

Armstrong Cheese
750g
Select varieties

9.99
ea



Swiss Chalet Pork Back Ribs
Fully Cooked
600g
Assorted varieties

HOT DEAL
MEMBER EXCLUSIVE
8.99
ea



Boneless Pork Loin Centre or Rib End Chops
Family Pack
Western Canadian

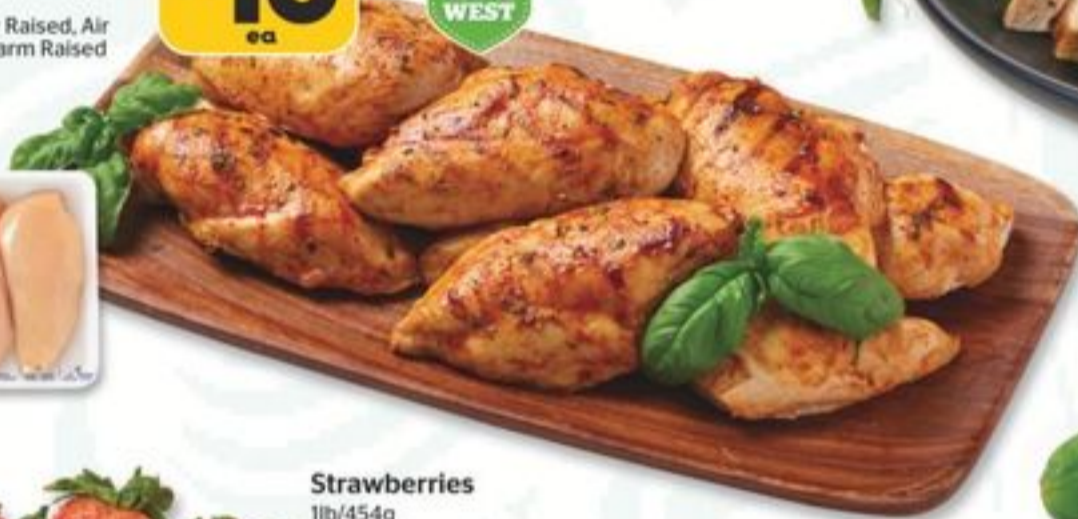
BEST FROM THE WEST
SALE 3.99
lb 8.90/kg
MEMBERS EARN 10%



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

MEMBER EXCLUSIVE
\$18
ea

BEST FROM THE WEST



Strawberries
1lb/454g
Imported
No. 1 Grade

MEMBER EXCLUSIVE
3.49
ea



Mandarins
2lb
Imported
No. 1 Grade

SALE 4.99
MEMBERS EARN 25%



Long English Cucumbers
Alberta Grown
Canada No. 1

1.29
ea



D'Italiano Thick Sliced Bread
675g & Crostini or Sausage Buns
6-8 Pack

MEMBER EXCLUSIVE
2.99
ea



Co-op Gold Frozen Fruit
600g
Select varieties

4.49
ea



Kellogg's Jumbo Cereal
700g-1.2kg & Starbucks Coffee 311-340g.
or K Cups 10 Pack
Select varieties

8.99
ea



Hellmann's Mayonnaise
710-890ml
Select varieties

HOT DEAL
MEMBER EXCLUSIVE
5.99
ea



Old Dutch Potato Chips
235g & Ridgies 200g, Hardbite 128-150g or Coca-Cola Soft Drinks 6x222ml
Select varieties

SALE \$10.98
MEMBERS EARN 20%



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

SALE 7.99
MEMBERS EARN 20%



This week Members can earn over

\$138
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



Janes Breaded Chicken Entrees
Frozen
700g Assorted varieties

10⁹⁹
ea

SAVE **\$5**
*Clip



Bull's-Eye BBQ Sauce
425ml
Select varieties

2⁴⁹
ea

SAVE **\$2⁵⁰**
*Clip

Mini Biscuits
Buttermilk or Cheese
12 Pack

4⁴⁹
ea

SAVE **\$1**
*Clip



Fresh Bunched Cilantro or Parsley
Product of USA
No. 1 Grade

99¢
ea

SAVE **\$1**
*Clip



Castello Gouda Rounds
198g

7³⁹
ea

SAVE **\$3**
*Clip

APP Exclusive Savings. Valid In-Store Only.

FROM ITALY WITH LOVE

Co-op Gold Italian Meatballs
Frozen
680g

25% OFF



Catelli Smart Pasta
340-375g
Select varieties

MEMBER EXCLUSIVE

2\$7
for



Prego Pasta Sauce
645mL
Select varieties

MEMBER EXCLUSIVE

3.99
ea



Berio Olive Oil
1L Select varieties

MEMBER EXCLUSIVE

19.99
ea



Roma Tomatoes
Imported
No. 1 Grade

1.99
/lb
4.39/kg



SALE
9.99
ea

MEMBERS
EARN 15%



Eggplant
Product of Alberta
Canada No.1

2.99
/lb
6.59/kg

BEST FROM THE WEST



Co-op Gold Raw Pacific White Shrimp

Frozen
Peeled, Deveined, Tail On
26/30 Count
340g



Parmigiano Reggiano
Aged 24 months
Product of Italy
Cut and Wrapped Fresh in-store

5.49
/100g



San Daniele Sliced Prosciutto
100g

6.99
ea

Evening Rolls
6 Pack

3.99
ea

BAKED fresh IN-STORE



Scarpone's Gnocchi
500g
Select varieties

2\$4
for



Scarpone's Beans
398ml
Select varieties

5\$5
for

Peroni Non-Alcoholic Beer
6 Pack
Select varieties

10.99
ea



Amarena Cherry, Limoncello, or Cannoli Cakes
8" Full or 1/2 Cakes

SALE STARTING AT
13.99
ea

MEMBERS
EARN 20%

does your hunger speak Italian?

FRESH PRODUCE

Royal Gala Apples
BC Grown
Extra Fancy

BEST FROM THE WEST

MEMBER EXCLUSIVE
1.99
/lb
4.39/kg



Navel Oranges
Product of USA
Fancy

SALE
1.69
/lb
3.73/kg

MEMBERS EARN 25%



Limes
Imported
No. 1 Grade

69¢
ea



Pineapple
Imported
No. 1 Grade

SALE
4.99
ea

MEMBERS EARN 25%



Red Mangoes
Imported
No. 1 Grade

MEMBER EXCLUSIVE
1.99
ea

Avocados
4 Count
Imported
No. 1 Grade

4.99
ea

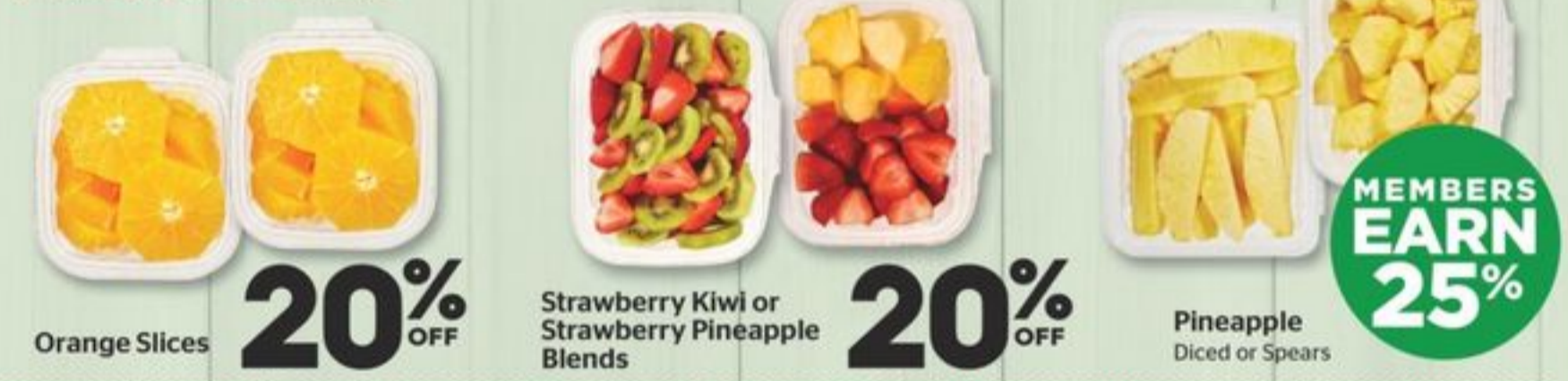


In-store Cut Fruit
made fresh in-store

Orange Slices **20% OFF**

Strawberry Kiwi or Strawberry Pineapple Blends **20% OFF**

Pineapple Diced or Spears **MEMBERS EARN 25%**



Celery
Product of USA
No. 1 Grade

SALE
1.69
/lb
3.73/kg

MEMBERS EARN 20%



Romaine Lettuce
Product of USA
No. 1 Grade

MEMBER EXCLUSIVE
1.99
ea



Cherry or Grape Tomatoes
Red, Yellow, Orange,
or Medley
1 Pint
Alberta Grown
Canada No. 1

3.49
ea

BEST FROM THE WEST



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

9.99
ea



Green Beans
Imported
No. 1 Grade

3.49
/lb
7.69/kg



Fresh Attitude Salad Blends
142g
Produced in BC

4.99
ea

BEST FROM THE WEST



In-store Cut Vegetables
made fresh in-store

Marinated Vegetables
320-470g

20% OFF

Caesar Salad
Chicken or Regular
Assorted sizes

20% OFF

Veggie and Dip Cups
16oz

20% OFF



Fresh Food on plates, not compost bins.

Our Fresh Food Rescue program redirects fresh foods to the Calgary Food Bank. A win-win for the community & the environment.

LEARN MORE



FLORAL

Toadstools With Succulent
2" Assorted varieties

8⁴⁹
ea



Geranium, Herb, and Tomato Seedlings
Starter Pack

1²⁹
ea



Mossy Gnome With Assorted Tropicals
Assorted varieties

\$8
ea



Pansies
Hanging Basket
10" Assorted colours

23⁹⁹
ea



Color Bowl
12" Assorted varieties

24⁹⁹
ea



Pansies
4.5" Assorted colours

\$4
ea

**FRESH, FLAVOURFUL, AND ORGANIC
DISCOVER THE DIFFERENCE!**

Organic Raspberries or Blackberries
170g Imported No. 1 Grade

SALE 4⁹⁹
ea
+
MEMBERS EARN 20%



Organic Iceberg Lettuce
Product of USA No. 1 Grade

3⁴⁹
ea

Organic Bagged Apples
Ambrosia or Pink Lady
3lb BC Grown Extra Fancy

6⁹⁹
ea



Organic Carrots
2lb Product of USA No. 1 Grade

MEMBER EXCLUSIVE 3⁹⁹
ea

ORGANIC

ALTERNATIVE PROTEIN

Beyond Italian Dinner Sausage or NEW Steak
Frozen 226-400g Assorted varieties

8⁹⁹
ea



Modern "Crab" Cakes
Frozen 300g

MEMBER EXCLUSIVE 11⁴⁹
ea



Nurishh Plant-Based Cheese or Spreads
160-227g

2\$8
for



Silk Beverages
946ml Select varieties

2\$6
for



Daiya Cheezy Mac
300g Select varieties

MEMBER EXCLUSIVE 2\$6
for



Queen Street Bakery Plant-Based Superfood Breads & Bagels, or English Muffins
400-480g Assorted varieties

6⁹⁹
ea

We're taking steps to invest in our planet.

Every step counts.

We're plugged in.
Power your electric vehicle at three of our EV charging stations.



We're making the switch
to energy efficient appliances and LED lighting throughout our stores.



Say Thank You!

to the administrative professional in your life. April 24th



Royal Bouquet
\$22^{ea}



Asiatic Lily
Rainbow mix
15⁹⁹^{ea}



Tropical Plant
in Ceramic
4" Assorted varieties
13⁹⁹^{ea}



Sand Art With Plant
9" Assorted varieties
\$37^{ea}



Magnifica Orchid
5" Assorted Colours
29⁹⁹^{ea}



Dried Bouquets
Assorted varieties
10% OFF



Ferrero Rocher
200g Boxed Chocolate
9⁹⁹^{ea}



Amarena Cherry,
Limoncello, or Cannoli Cake Slices
& Elite Sweets or
LaRocca Assorted varieties

BUY MORE SAVE MORE
PURCHASE IN MULTIPLES OF 2 FOR ...
4⁵⁰^{ea} OR BUY 1 FOR **4⁹⁹**



MADE - fresh - IN-STORE

Cupcakes
Vanilla, Chocolate, or Assorted varieties
6 Pack

SALE 7⁴⁹^{ea} + MEMBERS EARN 20%

Show your Appreciation

A card can be the most thoughtful gift of all ... Especially when it's filled with a gift card.



ONLY ALBERTA BLACK ANGUS BEEF



BLACK ANGUS

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



Canada's Certified Choice for sustainable beef production in Canada. CCBQ/CCBQ/CCBQ



SEALED FOR MAXIMUM TENDERNESS & FLAVOUR

Flat Iron Grilling Steak
Cryovac
Cut From Canada AAA Beef

SALE 14.99
/lb
37.46/kg

MEMBERS EARN 15%

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

16.99
/lb
37.46/kg

AGED 14 DAYS



MEAT

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

2.99
/lb
6.59/kg



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

4.99
/lb
11.00/kg

Meaty Pork Back Ribs
Western Canadian
5.99
/lb
13.21/kg



King Cole Whole Duck
Frozen
Product of Canada

SALE 4.99
/lb
10.88/kg

MEMBERS EARN 15%

Grilling Greatness

Get your grilling essentials delivered so you can focus on flipping burgers, perfecting those grill marks and mastering the char.

SHOP NOW



Make the

OCEAN WISE CHOICE

We are dedicated to protecting our planet by offering sustainable seafood, and are proud partners of OCEAN WISE.

FRESH FISH DELIVERED DAILY

Steelhead Trout Fillets
Farmed
Product of Canada

3.49
/100g



Fresh Mussels
2lb Bag
Product of Canada

SALE 10.99
/lb

MEMBERS EARN 15%



Co-op Gold Smoked Salmon Lox
Frozen
150g

12.99
ea



Glazed Raw Pacific White Shrimp
Previously Frozen
31/40 Count

3.49
/100g



Co-op Gold Bacon Wrapped Scallop
Frozen
250g

MEMBER EXCLUSIVE 13.99

Butcher to Plate:

GOURMET-PREPARED & READY TO COOK

Visit our Full Service Meat/Seafood Counter

Marinated Boneless Skinless Chicken Breast
Western Canadian Assorted varieties

7⁹⁹
/lb
17.61/kg



Spolumbo's Pork & Beef Burgers

MEMBERS EARN 25%



ONLY SELECT BRANDS ACCEPTED
AGED 14 DAYS

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

\$15
/lb
33.07/kg



Crusted Cod, Sole or Tilapia
Previously Frozen

2⁹⁹
/100g



Nanak Breaded Stuffed Jalapeño Peppers
or Simply Battered Mozzarella Sticks
Frozen
454-500g
Assorted varieties

7⁹⁹
ea



Schneiders Sliced Meats
or Regular Wieners
175-375g
Assorted varieties

5⁹⁹
ea



Co-op Gold Boneless Hams
750g
Assorted varieties

11⁹⁹
ea



Co-op Gold Beef Burgers
Frozen
1kg

14⁹⁹
ea

MEAT



Schneiders Smokies
900g
Assorted varieties

MEMBER EXCLUSIVE 13⁹⁹
ea



Co-op Gold Chicken Wings
750-900g
Frozen
Assorted Varieties

13⁹⁹
ea



Sunnybrook Old Fashioned Farmers Sausage
650g
Assorted varieties

MEMBERS EARN 25%



Schneiders Pork or Chicken Schnitzel
Frozen
450g

12⁴⁹
ea



A Taste of Local

Connecting Community Through Local Ingredients



Paradise Hill Farm is a family owned and operated greenhouse located in Nanton, 65km south of Calgary. Our produce is hand picked, hand packed, and delivered directly to each Calgary Co-op store the very next day. We have been supplying Calgary Co-op exclusively for the past 24 years. To maintain our farms sustainability, we use growing and packing methods with the least environmental impact. At Paradise Hill Farm, we strive to have happy local staff and healthy plants that grow great tasting produce.

Paradise Hill Farms Cocktail Tomatoes
450g
Alberta Grown
Canada No. 1

3⁹⁹
ea

Over 2500 local products to choose from supporting over 300 producers, their families and community!

GLUTEN FREE



Harvest Thick Cut Bacon
500g
Assorted varieties

11⁹⁹
ea



Russet Potatoes
5lb
Product of Western Canada
Canada No. 1

3⁹⁹
ea



Soleterra Salami
250g

9⁹⁹
ea



Fratello Coffee
340g
Select varieties

SALE 15⁹⁹
+
MEMBERS EARN 20%



Coyote Pancake Mix
900g
Select varieties

SALE 3⁹⁹
+
MEMBERS EARN 25%



Lakeview Bakery Cookies
Date, Raspberry Delight, Mountain Man, or Assorted varieties
2 or 6 Pack

STARTING AT 7⁹⁹
ea

BAKERY

Made Fresh In-Store

Assorted Cakes
Strawberry, Carrot, Bacio, Tiramisu, Tres Leche, or Cookie Dough 375-650g

SALE
13⁹⁹
+
MEMBERS
EARN
20%

MADE
with
REAL
CREAM



Assorted Pastries
6-8 Pack

MEMBERS
EARN
10%

Cheddar Cheese Sticks
6 Pack

6⁴⁹
ea



Ciabatta Bread
Jalapeño Four Cheese, Asiago, Four Cheese, or Plain 425g

5⁴⁹
ea



Bagels

Everything, Four Cheese, or Assorted varieties. 6 Pack

MEMBERS
EARN
25%



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

2\$7
for

Muffins

Bran, Blueberry, or Assorted varieties 4 Pack

MEMBER EXCLUSIVE
6⁴⁹
ea



Cheesecakes

Fruit & Cream or Chocolate & Curis 775-875g

MEMBER EXCLUSIVE
18⁹⁹



DELI

Mastro Genoa Salami
Mild or Hot or 150g Sliced \$5.99ea

SALE
3⁹⁹
/100g
+
MEMBERS
EARN
30%



Co-op Gold Pure Hummus
Traditional, Red Pepper, or Dill 227g

3⁷⁹
ea



Take & Bake Dips
Spinach Artichoke or Buffalo Chicken

4⁹⁹
ea

MADE
fresh in the
DELI



Laughing Cow
8's 133g

MEMBER EXCLUSIVE
4⁹⁹
ea
+
MEMBERS
EARN
20%



Yucatan Guacamole
454g

7⁹⁹
ea



Snack Trays
Pepperoni or Garlic Sausage

6⁹⁹
ea

MADE
fresh in the
DELI

BEST
FROM THE
WEST

Grimms Pepperoni
450-600g

MEMBER EXCLUSIVE
12⁹⁹



Dish Up A Serving of Sustainability

with our 100% compostable packaging from our Deli. Enjoy your favourite soups, curries, rice, and more and place in a compost bin for zero-waste.



DAIRY & FROZEN



Chapman's Novelties
8-20 Pack
Select varieties

SALE
5.99
MEMBERS
EARN 25%



Liberté méditerranée
Yogurt
500g or 4 Pack
Select varieties
2\$7
for



Pillsbury Pizza Pops
380g
Select varieties

MEMBER EXCLUSIVE
2.99
ea



Becel Margarine
637-850g
Select varieties

8.49
ea



Kraft Single Slices
410g
Select varieties

MEMBER EXCLUSIVE
4.99
ea



Giuseppe Easy Pizzi
or Dr. Oetker The Good Baker
Frozen Pizzas 300-600g
Select varieties

MEMBER EXCLUSIVE
7.49
ea



Pillsbury Toaster
Strudels
326g Select varieties

MEMBER EXCLUSIVE
2.99
ea



Philadelphia
Cream Cheese
227-250g
Select varieties

SALE
4.99
MEMBERS
EARN 25%



Let's Pasta
Ravioli
500g
Select varieties

SALE
7.99
MEMBERS
EARN 25%



Swanson
Hungry Man or
Bowl Entrées
360-455g
Select varieties

4.99
ea



Breyers
Classic
Ice Cream
1.66L
Select varieties

MEMBER EXCLUSIVE
4.99
MEMBERS
EARN 20%



Heluva Good!
Dip
250g
Select varieties

2.99
ea

NATURAL GOODNESS



Kind Bars
200-210g
Select varieties

8.99
ea



Celestial Seasonings
Tea
20 Pack
Select varieties

SALE
2\$7
for
MEMBERS
EARN 20%



Knudsen Juice
946ml
Select varieties

8.99
ea



Olympic Organic or
Crema Yogurt
650g
Select varieties

4.99
ea



So Delicious Ice
Cream
500g or Novelties
4-8 Pack
Select varieties

7.49
ea



Pacific Organic Soup
946ml-1L
Select varieties

5.99
ea

Dinner FROM THE DELI



Start with our fresh curry and rice, and add some naan for an easy dinner from the deli.

Get 'em while they're hot!

Indulge in rotisserie chicken delivered hot, right to your doorstep. Place an order online and enjoy free delivery with orders over \$200*.

SHOP NOW



FREE DELIVERY
WITH ORDERS
OVER \$200*

*before taxes & deposits.



Tetley Tea
20-24 Pack
Select varieties

SALE
2\$7
for

MEMBERS EARN 20%



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

2\$9
for



SunRype Slim Juice
1.36L
Select varieties

2\$7
for



Nabob Coffee
915-930g
Select varieties

15.99
ea



Christie Cookies
224-303g or Crackers
180-386g
Select varieties

2\$7
for



Mio Liquid Enhancers
48ml
Select varieties

2\$7
for



Minute Maid Juice
1L
Select varieties

3\$6
for



Célébration Cookies
240g
Select varieties

SALE
2\$8
for

MEMBERS EARN 20%



Goldfish Crackers
156-227g or Crisps 177g
Select varieties

2\$6
for



Mott's Clamato
1.89L
Select varieties

SALE
2\$9
for

MEMBERS EARN 20%



Heinek 0% Beer
6 Pack
Select varieties

10.99
ea



Lindt Excellence Bars
100g
Select varieties

MEMBER EXCLUSIVE
2\$8
for



Haribo Candy
170-175g
Select varieties

2\$7
for



Delverde Pasta
250-450g
Select varieties

SALE
2\$4.50
for

MEMBERS EARN 15%



Kraft Pure Salad Dressing
355ml
Select varieties

SALE
5.49
for

MEMBERS EARN 20%



Scarpone's Strained Tomatoes
690ml
Select varieties

2\$6
for



Minute Rice
700g

MEMBER EXCLUSIVE
4.99
ea



Mezzetta Peppers
283-375ml
Select varieties

3.99
ea



Mitchell's Soup Mix
325-396g
Select varieties

8.49
ea



Mr. Noodles Instant Noodles
85g
Select varieties

12\$4
for



VH Cooking Sauce
341-380ml
Select varieties

2\$6
for



Crisco Oil
1.18L
Select varieties

6.99
ea



Mrs. Butterworth's Pancake Syrup
710ml
Select varieties

MEMBER EXCLUSIVE
2\$7
for



Smucker's Jam
1L or Adams
100% Natural Peanut Butter
1kg
Select varieties

30% OFF



Del Monte Fruit
398ml
Select varieties

MEMBER EXCLUSIVE
2\$6
for

Enjoy A Sweet Moment at Home

From frostings and mixes to flour and sugar we've got you covered with ingredients to create the sweetest moments.



HOUSEHOLD & PET



Arm & Hammer Laundry Detergent
1.42-1.63L
Select varieties
6.99 ea



Windex Cleaners
765-950ml or Fantastik 650ml
Select varieties
SALE **5.99**
MEMBERS EARN **20%**



Method Cleaners
828ml
Select varieties
4.99 ea



Affresh Dishwasher or Washer Cleaner
120g
Select varieties
SALE **9.99**
MEMBERS EARN **20%**



Ziploc Mega Pack Freezer Bags
60-270 Pack
Select varieties
12.99 ea



Energizer Batteries
Select varieties
SALE **25% OFF**
MEMBERS EARN **15%**

HEALTH & BEAUTY



Pantene Hair Care
308-355ml Select varieties
SALE **4.99**
MEMBERS EARN **20%**



Softsoap and Irish Spring Body Wash
591ml
Select varieties
SALE **4.99**
MEMBERS EARN **20%**



Colgate MaxFresh Toothpaste
150ml or Total 120ml
Select varieties
SALE **3.99**
MEMBERS EARN **20%**



TRESemmé Hair Care
828mL or Hairspray 31g
Select varieties
MEMBER EXCLUSIVE **6.49** ea



Dove Deodorant
76-85g
Select varieties
MEMBER EXCLUSIVE **6.49** ea



Live Clean Liquid Hand Soap
400-500ml
Select varieties
5.99 ea



Shea Moisture Hair Care
237-384ml and Jergens Glow 180-220ml
Select varieties
11.99 ea



Cetaphil Skin Care
Select varieties & sizes
20% OFF



Schick Shave Needs
Select varieties & sizes
20% OFF

BABY & PHARMACY



Reactine Allergy Relief
24-36's
Select varieties
SALE **24.99**
MEMBERS EARN **20%**



Polysporin
28-30g
Select varieties
20% OFF



Liquid I.V. Hydration Multiplier
6 Pack
Select varieties
12.99 ea



Advil Pain Relief Liqui Gels
80-115's and Tablets 250's
Select varieties
MEMBER EXCLUSIVE **25.99**



RestoraLAX and RestoraFIBRE
Select varieties & sizes
SALE **20% OFF**
MEMBERS EARN **20%**



Atkins Products
Select varieties & sizes
25% OFF



Hello Bello Diapers
54-108's
Select varieties
26.99 ea



Hello Bello Wipes and Toiletries
Select varieties & sizes
15% OFF



Baby Gourmet Fruit and Veggie Snacks
360g
Select varieties
MEMBER EXCLUSIVE **5.99** ea

Shop, earn and redeem with the Calgary Co-op app.

DOWNLOAD



Celebrate Earth Day

April 22

Explore eco-friendly products, sustainable initiatives and earth-conscious choices in-store and online! Together we can make a positive impact on our planet and nurture the earth for future generations to enjoy.

Hello Deodorant
Select varieties & sizes

20% OFF



Live Clean
Hair Care
350ml and Body
Wash 500ml
Select varieties

6.99
ea



Moss Creek Wool Works
Dryer Balls
3 Pack
Select varieties

15% OFF

Nature Clean
Laundry Detergent or Stain Remover Sheets
32 Count
Select varieties

15% OFF

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

6.99
ea



Kellogg's

<p>Kellogg's Cereal</p> <p>306-525g select varieties</p> <p>4.99 ea</p>	<p>Kellogg's Cereal</p> <p>210-510g select varieties</p> <p>4.99 ea</p>	<p>Kellogg's Family Cereal</p> <p>480-650g select varieties</p> <p>5.49 ea</p>	<p>Kellogg's Jumbo Cereal</p> <p>700-1.2kg select varieties</p> <p>8.99 ea</p>
---	---	--	--

YOUR CHOICE
MAKES A
DIFFERENCE

<p>1.99 Ocean's Light Tuna Snack Kits 95g</p>	<p>4.99 Gold Seal Sockeye 213g</p>	<p>2 FOR \$6 Gold Seal Pink Salmon 213g</p>
<p>2 FOR \$6 Ocean's Solid White Tuna 170g</p>	<p>2 FOR \$5 Ocean's Flaked Light Tuna 170g</p>	<p>Certified B Corporation Plastic Neutral CleanHub</p>

oceanbrands.com

Get Inspired

If you're looking for something to bring to a party, a quick weeknight dinner or pack to bring to work for lunch, this **orzo salad** is perfect.

[GET THE RECIPE](#)

Personalized Just For You

Celebrate birthdays, graduation and everything in between with a cake topped with an edible version of your favourite photo!*

ORDER NOW

*24hrs notice required. Image subject to Copyright Image Policy.

More Cheese Than You Can Shake A Cracker At

Shop our selection of specialty cheeses including plant-based favourites and local must-haves in-store or online.

SHOP NOW

MEMBER EXCLUSIVE PRICING

Member only instant savings throughout the store!



Yoplait Tubes or Source Yogurt
448-630g
Select varieties

MEMBER EXCLUSIVE
\$3^{ea}



Bles-Wold Yogurt
500g
Select varieties

MEMBER EXCLUSIVE
\$5^{ea}



Montana's Frozen Beef Pot Pie
650g

MEMBER EXCLUSIVE
\$10^{ea}



Daiya Frozen Pizza
322-492g
Select varieties

MEMBER EXCLUSIVE
\$7^{ea}



Nestlé Starbucks Coffee Creamers
828ml
Select varieties

MEMBER EXCLUSIVE
\$8^{ea}



Cracker Barrel Cheese or aMooza! Snacks
168-228g
Select varieties

MEMBER EXCLUSIVE
\$6^{ea}



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

MEMBER EXCLUSIVE
2\$4^{for}



Frank's Red Hot Sauce
680ml

MEMBER EXCLUSIVE
7⁴⁹^{ea}



Peace River Hot Honey
375g

MEMBER EXCLUSIVE
8⁹⁹^{ea}



Ben's Original Organic Rice
240g
Select varieties

MEMBER EXCLUSIVE
4⁹⁹^{ea}



Dante Sunflower Oil Blend
1L

MEMBER EXCLUSIVE
5⁹⁹^{ea}



Pam Oil Spray
141-170g
Select varieties

MEMBER EXCLUSIVE
4⁹⁹^{ea}



La Cocina Tortilla Chips
300-400g
Select varieties

MEMBER EXCLUSIVE
2\$7^{for}



Sparkling Ice
503ml
Select varieties

MEMBER EXCLUSIVE
3\$5^{for}



Angie's Boom Chicka Pop Popcorn & Puffs
136-198g
Select varieties

MEMBER EXCLUSIVE
4⁴⁹^{ea}



General Mills Cereal
300-437g
Select varieties

MEMBER EXCLUSIVE
4⁴⁹^{ea}



Dare Bear Paws
168-240g
Select varieties

MEMBER EXCLUSIVE
2\$9^{for}



Tazo Tea
20 Count
Select varieties

MEMBER EXCLUSIVE
5⁹⁹^{ea}



Alberta Natural Products Bar Soap
100g
Select varieties

MEMBER EXCLUSIVE
3⁹⁹^{for}



Burt's Bees Skin Care
Select varieties & sizes

MEMBER EXCLUSIVE
10% OFF



Natracare Pads
12-14's and Liners 30's or Tampons 16-20's
Select varieties

MEMBER EXCLUSIVE
5⁹⁹^{ea}



Breathe Right Strips
26-30's
Select varieties

MEMBER EXCLUSIVE
19⁹⁹



Voltaren Joint Pain
100g or Back & Muscle 120g
Select varieties

MEMBER EXCLUSIVE
20⁹⁹



Band-Aid Bandages
6-80's
Select varieties

MEMBER EXCLUSIVE
7⁹⁹^{ea}

MEMBERS EARN 20%