

FRESH CO

LONG WEEKEND DEALS

MEMBER PRICING

ONLY
7⁹⁹



8⁹⁹

without Scene+ Card
Compliments Eggs Medium 30 pk

LIMIT 2
per customer



ONLY
2⁹⁹
/lb

Fresh Centre, Rib and Sirloin Pork Loin Combo Chops 6.59/kg WHILE SUPPLIES LAST

ONLY
5⁹⁹



Seedless Watermelon Product of Canada or USA

11 lb average

ONLY
99¢
/lb

Gala Apples Product of British Columbia, Canada Fancy or Seedless Oranges Product of South Africa 2.18/kg

SAVE UP TO \$5⁵⁰
4⁴⁹



Schneiders Juicy Jumbos Original or Smoked Sausages 375-450 g, Meat Pies Frozen 400 g, Maple Leaf Chicken Sausages 300 g or Schneiders Wieners or Maple Leaf Top Dogs 375 g reg 6.99-9.99

SAVE \$2
\$8



Cardinal Quarter Pound Beef Burgers Frozen 678 g reg 10.00

200 PTS when you buy 4
SAVE UP TO \$1⁹⁴
2⁷⁵



Lay's Potato Chips 177-235 g, Smartfood Popcorn 150-220 g or Tostitos 205-300 g reg 3.89-4.69

SAVE UP TO \$3
3⁹⁹



Binggrae Melona Ice Bars 560 mL Selected Varieties or Tre Stelle Paneer 300 g reg 4.99-6.99

SAVE \$1
2⁶⁹



Dempster's White or Whole Wheat Bread 570-675 g or Hot Dog or Hamburger Buns 12 pk reg 3.69

SAVE \$1³⁰
2⁹⁹



Black Diamond Slices 410 g reg 4.29

SAVE UP TO \$2
5⁹⁹



Chapman's Super Novelties 8-18 pk, Premium Ice Cream, Sorbet or Frozen Yogurt 2 L reg 6.99-7.99

100 PTS when you buy 1
ONLY
3⁹⁹



Philadelphia Cream Cheese 227-250 g

SAVE \$1⁵⁰
5⁹⁹



Bubly 12x355 mL, Montellier 10x355 mL or Gatorade 6x591 mL or 8x355 mL reg 7.49

Scene
LOAD
& SCORE

4 DAYS ONLY! SEPT 3-6, 2026

CELEBRATE LONG WEEKEND
FOR EVERY \$50 SPENT
GET 500 PTS*

*Valid for 1 transaction. See flyer back page for terms and conditions.

PRODUCT SELECTION MAY VARY BY LOCATION

Flyer in effect September 3-9, 2026.
Prices in effect in Western Canada.



Scan to check out our full deals

See the full flyer at FreshCo.com

FRESH CO

50 PTS
when you buy 1
ONLY
3⁹⁹



Candy Snaps Red Seedless Grapes 454 g
Product of USA, No. 1 Grade or
Raspberries 170 g Product of USA or Canada

ONLY
1⁹⁹
/lb



Roma Tomatoes
Product of Canada,
Canada No. 1,
Green Sweet Bell Peppers
Product of Canada or
Green or Grey Zucchini
or Eggplant
Product of Canada 4.39/kg



ONLY
1⁹⁹
/lb



Bartlett Pears
Product of BC, Canada Fancy
4.39/kg



ONLY
5⁹⁹



Gold Kiwi 454 g
Product of New Zealand

ONLY
\$3



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



100 PTS
when you buy 5
ONLY
99¢



Sweet Corn
Product of Canada, Canada No. 1



50 PTS
when you buy 1
ONLY
4⁹⁹

Compliments
Lemons 2 lb
Product of South
Africa 907 g or
Avocados 5 pk
Product of Mexico



100 PTS
when you buy 1
ONLY
5⁹⁹

Jumbo Golden
Pineapple
Product of
Costa Rica



50 PTS
when you buy 1
ONLY
2⁴⁹



Celery
Product of
Canada,
Canada No. 1



50 PTS
when you buy 1
ONLY
4⁹⁹



Romaine Hearts 3 pk
Product of Canada or
Seedless Cucumber 3 pk
Product of Canada, Canada No. 1



SAVE \$2
\$5

MarcAngelo
Italian Style
Jumbo
Sausages
Frozen 675 g
reg 7.00



300 PTS
when you buy 3
SAVE \$1⁵⁰
5⁹⁹



Johnsonville Sausages 375-500 g
reg 7.49

SAVE \$3
7⁹⁹



Al Safa Breaded Chicken
Frozen 400-600 g reg 10.99

ONLY
10⁹⁹



Wendy's Fresh Ground Beef
Patties 454 g

SAVE UP TO \$5
\$6

Compliments
Cooked or
Raw Pacific
White Shrimp
Frozen 340 g
reg 9.00-11.00



SAVE \$2
10⁹⁹

Compliments
Smoked
Sausages
900 g reg 12.99



SAVE UP TO \$4
12⁹⁹



Swiss Chalet or Montana's Pork
Back Ribs Fully Cooked 600-650 g
reg 14.99-16.99

SAVE \$5
12⁹⁹



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

MEMBER PRICING
SAVE \$2
\$4

\$6
without
Scene+
Card



Main Street Deli Meat
200-300 g reg 6.00



SAVE \$2
5⁴⁹



Boursin
Cheese
150 g
reg 7.49



SAVE \$2⁵⁰
5⁹⁹



Tre Stelle Ricotta Tub 400-475 g
reg 8.49



SAVE UP TO \$2⁵⁰
5⁹⁹



Piller's Minis
or Toppings
150-250 g
reg 7.99-8.49



SAVE \$1⁴⁰
2⁷⁹



Hostess
Snack Cakes
202-206 g
reg 4.19



SAVE 90¢
2⁷⁹



Natural Bakery
Sliced Rye Bread
500 g reg 3.69



100 PTS
when you buy 2
SAVE \$1
4⁴⁹



Portofino
Artisan Breads
585-810 g or
Buns 6 pk
reg 5.49



SAVE \$1
5⁵⁰



Compliments
Muffins
400-600 g
reg 6.50



SPEND \$100 IN ONE4ALL ULTIMATE CHOICE,
CHEERS TO YOU OR GAME & GRUB GIFT CARDS
AND GET 1,000 SCENE+ POINTS!



Offer valid during September 3 – 9, 2026.
Not valid on Pack & Go gift cards.
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

See the full flyer at FreshCo.com

FRESH CO

SAVE UP TO \$1.50
2.49



Kellogg's Cheez-It Crackers 191-200 g or
Pringles Super Stacks Chips 148-156 g
reg 3.49-3.99

SAVE \$1.50
3.99



Christie Family Size Crackers
Selected Varieties 345-454 g or
Premium Plus Crackers 402-500 g
reg 5.49



SAVE UP TO 80¢
2.99



Campbell's Chunky 515 mL or Habitant Soup 796 mL
reg 3.49-3.79

ONLY
1.75



Clover Leaf
Skipjack 170 g or
Flavoured Tuna 85 g

200 PTS
when you buy 2
SAVE UP TO \$1.50
6.99



Maison Perrier Sparkling Water 8x330 mL or
San Pellegrino Natural Sparkling Drink 6x330 mL
reg 7.99-8.49

100 PTS
when you buy 2
SAVE \$1.50
2.99



MadeGood
Organic Granola Bars,
Minis or Crispy Squares 120-132 g
reg 4.49

SAVE \$1.20
3.29



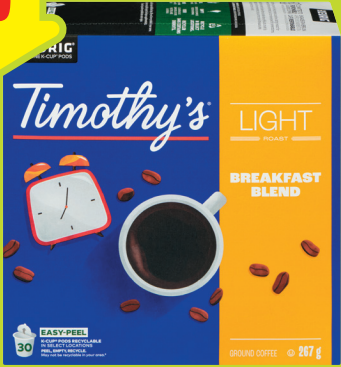
Christie
Peek Freans Cookies
Selected Varieties
275-350 g
reg 4.49

SAVE 50¢
6.99



Fuze or Peace Tea 12x341 mL
reg 7.49

SAVE \$1.11
14.99



Timothy's
Coffee
K-Cups
30 pk
reg 25.99

SAVE UP TO \$1
3.99



Taco Bell Taco Kits 260-420 g or
Creamy Sauce 354 mL
reg 4.49-4.99

100 PTS
when you buy 1
ONLY
9.99



Baskin Robbins
Ice Cream 946 mL or
Novelties 4x125 mL

300 PTS
when you buy 3
SAVE \$1.30
3.99



Crave Frozen Meals 200-340 g reg 5.29

SAVE UP TO \$1.80
3.49



Mott's Clamato or
Garden Cocktail
1.89 L reg 4.79-5.29

SAVE 50¢
3.99



Classico
Pasta Sauce
218-600 mL
reg 4.49

SAVE \$1.50
4.49



Armstrong
Cheese Snacks 210 g
Selected Varieties

SAVE \$3
4.99



Imperial Margarine 800 g

ONLY
6.49



Siggi's Yogurt
650-750 g

SAVE \$4
5.99



Jamieson
Vitamin C
500mg or
Vitamin D
1000 IU 75-240 pk
Selected Varieties
reg 9.99

SAVE UP TO \$3.50
13.99



Purex or Sunlight
Laundry Detergent
3.85-4.43 L reg 16.49-17.49

SAVE \$7.50
15.49



Sunlight
Powder
Laundry
Detergent
4.5 kg
reg 22.99

MORE WAYS TO SAVE!

HOT
PRICE

Scene

Locked
&
Low

Look for these specially-marked
items throughout our stores

FRESH FOR SCHOOL

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

ONLY
3⁹⁹**Mini Sweet Peppers**
454 g
Product of Canada or Mexico**ONLY**
1⁹⁹**Compliments Baby Carrots** 340 g
Product of Canada**100 PTS**
when you buy 2**ONLY**
2⁹⁹**Mini Seedless Cucumbers** 6 pk
Product of Ontario, Canada No. 1 or
Grape Tomatoes 283 g or
Medley Tomatoes Pint
Product of Canada**ONLY**
6⁴⁹**Mann's Sugar Snap Peas**
425 g
Product of USA**SAVE \$1**
1⁴⁹**Buddig Sliced Meats** 55 g reg 2.49**ONLY**
5⁹⁹**Schneiders Bologna** 375 g**SAVE \$1**
9⁹⁹**Grimm's Pepperoni** 375-600 g
reg 10.99**100 PTS**
when you buy 1**ONLY**
\$10**Best Buy Pork Breakfast Sausage**
Patties or Links Frozen 1.2 kg**SAVE \$1**
13⁴⁹**Compliments Sliced Cheese** 440 g
reg 14.49**SAVE \$2⁵⁰**
3⁹⁹**Mastro Salami** 100-175 g
Selected Varieties**SAVE \$3**
3⁹⁹**San Daniele Sliced Prosciutto** 100 g
reg 6.99**ONLY**
40¢**SunRype Fruit to Go Bars** 14 g**150 PTS**
when you buy 2**SAVE \$1⁹⁹**
\$5**Brandt Kolbassa Chubs** 250 g reg 6.99**SAVE \$1⁵⁰**
\$4**Compliments Croissants** 270 g reg 5.50**SAVE \$1**
\$4**Santosh Naan** 1 kg reg 5.00

COOL TREATS

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.

ONLY \$5



Chapman's Yukon Novelties 5-8 pk

SAVE \$2.05 4.94



200 PTS when you buy 2

ONLY 5.49



Ben & Jerry's Ice Cream 473 mL reg 5.79

Nestlé Del Monte Sorbet 946 mL or iögo Nano Frozen Yogurt Tubs 946 mL, Novelty Bars 4 pk or Pops 8 pk reg 6.99

SAVE \$1.50 5.49



Halo Top Frozen Dessert 473 mL reg 6.99

SAVE \$1.50 6.99



Sorbelicious Sorbet Bars 8 pk reg 8.49

SAVE \$2.23 7.77

Get 100 PTS When you buy 1



Nestlé ParLOUR Vanilla Dipped Bars 16 pk

Nestlé Drumstick Value Size 10 pk



iögo Nano Frozen Yogurt Pops 16 pk

Nestlé Share Pack 9 pk

BIG CUP. BIGGER PRIZES.



Scene+ Enter for a chance to win* 1 of 5 prizes. Scan your Scene+ Card for a chance to win with participating Hershey products.

80 PTS when you buy 1 ONLY 4.79

Hershey Multi-Packs 172-232 g or Packaged Candy 160-210 g Assorted Varieties



ONLY 1.79

Hershey King Size Bars 62-85 g Assorted Varieties

50 PTS when you buy 2 ONLY 1.09

Hershey Singles 34-58 g Assorted Varieties

MOON FESTIVAL
DEALS

中秋精選優惠



ONLY

1.98
/lb

Fuji Apples
Product of USA
Extra Fancy Grade or
Yellow Asian Pears
Product of China
Extra Fancy Grade
4.37/kg



ONLY

2.98

Honey Pomelo
Product of
China or Vietnam



ONLY

98¢
/lb

**Baby Bok Choy or
Shanghai Bok Choy or
Daikon Lo Bok**
Product of Canada or
Flat Cabbage
Product of Canada,
Canada No. 1
2.16/kg



ONLY

1.28

Garlic 5 pk
Product of China



SAVE \$1.01

1.98



Mi Sedaap Instant Noodles 5 pk
Selected Varieties reg 2.99

SAVE \$1.01

8.98



Crafty Ramen Frozen Ramen 500-520 g
Selected Varieties reg 9.99

SAVE \$2.01

7.98



**Woo Yang All Mozzarella or Potato & Mozzarella
Corn Dog 400 g reg 9.99**

SAVE UP TO \$1.11

3.88



**Hormel Spam Tocino-Flavoured or
O'food Luncheon Meat 340 g**
reg 4.79-4.99

SAVE \$1.51

3.98



**Hanamaruki White or Red Soybean
Paste 500 g reg 5.49**

SAVE UP TO \$1.11

4.88



**Watson Assorted
Premium Fish
Balls or O'food
Assorted Fried
Fish Ball 500 g**
reg 5.49-5.99

ONLY

1.48



Glico Pocky Biscuit Sticks
33-40 g Selected Varieties reg 1.79

SAVE \$1.01

5.98



**Mini Crush
Fruit Jelly**
1.4 kg
reg 6.99

SAVE 51¢

2.48



**Hata Ramune
Soda 200 mL**
Selected
Varieties
reg 2.99

ONLY

98¢



**Vida Sparkling
Water 325 mL**
Selected
Varieties
reg 1.29

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.



NOURISH THEIR POTENTIAL



GET 400 PTS when you buy 5 participating Quaker® products



ONLY
\$3

Quaker® Instant Oatmeal,
Instant Multigrain Hot Cereal or
Instant Hot Cereal
232-344 g



ONLY
3³³

Quaker® Cereals 375-500 g,
Quaker® Harvest Crunch® 325-510 g
or Cap'n Crunch® Cereal 350 g



ONLY
1⁹⁹

Quaker® Granola Bars
120-156 g Any Flavour or Variety



ONLY
6⁴⁹

Quaker® Quick Oats
2.25 kg



ONLY
3⁹⁹

Quaker® Instant Oatmeal Protein
168-228 g



ONLY
3⁴⁹

Quaker® Standard Oats
709 g-1 kg



ONLY
3⁹⁹

Pearl Milling Company®
Mixes 905 g or
Syrup 710 mL

Participating products (any flavour/variety): Quaker® Instant Oatmeal/Instant Multigrain Hot Cereal/Instant Hot Cereal (280 g - 774 g), Quaker® Oats/Hot Cereal/Oats Protein (465 g - 1 kg), Quaker® Protein/High Fibre Instant Oatmeal (168 g - 366 g), Quaker® Granola Bars (120 g - 175 g), Quaker® Cereals (375 g - 500g), Quaker® Harvest Crunch® (325 g - 510 g) and Cap'n Crunch® Cereal (350 g), Pearl Milling Company® Mixes (905 g), Pearl Milling Company® Syrup (355 mL - 710 mL)



† Offer redeemed upon check out at participating FreshCo stores across Canada, while supplies last. Valid September 3 - 9, 2026.

Products must be purchased in the same transaction. Not all products available at all locations. †† Participating products (selected varieties):

Beverages (any flavour/variety): PepsiCo soft drinks (12 x 355 mL, 6 x 222 mL, 24 x 355 mL cans or 6 x 710 mL, 1 L, 2 L bottles); Bubly™ sparkling water beverage

(12 x 355 mL, 6 x 222 mL), Bubly Pop™ (6 x 355 mL); Brisk® iced tea (12 x 355 mL cans or, 6 x 710 mL, 2 L bottles); Gatorade® sports drink (6 x 591 mL, 8 x 355 mL, 710 mL);

Aquafina® bottled water (24 x 500 mL), Montellier® carbonated natural spring water (10 x 355 mL cans, 1 L bottles); Frito-Lay® snacks/dips/salsa (45 g– 850 g/394 mL – 675 mL),

PopCorners® popped-corn chips (142 g), Miss Vickie's® kettle cooked potato chips (190 g – 200 g) , Stacy's® pita chips (208 g – 227 g), Spitz® seeds (210 g)



200 PTS
when you buy 4

ONLY
2.75

Lay's® Potato Chips 200-235 g or
Smartfood® Popcorn 150-220 g
Any Flavour or Variety



ONLY
2/\$7

Doritos® Tortilla Chips 210-280 g or
Ruffles® Potato Chips 180-200 g
Any Flavour or Variety



200 PTS
when you buy 4

ONLY
2.75

Tostitos® Tortilla
Chips 205-295 g
Any Flavour or Variety



150 PTS
when you buy 3

ONLY
2.79

Spitz® Seeds 210 g
Any Flavour or Variety



MEMBER PRICING
ONLY
7.99

8.99 without
Scene+ Card
PepsiCo Beverages
12x355 mL
Any Flavour



MEMBER PRICING
ONLY
4.29

\$6 without
Scene+ Card
PepsiCo Beverages
6x710 mL
Any Flavour



100 PTS
when you buy 2

ONLY
3.99

PepsiCo Beverages
6x222 mL
Any Flavour



ONLY
5.99

Bubly™ Sparkling Water Beverage
12x355 mL or Montellier® Carbonated Natural
Spring Water 10x355 mL, Any Flavour

Babybel Kiri GoGo SQUEEZ

TO INFINITY...
AND BACK TO SCHOOL



ONLY
449

Babybel 6 pk
120 g



ONLY
1299

Babybel 18 pk
360 g



ONLY
299

Cheese Dippers
4 pk 140 g or
The Laughing
Cow 8 pk 133 g



ONLY
349

Kiri 8 pk
144 g



ONLY
1199

The Laughing Cow
32 pk 535 g



Disney · PIXAR
Toy
STORY
5

©Disney/Pixar

September 3 - 9, 2026

FRESH CO

MOON FESTIVAL
DEALS

中秋精選優惠

EIGHT
TREASURES
八宝



SAVE \$2¹²

7⁸⁸

Eight Treasures
Tilapia Frozen
1.36 kg
reg 10.00



SAVE \$2

11⁸⁸

Eight Treasures
Pompano
Frozen 800 g
reg 13.88



ONLY

4⁸⁸

Eight Treasures
Basa Steaks Frozen
500 g



ONLY

6⁸⁸

Eight Treasures
Raw Shrimps
Head-On, Shell-On
Frozen 400 g



SAVE \$9⁰¹

29⁹⁸

Eight Treasures
Thai Jasmine Rice
18.1 kg reg 38.99



SAVE 51[¢]

4⁴⁸

Eight Treasures
Thai Jasmine Rice 2 kg reg 4.99



ONLY

1⁹⁸

Eight Treasures Rice Vermicelli 400 g or
Rice Noodle Sticks 454 g reg 2.29



SAVE \$1⁰¹

4⁴⁸

Eight Treasures
Sesame Oil
185 mL reg 5.49



ONLY

3⁴⁸

Eight Treasures
Sweetened Condensed Milk
300 mL reg 3.79



SAVE 51[¢]

1¹⁸

Eight Treasures
Coconut Milk 400 mL reg 1.69



AUGUST 13 - SEPTEMBER 9, 2026

WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.
Prices in effect in Western Canada.

MOON FESTIVAL DEALS

中秋精選優惠

金發
KIM PHAT



SAVE 51¢
1.98

Kim Phat
Instant Noodles 120 g or
Soba Noodles 300 g
Selected Varieties
reg 2.49



Kim Phat
Spring Rolls 204 g
reg 2.49

ONLY
\$2



SAVE 51¢
3.48

Kim Phat
Udon Noodles 800 g
reg 3.99



SAVE 51¢
2.28

Kim Phat
Chow Mein Noodles
454 g reg 2.79

SAVE 61¢
2.68

Kim Phat
Vermicelli or Pad Thai Noodles
400 g reg 3.29 Selected Varieties



SAVE \$1.01
3.98

Kim Phat
Rice Paper 22 cm 400 g reg 4.99



ONLY
1.98

Kim Phat
Coconut Milk
Light 6%
400 mL reg 2.29



SAVE 81¢
1.98

Kim Phat
Coconut Milk 18%
400 mL reg 2.79



ONLY
98¢

Kim Phat Water Chestnuts Whole
or Sliced 227 g reg 1.29



SAVE 51¢
2.98

Kim Phat Sambal Oelek Paste 250 g
or Fish Sauce 298 mL reg 3.49



SAVE \$1.11
4.88

Kim Phat
Sesame Oil
Roasted
163 mL reg 5.99



SAVE \$1.01
3.98

Kim Phat
Sushi
Vinegar 298 mL or
Soy Sauce 500 mL
reg 4.99



ONLY
3.98

Kim Phat
Soy Sauce Light
500 mL
reg 4.29



SAVE 81¢
3.98

Kim Phat
Sriracha Chili
Sauce 432 mL
reg 4.79



SAVE 51¢
4.48

Kim Phat
Pad Thai Sauce
298 mL reg 4.99



SAVE 91¢
4.88

Kim Phat
Salad Dressing
298 mL reg 5.79



AUGUST 13 - SEPTEMBER 9, 2026
WHILE SUPPLIES LAST. PRODUCT SELECTION MAY VARY BY STORE.
Prices in effect in Western Canada.

GIVE YOUR SCENE+ POINTS A BOOST

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

APPLY NOW



*Conditions Apply

