

ZONE 1

FRESH CO

Lowering food prices

Flyer in effect April 23-29, 2026
Prices in effect in Ontario, Excludes Thunder Bay

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
Filet de porc

SAVE UP TO \$2
\$1.49

Italpasta 900 g
Mutti Finely Chopped Tomatoes 398 mL or
Catelli Garden Select Pasta Sauce 600 mL
reg 2.49-3.49
Pâtes, tomates hachées ou sauce pour pâtes



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
Pizza, pommes de terre déjeuner ou frites



\$2.99

Compliments Bagged Oranges 3 lb
Product of Egypt
1.36 kg or
Cauliflower
Product of USA
No. 1 Grade
Oranges ou chou-fleur



Sweet Bell Red, Orange or Yellow Peppers
Product of Ontario 4.39/kg
Poivrons doux

\$1.99 /lb



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

SAVE UP TO \$3
\$4.99



Split or Jumbo Chicken Wings
Frozen 1-1.2 kg reg 12.00
WHILE SUPPLIES LAST
Ailes de poulet

SAVE \$3.12
\$8.88



MarcAngelo Souvlaki Chicken Breast or Pork Kabobs 480-640 g
reg 14.00
Souvlaki de poulet ou brochettes de porc

\$8.88



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

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



Dempster's Whole Grain, Signature or Protein Breads 600 g
Malt Bread 340 g or
Bagels 5-6 pk
Selected Varieties
reg 3.99-4.69
Pains ou bagels

SAVE UP TO \$1.70
\$2.99



Eight Treasures Thai Jasmine Rice 8 kg
reg 18.99
Riz

SAVE \$6.11
\$12.88



Cashmere Bathroom Tissue 30-50 rolls or
SpongeTowels 6-12 rolls
reg 17.99-19.99
Mouchoirs ou essuie-tout

SAVE \$7
\$10.99
without Scene+ Card
\$17.99

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





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

SAVE UP TO \$2.58
2/\$7



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

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



Campbell's Chunky Soup
515 mL
Soupe

SAVE 50¢
\$2.99



Healthy Choice
Gourmet Steamers
269-306 g reg 5.29
Repas surgelés

SAVE \$1.50
\$3.79



Old Dutch Laundry Detergent
4 L reg 6.79
Détergent

SAVE \$1.80
\$4.99

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



Imperial Margarine
800 g
Margarine

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



Quaker Crispy Minis 100 g or Rice Cakes 127-199 g reg 3.49
Galettes de riz

150 PTS
when you buy 3
SAVE \$1.24
\$2.25



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

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



Black Diamond Cheestrings 252-336 g
Fromage effilochable

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



Palmolive Dish Soap 591-828 mL reg 3.29
Savon à vaisselle

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
Biscuits

20* pts



Load this offer and get 20% off for every Compliments Raisin Bread 600 g
Pain aux raisins

20%* off



The Scene+ Loyalty Program is available at all participating FRESHCO locations within ONTARIO. 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, McAfee/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. For full Scene+ Terms & Conditions or to reload 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 Corporation used under license by Sobayo 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 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 Sobayo 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 "lower prices", "low prices" and other similar statements in our ads is as compared to the full-service banners operated by Sobayo Capital Incorporated. See in-store or FreshCo.com for full details of our guarantees. 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 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 ONTARIO, EXCLUDES THUNDER BAY



Red Seedless Grapes
Product of Chile No. 1 Grade 8.80/kg
Raisins sans pépins

\$3.99
/lb



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

\$2.49
/lb



Raspberries or Blackberries 170 g
Product of USA or Mexico
Framboises ou mûres

\$3.99



Granny Smith Apples
Product of USA Extra Fancy Grade or
Red Delicious Apples Product of Ontario,
Canada Extra Fancy 3.95/kg
Pommes

\$1.79
/lb



Ataulfo Mango
Product of Mexico
Mangue

\$1.29
ea



Seedless Cucumber
Product of Ontario, Canada No. 1
Concombres

\$1.49



Iceberg Lettuce
Product of USA
or Mexico No. 1 Grade
Laitue

50 PTS
when you buy 1
\$2.99



Compliments
Whole White or Brown Mushrooms
227 g Product of Ontario
Champignons

50 PTS
when you buy 1
\$2.49



Mini Seedless Cucumbers 6 pk
Product of Ontario, Canada No. 1 or
Grape Tomatoes 283 g
Product of Canada or Mexico
Concombres ou tomates

50 PTS
when you buy 1
\$2.99



Taylor Farms Chopped Salad Kit
316-377 g Assorted Product of USA
Salade avec garnitures

100 PTS
when you buy 2
\$4.99



Fresh Centre, Rib or Sirloin Pork Loin Combo Chops 11.00/kg
Côtelettes de longe de porc

\$4.99
/lb



Compliments
Pepperoni or Salami Chub 500 g
Charcuteries

50 PTS
when you buy 1
SAVE \$1
\$4.99



Compliments
Naturally Smoked Bacon 375 g
Bacon

\$5.99



Maple Lodge or Zabiha Halal Chicken Bologna or Wieners 375-450 g
Bologne ou saucisses fumées de poulet

SAVE 50¢
\$2.49



MarcAngelo Italian Style Pork Sausage 450 g or Jumbo 675 g or Pepper Parmesan Pork Meatballs Frozen 400 g
Saucisses ou boulettes de viande

SAVE UP TO \$2
\$5



High Liner
Family Favourites Frozen 350-700 g
Poisson surgelé

SAVE \$3
\$6.99



Compliments
Beef, Chicken or Turkey Burgers Frozen 680-907 g
reg 14.99-16.99
Burgers

SAVE UP TO \$2
\$14.99



Fontaine Santé or Lantana Hummus 227-283 g
Hummus

SAVE UP TO \$1.50
\$3.49



Mastro Salami 125-150 g or San Daniele Prosciutto 100 g
Charcuteries

SAVE UP TO \$3
\$3.99



Main Street Deli 200-250 g or Variety Pack 300 g
Charcuteries

SAVE \$1
\$5



Tre Stelle
deluxe MOZZARELLA 25% M.F. / M.G. 50% MOISTURE / HUMIDITÉ 340 g
Fromage

SAVE \$2.50
\$6.49



Compliments
Buns 8 pk, English Muffins 6 pk or Tortillas 340-610 g
Petits pains, muffins anglais ou tortillas

300 PTS
when you buy 3
STARTING AT
\$2.29



Hostess Snack Cakes 167-231 g
Petits gâteaux

\$2.49



Best Buy Cookies 390 g, Charlotte's Cake Pops 280 g, Compliments Two-Bite Snacks 319-370 g or Coconut Macaroon Bites 300 g
Biscuits, gâteaux sur bâtonnet, collations ou bouchées

\$5



Compliments
Muffins 400-600 g
Muffins

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 \$1.30
\$2.99

Christie Cookies
Selected Varieties
224-303 g or
Peek Freans
Selected Varieties
275-350 g
Biscuits



SAVE \$1.50
\$5.49

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



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

SAVE \$1
\$3.99



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

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
Craquelins ou collations

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



Nabob Ground Coffee
915-930 g
Café

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
Boissons gazeuses

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
Boisson frappée ou Jus

SAVE UP TO \$1
\$3.99



Twinnings Tea
Bags 20 pk
Thé

SAVE \$1.05
\$4.44



Tetley Orange Pekoe
Tea 72 pk
Thé

SAVE \$2
\$3.99



Old El Paso Taco Kits 250-510 g
Ensembles à tacos

SAVE 50¢
\$3.99



Christie Dad's Family Cookies
Selected Varieties 500-520 g
Biscuits

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



Silk High Protein
1.42 L
Boisson protéinée

SAVE \$1
\$6.99



Hellmann's Mayonnaise
710-890 mL
reg 6.79
Mayonnaise

SAVE 80¢
\$5.99



Holiday Luncheon Meat
340 g
Pain de viande

SAVE \$1.22
\$2.77



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

SAVE UP TO \$3
\$7.99



Friskies 156 g or
Fancy Feast 85 g
Wet Cat Food
Nourriture pour chats

90¢

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
Dough'chi Bites
180 mL
Bouchées



COMPLIMENTS
BBQ Sauce
425 mL
Sauce BBQ

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.

HOUSEHOLD SAVINGS



value size · format valeur

30 = 100

\$19.99

Compliments Bathroom Tissue
30=100 Rolls
Mouchoirs



value size · format valeur · value size · format valeur

12 = 24

\$20.99

Compliments Paper Towels
12=24 Rolls
Essuie-tout



Lysol Wipes
2 pk reg 14.99
Lingettes

SAVE \$3

\$11.99



Compliments Dishwashing Liquid
5 L reg 9.99
Liquide à vaisselle

SAVE \$1

\$8.99



Gain Liquid Detergent
4.25 L reg 20.49
Détergent

SAVE \$6

\$14.49



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

SAVE UP TO \$2.50

\$9.99



Downy Fabric Softener
4.16 L reg 21.79
Assouplissant textile

SAVE \$3.80

\$17.99



Fleecy Fabric Softener 3.5 L or Dryer Sheets 200 pk
reg 12.49-12.99
Assouplissant ou feuilles pour sècheuse

100 PTS when you buy 1

SAVE UP TO \$2

\$10.99



Reynolds Parchment Paper 160'
reg 10.99 WHILE SUPPLIES LAST
Papier parchemin

SAVE \$1

\$9.99



Febreze Plug-Ins 2 pk
reg 12.99
Désodorisants

200 PTS when you buy 2

SAVE \$2

\$10.99



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

SAVE UP TO \$3

\$9.99



Glad Garbage Bags 100-160 pk
reg 23.99-24.99
Sacs à ordures

SAVE UP TO \$3

\$21.99

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



SAVE \$2

\$19.99

Corona Sunbrew 0% Non-Alcoholic Beer
12x355 mL
Bière sans alcool

SAVE UP TO \$1.87 ON 3

3/\$5

Jarritos Soft Drink 370 mL
Boissons gazeuses



99¢

Green Onions
Product of Mexico or
Cilantro Product of
USA or Mexico
Oignons verts ou coriandre



La Cocina Tortilla Chips
400 g
Croustilles de tortilla

100 PTS when you buy 2

SAVE 70¢
\$3.29



Maseca Corn Flour
2 kg
Farine de maïs

SAVE \$1

\$8.99



Chata Chilorio Shredded Seasoned Pork 250 g
Porc

SAVE \$1.30

\$6.49



Chata Refried Pinto Beans 430 g
Haricots pinto

\$2.99



Cholula Hot Sauce 150 mL or Salsa 325 mL
Sauce piquante ou salsa

SAVE UP TO \$1

\$4.99



Herdez Salsa 453 g
Salsa

SAVE 50¢

\$3.49



Tajin Chamoy Chili Sauce 455 mL
Sauce chili

SAVE 50¢

\$6.99



La Costeña Refried Beans 546 mL or Jalapeño Peppers 330 mL
Haricots ou piments jalapeños

SAVE UP TO 70¢

\$2.99



Old El Paso Taco Sauce 243 mL, Jalapeño Peppers 250 mL or Refried Beans 398 mL
Sauce, piments jalapeños ou haricots

SAVE UP TO \$1

\$2.99



Hunt's Tomato Paste 156 mL or Old El Paso Seasonings 24 g
Pâte de tomates ou assaisonnements

SAVE UP TO 69¢

\$1



RO*TEL Tomatoes 284 mL
Tomates

75 PTS when you buy 2

SAVE 50¢

\$1.79



Lola's Empanadas 380 g
Empanadas

SAVE \$1.50

\$8.99

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

Taco Bell Core Kits
260-420 g

\$3.49



\$1

Taco Bell Seasonings
28 g



\$1.99

Taco Bell Sauces
207 mL



50 PTS
when you buy 2

Taco Bell Premium Kits
401-642 g

\$5.49