



Celebrate the  
*Festival of Lights*

*Happy Diwali*

**SALE**

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

Vadiya  
Basmati Rice  
3.63 kg



SALE EFFECTIVE OCTOBER 17 - NOVEMBER 6, 2024

# PRODUCE

**SALE**

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

grown in  
**WESTERN  
CANADA**

3.29/kg

## Yellow Onions Bulk

Produce of Western Canada  
Canada No.1



*Jumbo  
SIZE*

**SALE**

**1**<sup>69</sup>  
/lb

grown in  
**WESTERN  
CANADA**

3.73/kg

## Roma Tomatoes

Produce of Western Canada  
No. 1 Grade



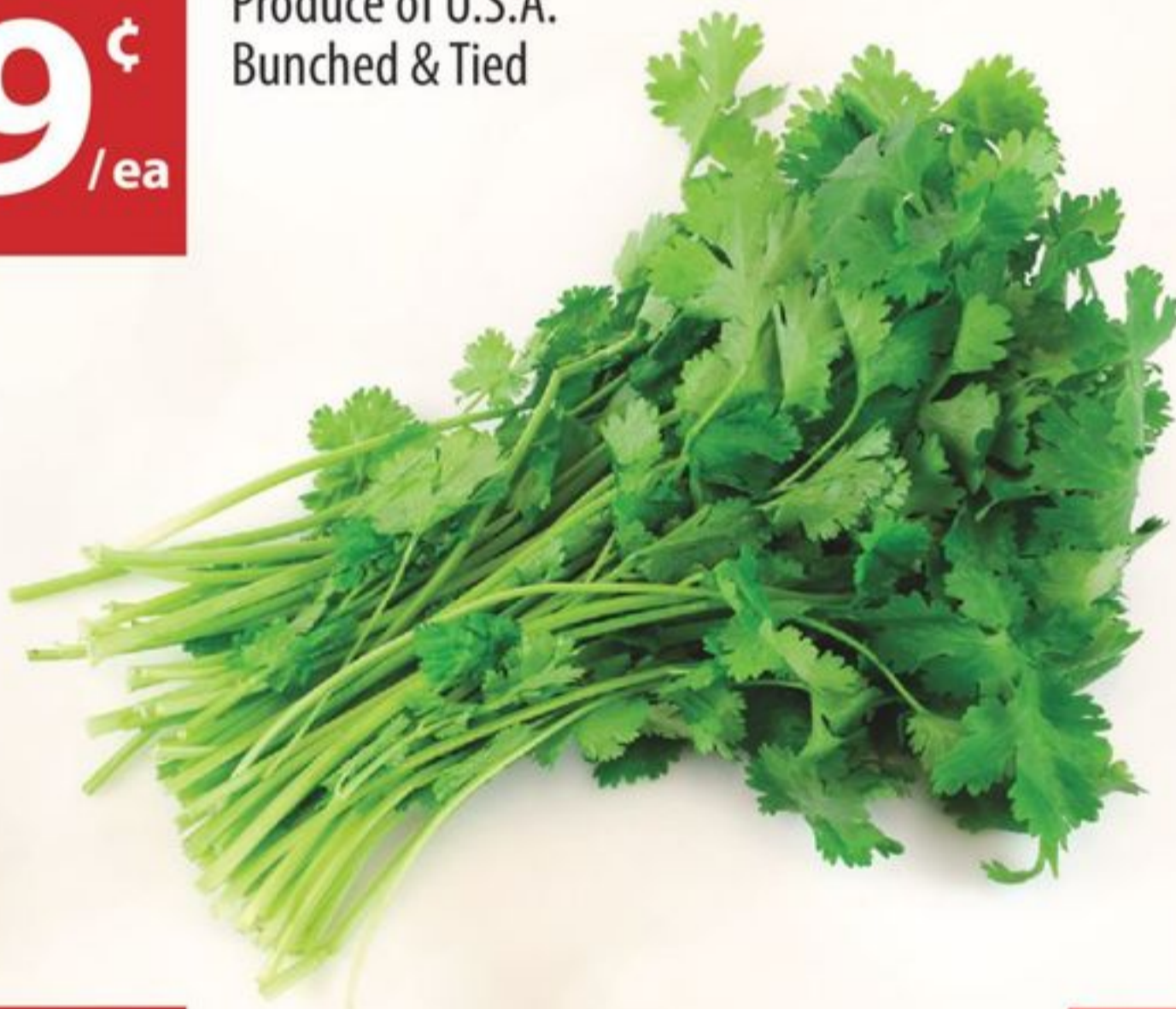
*Large  
SIZE*

**SALE**

**99**<sup>¢</sup>  
/ea

## Cilantro

Produce of U.S.A.  
Bunched & Tied

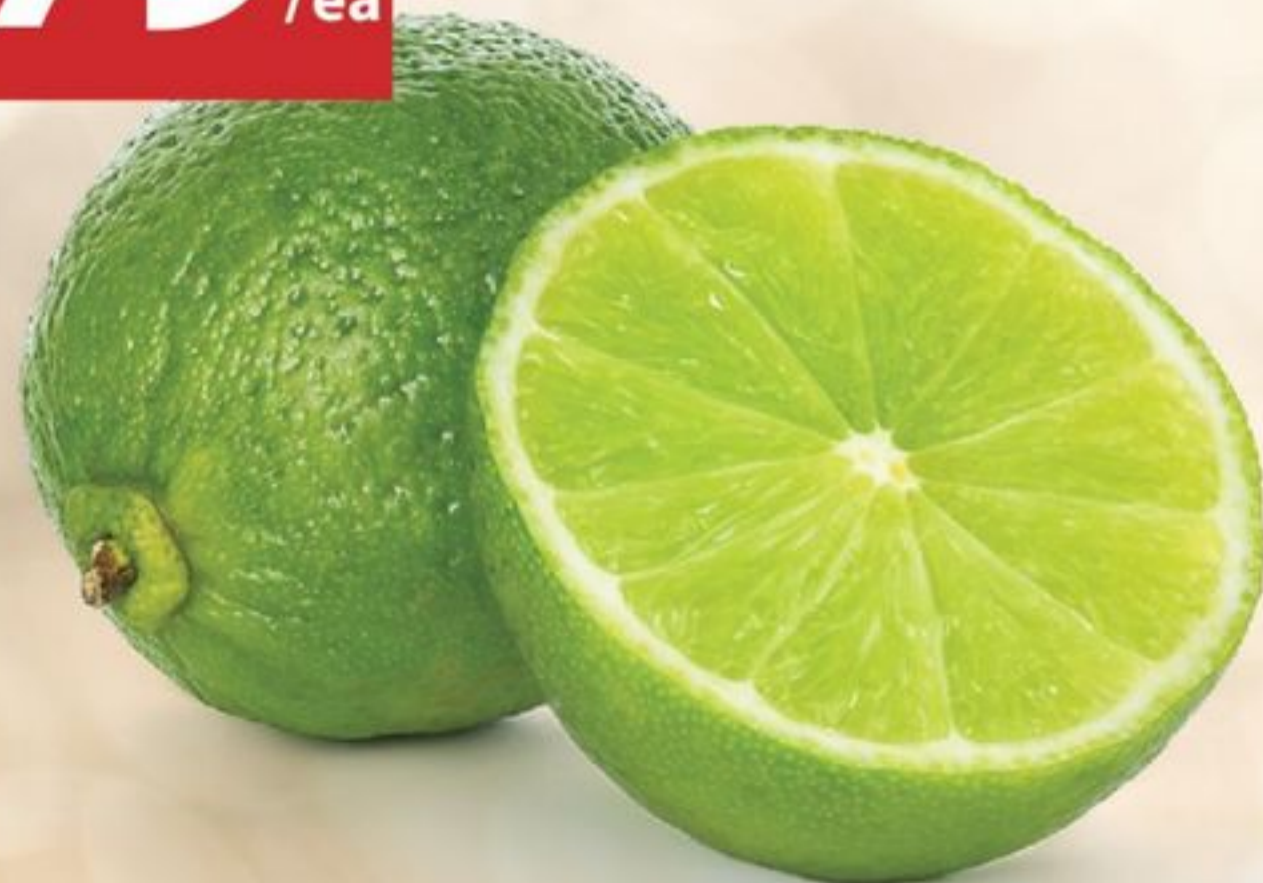


**SALE**

**79**<sup>¢</sup>  
/ea

## Limes

Imported



**SALE**

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

## Tamarind

Imported  
1 lb (454 g)



**SALE**

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

## Thai Green Hot Peppers

Imported  
50 g



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# BAKERY

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

**NEW**  
AT CO-OP

## Gulab Jaman Cheesecake

Package of 3



*A graham based topped silky-smooth cardamon cheesecake and feather-light mousse infused with rose syrup. Concealed at the heart of it all, a tender ball of Gulab Jamun. Soaked in aromatic syrup, this fusion is sure to delight.*

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

## Apple Valley Apple Crisp

678 g



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



## Vadiya Garlic or Original Naan Bread

Package of 6

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



## Vadiya Mini Naan

Package of 12

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# GROCERY

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



**Nestlé Turtles**  
160 g or Quality Street Chocolates 190 g

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



**Nanak Desi Ghee**  
400 g or Divya Mustard Oil 1 L

**2 FOR**  
**\$3**

**Haldiram's Snacks**  
150 g or Maggi Masala Noodles  
Package of 4



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

**Co-op Gold Almonds**  
Sliced or Slivered  
200 g



**SALE**  
**5<sup>98</sup>**  
/ea

**Co-op Gold Almonds**  
200 g



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

**Noor Pitted Dates**  
800 g



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

**Kosa Coconut Cream**  
400 mL or Rubicon Juice 1 L



PLUS DEPOSIT & ENVIRONMENTAL  
LEEVES WHERE APPLICABLE

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

**Tata Agni Loose Leaf Tea**  
1 kg



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# GROCERY

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

**Co-op Gold  
Canola Oil**  
3L



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

**Shivani Naan Bread**  
320 - 425 g



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

**Co-op Gold Sweetened  
Condensed Milk**  
300 mL



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

**Aashirvaad  
Whole Wheat Flour**  
9.07 kg



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



**Patak's  
Cooking Sauce**

400 mL or Curry Paste 284 mL

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

**Co-op Gold PURE Lentils**

or Chick Peas, Beans  
or Split Peas



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# Celebrate the *Festival of Lights*

**SALE**

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

**Nanak Rasmalai**

850 g  
Located in Freezer



**SALE**

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

**Tre Stelle  
Paneer Cheese**

350 g



**SALE**

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

**Ginger Root**  
Imported

4.39/kg



**SALE**

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



**Rogers Fine  
Granulated Sugar**

2 kg



# Happy Diwali

## SAVE \$3

Landmark Milk 3.25% M.F.  
4 L

Coupon must be presented to the cashier at the time of purchase, either paper or digital.



PLUS DÉPÔT À ENVIRONNEMENTAL, LEVÉS OÙ S'APPLIQUENT.



**PLU 2884**

**VALID ONLY OCTOBER 17 - NOVEMBER 6, 2024**

This coupon may only be used to receive \$3.00 off Landmark Milk 3.25% M.F. (4 L) at participating Co-op Food Stores. Maximum retail value of \$3.00. Limit one coupon per family purchase per day. No cash Value. Coupon must be presented to the cashier at the time of purchase.

Cannot be combined with any other coupons or promotional offers. Excludes tobacco, alcohol, prescriptions, gift cards, phone cards, lottery tickets, transit tickets, all third-party operations (post office, gas bar, etc.).

**Available at the following participating locations:**

Central Alberta Co-op @ Innisfail, Lacombe, Red Deer Park & Timberlands, Cornerstone Co-op @ St. Paul, Discovery Co-op @ North Battleford, Four Rivers Co-op @ Vanderhoof, Heritage Co-op @ Brandon, Homestead Consumers Co-op @ Portage La Prairie, Lake Country Co-op @ Prince Albert, LaRonge & Nipawin, Leduc Co-op, Legacy Co-op @ Yorkton, Meadow Lake Co-op @ Meadow Lake, New Horizon Co-op @ Grande Prairie & Trader Ridge, North Central Co-op @ Chappelle, Fort Saskatchewan, Hawkstone, Orchards & Riverside, Otter Co-op @ Mt. Lehman, Parallel & Aldergrove, Peace Country Co-op @ Peace River & Grimshaw, Pincher Creek Co-op, Pioneer Co-op @ Wheatland Mall, Prairie North Co-op @ Melfort, Red River Co-op @ Grant Park, Seasons, Southdale, St. Norbert & St. Vital, Saskatoon Co-op @ Attridge, Circle Park, Stonebridge & Westview, Wildrose Co-op @ Camrose, Sherwood Co-op @ Harbour Landing, Quance & Rochdale, South Country Co-op @ Taber, Swan Valley Co-op @ Swan River, Twin Valley Co-op @ Russell, Vegreville Co-op, Westview Co-op @ Olds, Winkler Consumers Co-op @ Winkler & Morden, Yellowknife Co-op



[Click here for Store Location](#)

