

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!

Down Parathas 24 kg reg \$4.99

SAVE \$3.99

\$7.99

Flyer in effect February 5-11, 2026

Prices in effect in Western Canada

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.



Scene 72
DIGITAL EXCLUSIVE

For every Compliments
Pancake Mix
95¢, get

20% off*



ORIGINAL
Scene 72
ORIGINALS
COMPLIMENTS PANCAKE MIX



Scene 72
LOAD & SAVE 50%

For every Best Buy Frozen
Popcorn Shrimp
Breaded 800 g, get

50% off*



BEST BUY
VALUE PLUS
ORIGINAL
Scene 72
ORIGINALS
BEST BUY FROZEN
POPCORN SHRIMP
BREADED 800g

*Terms and conditions apply. See store for details. © 2014 Scene 72. All rights reserved. Scene 72 is a registered trademark of Scene 72 Inc. All other trademarks are the property of their respective owners.

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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-Or-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 discounts 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, for comparison with any other offer. 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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CHALO! FRESH CO

ZONE 2



SAVE \$8
when you buy 4

\$7.99

Janes Ultimates Chicken Wings
Frozen 754 g Boneless Chicken
Fillets or Bites Frozen 710-720 g
reg 15.99



SAVE \$4

\$10

Fresh Boneless
Skinless Chicken
Thighs reg \$14.00



SAVE \$1.22
\$4.77

without
some cost

\$5.99

Golden Valley
Large Eggs or Burnbrae
Prestige Family Pack Large Eggs 18 pk
LIMIT OF 3, SELECTION VARIES BY STORE



SAVE \$7.01

\$9.98

Handi Extra
Long Basmati
Rice 4.5 kg or
Nongshim Bowl
Noodle Soup
12x86 g
Selected
Varieties
reg 16.99



Sweet Bell
Peppers 4 pk
Product of Mexico

SAVE \$1

\$3.99

without
some cost



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

SAVE \$1

\$3.99

without
some cost



Broccoli Crowns
Product of Mexico or
USA 4.39/kg

\$1.99



Avocados 5 pk
Product of
Mexico

\$2.99



Astro Yogurt Tubes 500-750 g
Beceel Bricks 454 g or
Lucerne 10% Cream 1 L
reg 3.69-5.69

SAVE \$3

\$2.99



Dr. Oetker Ristorante or
Casa di Mama Pizzas 320-410 g
reg 6.49

SAVE \$3.32

\$3.47



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

SAVE \$1

\$4.99



Lay's Potato Chips 177-235 g or
Smartfood 150-220 g
reg 3.69-4.69

SAVE \$2.22

\$2.47



Khudri Dates 1 kg
Product of Saudi Arabia

\$5.99



Häagen-Dazs Ice Cream
400-450 mL or Novelties 3-4 pk

\$4.94



Down
Parathas
24 kg
reg 8.49

SAVE \$3.50

\$7.99

PRODUCT SELECTION MAY VARY BY LOCATION

Locally Owned & Operated **BY PROUD CANADIANS**
Look for the leaf to help you support Canada



Flyer in effect
February 5-11, 2026
Prices in effect
in Western Canada



Learn more

POL_FTC_WWAL_PAW_WEST_25

 Raspberries or Blackberries 170 g Product of USA or Mexico 100 PTS when you buy 2 \$3.99/lb	 Hothouse Tomatoes Product of Canada, Canada No. 1 or USA or Mexico No. 1 Grade 4.39/kg \$1.99/lb		
 Cosmic Crisp Apples Product of USA Extra Fancy Grade 5.49/kg \$2.49/lb	 Red Seedless Grapes Product of Peru No. 1 Grade 11.00/kg \$4.99/lb	 Green or Grey Zucchini or Eggplant Product of Mexico 4.39/kg \$1.99/lb	 The Little Potato Company Mini Potatoes Yellow, Red or Trios 3 lb Product of Canada Canada No. 1 1.36 kg 100 PTS when you buy 1 \$6.99
 Cantaloupe Product of Costa Rica or Honduras No. 1 Grade or Compliments Lemons 3 lb Product of USA 9.07 g 50 PTS when you buy 1 \$4.99	 Stem & Leaf Clementines Product of Spain 7.89/kg \$3.49/lb	 Iceberg Lettuce Product of USA No. 1 Grade 50 PTS when you buy 1 \$2.99	 Seedless Cucumbers 3 pk Product of Mexico No. 1 Grade or Canada, Canada No. 1 50 PTS when you buy 1 \$4.99
 Angus Beef Striploin Steak Cut from Canada AA Grade Beef or Higher 44.07/kg \$19.99/lb	 Compliments Sliced Cooked Ham 375 g SAVE \$1 \$5.99	 MarcAngelo Italian Style Pork Grinds 450 g \$5	 MarcAngelo Pork Sausages or Meatballs Frozen 12-14 kg SAVE \$1 \$12
 MarcAngelo Pepper Parmesan Pork Meatballs Frozen 400 g reg 6.00 \$5	 Lou's Quick n Easy or Lil' Juan's Entrées 300-400 g SAVE \$2 \$8.99	 St-Hubert or Swiss Chalet Pies Frozen 650-800 g reg 10.99-11.99 SAVE \$2 \$9.99	 Pinty's Gluten Free Breaded Chicken Frozen 730-790 g \$11.99
 Fantino & Mondello Deli Meat 100-200 g reg 7.99 SAVE \$3 \$4.99	 Grimm's Sausage 300 g reg 6.99 SAVE \$2 \$4.99	 Maple Leaf Natural Selections 375-400 g reg 14.99 650 PTS when you buy 2 SAVE \$3 \$11.99	
 Dempster's Breads 510-575 g or Hot Dog or Hamburger Buns 12 pk reg 3.69 SAVE 70¢ \$2.99	 Natural Bakery Sliced Rye Bread 500 g reg 3.69 SAVE 10¢ \$2.99	 Dempster's Tortillas 275-340 g or Tia Rosa Tortillas 275-328 g reg 4.19 SAVE \$1.00 \$2.99	 Hostess Snack Cakes 202-231 g reg 4.19 SAVE \$1.00 \$2.99
Scene 1,000 PTS = \$10 OF FREE GROCERIES			

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GAMEDAY

DEALS

SAVE UP TO \$3
\$8.99

Parache
Compliments Shrimp
with Cocktail Sauce
Frozen 316 g
Panache Breaded
Coconut or Butterfly,
Tempura or Bang Bang
Shrimp Frozen
340-385 g
Crispy Calamari or
Crab Rangoon Frozen
252-295 g
reg. 9.99-11.99



SAVE UP TO \$1.50
\$2.99

Fontaine Sante
Hummus
227-260 g
Compliments
Salad 426-454 g
reg. 3.99-4.49



SAVE \$2
\$10.99

Compliments
Chicken Wings
Frozen 800 g
reg. 12.99



SAVE UP TO \$2
\$4.99

Brandt
Kolbassa Chubs
250 g reg. 6.99



Mini Seedless Cucumbers 907 g
Product of Canada, Canada No. 1
Grape Tomatoes 680 g
Product of Canada or Mexico

100¢
when you buy 2

\$5.99



Taylor Farms
Chopped Salad Kits
292-383 g

\$4.99



Fruit Tray 1.2 kg or
Vegetable Tray 1.034 kg

300¢
when you buy 2

\$14.99



Mini Sweet Peppers 454 g
Product of Mexico

\$4.99



King's Hawaiian
Sweet Rolls or
Savoury Butter
Rolls 340 g
reg. 4.49

SAVE \$1
\$3.49



Compliments
Marinated Pork
Chops or Kabobs
250-300 g
reg. 5.59

\$4.49



Pace Pizza
510-550 g
reg. 6.99

SAVE 50¢
when you buy 1
\$6.49



Compliments
Cheese
Sticks Frozen
325-400 g
reg. 7.99

SAVE \$2
\$5.99

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

A promotional graphic for Game Day Deals. It features a green background with white horizontal stripes. In the top left, there is a brown football with white laces. To the right of the football, the words 'GAME DAY' are written in large, bold, white capital letters with a black outline. Below 'GAME DAY', the word 'DEALS' is written in white capital letters on a red rectangular background. To the right of the text, there are two bottles of soda: a blue bottle of Pepsi and a red bottle of Coca-Cola. The Coca-Cola bottle has the classic script logo and 'BOTTLE ORIGINAL' written on it.

licorice
varieties

**Coca-Cola or
Pepsi Soft
Drinks 2L,
Selected
Varieties
reg 2.75**

\$2⁹⁹ La Cocina
Tortilla Chips
400 g reg 3.99

**Orville Redenbacher Microwave
Popcorn** 6-8 pks 340-492 g or
Gourmet Popping Corn 127-199 g
reg. 6.19

Quaker
Crispy Minis 100 g or
Rice Cakes 127-199 g

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TAST!EZ

[illegible]

WHILE SU

PLIES LAST. PRODU

ELECTION MAY VARY

BY STORE.

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

SWEET SAVINGS



WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

LUNAR NEW YEAR DEALS

新春優惠



COLOUR AND SELECTION MAY VARY - AVAILABLE AT MOST LOCATIONS - WHILE SUPPLIES LAST
NOT AVAILABLE AT THUNDER BAY LOCATION

SWEET SAVINGS

\$13⁹⁹

Merci
Chocolate
400 g



\$6⁹⁹

Hershey's
Chocolate Heart
165 g

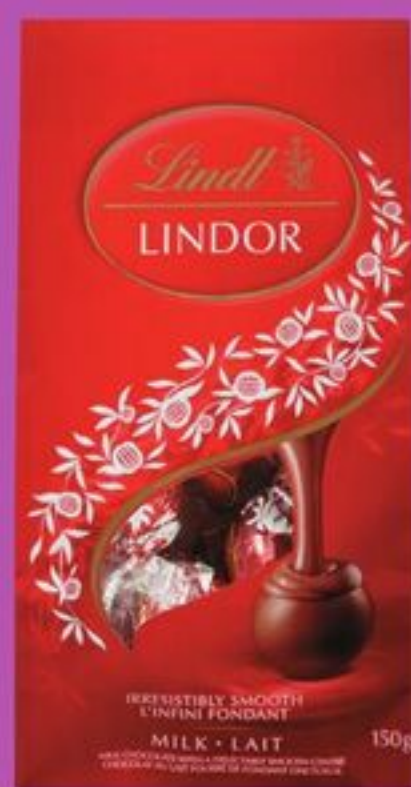
\$2⁹⁹

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

Navel Oranges
10 lb Case Product
of USA 4.54 kg

\$14⁸⁸



W. Murcott
Mandarins
4 lb Case Product
of China 1.81 kg

\$9⁸⁸



Honey Pomelo
4 pk Product of China

\$11⁸⁸



SUNRISE
TOFU
MEDIUM FIRM
MU-FERME
454 g

\$2⁴⁹

SUNRISE
TOFU
EXTRA FIRM - EXTRA FERME
350 g

\$2⁹⁹

Kirin
Milk Tea 1.5 L
reg 4.49

SAVE \$1⁹⁹

\$2⁹⁸

Coco Buri
Natural Coconut
Water 1 L reg 4.99

SAVE \$1⁹⁹

\$3⁹⁸

Alifit Konjac Jelly
150 ml Selected
Varieties reg 1.79

SAVE \$1⁹⁹

\$1⁴⁸

O'Food Roasted
Seaweed with
Avocado Oil 48 g
reg 6.99

SAVE \$1⁹⁹

\$5⁹⁸

Watson
Seaweed Salad
454 g
reg 4.99

SAVE \$1⁹⁹

\$3⁹⁸

Sheng Hsiang
Jen Green Peas
240 g Selected
Varieties reg 4.99

SAVE \$1⁹⁹

\$3⁹⁸

Marutai
Instant Ramen
180-187 g Selected
Varieties reg 4.29

SAVE 81¢

\$3⁴⁸

A-Sha
Noodles
475 g Selected
Varieties reg 8.99

SAVE \$1⁹⁹

\$7⁸⁸

Asian Choice
Pork Buns 510 g
Selected Varieties
reg 5.99

SAVE \$1⁹⁹

\$4⁸⁸

Asian Choice
Steamed Pork
Shumai 652 g
reg 8.49

SAVE \$1⁹⁹

\$6⁸⁸

Asian Choice
Dumplings 680 g
Selected Varieties
reg 3.99

SAVE \$1⁹⁹

\$2⁹⁸

Watson
Smoked Duck
Breast 500 g
reg 9.99

SAVE \$2⁰⁰

\$7⁹⁸

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

RAMADAN MUBARAK



100 PTS
when you buy 1

SAVE 98¢

\$3.99

Hamdard Rooh Afza
800 mL reg 4.97



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

SAVE 80¢

\$4.99



SAVE \$1

\$3.99

Tre Stelle Paneer
300 g reg 4.99

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

\$3.99



\$1.29

Garlic 5 pk
Product of China



99¢

Cilantro Bunch
Product of Mexico
or USA



\$1.99
/lb

Ginger Root
Product of China
4.38kg



Parle-G Biscuits
300 g reg 1.97

SAVE 98¢

99¢



Teja
Chana Dal
1.81 kg reg 7.47

SAVE \$1.48

\$5.99



Deep Cocktail
Samosas
425-4275 g
reg 3.69

SAVE 70¢

\$3.29



Swad
Saag 800 g

SAVE 70¢

\$2.79



Nanak
Milk Cake 400 g
reg 9.99

SAVE \$1.49

\$8.49



Sherbon Mango
or Guava Juice
2 L reg 5.47

SAVE \$1.48

\$3.99



Britannia Milk
Rusk 560 g
reg 5.47

SAVE \$1.18

\$4.29



Tata Tea Orange
Pekoe 220 pk
638 g reg 9.97

SAVE 98¢

\$8.99



Bikano Snacks
125-450 g
Selected Varieties

SAVE 25 PTS
when you buy 1

\$1.99



Deep
Mango Pulp
850 g

SAVE 50 PTS
when you buy 1

\$3.99



Brar's
Makhami 250 g
reg 8.49

SAVE 50 PTS
when you buy 1

\$7.99



Deep Naan or Paneer Paratha
292-42-400 g
Selected Varieties
reg 3.69

SAVE 25 PTS
when you buy 1

\$2.99



Nanak
Veggie Burger Patties
640 g reg 12.49

SAVE 100 PTS
when you buy 1

\$10.49



Chalof
Naan 1 kg or Roti 750 g
reg 3.99-4.49

SAVE \$5.00

\$3.99



Kebab Factory Chicken
Kebabs, Frozen 912 g
reg 10.49

\$6.99

WHILE SUPPLIES LAST, ITEM 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

