

FRESH CO

Lowering food prices

Flyer in effect February 19-25, 2026
Prices in effect in Western Canada

3 DAY
sale
Thursday,
Friday &
Saturday



\$9⁸⁸
/lb

Fresh Boneless Beef Striploin Halves
Cryovac Cut from Canada AAA Grade Beef
WHILE SUPPLIES LAST 21.78/kg

Product of USA or Canada

All this...
for just
that?!



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

SAVE \$1

\$4⁹⁹



\$2⁹⁹

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



Asparagus
Product of Mexico
No. 1 Grade
6.59/kg

\$2⁹⁹
/lb



Compliments Frozen Fruit
300-600 g reg 5.49

SAVE \$1⁹⁹

\$3⁹⁹



Nescafé Rich Instant Coffee 100-170 g Sweet and Creamy 18 pk or **Taster's Choice** 100 g reg 7.99-9.99

100 pts when you buy 2

SAVE \$1⁹⁹

\$6⁴⁴



Lucerne Chocolate Milk 2 L Khaza Halal or Dahl
Yogurt 750 g reg 3.29-5.39

SAVE \$1²⁹

\$2⁹⁹



Schneiders Pepporettes 250-375 g or **Dips Frozen** 530 g reg 10.99-12.99

SAVE \$1⁴⁹

\$6⁹⁹



Campbell's Tomato, Alphabet, Vegetable, Chicken Noodle or Cream of Mushroom Soup 284 mL reg 1.49

SAVE 61¢

88¢



Khudri Dates 1 kg
Product of Saudi Arabia

\$5⁹⁹



FOCO Coconut Water 1 L reg 3.49

SAVE \$1

\$2⁴⁹



Marinara 450-500 g
Benedetto Passata 680 mL or **Catelli Garden Select Pasta Sauce** 600 mL reg 2.49-2.99

SAVE \$1²⁴

\$1²⁵

without bones - cart

\$2⁴⁹



OREO Cookies
The Original Oreo
Selected Varieties
224-303 g

SAVE \$1⁵⁰

\$2²⁵

without bones - cart

\$3⁷⁵



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

SAVE \$1

\$2⁹⁹

without bones - cart

\$3⁹⁹



Maple Leaf Natural Selections 175 g or **Marangello Genoa** 85 g reg 6.49-7.99

SAVE \$2

\$4⁴⁹

without bones - cart

\$6⁴⁹



Janes Breaded or Battered Fish
Selected Varieties
Frozen 450-510 g

SAVE \$1

\$5⁹⁹

without bones - cart

\$6⁹⁹

Scene[®] TRIPLE REWARDS

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†

†Rewards will appear on account in 96 hours and must be booked.
*The maximum value of \$50.00 is the combined total of all reward offers available from February 19–March 18, 2025. 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



[Learn more](#)



Cantaloupe Product of Brazil or Costa Rica, No. 1 Grade or Compliments Lemons 2 lb. Product of USA 907 g

50 PTS

when you buy 1

\$4.99



Broccoli Crowns Product of USA or Mexico 6.59/kg

\$2.99

/lb



Peaches or Nectarines Product of Chile No. 1 Grade 768/kg

\$3.49

/lb



Raspberries or Blackberries 170 g Product of USA or Mexico

100 PTS

when you buy 2

\$3.99



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

\$1.99

/lb



Hothouse Tomatoes Product of Canada, Canada No. 1 USA or Mexico No. 1 Grade 5.48/kg

\$2.49

/lb



Avocados 5 pk Product of Mexico

50 PTS

when you buy 1



Mandarins 2 lb Product of USA 907 g

\$5.99



Yellow Onions 3 lb Product of Canada, Canada No. 1, 136 kg

\$2.99



Sweet Bell Peppers 4 pk Product of Mexico

50 PTS

when you buy 1

\$4.99



100 PTS

when you buy 1

\$10.99

/lb

Eye of Round Roast Cut From Canada AA Grade Beef or Higher 24.23/kg



Angus Beef Stew Cut from Angus AA Beef 800 g

100 PTS

when you buy 1

\$20



Maple Leaf or Schneiders Smoked Ham 600-700 g reg 16.99

SAVE 15

\$11.99



Maple Leaf Prime Raised Without Antibiotics Chicken or Breaded Chicken Frozen 568-700 g or Schneiders Schnitzel Frozen 450 g reg 13.99

SAVE 12

\$11.99



Janes Ultimates Chicken Wings Frozen 751 g or Boneless Chicken Fillets or Bites Frozen 710-720 g reg 15.99

SAVE 13

\$12.99



Compliments Thick Cut Naturally Smoked Bacon 1 kg

\$13.99



High Liner Pan-Sear Frozen 500-540 g reg 17.99

SAVE 13

\$14.99



Compliments Meats 175 g Selected Varieties

200 PTS

when you buy 5

\$4



Tre Stelle Ricotta 400-475 g or Parmesan Shreds 170 g reg 5.99-7.99

SAVE 13

\$4.99



Tre Stelle Bocconcini 200 g reg 7.49

SAVE 12

\$4.99



Mini Babybel 360 g or The Laughing Cow 535 g reg 13.49-13.99

SAVE 13

\$10.99



Santosh Naan 500 g reg 3.00

SAVE 51

\$2.49



Dempster's Whole Grains, Signature or Protein Bread 600 g or Bagels 5-6 pk Selected Varieties reg 4.18-4.69

\$3.49



Dempster's Tortillas 426-640 g reg 4.49

SAVE 50

\$3.99



Compliments Muffins 400-600 g reg 6.50

SAVE 11

\$5.50

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

POS_FC_WNA3_PROD_WST_21

SAVE \$1⁵²

\$5⁴⁷

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

FAMILY SIZE

Honey Nut Cheerios
REAL HONEY
17.5 g 4.99

Quaker® CRISPY minis
CHEDDAR
150 PTS when you buy 3

\$2⁷⁵

**Quaker Crispy Minis
100 g or Rice Cakes
127-169 g reg 3.79**

Sponge Towels
Ultra
12-24 or 8-24 rolls, SpongeTowels 3-6 pk or Scotties Facial Tissue 8 pk reg 10.99

Purex
MILKMAID®
SAVING \$2²²

\$7⁷⁷

Without Starter Card \$9.99

Crave Frozen Meals 200-340 g Kraft Dinner Frozen Meals 340 g reg 4.99

Kraft Dinner Frozen Meals 340 g reg 4.99

SAVE \$1

\$3⁹⁹

Green Giant® Giant Vets
Valley Selections Frozen Vegetables 750 g or Valley Selections Frozen Vegetables 400-500 g reg 3.99-4.69

SAVE \$4⁴⁰

\$3⁴⁹

Gay Lea Sour Cream
425-500 mL

\$2⁹⁹

Danone Activia Yogurt 12 pk
reg 12.99

ACTIVIA
GUT HEALTH - SANTÉ DIGESTIVE

SAVE \$4⁴⁰

\$5⁹⁹

Allen's Juice Boxes
8x200 mL reg 3.49

100 PTS when you buy 3

SAVE 50¢

\$2⁹⁹

Kicking Horse Ground Coffee 284 g reg 15.99

SAVE \$6

\$9⁹⁹

Twinnings Tea Bags
20 pk reg 5.49

Twinnings
HERBAL TEA
Pure Camomile

SAVE \$4⁴⁰

\$3⁹⁹

Compliments Tomatoes
796 mL

SAVE \$1⁰⁰

\$2

Compliments Beans
540 mL

50 PTS when you buy 2

\$1⁶⁹

TastieZ Handheld Snacks 311 g
reg 6.99

TASTIEZ
ALL-PURPOSE SNACKS
PICK & CHOOSE FROM 10 FLAVORS OF ALL-PURPOSE SNACKS

SAVE \$2

\$4⁹⁹

Lecier Celebration Cookies
340-350 g reg 4.79

CELEBRATION
Lecier Biscuits

SAVE \$4⁴⁰

\$2⁹⁹

Bear Paws 336-480 g Wagon Wheels 630 g Grissoli Melba Toast 350-400 g
reg 5.99-6.49

BEAR PAWS
WAGON WHEELS
GRISSOLI MELBA TOAST

SAVE \$4⁴⁰

\$4⁹⁹

Drizzlicious Mini Rice Cakes 113 g
reg 5.49

DRIZZLICIOUS
MINI RICE CAKES
SMOKED BUTTER BOULCHEES

SAVE \$1

\$4⁴⁹

Betty Crocker Potatoes
141-215 g reg 2.99

Betty Crocker
Mashed | Purée

SAVE 74¢

\$2²⁵

VN Soya Sauce
341-380 mL reg 3.79

VN SOYA SAUCE

50 PTS when you buy 2

\$3

Tide Simply Liquid Detergent 272 L or Downy Beads 303-368 g
selected reg 12.99-13.49

TIDE SIMPLY LIQUID DETERGENT
DOWNY BEADS

500 PTS when you buy 3

SAVE \$4⁴⁰

\$8⁹⁹

MORE WAYS TO SAVE!

HOT PRICE

Scene®

LOCKER & LOW

Look for these specially-marked items throughout our stores

RAMADAN MUBARAK



SAVE \$3

\$9⁹⁹

Puck Creamy Dairy Spread
500 g reg 12.99

Salem Foods Nablus Olives 2 kg
reg 12.49

SAVE \$3

\$9⁴⁹

Saleem Caravan Sunflower Oil 3 L
reg 11.99

SAVE \$2

\$9⁹⁹

Yamama Grenadine Molasses 750 mL
reg 6.99

SAVE \$1⁷⁰

\$5²⁹

Almarai Nectar 1 L
reg 2.49

SAVE 50¢

\$1⁹⁹

Sera Roasted Eggplant or Tomato Paste 720 mL
reg 4.49

SAVE \$1

\$3⁴⁹

Green World Bone-In Goat or Lamb 700 g
reg 12.49-13.49

SAVE \$2⁹⁹

\$10⁹⁹

Eti Wanted Bars 120 g
reg 3.79

SAVE 80¢

\$2⁹⁹

Kasih Pistachio Premium Halva 450 g
reg 6.99

SAVE \$1⁷⁰

\$5²⁹

Aghati Maamoul Dates or Pistachio Barazeeq 500 g
reg 14.99

SAVE \$4

\$10⁹⁹

KDO Milk 6 pk
reg 5.97

SAVE 98¢

\$4⁹⁹

Sera Hot Pepper Paste 720 mL
reg 8.29

SAVE \$1⁶⁰

\$6⁷⁹

California Fava Beans 450 g
reg 1.99

\$1⁶⁹

Salem Rose or Orange Blossom Water 275 mL
reg 2.29

SAVE 50¢

\$1⁷⁹

Green World Barazak 300 g
reg 7.99

SAVE \$1

\$6⁹⁹

Pipore Yerba 1 kg
reg 9.99

SAVE \$2

\$7⁹⁹

Silva Mixed Frozen Vegetables 400 g
reg 2.29

SAVE 50¢

\$1⁷⁹

Silva Green Peas or Beans 400 g
reg 1.79

\$1⁴⁹

Nordex Product 170 g
reg 3.29

SAVE 50¢

\$2⁷⁹

Karak Tea 10 pk
reg 5.99

SAVE \$1

\$4⁹⁹

Abu Kasee Sella Basmati Rice 4.54 kg
reg 17.99

SAVE \$3

\$14⁹⁹

Yasmeen Maamoul 300 g
reg 4.99

SAVE \$1

\$3⁹⁹

Yasmeen Cardamom Maamoul 320 g
reg 4.99

SAVE 70¢

\$4²⁹

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

FLAVOURS OF THE
CARIBBEAN

Nutrament
325 mL reg 3.77

SAVE 88¢

\$2.89

Dunya Harvest
Parboiled or Long Grain
White Rice
2 kg reg 5.49

SAVE \$1.50

\$3.99

Grace
Coconut Water
500 mL
reg 2.29

SAVE 60¢

\$1.69

Soldanza
Ripe Plantain
Plantain Mix
42 g reg 1.49

SAVE 70¢

\$2.29

Grace
Mackerel or
Sardines
155 g reg 1.29

99¢

Royalty Cookies
Digestives 400 g
reg 2.99

SAVE 70¢

\$2.29

Soldanza
Green Plantain
Plantain Vent
42 g reg 1.49

SAVE 70¢

\$2.29

Grace Vienna
Sausages
13-130 g reg 1.89

SAVE 70¢

\$1.69

Chubby Soda
250 mL reg 89¢

50¢

Supligen
250 mL reg 2.99

SAVE 70¢

\$1.99

Grace
Sweetened
Condensed
Whitener
297 mL reg 2.49

SAVE 70¢

\$1.79

Grace Tropical
Rhythms
473 mL reg 2.29

SAVE 50¢

\$1.99

Grace
Festival Mix
270 g reg 2.49

SAVE 50¢

\$1.99

Serge Peanut
Punch
250 mL reg 1.29

99¢

Rich Tea
Ginger Nuts
300 g
reg 2.29-2.99

SAVE 99¢

\$2

Sun Exotic Juice
1 L reg 2.49

\$2

Pure Heaven
Non-Alcoholic
Wine 750 mL
reg 4.99

SAVE 70¢

\$3.99

Cool Runnings
Energy Drink
250 mL reg 1.99

SAVE 70¢

\$1.49

Grace Oats
1 kg reg 3.99

SAVE 70¢

\$2.99

Dunya Harvest
Canned Beans
540 mL
reg 1.79-1.99

SAVE 50¢

\$1.49

Toppers
King Curl
30-45 g
reg 1.29

SAVE 50¢

\$1.49

Cool Runnings
Honey Ginger Tea
300 g reg 4.99

SAVE 70¢

\$3.79

Nestlé
Milo Drink Mix
400 g reg 6.29

SAVE 70¢

\$4.99

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

**HAPPY
HOLI**

\$2.49
Teja Paints
Holi Colors
400 g

Garlic 5 pk
Product of China

\$1.29

\$1.99
/lb

Ginger Root
Product of China
4.39/kg

99¢

Cilantro Bunch
Product of USA
or Mexico

\$2.99

Rapini Bunch
Product of USA



Brar's Malai Paneer 375 g
reg 6.99

SAVE 70¢
\$6.29
when you buy 1



India Gate Rice Feast Rozzana
4.54 kg reg 14.99

SAVE 42¢
\$12.99
when you buy 1



Deep Mango Pulp
850 g

SAVE 50¢
\$3.99
when you buy 1



Swarna Chakki Fresh Atta
9.07 kg reg 18.99

SAVE 44¢
\$14.99
when you buy 1



Nanak Gulabjamun
908 g reg 8.99

SAVE 92¢
\$7.49
when you buy 1



Nanak Milk Cake 400 g
reg 8.99

SAVE 49¢
\$8.49
when you buy 1



Nanak
Veggie Burger
Patties 640 g
reg 12.49

SAVE 42¢
\$10.49
when you buy 1



Nanak Aloo Tikki
Potato Patties
720 g reg 9.99

SAVE 19¢
\$8.49
when you buy 1



Frooti
Mango Juice
1 L reg 2.97

SAVE 98¢
\$1.99
when you buy 1



Swad Saag
800 g

\$2.79



Gagan Roasted
Peanuts In Shell
750 g reg 4.47

SAVE 68¢
\$3.79
when you buy 1



Deep Cocktail
Samosas
425-4275 g
reg 3.99

SAVE 70¢
\$3.29
when you buy 1



Nanak
Rasmalai 850 g
Selected Varieties
reg 8.99

SAVE 42¢
\$9.99
when you buy 1



Haldiaram's
Snacks 150 g
Selected Varieties

\$1.49

WHILE SUPPLIES LAST, PRODUCT SELECTION MAY VARY BY STORE.

新春優惠



W. Murcott
Mandarins
4 lb Case 1.8l kg
Product of China

SAVE UP TO \$2.61

\$5.88

Lee Kum Kee
Pure Sesame Oil
 116.5 mL or
Soy Sauce 1.9L
 reg. 7.99-8.49



WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

HEALTH &

BABY BARGAINS

SAVE \$7⁵⁰

\$26⁹⁹



Huggies
Snug & Dry or
Little Movers
Diapers
36-104 pk

500 PPS
when you buy 2

SAVE \$13

\$26⁹⁹



Huggies
Pull Ups 48-74 pk or
Goodnites Youth Pants
28-44 pk Selected
Varieties



Pampers
Easy Ups 48-66 pk

SAVE \$7⁵⁰

\$26⁹⁹



Huggies Natural Care Wipes 352 pk or
Little Snugglers or Snug & Dry Jumbo Diapers 21-34 pk

SAVE \$3
\$14⁹⁹



Similac Powder Step 1 or 2 Infant Formula 850 g
Selected Varieties

SAVE \$5
\$34⁹⁹



Always Ultra Pads 16-22 pk,
Infinity Pads, Liners 13-12 pk or
Tampax Radiant or Pearl
Tampons 14-18 pk
Selected Varieties

200 PPS
when you buy 2

SAVE \$1

\$5⁹⁹



Tampax Tampons 40 pk
Selected Varieties

300 PPS
when you buy 2

SAVE \$1

\$9⁹⁹



Always Ultra Thin Pads
30-42 pk or Tampax
Radiant or Pearl
Tampons 30-50 pk
Selected Varieties

400 PPS
when you buy 2

SAVE \$2⁵⁰

\$13⁹⁹



Always Discreet
Underwear
17 pk or Pads
39-66 pk
Selected
Varieties

500 PPS
when you buy 2

SAVE \$7

\$17⁹⁹



Poise Pads or
Liners 16-54 pk
Selected Varieties

100 PPS
when you buy 2

SAVE \$2⁵⁰

\$5⁹⁹



Soft Soap
Hand Soap Refill
1.47 L

150 PPS
when you buy 2

SAVE \$5⁵⁰

\$7⁴⁹



Vaseline
Intensive Care
Lotion 600 mL

SAVE \$4

\$7⁹⁹



Old Spice Body
Wash 708 mL
Selected Varieties

SAVE \$5⁰⁰

\$8⁴⁹



Head & Shoulders
Shampoo or
Conditioner
Selected
345-370 mL

SAVE \$1

\$5⁹⁹



Colgate Total
Toothpaste
70 mL or Kids
Toothpaste
75 mL Selected
Varieties

SAVE \$5⁰⁰

\$1⁹⁹



Secret Clinical
Deodorant 45 g
or Gillette Gel
Deodorant Twin
Pack 2x108 g
Selected Varieties

SAVE \$2

\$8⁹⁹

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

NEW

Little Bites™

PEANUT FREE

NEW

Little Bites™

mini BARS

PEANUT FREE

CHOCOLATE BANANA

✓ Gluten Free

✓ No Artificial Flavours and Colours

✓ Made with Real Chocolate and Bananas

PERFECT FOR LUNCH BOXES

8 GRANOLA BARS INDIVIDUALLY WRAPPED 96 g

NEW

Little Bites™

mini BARS

PEANUT FREE

PARTY CAKE

✓ Gluten Free

✓ No Artificial Flavours and Colours

PERFECT FOR LUNCH BOXES

8 GRANOLA BARS INDIVIDUALLY WRAPPED 96 g

THE SNACK THAT WON'T COME BACK!



Ramadan Mubarak!



\$8⁹⁹

Zabiha Halal
Chicken Burgers 908 g
Spicy Chicken Drumsticks 750 g
Breaded Chicken Nuggets 800 g
Breaded Chicken Strips 800 g



\$2⁴⁹

Zabiha Halal
Chicken Wieners 450 g
Chicken Bologna 375 g



Zabiha Halal
Chicken Breakfast Strips 375 g
Smoked Chicken Breast Roast 200 g

\$3⁹⁹

Feb 19–March 18, 2026

GIVE YOUR SCENE+ POINTS A BOOST

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

APPLY NOW

♦Conditions Apply

