

# FRESH CO

Lowering food prices

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

## BIG % SAVINGS EVENT

ZONE 1

3 LB



EQUAL TO  
**\$4.99**  
/lb

Lean Ground Beef 1.36 kg  
\$14.97 Save 32%  
LIMIT OF 2  
AFTER LIMIT \$20.00  
reg 22.00 WHILE  
SUPPLIES LAST



Schneiders Bacon 100-375 g  
Schneiders Meat Pies, Mini Sizzlers or Sausage Rounds Frozen 375-400 g  
reg 7.99-8.99

SAVE UP TO 55%  
**\$3.99**



**99¢**  
/lb

Navel Oranges Product of USA  
Pink Lady Apples Product of USA  
Bosc Pears Product of USA Extra Fancy Grade  
2.18/kg



**\$2.99**  
/lb

Asparagus Product of Mexico  
No. 1 Grade  
6.59/kg



**\$2.99**

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

|   |   |   |  |
|---|---|---|--|
| <p>Lou's Kitchen Quick 'n Easy Entrées 375-400 g<br/>reg 10.99</p> <p><b>SAVE 36%</b><br/><b>\$6.99</b></p> | <p>Armstrong Cheese Bars 400 g or Shreds 320 g<br/>reg 7.49-7.99</p> <p><b>SAVE 37%</b><br/><b>\$4.99</b></p> | <p>Häagen-Dazs Ice Cream 400-450 mL or Novelties 3-4 pk<br/>reg 6.49</p> <p><b>SAVE 24%</b><br/><b>\$4.94</b></p> | <p>Liberté Greek Yogurt 650-750 g or Yoplait Yogurt 15 pk</p> <p><b>SAVE 14%</b><br/><b>\$6.49</b></p> |
|---|---|---|--|

|   |   |  |   |
|---|---|--|---|
| <p>McCain Premium Breakfast Potatoes 600-650 g or Premium Specialty Potatoes 540-800 g<br/>reg 4.99-5.29</p> <p><b>SAVE 44%</b><br/><b>\$2.99</b></p> | <p>Khudri Dates 1 kg<br/>Product of Saudi Arabia</p> <p><b>SAVE 14%</b><br/><b>\$5.99</b></p> | <p>Christie Family Cookies 285-500 g<br/>reg 5.99</p> <p><b>SAVE 33%</b><br/><b>\$3.99</b></p> | <p>Brar's Desi Ghee 800 g reg 17.97</p> <p><b>SAVE 33%</b><br/><b>\$11.99</b></p> |
|---|---|--|---|

**Buy any 2 and get 1 FREE**

General Mills Family Size Cereal 525-775 g Selected Varieties at 5.47

Lucerne Milk Selected Varieties 2L

**SAVE 25%**

Villaggio Bread 510-550 g or Buns 6-8 pk **\$3.99**

**SAVE 40%**

Robin Hood Flour 10 kg **\$11.99**

**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†

\*Rewards will appear on account in 96 hours and must be loaded.  
†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>.

PRODUCT SELECTION MAY VARY BY LOCATION

**Locally Owned & Operated BY PROUD CANADIANS**

Look for the leaf to help you support Canada

Learn more



|   |   |  |   |
|---|---|--|---|
|  <p>Raspberries or Blackberries 170 g<br/>Product of USA or Mexico</p> <p><b>100 PTS</b><br/>when you buy 2</p> <p><b>\$3.49</b></p>                  |  <p>Mini Sweet Peppers 1534 g<br/>Product of Mexico or Seedless Cucumber 3 pk Product of Mexico, No. 1 Grade or Canada, Canada No. 1</p> <p><b>50 PTS</b><br/>when you buy 1</p> <p><b>\$4.99</b></p> |  |   |
|  <p>Ataulfo Mangoes<br/>Product of Mexico</p> <p><b>100 PTS</b><br/>when you buy 2</p> <p><b>\$1.99</b><br/>ea</p>                                    |  <p>Avocados 5 pk<br/>Product of Mexico</p> <p><b>50 PTS</b><br/>when you buy 1</p> <p><b>\$4.99</b></p>   |  <p>Green or Grey Zucchini or Eggplant Product of Mexico 4.39/kg</p> <p><b>\$1.99</b><br/>/lb</p>   |  <p>Hothouse Tomatoes<br/>Product of Canada, Canada No. 1, USA or Mexico No. 1 Grade 5.48/kg</p> <p><b>\$2.49</b><br/>/lb</p>                            |
|  <p>Compliments Lemons 2 lb<br/>Product of USA 907 g</p> <p><b>50 PTS</b><br/>when you buy 1</p> <p><b>\$4.99</b></p>                                 |  <p>Mandarins 2 lb<br/>Product of USA 907 g</p> <p><b>100 PTS</b><br/>when you buy 1</p> <p><b>\$5.99</b></p>  |  <p>Yellow Onions 3 lb Bag Product of Canada, Canada No. 1, 1.36 kg</p> <p><b>50 PTS</b><br/>when you buy 1</p> <p><b>\$2.99</b></p>                                  |  <p>Organic White or Brown Whole Mushrooms 227 g Product of Canada</p> <p><b>100 PTS</b><br/>when you buy 2</p> <p><b>\$2.99</b></p>                     |
|  <p>Maple Lodge or Zabihah Halal Wieners or Bologna 375-450 g<br/>reg 3.49-3.99</p> <p><b>SAVE \$1.99</b></p> <p><b>\$2.49</b></p>                    |  <p>Value Pack Angus Beef Striploin Steak Out from Canada AA Grade Beef or Higher 42.207kg</p> <p><b>200 PTS</b><br/>when you buy 1</p> <p><b>\$19.49</b><br/>/lb</p>                                |  <p>Janes Tavern Battered Cod Frozen 1 kg reg 24.99</p> <p><b>1 kg</b></p> <p><b>\$19.99</b></p>  |   |
|  <p>Schneiders Pepperettes 250-375 g reg 10.99</p> <p><b>SAVE \$1</b></p> <p><b>\$9.99</b></p>   |  <p>Catch of the Day Fish Filets Frozen 580-800 g reg 14.00-15.00</p> <p><b>SAVE \$3</b></p> <p><b>\$12</b></p>  |  <p>Compliments Thick Cut Naturally Smoked Bacon 1 kg</p> <p><b>1 kg</b></p> <p><b>\$13.99</b></p>  |  <p>Pinty's Chicken Wings Frozen 700-720 g reg 17.99</p> <p><b>SAVE \$4</b></p> <p><b>\$13.99</b></p>  |
|  <p>Castello Blue Cheese, The Stillo Parmesan Cheese 125 g, Compliments Feta 200 g reg 5.49-7.99</p> <p><b>SAVE \$2.99</b></p> <p><b>\$4.99</b></p> |  <p>Castello Sliced Cheese 125-165 g reg 7.19</p> <p><b>SAVE \$1.99</b></p> <p><b>\$5.49</b></p>   |  <p>Maple Leaf Natural Selections Deli Meat 175 g reg 7.99</p> <p><b>SAVE \$2</b></p> <p><b>\$5.99</b></p>  |  <p>Pillar's Deli Meat Duo Club Size 300-350 g Boursin Cheese 250 g reg 8.99-10.49</p> <p><b>\$7.99</b></p>  |
|  <p>Vachon Snack Cakes 252-336 g reg 5.09</p> <p><b>SAVE \$1.99</b></p> <p><b>\$3.99</b></p>  |  <p>Dempster's Signature Cinnamon Raisin Bread 680 g reg 4.19</p> <p><b>SAVE \$0.99</b></p> <p><b>\$3.99</b></p>   |  <p>Portofino Artisan Bread 585-590 g or Deluxe Brioche Buns 6 pk reg 5.49</p> <p><b>100 PTS</b><br/>when you buy 2</p> <p><b>SAVE \$1</b></p> <p><b>\$4.49</b></p> |  <p>Compliments Butter Croissants or Simple Joy Cheese Croissants 270 g or Glazed Donuts 6 pk reg 5.00</p> <p><b>SAVE \$1</b></p> <p><b>\$4.49</b></p> |

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

**SAVE UP TO \$2.58 ON 2**  
**2/\$7**

Doritos 210-280 g or Ruffles 190-200 g reg 4.49-4.79

**SAVE \$1.20**  
**\$2.49**

Christie Crackers Selected Varieties 180 g reg 3.69

**100 PTS** when you buy 2  
**SAVE 50¢**  
**\$3.99**

Coca-Cola Soft Drinks Mini Cans 6x222 mL reg 4.49

**100 PTS** when you buy 2  
**SAVE \$1.15**  
**\$3.49**

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

**100 PTS** when you buy 2  
**SAVE \$1.60**  
**\$2.49**

Cheemo Perogies 815-907 g reg 3.99

**SAVE \$7**  
**\$15.99**

Kicking Horse Whole Bean Coffee 454 g reg 22.99

**SAVE \$6**  
**\$16.99**

Folgers K-cups 30 pk reg 22.99

**SAVE \$3**  
**\$9.99**

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

**SAVE 80¢**  
**\$2.49**

Monster Energy Drinks 474-473 mL Celsius Energy Drink 355 mL reg 3.29

**SAVE \$1**  
**\$2.99**

Nature Valley Sweet & Salty, Protein or Fibre 1 Bars 12x226 g reg 3.99

**SAVE \$1**  
**\$4.99**

Post Cereal Selected Varieties 525-635 g reg 5.99

**50 PTS** when you buy 2  
**SAVE 75¢**  
**\$3**

VH Soya Sauce 341-380 mL reg 3.79

**SAVE 74¢**  
**\$2.25**

Betty Crocker Mashed Potatoes 141-215 g reg 2.99

**SAVE \$1.00**  
**\$2.99**

Lotero Celebration Cookies 240-350 g reg 4.79

**\$2**

Compliments Tomatoes 796 mL

**50 PTS** when you buy 2  
**\$1.69**

Compliments Beans 540 mL

**SAVE \$5**  
**\$12.99**

Purex 4 L or Sunlight 4 L or Persil 1.86 L reg 15.99-17.99

**SAVE 80¢**  
**\$2.49**

Palmyr Dish Soap 591-828 mL reg 3.29

**SAVE \$1.15**  
**\$1.99**

Minute Maid Fruitopia Drinks or Peace Tea 1.5 L

**SAVE \$1**  
**\$3.99**

Simply Beverages 1.5 L Selected Varieties

**SAVE 80¢**  
**\$5.49**

Simply Lemonade 2.63 L

**MORE WAYS TO SAVE!**

**NOT PRICE** **Scene** **Lower & Low**

Look for these specially-marked items throughout our stores

# FLORAL DEALS

5-Stem Tulip Bouquets  
**\$4.99**



**\$21.99**



Orchids  
 5" Deco  
 Plastic Pot



**\$3.49**  
 Assorted Bulbs  
 4" Pot



Violets  
 4" Pot

**\$3.49**



Mini Roses  
 4" Pot

**\$3.99**



Dozen  
 Long Stem Roses 50 cm

**\$16.99**



Blossom  
 Mixed Bouquets

**\$10.99**



Market  
 Mixed Bouquets

**\$14.99**



Garden  
 Mixed Bouquets

**\$17.99**

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE. NOT AVAILABLE AT THUNDER BAY LOCATION

Del Monte  
Real Fruit Sorbet  
946 mL or  
Yogo Frozen  
Yogurt Bars  
4x80 mL  
Selected Varieties

**\$4<sup>99</sup>**



**MADE IN CANADA**  
FROM DOMESTIC AND IMPORTED INGREDIENTS



Baskin-Robbins  
Ice Cream 946 mL or  
Novelties 4x125 mL  
Selected Varieties

**\$9<sup>99</sup>**  
Without  
Score+ Card **\$10<sup>99</sup>**

Nestlé  
Parlour Frozen  
Dessert 1.5 L  
Selected Varieties

**\$3<sup>44</sup>**

**MADE IN CANADA**  
FROM DOMESTIC AND IMPORTED INGREDIENTS



Carnation  
Rich & Creamy  
Hot Chocolate  
10x25 g Sachets  
Selected Varieties

**\$4<sup>49</sup>**

Starbucks Coffee  
Enhancer 828 mL  
Selected Varieties

**\$6<sup>99</sup>**



100% NATURAL INGREDIENTS  
MADE WITH ITALIAN FRUITS

Maison Perrier  
Sparkling Water  
8x330 mL  
San Pellegrino  
Naturali Sparkling  
Drink 6x330 mL  
Selected Varieties

**200 PTS**  
when you buy 2  
**\$6<sup>99</sup>**

## Enjoy great taste with Nestlé!

Nestlé  
King Size Tablets  
68-73 g  
Selected Varieties

**\$2<sup>39</sup>**



Nestlé  
Tablets 95-120 g  
Assorted Junior Bars 91 g  
Selected Varieties

**\$2<sup>75</sup>**



Nestlé  
Gerber Baby Snacks  
42-165 g  
Selected Varieties

**100 PTS**  
when you buy 2  
**\$2<sup>49</sup>**



Nestlé  
Boost Nutritional Drinks  
6x237 mL  
Selected Varieties

**200 PTS**  
when you buy 2  
**\$12<sup>99</sup>**



Starbucks  
Roast and Ground Coffee  
783 g  
Selected Varieties

**\$22<sup>99</sup>**



Nestlé  
Rich Instant Coffee  
475 g  
Selected Varieties

**300 PTS**  
when you buy 1  
**\$17<sup>99</sup>**

# RAMADAN MUBARAK

**\$3.99** Red Onions 3 lb Product of Canada, Canada No. 1 or USA No. 1 Grade 1.35 kg

**\$1.99** /lb Ginger Root Product of China 4.39/kg

**\$1.29** Garlic 5 pk Product of China

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

**99¢** Greenworld Vermicelli 454 g reg 1.49 **SAVE 50¢**

**\$3.99** Kashi Vanilla Halva 450 g reg 5.49 **SAVE 1.50**

**\$7.99** Kashi Golden Tahini 800 g reg 10.29 **SAVE 2.30**

**\$9.49** Salem Foods Nabulsi Olives 2 kg reg 12.49 **SAVE 3**

**\$3.69** Salem Foods Vine Leaves 454 g, Roasted Eggplant 450 g or Cucumbers 1 L reg 4.49-4.79 **SAVE 8¢-11¢**

**\$5.99** Salem Foods Freekeh 800 g reg 7.49 **SAVE 1.50**

**\$4.49** Sumbulah Gulash Pastry Loaves or Baklava 500 g reg 7.49 **SAVE 3**

**\$7.49** Atshifa Natural Honey 500 g reg 9.99 **SAVE 2.50**

**\$5.29** Kashi Premium Pistachio Halva 450 g reg 6.99 **SAVE 1.70**

**\$9.99** Puck Creamy Dairy Spread 500 g reg 12.99 **SAVE 3**

**\$1.99** Almarai Nectar 1 L reg 2.49 **SAVE 50¢**

**\$3.49** Sera Roasted Eggplant or Tomato Paste 720 mL reg 4.49 **SAVE 1**

**\$6.79** Sera Hot Pepper Paste 720 mL reg 8.29 **SAVE 1.50**

**\$3.99** Sumbulah Konafah Dough 500 g reg 6.99 **SAVE 3**

**\$1.79** Candylicious Gummy 180 g reg 2.29 **SAVE 50¢**

**\$10.99** Greenworld Egyptian Style White Rice 5 kg reg 13.99 **SAVE 3**

**\$15.99** Greenworld Horse Head Tea 800 g reg 16.99 **SAVE 1**

**\$2.29** Eri Popkek Mini Cake 144 g reg 2.69

**\$2.49** Dunya Harvest Chickpeas or Red Lentils 900 g reg 2.99-3.49 **SAVE 50¢**

**\$4.99** Puck Labneh 400 g reg 6.49 **SAVE 1.50**

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.

# RAMADAN MUBARAK



**SAVE \$1**  
**\$3.99**  
 Tre Stelle Paneer 300 g  
 reg. 4.99



**SAVE 80¢**  
**\$4.99**  
 Chalol! Dahi 2% M.F. or 3.25% M.F. 1.8 kg  
 reg. 5.79



Standard Rooh Afza 800 mL reg. 4.97  
**SAVE 10¢** when you buy 1  
**\$3.99**



Parle-G Biscuits 300 g reg. 1.97  
**SAVE 98¢**  
**99¢**



Tata Tea Orange Pekoe 220 pk 638 g reg. 9.97  
**SAVE 98¢**  
**\$8.99**



Britannia Milk Rusk 560 g reg. 5.47  
**SAVE 11¢**  
**\$4.29**



Sherbon Mango or Guava Juice 2 L reg. 5.47  
**SAVE 11¢**  
**\$3.99**



Bikano Snacks 125-150 g Selected Varieties  
**\$1.79**



Deep Mango Pulp 850 g  
**SAVE 50¢** when you buy 1  
**\$3.99**



Swad Saag 800 g  
**\$2.79**



Toja Ghana Daal 1.81 kg reg. 7.47  
**SAVE 11¢**  
**\$5.99**



Bhar's Makhani 250 g reg. 8.49  
**SAVE 50¢** when you buy 1  
**\$7.99**



Deep Naan or Parathas 292-400 g Selected Varieties reg. 3.69  
**SAVE 70¢**  
**\$2.99**



Deep Cocktail Samosas 425-427.5 g reg. 3.99  
**SAVE 70¢**  
**\$3.29**



Nanak Milk Cake 400 g reg. 9.99  
**SAVE 100¢** when you buy 1  
**\$8.49**



Nanak Veggie Burgers 640 g reg. 12.49  
**SAVE 12¢**  
**\$10.49**



Parjimi Naan 500-600 g reg. 5.00  
**\$3.99**



Mina Supreme Crunch Frozen 600-720 g reg. 11.99  
**SAVE 12¢**  
**\$9.99**

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.♦

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♦Conditions Apply

