

# THRIFTY FOODS

Eat happy



# GROW

SPRING GARDEN EVENT  
ON NOW

**ORGANIC 3.99** EACH  
Organic Strawberries  
1 lb, 454 g Pack  
Product of California



**6.99** /LB \$15.41/KG  
MEMBER PRICING

**7.99** without Scene+ Card /LB

**BC Fresh Chicken Thighs** Family Size, Boneless, Skinless  
Product of Surrey  
\$17.61/kg

WE PICK BC FIRST

**2.89** /LB \$6.37/KG  
MEMBER PRICING

**3.49** without Scene+ Card /LB

**Fresh Half Pork Loin** Boneless, Cryovaced  
Product of Western Canada \$7.69/kg

Made with 100% CANADIAN FLOUR



**2.99** EACH

**Kaiser Buns**  
White or Whole Wheat  
6 Pack, 315–340 g  
Baked In-Store



WE PICK BC FIRST

**1.49** /LB

**Tomatoes on the Vine**  
Product of British Columbia  
\$3.28/kg

**4.94** EACH

**Häagen-Dazs Ice Cream**  
400–450 ml or Novelties  
3–4 Pack or McCain Deep'n Delicious Cakes 510 g

**1.67** EACH

**SunRype Juice**  
960 ml–1 L  
Tetra

**8.99** EACH

**Nature's Path Eco Pac**  
Assorted, 650–907 g

**BUY 1 GET 1 FREE**

Compliments  
**Cooked or Raw Shrimp**  
31–40 ct per lb  
340 g or Bay Scallops  
80–120 ct per lb  
340 g

**25% OFF**

**Nuts to You Nut Butters**  
250–500 g

**25% OFF AT TILL**

**Paradise Island Random Cut Cheese or Long Stick Random Weight**  
Packaged in Nanaimo

WE PICK BC FIRST

**3.49** EACH

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

**6.49** EACH

**Purex Bathroom Tissue**  
12=24 or 8=24 Rolls,  
SpongeTowels  
3=6 Rolls, Scotties  
Facial Tissue 6 Pack  
or Bonterra Bathroom  
Tissue 9=27 Rolls,  
Paper Towel 3=6 Pack  
or Facial Tissue  
3=6 Pack

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**  
April 16 – 19, 2026  
DON'T FORGET YOUR COUPON  
See Offer Details on Page 5

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ON SALE specials THURS, APRIL 16 - WED, APRIL 22, 2026 PROUDLY Canadian since 1977

P01\_TF\_WK51\_PRN



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

**12<sup>99</sup>** EACH  
Harvest Meats Thick Sliced Bacon Product of Western Canada, 500 g



**500 PTS**  
when you buy 2

**11<sup>99</sup>** EACH  
Wonderful Pistachios 450 g Salted or Lightly Salted



**200 PTS**  
when you buy 2

**9<sup>99</sup>** EACH

Thrifty Made Power Bowls 435-459 g Available Chilled

MEMBERS SAVE \$2  
**5<sup>99</sup>** EACH  
MEMBER PRICING



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

High Liner Signature Cuts or Family Favourites Seafood Frozen, Selected, 350-700 g



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

Compliments Muffins 4-6 Pack 400-600 g, Pies 650-750 g, Tarts 510 g or Mini Cupcakes 12 Pack, 284-300 g

Jumbo Green Grapes Product of Peru or Chile \$8.80/kg

**3<sup>99</sup>** /LB



**3<sup>99</sup>** EACH  
Coca-Cola or Pepsi Soft Drinks Mini Cans, 6x222 ml



**200 PTS**  
when you buy 2

**2/\$8**

Doritos Tortilla Chips 210-280 g or Cheetos 170-285 g



**300 PTS**  
when you buy 2

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

Tostitos Tortilla Chips 205-300 g



**4<sup>99</sup>** EACH  
Tropicana Orange Juice, Juice Blends or Lemonades 1.36 L or Pure Leaf Iced Tea 1.75 L Selected



**3<sup>99</sup>** EACH  
Avalon Organic Yogurt 650 g Made in Burnaby

ORGANIC WE PICK BC FIRST



**4<sup>49</sup>** EACH  
Lindt Excellence Bars 50-100 g



**2/\$4** Campbell's Ready to Serve Soup 510-515 ml



**2<sup>99</sup>** EACH  
LeClerc Celebration or Dare Simple Pleasures, Viva Puffs or Whippet Cookies Selected, 200-350 g



**5<sup>99</sup>** EACH  
Smucker's Pure Jam 310-500 ml or Compliments Honey 375-500 g



**8<sup>99</sup>** EACH  
General Mills, Post or Kellogg's Jumbo Cereal 700 g-1.3 kg



**12<sup>88</sup>** EACH  
Quaker Dips or Chewy Bars Club Pack, 935-960 g, Nature Valley Granola Bars, Betty Crocker Fruit or Mott's Fruitsations 637 g-1.28 kg, Selected



celebrating our SENDIAL VOLUNTEERS!

NATIONAL VOLUNTEER WEEK APRIL 19-25

#IGNITEVOLUNTEERISM

Sendial is our grocery delivery service for individuals unable to shop independently. Thank you to each of our dedicated volunteers for making this service possible!



CUSTOMER CARE: 1 866 948 0196 • PARTY PLATTER HOTLINE: 250 483 1666 • Visit [www.thriftyfoods.com](http://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\_WK51\_PRN

# Fresh PRODUCE from LOCAL FARMS and BEYOND

**MEMBERS SAVE \$1.50**  
**2.99**  
 EACH  
 MEMBER PRICING

Compliments  
**Baby Spinach, Spring Mix or Baby Arugula**  
**142 g, 5 oz Pack**  
 Product of USA

**4.49**  
 EACH  
 without Scene+ Card



**100 PTS**  
 when you buy 2

**2.99**  
 EACH  
**Tree-Ripened Haden Mangoes Large**  
 Product of Mexico

**ORGANIC**

**100 PTS**  
 when you buy 1

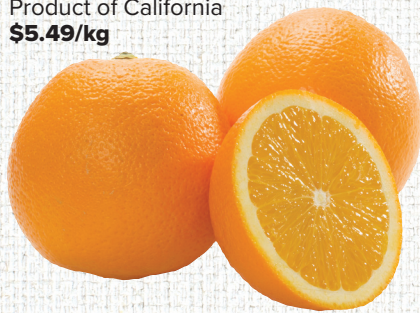
**6.99**  
 EACH

**Organic Lemons**  
**2 lb, 907 g Pack**  
 Product of California



**2.49**  
 /LB

**Navel Oranges**  
 Product of California  
**\$5.49/kg**



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

**6.99**  
 EACH

**100 PTS**  
 when you buy 1

**Mini Seedless Watermelon**  
 Product of Mexico or Guatemala



**7.99**  
 EACH

**100 PTS**  
 when you buy 1

**Organic Kiwi**  
**1 lb, 454 g Pack**  
 Product of Italy



**3.99**  
 /LB

**Red, Yellow or Orange Peppers**  
 Product of British Columbia  
**\$8.80/kg**



WE PICK BC FIRST



**99¢**  
 /LB  
**Green Cabbage**  
 Product of Canada  
**\$2.18/kg**

**6.99**  
 EACH

**Mini San Marzano Tomatoes**  
**1.5 lb, 680 g Pack**  
 Product of British Columbia



WE PICK BC FIRST

**3.99**  
 EACH

**100 PTS**  
 when you buy 2

**Organic Long English Cucumbers**  
 Product of Mexico



**3.99**  
 EACH

**Organic Black Kale**  
 Product of Mexico or USA



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

**8.49**  
 EACH

**Fancy Tulips**  
 8-Stem Bunch  
 Assorted Varieties and Colours  
 Grown in Langley



WE PICK BC FIRST



THE PERFECT WAY TO SAY *thank you!* TO YOUR ADMINISTRATIVE ASSISTANTS

**Caddy Arrangement**  
**19.99**  
 EACH

**4.99**  
 EACH

**Happy Earthing Pot with Fern**  
 Grown in Surrey



WE PICK BC FIRST

EARTH DAY  
 APRIL 22<sup>ND</sup>

WE PICK BC FIRST

**15.99**  
 EACH

**Hydrangea Plant**  
 6.5" Pot  
 Assorted Colours  
 Grown in Victoria



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\_WK51\_PRN

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



**\*CERTIFIED TENDER\***

**MEMBERS SAVE 10% OFF MEMBER PRICING**



**Sterling Silver Beef Tenderloin Roast or Steaks** Cut by Our Meat Expert from Canada AAA Grade Beef **Regular Retail: Starting at \$45.99/lb, \$101.39/kg**



**ORGANIC 12.99 /LB**

**Bradner Farms BC Fresh Organic Chicken Thighs** Boneless, Skinless **\$28.64/kg**

**WE PICK BC FIRST**

**10.99 /LB**



**Sterling Silver Fresh Beef Inside Round Roast** Cut by Our Meat Expert from Canada AAA Grade Beef **\$24.23/kg**



**Fresh Lamb Rack or Rib Chops** Bone-In, Product of Western Canada **Regular Retail: \$34.99/lb, \$77.14/kg**

**MEMBERS SAVE 10% OFF MEMBER PRICING**



**4.99 /LB**

**Fresh Pork Loin Chops** Family Size or Roast Boneless **\$11.00/kg**



**2/\$7** Compliments **Wieners Selected** 300-450 g



**9.99 EACH** Schneiders **Pepperettes** Selected, 300-375 g

**10.99 EACH**

**Bassili's Best Meat Lasagna or Shepherd's Pie or Compliments Beef Cabbage Rolls** Frozen, 907 g



**14.99 EACH** Simon's Specialty Foods **Meat Pies Selected**, 750 g Product of Richmond

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

**MEMBERS SAVE \$1.50 8.49 EACH MEMBER PRICING**

**9.99 EACH** without Scene+ Card Compliments **Naturally Simple Cod Fillets** 400 g

**4.69 /100 G**

**Fresh Atlantic Salmon Fillets** Responsibly Raised Product of Canada **\$21.27/lb**

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



**300 PTS** when you buy 1

**2.49 /100 G** **Whole Sockeye Salmon** Dressed, Frozen **\$11.29/lb**



**2.99 /100 G**

**Fresh Wild Lingcod Fillets** Weather Permitting **\$13.56/lb**



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

**Panache Coconut or Butterfly Breaded Shrimp** 340 g or Compliments Cooked Shrimp in Ring with Sauce, 255 g, Selected



**Wild Ahi Tuna Loin Steaks** Boneless, Skinless, Frozen, 155 g **Regular Retail: \$5.49 Each**

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

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. Registered trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

**3**

PO3\_TF\_WK51\_PRN

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

**MEMBERS SAVE 50%/100 G**  
**329**  
 /100 G  
**MEMBER PRICING**

Compliments  
**Black Forest or Honey Ham Sliced Fresh**

**379**  
 without Scene+ Card



**899**  
 EACH  
 Panache **Italian Sliced Meats** Selected, 100 g Imported from Italy

Starting at

**699**  
 EACH

Tre Stelle **Feta, Halloumi, Bocconcini or Feta Cubes** 200 g, Grated Parmesan 125 g, Crumbled Feta 150 g or Ricotta 400–475 g



**799**  
 EACH

Freybe **German-Style Charcuterie Family Pack** 200 g



**1499**  
 EACH

Salt Spring Island **Goat Cheese** 150 g Selected



**MEMBERS SAVE \$1**  
**649**  
 EACH  
**MEMBER PRICING**

**749**  
 without Scene+ Card  
 Compliments **Sliced Cheeses** 150–170 g



**THRIFTY KITCHENS**

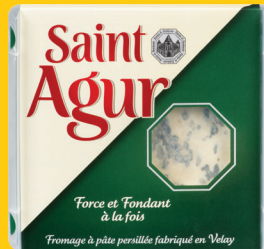
**499**  
 /100 G

Thrifty Kitchens **Sterling Silver Roast Beef Sliced Fresh**



**799**  
 EACH

Saint Agur **Blue Cheese** 125 g Product of France



## TAKE IT to go!

**MEMBERS SAVE 50%**  
**549**  
 EACH  
**MEMBER PRICING**

**599**  
 without Scene+ Card  
 Sum! **Asian Appetizers** 250–350 g Available Chilled



**\$7**  
 EACH  
**200 PTS**  
 when you buy 2

Thrifty Kitchens **Flatbreads** Selected 230–360 g



**MADE in-store**

**399**  
 EACH  
 Compliments **Hummus** Regular or Topped or Dips 227–255 g



**\$3**  
 EACH

**Handheld Savoury Pastries** Spinach & Feta, Bacon & Egg or Other Select Varieties, 76–95 g Available Chilled or Heated on Request



## SUSHI & more

Zenshi **California Rolls** Regular, Spicy, Crunchy or Salad Rolls 198–226 g, 10 pcs

**100 PTS**  
 when you buy 2



**FRESH SUSHI MADE in store DAILY**

**Scene GET 1,000 PTS FOR EVERY \$100 SPENT ON ONE4ALL ULTIMATE GIFT CARDS!**



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.

**ON SALE specials THURS, APRIL 16 - WED, APRIL 22, 2026**

P04\_TF\_WK51\_PRN

# left coast ORGANICS

sustainably sourced snacks & staples



Left Coast Organics takes pride in bringing you the best tasting bulk foods from pioneering organic farmers.

**25% OFF** Left Coast Organics Selected Varieties **ORGANIC**



leftcoastorganics.com

## BAKERY & more

**100 PTS** when you buy 2

**7.99** EACH

Donuts 6 Pack



**MEMBERS SAVE \$1**  
**\$6** EACH  
**MEMBER PRICING**

**\$7** without Scene+ Card

Mini Donuts Cinnamon or Sugar, 24 Pack **Baked In-Store**



**5.99** EACH

**100 PTS** when you buy 2

Simple Joys Bakery Donuts 6 Pack, 468 g

**DONUT WORRY, BE HAPPY**

**100 PTS** when you buy 2

**5.99** EACH

Filled Donut Bites Birthday Cake, Chocolate or French Toast, 12 Pack, 440 g



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

**26.99** EACH Kicking Horse Coffee Whole Bean 850 g or Ground Coffee 708 g



**5.49** EACH

Thirsty Buddha Organic Coconut Water Classic 1 L

**ORGANIC**



**150 PTS** when you buy 2

**6.99** EACH

Remedy Kombucha 355 ml, 4 Pack



**100 PTS** when you buy 2

**2/\$7** Compliments Organic Tortilla Chips 240 g

**ORGANIC**



**3.49** EACH Silk Creamers 450-473 ml



**100 PTS** when you buy 1

**5.99** EACH Riviera Vegan Delights Yogurt 500-650 g or 4 Pack, 120 g

**ORGANIC**



**5.49** EACH

Nonna Pia's Organic Apple Cider Vinegar 500 ml Made in Whistler

**ORGANIC**



**7.79** EACH

Amy's Kitchen Bowls or Entrées 234-284 g or Pizza 340-369 g **\$11.99** Each

**ORGANIC**



**Scene+ SPEND & GET**

Offer valid April 16-19, 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. Registered trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

5

PO5\_TF\_WK51\_PRN

**3.49** EACH **100 PTS** when you buy 2  
Tre Stelle Cream Cheese 200 g



**6.99** EACH Philadelphia Cream Cheese 340 g



**8.99** EACH Starbucks Iced Coffee 1.18–1.42 L Selected



**100 PTS** when you buy 2

**4.49** EACH Del Monte Juices or Cocktails 1.6 L



**DAIRY & frozen**

**8.99** EACH Island Gold Free Run Large Brown Eggs 18 Pack, Produced on Vancouver Island or The Lower Mainland



**11.99** EACH Tree Island Cream Top Yogurt 1.5 kg, Made in Cumberland



**6.99** EACH Natrel Protein Plus Milk 2 L



**100 PTS** when you buy 2

**4.49** EACH Kraft Cool Whip Aerosol Whipped Topping 225 g



**4.49** EACH George's Classic Dip 225 g



**4.99** EACH Shepherd Gourmet Icelandic Style Skyr Yogurt 500 g



**MEMBERS SAVE 50¢**  
**2.99** EACH Compliments Waffles 8 Pack 280 g



**5.49** EACH Panache Premium Ice Cream 1 L or Novelties 4–6 Pack



**6.49** EACH Healthy Choice Power Bowls 262–280 g



**4.69** EACH McCain Bistro Fries Selected



**4.49** EACH Meatman's Meat Pies 280 g Made in Burnaby



**VITAMINS & more**

**500 PTS** when you buy 1

**49.99** EACH

PVL ISO Sport, Essential or Plant-Pro Protein Powders 727–840 g



**20% OFF** Cwench Electrolyte Powders 315 g or 10 Pack



**15% OFF** Dr. Squatch Soap, Body Wash or Deodorant 75–141 g or 414 ml



Starting at **10.99** EACH Always Pads, Liners or Tampax Tampons Selected 18–120 Pack



**4.49** EACH Love Child Organics Oaty Chomps or Seafriends Snack 100–138 g



**300 PTS** when you buy 1

**39.99** EACH

Perfect Sports Diesel Whey Protein Powders 908 g



**2/\$5** **100 PTS** when you buy 2

Love Good Fats Bars 39–40 g



**100 PTS** when you buy 1

**16.99** EACH

Emergen-C Vitamin Drink Mix, Gummies or Crystals 18–45 Pack Selected



**12.99** EACH Ensure or Glucerna Meal Replacement 6 Pack



**10% OFF** **150 PTS** when you buy 2

Children's Tylenol, Motrin or Benlyn Selected†



**ON SALE specials THURS, APRIL 16 - WED, APRIL 22, 2026**

† Available while a Pharmacist is on Duty

P06\_TF\_WK51\_PRN

**DRINKS & snacks**

**2.99**  
EACH

Skittles or Starburst Candy 130–191 g or Life Savers Candy 150–180 g



**500 PTS**  
when you buy 2

**19.99**  
EACH

Folgers **Single Serve Coffee Pods** 30 Pack or Roast & Ground Coffee 641–865 g



**4.49**  
EACH

Ocean Spray **Cranberry Cocktails** 1.89 L



**5.99**  
EACH

Christie **Family Size Cookies** Selected 303–520 g, Oreo Cakesters 285 g, Ritz Drizzled 226 g or Mini Ritz 10 Pack



**200 PTS**  
when you buy 3

**1.99**  
EACH

Compliments **Rice Crackers** 100 g



**5.79**  
EACH

Hershey's **Bagged Chocolate** 160–290 g



**2/\$6**

**200 PTS**  
when you buy 2

BioSteel **Sports Drink** 500 ml



**100 PTS**  
when you buy 2

Red Bull **Energy Drinks** 355 ml or Bubly Sparkling Water Mini Cans 6x222 ml



**BUY more SAVE more**

**3.49 EA**  
WHEN YOU BUY 3 OR MORE OR 1 FOR 4.29

Quaker **Crispy Minis** 90–100 g or Rice Cakes 127–199 g



**2.99**  
EACH

Nature Valley **Sweet & Salty Granola Bars** 160–175 g



**GROCERY & more**

**5.99**  
EACH

Rogers **Granola** 700–750 g or Post Family Size Cereal Selected 635–650 g



**4.99**  
EACH

Smucker's **Pure Jam** 250 ml Selected, JIF Peanut Butter 500 g or Adams Peanut Butter 500 g



**3.99**  
EACH

Villaggio **Bread** 510–540 g, Buns 6–8 Pack or Compliments 7" Tortillas 340 g



**4.49**  
EACH

Panache **Dijon Mustard** 500 ml



**MEMBERS SAVE 50¢**  
**3.99**  
EACH  
MEMBER PRICED

**4.49**  
EACH  
without Scene+ Card

Compliments **Cooking Spray** 141–170 g



**2.99**  
EACH

Clover Leaf **Yellowfin Chunk Light Tuna or Flaked Pink Salmon** 142 g



**2/\$5**

Kraft **Pasta Salad** 200 g



**4.49**  
EACH

Robin Hood **Oats** 1 kg or Compliments Sweetened Condensed Milk 300 ml, Graham or Chocolate Crumbs 400 g



**6.49**  
EACH

Club House La Grille **Seasonings** 65–248 g or Spice Blends Selected, 111–203 g



**8.99**  
EACH

Gia **Basmati Rice** 3.63 kg



**HOUSEHOLD & more**

**2.49**  
EACH

**300 PTS**  
when you buy 3

Compliments **Foil Wrap** 25 ft or Parchment Paper 35 ft



**100 PTS**  
when you buy 2

**2.99**  
EACH

Compliments **Compostable Cutlery** 24 Pack Selected



**5.79**  
EACH

Scrubbing Bubbles **Bathroom Cleaner** 623 g or 946 ml, Shower Foamer 567 g or 946 ml or Easy Peasy 385 g Selected



**50 PTS**  
when you buy 1

**2.99**  
EACH

Palmolive **Dish Detergent** 591 ml



**MEMBERS SAVE \$2**  
**17.99**  
EACH  
MEMBER PRICED

**19.99**  
EACH  
without Scene+ Card

Arm & Hammer **Multi-Cat Clumping Litter** 12.7 kg



# Scene PLUS UP POINTS

**1,000 PTS = \$10 of free groceries**

Offers in store  
April 16 – 22, 2026



**MEMBERS SAVE 25¢**  
**\$1 EACH**  
MEMBER PRICING

Compliments  
**Sparkling or Fizzy Water** Flavoured or Unflavoured  
503 ml–1 L



**125 EACH** without Scene+ Card

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

**5.99 /LB**

Panache  
**Fresh Flattened Chicken** Lemon Greek Herb, Jerk, Portuguese or Portuguese Half Chicken **\$13.21/kg**



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

**4.49 EACH** without Scene+ Card

GoodLeaf Farms  
**Microgreens** 50 g  
Product of Canada



**400 PTS**  
when you buy 4

**3.99 EACH**

Quaker  
**Ready-to-Eat Cereals**  
350–510 g



**200 PTS**  
when you buy 2

**9.99 EACH**

Gulf Islands  
**Ground Coffee**  
300 g



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

**40% OFF**

Natural Pastures  
**Comox Brie or Camembert**  
Prices as Marked



W01\_TF\_WK51\_PRN

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

**300 PTS**  
when you buy 3

Johnsonville **Dinner or Breakfast Sausages** Frozen, 250–500 g or Smoked Pork Sausages, Selected, 375 g



**150 PTS**  
when you buy 2

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

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



**200 PTS**  
when you buy 1

**9<sup>99</sup>**  
EACH

SunRype **FruitSource Bars** 12 Pack or Fruit to Go 24 Pack



**200 PTS**  
when you buy 2

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

Compliments **Crab Flavoured Seafood** 454 g



**500 PTS**  
when you buy 2

**12<sup>99</sup>**  
EACH

Thrifty Kitchens **Small Fruit Tray** 1.3 kg or Small Vegetable Tray 1 kg



**100 PTS**  
when you buy 1

**8<sup>99</sup>**  
EACH

Evive **Smoothie Cubes** 3 Pack, 405 g or Protein Cubes 450 g



**150 PTS**  
when you buy 1

**9<sup>99</sup>**  
EACH

Compliments **Organic Olive Oil** 500 ml

**ORGANIC**



W02\_TF\_WK51\_PRN

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2026-04-02 6:45 AM

**WK51**

**THRIFTY APR 16**  
FILE SIZE 10.5" X 11.5"

**ROUND: 4**

**200 PTS**  
when you buy 4

Knorr  
**Sidekicks**  
112-167 g



**100 PTS**  
when you buy 1

Compliments  
**Pickles**  
**Value Size**  
2 L



**300 PTS**  
when you buy 1

Compliments  
**Nuts**  
**Value Size**  
1.13 kg



**100 PTS**  
when you buy 1

**7.99**  
EACH  
Skittles Pop'd  
**Freeze Dried Candy** 155 g  
While Supplies Last



**100 PTS**  
when you buy 1

**3.29**  
EACH  
Compliments  
**Soya Sauce**  
450 ml



**100 PTS**  
when you buy 2

Compliments  
**Evaporated Milk** 354 ml  
or Marshmallows 250 g



**200 PTS**  
when you buy 2

**3.49**  
EACH  
Compliments  
**Bagels** 6 Pack



**200 PTS**  
when you buy 2

**9.99**  
EACH  
Chilly Ones  
**Non-Alcoholic Beer** 4x355 ml



W03\_TF\_WK51\_PRN

**MEMBERS SAVE \$1.50**  
**5.49**  
 MEMBER PRICING



**6.99** EACH without Scene+ Card  
 Compliments Aerosol Whipped Cream 400 g

**MEMBERS SAVE \$1.30**  
**4.99**  
 MEMBER PRICING

Compliments Disinfecting Wipes 75 Pack



**MEMBERS SAVE \$5**  
**9.99**  
 MEMBER PRICING

**14.99** EACH without Scene+ Card  
 Real Cream Layer Cakes 510-725 g



**MEMBERS SAVE \$4**  
**11.99**  
 MEMBER PRICING

NaturSource Almonds or Mixed Nuts 450-600 g



**300 PTS** when you buy 2  
**5.49** EACH

Becel Plant-Based Bricks or Sticks Selected, 454 g

**200 PTS** when you buy 2

Righteous Gelato or Sorbetto Selected, 473 ml



**100 PTS** when you buy 2

Compliments Mini Hummus or Dip 4 Pack, 228 g

**125** EACH **250 PTS** when you spend \$10 or more

Fresh Choice Oysters Product of Canada Subject to Availability



W04\_TF\_WK51\_PRN

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**2/\$7**

Compliments  
Wieners  
Selected  
300-450 g



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

Dempster's Signature  
Buns 6-12 Pack

# BUN up the FUN



Made with  
**100% CANADIAN FLOUR**

**Sourdough Buns**  
4 Pack, 315-345 g  
Baked In-Store

**Brioche Hot Dog  
or Burger Buns**  
6 Pack  
Baked In-Store



Made with  
**100% CANADIAN FLOUR**

Get **200 PTS** when you buy any 2 featured buns  
**MIX & Match**



Made with  
**100% CANADIAN FLOUR**

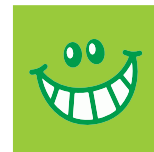
**Hot Dog or  
Burger Buns**  
12 Pack  
Baked In-Store



Made with  
**100% CANADIAN FLOUR**

**Gourmet Cheese  
Hot Dog or Burger  
Buns 8 Pack**  
Baked In-Store

# Our **TEAM'S PICKS**



**Chilly ones**  
BEER

Tyson Barrie is an NHL veteran of 14 years, playing in 822 regular-season games, tallying 508 points. Barrie's NHL journey began with the Colorado Avalanche in the 2009 NHL Entry Draft. He went on to play for the Toronto Maple Leafs, Edmonton Oilers, Nashville Predators and Calgary Flames. Tyson's new venture is Chilly Ones Beer, a premium beverage brand available as 3% and 0.3% light lagers, built around the spirit of community and good times.

- ✓ **VERY LOW CALORIES & LOW SUGAR**
- ✓ **TASTE IS LIKE A CLASSIC LIGHT LAGER - CRISP, CLEAN AND EASY DRINKING**
- ✓ **10% OF PROFITS GOES TOWARDS YOUTH SPORTS CHARITIES**
- ✓ **LOCALLY OWNED, MADE IN CANADA**

**200 PTS**  
when you buy 2

**9.99**  
EACH

Chilly Ones  
**Non-Alcoholic Beer**  
4x355 ml





**4.99** /LB  
Fresh Pork Loin Chops Family Size  
or Roast, Boneless **\$11.00/kg**



**6.99**  
Big Mountain **Big Brat Veggie Links**  
300 g, Product of British Columbia



**6.99** /LB  
Fresh Pork Belly  
Skinless **\$15.41/kg**



# Savour the WORLD

EXPLORE INTERNATIONAL FLAVOURS



**2.99** /LB  
Parsnips  
Product of USA  
**\$6.59/kg**

**2.49** /LB  
Purple Top Turnips  
Product of USA  
**\$5.49/kg**



**2.49** EACH  
Sainsbury's **Indian Tonic Water** Selected  
1 L



**1.99** EACH  
Sainsbury's **Biscuits**  
Custard Creams  
Selected, 200 g



**1.79** EACH  
Sainsbury's **Baked Beans in Tomato Sauce**  
400 g



**1.79** EACH  
Sainsbury's **Candy**  
Milk Bottles or Dolly Mixtures 70 g



**4.49** EACH  
Sainsbury's **Red Label Tea Bags**  
80 Pack

**4.99** EACH  
Sainsbury's **Marmalade**  
Bitter Seville Orange  
Selected  
340 g



WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

# GROW



WITH  
**THRIFTY  
FOODS**

**17<sup>99</sup>**  
EACH

**Mixed Hanging  
Baskets** 10" Pot  
Assorted Colours  
Grown in Victoria



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

**Annuals Mix & Match**  
Assorted Varieties  
Grown in Victoria



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

**Lettuce and  
Veggies 6 Pack**  
Assorted Varieties  
Grown in Victoria



**2<sup>49</sup>**  
EACH

**Basket Stuffers** 2.5"  
Assorted Varieties  
Grown in Victoria



**1<sup>99</sup>**  
EACH

**Veggie Starters**  
Assorted Varieties  
Grown in Victoria



**2<sup>99</sup>**  
EACH

**Herbs** 4" Pot  
Assorted Varieties  
Grown in Victoria



**3<sup>69</sup>**  
EACH

**Perennials** 4" Pot  
Assorted Varieties  
Grown in Victoria



**LAST  
WEEK OF  
SAVINGS**

**EFFECTIVE APRIL 16-22, 2026**

FLORAL SELECTION MAY VARY BY LOCATION, WHILE QUANTITIES LAST

**WE PICK  
BC  
FIRST**

# HERE'S THE DIRT *on our soil*

ENSURE YOUR PLANTS HAVE THE NUTRIENTS THEY NEED FOR STRONG ROOTS.  
GIVE YOUR PLANTS A FOUNDATION FOR SUCCESS.

**BUY more SAVE more**  
**369 EA**  
WHEN YOU BUY 3 OR MORE  
OR 1 FOR 4.29

West Coast Gardener **Mushroom or Steer Manure** 9 kg Bag  
Produced in Nanaimo



**BUY more SAVE more**  
**369 EA**  
WHEN YOU BUY 3 OR MORE  
OR 1 FOR 4.29

Island's Finest **Organic Compost**  
10 kg Bag  
Produced in Nanaimo

**ORGANIC**



**BUY more SAVE more**  
**449 EA**  
WHEN YOU BUY 3 OR MORE  
OR 1 FOR 4.99

Gardener's Choice **Organic Top Soil** 24 L Bag  
Produced in Nanaimo

**ORGANIC**



**669 EACH** **Organic Potting Soil** 20 L Bag  
Produced in Nanaimo

**ORGANIC**



Soils not available at James Bay, Edgemont or Miramar Locations.

**26<sup>99</sup>**  
EACH

**Hydrangea** 12" Pot  
Assorted Colours  
Grown in Victoria

**WE PICK  
BC  
FIRST**



**WE PICK  
BC  
FIRST**

**18<sup>99</sup>**  
EACH

**Assorted Vegetables with Cage** 3 Gallon Pot  
Grown in Victoria

**28<sup>99</sup>**  
EACH

**Bobbex Deer & Rabbit Repellent**  
0.95 L



**17<sup>99</sup>**  
EACH

**MyGarden Fertilizer**  
Tomato & Veggie Food,  
Seaweed Extract,  
Blooms or Fish, 1 L



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

**Columbine, Dahlia,  
Hosta or Astilbe** 6" Pots  
Grown in Surrey

WE PICK  
**BC**  
FIRST



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

**Non-Stop Begonias,**  
Fuchsia Dahlias, Ornamental  
Grass or Hens & Chicks  
Grown in Surrey

WE PICK  
**BC**  
FIRST



**16<sup>99</sup>**  
EACH

**Peony** 1 Gallon Pot  
Grown in Surrey



WE PICK  
**BC**  
FIRST

**12<sup>99</sup>**  
EACH

**Lilac** 1 Gallon Pot  
Assorted Varieties  
Grown in Abbotsford



WE PICK  
**BC**  
FIRST

**COLOUR  
FOR YOUR  
HOME &  
GARDEN**

**8<sup>99</sup>**  
EACH

WE PICK  
**BC**  
FIRST

**Perennials** Rhododendron, Weigela,  
Japanese Pieris, Ferns, Spiraea and Many More  
1 Gallon, Assorted, Selection May Vary by Store  
Grown in Abbotsford



**4<sup>49</sup>**  
EACH

**Ipomea** 4.5" Pot  
Assorted Colours  
Grown in Aldergrove

WE PICK  
**BC**  
FIRST



**9<sup>99</sup>**  
EACH

**Pelargonium  
Martha  
Washington**  
Assorted Colours  
6" Pot, Grown in  
Aldergrove



WE PICK  
**BC**  
FIRST

**17<sup>99</sup>**  
EACH

**Clematis or  
Assorted Vines**  
1 Gallon Pot  
Grown in  
Aldergrove



WE PICK  
**BC**  
FIRST

**8<sup>99</sup>**  
EACH

**Gerbera Garvinea**  
6" Pot, Assorted  
Grown in Aldergrove

WE PICK  
**BC**  
FIRST



**8<sup>99</sup>**  
EACH

**Echeveria Pots**  
6" Pot, Assorted  
Grown in Victoria



WE PICK  
**BC**  
FIRST

# BULBS FOR YOUR GARDEN

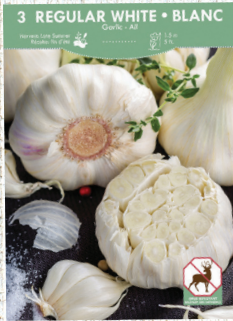
Plant now for summer blooms!

**4.49**  
EACH

**Spring Bulbs Assorted**



CHECK OUT OUR DEER RESISTANT VARIETIES!

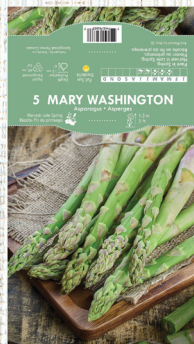
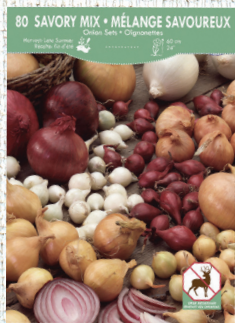


**5.99**  
EACH

**Garlic Bulbs 3 Pack**

**4.29**  
EACH

**Onion Packs Assorted 80 Pack**



**8.99**  
EACH

**Asparagus Starts 5 Pack**

**11.99**  
EACH

**Volume Pack Bulbs**  
Asiatic Lily, Astilbe, Calla Lily, Dahlia, Gladiolus or Convallaria



**GREAT value**

**12.99**  
EACH

**Garden Favourites**  
Many Varieties to Choose From



**14.99**  
EACH

**Spring Fruit Plants Assorted Varieties**



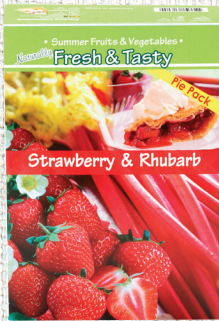
**8.99**  
EACH

**Seed Potatoes Assorted Varieties, 2 kg**



**5.49**  
EACH

**Rhubarb Starts 1 Pack**



**20% OFF** Watson Gloves

FEATURING OUR NEW JADE GLOVE, PART OF THE NEW SUSTAINABLE LINE OF GLOVES THAT ARE BIODEGRADABLE AND ZERO WASTE!



**LAST WEEK OF SAVINGS APRIL 16-22, 2026**



D11\_TF\_WK51\_DIG\_GROW

Scene+  
**DIGITAL  
 EXCLUSIVE**

OFFER AVAILABLE  
 APRIL 16 - 22, 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**

Get **800 PTS**  
 when you  
 buy 2

Charmin  
**Bathroom Tissue**  
 8=24 Rolls, Bounty  
 Paper Towels 2-3 Pack  
 or Napkins 400 Pack



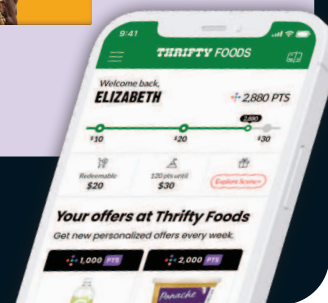
**25% OFF** when you  
 buy 1

Compliments **Granola Bars**  
 Assorted, 18 Pack, 560-630 g



Download on the  
**App Store**

GET IT ON  
**Google Play**



Offer valid April 16 - 22, 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. Registered trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

X01\_TF\_WK51\_DIG\_EXCLUSIVE

# MADE IN CANADA\* WITH THE WHOLE PLANET IN MIND



**649**  
EACH

Bonterra®  
**Bathroom Tissue** 9=27 Rolls,  
Facial Tissue 3=6 Boxes  
or Paper Towels 3=6 Rolls

\*Made in Canada with domestic and imported material.

VO1\_TF\_WK51\_DIG\_VENDOR



Doritos

Official Partner of Formula 1®

200 PTS when you buy 2

2/\$8



GET RACE READY

**CELEBRATE  
EARTH MONTH**  
ENTER FOR A CHANCE TO  
**WIN**  
A LAUNDRY  
**ROOM**  
MAKEOVER



A smarter way to clean laundry, period.



SCAN FOR CONTEST DETAILS

**13<sup>99</sup>** EACH Tru Earth Natural Spring Laundry Detergent Sheets 32 Pack

formulas for good clean fun.



**5<sup>99</sup>** EACH **200 PTS** when you buy 2

Method Natural Spring Cleaners 828 ml (Excludes Floor, Wood, Granite, Tub or Tile)

method®



V03\_TF\_WK51\_DIG\_VENDOR

# GIVE YOUR SCENE+ POINTS A BOOST

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

APPLY NOW



\*Conditions Apply

