



Fire up the Grill this Long Weekend!



Extra Lean Ground Beef
5lb Tube

4⁹⁹
/lb
11.00/kg



ONLY ALBERTA BEEF



Pork Back Ribs or Pork Tenderloin
Cryovac
Western Canadian

3⁹⁹
/lb
8.80/kg



Blueberries
1 Pint
Imported
No. 1 Grade

3⁹⁹
ea

D'Italiano Bread
600-675g or Buns 6-8 Pack
Assorted varieties

MEMBER EXCLUSIVE
2⁹⁹
ea



Tomatoes on the Vine
Alberta Grown
Canada No. 1

SALE
1⁹⁹
/lb
4.39/kg

MEMBERS
EARN
20%



Grimm's Sizzlin Smokies or Pepperoni Bites
300-450g Assorted varieties



GLUTEN FREE

SALE
5⁹⁹

MEMBERS
EARN
10%



Long English Cucumbers
Alberta Grown
Canada No. 1

MEMBER EXCLUSIVE
1²⁹
ea



Häagen-Dazs Ice Cream
400-500g and Novelties 3 Pack
Select varieties

HOT DEAL
4⁹⁹
ea



Heinz Beans or Pasta
398ml Select varieties

SALE
1⁴⁹
ea
MEMBERS
EARN
20%



Bull's Eye BBQ Sauce
425ml Select varieties

2⁹⁹
ea



Cracker Barrel Sliced Cheese
200-240g
Select varieties

4⁹⁹
ea



Old Dutch or Lay's Potato Chips
220-235g
Select varieties

3\$10⁹⁸
for



Coca-Cola or Pepsi Soft Drinks
12 Pack
Select varieties

2\$13⁹⁸
for



This week Members can earn over

\$157
Bonus Cash

Buy in multiples to boost your earnings!

DOWNLOAD TODAY

*Calgary Co-op App download and registration required. Visit calgarycoop.com for terms and conditions.



Split Chicken Wings
Family Pack
Western Canadian
Grain Fed, Free Run & Air Chilled
4.99
/lb
11.00/kg

SALE 8.99
MEMBERS EARN 10%

Co-op Gold Raw Pacific White Shrimp
Frozen
Peeled, Deveined, Tail On
26/30 Count
340g



11lb AVERAGE
7.99
ea

Whole Watermelon
Imported
No.1 Grade

Garlic Bread
500g
3.49
ea

MADE fresh IN-STORE

Castello Havarti
145-200g
Excludes Aged Havarti

HOT DEAL
2\$8
for



Danone Oikos Yogurt
4 Pack Select varieties
2\$7
for

Co-op Gold Frozen Fruit
1.5 kg Select varieties
11.99
ea

Quaker Crispy Minis
100g or Rice Cakes
127-199g
Select varieties
4\$11
for

MEMBER EXCLUSIVE



Christie Crackers
180-386g
Select varieties
2\$6
for

MEMBERS EARN 20%

Quaker Granola Bars
120-156g or RX Bars 52g
Select varieties
4\$10
for

MEMBERS EARN 20%

HEALTH & BEAUTY DEAL OF THE WEEK!

Sensodyne Toothpaste
75-135ml
Select varieties
5.49
ea

MEMBER EXCLUSIVE

CALGARY CO-OP | PHARMACY

One Stop Travel Health

Get all your necessary vaccinations and stay ahead of your vacation plans. Visit a Calgary Co-op Travel health pharmacist now.

BOOK AN APPT.




Get Ready For The Long Weekend

Visit your nearest Calgary Co-op Gas Station to refill your propane tank or swap yours for a full one!

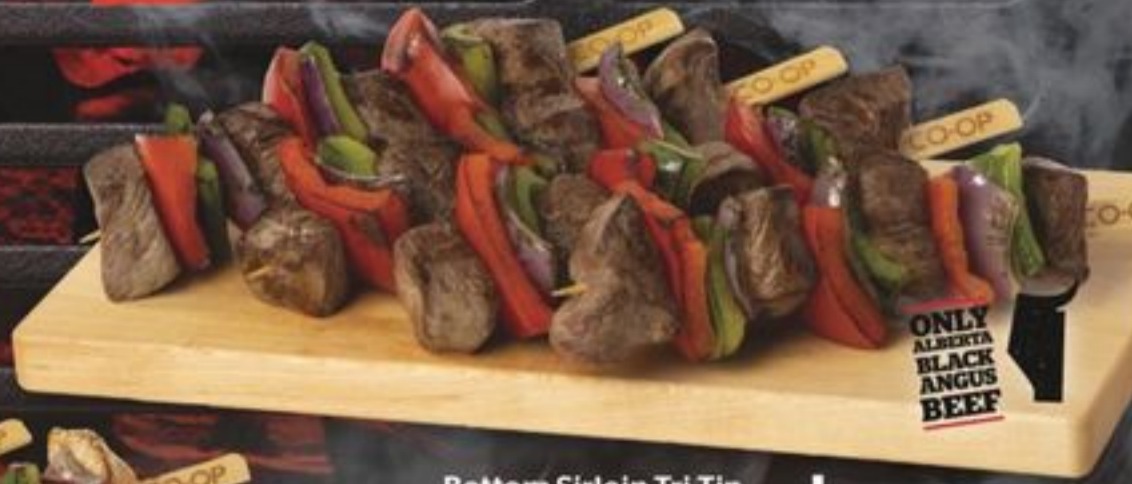




SMOKE & SIZZLE

Chicken Breast Kabobs with Vegetables
Assorted varieties
Western Canadian
2 per tray, \$12

\$6 ea



ONLY ALBERTA BLACK ANGUS BEEF

Bottom Sirloin Tri Tip Beef Kabobs with Vegetables
Assorted varieties
Cut From Canada AA Beef
2 per Tray, \$14

\$7 ea



Calgary Co-op contributes to sustainable beef production in Canada. CRSCertified.ca

SALE **3.99** /lb

Wild Sockeye Salmon Fillets
Frozen or Previously Frozen



MEMBERS EARN **15%**



Kabobs
Fruit, Vegetable, or Pineapple

MADE fresh IN-STORE

20% OFF

Russet Potatoes
10lb
Product of Canada
No. 1 Grade

7.99 ea



Co-op Gold Shredded Cheese
320g Select varieties

6.49 ea



Broccoli Supreme Salad
& Greek or Sweet Corn Black Bean
Served Fresh in the Deli

2.39 /100g

BEST FROM THE WEST



SAVE **\$2** when you spend \$10

Kaiser Rolls
White or Whole Wheat
6 Pack

3.49 ea

BAKED fresh IN-STORE



Reser's Salads
1.25 kg
Includes Macaroni, Potato, Potato & Egg, or Coleslaw

MEMBERS EARN **20%**



Portobello Mushrooms
Alberta Grown
Canada No. 1

5.99 /lb 13.21/kg



Yellow Onions
3lb
Product of USA
No. 1 Grade

2.99 ea



Fresh Fruit Tarts & Mini Cheesecakes or Assorted Pastries

BUY MORE SAVE MORE **\$2.00** OR BUY 1 FOR **2.49**

10" Pies
Lemon Meringue, Coconut, or Chocolate Cream or Half Pies 500g-1.1kg

MEMBERS EARN **20%**



Get fired up for BBQ season



Co-op Gold Beef Burgers
Frozen
1kg

SALE
14.99

MEMBERS
EARN
10%



Wonder
Hamburger or
Hot Dog Buns
12 Pack or Bread
570g
Assorted varieties

2\$5
for

Johnsonville Sausage
Pork Dinner, Breakfast, or Ground Sausage
Previously Frozen
250-500g Assorted varieties

5.99
ea



Instore Cheese Slices
Swiss, Medium,
or Marble Cheddar
Sliced fresh in store.

3.49
/100g



Get Sauced
350ml
Select varieties

SALE
5.99

MEMBERS
EARN
20%



Co-op Gold Relish
375ml Select varieties

2.49
ea



French's
Specialty Mustard
325ml & Classic Yellow 550ml
or Worcestershire Sauce 295ml
Select varieties

2\$5
for



Vlasic Pickles
1L
Select varieties

5.49
ea



French's Ketchup
750ml-1L or Frank's
RedHot Sauce 354ml
Select varieties

2\$7
for



Rufus Teague
Gluten Free BBQ
Sauce
330ml Select varieties

7.99
ea



La Cocina
Tortilla Chips
300-400g
Select varieties

2\$7
for



Dips
Salsa or Guacamole
270-285g

20%
OFF



Bothwell Variety
Pack Sliced Cheese
450g

14.99
ea



Jack Link's Jerky
65-80g
Select varieties

5.99
ea



Heineken 0% Beer
6 Pack Select varieties

10.99
ea

APP EXCLUSIVE SAVINGS*

* Must Clip Before Purchase.

Dig Into Savings!

Download the Calgary Co-op app to enjoy exclusive offers every week!

Download Now

SAVE \$3
*Clip

Harvest Sliced Back Bacon
250g Assorted varieties

5.99
ea



Quaker Cheetos Mac & Cheese
164-170g
Select varieties

50% OFF
*Clip



Delicious
Deli Flatbread Pizza
or 12" Pizza

25% OFF
*Clip



Mann's Snap Peas
680g
Product of USA
No. 1 Grade

9.99
ea

SAVE \$4
*Clip

Cakes
Choco-nilla, Vanilla, or
Chocolate Fudge
560g

7.99
ea



SAVE \$2
*Clip



Dial Liquid Hand Soap
221ml
Select varieties

2.49
ea

SAVE UP TO \$2.80
*Clip

APP Exclusive Savings. Valid In-Store Only.

FRESH PRODUCE

Cosmic Crisp Apples
Product of USA
No. 1 Grade

1.99
/lb
4.39/kg



Lemons
Product of USA
Fancy

MEMBER EXCLUSIVE
69¢
ea



Navel Oranges
Imported
Fancy

SALE 1.99
/lb
4.39/kg
MEMBERS EARN 20%



Cantaloupe or Honeydew Melons
Imported
No. 1 Grade

SALE 1.69
/lb
5.73/kg

MEMBERS EARN 20%



Pears
Red, Bosc, or
Bartlett
Imported
No. 1 Grade

2.49
/lb
5.49/kg



Kiwi Fruit
1lb
Imported
No. 1 Grade

4.99
ea



In-store Cut Fruit

made fresh in-store



**Cantaloupe or Cantaloupe/
Honeydew Blend**
24oz

20% OFF



Apple Slices
16oz

20% OFF



Orange Segments
16oz

20% OFF

Butter Lettuce
Alberta Grown
Canada No. 1

3.49
ea

BEST FROM THE WEST



Tri Coloured Peppers
3 Pack
Alberta Grown
Canada No. 1

3.99
ea



Cherry Tomatoes on the Vine
Red, Yellow, or Brown
227g Alberta Grown
Canada No. 1

SALE 2.99
ea

MEMBERS EARN 25%

BEST FROM THE WEST



Green Onions or Bunched Radishes
Product of USA
No. 1 Grade

MEMBER EXCLUSIVE
99¢
ea



Cauliflower
Product of USA
No. 1 Grade

3.99
ea



Carrots
2lb
Product of USA
No. 1 Grade

2.99
ea

In-store Cut Vegetables

made fresh in-store



Sliced Radishes
20oz

15% OFF



Cauliflower Rice
20oz

20% OFF



Caesar Salad
Regular or
with Chicken

15% OFF



Marinated to perfection

and ready in a flash! Enjoy delicious marinated vegetables that are ready to cook, serve and enjoy.

SHOP NOW



Nature's beauty starts here

Let your garden be a celebration of spring!

Petunia With Handle
Assorted Colours

12⁹⁹
ea



Pepper Plant
4"

3⁴⁹
ea



Tomato Plant
4"

3⁴⁹
ea



Assorted
Vegetables
4"

3⁴⁹
ea



Tomato Planter
With Cage
12"

19⁹⁹
ea



Strawberries
4"

3⁹⁹
ea



FLORAL

Exquisite Bouquet **SALE \$28^{ea}**
+ MEMBERS EARN 10%

Mix and Match Bunches Assorted varieties **3 for \$21**

Magnifica 5" Assorted Colours **29⁹⁹ ea**

Azalea 6" Assorted Colours **25⁹⁹ ea**

Begonia 4" Assorted Colours **5⁴⁹ ea**

Outdoor Annuals 4" Assorted varieties **3⁹⁹ ea**

BEST FROM THE WEST

Survival Tips For Summer Plants

Extend the life of your hanging baskets, perennials and annuals with proper care including trimming, watering and more!

LEARN MORE

FRESH, FLAVOURFUL, AND ORGANIC DISCOVER THE DIFFERENCE!

ORGANIC

Organic Avocados Imported No. 1 Grade **3 for \$5**

Organic Strawberries 1lb/454g Imported No. 1 Grade **MEMBER EXCLUSIVE 4⁹⁹**

Organic Romaine Hearts 3 Pack Product of USA No. 1 Grade **SALE 4⁹⁹ ea + MEMBERS EARN 20%**

Organic Green Kale Product of USA No. 1 Grade **2⁹⁹ ea**

ALTERNATIVE PROTEIN

Yves Veggie Cuisine Ground Round, Falafel Balls, or Burgers 240-340g **20% OFF**

Gardein Plant-Based Entrees Frozen 190-390g Assorted varieties **MEMBER EXCLUSIVE 6⁴⁹ ea**

Mother May I Hummus 283g **MEMBER EXCLUSIVE 5³⁹ ea**

Daiya Pizza 444-492g Select varieties **SALE 7⁹⁹ ea + MEMBERS EARN 20%**

Nuts to You Almond Butter 365g Select varieties **MEMBER EXCLUSIVE 10⁹⁹ ea**

Plant-Based Chuckanut Bay Cheesecakes New York, Raspberry, or Chocolate Truffle 99-108g **5⁴⁹ ea**

BEST FROM THE WEST

ONLY ALBERTA BLACK ANGUS BEEF

BLACK ANGUS

Naturally marbled, juicy and flavourful beef. A must-try!



Calgary Co-op is committed to sustainable beef production in Canada. CRSBcertified.ca



Boneless Strip Loin Grilling Steak
Cut From Canada AA Beef Family Pack

16⁹⁹
/lb \$7.46/kg

AGED 14 DAYS

Beef Back Ribs
Cut From Canada AA Beef Cryovac

8⁹⁹
/lb 19.82/kg

AGED 14 DAYS



MEAT



BEST FROM THE WEST

Boneless Pork Sirloin Chops
Family Pack Western Canadian

4⁹⁹
/lb 11.00/kg



Chicken Drumsticks
Family Pack Western Canadian Grain Fed, Free Run & Air Chilled

2⁹⁹
/lb 6.59/kg

Smith's Pork Breakfast Sausage
Previously Frozen 375g

MEMBERS EARN 20%



Maple Leaf Prime Boneless Skinless Chicken Breast
Club Pack Grain Fed, Humanely Raised, Air Chilled & Canadian Farm Raised

\$22^{ea}



Master The Art of Only Alberta Black Angus Beef

Discover your ultimate guide to cooking tips, tricks and recipes for every cut. Explore the Canadian Beef Information Gateway in partnership with Alberta Beef Producers.

[EXPLORE NOW](#)



CRSBCertified.ca



SEAFOOD

Dive in and Explore Our Fresh Seafood!

Backyard Boil
Bring the Coast Home

Visit Calgarycoop.com for more details



Serves 8-10

99⁹⁹
ea

SAVE \$50

Yellowfin Tuna Steaks
or Alaskan Cod Fillets
Previously Frozen

3⁴⁹
/100g



Selva Cooked Black Tiger Shrimp Ring
225g Frozen

11⁹⁹
ea



Wild Pickerel Fillets
Skin On Frozen 454g

16⁹⁹
ea

Butcher to Plate:

GOURMET-PREPARED & READY TO COOK

Visit our Full Service Meat/Seafood Counter

Marinated Split Chicken Wings
Assorted varieties
Western Canadian
Grain Fed, Free Run & Air Chilled
10 per Tray, \$7

70¢ ea



Marinated or Plain Pacific White Raw Shrimp Skewers
Previously Frozen
31/40 Count

3.49 /100g



Beef London Broils
Tenderized Beef Flank Steak, Stuffing, Cheddar Cheese & Spinach
Cut From Canada AA Beef

14.99 /lb
33.05/kg



Stuffed Mushrooms or Jalapeño Peppers with Imitation Crab & Cream Cheese

SALE \$3 /100g
+ MEMBERS EARN 10%



BEST FROM THE WEST



Co-op Gold Garlic Sausage Ring
750g

7.99 ea



Schneiders Bacon
Regular 375g

6.49 ea



Co-op Gold Sausage Chubs
500g Assorted varieties

6.99 ea



Schneiders Wieners or Juicy Jumbo's
375-450g Assorted varieties

20% OFF

MEAT



Swiss Chalet Pork Back Ribs
Fully Cooked 600g Assorted varieties

MEMBER EXCLUSIVE 11.99 ea



Schneiders Smokies
175g Assorted varieties

MEMBER EXCLUSIVE 2\$6 for



Schneiders Sliced Meats
175g Assorted varieties

SALE 5.99
+ MEMBERS EARN 10%



Pinty's Chicken Wings
& Chunks or Eat Well Frozen 780-790g Assorted varieties

16.99 ea

BEST FROM THE WEST

A Taste of Local

Connecting Community Through Local Ingredients

Care Bakery is a family-owned business founded in Calgary in 2010 by Chef Kerry Bennett. Kerry found out while working in the hospitality industry that she was unable to consume gluten. Recipe testing began and Care Bakery was born. Care Bakery has always believed that everyone should be included at the dinner table. We are committed to providing high quality gluten free breads and buns that you can share with your whole family.



Care Bakery



Gluten Free Care Bakery
Burger, Hot Dog Rolls, White Bread, or Assorted varieties 252-750g

STARTING AT 5.99 ea

Over 2400 local products to choose from supporting over 300 producers, their families and community!



Drake Meats Homestyle Thick Cut Bacon
1kg

MEMBER EXCLUSIVE 16.99 ea



Good Leaf Salad Blends
Alberta Grown Canada No. 1

4.99 ea



Arepa Boss Guasacaca Sauce
or Gaaarlic Mayo 355ml

9.99 ea



Phil and Sebastian Coffee
300g Select varieties

SALE 15.99
+ MEMBERS EARN 20%



World Bee Day May 20
BeeMaid Honey
1kg Select varieties

13.99 ea



CoCo Karamel Alfajor
Chocolate, Traditional, or White Chocolate 50-52g

4\$10 for

BAKERY

Made Fresh In-Store

Fresh Fruit Flans
Mixed Berry, Strawberry, or Blueberry
850g

19⁹⁹
ea



Cakes
Sticky Toffee, Tuxedo, Strawberry, Carrot, Bacio, Tiramisu, Tres Leches, or Cookie Dough
375-650g

MADE WITH REAL CREAM

SALE 13⁹⁹ + **MEMBERS EARN 20%**

A butter crust flan shell filled with a mascarpone chantilly cream filling topped with fresh berries.

Jumbo Cookies
Chocolate Chunk, Ginger, Peanut Butter, or Assorted varieties 6 Pack

5⁴⁹
ea



Loaf Cakes
Banana, Pineapple Coconut, Banana Chocolate Chip, or Meyer Lemon Blueberry
340g

2\$7
for



Muffins
Or Assorted Varieties
4 Pack

6⁴⁹
ea



Pecan or Butter Tarts
6 Pack

MEMBERS EARN 20%



Cheese Bread
600g
Made with a 1/2 lb Cheese

MEMBERS EARN 20%



Cheddar Cheese Sticks
6 Pack

5⁹⁹
ea



DELI

Lilydale Sundried Tomato Turkey
or Oven Roasted
Sliced Fresh in the Deli

3⁷⁹
/100g



Mix & Match
on any Service Counter Deli Meat

SAVE \$2

when you spend \$12

Co-op Gold Honey Maple Ham
Sliced Fresh in the Deli

2⁹⁹
/100g



BEST FROM THE WEST

Grimm's Pepperoni
450-600g

MEMBER EXCLUSIVE 12⁹⁹



BEST FROM THE WEST

Freybe Salami Chub
250g

MEMBER EXCLUSIVE 11⁹⁹ + **MEMBERS EARN 20%**



Yucatan Guacamole
454g **6⁹⁹** ea



Summer Fresh Dips or Hummus
227g

MEMBER EXCLUSIVE 2\$7 for

Fresh!
100% PREMIUM QUALITY

NEW

Mouth-Watering Wraps

Skip the delivery fees & enjoy our NEW Fresh Premium Wraps made in-store!



NEW

Fresh!

100% PREMIUM
QUALITY

MADE IN-STORE

Wraps!



Tropical Ham

The perfect balance of sweet and savoury! Black forest ham paired with juicy pineapple tidbits, complemented by roasted red peppers and crisp spinach leaves. All wrapped in a whole wheat tortilla, topped with a cream cheese and zesty red chili jelly.

Greek Chicken & Hummus

Tender chicken souvlaki pieces combined with crumbled feta and zesty Greek salad dressing, all resting on a crisp bed of green leaf lettuce. Complemented by slices of long English cucumbers, flavorful red onions, and juicy tomatoes, wrapped in a whole wheat tortilla.



California Dreaming

Our customer favourite, now in a wrap! Roasted turkey breast paired with creamy havarti cheese, nestled on a crisp bed of lettuce with tomato slices and red onions. Complete with mayo and the rich flavour of guacamole, all on a whole wheat tortilla.



Add a small soup to any sandwich for only!

\$3



DAIRY & FROZEN



NEW

Kawartha Ice Cream
1.5L
Select varieties
8⁹⁹
ea



Danone Activia Yogurt
12 Pack or Drinkable Yogurt 8 Pack
Select varieties
5⁹⁹
ea



Dr. Oetker Ristorante or Casa di Mama Frozen Pizza
320-410g
Select varieties
5⁹⁹
ea



Swiss Chalet Pot Pies
650-655g
Select varieties
9⁹⁹
ea



Liberté Yogurt
650-750g
Select varieties
5⁹⁹
ea



Bassili's Best Lasagna
1.5kg
9⁹⁹
ea



Armstrong Cheese
600g
Select varieties
10⁹⁹
ea



Heluva Good! Dip
250g
Select varieties
2\$6
for



Yummy Doh
120g
Select varieties
2\$5
for



Von Slick's Butter
140g
Select varieties
8⁹⁹
ea



Fairlife Milk
1.5L
Select varieties
5⁹⁹
ea



Imperial Margarine
1.28-1.36kg
Select varieties
8⁹⁹
ea

NATURAL GOODNESS



Kraft Dinner Gluten Free
170g
4⁴⁹
ea



Eville Frozen Smoothies
405g
Select varieties
8⁹⁹
ea



Clif Builders Protein Bars
340-408g
Select varieties
9⁹⁹
ea



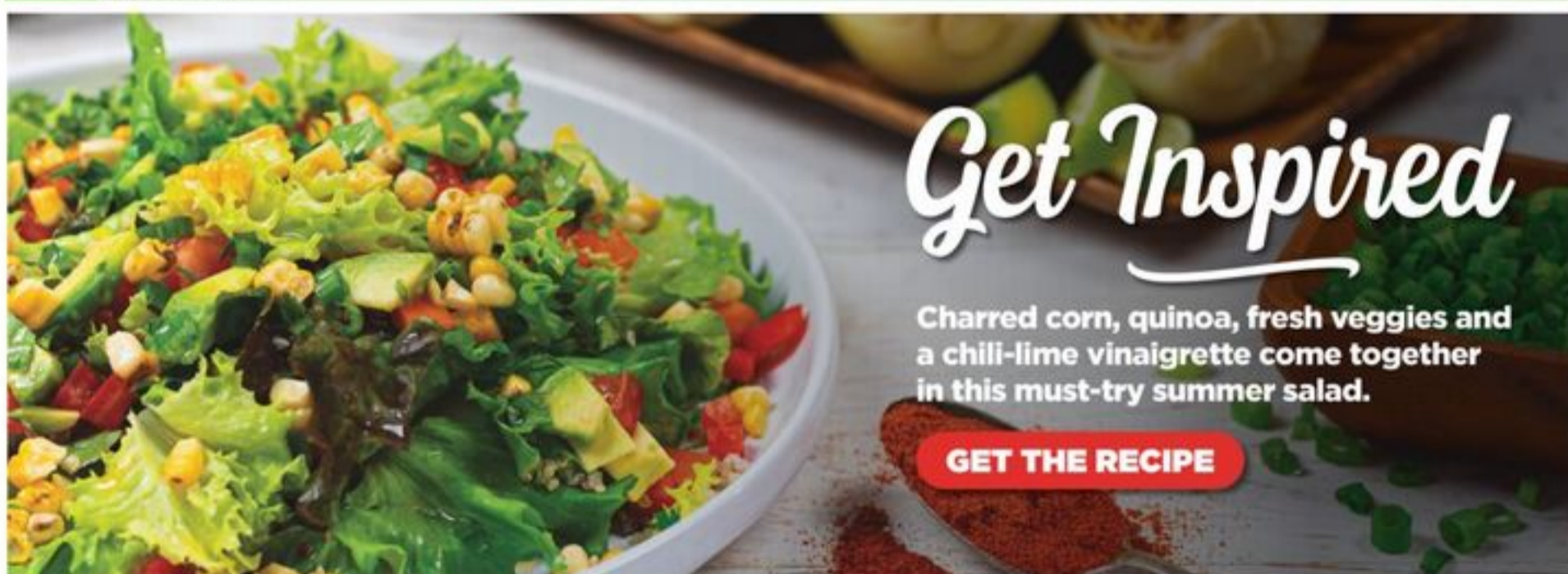
Danone Activia Smoothies or GO! Drinks
190ml
Select varieties
4\$6
for



Siggis' Yogurt
650-750g
Select varieties
5⁹⁹
ea



Holy Crap Hot Cereal
225g
Select varieties
8⁹⁹
ea



Get Inspired

Charred corn, quinoa, fresh veggies and a chilli-lime vinaigrette come together in this must-try summer salad.

GET THE RECIPE

Save More, Earn More

Visit our nearest Calgary Co-op Gas Station to save big on items every month and earn Calgary Co-op Bonus Cash on your favourite beverages, snacks and more! Plus, earn 6¢/L (4¢/L Member Earnings and 2¢/L In-app Bonus Cash)* every time you fill up!

VIEW MONTHLY DEALS

Bonus Cash

*Calgary Co-op App download and registration required. Additional terms & conditions apply. Visit calgarycoop.com/appterm for more details.

GROCERY



Silk Beverages
946ml
Select varieties
2\$5
for



Oasis, Del Monte & Arizona Juice
960ml or Sparkling Ice
503ml Select varieties
3\$6
for
MEMBERS
EARN 20%



Nabob Coffee
340g or Nescafe 100-170g
Select varieties
8\$99
ea



Starbucks Coffee
793g & K Cups 24 Pack or
Melitta 907-930g
Select varieties

SALE
18\$99
MEMBERS
EARN 15%



Cheez-It Crackers
191-200g
Select varieties
2\$6
for



Celestial Seasonings Tea
20 Pack
Select varieties
2\$8
for



Kashi Bars
175-200g
Select varieties
2\$6
for



Pringles Potato Chips
148-156g
Select varieties
2\$6
for



Goldfish Crackers
156-227g
Select varieties
2\$6
for



Mott's Clamato
1.89L
Select varieties
2\$9
for



Corona Sunbrew
12 Pack
19\$99
SALE
MEMBERS
EARN 20%



Ritter Sport Chocolate Bars
100g
Select varieties
2\$7
for



Lindt Excellence Chocolate Bars
100g
Select varieties
2\$8
for



Campbell's Chunky Soup
500-515ml
Select varieties
2\$5
for



Que Pasa Tortilla Chips
300-350g or Herdez Salsa 453g
Select varieties
3\$99
SALE
MEMBERS
EARN 20%



Hunt's Snack Pack & Gels
4 Pack Chef Boyardee 418-425g
Select varieties
2\$4
for
MEMBERS
EARN 25%



Stagg Chili
425g or McIlhenny Tabasco Hot Sauce
57ml
Select varieties
2\$6
for



Kraft Pure Dressing
355ml
Select varieties
4\$99
ea



Aylmer Tomatoes
540-796ml
Select varieties
2\$5
for
MEMBERS
EARN 20%



Clover Leaf Sockeye Salmon
213g
Select varieties
5\$49
ea



Mr. Noodles Cups
64g
Select varieties
5\$5
for



Golden Dragon Sauce
455ml
Select varieties
3\$8
for



Hunt's Tomato Sauce
680ml
Select varieties
2\$5
for
MEMBERS
EARN 20%



Adams 100% Natural Peanut Butter
500g
Select varieties
4\$49
ea



Coyote Pancake and Waffle Mix
900g
Select varieties
3\$99
ea

Indulgence By The Scoop
Dig in to our assortment of local favourites, decadent ice cream, refreshing gelato and more! Shop in-store and online.
SHOP NOW



Health & Wellness



Gear Up For Summer Adventures

From sun-up to sundown, we've got you covered. Stay protected, hydrated and ready for any adventure under the sun!

Off Insecticides and Repellents
Select varieties & sizes

15% OFF



Suncare
Select varieties & sizes

SALE **25% OFF**
MEMBERS **EARN 20%**



Attitude
Sunly Sun Care
Select varieties & sizes

10% OFF



Band-Aid Wound Care and Polysporin
Select varieties & sizes

20% OFF



Giovanni
Castor Oil Hair & Skin Care
Select varieties & sizes

10% OFF



Benadryl Allergy and Itch Relief
Select varieties & sizes

20% OFF



Claritin Allergy Relief
50's and Alerius 30's
Select varieties

31.99
ea



Liquid I.V.
Hydration Multiplier
6 Pack
Select varieties

12.99
ea



Gravol
16-30's
Select varieties

7.99
ea

Haskalife
Haskap Berry
Select varieties & sizes

15% OFF



Nuun
Electrolytes
10 Tablets
Select varieties

10% OFF

CALGARY CO-OP | HOME HEALTH CARE

Summer Essentials for Active Living

From compression socks and knee braces to exercise balls and recovery aids, you can count on the expertise and assortment at four Calgary Co-op Home Healthcare locations. Visit us in-store today!



HEALTH & BEAUTY



TRESemmé Hair Care
828ml and Styling 184-311g
Select varieties

SALE
5⁹⁹
MEMBERS
**EARN
20%**



Softsoap Liquid Hand Soap Refills
1.47L
Select varieties

SALE
7⁹⁹
MEMBERS
**EARN
20%**



Listerine Mouthwash
1L
Select varieties

SALE
6⁴⁹
MEMBERS
**EARN
20%**



Head & Shoulders Hair Care
315-370ml
Select varieties

MEMBER EXCLUSIVE
5⁹⁹



St. Ives Body Wash
650ml and Lotion 600ml
Select varieties

5⁹⁹



Degree Deodorant
48-76g
Select varieties

3⁹⁹



Clairol Nice 'n Easy Hair Color
and Root Touch Up
Select varieties

8⁹⁹



Cetaphil Skin Care
Select varieties & sizes

20% OFF



Schick Razors and Blades
Select varieties & sizes

20% OFF

BABY & PHARMACY



Imodium
20-24's and Pepcid
50-60's Select varieties

SALE
22⁹⁹
MEMBERS
**EARN
20%**



Visine Eye Drops
15ml
Select varieties

7⁹⁹



Jamieson Vitamins and Supplements
Select varieties & sizes

30% OFF



Tylenol Pain Relief
40-150's
Select varieties

SALE
15⁹⁹
MEMBERS
**EARN
20%**



PreserVision Eye Vitamins
120's
Select varieties

MEMBER EXCLUSIVE
24⁹⁹



Pure Protein Bars
300g
Select varieties

MEMBER EXCLUSIVE
12⁹⁹
MEMBERS
**EARN
20%**



Q-tips
400's

4⁹⁹



Baby Gourmet Cereal
208-227g
Select varieties

MEMBER EXCLUSIVE
5⁹⁹



Emergen-C Vitamins
30-45's
Select varieties

MEMBER EXCLUSIVE
17⁹⁹

HOUSEHOLD & PET



Palmolive Dish Soap
828ml
Select varieties

2\$6



Persil Laundry Detergent
2.21L 48 loads
Select varieties

SALE
12⁹⁹
MEMBERS
**EARN
20%**



Melitta Coffee Filters
40-100 Pack
Select varieties

2\$6



Fancy Feast Cat Food
79g
Select varieties

4\$5



Ziploc Bags Mega Pack
60-270 Pack
Select varieties

SALE
12⁹⁹
MEMBERS
**EARN
20%**



Energizer Batteries
Select varieties & sizes

SALE
25% OFF
MEMBERS
**EARN
15%**



More local

Now 2400+ items and growing.

SIP. SNACK. SCORE!

2/\$9

Tostitos® Salsa
416mL - 418mL, any flavour/variety, or
Tostitos® Tortilla Chips
205g - 300g, any flavour;
EXCLUDES Simply Tostitos®
tortilla chips, 240g

2/\$9

Doritos® Tortilla Chips
210g - 235g, any flavour
Doritos Dinamita®
Rolled Tortilla Chips
280 g, any flavour

3/\$10⁹⁸

Lay's® Potato Chips
220g - 235g, any
flavour/variety or
Lay's Poppables®
Potato Snacks
130 g, any flavour



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WE'RE DONATING \$50K TO YOUTH MENTAL HEALTH AND GIVING YOU A CHANCE TO WIN A JOHNNY ORLANDO CONCERT EXPERIENCE!

GOT TO SNACKTO THEBEAT.CA FOR FULL CONTEST DETAILS AND TO ENTER!

2/\$7

OREO & CHIPS AHOY!
Cookies
240g - 287g

4/\$5

WUNDERBAR
CARAMILK
CADBURY Bars
50g - 60g

2/\$5

CADBURY DAIRY MILK Bar
90g - 100g
MAYNARDS Bags
150g - 154g

2/8⁵⁰

CADBURY DAIRY MILK Bags
152g - 200g
CADBURY DAIRY MILK Bars
200g
MAYNARDS Bags
308g - 315g

2/\$7

CRISPERS Crackers
240g
RITZ Chips
240g

Halo Top Ice Cream
473ml

5⁹⁹ ea



FANTINO & MONDELLO

Buy 2, Get 1 FREE

Buy any 2* Fantino & Mondello® products and get a 3rd FREE!
See coupon for details.

*Two (2) Fantino & Mondello® participating products must be purchased in the same transaction with coupon. Coupon expires April 30, 2024. Offer valid for one (1) Fantino & Mondello® branded product when you buy any two (2) Fantino & Mondello® branded products. Offer for a limited time only. Not valid when combined with any other offer or coupon. Restrictions apply. While quantities & coupons last.



7⁴⁹ ea Fantino & Mondello®
Deli Meats
100g-200g

TASTE OF LOCAL

BEST FROM THE WEST

Mark your calendars!
Taste of Local is back and you won't want to miss enjoying free samples and meeting our local producers.

VIEW THE SCHEDULE



MEMBER EXCLUSIVE PRICING

Member only instant savings throughout the store!



Bles-Wold Yogurt
650g
Select varieties

MEMBER EXCLUSIVE
4⁹⁹



Noto Gelato
500ml
Select varieties

MEMBER EXCLUSIVE
9⁹⁹



Baileys Coffee Creamers
400ml
Select varieties

MEMBER EXCLUSIVE
3⁴⁹



Blue Water Frozen Fish Fillets
255-600g
Select varieties

MEMBER EXCLUSIVE
8⁹⁹



Kellogg's Eggo Waffles
280-330g
Select varieties

MEMBER EXCLUSIVE
2\$8
for
MEMBERS EARN 25%



iÖGO Yogurt Pouch
2kg
Select varieties

MEMBER EXCLUSIVE
10⁹⁹



Annie's Homegrown Pasta
4 Pack
Select varieties

MEMBER EXCLUSIVE
8⁹⁹



Ben's Original Bistro Express Rice
240-250g Select varieties

MEMBER EXCLUSIVE
3⁹⁹



Knorr Sidekicks
120-167g
Select varieties

MEMBER EXCLUSIVE
3\$5
for



Campbell's Soup
12 Pack
Select varieties

MEMBER EXCLUSIVE
15⁹⁹



Shake 'n Bake
142-184g
Select varieties

MEMBER EXCLUSIVE
2\$7
for



Lipton or Knorr Soup Mixes
2 Pack & Cup of Soup 4 Pack
Select varieties

MEMBER EXCLUSIVE
2\$3
for



Quaker Chewy Bars
40 Pack or Dipps 30 Pack
Select varieties

MEMBER EXCLUSIVE
13⁹⁹



Dare Breton Crackers
135-200g
Select varieties

MEMBER EXCLUSIVE
2\$6
for



Good Host Iced Tea
2.35kg

MEMBER EXCLUSIVE
14⁹⁹



Starbucks Frappuccino
& Double Shot Coffee or Triple Shot Coffee 405-444ml
Select varieties

MEMBER EXCLUSIVE
2\$7
for



Kettle Chips
156-198g
Select varieties

MEMBER EXCLUSIVE
2\$8
for



Nanton Spring Water
24 Pack

MEMBER EXCLUSIVE
5⁴⁹



Aveeno Skincare
Select varieties & sizes

MEMBER EXCLUSIVE
10% OFF



Burt's Bees Lip Balm
4.25g
Select varieties

MEMBER EXCLUSIVE
4⁹⁹



Polident Denture Cleanser Tablets
84-96's and Foam 125ml
Select varieties

MEMBER EXCLUSIVE
10⁹⁹
+
MEMBERS EARN 20%



NeilMed Sinus Rinse Kit and Refill
100's or Neti Pot

MEMBER EXCLUSIVE
19⁹⁹



Tums Ultra
160s Select varieties

MEMBER EXCLUSIVE
11⁹⁹



Advil Junior Pain Relief
40's
Select varieties

MEMBER EXCLUSIVE
17⁹⁹