

MEMBER EXCLUSIVE PRICING

Member only instant savings

Cracker Barrel Block Cheese
740g
Select varieties



MEMBER EXCLUSIVE

9.97
ea



Pork Back Ribs or Whole Tenderloin
Cryovac
Western Canadian

3.99
/lb
8.80/kg



BEST FROM THE WEST



Schneiders Chicken Tenders, Bites or Schnitzel
450-600g
Frozen
Assorted varieties

MEMBER EXCLUSIVE

8.99
ea

MEMBERS
EARN
10%

Raspberries or Blackberries
170g
Imported
No. 1 Grade

MEMBER EXCLUSIVE

3.49
ea



BEST FROM THE WEST

Extra Large Pumpkins
Alberta Grown
Canada No. 1

MEMBER EXCLUSIVE

29¢
/lb
.64/kg



Häagen-Dazs Novelties
3 Pack
or Premium Ice Cream 400-450ml
Select varieties

HOT DEAL

MEMBER EXCLUSIVE

4.99
ea



Coca-Cola or Pepsi Soft Drinks
12 Pack
Select varieties

MEMBER EXCLUSIVE

2 FOR \$13.98



Doritos, Ruffles or Miss Vickies Potato Chips
200-235g or
La Cocina Tortilla Chips 300-400g
Select varieties

MEMBER EXCLUSIVE

2\$7
for

MEMBERS
EARN
20%

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 24 FRI 25 SAT 26 SUN 27 MON 28 TUES 29 WED 30 2024



CALGARY CO-OP

MEMBER EXCLUSIVE PRICING

Member only instant savings



ONLY ALBERTA CHICKEN

Chicken Drumsticks
Family Pack
Grain Fed, Free Run & Air Chilled

2.29
/lb
5.05/kg

Mandarins
2lb Bag
Imported
Fancy

MEMBER EXCLUSIVE
3.99
ea



Smucker's Jam or Fruit Spreads
310-500ml or
Adams Peanut Butter 500g

MEMBER EXCLUSIVE
4.49
ea
MEMBERS EARN 20%



Castello Havarti
200g or
Cut & Wrapped In-store

HOT DEAL
MEMBER EXCLUSIVE
50% OFF



Catelli Pasta
340-900g or
World Cuisine Pasta Sauce 530ml
Select varieties

MEMBER EXCLUSIVE
3 for \$10



General Mills, Kellogg's or Post Cereal
480-778g
Select varieties

HOT DEAL
MEMBER EXCLUSIVE
5.49
ea



Dr. Oetker Ristorante or Casa Di Mama Frozen Pizza
320-410g
Select varieties

MEMBER EXCLUSIVE
3.99
ea

HEALTH & BEAUTY DEAL OF THE WEEK!



Pepto Bismol, Metamucil and Align
Select varieties and sizes

MEMBER EXCLUSIVE
25% OFF
+ MEMBERS EARN 20%



This week Members can earn over

\$170 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.



GAS STATIONS

MEMBERS EARN 6¢/litre*

*Members earn 2¢/litre in Calgary Co-op Bonus Cash and 4¢/litre towards Member Earnings. 4¢ earnings will apply to fuel litres purchases for the current fiscal year. Calgary Co-op app download and registration required. Visit calgarycoop.com/appterm for additional terms and conditions.



At Participating Stores

From October 24 to October 31, 2024 at all Calgary Co-op locations. All advertised items are available while supplies last. For more information, visit calgarycoop.com. ©2024 Calgary Co-op. All rights reserved. Some restrictions may apply. See calgarycoop.com for details. *Calgary Co-op app download and registration required. All items with a percentage bonus offer apply to the purchase price and exclude taxes, discounts, and other offers. For more information, visit calgarycoop.com. Health information provided for general informational and educational purposes only and is not a substitute for professional health advice. The general information is not intended to diagnose, cure, or treat any medical condition or to replace your healthcare professional. Any information, advice, or suggestions given by Calgary Co-op staff is not a replacement for medical advice from your doctor, dentist, or professional healthcare provider. Consult with your healthcare professional with any questions you may have.



DISCOVER THE PERFECT PAIRING

Apples

SALE
1.69
/lb
5.73/kg

**MEMBERS
EARN
20%**

Ambrosia Apples
BC Grown
Extra Fancy

Pairs well with Brie



Gala Apples
BC Grown
Extra Fancy



Pairs well with Sharp Cheddar

Deli Cheese

**MEMBERS
EARN
10%**

Honeycrisp Apples
BC Grown
Extra Fancy



Pairs well with Gruyere

MacIntosh Apples
BC Grown
Extra Fancy



Pairs well with Aged Cheddar

Red Delicious Apples
BC Grown
Extra Fancy



Pairs well with Parmigiano Reggiano



Granny Smith Apples
BC Grown
Extra Fancy

Pairs well with Blue Cheese



Organic Apples
Gala or Ambrosia
3lb Bag
BC Grown, Extra Fancy

5.99
ea



Cal & Gary's Apple Slices with Caramel Dip
35oz

20% OFF

Armstrong Cheese Slices
220g
Select varieties

4.99
ea



Elevate your Apple Pie with a Piece of Cheddar



BAKED - fresh - IN-STORE

Founders & Farmers Pie
Apple, Apple Crumble, Apple Caramel or Assorted varieties
1kg

\$10 ea



BAKED - fresh - IN-STORE

LIMITED TIME OFFER

Founders & Farmers Apple Cinnamon Rolls
4 Pack

SALE 6.99

MEMBERS EARN 20%

Produce

Bulk Limes
Imported
No.1 Grade

SALE
79¢
+
MEMBERS
EARN
20%



Pineapple
Imported
No. 1 Grade

SALE
5.49
+
MEMBERS
EARN
10%



Avocados
4 Pack
Imported
No. 1 Grade

4.99
ea



APP
EXCLUSIVE
SAVINGS
3.99
ea
SAVE
\$1

Mangoes
Imported
No. 1 Grade

1.99
ea



BEST
FROM THE
WEST

Founders & Farmers
Tri Coloured Peppers
3 Pack
Alberta Grown
Canada No. 1

SALE
4.99
+
MEMBERS
EARN
20%



Cal & Gary's
Mini Potatoes

Yellow, Red, or
Medley
680g Bag
Grown in Western
Canada
Canada No. 1

SALE
4.99
+
MEMBERS
EARN
10%



Radish Bunch
or **Green Onion**
Product of USA
No.1 Grade

99¢
ea



Organic Mushrooms
Sliced, Whole, or Crimini
227g Alberta Grown
Canada No. 1

SALE
3.49
+
MEMBERS
EARN
15%

BEST
FROM THE
WEST



Cal & Gary's

In-store Cut Fruit & Vegetables

made fresh in-store



Fruit or Vegetable Trays
900g-1.2kg
\$2 OFF



Pineapple
Spears or Diced
24-32oz
15% OFF



Guacamole or Salsa
500-550g
15% OFF

Floral

Royal Bouquet
Assorted styles

SALE
\$22
+
MEMBERS
EARN
10%



Spray Mum
8 stem-tinted
Assorted colours

14.99
ea



African Violets
4" Assorted colours

4.99
ea



Calgary Co-op

2025 DIRECTOR ELECTION

Help steer one of Canada's largest retail co-operatives.
Deadline to apply is October 29, 2024.

APPLY NOW

Meat

ONLY ALBERTA BLACK ANGUS BEEF
AGED 14 DAYS

Top Sirloin Oven Roast
Cut from Canada AA Beef

10⁹⁹
/lb
24.23/kg



T-Bone Grilling Steak
Cut from Canada AA Beef

14⁹⁹
/lb
31.94/kg

ONLY ALBERTA BLACK ANGUS BEEF
AGED 14 DAYS



Chicken Thighs
Family Pack
Grain Fed, Free Run & Air Chilled

ONLY ALBERTA CHICKEN

4⁴⁹
/lb
9.90/kg



BEST FROM THE WEST

Boneless Pork
Shoulder Butt Roast
Cryovac
Western Canadian

4⁹⁹
/lb
11.00/kg

Maple Leaf Prime
RWA Boneless Skinless Chicken Breast

Family Pack
Grain Fed, Humanely Raised, Air Chilled
& Canadian Farm Raised

MEMBER EXCLUSIVE

\$23⁹⁹



Lilydale Extra Lean
Ground Chicken or Turkey
454g
Grain Fed

MEMBER EXCLUSIVE

6⁴⁹



Medium Ground
Chuck Burgers
Original, Montreal
Steak Spice or
Peppercorn

SALE **6⁴⁹**
/lb
14.31/kg
MEMBERS
EARN
10%



ONLY ALBERTA BEEF

Spolumbo's
Chicken Sausage
Assorted varieties
3 per Tray \$9

\$3^{ea}



Pinty's Chicken Wings,
Chunks or Eat Well
Frozen 780g Assorted varieties

SALE **14⁹⁹**

MEMBERS
EARN
10%



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

MEMBER EXCLUSIVE
5⁴⁹



Buddig Sliced
Meats
55g Assorted
varieties
Limit of 12

1⁹⁹

APP EXCLUSIVE SAVINGS
\$1²⁵
SAVE 74¢



Schneiders Bacon, Sliced
Bologna or Smoked Sausage
375-500g
Assorted varieties

MEMBER EXCLUSIVE
6⁹⁹

Seafood



Steelhead Trout Fillets
Farmed
Product of Canada

SALE **3⁴⁹**
/100g
MEMBERS
EARN
10%



Wild Yellowfin Tuna Steaks
Previously Frozen

2⁹⁹
/100g

Cal & Gary's
Raw Pacific
White Shrimp
Peeled, Deveined,
Tail On 340g
26/30 Count

9⁹⁹
ea



Sogel Fresh Cooked Mussels with
Garlic Butter
908g Organic

SALE **16⁹⁹**

MEMBERS
EARN
10%



Aqua Star
Wild Sockeye
Salmon
Portions
Boneless
Skin-On Frozen
454g

MEMBER EXCLUSIVE
13⁹⁹



Master the art of:
Only Alberta Black Angus Beef

Discover your ultimate guide to cooking tips, tricks and recipes for every cut. Explore the Canadian Beef Information Gateway in partnership with Alberta Beef Producers.

ONLY ALBERTA BLACK ANGUS BEEF

EXPLORE NOW

Bakery

Founders & Farmers Halloween Cakes
5" Chocolate or Vanilla
580g Assorted varieties

SALE
12⁹⁹

MEMBERS EARN 20%

MADE fresh IN-STORE



Founders & Farmers Halloween Cupcakes
Chocolate or Vanilla 6 Pack
Assorted varieties

MEMBERS EARN 20%

MADE fresh IN-STORE



Founders & Farmers Chocolate Fudge Brownie
Topped with Rich Fudge Ganache or Cream Cheese Icing
800g

MADE fresh IN-STORE

7⁹⁹ ea



Founders & Farmers Donut Holes
300g Assorted varieties

3⁹⁹ ea

MADE fresh IN-STORE



Cal & Gary's Apple Cinnamon Pane or Assorted Ciabatta Breads

MEMBERS EARN 20%

BAKED fresh IN-STORE



ALLERGEN FRIENDLY HALLOWEEN TREATS!

MEMBERS EARN 20%

Treasure Mills School Safe Muffin Bars
8 Pack or Oat Bites, 8 pack or Lorelyn's Gluten Free, Nut Free, Vegan Desserts



Deli

Cal & Gary's Empanadas
Chicken or Beef

SALE
2⁹⁹
2 Pack
5⁸⁹

MEMBERS EARN 20%

FIND IT in the DELI



12" Pizza or Flatbread
\$1 OFF

MEMBERS EARN 10%



Lemon Caper Pasta Salad or Chickpea and Artichoke Salad

2⁷⁹ /100g

MEMBERS EARN 20%



Lilydale Cooked Turkey Breast or Smoked Sliced Fresh in the Deli

3⁴⁹ /100g



Marc Angelo Italian Meats
100g

MEMBER EXCLUSIVE
6⁹⁹ ea

PRODUCT of ITALY



Mini Babybel
100-120g or Port Salut 150g or Kaukauna Cheese Balls 170g

4⁹⁹ ea



Natural Choice

naturalchoice



St. Francis Herb Farm Immune Health
Select varieties & sizes

20% OFF



AOR Bone Basics
Select Sizes

20% OFF



GoMacro MacroBar
Select varieties & sizes

MEMBERS EARN 15%



Iron Vegan Superfoods & Proteins
Select varieties & sizes

40% OFF

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.

[LEARN MORE](#)

Grocery

Blue Water Frozen Fish Fillets
480-725g
Select varieties

MEMBER EXCLUSIVE
9.99
ea

HOT DEAL
50% OFF

Sparkling Ice Beverage or Bai
503-530ml or Cliff Bars or Larabar or RX Bars
45-68g
Select varieties

SALE
3 \$5
for

MEMBERS
EARN 20%

Cavendish Restaurant Style Fries
750g Select varieties

SALE
\$3.99

MEMBERS
EARN 20%

Christie Crispers, Triscuit or Cheez-it
145-200g or Pringles Potato Chips
148-156g Select varieties

SALE
2 \$5
for

MEMBERS
EARN 10%

Ocean Spray Juice & Cocktails
1.77-1.89L Select varieties

APP EXCLUSIVE SAVINGS
Scan QR Code
2 \$6
for

SAVE
\$2
/CB

Siggi's Yogurt
650-750g Select varieties

MEMBER EXCLUSIVE
6.99
ea

MEMBERS
EARN 20%

Heluva Good Dip!
250g
Select varieties

MEMBER EXCLUSIVE
2.87
ea

Tim Hortons Coffee K-Cups or McCafé
12 Pack or McCafé
300-340g
Select varieties

10.99
ea

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

2 \$7
for

Robin Hood All Purpose Flour
5kg Select varieties

MEMBER EXCLUSIVE
9.99
ea

Scarpone's Beans
398ml
Select varieties

SALE
4 \$5
for

MEMBERS
EARN 20%

Hershey's Chipits
200-270g
Select varieties

SALE
\$3.99

MEMBERS
EARN 20%

Quaker Crispy Minis or Rice Cakes
90-199g
Select varieties

4 \$11
for

Founders & Farmers Candy
125g-200g
Select varieties

SALE
2 \$6
for

MEMBERS
EARN 15%

Health & Beauty

Pantene Hair Care
308-355ml and Styling 187-252ml
or Nivea Body Wash and Shower Gel 500ml
Select varieties

SALE
\$4.99

MEMBERS
EARN 20%

Listerine Mouthwash
1L or Nivea Lotion 473-625ml or Irish Spring Bar Soap 6 Pack
Select varieties

SALE
\$6.99

MEMBERS
EARN 20%

Crest Pro Health or 3D White Toothpaste
63-160ml or Mennen and Lady Speedstick 65-85g and Softsoap Liquid Hand Soap 332ml
Select varieties

3.99
ea

OLAY Face Care
Select varieties and sizes

25% OFF

Poise Pads
22-66's and Depends Underwear 12-19's or Guards and Shields 52-58's
Select varieties

SALE
\$18.99

MEMBERS
EARN 20%

Webber Naturals Vitamins and Supplements
Select varieties and sizes

30% OFF

Systane Eye Drops
10-15ml
Select varieties

8.99
ea

Emergen-C
18-30's and Gummies 45's or Centrum Vitamins 90-100's
Select varieties

SALE
20% OFF

MEMBERS
EARN 20%

Pampers Diapers Super Pack
48-120's
Select varieties

29.99
ea

Book your flu shot today.



Phar More+



CALGARY CO-OP PHARMACY

BOOK AN APPOINTMENT