

7⁹⁹

EACH

Red Rose with Gypsophilia and Greens

Valentine's

HAPPY

CERTIFIED TENDER

Sterling Silver

MEMBERS SAVE

30% OFF AT TILL

MEMBER PRICING

3⁴⁹

EACH

Strawberries
1 lb, 454 g Pack
Product of Mexico or USA

2⁹⁹

/LB

Asparagus
Product of Mexico
\$6.59/kg

4⁹⁵

EACH

Ben & Jerry's Ice Cream 473 ml
or Magnum Novelties 3-4 Pack

100 PTS

when you buy 2

5⁹⁹

EACH

Cheesecake Slices
Baked from Scratch In-Store

6⁹⁹

EACH

East Coast Lobster Tails Frozen or
Previously Frozen, Approximately 99 g (3-4 oz)
or 170 g (6-7 oz) \$15.99 Each

MEMBERS SAVE

50% OFF AT TILL

MEMBER PRICING

30% OFF AT TILL

without Scene+ Card

Jamieson Vitamins or Supplements

Selected Varieties or Sizes

11⁹⁹

EACH

Purex Bathroom Tissue
24=48 or 12=48 Rolls or
SpongeTowels 6=12 Rolls

9⁹⁷

EACH

Kicking Horse Organic Ground Coffee
284 g
Roasted in Invermere

1⁷⁷

EACH

Annie's Mac & Cheese
149-170 g (Excludes Gluten Free, Vegan or Super! Mac)

Our TEAM'S PICKS

- ✓ LOCALLY GROWN, YEAR-ROUND IN PITT MEADOWS
- ✓ NEVER TOUCHED BY PESTICIDES OR HERBICIDES
- ✓ FRESH AND READY TO EAT RIGHT OFF THE SHELF!

300 PTS when you buy 2

2/\$10

Up Vertical Farms
Salad Kits
185–206 g Pack
Product of British Columbia

Maple Baked Ham
Sold by 100 g
Available
Hot or
Chilled

159 /100 g

7.99 EACH

Beyond Meat **Plant-Based Sausage Links**,
Breakfast Sausages, Burgers, Ground Beef,
Tenders or Steak 226–400 g

12-24g OF PROTEIN per serving

4.79 /100 g

Wild Sockeye Salmon Fillets
Previously Frozen
or Frozen **\$21.73/lb**

7.99

Driscoll's
Heart Shaped Raspberries
8 oz, 227 g Pack
Product of Mexico
or USA

BUY 1 GET 1 FREE

Dan-D Pak
Super MAC With Pistachio
Sea Salt or
Unsalted 600 g

3.99 EACH

Coca-Cola or Pepsi
Soft Drinks 6x710 ml

2/\$7

Miss Vickie's **Kettle Chips**
190–200 g or Smartfood
Popcorn 150–220 g

6.99 EACH

Cracker Barrel **Cheese**
340–400 g, Shreds
250–320 g or Black
Diamond Cheestrings
12–16 Pack

3.99 EACH

Compliments
Pure Orange Juice 1.54 L

2/\$5

Christie or Dare **Cookies**
Selected, 224–360 g or
Christie Crispers or
Bits & Bites
145 g

2.99 EACH

Nature Valley
Granola Bars
Crunchy or Trail
Mix, Betty Crocker
Fruit or Gushers
Selected
120–230 g or
Northern Gold
Granola 630 g

6.49 EACH

iÖGO **Creamy Yogurt**
16 Pack or Siggis
Icelandic Style Skyr
Yogurt 650–750 g

5.99 EACH

General Mills or Kellogg's
Family Size Cereal
Selected, 450–778 g or
Compliments Cereal
400–794 g

400 PTS when you buy 4

4.99 EACH

Compliments
Frozen Fruit
300–600 g

1.99 EACH

Aylmer **Tomatoes** 796 ml or
Accents 398–540 ml

3.99 EACH

Silver Hills
Bread
430–680 g

4.97 EACH

Kraft
Peanut Butter
or Hazelnut
Spread
725 g–1 kg or
St. Dalfour Jam
225 ml

Valentine's HAPPY Gift

FROM FEBRUARY 12–18, 2026,
IF YOU SEE **THE HEART ICON**, LOAD
THE OFFER AND SHOP TO RECEIVE*

50,000 PTS

That's like **\$500** toward your groceries

Look for this heart icon on
the **Thrifty Foods App** or
on **MyGroceryOffers.ca**

PO2_TF_WK42_PRN

Ask our **FLORISTS** for **CUSTOM BOUQUETS**, arrangements **AND MORE!**

**Seedless Tangerines
or Clementines**
Product of Spain,
Morocco or California
2 lb, 907 g Bag

Belgian Endive
Product of British
Columbia or Radicchio
Lettuce, Product of
Mexico or USA **\$13.21/kg**

GoodLeaf Farms
Microgreens 50 g
Product of Canada

100 PTS
when you buy 2

Chocolats Favoris
Fondues 85 g
Product of Canada

Red Prince, Pink Lady, Pazazz or Cosmic Crisp Apples Product of Canada or Washington **\$5.49/kg**

2.99
EACH
Fennel
Product of
Mexico or USA

Product of

Romaine Hearts
3 Pack
of Mexico or USA

50 PTS
when you buy 1

4.99
EACH

ORGANIC

Buck Brand
Organic Lemons
2 lb, 907 g Pack
Product of Deer Creek
Heights Ranch, California

6.99
EACH

Organic
Avocados
3 Pack
Product of Mexico

Compliments
Organic **Mushrooms**
Portabella 170 g, Oyster
35 g or Shiitake 113 g
Product of British
Columbia

3.99 EACH

**Organic Green
or Black Kale**
Product of Mexico or USA

Lucky Bamboo
3 Tier Pot



**LUNAR
NEW YEAR
FEBRUARY
17TH, 2026**

Good Luck Jade
4" Décor Pot
Grown in Surrey

Hydrangea
6" Pot
Assorted
Colours
Grown in Victoria



Pansy or Viola
6 Pack
Assorted Colours
Grown in Victoria

CUSTOM CUTS, *marinades* AND MORE - ask our **MEAT EXPERTS** in store



8⁹⁹ /LB
Fresh Beef Grilling Back Ribs Family Size, Cut by Our Meat Expert from Canada AA Grade Beef
\$19.82/kg



200 PTS when you spend \$30
4⁹⁹ /LB
Fresh Pork Tenderloin
Product of Western Canada
\$11.00/kg



27⁹⁹ /LB
Sterling Silver Fresh Beef Rib Eye Steaks Family Size or Roast, Cut by Our Meat Expert from Canada AAA Grade Beef
\$61.71/kg



7⁹⁹ EACH
Maple Leaf Natural Smoked Side Bacon or **Ready Crisp Bacon**
Selected, 65–375 g



7⁹⁹ EACH
Gluten FREE
Harvest Smoked Sausage Rings or **Sausage**
Selected, 300–375 g



27⁹⁹ /LB
Fresh Lamb Rack or **Rib Chop, Bone-In**
Product of Western Canada
\$61.71/kg



200 PTS when you spend \$30
8⁹⁹ /LB
BC Fresh Chicken Thighs
Family Size
Boneless, Skinless
Product of Surrey
\$19.82/kg



100 PTS when you buy 1
9⁹⁹ EACH
Compliments
Lasagna Meat, Chicken or Vegetable, Macaroni & Cheese, Cannelloni or Cabbage Rolls, Frozen
Selected, 907 g–1 kg



9⁹⁹ EACH
Piller's Pepperoni or Turkey Bites Selected
300–500 g

Our **SEAFOOD EXPERTS** will **FILLET** your **FISH** in store - **JUST ASK!**



14⁹⁹ /LB
Whole Dungeness Crab Live or Cooked
Subject to Availability
\$33.05/kg



3⁶⁹ /100 G
Fresh Black Cod Fillets
Caught in BC Waters
Weather Permitting
\$16.74/lb



20% OFF
Ultra Natural Black Tiger Shrimp Frozen or Previously Frozen
340 g or Bulk



300 PTS when you spend \$25 or more
8⁴⁹ /100 G
Fresh East Coast Scallops
10–20 ct per lb **\$38.51/lb**



500 PTS when you spend \$30 or more
Fresh Atlantic Lobsters
Live or Cooked
Subject to Availability



200 PTS when you spend \$20 or more
125 EACH
Fresh Choice Oysters in Shell Selected
Subject to Availability

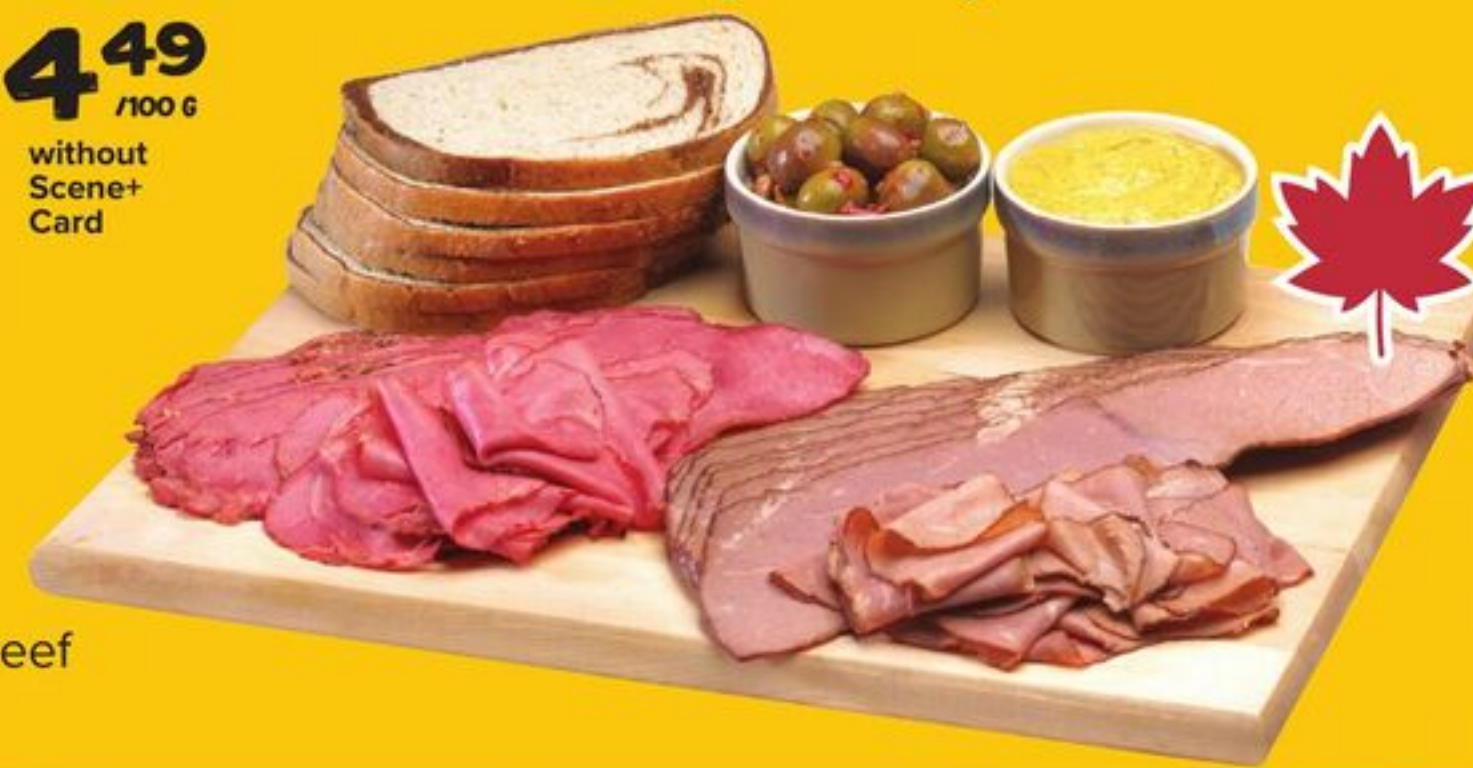
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OUR DELI is full of MEATS, sliced or shaved YOUR WAY!

MEMBERS SAVE 50¢/100 G
3.99
/100 G
MEMBER
THANKS

4.49
/100 G
without
Scene+
Card

Compliments
Montreal
Smoked Meat,
Pastrami, Roast
Beef or Corned Beef
Sliced Fresh



7.99
EACH

Tre Stelle
Feta 200 g Selected,
Crumbled Feta 150 g,
Bocconcini 200 g,
Grated Parmesan 125 g
or Ricotta 400–475 g



4.49
/100 G

200 PTS
when you buy
300 g or more

Piller's **Salami** Assorted Varieties
Sliced Fresh



6.49
EACH

Snack Factory
Pretzel Crisps
Selected, 155–200 g



\$2 OFF

Salt Spring Island
Herb & Garlic Ruckles
230 g



WE PICK
BC
FIRST

MEMBERS SAVE \$1
14.99
EACH
MEMBER
THANKS

15.99
EACH
without
Scene+
Card

Compliments
Sliced Cheeses
440 g



100 PTS
when you buy 2

8.99
EACH

Panache
Italian Sliced Meats
Selected, 100 g



200 PTS
when you buy 2

7.99
EACH

Compliments
Brie or
Camembert
170–200 g



TAKE IT to go!

THRIFTY
Kitchens

MEMBERS SAVE 50¢
4.99
EACH
MEMBER
THANKS

5.49
EACH
without
Scene+
Card

1/4 Dagwood
Sandwich
Assorted, 285 g



18.99
EACH

Rana
Lasagna
1.1 kg
Available
Chilled



SUSHI & more

100 PTS
when you buy 2

Zenshi **Shrimp,**
Tuna or Salmon
Crunchy Rolls
10 pcs, 255–283 g



150 PTS
when you buy 2

4.79
EACH

Summer
Fresh **Dips**
or **Hummus**
200–227 g



BUY
more
SAVE
more

\$5.29 EA
WHEN YOU BUY
2 OR MORE
OR 1 FOR 5.79

Summi!
Asian Appetizers
250–350 g
Available Chilled



FRESH SUSHI MADE
in store DAILY

4 ON SALE *specials* THURS, FEBRUARY 12 – WED, FEBRUARY 18, 2026

BULK

149
/100 g

Snacking
or Trail
Mixes
Selected
Varieties



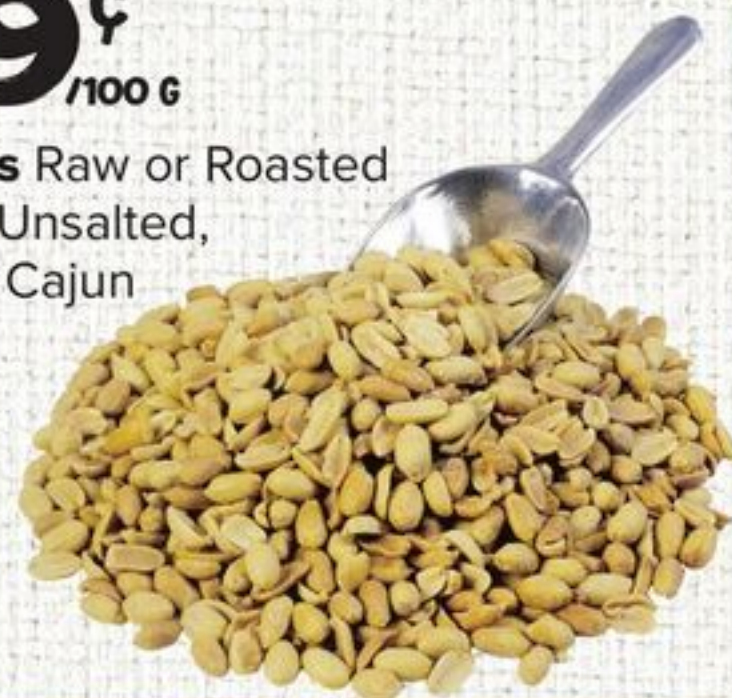
MEMBERS
SAVE \$2
5.99
EACH
MEMBER
PRICED

7.99 without
Scene+
Card
EACH
Dan-D Pak
Rice Crackers
454 g



99¢
/100 g

Peanuts Raw or Roasted
Salted, Unsalted,
BBQ or Cajun



10.99
EACH

H & H Dried Fruit
Family Pack
12 Pack



200 PTS
when you buy 2

7.99
EACH

Brownies
550–585 g
Baked In-Store



9.99 without
Scene+
Card
EACH
Small
Bar Cakes
325–575 g

MEMBERS
SAVE \$2
7.99
EACH
MEMBER
PRICED

14.99
EACH

Single Layer
Shortcakes
905–950 g

wrapped in
**CHOCOLATE
BLISS**



100 PTS
when you buy 2

Starting at

5.99
EACH

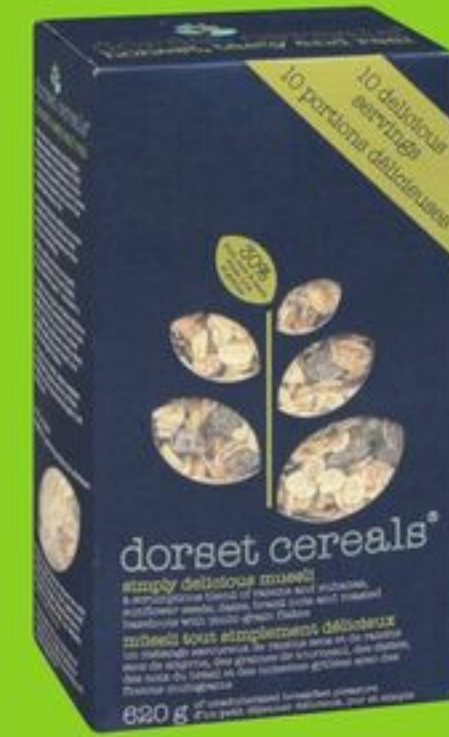
All Butter Croissants
or Pastries 4 Pack, 275–400 g
Baked In-Store



DISCOVER our large selection of NATURAL & ORGANIC products!

6.99
EACH

Dorset
Cereals
325–620 g



4.99
EACH

Vita Coco
Coconut Water
1 L



2/\$7

Sensible Portions
Snacks 120–142 g



3.99
EACH

SmartSweets
Candy
45–50 g



50 PTS
when you buy 1

6.49
EACH

Natrel
Organic
Milk 2 L

ORGANIC



3.49
EACH

Rise
Organic
Kombucha
414 mL

ORGANIC



150 PTS
when you buy 2

4.99
EACH

Pacific Foods
Broths
946 mL or 1 L



3.99
EACH

Earth's Own
Beverages
Selected

1.75–1.89 L,
Earthbound Farm Frozen
Vegetables 255–300 g,
Go Quinoa Pasta 227 g
or Go Bio! Cubes 66 g



Scene **GET 1,000 PTS** FOR EVERY \$100 SPENT IN ONE4ALL ULTIMATE GIFT CARDS!



Offer valid during February 12 – 18, 2026. Sorry no rainchecks or price matching. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability. Cards issued by Peoples Trust Company.

MEMBERS
SAVE \$1

7⁹⁹

EACH

MEMBER

Heluva Good!
Dip 680 g



8⁹⁹

EACH

without
Scene+
Card

2/\$4

WE PICK
BC
FIRST

Island Farms
Milk 473 ml
or Sour Cream
250 ml, Made
in Victoria



11⁹⁹

EACH

WE PICK
BC
FIRST

Donia Farms **Heritage Style**
Yogurt Made Using Milk from
Grass Fed Cows, 1.75 kg
Made in Surrey



5⁹⁹

EACH

Silk **Cold**
Foam 369 g or
International
Delight
Creamers
946 ml or
Cold Foam
369–396 g



DAIRY & frozen

4⁴⁹

EACH

Gay Lea
Aerosol
Whipped
Cream
225 g



7⁹⁹

EACH

Fraser Valley **Butter**
Salted or Unsalted, 454 g



2⁹⁹

EACH

Lactantia
Garlic Butter 125 g



4⁹⁹

EACH

100 PTS
when you buy 2

Compliments **Cheese**
Slices 210–230 g



8⁹⁹

EACH

Starbucks
Iced Coffee
1.18–1.42 L
Selected



7⁴⁹

EACH

WE PICK
BC
FIRST

Island Gold **Free Range Eggs**
Solar or Gold Yolk, 12 Pack
Produced on Vancouver Island
or The Lower Mainland



MEMBERS
SAVE 50¢

4⁹⁹

EACH

MEMBER

Panache
Premium
Ice Cream
1 L or
Selected
Novelties
4–6 Pack



5⁴⁹

EACH

without
Scene+
Card

2/\$7

Green Giant **Frozen Vegetables**,
Riced Veggies, Restaurant Sides
or Valley Selections 269–750 g



\$4

EACH

Kellogg's **Eggo** Waffles,
French Toast Sticks or
Pancakes 270–330 g



4⁹⁹

EACH

Compliments
Frozen Fruit
300–600 g



5⁹⁹

EACH

McCain **Deep'n**
Delicious Cakes 510 g



VITAMINS & more

20%
OFF

Living Alchemy
Supplements
60–120 Pack
Selected



24⁹⁹

EACH

Vega **Protein + Supergreens**
510–526 g, Selected



100 PTS
when you buy 1

19⁹⁹

EACH

Suku
Vitamin
Gummies
60 Pack
Selected



5⁹⁹

EACH

Pantene **Hair**
Care 308–355 ml
or 187 g, Selected



BUY
more
SAVE
more

1⁴⁹ EA

WHEN YOU BUY
4 OR MORE
OR 1 FOR 1.79

Compliments
Organic
Pouches
128 ml



2/\$4

100 PTS
when you buy 4

Clif
Energy
Bars
Selected
68 g



13⁹⁹

EACH

No Days
Wasted
Hydration
Replenisher
9 Pack
Selected



21⁹⁹

EACH

Maple Organics
Creams or
Balms 60 ml



15%
OFF

250 PTS
when you buy 2

Tylenol **Complete** 40 Pack or
Benlyin All-in-One 250–270 ml
or 40 Pack, Selected†



19⁹⁹

EACH

Depend **Underwear** or
Poise Pads, Selected



ON SALE *specials* THURS, FEBRUARY 12 – WED, FEBRUARY 18, 2026

† Available while a Pharmacist is on Duty

DRINKS &snacks

6²⁹
EACH

Frito Lay
Value Size
Snacks
325–535 g

4⁹⁹
EACH

Christie **Family Size Crackers**
328–454 g, McVitie's Cookies
300–400 g or Walker's
Shortbread, Selected, 135–150 g

\$4
EACH

Christie
Peek Freans or
Dad's Cookies
275–350 g

8⁹⁹
EACH

David'sTea 12–15 Pack,
Tim Hortons Instant Coffee
100 g or Folgers Single Serve
Pods 12 Pack

200 PTS
when you buy 3

MEMBERS
SAVE \$1
3⁴⁹
EACH
MEMBER
PRICED

4⁴⁹
EACH
without
Scene+
Card

SunRype
Slim 1.36 L

BUY
more
SAVE
more

\$3²⁹ EA
WHEN YOU BUY
3 OR MORE
OR 1 FOR 4.29

Quaker
Crispy Minis
90–100 g or
Rice Cakes
127–199 g

9⁹⁹
EACH

Olé **Non-Alcoholic Mocktails**
4x355 ml or Athletic Brewing
Non-Alcoholic Beer 6x355 ml

2/\$6

Guru Energy
Drinks 355 ml

3⁹⁹
EACH

100 PTS
when you buy 3

Ferrero Rocher **Bars** 90 g

3⁹⁹
EACH

Kellogg's Special K or Kashi
Bars Selected, 144–200 g

GROCERY &more

4⁹⁹
EACH

Kellogg's
Premium Cereal
210–525 g

3⁹⁹
EACH

200 PTS
when you buy 2

Quaker **Instant Oatmeal**
232–344 g or Quick or Old
Fashioned Oats 900 g–1 kg

6⁹⁹
EACH

200 PTS
when you buy 2

Compliments
Honey
375–500 g

5⁴⁹
EACH

Dempster's
**Cinnamon Raisin
Bread** 680 g or
Natural Bakery
Rye 900 g

MEMBERS
SAVE 50%
3⁹⁹
EACH
MEMBER
PRICED

4⁴⁹
EACH
without
Scene+
Card

Panache
Egg Noodles
375 g or
Compliments
Cooking Spray
141–170 g

4⁹⁹
EACH

100 PTS
when you buy 2

Compliments **Flour** 2.5 kg or
Chocolate Chips 225–270 g

6⁴⁹
EACH

Club House La Grille
Seasonings 65–248 g or Spice
Blends, Selected, 111–203 g

99¢
EACH

Sapporo Ichiban **Noodles**
100 g or Compliments
Instant Noodle Cups 65 g

1⁹⁹
EACH

100 PTS
when you buy 2

Compliments **Broth** 900 ml

3⁹⁸
EACH

Kikkoman
**Panko
Bread
Crumbs**
227 g
Selected
Varieties

HOUSEHOLD &more

9/\$9⁹⁹

Purina Friskies **Wet Cat
Food** 156 g

9²⁹
EACH

Ziploc **Storage Bags** 10–38 Pack
or Sandwich Bags 180 Pack

24⁹⁹
EACH

Finish **Dish Tabs** 60–105 Pack

2⁹⁹
EACH

Royale **Facial Tissue**
Singles, Family Box or Cube
54–154 Sheets

4⁹⁹
EACH

Clorox **All Purpose
Cleaners** 946 ml
or Bathroom Foam
887 ml, Selected

**LOCKED
DOWN *and*
SMILE
Priced**

8⁹⁹
EACH

Compliments
**Garlic
Sausage**
750 g



6⁹⁹
EACH

Compliments
Naturally Smoked Bacon
Selected, 375 g or
Rounds 375 g **\$4.99** Each

100 PTS
when you buy 2

5⁹⁹
EACH

Olivieri
Pasta or Gnocchi
250–360 g or
Sauce 160–300 ml



\$3⁴⁹ EA
WHEN YOU BUY
2 OR MORE
OR 1 FOR 3.99

**BUY
more
SAVE
more**

Bagels
4 Pack, 450 g
Baked In-Store

**BUY
more
SAVE
more**

8⁹⁹
EACH

Compliments **Cod Nuggets**,
Tempura Fish, Breaded
Burgers or Fish Sticks
Selected, 454–700 g

200 PTS
when you buy 2



5⁴⁹
EACH

H & H
Dried Fruit
180 g



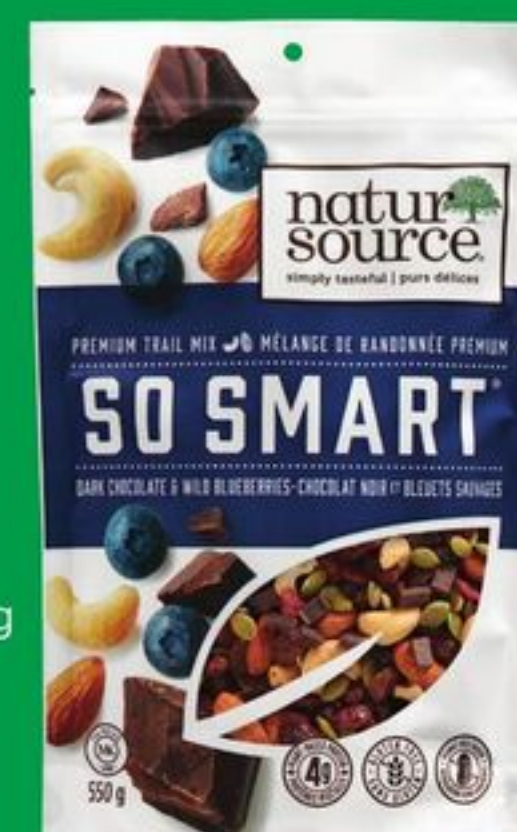
4⁴⁹
EACH

Fontaine Santé
or Lantana
Hummus
Topped or Regular
or Dips 227–283 g



15⁹⁹
EACH

NaturSource
Almonds or Mixes
Selected, 450–600 g



LOOK FOR **1000+** **SMILE Priced** ITEMS THROUGHOUT THE STORE
LOCKED DOWN PRICES → *ends March 18th*

LOCKED DOWN *and* SMILE Priced

6⁴⁹
EACH

Silk
Creamers
890 ml



2⁹⁸
EACH

China Lily
Soya Sauce
493 ml



350 PTS
when you buy 2

Starting at
11⁹⁹
EACH

Always
Pads or Liners
or Tampax
Tampons
Selected
18–120 Pack



\$1⁵⁹ EA
WHEN YOU BUY
4 OR MORE
OR 1 FOR 1.79

Cesar Wet Dog Food 100 g



3⁹⁹
EACH

Del Monte
Jam
280 ml



3⁹⁹
EACH

Fresh Is Best
Taco Shells
144 g



100 PTS
when you buy 1

5⁴⁹
EACH

Compliments
Pickles 1 L



6⁹⁹
EACH

Liberté
Greek Yogurt
650–750 g



3⁴⁹
EACH

100 PTS
when you buy 2

Compliments Cream Cheese
or Spread 227–250 g



3⁹⁹
EACH

Pillsbury
Pizza Pops
380 g



14⁴⁹
EACH

Kicking Horse
K-Cups
10 Pack



LOOK FOR 1000+ SMILE Priced ITEMS THROUGHOUT THE STORE
LOCKED DOWN PRICES → ends March 18th

Valentine's **HAPPY** —♡

2⁹⁹ EACH **300 PTS**
when you buy 3
Toblerone **Milk Chocolate** 100 g



9⁹⁹ EACH
Lindt **Bagged Chocolates**
117–151 g

200 PTS
when you buy 2

11⁹⁹ EACH
Kinder **Plush**
98 g



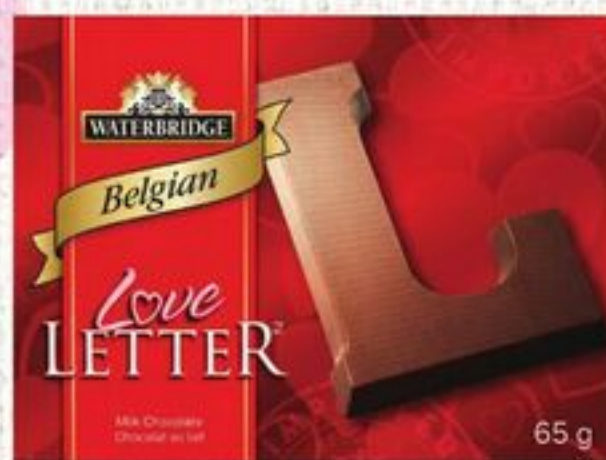
7⁴⁹ EACH **100 PTS**
when you buy 1
Compliments **Caramel Filled or Milk Chocolate Hearts** 165–200 g



8⁹⁹ EACH
Nestlé **Minis**
219–354 g



2⁴⁹ EACH
Waterbridge **Chocolate Letters** 65 g



4⁷⁹ EACH
Hershey's **Valentine's Kisses or Reese's Hearts** 161–180 g



7⁹⁹ EACH
Kraft **Milk Chocolate Peanut Butter Heart Box** 170 g



16⁹⁹ EACH
Chocolate Dipped **Strawberries**
550 g



21⁹⁹ EACH
Dessert Cakes
1.2–1.49 kg, Half Cake
620–745 g **\$11.99**
or Cake Slice 210–245 g **\$3.99**



13⁹⁹ EACH
Real Cream Layer Cakes 510–705 g



BUY more SAVE more
\$5⁹⁹ EA
WHEN YOU BUY
2 OR MORE
OR 1 FOR 7.99

Cupcakes Vanilla, Chocolate,
Assorted or Confetti, 6 Pack, 325–335 g



WHILE SUPPLIES LAST. PRICES IN EFFECT UNTIL FEBRUARY 14th

MAKE YOUR OWN CRISPY battered cod



300 PTS
when you buy 2

8⁹⁹
EACH

Compliments
Naturally Simple
Cod Fillets 400 g

Click here for
RECIPE

Hooked FROM THE 1st bite

MEMBERS
SAVE \$2
8⁹⁹
EACH
MEMBER
PRICING

Premier Seafoods
Valencia Orange & Maple Sockeye Lox
100 g
Product of Vancouver

NEW

10⁹⁹
EACH

without
Scene+
Card



WE PICK
BC
FIRST



MEMBERS
SAVE \$2
8⁹⁹
EACH
MEMBER
PRICING

10⁹⁹
EACH

Mrs. Friday's
**Crab-Style
Crab Cakes** 8 Pack
Frozen



HAPPY IS *discovering* a ROUTE TO WELLNESS

15% OFF

Nutrameltz
**Quick Dissolving
Supplements**
15–60 Pack



15⁹⁹ EACH

Ener-C Vitamin Drink
Mix 30 Pack, Selected



20% OFF

Orange Naturals **Probiotic Supplements**
30–45 Pack or 100 g, Selected



2/\$5

Bio-K
Probiotic Shots
Selected
Hot Retail



20% OFF

AquaOmega
Supplements
120 Pack
or 225 ml
Selected



15% OFF

Vital Proteins
Collagen
Selected
201–284 g



15% OFF

Salus **Iron or
Magnesium
Supplements**
250–500 ml or
200 g, Selected



15% OFF

Genuine Health
**Probiotic
Supplements**
30–60 Pack
Selected



20% OFF

Iron Vegan
Protein Bars 64 g
or Powders 1 kg or
Progressive Whey
Protein Powders
850 g, Selected



20% OFF

Organika **Creatine
Supplements** or All Day
Protein Hydrator 500–650 g
or 90–300 Pack, Selected



15% OFF

Aura Cacia **Skin or Body
Care** 30–118 ml or 70.9 g



15% OFF

Andalou **Skin
or Body Care
Products**
Selected
Varieties
and Sizes



Our TEAM'S PICKS

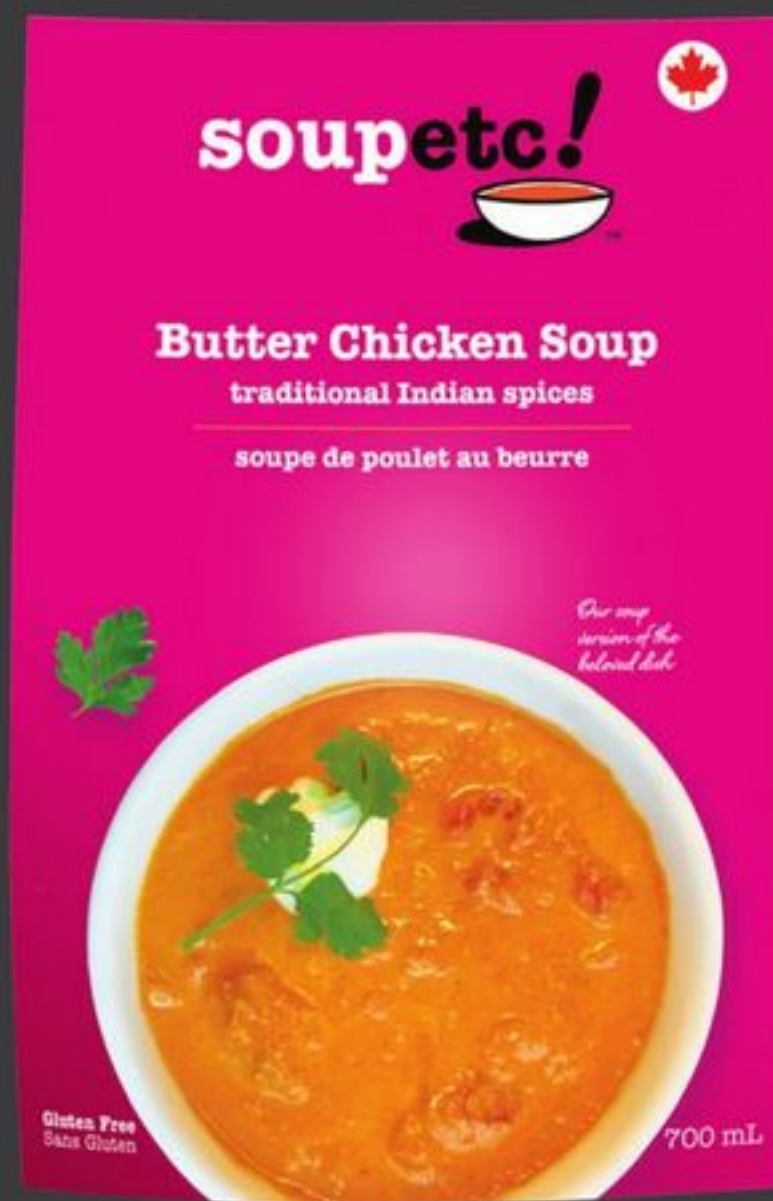
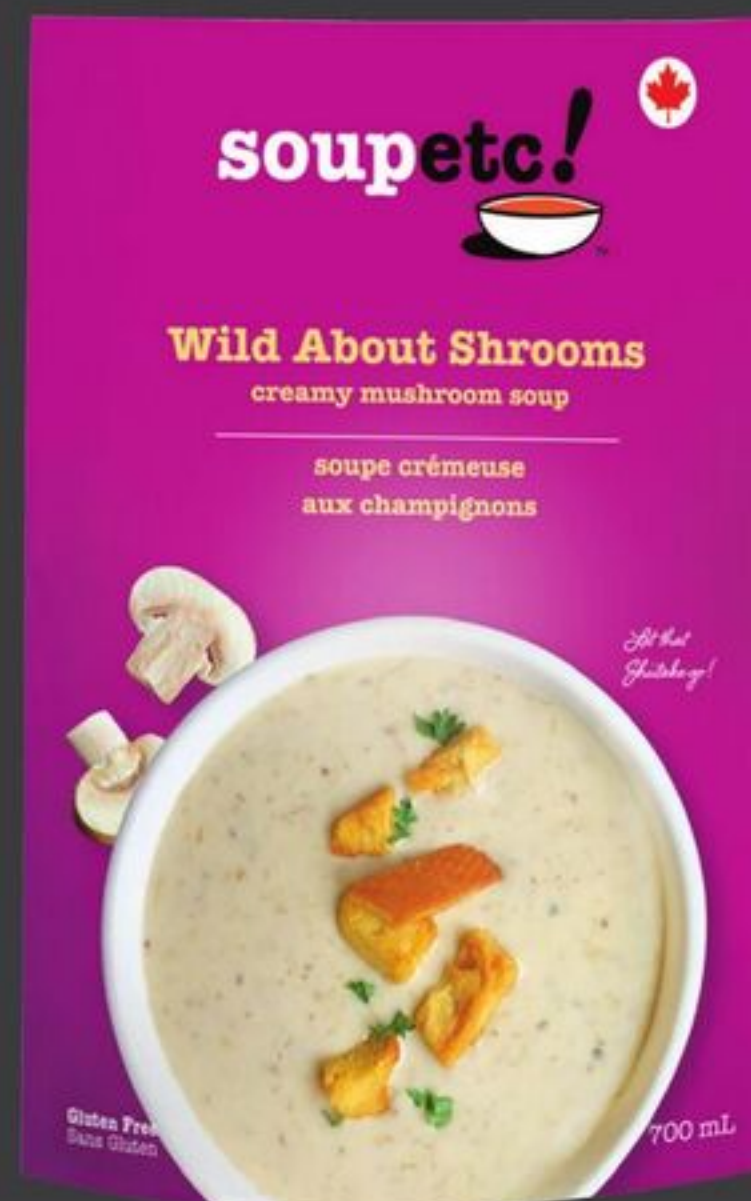


Soupetc! has been produced in East Vancouver's historic Strathcona neighbourhood since 2001 and is a fixture of the Lower Mainland's local food production landscape. Built on healthy ingredients, inspired by traditional recipes from around the world and uncompromising adherence to quality, the brand that originally started as a retail store concept soon evolved into a wholesale line. Soupetc! supplies bulk soups to restaurants, delis and other food service environments in and around Vancouver. Most recently, Soupetc! soups and bone broths can be found at your favourite Thrifty Foods location for you to "soup it up" at home.



6⁹⁹
EACH

Soupetc! **Soups,
Chili or Bone Broths**
Made in Vancouver, 700 ml



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.



OFFER AVAILABLE
FEBRUARY 12 - 18, 2026

LOAD IT TO GET IT!

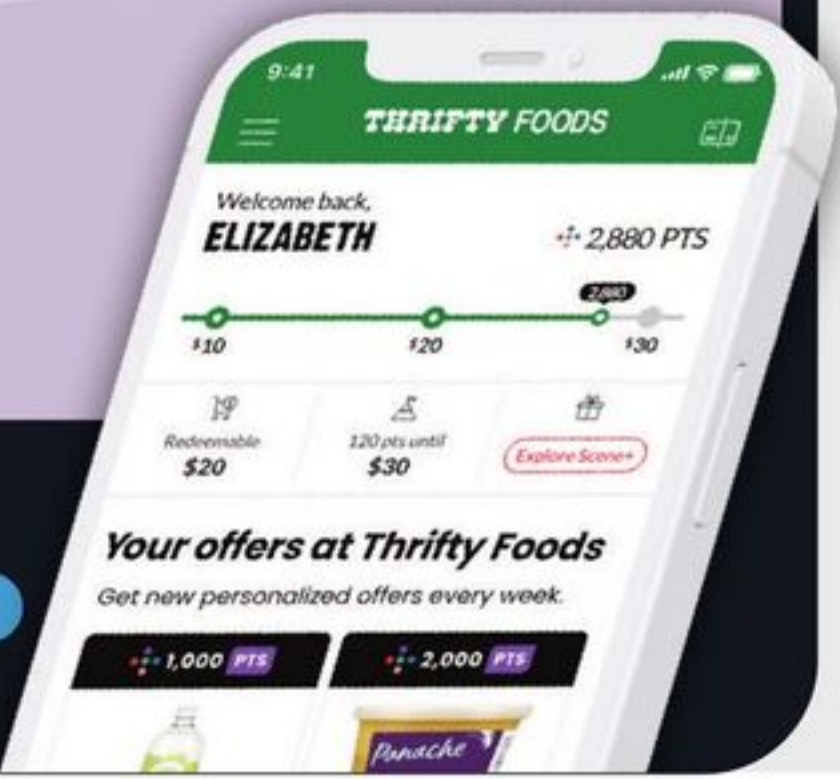
- 1 Download the Thrifty Foods app
- 2 Load your offers to activate them
- 3 Shop and scan your Scene+ card

Activate your offers in the **Thrifty Foods app** or at **MyGroceryOffers.ca**

Get **300 PTS**
when you buy 2
Compliments **Marshmallows** 400 g



SAVE 30¢
when you buy 1
Halls **Lozenges** Selected, 9 Pack



Offer valid February 12 - 18, 2026, at all Thrifty Foods Locations in British Columbia. Minimum qualifying purchase must be made in a single transaction. No base Scene+ points earned. Offer must be loaded to a registered Scene+ card prior to purchase. Limit one digital offer per Scene+ membership card. Visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. Offer subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

GIVE YOUR SCENE+ POINTS A BOOST

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

APPLY NOW

♦Conditions Apply

