

# THRIFTY FOODS

Eat happy



# DOLLAR days

See back page for more!

**Our TEAM'S PICKS**

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

**CERTIFIED TENDER**

**MEMBERS SAVE 35% OFF AT ALL MEMBER STORES**

**Sterling Silver Fresh Beef Striploin Steaks**  
or Roast, Boneless, Family Size, Cut by our Meat Expert from Canada AAA Grade Beef  
Regular Retail: Starting at \$27.99/lb, \$61.71/kg

**3.49 /LB** Jumbo Green Grapes  
Product of Peru or Chile  
\$7.69/kg

**International WOMEN'S DAY**  
#GIVETOGAIN #IWD2026  
March 8

**12.99 EACH** Mini Rose  
4" Ceramic Pot  
Assorted Colours  
Grown in Surrey

**WE PICK BC FIRST**

**\$5 EACH**

Compliments **Bacon Selected**  
375 g

**WE PICK BC FIRST**

**21¢/3**

**Long English Cucumbers**  
Product of Canada

**WE PICK BC FIRST**

**\$5 EACH**

**Cookies**  
10 Pack, 310 g or Mini 24 Pack, 312 g  
**Baked In-Store**

**WE PICK BC FIRST**

**9.99 EACH** Starbucks **Roast & Ground Coffee**  
340 g, K-Cup® Pods  
10 Pack or Instant 90 g

**WE PICK BC FIRST**

**3.47 EACH** Dr. Oetker **Ristorante** or **Casa di Mama Pizza** 320-410 g

**WE PICK BC FIRST**

**2.99 /100 G** Fresh Wild BC **Black Cod Fillets** or Free Range Black Tiger Shrimp  
26-30 ct per lb, Previously Frozen or Wild BC Spring Salmon, Frozen  
\$13.56/lb

**WE PICK BC FIRST**

**\$3 EACH** Hawkins **CheeZies**  
210 g

**WE PICK BC FIRST**

**500 PTS** when you buy 2

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

**WE PICK BC FIRST**

**25% OFF AT TILL** Paradise Island **Random Cut Cheese** or Long Stick Random Weight  
Packaged in Nanaimo

**WE PICK BC FIRST**

**MEMBERS SAVE \$3**

**12.99** Terra **Granola** 800-850 g  
without Scene+ Card

**WE PICK BC FIRST**

**\$3 EACH** Barbara's **CheeZ Puffs**  
Original, 198 g

**WE PICK BC FIRST**

**\$5 EACH** Häagen-Dazs **Ice Cream**  
400-450 ml or Novelties 3-4 Pack

**WE PICK BC FIRST**

PROUDLY Canadian since 1977 ON SALE specials THURS, MARCH 5 - WED, MARCH 11, 2026

Look for the leaf to help you support Canada Learn more

PO1\_TF\_WK45\_PFN

THRIFTY Kitchens

Starting at \$3 EACH

Thrifty Kitchens  
Fresh Chicken or Pork Kabobs  
Available in our Meat Department  
Made In-Store



\$4 /LB

Fresh Pork Tenderloin  
Product of Western Canada  
\$8.82/kg

# DOLLAR days



\$1 EACH

Lemons or Kiwi  
Product of Mexico or New Zealand



\$1 /100 G

Bulk Snacking  
or Trail Mixes  
Selected



\$2 EACH

West Coast Crab or Prawn Cakes  
Selected, Previously Frozen, 70 g  
or Marinated Large Tail-Less Shrimp  
Skewers, Raw, 62 g

\$6 EACH

Compliments  
Mini Cupcakes  
12 Pack, 284-300 g



\$3 EACH

Handheld Savoury Pastries  
76-95 g or Thrifty Kitchens  
Sausage Rolls 95 g or Swirls  
225 g Available Chilled or Heated



\$1 EACH

JELL-O Jelly Powders  
10-85 g, Island Farms  
Milk 473 ml or Yoplait Yop  
Drinkable Yogurt 200 ml



\$2 EACH

Campbell's  
Broth 900 ml  
or Concentrated  
Broth 250 ml

\$4 EACH

Core Power  
Protein Shake  
Regular or  
\$5 Elite 414 ml  
Selected



\$5 EACH

Tropicana  
Orange Juice  
or Juice Blends  
Selected, 1.36 L



\$2 EACH

Compliments  
Pudding  
4 Pack,  
Canned Fruit  
398 ml or  
Dole Pineapple



\$3 EACH

Nature Valley  
Sweet & Salty  
Granola, Protein or  
Fibre 1 Bars, 125-210 g  
Selected

\$4 EACH

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



\$5 EACH

Compliments  
Shredded  
Cheese  
226-320 g



\$2 EACH

Compliments  
Foam Hand  
Soap 250 ml  
Selected



\$3 EACH

Dempster's White or  
Whole Wheat, Texas  
Toast or Sandwich Bread  
570-675 g,  
Compliments English  
Muffins 6 Pack or  
Lactantia Cream  
Cheese 227-250 g

\$5 EACH

Bonne Maman  
Jam 250-290 ml  
or Spreads 250-360 g



\$5 EACH

Robin Hood Flour  
Selected, 2.5 kg or  
Hershey's Chipits  
200-270 g



NEW YOU COULD WIN A SPIN UP TO \$500,000 EARN 300 SCENE+ POINTS Use your GameSense

for Every \$15 Spent on Big Spin Scratch & Win tickets. **bc** 19+

Offer valid from February 26 - March 11, 2026 on every \$15 spent on Big Spin Scratch & Win in a single transaction. Scene+ card must be scanned at time of transaction. Scene+ points are not issued on the sale of other lottery purchases. Terms and conditions apply.

Fresh **PRODUCE** from LOCAL FARMS and BEYOND

**MEMBERS SAVE \$1**  
**7.99** EACH  
**MEMBER**

**8.99** EACH without Scene+ Card  
**SanLucar Jumbo Blueberries**  
9.8 oz, 277 g Pack  
Product of Morocco



**3.49** /LB  
**Tangerines**  
Product of USA  
\$7.69/kg



**2.99** /LB  
**Pazazz Apples**  
Extra Fancy, Large  
Product of Canada  
\$6.59/kg



**3.99** EACH  
**Compliments Spring Mix, Baby Spinach or Arugula**  
142 g Pack

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



**4.99** EACH **100 PTS** when you buy 2  
**Russet Potatoes**  
5 lb, 2.27 kg Bag  
Product of British Columbia

**ORGANIC**

**100 PTS** when you buy 2  
**7.99** EACH  
**Organic Strawberries**  
1 lb, 454 g Pack  
Product of Mexico or USA



**100 PTS** when you buy 2  
**2/\$5**  
**Organic Avocados**  
Product of Mexico



**75 PTS** when you buy 1  
**3.99** EACH  
**Organic Romaine, Green or Red Leaf Lettuce**  
Product of Mexico or USA



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



**3.99** EACH  
**Pansy or Viola** 6 Packs  
Assorted Colours  
Grown in Victoria



**2.59** EACH  
**Pansy 4" Pot**  
Assorted Colours  
Grown in Victoria



**21.99** EACH  
**Spring Daisy 5" Pot Euro Garden**  
Assorted Colours  
Grown in Surrey



**International WOMEN'S DAY**  
March 8

**11.99** EACH **WE PICK BC FIRST**  
**Spring Daisy 4" Pot with Kalanchoe**  
Assorted Colours  
Grown in Surrey



**29.99** EACH  
**Women's Achievement Bouquet**



**14.99** EACH  
**Dainty Delight Arrangement**  
Assorted Colours



**15.99** EACH  
**Hydrangea 6" Pot**  
Assorted Colours  
Grown in Victoria

**FEBRUARY 27<sup>TH</sup> - MARCH 20<sup>TH</sup>**  
**\$5** EACH  
**Gerbera 4" Pot**  
Assorted Colours  
Grown in Surrey  
\$2.37 PER POT IS BEING DONATED TO THE BC CANCER FOUNDATION benefiting **BC CANCER FOUNDATION**



\*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 www.thriftyfoods.com for details.

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

**250 PTS**  
when you spend \$30

**5.99**  
/LB



**BC Fresh Split Chicken Wings**  
Family Size, Product of Surrey  
**\$13.21/kg**

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

Johnsonville  
**Dinner or Breakfast Sausages Frozen**  
250-500 g



**12.99**  
/LB

**250 PTS**  
when you spend \$30

**Sterling Silver Fresh Beef Blade Roast** Boneless  
Cut from Canada  
AAA Grade Beef  
**\$28.64/kg**



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

**Fresh Pork Loin Schnitzel** or Cutlets  
Product of Western Canada  
**Regular Retail: Starting at \$9.49/lb, \$20.92/kg**



**250 PTS**  
when you spend \$30

**4.99**  
/LB

**Fresh Pork Loin Chops**  
Family Size or Roast, Boneless  
Product of Western Canada  
**\$11.00/kg**



**200 PTS**  
when you buy 2

**9.99**  
EACH

White Valley  
**Lean Ground Veal** 454 g  
Product of Canada



**9.99**  
EACH

**250 PTS**  
when you spend \$25

Helmuts Sausage Co.  
**Garlic Sausage**,  
Honey Garlic or Classic Pepperoni  
or BBQ Wieners  
454-750 g  
Product of the Okanagan Valley



**14.99**  
EACH

Janes **Pub Style Chicken Strips, Nuggets, Bites or Burgers** Frozen, 700-710 g



**9.99**  
EACH

Freybe **Pepperoni**  
Selected 500 g  
Product of Langley

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



**MEMBERS SAVE \$2**  
**6.99**  
EACH  
MEMBER

**8.99** without Scene+ Card  
EACH  
High Liner **Signature Cuts or Family Favourites Seafood** Frozen  
Selected, 350-700 g

**125 PTS**  
when you spend \$10 or more

**1.99**  
/100 G

**Fresh Wild Sole Fillets**  
Weather Permitting  
Product of British Columbia  
**\$9.03/lb**



**300 PTS**  
when you spend \$15 or more

**Fresh Canadian Mussels**  
Subject to Availability

**8.99**  
EACH

Ultra Natural **Fair Trade Shrimp**  
Hand-Peeled  
Cooked or Raw  
51-70 ct per lb  
300 g



**100 PTS**  
when you spend \$8 or more

**3.49**  
/100 G

**Poke** Made with Line Caught Ahi Tuna  
Responsibly Sourced  
Ready-To-Eat  
**Made In-Store Daily**  
**\$15.83/lb**



**6.99**  
/100 G

**Smoked Coho Salmon Nuggets**  
Previously Frozen, Selected  
Product of Vancouver **\$31.71/lb**

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, McCully/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 \$9,000 Scene+ points (equivalent to \$500) per day. For full Scene+ Terms & Conditions or to redeem your points, visit <http://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.

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

**MEMBERS SAVE 50¢**  
**7.99**  
EACH  
MEMBER

**8.49** without Scene+ Card  
EACH  
Fantino & Mondello  
**Authentic Italian Charcuterie Meats**  
Selected, 100–200 g



**11.99**  
EACH  
Panache  
**Antipasto**  
200 g



**5.49**  
/100 G  
Ilchester **Applewood Smoked Cheddar**  
Product of England



**3.99**  
/100 G  
Freybe  
**Pepper or Honey Ham Sliced Fresh**



**10.99** EACH  
Galbani **Marinated Mozzarella** 340 g



**400 PTS** when you buy 3

**6.79** EACH  
Compliments **Sliced Cheese**  
150–170 g



**4.49**  
/100 G  
Fantino & Mondello  
**Capicollo**  
Hot or Mild  
**Sliced Fresh**



**4.99**  
/100 G  
Natural Pastures  
**Comox Brie or Camembert**



**TAKE IT to go!**

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

**9.99** without Scene+ Card  
EACH  
**Thrifty Made Bowls**  
435–455 g  
Available Chilled



**150 PTS** when you buy 2  
**7.99**  
EACH

**Mini Croissant Sandwiches** Black Forest Ham & Cheddar and Roast Turkey & Cheddar or Chicken or Egg Salad, 2 Pack, 206–216 g



**10% OFF** **100 PTS** when you buy 2

Thrifty Kitchens **Dips or Hummus** 300–550 g



**2.29**  
/100 G

**Thai Peanut Broccoli Salad** or other Selected Varieties from the Service Case, Sold by 100 g



**SUSHI & more**

**100 PTS** when you buy 2

Zenshi **Rainbow Rolls** 10 pcs  
255–266 g



**100 PTS** when you buy 2

Zenshi **Dynamite Rolls** 10 pcs  
226 g



**ON SALE specials THURS, MARCH 5 - WED, MARCH 11, 2026**

**BULK**

**2<sup>99</sup>**  
/100 G

**Roasted Cashews**  
Selected



**2<sup>99</sup>**  
/100 G

**Baking Almonds**  
Selected



**MEMBERS SAVE \$4**  
**11<sup>99</sup>**  
EACH  
MEMBER

**15<sup>99</sup>** without Scene+ Card  
EACH

NaturSource  
**Almonds or Mixed Nuts**  
450-600 g



**1<sup>49</sup>**  
/100 G

**H&H Mango or Ginger**



**4<sup>99</sup>**

**Huer Candy**  
Selected, 250-300 g



**5<sup>99</sup>**  
EACH

**Dan-D Organic Oats**  
Rolled or Quick, 1 kg



ORGANIC

**MAKE IT cheesy**

**16<sup>99</sup>** EACH without Scene+ Card

**14<sup>99</sup>** EACH MEMBER

**3<sup>99</sup>** EACH

**4<sup>99</sup>** EACH

**2<sup>99</sup>** EA WHEN YOU BUY 2 OR MORE OR 1 FOR 3.49

**100 PTS** when you buy 2

Made with 100% CANADIAN FLOUR

Fruit or Strawberry Topped Cheesecake 725-755 g

Cheese Bread 600 g Baked In-Store

Mini Cheese Croissants 8 Pack, 250-260 g Baked In-Store

Cheese Kaiser Buns 6 Pack 380-420 g Baked In-Store

BUY more SAVE more

Made with 100% CANADIAN FLOUR

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

**4<sup>99</sup>**  
EACH

**Kettle Chips**  
368 g



**21\$6**

**Natural Cabana Drinks** 591 ml



**100 PTS** when you buy 2

**4<sup>99</sup>**  
EACH

**Compliments Coconut Water** 1 L



**7<sup>49</sup>**  
EACH

**Mary's Organic Crackers** 155-184 g



ORGANIC

**3<sup>99</sup>**  
EACH

**Earth's Own Beverages**  
Selected 1.75-1.89 L



**200 PTS** when you buy 2

**4<sup>99</sup>**  
EACH

**Daiya Cheese Style Shreds, Slices or Blocks** 170-220 g or Cream Cheese 227 g or Pizza 346-550 g **\$8.99** Each



**3<sup>49</sup>**  
EACH

**Silk Creamers** 450-473 ml



**7<sup>99</sup>**  
EACH

**Amy's Kitchen Bowls or Entrées** 234-284 g



**4.99** EACH **200 PTS** when you buy 2

Oasis Health Break or Smoothie 1.6 L



**4.99** EACH **BC FIRST**

Island Gold Large Brown Eggs 12 Pack



**7.99** EACH

Fraser Valley Butter Salted or Unsalted, 454 g



**6.99** EACH Philadelphia Cream Cheese 340 g



**DAIRY & frozen**

**4.99** EACH **100 PTS** when you buy 2

Compliments Cheese Slices 210-230 g



**3.99** EACH Dairyland Aerosol Whipped Cream 225 g, International Delight Creamers 425 mL, Yoplait Source Protein Yogurt 650 g or Liberté Greek or Méditerranée Yogurt 4 Pack or 500 g



**8.99** EACH Tree Island Greek Yogurt 908 g



**8.99** EACH Avalon Probiotic Kefir 2 L Made in Burnaby



**50 PTS** when you buy 1

**11.49** EACH

iOGO Creamy Yogurt 2 kg



**4.49** EACH **100 PTS** when you buy 2

Heluva Good! Dip 250 g



**MEMBERS SAVE 50¢**

**6.99** EACH **MEMBER**

Ben & Jerry's Ice Cream 473 ml or Magnum Novelties 3-4 Pack

**7.49** EACH without Scene+ Card



**7.99** EACH

Righteous Gelato or Sorbetto 473 ml



**\$4** EACH

Kellogg's Eggo Waffles, French Toast Sticks or Pancakes 270-330 g



**2/\$10**

Crave or KD Frozen Entrées 200-340 g



**100 PTS** when you buy 2

**12.99** EACH

P.F. Chang's Multi Serve Meals 624 g



**VITAMINS & more**

**300 PTS** when you buy 1

**35.99** EACH

Genuine Health Greens+ Powder 199-228 g Selected



**2/\$6** **100 PTS** when you buy 2

Trubar Protein Bars 50 g



**300 PTS** when you buy 1

**20% OFF**

Organika Collagen Supplements Assorted Varieties and Sizes



**7.29** EACH **100 PTS** when you buy 2

Sensodyne Whitening or Pronamel 110-135 mL Selected



**BUY more SAVE more**

**1.49 EA** WHEN YOU BUY 4 OR MORE OR 1 FOR 1.79

**100 PTS** when you buy 4

Compliments Purée Pouches 128 ml



**200 PTS** when you buy 1

**15.99** EACH

Clif Builders Bars 6 Pack or Minis 10 Pack



**9.99** EACH **200 PTS** when you buy 2

Kind Bars 5 Pack or Minis or Thins 10 Pack



**15% OFF**

Tom's of Maine Oral Care 76-473 ml



**10% OFF** **600 PTS** when you buy 2

Nicorette Gum or Lozenges 80-105 Pack or QuickMist or Nicoderm 7 Pack, Selected



**10% OFF** **600 PTS** when you buy 2

Tylenol or Benylin Cough, Cold & Flu Selected†



**DRINKS & snacks**

**5<sup>99</sup>** EACH  
 Christie Family Cookies Selected 303–520 g or Cakesters 285 g

**CELEBRATE OREO COOKIE DAY MARCH 6<sup>TH</sup>**

**10<sup>99</sup>** EACH  
 Nabob Roast and Ground Coffee 340 g

**24<sup>99</sup>** EACH  
 Tim Hortons Single Serve Coffee Pods 24–30 Pack

**2/1<sup>9</sup>**  
 Doritos Tortilla Chips 210–280 g or Ruffles Potato Chips 180–200 g

**MEMBERS SAVE \$1**  
**2<sup>99</sup>** EACH  
 Compliments Pretzels 320–400 g

without Scene+ Card

**2<sup>99</sup>** EACH  
 Kellogg's Town House, Snap'd or Cheez-It Crackers 213–391 g or Pepperidge Farm Goldfish Crackers or Crisps 156–227 g

**16<sup>99</sup>** EACH  
 Hershey's Eggies 670–900 g or Bagged Chocolate 800–900 g While Supplies Last

**\$5** EACH  
 Dare Real Fruit Gummies 475–700 g

**7<sup>99</sup>** EACH  
 Peace Tea or Fuze Iced Tea 12x341 ml

**2<sup>77</sup>** EACH **150 PTS** when you buy 3  
 Compliments Bars Granola 131–175 g or Fruit 300 g

**GROCERY & more**

**200 PTS** when you buy 2  
 Heinz Flavoured Mayonnaise 340 ml

**100 PTS** when you buy 1  
 Compliments or Compliments Balance Salad Dressings 475 ml or Pickles 1 L

**4<sup>99</sup>** EACH  
 Dempster's 10" Tortillas 366–610 g or Stonemill Bread 454–550 g

**2<sup>99</sup>** EACH  
 Clover Leaf Yellowfin Chunk Light Tuna 142 g

**MEMBERS SAVE \$1**  
**2<sup>99</sup>** EACH  
 Taco Bell Hot Sauce 207 ml

without Scene+ Card

**6<sup>49</sup>** EACH  
 Kellogg's Family Size Cereal 450–650 g

**3<sup>49</sup>** EACH  
 Compliments Peanut Butter 500 g

**2<sup>99</sup>** EACH  
 Kraft Marshmallows 250 g or Betty Crocker Super Moist Cake Mix, Selected, 375–404 g

**3<sup>99</sup>** EACH  
 Fleischmann's Baking Soda 400 g or Betty Crocker Frosting Selected, 340–450 g

**5<sup>48</sup>** EACH  
 Thai Kitchen Curry Paste Selected, 112 g

**HOUSEHOLD & more**

**9/9<sup>99</sup>**  
 Purina Friskies Wet Cat Food 156 g

**12<sup>99</sup>** EACH  
 Glad Waste Bags 20–40 Pack or Compostable Bags 44 Pack

**9<sup>29</sup>** EACH  
 Ziploc Storage Bags 10–38 Pack or Sandwich Bags 180 Pack

**Starting at 5<sup>99</sup>** EACH  
 Fleecy Fabric Softener 1.36 L or Sheets 80 Pack

**100 PTS** when you buy 2  
**2<sup>79</sup>** EACH  
 Compliments Liquid Dish Detergent 828 ml

# International WOMEN'S DAY

## March 8

#GIVETOGAIN #IWD2026

MEET SOME OF THE AMAZING WOMEN BEHIND A FEW OF OUR FAVOURITE LOCAL BRANDS

Learn More



Jordan Hocking, founder of Sriracha Revolver Hot Sauce is a passionate home cook, world traveller and member of Sweetgrass First Nation (Treaty 6 territory). Through her work she carves space for Indigenous food entrepreneurs and celebrates the power of food as a ceremony, a vehicle for cultural expression, healing and grassroots giving.

100 PTS  
when you buy 1

9<sup>99</sup>  
EACH

Sriracha Revolver  
Hot Sauce 130 ml  
Made in Vancouver



Meet Jordan  
FOUNDER OF  
SRIRACHA REVOLVER



Miki Talebi grew up in a BC home where food meant family when her dad fired up the smoker. After he passed in 2020, Miki found herself drawn back to that smoker, and created something that aligned with her own values: nourishing, sustainable, joy-filled food. That spark became Oomé — cherry-wood smoked tofu made with bold flavours, clean ingredients, made in small batches and a whole lot of heart.

100 PTS  
when you buy 1

8<sup>99</sup>  
EACH

Oomé Tofu 220 g  
Made in Vancouver



Meet Miki  
FOUNDER OF OOMÉ



Aki Kaltenbach, based in Victoria, founded Save Da Sea, plant-based seafood made from simple ingredients including a smoked 'salmon' alternative made from carrots and a 'tuna' salad made from jackfruit while running her family's Japanese restaurants, where she saw the need for vegan alternatives that are healthy, delicious and better for our planet.

100 PTS  
when you buy 1

9<sup>99</sup>  
EACH

Save da Sea  
Spreads 185 g  
Made in Victoria



Meet Aki  
FOUNDER OF  
SAVE DA SEA



Kimberly Chamberland founded Big Mountain Foods out of her kitchen where she raised her three children and built a family-run, women-led food company committed to real ingredients and veggie-forward meals that also supports Canadian farmers and brings wholesome, clean-label meals to your table.

Starting at 100 PTS  
when you buy 1

5<sup>49</sup>  
EACH

Big Mountain  
Veggie  
Products  
Selected  
240-400 g  
Made in Delta



Meet Kimberly  
FOUNDER OF  
BIG MOUNTAIN FOODS

# FEED THE DREAM



**THRIFTY FOODS**



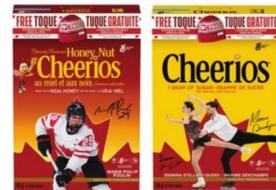
OFFICIAL GROCER



**13<sup>99</sup>** EACH  
Maple Leaf  
**Rotisserie Chicken Legs,**  
Pork Tenderloin or  
BBQ Pulled Pork  
Fully Cooked, 400–600 g



**6<sup>49</sup>** EACH  
General Mills  
**Family Size Cereal**  
Selected, 475–778 g



**2<sup>99</sup>** EACH  
Nature Valley  
**Crunchy or Trail Mix Granola Bars**  
or Betty Crocker  
Fruit by the Foot or Gushers  
Selected  
120–230 g



**2/\$9**  
McCain **Superfries**  
454–650 g



**2/\$6**  
Glacéau  
**Smartwater**  
1L



**2/\$4<sup>50</sup>**  
Coca-Cola  
**Soft Drinks**  
1L



**2/\$4<sup>50</sup>**  
BodyArmor  
**SuperDrink**  
473 ml



**2/\$9**  
McCain **Bistro, Smiles or Tasti Taters**  
454–800 g



**Starting at 25<sup>99</sup>** EACH  
Tide **Liquid Detergent** 3.46–3.9 L,  
Pods 45–76 Pack,  
Gain Flings! 76 Pack,  
Downy Unstopables  
853 g or Ivory Snow  
3.1 L



**2<sup>99</sup>** EACH  
Dawn **Dish Soap**  
431–502 ml, Selected



**19<sup>99</sup>** EACH  
Cascade **Auto Dish Tabs** 30–48 Pack



**23<sup>99</sup>** EACH **150 PTS**  
when you buy 1  
Corona Cero **Alcohol-Free Beer**  
12x355 ml



**4<sup>99</sup>** EACH  
Angie's  
**Boom Chicka Pop Popcorn**  
136–198 g



**6<sup>49</sup>** EACH  
Orville Redenbacher  
**Microwave Popcorn**  
5–8 Pack, 248–492 g or  
Gourmet Popping Corn  
850 g



**2/\$10**  
Healthy Choice  
**Gourmet Steamers**  
269–306 g



Earn an instant entry for every eligible product purchased when you scan your Scene+ card



Scan to view full list of participating products.

**\*MINI RULES FEED THE DREAM CONTEST 2026 (the "Contest")**  
NO PURCHASE NECESSARY. Full Contest rules and no purchase entry method found at [thriftyfoods.com/feed-the-dream/participating-suppliers/rules](https://thriftyfoods.com/feed-the-dream/participating-suppliers/rules). Contest runs from January 8, 2026 and ends on March 18, 2026. Open to legal residents across all provinces of Canada excluding Quebec who have a valid Scene+ account, and who have reached the age of majority on the date they enter the Contest. There are three (3) grand prizes to be won. Each grand prize consists of 1,000,000 Scene+ points (ARV \$10,000.00 (CAD) each). There are two hundred (200) secondary prizes to be won. Each secondary prize consists of 25,000 Scene+ points (ARV \$250.00 (CAD) each). The prizes have no equivalent cash value, are non-transferable and no substitutions will be made. Correctly answered skill testing question required. Odds of winning depend on the number of eligible entries received. Enjoy Responsibly. Must be legal drinking age. Corona Cero is an alcohol-free beer with natural flavour and vitamin D. Enjoy responsibly. Must be legal drinking age. ©/MD. Trademarks Grupo Modelo, S. de R.L. de C.V., Lic. Use/Sous Lic.

# ISLAND GROCERS UNITE TO BRING HOPE CLOSER TO HOME



**JOE & ROBERTA MANZINI**  
NANAIMO, BC  
CANCER SURVIVORS

From Feb. 27 – March 20, proceeds from the sale of specially marked plant pots at participating grocers will help support the new **BC Cancer – Nanaimo**.

benefiting  
**BC  
CAN  
CER** FOUNDATION



# Ramadan MUBARAK

Savour the WORLD



**6.99**  
EACH  
Mini Seedless Watermelon  
Product of Mexico or Brazil



**3.49**  
EACH  
Compliments  
Pita 200-425 g



**2.49**  
/LB  
Roma Tomatoes  
Product of Mexico  
\$5.49/kg



**6.49**  
EACH  
Lamb Tonight  
Lean Ground Lamb  
Product of Canada  
240 g



**5.79**  
EACH  
Chalolo Basmati Rice  
1.81 kg

**4.29**  
EACH  
Al'fez Couscous  
Moroccan Spiced  
200 g



**4.29**  
EACH  
Al'fez Marinade  
156-157 ml  
Selected Varieties



**14.99**  
EACH  
Tilda Pure Basmati Rice  
4 kg



**4.29**  
EACH  
Al'fez Falafel Mix  
Lebanese Style  
150 g



**4.99**  
EACH  
Patak's Cooking Sauces  
400 ml  
Selected Varieties



**7.49**  
EACH  
Mazola Oil  
946 ml

**3.99**  
EACH  
Tre Stelle Paneer Cheese  
300 g



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

Scene+  
**DIGITAL  
EXCLUSIVE**

OFFER AVAILABLE  
MARCH 5 - 11, 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 \$1**  
when you buy

Compliments Organic  
**Frozen Fruit** 600 g  
Assorted **ORGANIC**



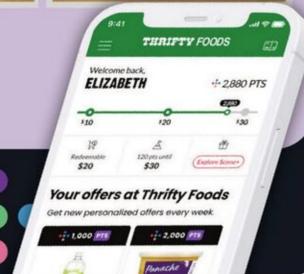
Get **200 PTS**  
when you buy 2

Compliments Natural Ingredients  
**Sliced Meats** Selected, 175 g



Get **400 PTS**  
when you buy 2

Compliments Balance or  
Asian-Inspired **Frozen Entrées**  
Selected, 250–280 g



Download on the  
**App Store**

GET IT ON  
**Google Play**

Offer valid March 5 - 11, 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.

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the Scotiabank Scene+ Visa Card.♦

APPLY NOW

♦Conditions Apply

