

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!**

\$5⁹⁹

*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.

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



[Learn more](#)

POS_LFC_WHA1_PORN_WEST_21

FRESH CO

Lowering food prices



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

SAVE \$8
when you buy 4

500 PTS

\$7.99



Fresh Pork Tenderloin Cryovac 6.59/kg
reg 5.99/lb

SAVE \$3.18

\$2.99 /lb



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

SAVE \$1.22

\$4.77

without some cost \$5.99



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

SAVE \$7.91

\$9.98



Sweet Bell Peppers 4 pk
Product of Mexico

SAVE \$1

\$3.99

without some cost \$4.99



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

SAVE \$1

\$3.99

without some cost \$5.99



Broccoli Crowns
Product of Mexico or USA 4.39/Kg

\$1.99 /lb



Avocados 5 pk
Product of Mexico

\$2.99



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

\$4.94



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

SAVE \$3.32

\$3.47



Swiss Chalet or Montana's Pork Back Ribs Fully Cooked 600-650 g
reg 13.99-14.99

SAVE \$5.46

\$8.99



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

SAVE \$1

\$4.99



Astro Yogurt Tubes 500-750 g
Brocol Bricks 453 g or Lucerne 100% Cream 1 L
reg 3.69-5.99

SAVE \$3

\$2.99



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

SAVE \$2.22
when you buy 4

\$2.47



Khudri Dates 1 kg
Product of Saudi Arabia

\$5.99

[illegible]

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 brand, size and attributes). Does not apply to competitor's private label product of 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, and four (4) units for online. 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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 Raspberries or Blackberries 170 g Product of USA or Mexico 100 PTS when you buy 2 \$3.99	 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 Peru 4.39/kg \$1.99 /lb	 The Little Potato Company Mini Potatoes Yellow, Red or Tries 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 7.69/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 750-790 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 5 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 70¢ \$2.99	 Dempster's Tortillas 275-340 g or Tia Rosa Tortillas 275-328 g reg 4.19 SAVE \$1.19 \$2.99	 Hostess Snack Cakes 202-231 g reg 4.19 SAVE \$1.19 \$2.99
Scene 1,000 PTS = \$10 OF FREE GROCERIES			

SAVE \$2

Kellogg's Cereal
Selected Varieties
450-650 g reg 749

\$5.49

SOURCE OF 7 VITAMINS & MINERALS
SUGAR WISE™ 1g SUGAR

Rice Krispies

CORN FLAKES

QUAKER®
INSTANT OATMEAL
QUICK OATS

100 PTS when you buy 3

SAVE UP TO \$1.50

\$3.49

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

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

+200 PPS when you buy 4

SAVE \$1

\$2.99

Quaker Chewy or Dippys Granola Bars
120-156 g reg 2.99

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

SAVE \$1

\$3.99

Healthy Choices Gourmet Steamers 269-306 g or Marie Callender's Frozen Entrées 382-349 g reg 5.29-5.49

SAVE \$1.49

\$3.99

Kellogg's Cheez-It Crackers 101-200 g or Pringles Super Stacks 140-166 g reg 3.49-3.99

SAVE \$1.49

\$2.49

Kettie Brand Potato Chip Crinkle Stix 160-186 g reg 3.79-3.99

Popperidge Farm Goldfish Crackers 167-227 g or Kettle Brand Chips 160-186 g reg 3.79-3.99

SAVE \$1.49

\$2.49

CLASSICO Pasta Sauce
218-600 mL reg 4.29

Bartoli Pasta 400 g, Cattelli Smart or Harvest Pasta 376 g reg 2.79-3.29

SAVE \$1.49

\$1.99

Clover Leaf Albacore Tuna 170 g reg 3.47-3.99

Old El Paso Dinner Kit HARD SOFT 16 oz

SAVE \$1

\$3.99

Jif Peanut Butter 1 kg reg 6.99

Becel Margarine 637-850 g

SAVE \$2

\$6.99

Allen's Apple Juice 1.89 L reg 4.29

Oasis Smoothie 1.6 L

SAVE \$1.49

\$2.49

Minute Maid No Sugar Drinks 1.5L L or Fuze Iced Tea 175 L

Kraft Dinner 5 pk or Snack Cups 4 pk reg 6.79-6.99

+200 PPS when you buy 2

SAVE \$1.49

\$4.99

Tropicana Orange Juices or Beverages 1.58 L Selected Varieties

Hershey's Single Bars 43-58 g Selected Varieties

99¢

Timothy's Coffee K-Cup 30 pk 25.99

McCain Deep'n Delicious Bake 510 g reg 7.49

SAVE \$1.49

\$5.99

Tide Liquid Detergent 3.46-3.9 L Downy Bedders 853 g Tide Pods or Gain Flings 45-70 pk reg 24.99-28.99

SAVE \$1.49

\$2.99

Clorox Cleaner 887-946 mL reg 5.49

SAVE \$1

\$4.49

MORE WAYS TO SAVE!

HOT PRICE

Scene®

LOCKER & LOUNGE

Look for these specially-marked items throughout our stores

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.

SWEET SAVINGS



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

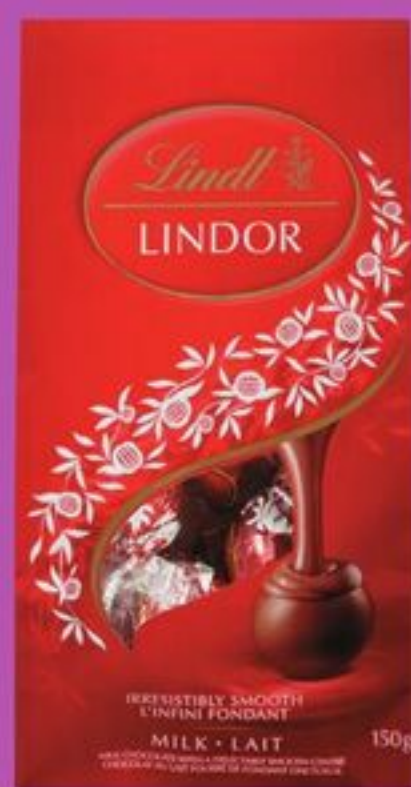
\$2⁹⁹

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.

RAMADAN MUBARAK



100 PTS
when you buy 1

SAVE 98¢

\$3.99

Hamdard Rooh Afza
800 mL reg 4.97

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

\$3.99

99¢

Cilantro Bunch
Product of Mexico
or USA

\$1.29

Garlic 5 pk
Product of China

\$1.99
/lb

Ginger Root
Product of China
4.39/kg



SAVE \$1

\$3.99

Tre Stelle Paneer
300 g reg 4.99



SAVE 98¢

99¢

Parle-G Biscuits
300 g reg 1.97



Teja
Chana Dal
1.81 kg reg 7.47

SAVE \$1.49

\$5.99



Deep Cocktail
Samosas
425-4275 g
reg 3.69

SAVE 70¢

\$3.29



Swad
Saag 800 g

SAVE \$1.49

\$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 \$1.49

\$3.99



Britannia Milk
Rusk 560 g
reg 5.47

SAVE \$1.19

\$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¢

\$7.99



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

SAVE 70¢

\$2.99



Nanak
Veggie Burger Patties
640 g reg 12.49

SAVE \$2

\$10.49



Chalol
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

