



DOLLAR SUPERSALE

YOUR CO-OP IS PROUDLY CANADIAN



\$2 /lb
4.41/kg

Pork Side Ribs
Solid Whole
Random Cryovac Wrapped



raised in WESTERN CANADA



\$7 /lb
15.43/kg

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

raised in WESTERN CANADA



\$3 /lb
6.61/kg

Green, Red or Black Seedless Grapes
Produce of Peru, South Africa, or Chile No. 1 Grade

Extra LARGE



\$1 /lb

Navel Oranges
Produce of U.S.A.

2.21kg



\$2 /each

Co-op Gold Stuffed Chicken Breasts
Frozen, 142 g



\$3 /each

Mini Cucumbers
Greenhouse Grown
Produce of Western Canada
Package of 6

AB



\$1 /each

Chicken Breast Tenders
Sold Individually
Fully cooked from the Deli



\$2 /each

Dairyland Chocolate or Vanilla Milk 1%
946 mL, Sour Cream 250 mL or Cottage Cheese 250 g



\$3 /each

Natural Bakery Canadian Rye Bread
500 g



\$1 /each

Campbell's Soup
Cream of Mushroom, Tomatoes, Chicken Noodle or Vegetable 284 mL or Sapporo Ichiban Noodles 100 g



\$2 /each

Co-op Gold Potato Chips
180 - 200 g

gluten free



\$3 /each

Green Giant Vegetables
750 g or Valley Selections 400 - 500 g Frozen



\$1 /each

Mott's Clamato
341 mL or V8 Vegetable Cocktail 340 mL



\$2 /each

SunRype Pure Apple Juice
1 L, SunRype Juice 900 mL or Italpasta 900 g



\$3 /each

Dawn Ultra or Platinum Dish Soap
366 - 473 mL

see inside for more **DOLLAR SUPERSALE**

PRICING IN EFFECT FEB. 20 - 26, 2024
20 21 22 23 24 25 26

FARM FRESH
PRODUCE

\$4 /lb
8.82/kg

Orri Mandarins
Produce of Israel

Large SIZE

ORRI MANDARINS

A taste adventure in every bite, distinct sweet taste, remarkably juicy and easy to peel with little to no seeds. Orri mandarins contain just the right level of juice and low acidity to bring out its full-bodied sweetness.

\$3 /each

Yellow Onions
Produce of U.S.A.
3 lb (1.36 kg)

\$2 /lb

Zucchini Squash
Produce of Mexico
Green Variety

4.41/kg

\$1 /each

Kiwi Fruit
Produce of Greece or Italy

Large SIZE

2 FOR \$7

Seedless Lemons
Produce of U.S.A.
1 lb (454 g)

1 lb

\$3 /each

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

AB
WESTERN CANADA

\$2 /each

Grapefruit
Red Variety
Produce of U.S.A.

\$5 /each

Avocados
Produce of Mexico
Hass Variety
Package of 4

\$4 /lb

Peaches or Nectarines
Yellow Flesh Variety
Produce of Chile

8.82/kg

Large SIZE

\$5 /each

Envy or Jazz Apples
Produce of U.S.A.
2 lb (907 g)

BIT BELIEVE

2 FOR \$11

Taylor Farms Chopped Salad Kits
Produce of U.S.A.
Selected Varieties
316 - 396 g

\$6 /each

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

WESTERN CANADA
ORGANIC

\$5 /each

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

ORGANIC

\$3 /each

Organic Mini Peeled Carrots
Produce of U.S.A.
No. 1 Grade
1 lb (454 g)

ORGANIC



Providing funding to
local projects
since 2015

Apply now

Applications open
from Feb. 1 to March 3

RAISED | GROWN | PRODUCED
WESTERN CANADA

Co-op works with local producers to bring quality Western Canadian beef, chicken and pork to your table. It begins at the grassroots. Our farm families manage the care and sustainability of their operations, so you can feel good about what you serve to yours.

\$25
/each

Our Certified Lean Ground Chuck Beef
Works out to \$5/lb, \$11.02/kg

RAISED

\$13
/lb

Co-op Beef T-Bone Grilling Steaks
Cut by Your Local Butcher
Aged 14 Days
Value Pack

28.66/kg

\$3
/lb

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

6.61/kg

\$8
/each

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

\$7
/lb

Co-op Boneless Skinless Chicken Breasts
Grain Fed, Free Run, Air Chilled
Value Pack

15.43/kg

\$20
/each

Maple Leaf Prime Boneless Skinless Chicken Breasts
Grain Fed, Free Run, Air Chilled
Family Pack

2 FOR \$10

Maple Leaf Ground Chicken
Grain Fed, Free Run
Tray Pack

\$4
/lb

Co-op Chicken Thighs or Split Chicken Breasts Back Attached
Grain Fed, Free Run, Air Chilled
Value Pack

8.82/kg

\$3
/lb

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

6.61/kg

FISH SHOP

SALE
3.49
/100 g

Steelhead Trout Fillets
Farmed in Manitoba or Saskatchewan
Value Pack

\$4
/100 g

Fresh Wild Caught Walleye Fillets
Product of Saskatchewan or Manitoba

also available at full service meat counters

\$10
/each

Waterview Market Shrimp
Frozen
454 g

\$11
/each

Co-op Gold PURE Cod Loin
Frozen
400 g

\$5
/each

Co-op Gold All Natural Pollock Fillets
Frozen
400 g

NEW
AT CO-OP

Check out the many
new products we have
in-store at your local
Co-op.

**2 FOR
\$5**

**Nestlé
Chocolate Bars**
95 - 120 g or Snack Size
Package of 8 - 9

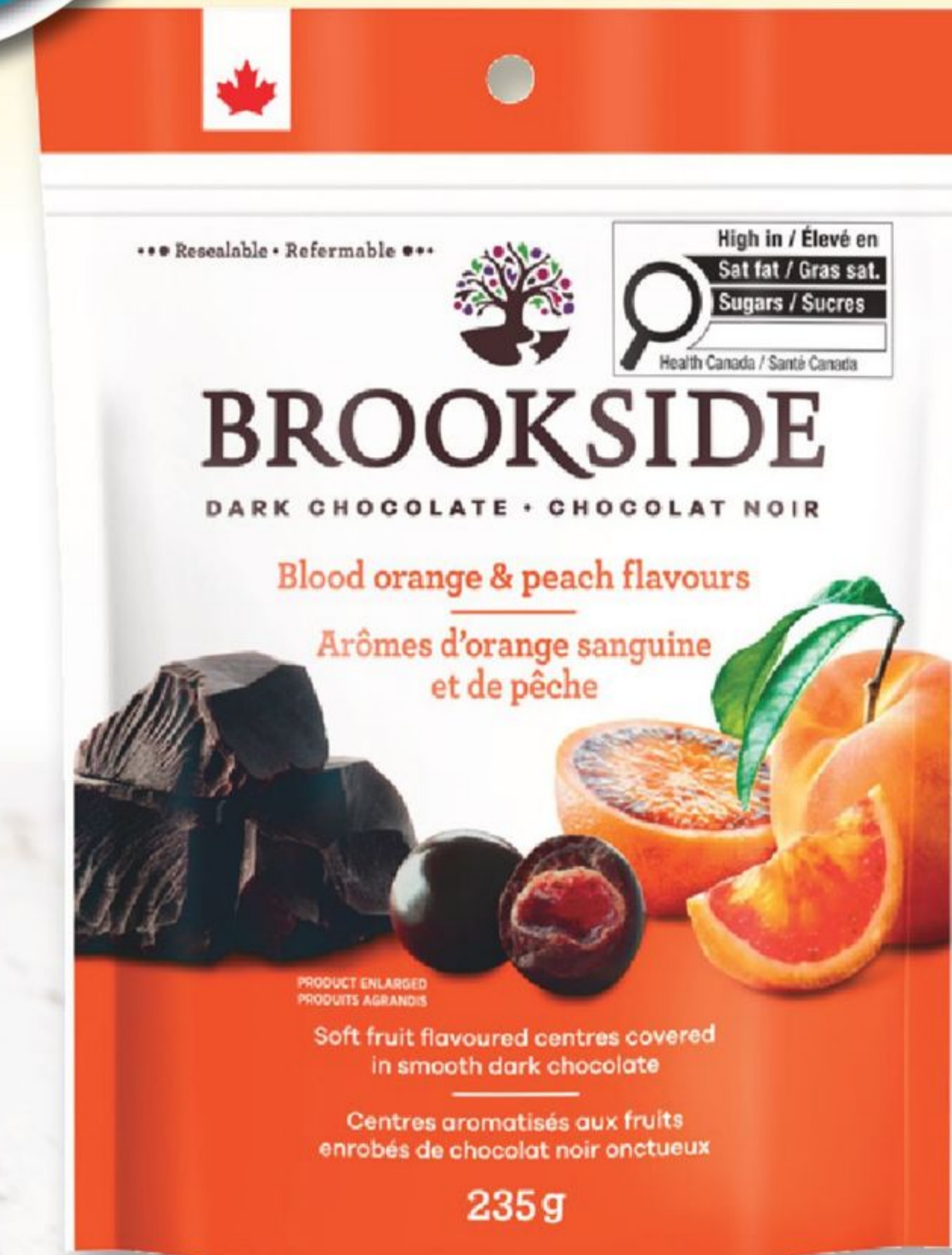


Made with
100% Canadian Milk

Creamy, Bubbly, Melty!

**2 FOR
\$10**

**Brookside
Chocolate Snacks**
210 - 235 g



Discover a delectable escape from the
ordinary through rich, smooth and fruity
BROOKSIDE Dark Chocolate.

PREPARED FOODS

<p>\$6 /each</p> <p>Snack Boxes Made In-store</p> 	<p>\$5 /each</p> <p>Heat & Eat Bowls Made In-store Tex Mex Chicken, Mediterranean Chicken, or Shrimp Fiesta</p> 
<p>\$1 /100 g</p> <p>Loaded Baked Potato Salad</p> 	

FRESH FROM OUR DELI

<p>\$5 /each</p> <p>Boursin 150 - 220 g or Minis 130 g</p> 	<p>\$4 /each</p> <p>Lantana Hummus 283 g</p> 
<p>\$5 /each</p> <p>Olivieri Pasta or Gnocchi 280 - 350 g or Sauce 300 mL</p> 	<p>\$3 /100 g</p> <p>Grimm's Black Forest Ham Freshly Sliced In-store</p> 
<p>\$10 /each</p> <p>Schneiders Pepperettes or Pepperette Bites 250 - 300 g or Balderson Cheddar Cheese 250 - 280 g, Selected Varieties</p> 	<p>\$6 /each</p> <p>Tre Stelle Feta Tubs 200 g or Fantino & Mondello Sliced Meats 100 - 175 g</p> 

PACKAGED MEATS

<p>\$4 /each</p> <p>Burns Wieners 375 g</p> 	<p>\$11 /each</p> <p>Maple Leaf Fully Cooked Pork Tenderloin or Rotisserie Chicken Legs 400 - 600 g</p> 	<p>\$12 /each</p> <p>Maple Leaf Natural Selections Sliced Deli Meats 375 - 400 g</p> 
<p>\$14 /each</p> <p>Co-op Gold Smokies 1 kg or Co-op Centuries Garlic Sausage Coll 1 kg</p> 	<p>\$7 /each</p> <p>Schneiders Smoked Sausage Rings 300 g</p> 	<p>\$13 /each</p> <p>Co-op Gold Thick Sliced Side Bacon 1 kg</p> 
<p>\$15 /each</p> <p>Pinty's Chicken Wings Frozen</p> 	<p>\$10 /each</p> <p>Maple Leaf Prime Breaded Chicken Entrées, Schneiders Schnitzel or Breaded Chicken Tenders Frozen 450 - 700 g</p> 	<p>2 FOR \$11</p> <p>Harvest Sliced Bologna or BBQ Loaf 375 g</p> 

NEW
NEW
NEW

**CANADA'S #1
MAC AND CHEESE,
NOW PLANT BASED AND GLUTEN FREE**

\$2
/each

KD
Gluten Free or Plant Based
170 g



NEW
AT CO-OP

**2 FOR
\$9**



Renée's Dressing
350 - 355 mL or Dip 283 g
Selected Varieties

\$3
/each



Jell-O
Package of 4 or Crave
Scramble Kits 57 - 85 g
Selected Varieties

FRESH FROM OUR BAKERY

<p>\$3 /each</p> <p>Crusty Rolls Baked In-store White or Whole Wheat Package of 12</p> 	<p>\$4 /each</p> <p>Mini Strudels Baked In-store Selected Varieties Package of 6</p> 	<p>\$3 each</p> <p>Fruit Topped Cheesecake New York or Yogurt Cheesecake Prepared In-store 3-inch</p> 	
<p>2 FOR \$3</p> <p>Table Top Mini Pies 4-inch Selected Varieties 114 g</p> 	<p>\$2 /each</p> <p>La Cocina Tortilla 240 g</p> 		
<p>\$10 /each</p> <p>Gourmet Baker Nanaimo Bars 600 g</p> 	<p>\$5 /each</p> <p>Two-Bite Brownie Tub 265 g or Coconut Macaroon Tub 210 g</p> 	<p>\$3 /each</p> <p>Dempster's Hot Dog or Original Hamburger Buns Package of 12</p> 	<p>\$3 /each</p> <p>Villaggio Bread Selected Varieties \$10 - 540 g</p> 

FLORAL

<p>\$10 /each</p> <p>7 Day Bouquet</p> 	<p>\$24 /each</p> <p>Blooming Magic Bouquet</p> 
<p>\$6 /each</p> <p>Tulips 5 Stem Bunch Greenhouse Grown Grown in Western Canada</p> 	<p>\$10 /each</p> <p>Cyclamen 6-inch Pot Grown in Western Canada</p> 

FRESH DAIRY

<p>\$1 /each</p> <p>Yoplait Yop 200 ml or Oikos Drinkable Yogurt 190 ml</p> 	<p>\$7 /each</p> <p>Becel Margarine 637 - 850 g</p> 	<p>\$9 each</p> <p>Co-op Gold Cheese 600 - 700 g or Shreds 600 g</p> 
<p>\$7 /each</p> <p>Yoplait Yogurt 16 x 100 g, Liberte Mediterranee Yogurt 500 g or Liberte Greek Yogurt 630 - 750 g</p> 		<p>made in WESTERN CANADA</p> 

<p>STARBUCKS COFFEE AT HOME</p> <p>\$7 /each</p> <p>Starbucks Creamer 8.28 mL</p> 	<p>\$23 /each</p> <p>Starbucks Coffee 793 - 907 g or Package of 24</p> 	<p>\$9 /each</p> <p>Starbucks Via Coffee Package of 8</p> 
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TWO GOOD
by
DANONE

SUGAR DOWN PROTEIN UP



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PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE



Activia Yogurt
8 x 100 g, Danone Two Good Greek Yogurt 625 g, Silk Barista 946 mL or Silk Plant Based Yogurt 500 - 650 g



PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE



International Delight
946 mL or Cold Foam 396 g



PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE



Stok Cold Brew Coffee
1.42 L

FROM THE FREEZER

\$13 /each
Co-op Gold Fruit
 Frozen
 1.5 kg

\$6 /each
Chapman's Ice Cream, Frozen Yogurt or Sorbet
 2L

\$7 /each
BlueWater Seafoods
 Frozen
 Selected Varieties
 255 - 600 g

3 FOR \$13
Crave, Smart Ones or KD Deluxe Frozen Entrées
 200 - 340 g

\$8 /each
Swiss Chalet or Montana's Pot Pies
 Frozen
 470 - 655 g

\$16 /each
Kellogg's Eggo Waffles
 Frozen
 Package of 48

Try Our NEW

\$4 /each
McCain Superfries, Bistro, Breakfast or Specialty Potatoes
 Frozen
 454 - 800 g

\$7 /each
McCain Deep'n Delicious Cakes
 510 g or Pizza or Breakfast Pockets
 Package of 6
 Frozen

\$6 /each
McCain Hashbrown Patties
 Frozen
 1.3 kg

FOR YOUR PANTRY

\$1 /each
Jell-O Jelly Powder
 10.1 - 85 g, Instant
 Pudding 30 - 113 g or
 Lemon Pie Filling 128 g

\$5 /each
Hershey's Chipits
 200 - 270 g

\$2 /each
Hunt's Thick & Rich Pasta Sauce
 680 mL or Tomato Paste 369 mL

\$3 /each
Betty Crocker Potatoes
 141 - 215 g

\$3 /each
Co-op Gold Pickles
 1 L or Pickled Beets or Hot Pepper
 Rings 750 mL

2 FOR \$5
Co-op Gold Dressing
 Selected Varieties
 425 - 475 mL

\$1 /each
Co-op Centsibles Mac & Cheese
 225 g or Co-op Gold White Cheddar
 or Extra Creamy Mac & Cheese 200 g

\$6 /each
Little Saigon Sauce or Oil
 Selected Varieties
 375 mL

\$10 /each
Co-op Gold PURE Honey
 Liquid or Cream 1 kg

\$3 /each
Nature Valley Bars
 130 - 230 g, Betty Crocker Snacks 128 - 226 g,
 Pillsbury Snacks 150 g, General Mills Snacks
 120 - 141 g or Mott's FruitSalads 226 g
 Selected Varieties

\$5 /each
Co-op Gold Granola
 600 g

\$5 /each
Co-op Gold Mayonnaise or Whipped Dressing
 750 - 890 mL

\$7 /each
Jif Peanut Butter
 1 kg

2 FOR \$11
Smucker's Jam or Fruit Spread
 310 - 500 mL, 48 Peanut Butter
 375 - 500 g or Adams Peanut
 Butter 500 g

\$17 /each
Folgers Coffee
 Package of 30

OUR TEA BAGS ARE PLANT-BASED!

\$8 /each
Red Rose Tea Kcup
 Package of 12

\$5 /each
Red Rose Orange Pekoe Tea
 Package of 48 - 72 or
 TAZO Tea Package of 20

\$6 /each
TAZO Tea
 TAZO Tea Package of 20

DRINKS & SNACKS

2 FOR \$7

Cheetos
170 - 285 g, Lay's Potato Chips
200 - 235 g or Poppables 130 g

\$3 /each

Christie Snack Crackers
175 - 200 g or Triscuits
185 - 200 g

SALE 4 for \$7.99

Christie Premium Plus Crackers
450 - 481 g

\$14 /each

Pepsi Products
24 x 355 mL

8 FOR \$10

Nestlé Chocolate Bars
40 - 60 g

\$3 /each

Cadbury Bars
80 - 100 g or Maynards
Candy 150 - 185 g

\$9 /each

Co-op Centsibles or Co-op Gold Powdered Drink Mix
2 kg

\$5 /each

V8 Vegetable Cocktail
1.89 L

FOR YOUR PANTRY

\$1 /each

Co-op Centsibles Mushrooms
Pieces and Stems
284 g

2 FOR \$5

Del Monte Fruit
398 mL

3 FOR \$5

Clover Leaf Skipjack or Flavoured Tuna
85 - 120 g, Salmon Salad 78 g or
Brunswick Sardines Fillet Snacks 92 - 100 g

\$3 /each

Clover Leaf White Tuna
120 g

FOR BUDGET FRIENDLY MEALS COOK WITH Prego

KID

\$3 /each

Campbell's Chunky or Ready to Serve Soup
515 mL, Prego Pasta Sauce 645 mL or
Pepperidge Farm Goldfish 167 - 200 g

\$2 /each

Campbell's Soup or Cooking Broth
Selected Varieties
284 mL

\$2 /each

Campbell's Broth
900 mL or Concentrated Broth
250 mL

FOR YOUR PETS

\$1 each

Friskies Cat Food
156 g or Fancy Feast 85 g

\$3 /each

Temptations Cat Treats
180 g or Purée 48 g

\$10 /each

Purina Cat or Kitten Chow
1.6 - 2 kg Beneful Dog
Food 1.6 - 1.8 kg

5 FOR \$7

Whiskas or Sheba Bistro
75 - 100 g, or lams 75 g

FOR YOUR HOME

\$16 /each

Bounty Paper Towels
Package of 6 Rolls or Charmin
Bathroom Tissue Package of 12 Rolls

\$11 /each

Tide Pods
Package of 23 - 31 or Ivory Snow
Newborn 32 Wash Loads

\$17 /each

Finish Dishwasher Detergent
Selected Varieties
Package of 40 - 55

\$3 /each

Co-op Gold Stretch Wrap
60 m

LOOK FOR LOCAL!
 RAISED | GROWN | PRODUCED
 WESTERN CANADA

GROWN ACROSS
 BC AB SK MB

WESTERN CANADA

\$5 /each
 Co-op Gold PURE Large Eggs
 Free Run
 Package of 12

\$8 /each
 Co-op Gold Flour 5 kg
 AB

\$14 /each
 Three Farmers Camelina Oil 500 mL
 SK

\$7 /each
 Co-op Gold PURE Granola 340 g
 BC

\$5 /each
 Co-op Gold PURE Hand Soap 475 mL
 AB

\$6 /each
 Cheemo Perogies Frozen 815 - 907 g
 AB

\$6 /each
 Co-op Gold Low Alcohol Beer 12 x 355 mL
 SK

IN WESTERN CANADA

SEE IN-STORE FOR MORE PRODUCTS AND VIEW ONLINE FOR MORE INFORMATION

WELLNESS

NATURAL

ORGANIC

\$17 /each
 One Coffee Package of 30

\$6 /each
 Nature's Path Instant Oatmeal 210 - 400 g

\$8 /each
 Crofter's Organic Spread 383 mL

\$11 /each
 Co-op Gold PURE All Purpose Flour 2 kg
 BC

\$7 /each
 Co-op Gold PURE Coconut Oil 409 g or Apple Cider Vinegar 1 L

\$10 /each
 Lundberg Organic Rice Basmati or Jasmine 907 g

2 FOR \$6
 Co-op Gold PURE Organic Beans or Chick Peas 398 mL
 SK

4 FOR \$10
 Poppi Soda 355 mL

\$4 /each
 Natura All-In-One Cleaner or Stain Remover 600 mL or Disinfectant Wipes Package of 40

minimum 20% OFF
 Nature Clean Products Selected Varieties & Sizes

\$10 /each
 Green Dolphin Cleaner 750 mL

SAVE on your must-haves

Fill up with **18g goodness**
18g of protein*
2x more protein than regular milk

SCAN  *per 250ml serving

<p>\$6 /each</p> <p>Dairyland Butter 454 g</p> 	<p>\$5 /each</p> <p>Armstrong Cheese Sticks or Combos 180 - 340 g or Nibbles 200 g</p> 
<p>\$1 /each</p> <p>Milk 2 Go or Neilson Milkshakes 310 mL</p> 	<p>\$5 /each</p> <p>Dairyland Microfiltered, Lactose Free or Protein Milk 1.89 L</p> 
<p>\$7 /each</p> <p>Saputo Feta or Ricotta Cheese 400 - 500 g</p> 	<p>\$3 /each</p> <p>Heluva Good! Dip 250 g</p> 

Stock up & SAVE with 

<p>\$12 /each</p> <p>Nature Valley Club Pack 728 g - 1.28 kg, Fiber 1 Chewy Bars 840 g, Mott's Fruitsations 907 g or Fruit By The Foot 637 g</p> 	<p>\$5 /each</p> <p>General Mills Family Cereal Selected Varieties 475 - 778 g</p> 
<p>\$10 3 FOR</p> <p>Pillsbury Dough Selected Varieties 318 - 468 g</p> 	<p>\$9 2 FOR</p> <p>Old El Paso Kits 250 - 510 g or Salsa 650 mL</p> 
<p>\$3 /each</p> <p>Old El Paso Selected Varieties & Sizes</p> 	<p>\$3 /each</p> <p>Annie's Pasta Dinners 170 g</p> 

Kraft/Heinz STOCK UP & SAVE

EXCLUSIVE TO CO-OP AND TGP
SAVE UP TO \$12
EXPIRES MARCH 31, 2015

*See in-store coupons for a complete list of participating products and details for each offer.

<p>\$3 /each</p> <p>Classico Pasta Sauce 410 - 600 mL, Pasta 218 mL or Shake'n Bake 142 - 194 g</p> 	<p>\$5 /each</p> <p>Kraft Mirale Whip or Mayo 690 mL or Heinz Ketchup 750 mL - 1 L</p> 
<p>\$10 8 FOR</p> <p>KD 156 - 200 g or Cups 58 g</p> 	<p>\$4 /each</p> <p>Kool-Aid Jammers 10 x 180 mL</p> 
<p>\$9 /each</p> <p>Kraft Singles 825 g or Cheez Whiz 900 g</p> 	<p>\$5 /each</p> <p>Kraft Peanut Butter 1 kg, All Natural 750 g or Hazelnut Spread 725 g</p> 
<p>\$5 2 FOR</p> <p>Kraft Jet-Puffed Marshmallows 400 g, Jell-O Powder or Instant Pudding 153 - 170 g Selected Varieties</p> 	<p>\$11 3 FOR</p> <p>Liquid or Powder Water Enhancers Selected Varieties 48 mL or Package of 4 - 10</p> 
<p>\$7 /each</p> <p>Kraft Pizza Mix 850 g</p> 	<p>\$3 /each</p> <p>Kraft Dressing 425 mL, Bull's-Eye BBQ Sauce 425 mL or Diana BBQ Sauce 500 mL</p> 
<p>\$29 /each</p> <p>Maxwell House or Nabob Coffee Package of 36 - 60</p> 	<p>\$12 /each</p> <p>Maxwell House Coffee Ground 631 - 900 g</p> 