

You're at home here.



\$10 SALE

TWO for \$10

Maple Leaf Prime Chicken Drumsticks or Thighs

Grain Fed, Free Run, Air Chilled Family Pack



raised in WESTERN CANADA

SALE 1.99 /lb

Pork Side Ribs

Sold Whole Random Cryovac Wrapped



raised in WESTERN CANADA

SALE 3.99 /ea



Pumpkins

Produce of Western Canada Regular Size

grown in WESTERN CANADA

THREE for \$10

Mandarin Oranges

Imported 1.65 lb (750 g)



FOUR for \$10

Raspberries

Imported 170 g



\$10 EACH

Sunrise Chicken Drumsticks

Frozen 3 kg



\$10 EACH

Armstrong Cheese

600 - 750 g, Slices 450 - 500 g or Natural Slices 500 g



FIVE for \$10

White or Whole Wheat Bread

Baked in-store Sliced or Unsliced 450 g



TWO for \$10

Häagen-Dazs Ice Cream

414 - 450 ml or Novelties Package of 3 - 4 Frozen



TEN for \$10

Campbell's Soup

Cream of Mushroom, Tomato, Chicken Noodle or Vegetable 284 mL



\$10 EACH

Purex Bathroom Tissue

Package of 12 Rolls or SpongeTowels UltraPRO Package of 6 Rolls



Mix and Match these items

TEN for \$10

Find Inspiration at: food.crs

PRICING IN EFFECT OCT. 24 - 30, 2024

24	25	26	27	28	29	30
TUE	FRI	SAT	SUN	MON	TUE	WED

CO-OP is a member of the Food Bank Canada network.

FARM FRESH
PRODUCE

THREE for \$10

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

grown in **WESTERN CANADA**

ORGANIC

2 lbs

this week's featured
GROWER

Sinke Families

KEHO LAKE FARMS

Located in Southern Alberta and established in 1991, Keho Lake Farms Ltd is owned and operated by 2 generations of the Sinke family. Striving to preserve and improve our farmland for future generations, Keho Lake Farms uses sustainable and environmentally friendly farming practices, as well as innovative technologies to grow high quality food. Besides organic red and yellow onions, the 825-acre organic farming operation grows organic crops such as hemp, wheat, rye, mustard, flax, and quinoa.

SALE
6⁹⁹
/ea

Pristine Green Grapes
Produce of California
2 lb (907 g)

2 lbs

SALE
6⁹⁹
/ea

Pomegranate Arils
Wonderful Variety
Produce of U.S.A.
227 g

SALE
2⁶⁹
/ea

Iceberg Lettuce
Produce of U.S.A.
No. 1 Grade

SALE
79¢
/ea

Lemons
Produce of U.S.A.

grown in **WESTERN CANADA**

SALE
1²⁹
/ea

Green Onions
Imported
No. 1 Grade
Bunch

SALE
1⁹⁹
/lb

Tomatoes on the Vine
Greenhouse Grown
Produce of Western Canada
Canada No. 1
4.39/kg

grown in **WESTERN CANADA**

2 FOR \$24

Small Fruit or Veggie Tray
Made In-Store
10.25*

2 FOR \$6

Organic Sliced White Mushrooms
Produce of Western Canada
227 g

grown in **WESTERN CANADA**

ORGANIC

THREE for \$10

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

MANN'S FAMILY FAVORITES

TWO for \$10

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

SALE
5⁹⁹
/ea

Organic Romaine Hearts
Produce of U.S.A.
No. 1 Grade
Package of 3
9.90/kg

ORGANIC

SALE
4⁴⁹
/lb

Organic Red Seedless Grapes
Produce of California
No. 1 Grade

ORGANIC

Large SIZE

SALE
7⁹⁹
/ea

Organic Sweet Potatoes
Produce of U.S.A.
3 lb (1.36 kg)

ORGANIC

ORGANIC

2 Look for more \$10 SALE items marked in this flyer

CO-OP 2019 Week 44 Flyer



FOR
RICE-TAURANT
QUALITY MEALS

Vadiya Rice Pouches are packed with big, bold flavours and only take minutes to prepare!



FIND OUT MORE

BUTCHER SHOP

SALE
8⁹⁹ /lb

Boneless Beef Striploin Half
Cut from Canada AA Grade or Higher
Aged 14 Days
Random Cryovac Wrapped

19.82/kg

raised in **WESTERN CANADA**

HOW TO COOK STEAK IN A CAST IRON PAN

1. Make sure your steak is at room temperature – it'll help to cook evenly
2. Season both sides of the steak. Pre-heat skillet over high heat and add canola oil. Add the steak and cook for 3–4 minutes on each side or until it's browned.
3. Once cooked, it's time to add more flavour. Reduce heat to medium-low and add compound butter, herbs or seasonings and baste the steak for 1–2 minutes.
4. Remove from the pan and let it rest for 5 minutes before serving.

Temperature Guide:
Medium-rare: 63°C (145°F)
Medium: 71°C (160°F)
Well Done: 77°C (170°F)

SALE
7⁹⁹ /lb

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

17.61/kg

raised in **WESTERN CANADA**

SALE
\$20 /ea

Maple Leaf Prime Boneless Skinless Chicken Breasts
Grain Fed, Free Run, Air Chilled
Club Pack

raised in **WESTERN CANADA**
RAISED WITHOUT ANTIBIOTICS

SALE
8⁹⁹ /lb

Co-op Boneless Stewing Beef
Cut by Your Local Butcher

19.82/kg

SALE
3⁹⁹ /lb

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

8.80/kg

SALE
2⁹⁹ /lb

Co-op Chicken Legs Back Attached
Grain Fed, Free Run, Air Chilled
Value Pack

6.59/kg

SALE
3⁹⁹ /lb

Maple Leaf Pork Tenderloin
Random Cryovac Wrapped
Value Pack

8.80/kg

SALE
3⁹⁹ /lb

Co-op Pork Shoulder Blade Steak
Cut by Your Local Butcher

8.80/kg

TWO for \$10

Johnsonville Breakfast Sausage or Sausage Meat
Selected Varieties
250 - 375 g

FISH SHOP

THREE for \$10

Clover Leaf Delectables
227 g

raised in **WESTERN CANADA**

SALE
3⁴⁹ /100 g

Steelhead Trout Fillets
Farmed in Lake Okechobee/Saskatchewan
Value Pack

raised in **WESTERN CANADA**

ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS

\$10 EACH

High Liner Pink Salmon Fillets
Frozen
400 g

\$10 EACH

Co-op Gold PURE Smoked Salmon Nuggets
Frozen
150 g

TWO for \$10

Co-op Gold All Natural Pollock Fillets
Frozen
400 g

WHEN YOU'RE
SIMPLY DYING
OF HUNGER...

Old Dutch
(HAPPY HALLOWEEN)



THREE for
\$10

Old Dutch Potato Chips

235 g or Ridgies 200 g
Selected Varieties



2 FOR
\$7

**Old Dutch
Restaurante
Tortilla Chips**

230 - 295 g
or Arriba 235 - 245 g



THREE for
\$10

**Old Dutch
Potato Chips**
Box 220 g



GLUTEN-FREE

PREPARED FOODS

<p>TWO for \$10</p> <p>Heat & Eat Bowls Made In-store</p> 	<p>TEN for \$10</p> <p>Chicken Breast Tenders Sold Individually</p> 
<p>SALE 1.99 /100 g</p> <p>Dill Pickle Pasta Salad or Creamy Garlic & Spinach Pasta Salad</p> 	

FRESH FROM OUR DELI

<p>SALE 3.29 /100 g</p> <p>Grimm's Beef or Canadian Back Bacon Deli Meats Fresh Sliced In-store</p> 	<p>SALE 12.99 /ea</p> <p>Bothwell Cheese Block Selected Varieties 540 g</p> 
	<p>SALE 8.99 /ea</p> <p>Schneiders Pepperettes or Pepperette Bites 250 - 300 g</p> 

<p>TWO for \$10</p> <p>Castello Cheese Slice or Feta Dips or Feta Tubs 165 g</p> 	<p>TWO for \$10</p> <p>Woolwich Goat Cheese 113 g</p> 	<p>TWO for \$10</p> <p>Olivieri Pasta or Gnocchi 280 - 360 g or Sauce 300 ml</p> 
---	--	---

PACKAGED MEATS

<p>FIVE for \$10</p> <p>Co-op Gold Stuffed Chicken Breasts Frozen 142 g</p> 	<p>\$10 EACH</p> <p>Maple Leaf Natural Selections Sliced Deli Meats 375 - 400 g</p> 	<p>SALE 6.99 /ea</p> <p>POGO Corn Dogs Frozen 10 Pack 750 g</p> 
<p>THREE for \$10</p> <p>Schneiders Lunchmate Stackers or Kids 90 - 120 g or Adult Snack Kits 75 g</p> 	<p>TWO for \$10</p> <p>Main Street Deli Sliced Deli Meats or Trio Packs 200 - 300 g</p> 	<p>SALE 6.99 /ea</p> <p>Schneiders Smoked Sausage Rings 300 g</p> 
<p>SALE 13.99 /ea</p> <p>Harvest Garlic Sausage Coil or Wieners 1 kg</p> 	<p>SALE 13.99 /ea</p> <p>Co-op Gold Smokies 1 kg</p> 	<p>SALE 13.99 /ea</p> <p>Co-op Gold Thick Sliced Side Bacon 1 kg</p> 

HAVE A WICKED GOOD TIME

THREE for \$10

Lay's Potato Chips
220 - 235 g or Poppables 130 g



The image shows two bags of Lay's potato chips. On the left is a yellow bag of 'Classic' (Classique) chips, 235g. On the right is a purple bag of 'Sweet Chili Heat!' (Piment infernal!) chips, 220g. Both are labeled as 'FAMILY SIZE FORMAT FAMILIAL'.

2 FOR \$9

Tostitos Tortilla Chips
205 - 295 g or Salsa 418 - 423 mL



The image shows a jar of Tostitos salsa and a bag of Tostitos tortilla chips. The salsa jar is labeled 'SALSA MEDIUM MOYENNE' and 'Tostitos'. The chip bag is labeled 'Tostitos ROUNDS-RONDES' and '14g NO SUGARS'.

SALE 13⁴⁹ /ea

Pepsi Products
Selected Varieties
24 x 355 mL

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE



The image shows two boxes of Pepsi products. The front box is 'PEPSI ZERO SUGAR' and the back box is 'PEPSI'. Both are labeled '24 CANS' and '24 x 355 mL cans'.

FRESH FROM OUR BAKERY

<p>SALE 5⁹⁹ /ea</p> <p>Kimberley's Halloween Cookies Package of 10 or Two-Bite Halloween Brownie 240 - 310 g Selected Varieties</p>	<p>SALE 7⁹⁹ /ea</p> <p>Cheesecake Sampler Strawberry or Chocolate Swirl 340 g</p>	<p>Two for \$10</p> <p>Co-op Gold Muffin Tops Baked In-store Selected Varieties Package of 6</p>	
<p>2 FOR \$7</p> <p>Crusty Rolls Baked In-store White or Whole Wheat Package of 12</p>	<p>Two for \$10</p> <p>Table Talk Mini Pies Selected Varieties 114 g</p>		
<p>SALE 5⁹⁹ /ea</p> <p>Portofino Bread Selected Varieties 585 g</p>	<p>SALE 3⁴⁹ /ea</p> <p>Dempster's Bread 675 g of English Muffins Package of 6 Selected Varieties</p>	<p>SALE 3⁹⁹ /ea</p> <p>Dempster's Tortillas 10 Inch Package of 6 - 10</p>	<p>Two for \$10</p> <p>Charlotte's Bars Selected Varieties 400 - 450 g</p>

FLORAL

<p>SALE 9⁹⁹ /ea</p> <p>7 Day Bouquet</p>	<p>SALE 8⁹⁹ /ea</p> <p>Painted Spider Bunch</p>	<p>SALE 23⁹⁹ /ea</p> <p>Blooming Magic Bouquet</p>
<p>SALE 7⁹⁹ /ea</p> <p>Wintergreen 4-inch Pot Grown in Western Canada</p>	<p>SALE 12⁹⁹ /ea</p> <p>Potted Rose 6-inch Pot Grown in Western Canada</p>	

FRESH DAIRY

<p>Two for \$10</p> <p>Kraft Singles 8.25 g Cheez Whiz 900 g or Velveeta Cheese Leaf 900 g</p>	<p>Three for \$10</p> <p>Philadelphia Dips 227 g</p>	<p>Two for \$10</p> <p>International Delight Coffee Creamer 946 mL</p>
<p>Five for \$10</p> <p>I Can't Believe It's Not Butter! Margarine 427 g or Beesil Garlic Plant Butter 227 g</p>	<p>Two for \$10</p> <p>Activia Yogurt 2 kg or 1.5 kg</p>	

NEW COFFEE CREAMERS

ELEVATE YOUR COFFEE
Pour it. Foam it. Love it.

Try this Dalgona recipe by Natrel natrel.ca

SALE
5⁸⁹
/ea

Natrel Dairy Product
Lactose Free 2 L or Creamer 1 L

Look for more **\$10 SALE** items marked in this flyer

**MAKE EVERY
MORNING
DELICIOUS
FOR THE LOVE OF BREAKFAST**



The trademarks that appear are the property of their respective trademark owners.

THREE for \$10

**Minute Maid
Zero Sugar
Juice**
1.54 L

PLUS DEPOSIT & ENVIRONMENTAL
LEVIES WHERE APPLICABLE



**2 FOR
\$4**

**Minute Maid
Beverages**
Frozen Concentrate
Selected Varieties
295 mL



FROM THE FREEZER

SALE
6⁹⁹ /ea
Chapman's Ice Cream, Frozen Yogurt or Sorbet
2L



THREE for \$10
McCain Fries
Frozen
800 g



TWO for \$10
Breyers Frozen Dessert
1.66 L



2 FOR \$5⁵⁰
Co-op Gold Vegetables
Frozen
750 g



SALE
6⁹⁹ /ea
Wong Wing Appetizers or Entrées
Frozen
360 - 680 g



\$10 EACH
Crafty Ramen Pork or Tofu Miso Ramen
Frozen
520 - 540 g



BRING THE RESTAURANT HOME

SALE
5⁹⁹ /ea
PF Chang's Entrées
Frozen
Selected Varieties
312 g



2 FOR \$9
Healthy Choice or Swanson Entrées
Frozen
Selected Varieties
255 - 345 g



TWO for \$10
Hungry-Man Dinners or XL Bowls
360 - 455 g or Marie Callender's or Healthy Choice Power Bowls
262 - 349 g
Frozen



FOR YOUR PANTRY

TWO for \$10
Co-op Gold PURE Honey
500 g or Traditional Medicinals Tea
Package of 16



TWO for \$10
Co-op Gold Peanut Butter
1 kg or Hazelnut Spread
725 g



SIX for \$10
Clif Bar
68 g



TWO for \$10
Co-op Gold Granola
600 g



SIX for \$10
Clover Leaf Skipjack or Flavoured Tuna
85 - 120 g or Salmon Salad
78 g



FIVE for \$10
Co-op Gold Smoked Oysters
85 g



THREE for \$10
Lipton or Knorr Soup Mixes
Package of 4 or Knorr Noodle Cup
60 - 69 g



TWO for \$10
La Grille Seasonings or Spices
65 - 203 g



THREE for \$10
Classico Pasta Sauce
410 - 650 mL, Pasta
210 mL or Shake 'n Bake
142 - 184 g



THREE for \$10
Ben's Original Bisto Express
or Rice & Grains or Classics
170 - 250 g



FOUR for \$10
Hamburger or Tuna Helper
153 - 240 g or Minute Rice
Ready to Serve 250 g



2 FOR \$6
Old El Paso
Selected Varieties & Sizes



THREE for \$10
Hershey's Chipits
200 - 270 g



TWO for \$10
Del Monte Fruit
796 mL



THREE for \$10
Co-op Gold Dressing
Selected Varieties
425 - 475 mL



TWO for \$10
Co-op Gold Mayonnaise or Whipped Dressing
750 - 890 mL



HAVE AN A+ DAY QUAKER YOU'VE GOT THIS

2 FOR \$8
Quaker Cereal
Selected Varieties
350 - 510 g



2 FOR \$7
Quaker Instant Oatmeal
264 - 344 g



2 FOR \$6
Quaker Crispy Minis
Selected Varieties
90 - 199 g



6 Look for more **\$10 SALE** items marked in this flyer

CO-OP 98 Weeks 41 Logo



OFFICIAL PARTNER OF THE NHL®

ENTER FOR YOUR CHANCE TO WIN[†] A BUDWEISER RED LIGHT

1 BUY Budweiser Zero™ **2 SNAP** a picture of the receipt **3 ENTER** for a chance to WIN[†]

budweiser.ca/redlights

ENJOY RESPONSIBLY. [†]NO PURCHASE IS NECESSARY TO PARTICIPATE OR WIN. YOU WILL NOT INCREASE YOUR CHANCES OF WINNING BY BUYING A PRODUCT. Visit www.budweiser.ca/redlights for Contest details/rules and to upload your receipt. Open to all legal residents of Canada (excluding Quebec) of legal drinking age in province or territory of residence at the time of entry. The Contest ends on November 30, 2024, at 11:59:59 p.m. ET. Limit one (1) entry per person per day. You will not increase your chances of winning by buying a product because no purchase is required to participate. FOR PURCHASE OPTION: Enter the Contest by purchasing in a single transaction one (1) 6x355mL or 12x355mL or 6x341mL pack of Budweiser Zero from any online or physical retail store in Canada (excluding Quebec) during the Contest period. To receive an entry into the Contest without making a purchase, please see the official rules available at www.budweiser.ca/redlights. Submissions must be received by November 30, 2024. Draw Date: Dec. 4, 2024. A total of fifty (50) Budweiser Red Lights (the prizes) available to be won. Approximate Retail Value ("ARV") \$199.99 CAD each. Odds of winning depend on the number of eligible entries received during the Contest Period. Skill test applies. © 2024 Canada Dry Mott's Inc. ®/MD/TM/MC Anheuser-Busch, LLC. Lic. Use / Sous Lic. NHL and the NHL Shield are registered trademarks of the National Hockey League. © NHL 2024. All Rights Reserved.

SALE
14⁹⁹
/ea

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

Budweiser Zero
Alcohol Free Beer
12 x 355 mL



ENJOY RESPONSIBLY. Must be legal drinking age.
®/MD/TM/MC ANHEUSER-BUSCH, LLC. ST. LOUIS, MO., LIC. USE / SOUS LIC.

2 FOR
\$7

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

Mott's Clamato
1.89 L



Trademark used under license by Canada Dry Mott's Inc.

2 FOR
\$5

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

Atypique Mocktails
Alcohol-Free
355 mL



*Sparkling Flavoured Beverages.
Trademark used under license by Canada Dry Mott's Inc.

DRINKS & SNACKS

THREE for \$10

Dare Wagon Wheels
315 - 360 g, Bear Paws
168 - 240 g or Viva Puffs
300 g

EIGHT for \$10

Sparkling Ice
503 mL

EIGHT for \$10

Sunny D
500 mL, Mott's
Clamato 341 mL or
V8 Vegetable Cocktail
340 mL

THREE for \$10

**Minute Maid,
Five Alive or
Nestea**
1.89 L or
8 - 10 x 200 mL

SALE 14.99 /ea

**Nestlé Assorted
Chocolate Bars**
Package of 100 or Spooky Bars
Package of 90

TEN for \$10

**Hershey's
Chocolate
Bars**
34 - 58 g, Jolly
Rancher Mints 60 g
or Twizzlers 60 - 90 g

THREE for \$10

**Christie
Cookies**
Selected Varieties
251 - 303 g

THREE for \$10

**Co-op Gold
Cracker Sticks**
130 g

NEW

**Campbell's
CHUNKY
SPICY**

THREE for \$10

**Campbell's Ready to
Serve or Chunky Soup**
515 mL, Prego Pasta Sauce
645 mL or Pepperidge Farm Goldfish
167 - 200 g

FIVE for \$10

**Campbell's Soup
or Cooking Broth**
Selected Varieties
284 mL

FIVE for \$10

Campbell's Broth
900 mL or Concentrated Broth
250 mL

FOR YOUR PETS & HOME

SALE 23.99 /ea

Purina Tidy Cats
5.44 kg

SALE 8.99 /ea

Greenies Dog Treats
170 g or Friskies Party Mix
454 g

SALE 6.49 /ea

Co-op Gold Bathroom Tissue
Package of 6 Triple Rolls,
Facial Tissue Package of 6 or
Paper Towels Package of 6 Rolls

SALE 12.49 /ea

**Purex
Laundry Detergent**
92 - 110 Wash Loads, Squeeze 140 Wash
Loads, Peril 48 Wash Loads or Sunlight
100 Wash Loads

TWO for \$10

**Dawn Ultra or
Platinum Dish
Soap**
535 - 982 mL

TWO for \$10

**Ziploc
Bags**
Selected Varieties
Package of 14 - 90

TWO for \$10

**Co-op Gold
Garbage
Bags**
Selected Varieties
Package of 10 - 30

*What it takes to
protect*

Lysol

SALE 5.99 /ea

Lysol Wipes
Package of 75

SALE 24.99 /ea

**Finish
Dishwasher
Detergent**
Selected Varieties
Package of 60 - 105

\$10 EACH

**Finish
Jet Dry**
621 mL

Look for more **\$10 SALE** items marked in this flyer

HAPPY HALLOWEEN

PIZZA NIGHT

SPOOKY SNACKS

SALE
3⁹⁹
/ea

Celery Sticks
Produce of U.S.A.
1 lb (454 g)

TWO
for
\$10



Co-op Gold Shredded Cheese
250 - 340 g

3 FOR
4⁹⁸

Co-op Gold Pineapple
398 mL



SALE
3⁹⁹
/ea

Produced by WESTERN CANADA

Mini Peeled Carrots
Produce of Western Canada
Box 1 (600g)
2 lb (907 g)

2 FOR
\$5

Primo Pizza Squeeze
375 mL



\$10 EACH

12" Pizza
Made In-store
Fresh from our Deli



SALE
8⁴⁹
/ea

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



SALE
6⁹⁹
/ea

Piller's Pizza Toppings
175 - 240 g



THREE
for
\$10

Pillsbury Dough
Selected Varieties
310 - 968 g



3 FOR
6⁴⁸

Produced by WESTERN CANADA

Co-op Gold Potato Chips
180 - 200 g



2 FOR
\$4



Co-op Gold Pretzels
Sticks or Twists
200 g

SALE
12⁹⁹
/ea

Co-op Gold Chicken Wings
Frozen
750 - 840 g



TWO
for
\$10

Maple Leaf Top Dogs or Schneiders Classic Wieners
375 g



SALE
2⁹⁹
/ea

Co-op Centsibles Hot Dog Buns
Packaged 12



8 Look for more **\$10 SALE** items marked in this flyer

CO-OP 98/100/101/102/103/104/105/106/107/108/109/110/111/112/113/114/115/116/117/118/119/120/121/122/123/124/125/126/127/128/129/130/131/132/133/134/135/136/137/138/139/140/141/142/143/144/145/146/147/148/149/150/151/152/153/154/155/156/157/158/159/160/161/162/163/164/165/166/167/168/169/170/171/172/173/174/175/176/177/178/179/180/181/182/183/184/185/186/187/188/189/190/191/192/193/194/195/196/197/198/199/200

Save on Your Favourites

<p>MAXWELL HOUSE SMOOTH AND RICH FROM THE FIRST SIP TO THE LAST.</p>	<p>SALE 11⁹⁹ /ea</p> <p>Maxwell House Coffee 631 - 900 g or Café Barista 340 g or Package of 12</p>	<p>3 FOR 11⁹⁷</p> <p>Crave, Smart Ones or Kraft Deluxe Frozen Entrées 200 - 340 g</p>
<p>THREE for \$10</p> <p>Kraft Dressing 425 mL, Bull's-Eye BBQ Sauce 425 mL or Diana BBQ Sauce 500 mL</p>	<p>TEN for \$10</p> <p>Jell-O Jelly Powder 10.1 - 85 g, Instant Pudding 30 - 113 g or Lemon Pie Filling 128 g</p>	<p>SALE 11⁹⁹ /ea</p> <p>Kraft Peanut Butter 2 kg</p>
<p>THREE for \$10</p> <p>Oikos Greek Yogurt 4 x 95 - 100 g or Silk Plant-based Yogurt 4 x 100 g</p>	<p>TEN for \$10</p> <p>Oikos Drinkable Yogurt 190 mL</p>	<p>SALE 5⁹⁹ /ea</p> <p>Activia Yogurt 12 x 100 g or Oikos 650 - 750 g</p>

<p>SALE 5⁹⁹ /ea</p> <p>Activia Yogurt 12 x 100 g or Oikos 650 - 750 g</p>	<p>TWO for \$10</p> <p>Activia 8 x 100 g or Silk Barista 946 mL</p>	<p>NEW FLAVOUR</p> <p>TWO GOOD TRY IT NOW</p>
<p>THREE for \$10</p> <p>Oikos Greek Yogurt 4 x 95 - 100 g or Silk Plant-based Yogurt 4 x 100 g</p>	<p>TEN for \$10</p> <p>Oikos Drinkable Yogurt 190 mL</p>	<p>TWO for \$10</p> <p>Activia Drinkable Yogurt 8 x 93 mL</p>
<p>THREE for \$10</p> <p>Oikos Greek Yogurt 4 x 95 - 100 g or Silk Plant-based Yogurt 4 x 100 g</p>	<p>TEN for \$10</p> <p>Oikos Drinkable Yogurt 190 mL</p>	<p>TWO for \$10</p> <p>Silk Plant-based Yogurt 500 - 650 g</p>

<p>Fill up with 18g goodness 18g of protein* 2x more protein than regular milk</p> <p>SCAN</p> <p></p> <p>*per 250ml serving</p>	<p>TWO for \$10</p> <p>Dairyland Microfiltered, Lactose Free or Protein Milk 1.89 L</p>	<p>TEN for \$10</p> <p>Milk 2 Go or Neilson Milkshakes 310 mL</p>
<p>SALE 5⁹⁹ /ea</p> <p>Dairyland Butter 454 g</p>	<p>SALE 6⁹⁹ /ea</p> <p>Saputo Feta or Ricotta Cheese 400 - 500 g</p>	<p>FIVE for \$10</p> <p>Dairyland Chocolate or Vanilla Milk 946 mL - 1 L</p>
<p>SALE 5⁹⁹ /ea</p> <p>Dairyland Butter 454 g</p>	<p>SALE 6⁹⁹ /ea</p> <p>Saputo Feta or Ricotta Cheese 400 - 500 g</p>	<p>TWO for \$10</p> <p>Vitalite Dairy-free Cheese Slices or Shreds 200 g or Milk 2 Go 2% 6 x 200 mL</p>

<p>SALE 6⁹⁹ /ea</p> <p>Nature Valley Bars 525 - 690 g, Betty Crocker Snacks 340 - 360 g, General Mills Cereal Bar 385 g or Larabar 225 - 240 g Selected Varieties</p>	<p>SALE 5⁹⁹ /ea</p> <p>Liberté Greek Yogurt 650 - 750 g Strat or Méditerranée 900 g</p>	<p>SPOOKY SAVINGS</p> <p></p>
<p>SALE 3⁹⁹ /ea</p> <p>Nature Valley Bars 132 - 175 g or Betty Crocker Dunkaroos 168 g</p>	<p>3 FOR 7⁹⁸</p> <p>Annie's Pasta 170 g</p>	<p>FOUR for \$10</p> <p>Betty Crocker Cake Mixes 375 g or Frosting 340 - 450 g Selected Varieties</p>
<p>SALE 3⁹⁹ /ea</p> <p>Nature Valley Bars 132 - 175 g or Betty Crocker Dunkaroos 168 g</p>	<p>3 FOR 7⁹⁸</p> <p>Annie's Pasta 170 g</p>	<p>THREE for \$10</p> <p>Yoplait Tubes 8 x 56 g, Source Yogurt 630 g, Mimigo 6 x 60 g or Liberté Méditerranée 500 g</p>



SALE
14⁹⁹
/ea

Co-op Centsibles Cat Food
8 kg



SALE
31⁹⁹
/ea

Alpo Cookout Classics Dog Food
16 kg



SALE
22⁹⁹
/ea

Pedigree Vitality+ Dog Food
8 kg



2 FOR
\$10

Milk-Bone Dog Treats
283 - 500 g or Farmer's Medley 280 - 340 g Selected Varieties




PRICING IN EFFECT OCTOBER 17 - NOVEMBER 06, 2024



DOGS

SALE
49⁹⁹
/ea

Co-op Gold PURE
Dog Food
Selected Varieties
11.5 kg



SALE
15⁹⁹
/ea

Co-op Gold
Dog Food
6 kg



SALE
12⁹⁹
/ea

Co-op Gold PURE
Dog Treat
300 - 425 g or
Purina Beggin' Strips 850 g



SALE
7⁹⁹
/ea

The Butcher's
Companion
Dog Treats
250 g or
Caledon Farms 90 - 220 g



SALE
8⁹⁹
/ea

Co-op Gold Super
Beef Chew
Dog Treat
Package of 1



SALE
6⁴⁹
/ea

Caledon Farms
Dog Food Topper
120 g



CATS

SALE
11⁹⁹
/ea

Purina One
Cat Food
1.45 - 1.8 kg



SALE
11⁹⁹
/ea

Co-op Gold
Cat Litter
18 kg



5 FOR
9⁹⁵

Co-op Gold
Wet Cat Food
400 g



SALE
10⁹⁹
/ea

Delectables
Squeeze Up
Cat Treats
Package of 20



SALE
4⁴⁹
/ea

Caledon Farms
NutriNibs Cat Treats
30 g



SALE
5⁹⁹
/ea

Greenies Feline
Dental Treats
130 g





FOR YOUR
PETS

<p>© 2024 Mars or Affiliates.</p>		<p>3 FOR \$9</p> <p>Temptations Cat Treats 180 g</p>	<p>SALE \$18.99 /ea</p> <p>Cesar Variety Pack Package of 12</p>
<p>3 FOR \$9.99</p> <p>Pedigree Dog Food 630 g</p>	<p>3 FOR \$3.99</p> <p>Whiskas Cat Food Selected Varieties 75 - 100 g</p>	<p>SALE \$10.99 /ea</p> <p>Pedigree Dentastix Package of 25 - 35</p>	<p>SALE \$17.99 /ea</p> <p>Whiskas Cat Food 4 kg</p>

<p>12 FOR \$12</p> <p>Friskies Cat Food 156 g</p>	<p>SALE \$8.49 /ea</p> <p>Beneful Dog Food 1.6 - 1.8 kg</p>	<p>PURINA YOUR P.W. Our Passion®</p>	
<p>SALE \$25.99 /ea</p> <p>Beneful Dog Food 7 kg</p>	<p>SALE \$8.99 /ea</p> <p>Purina Dentalife 587 g</p>	<p>12 FOR \$12</p> <p>Fancy Feast 85 g</p>	<p>SALE \$22.99 /ea</p> <p>Friskies Cat Food 7.26 - 7.3 kg</p>

<p>BRING HOME the Paw-fect gift!</p> <p>Milk-Bone Dog Treats Milk-Bone Large Biscuits 2 kg or Comfort Chews 210 - 312 g</p>	<p>SALE \$7.99 /ea</p> <p>Snausages Dog Treats 196 g or Jerky Treats 170 g</p>	<p>2 FOR \$5</p> <p>Meow Mix Original 1.42 kg</p>
---	--	---

<p>SALE \$6.99 /ea</p> <p>Nice Paws Dog Shape Silicone Lick Mat</p>	<p>SALE \$12.99 /ea</p> <p>Nice Paws 3-in-1 Slide and Treat Game</p>	<p>SALE \$7.99 /ea</p> <p>Nice Paws Slow Feeder Bowl</p>	<p>SALE \$8.99 /ea</p> <p>Nice Paws Potty Time Training Bell</p>

SALE
25⁹⁹ / ea

Co-op Centsibles Dog Food
16 kg



SALE
11⁹⁹ / ea

Rollover Dog Food
2 kg



AB

SALE
28⁹⁹ / ea

Co-op Gold PURE Dog Food
Selected Varieties
7 kg



SALE
39⁹⁹ / ea

Co-op Gold PURE Dog Food
Selected Varieties
11.4-11.5 kg



SALE
2⁴⁹ / ea

Co-op Gold Wet Dog Food
700 g



SALE
7⁹⁹ / ea

Co-op Gold PURE Dog Treats
150-200 g



SALE
18⁹⁹ / ea

Co-op Gold Cat Food
8 kg



SALE
17⁹⁹ / ea

Co-op Gold PURE Cat Food
4 kg



SALE
7⁹⁹ / ea

Co-op Gold Cat Litter
10 kg



BC

OUR BRANDS

Gold of Or

PURE

CO-OP GOLD

CO-OP centsibles

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

