



**24 DAILY  
BIG!  
DEALS!**

**Unwrap more  
holiday savings!**

**APP EXCLUSIVE SAVINGS\***

\*In-store only. Must clip before purchase. While supplies last. No rainchecks.

**3.99**  
ea

**DEC. 19**  
ONLY



Castello Danish Brie  
or Camembert  
125g  
Limit 6

**1.77**  
ea

**DEC. 20**  
ONLY



Christie Crackers  
180-200g  
Select varieties  
Limit 6

**2.99**  
ea

**DEC. 21**  
ONLY



Festive Nuts in the Shell  
Walnuts, Hazelnuts, Almonds, Mixed Nuts  
340g Bag  
Imported  
Limit 8

**3.77**  
ea

**DEC. 22**  
ONLY



Boursin  
130-220g  
Limit 6

**1.99**  
ea

**DEC. 23**  
ONLY



Old Dutch Potato Chips  
235g  
Limit 4

**9.99**  
ea

**DEC. 24**  
ONLY



Northern Glacier  
Frozen Pacific White Shrimp  
with Dipping Sauce  
454g, Limit 1  
While supplies last

Calgary Co-op App download and registration required. While supplies last  
Visit [calgarycoop.com/appterm](http://calgarycoop.com/appterm) for additional terms & conditions.

**Frozen Canada Grade A Turkeys**  
Under 7kg's  
While Supplies Last  
Limit 2

**1.69**  
/lb  
3.73/kg



**Sugardale Prestige Smoked Ham**  
Butt or Shank End  
While Supplies Last

**2.49**  
/lb  
5.49/kg



**Stove Top Stuffing**  
120g  
Select varieties



**MEMBER EXCLUSIVE**  
**99¢**  
ea

**Top Sirloin Oven Roast**  
Cut from Canada AA Beef  
While Supplies Last  
Limit 2

**8.49**  
/lb  
18.72/kg

**ONLY ALBERTA BEEF**  
**AGED 14 DAYS**



**Broccoli Crowns**  
Product of USA  
No.1 Grade

**SALE**  
**1.99**  
/lb  
4.39/kg

**MEMBERS EARN 10%**



**Founders & Farmers Frozen Vegetables**  
500-750g

**SALE**  
**2\$6**  
for

**MEMBERS EARN 10%**

**Yams**  
Product of USA  
No.1 Grade

**MEMBER EXCLUSIVE**  
**88¢**  
/lb  
1.94/kg



**Coca-Cola or Pepsi Soft Drinks**  
12 Pack  
Select varieties

**2\$12.98**  
for



**Old Dutch or Lay's Potato Chips**  
130-235g or Kettle 198g or Hardbite 128-150g  
Select varieties

**3\$11**  
for



**This week Members can earn over**

**\$133**  
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.



# CALGARY CO-OP



ONLY ALBERTA CHICKEN

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

SALE  
**6<sup>99</sup>**  
/lb  
15.41/kg

MEMBERS  
**EARN 10%**



**Founders & Farmers Double Cream Brie or Camembert 300g**

**Brussel Sprouts**  
Product of USA  
No. 1 Grade

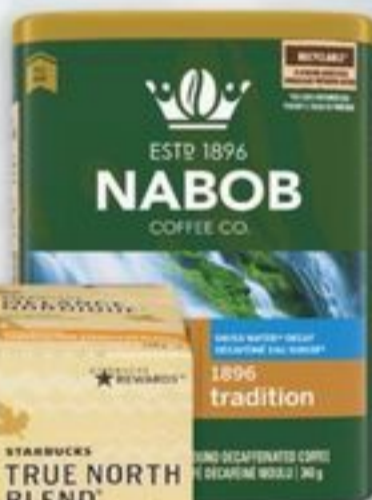
**1<sup>99</sup>**  
/lb  
4.39/kg

MEMBER EXCLUSIVE  
**10<sup>99</sup>**  
ea



**Kraft Dressings**  
425ml  
Select varieties

2 \$**6**  
for



**Starbucks Coffee**  
283-340g or K-Cups 10 Pack or  
Nabob or Lavazza 340g  
Select varieties

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



**Cracker Barrel Block Cheese**  
740g  
Select varieties

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

**HEALTH & BEAUTY  
DEAL OF THE WEEK!**



**Boost Nutritional Shakes**  
4-6 Pack Select varieties

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

MEMBERS  
**EARN 20%**

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

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



## Phar More+ Care

### Have questions about your heart medications?

Our clinical pharmacists can answer all of your questions and help you understand your cardiac health medications.

[BOOK AN APPOINTMENT](#)

## Give The Gift That Shines.

[SHOP NOW](#)

\*Offer valid Dec 19 - 25, 2024. Calgary Co-op App download and registration required. Valid on 5-Packs only.

Earn \$5 Bonus Cash

5 PACK TOUCHLESS CAR WASH

Earn \$7<sup>50</sup> Bonus Cash

5 PACK TOUCHLESS CAR WASH

Earn \$10 Bonus Cash

5 PACK TOUCHLESS CAR WASH



At Participating Stores

From Dec 19 to Dec 25, 2024 at all Calgary Co-op locations. All advertised items are available while supplies last. Some items may be out of stock. Also, items for sale at some Calgary Co-op locations. Complete list of advertised items may not be listed. See app for any restrictions or details. Some items may be available in all stores. Some items may vary slightly from illustrations. Some restrictions may apply to certain items. Some items may be subject to additional restrictions. ©2024 Calgary Co-op. All rights reserved. \*Offer valid Dec 19 - 25, 2024. Calgary Co-op App download and registration required. Valid on 5-Packs only. For information, contact Calgary Co-op. Some items may be subject to additional restrictions. 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 suggestion given by Calgary Co-op staff is not an endorsement of any product or service. Consult with your healthcare professional with any questions regarding health.

# Effortless Entertaining: Trays, Meals, and More

## Holiday Turkey Dinner

Limited Quantities Available.  
Serves 4-6 People

**Simply Heat & Serve!**  
**Includes:**  
A sous-vide fully cooked turkey, turkey gravy, mashed potatoes, roasted glazed carrots, bread stuffing, and gourmet cranberry sauce. Pre-order today in the Deli.

**SALE**  
**139<sup>99</sup>** + **MEMBERS EARN 10%**

**PRE-ORDER TODAY!**  
AVAILABLE FOR PICK UP DATES:  
Dec. 21 - Dec. 24, 2024.



**Shrimp & Imitation Crab with Cocktail Sauce Platter**  
Previous Frozen 525g  
Suggested Servings: 3-4

**SALE**  
**12<sup>99</sup>** + **MEMBERS EARN 10%**

**MADE fresh IN-STORE**



**Cal & Gary's Fruit or Vegetable Entertaining Trays**  
Assorted varieties

**20% OFF**



**JV Candy and Nut Trays**  
Assorted varieties  
While Quantities Last

**MEMBERS EARN 40%**



**Festive Meal Kits**  
1/2 Chicken Meal, Maple Ham, or Festive Turkey  
Limited quantities available.  
Pre-order today in the Deli. Pick up dates of Dec 21-24, 2024.

**STARTING AT**  
**18<sup>99</sup>** + **MEMBERS EARN 20%**

**Small Spinach Dip Tray**  
**8<sup>99</sup>** ea



**MADE fresh in the DELI**



**Mini Charcuterie Box or Mini Nibbler Box or Large Spinach Dip Tray**

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



**Hormel Deluxe Deli Tray**  
1070g

**24<sup>99</sup>** ea



**Cal & Gary's Full or 1/2 Cakes**  
Italian Rum, Dark Chocolate Raspberry, Amarena Cherry, Limoncello or Canolli Cakes  
8 Inch

**MEMBERS EARN 10%**



**Founders & Farmers Butter Topped Dinner Rolls**  
12 Pack

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

**BAKED fresh IN-STORE**



**Founders & Farmers Sweet Selections Assorted Cookie Tray**  
800g

**SALE**  
**14<sup>99</sup>** + **MEMBERS EARN 10%**



**Pastry Charcuterie or Sweet Tooth Entertaining Trays**  
Delicious European Desserts or Select varieties  
Serves 12-24

**MEMBERS EARN 10%**

# Bite-Sized Joy: Crowd-Pleasing Holiday Appetizers

Salmon Village  
Smoked Coho  
Salmon Lox's  
Frozen 125g

MEMBER EXCLUSIVE  
**10<sup>99</sup>**  
ea



Muldoon's or  
Asian Inspirations  
Appetizers  
Frozen 400g  
Assorted varieties

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



Cal & Gary's Dips  
500-540g  
Assorted varieties  
Made Fresh In Store

MEMBERS  
EARN  
**20%**



Cal & Gary's  
Stuffed Mushrooms  
370g  
Made Fresh In Store

**20% OFF**



Summer Fresh  
Dips  
or Hummus  
200-227g

**3 \$10**  
for



Founders & Farmers  
Sliced Kolbassa  
Original, Extra Lean,  
or Turkey  
150-175g

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

NEW  
in the  
DELI

Founders & Farmers  
French Baguette  
235g

**1<sup>99</sup>**  
ea

BAKED  
- fresh -  
IN-STORE



Cal & Gary's Fresh  
Pastries  
Fruit Tarts, Cannoli,  
Zeppolini, Lobster Tails,  
Cream Horns, Profiteroles,  
Filled with Ricotta, Chantilly  
or Real Cream fillings

BUY  
MORE  
SAVE  
MORE

PURCHASE IN MULTIPLES OF 6 FOR ...

**\$12** OR BUY 1 FOR  
**2<sup>49</sup>**



Kraft  
Philadelphia Dips  
340g Select varieties

MEMBER EXCLUSIVE  
**5<sup>49</sup>**  
ea



Ruffles  
Potato Chips  
180-200g  
Select varieties

MEMBER EXCLUSIVE  
**2 \$9**  
for



Jenny's Delectables Potato Skins  
700g Select varieties

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

MEMBERS  
EARN  
**20%**



Founders & Farmers  
Pickles  
1L or Mezzetta Olives 398ml  
Select varieties

**20% OFF**

# Celebrate the Season!

Cal & Gary's  
Frenched Pork Loin  
Rib End Rack or  
Chops  
Alberta Pork

**Cal & Gary's**



**SALE \$5.99**  
/lb  
12-21/kg

**MEMBERS EARN 10%**



Aqua Gem's  
Shrimp Ring with  
Cocktail Sauce  
Frozen 284g

**6.49**  
ea

Brilliance Bouquet

**SALE \$34.99**  
+

**MEMBERS EARN 10%**



Fresh  
Cranberries  
340g Bag  
Imported  
No.1 Grade

**2.49**  
ea

Yule Log  
Chocolate or Strawberry Vanilla  
750g

**14.99**  
ea

**MADE FRESH IN-STORE**



**MADE FRESH IN-STORE**

Cal & Gary's  
Black Forest Cake or 7"  
Chocolate Ganache

**18.99**  
ea

Boursin  
130-220g

**MEMBER EXCLUSIVE**  
**5.99**  
ea



**MEMBER EXCLUSIVE**  
**4.99**  
ea

Something Special  
Gourmet Red Chili  
Delight  
or Jalapeño or Antipasto  
250-300g



Armstrong Cheese  
600g Select varieties

**9.99**  
ea



Cal & Gary's Ice Cream  
500ml or  
Cal & Gary's Frozen Fruit  
400-600g  
Select varieties

**4.49**  
ea



Rogers  
Chocolates  
78g-250g  
Select varieties

**SALE 20% OFF**  
+

**MEMBERS EARN 20%**



Ocean Spray  
Cranberry  
Sauce  
348ml  
Select varieties

**2\$4.50**  
for



Corona Sunbrew  
or Asahi, Peroni or  
Heineken Non-alc Beer  
6 Pack Select varieties

**10.99**  
ea



Bubbly or Aha Sparkling Water  
12 Pack or Monteller 10 Pack

**2\$11.98**  
for

# Produce

SALE  
**1.99**  
/lb

MEMBERS  
**EARN 10%**

**Chinese Mandarins**  
Imported  
Fancy



**Pineapple**  
Imported  
No. 1 Grade

**4.99**  
ea



**Red Grapes**  
Imported  
No. 1 Grade

**3.49**  
/lb  
7.69/kg



**Bunched Herbs**  
Conventional or Organic  
Product of USA  
No. 1 Grade  
Assorted varieties

**25% OFF**



**Celery**  
Product of USA  
No. 1 Grade

**1.49**  
/lb  
3.28/kg



SALE  
**2.49**  
/lb

MEMBERS  
**EARN 15%**



**Tomatoes on the Vine**  
Alberta Grown  
Canada No. 1



**Founders & Farmers  
Yellow Potatoes**  
5lb Bag Product of  
Western Canada  
Canada No. 1

**4.99**  
ea



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

SALE  
**2.99**  
ea

MEMBERS  
**EARN 10%**



## In-store Cut Fruit & Vegetables

made fresh in-store



**Pineapple**  
Diced or Spears  
24 - 32oz

**20% OFF**



**Fruit or Vegetable Trays**  
1.71-2.18kg

MEMBERS  
**EARN 20%**



**Family Pack Salads**  
530 - 683g  
Assorted varieties

MEMBERS  
**EARN 25%**

# Floral

**Table Centerpieces**  
Assorted varieties  
and sizes

STARTING AT  
**24.99**  
ea



**Frosty Fern**  
4" with pick

**7.99**  
ea

**Plush**  
Assorted varieties  
and sizes

**10% OFF**



GET **25% OFF**

WHEN YOU BUY 3 HALLMARK CARDS

Offer valid December 12-26, 2024

\*Cannot be combined with any other offer. Returns are subject to adjustment.  
Offer valid December 12-26, 2024 at all Calgary Co-op stores in Alberta.

# Meat

Boneless Pork Loin  
Centre or Rib End  
Roast  
Western Canadian

**4<sup>99</sup>**  
/lb  
11.00/kg



Premium Rib Oven Roast  
Cut from Canada  
AA or AAA Beef

**20% OFF**

ONLY ALBERTA  
BLACK ANGUS  
BEEF  
AGED 14 DAYS  
**AAA  
AGED  
21  
DAYS**



Veal Cutlets or Scallopini  
Grain Fed  
Product of Canada

**13<sup>99</sup>**  
/lb  
30.84/kg



Whole Frying  
Chicken  
Grain Fed, Free Run &  
Air Chilled

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



London Broils  
Cut from Canada AA Beef

**17<sup>99</sup>**  
/lb  
39.66/kg



Spolumbo's  
Pork  
Breakfast  
Sausage  
Family Pack - 18  
Links  
Assorted  
varieties

**11<sup>50</sup>**  
ea



Maple Leaf Natural  
Top Dogs or Natural  
Selection Sliced Meats  
125-375g Assorted varieties

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



Kelseys Roadhouse  
Pork Back Ribs  
Frozen 600g  
Assorted varieties

SALE  
**12<sup>99</sup>**  
MEMBERS  
EARN  
**10%**



Harvest Thick Cut Bacon  
500g Assorted varieties

**13<sup>49</sup>**  
ea

APP  
EXCLUSIVE  
SAVINGS  
**10<sup>99</sup>**  
SAVE  
**\$2.50**



Cal & Gary's Grass  
Fed Beef Burgers  
or Montana's Beef Burgers  
Frozen 680-906g

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

# Seafood

Shrimp & Imitation Crab with  
Cocktail Sauce Entertaining Tray

Previously Frozen 860g  
Suggested Servings: 6-8

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



Shrimp, Smoked  
Wild Sockeye Salmon  
Nuggets & Imitation  
Crab with Cocktail Sauce  
Entertaining Tray

Previously Frozen 860g  
Suggested Servings: 6-8

**29<sup>99</sup>**  
ea



West Coast  
Fresh Oysters  
Lucky 88, Torpedo  
Bay, Gwigwi  
6 per Tray \$10.50

**15<sup>00</sup>**  
ea



East Coast  
Fresh Oysters  
Malpeque,  
Raspberry Point  
or Lucky Lime  
6 per Tray \$10.50

Steelhead  
Trout Fillets  
Farmed Product of  
Canada

SALE  
**3<sup>29</sup>**  
MEMBERS  
EARN  
**10%**



Cal & Gary's Raw Black  
Tiger Shrimp  
Easy Peel 16/20 Count  
Frozen 340g

MEMBER EXCLUSIVE  
**12<sup>99</sup>**



Dom Reserve Excargots  
with Garlic Butter  
Frozen 85g

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



Aysen  
Coho Salmon Fillets  
Frozen 680g

**\$20<sup>00</sup>**  
ea

Redeem your Bonus Cash and  
save BIG on your holiday essentials.

LEARN MORE

Bonus  
Cash



# Bakery

Cal & Gary's Gouda Onion Pane  
or Herb Garlic Focaccia Bread  
topped with Olive Oil

MEMBERS  
EARN  
20%



MEMBERS  
EARN  
20%

Founders & Farmers 1/2 or Full Pies  
Pumpkin, Apple, Saskatoon, Strawberry Rhubarb  
or Assorted varieties  
500g-1kg



McFadgen's Light or Dark  
Fruit Cake or Plum Pudding  
500-600g

9<sup>99</sup>  
ea



Flaky Rolls  
8 Pack

4<sup>99</sup>  
ea



Almond Trulli Cookies or  
Raspberry or Chocolate  
Shortbread  
6-8 Pack

6<sup>99</sup>  
ea

## Tre Marie Panettone

Pandoro, Milanese, Caramel Pear  
or Assorted varieties 750-900g

30%  
OFF



Delicate, soft, buttery, this cake is studded with golden raisins and candied orange and citron peels.



Delicate, soft, buttery, this cake is studded with golden raisins and candied orange and citron peels.



Caramel Dore with caramel drops covered with white chocolate with caramel and William's pear cubes.

# Deli

Ambrosia  
or Chicken Cheddar Broccoli  
Salad Served Fresh in the Deli

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

FIND IT  
in the  
DELI



Woolwich Goat Cheese  
113g or Alexis de Portneuf 125g  
Brie

3 \$  
15  
for



MIX  
&  
MATCH



Castello Gouda Rounds  
198g

8<sup>99</sup>  
ea



Mastro Charcuterie Trio  
or Mastro Cooked Charcuterie Trio  
150-250g

MEMBER EXCLUSIVE  
9<sup>99</sup>  
ea



Alexis de Portneuf  
Double Cream Brie  
or Camembert or  
Woolwich Goat  
300g

SALE  
9<sup>99</sup>

MEMBERS  
EARN  
10%

# Natural Choice

natural choice



Haskalife  
Haskap Berry  
Select varieties  
& sizes

15%  
OFF

MADE  
in  
ALBERTA



Mitsoh  
Pemmican Strip  
or Dry Meat  
Select varieties  
& sizes

15%  
OFF

MADE  
in  
ALBERTA



NOW  
Vitamins &  
Supplements  
Assorted  
varieties & sizes

15%  
OFF



SURO  
Elderberry  
Assorted  
varieties & sizes

SALE  
15%  
OFF

MEMBERS  
EARN  
15%



## Cheese Your Own Adventure

From perfect pairings to mouth-watering recipes, explore the world of cheese and elevate the Holidays with expert tips, ideas and global flavours.

VIEW GUIDE

# Grocery



**Kraft Philadelphia Cream Cheese**  
227-250g  
Select varieties

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



**Doritos**  
210-280g or  
Tostitos Tortilla  
Chips 205-295g  
or Salsa 416-418ml  
Select varieties

**2\$9**  
for



**Danone Activia Yogurt**  
650-750g or Danone Oikos  
4 Pack Select varieties

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



**Christie Crackers**  
180-200g or Cookies 224-303g  
Select varieties

**2\$7**  
for



**Tetley or Twinings Tea**  
20-24 Pack or Carnation Hot  
Chocolate  
7-10 Pack  
Select varieties

**MEMBERS EARN 20%**



**Lactantia Butter**  
454g or Imperial and Parkay  
Margarine 1.27-1.36kg  
Select varieties

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



**Bassili's Best Lasagna**  
2.27kg  
Select varieties

**SALE 14<sup>99</sup>**  
+  
**MEMBERS EARN 20%**



**Silk Beverage**  
946ml Select varieties

**SALE 2\$6**  
for  
+  
**MEMBERS EARN 20%**



**Cobram Estate Extra Virgin Olive Oil**  
375ml-1L  
Select varieties

**25% OFF**

**APP EXCLUSIVE SAVINGS**  
Must Clip before purchase  
**40% OFF**



**Sapporo Ichiban Noodles**  
100g  
Select varieties

**5\$5**  
for



**Kraft Dinner**  
156-200g  
Select varieties

**SALE 3\$5**  
for  
+  
**MEMBERS EARN 25%**



**Life Smart Broth**  
900ml Select varieties

**SALE 2\$5**  
for  
+  
**MEMBERS EARN 25%**



**Hellmann's Mayonnaise**  
710-890ml  
Select varieties

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



**Club House Gravy Mix**  
21-47g  
Select varieties

**4\$5**  
for

# Health & Beauty



**Dove Body Wash**  
532-695ml or Bar Soap 6 Pack and  
Live Clean Liquid Hand Soap Refill 1L  
Select varieties

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



**Head & Shoulders Hair Care**  
315-370ml or L'Oréal Hair Expertise  
150-385ml or Old Spice 2 in 1  
400ml Select varieties

**MEMBER EXCLUSIVE**  
**5<sup>49</sup>**  
ea



**Sensodyne Pronamel Toothpaste**  
75-135ml or Dove Dry Spray  
107g and Hello Deodorant  
73g Select varieties

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



**Gillette Shave Needs**  
Select varieties and sizes

**20% OFF**



**CeraVe and Eucerin Skin Care**  
Select varieties and sizes

**SALE 20% OFF**  
+  
**MEMBERS EARN 10%**



**Vitalux Ocular Vitamins**  
Select varieties and sizes

**40% OFF**



**Vicks Nyquil/Dayquil Complete**  
354-472ml and LiquiCaps 24's  
Select varieties

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



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

**SALE 15<sup>99</sup>**  
+  
**MEMBERS EARN 20%**



**Johnson's Baby Toiletries**  
400-600ml and Waterwipes  
60's Select varieties

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

**Gift Giving Made Easy** **SHOP NOW**

From sweet treats and festive florals, to gift cards and tickets — find the perfect stocking stuffers and last minute gifts in-store and online.

