>Value Pork Loin Ground Beef</b> 1 kg</p> <p><b>\$18</b></p>	 <p><b>Compliments Peameal Bacon, Cured Pork Loin Rolled in Cornmeal</b> 6.59/kg</p> <p><b>\$2.99</b> /lb</p>	 <p><b>Compliments Pepperoni or Salami Club</b> 500 g</p> <p><b>50 PTS</b> when you buy 1</p> <p><b>SAVE \$1</b></p> <p><b>\$4.99</b></p>	 <p><b>Buddig Sliced Meats</b> 55 g</p> <p><b>SAVE 50¢</b></p> <p><b>\$1.49</b></p>
 <p><b>Compliments Marinated Pork Chops or Kabobs</b> 250-300 g</p> <p><b>SAVE 51¢</b></p> <p><b>\$4.49</b></p>	 <p><b>Pillar's Meat Sticks</b> 300-500 g</p> <p><b>SAVE \$2</b></p> <p><b>\$8.99</b></p>	 <p><b>Schneiders Chicken Wings</b> Frozen 615 g</p> <p><b>SAVE \$4</b></p> <p><b>\$10.99</b></p>	 <p><b>High Liner Pan-Sear Fish Frozen</b> 500-540 g</p> <p><b>SAVE \$3</b></p> <p><b>\$14.99</b></p>
 <p><b>Compliments Meat</b> 175 g Selected Varieties or <b>Pillar's Salami</b> 125 g</p> <p><b>SAVE \$1</b></p> <p><b>\$3</b></p>	 <p><b>Compliments Sliced Cheese</b> 150-170 g <b>Halloumi, Brie</b> 175-200 g or <b>Camembert</b> 170 g</p> <p><b>SAVE \$1.99</b></p> <p><b>\$5.49</b></p>	 <p><b>Notre-Dame Brie</b> 170 g <b>Agropur Grand Cheddar</b> 200 g or <b>Monsieur Gustav Cheddar</b> 200-250 g</p> <p><b>SAVE \$1.2</b></p> <p><b>\$5.99</b></p>	 <p><b>Tre Stelle Mozzarella Ball</b> 340 g or <b>Feta</b> 150 g</p> <p><b>SAVE \$1.49</b></p> <p><b>\$6.49</b></p>
 <p><b>Compliments Bagels</b> 6 pk or <b>English Muffins</b> 342 g</p> <p><b>\$1.99</b></p>	 <p><b>Vachon Snack Cakes</b> 252-336 g</p> <p><b>SAVE \$2.99</b></p> <p><b>\$2.99</b></p>	 <p><b>Santosh Naan</b> 1 kg</p> <p><b>SAVE \$1</b></p> <p><b>\$3.99</b></p>	 <p><b>Compliments Loaf Cakes</b> 344-400 g</p> <p><b>\$5</b></p>

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

**SAVE \$2**

**\$3.49**

Kellogg's Cereal  
Selected Varieties  
26g-36g &  
reg 5.49

Rice KRISPIES  
FROST LOOPS

**50 PTS**  
when you buy 2

**SAVE UP TO \$2**

**\$4.49**

International Delight  
Coffee Whitener 946 mL  
Silk Beverage 1.75-1.89 L  
Selected Varieties  
reg 4.99-6.49

Tim Hortons Ground Coffee 300 g or  
Single Serve K-Cups 10-12 pk

**SAVE \$3**

**\$11.99**

Doritos 210-280 g  
Ruffles 180-200 g

**SAVE \$2.00**

**21\$7**

Philadelphia  
Cream Cheese  
227-250 g

**\$3.99**

without Sweetened Condensed Milk

**\$5.19**

Liberté Greek Yogurt 650-750 g  
Yoplait Yogurt 16 pk

**SAVE \$1.00**

**\$6.49**

Post Cereal  
Selected Varieties  
525-635 g reg 5.99

**SAVE \$1**

**\$4.99**

Dare Ultimate or  
Whippet Cookies 250-300 g  
Van Puffs 300 g or  
Wagon Wheels 315 g

**SAVE \$1.00**

**\$2.79**

Christie Family Size  
Cookies 285-500 g

**SAVE \$1**

**\$4.49**

Nestlé Real Dairy or  
Confectionery Frozen Dessert 1.5 L  
Dumsticks or Novelties 4-10 pk

**SAVE 50¢**

**\$5.49**

P.F. Chang's  
Multi-Serve Entrées  
624 g reg 12.99

**SAVE \$3**

**\$9.99**

Orville Redenbacher Microwave  
Popcorn 6-8 pk 340-482 g  
Gourmet Popping Corn 650 g

**SAVE \$2.00**

**\$3.99**

Nabob Ground  
Coffee 940 g

**SAVE \$1**

**\$8.99**

Hershey's Stand Up Pouches  
165-290 g or Multipacks 172-232 g  
Selected Varieties

**SAVE \$1.00**  
when you buy 2

**\$4.49**

Old El Paso  
Shells 125-334 g  
Selected Varieties

**SAVE \$1.00**

**\$2.99**

Pico Salsa  
642 mL

**SAVE \$2.00**

**\$4.49**

Campbell's  
Soup 284 mL  
Selected Varieties

**SAVE 80¢**

**\$1.99**

Mediterranean  
Blend Sunflower  
Oil or Extra Virgin  
Olive Oil 1 L

**SAVE \$1.00**

**\$7.49**

Annie's  
Macaroni &  
Cheese  
149-170 g

**SAVE 74¢**

**\$2.25**

Palmolive Dish  
Soap 591-828 mL  
reg 3.29

**SAVE 80¢**

**\$2.49**

Ziploc Bags  
10-200 pk Selected  
reg 8.99

**SAVE \$3**

**\$6.99**

**MORE WAYS TO SAVE!**

**HOT PRICE**

**Scene**

**LOCKER**

Look for these specially-marked items throughout our stores

# RAMADAN MUBARAK



**SAVE \$4**

**\$11.99**

Lal Qilla or Qilla Rice  
4.54 kg Selected Varieties reg. 15.99

Eggplant or Grey Zucchini  
Product of USA or Mexico 4.39/Kg

**\$1.99**  
/lb

White Guava Product of Egypt 8.80/Kg

**59¢**

National Vermicelli 150 g

**SAVE \$1.50**

**\$3.99**

Hamdard Rooh Afza 800 mL reg. 5.49

**SAVE \$1.00**

**\$2.49**

Chalol or Modhani Dahi 2% or 3.2% Yogurt 750 g

**SAVE \$2.00**

**\$10.99**

Brooke Bond Red Label Tea 900 g reg. 12.99

**SAVE \$1.50**

**\$3.99**

Amara's Milk or Suji Rusk 600 g reg. 5.49

**SAVE 50¢**

**99¢**

EAM Cookies 102-163 g Selected Varieties reg. 1.49

**SAVE 50¢**

**\$3.49**

Handi Fried Onions 400 g reg. 3.99

**SAVE 70¢**

**\$2.29**

Surati Snacks 250-340 g Selected Varieties reg. 2.99

**SAVE 50¢**

**\$2.49**

Rubicon Juice 1 L Selected Varieties reg. 2.99

**SAVE 50¢**

**\$7.49**

Aloo Taste Aloo Tikki or Spring Rolls 750 g x 4 kg reg. 7.99

**SAVE \$1.50**

**\$3.99**

KFI Cooking Sauces 375-395 mL Selected Varieties reg. 5.49

**SAVE \$1.00**

**\$12.99**

Aashirvaad Whole Wheat Flour 5.07 kg reg. 20.99

**SAVE \$1.00**

**\$12.99**

Brar's Desi Ghee 800 g reg. 16.99

**SAVE \$2.94**

**\$8.95**

Amara's Brown Sugar 4.5 kg reg. 10.99

**SAVE \$1.00**

**\$9.99**

Brar's Rasmalai 850-908 g Selected Varieties reg. 10.99

**SAVE \$1.00**

**\$8.99**

Achoka Parathas or Naans 1.02 Kg-12.75 g Selected Varieties reg. 9.99

**SAVE \$1.00**

**\$8.99**

Musafir Frozen Appetizers 356-480 g Selected Varieties reg. 9.99

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

# RAMADAN MUBARAK



SAVE UP TO 50¢

**\$2.29**

Salem Foods  
Bulgur or Semolina  
807-908 g  
reg 2.69-2.79



Marmarabirlik Black Olives  
800 g reg 11.29

SAVE \$2.50

**\$8.79**



Al Safa Halal  
Breaded Chicken  
Frozen 400-600 g

SAVE \$1

**\$7.99**



Salem Foods  
Tomato Paste  
750 g reg 4.79

SAVE 11¢

**\$3.69**



Eti Wanted Pops  
Mini Bars 120 g  
reg 3.49

SAVE 50¢

**\$2.99**



Durra Apricot  
Paste 400 g  
reg 4.29

SAVE 80¢

**\$3.49**



Basma  
Ona 400 g  
reg 3.29-3.49

SAVE 50¢

**\$2.99**



Alameed  
Coffee 220 g  
reg 8.29

SAVE \$2.00

**\$6.99**



Finmeze Stuffed  
Vegetables or  
Vine Leaves 400 g  
reg 3.29

SAVE 50¢

**\$2.79**



Eti Wafers 192 g  
reg 2.29

SAVE 50¢

**\$1.99**



Yamama  
Grenadine  
Molasses 750 mL  
reg 6.49

SAVE \$1.00

**\$5.29**



Assef  
Vegetable Fat 2 L  
reg 18.99

SAVE \$5

**\$13.99**



Salem Foods  
Whole Milk  
Powder 1000 g  
reg 14.99

SAVE \$2

**\$12.99**



Salem Foods  
Pickled Turnips  
1000 g reg 3.69

SAVE 70¢

**\$2.99**



Sumbulah  
Puff Pastry  
Sheets 400 g  
reg 3.49

SAVE 70¢

**\$2.79**



Taj Foods  
Basmati Rice  
4.54 Kg reg 15.49

SAVE \$1.50

**\$13.99**



Kiri Cheese 144 g

SAVE \$2.00

**\$3.49**



Taj Foods  
Cookies 500 g  
reg 3.49

SAVE 50¢

**\$2.99**

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

# HAPPY HOLI

Aman's Holi Colour 200 g  
**\$2.49**

**\$4.99** Multicolour Long Stem Rose 50 cm

**\$5.99** Rainbow Tinted Fuji Mum Bouquets

**\$8.99** Tinted Crazy Daisy Large Bouquets

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

**99¢** Cilantro or Mint Bunch Product of USA or Mexico

**\$1.49** Papaya Product of Mexico or Guatemala 3.29kg

**\$12.99** India Gate Basmati Rice Feast Razzama 4.54 kg reg. 14.99 **SAVE \$2**

**\$6.49** Aman's Super Fine Besan 1.81 kg reg. 6.99 **SAVE 50¢** + 50 Pts when you buy 1

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

**\$3.79** Deep Mango Pulp 550 g reg. 4.29 **SAVE 50¢** + 50 Pts when you buy 1

**\$3.49** Gagan Peanuts Roasted in Shell 750 g reg. 4.49 **SAVE \$1**

**\$4.49** Vidhya Pani Puri Golgappa 200 g reg. 5.49 **SAVE \$1** + 50 Pts when you buy 2

**\$3.99** Aljuice or Alphonso Juice 1.75 L Selected Varieties **SAVE \$1** + 50 Pts when you buy 2

**\$3.99** Deluxe Cookies 1 kg Selected Varieties reg. 5.99 **SAVE \$2**

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

**\$7.99** Brar's Veggie Burger Paneer 650 g or Tawa Aloo Tikki 750 g reg. 8.99 **SAVE \$1** + 50 Pts when you buy 1

**\$4.49** Apna Taste Samosa Potatoes & Peas 550 g Selected Varieties reg. 5.49 **SAVE \$1**

**\$1.49** Ashoka Bhindi Okra Cut or Whole 300 g

**\$7.99** Brar's Milk Cake 400 g reg. 9.99 **SAVE \$2**

**\$6.99** Brar's Gulab Jamun 850 g reg. 8.49 **SAVE \$1.50**

**\$5.99** Brar's Halwa Red Carrot 454 g reg. 6.79 **SAVE 80¢**

**\$9.99** Brar's Rasmalai Dessert 850-900 g Selected Varieties reg. 10.99 **SAVE \$1**

WHILE SUPPLIES LAST. PRODUCT COLOUR AND SELECTION MAY VARY BY STORE.

# RAMADAN MUBARAK



**\$6.99**

**Khudri Madina Dates** 1 kg  
Product of Saudi Arabia



**Compass Pitted Algerian Dates** 200 g  
Product of Algeria

**\$1.99**



**\$9.99**

**Salem Foods Segai Dates** 1 kg  
Product of Saudi Arabia



**Natural Delight Medjool Dates** 907 g  
Product of USA

**\$12.99**



**Compass Pitted Algerian Dates** 500 g  
Product of Algeria

**\$3.99**



**Rotobeen Deglet Pitted Algerian Dates** 1 kg  
Product of Algeria

**\$6.49**



**Orsini Dried Figs** 200 g  
Product of Turkey

**\$2.49**



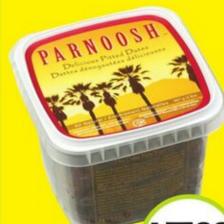
**Orsini Dried Apricots** 200 g  
Product of Uzbekistan

**\$2.99**



**Greenworld Date Paste** 1 kg  
Product of Saudi Arabia

**\$4.99**



**Parnoosh Honey Pitted Dates** 907 g  
Product of Iran

**\$5.99**



**Mabroom and Safawi Dates** 500 g  
Product of Saudi Arabia

**\$6.99**



**Ajwa Dates** 500 g  
Product of Saudi Arabia

**\$11.99**

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

# EASTER SAVINGS

100 Pts  
when you buy 2

**\$8.99**

Lindt  
Chocolate Bags 150 g  
Selected Varieties



**\$1.59**

Kinder Surprise  
Chocolate Egg 20 g

**\$4.99**

Cadbury  
Mini Eggs  
190-200 g, Micro  
Mini Eggs Filled 97 g  
or Caramel Buttons  
Filled 96 g



**\$2.99**

Peeps  
Marshmallows  
85 g



**\$1.39**

Cadbury  
Cream Eggs 33-34 g



**\$8.99**

Cadbury  
Mini Eggs 400 g



**\$15.99**

Cadbury Mini Eggs 875 g  
Hershey's Eggies 700-900 g



**\$3.99**

Cadbury Cream Eggs 3 pk  
102 g or Sour Patch Kids  
Bummies 315 g



**\$6.99**

Lindt  
Gold Chocolate Bunny  
100 g



**\$10.99**

Ferrero Rabbit 142-162.5 g  
Kinder Surprise Maxi 116-150 g



**\$6.49**

Kinder  
Happy Moments 184 g or  
Mini Eggs 560 g



**\$5.29**

Ferrero  
Egg and Bunny 70 g



**\$6.49**

Kinder  
Chocolate Egg 100 g



**\$5.49**

Nestlé  
Hide Me Eggs 100-153 g or  
Chocolate Bunny 85-145 g



**99¢**

Hershey's  
Eggies 34-42 g



**\$4.49**

Compliments  
Solid Chocolate  
Bunny 100 g

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

# WELLNESS & ALLERGY SEASON



**HydraSense Eye Drops** 10 mL  
Selected Varieties

**200 PTS** when you buy 2  
**SAVE UP TO \$2.50**

**\$12.99**



**Claritin Allergy Tablets** 24-40 pk or **Aerius Allergy Tablets** 24 pk  
Selected Varieties

**150 PTS** when you buy 1  
**SAVE UP TO \$7**

**\$21.99**



**Reactine Regular and Extra Strength Relief Tablets or Gels** 24-36 pk  
Selected Varieties

**400 PTS** when you buy 2  
**SAVE 1/2**

**\$23.99**



**Benadryl Allergy Caplets** 25 mg 60-100 pk, **Extra Strength Caplets** 36 pk or **Kids Liquid** 250 mL  
Selected Varieties

**400 PTS** when you buy 2  
**SAVE 1/4 UP**

**\$20.49**



**Drixoral No Drip Nasal Decongestant** 15-25 mL  
Selected Varieties

**75 PTS** when you buy 1  
**SAVE 1/2 UP**

**\$6.99**



**Flonase Nasal Spray** 60 Dose

**100 PTS** when you buy 1  
**SAVE 1/4**

**\$15.99**



**Compliments Allergy Remedy 24 hour Relief** 10 pk or **Liquid Caplets** 20 pk

**SAVE 1/4 UP**

**\$7.99**



**Compliments Liquid Allergy or Children's Clear Allergy Formula** 115 mL

**SAVE 1/3**

**\$6.99**



**HydraSense Daily Nasal Care Mist** 100 mL  
Selected Varieties

**100 PTS** when you buy 1  
**SAVE 70+**

**\$11.99**



**Claritin Kids Allergy Syrup** 120 mL

**100 PTS** when you buy 1  
**SAVE 80+**

**\$7.49**

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

## TACKLE HOLI COLOUR STAINS WITH Gain

**500 PTS** when you buy any 2  
That's like towards your groceries \$5



**Gain Fabric Softener** 2.53 L  
Scent Beads 200 g  
Dryer Sheets 200 pk  
reg 12.49-13.99

**SAVE 1/4**

**\$9.99**



**Gain Flings** 142 pk  
reg 15.99

**SAVE 1/3**

**\$12.99**



**Gain Liquid Laundry Detergent** 4.25 L  
reg 20.19

**SAVE 1/3**

**\$14.49**

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# FLAVOURS OF BRITAIN



**\$1.99**

Sainsbury's Candy 70 g  
Selected Varieties



**\$3.29**

Sainsbury's Rhubarb & Custard Candy 200 g



**\$2.49**

Sainsbury's Biscuits 200 g



**\$5.49**

Sainsbury's Red Label Tea Bags 80 pk



**\$1.99**

Sainsbury's Reduced Sugar & Salt Baked Beans in Tomato Sauce 200 g



**\$2.29**

Sainsbury's Baked Beans in Tomato Sauce 400 g



**\$2.79**

Sainsbury's Cream of Tomato or Vegetable Soup 400 g



**\$5.49**

Sainsbury's Marmalade 340 g



**\$2.79**

Sainsbury's Indian Tonic Water 1 L



**75 PTS**  
when you buy 2  
**SAVE 80¢**  
**\$2.49**

Batchelor's Bigga Marrow Fat or Mushy Peas 300 g



**75 PTS**  
when you buy 2  
**SAVE \$1**  
**\$2.49**

Goldenfry Chip Shop Batter 170 g



**75 PTS**  
when you buy 2  
**\$2.99**

Heinz Baked Beans 398 mL



**75 PTS**  
when you buy 2  
**SAVE 80¢**  
**\$4.99**

HP Sauce 255 g



**75 PTS**  
when you buy 2  
**SAVE 50¢**  
**\$3.49**

Pot Noodles 90 g



**75 PTS**  
when you buy 2  
**SAVE 80¢**  
**\$3.49**

Heinz Tomato Soup 400 g



**75 PTS**  
when you buy 2  
**SAVE \$1**  
**\$4.99**

Robinsons Beverage 1 L

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

