



Locally OWNED & OPERATED BY
PROUD CANADIANS



BUY 1, GET 1 FREE
of equal or lesser value

Striploin Grilling Steak cut by your meat expert from Canada AAA grade beef

Scene **PLUS UP POINTS**

300 PTS when you buy 3
6.99
SCHNEIDERS Bacon, Juicy Jumbos Wieners or Smoked Sausages 100-450 g

100 PTS when you buy 2
3.99
Avocados product of Mexico 5 pk

400 PTS when you buy 1
2.97
Crispy Chicken 9 pieces available hot or chilled

150 PTS when you buy 4
2.97
CLASSICO Pasta Sauce 218-600 mL

March 12 - 18, 2026 see inside for more

JANES PUB STYLE chicken Nuggets
8.99
BUY 1 AT \$10.99 BUY 2 OR MORE

JANES Baked and Breaded Poultry selected 660-700 g

PANACHE Calamari or Breaded Shrimp selected 340 g
7.99



2.49 Broccoli Bunches product of Mexico or USA

Celebrate **PI DAY** March 14
5.99
BUY 1 AT \$6.99 BUY 2 OR MORE
COMPLIMENTS Pies 8" 650-750 g



1.48 /lb
PRODUCT OF ATLANTIC CANADA Red Prince Apples Canada extra fancy grade 3.25 kg

DAIRY ISLE BUTTER BARREL CHURNED SALTED 454g tub
4.99

ROBIN HOOD ALL PURPOSE FLOUR ORIGINAL 10 kg
11.97

CADBURY Mini Eggs 400 g while supplies last
8.99

STRUB'S Pickles 1 L (excludes premium)
3.99

CASHMERE Bathroom Tissue 12-24 or 8-24 rolls, SPONGETOWELS 3-6 rolls or SCOTTIES Facial Tissue 6 pk
6.49

Scene **SPEND & GET 500 PTS**
SPEND \$100+, GET 500 PTS
4 DAYS ONLY DON'T FORGET YOUR COUPON Valid March 12-15, 2026
That's like \$5 towards your groceries
0 61925 86440 5
See page 5 for terms and conditions

SCAN HERE FOR OUR DIGITAL FLYER
Products may not be available at all locations
Foodland.ca
MARCH 2026 PRICES EFFECTIVE FROM MARCH 12-18
THUR 12 FRI 13 SAT 14 SUN 15 MON 16 TUE 17 WED 18

Scene PLUS UP POINTS

ALL WEEK LONG!

Available in-store
Thursday, March 12 to Wednesday, March 18



SCHNEIDERS Pepperettes 300-375 g



7⁹⁹

100 PTS
when you buy 2
SCHNEIDERS Meat Pies
400 g



14⁹⁹

100 PTS
when you buy 1
PILLER'S Hams
800 g



100 PTS
when you buy 2

6⁹⁹

Snack or Classic
Meal Boxes 300-320 g
selected



12⁹⁹

200 PTS
when you buy 2

COMPLIMENTS Family Size Sliced Deli Meats 400 g selected



200 PTS
when you buy 1

12⁹⁹

COMPLIMENTS Pulled Pork 900 g



6⁹⁹

200 PTS
when you buy 2

COMPLIMENTS Bocconcini
200 g



10⁹⁹

100 PTS
when you buy 1

COMPLIMENTS Honey 750-1 kg



300 PTS
when you buy 2

COMPLIMENTS Pecan or Raisin Butter Tarts 510 g



2²⁹

100 PTS
when you buy 3

KINDER Joy Eggs 20 g
white supplies last



7⁹⁹

DR. OETKER Giuseppe Stuffed
Crust Pizza 685-771 g



3⁴⁹

200 PTS
when you buy 2

COMPLIMENTS Sour Cream
500 mL



3⁴⁹

100 PTS
when you buy 2

COMPLIMENTS Cream Cheese
or Spread 227-250 g



2/\$5

200 PTS
when you buy 3

OASIS Juice, ARIZONA Iced Tea or
DEL MONTE Nectar 960 mL tetra



4⁴⁹

300 PTS
when you buy 2

CHRISTIE Good Thins 100 g

SERVING UP NEW REWARDS JOINING SCENE+ GETS YOU



Everyday offers and weekly promotions



Exclusive member pricing and personalized grocery offers



Plus earn and redeem points at your favourite Scene+ partner

100 PTS
when you buy 2

3⁹⁹

PRODUCT OF CANADA
COMPLIMENTS
Organic White Button
Mushrooms 227g



200 PTS
when you buy 2

6⁴⁹

PRODUCT OF ATLANTIC CANADA
COMPLIMENTS Bagged Apples
Gala, Cortland, McIntosh or Red Delicious
Canada fancy grade 3 lb 1.36 kg

200 PTS
when you buy 2

4⁹⁹

LITEHOUSE Dips
selected varieties
283-340 g



9⁹⁹

SUNRYPE Fruitsource
12 pk or Fruit to Go 24 pk

200 PTS
when you buy 1

300 PTS
when you buy 3

6⁴⁹

COMPLIMENTS Sliced Cheeses
150-170 g



STARTING AT
5⁹⁹

100 PTS
when you buy 2

Donuts 4 pk



5⁹⁹

100 PTS
when you buy 2

Mini Cookies 24 pk 312 g



500 PTS
when you buy 2

Real Cream Layer Cakes 510-725 g or
INSPIRED BY HAPPINESS Gluten-Free Cakes 456-468 g
or Dessert Bars 6 pk 342-354 g

That's like
\$5
toward your
groceries



100 PTS
when you buy 2

COMPLIMENTS Marshmallows 250 g



200 PTS
when you buy 3

3⁹⁹

HUMPTY DUMPTY Party Mix 250 g or Snacks 200-290 g



200 PTS
when you buy 4

1⁹⁹

COMPLIMENTS Canned Legumes
540 mL



200 PTS
when you buy 2

STARBUCKS Frappuccino, Doubleshot
or Cold Brew 325-444 mL



200 PTS
when you buy 1

5⁴⁹

COMPLIMENTS Baby
500 mL



100 PTS
when you buy 2

6⁴⁹

COMPLIMENTS Indoor Waste Bags
selected varieties 30-52 pk



4⁴⁹

100 PTS
when you buy 2

CLOROX Bleach
1.27 L



11⁹⁹

BEN'S ORIGINAL Rice
selected varieties
2.2 kg

100% FRESH *guarantee*  **Storewide satisfaction or your money back.**

 4.99 Raspberries 170 g product of Mexico no 1 grade 200 PTS when you buy 2	 2/\$5 Ataulfo Mangoes product of Mexico	 2.47 /lb Bosc Pears product of USA extra fancy grade 5.45/kg USA	 2/\$5 Large Red Grapefruit product of Israel 100 PTS when you buy 2
 2.27 /lb Sweet Potatoes product of Canada or USA 5.00/kg	 7.99 COMPLIMENTS Grape Tomatoes product of Mexico 680 g	 2.49 /lb Green Zucchini or Eggplant product of Mexico 5.49/kg	 99¢ /lb PRODUCT OF CANADA Turnip or Cabbage Canada no 1 grade 2.18/kg

MEAT

 5.99 SUNRISE Bologna 375 g 100 PTS when you buy 2	 12.99 BUTCHER'S SELECTION Stampede Ribs 680 g	GET 10% OFF BEEF WHEN YOU BUY 2 OR MORE OF THE SAME CUT	
 10.99 /lb Sirloin Tip Roasts cut by your meat expert from Canada AAA grade beef 24.23/kg	 11.99 /lb Sirloin Tip Steaks cut by your meat expert from Canada AAA grade beef 26.43/kg	 4.99 /lb CONESTOGA MEATS Boneless Pork Shoulder Blade Roasts cut by your local meat expert 11.00/kg	 4.99 /lb CONESTOGA MEATS Pork Side Ribs Centre Portion Removed cut in-store by your meat expert 11.00/kg
 12.99 COMPLIMENTS Fully Cooked or Raw Shrimp 71-90 ct 340 g or Bay Scallops 80-120 ct 340 g	 14.99 without Scene+ Card COMPLIMENTS Chicken Wings 800 g selected	 10.99 COMPLIMENTS Lasagna or Macaroni & Cheese 1 kg 50 PTS when you buy 1	 8.99 COMPLIMENTS Fully Cooked or Raw Shrimp 71-90 ct 340 g or Bay Scallops 80-120 ct 340 g
 14.99 COMPLIMENTS Fully Cooked or Raw Shrimp 71-90 ct 340 g or Bay Scallops 80-120 ct 340 g	 10.99 COMPLIMENTS Lasagna or Macaroni & Cheese 1 kg 50 PTS when you buy 1	 6.49 COMPLIMENTS Ground Chicken, Turkey or Pork 450-454 g	 5.99 /lb PANACHE Flattened Chicken 13.21/kg

DELI Available at most stores

MEMBERS SAVE 50¢

5.99 /lb CHRIS BROTHERS Shaved or Sliced Meats 150-250 g selected

6.49 without Scene+ Card

200 PTS when you buy 2

9.99 CASTELLO Aged Gouda, Havarti, Tickler 1 Year Old or Extra Mature 200 g selection varies per store

7.49 CASTELLO Blue Cheeses 113-150 g selection varies per store **200 PTS** when you buy 2

KITCHEN Available at most stores

MEMBERS SAVE 50¢

5.99 Wraps 219-300 g

6.49 without Scene+ Card

100 PTS when you buy 2

5.99 OLIVIERI Pasta or Gnocchi 250-350 g or Sauce 160-300 mL

BAKERY Available at most stores

Baked IN-STORE

5.99 Hot Cross Buns 6 pk 515-545 g **75 PTS** when you buy 2

4.49 without Scene+ Card Winnipeg Style Light or Dark Rye Bread 450 g **MEMBERS SAVE 50¢**

9.99 St. Patrick's Day Single Layer Cake 610 g or Small Pull-Apart Cakes 365-990 g

5.99 Cupcakes 6 pk 305-505 g **BUY 1 AT \$7.49 BUY 2 OR MORE**

FLORAL Available at most stores

7.99 GROWN IN CANADA St. Patrick's Day Chrysanthemum 4.5"

BULK

20% OFF ROYAL NUTS Tubs 240-350 g selected

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

*If you buy an eligible product from our store, use the product as intended, and the product does not meet your expectations, you can present the product and/or receipt and we will provide you with the appropriate reimbursement. Restrictions apply, see RedLabel.ca/return-policy for details.

FROZEN & DAIRY

<p>2⁹⁹ BEST BUY Frozen Vegetables 750 g</p>	<p>5⁹⁹ MCCAIN Pizza Pockets 6 pk</p>	<p>6⁹⁹ iögo Creamy Yogurt 16 pk or SIGGI'S Skyr Yogurt 650-750 g</p>	<p>4⁹⁹ MEMBERS SAVE \$1 MEMBER COFFEE-MATE Creamers 946 mL</p>
<p>6⁹⁹ SCHNEIDERS Breakfast Sandwiches or Egg Bites 224-288 g</p>	<p>2⁷⁹ CHEEMO Perogies 745-907 g</p>	<p>3⁹⁹ KOZY SHACK Pudding 624 g or 4 pk</p>	<p>5⁹⁹ KRAFT Singles 410 g</p>

DRINKS, SNACKS & PANTRY

<p>10⁹⁹ NABOB Roast & Ground Coffee 340 g, MAXWELL HOUSE or NABOB Tassimo T-Disks 8-16 pk or MAXWELL HOUSE Single Serve Pods 12 pk</p>	<p>\$6 TETLEY Tea 60-72 pk</p>	<p>2⁹⁹ COMPLIMENTS Snacking Crackers 200-225 g</p>	<p>3⁴⁹ MEMBERS SAVE \$1 MEMBER 4⁴⁹ without Scene+ Card DARE Whippet Cookies 230-285 g</p>
<p>3⁷⁹ COMPLIMENTS Ready To Eat Popcorn 190-250 g</p>	<p>7⁴⁹ JACK LINK'S or GOLDEN ISLAND 65-81 g</p>	<p>1⁵⁰ PEPSI Soft Drinks, AQUAFINA or MONTELLIER Water 1 L or BRISK Iced Tea 710 mL-1 L</p>	<p>9⁴⁹ PERRIER Sparkling Water 8x330 mL</p>
<p>3⁴⁹ SKITTLES or STARBURST Candy 130-191 g</p>	<p>2⁹⁹ QUAKER Dips or Chewy Granola Bars 120-156 g</p>	<p>4⁹⁹ KELLOGG'S Cereal 210-525 g selected varieties (excludes Family Size)</p>	<p>6⁹⁹ JIF Peanut Butter 1 kg</p>

<p>2⁶⁹ FRENCH'S Mustard 400 mL</p>	<p>2⁹⁹ PURITAN Stew 410 g or FRASER FARM Gravy & Meatballs 425 g</p>	<p>7⁹⁹ TACO BELL Crunchwrap Supreme 642 g or Cheesy Double Decker Taco Kits 401 g</p>
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<p>6⁹⁹ E.D. SMITH Pie Filling selected 540 mL or Pure Pumpkin 796 mL</p>	<p>4⁴⁹ DEMPSTER'S Whole Grain, Protein or Signature Bread 600 g</p>
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HOUSEHOLD

<p>2⁹⁹ PALMOLIVE Dish Detergent 591 mL</p>	<p>11⁹⁹ STARTING AT PUREX Laundry Detergent 4.08-4.43 L, SUNLIGHT 4.01 L, PERSIL Liquid 1.86 L or Discs 32-42 pk or SNUGGLE Fabric Softener 2.77 L or Sheets 200 pk</p>	<p>9⁹⁹ PURINA Beneful Dry Dog Food 1.5-1.8 kg</p>	<p>12⁹⁹ GLAD Waste Bags 20-40 pk</p>
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Scene SPEND & GET Offer valid March 12-18, 2020 at all Foodland and Participating Co-op locations in Atlantic Canada. Minimum qualifying purchase \$100 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 \$100 or more awards only one 200 Scene+ points statement. Offer excludes taxes and other goods and services which are non-deductible or excluded by law or are determined from time to time. Limit one loaded receipt 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 Subway. ©2019 ScenePlus.

DAIRY & FROZEN



3⁹⁹ ASTRO Original Balkan Style or iöGO Duo Yogurt 650-750 g



5⁹⁹ LIBERTÉ Probiotic Kéfir 1 L or Yop Drinkable Yogurt 6 pk



3⁹⁹ YOPLAIT Yogurt Tubes or Minigo 6-8 pk



4⁴⁹ COMPLIMENTS Tropical Blends 1.75 L or DEL MONTE Juice 1.6 L



6⁴⁹ HEALTHY CHOICE Power Bowls 262-280 g



6⁷⁹ MCCAIN Deep'n Delicious Cakes 510 g selected



6⁴⁹ COMPLIMENTS BALANCE Non-Hydrogenated or Olive Oil Margarine 850 g



5⁴⁹ BECEL Plant-Based Bricks 454 g



6⁹⁹ MCCAIN Regular Fries 1.5 kg



\$4 KELLOGG'S Eggo Waffles, French Toast Sticks or Pancakes 270-330 g



4⁹⁹ MICHELINA'S Pizza Snack Rolls 496 g



2/\$4 GREEN GIANT Simply Steam Vegetables 198-250 g

DRINKS & SNACKS



13⁹⁹ MCCAFÉ Roast & Ground Coffee 300-340 g or K-CUP Pods 10-12 pk



8⁹⁹ FOLGERS Single Serve Coffee Pods 12 pk



\$4 CHRISTIE Peek Freans or DAD'S Cookies 275-350 g



3⁴⁹ COMPLIMENTS Soda Crackers 450 g



2/\$5 COMPLIMENTS Tortilla Chips 250-280 g or Extraa! Flavour Potato Chips 200 g



5⁹⁹ COMPLIMENTS Mixed Nuts 200 g



5²⁹ COCA-COLA Soft Drinks Mini Cans 6x222 mL



7⁴⁹ GATORADE 8x355 mL



3⁹⁹ MARS Bags 95-100 g



2⁹⁹ NESTLÉ Tablet Bars 95-105 g



5⁴⁹ CADBURY Multi-Packs 152-200 g or NERDS Gummy Clusters 227 g



3³³ 150 PTS when you buy 3
KELLOGG'S Nutri-Grain Bars, Rice Krispies Squares, Pop-Tarts or Special K Pastry Crisps 125-384 g selected

SNACKS & PANTRY

 <p>4.49 QUAKER Harvest Crunch Cereal 270-510 g selected</p>	 <p>8.99 FLOURISH Pancake Mix assorted flavours 430 g</p>	 <p>2/\$5 COMPLIMENTS Canned Fruit 398 mL</p>	 <p>4.49 ROBIN HOOD Oats 1 kg, COMPLIMENTS Sweetened Condensed Milk 300 mL or Graham Crumbs 400 g</p>
 <p>3.49 COMPLIMENTS Bagels 6 pk 100 PTS when you buy 2</p>	 <p>1.99 COMPLIMENTS Baked Beans 398 mL 150 PTS when you buy 2</p>	 <p>2/\$5 COMPLIMENTS Flakes of Meat, Turkey or Chicken 156 g</p>	 <p>6.49 HERSHEY'S Chipits 200-270 g, CLUB HOUSE La Grille Seasonings 65-248 g or Spice Blends 111-203 g selected</p>
 <p>2.99 HOSTESS Snacks 121-225 g</p>	 <p>200 PTS when you buy 2 HEINZ Ketchup 375 mL</p>	 <p>4/\$5 CLUB HOUSE Salads'n Dips 28-45 g</p>	 <p>3.28 TILDA Ready to Heat Rice 250 g selected</p>

NATURAL, HEALTH & HOUSEHOLD

 <p>10.99 350 PTS when you buy 2 CREST 3D White Mouthwash or ORAL-B Toothbrushes 473-946 mL or 1-2 pk selected</p>	 <p>4.49 GARNIER Shampoo or Conditioner 354-370 mL selected</p>	 <p>3/6.99 COVE Gut Healthy Soda 355 mL</p>	 <p>7.49 100 PTS when you buy 2 KASHI Organic Cereal 360-510 g</p>
 <p>8.99 400 PTS when you buy 2 LISTERINE Clinical Solutions or Total Care Mouthwash 500 mL-1 L selected</p>	 <p>8.99 WHISKAS Dry Cat Food 1.5-2 kg or PURINA Dentalife Dog Treats 404-595 g</p>	 <p>2/\$5 PURINA ONE SmartBlend Dog Food 368 g</p>	 <p>9/9.99 FRISKIES Wet Cat Food 156 g</p>
 <p>4.99 ALCAN Foil 50 ft, Non-Stick 25 ft or REYNOLDS Parchment Paper 35 ft</p>	 <p>9.29 ZIPLOC Storage Bags 10-38 pk or Sandwich Bags 180 pk</p>	 <p>7.99 100 PTS when you buy 1 COMPLIMENTS Cat Litter 7 kg</p>	 <p>1.99 SCOTTIES Facial Tissue Singles 81-126 sheets</p>

Celebrate TROPICAL FEST

smooth,
rich & buttery,
sweet with a
tangy twist

The Champagne
of Mangoes

2/\$5

Ataulfo Mango
product of Mexico



COMPLIMENTS
Canned
Pineapple
Chunks or Slices
398 mL

2/\$5

A Tasty pairing!
Ricotta, mango
or pineapple
add pistachio for
a delicious crunch

Prepared
FRESH



15%
off

Prepared Fresh Daily
Regular or Tropical
Fruit Salad
assorted sizes



4⁹⁹

Jumbo Pineapples
product of Costa Rica



6⁹⁹

Green Kiwi
product of Greece 454 g



5⁹⁹

TRE STELLE
Ricotta 280 g

Made with
**TROPICAL
FRUITS**



200 PTS
when you buy 2

7⁹⁹

BOLTHOUSE
Juices selected
946 mL



200 PTS
when you buy 3

2/\$5

DEL MONTE Nectars 960 mL



3⁴⁹

100 PTS
when you buy 2
COMPLIMENTS
Coconut selected 200 g



7⁹⁹

Small Bar Cakes
325-575 g

Hawaiian 14"
Take & Bake Pizza
or selected varieties
715-890 g

STARTING AT
12⁹⁹

Get **400 PTS**
When you buy 2
Get **800 PTS**
When you buy 3
or more



Scene
**DIGITAL
EXCLUSIVE**

OFFER VALID MARCH 12-18, 2026

LOAD IT TO GET IT!

- 1 Download the Foodland app
- 2 Load your offers to activate them
- 3 Shop and scan your Scene+ card

Activate your offers in the **Foodland app** or at **MyGroceryOffers.ca**



Get **300 PTS**
when you spend **\$18**
or more on

Selected Canadian Cheddars with
the Blue Cow Logo 170-280 g



Get **400 PTS**
when you
buy 1

BLACK DIAMOND
Cheestrings 12-16 pk



SAVE \$1
when you buy 1

COMPLIMENTS
Coating Mix 142 g



Download on the
App Store

GET IT ON
Google Play

Card must be registered. Offer valid and available to be loaded March 12-18, 2026 at all participating Foodland and Co-Op locations in Atlantic Canada. Minimum qualifying purchase must be made in a single transaction. Offer must be loaded to registered Scene+ Card prior to transaction. Limit 1 offer per Scene+ Card. Offer excludes 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. Limit one. 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.

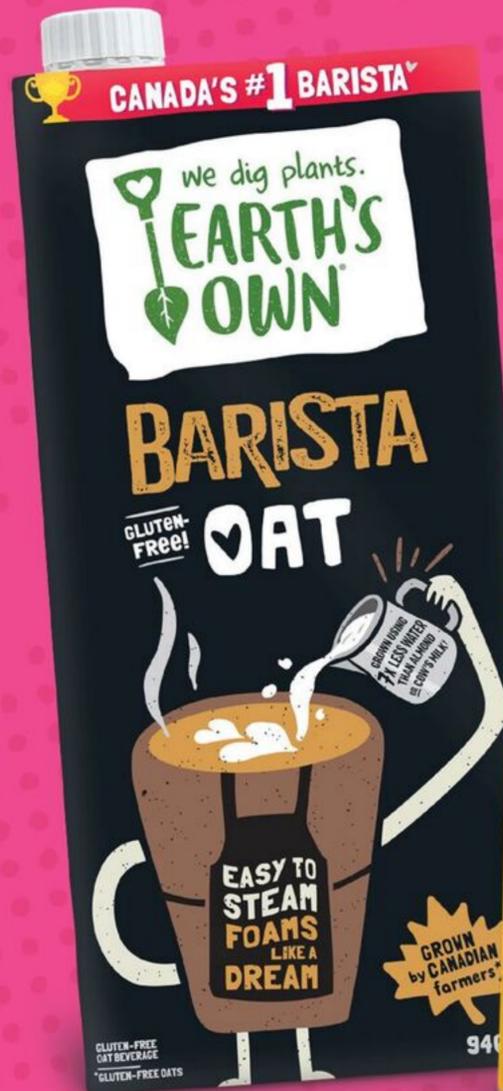


3⁹⁹

EARTH'S OWN
Beverages
1.75-1.89 L selected

2/\$10

EARTH'S OWN
Barista 946 mL



NUT FREE



DAIRY FREE



VEGAN



CARRAGEENAN
FREE



GLUTEN FREE



NON-GMO



oat: YOUR RIDE OR DIE
PLANT-BASED BESTIE