

THRIFTY FOODS

Eat happy



HOLIDAY HAPPY

Happens HERE

7.77

/LB

Sterling Silver
Fresh Beef Top Sirloin Steaks
or Roast, Boneless
Cut from Canada AAA Grade Beef
\$17.13/kg



Sterling
SILVER
PREMIUM MEATS

family
size

CERTIFIED
TENDER
TENDREté
CERTIFIÉE

6.99

EACH

SanLucar
Jumbo Blueberries
Product of Peru
277 g, 9.8 oz. Pack



3.88

/LB

Fresh Pork Tenderloin
Product of
Western Canada
\$8.55/kg



Scene
MEMBER
PRICING

2.22

/LB

with
Scene+
Card

WE PICK
BC
FIRST

2.88

/LB

without
Scene+
Card

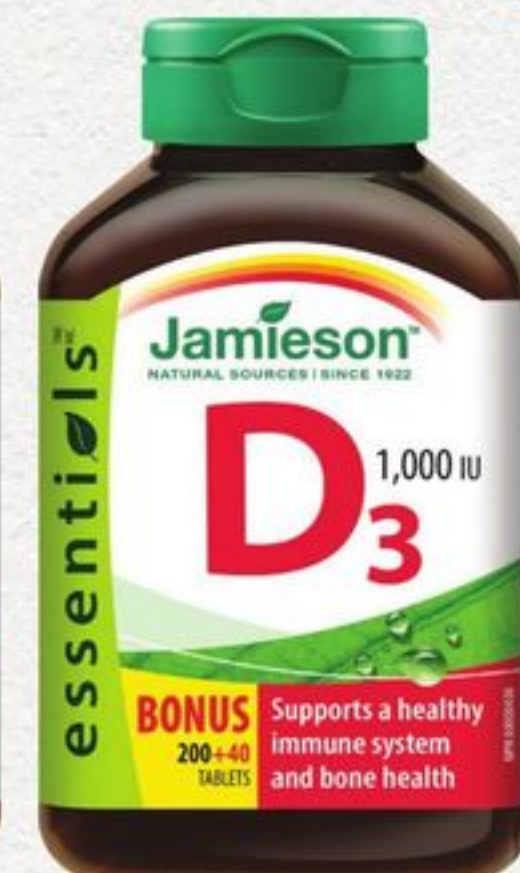
LIMIT OF 4
PER FAMILY

**BC Fresh Roasting or
Whole Frying Chicken**
Product of Surrey, **\$4.89/kg**
or without card **\$6.35/kg**

50% OFF

AT TILL

Jamieson
**Vitamins or
Supplements**
Selected Sizes
and Varieties



BUY 1
GET 1
FREE

Croissants
Baked In-Store
6 Pack, 372 g
Regular Retail:
\$5.49 Each
*Same Item of Equal or
Lesser Value



1000 PTS

when you buy 5

3.99

EACH

Pearl Milling
Company
Pancake Mix
905 g or
Syrup 710 ml



7.99

EACH

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



8.99

EACH

**Level Ground
Ground or
Bean Coffee**
Selected
Varieties
300 g
Roasted in
Victoria



5.99

EACH

Royale **Bathroom Tissue**
12=24 Rolls,
Tiger Towels 2–3=6 Rolls
or Facial Tissue 6 Pack



500 PTS

when you buy 5

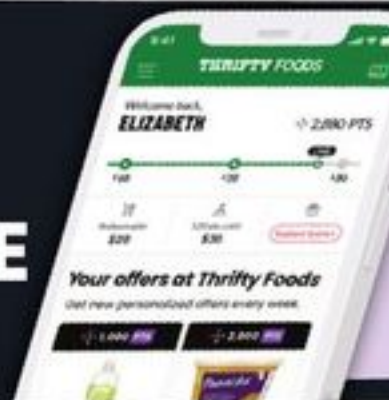
3.99

EACH

Quaker
Crispy Minis
90–100 g or
Rice Cakes
127–199 g



Scene
**DIGITAL
EXCLUSIVE**



Scan this
code to visit
mygroceryoffers.ca

**SPEND \$75+, GET
500 PTS**

**WHEN YOU
LOAD THIS OFFER
in the Thrifty Foods app
or at MyGroceryOffers.ca**

Card must be registered. Offer valid and available to be loaded from November 30 to December 6, 2023 at all Thrifty Foods locations in British Columbia. Minimum qualifying purchase must be made in a single transaction. Offer must be loaded to registered Scene+ Card prior to transaction. Spending \$75 or more awards only one 500 Scene+ points allotment. Limit 1 offer per Scene+ Card. Offer excludes taxes, tobacco products, gift cards, bottle deposits, prescriptions, lottery, alcoholic beverages, fuel, Western Union and any other non-discountable product excluded by law. Tim Hortons, Starbucks*, McCafe* products, and fluid dairy may be excluded in certain regions. Digital Offer has no cash value and cannot be combined with other minimum spend/receive offer(s). SCENE+ registered digital or physical card must be presented. 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.



ON SALE *specials* THURS, NOV 30 – WED, DEC 6, 2023

SCAN HERE FOR OUR DIGITAL FLYER

TF_WK31_P01_Z1

3.99 /LB **Asparagus**
Product of Mexico
\$8.80/kg

2/\$5 Compliments
BC Organic Sliced Mushrooms
227 g, 8 oz. Pack
Grown in Langley

ORGANIC

WE PICK BC FIRST

GRILLED VEGETABLE PAELLA FOR TWO

300 PTS
when you buy 2

5.99 EACH **All Butter Shortbread**
Baked In-Store
6-8 Pack, 250-400 g

4.79 /100 g **Ilchester Applewood Smoked Cheddar**

4/\$5 Mrs. Friday's
Seafood Crab-Style Cakes
Frozen, 8 Pack, **\$10 Each**

BUY more SAVE more
4.99 EA
WHEN YOU BUY 2 OR MORE
OR 1 FOR 5.99 **Dan-D Pak Tubs**
Selected, 200-400 g

4.99 EACH **Dr. Oetker Giuseppe Thin or Rising Crust Pizza**
Selected
439-785 g
or Giuseppe Easy Pizzi
560-600 g

BUY 3 GET 1 FREE

Compliments
Potato Chips
or Extraaaa!
Flavour Chips
200 g
Regular Retail: \$2.99-\$3.19 Each
*Same Item of Equal or Lesser Value

6.99 EACH **Yes!hi Dressing**
350 ml or
Sawmill Sesame Steak Sauce 350 ml

6.99 EACH **Portofino Sourdough**
970 g
Made in Saanichton
Exclusive To Thrifty Foods

family size

WE PICK BC FIRST

3.99 EACH **Tropicana Premium Orange Juice**
Selected
1.54 L

9.99 EACH **Hershey's Chipits**
775-925 g or
Robin Hood Flour 5 kg
Assorted Varieties

100 PTS
when you buy 2

5.99 EACH **Chapman's Premium Ice Cream, Frozen Yogurt, Sorbet or No Sugar Added**
Selected, 1-2 L or
Super Novelties or Yukon Bars
Selected

3.99 EACH **Island Farms Cottage Cheese**
500 g
or Tree Island Grass Fed Cream Top or Greek Yogurt
325-500 g
Made in Victoria or Courtenay

WE PICK BC FIRST

SPEND \$50 IN GOOGLE PLAY GIFT CARDS

AND GET A BONUS \$5

SMILE CARD
SMILE CARD
GIFT CARD

THRIFTY FOODS
Eat happy

CUSTOMER CARE: 1 866 948 0196 • PARTY PLATTER HOTLINE: 250 483 1666 • Visit www.thriftyfoods.com for hours of operation and store and pharmacy locations.

Printed using vegetable based inks. Please recycle this flyer where facilities exist. We reserve the right to limit quantities. Personal shopping only. Styled food photographs illustrate serving suggestions only.

Offer valid during November 30 - December 6, 2023. Sorry no rainchecks or price matching. Offer valid only on Google \$15, Google \$25, Google \$30 MP, Google \$50, Google \$100, Google \$15-\$500 VL, Google \$25-\$500 VL. See gift card for details, terms, conditions, and (if applicable) fees. Subject to availability.

FLORAL

Let our Customer Care representatives put you in touch with our Floral Designer nearest you.
1 866 948 0196 or online at thriftyfoods.com/floral

Scene+
MEMBER
PRICING

14⁹⁹ EACH
with Scene+ Card

15⁹⁹ EACH without Scene+ Card

Amaryllis Bouquet
Assorted

19⁹⁹ EACH

Amaryllis
in 6" Ceramic Pot
Grown in Surrey

WE PICK BC FIRST

19⁹⁹ EACH

Winter Delight Bouquet

18⁹⁹ EACH

Hellebores in Chevron Pot
The Winter Rose for Your Garden!
6" Pot
Grown in Surrey

WE PICK BC FIRST

11⁹⁹ EACH

Poinsettia in Ceramic Pot
4" Pot
Grown in Surrey

WE PICK BC FIRST

24⁹⁹ EACH

Classic Holiday Bouquet

22⁹⁹ EACH

Red Stripe Band Planter
7" Pot

5⁹⁹ EACH

Poinsettia
2.5" Pot
Diamond Cut Pot

INTRODUCING!

JP vertical farms

SALAD BLENDS

5⁴⁹ EACH

Grown in Pitt Meadows
142 g, 5 oz. Pack

HOLIDAY Baking ESSENTIALS

Scene+
MEMBER
PRICING

8⁹⁹ EACH with Scene+ Card

9⁹⁹ EACH without Scene+ Card

Compliments Semi-Sweet Chocolate Chips 1 kg

100 PTS
when you buy 400 g

2⁶⁹ /100 g

Bulk Baking Almonds
Selected
Dan-D Pak Almonds
Slivered or Sliced 350 g
\$9.99 Each

3⁴⁹ /100 g

Bulk Pecan
Halves & Pieces or Pieces
Dan-D Pak Pecan
Halves 275 g
\$9.99 Each

149 /100 g

Bulk Walnut
Halves & Pieces or Crumbs
Dan-D Pak Walnut Halves & Pieces or Crumbs 275 g
\$4.49 Each

100 PTS
when you buy 1

8⁹⁹ EACH

Dan-D Pak
Glazed Fruit or Mincemeat
Assorted
400–500 g



BRINGING YOU

bigger smiles!

LOOK FOR
THESE SYMBOLS
WHILE YOU
SHOP

On SALE

SPECIAL
offer

BUY
more
SAVE
more

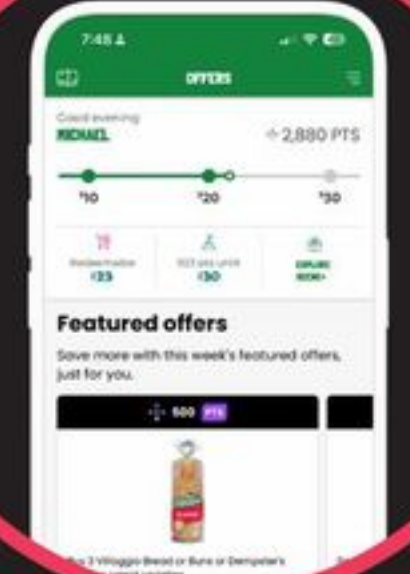
BUY
GET 1
FREE*



1000 PTS = \$10
IN FREE
GROCERIES



REDUCED PRICING
FOR SCENE+
MEMBERS



WEEKLY
PERSONALIZED
OFFERS





ORGANIC

200 PTS
when you buy 1

13⁹⁹
EACH

Buck Brand
**Organic Satsuma
Oranges**
Product of Deer Creek
Heights Ranch
Porterville, California
5 lb, 2.27 kg Pack



BC Organic Fuji Apples
Extra Fancy, Large
Grown in the
Similkameen Valley
\$5.49/kg



WE PICK
BC
FIRST

100 PTS
when you buy 3

2⁴⁹
EACH

Organic Avocados
Large
Product of Mexico



4⁹⁹
EACH

Earthbound Farm
**Organic Baby
Red Butter
Lettuce**
Product of USA
142 g, 5 oz. Pack

4⁹⁹
EACH

Strawberries
Product of USA or Mexico
1 lb, 454 g Pack



2⁴⁹
/LB

BC Pink Lady Apples
Extra Fancy, Large
Grown in the Okanagan Valley
\$5.49/kg



WE PICK
BC
FIRST



2⁹⁹
/LB

BC Anjou Pears
Extra Fancy, Large
Grown in the
Okanagan Valley
\$6.59/kg

WE PICK
BC
FIRST

5⁹⁹
EACH

Kiwi Fruit
Product of Italy
or Greece
1 lb, 454 g Pack



100 PTS
when you buy 1

3⁹⁹
EACH

**BC Russet
Potatoes**
5 lb, 2.27 kg Pack
Grown on
Vancouver Island
or Delta



WE PICK
BC
FIRST

2⁹⁹
EACH

BC Leeks
Grown in Victoria



WE PICK
BC
FIRST

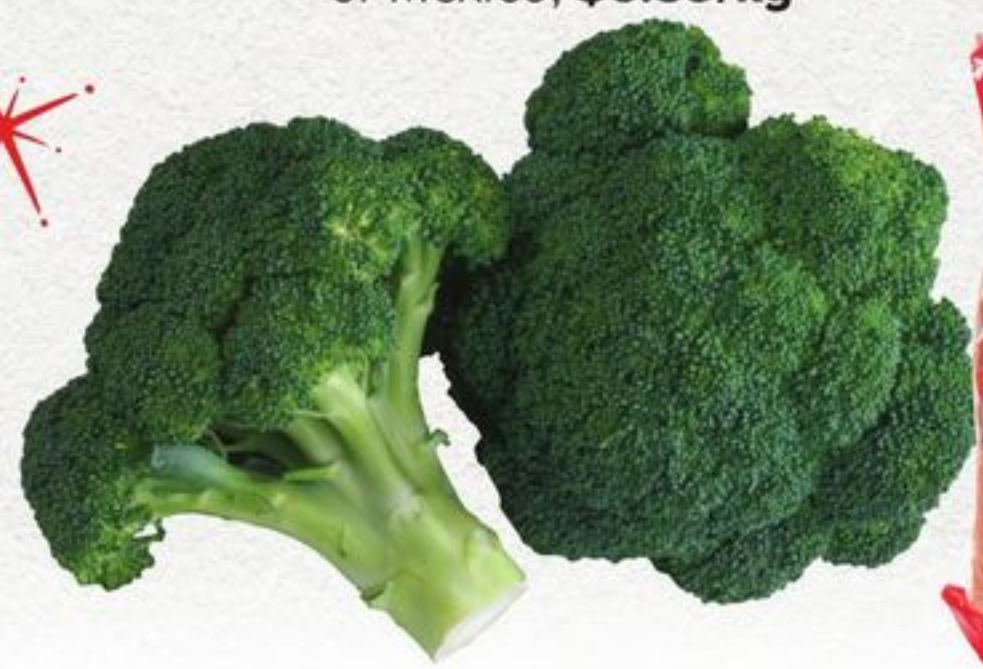
100 PTS
when you buy 1

3⁴⁹
EACH

BC Nantes Carrots
3 lb, 1.36 kg Pack
Grown in Victoria



WE PICK
BC
FIRST



2⁹⁹
/LB

Broccoli Crowns
Product of USA
or Mexico, **\$6.59/kg**



**BROCCOLI and
CARROT SOUP**



PRODUCE



5⁹⁹
EACH

with
Scene+
Card

7⁹⁹
EACH

**Chinese
Mandarin Oranges**
Product of China
4 lb, 1.81 kg Pack

SEAFOOD

3.59
/100 g

75 PTS
when you buy 1 pkg

Fresh Steelhead Fillets
Skin-On, Responsibly Farmed
\$16.28/lb



100 PTS
when you buy 1 pkg

3.39
/100 g

BC Fresh Dungeness Crab
Live or Cooked
While Supplies Last
\$15.38/lb

BC FIRST



3.99
/100 g

Fresh Icelandic Cod Fillets
Weather Permitting
\$18.10/lb



TOPPITS
Gluten-Free
BREADED FISH
POISSON PANÉ
sans gluten

SOLE

Scene+ MEMBER PRICING

8.99 EACH with Scene+ Card

10.99 EACH without Scene+ Card

Toppits Breaded Fish
Sole, Haddock or Cod
Frozen, 400 g

1.29
/100 g

Salt Spring Fresh West Coast Mussels
\$5.85/lb



BC FIRST



4/\$5

Fresh Oysters in Shell
Includes:
West Coast Torpedo Bay,
Lucky 88 or East Coast Malpeques



OCEAN WISE

1.39
/100 g

Komo Gway Fresh West Coast Clams
\$6.30/lb



OCEAN WISE

1.69
/100 g

Fresh Rockfish Fillets
Caught in BC Waters
Weather Permitting
\$7.67/lb



BC FIRST

4.49
/100 g

West Coast Shrimp Meat
Hand-Peeled
Previously Frozen
\$20.37/lb



OCEAN WISE

150 PTS
when you buy 4 pkg

\$1
/100 g

Wild Pink Salmon Fillets
Boneless, Frozen
4–6 oz. Per Portion
\$4.54/lb



14.99
EACH

East Coast Large Lobster Tails
Frozen or Previously Frozen
170 g (6–7 oz.)



East Coast Lobster Tails
Frozen or Previously Frozen, 99 g (3–4 oz.)

7.99
EACH

7.49
EACH

Bassili's Best Meat Lasagna, Chicken Lasagna or Shepherd's Pie
Frozen, 907 g



12.99
/LB

Brome Lake Duck Breast
Boneless, Skin-On
Frozen, \$28.64/kg



400 PTS
when you buy 4 pkg

5.99
/LB

Cornish Game Hens
Frozen, \$13.21/kg



70 PTS
when you buy 2 pkg

4.99
EACH

Tony's Meats Beef Suet
Frozen, 500 g



4 ON SALE specials THURS, NOV 30 - WED, DEC 6, 2023

5⁹⁹
/LB

BC Fresh Split Chicken Wings

Regular or Marinated

Product of Surrey, \$13.21/kg

WE PICK BC FIRST

150 PTS
when you buy 2 pkg

6⁹⁹
/LB

Bradner Farms BC Fresh Organic Split Chicken Wings

Product of Abbotsford

\$15.41/kg

WE PICK BC FIRST

ORGANIC

200 PTS
when you buy 2 pkg

BC Fresh Organic Whole Frying Chicken

Product of Abbotsford

\$12.10/kg

WE PICK BC FIRST

ORGANIC

8⁹⁹
EACH

Arbutus Farms Kitchen Smash 'Ems Prairie Potatoes

Fully Cooked

Ready to Smash-Heat-Serve

Assorted Varieties, 1 kg

Product of Cowichan Valley

9⁴⁹
/LB

Bradner Farms Fresh Grass-Fed Blade Roast

or Steaks

Cut from Certified Organic Beef

Product of Ashcroft

\$20.92/kg

200 PTS
when you buy 2 pkg

6⁹⁹
/LB

Sterling Silver Beef Eye of Round Roast

Cut from Canada AAA Grade Beef

\$15.41/kg

WE PICK BC FIRST

11⁴⁹
/LB

Thrifty Kitchens Beef Maui-Style Boneless Ribs

Product of Victoria, \$25.33/kg

or without card, \$28.64/kg

Scene+ MEMBER PRICING

with Scene+ Card

12⁹⁹
/LB

Thrifty Kitchens Beef Maui-Style Boneless Ribs

Product of Victoria, \$25.33/kg

or without card, \$28.64/kg

without Scene+ Card

200 PTS
when you buy 2 pkg

Fresh Turkey Breast

Cutlets, Fillets, Steaks

or Ground Breast

Product of Western Canada, \$20.92/kg

9⁴⁹
/LB

Grilled Turkey Breast

Product of Western Canada, \$20.92/kg

100 PTS
when you buy 2

4⁹⁹
EACH

Fresh Ground Pork

Tray Pack 454 g

NEW

13⁹⁹
/LB

Fresh Lamb Sirloin Chops

Boneless

Product of Western Canada

\$30.84/kg

4⁹⁹
/LB

Thrifty Kitchens Fresh Breakfast Style Sausages

Product of Victoria

\$11.00/kg

WE PICK BC FIRST

THRIFTY Kitchens

100 PTS
when you buy 2

8⁹⁹
EACH

Lou's Kitchen Pulled Pork, Turkey or Beef Au Jus

Fully Cooked 400 g

6⁹⁹
EACH

Piller's Pepperoni or Turkey Bites

Selected 300–500 g

5⁹⁹
EACH

Maple Leaf Natural Smoked Side Bacon,

Ready Crisp Bacon or Pork Breakfast Sausages

Selected, 65–375 g

12⁹⁹
EACH

Schneiders Smokies

Selected, 900 g,

Maple Leaf Rotisserie Chicken Legs

or Pork Tenderloin

Fully Cooked 400–600 g

11⁹⁹
EACH

Piller's Naturally Smoked Ham

Black Forest or Maple 800 g

MEAT

When you spend \$5+ in our meat department before taxes.

Get 25 PTS

TF_WK31_P05

5

Tre Stelle
Traditional **FETA**
GREEK-STYLE CHEESE
375 g

Scene+ **MEMBER** PRICING
9.99 EACH with Scene+ Card
10.99 EACH without Scene+ Card
Tre Stelle **Feta Cheese**
Regular or Light, 375 g

Scene+ **MEMBER** PRICING
3.99 /100 g with Scene+ Card
4.59 /100 g without Scene+ Card
Panache **Oven-Roasted Turkey Breast Sliced Fresh**

200 PTS when you buy 2
\$1 OFF

Panache Italian Cheeses
100–200 g
Choose from Parmigiano Reggiano, Grana Padano, Pecorino Romano, Provolone Valpadana or Asiago d'Allevio Mezzano

200 PTS when you spend \$15 or more

Monsieur Gustav Swiss/Suisse
Slightly sweet & tangy
170 g

Monsieur Gustav Gouda
170 g or Saint-Paulin Cheese 190 g

MIX & MATCH

Freybe Honey or Peppered Ham
Random Weight
Deli Served
Sliced Fresh

2.59 /100 g

Freybe Pâté
200 g

4.49 EACH

BUY more SAVE more
\$6 EA WHEN YOU BUY 2 OR MORE OR 1 FOR 6.29

Compliments Sliced Deli Meats
Selected
175 g

Fantino & Mondello Italian Meats
Selected, 100–200 g

5.99 EACH

SUSHI & more

6.49 EACH
California Salad Roll
198 g

100 PTS when you buy 1
12.99 EACH
Hawaiian Roll
396 g

13.49 EACH
Chef Sampler A
304 g

ON SALE specials THURS, NOV 30 - WED, DEC 6, 2023

BAKERY & more **Scene+** **Get 25 PTS** When you spend \$5+ in our in-store bakery department before taxes.

200 PTS
when you buy 1

3.99
EACH



Cranberry Walnut Bread
Baked In-Store
454 g

6.49
EACH



Wendel's Gingerbread People
160 g

100 PTS
when you buy 2

5.49
EACH



Ginger Cookies
Baked In-Store
10 Pack, 310 g

6.49
EACH



Scones
Baked In-Store
Assorted, 500 g

4.49
EACH



Cake Slice
230–265 g



Scene+
MEMBER
PRICING

3.49
EACH

with Scene+ Card

4.49
EACH

without Scene+ Card

Brioche Tray Buns
Baked In-Store
12 Pack, 400 g

100 PTS
when you buy 2

7.49
EACH



Top Dessert
Mini Cupcakes
Winter or Blue and White
300 g

KITCHEN

2.69
/100 G



Thrifty Kitchens
Pulled Chicken or Pork
Random Weight
Prepared In-Store

5.99
EACH



Reser's or Reser's Main St Bistro
Side Dishes
482–680 g

9.99
EACH

with Scene+ Card



Thrifty Kitchens
8" Pot Pies
700 g

12.49
EACH

without Scene+ Card

7
TF_WK31_P07

Scene+
MEMBER
PRICING

6.99 EACH

with Scene+ Card

7.99 EACH

without Scene+ Card

Heluva Good! Dip 680 g

4.49 EACH

with Scene+ Card

4.99 EACH

without Scene+ Card

BC FIRST

Burnbrae Farms Large White Nestlaid Eggs Dozen Produced on Vancouver Island or the Lower Mainland

1.99 EACH

with Scene+ Card

2.49 EACH

without Scene+ Card

Green Giant Simply Steam Veggies 198–250 g

1.99 EACH

with Scene+ Card

2.49 EACH

without Scene+ Card

Compliments Organic Beans 398 ml

2.99 EACH Island Farms Buttermilk 1 L Made in Victoria	3.49 EACH Silk Non-Dairy Creamers 473 ml	100 PTS when you buy 2 6.99 EACH Liberté Greek Yogurt 650–750 g	DAIRY & frozen 1.99 EACH Island Farms Milk 473 ml or Sour Cream 250 ml Made in Victoria
3.99 EACH Cracker Barrel Natural Cheese Slices 200–240 g or Cheese Snacks 168 g	300 PTS when you buy 2 4.99 EACH Imperial Margarine 637 g	5.99 EACH Island Farms Cream Cheese Made in Victoria 500 g	500 PTS when you buy 3 3.49 EACH Crave Scramble Kit 57–85 g
100 PTS when you buy 2 4.99 EACH Swanson Oven Roasters Selected 397–425 g	11.99 EACH Bertolli Frozen Skillet Meals Selected 624 g	24.99 EACH Bergen Farms Blueberries Unsweetened, Frozen, 3.63 kg	5.99 EACH Siwin Dumpling or Potstickers 454–500 g
5.99 EACH Cosmic Bliss Organic Plant-Based Ice Cream 473 ml	50 PTS when you buy 1 4.99 EACH Compliments Organic Vegetables 500 g	9.99 EACH Olympic Organic Kefir 2 L Made in Delta	ORGANIC 4.49 EACH Annie's Cheddar Bunnies, Squares or Grahams 213 g or Granola Bars 130 g
200 PTS when you buy 2 5.99 EACH Prana Organic Granolove 300 g	50 PTS when you buy 2 3.19 EACH Simply Organic Gravy Mixes 24–28 g	3.99 EACH Humble Organic Potato Chips 135 g	150 PTS when you buy 3 4.49 EACH Muir Glen Canned Tomatoes 796 ml

DRINKS & snacks

2/\$5

Blue Diamond
Almond Breeze
946 mL



7⁹⁹
EACH

San Pellegrino
Momenti or
Naturali
6x330 mL



500 PTS
when you buy 4

2/\$11

Compliments
Soft Drinks
12x355 mL



2/\$4

Coca-Cola
or Pepsi
Soft Drinks
2 L



2/\$7

Kellogg's Nutri Grain Bar, Rice
Krispies Squares, Pop Tarts
or Pastry Crisps
Selected Varieties, 125–384 g



19⁹⁹
EACH

Folgers
Gourmet
Selections
Coffee
K-Cup Pods
30 Pack



100 PTS
when you buy 2

5⁴⁹
EACH

Compliments
Hot
Chocolate
Mix
Canisters
500 g



3⁷⁹
EACH

Compliments
Honey Graham
Wafers
408 g



3⁹⁹
EACH

Twigz
Pretzels
130 g



3⁹⁹
EACH

Nestlé
Chocolate
Pouches
135–203 g



100 PTS
when you buy 2

1⁷⁹
EACH

Hershey's
Singles
34–58 g



13⁹⁹
EACH

Nestlé
Quality Street
650 g
While
Supplies Last



NATURAL

15%
OFF
AT TILL

Amy's Kitchen
Frozen Entrées
Selected
142–284 g



7⁴⁹
EACH

Little Northern
Bread, Buns,
Bagels or
Pizza Crust
260–567 g
or Carbonaut
Bread or Buns
260–567 g



4⁹⁹
EACH

Natrel
Lactose Free
Butter
250 g



100 PTS
when you buy 2

4⁹⁹
EACH

Terra
Real
Vegetable
Chips
170 g



3⁴⁹
EACH

Fever-Tree
Sodas
500 mL



250 PTS
when you buy 2

13⁹⁹
EACH

Tru Earth
Laundry
Detergent
Biodegradable
32 Pack



4⁹⁹
EACH

Freeyumm
Crackers
or Bites 120 g



25%
OFF
AT TILL

Nuts To You
Nut Butters
Selected
250–500 g



Scene+
MEMBER
PRICING



6⁹⁹
EACH

with
Scene+
Card

7⁹⁹
EACH

without
Scene+
Card

Iota
Non-Alcoholic
Beer
4x355 mL



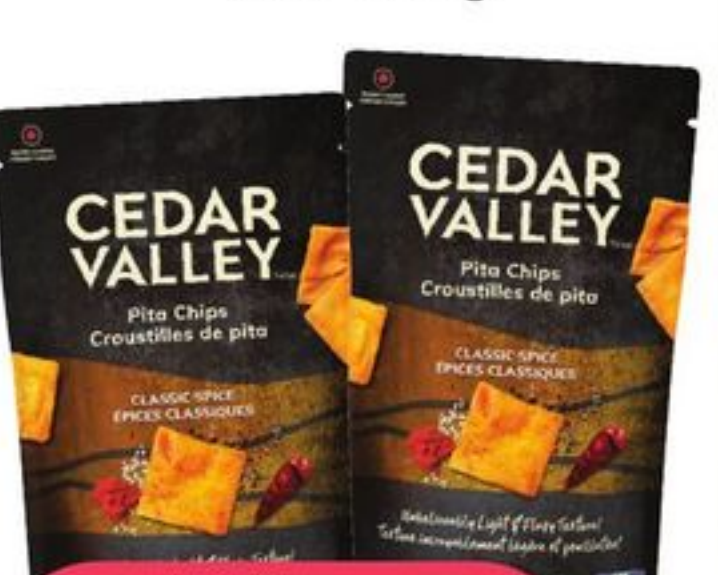
2⁹⁹
EACH

with
Scene+
Card

3⁴⁹
EACH

without
Scene+
Card

Christie
Oreo, Chips Ahoy!
or Fudgee-O
Cookies
224–303 g



3⁹⁹
EACH

with
Scene+
Card

4⁴⁹
EACH

without
Scene+
Card

Cedar Valley
Pita Chips
180 g



6⁴⁹
EACH

with
Scene+
Card

7⁹⁹
EACH

without
Scene+
Card

Compliments
Pure Honey
500 g



Scene+
MEMBER
PRICING



1.99 EACH with Scene+ Card

2.49 EACH without Scene+ Card

Clover Leaf
Skipjack Tuna 170 g or
Flavoured Tuna 85 g



5.49 EACH with Scene+ Card

6.49 EACH without Scene+ Card

Tenderflake Pure Lard 454 g



3.99 EACH with Scene+ Card

5.29 EACH without Scene+ Card

Compliments
Razors 12 Pack

4/\$5

Old El Paso
Seasonings
24–42 g



5.99
EACH

Pacific Foods
Organic Broth
946 ml–1 L



1.99
EACH

Compliments
Smoked Oysters or Mussels 85 g



100 PTS
when you buy 3

3/9.99

Campbell's
Chunky Soup
515 ml



500 PTS
when you buy 3

4.99
EACH

Panache
Pasta Sauce
650 ml



9.99
EACH

Nutella
1 kg



2/\$9

Quaker
Cereal
Selected
Varieties
350–500 g



4.99
EACH

Panache
Granola
or Post
Family
Size
Cereal
330–725 g



2/\$5

Carnation
Evaporated Milk
354 ml



100 PTS
when you buy 2

3.99
EACH

Compliments
Chocolate Chips & Chunks
Selected Varieties
225–300 g



50 PTS
when you buy 1

3.79
EACH

Compliments
Sweet Gherkins
375 ml



4.99
EACH

Minute
Rice
500–700 g



5.99
EACH

Garnier
Whole Blends Hair Care
Selected
250–370 ml



6.99
EACH

Dove or
Dove Men+Care
Antiperspirant or Deodorant
Selected
74–113 g



100 PTS
when you buy 2

7.49
EACH

Sensodyne
or Pronamel
Toothpaste or Toothbrush
75 ml or 2 Pack
Selected



5.29
EACH

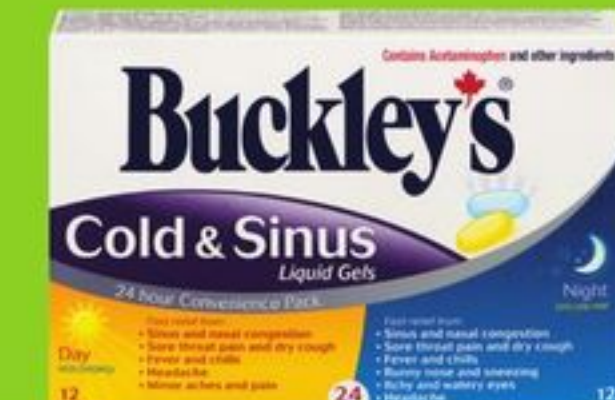
Nestlé
Gerber Cereals
227 g



500 PTS
when you buy 2

20% OFF
AT TILL

Buckley's
Cold & Sinus Liquid Gels
Selected
24 Pack



500 PTS
when you buy 2

20% OFF
AT TILL

NeoCitrant[†]
10 Pack



150 PTS
when you buy 2

15% OFF
AT TILL

Visine
Eye Care
15 ml



150 PTS
when you buy 2

4.99
EACH

Band-Aid
Characters
20 Pack or
Flex Fabric
30 Pack



VITAMINS & more

2/\$4

Kind Bars
40 g
Case of 12,
\$21.99 Each

Gluten
FREE

Kind

Kind

12⁹⁹

EACH

Organic Traditions Seasonal Superfood Latte Mixes
Selected
150 g

Organic Traditions

Organic Traditions

4²⁹

EACH

Core Power Protein Drink
Selected, 414 mL
Elite 414 mL,
\$4.69 Each

Core Power

Core Power

43⁹⁹

EACH

Progressive Complete Collagen
500 g

Progressive

Progressive

3²⁹

EACH

Herbaland Protein or Electrolyte Gummies
Selected, 50 g
Case of 12,
\$36.99 Each

Herbaland

Herbaland

15%

OFF AT TILL

Scentuals or Jubel Naturals Body Care, Aromatherapy Roll Ons, Diffusers or Essential Oil Kits
Selected Sizes and Varieties

scentuals

scentuals

28⁹⁹

EACH

PVI 100% Pure BCAA
Selected
300–315 g

PVI

PVI

1000 PTS

when you buy 2

20% OFF AT TILL

Healthology Supplements
Selected Sizes and Varieties

Healthology

Healthology

Scene⁺ MEMBER PRICING

vega

vega

23⁹⁹ EACH with Scene+ Card

27⁹⁹ EACH without Scene+ Card

Vega Protein & Greens
Selected, 518–526 g

7⁹⁹ EACH with Scene+ Card

8⁹⁹ EACH without Scene+ Card

Compliments Laundry Detergent
1.37–1.47 L

ALCAN

ALCAN

5⁹⁹ EACH with Scene+ Card

8⁴⁹ EACH without Scene+ Card

Alcan Foil Wrap
100 ft or
Non-Stick 50 ft

HOUSEHOLD & more

200 PTS

when you buy 2

6⁹⁹ EACH

Glad Kitchen Catchers
30–52 Pack or
Tall Compost
10 Pack

Glad

Glad

120 PTS

when you buy 2

4⁴⁹ EACH

Lysol All-Purpose Cleaners
650 mL,
Multi Purpose
1.2 L or Toilet Bowl
Cleaner 710 mL

Lysol

Lysol

300 PTS

when you buy 2

12⁹⁹ EACH

Dawn Ultra Dish Detergent
Original
2.64 L
or Platinum
2.21 L

Dawn

Dawn

2⁵⁰ EACH

Purina One SmartBlend Wet Dog Food
368 g

Purina

Purina

100 PTS

when you buy 1

7⁹⁹ EACH

Caledon Farms Dog Treats
110–265 g

Caledon Farms

Caledon Farms

25⁹⁹ EACH

Purina Beneful Dry Dog Food
7 kg

Purina

Purina

100 PTS

when you buy 2

4⁹⁹ EACH

Ziploc Storage, Freezer or Sandwich Bags
10–90 Pack
Selected Varieties

Ziploc

Ziploc

400 PTS

when you buy 2

14⁹⁹ EACH

Bounty Paper Towel
2 Ply, 4–6 Rolls
or Charmin Bathroom Tissue
Mega
12=48 Rolls

Charmin

Bounty

BUY more SAVE more

3²⁵ EA

WHEN YOU BUY 2 OR MORE OR 1 FOR 3.99

Compliments Gift Wrap
While Quantities Last

Compliments

Compliments

11
TF_WK31_P11

Scene[™] PLUS UP POINTS

1000 PTS =
\$10 of free groceries

Offers in store
Nov 30–Dec 6



500 PTS
when you buy 4

4.99
EACH



Compliments
Sparkling Water
12x355 ml

400 PTS
when you buy 2

6.29
EACH

Compliments
Salami
Dry-Cured
Naturally
Smoked
125 g



500 PTS
when you buy 1

14.99
EACH

Kraft
Dinner
Original
12 Pack



250 PTS
when you buy 2

4.29
EACH

Compliments
Ready to Eat
Popcorn
190–250 g



500 PTS
when you spend \$25

Compliments or Panache
Meat or Seafood Appetizers
Frozen, 200–907 g



300 PTS
when you buy 3

5.99
EACH

Johnsonville
**Dinner or
Breakfast Sausages**
Frozen, 250-500 g
or Smoked Pork
Sausages
Selected, 375 g



100 PTS
when you buy 1

5.99
EACH

**Cinnamon Sugar
Pecan Pull-Apart**
or Garlic
and Cheese
Pull-Apart Bread
Baked In-Store
340–380 g



100 PTS
when you buy 2

5.99
EACH

Dan-D
Organic Oats
Rolled or
Quick 1 kg

ORGANIC



200 PTS
when you buy 1

Starting at

9.88
EACH

Compliments **Shrimp Ring** 312–737 g,
Cooked Shrimp with Cocktail Sauce
Peeled, Deveined or Tail-On 680 g or
White Shrimp 34–40 to the lb
Frozen, 340 g



100 PTS
when you buy 3

4.99
EACH

Healthy Choice
Simply Steamers
or **Gourmet Steamers**
or Hungry Man Bowls
Selected, 255–397 g
(Excludes Power Bowls)



200 PTS
when you buy 3

6.49
EACH

Olivieri **Pasta**
or Skillet
Gnocchi
250–360 g
or Sauce
160 g or 300 ml



400 PTS
when you buy 3

20%
OFF
AT TILL

Thrifty Kitchens
Grillers
Selected Varieties
Made In-Store Daily



150 PTS
when you buy 2

3.99
EACH

Kellogg's
Eggo Waffles,
Pancakes or French Sticks
Selected, 270–330 g



100 PTS
when you buy 2

5⁹⁹
EACH

Natrel
Lactose Free
or Protein Plus
Milk 2 L



400 PTS
when you buy 2

8⁹⁹
EACH Kraft Singles 825 g



100 PTS
when you buy 1

9⁴⁹
EACH

Compliments
Liquid
Coconut Oil
250 ml



50 PTS
when you buy 2

2/\$6 Panache
Classic Water Crackers
125 g



50 PTS
when you buy 2

2/\$4 Kraft Jet-Puffed
Marshmallows 250 g



400 PTS
when you buy 2

14⁹⁹
EACH

Finish
All in 1 Max
Lemon
55 Pack or
Quantum
40–45 Pack



400 PTS
when you buy 2

9²⁹
EACH

U by Kotex
Tampons,
Pads or Liners
Selected
22–36 Pack



100 PTS
when you buy 2

6⁴⁹
EACH

Arm & Hammer
Laundry Detergent
1.42–1.63 L
or OxiClean
Stain Remover
183–636 ml



Scene⁺ MEMBER PRICING

Members
get more with
exclusive
savings



2⁹⁹ EACH with Scene+ Card

3⁴⁹ EACH without Scene+ Card

Panache Salad Dressing
350 ml



1⁶⁹ EACH with Scene+ Card

1⁹⁹ EACH without Scene+ Card

Baguettes
French or Sourdough
Baked In-Store
300 g



7⁹⁹ EACH with Scene+ Card

9⁹⁹ EACH without Scene+ Card

Pom Arils
Product of USA
2x227 g, 2x8 oz. Pack



5⁸⁸ EACH with Scene+ Card

6⁹⁹ EACH without Scene+ Card

Quaker Quick Oats
2.25 kg or
Instant Oatmeal
18 Pack



10⁴⁹ EACH with Scene+ Card

13⁹⁹ EACH without Scene+ Card

Le Rustique Camembert
250 g



4⁹⁹ EACH with Scene+ Card

5⁹⁹ EACH without Scene+ Card

Beyond Meat Plant-Based Ground Beef or Burgers 226–340 g
Simulated Lean Ground Beef or Beef Burgers

18-20g OF PROTEIN per serving



9⁹⁹ EACH with Scene+ Card

12⁴⁹ EACH without Scene+ Card

Thrifty Kitchens Tourtière Style Meat Pie
700 g



THRIFTY Kitchens

We all deserve
compliments

ASC-certified, responsibly
farmed & Ocean Wise
recommended.

TRY
ME



200 PTS
when you buy 1

12⁹⁹
EACH Pacific
White Shrimp
Cooked 31-40 lb
Frozen, 340 g



200 PTS
when you buy 1

19⁹⁹
EACH Large
Cooked Shrimp
with Cocktail Sauce
Frozen, 737 g



200 PTS
when you buy 1

18⁹⁹
EACH Black Tiger
Shrimp Ring
with Cocktail Sauce
Frozen, 515 g



200 PTS
when you buy 1

15⁹⁹
EACH Pacific
White Shrimp
with Cocktail Sauce
Frozen, 680 g

Scene+ offer(s) and prices valid from November 30-December 6 2023, at Thrifty Foods Locations in Canada.

5⁴⁹
EACH

Del Monte **Novelties**
10 Pack, Selection May
Vary by Location



Stock up!
Be ready for the
HOLIDAYS



5⁴⁹
EACH

Nestlé **Drumstick**
4–6 Pack
Selection May
Vary by Location



100 PTS
when you buy 2

4⁹⁹
EACH

Häagen-Dazs **Novelties**
3–4 Pack, Selection May
Vary by Location



100 PTS
when you buy 2

4⁹⁹
EACH

Häagen-Dazs or
Confectionery
Ice Cream
400–450 ml
Selection May
Vary by Location



5⁴⁹
EACH

Nestlé **Frozen Dessert**
1.5 L or Selected Novelties
4–10 Pack
Selection May Vary by Location



Real Dairy Ice Cream
1.5 L, Selection May
Vary by Location



5⁴⁹
EACH

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TF_WK31_DIG_VENDOR1

SUBSCRIBE *to* EMAILS FROM THRIFTY FOODS *to get more!*

Sign up today to get your first
email exclusive offer

SAVE \$5

on your next purchase of \$40*

*New subscribers only. Terms and conditions apply.

SUBSCRIBE NOW

EARN REWARDS FASTER WITH UP TO
**5,000 BONUS
SCENE+ POINTS[†]**

with the Scotiabank[®] Scene+[™] Visa^{*} Card.

APPLY NOW



[†]With minimum spend on everyday purchases in the first year. Conditions apply. ^{*}Visa Int. /Licensed user. Offer subject to change.