

THRIFTY FOODS

Eat happy



BUY 1 GET 1 FREE*

*Same Item of Equal or Lesser Value



BUY 1 GET 1 FREE

BC Fresh Whole Frying or Roasting Chicken
Product of Surrey
Regular Retail Starting at: \$5.29/lb \$11.66/kg

WE PICK BC FIRST

BUY 1 GET 1 FREE

Bergen Farms BC Blueberries
Grown in Abbotsford or on Vancouver Island
510 g/18 oz. Pack \$7.99 Each



Wild BC Albacore Tuna Tataki
Seared, Frozen or IFC Atlantic Canadian Cooked Snow Crab Legs 454 g

WE PICK BC FIRST



BUY 1 GET 1 FREE

Fresh Pork Tenderloin
Regular Retail Starting at: \$8.49/lb \$18.72/kg

BUY 1 GET 1 FREE

Dan-D Pak Super Mac with Pistachio
Sea Salted or Unsalted, 600 g

BUY 1 GET 1 FREE

Tribal Java Organic Coffee
Roasted in Vernon
Selected Varieties 340-400 g

ORGANIC

WE PICK BC FIRST

BUY 1 GET 1 FREE

Portofino Brioche or Potato Buns
6 Pack

WE PICK BC FIRST

BUY 1 GET 1 FREE

Thrifty Kitchens Vegetable Pakoras
Sold by Individual Piece, Available Chilled

THRIFTY KITCHENS

BUY 1 GET 1 FREE

Bell Pepper 3 Pack
Product of British Columbia

WE PICK BC FIRST

3.99 EACH

Silk Beverages
1.75-1.89 L

Silk Almond
35% ZERO SUGAR

Silk OAT
90 CALORIES | GLUTEN FREE

5.99 EACH

Bubly Sparkling Water
12x355 ml

bubly
blueberry

bubly
limebubly

4.94 EACH

Dr. Oetker Giuseppe Pizza
Thin or Rising Crust
Selected, 439-785 g

MEMBERS SAVE \$2 EACH

5.99 EACH

Island Farms Premium, Plus or Country Cream Ice Cream
1.65 L
Selected
Made in Victoria

WE PICK BC FIRST

Scene[®]
SPEND & GET

SPEND \$125 OR MORE GET 1000 PTS

That's like \$10 in free groceries

4 DAYS ONLY
Thursday, July 17 - Sunday, July 20, 2025.
DON'T FORGET YOUR COUPON

7 70974 01141 7
See Offer Details on Page 5



P01_TF_WK12_PRN



PROUDLY *Canadian* since 1977

**LOOK FOR THE LEAF IN OUR FLYER
AND IN-STORE.**

It will help you identify products that are
Made in Canada, Product of Canada, or 100% Canadian.



Symbols to look for to help you support our communities

LEARN MORE



Family SIZE

7⁴⁹
/LB

Fresh Lean Ground Beef \$16.51/kg



Thrifty Kitchens

Starting at

8⁹⁹
EACH

Thrifty Kitchens **Soup or Chili** 700 ml

Made In-Store



3⁹⁹
/LB

Castle Rock **Jumbo Grapes**
Product of California

\$8.80/kg



4⁹⁹
EACH

Cauliflower
Product of Canada
Large

Made with 100% CANADIAN FLOUR



1⁴⁹
EACH

Baguette
French or Sourdough 300 g

Baked In-Store



Thrifty Kitchens

5⁴⁹
EACH

WE PICK BC FIRST

Thrifty Kitchens **Fresh Chicken Cordons**
Selected, 200 g
Product of Victoria



2⁹⁹
/100 G

Compliments **Black Forest Ham, Honey Ham, Cooked Turkey or Smoked Turkey**



8⁹⁹
EACH

Armstrong **Cheese** 600 g,
Shreds 450–500 g
or Saputo
Mozzarellissima
690 g



3/\$9⁹⁹

Lay's **Potato Chips**
220–235 g



Scene+ BIG BONUS

500 PTS
when you buy 1

Compliments **Bathroom Tissue**
30=100 Rolls

That's like **\$5**
toward your groceries



2⁹⁹
EACH

Lactantia **Cream Cheese**
227–250 g



3⁴⁹
EACH

Danone **Activia Yogurt**
625–650 g



2⁹⁹
EACH

LeClerc **Celebration Cookies**
200–350 g, Pepperidge
Farm Goldfish Crackers or
Crisps 156–240 g



Scene+ Bath Tissue

500 PTS
when you buy 1

Compliments **Bathroom Tissue**
30=100 Rolls

That's like **\$5**
toward your groceries



8⁸⁸
EACH

Adams **Peanut Butter**
1 kg



8⁹⁹
EACH

Kellogg's, General Mills or
Post **Jumbo Cereal**
700 g–1.3 kg



2⁹⁹
EACH

1000 PTS
when you buy 6

Nature Valley **Crunchy or Trail Mix**
Granola Bars or Betty Crocker **Fruit or**
Gushers Selected Varieties 120–230 g



Scene+ scratch & win

GET 300 PTS
FOR EVERY \$20 SPENT

Offer valid from July 17 - 30, 2025
on every \$20 spent on Scratch & Win in a
single transaction. Scene+ card must be
scanned at time of transaction.
Scene+ points are not issued on the sale
of other lottery purchases. Terms and
conditions apply.

*You buy an eligible product from our store, use the product as intended, and the product does not meet your expectations, you can present the product (and/or receipt) and we will provide you with the appropriate reimbursement. Restrictions apply, see www.thriftyfoods.com/bringing-you-bigger-smiles for details.

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

MEMBERS SAVE 50%
7.49
EACH
MEMBER
PRICED

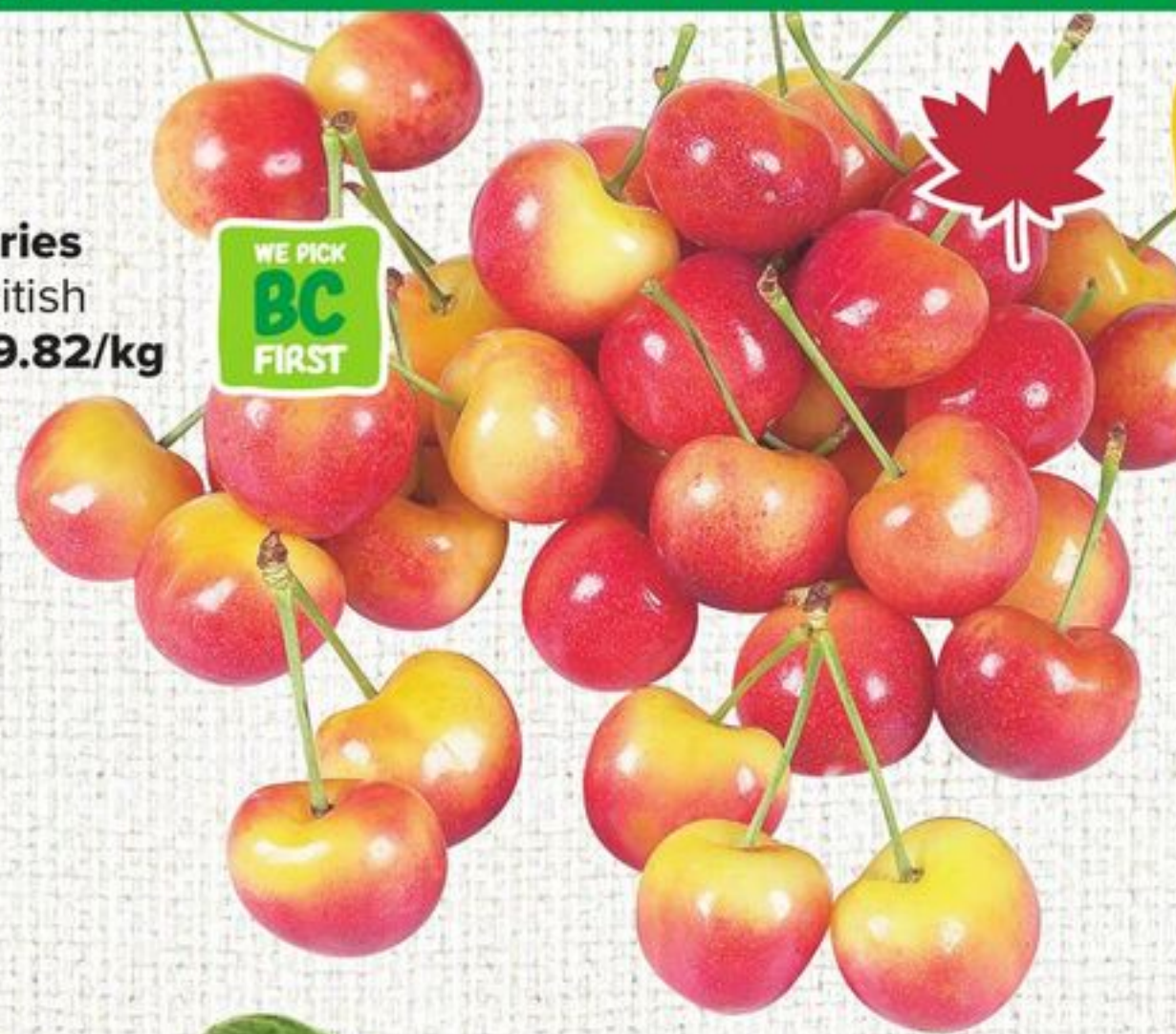
7.99
EACH
without
Scene+
Card

Seedless Watermelon
Product of USA
8 lb Average



8.99
/LB

Rainier Cherries
Product of British Columbia
\$19.82/kg



WE PICK
BC
FIRST



2.49
/LB

Rhubarb
Product of British Columbia
\$5.49/kg

WE PICK
BC
FIRST



2.99
/LB

Papaya
Product of Mexico
\$6.59/kg



50 PTS
when you buy 2

1.49
EACH

Long English Cucumbers
Product of British Columbia

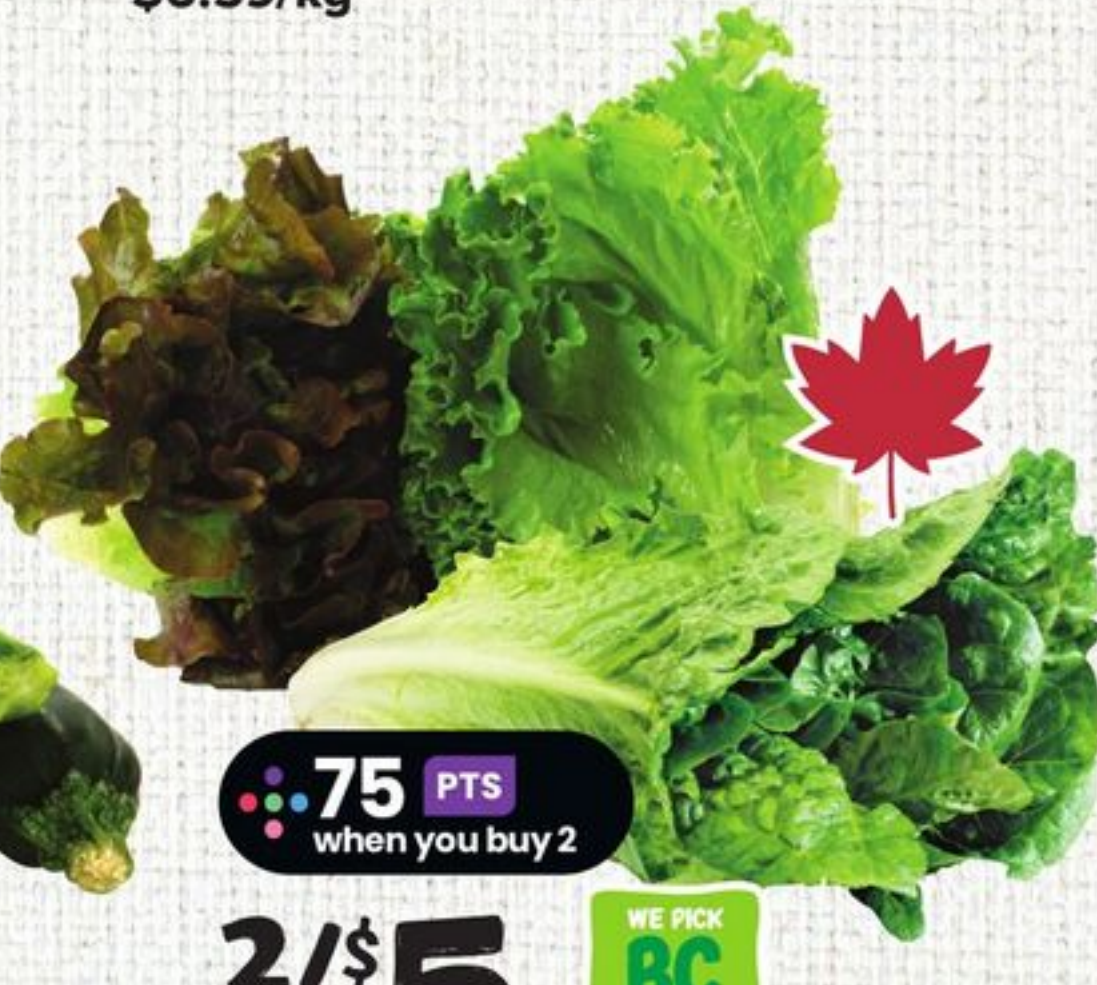
WE PICK
BC
FIRST



1.99
/LB

Green or Yellow Zucchini
Product of British Columbia
\$4.39/kg

WE PICK
BC
FIRST



75 PTS
when you buy 2

2/\$5

Romaine, Green or Red Leaf Lettuce
Product of British Columbia

WE PICK
BC
FIRST



8.99
EACH

Nature Fresh Farms Hiros's Cherry on the Vine Tomatoes
Product of British Columbia
680g/1.5lb Pack

100 PTS
when you buy 1

WE PICK
BC
FIRST

ORGANIC



2.69
/LB

Organic Apples
Royal Gala or Granny Smith
Product of New Zealand, Chile or USA, Extra Fancy Grade
\$5.93/kg

100 PTS
when you buy 1

6.99
EACH

Organic Avocados
Product of Mexico
3 Pack



100 PTS
when you buy 2

2/\$7

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

2/\$7

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia

Compliments Organic Mushrooms
White or Cremini
Sliced, 227 g Pack
Product of British Columbia



6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack



6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack



6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack



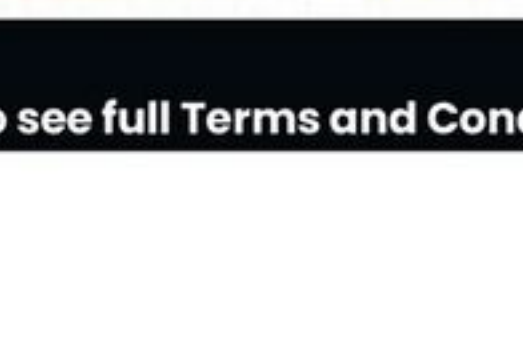
6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack



6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack



6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

6.49
EACH

Organic Bell Peppers
Product of British Columbia
2 Pack

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

22⁹⁹ EACH
Butterball
Turkey Breast Roast
Regular, Stuffed or
Breast and Thigh
Frozen, 1.2–1.5 kg



5⁹⁹ /LB
Fresh Pork
Belly Skinless
\$13.21/kg



13⁹⁹ /LB
Fresh Beef
Tri-Tip Steaks
or Roast
Cut from Canada
AAA Grade Beef
\$30.84/kg



4⁹⁹ EACH
Fresh Lean
Ground Pork
454 g Tray Pack



**BUY
more
SAVE
more**

15% OFF
AT FULL PRICE
WHEN YOU BUY 3 OR MORE
OR 2 AT 10% OFF
**BC Organic Whole
Frying Chicken**
Fresh or Frozen
Product of
Ashcroft
\$6.25/lb
\$13.78/kg



7⁹⁹ EACH
Beyond Meat
Plant-Based Sausage Links,
Breakfast Sausages, Burgers,
Ground Beef, Tenders, Steak or
NEW Bowls 226–400 g

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



7⁹⁹ EACH
Schneiders
Juicy Jumbos
Selected
375–450 g



13⁹⁹ EACH
Hertel's
Naturally Smoked Bacon
No Nitrates Added 500 g
Product of Port Alberni



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



MEMBERS SAVE \$2
10⁹⁹ EACH
MEMBER PRICED
12⁹⁹ EACH
without
Scene+
Card
Marina Del Rey
**Ecuadorian Jumbo
Raw Shrimp**
10–20 ct per lb,
340 g or Wild
Argentinian Raw
Shrimp 16–20 or
20–40 ct per lb,
Selected, 300 g

1⁹⁹ /100 G
Fresh Wild Pacific Rockfish Fillets
Product of British Columbia
Subject to Availability **\$9.03/lb**



150 PTS
when you spend \$10

2⁵⁰ EACH
Large Ultra
Natural
Shrimp
Skewers
Raw
62 g



3⁹⁹ /100 G
Fresh Wild
Pacific Sockeye
Salmon Fillets
\$18.10/lb



8⁹⁹ EACH
Panache **Tempura
Shrimp with Truffle
Flavour** 252 g or
Sawmill Bay
Breaded Oysters
150 g or

8⁹⁹ EACH
Nanuk
**Wild
Smoked
Sockeye
Salmon Lox**
Frozen, 85 g
Product of
Vancouver



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. Trademarks of Scene+ Plus IP Corporation used under license by Sobeys Capital Incorporated.

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

MEMBERS SAVE \$1/100 G
4.99
/100 G
MEMBER PRICING

Leoncini
Italian 18 Month
Aged Prosciutto
Sliced Fresh

5.99 without
Scene+
/100 G Card



6.49
EACH

MarcAngelo
Sliced
Italian
Deli Meats
Selected
100 g
Product of
Italy



200 PTS
when you spend \$10

3.99
/100 G

Frico
Gouda
Mild, Medium,
Spiced, Aged,
Smoked or Chili



100 PTS
when you buy 2

6.99
EACH

Grimm's
Mini
Pepperoni
Sticks
Selected
250 g



Starting at

200 PTS
when you buy 2

9.49
EACH

Panache
Parmigiano
Reggiano or
Grana Padano
Product of Italy
200 g



MEMBERS SAVE \$1
EACH
MEMBER PRICING

9.99
EACH

Compliments
Feta
400 g



MEMBERS SAVE 50¢/100 G
3.49
/100 G
MEMBER PRICING

Leoncini
Prosciutto
Cotto Ham

3.99 without
Scene+
/100 G Card



4.99
/100 G

King James
Royal Blue Stilton
Product of England



TAKE IT to go!

MEMBERS SAVE 50¢
6.99
EACH
MEMBER PRICING

7.49 without
Scene+
EACH Card

Thrifty Made
Paninis
235–315 g



100 PTS
when you buy 2

8.99
EACH

Yucatan
Squeeze
Guacamole
340 g



100 PTS
when you buy 2

5.49
EACH

Olivieri
Regular Pasta
280–360 g or
Fresh Sauce
160–300 ml



25% OFF
AT TFL
WITH MINIMUM
250 G PURCHASE

Thai Peanut
Broccoli Salad
or Other Select
Varieties from
the Service
Case



SUSHI & more

100 PTS
when you buy 2

Zenshi
Rainbow
Roll
255–266 g



50 PTS
when you buy 1

Zenshi
Summer Roll
142 g



ON SALE specials THURS, JULY 17 - WED, JULY 23, 2025

P04_TF_WK12_PRN

BULK

25%
OFF
AT TILL

Left Coast
Organics
Organic
Cashews
Selected



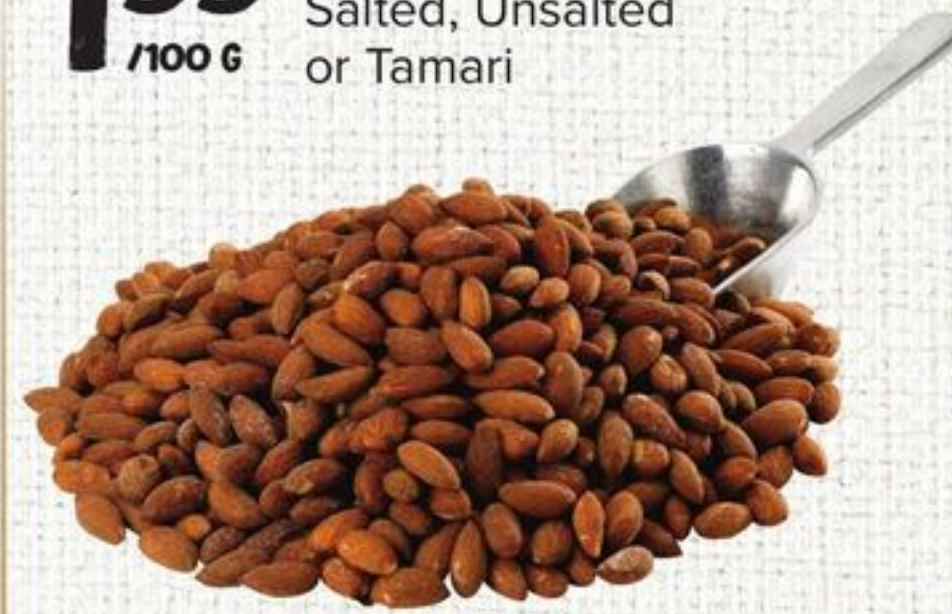
ORGANIC



MEMBERS SAVE \$1
5.99
EACH
MEMBER
PRICING

6.99 without
Scene+
Card
Dan-D Pak
Rice Crackers
454 g

1.99
/100 g
Roasted Almonds
Salted, Unsalted
or Tamari



1.69
/100 g
Dried Cranberries



6.99
EACH
Two-Bite Oreo®
Mini Cupcakes
12 Pack, 273 g

COOKIES
& *Creme*



7.99
EACH
Kimberley's
Frosted Oreo®
Cookies 332 g



8.99
EACH
MEMBER
PRICING
9.99 without
Scene+
Card
Cookies & Cream
Small Bar Cake
460 g



6.99
EACH
Oreo® Two-Bite
Brownies 300 g

DISCOVER our large selection of NATURAL & ORGANIC products!

BUY
MORE
SAVE
MORE

\$3.49 EA
WHEN YOU BUY
2 OR MORE
OR 1 FOR 3.99

Natural Cabana
Lemonade
591 ml



5.99
EACH
Santa Cruz
Juice
946 ml



4.49
EACH

Hardbite
Kettle Chips
150 g or
Purplesful
Popcorn
136 g



6.99
EACH

Camino
Hot
Chocolate
336 g



6.49
EACH

Natrel
Organic
Milk 2 L,
Made in
Burnaby



Starting at

6.99
EACH

Carbonaut
Bread
Select Varieties
164–550 g



5.99
EACH

Riviera Vegan Delights,
500–650 g or
4 Pack 120 g



150 PTS
when you buy 2

7.49
EACH

Kashi Organic
or **GoActive**
Cereals
349–510 g



NEW
LARGER
SIZES

Scene+
SPEND & GET

Offer valid July 17 – July 20, 2025 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 \$125.00 or more awards only one 1000 Scene+ points allotment. Offer excludes taxes 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. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

MEMBERS SAVE 50¢

4.99

EACH

MEMBER PRICING

Shepherd Gourmet Dairy Skyr Icelandic Style Yogurt 500 g



5.49

EACH

without Scene+ Card



150 PTS

when you buy 3

3.99

EACH

Yoplait Yogurt Tubes or Minigo 6–8 Pack



150 PTS

when you buy 3

3.99

EACH

International Delight Creamers 425 ml



DAIRY & frozen

3.49

EACH

Island Farms Sour Cream 500 ml Made In Victoria



10% OFF AT TLL

Paradise Island Random Cut Cheese Packaged in Nanaimo



5.99

EACH

Paradise Island Cheese Shredded or Shaved 170–270 g Made in Nanaimo



100 PTS

when you buy 2

6.99

EACH

Philadelphia Cream Cheese 340 g



9.99

EACH

Cracker Barrel Cheese Slices 500 g



5.99

EACH

Tropicana Lemonade or Zero Sugar Drinks or Tropics 1.36–1.53 L Selected



MEMBERS SAVE \$1

6.49

EACH

MEMBER PRICING

7.49

without Scene+ Card

Red Baron Rising Crust Pizza 740–875 g



2/\$12

Ben & Jerry's Ice Cream 473 ml or Magnum Novelties 3–4 Pack



3.99

EACH

Pillsbury Pizza Pops 380 g



6.79

EACH

McCain Deep'n Delicious Cakes 510 g



2/\$5

Michelin's Frozen Entrées 128–284 g



VITAMINS & more

15% OFF AT TLL

North Coast Naturals Ultimate Daily Greens or Cleanse Selected 270 g–1 kg



15% OFF AT TLL

NOW Foods Vitamins or Supplements Selected Sizes and Varieties



100 PTS

when you buy 2

1.99

EACH

Kind Bars 40 g



400 PTS

when you buy 2

7.99

EACH

Aveeno Body Wash Selected 532 ml



BUY more SAVE more

\$2.29 EA

WHEN YOU BUY 2 OR MORE OR 1 FOR 2.49

Baby Gourmet Puree Pouches Selected 92–128 ml



MEMBERS SAVE \$2

26.99

EACH

MEMBER PRICING

28.99

without Scene+ Card

Natural Calm Magnesium Supplements Selected 226 g



15% OFF AT TLL

Lean Fit Whey or Plant Protein Powders Selected 715–832 g



5.99

EACH

Green Beaver Toothpaste Selected, 75 ml



10% OFF AT TLL

150 PTS

when you buy 2

Children's Tylenol, Motrin or Benlyn Selected*



15% OFF AT TLL

150 PTS

when you buy 2

Band-Aid Characters 20 Pack or Flex Fabric 30 Pack



ON SALE specials THURS, JULY 17 - WED, JULY 23, 2025

PO6_TF_WK12_PRN

* Available while a Pharmacist is on Duty

DRINKS & snacks

26⁹⁹
EACH

Starbucks
Coffee
793 g
or K-Cups
24 Pack



BUY more SAVE more
\$3⁹⁹ EA
WHEN YOU BUY
2 OR MORE
OR 1 FOR 4.69

Christie **Cookies**
Selected, 224–303 g



4⁹⁹
EACH

Christie **Premium Plus**
450–481 g or
Good Thins
Crackers 100 g



5⁴⁹
EACH

Hershey's
Bagged Chocolate
160–290 g



BUY more SAVE more
\$4⁷⁹ EA
WHEN YOU BUY
2 OR MORE
OR 1 FOR 5.49

Maynards
Large Bag Candy
308–355 g



11⁹⁹
EACH

Tim Hortons **Single Serve Coffee**, Hot Chocolate or Orange Pekoe Tea Cups
10–12 Pack



4⁹⁹
EACH

100 PTS
when you buy 2

Coca-Cola **Soft Drink**
Mini Cans 6x222 ml



200 PTS
when you buy 2

13⁴⁹
EACH

Heineken **Alcohol-Free Beer** Cans or Bottles
6x330 ml



2/\$9

Lay's **Poppables**
170–200 g or
Miss Vickie's
Kettle Chips
190–200 g



13⁹⁹
EACH

40 PTS
when you buy 2

Quaker
Dips or
Chewy
Bars
Club Pack
935–960 g



GROCERY & more

3⁴⁹
EACH

Catelli **Smart**
340–375 g or
Healthy Harvest
375 g (Excludes
Lasagna) or
Panache Pesto
212 ml



6⁹⁹
EACH

Mazola
Oil
1.18 L



3⁴⁹
EACH

150 PTS
when you buy 3

Villaggio **Bread** 510–540 g,
Buns 6–8 Pack, Dempster's 7"
Tortillas 272–340 g or Tia Rosa
Tortillas 220–328 g



3⁹⁹
EACH

100 PTS
when you buy 2

Compliments
Salsa
650 ml



MEMBERS SAVE \$1
4⁹⁹
EACH
MEMBER PRICING

Compliments
Wild Pacific Sockeye Salmon 213 g
(Excludes No Salt)

5⁹⁹
EACH
without Scene+ Card



1000 PTS
when you buy 6

6⁴⁹
EACH

General Mills
Family Size Cereal
Selected
475–778 g



3⁶⁹
EACH

Quaker
Instant Oatmeal
232–344 g or
Quick or Old
Fashioned
Oats
900 g–1 kg
Selected



15% OFF
AT TILL

Compliments
Baking Nuts
Selected, 100 g
(Excludes Pine Nuts), Raisins,
Currants, Dates
or Prunes
Selected
375 g–1 kg



6⁴⁹
EACH

Club House
La Grille
Seasonings
or Spice
Blends
Selected
65–248 g



50 PTS
when you buy 2

3⁷⁹
EACH

Ritter Sport
Bars
100 g



HOUSEHOLD & more

MEMBERS SAVE \$1
18⁹⁹
EACH
MEMBER PRICING

Cesar
Wet Dog Food 1.2 kg

19⁹⁹
EACH
without Scene+ Card



7⁹⁹
EACH

100 PTS
when you buy 2

Glad
Kitchen Bags
28–52 Pack or
Compostable
Tall 10 Pack



8⁴⁹
EACH

Purex
Bathroom Tissue 8=16 Rolls
or Spongetowels
Ultra 2=4 Rolls



7⁹⁹
EACH

100 PTS
when you buy 2

Compliments
Fabric Softener Sheets 200 Pack



3⁹⁹
EACH

100 PTS
when you buy 2

Clorox
Clean-Up
or All Purpose
Cleaners
946 ml or
Bathroom
Foam
887 ml





MEMBERS SAVE
10% OFF
AT TILL
MEMBER
PRICING

Thrifty Kitchens
Fresh Sausages
Product of Victoria

- ✓ MADE BY US TO MAKE YOU SMILE
- ✓ MADE FROM BC CHICKEN, TURKEY OR WESTERN CANADIAN PORK



WE PICK
BC
FIRST

Our **TEAM'S PICKS**



5.99
EACH

Yeshi
Salad Dressing
350 ml
Made in Mill Bay

- ✓ PLANT BASED AND LOCALLY MADE
- ✓ GLUTEN, DAIRY, EGG AND NUT FREE
- ✓ USE AS A DRIZZLE, MARINADE, DIP OR SPREAD!

WE PICK
BC
FIRST



2.49
/LB

Early Nugget
Warba Potatoes
Product of British Columbia \$5.49/kg



WE PICK
BC
FIRST

- ✓ HARVESTED WITH THIN SKIN
- ✓ NO PEELING NEEDED
- ✓ DELICIOUS FLAVOUR WITH A CREAMY TEXTURE
- ✓ SHORT SEASON SO TRY THEM TODAY!

4.49
EACH

Sourdough Buns
4 Pack 315–345 g



50 PTS
when you buy 1

- ✓ BAKED IN-STORE
- ✓ MADE WITH 100% CANADIAN FLOUR
- ✓ AVAILABLE IN ONION POPPYSEED, CHEESE & ONION OR EVERYTHING TOPPED

2.99
EACH

Herbs Assorted
Varieties, 4" Pot

- ✓ GREAT FOR SUMMER SALADS & BBQS
- ✓ YOU CAN MAKE HERBED BUTTERS!



WE PICK
BC
FIRST

ON SALE *specials* THURS, JULY 17 – WED, JULY 23, 2025

SUMMERFEST



FEATURING

LOCAL

snacking

WE PICK
BC
FIRST

4.99
EACH

Fresh Is Best
Tortilla Chips
Made in Kamloops
300 g



4.99
EACH

NoochPop!
Vegan Popcorn
Made in New
Westminster
120 g



5.99
EACH

Arbutus
Farms Cocina
Chips
Made in
Duncan
350 g



9.99
EACH

SeaChange
Salmon Jerky
Selected
Product of
Quadra Island
60 g

NEW



60 PTS
when you buy 2

2.49
EACH

Golden Bonbon
Nougats
Made in New
Westminster
70 g



12.99
EACH

Salt Spring Island
Goat Cheeses
Selected Varieties
Made in Salt Spring Island
150 g



SUMMERFEST



FEATURING

LOCAL

beverages

WE PICK
BC
FIRST

7⁹⁹
EACH

Phillips Iota
**Dealcoholized
Craft Beer**
Made in Victoria
4x355 ml



8⁴⁹
EACH

Spinnakers **Soda**
Made in Victoria
4x473 ml

6⁹⁹
EACH

Farming Karma
Hydr8
Made in Kelowna
4x285 ml



2/\$6

Underground
Kombucha
Made in
Vernon
355 ml



300 PTS
when you buy 2

7⁹⁹
EACH

Street Legal
**Non-Alcoholic
Beer**
Made in Surrey
4x355 ml



ON SALE *specials* THURS, JULY 17 - WED, JULY 23, 2025



MADE BY *us* *to* MAKE *you* SMILE

10% OFF
AT TILL

Thrifty Kitchens
Beef Maui Style Ribs,
NEW Korean or Char Siu
Boneless Ribs
Product of Victoria



10% OFF
AT TILL

Thrifty Kitchens
7 Layer Dips
300 g or 550 g



15% OFF
AT TILL

Thrifty Kitchens
Salsa or Dips

Made In-Store Daily



15% OFF
AT TILL

Thrifty Kitchens
BBQ Grillers

Made In-Store Daily



200 PTS
when you spend \$12

\$3 EACH

Thrifty Kitchens
Seafood Cakes
Shrimp & Crab
Made in Victoria



Thrifty Kitchens **Fresh**
Meat Department Kabobs
Beef, Chicken or Pork
Made In-Store Daily

10% OFF
AT TILL



400 PTS
when you buy 1

Thrifty Kitchens
Family Sized
Meals 1.3–1.5 kg
Available Chilled





Discover Your New Favourite Summer Soft Drinks



150 PTS
when you buy 2

2/\$7

Compliments
**Lem&Tea or Raspberry
Lemonade 1.89 L**
*While Supplies Last



Compliments
Sparkling Water
12x355 ml

200 PTS
when you buy 2
5.99
EACH

Our TEAM'S PICKS

✓ A HAND-PICKED SELECTION OF OUR FAVOURITE
LOCALLY MADE OR GROWN FLAVOURS AND BRANDS

**BUY 1
GET 1
FREE***

BC Fresh
Whole Frying
or Roasting Chicken
Product of Surrey
Regular Retail Starting at:
\$5.29/lb \$11.66/kg

WE PICK
**BC
FIRST**

**BUY 1
GET 1
FREE***

Tribal Java
Organic Coffee
Selected Varieties
340–400 g
Roasted in
Vernon

ORGANIC



**BUY 1
GET 1
FREE***

Bergen Farms
BC Blueberries
Grown in Abbotsford
or on Vancouver Island
510 g/18 oz. Pack

WE PICK
**BC
FIRST**



MEMBERS SAVE \$2
5.99
EACH
MEMBER
PRICING

7.99
EACH
without
Scene+
Card

Island Farms
Premium, Plus or
Country Cream
Ice Cream
1.65 L
Selected
Made in
Victoria

WE PICK
**BC
FIRST**

Scene+
**DIGITAL
EXCLUSIVE**

OFFER AVAILABLE
JULY 17 - JULY 23, 2025

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**

SAVE \$3
when you buy 1

Portofino **Sourdough
Artisan Loaf** 585 g or
Sourdough Pan Bread
810 g



Get **600 PTS**
when you buy 2
Compliments **Chicken Wings**
Breaded, Selected, 800 g

SAVE \$1
when you buy 1
Excel **Bottled Gum**
40–60 Pack



Get **400 PTS**
when you buy 2
Old Dutch **Chips**
Selected, 200–235 g



Offer valid July 17 to July 23, 2025, 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. Trademarks of Scene Plus IP Corporation used under license by Sobeys Capital Incorporated.

NEW

iöGO®

MADE WITH
REAL
FRUIT

MADE IN
CANADA 
FROM DOMESTIC AND IMPORTED INGREDIENTS

Frozen Yogurt

Discover your new favourite flavour!



5⁹⁹
EACH

iÖGO® **Frozen Yogurt**
946 ml, Bars 4x80 ml
or Nanö® Bars 8x50 ml

Selection May Vary by Location



MANUFACTURED AND PACKAGED BY NESTLÉ CANADA INC., USING THE TRADEMARKS iÖGO® AND iÖGO NANÖ® WHICH ARE REGISTERED TRADEMARKS OF LACTALIS CANADA, AND USED UNDER LICENSE BY NESTLÉ CANADA INC., NORTH YORK, ON M2N 6S8. DAIRY FARMERS OF CANADA QUALITY MILK (& DESIGN) IS A TRADEMARK OF DAIRY FARMERS OF CANADA.

GIVE YOUR SCENE+ POINTS A BOOST

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

APPLY NOW

♦Conditions Apply

