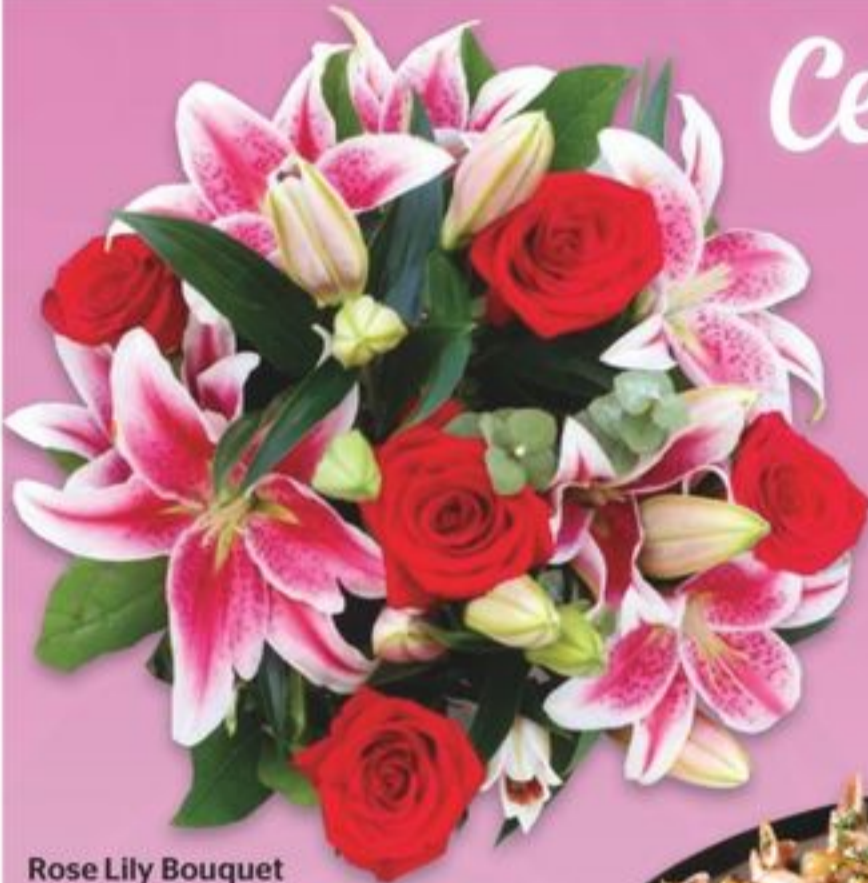


FOOD TO FUEL **SAVE \$10** on your next **FUEL** purchase
 When you **SPEND \$125*** on groceries
Available In-store and Online

*Spend \$125 on groceries at Calgary Co-op Food Stores May 9-15, 2024 and receive a \$10 off Fuel Coupon valid May 9-26, 2024. Minimum 30¢ RT required. Coupon must be presented to cashier prior to fill. Coupon cannot be combined with Calgary Co-op Bonus Cash or any other offer. One coupon per fill.

Celebrate Mom with Flowers and a Gourmet Feast!



Rose Lily Bouquet
Assorted colours

28⁹⁹ ea

Surf & Turf
2 Top Sirloin Medallion Grilling Steaks
Cut From Canada AA Beef or Higher
& 8 White Raw Shrimp 16/20 Count

SALE 16⁹⁹ + **MEMBERS EARN 10%**



AGED 14 DAYS
ONLY ALBERTA BEEF



Strawberries
1lb/454g
Imported
No. 1 Grade

3⁴⁹ ea



Deli Olives & Antipasto
Available Fresh in the Deli

SALE 2⁹⁹ + **MEMBERS EARN 20%**

Boneless Pork Loin
Centre & Rib End
Cryovac
Western Canadian

3⁴⁹ /lb
7.69/kg

BEST FROM THE WEST



Sweet Peppers
Red, Yellow, or Orange
Alberta Grown
Canada No. 1

SALE 2⁹⁹ + **MEMBERS EARN 20%**



Mitchell's Bacon
375g

MEMBER EXCLUSIVE 4⁹⁹ ea



Cracker Barrel Cheese
600g
Select varieties

HOT DEAL 8⁹⁹ ea



Nature Valley Bars
128-230g or Made Good
100-150g
Select varieties

2\$ for 6



Cal & Gary's BBQ Sauce
350ml or Heinz Ketchup
750ml-1L
Select varieties

4⁹⁷ ea



Magnum Novelties
3-4 Pack or Ben & Jerry's
Ice Cream 473ml
Select varieties

SALE 4⁹⁹ + **MEMBERS EARN 20%**



Coca-Cola or Pepsi
Soft Drinks
20-24 Pack Select
varieties

9⁹⁹ ea



Purex Bathroom Tissue
8 Triple Roll or 12 Double Roll &
Spongetowels 3-6 Roll or Facial
Tissue 6 Pack Select varieties

SALE 6⁹⁹ + **MEMBERS EARN 10%**



This week Members can earn over

\$127 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.

APP EXCLUSIVE SAVINGS*

* Must Clip Before Purchase.

Dig Into Savings!

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



Download Now

Montana's BBQ & Bar Pork Back Ribs
Fully Cooked
650g

13⁴⁹
ea

SAVE **\$5⁵⁰**
*Clip



Corona Sunbrew
12 Pack Select varieties

14⁹⁹
ea

SAVE **\$5**
*Clip



40% OFF
*Clip

Broccoli Crowns
Product of USA
No. 1 Grade



SAVE **\$4**
*Clip



Boursin
130g-220g

5⁹⁹
ea



SAVE **\$2**
*Clip

Founders & Farmers
Pumpkin Pie
900g

8⁹⁹
ea

Tums
72-150's and Chewies 32's
Select varieties

3⁹⁹
ea



SAVE **\$3⁷⁰**
*Clip



Platinum
Easy Multi
Men or Women 60+
120 capsules

30% OFF
*Clip

APP Exclusive Savings. Valid In-Store Only.

HAPPY Mother's Day



Carnations
Dozen
Assorted colours
12⁹⁹_{ea}

Elegance Bouquet
Assorted styles
39⁹⁹_{ea}



Bag of Blooms
In Grab & Go Bag
Assorted colours
Includes Vase

34⁹⁹_{ea}



NEW

Magnifica Orchid
5" Assorted colours
Grab & Go
39⁹⁹_{ea}



BEST FROM THE WEST

SALE
2\$10+
MEMBERS EARN 10%

Tulips
5 Stem
Assorted colours

Momma & Mini
Orchid Planter
Assorted colours

79⁹⁹_{ea}

NEW



Treat Your Mom to a Memorable Meal



ONLY ALBERTA BLACK ANGLUS BEEF AGED 14 DAYS

Tomahawk Rib Grilling Steak
Cut From Canada AA Beef

18⁹⁹_{/lb 41.87/kg}

7" Ganache Cake
Vanilla or Chocolate
17⁹⁹_{ea}

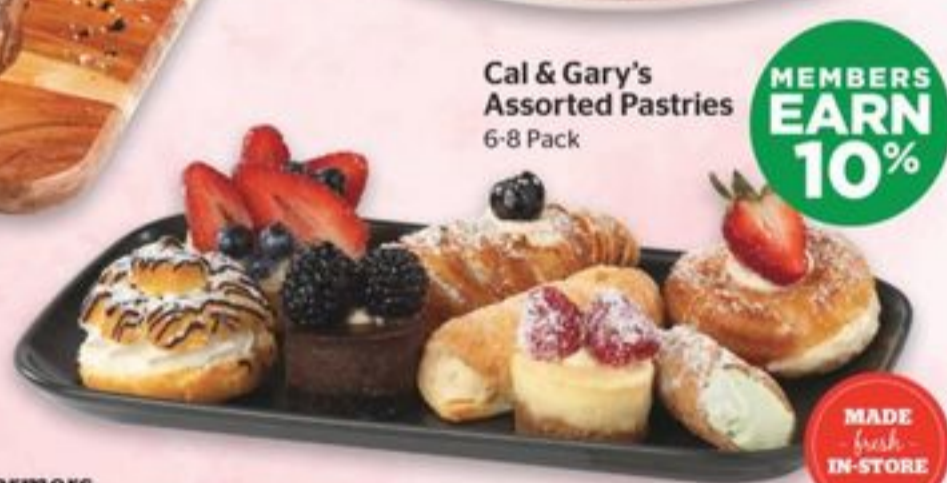


MADE fresh IN-STORE



Corn on the Cob
Product of USA
No. 1 Grade
99¢_{ea}

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



Cal & Gary's Assorted Pastries
6-8 Pack

MEMBERS EARN 10%

MADE fresh IN-STORE

Founders & Farmers
Cherry or Grape Tomatoes
Red, Yellow, Orange, or Medley
1 Pint
Alberta Grown
Canada No. 1
2⁹⁹_{ea}

BEST FROM THE WEST



Mini Charcuterie Box
or Mini Nibbler Box
Made Fresh in the Deli
15⁹⁹_{ea}



Whole Watermelon
Imported
No. 1 Grade
8⁹⁹_{ea}

11lb AVERAGE

Ferrero Rocher
200g Boxed
Chocolate
9⁹⁹_{ea}



Founders & Farmers
Chocolate Bars
100g Select varieties
2\$ 4.50_{for}



Celebrate the love that adds sparkle to your life

ONLY AT  CALGARY CO-OP

Mother's Day Brunch Essentials

CAL & GARY'S
FOUNDERS & FARMERS



Cal & Gary's Crepes
Belgian Chocolate, Apple Cinnamon, or Assorted varieties
540-627g

9.99
ea



MADE fresh IN-STORE



Cal & Gary's Fruit or Vegetable Trays
970g-2.18kg

\$2 OFF



Cal & Gary's Cookie Chips
170g Select varieties

2\$7
for



Cal & Gary's Mini Biscotti
200g Select varieties

2\$9
for



Cal & Gary's Coffee
340g Select varieties

MEMBER EXCLUSIVE
10.99



Cal & Gary's Orange Juice
1.5L Select varieties

2\$9
for



Cal & Gary's Tea
15 Pack Select varieties

MEMBER EXCLUSIVE
5.99
ea



Cal & Gary's Honey
375g Select varieties

6.99
ea



Cal & Gary's Cheesecakes
600g Assorted varieties

MEMBER EXCLUSIVE
14.99



BAKED fresh IN-STORE

Founders & Farmers All Butter Pain Au Chocolat or Croissants
4 Pack

4.49
ea

Gift Baskets

Indulgences for her special day



Gift Baskets
Assorted varieties

15% OFF

FRESH PRODUCE

Honeycrisp Apples
BC Grown
Extra Fancy

HOT DEAL
1.99
/lb
4.39/kg

**MEMBERS
EARN
10%**

**BEST
FROM THE
WEST**



Red Grapefruit
Imported
Fancy

1.99
ea



Kiwi Fruit
Imported
No. 1 Grade

MEMBER EXCLUSIVE
79¢
ea



Cara Cara Navel Oranges
Imported
No. 1 Grade

1.99
/lb
4.39/kg



Mangoes
Imported
No. 1 Grade

MEMBER EXCLUSIVE
1.99
ea



**BEST
FROM THE
WEST**



Pink Lady Apples
BC Grown
Canada No. 1

2.49
/lb
5.49/kg

CAL & GARYS

In-store Cut Fruit

made fresh in-store



Watermelon
1/4's or Wedges
Imported
No. 1 Grade

1.99
/lb
4.39/kg



Berry Blend
24oz

20% OFF



Strawberry Kiwi Blend
24oz

20% OFF

Celery
Product of USA
No. 1 Grade

MEMBER EXCLUSIVE
1.49
/lb
3.28/kg



Romaine Hearts
Tri Pack
Product of USA
No. 1 Grade

3.99
ea



Baby Carrots
2lb
Product of USA
No. 1 Grade

2.99
ea



Mushrooms
White or Brown
Alberta Grown
Canada No. 1

**BEST
FROM THE
WEST**



SALE
3.99
/lb
8.90/kg

**MEMBERS
EARN
15%**

Founders & Farmers
Yellow Potatoes
5lb
Alberta Grown
Canada No. 1

MEMBER EXCLUSIVE
4.99
ea

**BEST
FROM THE
WEST**



Taylor Farms
Chopped Salad Kits
322-382g
Product of USA

5.99
ea

CAL & GARYS

In-store Cut Vegetables

made fresh in-store



Marinated Vegetables
320-470g
Assorted varieties

20% OFF



Salad Blends or
Caesar Salad
225-705g

20% OFF



Sliced Peppers
24oz

20% OFF

Ready When You Are

Enjoy freshly cut pineapple, strawberries, melons and more for a quick snack on the go or the perfect portion for your next recipe!

SHOP NOW



Give Mom the Gift of a Garden

Strawberry Hanging Basket
11"

24⁹⁹
ea



Mother's Day Planter
8" Assorted varieties

\$21
ea



Deluxe Hanging Basket
13" Assorted varieties

\$35
ea



Assorted Herbs
Basil, Lavender, or Rosemary
1 Gallon

10%
OFF



BEST FROM THE WEST

Tomato Planter With Cage
12"

19⁹⁹
ea



Deluxe Planter
15" Assorted varieties

56⁹⁹
ea

BEST FROM THE WEST



FLORAL

FRESH, FLAVOURFUL, AND ORGANIC DISCOVER THE DIFFERENCE!

Organic Raspberries or Blackberries
170g
Product of USA
No. 1 Grade

SALE
4⁹⁹

MEMBERS
EARN
20%



Organic Limes
1lb
Imported
No. 1 Grade

4⁹⁹
ea



Organic Yellow Onions
3lb
Product of USA
No. 1 Grade

MEMBER EXCLUSIVE
4⁹⁹
ea



Organic Sprouts
100g Assorted varieties
Alberta Grown
Canada No. 1

3⁴⁹
ea



ORGANIC



ALTERNATIVE PROTEIN



Yves Veggie Cuisine Slices
154-155g
Assorted varieties

MEMBERS
EARN
20%



Beyond Breakfast Sausage or Tenders
Frozen
226-235g

MEMBER EXCLUSIVE
6⁹⁹
ea



Three Little Figs Salami
180g

9⁹⁹
ea



Silk Beverages
946ml
Select varieties

2\$5
for



Daiya Plant-Based Frozen Pizza
322-492g
Select varieties

SALE
6⁹⁹
MEMBERS
EARN
20%



Lorelyn's Vegan Gluten Free
OOEY Gooney Fudge or
Chocolate Chip Chia
Cookies, Brownie Bliss &
Banana Bonanza Muffins

4\$10
for

**Eat Well.
Be Well.**

Healthy Options For Every Lifestyle

At Calgary Co-op, we make it easy to eat your version of healthy. We have the ingredients to keep you and your family fed whether you're all about plant-based options, loving that dairy-free life, keeping it keto, or somewhere in between.

SHOP NOW



Fire up the Flavour!

Cal & Gary's Beef Burgers

Prime Rib, Sirloin, Angus, or Stuffed with Cheddar
Frozen
1.02kg Assorted varieties

16⁹⁹
ea



Cal & Gary's Brioche Buns

Burger, Hot Dog, or Mini
200-480g

4⁹⁹
ea



Cracker Barrel Cheese Slices or Shredded Cheese
220-320g
Select varieties

6⁴⁹
ea



Sweet Baby Ray's BBQ Sauce
425ml
Select varieties

2\$5
for



Founders & Farmers Yellow Mustard
400ml

1⁴⁹
ea



Chicken Breast Skewers
Western Canadian
2 per tray, \$10
Assorted varieties

\$5
ea



Bottom Sirloin Tri Tip Beef Skewers
Cut From Canada AA Beef
2 per Tray, \$11
Assorted varieties

5⁵⁰
ea

Trafford Farms Specialty Mushrooms

Oyster, Lion's Mane, or Chestnut
150-200g
Alberta Grown
Canada No. 1

9⁹⁹
ea



Founders & Farmers Spices
14-245g Pouch
Select varieties

25% OFF

Founders & Farmers Cheese Garlic Bread
250g

4⁹⁹
ea



NEW



SALE 11⁹⁹
ea

Loaded Baked Potato Salad
or Chicken Cheddar Broccoli Salad
\$1.79/100g
& Caprese Salad
\$2.99/100g

1⁵⁹
/100g

SAVE \$2
when you spend \$10

Grimm's Bavarian Smokies
Family Pack
750g
Assorted varieties

MEMBERS EARN 10%



Corona Sunbrew
12 Pack Select varieties

19⁹⁹
ea

Cal & Gary's BBQ Grillers
Assorted varieties

20% OFF



Deli Sliced Cheese
Sliced Fresh in the Deli
Marble Cheddar, Medium Cheddar, Havarti or Canadian Swiss

SALE 3⁴⁹
/100g

MEMBERS EARN 20%

ONLY ALBERTA BLACK ANGUS BEEF



BLACK ANGUS

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



Category Co-op contributes to sustainable beef production in Canada. CCOB.org/canada

Eye of Round Roast
Cryovac
Cut From Canada AA Beef

6⁹⁹
/lb
15.41/kg



AGED 14 DAYS

SEALED FOR MAXIMUM TENDERNESS & FLAVOUR



SALE 14⁹⁹
/lb
\$3.04/kg

MEMBERS EARN 15%

Flat Iron Grilling Steak
Cryovac
Cut From Canada AAA Beef

MEAT

Lamb Loin Chops

13⁹⁹
/lb
30.84/kg

ONLY ALBERTA LAMB



BEST FROM THE WEST

Boneless Pork Shoulder Butt Roast
Cryovac
Western Canadian

SALE 4⁴⁹
/lb
\$9.96/kg

MEMBERS EARN 15%



Boneless Skinless Chicken Thighs

Family Pack
Raised by an Alberta Farm Family
Grain Fed, Free Run & Air Chilled

8⁴⁹
/lb
18.72/kg



ONLY ALBERTA CHICKEN

NEW



Maple Leaf Prime RWA
Herb & Garlic Flattened
Chicken
Grain Fed, Humanely Raised, Air
Chilled & Canadian Farm Raised

6⁹⁹
/lb
15.41/kg

SEAFOOD

Dive in and Explore Our Fresh Seafood!

Atlantic Salmon Fillets
Farmed
Product of Canada

3⁴⁹
/100g



Fresh Mussels
2lb Bag
Product of P.E.I.
Farmed

10⁹⁹
ea



Oysters
Lucky 88 or
Torpedo Bay
West Coast
6 per Tray, \$9

SALE 1⁵⁰

MEMBERS EARN 15%

Selva Cooked or
Raw Black Tiger Shrimp
Frozen
340g Assorted Count Sizes

20% OFF



Pearlmark Bay
Scallops
Frozen
40/60 Count
454g

MEMBER EXCLUSIVE 10⁹⁹



From Ocean To Plate

Indulge in Ocean Wise Seafood on the grill and savour the taste of sustainability.

DOWNLOAD



Butcher to Plate:

GOURMET-PREPARED & READY TO COOK

Visit our Full Service Meat/Seafood Counter

Peppery Bacon Wrapped Petit Tender Medallion Skewers
Cut From Canada AAA Beef

15⁹⁹
/lb
35.25/kg



Mediterranean Lamb Loin Chops

13⁹⁹
/lb
30.84/kg



Stuffed Portobello Mushrooms With Pork or Chicken Sausage

MEMBERS EARN 20%



Marinated Boneless Skinless Chicken Breast
Western Canadian Assorted varieties

8⁹⁹
/lb
19.82/kg



NEW
Mitchell's
SAUSAGES
FUMES
SALE 13⁹⁹
MEMBERS EARN 15%

Mitchell's Wieners
1.35kg



Maple Leaf Rotisserie Chicken Legs or Pork Tenderloin Fully Cooked 400-600g

12⁹⁹ ea



Founders & Farmers Boneless Ham 800g Assorted varieties

11⁹⁹ ea



Winkler Meats Farmers Sausage 500g Assorted varieties

8⁹⁹ + MEMBERS EARN 10%



Maple Lodge Farms Chicken Wieners 375-450g

MEMBER EXCLUSIVE **2\$5** for



Founders & Farmers Sausage Rings 300g Assorted varieties

4⁹⁹ ea



Main Street Deli Sliced Meats 200-600g Assorted varieties

MEMBERS EARN 20%



Harvest Thick Cut Bacon 500g Assorted varieties

11⁹⁹ ea

MEAT

BEST FROM THE WEST

A Taste of Local

Connecting Community Through Local Ingredients



MASTERING BEEKEEPING SINCE 1969

At Fallentimber, we are passionate about creating the highest quality honey possible. Our bees are placed in the foothills of the Rocky Mountains, allowing them access to a wide variety of wildflowers and clover, while limiting their exposure to croplands.

SPARKLING MEADS

Our modern take on an ancient tradition
Fallentimber's sparkling session meads are light, refreshing and carbonated, with only a touch of sweetness. They differ from our traditional style meads and drink more like a cocktail or cider.



Fallentimber Honey 500g or Soda 4 Pack Select varieties

MEMBERS EARN 20%

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



High-Vibe Health Bone Broth Frozen 710ml Assorted varieties

SALE 13⁹⁹

MEMBERS EARN 10%



Paradise Hill Farm Beefsteak Tomatoes Alberta Grown Canada No. 1

2⁹⁹ /lb
6.59/kg



Cheese Factory Beer Cheese 140g

MEMBER EXCLUSIVE **6⁹⁹** ea



Crave Cake & Brownie Mix 460-540g Select varieties

30% OFF



Cheemo Perogies Frozen 815-907g Select varieties

2\$7 for



Ohlala Gluten Free Desserts Donuts, Banana Loaf, Macarons 3's or Family Pack Brownies 54-500g

STARTING AT **7⁴⁹** ea

BAKERY

Made Fresh In-Store



Cal & Gary's Cakes
Strawberry, Carrot, Bacio, Tiramisu, Tres Leches, Sticky Toffee, Tuxedo or Cookie Dough
375-650g

SALE STARTING AT **13.99** **MEMBERS EARN 10%**

MADE WITH REAL CREAM



Cal & Gary's 8" Cakes
Amarena Cherry, Limoncello, or Canolli Cakes
Full or 1/2 cakes

SALE STARTING AT **14.99** **MEMBERS EARN 10%**

Founders & Farmers 5" Mother's Day Cakes

Vanilla, Chocolate, Boston Crème, or Assorted varieties
540-580g

9.99 ea



Founders & Farmers Mother's Day Cupcakes

Vanilla, Chocolate, or Assorted varieties
6 Pack

7.49 ea



Founders & Farmers All Butter Cruffins

Filled with Hazelnut Filling, Raspberry, Vanilla, or Lemon
6 Pack

BUY MORE SAVE MORE **PURCHASE IN MULTIPLES OF 2 FOR ...**
5.49 ea OR BUY 1 FOR **3.99**



Founders & Farmers Chocolate Cake Donuts

or Assorted varieties
6 Pack

4.49 ea



NEW

Evening Rolls

6 Pack

3.99 ea



Cal & Gary's Calabrese Bread
Sliced or Unsliced
450g

MEMBER EXCLUSIVE
1.99 ea

Start Your Morning Off Right

Visit our bakery to indulge in freshly baked loafs, muffins, croissants and bagels that are so good you'll always wake up on the right side of the bed.

SHOP NOW



DELI

Old Style Carving Ham
or Old Fashioned Ham & Honey Maple Ham
Sliced Fresh in the Deli

3.49 /100g

BEST FROM THE WEST

SAVE \$2 when you spend \$12



Bothwell Cheddar Cheese
Marble, Medium, Old, or Extra Old White Cut and Wrapped
Fresh in the Deli

SALE **2.99** /100g

MEMBERS EARN 20%



Mastro Extra Hot Capocollo
or Mortadella
Sliced Fresh in the Deli

2.99 /100g

SAVE \$2 when you spend \$12



Saputo Caciocavallo
Regular or Smoked

3.99 /100g



Mini Babybel
5-6's or Port Salut 150g & Kaukauna Cheese Balls 170g

MEMBER EXCLUSIVE
4.99

Cow's Avonlea Clothbound Cheddar

or Appletree Smoked Cheddar 180g or 3 year old Cheddar 200g

MEMBER EXCLUSIVE
13.99



Deli Meals
Including Beef or Chicken Pie Meal, Cordon Swiss Chicken, Chicken Souvlaki, Pulled Pork, or Sweet & Sour Meatballs

MADE fresh in the DELI

MEMBERS EARN 20%

Con-grad-ulations!

Celebrate your new grad with gourmet trays and sweet sensations

Seafood Entertaining Trays

Previously Frozen 820-860g
Select varieties

SALE
20% OFF

+ MEMBERS EARN 20%



Deli Sandwich or Meat & Cheese Trays

Select varieties
Made Fresh to order

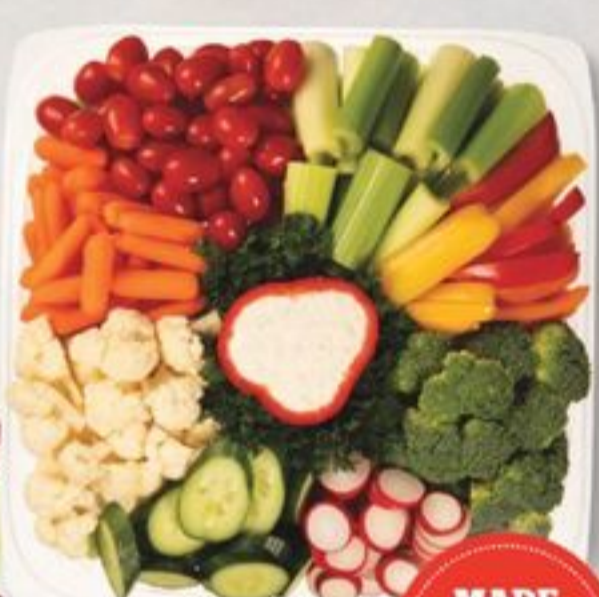
MEMBERS EARN 20%



Bakery Entertaining Trays

Sweet Tooth or Cake Anyone?
Serve 12-24

MEMBERS EARN 20%



MADE - fresh - IN-STORE

Fruit or Vegetable Entertaining Trays

2.8-4.8kg

15% OFF



3 layer cake filled with venetian creme and frosted with vanilla or chocolate frosting



MEMBERS EARN 10%

Founders & Farmers Celebration Cakes

Vanilla or Chocolate
Sizes vary from 1/8 to full slab cakes
Select varieties



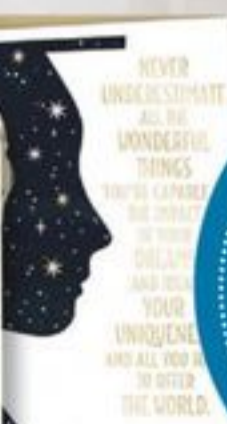
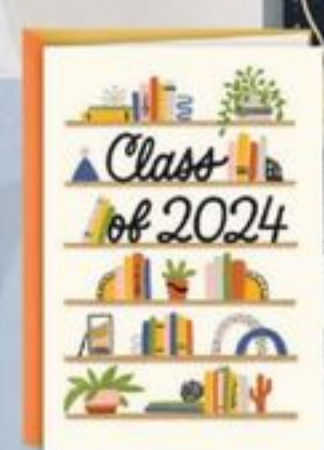
MEMBERS EARN 10%

8" Elite Sweets Cake

Red Velvet or Triple Chocolate & LaRocca
Jamocho, Banana Chocolate Chip, or Assorted varieties

Gifts for your Grad

Show them your pride with a gift card and a special message.



Hallmark SAVE \$2
WHEN YOU BUY 2 HALLMARK CARDS
*See instore for details



online-only DEALS

SHOP NOW

May 9 - 15, 2024

10% OFF
La Rocca or
Elite Sweets • 6" Cakes
Select varieties
600-775g



10% OFF
Mini Charcuterie
Boards
Select varieties



DAIRY & FROZEN



Danone Oikos Yogurt
4 Pack or Two Good Greek Yogurt 95g
Select varieties
3.99 ea

Founders & Farmers Frozen Vegetables
500-750g
Select varieties
SALE 2.99
MEMBERS EARN 20%



International Delight or Silk Coffee Creamers
890-946ml
Select varieties
MEMBER EXCLUSIVE 4.99 ea

Cal & Gary's Frozen Fruit
400-600g
Select varieties
SALE 2.99
MEMBERS EARN 20%

Cal & Gary's Ice Cream or Sorbet
500ml
Select varieties
4.99 ea



Dairyland Sour Cream
450-500g
Select varieties
MEMBER EXCLUSIVE 2.97 for

Armstrong Cheese Snacks
or Black Diamond Cheese
Combos 129-210g
Select varieties
SALE 4.99
MEMBERS EARN 20%

Amy's Frozen Entrées
241-284g
Select varieties
4.99 ea



Nelson Milkshakes
or Dairyland Single Serve Milk 310ml
Select varieties
1.75 ea

Lactancia Butter
454g
Select varieties
MEMBER EXCLUSIVE 8.49 ea

Founders & Farmers Breakfast Sandwiches
Frozen
232-304g
Select varieties
NEW 6.99 ea

High Liner Frozen Fish Fillets
500-700g
Select varieties
8.99 ea

NATURAL GOODNESS



CanPrev Women's Health
Select varieties & sizes
MEMBERS EARN 25%

Flora Efamol Evening Primrose Oil or Florasil
90-180 capsules
10% OFF

Living Alchemy Fermented Supplements
Select varieties & sizes
15% OFF

Nature's Essential Garden Mini Bath Bomb
Made in Alberta
10 Pack
Select varieties
10% OFF



Andalou Skin and Hair Care
Select varieties & sizes
15% OFF

NOW Supplements
Select varieties & sizes
15% OFF

LeComptier/La Luna Personal Care
Select varieties & sizes
15% OFF

Niyama Supplements
Select varieties & sizes
15% OFF



Danone Activia Yogurt
8 Pack or Two Good Greek 625g
Select varieties
4.99 ea

Siggis Yogurt
650-750g
Select varieties
SALE 5.99
MEMBERS EARN 20%

Kraft Gluten Free Macaroni & Cheese Dinner
170g
Select varieties
NEW 2.96 for

Kettle Chips
156-198g or Simply 7 Snacks 99g
Select varieties
2.97 for



FULL SERVICE
- at -
NO EXTRA COST
At 32 convenient locations!
VIEW LOCATIONS



Kellogg's or Quaker Cereal
210-510g
Select varieties
4.99 ea



Miss Vickie's Potato Chips
190-200g or Dutch Crunch 200g & Cheetos 180-285g
Select varieties

SALE **2\$8** for
MEMBERS EARN **20%**



Nabob Coffee
915-930g
Select varieties

14.99 ea

Starbucks Coffee
311-340g or K Cups 10 Pack & Kicking Horse Ground Coffee 284g
Select varieties

SALE **9.99** ea
MEMBERS EARN **20%**



SunRype Juice
900ml
Select varieties

2\$5 for



Tazo Tea
20 Pack
Select varieties

4.99 ea



Earth's Own Beverage
946ml
Select varieties

2\$6 for



Mott's Clamato Juice
1.89L
Select varieties

SALE **4.99** ea
MEMBERS EARN **20%**



Mintie Maid Juice
8-10 Pack or 1.89L
Select varieties

2\$8 for



Larabar
45-48g
Select varieties

5\$5 for



Riceworks Snacks
156g or Snyder's Pretzels 240g
Select varieties

2\$7 for



Snappers
170g
Select varieties

4.99 ea



Haribo Candy
170-175g
Select varieties

3.29 ea



Smucker's Jam or Fruit Spreads
310-500ml
Select varieties

SALE **5.49** ea
MEMBERS EARN **25%**



Campbell's Cooking Soup
284ml
Select varieties

SALE **3\$5** for
MEMBERS EARN **25%**



Kraft Salad Dressing
425-475ml
Select varieties

3.99 ea



HP Sauce
400ml & Lea & Perrins Worcestershire Sauce 284ml or Heinz Chili Sauce 455ml
Select varieties

4.99 ea



Pace Salsa
642-648ml
Select varieties

4.99 ea



Club House Sauce or Gravy Mix
21-47g
Select varieties

4\$5 for



VH Cooking Sauce
341-380ml
Select varieties

3\$8 for



Cal & Gary's Rice
Basmati or Jasmine 907g

3.99 ea



Crisco Oil
1.18L
Select varieties

6.99 ea



Knorr Rice Cups
73g
Select varieties

2\$5 for



Founders & Farmers Honey
500g

6.99 ea



Nutella Hazelnut Spread
1kg
Select varieties

8.99 ea



Pearl Milling Company Syrup
710ml or Pancake Mix 905g
Select varieties

SALE **4.49** ea
MEMBERS EARN **20%**



Aroy-D Coconut Milk
400ml

2\$5 for

Treat Mom To Sweet Bliss

Gift and indulge in irresistible chocolates, candy and more!

SHOP NOW

HOUSEHOLD & PET

SALE 6⁹⁹
MEMBERS EARN 20%

Arm and Hammer Laundry Detergent
 1.42-1.63L
 Select varieties

4⁹⁹ ea

Scrubbing Bubbles Cleaners
 946-950ml or Shower Foamer 567g & Brush Refills 1 Pack
 Select varieties

6⁹⁹ ea

Bonterra Bathroom Tissue
 6 Roll or Paper Towels & Facial Tissue 3 Pack
 Select varieties

13⁹⁹ ea

Nature's Recipe Dog Food
 1.8kg
 Select varieties

SALE 8⁹⁹
MEMBERS EARN 20%

Windex Original Cleaner Refill
 2L

SALE 10% OFF
MEMBERS EARN 20%

Kingsford Briquets
 Select varieties

HEALTH & BEAUTY

SALE 4⁹⁹
MEMBERS EARN 20%

Pantene Hair Care
 308-355ml and Styling 187-252ml
 Select varieties

5⁹⁹ ea

Olay Bar Soap
 4 Pack and Old Spice Body Wash 473-532ml
 Select varieties

SALE 3⁹⁹
MEMBERS EARN 20%

Crest Complete Toothpaste
 120ml, 3D White 65ml and Advanced Kids 85ml
 Select varieties

SALE 9⁹⁹
MEMBERS EARN 20%

OGX Hair Care
 100-385ml and Maui Moisture 385ml or Aveno 354ml
 Select varieties

MEMBER EXCLUSIVE 9⁹⁹ ea

Native Body Wash
 532ml
 Select varieties

3⁹⁹ ea

Mennen and Lady Speedstick Deodorant
 70-85g
 Select varieties

8⁴⁹ ea

Tampax Tampons
 22-40's and Always Liners 68-120's or Pads 20-44's
 Select varieties

SALE 7⁹⁹
MEMBERS EARN 25%

Vaseline Intensive Care Lotion
 400-600ml and Body Butter 227g
 Select varieties

4
20% OFF

Gillette Shave Needs
 Select varieties & sizes

BABY & PHARMACY

12⁹⁹ ea

Tylenol Pain Relief
 100-120's
 Select varieties

MEMBER EXCLUSIVE 20% OFF

Align Probiotics and Metamucil
 Select varieties & sizes

10⁹⁹ ea

Pure Protein Bars
 6 Pack
 Select varieties

25% OFF

Bausch + Lomb Eye and Contact Care
 Select varieties & sizes

SALE 32⁹⁹
MEMBERS EARN 20%

Reactine Allergy Relief
 40-48's
 Select varieties

12⁹⁹ ea

HydraSense Nasal Care
 100ml and Baby 30 Pack
 Select varieties

26⁹⁹ ea

Huggies Pull-Ups and Goodnites
 34-74's
 Select varieties

3⁴⁹ ea

Pampers Baby Wipes
 56's
 Select varieties

3⁴⁹ ea

Gerber Snacks
 42g and Arrowroot Biscuits 155g or Entrées 187g
 Select varieties

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Breton Made in Canada*
*From Domestic and Imported Ingredients

Dare

2 \$7 for Dare Cookies 125-325g Select varieties

2 \$6 for Dare Crackers 100-225g Select varieties

2 \$6 for REAL FRUIT Candy 120 - 180g Select varieties

Celebrate with Canadian Made!

Spring begins with General Mills

5.99 Liberté Kefir 1L Greek* 650g-750g Méditerranée* 900g

3 \$9.99 for Yoplait® Source® 630g Tubes® 8x56g

5.49 Pillsbury™ Pizza Pops™ 8ct 760g Pizza Bites™ 50ct 693g

2 \$4 for Pillsbury™ Crescents and Weiner Wrap 200-226g

2 \$7 for Liberté Greek 4x100g Méditerranée 500g Greek Crunch Vanilla Bean 2x130g

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Summer Delights from **FOUNDERS & FARMERS** and **CAL & GARYS**

ONLY AT CALGARY CO-OP

FOUNDERS & FARMERS **Chocolate Chip COOKIE SANDWICH** 6 x 100 mL

FOUNDERS & FARMERS **Judge Chip COOKIE SANDWICH** 6 x 100 mL

CAL & GARYS **BITE SIZED BLEND SMOOTHIES FOR SUE ROCKIES**

CAL & GARYS **BERRY BLEND SMOOTHIES FOR SUE ROCKIES**

CAL & GARYS **STRAWBERRY SORBET SMALL BATCH BIG FLAVOUR**

CAL & GARYS **CRAFTED IN COW TOWN**

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Indulge in the rich flavours and unique blends that showcase the true essence of Calgary. Shop our local coffee assortment in-store and online.

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FRATELO KINGDOM COFFEE DREAM PHIL & SEBASTIAN COFFEE ROASTERS BOSS GUATEMALA Blue Bird

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SAVE \$2*

WHEN YOU BUY 2 HALLMARK CARDS
Offer valid May 2-15, 2024

*Cannot be combined with any other offer. Returns are subject to adjustment. Offer valid May 2-15, 2024 at all Calgary Co-op stores in Alberta.

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MEMBER EXCLUSIVE PRICING

Member only instant savings throughout the store!



Tre Stelle Cream Cheese
200g
Select varieties

MEMBER EXCLUSIVE
\$5^{ea}



Founders & Farmers Lemonade
1.54L
Select varieties

MEMBER EXCLUSIVE
2\$6^{for}



Crave Frozen Cookie Dough
or Butter Cream Icing 450-480g
Select varieties

MEMBER EXCLUSIVE
\$9^{ea}



Caulipower Frozen Pizza
310-320g
Select varieties

MEMBER EXCLUSIVE
STARTING AT \$10^{ea}



Swiss Chalet Pot Pies
650-655g
Select varieties

MEMBER EXCLUSIVE
\$10^{ea}



Just Rol Poffitz Pancakes
238g
Select varieties

MEMBER EXCLUSIVE
\$4^{ea}



Frank's RedHot Sauce
680ml

MEMBER EXCLUSIVE
5⁹⁹



Pam Oil Spray
141-170g or Maille Dijon Mustard
200ml
Select varieties

MEMBER EXCLUSIVE
4⁹⁹



Del Monte Fruit
398ml
Select varieties

MEMBER EXCLUSIVE
2\$6^{for}



Prego Pasta Sauce
1.75L
Select varieties

MEMBER EXCLUSIVE
6⁹⁹



Campbell's Ready to Serve Soup
515ml
Select varieties

MEMBER EXCLUSIVE
3\$8^{for}



Carnation Evaporated Milk
354ml
Select varieties

MEMBER EXCLUSIVE
2\$5^{for}



Made Good Mini Cookies
120g
Select varieties

MEMBER EXCLUSIVE
2\$7^{for}



Melitta Coffee
907-930g
Select varieties

MEMBER EXCLUSIVE
16⁹⁹



Parkway Coldbrew
4 Pack
Select varieties

MEMBER EXCLUSIVE
9⁹⁹



Made Good Star Puffed Crackers
100-121g
Select varieties

MEMBER EXCLUSIVE
2\$6^{for}



Jack Links or Golden Island Jerky
65-80g
Select varieties

MEMBER EXCLUSIVE
5⁹⁹



Jiffy Popcorn
127g

MEMBER EXCLUSIVE
2\$6^{for}



Nivea Face Care
Select varieties & sizes

MEMBER EXCLUSIVE
10% OFF



Aspirin 81mg
100-120's
Select varieties

MEMBER EXCLUSIVE
17⁹⁹



Tensor Athletic Support Braces
Select varieties & sizes

MEMBER EXCLUSIVE
10% OFF



Unisom Sleep Gels or Tabs
20's
Select varieties

MEMBER EXCLUSIVE
8⁹⁹



Bactine First Aid Care
105ml
Select varieties

MEMBER EXCLUSIVE
7⁷⁹



Trojan Condoms
24-36's
Select varieties

MEMBER EXCLUSIVE
26⁹⁹