

FRESH CO

Lowering food prices

Flyer in effect
March 26-April 1, 2026
Prices in effect in Ontario,
Excludes Thunder Bay

EASTER DEALS

\$5.99
/lb

New Zealand Spring Lamb
Banjo Style Bone-In
Lamb Shoulder
Frozen 13.21/kg
reg 7.99/lb
WHILE SUPPLIES LAST
Agneau du printemps



SAVE \$2
/lb
\$1.99
/lb

Schneiders
Applewood Smoked
Bone-In Ham 4.39/kg
reg 3.99/lb WHILE
SUPPLIES LAST
Jambon fumé



Gray Ridge
Premium Large Eggs
or Burnbrae Farms
Prestige Family Pack
Large Eggs 18 pk
LIMIT OF 4
Œufs

SAVE \$2
\$4.99
without Scene+ Card **\$6.99**

CHANCE TO WIN*
EVERY WEEK!

GROCCERY
GIVEAWAYS



Play on the FreshCo app now

IT'S GAME TIME

Don't miss your chance to play weekly challenges, answer trivia questions, Spin the Wheel and earn chips to enter into your choice of sweepstakes prizes for a chance to win* - exclusively on the FreshCo app



Download the FreshCo grocery app to play.



Register or sign into your account and link your Scene+ card.



Play every week for a chance to unlock offers for free products, Scene+ points and earn chips.

*NO PURCHASE NECESSARY. Full Contest rules found at freshco.ca/grocerygiveaways. Contest runs from 03/26/26 - 04/25/26. Open to legal residents across provinces of Canada excluding Quebec who have a valid Scene+ account and have reached the age of majority. Total of 32 prizes to be won: 6x \$1,000,000 Scene+ points (\$10,000 CAD ea), 3x Cineplex Showtime Cards (\$3,650 CAD ea), 2x \$5,000 Scotiabank Cash Prizes, 20x \$500 Home Hardware GCs, and 1x 1,000,000 Scene+ points that can be used for Travel (\$10,000 CAD). Contest is no way sponsored, endorsed or administered by Scotiabank, Cineplex Inc., Home Hardware Stores Limited, Apple Inc. See page 2 for more details



Sugardale Bacon 375 g
reg 8.99
WHILE SUPPLIES LAST
Bacon

\$3.99



Bagged Avocados 5 pk
Product of Mexico or
White Mushrooms 454 g
Product of Ontario
Avocats ou champignons

\$2.99



Seedless Oranges 8 lb
Product of Morocco
or Egypt 3.63 kg
Oranges

\$6.99



Mastro Genoa Salami 600 g or
San Daniele Mortadella 750 g
reg 13.99-15.99
Charcuteries

100 PTS
when you buy 2
SAVE UP TO \$6
\$9.99



Armstrong
Cheese Bars 400 g or
Shreds 320 g
reg 7.49-7.99
Fromage

SAVE UP TO \$3
\$4.99



Nestlé Real Dairy &
Confectionery Frozen
Dessert 1.5 L Drumstick
or Novelties 4-10 pk i600
Frozen Yogurt Tub 946 mL
Novelty Bars 4 pk or
Pops 8 pk reg 5.99-6.99
Desserts surgelés, nouveautés,
barres ou sucettes glacées

SAVE UP TO \$2.05
\$4.94



Dunya Harvest
Parboiled or Long Grain
White Rice 8 kg
reg 16.99
Riz

SAVE \$6
\$10.99



Fantino & Mondello
Deli Meat 100-200 g or
Maple Leaf Natural
Selections 175 g
reg 7.99
Charcuteries

SAVE \$2
\$4.49
without Scene+ Card **\$6.49**

Villaggio Bread
550-675 g or Buns
6-8 pk reg 4.19
Pain ou petits pains

SAVE \$1
\$2.99
without Scene+ Card **\$3.99**



make
happy
tummies

Join Us.
100% of donations help feed
hungry tummies at schools in
our neighbourhoods.

Donate
in-store

makehappytummies.ca

TM 2026 Make Happy Tummies

PRODUCT SELECTION MAY VARY BY LOCATION

Locally Owned & Operated
BY PROUD CANADIANS



Look for the leaf
to help you
support Canada



Learn more



Coca-Cola Soft Drinks
12x355 mL
Selected Varieties

\$7.99
Without Scene+ Card **\$8.99**



Bubly 12x355 mL or Montellier 10x355 mL

SAVE \$1.50
\$5.99
Without Scene+ Card **\$7.49**



Lay's Potato Chips
177-235 g or Smartfood
150-220 g
reg 3.99-4.69

SAVE UP TO \$1.94
\$2.75



Christie Crackers Select Varieties 180 g
Triscuits 185-200 g Dare Breton or Vinta Crackers
173-225 g or Grissol Melba Toast, Canape or
Baguettes 120-200 g reg 3.49-3.79

SAVE UP TO \$1.80
\$1.99



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

SAVE UP TO \$2.20
\$2.49



Club House Recipe Mixes 20-47 g
reg 1.49-1.59

SAVE UP TO 60¢
99¢



Sealtest 5% or 10% Cream I L or Astro Yogurt Tub 500-750 g
reg 3.49-4.39

SAVE UP TO \$1.40
\$2.99



Campbell's Broth 900 mL

SAVE 72¢
\$1.77



Eskaa Spring Water 24x500 mL
reg 6.99

SAVE \$3
\$3.99



Coca-Cola or Pepsi Soft Drinks 6x710 mL
Selected Varieties reg 6.17

SAVE \$2.18
\$3.99



Philadelphia Cream Cheese 340 g

SAVE \$2.30
\$4.99



Becel Margarine 850 g
reg 8.99

SAVE \$2
\$6.99



Del Monte Morning Sunshine Orange Juice Blend 2.5 L
reg 7.49

SAVE \$1.50
\$5.99



Ocean Spray Cocktail 1.89 L or 100% Juice 1.77 L
reg 4.49-4.99

SAVE UP TO \$1
\$3.99



Folgers Ground Coffee 544-816 g
reg 21.99

SAVE \$5
\$16.99



Fleecy Fabric Softener 1.36 L or Dryer Sheets 80 pk
reg 6.29-6.99

SAVE UP TO \$2
\$4.99

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



Nescafé Rich Instant Coffee 100-170 g
Sweet and Creamy 18 pk or Taster's Choice 100 g
reg 7.99-8.99

100 PTS when you buy 2
SAVE UP TO \$2.55
\$6.44



Kellogg's Cereal Selected Varieties 269-365 g
reg 5.49

200 PTS when you buy 3
SAVE \$2
\$3.49



Kellogg's Cheez-It Crackers 191-200 g
reg 3.99

250 PTS when you buy 3
SAVE \$2
\$1.99



Stove Top Stuffing 120 g
reg 2.49

100 PTS when you buy 3
SAVE \$1.20
\$1.29

Scene DIGITAL EXCLUSIVE

Mar 26-Apr 1, 2026
*terms and conditions apply

DOWNLOAD THE FRESHCO APP

For every dollar spent on Cashmere Bathroom Tissue 8-24 or 12-24 rolls or SpongeTowels Paper Towels 3-6 rolls, get

20* pts

For every dollar spent on Sweet Bell Peppers 4 pk Product of Mexico or Canada, get

20* pts

The Scene+ Loyalty Program is available at all participating FRESHCO locations within ONTARIO. No base Scene+ points earned. See weekly offers for current ways to earn Scene+ points and visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. All weekly Scene+ offers exclude taxes, delivery charges, bill payments, service fees, rental fees, event tickets, gift cards, fluid dairy products in Atlantic regions, pre-paid cards, postal products and services, Western Union, McAfee/Tim Hortons/Starbucks products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lottery, photo finishing, deposits, environmental charges, fuel and other goods and services which are non-discountable or excluded by law. For full Scene+ Terms & Conditions or to redeem your points, visit <https://www.sceneplus.ca/terms-and-conditions>. All offers are subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated. Offers valid Thursday, March 26, 2026 to Wednesday, April 1, 2026. Prices in effect while supplies last. We reserve the right to limit quantities. No rainchecks except as advertised. All price savings shown in this flyer are measured against our lowest regular retail prices offered at our stores in the applicable trade area. Guarantee does not apply to banners owned, operated or franchised by Sobeys Capital Incorporated. Savings offered may differ by region. We reserve the right to correct any unintentional errors in this flyer and make changes to any of our programs without prior notice. See in-store or FreshCo.com for details. Our reference to "lowering prices", "low prices" and other similar statements in our ads is as compared to the full-service banners operated by Sobeys Capital Incorporated. See in-store or FreshCo.com for full details of our Guarantees. All Guarantees are applied at our absolute discretion and we reserve the right to define competitor, trade area and to limit quantities. Not to be combined with any other offers and subject to change without notice. Guarantees do not apply to third party vendor products, prescriptions, gift cards, liquor, tobacco, clearance & limited-time products, loyalty and marketing initiatives and any products which may not be discounted by law (the "limitations"). **LOWEST PRICE GUARANTEE:** Subject to the limitations and excluding products sold by third party vendor products sold within the store. If a discount competitor within the geographic trade area offers a lower price on an identical item by brand and size that we carry in this store, we will sell you that item for 1¢ less than the discount competitor's current advertised price in their flyer. Price matching will be done for the following banners: Ontario: No Frills, Food Basics, Real Canadian Superstore, and Wal-Mart British Columbia, Alberta, Saskatchewan, and Manitoba; No Frills, Real Canadian Superstore, Wal-Mart and Save-On-Foods. Price match locations are subject to change based on regional circumstances. Does not apply to competitor errors. Limit of four (4) units of each price matched item per customer. **DOUBLE FRESH GUARANTEE:** Subject to limitations, if you buy an eligible product from our store, use the product as intended, and the product does not meet your expectations, you can return the product with a receipt within 14 days of purchase and we will refund the purchase price and provide you with an identical replacement product (while supplies last). **IN-STOCK GUARANTEE:** Subject to limitations and excluding seasonal and limited quantity products, if you find that we are out of stock of any product featured in that store's current flyer, we will provide you with a rain check that can be used to purchase the item for 10% off the current advertised price when the item is back in stock. **PRICES IN EFFECT IN ONTARIO, EXCLUDES THUNDER BAY**

Enter your chips for a chance to win** one of these great prizes:

1 x 1 MILLION SCENE+ POINTS valued at \$10,000

6 x 1 MILLION SCENE+ POINTS valued at \$10,000 each

3 x CINEPLEX SHOWTIMES CARDS valued at \$3,650 each

3 x \$5,000 SCOTIABANK CASH PRIZES deposited into a Scotiabank investment plan

3 x \$500 HOME HARDWARE GIFT CARDS

PLAY WEEKLY TO UNLOCK FREE ITEM OFFERS FROM COMPLIMENTS!

WE'RE FULL OF compliments



EARN UP TO 5X MORE POINTS WHEN YOU USE THE OFFERS ON THE FRESHCO APP.†

Learn more on how to get in on all the fun at www.FreshCo.ca/grocerygiveaways

†Analysis of Scene+ offers over a 52-week period across all Sobeys Capital Incorporated banners reveals that members who use the Foodland, FreshCo, Sobeys or Safeway app for digital and in-store offers accumulate more points compared to members who do not use the app for these offers.



Red Seedless Grapes Product of South Africa or Chile No. 1 Grade 8.80/kg

\$3.99 /lb



Raspberries or Blackberries 170 g Product of USA or Mexico

\$3.99



Sweet Bell Peppers 4 pk Product of Canada or Mexico or Compliments Yellow Potatoes 10 lb Product of Ontario, Canada No. 1, 4.54 kg

50 PTS when you buy 1
\$4.99



Pineapple Product of Costa Rica or Compliments Lemons 2 lb Bag Product of USA 907 g

50 PTS when you buy 1
\$3.99



Stem & Leaf Clementines Product of Spain 6.59/kg

\$2.99 /lb



Baby Romaine Hearts 2 pk Product of USA or Celery Product of USA No. 1 Grade

\$2.99



Cantaloupe Product of Brazil No. 1 Grade

\$2.99



Bartlett Pears Product of South Africa Extra Fancy Grade or Ambrosia Apples Product of Ontario, Canada Extra Fancy Grade 3.95/kg

\$1.79 /lb



Mini Seedless Cucumbers 6 pk Product of Ontario, Canada No. 1 Grape Tomatoes 283 g Product of Canada or Mexico

50 PTS when you buy 1
\$2.99



Compliments Baby Arugula, Spinach or Spring Mix 142 g or Fresh Attitude Baby Kale Blend or Single Kits 142-185 g Product of USA

50 PTS when you buy 1
\$3.99



Frozen Grade A Turkey 5-11 kg 5.49/kg

SAVE UP TO \$1.50 /lb
\$2.49 /lb



Marc Angelo Italian Style Pork Sausage 450 g

\$5



Compliments Garlic Sausage 750 g

\$6.99



Value Pack Lean Ground Beef 1 kg

\$18



Compliments or Compliments Balance Meatballs Frozen 560-680 g reg 10.99-11.99

100 PTS when you buy 1



Panache Breaded Coconut or Butterfly, Tempura or Bang Shrimp Frozen 340-355 g Crispy Calamari or Crab Rangoon Frozen 252-355 g

SAVE UP TO \$4
\$7.99



Compliments Cooked or Raw Pacific White Shrimp Frozen 340 g

SAVE UP TO \$3
\$7.99



Best Buy Meat Lasagna Frozen 2.27 kg

\$10



Summer Fresh Hummus Dips or Salsa 200-227 g

75 PTS when you buy 1
SAVE \$1
\$3.49



Brandt Kolbassa Chubs 250 g

SAVE \$2
\$4.99



Boursin Cheese 150 g

\$4.99



Castello Sliced Cheese 125-165 g

100 PTS when you buy 2
SAVE \$1.70
\$5.49



Dempster's or Tia Rosa Tortillas 272-340 g

SAVE \$1
\$2.99



Vachon Snack Cakes 250-336 g

\$3.99



Sun-Maid or Dempster's Raisin Bread 450-600 g or Dempster's Muffin Tops 270 g

SAVE UP TO \$1
\$3.99



Compliments Muffins 400-600 g

SAVE \$1.01
\$5.49

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



Philadelphia Cream Cheese
227-250 g

Scene+ MEMBER
\$3.99
without Scene+ Card **\$5.19**



Tim Hortons Single Serve K-Cups 30 pk

Scene+ MEMBER
\$19.99
without Scene+ Card **\$27.99**



Tostitos 205-300 g or **SunChips** 205 g

SAVE UP TO \$1.80
\$2.99



Christie Cookies Selected Varieties 224-303 g or **Peek Freans Selected Varieties** 275-350 g

SAVE UP TO \$1.30
\$2.99



Heluva Good! Dips 680 g

SAVE \$2
\$5.99



Compliments Frozen Fruit 300-600 g reg 4.99

SAVE 50¢
\$4.49



Italpasta Artisan or Soup Pasta 450 g

\$2.29



Unico Beans 540 mL or **Tomatoes** 796 mL

SAVE UP TO \$3.09 ON 2
3/\$5



Perrier or San Pellegrino Sparkling Water 1 L

100 PTS when you buy 3
\$1.88



Nature Valley Granola Bars or Betty Crocker Fruit Snacks Selected Varieties 128-230 g

SAVE \$1
\$2.99



Pepperidge Farm Goldfish Crackers 167-227 g or **Snyder's of Hanover Pretzels** 240 g

SAVE UP TO 70¢
\$2.99



Tetley Tea 20-24 pk

SAVE \$2
\$2.99



Kicking Horse Whole Bean Coffee 454 g

SAVE \$7
\$15.99



Mott's Clamato or Garden Cocktail 1.89 L

SAVE UP TO \$1.80
\$3.49



Nutella Hazelnut Spread 1 kg reg 11.49

150 PTS when you buy 1
SAVE \$1
\$10.49



Takis 190-280 g

SAVE \$1
\$3.29



Compliments Whipped Topping 1 L reg 3.99

SAVE \$1
\$2.99



Tenderflake Pie or Tart Shells 255-397 g reg 4.29

SAVE 80¢
\$3.49



Del Monte Vegetables 341-398 mL

SAVE \$1.82
\$1.67



Ocean Spray Cranberry Sauce 348 mL

SAVE 50¢
\$2.29



Pillsbury Crescent Rolls 226 g

SAVE 50¢
\$1.99



Pillsbury Grands! Cinnamon Rolls or Cookies 496 g

SAVE 50¢
\$3.99



Dole Pineapple 398 mL

\$2.44



Betty Crocker Homestyle Mashed Potatoes 141-215 g

SAVE 74¢
\$2.25



Reynolds Parchment Paper 35' or Alcan Non-Stick Foil 25' or Foil Wrap 50' reg 4.99-5.29

SAVE UP TO \$2.30
\$2.99



Ziploc Freezer Bags 10-90 pk reg 5.79

SAVE 80¢
\$4.99

MORE WAYS TO SAVE!



Look for these specially-marked items throughout our stores

FRESH DEALS



\$1.29
/lb

Acorn, Kabocha, Butternut or Spaghetti Squash
Product of Mexico
2.84/kg



\$2.99

Compliments Yellow Onions 3 lb
Product of Ontario
Canada No. 1, 1.36 kg



Rutabaga
Product of Ontario
2.18/kg

99¢
/lb



\$2.49

Green Cabbage
Product of Canada
Canada No. 1



Sweet Potatoes
Product of Ontario
3.28/kg

\$1.49
/lb



\$4.49

Marzetti Dips
340 g
Assorted



\$4.99

Litehouse Dressing
591 mL
Assorted



\$2.99

Fresh Gourmet Salad Toppers
99 g



\$3.99

San Daniele Sliced Prosciutto
100 g or
Compliments Goat Cheese
113 g



\$8.49

Castello Havarti Cheese 425 g or Tre Stelle Feta Cheese 375 g

King's Hawaiian Sweet Rolls or Savoury Butter Rolls 340 g

\$3.49



SAVE \$1

Compliments Pies 680-750 g

\$5

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

EASTER FLORAL



\$8.99

Easter Lily
6" Pot or
10-Stem
Tulip
Bouquets



\$15.99

Multi Bloom
Hydrangeas
6" Pot



Assorted Bulbs
4" Pot

\$2.99

Orchids
5" Deco Plastic Pot
Grown in Ontario

\$14.99



Large Easter Mixed
Bouquets

\$12.99



50 cm

50 cm Dozen Long Stem Roses
with Greens & Baby's Breath

\$14.99



Pot Mums or Easter
Egg Mums 4.5" Pot

\$4.49

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

EASTER SAVINGS



\$2.99
Peeps Marshmallows 85 g

100 PTS when you buy 3

\$1.79

Kinder Joy Egg 20 g



\$4.99

Cadbury Mini Eggs 190-200 g
Micro Mini Eggs Filled 97 g or
Caramel Buttons Filled 96 g



Cadbury Creme Eggs 33-34 g

\$1.39



Cadbury Mini Eggs 400 g

\$8.99



Cadbury Mini Eggs 875 g or
Hershey's Eggies 700-900 g

\$15.99



Cadbury Creme Eggs 3 pk 102 g or
Sour Patch Kids Bunnies 315 g

\$3.99



Lindt Gold Chocolate Bunny 100 g

\$5.99



Ferrero Rabbit 142-162.5 g or
Kinder Surprise Maxi 116-150 g

200 PTS when you buy 2

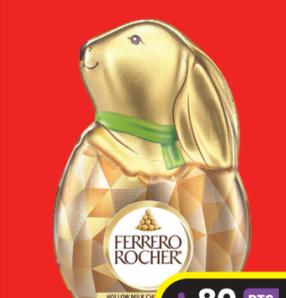
\$10.99



Kinder Happy Moments 184 g, Mini Eggs 140-200 g or
Kinder Maxi Eggs 80 g

100 PTS when you buy 2

\$6.49



Ferrero Egg or Bunny 70 g

80 PTS when you buy 2

\$5.29



Kinder Chocolate Surprise Egg 100 g

100 PTS when you buy 2

\$6.49



Nestlé Hide Me Eggs 100-153 g or
Chocolate Bunny 85-145 g

\$4.99



Hershey's Eggies 34-42 g

99¢



Compliments Solid Chocolate Bunny 100 g

\$4.49

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.



Carnation Evaporated Milk 354 mL reg 2.79

SAVE 80¢
\$1.99



Robin Hood All Purpose Flour 2.5 kg



Five Roses or Robin Hood Flour 2.5 kg

SAVE 80¢
\$5.49



Eagle Brand Condensed Milk 300 mL

SAVE 50¢
\$3.49



Robin Hood Gluten Free Flour 907 g

SAVE \$3
\$6.99

CHANCE TO WIN*
EVERY WEEK!

G R O C E R Y
GIVEAWAYS



Play on the FreshCo app now

IT'S GAME TIME



PLAY THE COMPLIMENTS CHALLENGES THIS WEEK
FOR YOUR CHANCE TO EARN A FREE ITEM OFFER!

COMPLIMENTS
Extraaaa! Flavour
Potato Chips
200 g



COMPLIMENTS
Exceptional
Chocolate Chip
Cookies
280 g



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Danone
Activia
Yogurt 8 pk

SAVE \$1
\$3.99



SAVE \$1
\$2.99

Danone Danino
Drinkable Yogurt
6x93 mL



100 PTS
when you buy 3

SAVE \$1.50
\$2.49

iögo Nanö
Yogurt with
Popping Bubbles
4x100 g

Kraft Singles
Cheese Slices 410 g

100 PTS
when you buy 2



200 PTS
when you buy 1

Kraft Singles
Cheese Slices 825 g



Scene
MEMBER
PRICING
\$3.99

Kraft
Philadelphia
Cream Cheese
227-250 g
\$5.19 without
Scene+ Card

WE'RE FULL OF
compliments

That's
expert-level
shopping



Compliments
Margarine
68% Vegetable Oil
850 g

SAVE \$1
\$3.99



\$4.88 Compliments
Natural Cheese
Slices 210-230 g

BEST BUY



Best Buy
Lemonade or
Iced Tea 1.6 L

SAVE \$1
\$1.99

FLAVOURS OF THE CARIBBEAN



100 PTS when you buy 4

50¢

Chubby Soft Drink 250 mL reg 69¢



\$1

Mr. Goudas Table Salt 1 kg or Coarse Salt 750 g reg 1.29-1.49



SAVE UP TO 99¢



\$2

Royalty Digestives 400 g, Ginger Nuts or Rich Tea Cookies 300 g reg 2.29-2.99



Tastee Cheese 1 kg reg 41.00

SAVE \$7 \$34



Excelsior Cream Crackers 225 g reg 2.29

SAVE 60¢ \$1.69



Grace Soup Mixes 42-60 g reg 1.39

SAVE 50¢ 89¢



Vita Malt Beverage 330 mL reg 1.99

\$1.69



Karibbean Flavours Green Seasoning or Hot Sauce 300 mL reg 4.29

SAVE \$1.30 \$2.99



Grace Peanut Punch 240 mL reg 1.49

\$1.25



Grace Bag N' Cook Jamaican Jerk 35 g reg 2.29

SAVE \$1.58 2/\$3



Grace Coconut Milk Powder 50 g reg 1.29

99¢



Excelsior Crackers 300 g reg 2.49

\$2



Eclipse Crackers 113 g reg 1.29

99¢



Dunya Harvest Pigeon Peas or Lima Beans 540 mL reg 1.99

SAVE 50¢ \$1.49



Governor's Choice Jamaican Callaloo 540 mL reg 3.29

SAVE 80¢ \$2.49



Nestlé Milo 400 g reg 5.99

SAVE \$1 \$4.99

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

FLAVOURS OF THE CARIBBEAN



\$1.69
/lb

Papaya
Product of Mexico
3.73/kg



\$1.29

Red or Ataulfo Mangoes
Product of Mexico

Plantain
Product of Guatemala
2.84/kg

\$1.29
/lb



Grace Island Soda
355 mL reg 1.49

\$1.29



Dunya Harvest Dark Red Kidney Beans 900 g

SAVE 70¢
\$2.79



Ting
285 mL reg 1.99

SAVE 50¢
\$1.49



Grace Coconut Water
500 mL reg 2.29

SAVE 60¢
\$1.69



Dunya Harvest Corn Meal
2 kg reg 3.69-3.99

SAVE UP TO \$1
\$2.99



Grace Jerk Seasoning
284-340 g reg 5.79

SAVE 80¢
\$4.99



Grace Bouillon Cubes
60 g reg 99¢

69¢



Cool Running Seasonings
90-900 g reg 5.99

SAVE \$1.20
\$4.79



Cool Running Garlic Powder
650 g reg 13.99

SAVE \$2
\$11.99



Cool Running Black Whole or Ground Pepper
500 g reg 16.99

SAVE \$2.70
\$14.29



Grace Jerk Marinade
350 mL or BBQ Sauce
480 mL reg 5.29

SAVE 80¢
\$4.49



Cool Running Demerara or British Class Turbinado Sugar
800 g reg 3.99-4.29

SAVE UP TO \$1
\$3.29

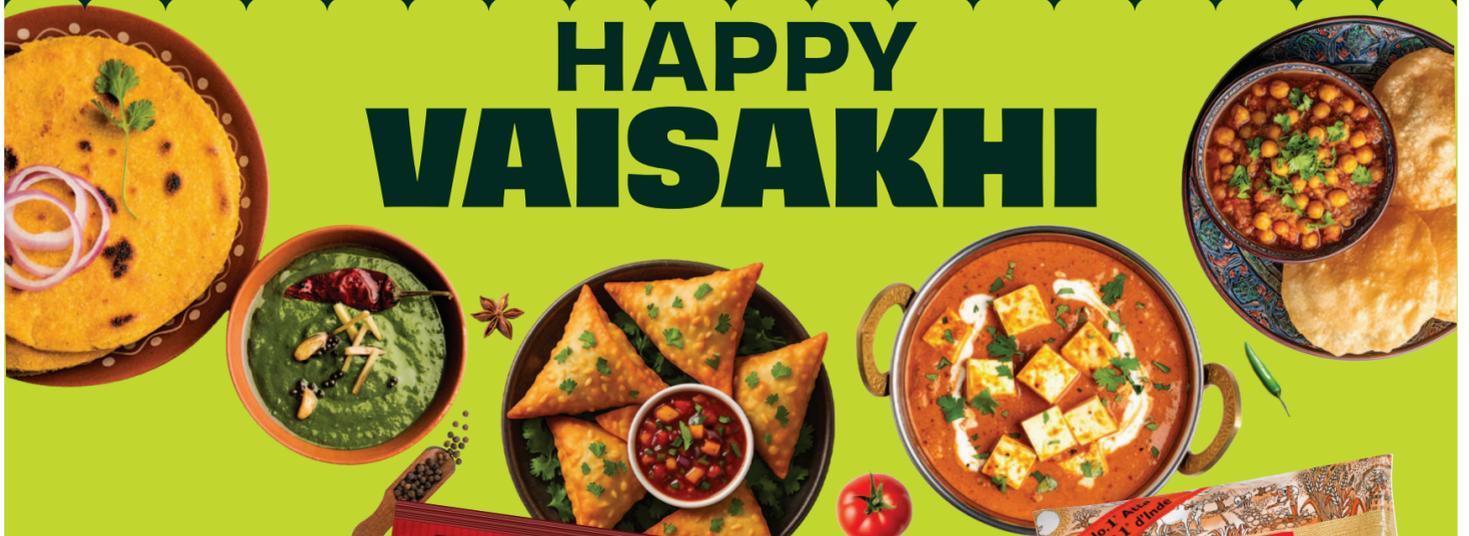


Benjamins Vanilla
480 mL reg 4.49

SAVE \$1.20
\$3.29

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

HAPPY VAISAKHI



Mirch Masala Paratha
2 kg reg 10.99

SAVE \$2
\$8.99



SAVE \$8
\$12.99



Aashirvaad Flour
9.07 kg reg 20.99

Deep Mango Pulp
850 g reg 4.29

SAVE \$1.30
\$2.99



Ginger Root
Product of China
4.39/kg

\$1.99
/lb



Garlic 5 pk
Product of China

\$1.29

Cilantro
Product of USA or Mexico

99¢

Spinach or Methi Bunch
Product of USA

\$2.49

KFI Cooking Sauce
375-395 mL
Selected Varieties
reg 5.49

SAVE \$1.50
\$3.99

Maggi Noodles 70 g

42¢

Parle-G Biscuits
300 g reg 1.49

SAVE 50¢
99¢

Sherbon Mango or Guava Juice
2 L reg 5.49

SAVE \$1.50
\$3.99

Vidhya Pani Puri Gol Gappa Tray
260 g

\$5.29

Britannia Suji Toast 305 g
reg 2.99

SAVE \$1
\$1.99

Deep Cut or Whole Okra
340 g

50 PTS
when you buy 1

\$1.49

Bikano Snacks 125-150 g
Selected Varieties
reg 2.29

SAVE 50¢
\$1.79

Apna Taste Samosas
550-660 g
Selected Varieties
reg 5.49

SAVE \$1
\$4.49

Brar's Milk Cake
400 g reg 9.99

SAVE \$2
\$7.99

Brar's Gulab Jamun
850 g reg 8.49

SAVE \$1.50
\$6.99

Apna Taste Rasmalai
850 g
Selected Varieties
reg 10.79

SAVE \$1.80
\$8.99

WHILE SUPPLIES LAST. ITEM SELECTION MAY VARY BY STORE.



make happy tummies

Join Us.

100% of donations help feed hungry tummies at schools in our neighbourhoods.

Donate in-store

makehappytummies.ca

Thank you to our Make Happy Tummies™ partners. Look for their products in-store.

TM 2026 Make Happy Tummies



Products may be sold in a format other than as shown and/or may not be available at all stores.

Donate in-store March 19 – April 2, and we'll MATCH it!*

*Empire Company Limited will donate up to a maximum of \$300,000 from March 19 – April 2, 2026. Participating Empire stores only. For more information on the Make Happy Tummies™ campaign, please visit makehappytummies.ca.

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*Conditions Apply



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