

You're at home here.



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

**Co-op Boneless Skinless Chicken Breasts**  
Grain Fed, Free Run, Air Chilled Value Pack

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

**Co-op Lean Ground Pork**  
Ground by Your Local Butcher Value Pack

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

**Blueberries**  
Imported No. 1 Grade 1 Dry Pint 551 mL

**SCRATCH & SAVE 50%**  
SEE BACK PAGE FOR DETAILS

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

**Maple Leaf Top Dogs**  
375 g



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

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



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

**Cracker Barrel Cheese**  
340 - 400 g or Shreds 250 - 320 g



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

**Dempster's Grain Bread**  
600 g or Cinnamon Raisin 680 g



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

**Co-op Gold Salsa**  
650 mL or Dairyland Sour Cream 750 mL



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

**Lay's Potato Chips**  
220 - 255 g or Poppables 130 g



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

**Pampers Diapers**  
Huge Package of 80 - 160



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

**Purex Bathroom Tissue**  
Package of 30 Jumbo Rolls or Package of 12 Mega Rolls, SpongeTowels Package of 6 Double Rolls or UltraPRO Package of 3 Double Rolls



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

**Purina Dog or Cat Chow**  
8 kg or Puppy Chow 6.5 kg



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

PRICING IN EFFECT MAY 2 - 8, 2024

02 TUE 03 WED 04 THU 05 FRI 06 SAT 07 SUN 08 MON

Available at Participating Food Store Locations

**Price Drop**

ON THESE  
**BBQ ESSENTIALS**  
MAY 2 - 22, 2024  
Price Drop gives you 3 weeks of savings!

**Price Drop**  
Mini Sweet Peppers  
Produce of Western Canada  
1 lb (454 g)

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



grown in WESTERN CANADA

**Price Drop**  
2 FOR \$8  
Baby Potatoes  
Produce of Western Canada  
Selected Varieties  
1.5 lb (680 g)



**Price Drop**  
4<sup>49</sup>  
/ea  
Dempster's Signature Buns  
Classic or Gold  
Package of 6 - 8



**Price Drop**  
9<sup>99</sup>  
/ea  
Harvest Wieners or Polish Sausage  
675 g or Smoked Farmer's Sausage  
500 g



made in WESTERN CANADA  
gluten free

**Price Drop**  
4<sup>99</sup>  
/ea  
Ben and Jerry's Ice Cream  
or Non-Dairy Frozen Desserts  
473 mL or Magnum Novelties  
Package of 3 - 4



**Price Drop**  
9<sup>99</sup>  
/ea  
Co-op Gold Fully Cooked Pork Back Rib  
510 - 610 g or BBQ Pulled Pork 680 g



**Price Drop**  
2 FOR \$4  
Co-op Gold Potato Chips  
or Pretzels 180 - 200 g



**Price Drop**  
4<sup>99</sup>  
/ea  
Kraft Singles or Velveeta Slices  
410 g or Cheez Whiz 450 g



**Price Drop**  
2 FOR \$9<sup>98</sup>  
Christie Wafers or Baking Crumbs  
400 g or Co-op Gold Pie Fillings  
540 mL



**Price Drop**  
4 FOR \$7  
Club House Seasoning, Gravy, Slow Cooker, or Sauce Mix  
Selected Varieties  
20 - 47 g



**CO-OP® GOLD Deli Salads provide a quick and delicious way to complete nutritious meals at home.**



READ MORE AT food.crc.ca

TUESDAY, MAY 7TH Save 10% guaranteed.

**SCRATCH & SAVE up to 50% OFF**

Available at Participating Food Store Locations. Some restrictions apply. See in-store for details.

RECYCLABLE, BPA FREE, VEGAN, GLUTEN FREE, NON-GMO, KOSHER, HALAL, AND MORE. PAY WITH DEBIT OR CREDIT CARDS. ALL PARTICIPATING STORES.



## VALUE PRICED EVERY DAY

*Everyday prices you can trust on items you buy most often.*

*Click for more*  
**WAYS TO SAVE**

Program available at participating Co-op Food Stores

# BRING **MORE**

SAVINGS HOME *with*  
VALUE PRICED EVERY DAY



**FARM FRESH**  
**PRODUCE**

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

11.00/kg  
**Asparagus**  
Imported  
No. 1 Grade

**GRILLED ASPARAGUS WITH GARLIC-MUSTARD AIOLI**

VIEW THE RECIPE ONLINE AT [FOOD.CRS](http://FOOD.CRS)

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

**Cantaloupe**  
Imported

*Extra LARGE*

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

**Pineapple**  
Gold Variety  
Imported

**2 FOR \$5**

**Mini Carrots**  
Produce of U.S.A.  
1 lb (454 g)

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

**Ambrosia Apples**  
Produce of Western Canada  
Cataldo Fancy  
3 lb (1.36 kg)

WESTERN CANADA

BC

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

**Bartlett Pears**  
Imported  
No. 1 Grade

5.65/kg

*Large SIZE*

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

**Mann's Snap Peas**  
Produce of U.S.A.  
227 g

MANN'S FAMILY FAVORITES

**2 FOR \$3**

**Seedless Cucumbers**  
Long English Variety  
Greenhouse Grown  
Produce of Western Canada  
Canada No. 1

grown in WESTERN CANADA

AB

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

**Popeye Tender Baby Spinach**  
Produce of U.S.A.  
283 g

POPEYE

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

**Ocean Mist Season and Steam**  
Broccoli Sprouts or Sweet Baby Broccoli  
Produce of U.S.A.  
226 - 454 g

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

**Fresh Express Caesar Salad Kits**  
Produce of U.S.A.  
Selected Varieties  
278 - 298 g

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

**Organic Raspberries**  
Imported  
No. 1 Grade  
170 g

ORGANIC

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

**Organic Grape Tomatoes**  
Imported  
1 Dry Pint (511 mL)

ORGANIC

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

**Organic Green, Red or Rainbow Chard**  
Produce of U.S.A.  
Bunch

ORGANIC



**PRACTICALLY  
HOMEMADE**



**Made in Saskatchewan  
with locally grown  
vegetables, CO-OP®  
GOLD Deli Salads are  
practically homemade.**



**FIND OUT MORE**

**BUTCHER SHOP**

**HOW TO GRILL THE PERFECT PORK CHOP**

1. Choose Pork Chops that are ¾"-1" thickness.
2. Preheat grill to medium-hot 375-400 F.
3. Brush both sides with olive oil and season with salt & pepper or your favourite seasoning blend.
4. Pork chops are best enjoyed with cooked to 155 F with a 3 min rest to finish at 160 F.

Visit Canada Pork Website for video on how to grill the perfect pork chop  
<https://verifiedcanadianpork.com/videos/>

raised in WESTERN CANADA

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

8.80/kg

**Co-op Bone-in Pork Loin Centre Chops**  
 Thick Cut  
 Cut by Your Local Butcher  
 Value Pack

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

17.61/kg

**Co-op Boneless Beef Sirloin Tip Marinating Steak or Oven Roast**  
 Cut by Your Local Butcher  
 Aged 14 Days

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

15.41/kg

**Co-op Lean Ground Chuck Burgers**  
 Prepared by Your Local Butcher  
 Selected Varieties

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

19.82/kg

**Co-op Boneless Inside Round Oven Roast**  
 Cut by Your Local Butcher  
 Aged 14 Days

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

9.90/kg

**Co-op Boneless Pork Loin Cutlets**  
 Also Available Breaded  
 Prepared by Your Local Butcher  
 Selected Varieties

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

13.21/kg

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

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

18.72/kg

**Co-op Lean Stewing Beef**  
 Cut by Your Local Butcher  
 Aged 14 Days

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

9.90/kg

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

**SALE**  
**\$20** /ea

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

RAISED WITHOUT ANTIBIOTICS

**FISH SHOP**

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

28.63/kg

**Co-op Gold PURE Northern Pike Fillets**  
 Frozen

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

**Wild Caught Sockeye Salmon Fillets**

ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS

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

227 g

**Clover Leaf Delectables**  
 Selected Varieties

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

454 g

**Unomundo Argentina Shrimp**  
 Frozen

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

513 g

**Co-op Gold Jumbo Shrimp Ring**  
 Frozen

# CRUNCH INTO CHAOS™

2 FOR  
\$ 8

Havoc Chips  
190 - 280 g



## PREPARED FOODS

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

**Heat & Eat Bowls**  
Made In-store

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

**Mexican Fiesta Dip**  
Made In-store

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

**Colossal Sandwich Halves**  
Made In-store

## FRESH FROM OUR DELI

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

**Turkey Breast Roasts**  
Lilydale or Cuddy  
Fresh Sliced In-store

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

**Piller's Smoked Meat Snacks**  
300 - 375 g

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

**Summer Fresh Topped Hummus**  
255 g

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

**Olivieri Family Pack Pasta**  
520 - 700 g

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

**Castello Havarti**  
170 - 200 g

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

**Balderson Championship Cheese**  
250 - 280 g or Galbani Marinated Boccconcini 340 g  
Selected Varieties

## PACKAGED MEATS

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

**Burns Sliced Side Bacon**  
375 g

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

**Schneiders Sliced Bologna**  
500 g

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

**Harvest Sausage Sticks**  
375 g or Smoked Sausage Ring 300 g

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

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

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

**Schneiders Limited Edition Stadium Footlong Single Smokies**  
175 g

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

**Schneiders Smokies**  
900 g

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

**Pogo Corn Dogs**  
Frozen  
Package of 10  
750 g

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

**Maple Leaf Prime Stuffed Chicken Breasts**  
568 g or Breaded Chicken Entrées 560 - 581 g  
Frozen

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

**Co-op Gold Appetizers**  
Breaded Cheese Sticks, Pickle Bites, Mini Corn Dogs or Stuffed Jalapeno Peppers, 400 - 500 g



**SUNSHINE  
ANYTIME  
0.0% ALCOHOL**



**2 FOR  
\$5**

PLUS DEPOSIT & ENVIRONMENTAL  
LEVIÉS WHERE APPLICABLE

**BAI  
Antioxidant  
Infusion  
Beverage**

530 mL



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

PLUS DEPOSIT & ENVIRONMENTAL  
LEVIÉS WHERE APPLICABLE

**Corona  
Sunbrew  
Alcohol-Free  
6 x 330 mL**



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

**ReaLemon or  
ReaLime Juice  
440 mL**



## FRESH FROM OUR BAKERY

<p><b>2 FOR \$6</b></p> <p><b>Kaiser Rolls</b> Baked In-store White or Whole Wheat Package of 6</p> 	<p><b>2 FOR \$6</b></p> <p><b>Canadian Harvest Bread</b> Baked In-store 450 g</p> 	<p><b>SALE \$15.99 /ea</b></p> <p><b>Tuxedo Truffle Cake</b> 883 g or Triple Chocolate Tiger Cake 753 g Prepared In-store</p> 	
<p><b>SALE \$3.49 /ea</b></p> <p><b>Dempster's Tortillas</b> White or Whole Wheat 7-inch Package of 10</p> 	<p><b>SALE \$2 /ea</b></p> <p><b>Co-op Centsibles English Muffins</b> Package of 6</p> 		
<p><b>SALE \$9.99 /ea</b></p> <p><b>Apple Valley Lemon Meringue Pie</b> 10 inch</p> 	<p><b>SALE \$6.99 /ea</b></p> <p><b>Mini Cinnamon Buns</b> Baked In-store Package of 12</p> 	<p><b>SALE \$4.49 /ea</b></p> <p><b>Little Bites Cookies</b> 196 - 234 g</p> 	<p><b>SALE \$5.99 /ea</b></p> <p><b>Two-Bite Donuts</b> Selected Varieties 227 g</p> 

## FLORAL

<p><b>SALE \$19.99 /ea</b></p> <p><b>Blooming Daydream Bouquet</b></p> 	<p><b>SALE \$13.99 /ea</b></p> <p><b>Calla Lilly</b> 4-inch Pot</p> 	<p><b>SALE \$19.99 /ea</b></p> <p><b>Mason Jar Arrangement</b></p> 
<p><b>SALE \$24.99 /ea</b></p> <p><b>Orchid</b> 5-inch Pot</p> 	<p><b>SALE \$10.99 /ea</b></p> <p><b>Potted Mum</b> 6-inch Pot Grown in Western Canada</p> 	<p><b>SALE \$4.99 /ea</b></p> <p><b>Potted Mum</b> 4-inch Pot Grown in Western Canada</p> 

## FRESH DAIRY

<p><b>2 FOR \$9.98</b></p> <p><b>Philadelphia Cream Cheese</b> Selected Varieties 227 - 250 g</p> 	<p><b>SALE \$6.99 /ea</b></p> <p><b>Parkay Margarine</b> 1/4 Squares 1.36 kg or Soft 1.28 kg</p> 	<p><b>SALE \$6.99 /ea</b></p> <p><b>Becel Margarine</b> 637 - 907 g</p> 
<p><b>3 FOR \$9.99</b></p> <p><b>Jell-O Refrigerated Pudding or Desserts</b> Package of 4 or Crave Scramble Kit 57 - 85 g</p> 	<p><b>SALE \$6 /ea</b></p> <p><b>Simply Juice or Beverages</b> or Gold Peak Iced Tea 2.63 L</p> 	

<p><b>SNACK IT UP</b></p> <p><b>iögo is taking over snack time.</b></p> 	<p><b>SALE \$5.99 /ea</b></p> <p><b>iögo Multipack Yogurt</b> 16 x 100 g or Siggi's Skyr Yogurt 650 - 750 g</p> 	<p><b>2 FOR \$8.99</b></p> <p><b>iögo Nanö Drinkable Yogurt</b> 6 x 93 mL or Siggi's Skyr Yogurt 4 x 100 g</p> 	<p><b>SALE \$6.99 /ea</b></p> <p><b>Lactantia Butter</b> Selected Varieties 454 g</p> 
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# IN WITH THE BOLD



ADD THE BOLD  
FLAVOUR OF PACE®  
TO ANY OCCASION



2 FOR  
\$7

## Pepperidge Farm Goldfish

167 - 227 g, Campbell's Chunky or Ready to Serve Soup or Rich & Thick Stock 500 - 515 mL or Prego Pasta Sauce 645 mL



2 FOR  
\$9

Pace Salsa  
642 mL



4 FOR  
\$9

## Campbell's Soup or Cooking Broth

Selected Varieties  
284 mL



FROM THE FREEZER

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

**Nestlé Novelties**  
Package of 4 - 12 or Del Monte  
Novelties Package of 10  
Frozen  
Selected Varieties



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

**Co-op Gold Fruit**  
Frozen  
1.5 kg



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

**McCain Superfries**  
or Bistro, Breakfast or  
Specialty Potatoes  
Frozen  
454 - 800 g



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

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



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

**Kellogg's Eggo Waffles**  
Frozen  
Package of 48



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

**Smucker's Uncrustables**  
Frozen  
Package of 4



FOR YOUR PANTRY

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

**Clover Leaf Pink Salmon**  
150 - 213 g or White  
Tuna 120 g



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

**Gold Seal Sockeye Salmon**  
213 g



**2 FOR**  
**\$5<sup>48</sup>**

**Maple Leaf Flaked Meat**  
156 g



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

**Catelli Pasta**  
Bistro, Smart or  
Healthy Harvest  
340 - 375 g



**4 FOR**  
**\$8**

**Italpasta**  
900 g or Knorr  
Sidekicks 120 - 153 g



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

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



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

**Co-op Gold Bacon Bits**  
205 g or Montreal  
Steak Spice 400 g



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

**Filippo Berio Olive Oil**  
205 g or Montreal  
750 mL or 1 L



**5 FOR**  
**\$5**

**Old El Paso Seasoning**  
24 g



**5 FOR**  
**\$5**

**Jell-O Jelly Powder**  
10.1 - 85 g, Instant  
Pudding 30 - 113 g or  
Lemon Pie Filling 128 g



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

**Betty Crocker Mixes**  
Cake, Cookie or  
Brownie 337 - 550 g,  
Banana Bread 348 g or  
Bisquick 1.13 kg  
Selected Varieties



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

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



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

**Co-op Gold PURE Granola**  
340 g



**2 FOR**  
**\$10<sup>98</sup>**

**Co-op Gold Cereal**  
750 - 907 g or Puffed  
Wheat 450 g



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

**Maxwell House Coffee**  
631 - 925 g, Café  
Barista 340 g or  
Package of 12



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

**Co-operative Coffee**  
Ground or Whole Bean  
300 - 340 g



**FREE**  
Liberte® 650 - 750 g

**OLD EL PASO**  
CELEBRATE  
**CINCO DE MAYO**

with the purchase of any 2 Old El Paso Dinner Kits



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

**Old El Paso Kits**  
250 - 510 g or Salsa  
650 mL



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

**Nature Valley Bars**  
132 - 175 g or Betty  
Crocker Dunkaroos  
168 g



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

**Betty Crocker Snacks**  
340 - 368 g, Nature Valley Bars 425 - 690 g,  
Lärabar 225 - 240 g, Annie's Snacks 226 g  
or General Mills Cereal Bar 385 g



**2 FOR**  
**\$5**

**Betty Crocker Cake Mixes**  
375 - 404 g or  
Frosting 340 - 450 g  
Selected Varieties



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

**Pillsbury Dough**  
Selected Varieties  
318 - 468 g



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

**Yoplait Tubes**  
8 x 56 g, Source Yogurt  
630 - 650 g, Liberte  
Mediterranée Yogurt  
500 g or Greek 4 x 100 g





**HEINZ**  
ESTD 1869



**FREE\***  
**CO-OP® GOLD NATURAL  
SPRING WATER (12 X 500 ML)**

WHEN YOU  
**BUY ANY 3**  
PARTICIPATING  
PRODUCTS



**UP YOUR  
water  
GAME**

**new ENERGY with caffeine**

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

**Liquid or Powder  
Water Enhancers**  
Selected Varieties  
48 mL or Package of 4 - 10



EXCLUSIVE TO  
**CO-OP TGP**  
OFFER EXPIRES: May 22, 2024

\*See in-store coupon for a  
complete list of participating  
products and offer details.

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



**Kraft  
Peanut Butter**  
1 kg, All Natural 750 g or  
Hazelnut Spread 725 g

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

**Nabob Coffee**  
300 - 340 g, Tassimo  
Nabob Package of 14  
or Tassimo Maxwell  
House Package of  
14 - 16



DRINKS & SNACKS

**4 FOR \$12** Christie Snack Crackers  
Selected Varieties  
175 - 200 g or Toppables 386 g

**3 FOR \$12** Christie Cookies  
Selected Varieties  
251 - 303 g

**2 FOR \$7** Dare Bear Paws  
168 - 240 g

**SALE \$5.99 /ea** Planters Cashews  
200 g

**3 FOR \$6.99** Oasis Juice, Arizona Iced Tea or Del Monte Nectar  
Selected Varieties  
960 mL

**SALE \$11.99 /ea** Co-op Gold Chocolate Covered Snacks  
Almonds, Peanuts or Raisins  
850 g or 1 kg

**FOR YOUR PANTRY**

**2 FOR \$9** Kellogg's Cereal  
298 - 525 g or Fun Pac 210 g  
Selected Varieties

**SALE \$5.99 /ea** Kellogg's or Kashi Cereal  
Selected Varieties  
400 - 650 g

**SALE \$8.99 /ea** Kellogg's Jumbo Cereal  
Selected Varieties  
700 g - 1.2 kg

**FOR YOUR HOME & PETS**

**SALE \$24.99 /ea** Pedigree Dog Food  
8 kg

**4 FOR \$9.96** Purina One Dog Food  
368 g

**SALE \$7.99 /ea** Purina Dentalife  
587 g or Primebones  
275 - 300 g

**SALE \$10.99 /ea** Co-op Gold Cat Litter  
18 kg

**SALE \$9.99 /ea** Drano Max Gel Clog Remover  
2.3 L or Green Dolphin CLR Buster or Stainless Steel Cleaner & Polish 750 mL

**SALE \$5.99 /ea** Fantastik Spray Cleaner  
650 mL, Windex 765 mL or Bon Ami Aerosol 560 g  
Selected Varieties

**2 FOR \$9.98** Co-op Gold Bathroom Tissue  
Package of 6 Triple-Rolls

**SALE \$9.99 /ea** Co-op Gold PURE Cane Plates  
10 inch

**What it takes to protect**

**SALE \$5.99 /ea** Lysol Disinfectant Wipes  
Package of 75 - 84

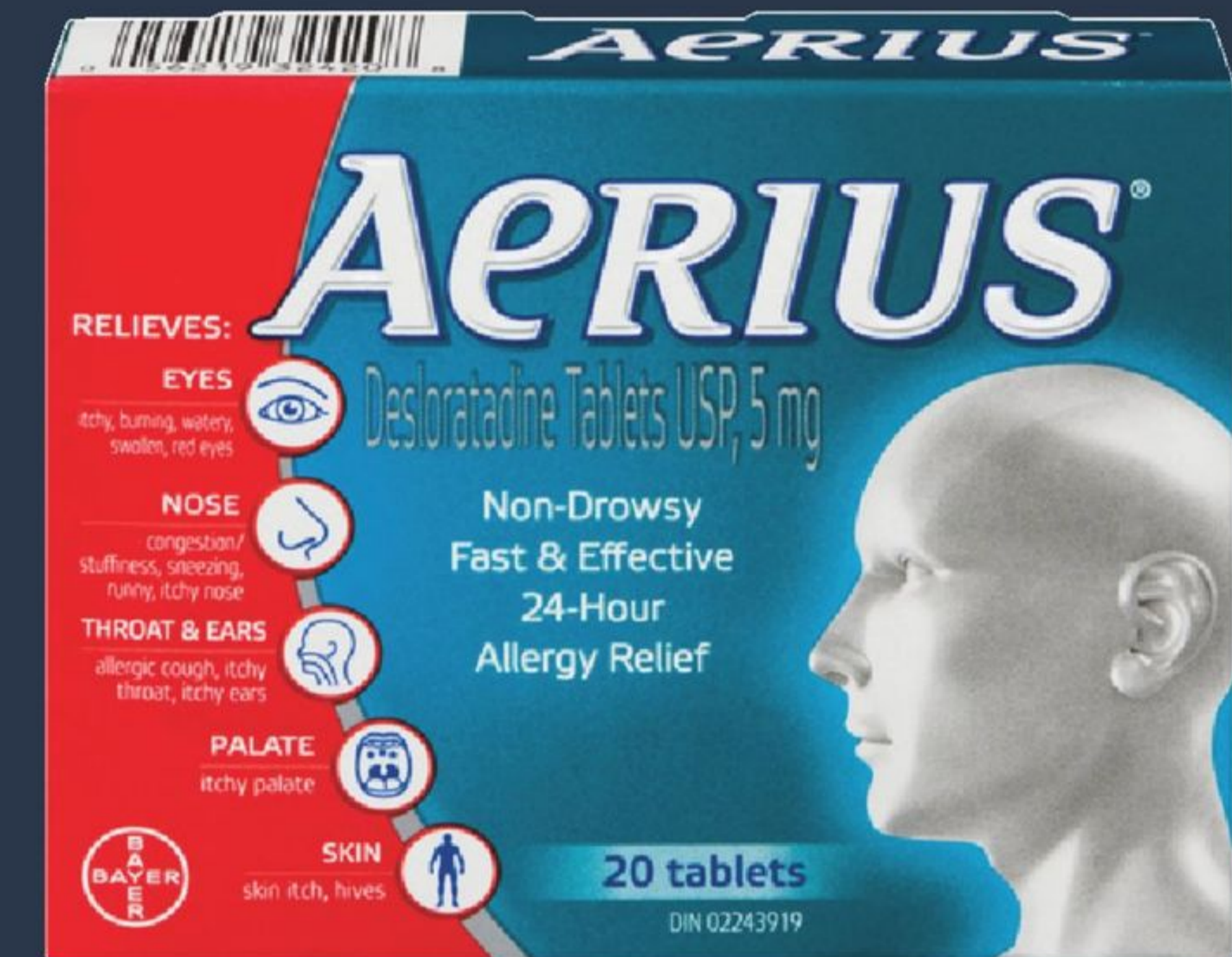
**SALE \$23.99 /ea** Finish Dishwasher Detergent  
Selected Varieties  
Package of 72 - 105

**SALE \$11.99 /ea** Woolite Laundry Detergent  
40 Wash Loads

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

**Aerius**  
Package of 20



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

**Claritin**  
Selected Varieties  
Package of 15 - 30



# CELEBRATE CINCO DE MAYO



<b>2 FOR \$4</b> Organic Avocados Max's Variety Prepared	<b>SALE \$4.99 /lb</b> Jalapeño Peppers Green Variety Imported
<b>SALE \$5.99 /lb</b> Co-op Extra Lean Ground Beef Ground by Your Local Butcher, Value Pack	<b>SALE \$1.29 /ea</b> Cilantro Produce of U.S.A. Bunched & Tied
<b>4 FOR \$7</b> Co-op Gold or Co-op Gold PURE Beans or Chick Peas, Lentils or Soy Bean Mix 540 mL	<b>3 FOR \$6</b> Casa Fiesta Diced Green Chilies 113 g or Sterilized Jalapeños 118 mL
<b>SALE \$4.99 /ea</b> Cholula Hot Sauce 150 mL or Salsa 325 mL	<b>2 FOR \$6</b> Casa Fiesta Mild Enchilada Sauce 296 mL or Chipotle Peppers 212 g
<b>3 FOR \$9.99</b> La Cocina Tortilla Chips 300 - 400 g or Casa Bonita Tortilla Chips 300 g	<b>SALE \$5.99 /ea</b> Churro Donuts Made In-store Package of 6
<b>SALE \$1.99 /ea</b> La Cocina Corn Tortillas 240 g	<b>4 FOR \$6</b> Jarritos Soda 370 mL

<b>2 FOR \$15</b> Pepsi Products 12 x 355 mL	<b>2 FOR \$8</b> Pepsi Products 6 x 222 mL	 <p><b>OFFICIAL PARTNERS OF THE NHL</b></p>
<b>SALE \$5.99 /ea</b> Pepsi Products 8 x 355 mL	<b>2 FOR \$9</b> Pepsi Products 6 x 710 mL	
<b>2 FOR \$9.48</b> Doritos 210 - 280 g	<b>2 FOR \$9</b> Miss Vickie's Chips 190 - 200 g	

## CELEBRATE MOM

— She Deserves The BEST Brew —



<b>SALE \$14.99 /ea</b> K-Cup Pods Timothy's, Donut House or Krispy Kreme Selected Varieties Package of 30	<b>SALE \$15.49 /ea</b> Van Houtte Coffee Package of 24
<b>SALE \$29.99 /ea</b> Van Houtte Coffee Package of 48 or Timothy's Package of 60	<b>SALE \$8.99 /ea</b> Timothy's Coffee Package of 12, Van Houtte 340 g or Package of 12

**VAN HOUTTE** *Timothy's*





# LET'S TALK CO-OP

## Let your voice be heard

This is no ordinary 5 minute survey!  
We want you to share your ideas  
and opinions on all things Co-op.

- Provide input through online surveys.
- Get a sneak peek of what's in store.
- Influence the Co-op experience for the 1.8 million Co-op members.
- Chance to win monthly and quarterly prizes.

**SHARE YOUR THOUGHTS**

# Stock your Pantry

SAVE ON YOUR Favourite BRANDS



**SALE** 7<sup>99</sup> /ea  
Grimm's Pepperoni Sticks 375 - 450 g

**SALE** 6<sup>99</sup> /ea  
Grimm's Smoked Sausage Ring 300 g

**SALE** 6<sup>99</sup> /ea  
Grimm's Smokies or Sizzlin' Wieners 450 g

**SALE** 6<sup>99</sup> /ea  
Grimm's Pepperoni Bites 375 g

**2 FOR** 9<sup>98</sup>  
Grimm's Sliced Deli Meats 125 - 175 g

**SALE** 4<sup>99</sup> /ea  
Grimm's Ham Steaks 250 g

**SALE** 9<sup>99</sup> /ea  
Activia Yogurt 2 kg

**SALE** 5<sup>99</sup> /ea  
Activia Drinkable Yogurt 8 x 93 mL

**POUR SOME PLANT-BASED GOODNESS INTO YOUR COFFEE**



**4 FOR** \$5  
Oikos or Activia Drinkable Yogurt 190 mL

**2 FOR** \$9  
Activia Yogurt 8 x 100 g, Tera Good Greek Yogurt 62.5 g or Silk Barista 946 mL

**SALE** 5<sup>49</sup> /ea  
International Delight Coffee Creamer 946 mL or Cold Foam Creamer 396 g

**3 FOR** \$12  
Oikos Greek Yogurt 4 x 95 - 100 g or Silk Plant-based Yogurt 4 x 100 g

**FREE** CO-OP BALE NATURAL SPRINKLER WATER 12.5 L

**BUY ANY 3** PARTICIPATING PRODUCTS

OFFER EXPIRES: May 23, 2024

**SAVE \$3** BUY ANY 3 PARTICIPATING PRODUCTS

OFFER EXPIRES: August 8, 2024

**2 FOR** \$8  
Classico Pasta Sauce 410 - 650 mL, Pesto 218 mL or Shake'n Bake 142 g

**6 FOR** \$9  
Heinz Beans or Pasta 370 mL

**2 FOR** 10<sup>98</sup>  
Heinz Ketchup 750 mL - 1 L or Kraft Miracle Whip or Mayo 890 mL

**SALE** 10<sup>99</sup> /ea  
KD 12 x 200 g or Cups 10 x 58 g

**3 FOR** \$6  
Kraft BBQ Sauce 435 mL or Heinz Mustard 285 mL or 380 mL

**2 FOR** \$6  
Kraft Dressing 425 - 475 mL, Bull's-Eye BBQ Sauce 425 mL or Diana BBQ Sauce 500 mL

**SALE** 4<sup>29</sup> /ea  
Cadbury Multipack Bars Package of 4

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

HELLO Spring



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

**2 FOR** \$9  
Cadbury Bags 147 - 200 g

**SALE** 8<sup>99</sup> /ea  
Cadbury Pouches 361 - 380 g

**SALE** 2<sup>69</sup> /ea  
Cadbury Micro Mini Eggs 90 g

Our Savings will keep your pantry full