

# FRESH CO

Lowering food prices

Flyer in effect April 23-29, 2026  
Prices in effect in Western Canada

**LOWEST PRICE**  
OR WE'LL BEAT IT\*

**SHOP WITH US FOR THE LOWEST PRICES, EVERY DAY.**  
Guaranteed with our Price Match policy\*



SAVE \$3.01 /LB

**\$2.98** /lb

**Fresh Pork Tenderloin**  
Cryovac 6.57/kg  
reg 5.99/lb  
WHILE SUPPLIES LAST



SAVE \$1.50

**\$1.49**

**Italpasta 900 g**  
or **Catelli Garden Select Pasta Sauce**  
600 mL  
reg 2.99



SAVE UP TO \$4

**\$2.99**

**Red Baron Classic Crust Pizza**  
584-597 g or  
**McCain Premium Breakfast Potatoes**  
600-650 g or  
**Premium Specialty Fries** 540-800 g  
reg 4.99-6.99



**Strawberries**  
907 g  
Product of USA  
No. 1 Grade

**\$5.99**



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

**\$2.49**



**MarcAngelo Souvlaki**  
**Chicken Breast**  
or **Pork Kabobs**  
480-640 g  
reg 14.00

**\$7.97**



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

SAVE UP TO \$3  
**\$4.99**



**Coca-Cola Soft Drinks** 6x710 mL or  
**Mini Cans** 6x222 mL  
reg 4.79-6.17

200 PTS when you buy 2  
SAVE UP TO \$2.18  
**\$3.99**



**Purex Bathroom Tissue** 30-50 rolls or  
**Sponge Towels** 6-12 rolls  
reg 17.99-19.99

SAVE \$7  
**\$10.99**  
Without Scene+ Card  
**\$17.99**



**Dempster's Whole Grain, Signature or Protein Breads**  
600 g or  
**Bagels** 5-6 pk  
Selected Varieties  
reg 4.19-4.99

SAVE UP TO \$1.50  
**\$3.49**



**Eight Treasures Thai Jasmine**  
**Rice** 18.1 kg  
reg 38.99

SAVE \$14.11  
**\$24.88**

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](#)



**FRESH CO**

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





Doritos 210-280 g  
Ruffles 180-200 g reg 4.49-4.79

SAVE UP TO \$2.58  
**2/\$7**



Coca-Cola or Pepsi Soft Drinks 12x355 mL  
Selected Varieties

Scene+ MEMBER  
**\$7.99**  
without Scene+ Card **\$8.99**



Campbell's Chunky Soup  
515 mL

SAVE 50¢  
**\$2.99**



Healthy Choice  
Gourmet Steamers  
269-306 g reg 5.29

SAVE \$1.50  
**\$3.79**



Old Dutch Laundry Detergent  
4 L reg 6.79

SAVE \$1.80  
**\$4.99**

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



Imperial Margarine  
800 g

100 PTS when you buy 1  
SAVE \$3  
**\$4.99**



Quaker Crispy Minis 100 g or Rice Cakes 127-199 g reg 3.79

150 PTS when you buy 3  
SAVE \$1.54  
**\$2.25**



Nescafé Gold Instant Coffee 95-100 g  
Espresso Concentrate 500 mL or Starbucks by Nespresso 10 pk reg 9.99-10.99

200 PTS when you buy 2  
SAVE UP TO \$3.55  
**\$7.44**



Black Diamond Cheestrings  
252-336 g

100 PTS when you buy 2  
SAVE \$2  
**\$6.49**



Palmolive Dish Soap  
591-828 mL reg 3.29



100 PTS when you buy 2  
SAVE 80¢  
**\$2.49**

**Scene+ DIGITAL EXCLUSIVE**

April 23-29, 2026  
\*terms and conditions apply



Load this offer and get 20 points for every dollar spent on Compliments Exceptional Chocolate Chip Cookies 280 g

**20\*** pts



Load this offer and get 20% off for every Compliments Raisin Bread 650 g

**20%\*** off



The Scene+ Loyalty Program is available at all participating FRESHCO locations within WESTERN CANADA. 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, McFlurry™/Tim Hortons™/Starbucks™ products and services in select regions, prescription drugs, non-prescription pharmacy services, liquor and alcoholic beverages, tobacco products, lotteries, 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. Registered trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated. Offers valid Thursday, April 23, 2026 to Wednesday, April 29, 2026. Prices in effect while supplies last. We reserve the right to limit quantities. No rainchecks except as advertised. All prices 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 "lowest 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 Guarantee. 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 WESTERN CANADA**



**Avocados 5 pk**  
Product of Mexico or  
**Cantaloupe** Product of Costa Rica  
or Guatemala No. 1 Grade

**50 PTS**  
when you buy 1

**\$4.99**



**Sweet Bell Peppers**  
Red, Yellow, or Orange  
Product of Canada 6.59/kg

**\$2.99**  
/lb



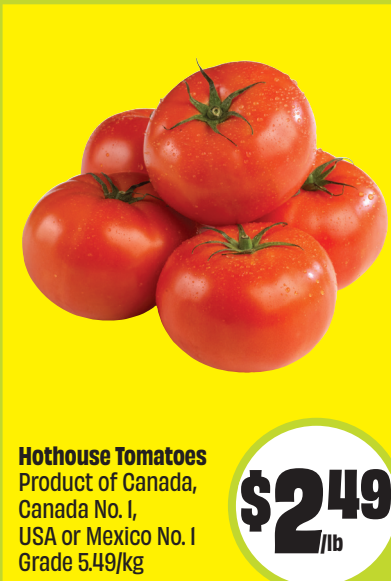
**Pink Lady Apples**  
Product of USA  
Extra Fancy Grade or  
**Navel Oranges**  
Product of USA  
4.39/kg

**\$1.99**  
/lb



**Pomegranate**  
Product of Peru

**\$3.99**  
ea



**Hothouse Tomatoes**  
Product of Canada,  
Canada No. 1,  
USA or Mexico No. 1  
Grade 5.49/kg

**\$2.49**  
/lb



**Green or Grey  
Zucchini or Eggplant**  
Product of Mexico  
4.39/kg

**\$1.99**  
/lb



**Red Mangoes**  
Product of Mexico

**100 PTS**  
when you buy 2

**\$1.99**  
ea



**Blueberries 170 g**  
Product of Mexico  
No. 1 Grade or  
**Kiwi 454 g** Product  
of Italy or Greece

**50 PTS**  
when you buy 1

**\$4.99**



**Romaine  
Hearts 3 pk**  
Product of USA

**50 PTS**  
when you buy 1

**\$4.99**



**Compliments Baby  
Spinach or Spring Mix**  
312 g Product of USA

**100 PTS**  
when you buy 2

**\$5.99**



**Maple Lodge or  
Zabiha Halal Chicken  
Bologna or Wieners**  
375-450 g  
reg 3.49-3.99

**SAVE UP TO \$1.50**

**\$2.49**



**Fresh Centre, Rib  
or Sirloin Pork Loin  
Combo Chops** 9.90/kg

**\$4.49**  
/lb



**Compliments  
Pepperoni or  
Salami Chub**  
500 g  
reg 5.49

**50 PTS**  
when you buy 1

**SAVE 50¢**

**\$4.99**



**MarcAngelo  
Italian Style Pork  
Sausage 450 g or  
Jumbo 675 g or  
Pepper Parmesan  
Pork Meatballs**  
Frozen 400 g

**SAVE UP TO \$2**

**\$5**



**Hayter's Farm  
Turkey Burgers or  
Sausages** Frozen  
375-450 g  
reg 6.99

**SAVE \$1**

**\$5.99**



**High Liner  
Family Favourites**  
Frozen 350-700 g  
reg 9.99

**SAVE \$3**

**\$6.99**



**Compliments  
Thick Cut Naturally  
Smoked Bacon**  
1 kg

**\$13.99**



**Fontaine Santé  
or Lantana Hummus**  
227-283 g  
reg 4.49-4.99

**SAVE UP TO \$1.50**

**\$3.49**



**Mastro  
Salami 125-150 g  
or San Daniele  
Prosciutto 100 g**  
reg 5.99-6.99

**SAVE UP TO \$3**

**\$3.99**



**Main Street Deli**  
200-250 g or  
**Variety Pack 300 g**  
reg 6.00

**SAVE \$1**

**\$5**



**Tre Stelle  
Mozzarella Ball or  
Lactose Free** 340 g  
reg 8.99

**SAVE \$2.50**

**\$6.49**



**Compliments  
Buns 12 pk, English  
Muffins 6 pk or  
Tortillas 340-610 g**

**300 PTS**  
when you buy 3

**STARTING AT**

**\$2.49**



**Natural Bakery  
Canadian Sliced  
Rye Bread**  
900 g reg 5.79

**SAVE 80¢**

**\$4.99**



**Best Buy  
Cookies 390 g,  
Compliments  
Two-Bite Snacks**  
319-370 g or **Coconut  
Macaroon Bites**  
300 g

**\$5**





**Compliments  
Muffins 400-600 g**  
reg 6.50

**SAVE \$1.01**

**\$5.49**

**SPEND \$25 IN H&M & WAYSPA GIFT CARDS AND GET 500 SCENE+ POINTS!**

Offer valid during April 23 - 29, 2026. Sorry no rainchecks or price matching. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

**SAVE UP TO \$1.50**  
**\$2.99**

**Christie Cookies**  
Selected Varieties  
224-303 g or  
**Peek Freans**  
Selected Varieties  
275-350 g  
reg 3.99-4.49



**SAVE \$1.50**  
**\$5.49**

**Kellogg's Cereal**  
Selected Varieties  
450-650 g reg 6.99



**Crave Frozen Meals**  
200-340 g or  
**Kraft Dinner Frozen Meals**  
340 g  
reg 4.99

**SAVE \$1**  
**\$3.99**

**Quaker Standard Oats**  
709 g-1 kg,  
**Instant Oatmeal**  
232-344 g  
reg 3.99-4.99



**100 PTS**  
when you buy 2  
**SAVE UP TO \$1.50**  
**\$3.49**



**Kellogg's Town House Crackers** 247-391 g or  
**Cheez-It Snap'd** 213 g reg 4.29

**200 PTS**  
when you buy 3  
**SAVE \$1.30**  
**\$2.99**



**Nabob Ground Coffee**  
915-930 g

**100 PTS**  
when you buy 2  
**SAVE UP TO \$1.50**  
**\$19.99**  
Without Scene+ Card **\$22.99**



**Pepsi Soft Drinks** 2 L  
Selected Varieties  
reg 2.99

**100 PTS**  
when you buy 2  
**SAVE 50¢**  
**\$2.49**



**Oasis Health Break or Smoothie**  
1.6 L or  
**Del Monte Juice** 1.6 L

**SAVE UP TO \$1**  
**\$3.99**



**Twinings Tea Bags** 20 pk  
reg 5.49

**SAVE \$1.05**  
**\$4.44**



**Tetley Orange Pekoe Tea** 72 pk  
reg 5.99

**SAVE \$2**  
**\$3.99**



**Old El Paso Taco Kits** 250-510 g  
reg 4.99

**SAVE \$1**  
**\$3.99**



**Christie Dad's Family Cookies**  
Selected Varieties 500-520 g  
reg 6.79

**100 PTS**  
when you buy 2  
**SAVE \$1.80**  
**\$4.99**



**Silk High Protein**  
1.42 L

**SAVE \$1**  
**\$6.99**



**Hellmann's Mayonnaise**  
710-890 mL  
reg 6.77

**SAVE 78¢**  
**\$5.99**



**Holiday Luncheon Meat**  
340 g  
reg 3.99

**SAVE \$1.22**  
**\$2.77**



**Purex Detergent** 1.47-2.03 L or  
**Sunlight** 1.84 L reg 8.99-10.99

**SAVE UP TO \$3**  
**\$7.99**



**Friskies** 156 g or  
**Fancy Feast** 85 g  
Wet Cat Food

**90¢**

**MORE WAYS TO SAVE!**

**HOT PRICE**

**Scene+**

**Locked & Low**

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  
Dough'chi Bites  
180 mL



COMPLIMENTS  
BBQ Sauce  
425 mL



\*NO PURCHASE NECESSARY. Full Contest rules found at [freshco.ca/grocerygiveaways](https://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.

# HOUSEHOLD SAVINGS



value size · format valeur

30 = 100

## \$19.99

**Compliments Bathroom Tissue**  
30=100 Rolls



value size · format valeur · value size · format valeur

12 = 24

## \$20.99

**Compliments Paper Towels**  
12=24 Rolls



**SAVE \$3**

## \$11.99

**Lysol Wipes**  
2 pk reg 14.99



**SAVE \$1**

## \$8.99

**Compliments Dishwashing Liquid**  
5 L reg 9.99



**SAVE \$6**

## \$14.49

**Gain Liquid Detergent**  
4.25 L reg 20.49



**SAVE UP TO \$2.50**

## \$9.99

**Bounce, Downy or Gain Dryer Sheets**  
120-200 pk reg 11.99-12.49



**SAVE \$3.80**

## \$17.99

**Downy Fabric Softener**  
4.16 L reg 21.79



**100 PTS**  
when you buy 1

**SAVE UP TO \$2**

## \$10.99

**Fleecy Fabric Softener 3.5 L or Dryer Sheets 200 pk**  
reg 12.49-12.99



**SAVE \$1**

## \$9.99

**Reynolds Parchment Paper 160'**  
reg 10.99 WHILE SUPPLIES LAST



**200 PTS**  
when you buy 2

**SAVE \$2**

## \$10.99

**Febreze Plug-Ins 2 pk**  
reg 12.99



**SAVE UP TO \$3**

## \$9.99

**Air Wick Plug-Ins 2 pk**  
reg 11.99-12.99



**SAVE UP TO \$3**

## \$21.99

**Glad Garbage Bags 100-160 pk**  
reg 23.99-24.99

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.



## \$4.99

**Dare Family Pack Cookies**  
336-630 g  
Selected Varieties  
WHILE SUPPLIES LAST






**Dare**

**PROUDLY CANADIAN OWNED AND MADE**




## \$2.49

**Breton Bites 160-200 g**  
**Dare Ultimate 290-300 g**  
Selected Varieties  
WHILE SUPPLIES LAST

# FLAVOURS OF LATIN AMERICA

Corona Sunbrew 0% Non-Alcoholic Beer 12x355 mL

SAVE \$2

\$19.99



SAVE UP TO \$2.47 ON 3

3/\$5

Jarritos Soft Drink 370 mL reg 2.49



\$1.79 /lb

Plantain Bananas Product of Guatemala 3.95/kg



\$1.99 /lb

Papaya Product of Mexico 4.39/kg



La Cocina Tortilla Chips 400 g reg 3.99

100 PTS when you buy 2

SAVE 70%

\$3.29

Maseca Corn Flour 2 kg reg 9.99

SAVE \$1

\$8.99

Chata Chilorio Shredded Seasoned Pork 250 g reg 7.79

SAVE \$1.30

\$6.49

Chata Refried Pinto Beans 430 g reg 3.29

\$2.99

Cholula Hot Sauce 150 mL or Salsa 325 mL reg 5.49-5.99

SAVE UP TO \$1

\$4.99

Herdez Salsa 453 g reg 3.99

SAVE 50%

\$3.49

Tajin Chamoy Chili Sauce 455 mL reg 7.49

SAVE 50%

\$6.99

La Costeña Refried Beans 546 mL or Jalapeño Peppers 330 mL reg 3.49-3.69

SAVE UP TO 70%

\$2.99

Old El Paso Taco Sauce 243 mL, Jalapeño Peppers 250 mL or Refried Beans 398 mL reg 3.49-3.99

SAVE UP TO \$1

\$2.99

Hunt's Tomato Paste 156 mL or Old El Paso Seasonings 24 g reg 1.49-1.69

SAVE UP TO 69%

\$1

RO\*TEL Tomatoes 284 mL reg 2.29

75 PTS when you buy 2

SAVE 50%

\$1.79

Lola's Empanadas 380 g reg 10.99

SAVE \$1

\$9.99

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.



# BRING HOME THE BELL



50 PTS  
when you buy 2

**\$4.49**

Taco Bell Dip  
425-445 g



50 PTS  
when you buy 2

**\$3.49**

Taco Bell Creamy Sauces  
354 mL



50 PTS  
when you buy 2

**\$3.49**

Taco Bell Core Kits  
260-420 g



**\$1**

Taco Bell Seasonings  
28 g



**\$1.99**

Taco Bell Sauces  
207 mL



50 PTS  
when you buy 2

**\$5.49**

Taco Bell Premium Kits  
401-642 g