



# GIGANTIC SALE

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

Peppers  
Assorted Colors  
Greenhouse Grown  
Imported  
2 lb (907 g)



2 lbs

SALE  
**\$25**  
/ea

**Our Certified Lean Ground Beef Chuck**  
Sold in a 2.27 kg tub

Works out to \$5/lb



raised in WESTERN CANADA

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

**Romaine Hearts**  
Produce of U.S.A.  
Package of 6



Package of 6

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

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



raised in WESTERN CANADA

SALE  
**2<sup>29</sup>**  
/lb

**Maple Leaf Boneless Pork Loin Halves**  
Rib and Centre or Sirloin and Centre  
Random Cryovac Wrapped



raised in WESTERN CANADA

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

**Fresh Atlantic Salmon Fillets**  
Farmed  
Value Pack



SALE  
**\$20**  
/ea

**Maple Leaf Prime Boneless Skinless Chicken Breasts**  
Great Fed, Free Run, Air Chilled, Club Package of 7



raised in WESTERN CANADA

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

**Maple Leaf Prime Breaded Chicken Entrées, Stuffed Chicken Breasts or Schneiders Breaded Chicken Tenders**  
Frozen, 500 - 700 g



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

**Colossal Sandwich**  
Made In-store  
Fresh from our Deli



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

**Imperial or Parkay Margarine**  
1/4 Squares 1.36 kg or Soft 1.28 kg



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

**Cookies**  
Baked In-store  
Selected Varieties  
Package of 12



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

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



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

**Nestlé Real Dairy Ice Cream**  
or Frozen Dessert 1.5 L or 800ml Package of 4 - 12



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

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



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

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



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

**Purex Bathroom Tissue**  
Package of 12 Triple Roll or Sponge Towels  
UltraPRO Package of 6 Jumbo Rolls



GIGANTIC SALE

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

PRICING IN EFFECT JAN. 23 - 29, 2025

23 24 25 26 27 28 29

CO-OP PHOTO: MARY ELLEN

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





# GIGANTIC SALE

SALE  
99¢  
/lb

2.18 kg



Rosemount Hen  
Frozen

SALE  
12.99  
/lb

Co-op Boneless Striploin Steak  
Cut from Canada AA Grade or Higher  
Aged 14 Days

28.64 kg



SALE  
5.99  
/lb

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

13.21 kg



SALE  
2.29  
/lb

Maple Leaf Pork  
Shoulder Picnic  
Random Cryovac Wrapped

5.85 kg



SALE  
18.99  
/ea

Mitchell's  
Family Pack Bacon  
4 x 375 g



SALE  
\$22  
/ea



Co-op Gold Boneless  
Skinless Chicken Breasts  
Seasoned  
Frozen  
2 kg

SALE  
6.99  
/ea

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



SALE  
5.99  
/ea

Strawberries  
Produce of Western Canada  
Imported  
No. 1 Grade  
1 lb (454 g)



SALE  
2.49  
/100 g

Grimm's  
Black Forest Ham  
Fresh from our Deli



made in  
WESTERN  
CANADA

SALE  
2.99  
/ea



Villaggio Bread  
510 - 540 g or Dempster's  
English Muffins Package of 6

SALE  
5.79  
/ea

Co-op Centsibles Large Eggs  
Package of 18



SALE  
9.99  
/ea



Co-op Centsibles  
Enriched Flour  
10 kg

SALE  
8.99  
/ea

General Mills  
or Kellogg's  
Jumbo Cereal  
Selected Varieties  
700 g - 1.3 kg



SALE  
19.99  
/ea

Tim Hortons  
Coffee or Tea  
Package of 30



SALE  
21.99  
/ea

Gatorade  
24 x 591 mL



2 FOR  
9.98



Dawn Ultra  
Dish Soap  
515 - 982 mL

Healthy  
Simple  
Affordable  
Supper

Chicken Mushroom  
& Rice Casserole

2025  
LUNAR  
NEW YEAR  
YEAR OF THE SNAKE  
新年好



**BUTCHER SHOP**

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

**Maple Leaf Pork Tenderloin**  
Random Cryonic Wrapped




7.69 kg

raised in WESTERN CANADA

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

**Co-op Boneless Lean Stewing Beef**  
Cut by Your Local Butcher  
Aged 14 Days




22.62 kg

raised in WESTERN CANADA

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

**Co-op Boneless Beef Inside Round Marinating Steak or Oven Roast**  
Cut by Your Local Butcher  
from Canada AA Grade or Higher  
Aged 14 Days



22.62 kg

raised in WESTERN CANADA

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

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



4.39 kg

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

**Co-op Boneless Skinless Chicken Thighs or Ground Chicken Breast**  
Grain Fed, Free Run, Air Chilled  
Value Pack



17.61 kg

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

**Co-op Whole Chicken Wings or Breasts Back Attached**  
Grain Fed, Free Run, Air Chilled  
Value Pack



8.88 kg

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

**Maple Leaf Prime Drumsticks or Thighs**  
Grain Fed, Free Run, Air Chilled  
Family Pack



raised in WESTERN CANADA

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

**Maple Leaf Prime Lean Ground Chicken**  
Grain Fed, Free Run  
454 g



raised in WESTERN CANADA

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

**Co-op Boneless Beef Shoulder Blade Pot Roast**  
Cut by Your Local Butcher  
from Canada AA Grade or Higher  
Aged 14 Days



23.13 kg

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

**SunGold Premium Boneless Lamb Leg**  
Certified Halal  
Product of Alberta



28.64 kg

AB

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

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



**PACKAGED MEATS**

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

**Split Chicken Wings**  
Frozen



3 kg

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

**Pork Loin Halves Sliced**  
Frozen  
Cut into Chops and Bagged  
Rib & Centre or Sirloin & Centre



7.69 kg

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

**Chicken Legs, Back Attached**  
Frozen



5 kg

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

**Prairie Chef Breaded Chicken Fingers or Southern Fried Chicken Breasts**  
Frozen



1 kg

MB

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

**Co-op Centsibles Breakfast Sausage**  
Frozen



2 kg

AB

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

**Co-op Centsibles Italian Meatballs**  
Frozen



1.13 kg

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

**Co-op Centsibles Chicken Breast Fillets**  
Frozen



2 kg

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

**Co-op Centsibles Zesty Chicken Breasts**  
Frozen



1.13 kg

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

**Co-op Centsibles Pork Sausage Rounds**  
Frozen



1 kg

1.13 kg

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

**Co-op Gold Fully Cooked Angus Beef Burgers**  
Frozen



2.26 kg

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

**Co-op Gold Beef Burgers**  
Frozen



4 kg

AB

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

**Janes Pub Style Breaded Chicken Entrees or Chicken Wings**  
Frozen



500 - 700 g

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

**Co-op Gold Bucket of Chicken Entrees or Drumsticks**  
Frozen



600 - 700 g

1 kg

BC

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

**Co-op Gold Shrimp Spring Rolls**  
280 g or Popcorn Shrimp 340 g  
Frozen



1 kg

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

**Co-op Gold Fully Cooked Beef Entrees**  
Frozen



375 g

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

**Jack Daniel's Fully Cooked Pulled Pork**  
454 g



454 g

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

**Co-op Gold Bone-in Salt and Pepper Dry Ribs**  
Frozen



800 g

AB

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

**Co-op Gold Vegetable Spring Rolls**  
Frozen



600 g

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

**Co-op Gold Potstickers**  
Frozen



454 g

AB

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

**Co-op Gold Party Pack Chicken Wings & Fries**  
Frozen



2.04 kg

**GIGANTIC SALE**



Healthy  
Simple  
Affordable

Make this **\$8**  
**FOR UNDER\*** / serving

Chicken, Mushroom  
& Rice Casserole

**SHOP THE  
RECIPE.**



\*Pricing based on Co-op's regular pricing for the amounts of ingredients included in recipes. Retail prices and prices per serving are subject to change.



**FISH SHOP**

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

**Fresh Wild Caught Walleye Fillets**  
Product of Saskatchewan or Manitoba



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

**Waterview Market Shrimp**  
Frozen  
454 g



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

**Co-op Gold Jumbo Shrimp Ring**  
Frozen  
513 g



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

**Clover Leaf Delectables**  
Selected Varieties  
227 g



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

**Pearlmark Scallops**  
Frozen  
454 g



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

**Co-op Gold Basa or Sole Fillets**  
Frozen  
908 g - 1.13 kg



**PACKAGED MEATS**

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

**Beyond Meat Burgers**  
Frozen  
678 g



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

**Harvest Thick Sliced Side Bacon**  
500 g



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

**Co-op Centsibles Sliced Side Bacon**  
375 g



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

**Co-op Gold Smokies**  
1 kg



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

**Harvest Wieners**  
675 g or Smoked Farmers Sausage 500 g



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

**Schneiders Juicy Jumbos or All Beef Wieners**  
375 - 450 g



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

**Maple Leaf Top Dogs**  
Family Pack  
900 g



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

**Co-op Signature Smokehouse Mennonite Style Farmer Sausage**  
675 g



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

**Co-op Centsibles Garlic Sausage Ring**  
1 kg



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

**Co-op Gold Bison Smokies**  
375 g



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

**Maple Leaf Natural Selections Sliced Meats**  
375 - 400 g



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

**Schneiders Sliced Bologna**  
500 g



**3 FOR \$9**

**Lunchmate Lunchmate Stackers or Kits**  
96 - 120 g or Adult Snack Kits 75 g



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

**Grimm's Pepperoni Sticks**  
375 - 450 g



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

**Co-op Signature Smokehouse Meat Snacking Sticks**  
375 - 450 g



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

**Co-op Signature Smokehouse Beef Jerky**  
125 g



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

**Drake Salami Meat Stick**  
1 kg



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

**Mitchell's Boneless Ham**  
1.5 kg



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

**Harvest Smoked Pork Picnic Shoulder**  
Random Cryovac Wrapped  
8.80/kg



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

**Co-op Gold Hickory Smoked Ham Portions**  
Random Cryovac Wrapped  
11.00/kg



**GIGANTIC SALE**



Healthy  
Simple  
Affordable

Make this **\$7**  
**FOR UNDER\*** / serving

Baked Pork Schnitzel  
and Cucumber Dill Salad

**SHOP THE  
RECIPE.** 



\*Pricing based on Co-op's regular pricing for the amounts of ingredients included in recipes.  
Retail prices and prices per serving are subject to change.



FARM FRESH PRODUCE

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

**Raspberries or Blackberries**  
Imported  
170 g

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

**Gala or Ambrosia Apples**  
Produce of Western Canada or Washington  
Extra Fancy  
5 lb (2.27 kg)

5 lbs

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

**Mangoes**  
Imported  
Package of 3

Package of 3

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

**Bicolour Grapes**  
Imported  
No. 1 Grade  
2 lb (907 g)

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

**Yellow Onions**  
Produce of Western Canada  
Canada No. 1  
5 lb (2.27 kg)

5 lbs

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

**Grape Snacking Tomatoes**  
Greenhouse-Grown  
Imported  
680 g

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

**Kiwi Fruit**  
Green or Sunspine  
Imported  
1 lb (454 g)

**SALE**  
**99¢**  
/ea

**Green Onions**  
Produce of Mexico  
No. 1 Grade  
Bunch

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

**Avocados**  
Imported  
Hass Variety  
Package of 4

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

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

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

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

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

**Derlea Minced Garlic**  
1 kg

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

**SunRype Fruit Source Variety Pack**

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

**Litehouse Squeeze Dressing**  
Assorted Varieties  
591 mL

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

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

**2 FOR \$6**

**Organic Sliced White Mushrooms**  
Produce of Western Canada  
227 g

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

**Organic Carrots**  
Produce of U.S.A.  
No. 1 Grade  
2 lb (907 g)

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

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

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

**Fresh Attitude Salad Blends**  
Produce of U.S.A.  
Selected Varieties  
312 g

FLORAL SHOP

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

**Blooming Beauty Bouquet**

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

**Pom Rose Bouquet**

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

**Tulips**  
3 Stem Bunch  
Greenhouse-Grown  
Grown in Western Canada

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

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

GIGANTIC SALE



FRESH FROM OUR DELI

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

**Loaded Mac & Cheese**  
Classic or Pulled Pork  
Made In-Store

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

**Family Size Chicken Pot Pie**  
Made In-Store  
1 kg

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

**Mediterranean Caesar Potato Salad or Madras Curry Couscous Salad**

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

**Royal Food Beef Sausage Rolls**  
Package of 6

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

**Olivieri Pasta or Gnocchi**  
250 - 300 g or Sauce 300 mL

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

**Schneiders Pepperettes or Pepperette Bites**  
250 - 300 g

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

**Reser's Spinach Dip**  
454g or Summer Fresh Variety Pack 500g

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

**Fantino and Mondello Sliced Meats**  
100 - 175 g

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

**Castello Havarti Family Size Cheese**  
425 g

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

**Tre Stelle Feta Cheese Jumbo Size**  
850 g

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

**Tre Stell Mozzarella Ball**  
340 g or Fiorita 475 g

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

**Woolwich Goat Cheese**  
113 g

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

**Balderson Cheddar Cheese**  
Selected Varieties 250 - 380 g

FRESH FROM OUR BAKERY

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

**Co-op Gold Muffin Tops**  
Baked In-Store  
Selected Varieties  
Package of 6

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

**Golden Harvest Carrot Cake**  
403 g

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

**Fruit Topped Cheesecake**  
Prepared In-Store  
7-inch

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

**Cheese Swirl Buns**  
Baked In-Store  
Package of 6

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

**Co-op Gold Artisan Baguettes**  
Selected Varieties  
285 - 330 g

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

**Grandmother's Bake Shoppe**  
Butter, Raisin or Pecan Tarts  
Package of 6

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

**Natural Bakery Canadian Rye Bread**  
900 g

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

**Cyrus O'Leary's Mini Pies**  
Selected Varieties  
198 g

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

**Vachon or Little Bites**  
Selected Varieties  
194 - 336 g

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

**Dempster's Tortillas**  
Coleslaw or Pesto  
Package of 8 - 10  
Tortillas

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

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

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

**The Grain Escape Bread**  
528 g Hamburger, Hot Dog Buns or Sandwich Bagels Package of 4

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

**Western Canada Care Buns**  
gluten free  
528 g Hamburger, Hot Dog Buns or Sandwich Bagels Package of 4

GIGANTIC SALE



**FRESH DAIRY**

**FROM THE FREEZER**

<p><b>SALE</b> <b>6<sup>49</sup></b> /ea</p> <p><b>Simply Orange Juice</b> 7.63 L</p> 	<p><b>SALE</b> <b>10<sup>99</sup></b> /ea</p> <p><b>Armstrong Cheese</b> 800 - 726-3 SHEETS 400 - 300 g or Saputo Mozzarella 690 g</p> 	<p><b>SALE</b> <b>5<sup>49</sup></b> /ea</p> <p><b>Häagen-Dazs Ice Cream</b> 414 - 450 ml or Novelty Package of 1 - 4 Frozen</p> 	<p><b>SALE</b> <b>3<sup>99</sup></b> /ea</p> <p><b>Chapman's Super Premium Plus Ice Cream</b> 200 ml or 16 oz Novelty Package of 5 - 8 Frozen</p> 	<p><b>SALE</b> <b>18<sup>99</sup></b> /ea</p> <p><b>Pillsbury Pizza Pops</b> Frozen Package of 30</p> 		
<p><b>SALE</b> <b>9<sup>99</sup></b> /ea</p> <p><b>Activia Yogurt</b> 2 kg, Oikos Greek Yogurt 1.5 kg or Package of 12 x 100 g</p> 	<p><b>2 FOR \$9<sup>98</sup></b></p> <p><b>Philadelphia Cream Cheese or Dips</b> 340 g</p> 	<p><b>SALE</b> <b>12<sup>99</sup></b> /ea</p> <p><b>Becel Margarine</b> 1.28 - 1.70 kg</p> 	<p><b>SALE</b> <b>15<sup>99</sup></b> /ea</p> <p><b>Kellogg's Eggo Waffles</b> Frozen Package of 48</p> 	<p><b>SALE</b> <b>7<sup>99</sup></b> /ea</p> <p><b>Co-op Gold Straight Cut Fries</b> Frozen 1.8 kg</p> 	<p><b>SALE</b> <b>7<sup>49</sup></b> /ea</p> <p><b>Dr. Oetker Giuseppe Stuffed Crust Pizza</b> Frozen 685 - 771 g</p> 	
<p><b>SALE</b> <b>9<sup>99</sup></b> /ea</p> <p><b>Activia Yogurt</b> 2 kg, Oikos Greek Yogurt 1.5 kg or Package of 12 x 100 g</p> 	<p><b>2 FOR \$9<sup>98</sup></b></p> <p><b>Philadelphia Cream Cheese or Dips</b> 340 g</p> 	<p><b>SALE</b> <b>12<sup>99</sup></b> /ea</p> <p><b>Becel Margarine</b> 1.28 - 1.70 kg</p> 	<p><b>SALE</b> <b>10<sup>99</sup></b> /ea</p> <p><b>Armstrong Cheese Snacks</b> 430 g or Natural Cheese Slices 500 g</p> 	<p><b>SALE</b> <b>6<sup>99</sup></b> /ea</p> <p><b>BlueWater Seafoods</b> Frozen Selected Varieties 255 - 600 g</p> 	<p><b>SALE</b> <b>6<sup>99</sup></b> /ea</p> <p><b>Wong Wing Appetizers or Entrées</b> Frozen 360 - 680 g</p> 	<p><b>2 FOR \$12<sup>99</sup></b></p> <p><b>Cheemo Perogies</b> Frozen 2 kg</p> 

**FOR YOUR PANTRY**

<p><b>SALE</b> <b>12<sup>99</sup></b> /ea</p> <p><b>Campbell's Soup</b> Cream of Mushroom, Tomato, Chicken Noodle or Vegetable 12 x 284 mL</p> 	<p><b>4 FOR \$7<sup>96</sup></b></p> <p><b>Bush's Baked or Savoury Beans</b> 330 mL</p> 	<p><b>SALE</b> <b>5<sup>49</sup></b> /ea</p> <p><b>Maple Leaf Canned Ham</b> 454 g or 1 lb Lean/Cooked Meat 340 g</p> 	<p><b>SALE</b> <b>9<sup>99</sup></b> /ea</p> <p><b>Clover Leaf Skipjack Tuna</b> 6 x 170 g</p> 	<p><b>SALE</b> <b>5<sup>49</sup></b> /ea</p> <p><b>Snack Pack Pudding</b> 12 x 99 g</p> 	<p><b>SALE</b> <b>14<sup>99</sup></b> /ea</p> <p><b>Del Monte Fruit Cups</b> Package of 20</p> 	<p><b>SALE</b> <b>12<sup>99</sup></b> /ea</p> <p><b>Hershey's Chipits</b> 775 - 925 g</p> 			
<p><b>SALE</b> <b>15<sup>99</sup></b> /ea</p> <p><b>GoGo Squeeze Fruit Sauce</b> 20 x 90 g</p> 	<p><b>SALE</b> <b>6<sup>49</sup></b> /ea</p> <p><b>Co-op Gold Cereal</b> 750 - 907 g</p> 	<p><b>SALE</b> <b>8<sup>49</sup></b> /ea</p> <p><b>Post Jumbo Cereal</b> 1.1 - 1.24 kg or Twinkles Tea Package of 50 Selected Varieties</p> 	<p><b>SALE</b> <b>18<sup>99</sup></b> /ea</p> <p><b>Co-operative Coffee</b> 737 - 907 g or Package of 30 - 40</p> 	<p><b>SALE</b> <b>13<sup>99</sup></b> /ea</p> <p><b>Nabob Coffee</b> 915 - 918 g Package of 30 or Maxwell House Package of 30</p> 	<p><b>SALE</b> <b>10<sup>99</sup></b> /ea</p> <p><b>Kraft Peanut Butter</b> 2 kg</p> 	<p><b>SALE</b> <b>8<sup>99</sup></b> /ea</p> <p><b>Co-op Gold Peanut Butter</b> 2 kg</p> 	<p><b>SALE</b> <b>7<sup>99</sup></b> /ea</p> <p><b>Co-op Gold Granola Bars</b> 558 - 630 g</p> 	<p><b>SALE</b> <b>11<sup>99</sup></b> /ea</p> <p><b>Nature Valley Club Pack</b> 728 g - 1.28 kg, Fibre 1 Chewy Bars 840 g, Mott's FruitCubations 907 g or Fruit By The Foot 637 g</p> 	<p><b>SALE</b> <b>13<sup>99</sup></b> /ea</p> <p><b>Good Host Iced Tea or Lemonade Powder</b> 2.33 kg</p> 
<p><b>2 FOR \$8<sup>99</sup></b></p> <p><b>Classico Pasta Sauce</b> 410 - 650 mL, Pesto 218 mL or Shakerin Bake 142 - 184 g</p> 	<p><b>4 FOR \$8<sup>99</sup></b></p> <p><b>Knorr Sidekicks</b> 120 - 153 g, Hunt's Thick &amp; Rich Pasta Sauce 400 mL or Tomato Paste 369 mL</p> 	<p><b>SALE</b> <b>9<sup>99</sup></b> /ea</p> <p><b>Splendor Pasta</b> 2 kg or Rao's Pasta Sauce 600 mL</p> 	<p><b>SALE</b> <b>10<sup>99</sup></b> /ea</p> <p><b>Co-op Gold Salsa</b> 2 kg or Rao's Pasta Sauce 1.75 L</p> 	<p><b>SALE</b> <b>7<sup>49</sup></b> /ea</p> <p><b>Kraft Pizza Kit</b> 850 g or Prego Pasta Sauce 1.75 L</p> 	<p><b>SALE</b> <b>10<sup>99</sup></b> /ea</p> <p><b>Minute Rice</b> 2.6 kg</p> 	<p><b>2 FOR \$5<sup>99</sup></b></p> <p><b>Hamburger or Tuna Helper</b> 158 - 240 g</p> 			

**GIGANTIC SALE**



**DRINKS & SNACKS**

<p><b>2 FOR \$15</b></p> <p>Pepsi Products 12 x 355 mL</p>	<p><b>4 FOR \$5</b></p> <p>Sparkling Ice Water 503 mL</p>	<p><b>SALE \$8.49 /ea</b></p> <p>SunRype Juice Apple or Orange 1.9 L</p>	<p><b>3 FOR \$11</b></p> <p>Kool-Aid Jammers 10 x 180 mL</p>	<p><b>SALE \$7.99 /ea</b></p> <p>Pure Life Natural Spring Water 35 x 500 mL</p>		
<p><b>2 FOR \$6</b></p> <p>Cadbury Bars 80 - 100 g or Maynards Candy 150 - 185 g</p>	<p><b>2 FOR \$7.50</b></p> <p>Twizzlers Party Pack Licorice or Nibs Selected Varieties 311 - 454 g</p>	<p><b>SALE \$7.49 /ea</b></p> <p>Christie Premium Plus Crackers 908 g</p>	<p><b>SALE \$8.99 /ea</b></p> <p>Pepperidge Farm Goldfish 750 g</p>	<p><b>SALE \$5.99 /ea</b></p> <p>Dare Wagon Wheels 535 g or Bear Paws 336 - 480 g</p>	<p><b>2 FOR \$11</b></p> <p>Dad's Cookies Graham or Oatmeal Chocolate Chip 500 - 520 g</p>	<p><b>2 FOR \$8</b></p> <p>Old Dutch Country Cheese Pleezers, Cheesy Pullcorn or Hungry Dumpty Berry Mix or Rings 200 - 250 g</p>

**FOR YOUR HOME & PETS**

<p><b>SALE \$15.99 /ea</b></p> <p>Gain or Sunlight Products Selected Varieties &amp; Sizes or Downy or Tide Laundry Rise 1.4 L</p>	<p><b>SALE \$9.99 /ea</b></p> <p>Bounce Sheets Package of 120 - 200, Gain Sheets Package of 200 or Fabric Softener 2.63 L or Downy 96 - 120 Wash Loads or Scent Beads 379 g Selected Varieties</p>	<p><b>SALE \$21.99 /ea</b></p> <p>Cascade ActionPacs Selected Varieties Package of 51 - 110</p>	<p><b>SALE \$7.49 /ea</b></p> <p>Clorox Bleach 3.57 L, Revolve Spray 650 mL or Smart Strip Laundry Detergent 38 Wash Loads</p>	<p><b>SALE \$23.99 /ea</b></p> <p>Hefty Bags Selected Varieties Package of 80 - 120</p>
<p><b>SALE \$14.99 /ea</b></p> <p>Co-op Gold Bathroom Tissue Package of 24 Triple Rolls</p>	<p><b>SALE \$16.99 /ea</b></p> <p>Co-op Centsibles Cat Food 1 kg</p>	<p><b>SALE \$29.99 /ea</b></p> <p>Purina Tidy Cats 7.27 kg</p>	<p><b>SALE \$10.99 /ea</b></p> <p>Pedigree Dentastix Selected Varieties 523 - 698 g or Marmobone 1.3 kg</p>	<p><b>SALE \$37.99 /ea</b></p> <p>Alpo Cookout Classics Dog Food 16 kg</p>

**PHARMACY**

<p><b>SALE \$12.99 /ea</b></p> <p>Boost Selected Varieties 6 x 237 or 4 x 325 mL</p>	<p><b>SALE \$40.99 /ea</b></p> <p>Jamieson Vitamin C Package of 75 - 120, Vitamin D Package of 135 - 240 or Melatonin Package of 60 - 100 Selected Varieties &amp; Selected Sizes</p>
<p><b>SALE \$10.99 /ea</b></p> <p>Tylenol Extra Strength or Regular Selected Varieties Package of 100 - 120</p>	<p><b>SALE \$12.99 /ea</b></p> <p>Benlylin 250 mg or Tylenol Cold and Sinus Package of 40 Selected Varieties</p>
<p><b>SALE \$16.99 /ea</b></p> <p>Poise Pads or Depend Underwear Selected Varieties Package of 14 - 66</p>	<p><b>SALE \$7.99 /ea</b></p> <p>Playtex or O.B. Tampons or Stayfree Pads Package of 28 - 40 or Carefree Liners Package of 120 Selected Varieties</p>
<p><b>SALE \$12.99 /ea</b></p> <p>Always Pads Package of 27 - 42</p>	<p><b>SALE \$49.99 /ea</b></p> <p>PVL IsoGold Protein Powder 908 g</p>

**HEALTH & BEAUTY**

<p><b>SALE \$6.99 /ea</b></p> <p>Pantene Hair Care 237 - 530 mL, Miracle Mask 190 mL or Resque Shot 60 mL or Hairspray 397 g</p>	<p><b>SALE \$8.99 /ea</b></p> <p>Dove Body Wash 591 - 695 mL or Bar Soap 6 x 106 g</p>
<p><b>SALE \$6.99 /ea</b></p> <p>Vaseline Intensive Care Lotion 400 - 600 mL or Body Butter 227 g</p>	<p><b>SALE \$10.99 /ea</b></p> <p>Gold Bond Lotion 400 mL, Overnight Lotion or Crepe Corrector 226 g</p>
<p><b>SALE \$8.99 /ea</b></p> <p>Listerine Mouthwash 1.5 L</p>	<p><b>SALE \$5.99 /ea</b></p> <p>Sensodyne or Pronamel Toothpaste 75 - 135 mL or Toothbrushes Package of 2 Selected Varieties</p>
<p><b>2 FOR \$4</b></p> <p>Co-op Gold Liquid Soap 221 mL</p>	

**GIGANTIC SALE**



**CO-OP**  
**2025**  
**LUNAR**  
**NEW YEAR**  
 YEAR OF THE SNAKE  
 新年好

**SALE**  
**1**<sup>88</sup>  
 /lb  
 4.15/kg

**Bok Choy**  
 Imported

**SALE**  
**4**<sup>88</sup>  
 /ea

**Pummelo**  
 Imported

**SALE**  
**1**<sup>88</sup>  
 /lb  
 4.15/kg

**Jumbo Carrots**  
 Imported

**SALE**  
**2**<sup>88</sup>  
 /ea

**Bean Sprouts**  
 Produce of Western Canada  
 340 g

**SALE**  
**3**<sup>88</sup>  
 /lb  
 8.55/kg

**Ginger Root**  
 Imported

**SALE**  
**3**<sup>48</sup>  
 /lb  
 7.67/kg

**Co-op Lean Ground Pork**  
 Ground by Your Local Butcher  
 Value Pack

**SALE**  
**3**<sup>88</sup>  
 /lb  
 8.55/kg

**Co-op Pork Side Ribs**  
 Breast Bone-off or Pork Belly Piece  
 Get by Your Local Butcher

**SALE**  
**5**<sup>88</sup>  
 /ea

**Slavin Dumplings or Mini Wontons**  
 Frozen  
 454 - 500 g

**SALE**  
**15**<sup>88</sup>  
 /ea

**Mirabel Raw Pacific White Shrimp**  
 Frozen  
 907 g

**SALE**  
**13**<sup>88</sup>  
 /ea  
 8/kg

**Lucky Dragon AAA Scented Jasmine Rice**

**SALE**  
**4**<sup>88</sup>  
 /ea

**Two-Bite or Kimberley's Lunar Cupcakes or Cookies**  
 300 - 383 g

**SALE**  
**7**<sup>88</sup>  
 /ea  
 3 L

**Co-op Centisibles Canola Oil**

**SALE**  
**4**<sup>88</sup>  
 /ea

**Lucky Dragon Sriracha Sauce**  
 240 mL

**3 FOR**  
**8**<sup>88</sup>

**VH Sauces**  
 Selected Varieties  
 341 - 380 mL

**SALE**  
**3**<sup>88</sup>  
 /ea

**Kikkoman Soy Sauce**  
 236 mL (8 FL OZ) Ramen Rice Noodle Sauce 443 mL

**SALE**  
**4**<sup>88</sup>  
 /ea

**Spam Luncheon Meat**  
 340 g or Sunrice Sushi Rice 750 g

**3 FOR**  
**5**<sup>88</sup>

**Kosa Organic Coconut Milk**  
 400 mL or 1/2 Egg or Chow Mein Noodles 400 g

**SALE**  
**9**<sup>88</sup>  
 /ea

**Dan D Pak Cashews or Nut Mix**  
 454 g

SALE IN EFFECT JAN. 9 - 29, 2025





# baby

adorable meets affordable

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

**Similac Baby  
Formula Powder**  
Selected Varieties  
850 g

**Similac**



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

**Pampers Swaddlers  
or Baby-Dry**  
Huge Package of 80 - 160  
Selected Varieties



**2 FOR**  
**\$6**

**Baby or Toddler Mum-Mum**  
50-70g



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

**Baby Gourmet  
Baby Food**  
Selected Varieties  
Pouch 128 mL

GLUTEN-FREE



PRICING IN EFFECT JANUARY 16 - FEBRUARY 5, 2025



# Diapers, Training Pants and Wipes

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

**Goodnites or Huggies Pull-ups**  
Training Pants or Underpants  
Giga Package of 34 - 66



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

**Huggies Little Movers Diapers**  
Package of 84 - 136



**3 FOR**  
**\$9**

**Simply Kids Baby Wipes**  
Package of 64 - 72



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

**Simply Kids Baby Wipes**  
Package of 216 or Kids Wipes  
Package of 192



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

**Huggies Wipes**  
Package of 168 - 192



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

**Huggies Baby Wipes**  
Refill Package of 352



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

**Simply Kids Baby Wipes**  
Package of 384 - 432



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

**Hello Bello Wipes**  
Package of 3 x 180





# Pamper Them With Love

# Love

© 2025 P&G

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

**Pampers  
Wipes**  
Package of 168 - 216



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

**Pampers  
Wipes  
Sensitive**  
Package of 336



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

**Pampers Cruisers**

Package of 44 - 56  
Swaddlers Package of 44 - 96  
or Easy Ups Package of 46 - 66



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

**Pampers Ninjamas**

Package of 34 - 44





# Baby Care

**SALE**  
**4<sup>49</sup>** /ea  
**Q-Tips Swabs**  
Package of 400



**SALE**  
**13<sup>99</sup>** /ea  
**Sudocrem Diaper Rash Cream**  
250 g, Aveeno Eczema Baby Cream 166 mL or Cetaphil Baby Wash & Shampoo 400 mL



**SALE**  
**6<sup>99</sup>** /ea  
**Aleva Baby Shampoo & Wash**  
200 - 240 mL, Face & Body Lotion 240 mL or Diaper Cream 100 mL



**SALE**  
**5<sup>49</sup>** /ea  
**Johnson's Baby Products**  
Selected Varieties & Sizes



**SALE**  
**4<sup>49</sup>** /ea  
**Vaseline Petroleum Jelly**  
375 g



**SALE**  
**17<sup>99</sup>** /ea  
**Lowen's Diaper Bum Balm Blues**  
75 g





# Infant Feeding and Accessories



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

**Similac Pro Advance  
Infant Formula**  
859 g or Total Comfort 837 g  
Selected Varieties



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

**Quark Fruuti  
Feeder**  
or Thingy Teething Ball



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

**Dr. Brown's  
Anti-Colic Bottle**  
Selected Varieties



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

**Tommee Tippee  
Bottle**  
Selected Varieties  
9 oz Package of 2



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

**Tommee Tippee  
Pacifier**  
Selected Varieties  
Package of 2



made in  
**WESTERN  
CANADA**



**Good Start  
Bon Départ**

Happiness starts  
**on the inside.**

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



**Nestlé  
Good Start**  
900 g or Good Grow  
850 g

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



**Nestlé Good Start  
Stage 1 or 2**  
1.02 kg or Soothe  
942 g

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



**Nestlé Good Start  
Plus 1 or 2**  
359 g or Soothe 340 g



# Baby Food and Accessories

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

**Munchkin  
Bowls, Cups  
or Feeders**  
Selected Varieties



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

**Tomme Tippee  
Insulated  
Straw Cup**



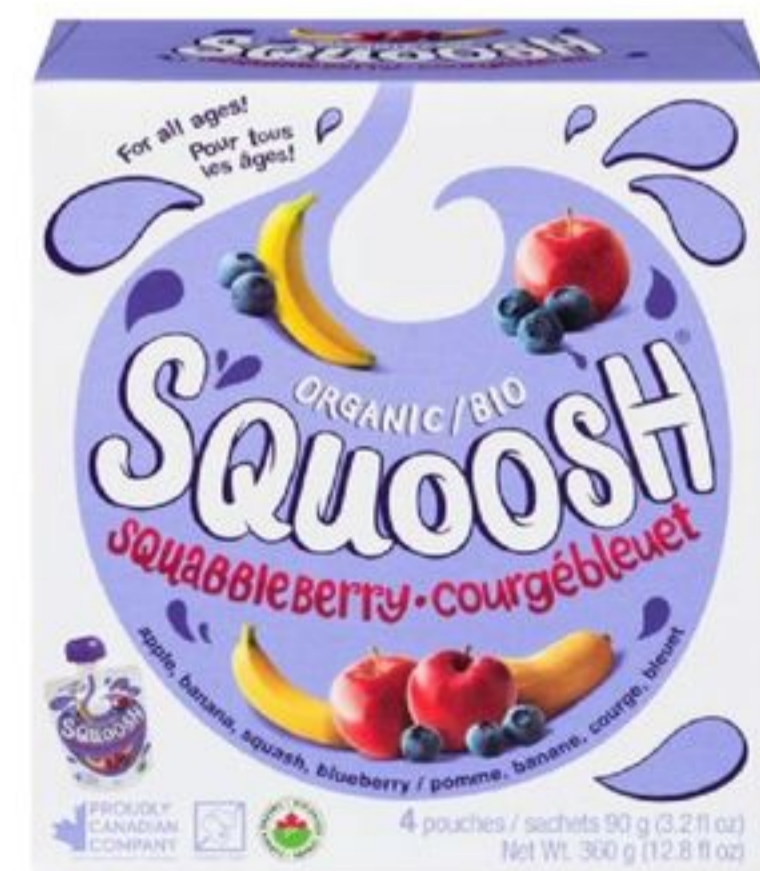
**2 FOR**  
**9<sup>98</sup>**

**Amara Organic  
Smoothie Melts**  
23 - 25 g



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

**Baby Gourmet  
Squoosh**  
Package of 4 x 90 g  
Pouches



**2 FOR**  
**\$6**

**Hot-Kid Baby  
Mum-Mum**  
Selected Varieties  
50 g







Gerber®

# Big Nutrition at Every Stage

Learn more at  
[NestleBaby.ca](http://NestleBaby.ca)

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



**Gerber Complete  
Cereal**  
227 g

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

**Gerber  
Yogurt Melts**  
25 g, Biscuits 150 g or  
Lentil Hearts 42 g



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

**Gerber Snacks**  
42 g or Arrowroot  
Biscuits 155 g



**5 FOR**  
**\$9**



**Nestlé Gerber Baby  
Food Pouches and Jars**  
92 - 99 g or 128 - 162 mL

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



**Gerber Soothe 'N'  
Chew Teething Sticks**  
Banana or Apple Strawberry  
90 g

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



**Nestlé Cerelac  
Infant Cereal**  
400 g





**5 FOR**  
**\$9**



### **Baby Gourmet Baby Food**

Selected Varieties  
Pouch 128 mL or Jar 113 mL

**2 FOR**  
**\$8**



### **Baby or Little Gourmet Snacks**

23 - 90 g

**4 FOR**  
**9<sup>96</sup>**



### **Baby Gourmet Baby Food Pouches**

128 mL or Little Gourmet 113 mL