

## MEMBER EXCLUSIVE PRICING

Member only instant savings

### Health & Wellness

Jamieson Vitamins and Supplements  
Select varieties & sizes



**HOT DEAL**  
MEMBER EXCLUSIVE  
**50% OFF**

MEMBERS  
**EARN 10%**



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

**249**  
/lb  
5.49/kg

**Atlantic Salmon Fillets**  
Family Pack  
Farmed

**SALE 299**  
/100g + **MEMBERS EARN 10%**



**Blueberries**  
1 Pint  
Imported  
No. 1 Grade

MEMBER EXCLUSIVE  
**399**  
ea



**Mitchell's Heritage Thick Cut Bacon**  
1kg

**HOT DEAL**  
MEMBER EXCLUSIVE  
**999**  
ea



**Long English Cucumbers**  
Alberta Grown  
Canada No. 1

MEMBER EXCLUSIVE  
**99¢**  
ea

**Corn On the Cob**  
Product of USA  
No. 1 Grade

**SALE 69¢**  
ea + **MEMBERS EARN 10%**



**Danone Oikos Yogurt**  
4 Pack or Activia  
Yogurt 625-650g  
Select varieties

MEMBER EXCLUSIVE  
**399**  
ea + **MEMBERS EARN 20%**



**General Mills Cereal**  
526-778g Select varieties

MEMBER EXCLUSIVE  
**549**  
ea



**Reser's Salads**  
Elbow Macaroni, Potato  
& Egg, Potato Salad, or  
Coleslaw  
425-454g

MEMBER EXCLUSIVE  
**2\$6**  
for



**Häagen Dazs Ice Cream**  
414-450g or Novelties 3 Pack  
Select varieties

MEMBER EXCLUSIVE  
**544**  
ea



**Coca-Cola or Pepsi Soft Drinks**  
12 Pack Select varieties

MEMBER EXCLUSIVE  
**2 for \$1398**



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

MEMBER EXCLUSIVE  
**799**  
ea + **MEMBERS EARN 20%**



**This week Members can earn over**

**\$159 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.

## MEMBER EXCLUSIVE PRICING

Member only instant savings



FAMILY PACK



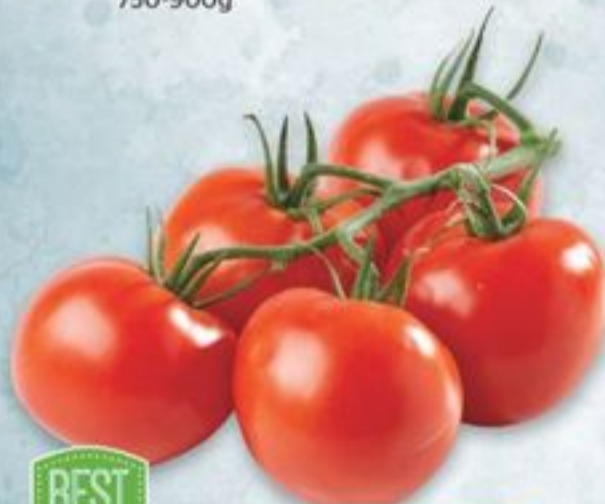
Maple Leaf Natural Top Dogs or Schneiders All Beef Juicy Jumbos Family Pack 750-900g

MEMBER EXCLUSIVE  
**9.99** ea

BEST FROM THE WEST

Whole Pork Tenderloin  
Cryovac  
Western Canadian

**4.49** /lb  
9.90/kg



BEST FROM THE WEST

Tomatoes on the Vine  
Alberta Grown  
Canada No. 1

MEMBER EXCLUSIVE  
**1.99** /lb  
4.39/kg



Country Harvest Bread or Bagels  
450-600g  
Assorted varieties

MEMBER EXCLUSIVE  
**2.99** ea

Fresh Hot Curry or Soup  
Medium 12oz  
Large 16oz \$8 ea

MEMBER EXCLUSIVE  
**\$6** ea

MEMBERS EARN 25%



Kraft Singles Sliced Cheese  
825g or McCain Superfries & Tasti Taters 1.4-1.8kg Select varieties

MEMBER EXCLUSIVE  
**8.99** ea



Campbell's Tetra Broth  
250-900ml  
Select varieties

MEMBER EXCLUSIVE  
**2.49** ea

MEMBERS EARN 20%



Clover Leaf Tuna  
85-170g or Brunswick Seafood Snacks 92-100g  
Select varieties

MEMBER EXCLUSIVE  
**3\$5** for \$5



Unico Tomatoes  
796ml or Beans 540ml  
Select varieties

MEMBER EXCLUSIVE  
**1.66** ea



Cal & Gary's Frozen Fruit  
1.5kg or IÖGO 1.5% Yogurt Pouch 2kg  
Select varieties

MEMBER EXCLUSIVE  
**9.99** ea

### HEALTH & BEAUTY DEAL OF THE WEEK!



Ensure and Glucerna Meal Replacement  
4-6 Pack  
Select varieties

MEMBER EXCLUSIVE  
**12.99** ea

CALGARY CO-OP | PHARMACY

## Needing Information on Osteoporosis?

Speak to one of our specialized pharmacists for recommendations around diet, vitamins and minerals for improved bone health.

BOOK AN APPT.



Play & Win

## Play & Win\*

Spin The Bottle, Roll the Dice, Spin the Wheel and more for a chance to win free products every week!

DOWNLOAD TODAY

\*No purchase necessary. Calgary Co-op App download and registration required. Visit calgarycoop.com for terms and conditions.



At Participating Stores

# APP EXCLUSIVE SAVINGS\*

\*Must Clip Before Purchase.

## Dig Into Savings!

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



Download Now



Kicking Horse Ground Coffee  
284g Select varieties

7<sup>99</sup> ea

SAVE \$2  
\*Clip



Siwin Dumplings or Mini Wontons  
Frozen 454-500g Assorted varieties

4<sup>99</sup> ea

SAVE \$2.80  
\*Clip



Founders & Farmers Braided Strudels  
Apple or Cherry 6 Pack

4<sup>49</sup> ea

SAVE \$1  
\*Clip



Founders & Farmers Bulk Tubbies  
150-750g Assorted varieties

15% OFF  
\*Clip



Mini Babybel  
102-120g or Plant-Based  
100g \$4.49 ea

4<sup>99</sup> ea

SAVE \$2  
\*Clip



Alba Botanica Suncare  
Select varieties & sizes

30% OFF  
\*Clip

APP Exclusive Savings. Valid In-Store Only.

# Breakfast is Ready!

## Enjoy a delicious spread



Cal & Gary's Orange Juice  
1.5L Select varieties

**MEMBERS  
EARN  
30%**



Cal & Gary's Free Run Brown Eggs  
12 Pack

**MEMBERS  
EARN  
30%**



Founders & Farmers  
English Muffins  
330g Assorted varieties  
& White or 100% Whole  
Wheat Bread  
570g

**MEMBER EXCLUSIVE  
1.99  
ea**



Deli Instore Sliced  
Cheese  
Swiss, Havarti, Marble or  
Medium Cheddar

**3.49  
/100g**



Harvest Creations Pork  
Sausage Grounds  
Frozen  
Chorizo & Italian  
375g

**6.49  
ea**



Cal & Gary's  
Mini Potatoes  
680g  
Product of Western  
Canada  
No. 1 Grade

**3.99  
ea**



Johnsonville Pork  
Breakfast Links or Rounds  
Previously Frozen  
250-375g Assorted varieties

**5.99  
ea**



Founders & Farmers Frozen  
Breakfast Sandwiches  
232-304g or Danone Activia Drinkable  
Yogurt 8 Pack Select varieties

**6.99  
ea**



True Taste Belgian  
Waffles  
330-450g or Spudlers  
Breakfast Hash Browns  
1.1kg Select varieties

**8.99  
ea**



Cal & Gary's Sliced  
Strawberries  
24oz

**20%  
OFF**

Founders & Farmers Muffins  
Chocolate Chip, Carrot, Banana, or  
Assorted varieties  
6 Pack

**MEMBER EXCLUSIVE  
6.49  
ea**

**MEMBERS  
EARN  
20%**



Cal & Gary's  
Maple Syrup  
370ml

**8.99  
ea**



Nabob Coffee  
340g  
Select varieties

**8.99  
ea**



Stash Tea  
18-20 Pack or GO Pure  
Bars 140-175g  
Select varieties

**2\$7  
for**

**FRESH PRODUCE**

Envy or Jazz Apples  
Product of USA  
Extra Fancy

**SALE**  
**249**  
/lb  
5.49/kg  
**+**  
**MEMBERS  
EARN  
30%**



Lemons  
Product of USA  
Fancy

**69¢**  
ea



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

**249**  
/lb  
5.49/kg



Red Grapefruit  
3lb  
Imported  
Fancy

**SALE**  
**599**  
ea

**+**  
**MEMBERS  
EARN  
20%**



Kiwi Fruit  
1lb  
Imported  
No. 1 Grade

**399**  
ea



Cantaloupe or  
Honeydew Melons  
Imported  
No. 1 Grade

**MEMBER EXCLUSIVE**  
**169**  
/lb  
3.73/kg



**In-store Cut Fruit**

made fresh in-store



Apple Slices  
16oz

**20% OFF**



Diced Cantaloupe,  
Watermelon, or Honeydew/  
Cantaloupe Mix  
24oz

**10% OFF**



Fruit or Vegetable  
Trays  
970-1125g

**\$2 OFF**



Living Lettuce  
Red, Green, or Multileaf  
Alberta Grown  
Canada No. 1

**MEMBER EXCLUSIVE**  
**349**  
ea



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

**99¢**  
ea



Cauliflower  
Product of USA  
No. 1 Grade

**SALE**  
**499**  
ea

**+**  
**MEMBERS  
EARN  
20%**



Tri Pack Peppers  
3 Pack  
Imported  
No. 1 Grade

**MEMBER EXCLUSIVE**  
**499**  
ea

**+**  
**MEMBERS  
EARN  
20%**



Bunched Herbs  
Organic or  
Conventionally Grown  
Assorted Varieties  
Product of Canada/  
Imported  
No. 1 Grade

**MEMBERS  
EARN  
30%**



Good Leaf Salad  
Blends or Spinach  
113g  
Alberta Grown  
Canada No. 1

**549**  
ea



**In-store Cut Vegetables**

made fresh in-store

Caesar Salad  
and Salad  
Blends  
Family Pack  
540-705g

**15% OFF**



Vegetable  
Steamers  
140- 620g  
Assorted varieties

**10% OFF**



Stuffed  
Mushrooms  
370g

**15% OFF**

**MEMBERSHIP  
REFRESHED**

Discover new ways to save!



**Bonus  
Cash**

**MEMBER  
EARNINGS**

**FLORAL**

Exquisite Bouquet **SALE \$28<sup>ea</sup>**  
**MEMBERS EARN 20%**

Spring Bulb Bouquet Assorted Colours **15<sup>99</sup><sub>ea</sub>**

African Violets 4" Assorted Colours **4<sup>99</sup><sub>ea</sub>**

Golden Giraffe 2" Assorted Ferns **7<sup>99</sup><sub>ea</sub>**

Pot Mum 6" Assorted Colours **12<sup>99</sup><sub>ea</sub>**

Hybrid Lily 6" Assorted Colours **12<sup>99</sup><sub>ea</sub>**

**Step Into Spring**  
 From charming hanging flower baskets to resilient perennials and colourful annuals, an outdoor oasis is waiting for you in-store and online.

**SHOP NOW**

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

**ORGANIC**

Organic Strawberries 1lb/454g Imported No. 1 Grade **MEMBER EXCLUSIVE 5<sup>99</sup><sub>ea</sub>**

Organic Navel Oranges 4lb Product of USA Fancy **SALE 9<sup>99</sup><sub>+</sub>**  
**MEMBERS EARN 10%**

Organic Mushrooms Whole, Sliced, or Crimini 227g Alberta Grown Canada No. 1 **SALE 2<sup>99</sup><sub>+</sub>**  
**MEMBERS EARN 20%**

Organic Broccoli Product of USA No. 1 Grade **2<sup>99</sup><sub>/lb 6.59/kg</sub>**

**ALTERNATIVE PROTEIN**

Gardein Plant Based Entrées Frozen 190-390g Assorted varieties **MEMBER EXCLUSIVE 5<sup>99</sup><sub>ea</sub>**

Kawaya Miso 500g Assorted Varieties **NEW 11<sup>99</sup><sub>ea</sub>**

Nuts for Cheese Plant-Based Cheese 120g **10<sup>99</sup><sub>ea</sub>**

Riviera Probiotic Plant-Based Kefir 946ml or Vegan Yogurt 500-650g Select varieties **SALE 4<sup>99</sup><sub>+</sub>**  
**MEMBERS EARN 20%**

Quaker Protein Pancake Mix 650-725g Select varieties **NEW 5<sup>99</sup><sub>+</sub>**  
**MEMBERS EARN 20%**

Nature's Flair Vegan Cupcakes Chocolate, Carrot, Lemon, or Mixed Berry 4 Pack 220g **6<sup>49</sup><sub>ea</sub>**

# Spring in to the Season

with flowers and hanging baskets



Pansies  
6 Pack  
Assorted Colours

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



Senetti  
6"  
2 Pack  
Assorted Colours

**22<sup>99</sup>**  
ea



Pansy Bowl  
10"  
Assorted Colours

**21<sup>99</sup>**  
ea



Hanging  
Basket Deluxe  
11"  
Assorted varieties

**22<sup>99</sup>**  
ea



Planter Deluxe  
10"  
Assorted varieties

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



Gerbera  
Watering Can  
5"  
Assorted Colours

**22<sup>99</sup>**  
ea

**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. CFI/CSA/01/02/17

**AGED 14 DAYS**

Simmering or Braising Beef Short Ribs  
Family Pack  
Cut From Canada AA Beef

**12<sup>99</sup>**  
/lb  
28.64/kg



**AGED 14 DAYS**

Inside Round Marinating Steak  
Family Pack  
Cut From Canada AA Beef

**9<sup>99</sup>**  
/lb  
22.02/kg



**MEAT**

**ONLY ALBERTA CHICKEN**

Chicken Breast Back Attached

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

**5<sup>99</sup>**  
/lb  
13.21/kg



Bone In Pork Loin Centre or Rib End Chops

Family Pack  
Western Canadian

**4<sup>99</sup>**  
/lb  
11.00/kg

**BEST FROM THE WEST**



Lean Ground Beef

3lb Tube  
**5<sup>49</sup>**  
/lb  
12.10/kg

**ONLY ALBERTA BEEF**



Lilydale Boneless Skinless Turkey Breast or Cutlets  
Grain Fed

**BEST FROM THE WEST**



**SALE 9<sup>99</sup>**  
/lb  
22.02/kg

**MEMBERS EARN 15%**

## BBQ With The Best

Perfect the classics, unlock new flavours and master your grill with our tips, tricks, recipes and more!

[LEARN MORE](#)



**SEAFOOD**

## Dive in and Explore Our Fresh Seafood!

**DOSEH WISE**

**FRESH SEASON NOW OPEN**

Halibut Fillets

Wild **5<sup>99</sup>**  
/100g



Whole Rainbow Trout

Head On Farmed **2<sup>39</sup>**  
/100g



Waterview Market Shrimp & Sauce  
Frozen  
454g  
Assorted varieties

**SALE 9<sup>99</sup>**  
**MEMBERS EARN \$1**



Aqua Star Basa Fillets  
Frozen  
908g

**MEMBER EXCLUSIVE 8<sup>99</sup>**  
ea



Aqua Gems Tempura Shrimp  
Frozen  
500g

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



# Butcher to Plate:

## GOURMET-PREPARED & READY TO COOK

Visit our Full Service Meat/Seafood Counter



**Beef Kabobs with Vegetables**  
Assorted varieties  
Cut From Canada AA Beef  
2 per Tray, \$13

**6.50**  
ea



**Chicken Breast Kabobs with Vegetables**  
Assorted varieties  
Western Canadian

MEMBERS  
EARN  
20%



**Smoky Alabama Frenched Rib End Pork Loin Chops**  
Western Canadian

**7.99**  
/lb  
17.61/kg



**Breaded Turkey Cutlets**  
Grain Fed

**9.99**  
/lb  
22.02/kg



**Founders & Farmers Pulled Pork**  
or Beef Pot Roast  
Frozen or Previously Frozen  
550-650g

**25% OFF**



**Janes Dry Rub Chicken Wings**  
Frozen  
754g  
Assorted varieties

**15.99**  
ea



**Founders & Farmers Sausage Rings**  
300g  
Assorted varieties

**4.99**  
ea



**Olivieri Fresh Filled Flat Pasta**  
or Skillet Gnocchi  
250-350g  
Assorted varieties

**5.79**  
ea

**Maple Leaf Natural Selection Shaved Meats**  
375-400g  
Assorted varieties

MEMBER EXCLUSIVE  
**12.99**

**Original Pogo**  
Frozen  
Family Pack  
1.5kg

**15.99**  
ea



**Harvest Sliced Meats**  
125g  
Assorted varieties

MEMBERS  
EARN  
20%

**MEAT**



## A Taste of Local Connecting Community Through Local Ingredients



Spolumbo's Fine Foods & Deli was founded in 1991 by Calgarian-raised professional athletes, out of their desire to offer simple and honest quality Italian sausage and sandwiches. Spolumbo's sausages are gluten-free and made from only premium ground meat cuts with strictly all-natural ingredients, un-spoiled by the presence of fillers, binders, or preservatives. We're proud to carry the largest selection of varieties with deliveries being made daily!



**Spolumbo's Chicken Sausage**  
Assorted varieties  
3 per Tray, \$9.75

SALE  
**3.25**  
+  
MEMBERS  
EARN  
10%

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



**Maple Leaf Extra Lean Ground Chicken**  
454g  
Grain Fed, Humanely Raised, Air Chilled & Canadian Farm Raised

**7.49**  
ea



**Paradise Hill Farm Cut Basil**  
Alberta Grown  
Canada No. 1

**2.99**  
ea



**Bothwell Lactose Free Cheddar**  
250g

MEMBER EXCLUSIVE  
**9.99**  
ea



**Annex Craft Soda**  
355ml Select varieties

SALE  
**2\$5**  
for  
MEMBERS  
EARN  
20%



**Seven Spice Chili Oil**  
227g  
Select varieties

**6.99**  
ea



**Calgary Italian Bakery**  
Half Loaf Sourdough, Pumpernickle, Marble, or Assorted varieties  
420g

**3.99**  
ea

**BAKERY**

**Made Fresh In-Store**

**Founders & Farmers Pie**  
Apple, Apple Streusel, Pumpkin, or Assorted varieties  
1/2 or Full 500g-1kg

**10% OFF**



**Cal & Gary's Lobster Tails**  
Filled with Hazelnut or Chantilly Cream & Amarena Cherries  
6 Pack

**MEMBERS EARN 20%**



**Founders & Farmers All Butter Cruffins**  
Filled with Hazelnut, 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 All Butter Croissants**  
or Pain Au Chocolat & Palm Leaves  
4 Pack

**MEMBERS EARN 20%**



**Cheese Garlic or Cheese Pizza Buns**  
6 Pack **5.99 ea**



**Cal & Gary's Rye Bread**  
Light or Dark, Sliced  
500g **3.99 ea**



**Founders & Farmers 10" Tortillas**  
Whole Grain, Spinach, Red Pepper, or Original  
568-610g

**MEMBER EXCLUSIVE**  
**2\$7 for**



**Cal & Gary's Pecan or Butter Tarts**  
6 Pack

**MEMBERS EARN 20%**

**Discover Artisan Breads**

From tangy sourdough, hearty rye, wholesome whole wheat and gluten-free delights, we've got every palate covered.

**SHOP NOW**



**MADE FRESH IN-STORE**

**DELI**

**Deli Ham**  
Assorted varieties including Black Forest, Honey, or Old Fashioned

**BEST FROM THE WEST**

**SALE 3.49 /100g**

**MEMBERS EARN 25%**



**Maple Cured Dinner Ham**  
Prepared Fresh in the Deli

**14.99 ea**



**Maple Lodge Cajun Chicken**  
& Cooked or Smoked  
Sliced Fresh in the Deli

**SALE 2.99 /100g**

**MEMBERS EARN 25%**



**Chicken Taco Meal Kit**  
or BBQ Chicken Slider Meal Kit  
Made Fresh in the Deli

**14.99 ea**



**Woolwich Goat Cheese**  
300g

**MEMBER EXCLUSIVE 9.99 ea**



**D'Alexis Double Cream Brie**  
300g or Camembert

**9.99 ea**



**Arbutus Farms Smash'Em Potatoes**  
1kg

**MEMBER EXCLUSIVE 9.99 ea**



LET'S EAT

# Cake

Everyday Value



Rooted in Quality



Layers of rich vanilla and chocolate sponge cake filled with vanilla or chocolate whipped frosting, topped with your favourite filling or rich fudge icing • 560g

Only **\$7.99**



# online-only DEALS

**SHOP NOW**

Effective: Apr. 25 - May 1, 2024

**20% OFF**

Que Pasa Tortilla Chips  
300-350g or Herdez  
Salsa 453g  
Select varieties



Rooted in Quality

Everyday Value

**FOUNDERS  
&  
FARMERS**

**10% OFF**

Founders & Farmers  
Muffins • 6 Pk  
Assorted  
varieties

ONLY  
AT  
CALGARY  
CO OP



**DAIRY & FROZEN**



**Cracker Barrel Sliced Cheese**  
200-240g  
Select varieties

**SALE 5.99**  
**MEMBERS EARN 20%**



**High Liner Frozen Fish Fillets**  
425-540g  
Select varieties

**SALE 11.99**  
**MEMBERS EARN 20%**



**Founders & Farmers Lemonade**  
1.54L  
Select varieties

**2.5**  
**for**



**Founders & Farmers Frozen Vegetables**  
500-750g  
Select varieties

**SALE 2.99**  
**MEMBERS EARN 25%**



**Cavendish Restaurant Style Fries**  
750g  
Select varieties

**3.99**  
**ea**



**Heluva Good! Dip**  
250g  
Select varieties

**MEMBER EXCLUSIVE 2.99**  
**ea**



**International Delight Iced Coffee**  
1.89L  
Select varieties

**5.49**  
**ea**



**Cheemo Perogies**  
2kg  
Select varieties

**MEMBER EXCLUSIVE 6.99**  
**ea**



**International Delight or Silk Coffee Creamers**  
473ml  
Select varieties

**MEMBER EXCLUSIVE 2.99**  
**ea**



**Philadelphia Cream Cheese**  
340g  
Select varieties

**6.99**  
**ea**



**Foothills Creamery Ice Cream**  
1.4L  
Select varieties

**SALE 8.99**  
**MEMBERS EARN 20%**



**Boston Market Frozen Entrées**  
369-397g  
Select varieties

**2.99**  
**for**

**NATURAL GOODNESS**



**Nordic Naturals Cod Liver Oil**  
Select varieties & sizes

**15% OFF**



**Omega Alpha Glucosapet**  
500ml

**MEMBERS EARN 25%**



**AOR Ortho Sleep, Ortho Adapt or Advanced B, Complex Ultra**  
Select sizes

**20% OFF**



**PVL Supplements**  
Select varieties & sizes

**20% OFF**



**Nature's Way NutraSea or NutraVeg**  
Select varieties & sizes

**20% OFF**



**Bob Snail Fruit Snacks**  
Select varieties & sizes

**10% OFF**



**A.Vogel Allergy Relief**  
Select varieties & sizes

**15% OFF**



**Activia Probiotic Fibre Yogurt**  
12 Pack  
Select varieties

**SALE 6.99**  
**MEMBERS EARN 20%**



**Siggis Yogurt**  
4 Pack  
Select varieties

**3.99**  
**ea**



**Cal & Gary's Honey**  
375g  
Select varieties

**6.99**  
**ea**



**Molson Exel .5% Beer**  
12 Pack

**8.99**  
**ea**



**Rain Barrel Sale**



**Saturdays 10am to 2pm**  
Dalhousie (May 4)  
Deer Valley (May 25)  
West Springs (June 8)  
Chinook Community Natural Foods (June 22)

**Only \$78 +GST for a limited time.**

**LEARN MORE**

GROCERY



**Quaker Cereal**  
350-510g or Hi Protein  
Instant Oatmeal 168-300g  
Select varieties

SALE  
**2\$9**  
MEMBERS  
**EARN 20%**



**Tostitos Tortilla Chips**  
205-295g  
or Salsa  
416-418ml  
Select varieties  
**2\$8**  
for



**Kicking Horse Ground Coffee**  
284g or McCafé K-Cups  
10-12 Pack  
Select varieties

**9.99**  
ea



**Oasis Juice or Arizona Iced Tea**  
8 Pack or Vitacoconut  
Water 1L  
Select varieties

**2\$8**  
for



**Bubly or Montellier Sparkling Water**  
10-12 Pack  
Select varieties

**2\$12.98**  
for



**Tim Hortons Hot Chocolate**  
500g

**4.99**  
ea



**Orville Redenbacher Popcorn**  
248-850g  
Select varieties

SALE  
**2\$9**  
MEMBERS  
**EARN 20%**



**Cheez-It Crackers**  
352g or Snap'd  
213g Select varieties

**2\$5**  
for



**Kettle Potato Chips**  
156-198g, Christie Bits & Bites 135g or Pringles 148-156g  
Select varieties

**2\$6**  
for



**Clif Bars**  
280-408g  
Select varieties

**8.99**  
ea



**Red Bull Energy Drink**  
250ml  
Select varieties

SALE  
**2\$6**  
MEMBERS  
**EARN 15%**



**Cadbury Chocolate Bars**  
95-100g  
Select varieties

**2\$6**  
for



**Werther's Candy**  
116g-135g  
Select varieties

**2.99**  
ea



**Founders & Farmers Canola Oil**  
946ml

MEMBER EXCLUSIVE  
**4.99**  
ea



**Hellmann's Mayonnaise**  
1.42L  
Select varieties

MEMBER EXCLUSIVE  
**8.99**  
ea



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

**3\$8**  
for



**Frank's RedHot Sauce**  
354ml  
Select varieties

**2\$7**  
for



**Vlasic Pickles**  
1L  
Select varieties

MEMBER EXCLUSIVE  
**5.99**  
MEMBERS  
**EARN 20%**



**French's Ketchup**  
1.5L

**5.99**  
ea



**Mrs. Renfro's Salsa**  
473ml  
Select varieties

**5.99**  
ea



**Tim Hortons Soup**  
540ml  
Select varieties

**2\$7**  
for



**Christie Premium Plus Crackers**  
900g  
Select varieties

**6.99**  
ea



**Clover Leaf Sockeye Salmon**  
213g

**5.49**  
ea



**Jet-Puffed Marshmallows**  
400g  
Select varieties

SALE  
**2\$6**  
MEMBERS  
**EARN 20%**



**Christie HoneyMaid Wafers or Graham Crumbs**  
400g  
Select varieties

**4.99**  
ea



**Last Mountain's Jam**  
454ml  
Select varieties

SALE  
**6.99**  
MEMBERS  
**EARN 20%**



**Cal & Gary's Organic Cold Grind Spices**  
50g  
Select varieties

**2\$5**  
for

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**HOUSEHOLD & PET**

**SALE 15.99**  
MEMBERS EARN 20%

**Cascade Dish Detergent**  
30-60 Pack  
Select varieties

**SALE 10% OFF**  
MEMBERS EARN 15%

**Good Cook Kitchen Utensils**  
Select varieties

**SALE 6.99**  
MEMBERS EARN 20%

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

**SALE 4.99**  
MEMBERS EARN 20%

**Milk Bone Dog Snacks**  
280-900g  
Select varieties

**SALE 13.99**  
MEMBERS EARN 20%

**Tidy Cats Cat Litter**  
2.72kg  
Select varieties

**SALE 3\$4**  
MEMBERS EARN 20%

**Fancy Feast Cat Food**  
79.4g  
Select varieties

**HEALTH & BEAUTY**

**MEMBER EXCLUSIVE 3.99**  
MEMBERS EARN 20%

**Dove Hair Care**  
355ml and Styling 142-198g or Deodorant 45g  
Select varieties

**SALE 4.99**  
MEMBERS EARN 20%

**Dove Body Wash**  
325-400ml and Bar Soap 3 Pack  
Select varieties

**SALE 3.99**  
MEMBERS EARN 20%

**Crest Complete**  
120ml, 3D White 65ml and Advanced Kids 85ml or Oral B Floss 1 Pack  
Select varieties

**SALE 6.99**  
MEMBERS EARN 20%

**Herbal Essences bio:renew Hair Care**  
118-400ml and Aussie 236-778ml  
Select varieties

**SALE 5.99**  
MEMBERS EARN 20%

**Dr. Teal's Epsom Salts**  
1.36kg and Foam Bath 1L  
Select varieties

**MEMBER EXCLUSIVE 3.99**  
MEMBERS EARN 20%

**Axe Deodorant**  
76-85g, Body Spray 113g, Body Wash and Hair Care 473ml  
Select varieties

**20% OFF**  
MEMBERS EARN 20%

**Neutrogena and Aveeno Face Care**  
Select varieties & sizes

**SALE 12.99**  
MEMBERS EARN 20%

**Aveeno Lotion**  
532ml  
Select varieties

**SALE 11.99**  
MEMBERS EARN 20%

**Coppertone Sun Care**  
142-259ml  
Select varieties

**BABY & PHARMACY**

**SALE 22.99**  
MEMBERS EARN 20%

**Imodium**  
20-24's and Peppid 50-60's  
Select varieties

**20% OFF**  
MEMBERS EARN 20%

**Align Probiotics and Metamucil**  
Select varieties & sizes

**SALE 17.99**  
MEMBERS EARN 20%

**Poise Pads**  
22-66's and Depend Underwear 12-19's or Guards 52's  
Select varieties

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

**Nexcare Wound Care**  
Select varieties & sizes

**SALE 16.99**  
MEMBERS EARN 20%

**Allegra Allergy Relief**  
30-36's  
Select varieties

**SALE 16.99**  
MEMBERS EARN 20%

**Tylenol Pain Relief**  
40-150's  
Select varieties

**SALE 26.99**  
MEMBERS EARN 20%

**Huggies Diapers Giga Pack**  
36-84's  
Select varieties

**SALE 14.99**  
MEMBERS EARN 20%

**Huggies Baby Wipes**  
288-352's  
Select varieties

**MEMBERS EARN 20%**

**Similac Pro-Advance Powder**  
859g  
Select varieties

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Mio Caffeine Liquid Beverage Mix

2\$8 FOR 8



**siggi's**  
icelandic yogurt

always more protein and less sugar



3<sup>99</sup>

nanö Drinkable yogurt  
6 x 93 mL  
select varieties



siggi's skyr yogurt  
4 x 100 g  
select varieties



4<sup>99</sup>

Olympic Krema yogurt  
650 g  
select varieties



12<sup>99</sup>

Olympic Krema & Greek yogurt  
1.75 Kg  
select varieties

\*Siggi's Banana and raspberry yogurts have at least 3g less sugar and 3g more protein than the leading banana and raspberry yogurts (Dannon, Nestlé, LSI PE Nov 5, 2022)



Made in Canada\*

\* From Domestic and Imported Ingredients



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

2\$5 for Dare Crackers  
100-225g  
Select varieties



Celebrate with Canadian Made!

7<sup>99</sup> MEMBERS EARN 20% OFF  
Sponge Towels UltraPRO 3x6 Rolls or Ultra 6 Rolls

7<sup>99</sup> MEMBERS EARN 20% OFF  
Scotties Facial Tissue Multipack of 6

6<sup>99</sup> Bonterra Botberry Bathroom Tissue Mega 6x24 Rolls, Paper Towel Mega 3x6 Rolls or Facial Tissue Mega 3x6 Pack

7<sup>99</sup> MEMBERS EARN 20% OFF  
Purex Bathroom Tissue 12x24 Rolls or 8x24 Rolls

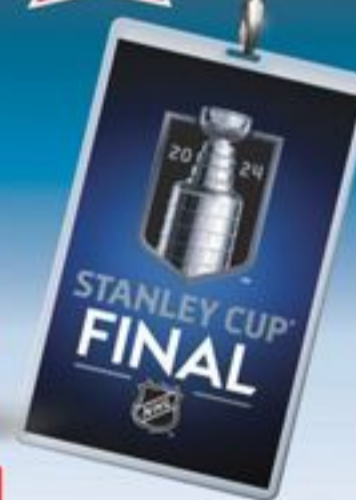
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**Member only instant savings throughout the store!**



**Krinos Fillo Twisters**  
840g  
Select varieties

MEMBER EXCLUSIVE  
**9<sup>99</sup>**  
ea



**Joyya Milk**  
1L  
Select varieties

MEMBER EXCLUSIVE  
**4<sup>99</sup>**  
ea



**Donia Grass Fed Butter**  
250g  
Select varieties

MEMBER EXCLUSIVE  
**9<sup>49</sup>**  
ea



**Country Crock Margarine**  
427g

MEMBER EXCLUSIVE  
**3<sup>99</sup>**  
ea



**iÖGO 1.5% Yogurt**  
16 Pack  
Select varieties

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



**Giuseppe Thin or Rising Crust Frozen Pizza**  
439-785g  
Select varieties

MEMBER EXCLUSIVE  
**8<sup>49</sup>**  
ea



**Kraft Parmesan Cheese**  
250g  
Select varieties

MEMBER EXCLUSIVE  
**8<sup>99</sup>**  
ea



**Grissol Baguettes**  
120g  
Select varieties

MEMBER EXCLUSIVE  
**2\$6**  
for



**Spam Luncheon Meat**  
340g  
Select varieties

MEMBER EXCLUSIVE  
**4<sup>99</sup>**  
ea



**Rogers All Purpose Flour**  
5kg  
Select varieties

MEMBER EXCLUSIVE  
**8<sup>99</sup>**  
ea



**Aroy-D Coconut Milk**  
400ml

MEMBER EXCLUSIVE  
**3\$8**  
for



**Founders & Farmers Baking Nuts, Coconut, or Raisins**  
100-400g  
Select varieties

MEMBER EXCLUSIVE  
**20% OFF**



**Celsius**  
355ml  
Select varieties

MEMBER EXCLUSIVE  
**2\$6**  
for



**Trophy Nuts**  
200g  
Select varieties

MEMBER EXCLUSIVE  
**5<sup>99</sup>**  
ea



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

MEMBER EXCLUSIVE  
**2\$8**  
for



**Heinz Tomato Juice**  
1.36L

MEMBER EXCLUSIVE  
**4<sup>99</sup>**  
ea



**Twinings Tea**  
20 Pack  
Select varieties

MEMBER EXCLUSIVE  
**4<sup>99</sup>**  
ea



**Manitoba Harvest Granola**  
283g  
Select varieties

MEMBER EXCLUSIVE  
**5<sup>29</sup>**  
ea



**Abreva Cold Sore Treatment**  
2g  
Select varieties

MEMBER EXCLUSIVE  
**22<sup>99</sup>**  
ea



**Nair Cream**  
200ml  
Select varieties

MEMBER EXCLUSIVE  
**9<sup>99</sup>**  
ea



**Just For Men Hair and Beard Care**  
Select varieties

MEMBER EXCLUSIVE  
**13<sup>49</sup>**  
ea



**Gravol Ginger**  
20's  
Select varieties

MEMBER EXCLUSIVE  
**8<sup>49</sup>**  
ea



**Lactaid**  
40-80's  
Select varieties

MEMBER EXCLUSIVE  
**25<sup>99</sup>**  
ea



**HydraSense Eye Drops**  
10ml  
Select varieties

MEMBER EXCLUSIVE  
**15<sup>49</sup>**  
ea  
**MEMBERS EARN 20%**