

CHALO!

FRESH CO



EQUAL TO
\$4.99
/lb

Compliments
Seasoned
Boneless Skinless
Chicken Breasts
Frozen 2.5 kg
\$24.75 reg 33.99
WHILE SUPPLIES
LAST



\$4.99

Raspberries 340 g
Product of Mexico or USA



\$1.49
/lb

Indian Eggplant
Product of Mexico
3.28/kg



Catch of the Day
Fish Fillets
Frozen
580-800 g
reg 14.00-15.00
WHILE
SUPPLIES
LAST

SAVE UP TO \$5
\$10



Brar's Malai Paneer 375 g
reg 6.99

SAVE \$2
\$4.99



Dr. Oetker Ristorante or Casa di
Mama Pizza 320-410 g reg 6.49

SAVE \$3.02
\$3.47



Astro Yogurt Tubs 500-750 g
Silk Beverage 1.75-1.89 L
Selected Varieties or
Lucerne Chocolate Milk 2 L
reg 3.69-4.99

SAVE UP TO \$2
\$2.99

Flyer in effect April 16-22, 2026
Prices in effect in Western Canada

Scene
MEMBERS SAVE MORE
MEMBER PRICING ON SELECT ITEMS



Oasis Juices, Arizona
Iced Tea or Del Monte
Nectars 960 mL

\$1.25
without
Scene+ Card **\$2.49**



Villaggio Bread
510-550 g or
Buns 6-8 pk

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



Sweet Bell Peppers 4 pk
Product of Canada
or Mexico

SAVE \$1
\$3.99
without
Scene+ Card **\$4.99**



Gallo
Olive Oil 1 L
LIMIT OF 4
reg 13.99

SAVE \$4.17
\$8.77
without
Scene+ Card **\$12.94**



Sher Desi
Style Atta
9.07 kg
reg 18.99

SAVE \$3
\$13.99
without
Scene+ Card **\$16.99**

PRODUCT SELECTION MAY VARY BY LOCATION

Locally Owned
& Operated



BY PROUD CANADIANS



Learn more



Pharmacy care right where you shop

- ✓ Prescriptions
- ✓ Immunizations
- ✓ Medication reviews
- ✓ Custom pill packaging

[Explore our services](#)



Fee for some services may apply

GIVE YOUR SCENE+ POINTS A BOOST

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

APPLY NOW



*Conditions Apply





Ataulfo Mangoes
Product of Mexico
or **Avocados**
Product of Mexico

100 PTS
when you buy 2

\$1.49



Avalantino Tomatoes 454 g
Product of Canada or Mexico or
Iceberg Lettuce
Product of USA, No. 1 Grade

50 PTS
when you buy 1

\$2.99



Compliments Lemons 2 lb
Product of USA
907 g

50 PTS
when you buy 1

\$4.99



Red Seedless Grapes
Product of Peru or Chile No. 1 Grade or
Black Seedless Grapes
Product of Peru or Chile No. 1 Grade
11.00/kg

\$4.99
/lb



Tomatoes on the Vine
Product of Canada, Mexico or USA
5.49/kg

\$2.49
/lb



Broccoli Crowns
Product of Mexico or USA
6.59/kg

\$2.99
/lb



Envy or Jazz Apples 2 lb
Product of USA
Extra Fancy Grade
907 g

100 PTS
when you buy 2

\$4.99



Jumbo Golden Pineapple
Product of Costa Rica
Mandarins 2 lb
Product of USA 907 g

100 PTS
when you buy 1

\$5.99



Compliments Organic Whole White or Brown Mushrooms
227 g Product of Canada

100 PTS
when you buy 2

\$2.99



Celery Product of USA, No. 1 Grade
Yellow Onions 3 lb
Product Of Canada, Canada No. 1, 1.36 kg

50 PTS
when you buy 1

\$2.99



Compliments Stuffed & Breaded Chicken Cutlettes
Frozen 384 g
reg 5.99

SAVE \$2
\$3.99



Maple Lodge Ultimates or Zabaha Halal Chicken Sausages 375-500 g,
Maple Lodge or Zabaha Halal Chicken Sticks 300 g
reg 5.99-6.99

SAVE UP TO \$2
\$4.99



Value Pack Lean Ground Beef 1 kg

\$16



MarcAngelo Chicken Skewers
280-320 g
reg 11.00

SAVE \$3
\$8



Earls Kitchen + Bar Pork Back Ribs Fully Cooked 680 g
reg 14.99

SAVE \$4
\$10.99



Pogo Original 20 pk
1.5 kg or Original Mini 32 pk
960 g
reg 16.99

SAVE \$3
\$13.99



Pinty's Chicken Wings
Frozen 700-720 g
reg 17.99

SAVE \$3
\$14.99



Compliments Deli Meat 175 g Selected Varieties
Mastro Prosciutto Cotto 125 g, **San Daniele Mortadella** 175 g
Chris Brothers 175-250 g
reg 3.99-4.49

\$3.49



Castello Blue Cheese 125-150 g,
Tre Stelle Parmesan 125 g or **Compliments Feta** 200 g
reg 5.99-7.19

\$4.99



Compliments Sliced Cheese 150-170 g,
Camembert 170 g, **Brie or Halloumi** 175-200 g
reg 5.99-6.99

\$5.49



Fantino & Mondello Deli Meat 100-200 g
reg 7.99

SAVE \$3
\$4.99



Compliments Mini Donuts 155 g or
Glazed Donuts 250 g
reg 2.00

SAVE 51¢
\$1.49



Dempster's Tortillas 426-640 g
reg 4.29

SAVE 80¢
\$3.49



Compliments Texas Toast 638 g or **Garlic Parmesan Sticks** 550 g

\$4



Compliments Butter Croissants or Simple Joy Cheese Croissants 270 g or
Glazed Donuts 6 pk
reg 5.00

\$4.49

SPEND \$100 IN ONE4ALL ULTIMATE GIFT CARDS AND GET 1,000 SCENE+ POINTS!



Offer valid during April 16 - 22, 2026. Sorry no rainchecks or price matching. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability. Cards issued by Peoples Trust Company.

SAVE \$120

\$249

Christie Crackers
Selected Varieties 180 g
reg 3.69



SAVE \$4

\$699

Purex Bath Tissue 12=24 Rolls,
SpongeTowels 3=6 Rolls or
Scotties 6 pk reg 10.99



Kellogg's
Eggo Waffles
270-300 g
reg 3.99-4.49

200 PTS
when you buy 2
SAVE UP TO \$1.50
\$299



Bear Paws
168-240 g
reg 4.29

SAVE \$1.80
\$249



General Mills Cereal
Selected Varieties
297-430 g reg 3.99

150 PTS
when you buy 2
SAVE 50¢
\$349



iögo
Frozen Yogurt
Tubs 946 mL,
Novelty Bars
4 pk or Pops 8 pk
reg 6.99

SAVE \$2.05
\$494



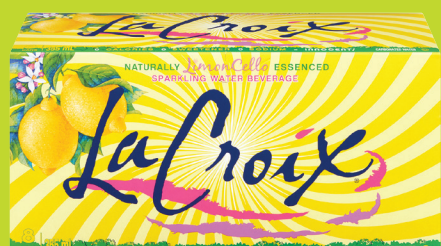
Starbucks Roast &
Ground Coffee 340 g
or K-Cups 10 pk
reg 13.99

200 PTS
when you buy 2
SAVE \$2
\$1199



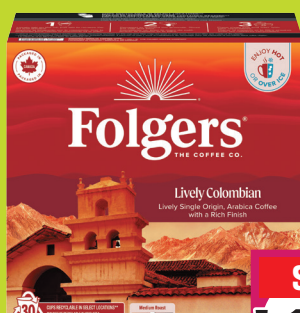
Danone
Activia Yogurt 12 pk
reg 7.29

SAVE \$1.30
\$599



LaCroix
Sparkling Water 8x355 mL
reg 5.99

SAVE \$1
\$499



Folgers
Coffee K-Cups 30 pk
reg 22.99

SAVE \$6
\$1699



Tim Hortons
Ground Coffee
825-875 g reg 29.99

SAVE \$7
\$2299



I Can't Believe It's Not Butter!
427 g

SAVE \$1
\$249



Armstrong
Natural Cheese Slices 220-240 g

SAVE \$1.50
\$499



Quaker Chewy or
Dipps Granola Bars
Club Pack 935-960 g
reg 14.79

100 PTS
when you buy 1
SAVE \$1.30
\$1349



Axe Deodorant or
Body Spray 76-113 g,
Shampoo 473 mL or
Body Wash 473 mL

100 PTS
when you buy 2
SAVE UP TO \$2.30
\$499



Clorox
Bleach 2.4 L or
Pine-Sol 1.4 L
reg 5.99-6.29

100 PTS
when you buy 2
SAVE UP TO \$1.30
\$499



Ben's Bistro Express 240-250 g
Tasty Bite 285 g
reg 2.99

\$275

MORE WAYS TO SAVE!



Look for these specially-marked items throughout our stores

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
Popcorn
190-250 g



COMPLIMENTS
Milk or Dark
Chocolate Covered
Nuts or Peanut
Butter Bites
340-400 g

NO PURCHASE NECESSARY. Full Contest rules found at freshco.ca/grocerygiveaways. Contest runs from 03/26/26 - 04/29/26. 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 in no way sponsored, endorsed or administrated by Scotiabank, Cineplex Inc., Home Hardware Stores Limited, Apple Inc. or Google LLC. Apple Inc.* and Google LLC are completely released of all liability by each entrant in this Contest.

HEALTH & BABY BARGAINS



SAVE \$7.50
\$26.99

Pampers Easy Ups 46-66 pk, Huggies Pull Ups 48-74 pk or Goodnites Youth Pants 28-44 pk Selected Varieties



400 PTS when you buy 2
SAVE \$13
\$26.99

Huggies Snug & Dry or Little Movers Diapers 36-104 pk



Pampers Jumbo Swaddlers Diapers 19-32 pk

SAVE \$5.50
\$14.99



Huggies Natural Care Wipes 560-704 pk

400 PTS when you buy 2
SAVE \$6
\$19.99



Huggies Natural Care Wipes 168-192 pk

SAVE \$2
\$8.99



Pampers Baby Wipes 56-72 pk

SAVE \$1
\$3.49



Pantene Shampoo or Conditioner 476-530 mL

SAVE \$1.50
\$7.99



Degree Deodorant 48-76 g Selected Varieties

100 PTS when you buy 2
SAVE \$2
\$2.99



Old Spice Deodorant 73-85 g, Secret Deodorant 68-73 g or Dry Spray 116 g Selected Varieties

SAVE \$1
\$7.49



Lady Speed Stick 45 g or Mennen Speed Stick 70 g Deodorant Selected Varieties

SAVE \$2.70
\$2.29



Head & Shoulders Dandruff Shampoo 613 mL

SAVE \$1
\$9.99



Softsoap or Irish Spring Body Wash 591 mL

SAVE \$3
\$5.99



Softsoap Hand Soap 332 mL

50 PTS when you buy 2
SAVE \$1
\$3.99



Dial Body Wash 473 mL

100 PTS when you buy 1
SAVE \$1.50
\$4.99



Tampax Pearl or Radiant Tampons 28-36 pk Selected Varieties

350 PTS when you buy 2
SAVE \$1
\$11.49



Always Ultra or Radiant InFINITY Pads 20-40 pk or Liners 68-80 pk Selected Varieties

350 PTS when you buy 2
SAVE UP TO \$2.30
\$10.99



U by Kotex Pads 14-22 pk or Liners 64 pk Selected Varieties

SAVE \$1.50
\$4.99



U by Kotex Pads 38-50 pk or Tampons 45 pk Selected Varieties

400 PTS when you buy 2
SAVE UP TO \$3
\$12.99



Depend Pads 52-58 pk, Underwear 12-19 pk or Poise Pads or Liners 22-66 pk Selected Varieties

400 PTS when you buy 2
SAVE \$6
\$18.99



Crest 3D White Mouthwash 473 mL or Oral-B Cross Action Toothbrush 2 pk Selected Varieties

250 PTS when you buy 2
SAVE UP TO \$3
\$9.99



Colgate Toothpaste 52-95 mL or Extra Clean Toothbrush 1 ea Selected Varieties

SAVE UP TO \$70
\$1.29

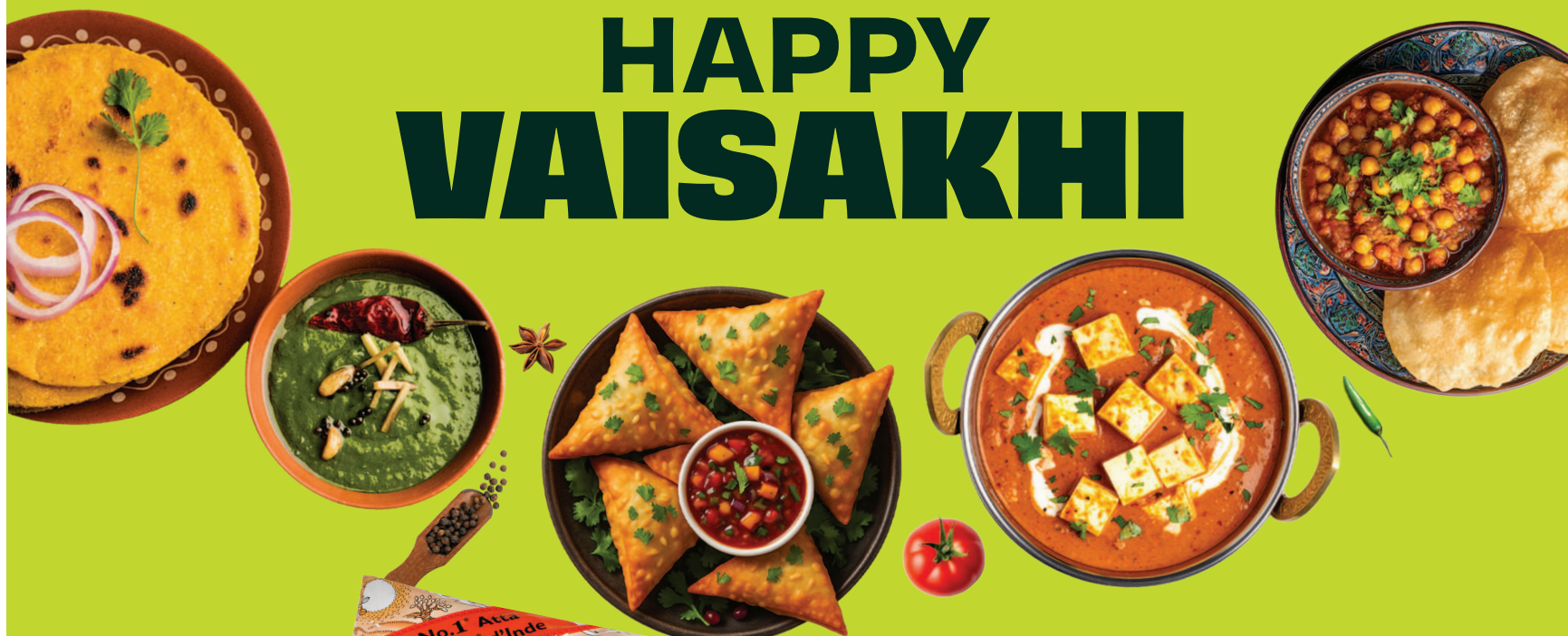


Colgate Total Toothpaste 70-150 mL, Optic White Toothpaste 90 mL or 360 Toothbrush 1 ea Selected Varieties

50 PTS when you buy 2
SAVE UP TO \$1.50
\$3.99

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

HAPPY VAISAKHI



SAVE \$8
\$12.99

Aashirvaad Flour
9.07 kg reg 20.99



SAVE 98¢
99¢

Parle-G Biscuits
300 g reg 1.97



Deep Mango Pulp
850 g reg 4.47

SAVE \$1.48
\$2.99



Sherbon Mango or Guava Juice 2 L
reg 5.47

SAVE \$1.48
\$3.99



Bikano Snacks
125-150 g
Selected Varieties

\$1.79



National Vermicelli 150 g

79¢



Mirch Masala Paratha
2 kg reg 10.99
Parathas

SAVE \$2
\$8.99



KFI Cooking Sauce
375-395 mL
Selected Varieties
reg 5.49

SAVE \$1.50
\$3.99



Maggi Noodles 70 g

47¢



Britannia Milk Rusk 560 g
reg 5.47

SAVE \$1.48
\$3.99



Musafir Frozen Appetizers
336-480 g
Selected Varieties
reg 9.99

200 PTS
when you buy 2
SAVE \$1
\$8.99



Nanak Samosa
580-700 g
reg 9.99

SAVE \$2
\$7.99



Nanak Rasmalai 850 g
Selected Varieties
reg 11.99

SAVE \$2
\$9.99



Nanak Gulabjamun
908 g reg 9.99

SAVE \$2.50
\$7.49



Nanak Milk Cake 400 g
reg 9.99

SAVE \$1.50
\$8.49

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

FLAVOURS OF BRITAIN



\$1.99
Sainsbury's Candies 70 g

\$3.29

Sainsbury's Rhubarb & Custard Candy 200 g



Sainsbury's Biscuits 200 g

\$2.49



Sainsbury's Red Label Tea Bags 80 pk

\$5.49



Sainsbury's Reduced Sugar & Salt Baked Beans in Tomato Sauce 200 g

\$1.99



Sainsbury's Baked Beans in Tomato Sauce 400 g

\$2.29



Sainsbury's Cream of Tomato or Vegetable Soup 400 g

\$2.79



Sainsbury's Marmalade 340 g

\$5.49



Sainsbury's Tonic Water 1 L

\$2.79



Bassetts Candies 165-200 g Selected reg 5.29-5.49

SAVE UP TO \$1
\$4.49



Cadbury Flake 4 pk 80 g reg 4.99

SAVE 50¢
\$4.49



Fox's Crunch Creams Cookies 200 g reg 3.49

SAVE 70¢
\$2.79



Goldenfry Gravy Granules 300 g reg 5.49

SAVE 50¢
\$4.99

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.



\$6⁹⁹

OKA Classique Original
190 g
Selected Varieties Available at Selected Stores

100 PTS
when you buy 2



\$9⁹⁹

Monsieur Gustav Gouda
350 g
Selected Varieties



PROUDLY CANADIAN



\$9⁹⁹

L'Extra Brie Triple Crème
300 g



\$10⁹⁹

Agropur Grand Cheddar
Aged 2 Years
400 g



\$9⁹⁹

Jarlsberg Cheese
250 g

APRIL 16 - APRIL 22, 2026



BEAUTIFULLY CANADIAN



100 PTS when you buy 2
\$3.49
Summer Fresh Hummus or Dips 200-227 g



\$3.99 Summer Fresh Salads 280-300 g



75 PTS when you buy 1
\$7.99 Summer Fresh Salads 700-800 g

April 16 to April 22, 2026