



SCAN HERE FOR OUR DIGITAL FLYER







BUY WESTJET GIFT CARD



ഷ 10%

Offer valid during March 21 - 27, 2024. Sorry no rainchecks or price matching. Limited \$500 per transaction. Offer valid only on WestJet Gift Card VAR \$50-\$500. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

The Scene+ Loyalty Program is available at all participating Foodland 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. 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+ points 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 All offers are subject to change and may be withdrawn without notice. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

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BUDGET HELPES!

Helping our communities with their groceries



BUY MORE SAVE MORE



special OFFER

Spotlight on weekly specials

Save when you stock up on more

Amazing limited-time price

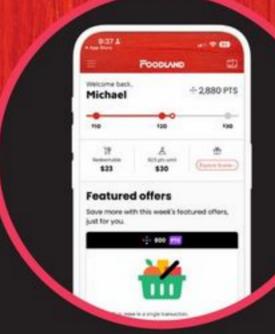
Extended offer for 4+ weeks



1000 PTS = \$10 in FREE groceries



Reduced pricing for Scene+ members



Weekly personalized offers



Love it.
Or it's free.



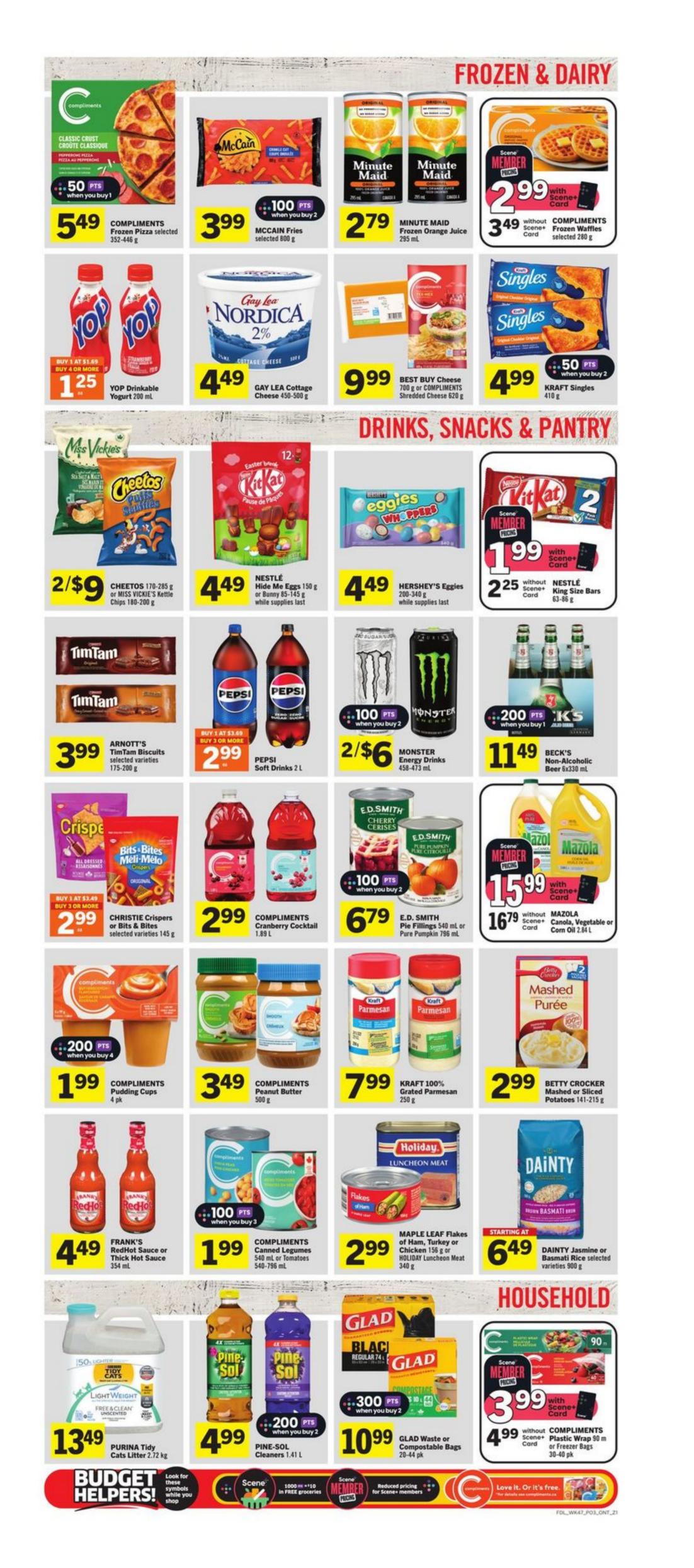


FDL_WK47_POP1_ONT_Z1



100 PTS when you buy 1

FDL_WK47_P0P2_ONT_







EARIN OF IU A SOUND WELLUINE BONUS SCENE+ POINTS'

with the Scotiabank® Scene+™ Visa* Card. That's \$75 in groceries.^





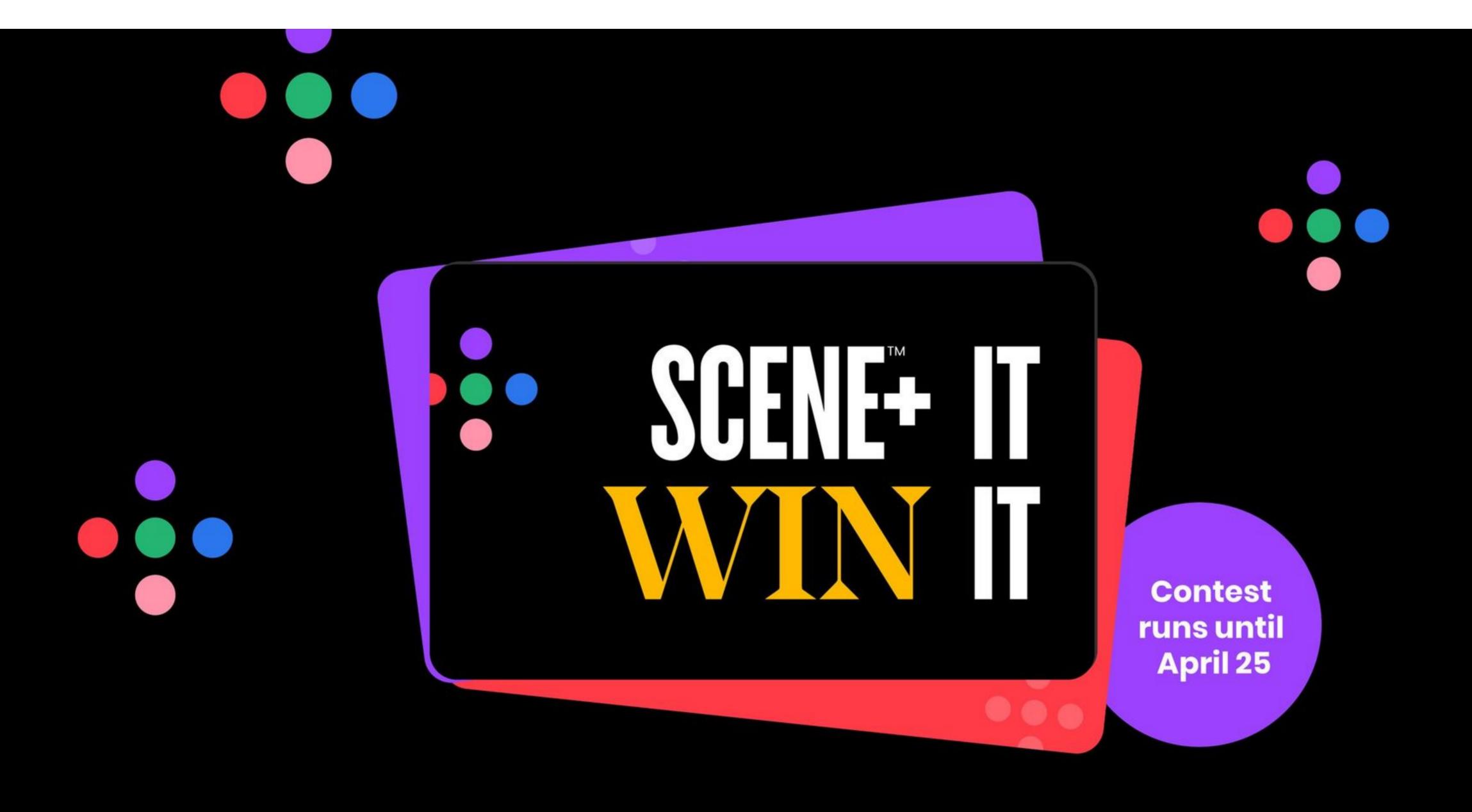


With minimum spend on everyday purchases in the first year. Other conditions apply. Offer subject to change.

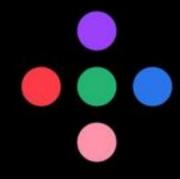
Visa Int/Licensed user

Scene+ points redeemed at any Participating Empire Location must be redeemed in increments of 1,000. See full list of participating merchants across Canada at Scotiabank.com/participatingstores.

²On all eligible purchases at participating grocery stores. Conditions Apply.



REGISTER FOR A CHANCE TO WIN A DREAM KITCHEN MAKEOVER, GROCERIES FOR A YEAR, AND MORE.*



CLICK TO REGISTER

*No purchase necessary. Valid March 21 – April 25, 2024. Refer to Contest Rules and Regulations for full Contest prizing details, additional ways to enter, and entry conditions. Entrants must first register for the Contest at www.sceneplus.ca/Winlt. Scene+™ and the Icon design™, owned by Scene Plus IP Corporation, used under license. ◆ Applies to eligible purchases only at Home Hardware, Home Building Centre, Home Hardware Building Centre, Home Furniture locations in Canada and online at homehardware.ca. Conditions apply.

LOAD IT TO GET IT! Get 400 PTS when you buy 2 or more

and load offer in the Foodland app or at MyGroceryOffers.ca



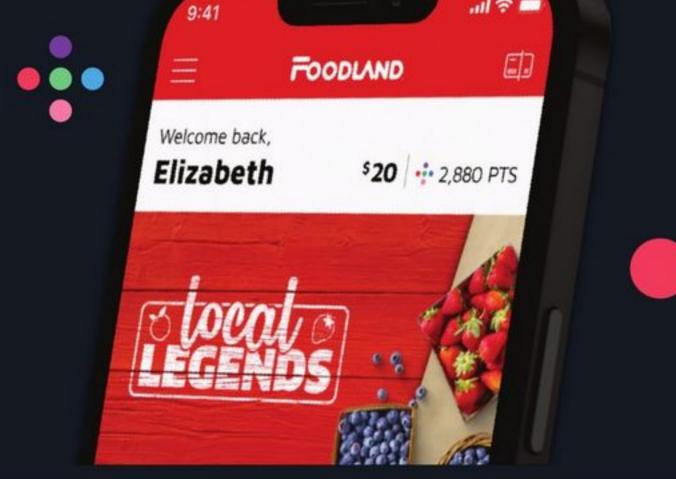






PRODUCT OF CANADA COMPLIMENTS
Russet Potatoes Canada no 1 grade 4.54 kg





Card must be registered. Offer valid and available to be loaded March 20-March 27, 2024 at all participating Foodland locations. Minimum qualifying purchase must be made in a single transaction. Offer must be loaded to registered Scene+ Card prior to transaction. Limit 1 offer per Scene+ Card. Offer excludes 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. Limit one. Visit https://www.sceneplus.ca/terms-and-conditions to see full Terms and Conditions.

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SAVOUR THE VALUE

Only Sometimes of the second s

per serving

Recipe of the Week:
Turkey and
Vegetable Chili
au Gratin

GET RECIPE



CRACKER BARREL Cheese 340-400 g or Shredded Cheese 250-320 g



Carrots
product of Canada, Canada no 1 or
product of USA no 1 grade 2.27 kg

PRODUCT OF CANADA COMPLIMENTS Yellow Onions Canada no 1, 2.27 kg

OWER PRICE

*You can make this recipe for \$5 or less per portion, based on pricing in-store and in the March 21st, 2024 to March 27th, 2024 weekly flyer. Stated cost does not include basic household pantry items. Stated cost is based on amount of each ingredient required in recipe.

100K FOR 900+

AND AT NEW LOWERED PRICES
THROUGHOUT THE STORE

* Not applicable in all stores. See foodland.ca/value-flyer for details.

900+ - ITEMS ARE PRICELOCKED OR AT NEW LOWERED PRICE

Not applicable in all stores. See foodland.ca/value-flyer for details.



COMPLIMENTS Cereal 400-794 g



COMPLIMENTS
Pasta Sauce 650 mL



COMPLIMENTS Frozen Fruit 1.5 kg selected



COMPLIMENTS Shrimp 71-90 ct raw 340 g



PRODUCT OF ONTARIO
Rutabagas Canada no 1 grade 2.62/kg



NATURALLY SIMPLE Pasta 350-360 g

BUDGET HELPERS!

Look for these symbols while you shop



Spotlight on weekly specials

MORE SAVE MORE

Save when you stock up on more



Amazing limited-time price



Extended offer for 4+ weeks



1000 PTS = \$10 in FREE groceries



Reduced pricing for Scene+ members



Love it.
Or it's free'.
'for details

see compliments.ca







BECEL®

Dairy-Free

Plant Butter 454 g

SA GALLER

Becel

IMPERIAL®

Margarine

637 g



Becel

SUBSCRIBE TO EMAILS FROM FOODLAND & PARTICIPATING CO-OPS TO GET MOVE

Get everything you love about Foodland & Participating Co-Ops like:

- Access to weekly flyers
- Email exclusive offers
- Recipes plus tips & tricks from our experts
- Important updates about your store

Sign up today to get your first email exclusive offer

SAME 55

on your next purchase of \$40**

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