

CO-OP®

# RED HOT SALE

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

Co-op Centsibles  
Sliced Side Bacon  
375 g



made in  
WESTERN  
CANADA

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

Dempster's Bread  
White or Whole Wheat  
570 - 675 g



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

Swiss Chalet Fully  
Cooked Pork Back Ribs  
600 g



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

Co-op Gold AA  
or AAA Batteries  
Package of 48



Package of  
**48**

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

Swiss Chalet Breaded  
Chicken Strips or Nuggets  
Frozen  
700 g



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

SALE DATES AND STORE HOURS VARY BY LOCATION. CHECK ON-LINE OR IN-STORE FOR DETAILS.

PRICING IN EFFECT DEC. 26, 2024 - JAN. 01, 2025

26 THU 27 FRI 28 SAT 29 SUN 30 MON 31 TUE 01 WED



# Happy New Year!

**SALE**

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

**Co-op Bone-in Striploin Grilling Steak**

Cut by Your Local Butcher  
Aged 14 Days  
Value Pack



raised in  
**WESTERN CANADA**

19.82/kg

**SALE**

**1<sup>49</sup>**  
/ea

**Avocados**  
Imported  
Hass Variety



**SALE**

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

**Wild Caught Canadian Lobster Tails**

Thawed  
3 - 4 oz



**SALE**

**1<sup>99</sup>**  
/100 g

**Seafood Surprise Dip**

Made In-store  
Fresh from the Deli



**SALE**

**2<sup>49</sup>**  
/ea

**Co-op Gold PURE Artisan Baguette**

Baked In-store  
285 - 330 g



PRICING IN EFFECT DEC. 26, 2024 - JAN. 01, 2025

26 THU 27 FRI 28 SAT 29 SUN 30 MON 31 TUE 01 WED

If you're a *Member*, you're an *Owner*

CO-OP 02 Week 01 Digital Flyer



*Thank  
You!*

**Your Local Co-op would  
like to thank you for  
your continued support.**

**Happy New Year to you  
and your family.**



**SALE**  
**1<sup>79</sup>**  
/lb

**Co-op Gold  
Grade A Turkeys**  
All Available Sizes  
Frozen

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

**Butterball Turkeys**  
All Sizes  
Frozen  
**Lilydale Fresh Turkeys**  
While Supplies Last

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

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

**Red, Russet or  
Yellow Potatoes**  
Produce of Western Canada  
Canada No. 1  
10 lb (4.54 kg)

grown in  
**WESTERN  
CANADA**

**Sugardale Smoked  
Ham Portions**  
Bone-in  
Random Cryovac Wrapped

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

**Red or Green  
Seedless Grapes**  
Imported  
No. 1 Grade

**Extra  
LARGE**

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

**Marina Del Rey  
Snow Crab**  
Frozen  
454 g

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

**Co-op Boneless Beef  
Sirloin Tip Roast**  
Cut In-store by Your Local  
Butcher from Canada  
AA Grade or Higher  
Aged 14 Days  
Value Pack

raised in  
**WESTERN  
CANADA**

**2 FOR  
\$7**

**Dempster's  
Bagels**  
Selected Varieties  
Package of 5 - 6 or  
Whole Wheat Bagels  
Package of 6

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

**Cracker Barrel  
Cheese**  
740 g or Shreds 590 g

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

**Green Giant  
Vegetables**  
730 g or Valley Selections  
900 - 500 g  
Frozen

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

**Old Dutch  
Potato Chips**  
235 g or Ridgins 200 g  
Selected Varieties

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

**Coca-Cola or  
Canada Dry Products**  
Selected Varieties  
20 x 355 mL or Glaceau  
Smart Water 6 x 1 L

Unwrap the Season's Savings

PRICING IN EFFECT DEC. 26, 2024 - JAN. 1, 2025

26 27 28 29 30 31 01  
FRI SAT SUN MON TUE WED

**SALE 15<sup>99</sup> /ea** Co-op Gold Boneless Ham  
1.2 kg

**SALE 12<sup>99</sup> /ea** Co-op Gold Thick Sliced Side Bacon  
1 kg

**SALE 9<sup>99</sup> /ea** Co-op Gold Chicken, Beef or Pork Entrées  
600 - 650 g

made in WESTERN CANADA

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

**Halos Mandarins**  
Produce of U.S.A.  
2 lb (907 g)

2 lbs

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

**Mini Cucumbers**  
Greenhouse Grown  
Produce of Western Canada  
Package of 6

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

**Co-op Stuffed Mushroom Caps**  
Prepared In-store by Your Local Butcher

22.02 kg

**SALE 1<sup>99</sup> /100 g**

**Seafood Surprise Dip**  
Made In-store  
Fresh from the Deli

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

**Balderson Cheddar**  
250 - 280 g

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

**Canadian Harvest Bread**  
Baked In-store  
450 g

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

**International Delight Coffee Creamer**  
946 mL or Cold Foam  
396 g

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

**McCain Fries or Hashbrowns**  
Frozen  
800 g

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

**General Mills Family Size Cereal**  
Selected Varieties  
475 - 778 g

**4 FOR \$5**

**Co-op Gold Vegetables**  
341 - 398 mL

**SALE 99¢ /ea**

**Kraft Stove Top Stuffing**  
120 g

**Merry & Bright BRUNCHES**  
EVENT ON NOW

VIEW ONLINE AT FOOD.CES

**HOW TO PLAY:**  
 1. Scan QR Code  
 2. Enter your Bonus Code  
 3. Unwrap your chances to win!

**PRIZES**

BONUS CODE: **C2H1AMONH4T1**

RECYCLABLE  
 Participating Stores  
 VISA  
 M.C.

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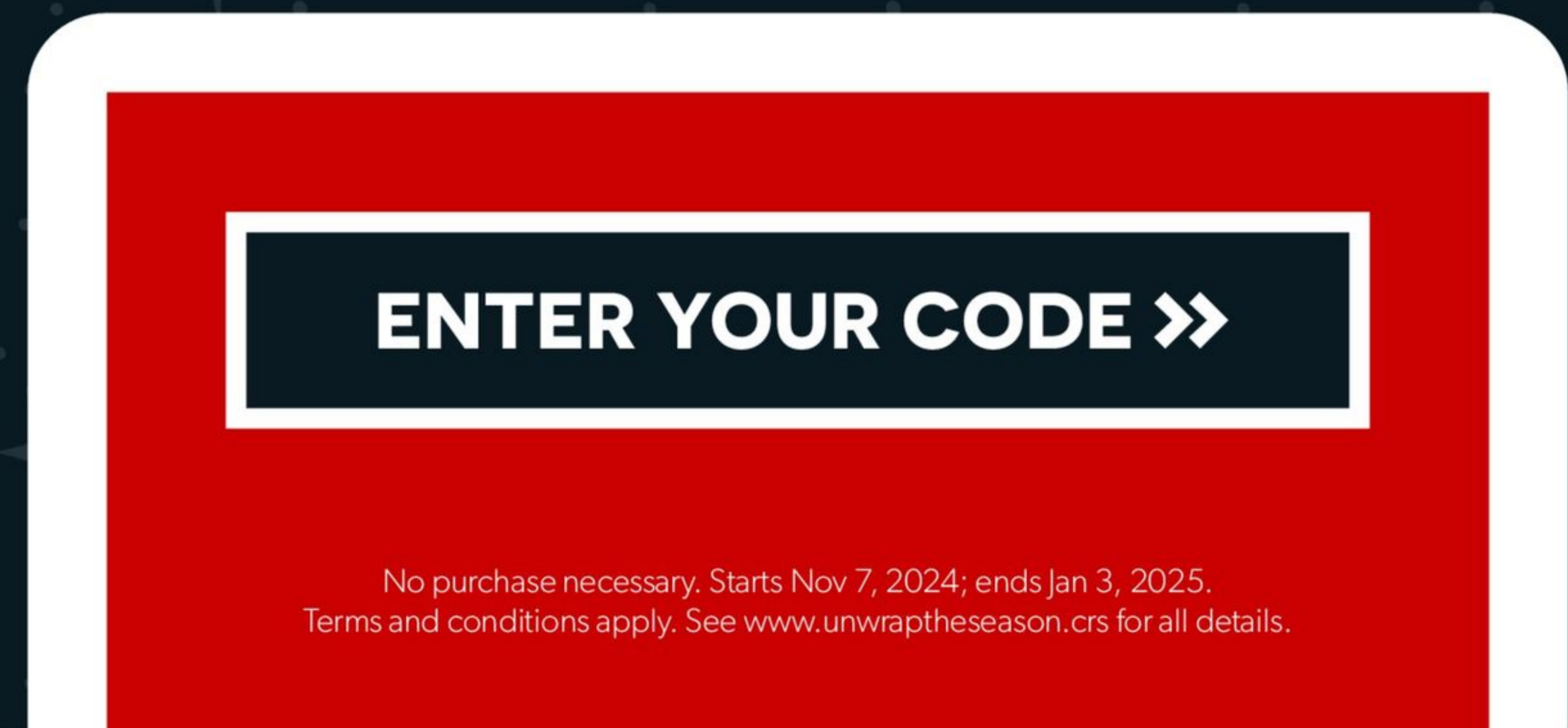
Find **BONUS CODES** for your chance to win:

- Free groceries for a year
- Free gas for a year
- \$1000 Home Centre gift card

Plus, you could instantly win a \$50 Co-op Gift Card.



➤ **NEWYEAR341** ◀



FARM FRESH  
**PRODUCE**

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

Pineapple  
Gold Variety  
Imported



PINEAPPLE LIME  
UPSIDE-DOWN CAKE



VIEW THE RECIPE  
ONLINE AT FOOD.CRS

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

Tricolour  
Peppers  
Greenhouse Grown  
Imported  
Package of 3



**SALE**  
**89<sup>c</sup>**  
/lb

Cabbage  
Green Variety  
Produce of Western Canada  
Canada No. 1

1.96kg



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

PRODUCE OF WESTERN CANADA

Yellow Onions  
Produce of Western Canada  
Canada No. 1  
3 lb (1.36 kg)



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

PRODUCE OF WESTERN CANADA

Inspired Greens  
Living Lettuce  
Red or Green Botanica or Multi Leaf  
Greenhouse Grown  
Produce of Western Canada  
Canada No. 1



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

PRODUCE OF U.S.A.

Celery Hearts  
No. 1 Grade  
680 g



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

PRODUCE OF WESTERN CANADA

Royal Gala  
or Ambrosia Apples  
Produce of Western Canada  
Extra Fancy  
3 lb (1.36 kg)



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

Blackberries  
Imported  
170 g



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

PRODUCE OF U.S.A.

Cantaloupe  
Imported  
No. 1 Grade



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

Mann's  
Green Beans  
Produce of U.S.A.  
340 g



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

Fresh Express  
Caesar Salad Kits  
Produce of U.S.A.  
Selected Varieties  
278 - 296 g



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

ORGANIC

Organic Cauliflower  
Produce of U.S.A.  
No. 1 Grade



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

ORGANIC

Organic Lemons  
Produce of U.S.A.  
2 lb (907 g)



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

ORGANIC

Love Beets  
Assorted Varieties  
Produce of U.S.A.  
184 - 250 g



ORGANIC

CGP © 2019 Weeks 52 Logo

Ingredients for this recipe are on sale – make it now!

# GREEN GODDESS SALMON WITH BEET, RADISH & CITRUS SALAD



SHOP THE RECIPE AND FIND OTHER FESTIVE FOOD AT YOUR FINGERTIPS. [VIEW NOW »](#)

Wild Caught Sockeye Salmon Fillets

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

Co-op Gold Greek Yogurt  
700 g

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



Candy Cane Beets  
Produce of Western Canada  
4.39/kg

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



Watermelon Radish  
Imported  
11.00/kg

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





**BUTCHER SHOP**

**SALE 3<sup>49</sup> /lb**  
7.69/kg

**Maple Leaf Pork Tenderloin**  
Random Cryovac Wrapped

raised in WESTERN CANADA

**PORK TENDERLOIN WITH ROASTED SQUASH STUFFING**

VIEW THE RECIPE ONLINE AT FOOD.CRS



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

**Maple Leaf Pork Belly**  
Rind Off or Rind On  
Random Cryovac Wrapped

raised in WESTERN CANADA



**SALE 9<sup>99</sup> /lb**  
22.02/kg

**Co-op Boneless Beef Top Sirloin Grilling Steaks or Top Sirloin Oven Roasts**  
Cut In-store by Your Local Butcher from Canada AA Grade or Higher  
Aged 14 Days, Value Pack

raised in WESTERN CANADA



**SALE 2<sup>99</sup> /lb**  
6.59/kg

**Co-op Lean Ground Pork**  
Ground Fresh Daily In-store  
Value Pack

raised in WESTERN CANADA



**SALE 2<sup>99</sup> /lb**  
6.59/kg

**Co-op Whole Chickens**  
Grain Fed, Free Run, Air Chilled  
Value Pack

raised in WESTERN CANADA



**SALE 3<sup>49</sup> /lb**  
7.69/kg

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

raised in WESTERN CANADA



**SALE 24<sup>99</sup> /lb**  
55.09/kg

**Sungold Premium Frenched Lamb Rack**  
Random Cryovac Wrapped

raised in WESTERN CANADA



**SALE 4<sup>49</sup> /ea**  
375 g

**Lilydale Turkey or Chicken Gourmet Sausage**  
Thawed  
Selected Varieties

raised in WESTERN CANADA



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

**Johnsonville Dinner Sausage**  
Selected Varieties



**Fish Shop**

**SALE 11<sup>99</sup> /lb**  
26.43/kg

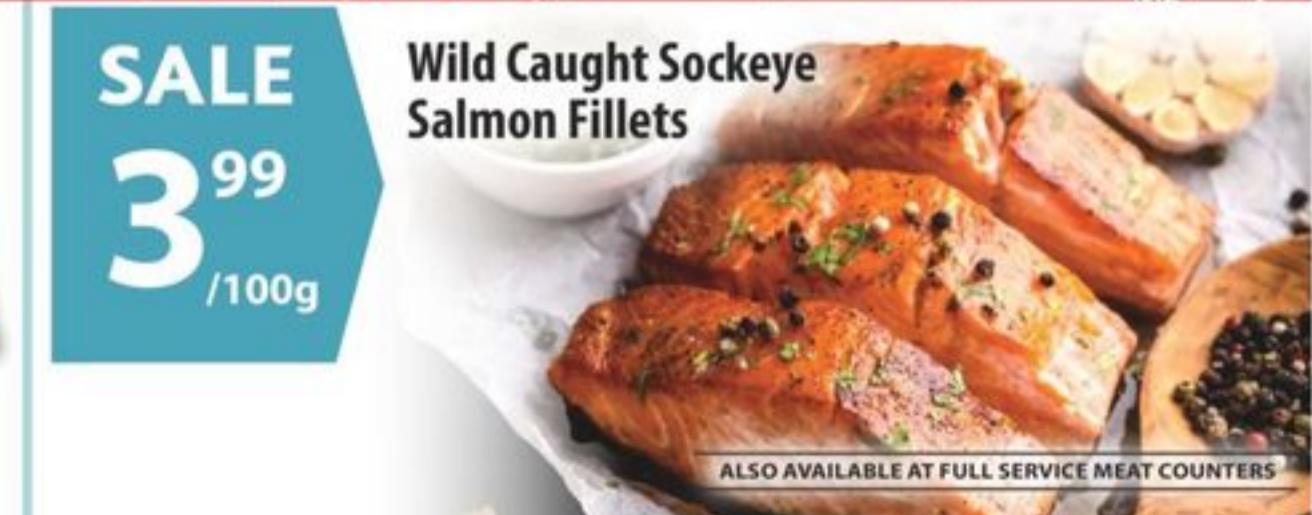
**Wild Caught Canadian Snow Crab Clusters**



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

**Wild Caught Sockeye Salmon Fillets**

ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS



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

**Co-op Gold Shrimp Platter with Sauce**  
Frozen  
340 g



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

**Co-op Gold Shrimp**  
Frozen  
340 g



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

**Co-op Gold Shrimp Appetizers**  
Frozen  
Selected Varieties  
310 - 340 g



Ingredients for this recipe are on sale – make it now!

# BACON-WRAPPED CHICKEN & WAFFLES

THE PARTY DOESN'T STOP AT MIDNIGHT!  
KEEP THE NEW YEAR'S CELEBRATION  
GOING WITH A VERY SPECIAL BRUNCH.

NATURAL CHEESE  
**Armstrong**  
1902<sup>®</sup>



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

**Armstrong Block  
Cheese**  
600 - 750 g  
Shreds 450 - 500 g  
Natural Slices 500 g

FIND THIS RECIPE AND MORE IN *TABLE* MAGAZINE. PICK UP A **FREE COPY** AT YOUR LOCAL CO-OP FOOD STORE OR **VIEW ONLINE** »



*Prepared Foods*

**SALE**  
**7<sup>49</sup>**  
/ea  
Spinach Dip Platter  
Made in-store

**SALE**  
**19<sup>99</sup>**  
/ea  
Stuffed Turkey Breast  
Prepared in-store  
1.3 kg

**2 FOR**  
**\$6**  
Cabbage Rolls  
Sold Individually

*Fresh from our Deli*

**SALE**  
**9<sup>99</sup>**  
/ea  
Co-op Gold Double  
Crème Brie  
or Camembert  
300g

**SALE**  
**5<sup>99</sup>**  
/ea  
Piller's Sliced  
Salami  
125g

**SALE**  
**12<sup>99</sup>**  
/ea  
Bothwell  
Cheese Blocks  
Selected Varieties  
540g

**SALE**  
**3<sup>29</sup>**  
/ea  
Co-op Gold Salads  
454g

**SALE**  
**3<sup>99</sup>**  
/ea  
Summer Fresh Dips  
or Hummus  
227g

**SALE**  
**5<sup>99</sup>**  
/ea  
Reser's Main St.  
Bistro Classic Side  
Dishes or Potatoes  
Selected Varieties  
482 - 680g

*Packaged Meats*

**SALE**  
**12<sup>99</sup>**  
/ea  
Co-op Gold  
Chicken Wings  
Frozen  
750 - 840g

**SALE**  
**8<sup>49</sup>**  
/ea  
Co-op Gold Appetizers  
Breaded Cheese Sticks, Pickle Bites, Mini  
Corn Dogs or Stuffed Jalapeno Peppers  
400 - 500g

**SALE**  
**6<sup>99</sup>**  
/ea  
Co-op Gold Phyllo Pastry Bites  
or Smoked Gouda Cheese Bites  
Frozen  
454g

**SALE**  
**11<sup>99</sup>**  
/ea  
Schneiders  
Schnitzel  
Frozen  
450g

**SALE**  
**5<sup>99</sup>**  
/ea  
Co-op Gold Sliced  
Side Bacon  
375g

**SALE**  
**6<sup>99</sup>**  
/ea  
Schneiders Smoked  
Sausage Rings  
300g

**SALE**  
**6<sup>99</sup>**  
/ea  
Harvest Meat  
Snacking Sticks  
250 - 375g

**SALE**  
**5<sup>49</sup>**  
/ea  
Grimm's Sliced  
Deli Meats  
125 - 175g

**SALE**  
**13<sup>99</sup>**  
/ea  
Co-op Gold Smokies  
1kg

CO-OP STORES

# IT'S TIME FOR TURKEY

You cooked this year's holiday dinner and now you have lots of leftover turkey. Lucky for you, we have ideas to help use it up.

[LEARN MORE »](#)



Tim Hortons **60**  
THIRTY YEARS OF SERVICE

Tim Hortons  
Soup  
540 mL

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



*Fresh from our Bakery*

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

**Laura Chocolate Caramel Log**  
650 g



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

**Festive Ornament Platter**  
Selected Varieties  
Package of 6



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

**Elite Sweets Tiramisu or Chantilly Mascarpone Cake**  
8-inch



The perfect festive entertaining dessert platter contains an assortment of chocolate covered edible ornaments, gift boxes, yule logs and Christmas trees. Perfect for your holiday table. Look for one in your local Co-op Bakery.

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

**Cinnamon Buns**  
Sticky or Cream Cheese Iced  
Baked in-store  
Package of 6



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

**Potato Buns**  
Baked in-store  
Package of 12



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

**Co-op Gold Apple Pie**  
620 g



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

**Dempster's Tortillas**  
10 Inch  
Package of 6-10



**SALE**  
**1<sup>89</sup>**  
/ea

**Co-op Centsibles Bread**  
White or Whole Wheat  
570 g



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

**The Grain Escape Bread**  
Seeded, White or Whole Wheat  
528 g Hamburger or Hot Dog Buns  
260 - 328 g Bagels  
328 g



*Floral*

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

**Blooming Daydream Bouquet**



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

**Premium Rose and Lily Bouquet**



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

**Blooming Beauty Bouquet**



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

**Festive Celebration Arrangement**



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

**Planter Red Stripe**  
8-inch Pot  
Grown in Western Canada



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

**Paperwhite**  
6-inch Pot  
Grown in Western Canada



*World Foods*

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

**Kuhne Beer Mug or Whole Grain Mustard**  
250 mL or Horseradish  
125 mL



**2 FOR \$6**

**McVitie's Tasties Bourbon or Custard Creams**  
150 g



**2 FOR \$9**

**Euro Goods Pickled Baby Beets, Spicy Dill Pickles with Peppers or Red Cabbage**  
900 mL



From the Freezer

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

**Chapman's Ice Cream**  
Frozen  
4L



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

**Co-op Gold PURE Pinsa Pizza**  
Frozen  
420 - 450 g



**3 FOR**  
**9<sup>75</sup>**

**Cheemo Perogies**  
Frozen  
815 - 907 g



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

**Wong Wing Appetizers or Entrées**  
Frozen  
360 - 680 g



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

**Healthy Choice Entrées**  
Frozen  
Selected Varieties  
259 - 298 g



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

**Janes Fish Entrees**  
Frozen  
Selected Varieties  
450 - 510 g



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

**Breyers Ice Cream**  
Frozen  
1.66 L



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

**Ben and Jerry's Ice Cream or Non-Dairy Frozen Desserts**  
Frozen  
473 mL



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

**Magnum Novelties**  
Frozen  
Package of 3 - 4



For Your Pantry

**2 FOR**  
**\$4**

**Lipton or Knorr Soup Mixes**  
Package of 2 or Lipton Cup a Soup Package of 4



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

**Clover Leaf Skipjack or Flavoured Tuna**  
85 - 120 g or Salmon Salad  
78 g



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

**Maple Leaf Flaked Meat**  
156 g



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

**Gold Seal Pink Salmon**  
213 g or Ocean's White Albacore Tuna  
120 g



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

**Catelli Lasagne or Manicotti**  
225 - 500 g



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

**Co-op Gold Soup**  
Cream of Mushroom, Cream of Chicken, Tomato, Chicken Noodle or Vegetable  
284 mL



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

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



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

**Ben's Original Converted Rice**  
2.2 kg, Long or Whole Grain Rice  
1.6 - 2.2 kg



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

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



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

**Pam Cooking Spray**  
141 - 170 g or Bragg Apple Cider Vinegar  
473 mL



**IN WITH THE BOLD**

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

**Pace Salsa**  
642 mL



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

**Pepperidge Farms Goldfish Snacks**  
187 - 200 g, Prego Pasta Sauce  
645 mL or Campbell's Chunky or Ready to Serve Soup  
515 mL



**3 FOR**  
**\$6**

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



*Fresh Dairy*

<p><b>2 FOR \$5</b></p>  <p><b>Bevel Plant-based Garlic Butter</b> 227 g or I Can't Believe It's Not Butter Margarine 427 g</p>	<p><b>SALE 4<sup>99</sup> /ea</b></p>  <p><b>Philadelphia Cream Cheese</b> 340 g</p>	<p><b>2 FOR \$9</b></p> <p><b>Dairyland Egg Nog</b> Original or Light 2 L</p> 
<p><b>SALE 6<sup>99</sup> /ea</b></p>  <p><b>Dairyland Chocolate Milk</b> 4 L</p>	<p><b>SALE 5<sup>49</sup> /ea</b></p>  <p><b>Silk Creamer</b> 890 mL or Whipping Cream 473 mL</p>	

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

<p><b>2 FOR \$3</b></p>  <p><b>Minute Maid or Five Alive Juices</b> 1 L</p>	<p><b>3 FOR \$9<sup>99</sup></b></p>  <p><b>Minute Maid Zero Sugar Beverages</b> 1.54 L</p>	<p><b>2 FOR \$9</b></p>  <p><b>Simply Beverages</b> 1.54 L</p>
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*For Your Pantry*

<p><b>SALE 5<sup>99</sup> /ea</b></p>  <p><b>Co-op Gold Granola</b> 600 g</p>	<p><b>3 FOR \$9</b></p> <p><b>Nature Valley Bars</b> or Betty Crocker, General Mills or Mott's Snacks Selected Varieties 120 - 230 g</p> 
	<p><b>2 FOR \$7</b></p> <p><b>Post Cereal</b> Selected Varieties 311 - 525 g</p> 

<p><b>SALE 18<sup>99</sup> /ea</b></p>  <p><b>Co-operative Coffee</b> 737 - 907 g or Package of 30 - 40</p>	<p><b>SALE 6<sup>49</sup> /ea</b></p> <p><b>Co-op Gold Puffed Wheat</b> 450 g or Bagged Cereal 750 - 907 g Selected Varieties</p> 	<p><b>SALE 5<sup>99</sup> /ea</b></p> <p><b>Co-op Gold Peanut Butter</b> 1 kg or Hazelnut Spread 725 g</p> 
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<p><b>4 FOR \$12</b></p>  <p><b>Quaker Crispy Minis</b> Selected Varieties 90 - 199 g</p>	<p><b>SALE 12<sup>99</sup> /ea</b></p>  <p><b>Quaker Granola Bars</b> 935 - 960 g</p>	<p><b>2 FOR \$8</b></p>  <p><b>Quaker Cereal</b> Selected Varieties 350 - 510 g</p>
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*for your baby!*

<p><b>SALE 34<sup>99</sup> /ea</b></p>  <p><b>Huggies Little Movers Diapers</b> Package of 84 - 136</p>	<p><b>SALE 10<sup>99</sup> /ea</b></p>  <p><b>Pedialyte</b> 1 L or Pops Package of 16 or Pedisauce 4 x 235 mL</p>	<p><b>SALE 2<sup>49</sup> /ea</b></p>  <p><b>Simply Gourmet Crunchers</b> 32 g</p>
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**Drinks & Snacks**

**2 FOR \$5** Farmery Virgin Beer Caesar 473 mL

**2 FOR \$15** Coca-Cola, Canada Dry or Pepsi Products  
Selected Varieties  
12 x 355 mL, Nestle or Peace Tea 12 x 241 mL

**2 FOR \$5.50** Pepsi Products 2L

**2 FOR \$7** Mott's Clamato 1.89 L

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

**2 FOR \$8** Lindt Excellence Bars 100 g

**2 FOR \$8** Ocean Spray Cocktail 1.89 L

**2 FOR \$5** Co-op Gold Natural Spring Water 12 x 500 mL

**For Your Pets**

**SALE \$23.99 /ea** Friskies Cat Food 7.26 - 7.5 kg

**3 FOR \$9.99** Whiskas Temptations 180 g or Pedigree Choice Cuts 630 g  
Selected Varieties

**SALE \$28.99 /ea** Co-op Gold PURE Dog Food 7 kg or Iams Dog Food 6.8 kg

**SALE \$15.99 /ea** Whiskas Cat Food or Sheba Bistro Creamy Gravy Package of 12

**BRING HOME the Paw-fect gift!**

**2 FOR \$9.98** Milk-Bone Dog Treats 283 - 360 g or Farmer's Medley 280 - 340 g  
Selected Varieties

**SALE \$10.99 /ea** Pup-Peroni or Milk-Bone Dog Treats 708 g

**SALE \$6.49 /ea** Meow Mix Original 1.42 kg

**For Your Home**

**SALE \$22.99 /ea** Tide Laundry Detergent 94 - 100 Wash Loads, Pods Package of 57 - 76 or Power Pods Package of 45, Gain Flings Package of 76 or Ivory Snow Power Pods Package of 45

**SALE \$7.99 /ea** Bounty Paper Towels Package of 45, Gain Flings Package of 76 or Charmin Bathroom Tissue Ultra Soft Package of 8 Triple Rolls

**SALE \$7.99 /ea** Hefty Bags Package of 12 - 40

**SALE \$5.49 /ea** Scrubbing Bubbles Package of 4 or 2 Hefty Bags Package of 45, Gain Flings Package of 76 or Lysol Power Toilet Bowl Cleaner 946 mL

**BUY \$25 TO GET A \$10 GIFT CARD**

**SALE \$8.29 /ea** Purex Bathroom Tissue Package of 12 Double or 8 UltraSoft Triple Rolls

**SALE \$8.99 /ea** Scotties Facial Tissue Selected Varieties Package of 6

**SALE \$8.49 /ea** SpongeTowels Package of 6 Regular Rolls or UltraPRO Package of 3 Rolls



# Save with Your Holiday Favourites

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<p><b>2 FOR 9<sup>98</sup></b> Philadelphia Cream Cheese Selected Varieties 227 - 250 g</p>	<p><b>3 FOR 9<sup>99</sup></b> Philadelphia Dips 227 g</p>		
<p><b>SALE 9<sup>99</sup> /ea</b> Kraft Singles 825 g, Cheez Whiz or Velveeta 900 g</p>	<p><b>SALE 8<sup>49</sup> /ea</b> Kraft Mirade Whip or Mayo 1.5 L</p>		
<p><b>SALE 17<sup>99</sup> /ea</b> Maxwell House or Nabob Coffee Package of 30</p>	<p><b>SALE 4<sup>99</sup> /ea</b> Maxwell House Instant Coffee 126 - 264 g</p>	<p><b>6 FOR \$9</b> Heinz Beans or Pasta 398 mL</p>	<p><b>2 FOR \$6</b> Kraft Dressing 425 mL, Bull's Eye BBQ Sauce 425 mL, or Diana BBQ Sauce 500 mL</p>
<p><b>3 FOR \$9</b> Classico Pasta Sauce 410 - 650 mL, Pesto 218 mL or Shake 'n Bake 142 - 184 g</p>	<p><b>3 FOR 12<sup>99</sup></b> Crave, Smart Ones or Kraft Deluxe Frozen Entrées 200 - 340 g</p>	<p><b>3 FOR 11<sup>97</sup></b> Kool-Aid Jammers 10 x 180 mL</p>	<p><b>3 FOR 10<sup>98</sup></b> Liquid or Powder Water Enhancers Selected Varieties 48 mL or Package of 4 - 10</p>

<p><b>SALE 3<sup>99</sup> /ea</b> Activia Drinkable Yogurt 8 x 93 mL</p>	<p><b>3 FOR 10<sup>98</sup></b> Oikos Greek Yogurt 4 x 95 - 100 g or Silk Plant-based Yogurt 4 x 100 g</p>	<p><b>START THE DAY WITH A PROTEIN SNACK</b></p>	
<p><b>2 FOR \$9</b> Activia Yogurt 8 x 100 g, Danone Two Good Greek Yogurt 625 g or Silk Barista 946 mL</p>	<p><b>3 FOR 10<sup>98</sup></b> Activia 625 - 650 g, Two Good Greek Yogurt 4 x 95 g or Danone Drinkable Yogurt 6 x 93 mL</p>	<p><b>SALE 4<sup>99</sup> /ea</b> Silk Plant-based Yogurt 500 - 650 g</p>	<p><b>SALE 6<sup>49</sup> /ea</b> International Delight Iced Coffee 1.89 L</p>

<p><b>SHARE MORE Joy</b></p>		<p><b>2 FOR \$9</b> Tostitos Tortilla Chips 205 - 295 g or Salsa 418 mL</p>	<p><b>3 FOR 10<sup>98</sup></b> Lay's Potato Chips 220 - 235 g or Poppables 130 g</p>
<p><b>SALE 12<sup>99</sup> /ea</b> Pepsi Products Selected Varieties 24 x 355 mL</p>	<p><b>2 FOR \$9</b> Pepsi Products Selected Varieties 6 x 710 mL</p>	<p><b>2 FOR 9<sup>48</sup></b> Doritos 210 - 280 g</p>	<p><b>2 FOR 8<sup>50</sup></b> Ruffles Potato Chips 180 - 200 g</p>

Unwrap the Season's Savings