

You're at home here.



SALE
6⁹⁹
/ea

Whole Seedless Watermelon
Produce of U.S.A.

4 DAY SALE
16 THUR 17 FRI 18 SAT 19 SUN

Long Weekend
SAVINGS!

SALE
7⁹⁹
/lb

Co-op Boneless Beef Top Sirloin Grilling Steaks
Cut by Your Local Butcher
Aged 14 Days
Value Pack

SALE
1⁹⁹
/lb

Maple Leaf Boneless Pork Loin Halves
Rib & Centre or Sirloin & Leg
Random Cryovac Wrapped

SALE
8⁹⁹
/lb

Co-op Striploin Grilling Steaks
Bone-in
Cut by Your Local Butcher
Aged 14 Days
Value Pack

SALE
99¢
/ea

Seedless Cucumbers
Long English Variety
Greenhouse Grown
Produce of Western Canada
Canada No. 1

SALE
2⁴⁹
/ea

Maple Leaf Top Dogs
375 g

SALE
3⁹⁹
/lb

Co-op Centsibles Boneless Skinless Chicken Breasts
Seasoned
Sold in a 4 kg case - \$35.20 each

SALE
2⁴⁹
/ea

Co-op Gold Salads
454 g

SALE
9⁹⁹
/ea

Co-op Gold PURE Raw Black Tiger Shrimp
Frozen
Selected Varieties
285 g

SALE
66¢
/ea

Corn on the Cob
Super Sweet Variety
Produce of U.S.A.
No. 1 Grade

SALE
4⁹⁹
/ea

Co-op Centsibles Butter
454 g

SALE
3⁹⁹
/ea

Popsicle Novelties
Package of 12 or Breyers Frozen Dessert 1.66 L

SALE
2⁹⁹
/ea

Hamburger or Hot Dog Buns
Baked In-store
Package of 8

SALE
6⁴⁹
/ea

Pepsi Products
12 x 355 mL

SALE
5⁴⁹
/ea

General Mills Family Size Cereal
Selected Varieties
475 - 778 g

SALE
32⁹⁹
/ea

Goodnites or Huggies Pull-Ups
Training Pants or Underpants
Giga Package of 34 - 66

SALE
8⁹⁹
/ea

Co-op Gold Cheese
Selected Varieties
600 - 700 g

Find Inspiration at: food.crs

PRICING IN EFFECT MAY 16 - 22, 2024
16 THUR 17 FRI 18 SAT 19 SUN 20 MON 21 TUE 22 WED

LONG WEEKEND Savings

SALE
3⁹⁹
/ea

Blueberries
Imported
No. 1 Grade
1 Dry Pint (551 mL)

SALE
6⁹⁹
/ea

Grimm's Smokies, Sizzlin' Wieners or Sausage Rings
300 - 450 g

made in WESTERN CANADA
gluten free

SALE
1⁴⁹
/lb

Tomatoes on the Vine
Produce of Western Canada
Canada No. 1

SALE
9⁹⁹
/ea

Swiss Chalet Fully Cooked Pork Back Ribs
600 g

SALE
3²⁵
/ea

Dempster's Hot Dog or Hamburger Buns
Package of 12

3 FOR
11⁹⁷

Philadelphia Cream Cheese or Dips
Selected Varieties
227 - 250 g

SALE
4⁹⁹
/ea

Häagen-Dazs Ice Cream
414 - 450 mL or Novelties
Package of 3 - 4
Frozen

SALE
5⁹⁹
/ea

Kraft Peanut Butter
1 kg, All Natural 750 g
or Hazelnut Spread 725 g

SALE
1⁹⁹
/ea

Bush's Baked or Savoury Beans
398 mL, Lipton or Knorr Soup Mixes
Package of 2 - 4 or 40 - 77 g

2 FOR
\$7

Old Dutch Potato Chips
235 g or Ridges 200 g
Selected Varieties

Barbecuterie

GRILLING EVENT ON NOW

GRAB YOUR **FREE** COPY TODAY!

BRING MORE

SAVINGS HOME *with*
VALUE PRICED
EVERY DAY!

*Everyday prices you can trust
on items you buy most often.*

[Click for more
WAYS TO SAVE](#)

Pricing available at participating Co-op Food Stores

✓ VALUE
PRICED
EVERY
DAY
41⁹⁸
/ea

Pampers Swaddlers Diapers

Huge Pack of 100 - 160

WORKS OUT TO
36¢
PER SIZE 4 DIAPER



✓ VALUE
PRICED
EVERY
DAY
36⁹⁸
/ea

Similac
Powder
Go & Grow
850 g



✓ VALUE
PRICED
EVERY
DAY
4⁹⁸
/ea

Q-Tips Cotton
Swabs
Package of 400



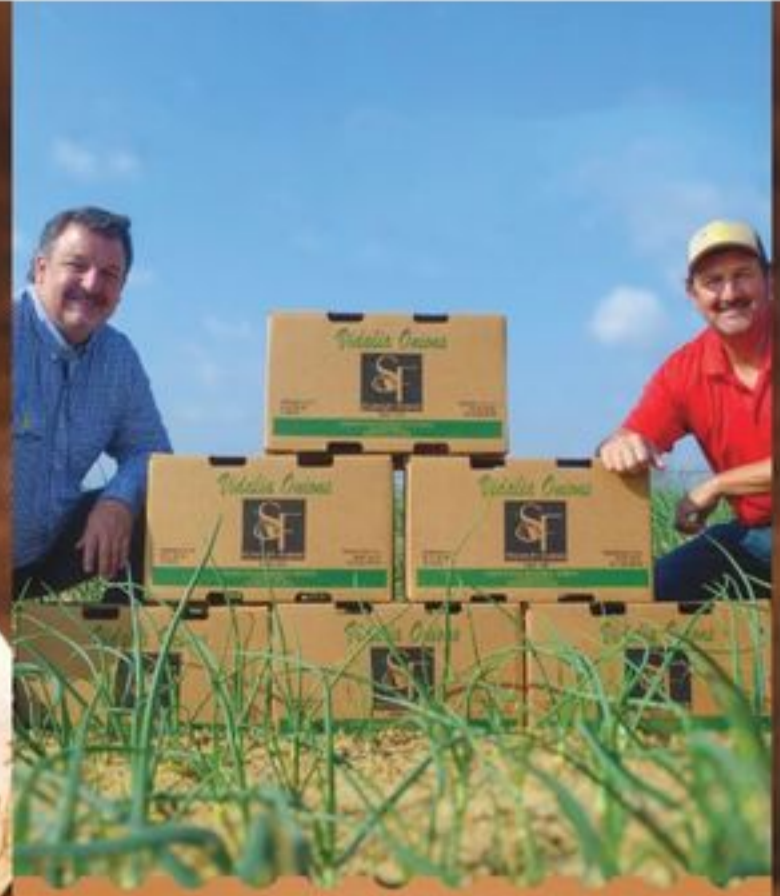
FARM FRESH

PRODUCE

SALE
4⁹⁹
/ea

**Super Sweet
Vidalia Onions**

Produce of U.S.A.
No. 1 Grade
3 lb (1.36 kg)



Offering a distinctive flavour unlike typical yellow onion varieties, Vidalia Onions are the preferred choice for spring and summer dishes. Whether grilled, baked, sautéed or raw, these sweet onions are a delightful addition to any culinary creation this grilling season.

SALE
2⁹⁹
/lb

6.59/kg

Peppers

Assorted Colours
Greenhouse Grown
Produce of Western Canada



grown in
**WESTERN
CANADA**

SALE
4⁹⁹
/ea

Pineapple

Gold Variety
Imported



SALE
99¢
/ea

Green Onions

Imported
No. 1 Grade
Bunch



4 FOR
\$3

Limes

Imported

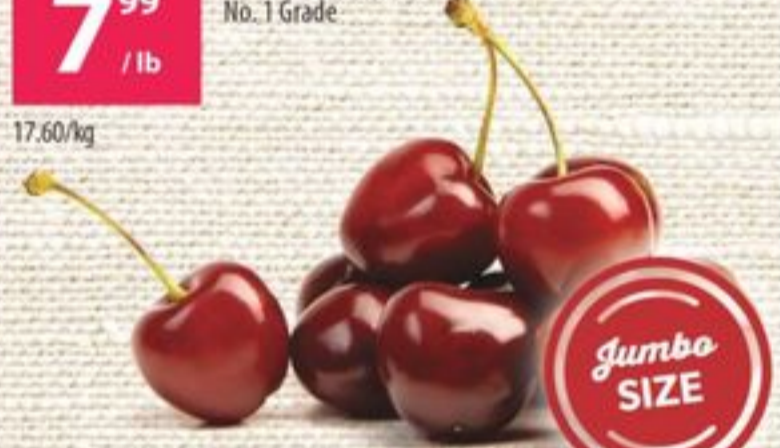


SALE
7⁹⁹
/lb

Cherries

Produce of California
No. 1 Grade

17.60/kg



**Jumbo
SIZE**

SALE
2⁹⁹
/ea

Celery Stalk

Produce of U.S.A.
No. 1 Grade



2 FOR
\$24

**Small Fruit
or Veggie Tray**

Made In-store
10.25"



SALE
7⁹⁹
/ea

Grape Snacking Tomatoes

Greenhouse Grown
Produce of Western Canada
600 g



2 FOR
\$7

**Ocean Mist Farms
Packaged Vegetables**

Produce of U.S.A.
Selected Varieties
284 - 340 g



SALE
4⁹⁹
/ea

**Fresh Express
Chopped
Salad Kits**

Produce of U.S.A.
Selected Varieties
269 - 340 g



SALE
7⁹⁹
/ea

Organic Strawberries

Produce of U.S.A.
No. 1 Grade
1 lb (454 g)



SALE
7⁹⁹
/ea

**Organic Sweet
Potatoes**

Produce of U.S.A.
3 lb (1.36 kg)



2 FOR
\$8

**Earthbound Farm
Organic Salad Blends**

Produce of U.S.A.
Selected Varieties
142 g



ORGANIC

The newest edition of Table is here!

Pick up the latest edition of Table and get grilling. It's full of recipes, products and even foil cooking ideas to make this your tastiest summer yet.

Wherever you like to find your summer, Co-op is here to help you and your family make it great.

[VIEW MAGAZINE >>](#)

Find Your
SUMMER



YOUR FREE COPY



BUTCHER SHOP

SALE
2⁹⁹
/lb

6.59/kg

Maple Leaf Whole Pork Butt
Ideal for the Smoker
Random Cryovac Wrapped

raised in WESTERN CANADA

HICKORY SMOKED PULLED PORK



VIEW THE RECIPE ONLINE AT FOOD.CRS

SALE
5⁹⁹
/lb

13.21/kg

Whole Boneless Beef Brisket or Eye of Round
Cut from Canada AA Grade or Higher
Aged 14 Days
Random Cryovac Wrapped



raised in WESTERN CANADA

SALE
3⁹⁹
/lb

8.80/kg

Pork Belly Halves
Roast On or Roast Off
Ideal for the Smoker
Random Cryovac Wrapped



raised in WESTERN CANADA

SALE
6⁹⁹
/lb

15.41/kg

Co-op Boneless Skinless Chicken Breasts or Lean Ground Chicken
Grain Fed, Free Run, Air Chilled
Value Pack



raised in WESTERN CANADA

SALE
\$20⁹⁹

Maple Leaf Prime Boneless Skinless Chicken Thighs
Grain Fed, Free Run, Air Chilled
Value Pack



raised in WESTERN CANADA

SALE
13⁹⁹
/lb

30.84/kg

Co-op Boneless Beef Marinating Flank Steak
Cut by Your Local Butcher
Aged 14 Days



raised in WESTERN CANADA

SALE
6⁹⁹
/ea

450 g

Co-op Premium Berkshire Sired Pork Sausage Bangers
Thawed
Selected Varieties



raised in WESTERN CANADA

SALE
6⁹⁹
/lb

15.41/kg

Co-op Premium Berkshire Sired Pork Side Ribs or Tenderloin
100% Traceable to the Farm
Renowned for its Exceptional Marbling and Tenderness
Random Cryovac Wrapped



raised in WESTERN CANADA

SALE
6⁹⁹
/lb

15.41/kg

Co-op Gourmet Lean Ground Chuck Burgers
Prepared by Your Local Butcher
Selected Varieties



raised in WESTERN CANADA

FISH SHOP

SALE
14⁹⁹
/ea

908 g

Sogel Cooked Mussels



raised in WESTERN CANADA

SALE
3⁴⁹
/100 g

Farmed Atlantic Salmon Fillets
Value Pack



raised in WESTERN CANADA

ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS

SALE
9⁹⁹
/ea

454 g

Waterview Market Shrimp
Frozen



raised in WESTERN CANADA

SALE
6⁹⁹
/ea

400 g

Co-op Gold All Natural Basa or Sole Fillets



raised in WESTERN CANADA

SALE
15⁹⁹
/ea

907 g

Co-op Gold Shrimp Boil Meal Kit
Frozen



raised in WESTERN CANADA



Barbecue

GRILLING EVENT ON NOW

Fire up the barbecue and create a grazing board like no other. From traditional meat to seafood, veggie-forward options and desserts, we've got new takes on charcuterie for you.

[VIEW EVENT FLYER >>](#)

Find Your
SUMMER



PREPARED FOODS

SALE
3⁹⁹
/ea

Roadhouse Chicken Flings
Package of 5

10 Pack - \$6.99
20 Pack - \$13.49



SALE
6⁹⁹
/ea

Spinach Dip Platter
Made In-store



SALE
5⁹⁹
/ea

Snack Boxes
Made In-store



FRESH FROM OUR DELI

SALE
3⁹⁹
/100 g

Grimm's Beef or Canadian Back Bacon Deli Meats
Fresh Sliced In-store



SALE
3⁹⁹
/ea

The Laughing Cow Snack Cheese Portions
113 - 128 g



SALE
4⁹⁹
/ea

Olivieri Pasta or Gnocchi
280 - 360 g or Sauce 300 mL



2 FOR
\$7

Co-op Gold PURE Hummus
227 - 255 g

MADE IN WESTERN CANADA



SALE
5⁴⁹
/ea

Co-op Gold Sliced Salami
125 g

MADE IN WESTERN CANADA
gluten free



2 FOR
9⁹⁸

Tre Stelle Feta Tubs
200 g



PACKAGED MEATS

SALE
3⁹⁹
/ea

Co-op Centsibles Sausage Stick
300 - 375 g or Schneiders Wieners 375 g



SALE
7⁴⁹
/ea

Schneiders Sliced Bologna
500 g



SALE
5⁴⁹
/ea

Maple Leaf Natural Selections Sliced Deli Meats
125 - 175 g or Main Street Deli Sliced Meat Tin Packs 300 g



SALE
14⁹⁹
/ea

Schneiders Smokies
900 g



SALE
13⁹⁹
/ea

Harvest Garlic Sausage Ring or Wieners
1 kg

MADE IN WESTERN CANADA



SALE
13⁹⁹
/ea

Mitchell's Thick Sliced Side Bacon
1 kg



SALE
12⁹⁹
/ea

Co-op Gold Bone-in Salt and Pepper Dry Ribs
800 g or Veggie Spring Rolls 600 g
Frozen



SALE
14⁹⁹
/ea

Pinty's Chicken Wings or Boneless Chicken Chunks
780 g or Eat Well Breaded Chicken 700 g
Frozen
Selected Varieties



SALE
13⁹⁹
/ea

Montana's Angus Beef Burgers
Frozen
906 g





HEINZ
ESTD 1869



FREE*

**CO-OP® GOLD
NATURAL
SPRING WATER**
(12 X 500 ML)

WHEN YOU
BUY ANY 3
PARTICIPATING
PRODUCTS

OFFER EXPIRES:
May 22, 2024



EXCLUSIVE TO
CO-OP® TGP®

*See in-store coupons for a complete list of participating products and offer details.

SAVE \$3*

WHEN YOU

BUY ANY 3
PARTICIPATING PRODUCTS



OFFER EXPIRES: August 8, 2024



**6 FOR
7⁹⁸**

KD
156 - 200 g
or Cups 58 g



**SALE
10⁹⁹
/ea**

Heinz Ketchup
2 x 1.25 L



**SALE
6⁹⁹
/ea**

Nabob Coffee
300 - 340 g, Tassimo Nabob
Package of 14 or Tassimo
Maxwell House Package of
14 - 16

FRESH FROM OUR BAKERY

SALE
2⁴⁹
/ea

Italian Bread
Baked in-store
450 g



SALE
5⁴⁹
/ea

Co-op Gold Muffin Tops
Baked in-store
Selected Varieties
Package of 6



SALE
2⁹⁹
/ea

Calabrese Buns
Baked in-store
Package of 6



SALE
4⁹⁹
/ea

Cinnamon Brioche Rolls
Baked in-store
Package of 4



SALE
18⁹⁹
/ea

Classic Variety Cheesecake
907 g



SALE
4⁴⁹
/ea

King's Hawaiian Sweet Rolls
Original or Butter
Package of 12



SALE
5⁴⁹
/ea

Furlani Texas Garlic Toast
638 g



SALE
2⁴⁹
/ea

Co-op Centsibles Bread
White or Whole Wheat
570 g



2 FOR
\$7

Villaggio Bread
Selected Varieties
510 - 540 g



FLORAL

SALE
13⁹⁹
/ea

Blooming Beauty Bouquet



SALE
9⁹⁹
/ea

7 Day Bouquet



SALE
9⁹⁹
/ea

Rainbow Mini Carnation Bouquet



SALE
3⁹⁹
/ea

Assorted Vegetables
4-Inch Pot
Grown in Western Canada



SALE
12⁹⁹
/ea

Lavender
6-Inch Pot
Grown in Western Canada



HEALTH & BEAUTY CARE

SALE
4⁹⁹
/ea

Care+5 Blade Razor
Package of 3 or Nivea Men Shave Gel 198 g



SALE
3⁴⁹
/ea

Speed Stick or Lady Speed Stick Deodorant
45 - 85 g



SALE
11⁹⁹
/ea

Olay Scrub and Cleanser
150 ml or GlysoMed Body Lotion 500 ml



2 FOR
\$12

Bubly
Sparkling Water
12 x 355 mL

PLUS DEPOSIT & ENVIRONMENTAL
LEEVES WHERE APPLICABLE



2 FOR
\$8

Pepsi
Products
6 x 222 mL

PLUS DEPOSIT & ENVIRONMENTAL
LEEVES WHERE APPLICABLE



SALE
6⁴⁹
/ea

Gatorade
6 x 591 mL

PLUS DEPOSIT & ENVIRONMENTAL
LEEVES WHERE APPLICABLE



FROM THE FREEZER

SALE
7²⁹
/ea



Dr. Oetker Giuseppe Pizza
Frozen
439 - 785 g

SALE
5⁹⁹
/ea



Kellogg's Eggo Waffles
Frozen
560 g

2 FOR
\$6



Pillsbury Pizza Pops
Package of 4, Toaster Strudel 32g or Toaster Scrambles 204 g
Frozen

SALE
5⁹⁹
/ea



McCain Hashbrown Patties
Frozen
1.3 kg

SALE
7⁹⁹
/ea



Co-op Gold PURE Pinsa Pizza
Frozen
420 - 450 g

2 FOR
9⁹⁸



Healthy Choice Power Bowls
262 - 270 g, Marie Callender's Entrees, 335 - 349 g or Hungry-Man XL Bowls 397 g
Frozen, Selected Varieties



SALE
3⁹⁹
/ea



Chapman's Super Premium Plus Ice Cream
500 mL or 16oz Ice Cream Bar or Cone
Package of 5 - 8
Frozen

SALE
5⁹⁹
/ea



Chapman's Super Novelties
Frozen
Selected Varieties
Package of 8 - 20
Frozen

SALE
5⁹⁹
/ea



Chapman's Ice Cream, Frozen Yogurt or Sorbet
2 L

FOR YOUR PANTRY

SALE
8⁹⁹
/ea



Maxwell House Coffee
631 - 925 g, Cafe Barista 340 g or Package of 12

SALE
19⁹⁹
/ea



Tim Hortons Coffee
Package of 30 or Starbucks Coffee 793 - 907 g or Package of 24

2 FOR
10⁹⁸



Co-op Gold Oats
Quick or Cooking
2.25 kg

2 FOR
7⁹⁸



Mrs. Butterworth's Syrup
770 mL

SALE
3⁹⁹
/ea



General Mills Cereal
Selected Varieties
297 - 430 g

2 FOR
8⁹⁸



Co-op Gold Peanut Butter
1 kg or Hazelnut Spread 725 g

SALE
9⁹⁹
/ea



Co-op Gold PURE Honey
Liquid or Creamed
1 kg

SALE
4⁴⁹
/ea



Del Monte Fruit
796 mL

4 FOR
\$7



Aylmer Accents
540 mL or Ro*Tel Diced Tomatoes 284 mL

3 FOR
3⁹⁹



Co-op Gold Mushrooms
Sliced or Whole
284 mL



SALE
5⁹⁹
/ea



Club House Seasonings
120 - 181 g or Frank's RedHot Seasoning 132 g
Selected Varieties

SALE
4⁴⁹
/ea



French's Ketchup
750 mL or 1 L

SALE
3⁹⁹
/ea



Frank's RedHot Sauce
354 mL



4 FOR
\$5

Hershey's
Chocolate Bars
34 - 58 g, Jolly Rancher Misfits
60 g or Twizzlers 60 - 90 g



NEW



2 FOR
\$4

Hershey's King Size
Chocolate Bars
62 - 85 g

I ♥
Reese's
DAY
MAY 18TH



2 FOR
\$10

Hershey's
Chocolate Snacks
160 - 290 g or Multipack Bars
Package of 4



FRESH DAIRY

2 FOR \$7 Dairyland Sour Cream 450 - 500 mL, Whipping Cream 473 mL or Aerosol 223 g

SALE \$6.49 /ea Cracker Barrel Cheese 340 - 400 g or Shreds 250 - 320 g

2 FOR \$9 Simply Juice or Beverages 1.54 L

SALE \$5.99 /ea Liberté Greek Yogurt 630 - 750 g or Méditerranée Yogurt 900 g

CRACKER BARREL NOW THIS IS BBQ!

SALE \$4.99 /ea Cracker Barrel Natural Cheese Slices 200 - 240 g

SALE \$5.99 /ea Iögo Multipack Yogurt 18 x 100 g or Siggi's Skyr Yogurt 650 - 750 g

2 FOR \$7 Iögo Nano Drinkable Yogurt 6 x 93 mL or Siggi's Skyr Yogurt 4 x 100 g

FOR YOUR PANTRY

4 FOR \$5.56 Co-op Gold Vegetables 341 - 398 mL

SALE \$1.79 /ea Ocean's Light Tuna 120 g

2 FOR \$6 Old El Paso Selected Varieties & Sizes

2 FOR \$6 Garofalo Pasta 500 g Peeled Tomatoes 750 mL or Martelli Bread Crumbs 227 - 425 g Selected Varieties

2 FOR \$9 Catelli Pasta 700 - 900 g

SALE \$9.99 /ea Ben's Original Converted or Whole Grain Rice 2.2 kg or Long Grain 1.6 kg

gluten free

2 FOR \$7 Mott's Clamato New Look. Same Taste. 1.29 L

2 FOR \$5 Atypique Mocktails Alcohol-Free 355 mL

SALE \$14.99 /ea Budweiser Zero Alcohol Free Beer 12 x 355 mL

for your baby!

SALE \$36.99 /ea Huggies Diapers Mega Colossal Package of 84 - 136

MOVES OUT TO NEW SIZE & DIAPER 31¢

SALE \$41.99 /ea Enfamil DHA Infant Formula 629 - 663 g

SALE \$8.99 /ea Munchkin Bowls, Cups or Feeders Selected Varieties

ENJOY UP TO

8h

OUT OF THE FRIDGE*
NO PRESERVATIVES



*Unopened. See Product for details. † per portion than the leading 200 mL drinkable yogurt.
Danino® used under lic. © 2024 Cie Gervais Danone. All rights reserved.

3 FOR
\$12

Oikos Greek Yogurt
4 x 95 - 100 g or Silk Plant-based
Yogurt 4 x 100 g



3 FOR
\$12

Activia Yogurt
625 - 650 g, Danone
Danino Drinkable Yogurt
6 x 93 mL or Two Good
Greek Yogurt 4 x 95 g

PLUS DEPOSIT & ENVIRONMENTAL
LEVIES WHERE APPLICABLE



5 FOR
\$5

**Oikos or Activia
Drinkable Yogurt**
190 mL

PLUS DEPOSIT & ENVIRONMENTAL
LEVIES WHERE APPLICABLE



DRINKS & SNACKS

3 FOR \$12 Christie Cookies
Selected Varieties
251 - 303 g

3 FOR \$12 Coca-Cola or Canada Dry Products
Selected Varieties
6 x 222 mL or 6 x 710 mL

2 FOR \$9 Ocean Spray Cocktail or 100% Juice Blend
1.77 - 1.89 L

2 FOR \$7 Minute Maid, Five Alive or Nestea
1.89 L or 8 - 10 x 200 mL
Selected Varieties

2 FOR \$7 Dare Snack Crackers
120 - 225 g or Crisps 100 g
Selected Varieties

2 FOR \$7 Celebration Cookies
240 g

3 FOR \$9 Cadbury Bars
80 - 100 g or Maynards Candy 150 - 185 g

2 FOR \$3.50 Co-op Gold Swiss Chocolate Bars
100 g

2 FOR \$9.48 Pepsi and Doritos

2 FOR \$9.48 Doritos
210 - 280 g

3 FOR \$10.98 Lay's Potato Chips
220 - 235 g or Poppables 130 g

2 FOR \$9 Munchies Snack Mix
250 g or Smartfood Popcorn 150 - 220 g

FOR YOUR PETS

SALE \$26.49 /ea Purina Cat Chow
8 kg or One Smartblend Dog Food 6.8 - 7 kg

SALE \$6.99 /ea Co-op Centsibles Cat Litter
10 kg

SALE \$37.99 /ea Co-op Gold PURE Dog Food
Chicken & Oatmeal or Fish & Oatmeal
11.4 - 11.5 kg

SALE \$8.99 /ea Friskies Party Mix Cat Treats
454 g or Greenies Dog Treats 170 g

FOR YOUR HOME

SALE \$10.99 /ea Gain Flings
Package of 35 or Tide Simply Detergent 74 Wash Loads

SALE \$20.99 /ea Finish Dishwasher Detergent
Selected Varieties
Package of 51 - 64

2 FOR \$9.98 Lysol Toilet Bowl Cleaner
946 mL, Bright Air Odor Eliminator 397 g or Scent Gems 283 g

2 FOR \$9 PaperChef Parchment Paper
41 ft

STOCK UP for the LONG WEEKEND!
Proudly made in Canada

SALE \$7.99 /ea SpongeTowels
Package of 6 Rolls or UltraPRO Package of 3 Double Rolls

SALE \$7.99 /ea Purex Bathroom Tissue
Package of 12 Double Rolls or Triple Rolls

SALE \$8.29 /ea Scotties Facial Tissue
Selected Varieties
Package of 6

SCAN TO
VIEW THE
TABLE
MAGAZINE
OR VIEW ONLINE AT FOOD.CBS



Barbecuterie

GRILLING EVENT ON NOW

SALE
2⁴⁹
/lb

**Co-op Chicken
Drumsticks**
Grain Fed, Free Run, Air Chilled,
Value Pack

SALE
5⁹⁹
/ea

**Co-op Gold Sliced
Side Bacon**
375 g



SALE
9⁹⁸
/ea

**Hellmann's
Mayonnaise**
1.42 L



3 FOR
9⁹⁹



VH Sauces
Selected Varieties
341 - 380 mL

SALE
3⁴⁹
/ea

**Co-op Gold
Rubs or
Seasonings**
130 - 140 g

SALE
6⁴⁹
/ea

**La Grille
Seasonings
or Spices**
65 - 209 g of Rubs
200 mL



SALE
4⁹⁹
/ea

Butter Lettuce
Greenhouse Grown
Produce of Western Canada
Canada No. 1

SALE
2⁹⁹
/ea

SALE
5⁴⁹
/ea

**Pure J.L. Kraft
Dressing &
Marinade**
355 mL



SALE
9⁹⁹
/ea



**Co-op Gold
Shrimp**
Frozen
340 g

SALE
5⁹⁹
/ea

Mini Cucumbers
Greenhouse Grown
Produce of Western Canada
Canada No. 1
2 lb (907 g)



SALE
4⁹⁹
/lb

**Bulk Brown
Mushrooms**
Produce of Western Canada

2 FOR
\$ 8

SALE
3⁹⁹
/ea

**Co-op Gold
PURE Rosemary
Olive Oil Loaf**
Baked In-store
400 g

3 FOR
10⁹⁸

**Co-op Gold
Greek Yogurt**
500 g



Find Your
SUMMER