

CO-OP Throwback SALE

Throwback

4⁹⁸
lb
2010

10.98/kg
Co-op Boneless Skinless Chicken Breasts or Split Chicken Wings
Grain Fed, Free Run, Air Chilled Value Pack



raised in **WESTERN CANADA**

Throwback

\$2⁹⁹
/lb
2003

4.41/kg

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

raised in **WESTERN CANADA**

Throwback

99¢
/ea
2013

Seedless Cucumbers
Long English Variety
Greenhouse Grown
Produce of Western Canada
Canada No. 1

grown in **WESTERN CANADA**

SALE
2⁹⁹
/lb

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

6.59/kg



Extra LARGE

SALE
8⁹⁹
/ea

12" Pizza
Made In-store
Fresh from the Deli



SALE
10⁹⁹
/ea

Co-op Gold Thick Sliced Side Bacon
1 kg



made in **WESTERN CANADA**

SALE
4⁹⁹
/ea

Bagels
Baked In-store
Selected Varieties
Package of 6



SALE
4⁹⁹
/ea

Co-op Gold Fruit
Frozen
Selected Varieties
500 - 600 g



SALE
27⁹⁹
/ea

Lucky Dragon AAA Scented Jasmine Rice
18.1 kg



SALE
3⁴⁹
/ea

Pepsi, Coca-Cola or Canada Dry Products
6 x 710 mL



Throwback

3⁹⁹
ea
2017

Co-op Gold Ice Cream or Frozen Yogurt
1.5L



Throwback

5⁹⁹
ea
1991

Cheez Whiz
900 g or Kraft Singles 825 g



made in **WESTERN CANADA**

Find Inspiration at: food.crs

PRICING IN EFFECT MAR. 06 - 12, 2025
06 THU 07 FRI 08 SAT 09 SUN 10 MON 11 TUE 12 WED

SAVE on your must-haves

SALE
3⁹⁹
/ea

**Raspberries
or Blackberries**
Produce of Mexico
170 g



SALE
11⁹⁹
/ea

**Co-op Gold
Chicken Wings**

Frozen
750 - 840 g



**2 FOR
\$10**

**Fresh Express
Chopped
Salad Kits**

Produce of U.S.A.
Selected Varieties
298 - 349 g



SALE
6⁹⁹
/ea

**Harvest Pepperoni
Sticks or Mini Stix**

250 - 375 g



SALE
6⁹⁹
/ea

**Co-op Gold
Soup**

Selected Varieties
450 mL



SALE
3⁹⁹
/ea

Co-op Gold Large Eggs

Package of 12



SALE
5⁹⁹
/ea

**Co-op Gold
Loaf Cake**

Baked In-store
Selected Varieties
450 g



SALE
2⁹⁹
/ea

**Nature Valley Bars
or General Mills, Betty Crocker
or Mott's Snacks**

Selected Varieties
120 - 230 g



**4 FOR
\$5**

KD



SALE
6⁹⁹
/ea

Purex Bathroom Tissue

Package of 6 Triple Rolls, 12 Double Rolls
or Spongetowels Package of 6
or UltraPRO Package of 3 Rolls



INTERNATIONAL WOMEN'S DAY

**NATASHA VANDENHURK
& ELYSIA VANDENHURK**
THREE FARMERS, CO-FOUNDERS
SASKATOON, SK

THREE FARMERS ROASTED CHICK PEAS

#ACCELERATEACTION
#IWS2025



**2 FOR
\$7**

Three Farmers Snacks

Chick Pea, Lentil or Fava Bean
120 - 140 g





Committed to fresh, high-quality produce: Then, now and always

5 lb

2 FOR \$10

Red or Russet Potatoes
Produce of Western Canada
Canada No. 1
5 lb (2.27 kg)

grown in WESTERN CANADA

CO-OP

THROWBACK — 1994
Craven Riverside Gardens began selling cabbage and potatoes to PCL 31 years ago, back in 1994. Craven has grown their acreage of vegetable production from 196 acres in 1994 to 300 acres today. Shawn Hansen and his brother Todd Hansen are equal partners in Craven Riverside Gardens. They have been farming together along with their parents, wives, children and valued full time employees since 1999.

SALE 4.99 / ea

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

SALE 2.99 / ea

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

grown in WESTERN CANADA

SALE 4.99 / ea

Cauliflower
Produce of U.S.A.
No. 1 Grade
5.49 kg

SALE 2.49 / lb

Bartlett Pears
Produce of South Africa
No. 1 Grade

SALE 5.99 / ea

McIntosh Apples
Produce of Canada
Extra Fancy
3 lb (1.36 kg)

Large SIZE

SALE 3.99 / ea

Grape Snacking Tomatoes
Produce of Mexico
1 Dry Pint (551 mL)

SALE 1.99 / ea

Avocados
Hass Variety
Produce of Mexico

SALE 5.99 / ea

Corn on The Cob
Produce of U.S.A.
No. 1 Grade
Package of 4

SALE 1.19 / lb

Green Cabbage
Produce of U.S.A.
No. 1 Grade
2.62 kg

2 FOR \$8

Little Potatoes
Produce of Western Canada
Assorted Varieties
1.5 lb (680 g)

grown in WESTERN CANADA

SALE 4.99 / ea

Organic Hot House Peppers
Produce of Mexico
Package of 2

2 FOR \$6

Organic Whole White or Mini Bella Mushrooms
Produce of Western Canada
227 g

SALE 3.99 / ea

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

ORGANIC



Throwback

S A I E

APPLE CRISP

GET THE RECIPE »»

BUTCHER SHOP Decades of fresh in-store cuts by your local Co-op Butcher

SALE
9⁹⁹
/lb

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

THROWBACK - 1960s
Co-op is committed to serving our customers with quality and care. That level of service extends to our butchers, available in many Co-ops - some, for decades like shown in this image from Four Rivers Co-op in the 1960s.

Followed in WESTERN CANADA

SALE
7⁹⁹
/lb
17.61/kg

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

SALE
3⁹⁹
/lb
8.80/kg

Maple Leaf Pork Tenderloin or Pork Belly
Roast on or Rind off
Random Cryovac Wrapped

Followed in WESTERN CANADA

SALE
4⁴⁹
/lb
9.90/kg

Maple Leaf Pork Back Ribs
Random Cryovac Wrapped

SALE
\$15
/ea

Maple Leaf Prime Boneless Chicken Fillets or Slices
Grain Fed, Free Run, Air Chilled
Tray Pack

SALE
4⁹⁹
/lb
11.00/kg

Maple Leaf Prime Whole Chicken
Grain Fed, Free Run, Air Chilled

SALE
4⁹⁹
/lb
11.00/kg

Lilydale Breakfast Sausage
Selected Varieties
375 g

SALE
10⁹⁹
/lb
24.23/kg

Co-op Beef Simmering Short Ribs
Cut In-store by Your Local Butcher from Canada AA Grade or Higher
Aged 14 Days

SALE
5⁹⁹
/ea

Maple Leaf Ground Chicken
Grain Fed, Free Run, Air Chilled
Tray Pack
454 g

FISH SHOP

SALE
12⁹⁹
/lb
28.64/kg

Wild Caught Canadian Snow Crab Clusters

SALE
3⁹⁹
/100 g

Chinook Salmon Fillets
Farmed

ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS

SALE
9⁹⁹
/ea

Co-op Gold Shrimp
Frozen
340 g

SALE
19⁹⁹
/ea
44.06/kg

Co-op Gold PURE Walleye Fillets
Frozen

SALE
7⁹⁹
/ea

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

NEW
AT CO-OP

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

2 FOR
\$7

Old Dutch Potato Chips

235 g, Ridgies or Veggie Crisps 200 g
Selected Varieties



Discover your flavour with new Ridgies
International Flavours!

2 FOR
9⁵⁰

Cheetos

170 - 285 g



Bold, Intense, Authentic Masala Flavour!

PREPARED FOODS

SALE
1⁹⁹
/100 g



Buffalo Chicken Pasta Salad or Anti-pasta Salad

SALE
7⁹⁹
/ea

Colossal Sandwich Halves
Made in-store



THROWBACK – 2014
The Colossal sandwich was launched in 2014. Thanks to its great quality, it's been a consistent fan favourite in Co-op Delis across Western Canada.

SALE
1⁴⁹
/100 g



Mexican Fiesta Dip
Made in-store

FRESH FROM OUR DELI

SALE
2⁹⁹
/ea

Co-op Gold Salads
454 g



Made in Delisle, Saskatchewan, from locally grown vegetables with no artificial flavours, they're practically homemade!

SALE
8⁹⁹
/ea

Co-op Gold Salami Stick
250 g or Spread'em Dips 183 g



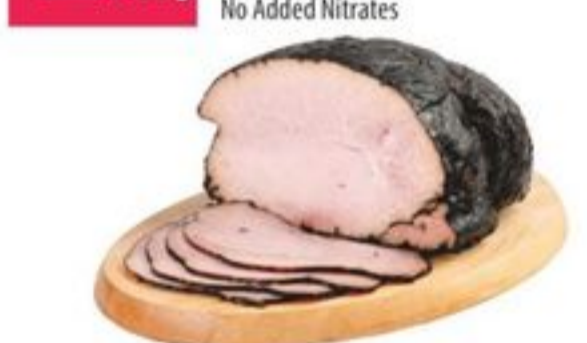
SALE
4²⁹
/ea

Co-op Gold Baguette Crisps
142 g or Tzatziki 227 g



SALE
2⁹⁹
/100 g

Co-op Gold Homestyle Roasted Deli Ham
Black Forest, Rosemary, Italian
Fresh Sliced in-store
No Added Nitrates



SALE
5⁹⁹
/ea

Co-op Gold Feta
200 g



SALE
5⁴⁹
/ea

Co-op Gold Cheese Slices
145 - 165 g



PACKAGED MEATS

SALE
8⁴⁹
/ea

Co-op Gold Sausage Stick
400 - 500 g



SALE
17⁹⁹
/ea

Co-op Gold Boneless Ham
1.2 kg



SALE
7⁹⁹
/ea

Schneiders Sliced Bologna
500 g



SALE
5⁴⁹
/ea

Grimm's Sliced Deli Meats
125 - 175 g



SALE
15⁴⁹
/ea

Schneiders Smokies
900 g



SALE
9⁹⁹
/ea

Co-op Gold Sliced Deli Meats
400 - 500 g



2 FOR
10⁹⁸

Gardein Plant Based Entrées
190 - 390 g
Frozen



SALE
49⁹⁹
/ea

Co-op Gold Beef Burgers
Frozen
4 kg



SALE
19⁹⁹
/ea

Co-op Centisibles Breakfast Sausage
Frozen
2 kg



**NEW
FLAVOUR**



TRY GOLDFISH® CRISPS



LIGHT & AIRY TEXTURE • IRRESISTIBLE • ALWAYS BAKED

**3 FOR
9⁹⁹**

Pepperidge Farm Goldfish

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



**4 FOR
\$7**

Campbell's Soup or Cooking Broth 284 mL



**4 FOR
\$9**

Campbell's Broth 900 mL or Concentrated Broth 250 mL



FRESH FROM OUR BAKERY

<p>SALE 2⁹⁹ /ea</p> <p>Kaiser Rolls Baked In-store White or Whole Wheat Package of 6</p> 	<p>SALE 3⁹⁹ /ea</p> <p>All Butter Croissants Baked In-store Package of 6</p> 	<p>Throwback</p> <p>1⁰⁰ ea</p> <p>2017</p> <p>Co-op French Bread Baked In-store 450 g</p> 			
<p>SALE 14⁹⁹ /ea</p> <p>3-Layer Chantilly Cake Made In-store 8-inch</p> <p>NEW</p> 	<p>SALE 14⁴⁹ /ea</p> <p>Co-op Gold Cheesecake Selected Varieties 500 g</p> 	<p>SALE 5⁹⁹ /ea</p> <p>Kimberley's Cookies Package of 10 or Two-Bite Cupcakes Package of 12</p> 	<p>SALE 3⁴⁹ /ea</p> <p>Dempster's Bread 675 g or English Muffins Package of 6 Selected Varieties</p> 	<p>SALE 3⁹⁹ /ea</p> <p>Dempster's Signature Bread 600 g or Buns Package of 6-8 Selected Varieties</p> 	<p>SALE 4⁹⁹ /ea</p> <p>Silver Hills Bread Selected Varieties 430-615 g</p> 

FLORAL

<p>SALE 23⁹⁹ /ea</p> <p>Blooming Magic Bouquet</p> 	<p>SALE 22⁹⁹ /ea</p> <p>Orchid 5-inch Pot</p> 	<p>SALE 15⁹⁹ /ea</p> <p>Flowering Pot 4-inch Daisy Tin Assorted</p> 
<p>SALE 15⁹⁹ /ea</p> <p>Arrangement Displayer</p> 	<p>SALE 10⁹⁹ /ea</p> <p>Tropical Stella 4-inch Pot Grown in Western Canada</p> 	

FRESH DAIRY

<p>SALE 5⁹⁹ /ea</p> <p>Armstrong Cheese 400 g, Shreds 320 g or Natural Slices 220 - 240 g</p> 	<p>2 FOR 9⁹⁸</p> <p>Philadelphia Cream Cheese or Dips 340 g</p> 	<p>SALE 5⁹⁹ /ea</p> <p>Co-op Centsibles Margarine 1/4 Squares 1.36 kg or Soft 1.28 kg</p> 
<p>SALE 5⁴⁹ /ea</p> <p>Dairyland Lactose Free or Microfiltered Milk 1.89 L</p> 	<p>SALE 4⁹⁹ /ea</p> <p>Tropicana or Pure Leaf Beverages Selected Varieties 1.36 - 1.75 L</p> 	

<p>CRACKER BARREL</p> <p>NOW THIS IS CHEESE!</p> 	<p>SALE 6⁴⁹ /ea</p> <p>Black Diamond Cheestrings 252 - 336 g or Natural Cheese Sticks 252 g</p> 	<p>SALE 5⁴⁹ /ea</p> <p>Cracker Barrel Natural Cheese Slices 200 - 240 g or Cheese Snacks 168 g</p> 	<p>SALE 4⁹⁹ /ea</p> <p>Olympic Krema Yogurt 650 g</p> 
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3 Benefits

- 1 BILLION ACTIVE PROBIOTICS*
- SUPPORTS DIGESTIVE HEALTH*
- DAILY NUTRIENTS†

BENEFITS TO SUPPORT YOUR HEALTH



*Activia contains more than 10⁹ CFU Bifidobacterium lactis per serving, a probiotic that contributes to healthy gut flora.
 †Activia is a source of calcium, vitamin D and/or potassium.
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SALE
9⁹⁹
 /ea

Oikos Greek Yogurt

12 x 100 g, Plain 1.5 kg
 or Activia 2 kg



SALE
4⁴⁹
 /ea

Activia Yogurt

8 x 100 g, Two Good
 625 g or Silk Barista
 946 mL

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE



SALE
2⁹⁹
 /ea

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

International Delight Coffee Creamer

473 mL



FROM YOUR FREEZER

SALE
5⁹⁹
/ea

Nestle Real Dairy Ice Cream
or Frozen Desserts 1.5 L or Novelty Package of 4 - 10



SALE
5⁹⁹
/ea

Dr. Oetker Pizza
Ristorante or Casa di Mama
Frozen
320 - 410 g



SALE
6²⁹
/ea

Cheemo Perogies
Frozen
2 kg

MADE IN WESTERN CANADA



SALE
5⁹⁹
/ea

Wong Wing Appetizers or Entrées
Frozen
360 - 680 g



SALE
6⁹⁹
/ea

Janes Fish
Frozen
Selected Varieties
450 - 510 g



SALE
9⁹⁹
/ea

P.F. Chang's or Bertolli Meals
6.24 g or Swanson Oven Easy Meals 879 - 992 g
Frozen
Selected Varieties



FOR YOUR PANTRY

SALE
14⁹⁹
/ea

Maxwell House or Nabob Coffee
Package of 30



SALE
12⁹⁹
/ea

Maxwell House Coffee
Ground 631 - 900 g



2 FOR
7⁹⁸

Co-op Gold PURE Tea
Package of 18



SALE
7⁹⁹
/ea

Co-op Gold Granola Bars
538 - 630 g



2 FOR
9⁹⁸

Co-op Gold Ketchup
1.5 L or Mayonnaise or Whipped Dressing
890 mL



SALE
5⁹⁹
/ea

Co-op Gold Peanut Butter
1 kg or Hazelnut Spread 725 g



SALE
9⁹⁹
/ea

Robin Hood Flour
5 kg or Organic 2 kg



3 FOR
7⁹⁸

Co-op Gold Cake Mix
432 g or Frosting 454 g



2 FOR
7

Co-op Gold Fruit
540 mL or Bowls
Package of 4



2 FOR
3⁴⁸

Co-op Gold Pudding
Package of 4



4 FOR
7

Unico Beans, Lentils or Chick Peas
540 mL



SALE
4⁴⁹
/ea

Del Monte Fruit
796 mL



SALE
8⁹⁹
/ea

Kraft Grated Parmesan Cheese
250 g



SALE
6⁹⁹
/ea

Kraft Pizza Kit
850 g or Pam Cooking Spray 341 g



2 FOR
5

Hamburger or Tuna Helper
158 - 240 g



SALE
4⁷⁹
/ea

Co-op Gold Plum Sauce
750 mL



Kellogg's Cereal

Spring INTO SAVINGS

2 FOR \$9 Kellogg's Cereal
227 - 525 g Fun Pac 210 g or Kashi Granola 340 g
Selected Varieties

SALE \$5⁹⁹ Kellogg's or Kashi Cereal
Selected Varieties
396 - 650 g

SALE \$8⁹⁹ Kellogg's Jumbo Cereal
Selected Varieties
700 - 1.15 kg



INTERNATIONAL WOMEN'S DAY

celebrating the **women** behind the products

#ACCELERATEACTION #IWS2025

SALE \$9⁹⁹ /ea

Miskamasowin Bannock Mix
382 g

SALE \$16⁹⁹ /ea

Lake Life Caesar Premix
496 mL

SALE \$9⁹⁹ /ea

Tu-Bees Honey
375 g





TM/MC

**2 FOR
\$7**

Post Cereal
Selected Varieties
311 - 525 g



**SALE
5⁴⁹
/ea**



**Post Family
Cereal**
525 - 635 g or Alpen
Swiss Style Muesli 650 g
Selected Varieties



**SALE
8⁴⁹
/ea**



**Post Jumbo
Cereal**
Selected Varieties
1.1 - 1.24 kg



DRINKS & SNACKS

SALE
7⁹⁹
/ea

Pure Life Natural Spring Water
35 x 500 mL

3 FOR
9⁹⁹

Christie Snack Crackers
Selected Varieties
175 - 200 g

4 FOR
\$5

Nestlé Chocolate Bars
40 - 60 g

2 FOR
\$8

Twizzlers Party Pack
Licorice or Nibs
Selected Varieties
311 - 454 g

2 FOR
\$13

Bubly Sparkling Water
12 x 355 mL

2 FOR
\$8

Co-op Gold Cranberry Cocktail or 100% Juice Blends
1.89 L

2 FOR
\$8⁴⁸

Kool-Aid Jammers
10 x 100 mL

3 FOR
7⁹⁸

Red Bull Energy Drinks
250 mL

ONE SIP AND YOU'LL KNOW

fuze

2 FOR
\$16

Coca-Cola or Canada Dry Products
12 x 355 mL, Fuze Iced Tea or Peace Tea
12 x 341 mL

4 FOR
\$6

Peace Tea
695 mL

3 FOR
4⁹⁸

Powerade Beverages
710 - 946 mL

FOR YOUR PETS

SALE
34⁹⁹
/ea

Purina Dog Chow
14 kg

SALE
22⁹⁹
/ea

Friskies Variety Pack
24 x 156 g

SALE
16⁹⁹
/ea

Co-op Centibles Cat Food
8 kg

4 FOR
9⁹⁶

Purina ONE Smartblend or True Instinct Dog Food
368 g

FOR YOUR HOME

SALE
14⁹⁹
/ea

Co-op Gold Bathroom Tissue
Package of 24 Triple Rolls

SALE
16⁹⁹
/ea

Gain Laundry Detergent
107 Wash Loads, Fabric Softener 190 Wash Loads or Scent Boosters 515 g or Downy Scent Boosters 515 g, Rinse & Refresh 1.43 L or Tide Clean Boost 1.43 L
Selected Varieties

2 FOR
9⁹⁸

Pine-Sol
1.41 L or Clorox Bleach Wipes Package of 75
Selected Varieties

SALE
16⁹⁹
/ea

Co-op Gold Garbage Bags
Package of 100

TRY OUR BEST CLEAN

Cascade ActionPacs
Package of 21 - 26, Dawn Dish Soap 2.21 - 2.64 L or Powerwash 946 mL
Selected Varieties

SALE
11⁹⁹
/ea

Cascade ActionPacs
Package of 21 - 26, Dawn Dish Soap 2.21 - 2.64 L or Powerwash 946 mL
Selected Varieties

3 FOR
9⁹⁹

Dawn Ultra or Platinum Dish Soap
366 - 473 mL

SALE
29⁹⁹
/ea

Swiffer Power Mop Kit

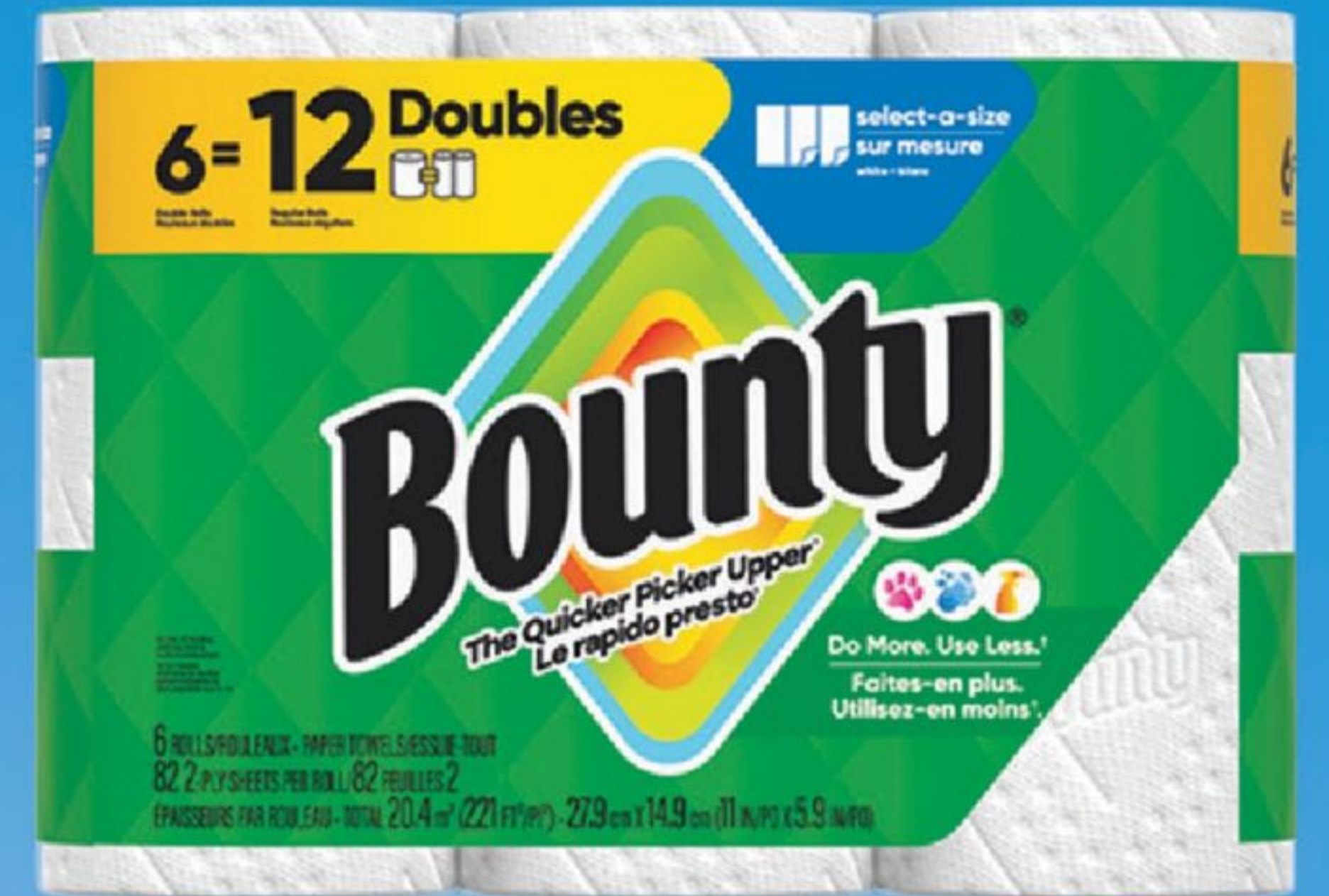


TRUSTED
SOFTNESS,
BETTER
TEAR*



SALE
7⁹⁹
/ea

Bounty Paper Towels
Select A Size Package of 2 or 4 Rolls
or Charmin Ultra Soft Bathroom
Tissue Package of 8 Triple Rolls



SALE
14⁹⁹
/ea

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

*vs. leading US 1-ply bargain brand © 2025 P&G

CO-OP

CO-OP BRANDS

delivering quality for over 80 years

Beginning with our first CO-OP® products in the 1940s, CO-OP® has been committed to bringing high-quality products to our members and customers. Brands through the years have included HARMONIE, CO-OP GOLD, CO-OP MARKET TOWN, CENTSIBLES, CO-OP GOLD PURE and more.



SALE
8⁹⁹
/ea

Co-op Centsibles Sausage Rounds
Frozen, 1.2 kg



SALE
5⁴⁹
/ea

Co-op Centsibles Processed Cheese Slices
800 g



SALE
2⁴⁹
/ea

Co-op Centsibles English Muffins
Selected Varieties
Package of 6



SALE
5⁹⁹
/ea

Co-op Centsibles Vegetables
Frozen
2 kg



2 FOR
4⁹⁸

Co-op Centsibles Ketchup
1 L



2 FOR
\$5

Co-op Centsibles Pasta Sauce
650 mL



SALE
18⁹⁹
/ea

Co-operative Coffee
737 - 907 g



SALE
18⁹⁹
/ea

Co-operative Coffee
Package of 30 - 40



SALE
8⁴⁹
/ea

Co-operative Coffee
300 - 340 g



2 FOR
3⁸⁸

Lucky Dragon Coconut Milk
400 mL, Rice Noodles
250 g, Sriracha Sauce
450 mL



2 FOR
8⁸⁸

Lucky Dragon Sauces
Selected Varieties
410 mL



SALE
4⁸⁸
/ea

Lucky Dragon Sriracha Sauce
740 mL



SALE
16⁸⁸
/ea

Lucky Dragon Rice
8 kg



SAVE WITH CO-OP GOLD

2 FOR
\$5

Co-op Gold Croutons
Selected Varieties
125 g



SALE
5⁴⁹
/ea

Co-op Gold Potstickers
Frozen
454 g



SALE
5⁴⁹
/ea

Co-op Gold Bleach
3.6 L



SALE
3⁴⁹
/ea

Co-op Gold Stretch Wrap
90 m



2 FOR
\$7

Co-op Gold Cracker Sticks
130 g



SALE
3⁴⁹
/ea

Co-op Gold Brioche Hamburger Buns
Package of 4





THROWBACK – 1961

When it was introduced in 1961, Co-op's Harmonie brand offered great value for everyday items. Today, you can enjoy great value under a different name: Just look for the Co-op Centsibles label, which was launched in 2012.

SALE
9⁹⁹
/ea



THROWBACK – 1963

Co-op cookbooks have been in Western Canadian kitchens for generations. We're diving into Co-op Food Fun: The Step by Step Cook Book for Boys and Girls to share this tasty Apple Crisp. In the '60s, it featured Co-op Flour – today, we recommend Co-op Centsibles or Co-op Gold.

Co-op Centsibles Enriched Flour
10 kg

Throwback
79¢
ea
1991

Co-op Gold Mushrooms
Pieces and Stems
284 mL

Throwback
2⁹⁹
ea
2010

Co-op Gold Short Grain Rice
907 g

2 FOR
9⁹⁸

Co-op Centsibles Cookies
900 g

CO-OP centsibles
making every Cents count.

SALE
8⁹⁹
/ea

Co-op Centsibles Wieners
1 kg

SALE
1⁹⁹
/ea

Co-op Centsibles Bread
White or Whole Wheat
570 g

SALE
6⁴⁹
/ea

Co-op Centsibles Long Grain Rice
2.27 kg or Pomace Oil
500 mL

3 FOR
3⁹⁹

Co-op Centsibles Vegetables
341-398 mL

SALE
5⁹⁹
/ea

Co-op Gold Sliced Side Bacon
375 g

SAVE WITH CO-OP GOLD

SALE
5⁹⁹
/ea

Co-op Gold Entrées
Frozen
908 g

2 FOR
\$5

Co-op Gold Yogurt
650 g

SALE
5⁹⁹
/ea

Co-op Gold Apple Pie
620 g

CO-OP Throwback 11 Lines

INTERNATIONAL WOMEN'S DAY



NATASHA VANDENHURK & ELYSIA VANDENHURK

THREE FARMERS, CO-FOUNDERS
SASKATOON, SK

THREE FARMERS
ROASTED CHICKPEAS

celebrating the *Women* behind the products

Sisters Natasha and Elysia Vandenhurk co-founded and operate Three Farmers Foods, along with farmers Dan Vandenhurk, Ron Emde and Colin Rosengren. Natasha is CEO and Elysia is chief brand and innovation officer. With Three Farmers, their goal is to bring healthy, wholesome snacks to the marketplace. Together, the Vandenhurks have grown Three Farmers Foods from a young start-up to a thriving international brand.

#ACCELERATEACTION
#IWS2025



MADE IN WESTERN CANADA

2 FOR
\$7

Three Farmers Snacks

Chick Pea, Lentil or Fava Bean
120 - 140 g

made in
WESTERN
CANADA



INTERNATIONAL WOMEN'S DAY



FELICIA DEWAR

MISKAMÂSOWIN FOODS INC.
TREATY 6 TERRITORY (EDMONTON, AB)

MISKAMASOWIN (BANNOCK) MIX

celebrating the *women* behind the products

Hailing from Northern Alberta, Felicia Dewar is proud to contribute to Indigenous representation in grocery stores and ultimately at the family dinner table. Based out of Edmonton, Alta., Miskamâsowin Foods inc. allows customers to make their own bannock with Dewar's ready-to-mix packages. Miskamâsowin is the Cree word for "the journey of finding yourself," something that resonates with Felicia as she seeks to connect with and empower other Indigenous food suppliers and distributors on their path to reconciliation.

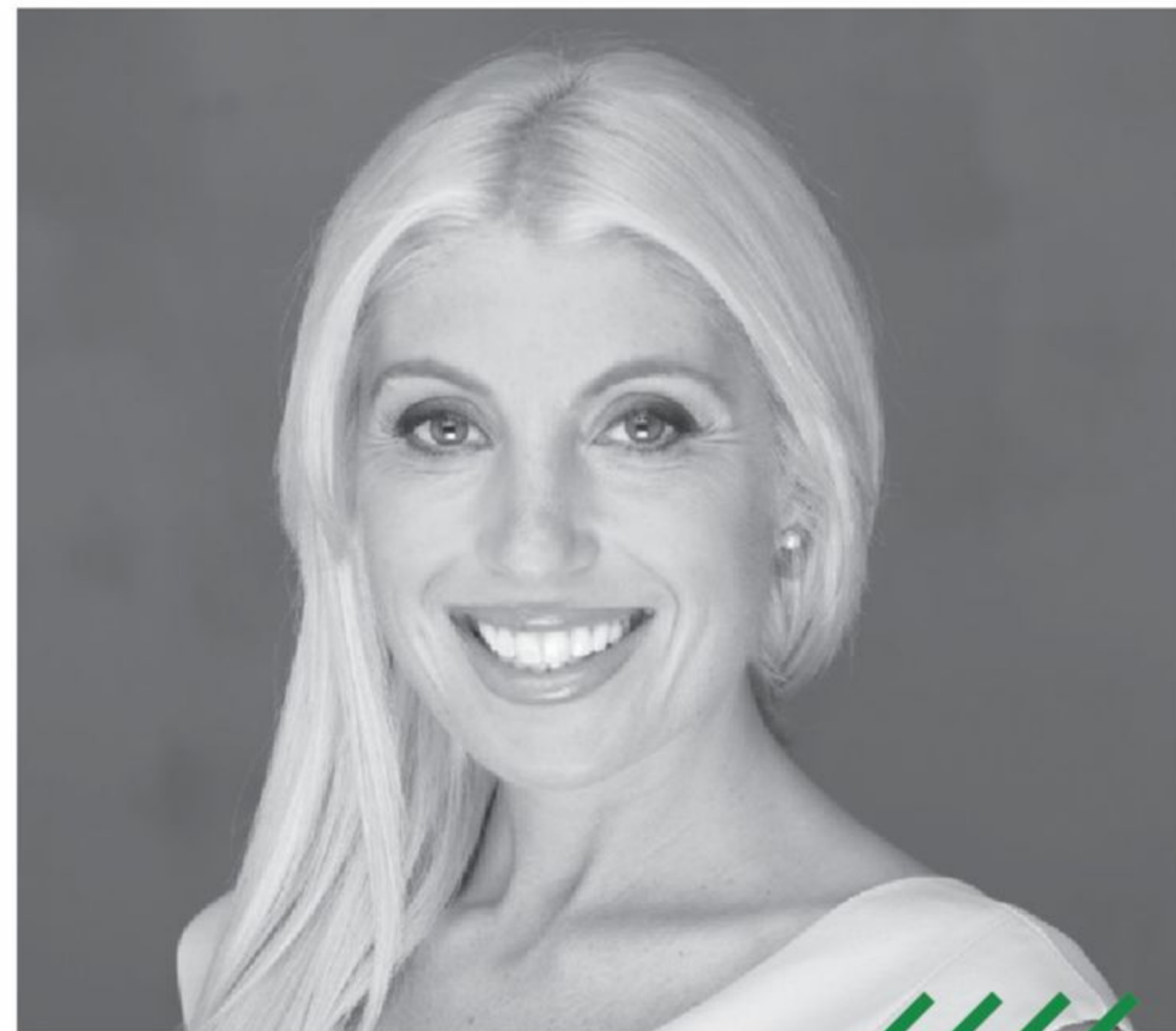
#ACCELERATEACTION
#IWS2025

SALE
9⁹⁹
/ea

Miskamasowin
Bannock Mix
382 g



INTERNATIONAL WOMEN'S DAY



**JULIE
BEDNARSKI**

HEALTHY CRUNCH FOUNDER & CEO
MISSISSAUGA, ON

HEALTHY CRUNCH FOOD BRAND

celebrating the *women* behind the products

Julie Bednarski is the founder and CEO of Healthy Crunch, a leading better-for-you food brand on a mission to reinvent everyday foods. As both a registered dietitian and trained chef, Julie is passionate about bridging the gap between nutritious and delicious. Healthy Crunch's product lineup includes Kale Chips, Chia Jams and Crispy Squares, all crafted to be lower in sugar, gluten-free, peanut-free, dairy-free, vegan and irresistibly delicious.

#ACCELERATEACTION
#IWS2025

SALE

4⁹⁹
/ ea

Healthy Crunch Jam

230 mL, Crispy Squares 132 g
or Kale Chips 35 g



INTERNATIONAL WOMEN'S DAY



SONDRA PEARNS

LAKE LIFE CAESAR COMPANY LTD.,
CO-FOUNDER & CEO
LLOYDMINSTER, AB

CAESAR COCKTAIL PREMIX

celebrating the *Women* behind the products

Sondra Pearn is the CEO of Lake Life Caesar Company Ltd., a business she co-founded in 2020 that specializes in premium Caesar cocktail premixes and salted rimmers. In recognition of her entrepreneurial success, Sondra received the Rising Startup Award in 2022 from the Awesome Program at the Saskatchewan Food Development Centre. The award honours women who have made significant contributions to the food and beverage manufacturing sector in the Canadian Prairies.

#ACCELERATEACTION
#IWS2025

SALE
16⁹⁹
/ea

Lake Life
Caesar Premix
496 mL



INTERNATIONAL WOMEN'S DAY



**JESSIE DOSHI, GAYE SHEPPARD,
AND NIKKI HEIN (FOUNDER)**

TU-BEES
SASKATOON, SK

TU-BEES SASKATOON BERRY HONEY

celebrating the *women* behind the products

Tu-Bees is a women-owned family business that produces a sweet array of high-quality flavoured honey products. Established in 2007, Tu-Bees was built on the dream of an 11-year-old girl who wanted to buy a horse, and it continues to flourish, thanks to their ability to create a product that maintains the natural goodness of honey with a wide variety of flavours. Using unpasteurized creamed honey and natural flavourings that are certified Kosher and free from allergens, Tu-Bees' creations take honey to a whole new level.

#ACCELERATEACTION
#IWS2025



MADE IN WESTERN CANADA

SALE

9⁹⁹
/ea

made in
**WESTERN
CANADA**

Tu-Bees Honey
375 g



INTERNATIONAL WOMEN'S DAY



**ANGELA WRIGHT
& JAMIE BURLEY**

WORLD'S BEST CREAM

WORLD'S BEST
CREAM LOTION

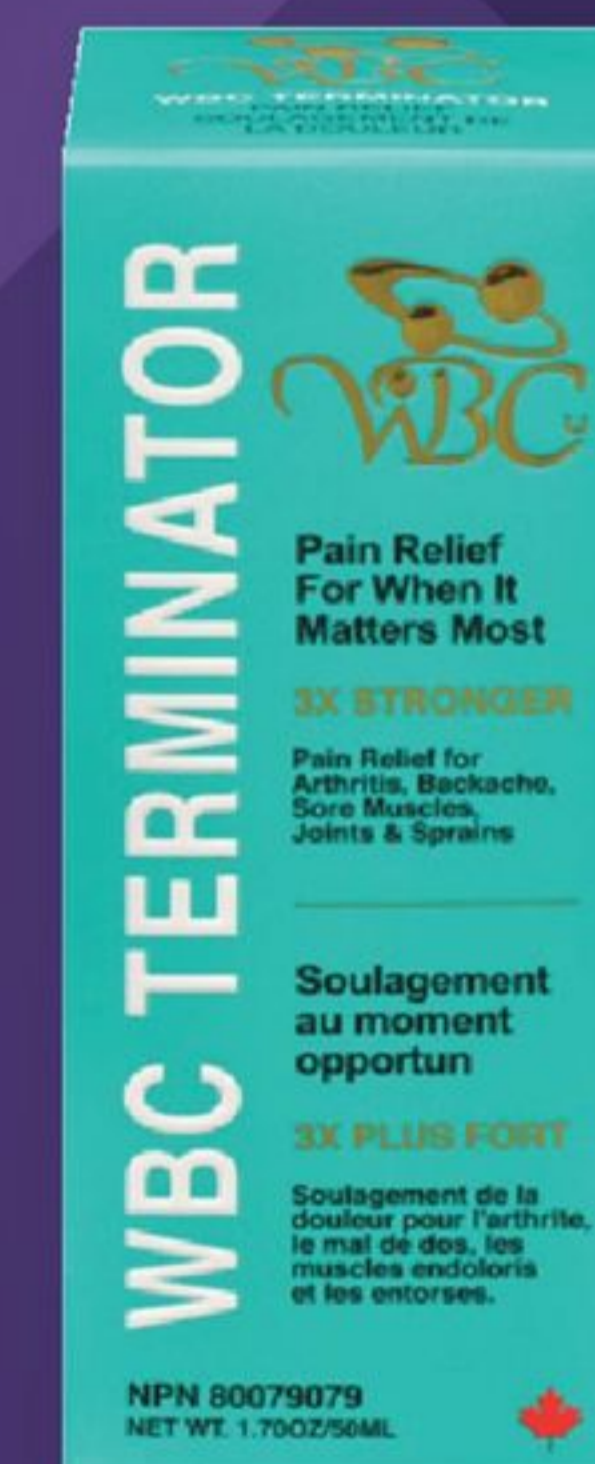
celebrating the *Women* behind the products

Embracing the family business, sisters Angela Wright and Jamie Burley operate Worlds Best Cream (WBC). Founded by their father Bill Burley, WBC has proudly developed multiple relief products for arthritis and body pain. Angela and Jamie now manage everything within the Canadian-based business and work together to grow and promote WBC on both national and international levels.

#ACCELERATEACTION
#IWS2025

SALE
21⁹⁹
/ea

Worlds Best Cream
65 mL or Terminator Roll-On
Applicator 50 mL



INTERNATIONAL WOMEN'S DAY



KERRY BENNET

CARE BAKERY, OWNER
CALGARY, AB

CARE BAKERY SLICED LOAF

celebrating the *women* behind the products

Kerry Bennet had plans to pursue a culinary diploma and open a restaurant when she was faced with an unexpected twist – she found out she had a severe gluten intolerance. She took the restriction as a challenge and turned it into an opportunity, delving into gluten-free baking. Today, Bennett's Bakery specializes in high-quality gluten-free baking products and supplies restaurants and grocery stores. And Kerry is sought after for her gluten-free culinary expertise.

#ACCELERATEACTION
#IWS2025



MADE IN WESTERN CANADA

SALE

6⁴⁹
/ea

Care Bakery
White Loaf
600 g or Buns
Package of 8

made in
WESTERN
CANADA

GLUTEN-FREE



INTERNATIONAL WOMEN'S DAY



**MELLISA
MILLS**

SPREAD'EM KITCHEN CO.,
FOUNDER & CEO
BC

SPREAD'EM DIPS

celebrating the *Women* behind the products

Mellisa Mills is the founder and CEO of Spread'Em Kitchen Co. What started as a farmers' market stand in 2014 with just \$500, a bicycle and a blender has since grown into an award-winning manufacturer of healthy, cashew-based dips and cheese alternatives. Mellisa's determination and vision have guided the company through challenges like a global pandemic, supply chain disruptions and inflation.

Thanks to Mellisa's leadership, Spread'Em Kitchen continues to grow and thrive.

/// **#ACCELERATEACTION**
#IWS2025

SALE

8⁹⁹
/ea

Spread'em Dips

183 g



INTERNATIONAL WOMEN'S DAY



**KIMBERLEY CHAMBERLAND
(CEO) & JASMINE BYRNE (COO)**

BIG MOUNTAIN FOODS
DELTA, BC

BIG MOUNTAIN SOY-FREE TOFU

celebrating the *women* behind the products

Big Mountain Foods takes pride in being a women-owned and operated company. Since 1987, they have been dedicated to offering delectable plant-based products crafted with authentic, uncomplicated, and high-quality ingredients. Their latest innovation includes the groundbreaking soy-free tofu, uniquely crafted with Canadian-grown fava beans in collaboration with a women-owned farm.

#ACCELERATEACTION
#IWS2025

SALE
3⁹⁹
/ ea

**Big Mountain
Soy-Free Tofu**
Selected Varieties
280 - 340 g



INTERNATIONAL WOMEN'S DAY



ANGELA SANTIAGO

THE LITTLE POTATO COMPANY,
CO-FOUNDER
NISKU, AB

THE LITTLE POTATO COMPANY
LITTLE POTATOES

celebrating the *women* behind the products

Angela Santiago co-founded The Little Potato Company Ltd. in 1996 with her father, Jacob Vander Schaaf, a Dutch immigrant who longed for the tasty 'little potatoes' of his youth. It started with a one-acre plot on the outskirts of Edmonton, where Angela and her father planted, harvested, washed and packaged little spuds by hand, and sent them out to local markets and delis. Now, Little Potato Company Creamer potatoes can be found in grocery stores across Canada – including Co-op Food Stores!

#ACCELERATEACTION
#IWS2025



GROWN IN WESTERN CANADA

2 FOR
\$ 8

Little Potatoes

Produce of Western Canada
Assorted Varieties
1.5 lb (680 g)

grown in
WESTERN
CANADA



INTERNATIONAL WOMEN'S DAY



BETTY FORBES

NORTHERN INVIGOR BERRIES,
PRESIDENT & CEO
VEREGIN, SK

Co-op Gold Pure Jam

celebrating the *women* behind the products

Betty Forbes began growing sea buckthorn berries in 1998 when her family planted a 15-acre orchard on the family farm. Now CEO of Northern Vigor Berries Inc., Forbes berries are the star of the Co-op Gold PURE Blueberry and Sea Buckthorn Fruit Spread.

#ACCELERATEACTION
#IWS2025



MADE IN WESTERN CANADA

SALE

4⁹⁹
/ ea

grown in
WESTERN
CANADA



Co-op Gold PURE
Spread
340 mL



INTERNATIONAL WOMEN'S DAY



ZAINAB CHAEBAN

CHAEBAN ARTISAN, CHEESE HEAD
WINNIPEG, MANITOBA

Co-op Gold Feta

celebrating the *women* behind the products

Chaeban Artisan, based in Winnipeg, Manitoba is where dairy dreams come true. Zainab and her husband Joseph Chaeban are pioneers in cheese, making Canada's first local soft, creamy feta. The business started with a remarkable story – Zainab's husband Joseph opened an ice cream shop to offer employment to her family as they fled Syria – and grew to include cheese over the winter.

#ACCELERATEACTION
#IWS2025



MADE IN WESTERN CANADA

SALE

5⁹⁹
/ea

Co-op Gold Feta

200 g

grown in
WESTERN
CANADA

