



# Ramadan Mubarak

GLAD TIDINGS

SALE

12<sup>99</sup>  
/ea

Tilda Pure  
Basmati Rice

4.54 kg



SALE EFFECTIVE FEBRUARY 20 - MARCH 5, 2025



# MEAT

**SALE**

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

**Co-op Halal Boneless  
Beef Sirloin Tip  
Oven Roast**

Certified Halal  
Random Cryovac Wrapped

22.02/kg



**SALE**

**10<sup>99</sup>**  
/lb

**Co-op Halal Lean  
Boneless Stewing Beef**

Certified Halal  
Random Cryovac Wrapped

24.23/kg



**SALE**

**18<sup>99</sup>**  
/lb

**Co-op Halal Boneless  
Beef Striploin  
Grilling Steak**

Certified Halal  
Random Cryovac Wrapped

41.87/kg



**SALE**

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

**Co-op Gold All Natural  
Basa or Tilapia Fillets**

Frozen  
400 g



**SALE**

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

**Chicken Livers**

Frozen  
400 g



**SALE**

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

**Australian  
Lamb Leg**

Certified Halal  
Frozen  
Random Cryovac Wrapped

11.00/kg



**GLAD TIDINGS**





PRODUCE

**SALE**

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

**Medjool Dates**

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



GLAD TIDINGS





# PRODUCE

**SALE**

**1<sup>89</sup>**  
/lb

4.17/kg

## Russet Baker Potatoes

Produce of U.S.A.



**SALE**

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

## Bunch Mint

Produce of Mexico



**SALE**

**99<sup>¢</sup>**  
/ea

## Cilantro

Produce of U.S.A./Mexico  
Bunched & Tied



**SALE**

**2<sup>99</sup>**  
/lb

6.59/kg

## Roma Tomatoes

Produce of Western Canada / Mexico  
No. 1 Grade



**SALE**

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

## Spinach

Produce of U.S.A.  
Bunched & Tied



**SALE**

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

## Assorted Hot Peppers

Produce of Mexico  
50 g



GLAD TIDINGS





# BAKERY

**SALE**

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

## Vadiya Naan Bread

Original or Garlic  
Package of 6



**SALE**

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

## Byblos Pita Bread

7-inch  
Selected Varieties  
Package of 6



**SALE**

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

## All Butter Croissants

Baked In-store  
Package of 6



**SALE**

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

## Bagels

Baked In-store  
Selected Varieties  
Package of 6



**GLAD TIDINGS**



# GROCERY

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

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



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

**Co-op Gold Sweetened  
Condensed Milk**  
300 mL



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

**Rogers Fine  
Granulated Sugar**  
1 kg



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

**Co-op Gold  
Sultana Raisins**  
Seedless  
1.5 kg



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

**Co-op Gold  
Pitted Prunes**  
Large or Bite Size  
375 g



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

**Kurkure Masala  
Munch or Chili Chatka**  
115 g or Parle-G Cookies 300 g



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

**Co-op Gold Swiss  
Chocolate Bars**  
100 g



**GLAD TIDINGS**



# GROCERY

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

**Co-op Gold PURE Peas,  
Chickpeas or Lentils**

907 g



**SALE**  
**6<sup>48</sup>**  
**/ea**

**Co-op Gold Whole  
Natural Almonds**  
200 g



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



**Co-op Gold  
Bay Leaves**  
15 g

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

**Shivani Samosas**

Frozen  
400 - 700 g



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

**Shivani Plain  
Parathas**

Frozen  
2 kg or Whole Wheat Roti 1.5 kg



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

**Nanak Desi Ghee**  
400 g or Divya Mustard Oil 1 L



**GLAD TIDINGS**



# Ramadan Mubarak

**SALE**

**1<sup>89</sup>**  
/lb

4.17/kg

**Jumbo  
SIZE**

**Yellow Onions Bulk**

Produce of Western Canada/U.S.A.  
No. 1 Grade

**SALE**

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

**Mina Breaded Chicken  
Strips or Nuggets**

Halal  
Frozen  
600 g

**SALE**

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

**Gulab Jaman  
Cheesecake**  
Package of 3



**SALE**

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

**Tre Stelle  
Paneer Cheese**  
350 g



**GLAD TIDINGS**



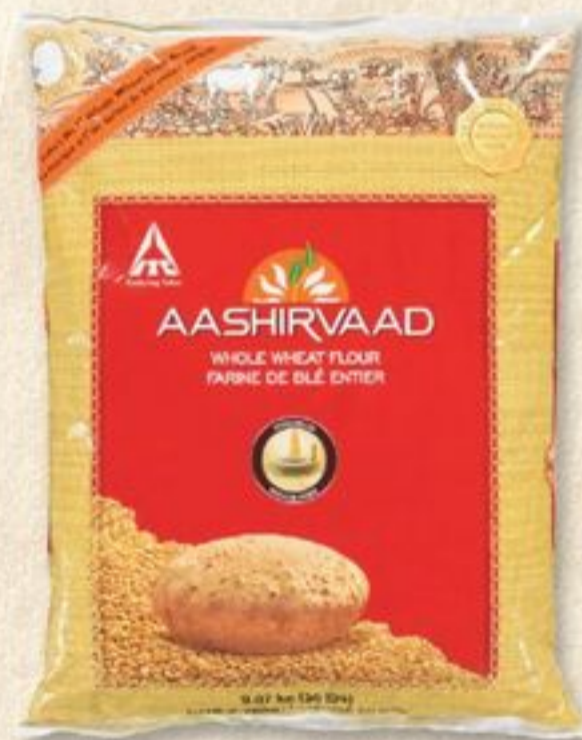
GLAD  
TIDINGS

# SAVE \$10

## Aashirvaad or Sher Flour

20 lb (9.07 kg)

Coupon must be presented to the cashier at the time of purchase, either paper or digital.



**PLU 2410**

**VALID ONLY FEBRUARY 20 - MARCH 5, 2025**

This coupon may only be used to receive \$10.00 off Aashirvaad or Sher Flour (20 lbs) at participating Co-op Food Stores. Limit one coupon per family purchase per day. No cash Value. Coupon must be presented to the cashier at the time of purchase.

Cannot be combined with any other coupons or promotional offers. Excludes tobacco, alcohol, prescriptions, gift cards, phone cards, lottery tickets, transit tickets, all third-party operations (post office, gas bar, etc.).

### Available at the following participating locations:

Advantage Co-op @ Redvers, Central Alberta @ Red Deer Park, Timberlands, Lacombe & Innisfail, Cornerstone Co-op @ St. Paul, Discovery Co-op @ North Battleford, Four Rivers @ Vanderhoof, Gardenland Consumers Co-op @ Winkler & Morden, Heritage Co-op @ Brandon, Homestead Co-op @ Portage La Prairie, Interlake Co-op @ Arborg, Lake Country @ Prince Albert, LaRonge & Nipawin, Leduc Co-op, Meadow Lake Co-op @ Meadow Lake, Legacy Co-op @ Yorkton, Moosehorn Consumers Co-op @ Ashern & Moosehorn, New Horizon Co-op @ Grande Prairie & Trader Ridge, North Central Co-op @ Chappelle, Fort Saskatchewan, Hawkstone, Orchards & Riverside, Otter Co-op @ Mt. Lehman, Parallel & Aldergrove, Peace Country Co-op @ Peace River & Grimshaw, Pincher Creek Co-op, Pioneer Co-op @ Wheatland Mall, Prairie North Co-op @ Melfort, Red River Co-op @ Grant, Southdale, Seasons, St. Norbert & St. Vital, Riverbend Co-op @ Outlook, Saskatoon Co-op @ Attridge, Circle Park, Stonebridge, Westview & Warman, Sherwood Co-op @ Harbour Landing, Quance & Rochdale, South Country Co-op @ Taber, Southern Plains Co-op @ Carlyle, Swan Valley Co-op @ Swan River, Twin Valley Co-op @ Russell, Vegreville Co-op, Westview Co-op @ Olds, Yellowknife Co-op, Wild Rose Co-op @ Camrose



[Click here for Store Location](#)

