

# THRIFTY FOODS

Eat happy



# GET READY *for* EASTER

**Our TEAM'S PICKS**

- HAND-SELECTED AAA BEEF CUT BY OUR MEAT EXPERTS
- WELL-MARBLED
- AGED TO PERFECTION

**MEMBERS SAVE 30% OFF MEMBER PRICING**

**CERTIFIED TENDER\***

**Sterling Silver Premium Meats**

**Fresh Beef Prime Rib Roast or Steaks**  
Bone-In, Cut from Canada AAA Grade Beef  
While Supplies Last

**2.99 /LB** Asparagus Product of Mexico **\$6.59/kg**

**7.99 EACH**

Nature Fresh Farms **Hiiros Cherry Tomatoes on the Vine**  
**1.5 lb, 680 g Pack**  
Product of Canada

**2.49 /LB** without Scene+ Card

**195 /LB \$4.30/KG MEMBER PRICING**

Canada Grade A **Turkey Frozen**  
All Sizes  
Limit of 2  
While Quantities Last

**BUY more SAVE more \$5.99 EA**  
WHEN YOU BUY 2 OR MORE OR 1 FOR 6.99

Compliments **Pies Apple, Pumpkin or Apple Crumble**  
650-750 g

**2.99 EACH** **200 PTS** when you buy 3

**Blackberries**  
**170 g, 6 oz Pack**  
Product of Mexico

**16.99 EACH** **100 PTS** when you buy 1

Cadbury **Mini or Assorted Eggs**  
745-875 g, While Supplies Last

**99¢ EACH** Club House **Gravies**  
21-47 g or Gluten-Free Gravies 24-25 g

**5.99 EACH**

Island Farms **Ice Cream** Premium, Plus or Country Cream, Selected, 1.65 L  
Made in Victoria or Chapman's Collection Novelties 8 Pack or Li'l Lolly 28 Pack

**BUY 1 GET 1 FREE**

Marina Del Rey **Wild Argentinian Shrimp**  
20-40 ct per lb  
Raw, 300 g  
Selected  
**Regular Retail: \$16.49**

**8.99 EACH** Compliments **Cheese**  
650-700 g or Paradise Island Cheese Curds 400 g  
Packaged in Nanaimo

**3.97 EACH** Philadelphia **Cream Cheese** 227-250 g  
Selected

**6.49 EACH** iÖGO **Creamy Yogurt**  
16 Pack or Siggis' 650-750 g

**MEMBERS SAVE \$2**

**11.99 EACH** **MEMBER PRICING**

**13.99 EACH** without Scene+ Card

Tribal Java **Organic Coffee** Selected  
340-400 g  
Roasted in Vernon

**Scene+ SPEND & GET**

**750 PTS OR 1,500 PTS**  
WHEN YOU SPEND \$125 OR MORE

**That's like \$15** toward your groceries

**4 DAYS ONLY**  
March 26 - March 29, 2026  
**DON'T FORGET YOUR COUPON**  
See Offer Details on Page 5

**ON SALE specials THURS, MARCH 26 - WED, APRIL 1, 2026** Look for the leaf to help you support Canada Learn more

THRIFTY Kitchens

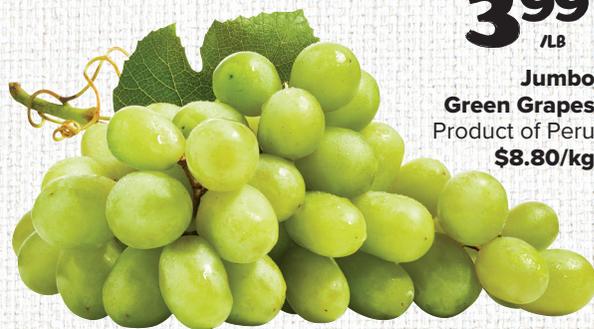
MEMBERS SAVE 10% OFF MEMBER PRICING

Thrifty Kitchens Fresh Meat Dept Kabobs Beef, Chicken or Pork



MADE in-store DAILY

13.99 EACH Compliments Naturally Smoked Thick Cut Bacon Value Size, 1 kg



3.99 /LB Jumbo Green Grapes Product of Peru \$8.80/kg



Made with 100% CANADIAN FLOUR

3.99 EACH Sourdough Boule 450 g Baked In-Store



200 PTS when you buy 2

6.99 EACH Compliments Cooked Shrimp in Ring with Sauce 255 g or Extra Large Cooked Shrimp in Ring with Sauce 312 g \$8.99 Each



MEMBERS SAVE \$5 14.99 EACH MEMBER PRICING

19.99 EACH without Scene+ Card Dan-D Pak Cashews 600 g



THRIFTY Kitchens

100 PTS when you buy 2

20% OFF Thrifty Kitchens Dips or Hummus 300-550 g

2/\$8.88

Coca-Cola or Pepsi Soft Drinks 6x710 ml



3/\$4.98

Green Giant Canned Vegetables 341-398 ml or Campbell's Broth 900 ml or Concentrated Broth 250 ml



5.99 EACH

Fraser Valley Butter Salted or Unsalted 454 g



4.49 EACH

Christie Family Size Cookies Selected 374-520 g, Oreo Cakesters 285 g or Premium Plus Crackers 402-481 g



3/\$5

Clif Bars 68 g or 12 Pack \$18.99



3.99 EACH

Kellogg's Cereal 210-525 g or General Mills Premium or Core Cereal 297-437 g Selected (Excludes Family Size)



5.99 EACH

Bonne Maman Jam or Spreads 250-360 ml or Compliments Honey 500 g



Scene BIG BONUS

200 PTS when you buy 4

2/\$8 Doritos Tortilla Chips 210-280 g or Ruffles Potato Chips 180-200 g



200 PTS when you buy 3

2.99 EACH Annie's Mac & Cheese 149-170 g (Excludes GF, Vegan or Super! Mac)



500 PTS when you buy 1

47.99 EACH Vega All-in-One Nutrition 834-876 g



11.99 EACH

Royale Bathroom Tissue 24-48 Rolls, Paper Towel 6-12 Rolls or Facial Tissue 12 Pack



500 PTS when you buy 2

Easter EGG HUNT

FROM MARCH 26- APRIL 1, 2026, IF YOU SEE THE EGG ICON, LOAD THE OFFER AND SHOP TO RECEIVE\*

50,000 PTS

That's like \$500 toward your groceries

Look for this Easter Egg icon on the offers tab of the Thrifty Foods App or on MyGroceryOffers.ca see page 4 for terms and conditions



CUSTOMER CARE: 1 866 948 0196 • PARTY PLATTER HOTLINE: 250 483 1666 • Visit www.thriftyfoods.com for hours of operation and store and pharmacy locations. Printed using vegetable based inks. Please recycle this flyer where facilities exist. We reserve the right to limit quantities. Personal shopping only. Styled food photographs illustrate serving suggestions only.

Where this symbol appears, deposit & enviro levies are applicable.

PO8\_TF\_WK48\_PRN

# Fresh PRODUCE from LOCAL FARMS and BEYOND

**MEMBERS SAVE \$2**  
**3.99**  
EACH  
MEMBER PRICING

**5.99** EACH without Scene+ Card  
**Russet Potatoes**  
10 lb, 4.54 kg Pack  
Product of British Columbia



WE PICK BC FIRST



**3.49** /LB  
SanLucar **Tangerines**  
Product of Spain or Morocco  
\$7.69/kg

SanLucar EXCLUSIVE TO US

**5.99** EACH  
Thrifty Kitchens **Pineapple** Cored or Whole, Large  
Product of Costa Rica

THRIFTY KITCHENS



MADE in-store DAILY

**ORGANIC**

**100 PTS** when you buy 1

**7.99** EACH

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



**75 PTS** when you buy 1

**7.99** EACH

Bio Raw **Organic Plant Based Salad Dressing or Marinades** 250 ml  
Product of Canada



**3.99** EACH

Earthbound Farm **Organic Spring Mix or Baby Spinach**  
142 g Pack  
Product of California



**15% OFF** AT TILL  
Thrifty Kitchens **BBQ Grillers**

THRIFTY KITCHENS



MADE in-store DAILY

**100% FRESH GUARANTEE\***  
STOREWIDE SATISFACTION OR YOUR MONEY BACK.



**24.99** EACH

Big Mountain **Plant-Based Roast** 950 g  
Product of British Columbia

WE PICK BC FIRST

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

**250 PTS** when you buy 1  
**21.99** EACH

**One Dozen Roses**  
Assorted Colours



**9.99** EACH

**Garden Pixie Ceramic with Tropical 2" Pot**  
Grown in Surrey

WE PICK BC FIRST



**24.99** EACH  
**Sweet Delights Bouquet**  
Assorted Colours



**7.99** EACH

**Fancy Tulips**  
8-Stem Bunch  
Grown in Langley

WE PICK BC FIRST



**11.99** EACH  
**Wildflower Pot with Gerbera 4" Pot**  
Assorted Colours  
Grown in Surrey

WE PICK BC FIRST



**15.99** EACH  
**Dainty Delight Arrangement**  
Assorted Colours



**3.99** EACH

**Pansy Assorted Colours or Lettuce or Veggie, Assorted Varieties**  
6 Pack, Grown in Victoria

WE PICK BC FIRST



**Join Us.**

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

**Donate in-store**

2

**Scene+**

The Scene+ Loyalty Program is available at all participating Thrifty Foods locations. 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.

PO2\_TF\_WK48\_PRN

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

**14<sup>99</sup>** /LB  
**Fresh Whole Lamb Leg**  
 Bone-In, Product of Western  
 Canada **\$33.05/kg**



**5<sup>99</sup>** /LB  
**Fresh Pork Tenderloin**  
**\$13.21/kg**



**5<sup>99</sup>** /LB  
**Fresh Pork Back  
 Ribs \$13.21/kg**



**12<sup>99</sup>** EACH  
**Maple Leaf Prime  
 Chicken Strips,  
 Nuggets, Stuffed  
 Cutlets or Wings**  
 Frozen, 568-700 g



**5<sup>95</sup>**  
 EACH  
**MEMBER  
 PRICING**

**6<sup>95</sup>** without  
 Scen+  
 Card  
**Grimm's  
 Smoked  
 Sausage  
 Rings**  
 300 g



**8<sup>99</sup>** /LB  
**Fresh Extra Lean  
 Ground Beef**  
 Family Size **\$19.82/kg**

**9<sup>99</sup>** EACH  
 Helmut's Sausage Co.  
**Garlic Sausage,**  
 Honey Garlic or Classic  
 Pepperoni or BBQ  
 Wieners 454-750 g  
 Product of the  
 Okanagan Valley



**4<sup>99</sup>** /LB **300 PTS**  
 when you buy 1  
**Panache Hickory Smoked Spiral  
 Ham Bone-In \$11.00/kg**



**2<sup>89</sup>** /LB  
 Compliments **Hickory  
 Smoked Ham** Butt or Shank  
 Portions, Bone-In **\$6.37/kg**

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

**200 PTS**  
 when you spend  
 \$12 or more  
**Fresh Wild Lingcod Fillets**  
 Weather Permitting  
**\$15.83/lb**



**150 PTS**  
 when you spend  
 \$16 or more

**4<sup>69</sup>** /100 G  
**Fresh Atlantic  
 Salmon Fillets**  
 Responsibly Raised  
**\$21.27/lb**



**MEMBERS  
 SAVE \$3**  
**10<sup>99</sup>** EACH  
**MEMBER  
 PRICING**  
**High Liner Signature  
 Cuts Breaded or  
 Battered Fish or Pan  
 Sear Fish 425-540 g  
 Selected**

**BUY 2  
 GET A 3<sup>RD</sup>  
 FREE**



**Panache Seafood Appetizers**  
 240-355 g, Selected



**BUY 2  
 GET A 3<sup>RD</sup>  
 FREE**  
**Wild Ahi Tuna Loin  
 Steaks Boneless**  
 Skinless, Frozen, 155 g  
**Regular Retail: \$5.49 Each**

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, McCafe®/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. Redeem 1,000 Scene+ for \$10 towards your purchase up to a maximum of 50,000 Scene+ points (equivalent to \$500) per day. 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.

3

PO3\_TF\_WK48\_PRN

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



Starting at

**5.49** /100 G

Swiss **Gruyère** or **Emmental** Selected



MEMBERS SAVE 30%/100 G  
**4.49** /100 G  
MEMBER PRICING

**4.79** without Scene+ Card  
San Daniele **Prosciutto Sliced Fresh**



**4.49** /100 G **100 PTS** when you buy 200 g or more

Fantino & Mondello **Capicollo Hot or Mild Sliced Fresh**



**5.99** EACH

Freybe 1844 **Dry Cured Sliced Salami** Selected 100 g



**3.99** /100 G Albert's Leap **Brie or Camembert**



**\$2 OFF** MEMBER PRICING

**\$1 OFF** without Scene+ Card  
Balderson **Cheddar** Selected, 250–280 g



**8.99** EACH

Maple Leaf **Natural Selections Sliced Meats** 125–175 g Selected



**100 PTS** when you buy 1

**13.99** EACH

The Laughing Cow **32 Pack, 535 g** or **Babybel 18 Pack, 360 g**



## TAKE IT to go!

MEMBERS SAVE \$2  
**10.99** EACH  
MEMBER PRICING

**12.99** EACH without Scene+ Card  
**Cabbage Rolls** 4 Pack Available Chilled



**THRIFTY Kitchens**

**100 PTS** when you buy 1

**14.99** EACH

**Mixed Deli Meat Subs** 4 Pack, 860 g



**200 PTS** when you buy 2

**4.79** EACH

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



**18.99** EACH Rana **Lasagna** 1.1 kg Available Chilled



## SUSHI & more

**100 PTS** when you buy 2

Zenshi **Hawaiian Rolls** 301–396 g 10 pcs



**100 PTS** when you buy 2

Zenshi **Marina Plate** 221–234 g, 6 pcs



## Easter EGG HUNT

\*Receive 50,000 Scene+ points when you load the Easter Egg Hunt offer (the "Offer") and make a minimum purchase of \$5 on eligible grocery purchases at participating Thrifty Foods stores in a single transaction before applicable taxes and charges and after deducting any discounts or coupons. Scene+ card must be valid and registered. Only ten (10) customers in British Columbia will receive the chance to redeem this offer. Offer valid from March 26–April 1, 2026. Offer must be loaded to a registered Scene+ card prior to transaction. Offer excludes taxes, tobacco products, gift cards, bottle deposits, prescriptions, lottery, alcoholic beverages, fuel, Western Union and any other non-countable product excluded by law or as we determine from time to time. No base Scene+ points earned. Void if sold, transferred, or altered. Digital Offer has no cash value and cannot be combined with any other offers. Offer cannot be combined with other minimum spend/receive offer(s). Scene+ registered digital or physical card must be presented at time of transaction. Visit <https://www.sceneplus.ca/terms-and-conditions> to see full Terms and Conditions. We reserve the right to rescind the offer, if we determine, in our sole discretion, there is abuse of the offer or unauthorized or ineligible use of the offer and is subject to change without notice. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.



**ON SALE specials THURS, MARCH 26 – WED, APRIL 1, 2026**

P04\_TF\_WK48\_PRN

# BULK

**99¢**  
/100 G

**Peanuts**  
Roasted or Raw  
Assorted Varieties



# BAKERY & more

**3.99**  
EACH

**Butter Crust  
Bread 450 g**  
Baked In-Store

Made with  
**100%  
CANADIAN  
FLOUR**

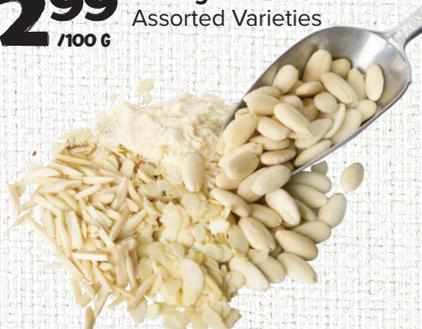


**MEMBERS SAVE  
50%/100 G**  
**2.49**  
/100 G  
MEMBER  
PRICING

**2.99** without  
Scen+  
Card  
**Chocolate Foil Eggs  
or Eggies**



**2.99** /100 G  
**Baking Almonds**  
Assorted Varieties



**MEMBERS SAVE \$2**  
**7.99**  
EACH  
MEMBER  
PRICING

**9.99** without  
Scen+  
Card  
**Small Bar Cakes**  
325-575 g



**MEMBERS SAVE \$1**  
**5.99**  
EACH  
MEMBER  
PRICING

**6.99** without  
Scen+  
Card  
**Donuts 6 Pack**



**4.99**  
EACH  
**Huer Candy**  
250-300 g



**BUY 1  
GET 1  
FREE**

**Brownies**  
550-585 g or  
Brownie Cakes  
310-390 g



**MIX &  
MATCH**

## DISCOVER our large selection of NATURAL & ORGANIC products!

**100 PTS**  
when you buy 2

**5.99**  
EACH

**Kashi  
Granola**  
311-340 g



**14.49**  
EACH  
**Kicking Horse  
K-Cups**  
10 Pack



Starting at  
**9.99**  
EACH

**Nuts to You  
Spreads**  
365 g



**BUY  
more  
SAVE  
more**

**50 PTS**  
when you buy 2

**\$5.99 EA**  
WHEN YOU BUY  
2 OR MORE  
OR 1 FOR 6.49

**Traditional  
Medicinals  
Teas**  
16 Pack

**ORGANIC**



**3.99**  
EACH

**Blue Diamond  
Almond Breeze  
Chilled Milk**  
1.89 L



**5.99**  
EACH

**Earth's  
Own Oat  
Creamers**  
946 ml



**BUY 1**  
**Level Ground  
Coffee** 300 g

**GET 1**  
**Level Ground  
Cane Sugar**  
500 g

**FREE**



**5.99**  
EACH

**Avalon  
Organic  
Probiotic  
Yogurt** 650 g  
Made in  
Burnaby

**ORGANIC**



**WE PICK  
BC  
FIRST**

**Scene+  
SPEND & GET**

Offer valid March 26 - 29, 2026 at all Thrifty Foods locations in British Columbia. Minimum qualifying purchase must be made in a single transaction. No base Scene+ points earned. Printed or digital coupon and Scene+ digital or physical membership card must be presented. Spending \$125 or more awards only one 750 Scene+ points allotment. Spending \$200 or more awards only one 1,500 Scene+ points allotment. Offer excludes taxes, gift cards and other goods and services which are non-discountable or excluded by law or as we determine from time to time. Limit one basket builder offer per Scene+ membership card per day. Coupon has no cash value and cannot be combined with any other offers. 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.

<p><b>MEMBERS SAVE 50¢</b> <b>5.99</b> EACH MEMBER PRICING</p> <p>Liberté Probiotic Kefir 1 L or Yoplait YOP Drinkable Yogurt 6 Pack</p>	<p><b>6.49</b> EACH without Scene+ Card</p> <p><b>6.99</b> EACH</p> <p>Donia Farms Greek Yogurt 750 g Made in Surrey</p> <p><b>WE PICK BC FIRST</b></p>	<p><b>2/\$4</b></p> <p>Island Farms Milk 473 ml or Sour Cream 250 ml Made in Victoria</p> <p><b>WE PICK BC FIRST</b></p>	<p><b>4.49</b> EACH</p> <p>Dairyland Aerosol Whipped Cream 225 g</p>	<p><b>DAIRY &amp; frozen</b></p> <p><b>3.49</b> EACH</p> <p>International Delight Creamer 425 ml</p>				
<p><b>5.29</b> EACH</p> <p>Island Gold Eggs XL Brown or Nestlaid, 12 Pack, Produced in Abbotsford or Vancouver Island</p> <p><b>WE PICK BC FIRST</b></p>	<p><b>6.99</b> EACH</p> <p>MaLaren's Imperial Cheese 230 g</p>	<p><b>5.99</b> EACH <b>100 PTS</b> when you buy 2</p> <p>Compliments Shredded Cheese 226-320 g</p>	<p><b>150 PTS</b> when you buy 3</p> <p><b>7.99</b> EACH</p> <p>Stok Cold Brew Coffee 1.42 L</p>	<p><b>4.99</b> EACH <b>150 PTS</b> when you buy 2</p> <p>Oasis Health Break or Smoothie 1.6 L</p>				
<p><b>MEMBERS SAVE \$1</b> <b>3.49</b> EACH MEMBER PRICING</p> <p><b>4.49</b> EACH without Scene+ Card</p> <p>Pillsbury Pizza Pops 380 g</p>	<p><b>5.49</b> EACH <b>150 PTS</b> when you buy 2</p> <p>Ben &amp; Jerry's Ice Cream 473 ml or Magnum Novelties 3-4 Pack (Includes Non-Dairy)</p>	<p><b>5.99</b> EACH</p> <p>Snowcrest Frozen Fruit 500-600 g</p>	<p><b>4.69</b> EACH</p> <p>McCain Superfries Selected 454-650 g</p>	<p><b>2/\$4</b></p> <p>Green Giant Simply Steam Vegetables 198-250 g</p>				
<p><b>VITAMINS &amp; more</b></p> <p><b>100 PTS</b> when you buy 2</p> <p><b>2/\$7</b></p> <p>Grenade Protein Bars 60 g</p>					<p><b>2/\$8</b> <b>100 PTS</b> when you buy 2</p> <p>Love Good Protein Bars 55-60 g</p>	<p><b>300 PTS</b> when you buy 1</p> <p><b>20% OFF</b></p> <p>Youtheory Supplements Selected Varieties or Sizes</p>	<p><b>Starting at</b></p> <p><b>9.49</b> EACH</p> <p>Pantene Hair Care 60-530 ml Selected</p>	<p><b>2.99</b> EACH</p> <p>Once Upon a Farm Pouches 85 ml</p>
<p><b>15% OFF</b> <b>500 PTS</b> when you buy 1</p> <p>Leanfit Plant or Whey Protein 715-832 g</p>	<p><b>15% OFF</b></p> <p>Organika Collagen, Spirulina or Bone Broth Selected Varieties or Sizes</p>	<p><b>25% OFF</b> <b>400 PTS</b> when you buy 2</p> <p>Webber Naturals Vitamins or Supplements Selected Varieties or Sizes</p>	<p><b>14.99</b> EACH</p> <p>Ensure or Glucerna Meal Replacement 6 Pack</p>	<p><b>10% OFF</b> <b>200 PTS</b> when you buy 2</p> <p>Tylenol or Benlyn Cough, Cold or Flu Selected*</p>				

**ON SALE specials THURS, MARCH 26 - WED, APRIL 1, 2026**

\* Available while a Pharmacist is on Duty

P06\_TF\_WK48\_PRN

**DRINKS & snacks**

**2/\$7** Christie Mini Cookies 144–200 g

**2/\$9** **300 PTS** when you buy 2  
Miss Vickie's Kettle Chips 190–200 g

**4.99** EACH Fresh is Best Tortilla Chips 300 g

**7.99** EACH **100 PTS** when you buy 1  
Skittles Pop'd 155 g  
White Supplies Last

**1,000 PTS** when you buy 4  
Nestlé Tablet Bars 95–105 g, Juniors or King Size Bars 50–85 g

**BUY more SAVE more** **\$3 EA** WHEN YOU BUY 2 OR MORE OR 1 FOR 3.50  
Dare Breton, Vinta or Simple Goodness Crackers 180–225 g (Excludes Gluten Free)

**50 PTS** when you buy 2  
**2/\$3** Sparkling Ice Water 503 ml

**2/\$6** Celsius Energy Drinks 355 ml

**10.99** EACH SunRype Apple Juice 3.78 L or Nabob Roast & Ground Coffee 340 g

**2.99** EACH Northern Gold Granola 675 g or Nature Valley Sweet & Salty, Protein or Fibre 1 Bars 125–210 g Selected

**GROCERY & more**

**BUY more SAVE more** **\$4.99 EA** WHEN YOU BUY 2 OR MORE OR 1 FOR 5.49  
Compliments Chocolate Chips 225–270 g

**6.49** EACH Club House La Grille Seasonings or Blends, Selected 65–248 g

**5.49** EACH Silver Hills Breads 430–680 g or Natural Bakery Rye 900 g

**9.99** EACH Kellogg's or Post Jumbo Cereal 700 g–1.24 kg

**100 PTS** when you buy 1  
**8.99** EACH Panache Maple Syrup 100% Pure 375 ml

**2.99** EACH Habitant Soup 796 ml or Betty Crocker Mashed or Sliced Potatoes 141–215 g

**1.99** EACH Compliments Canned Tomatoes 540–796 ml

**100 PTS** when you buy 2  
**5.99** EACH Pam Cooking Sprays 113–170 g (Excludes Non-GMO or Organic)

**100 PTS** when you buy 1  
Compliments Extra Virgin Olive Oil 500 ml

**3.99** EACH VH Sauces 341–380 ml Selected

**HOUSEHOLD & more**

**300 PTS** when you buy 2  
**7.99** EACH Compliments Liquid Laundry Detergent 1.47 L

**Starting at**  
**5.99** EACH Windex Glass Cleaner 765–950 ml or Bon Ami Glass Cleaner 560 g

**Starting at**  
**5.99** EACH Fleecy Fabric Softener 1.36 L or Sheets 80 Pack

**7.99** EACH Glad Tall Kitchen Catchers 28–52 Pack

**MEMBERS SAVE \$1**  
**18.99** EACH MEMBER PRICING  
**19.99** EACH without Scene+ Card  
Arm & Hammer Slide Cat Litter 9.1 kg

# Let's play

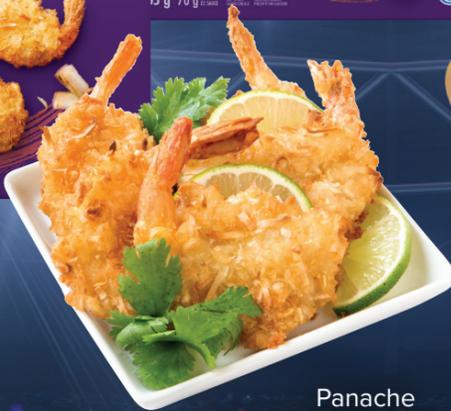
# BALL!



## DIAMOND DEALS TO START THE SEASON



**BUY 2 GET A 3<sup>RD</sup> FREE**



Panache **Seafood Appetizers**  
240–355 g, Selected

Panache **Frozen Desserts** 300–650 g or Pastry Box Cheesecakes Frozen, 350–600 g



**THRIFTY Kitchens**

**MEMBERS SAVE 10% OFF**

Thrifty Kitchens **Fresh Meat Dept Kabobs** Beef, Chicken or Pork

**MADE in-store DAILY**

**5.99 EACH**

Island Farms **Ice Cream** Premium, Plus or Country Cream, Selected, 1.65 L Made in Victoria or Chapman's Collection Novelties 8 Pack or Li'l Lolly 28 Pack



**12.99 EACH** Maple Leaf Prime **Chicken Strips, Nuggets, Stuffed Cutlets or Wings** Frozen, 568–700 g



**200 PTS** when you buy 4  
**2/\$8** Doritos **Tortilla Chips** 210–280 g or Ruffles **Potato Chips** 180–200 g



**2/\$8.88** Coca-Cola or Pepsi **Soft Drinks** 6x710 ml

**THRIFTY FOODS**

Proud Partner

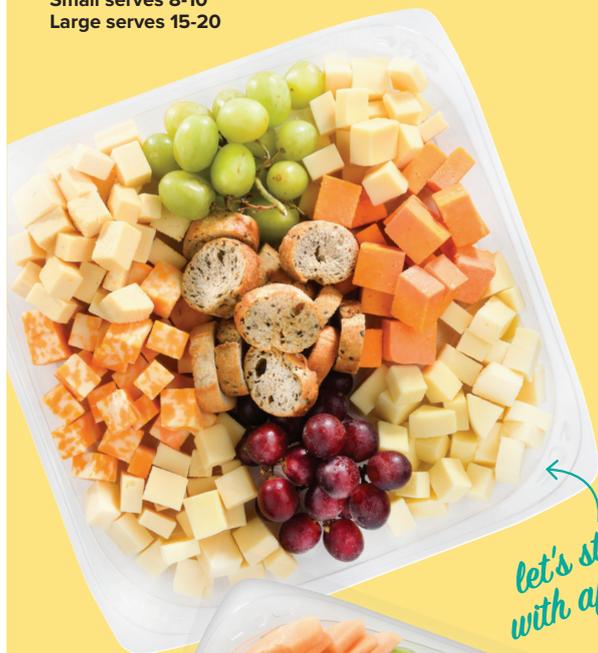


™ TORONTO BLUE JAYS, bird head design, and all related marks and designs are trademarks and/or copyright of Rogers Blue Jays Baseball Partnership, used under licence.

## BEAUTIFUL BITES!

Our most popular cheeses cubed for easy nibbling. Mild Cheddar, Provolone, Creamy Havarti, Swiss, and Marble Cheddar.

Small serves 8-10  
Large serves 15-20



*Let's start with appies!*

# GET READY for EASTER

## WE MAKE IT EASY!

SHOP OUR  
SELECTION OF

# 60+

## MADE-TO-ORDER TRAYS!

Ask in-store for full selection.

Get **1,000** PTS

When you spend \$75

OR

Get **2,500** PTS

When you spend \$150 or more

That's like

# \$25

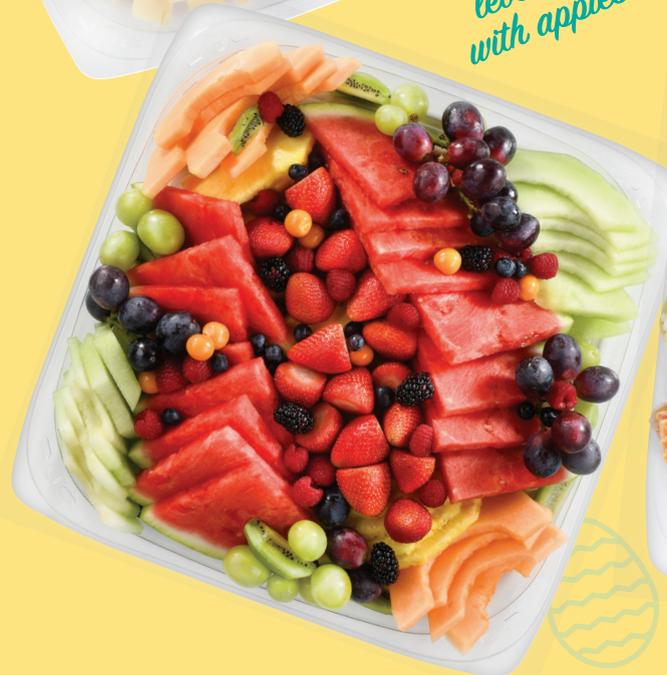
toward your groceries

*Family faves everyone will enjoy!*

## NATURE'S BOUNTY!

A beautifully presented variety of Fresh Berries, Pineapple, Red and Green Seedless Grapes, Kiwi, Cantaloupe, Watermelon and Honeydew.

Serves 20



## TAKE THE WRAP!

An appetizing assortment of freshly prepared wraps, including Chicken Caesar, Crispy Chicken, Turkey Club, Buffalo Chicken and Seven Grain Veggie.

Small serves 5  
Large serves 10



## DESSERT BARS!

Our Hand-cut Squares are a welcome addition to any table.

Small serves 15  
Large serves 20



**LEARN MORE**

Order in-store or online today!

Visit [www.thriftyfoods.com/entertaining](http://www.thriftyfoods.com/entertaining) for tray selections and ordering tips

D03\_TF\_WK48\_DIG\_MTO\_TRAYS

D03\_TF\_WK48\_DIG\_MTO\_TRAYS.indd 1

2026-03-12 10:00 AM

# WK48

# THRIFTY MAR 26

File Size 10.5" x 11.5"

# ROUND: 4

100 PTS  
when you buy 2

6<sup>99</sup>  
EACH

Ferrero **Mini Eggs**  
182–200 g, Kinder  
Surprise Egg 100 g or  
Candy Surprise 80 g



8<sup>99</sup>  
EACH

Toffifee  
Easter 369 g



5<sup>49</sup>  
EACH

Nestlé **Easter Novelty Chocolate**  
85–153 g

8<sup>99</sup>  
EACH

Lindt **Mini Bunny** 50 g,  
Bunny 100 g or Smarties Bunny  
Gift Pack or Egg Hunt 140–150 g



# SWEET TREATS are hopping in

200 PTS  
when you buy 2

12<sup>49</sup>  
EACH

Kinder  
**Maxi, Plush or Egg Hunt**  
116–186 g



4<sup>79</sup>  
EACH

100 PTS  
when you buy 2

Compliments **Candy Coated Mini Eggs** 200 g



14<sup>49</sup>  
EACH

Compliments **Candy Coated Mini Eggs**  
650 g



6<sup>99</sup>  
EACH

Terry's **Easter Original Chocolate Orange** 145 g  
or Lindt Bunny Bar 120 g

9<sup>99</sup>

Haribo **Gummy**  
40 Pack



5<sup>49</sup>  
EACH

Hershey's **Easter Novelty Chocolate**  
136–340 g



10<sup>99</sup>  
EACH

Nestlé **Hide Me Eggs** 300 g



4<sup>49</sup>  
EACH

Cadbury **Creme Egg**  
3 Pack or Maynards  
Sour Patch Kids 225–315 g

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

# Our **TEAM'S PICKS**



- ✔ **TRADITIONALLY MADE ARTISAN VEGAN PRODUCTS**
- ✔ **MADE WITH 100% ORGANIC SOYBEANS FROM CANADIAN FARMERS**
- ✔ **LOCALLY OWNED AND OPERATED ON VANCOUVER ISLAND SINCE 1979**
- ✔ **PROUDLY PARTNERING WITH THRIFTY FOODS FOR OVER 10 YEARS**

Green Cuisine **Soy Tofu or Tempeh**  
Product of British Columbia  
Available in our Produce Dept



D06\_TF\_WK48\_DIG\_OTP

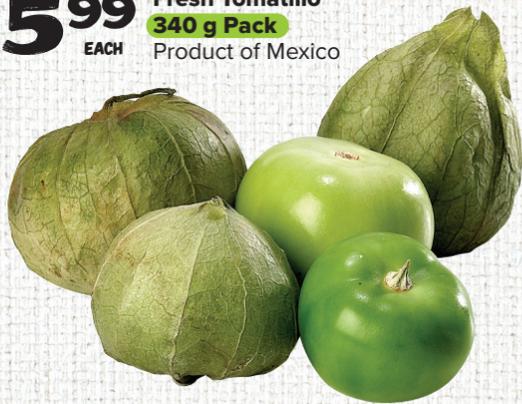


**5.99** /LB  
Fresh Pork Tenderloin \$13.21/kg



**5.99** /LB  
Fresh Pork Back Ribs \$13.21/kg

**5.99** EACH  
Fresh Tomatillo 340 g Pack  
Product of Mexico



**2.49** /LB  
Jicama Product of Mexico  
\$5.49/kg



**8.49** EACH  
A-Sha Noodles Selected 475 g



Savour the WORLD



**4.79** EACH  
CP Authentic Asia Frozen Meal Selected, 258-350 g

EXPLORE INTERNATIONAL FLAVOURS



**5.99** EACH  
Huy Fong Sriracha Hot Chili Sauce 714 ml



**4.99** EACH  
Huy Fong Sambal Oelek Chili Paste 476 ml



**5.29** EACH  
Huy Fong Chili Garlic Sauce 481 ml



**5.29** EACH  
Kikkoman Mirin Sweet Cooking Seasoning 296 ml



**2.99** EACH  
Kikkoman Rice Vinegar 296 ml



**7.79** EACH  
Lee Kum Kee Pure Sesame Oil 445 ml

WHILE SUPPLIES LAST. PRODUCT 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.

Scene+  
**DIGITAL  
EXCLUSIVE**

OFFER AVAILABLE  
MARCH 26 - APRIL 1, 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**

**SAVE \$7**  
when you  
buy 2

Tim Hortons **Coffee**  
Assorted, 300 g



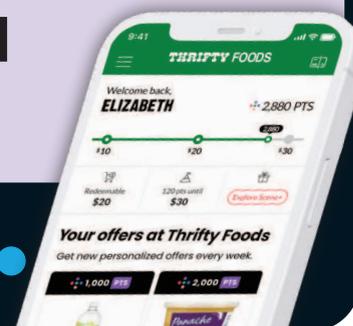
Get **500 PTS** when you  
spend \$25 or more on

**Fresh White Fish**  
From the Seafood  
Department



Get **400 PTS**  
when you buy 1

Compliments **Stuffed Beef**  
Burgers Assorted, 680 g



Offer valid March 26 to April 1, 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.

X01\_TF\_WK48\_DIG\_EXCLUSIVE



**CANADIAN  
OWNED &  
OPERATED**

**WATER  
VENDING  
TRUSTED BY  
CANADIANS!**

**PROUDLY SERVING  
CUSTOMERS  
ACROSS CANADA.**

**nimbus**



[INSTOREWATERSYSTEMS.COM](http://INSTOREWATERSYSTEMS.COM)

# \$10,000 TO BE **WON**\* IN Scene **PTS**

BUY ANY PARTICIPATING NATREL OR AGROPUR FINE CHEESE PRODUCT FOR A CHANCE TO WIN 1 OF 10 PRIZES OF \$1,000 IN SCENE+® POINTS



**LEARN MORE**

**Natrel**

**OKA**

**L'EXTRA**

*Chevalier*

**NOTRE-DAME**

\*NO PURCHASE NECESSARY. Full Contest rules and prizing details found at <https://www.thriftyfoods.com/agropur-easter-scene-contest>. Contest runs from 03/05/2026-04/08/2026. Open to legal residents of AB, BC, MB, NB, NS, ON, P.E.I, SK, and QC with a valid Scene+® account, and who have reached the age of majority on the date they entered the Contest.

# GIVE YOUR SCENE+ POINTS A BOOST

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

APPLY NOW



\*Conditions Apply

