

FRESH CO

Lowering food prices



SAVE \$2/lb

\$2.99
/lb

Fresh Pork Side Ribs
Centre Removed
6.59/kg reg 4.99/lb
WHILE SUPPLIES LAST



EQUAL TO

\$4.49
/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

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

Scene

MEMBERS SAVE MORE
MEMBER PRICING ON SELECT ITEMS



Gallo Olive Oil 1 L
LIMIT OF 4
reg 13.99

Scene MEMBER PRICING SAVE \$4.17

\$8.77

without \$12.94
Scene+ Card



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

Scene MEMBER PRICING

\$1.25

without \$2.49
Scene+ Card



Sweet Bell Peppers 4 pk
Product of Canada or Mexico

Scene MEMBER PRICING SAVE \$1

\$3.99

without \$4.99
Scene+ Card



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

Scene MEMBER PRICING SAVE \$1

\$2.99

without \$3.99
Scene+ Card



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

SAVE UP TO \$5

\$10



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



Kewpie Mayonnaise
450 g or
Huy Fong Sriracha Hot Chili Sauce
714 mL
reg 6.99-7.99

SAVE UP TO \$3

\$4.99

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](#)



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





Cheetos
170-285 g
Miss Vickie's
180-200 g or
SunChips
205 g
reg 4.49-4.79

SAVE UP TO \$1.30
\$3.49



Christie Cookies 224-303 g or **Kids Cookies** 150-225 g
Selected Varieties reg 3.49-3.99

SAVE UP TO \$1.50
\$2.49



Kellogg's Cereal
Selected Varieties
269-365 g reg 5.49

SAVE \$2
\$3.49



Jif Peanut Butter 1 kg or
Smucker's Jam
310-500 mL
Selected Varieties
reg 6.49-6.99

SAVE UP TO \$1
\$5.99



Dove Deodorant or Antiperspirant
45-74 g **Shampoo or Conditioner**
355 mL
Body Wash
325 mL or
Soap Bars 3 pk
Selected Varieties
reg 5.99-8.99

SAVE UP TO \$1.4
\$4.99



Dawn Dish Soap 431-502 mL
reg 3.79-3.99

100 PTS
when you buy 2
SAVE UP TO \$1
\$2.99



Vim Cream Cleaner 500 mL
reg 3.99

200 PTS
when you buy 2
SAVE \$1
\$2.99

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



French's Mustard
325-400 mL

100 PTS
when you buy 2
SAVE UP TO 70¢
\$2.29



Kellogg's Core Bars
125-384 g
reg 4.49

200 PTS
when you buy 2
SAVE \$1.50
\$2.99



Simply Orange Juice 1.36 L

100 PTS
when you buy 1
SAVE \$2
\$4.99



Pearl Milling Company Pancake Mix
905 g or
Syrup 710 mL
reg 4.29-4.49

100 PTS
when you buy 2
SAVE UP TO 70¢
\$3.79

Scene™ DIGITAL EXCLUSIVE

APR 16-22, 2026
*terms and conditions apply



Load your offers and get 20 points for every dollar spent on Strawberries
Product of Mexico or USA, No. 1 Grade 454 g

20* pts



Load this offer and get 200 points for every Glade Plug In Air Freshener - Warmer

200* pts



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, fuel, dairy products in Atlantic regions, pre-paid cards, postal products and services, Western Union, Microsoft™/Xbox™/Surface™ 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. Trademarks of Scene Plus IP Corporation used under license by Sobey's Capital Incorporated. Offers valid Thursday, April 16, 2026 to Wednesday, April 22, 2026. Prices in effect while supplies last. We reserve the right to limit quantities. No rainchecks except as advertised. All price savings 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 Sobey's 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 Sobey's 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 no 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 in 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**



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 Zabiha Halal Chicken Sausages 375-500 g,
Maple Lodge or Zabiha 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



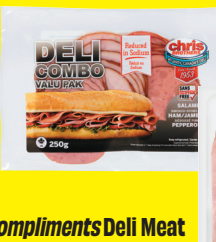
Pogo Original 20 pk
1.5 kg or Original Mini 32 pk
960 g
reg 16.99

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 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 Dippys 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!

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
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

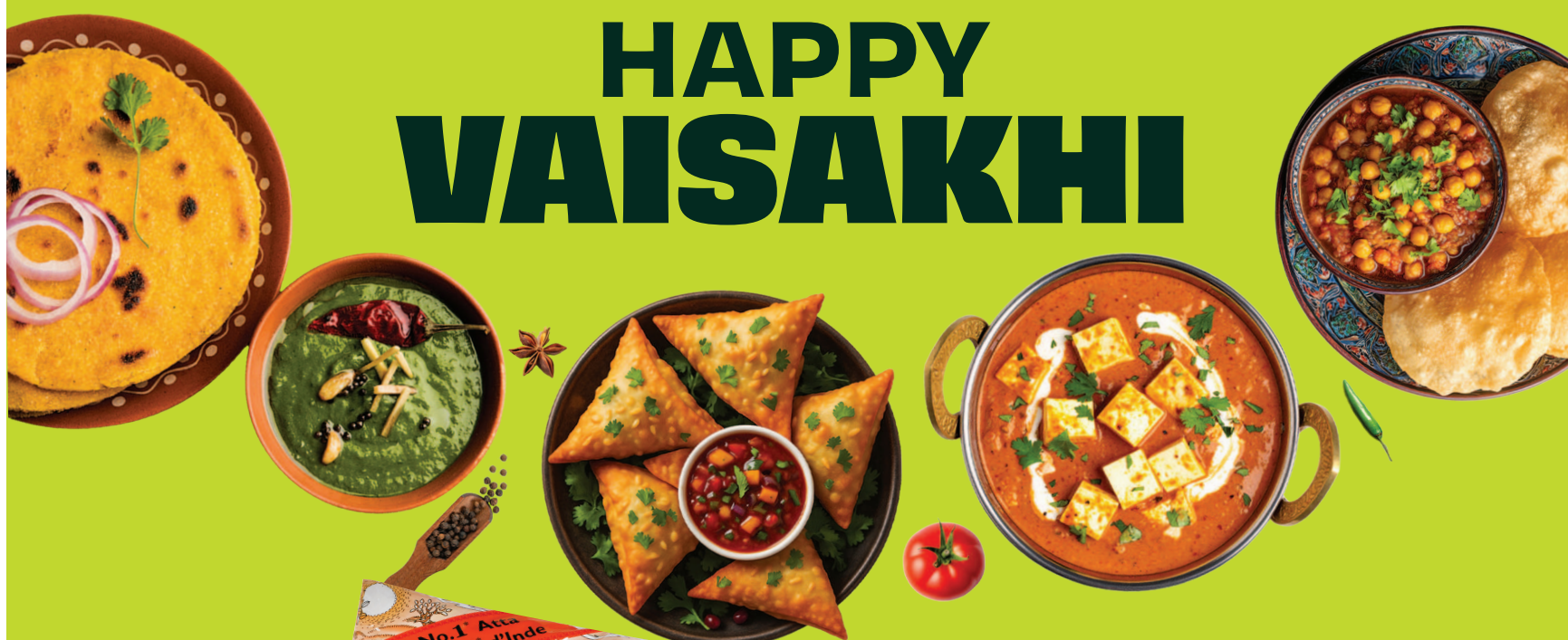


Colgate Total Toothpaste 70-150 mL, Optic White Toothpaste 90 mL or 360 Toothbrush 1 ea Selected Varieties

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