



CALGARY CO-OP

FOOD TO FUEL

SAVE \$10

on your next FUEL purchase

When you SPEND \$125* on groceries

Available In-store and Online

*Based \$125 on groceries at Calgary Co-op Food Stores October 17-23, 2024 and requires a \$10 off Fuel Coupon valid October 17-23, 2024. Maximum \$10. Coupon must be presented to cashier prior to fuel. Coupon cannot be combined with Calgary Co-op Bonus Cash or any other offer. One coupon per fill.



\$Dollar \$DEALS

Strawberries
1lb/454g
Product of USA
No. 1 Grade

SALE \$4^{ea}

MEMBERS EARN 15%



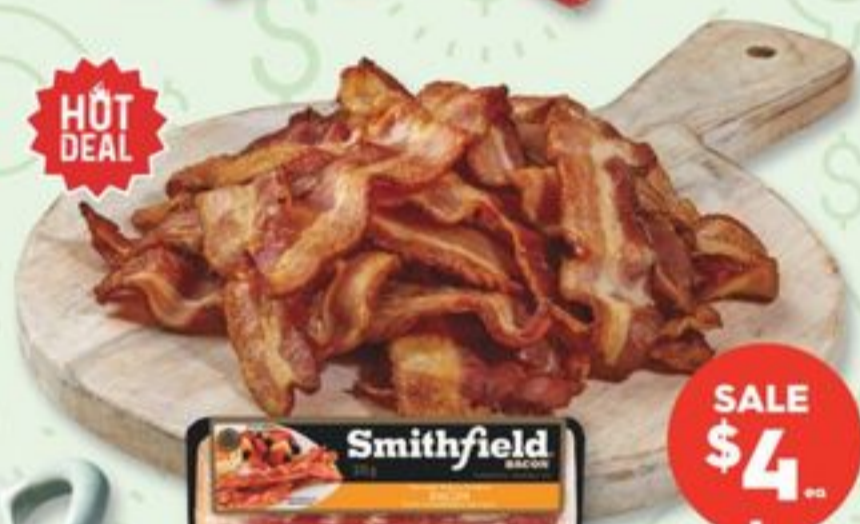
Long English Cucumbers
Alberta Grown
Canada No. 1

BEST FROM THE WEST

2 FOR \$3



HOT DEAL



SALE \$4^{ea}

MEMBERS EARN 10%

Extra Lean Ground Beef
5lb Tube

5⁷⁷ /lb
12.72/kg

ONLY ALBERTA BEEF



Smithfield Hickory Smoked Bacon
375g

\$1^{ea}



Danone Activia Smoothies or Yoplait Yop
190-200ml
Select varieties



ItalPasta
450g & Sapporo Ichiban Noodles 100g or Jell-O Jelly Powder 10-85g
Select varieties



Snapple Iced Tea
473ml or Brisk 710ml or Peace Tea 695ml or Montellier Sparkling Water 1L
Select varieties



Fancy Feast Cat Food
85g or Fancy Feast Petites 79.4g or Friskies 156g
Select varieties

\$2^{ea}



Founders & Farmers Frozen Vegetables
500-750g or I Can't Believe it's Not Butter 427g
Select varieties



Betty Crocker Cake Mixes
375-404g or Frosting 340-450g & French's Classic Yellow Mustard 550ml or Specialty Mustard 325ml
Select varieties



Baby Gourmet Organic Puree
128ml and Jars 113ml
Select varieties



Minute Maid Juice
1L or Del Monte 960ml or Larabar or RX or Clif Bars 45-68g
Select varieties

\$3^{ea}



Philadelphia Dips
227g or Weight Watchers Smart Ones Frozen Entrée 241-311g
Select varieties



Founders & Farmers Wild Pink Salmon
418g & Classico Pasta Sauce 218-650ml
Select varieties



Kettle Chips
156-198g or Goldfish Crackers & Crisps 168-227g or Christie Crackers 180g or Snyder's Pretzels 240g
Select varieties



Voortman Cookies
300g or Dare Cookies 250-310g
Select varieties

No Tricks, Just Treats

SHOP NOW

Earn 20% Bonus Cash on all Halloween Candy!

*Calgary Co-op app download and registration required. Visit calgarycoop.com/appterm for additional terms and conditions. Valid from Oct 17 - 30, 2024.

PRICES IN EFFECT OCTOBER THUR 17 FRI 18 SAT 19 SUN 20 MON 21 TUES 22 WED 23 2024

Produce

Cosmic Crisp or Honey Crisp Apples
Product of Canada/USA
Extra Fancy

1.99
/lb
4.39/kg



Red Grapefruit
3lb
Product of USA
Fancy

SALE \$5

MEMBERS EARN 15%



Kiwi Fruit
1 lb Bag
Imported
No. 1 Grade

\$5 ea



Seedless Lemons
2lb
Imported
Fancy

SALE \$5

MEMBERS EARN 15%

Tomatoes on the Vine
Alberta Grown
Canada No. 1

SALE \$2

MEMBERS EARN 20%

BEST FROM THE WEST



APP EXCLUSIVE SAVINGS

1.49 ea

SAVE \$1 Clip



Iceberg Lettuce
Product of USA
No. 1 Grade

2.49 ea

Cauliflower
Product of USA
No. 1 Grade

\$4 ea



BEST FROM THE WEST



Founders & Farmers
Red Potatoes
5lb
Grown in Western Canada
Canada No. 1

SALE \$4

MEMBERS EARN 10%

CAL & GARYS

In-store Cut Fruit & Vegetables

made fresh in-store



Apple Slices with Caramel Dip
35oz

25% OFF



Dips
Small
Choose from 9 varieties
250-300g

20% OFF



Caesar Salads
Regular or with Chicken
200-630g

15% OFF

Floral

Exquisite Bouquet

SALE \$28

MEMBERS EARN 10%



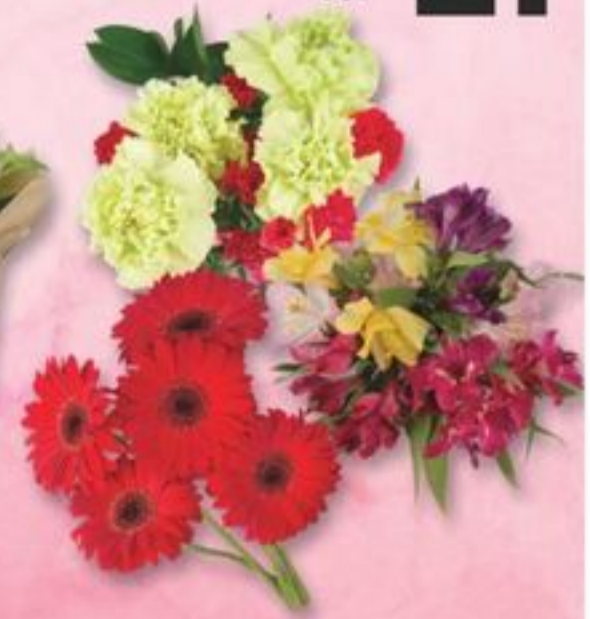
Mix and Match
Assorted varieties

3 for \$21



Tropical Plant
6"
Assorted varieties

\$14 ea



Elevate Every Dish With Fresh Herbs

From our garden, to your table — indulge in fresh cilantro, mint, parsley and more!

SHOP NOW

Meat

ONLY ALBERTA BLACK ANGUS BEEF
AGED 14 DAYS

Eye of Round Oven Roast
Cryovac
Cut from Canada AA Beef

\$8
/lb
17.64/kg



Lean Stewing Beef
Family Pack
Cut from Canada AA Beef

\$9
/lb
19.84/kg

ONLY ALBERTA BLACK ANGUS BEEF
AGED 14 DAYS



BEST FROM THE WEST

Boneless Centre & Rib End Pork Loin
Cryovac
Western Canadian

\$4
/lb
8.82/kg



BEST FROM THE WEST

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

SALE **18%**

MEMBERS EARN **10%**



Spolumbo's Italian Style Pork Meatballs
420g

\$8 ea



BEST FROM THE WEST

High River Hutterite RWA Roasting Chicken
420g

4.49
/lb
9.90/kg



Peppery Bacon Wrapped Petit Tender Roast or Medallion Skewers
Cut from Canada AAA Beef

\$16
/lb
35.27/kg

ONLY ALBERTA BLACK ANGUS BEEF



Marinated Split Chicken Wings
Grain Fed, Free Run & Air Chilled Assorted varieties
10 per Tray \$7

70¢ ea

ONLY ALBERTA CHICKEN



Maple Natural Boneless Ham or Natural Selection Deli Meats
375-600g
Assorted varieties

\$12 ea



Johnsonville Smoked Pork Sausage
375g
Assorted varieties

\$6 ea

APP EXCLUSIVE SAVINGS
*Must Clip Before Purchase
\$4 ea
SAVE **\$2** *clip



Maple Leaf Prime RWA Chicken Thighs, Drumsticks or Split Wings
750g-1kg
Frozen

\$10 ea

NEW



Rana Meat or Chicken Alfredo Lasagna
1.13kg

SALE **\$17** ea

MEMBERS EARN **10%**

Seafood

Wild Sockeye Salmon Fillets
Previously Frozen or Frozen

\$4
/100g

SEAN WOOD



Wild Sole Fillets

SALE **229** /100g

MEMBERS EARN **15%**



Marina Del Ray Kitchen Seafood Meals
680g
Frozen
Assorted varieties

13.49 ea



Louis Kemp Imitation Crab Legs
454g Frozen

\$12 ea



Aqua Star Popcorn Shrimp
680g
Frozen

\$9 ea



Sizzling Spolumbo's Sausages
Savour the flavour of Spolumbo's Sausages that are always free from fillers, binders or preservatives.

SHOP NOW



Bakery

Made Fresh In-Store



Cal & Gary's Calabrese Sliced or Unsliced Bread 450g

\$2^{ea}

Evening Rolls 6 Pack

\$4^{ea}



BAKED fresh IN-STORE



Founders & Farmers Apple, Cherry or Peach Strudels 6 Pack

BAKED fresh IN-STORE

MEMBERS EARN 20%

Founders & Farmers Mix & Match Bulk Pastries All Butter Plain or, Pain Au Chocolate Croissants or Assorted varieties

BUY MORE SAVE MORE

PURCHASE IN MULTIPLES OF 6 FOR ... \$10^{ea} OR BUY 1 FOR \$1.99^{ea}



BAKED fresh IN-STORE



Founders & Farmers Mini Muffins Blueberry, Chocolate Chip or Carrot 12 Pack

SALE \$5^{ea}

MEMBERS EARN 20%

Deli

Greek Salad or Broccoli Supreme Salad Prepared Fresh in the Deli

SALE \$2^{/100g}

MEMBERS EARN 20%



Maple Lodge Chicken Breast Cajun, Smoked or Cooked Sliced Fresh in the Deli

SALE \$2^{/100g}

MEMBERS EARN 20%



Capital Turkey Sausage Sliced Fresh in the Deli

\$2^{/100g}



NEW



Laughing Cow VQR 133g or Nurishh Shreds 150-200g

\$4^{ea}



Alexis De Portneuf Double Cream Brie or Camembert or Woolwich Goat Logs 300g



NEW Cal & Gary's Bistro Sandwiches !!!

BEST SERVED WARM!

Chicago Beef Ciabatta

Italian Godfather

Meatball Sub

SAVE \$1

MEMBERS EARN 10%



ADD A SMALL 8 OZ SOUP TO ANY SANDWICH FOR \$3

MADE fresh IN-STORE

Natural Choice



Chimes Ginger Chews Select varieties & sizes

15% OFF

NOW Gut Health Select varieties & sizes



Nature's Way Calcium-Magnesium Citrate Select varieties 500ml

15% OFF



Nature Clean Laundry Detergent Sheet 32 loads Select varieties

20% OFF

SALE 10% OFF

MEMBERS EARN 15%

MEMBERS GET MORE

PLAY TO WIN \$5,000 Bonus Cash

*NO PURCHASE NECESSARY. Contest starts October 1, 2024, and ends October 31, 2024. One (1) prize of Calgary Co-op Bonus Cash available in total to be won. Odds of winning the prize via online entry depends on number of online entries received. Further terms and conditions apply. For Official Rules, visit calgarycoop.com/contests.

Grocery



Dr. Oetker Giuseppe
Thin or Rising Crust Frozen Pizza
439-785g
Select varieties

\$6^{ea}



Campbell's
Ready to Serve
Soup
Or Chunky Soup
515ml
Select varieties

MEMBER EXCLUSIVE
2\$5
for \$5



Pillsbury
Pizza Pops and Pizza Bites
693-760g or Boston Market
Frozen Entrée 369-371g
Select varieties

\$5^{ea}



Mio Liquid Enhancers
48ml or Red Bull Energy Drinks
250ml or Sunrype Slim Juice
1.36L Select varieties

\$3^{ea}



McCafe
or Starbucks Coffee
300-340g or K-Cups 10-12 Pack
Select varieties

SALE **\$10^{ea}**
MEMBERS
EARN 20%



Faith Farms Cheese
340-360g
Select varieties

SALE **\$7^{ea}**
MEMBERS
EARN 20%



Lactantia Butter
454g or Imperial Margarine
1.28-1.36kg
Select varieties

MEMBER EXCLUSIVE
\$8^{ea}



Kellogg's Cereal
306-525g or Bigelow Tea 18-20
Pack or Celestial Tea 40 Pack
Select varieties

\$6^{ea}



Hellmann's Mayo
710-890ml
Select varieties

MEMBER EXCLUSIVE
\$6^{ea}



Christie Premium Plus
Crackers
450-500g
Select varieties

SALE **\$4^{ea}**
MEMBERS
EARN 20%



Kraft Dinner Original
200g
Select varieties

SALE **3\$5**
for \$5
MEMBERS
EARN 30%



Mazola Oil
1.18L
Select varieties

\$6^{ea}



VH Sauce
341-355ml
Select varieties

2\$7
for \$7



Energizer Batteries
Select varieties

SALE **25% OFF**
MEMBERS
EARN 10%

Health & Beauty



Dove Hair Care
142-355ml and
Dove Body Wash 325-400ml
Select varieties

SALE **\$5^{ea}**
MEMBERS
EARN 20%



Vaseline Intensive
Care Lotion
400-600ml or Softsoap
Liquid Hand Soap Refill 1.47L
or Nice N' Easy Hair Colour and Root Touch Up
Select varieties

\$8^{ea}



Dove Bar Soap
3 Pack or Deodorant 45g
or Colgate PerioGuard and
Optic White Toothpaste 70-120ml
Select varieties

SALE **\$5^{ea}**
MEMBERS
EARN 20%



Gillette Shave Needs
Select varieties and sizes

20% OFF



Bausch & Lomb
Eye and Contact Care
Select varieties and sizes

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



Tums
60-100's and Chewies 32's
or Band-Aid Bandages 10-60's
Select varieties

\$5^{ea}



Neo Citran
10's
Select varieties

\$11^{ea}



Advil Pain Relief
40-100's and Robax 18's or
Voltaren Emulgel 100-120g and
Back & Muscle 150g
Select varieties

SALE **\$16^{ea}**
MEMBERS
EARN 20%



Pampers Easy Ups
and Ninjamas
44-74's
Select varieties

\$25^{ea}

Book your
flu shot today.



Phar More

CALGARY CO-OP PHARMACY

BOOK AN APPOINTMENT