

You're at home here.



**SALE**  
**2<sup>49</sup>**  
/lb

**Co-op Pork Side Ribs**  
Breast Bone-off  
Cut by Your Local Butcher  
Value Pack

raised in WESTERN CANADA

**Bring Home THE SAVINGS!**

**RED HOT SALE**  
**19<sup>99</sup>**  
/ea  
**4 DAYS ONLY**  
18 THUR 19 FRI 20 SAT 21 SUN

**Co-op Gold Beef Burgers**  
Frozen  
2 kg (20 count)

**Hours Out to \$1 PER BURGER**

**Strawberries**  
Produce of U.S.A./Imported  
No. 1 Grade  
1 lb (454 g)

**SALE**  
**1<sup>99</sup>**  
/lb

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

4.39 kg

raised in WESTERN CANADA

**SALE**  
**1<sup>49</sup>**  
/lb

**Tomatoes on the Vine**  
Greenhouse Grown  
Produce of Western Canada  
Canada No. 1

3.29 kg

raised in WESTERN CANADA

**SALE**  
**6<sup>99</sup>**  
/ea

**Kraft Singles**  
825 g or Cheez Whiz 900 g

Images of Kraft Singles and Cheez Whiz

**SALE**  
**3<sup>99</sup>**  
/ea

**Dempster's Tortillas**  
Selected Varieties  
Package of 6 - 10

Image of Dempster's Tortillas

**SALE**  
**4<sup>99</sup>**  
/ea

**International Delight Coffee Creamer**  
946 mL or Cold Foam 396 g

Images of International Delight creamers

**SALE**  
**2<sup>99</sup>**  
/ea

**Co-op Gold Natural Spring Water**  
24 x 500 mL

Images of Co-op Gold Natural Spring Water

MB

**SALE**  
**26<sup>99</sup>**  
/ea

**Pampers Easy Ups**  
Package of 46 - 56, Cruisers Package of 44 - 64,  
Swaddlers Package of 44 - 96  
Selected Varieties

Images of Pampers Easy Ups

**SALE**  
**5<sup>49</sup>**  
/ea

**General Mills Family Size Cereal**  
Selected Varieties  
475 - 778 g

Images of Honey Nut Cheerios and Lucky Charms

Find Inspiration at: [food.crs](http://food.crs)

PRICING IN EFFECT APR. 18 - 24, 2024

18 THUR 19 FRI 20 SAT 21 SUN 22 MON 23 TUE 24 WED

SALE DATES AND STORE HOURS VARY BY LOCATION. CHECK ON LINE OR IN-STORE FOR DETAILS.

**Price Drop**  
**ON THESE EVERYDAY ESSENTIALS**  
 April 11 – May 1, 2024  
 Price Drop gives you 3 weeks of savings!

**Price Drop**  
**Peppers**  
 Assorted Colours  
 Greenhouse Grown  
 Grown in Western Canada

**3<sup>49</sup>**  
 /lb

7.69/kg

**AB**

grown in WESTERN CANADA

**Price Drop**  
**Mini Cucumbers**  
 Greenhouse Grown  
 Produce of Western Canada  
 Package of 6

**3<sup>49</sup>**  
 /ea

**Price Drop**  
**Co-op Centsibles Hot Dog or Hamburger Buns**  
 Package of 12

**2<sup>99</sup>**  
 /ea

**Price Drop**  
**Co-op Gold Sliced Deli Meats**  
 400 - 500 g

**10<sup>99</sup>**  
 /ea

**Price Drop**  
**McCain Superfries or Specialty Potatoes**  
 Frozen  
 1.4 - 1.8 kg

**7<sup>99</sup>**  
 /ea

**Price Drop**  
**Drake Smokies**  
 825 g - 1 kg

**12<sup>99</sup>**  
 /ea

**SK**

made in WESTERN CANADA

**Price Drop**  
**Co-op Gold Fruit**  
 540 mL or Bowls Package of 4

**3 FOR 9<sup>99</sup>**  
**9<sup>99</sup>**  
 /ea

**Price Drop**  
**Cracker Barrel Cheese**  
 820 g or Shreds 620 g

**10<sup>99</sup>**  
 /ea

**Price Drop**  
**Nabob Coffee**  
 915 - 930 g, Pods Package of 30 or Maxwell House Package of 30

**11<sup>99</sup>**  
 /ea

**Price Drop**  
**Good Host Iced Tea or Lemonade Powder**  
 2.35 kg

**13<sup>99</sup>**  
 /ea

**GET ALL THE INGREDIENTS YOU NEED FOR SPRING FROM THE COMFORT OF YOUR COUCH.**

**ONLINE SHOPPING: EASY AS 1 2**

**SHOP.CRS**

\*AVAILABLE AT PARTICIPATING LOCATIONS

**CO-OP**

VIEW OUR GREAT SAVINGS FOR YOUR PET ON PAGE 8

**FOR YOUR PETS**

RECYCLABLE  
 PARTICIPATING STORES  
 STORES

© 2024 Co-op Food Inc. All rights reserved. Prices and availability subject to change without notice. Some restrictions may apply. See participating locations for details. \*AVAILABLE AT PARTICIPATING LOCATIONS. CO-OP FOOD INC.

**FARM FRESH**  
**PRODUCE**

**2 FOR \$8**

**GoodLeaf Baby Greens or Microgreens**

Produce of Western Canada  
Assorted Varieties  
50 - 113 g



**GOODLEAF FARMS**

GoodLeaf Farms is one of Canada's foremost producers of microgreens and baby greens, supplying Co-op food stores with a year-round local source of leafy greens from their climate controlled indoor vertical farm in Calgary, Alberta. Try them today!

**SALE**  
**2<sup>99</sup>**  
/lb

6.59/kg

**Broccoli Crowns**  
Produce of U.S.A.

**SALE**  
**1<sup>29</sup>**  
/ea

**Green Onions**  
Imported  
No. 1 Grade  
Bunch

**SALE**  
**7<sup>99</sup>**  
/ea

**Grape Snacking Tomatoes**  
Greenhouse Grown  
Produce of Western Canada  
680 g

**SALE**  
**1<sup>99</sup>**  
/ea

**Mangoes**  
Imported

**SALE**  
**5<sup>99</sup>**  
/ea

**Pink Lady or Granny Smith Apples**  
Imported  
Extra Fancy  
3 lb (1.36 kg)

**SALE**  
**1<sup>99</sup>**  
/lb

**Zucchini Squash**  
Green Variety  
Imported

4.39/kg

**SALE**  
**1<sup>49</sup>**  
/lb

**Navel Oranges**  
Produce of U.S.A.

3.29/kg

Large SIZE

**SALE**  
**3<sup>99</sup>**  
/lb

**Asparagus**  
Imported  
No. 1 Grade

8.80/kg

**SALE**  
**3<sup>99</sup>**  
/ea

**Mann's Green Beans**  
Produce of U.S.A.  
340 g

**SALE**  
**4<sup>99</sup>**  
/ea

**Fresh Express Chopped Salad Kits**  
Produce of U.S.A.  
Selected Varieties  
269 - 349 g

**2 FOR \$4**

**Organic Avocados**  
Hass Variety  
Imported

**2 FOR \$6**

**Organic Whole White or Mini Bella Mushrooms**  
Produce of Western Canada  
227 g

**2 FOR \$6**

**Organic Yellow Onions**  
Produce of Western Canada  
2 lb (907 g)

**ORGANIC**



NEW

**pure**<sup>®</sup>  
J.L. KRAFT

Simple ingredients.  
Just like  
*homemade.*

NO Artificial Colours | NO Artificial Flavours | NO Preservatives



**2 FOR 9<sup>98</sup>**  
Pure J.L. Kraft Dressing & Marinade  
355 mL

DELICIOUSLY SMART  
CHOICES MADE EASY

ALL THE FLAVOUR WITH  
**310 CALORIES**  
OR LESS



**3 FOR 9<sup>99</sup>**  
Smart Ones Entrées  
Frozen  
241 - 262 g

CONVENIENCE THAT SATISFIES



A NEW KD EXPERIENCE

**3 FOR 11<sup>97</sup>**  
Crave or KD Deluxe Frozen Entrées  
200 - 340 g

**BUTCHER SHOP**

**SALE**  
**4<sup>99</sup>**  
/lb

11.00/kg

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

raised in WESTERN CANADA

**RAISED**

**SMOKED BEEF BRISKET**

VIEW THE RECIPE ONLINE AT FOOD.CRS

**IN WESTERN CANADA**

**SALE**  
**7<sup>99</sup>**  
/lb

17.61/kg

**Co-op Boneless Beef Outside Round Oven Roast or Lean Stewing Beef**  
Cut by Your Local Butcher  
Aged 14 Days

**SALE**  
**15<sup>99</sup>**  
/lb

35.25/kg

**Co-op Beef Prime Rib Grilling Steaks**  
Cut by Your Local Butcher  
Aged 14 Days  
Value Pack

raised in WESTERN CANADA

**SALE**  
**5<sup>99</sup>**  
/lb

13.21/kg

**Co-op Oven Ready Meatloaf, Meatballs, Salisbury Steak or Stuffed Peppers**  
Prepared by Your Local Butcher Using Lean Ground Beef

**SALE**  
**4<sup>99</sup>**  
/lb

11.00/kg

**Co-op Whole Chicken Wings or Breasts**  
Back Attached  
Grain Fed, Free-Run, Air Chilled  
Value Pack

**SALE**  
**\$22**  
/ea

11.00/kg

**Maple Leaf Prime Boneless Skinless Chicken Breasts**  
Back Attached  
Grain Fed, Free-Run, Air Chilled  
Family Pack  
Package of 5

RAISED WITHOUT ANTIBIOTICS

**SALE**  
**4<sup>49</sup>**  
/lb

9.90/kg

**Co-op Boneless Pork Loin Centre Chops**  
Also Available Glazed  
Cut by Your Local Butcher  
Value Pack

**SALE**  
**3<sup>99</sup>**  
/lb

8.80/kg

**Maple Leaf or Co-op Glazed Pork Tenderloin**  
Random Cryovac Wrapped  
Selected Varieties

**SALE**  
**5<sup>49</sup>**  
/lb

12.10/kg

**Co-op Premium Berkshire Sired Boneless Pork Loin Halves or Capicola Roast**  
100% Traceable to the Farm  
Renowned for its Exceptional Marbling and Tenderness

**FISH SHOP**

**SALE**  
**3<sup>49</sup>**  
/100 g

**Locally Sourced Steelhead Trout Fillets**  
Product of Saskatchewan  
Value Pack

**SALE**  
**2<sup>49</sup>**  
/100 g

**Wild Caught Locally Sourced Walleye Fillets**  
Sourced from Saskatchewan or Manitoba Lakes

ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS

**SALE**  
**12<sup>99</sup>**  
/ea

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

**SALE**  
**12<sup>99</sup>**  
/ea

**Pearlmark Scallops**  
Frozen  
454 g

**SALE**  
**10<sup>99</sup>**  
/ea

**Co-op Gold PURE Cod Loin**  
Frozen  
400 g

Bring home the delicious taste of

McCafé®

2 FOR  
\$20

McCafé  
Coffee  
340 g or  
Package of 12

SALE  
32<sup>99</sup>  
/ea

McCafé  
Coffee  
Package of 48

SALE  
21<sup>49</sup>  
/ea

McCafé  
Coffee  
Package of 30



© 2024 McDonald's McCafé and the McCafé Design – use of these trademarks is licensed from McDonald's Corporation.  
Keurig and K-Cup are registered trademarks of Keurig Green Mountain, Inc., used with permission.

**PREPARED FOODS**

**SALE**  
**1<sup>99</sup>**  
/100 g



**Salt & Pepper Dry Pork Ribs**  
Prepared In-store

**SALE**  
**1<sup>99</sup>**  
/100 g



**Greek Salad**  
Made In-store

**SALE**  
**6<sup>49</sup>**  
/ea



**Homestyle Roasted Ciabatta Sandwiches**  
Made In-store

**FRESH FROM OUR DELI**

**SALE**  
**2<sup>79</sup>**  
/100 g



**Turkey Breast Roast**  
Lhydale or Cuddy  
Fresh Sliced In-store

**2 FOR**  
**11<sup>98</sup>**



**Summi Spring Rolls or Gyoza Dumplings**  
250 - 350 g

**2 FOR**  
**11<sup>98</sup>**



**Fantino & Mondello Charcuterie**  
100 - 175 g ea  
Boursin 150 g  
Selected Varieties

**SALE**  
**12<sup>99</sup>**  
/ea



**L'Extra Triple Crème Brie**  
300 g

**SALE**  
**6<sup>99</sup>**  
/ea



**Castello Aged Cheeses or Tre Stelle Feta Cubes**  
200 g

**SALE**  
**9<sup>99</sup>**  
/ea



**Woolwich Goat Cheese Logs**  
300 g

**PACKAGED MEATS**

**2 FOR**  
**\$8**



**Co-op Centsibles Sausage Stick**  
300 - 375 g

**SALE**  
**7<sup>49</sup>**  
/ea



**Schneiders Sliced Bologna**  
500 g

**SALE**  
**9<sup>99</sup>**  
/ea



**Harvest Wieners**  
675 g or Smoked Farmers Sausage 500 g

**SALE**  
**7<sup>99</sup>**  
/ea



**Grimm's Pepperoni Sticks**  
375 - 450 g

**SALE**  
**5<sup>99</sup>**  
/ea



**Schneiders Smoked Sausages, Juicy Jumbos or All Beef Wieners**  
375 - 450 g

**SALE**  
**14<sup>99</sup>**  
/ea



**Schneiders Smokies**  
900 g

**SALE**  
**4<sup>99</sup>**  
/ea



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

**SALE**  
**5<sup>99</sup>**  
/ea



**Maple Leaf Natural Selections Sliced Deli Meats**  
125 - 175 g

**SALE**  
**12<sup>99</sup>**  
/ea



**Co-op Gold Chicken Wings**  
750 - 840 g or Colossal Angus Beef Burgers 1.02 kg  
Frozen



# SPRINGTIME SAVINGS WITH OLD DUTCH!



**2 FOR \$7**

**Old Dutch Potato Chips**  
235 g or Ridgies 200 g  
Selected Varieties



**2 FOR \$7**

**gluten free**



**Old Dutch Arriba**  
235 - 245 g or Restaurante  
Tortilla Chips 230 - 295 g

**2 FOR \$7**



**Old Dutch Crunch**  
200 g



FRESH FROM OUR BAKERY

**SALE**  
**7<sup>99</sup>**  
/ea



**5-inch Cake**  
Made In-store  
Selected Varieties

**SALE**  
**5<sup>49</sup>**  
/ea

**Cookies**  
Baked In-store  
Selected Varieties  
Package of 12



**SALE**  
**7<sup>49</sup>**  
/ea



**Apple Valley  
Apple Crisp**  
620 g or Pecan Pie 565 g

**SALE**  
**3<sup>99</sup>**  
/ea

**Buttery  
Flake Rolls**  
Baked In-store  
Package of 12



**SALE**  
**2<sup>99</sup>**  
/ea

**Alpine Grain  
Bread**  
Baked In-store  
450 g



**SALE**  
**3<sup>99</sup>**  
/ea

**Co-op Gold  
Brioche Buns**  
Package of 4



**SALE**  
**8<sup>99</sup>**  
/ea

**Cinnaroll  
Cinnamon Rolls**  
Package of 9



**SALE**  
**3<sup>99</sup>**  
/ea

**Natural Bakery  
Canadian Rye Bread**  
900 g



**SALE**  
**2<sup>49</sup>**  
/ea

**Co-op Centsibles Bread**  
White or Whole Wheat  
570 g



FLORAL

**SALE**  
**19<sup>99</sup>**  
/ea

**Blooming  
Daydream  
Bouquet**



**SALE**  
**19<sup>99</sup>**  
/ea

**Professional  
Admin Pop Up  
Arrangement**



**SALE**  
**5<sup>99</sup>**  
/ea

**Tulips**  
5 Stem Bunch  
Greenhouse Grown  
Grown in Western Canada



**SALE**  
**11<sup>99</sup>**  
/ea

**Tropical**  
4-inch Pot  
Upgrade  
Grown in Western Canada



**SALE**  
**13<sup>99</sup>**  
/ea

**Tropical**  
6-inch Pot  
Grown in Western Canada



FROM OUR DELI

**Oliveri**  
**QUICK AND DELICIOUS MEALS!**



**SALE**  
**4<sup>99</sup>**  
/ea

**Oliveri Gnocchi**  
280 - 300 g

**SALE**  
**4<sup>99</sup>**  
/ea

**Oliveri Pasta**  
300 - 350 g or Sauce  
300 mL

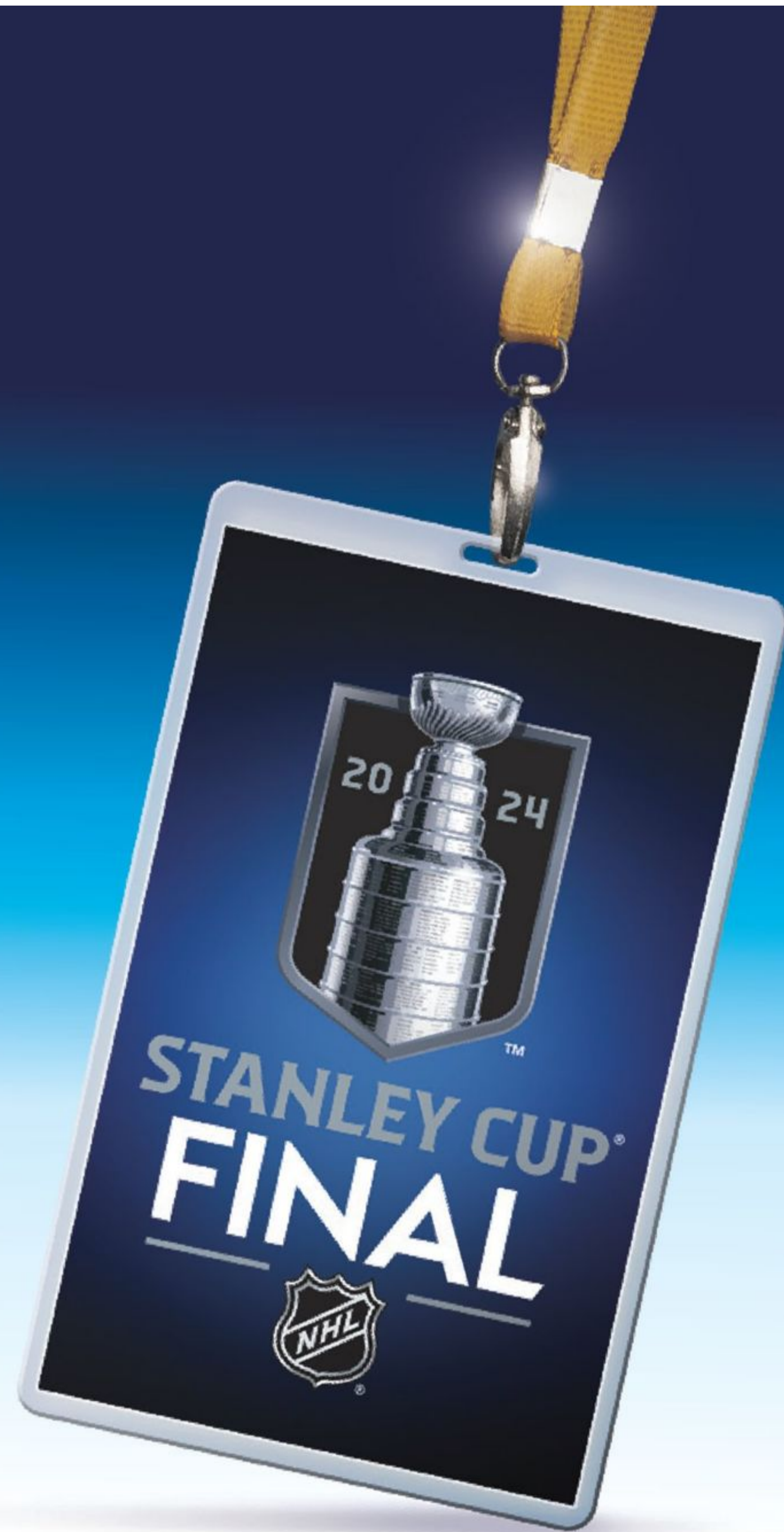




YOU COULD  
**WIN 1 OF 3**  
**\$10,000**  
 STANLEY CUP® FINAL  
**VIP EXPERIENCES**

**PLUS DAILY PRIZES OF GIFT CARDS & MORE!** 

Enter at [FINDANDWIN.ca](http://FINDANDWIN.ca)



**SALE**  
**5<sup>99</sup>**  
 /ea

**Bonterra**  
**Paper Towels**  
 Package of 3 Mega Rolls



**SALE**  
**5<sup>99</sup>**  
 /ea

**Bonterra**  
**Facial Tissue**  
 Package of 3



**SCAN FOR FULL RULES**

\*No Purchase Necessary. See full rules by scanning QR code.  
 ®Registered trademarks of Kruger Products Inc. ® SCOTTIES is a registered trademark of Kimberly-Clark Worldwide, Inc., used under licence. NHL, the NHL Shield, and the word mark and image of the Stanley Cup are registered trademarks and the Stanley Cup Final logo is a trademark of the National Hockey League.  
 © NHL 2024. All Rights Reserved.



**OFFICIAL PARTNER**

FROM THE FREEZER

**SALE**  
**10<sup>99</sup>**  
/ea

**Arctic Gardens  
Vegetable Mix**  
Frozen, 1.25 - 1.75 kg



**SALE**  
**4<sup>99</sup>**  
/ea

**Breyers Frozen  
Ice Cream or Dessert**  
1.66 l or Magnum Novelties Package of 3 - 4  
Selected Varieties



**2 FOR**  
**9<sup>98</sup>**

**Co-op Gold  
Fruit**  
Frozen  
Selected Varieties  
500 - 600 g



**4 FOR**  
**7<sup>99</sup>**

**Green Giant  
Simply Steam  
Vegetables**  
Frozen  
198 - 250 g



**SALE**  
**7<sup>99</sup>**  
/ea

**BlueWater  
Seafoods**  
Frozen  
Selected Varieties  
210 - 600 g



**SALE**  
**3<sup>99</sup>**  
/ea

**McCain  
Pizza Pockets**  
Frozen  
Package of 3



FOR YOUR PANTRY

**3 FOR**  
**\$9**

**Betty Crocker Snacks**

128 - 138 g, Nature Valley Bars 130 - 230 g, Pillsbury Snacks 139 - 150 g or General Mills Snacks 120 - 175 g or Mott's Fruittations 226 g



**SALE**  
**17<sup>99</sup>**  
/ea

**Co-operative Coffee**  
Package of 30 - 40



**SALE**  
**7<sup>49</sup>**  
/ea

**Celestial Tea**  
Package of 40



**2 FOR**  
**8<sup>98</sup>**

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



**SALE**  
**3<sup>79</sup>**  
/ea

**Co-op Gold  
Syrup**  
750 mL or Pancake Mix  
905 g



**4 FOR**  
**\$6**

**Campbell's Soup**  
Cream of Mushroom,  
Tomato, Chicken Noodle  
or Vegetable 284 mL



**2 FOR**  
**\$6**

**Lipton or Knorr  
Soup Mixes**  
Package of 4 or Knorr Rice  
Noodle Cups 60 - 69 g



**2 FOR**  
**\$9**

**Legh's  
European  
Classics Soup**  
720 mL



**4 FOR**  
**\$7**

**Aylmer Accents  
Tomatoes**  
540 mL or Hunt's  
Heirloom 398 mL



**4 FOR**  
**7<sup>96</sup>**

**Bush's Baked or  
Savoury Beans**



**SALE**  
**1<sup>79</sup>**  
/ea

**Ocean's  
Light Tuna**  
Flaked or Chunked  
120 g



**2 FOR**  
**9<sup>98</sup>**

**Co-op Gold Mayonnaise  
or Whipped Dressing**  
750 - 890 mL



**2 FOR**  
**\$7**

**Post Cereal**  
Selected Varieties  
311 - 525 g



**2 FOR**  
**9<sup>98</sup>**

**Post Family  
Cereal**  
482 - 725 g or Alpen  
Swiss Style Muesli 650 g  
Selected Varieties



**SALE**  
**8<sup>49</sup>**  
/ea

**Post Jumbo  
Cereal**  
Selected Varieties  
1.1 - 1.24 kg



FOR YOUR BABY

**SALE**  
**26<sup>99</sup>**  
/ea

**Hello Bello Diapers**  
Package of 54 - 108



**2 FOR**  
**8<sup>98</sup>**

**Q-Tips Swabs**  
Package of 400 or  
Vaseline Petroleum  
Jelly 375 g



**SALE**  
**68<sup>99</sup>**  
/ea

**Enfamil  
Concentrate**  
12 x 385 mL or Ready  
to Use 18 x 237 mL



FRESH DAIRY

**SALE**  
**11<sup>99</sup>** /ea  
Black Diamond Cheese Strings  
Package of 28  
588 g

**2 FOR**  
**8<sup>98</sup>**  
Kraft Cool Whip  
Frozen 1 L or Aerosol  
225 g

**SALE**  
**5<sup>99</sup>** /ea  
Natrel Lactose Free Dairy Product  
2 L

**3 FOR**  
**9<sup>99</sup>**  
Minute Maid or Five Alive Juice or Drinks  
1.54 - 1.75 L

**SALE**  
**5<sup>99</sup>** /ea  
Iögo Multipack Yogurt  
16 x 100 g

CANADIANS CRAVE  
**Armstrong**  
CHEESE  
TWICE THE SNACK  
IN JUST ONE PICK!  
DISCOVER OUR COMBO: ARMSTRONGCHEESE.CA

**2 FOR**  
**9<sup>98</sup>**  
Armstrong Cheese Sticks  
270 g, Cheese Strings  
283 - 340 g, Combo  
Snack 180 g or Nibblers  
200 g

**SALE**  
**4<sup>99</sup>** /ea  
Dairyland Lactose Free, Microfiltered or Protein Milk  
1.89 L

**2 FOR**  
**\$4**  
Heluva Good! Dip  
250 g or Balleys Coffee Creamer 400 mL

FOR YOUR PANTRY

**4 FOR**  
**\$8**  
Hunt's Thick & Rich Pasta Sauce  
680 mL or Knorr Sidekicks  
120 - 153 g

**3 FOR**  
**7<sup>98</sup>**  
Annie's Pasta  
170 g or Cups 57 g

**2 FOR**  
**\$9**  
KFI Sauces  
375 - 395 mL

**3 FOR**  
**9<sup>99</sup>**  
Shake 'n Bake  
142 - 184 g

DRINKS & SNACKS

**3 FOR**  
**9<sup>99</sup>**  
Co-op Gold Peanuts  
Selected Varieties  
275 - 300 g

**2 FOR**  
**\$9**  
Tostitos Tortilla Chips  
205 - 295 g or Salsa 418 - 423 mL

**SALE**  
**4<sup>79</sup>** /ea  
Christie Premium Plus Crackers  
450 - 500 g

**2 FOR**  
**\$9**  
Co-op Centsibles Crème Cookies  
900 g

**SALE**  
**11<sup>99</sup>** /ea  
Co-op Gold Chocolate Covered Snacks  
Almonds, Peanuts or Raisins  
850 g or 1 kg

**2 FOR**  
**\$7**  
Lindt Excellence Bars  
100 g

**3 FOR**  
**10<sup>98</sup>**  
Liquid or Powder Water Enhancers  
Selected Varieties  
48 mL or Package of 4 - 10

**4 FOR**  
**\$8**  
Co-op Gold Juice  
1 L

Cadbury  
**SHARE GOODNESS**  
JOIN US IN DONATING  
**\$200,000**  
TO  
**CANADIAN FOOD BANKS**

**4 FOR**  
**\$5**  
Cadbury Bars  
33 - 60 g or Maynards  
Candy 44 - 64 g

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

**SALE**  
**9<sup>99</sup>** /ea  
Cadbury Pouch  
Selected Varieties  
360 - 380 g

PROUDLY WESTERN CANADIAN



SALE  
4<sup>29</sup>  
/ea

Co-op Gold Extra Large  
or Brown Large Eggs  
Package of 12



SALE  
4<sup>99</sup>  
/ea



Co-op Gold  
PURE Egg Noodles  
454 g



MADE  
IN  
WESTERN  
CANADA

SALE  
8<sup>99</sup>  
/ea



Nature's Path Cereal  
750 - 907 g or 225 g  
Selected Varieties



SALE  
10<sup>49</sup>  
/ea



Co-op Gold PURE  
Organic Flour  
2 kg



SALE  
4<sup>49</sup>  
/ea



Co-op Gold  
Disinfectant Wipes  
Package of 90



3 FOR  
9<sup>75</sup>



Cheemo Perogies  
Frozen  
815 - 907 g

3 FOR  
9<sup>99</sup>



La Cocina  
Tortilla Chips  
300 - 400 g



FOR YOUR PETS

SALE  
34<sup>99</sup>  
/ea

Purina  
Dog Chow  
14 kg



SALE  
11<sup>99</sup>  
/ea

Rollover  
Dog Food  
2 kg



SALE  
24<sup>99</sup>  
/ea

Iams  
Cat Food  
Weight and  
Hairball Control  
3.18 kg



FOR YOUR HOME

SALE  
16<sup>99</sup>  
/ea

Gain, Downy or Tide  
Laundry Products  
Selected Varieties & Sizes



2 FOR  
\$6

Lysol  
Cleaners  
Selected Varieties  
& Sizes



SALE  
19<sup>99</sup>  
/ea

Bounty Paper Towels  
Package of 6 Triple Rolls or Charms Bathroom  
Tissue Package of 16 Mega Rolls



SALE  
7<sup>99</sup>  
/ea



Clorox Bleach  
3.57 L or Arm & Hammer  
Laundry Detergent 55  
Wash Loads

SALE  
9<sup>99</sup>  
/ea

PaperChef  
Parchment  
Paper  
123 ft



DISHWASHERS WASTE  
SAVE WATER.



JUST 8  
DISHES  
IS ALL IT  
TAKES TO  
SAVE WATER  
VS. HANDWASHING

SALE  
4<sup>99</sup>  
/ea

Dawn  
Powerwash  
Spray  
473 mL or Febreze  
Small Spaces  
15 mL



SALE  
14<sup>99</sup>  
/ea

Cascade  
ActionPacs  
Selected Varieties  
Package of 39 - 60



SALE  
29<sup>99</sup>  
/ea

Swiffer Power  
Mop Kit



# HAPPY EARTH DAY

PRODUCTS THAT MAKE A DIFFERENCE

**SALE**  
**5<sup>99</sup>**  
/ea

**Bonterra Bathroom Tissue**  
Package of 6 Mega Rolls

Responsibly sourced. Made from 100% recycled paper.

**3 FOR \$6**

**SALE**  
**8<sup>99</sup>**  
/ea

**SALE**  
**9<sup>99</sup>**  
/ea

**SALE**  
**11<sup>99</sup>**  
/ea

**SALE**  
**17<sup>99</sup>**  
/ea

**SALE**  
**2<sup>99</sup>**  
/ea

**Co-op Gold PURE Birch Cutlery**  
Forks, Knives or Spoons  
Package of 24

**Birch Cutlery: Embracing Earth-Friendly dining with every bite.**

**Nature Clean Laundry or Toilet Bowl Strips**  
Package of 32 - 36

Lightweight strips in recyclable packaging.

**Ziploc Endurable Medium Pouch or Small Container**

Reusable all in one solution.

**Tru Earth Laundry Detergent or Fabric Softener**  
Package of 32

Better for the People. Recyclable packaging. 100% Canadian.

**Brita White Slim Pitcher**  
6 Cup

Sustainability: cut plastic bottle waste for good. Helps reduce plastic waste.

**Co-op Gold Compostable Bags**  
Scented or Unscented  
Package of 20

Protect the planet with compostable bags for a greener tomorrow.

# BBQ GIVEAWAY!

140 BBQS TO BE WON

BUY 310 of participating products  
UPLOAD receipt to HEINZ.CA/SUMMER  
WIN a grill or 1 of 400 BBQ accessories

**SALE**  
**8<sup>49</sup>**  
/ea

**Nabob Coffee**  
200 - 240 g. Tassimo  
Nabob Package of 14 or Tassimo Maxwell House Package of 14 - 16

**SALE**  
**29<sup>99</sup>**  
/ea

**Maxwell House or Nabob Coffee**  
Package of 56 - 60

**SALE**  
**9<sup>49</sup>**  
/ea

**Maxwell House Coffee**  
631 - 923 g. Café Barista 340 g or Package of 12

**4 FOR 9<sup>96</sup>**

**Catelli Garden Select Pasta Sauce**  
640 ml

**2 FOR 9<sup>98</sup>**

**Philadelphia Cream Cheese**  
Selected Varieties  
227 - 250 g

**2 FOR 9<sup>98</sup>**

**Philadelphia Dips**  
340 g

**SALE**  
**5<sup>99</sup>**  
/ea

**KD Original**  
Package of 5 or Cups  
Package of 4

**2 FOR \$4**

**Kraft Jet-Puffed Marshmallows**  
250 g

**SALE**  
**8<sup>49</sup>**  
/ea

**Kraft Mirade Whip or Mayo**  
1.5L

**SALE**  
**10<sup>99</sup>**  
/ea

**Kraft Peanut Butter**  
2 kg

**2 FOR \$9**

**Cracker Barrel Oven Baked Dinners**  
349 g or Classico Pizza Sauce 410 ml

**SALE**  
**10<sup>99</sup>**  
/ea

**Heinz Ketchup**  
2 x 1.25 L

Our Savings will keep your pantry full



FUR-TASTIC  
SAVINGS  
FOR YOUR  
**PETS**



OUR  
PAW-TNERS



SALE  
34<sup>99</sup>  
/ea

Pedigree Dog Food  
14 kg



SALE  
22<sup>99</sup>  
/ea

Friskies Cat Food  
7.26 - 7.5 kg



SALE  
14<sup>99</sup>  
/ea

Co-op Centsibles  
Cat Food  
8 kg



SALE  
10<sup>99</sup>  
/ea

Pup-Peroni or  
Milk-Bone  
Dog Treats  
708 g



PRICING IN EFFECT APRIL 11 - MAY 01, 2024



# DOGS

3 FOR  
9<sup>99</sup>

Purina  
Beggin' Strips



SALE  
15<sup>99</sup>  
/ea

Co-op Gold  
Dog Food



SALE  
12<sup>99</sup>  
/ea

Co-op Gold PURE  
Dog Treats



# CATS

2 FOR  
\$6

Friskies  
Cat Treats

170 g. Fancy Feast Savoury Cravings 28 g  
or Savoury Purées 40 g



SALE  
17<sup>99</sup>  
/ea

Co-op Gold PURE  
Cat Food

4 kg



4 FOR  
9<sup>96</sup>

Co-op Gold Cat Food

400 g



SALE  
5<sup>99</sup>  
/ea

Co-op Gold  
Cat Litter

6.4 kg







FOR YOUR  
**PETS**



**EATS & TREATS**  
AS IRRESISTIBLE AS THEY ARE

© 2024 Mars or Affiliates.

**3 FOR \$9**



**Temptations Cat Treats**  
180 g

**6 FOR \$8**



**Whiskas Cat Food**  
Selected Varieties  
75 - 100 g

**SALE \$10<sup>99</sup> /ea**



**Pedigree Dentastix**  
553 - 608 g or Marrobone 1.9 kg

**6 FOR \$9<sup>96</sup>**



**Cesar Singles Dog Food**  
100 g

**SALE \$29<sup>99</sup> /ea**



**Iams Dog Food**  
6.8 kg

**SALE \$17<sup>99</sup> /ea**



**Whiskas Cat Food**  
4 kg

**SALE \$12<sup>99</sup> /ea**



**Purina Tidy Cats**  
2.72 kg

**SALE \$8<sup>49</sup> /ea**



**Purina Cat or Kitten Chow**  
1.6 - 2 kg or Beneful Dog Food  
1.6 kg

**SALE \$36<sup>99</sup> /ea**



**Alpo Cookout Classics Dog Food**  
16 kg





FOR YOUR  
**PETS**

**SALE \$11<sup>99</sup> /ea**



**Good'n Fun Dog Treats**  
340 g

**SALE \$11<sup>99</sup> /ea**



**DreamBone**  
259 - 280 g

**SALE \$39<sup>99</sup> /ea**



**6-Piece Pet Grooming Set**

**SALE \$9<sup>99</sup> /ea**



**Just for Cats Kitty Caster Toy**

**SALE \$9<sup>99</sup> /ea**



**Hartz Tuff Stuff Dog Toy**

**SALE \$9<sup>99</sup> /ea**



**Oinkies Mini Twists Dog Treats**  
192 g

**SALE \$8<sup>99</sup> /ea**



**Meow Mix Cat Food**  
1.36 - 2 kg

**SALE \$12<sup>99</sup> /ea**



**Nature's Recipe Dog Food**  
Grain Free  
1.8 kg

**2 FOR \$10**



**Milk-Bone Dog Treats**  
300 - 900 g or Farmer's Medley  
280 - 340 g  
Selected Varieties



**MORE DOG. MORE LOVE. MORE...**

**MILK-BONE**

**SALE**  
**18<sup>99</sup>**  
/ea

Co-op Gold Cat Food



**SALE**  
**7<sup>99</sup>**  
/ea

Co-op Gold Cat Litter



**SALE**  
**37<sup>99</sup>**  
/ea

Co-op Gold PURE Dog Food



**SALE**  
**28<sup>99</sup>**  
/ea

Co-op Gold PURE Dog Food



**SALE**  
**25<sup>99</sup>**  
/ea

Co-op Centsibles Dog Food



**SALE**  
**45<sup>99</sup>**  
/ea

Co-op Gold PURE Dog Food



**SALE**  
**2<sup>49</sup>**  
/ea

Co-op Gold Dog Food



**SALE**  
**7<sup>99</sup>**  
/ea

Co-op Gold PURE Dog Treats



OUR BRANDS

**CO-OP GOLD PURE**  
*Dog Treats*

WESTERN CANADIAN MADE  
FAIT DANS L'OUEST CANADIEN

NO ARTIFICIAL COLOURS, FLAVOURS, OR PRESERVATIVES. NO FILLERS ADDED.  
SANS COLORANTS OU AROMES ARTIFICIELS NI AGENTS DE CONSERVATION. SANS AGENTS DE REMPLISSAGE AJOUTÉS.

FORMULATED WITHOUT CORN, WHEAT OR SOY.  
FORMULE SANS MAÏS, BLÉ OU SOJA

