



CALGARY CO-OP



ON NOW UNTIL DEC. 15

Thursday, December 4th Only!



**Swiss Chalet
Pork Back Ribs**
600g
While Supplies Last
Limit 4

APP
EXCLUSIVE
SAVINGS
*Must Clip Before
Purchase.

\$8⁹⁹
ea

SAVE \$4
*Clip

Without APP
\$12⁹⁹

Friday, December 5th Only!



**Campbell's
Tetra Broth**
250-900ml
Select varieties
While Supplies Last
Limit 4

APP
EXCLUSIVE
SAVINGS
*Must Clip Before
Purchase.

\$1²⁵
ea

*Clip

Without APP
2\$4
for

Saturday, December 6th Only!



Chinese Mandarins
4lb
Product of China
Fancy
While Supplies Last
Limit 3

APP
EXCLUSIVE
SAVINGS
*Must Clip Before
Purchase.

\$4⁹⁹
ea

SAVE \$3
*Clip

Without APP
\$7⁹⁹

Sunday, December 7th Only!



Armstrong Cheese
750g
Select varieties
While Supplies Last
Limit 2

APP
EXCLUSIVE
SAVINGS
*Must Clip Before
Purchase.

\$7⁹⁹
ea

SAVE \$3
*Clip

Without APP
\$10⁹⁹

Monday, December 8th Only!



**Maple Leaf
or Ready Crisp Bacon**
65-375g
Assorted varieties
While Supplies Last
Limit 4

APP
EXCLUSIVE
SAVINGS
*Must Clip Before
Purchase.

\$3⁹⁹
ea

SAVE \$2
*Clip

Without APP
\$5⁹⁹

Tuesday, December 9th Only!



Boursin
130-170g
While Supplies Last
Limit 6

APP
EXCLUSIVE
SAVINGS
*Must Clip Before
Purchase.

\$3⁹⁹
ea

*Clip

Without APP
4\$20
for

Wednesday, December 10th Only!



**Mince, Coconut Raspberry,
or Maple Tarts**
or Assorted varieties
510g
While Supplies Last
Limit 3

APP
EXCLUSIVE
SAVINGS
*Must Clip Before
Purchase.

\$4⁹⁹
ea

SAVE \$2
*Clip

Without APP
\$6⁹⁹

Wednesday, December 10th Only!



**Give The
Gift That Shines.**

**On the purchase of
a single Premium
or Extreme Car
Wash.**

*Available in-store and online. Must clip before purchase. While supplies last. No rainchecks.

Calgary Co-op App download and registration required. Visit calgarycoop.com/appterm for additional terms & conditions.

**Calgary Co-op app download and registration required. All items with a percentage bonus offer apply to the purchase price paid excluding deposit, environmental and taxes where applicable.

For eCommerce, earned Calgary Co-op Bonus Cash is based on your fulfillment date. Visit calgarycoop.com/appterm for contest rules and additional terms and conditions.

PRICES IN EFFECT DECEMBER THUR 04 FRI 05 SAT 06 SUN 07 MON 08 TUES 09 WED 10 2025



CALGARY CO-OP

Calgary's grocery store since 1956

Pork Side Ribs
Breast Bone Removed
Western Canadian

3⁴⁹
/lb
7.69/kg

Raspberries or Blackberries
170g
Product of USA/Mexico
No. 1 Grade

2⁹⁹
ea

Try with
Cal & Gary's
Marinara Sauce!



**Cal & Gary's
Risotto Balls**
or Pinty's Marinated
Chicken Breast,
Drumsticks or Thighs
Frozen 500-950g

MEMBER EXCLUSIVE

8⁹⁹
ea

Sweet Peppers
Red, Yellow, or Orange
Product of Mexico
No. 1 Grade

SALE
3⁹⁹
/lb
8.60/kg
+
MEMBERS
**EARN
10%**



**Cal & Gary's Frozen Fruit
and Smoothie Blends**
400-600g Select varieties
Limit 4



BEST
FROM THE
WEST

NEW



Lay's or Old Dutch Potato Chips
200-235g
Select varieties

SALE
3\$10⁹⁹
for

MEMBERS
**EARN
15%**



Bubly or AHA Sparkling Water
12 Pack or Montellier 10 Pack
Select varieties

2\$12⁹⁸
for

One Stop Shop For Holiday Cheer

Make holiday hosting effortless with unforgettable trays, decadent cheeses, indulgent desserts, gifts and more, all wrapped up with the best savings of the season.

GET INSPIRED



PRICES IN EFFECT DECEMBER THUR 04 FRI 05 SAT 06 SUN 07 MON 08 TUES 09 WED 10 2025



CALGARY CO-OP

Sirloin Tip Oven Roast
Cut from Canada AA Beef

SALE
8.49
lb
MEMBERS
EARN 10%

ONLY ALBERTA BLACK ANGUS
AA
AUG 14 2015



HOT DEAL

Large Avocados
Product of Mexico
No. 1 Grade

3 \$5
for



Classico Pasta Sauce
218-600ml or Catelli Pasta 340-900g
Select varieties

HOT DEAL
2.97
ea



Grimm's Black Forest or Honey Ham
Sliced fresh in the Deli

SALE
3.29
/100g
MEMBERS
EARN 10%



Nestlé Novelties
4-10 Pack and Real Dairy Ice Cream 1.5L
Select varieties

5.49
ea



Kicking Horse, Nabob or Starbucks Coffee
284-340g or Starbucks K-cups 10 Pack
Select varieties

SALE
10.99
MEMBERS
EARN 20%



Armstrong Block Cheese
750g Select varieties

10.99
ea

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



Jamieson Vitamins and Supplements
Select varieties and sizes

40% OFF



Plan Ahead, Travel Safe

Visit a Travel Health Pharmacy to consult a Certified Travel Health Pharmacist about travel safety, disease prevention, skin care and medication storage.

BOOK AN APPOINTMENT



MEMBERS NOW EARN 8¢/litre*

*8 cents earnings will apply to fuel litre purchases for the current fiscal year. Members earn 4¢/L in Calgary Co-op Bonus Cash instantly and 4¢/L towards Member Earnings. Calgary Co-op app download and registration required. Visit calgarycoop.com/appterm for additional terms and conditions.



From or after December 4, 2015 at all Calgary Co-op locations. All advertised limits are applicable per household, while supplies last. No cashbacks. Excludes Calgary Co-op Fuel Store. Members make every effort to supply sufficient advertised merchandise to meet your needs. Because of circumstances beyond our control, some items may be out of stock. Also, due to the size of some Calgary Co-op Fuel Store, a complete line of advertised items may not be carried. The obligation for any merchandise caused by these shortages. Although we strive for complete accuracy in our advertising, errors sometimes occur as well as when an error is discovered, a correction notice will be posted in Calgary Co-op Fuel Store to bring the error to your attention. The error or the right is held by the advertiser. All items may not be available in all stores. Actual items may vary slightly from illustrations. Some illustrations are for informational purposes only. ©2015 Calgary Co-op. All rights reserved. Certain items may be subject to additional restrictions or limitations.

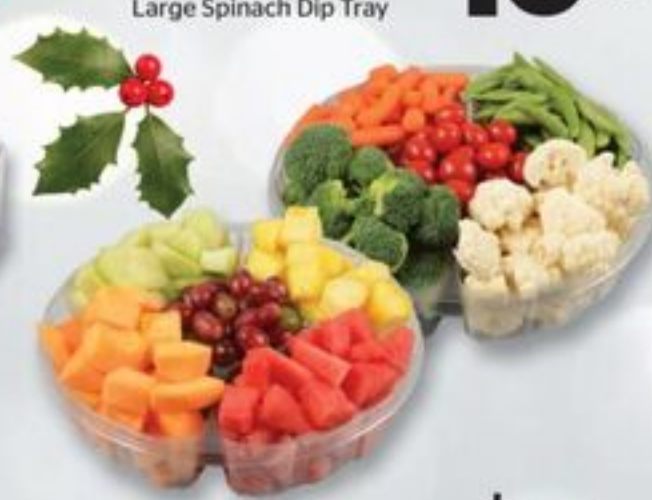


**32⁹⁹ -
37⁹⁹**

**MEMBERS
EARN
10%**



16⁹⁹
ea

1999^{ea}899^{ea}

\$3 OFF



**MEMBERS
EARN
10%**



**MEMBERS
EARN
10%**



**MEMBERS
EARN
10%**



15% OFF

A silver platter filled with various Christmas cookies and candy canes. The cookies include gingerbread men, a snowman, a Christmas tree, and several round cookies decorated with red, white, and green sprinkles. Several red and white striped candy canes are also arranged on the platter.



**MEMBERS
EARN
10%**



STARTING AT
799
ea

**1199**
ea

MEMBER EXCLUSIVE

17⁹⁹
ea



**MEMBERS
EARN
20%**



**BUY MORE
SAVE MORE**

**PURCHASE 2 FOR...
6⁹⁹
ea**

**OR BUY 1 FOR
7⁹⁹
ea**



2\$9
for

**5⁹⁹**

599^{ea}



SALE
8.99
+
MEMBERS
EARN
20%

Festive Finds, Fantastic Prices



BEST FROM THE WEST

Cal & Gary's Thick Cut Bacon
1kg Assorted varieties

15⁹⁹ ea



Founders & Farmers Chicken Wings
Frozen 850-900g Assorted varieties

Sale \$12⁹⁹ ea

MEMBERS EARN 10%



Zygo Cactus or Poinsettia
4"

Sale Starting at \$5⁹⁹ ea

MEMBERS EARN 10%

BEST FROM THE WEST



Festive Nuts in the Shell
Brazil, Almonds, Hazelnuts, Walnuts, Pecans 340g Product of USA

STARTING AT 4⁹⁹ ea



3" Mousse Cakes
Ube, Mango, Tiramisu, Bacio or Strawberry or Cream Puffs: Pistachio, Mango or Espresso 4 Pack

MEMBERS EARN 10%



Cal & Gary's Mini Chocolate Eclairs or Vanilla Profiteroles
375-455g

MEMBERS EARN 20%



MADE - fresh - IN-STORE

SAVE \$1

Available for a limited time only!
Holiday Turkey Sandwich
Or Ham & Brie French Melt



Castello Cheese Mix and Match Sale
Castello Brie or Camembert 125g, Havarti 200g or Aged Cheeses 200g

MEMBER EXCLUSIVE 3 for \$15

MIX & MATCH



Christmas Nut Trays
600g-1kg Select varieties

25% OFF



Dare Crackers & Veggie Crisps
100-225g Select varieties

2 \$4 for



Corona or Heineken Non-Alcoholic Beer
6 Pack or Wildlife Raspberry Mojito 4 Pack Select varieties

Sale \$10⁹⁹ ea

MEMBERS EARN 10%



Rogers' Chocolate Boxed Chocolates
94-250g Select varieties

20% OFF

BEST FROM THE WEST



Cal & Gary's Pecan Clusters
340g

11⁴⁹ ea



Oasis Refrigerated Orange Juice
1.5L Select varieties Limit 4

APP EXCLUSIVE SAVINGS
3⁹⁹ ea
Without APP **5⁹⁹**

Produce

Chinese Mandarins
Product of China
Fancy



SALE
249
/lb
4.39/kg

MEMBERS
EARN
10%

Anjou Pears
BC Grown
Canada No. 1

199
/lb
4.39/kg

BEST
FROM THE
WEST



Cantaloupe or Honeydew Melons
Product of Mexico
No. 1 Grade

169
/lb
3.73/kg



Navel Oranges
Product of USA
No. 1 Grade

SALE
199
/lb
4.39/kg

MEMBERS
EARN
10%



Romaine Hearts
3 Pack
Product of USA
No. 1 Grade

SALE
499
ea

MEMBERS
EARN
15%



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

499
ea

BEST
FROM THE
WEST



Cauliflower
Product of USA
No. 1 Grade



Founders & Farmers Carrots
2lb Bag
Alberta Grown
Canada No. 1

BEST
FROM THE
WEST



SALE
299
ea

MEMBERS
EARN
10%

CAL & GARY'S

In-store Cut Fruit & Vegetables

made fresh in-store



Yogurt Cups, Fruit, or Veggie Snacks with Dip
Assorted varieties

15% OFF



Salad Blends
530-689g
Assorted varieties

15% OFF



Marinated Vegetables
345-475g
Assorted varieties

15% OFF

Floral

Timeless Bouquet

SALE
2899
ea

MEMBERS
EARN
10%



Artistca Orchid in Snowflake Pot
5" Grown in Canada

3299
ea



Red Ceramic with Zygo Cactus
2"

899
ea

BEST
FROM THE
WEST



4" Christmas Cypress Tree

799
ea

BEST
FROM THE
WEST



4" Gingerbread House

1699
ea

BEST
FROM THE
WEST



7" Ceramic Christmas Tree Planter

3499
ea

BEST
FROM THE
WEST



Deck the Halls

with fresh wreaths, poinsettias, greenery and more!

SHOP NOW

**ONLY
ALBERTA
BLACK
ANGUS
BEEF**



Bottom Sirloin
Tri Tip Grilling Steaks
or Roast
Cut from Canada AA Beef

11⁹⁹
/lb
26.43/kg

Beef Tenderloin
Steaks or Roast
Cut from Canada AAA Beef
Aged 21 Days

10% OFF



Discover cooking tips, tricks and recipes for every cut.

LEARN MORE

Whole Chickens
Grain Fed, Free Run &
Air Chilled

3⁹⁹
/lb
8.80/kg

**ONLY
ALBERTA
CHICKEN**



Bone In Pork
Loin Centre or
Rib End Chops
Western Canadian



4⁹⁹
/lb
11.00/kg



Maple Leaf Prime
RWA Chicken Breast
Fillets or Wings
Grain Fed, Humanely Raised,
Air Chilled & Canadian
Farmed Raised

SALE \$14⁹⁹
MEMBERS EARN 10%



Extra Lean
Ground Beef
454g

10⁴⁹
ea

Breaded Pork
Cutlets
Western Canadian

6⁴⁹
/lb
14.31/kg



Spolumbo's Pork Dinner Sausage
Selected varieties
3 per Tray, \$7.50

2⁵⁰
ea



Rana
Lasagna
1.1kg
Assorted varieties

18⁹⁹
ea



Schneiders
All Beef Wieners
Juicy Jumbo's,
Smoked Sausage
or Sausage Rings
300 - 450g
Assorted varieties

SALE \$8⁴⁹
MEMBERS EARN 10%



Lou's Kitchen,
Kalis or Lil Juans
Fully Cooked
Entrees
300-400g
Assorted varieties

9⁹⁹
ea



Meadow Creek
Meatballs
Frozen 420g
Assorted varieties

6⁴⁹
ea

Alternative Protein



Know Meat Patty
Frozen 340g

11⁹⁹
ea



Gusta Veggie
Ground or Sliced Burger
300-340g
Assorted varieties

5⁴⁹
ea



Field Roast Sausage
368g
Assorted varieties

SALE 7⁹⁹
MEMBERS EARN 10%

Seafood

Atlantic Salmon Fillets
Farmed



3⁴⁹
/100g



Yellowfin Tuna Steaks
Previously Frozen
Wild

2⁹⁹
/100g



East Coast Oysters
Selected varieties
Farmed
6 per Tray, \$10.50

1⁷⁵
ea



Cal & Gary's
Marinated Fillet Portions
or Black Cod Fillet Portion
Frozen 113g
Assorted varieties

20% OFF



Waterview
Market
Shrimp Meal Kits
Frozen 877-907g

12⁹⁹
ea



Aqua Gem's
Raw Pacific White Shrimp
41/50 Count
Peeled & Deveined, Tail On
907g

SALE 15⁹⁹
MEMBERS EARN 10%

Bakery

5" Baileys Cakes
Chocolate, Fudge or
Caramel Drip Cakes

MEMBERS
EARN
20%

NEW



MADE
- fresh -
IN-STORE

Baileys Chocolate Swirl or
Caramel Cupcakes
Red Velvet Cupcakes or
Assorted varieties 6 Pack

7⁹⁹
ea



BAKED
- fresh -
IN-STORE

SALE
7⁴⁹

MEMBERS
EARN
20%

Founders & Farmers
Cinnamon Buns
Chelsea or
with Cream Cheese Icing
4 Pack



Founders & Farmers Bulk Pastries
Mix & Match

BUY
MORE
SAVE
MORE

PURCHASE IN MULTIPLES OF 6 FOR ...

10 OR BUY 1 FOR 2⁴⁹



Simply Joy Sliced Cake
Carrot, Lemon Raspberry
or Assorted varieties
400g

MEMBERS
EARN
20%

Bakery Bling Gingerbread Houses

Home Sweet Gingerbread Home



MEMBERS
EARN
10%

Deli



Marc Angelo
Sliced Italian Meats
85g

7⁹⁹
ea



NEW



EntreMont Selection
Double Cream Brie or
Camembert
227g

10⁹⁹
ea

Freybe Sliced Meats
175g
Select varieties

MEMBER EXCLUSIVE
5⁹⁹
ea



BEST
FROM THE
WEST



Sweet Corn &
Black Bean Salad
or Chicken Salad

2⁵⁹
/100g

MADE
- fresh -
IN-STORE



Mastro
Rosemary Ham
Or Tuscany Ham
Sliced Fresh
in the Deli

SALE
3⁷⁹
/100g

MEMBERS
EARN
10%



President
Scottish Cheddar
200g, or Leerdammer
Wedge 250g, or
Roquefort Blue 100g

7⁹⁹
ea

Natural Choice



Genuine Health
Advanced Gut Health
Select varieties
& sizes

20%
OFF



Dr. Squatch
Personal Care
Select varieties
& sizes

SALE
10%
OFF
MEMBERS
EARN
10%



Prairie Naturals
Hair Care
Select varieties
& sizes

20%
OFF



ITL SeaMag
Select varieties
& sizes

15%
OFF



CELEBRATE THE
Season
VIEW EVENTS

Join us at select Calgary Co-op locations for a live
Parmigiano Reggiano wheel cracking or tasty Swiss Cheese
samples. Enter for a chance to win exclusive giveaways and
earn 10% Bonus Cash* on Deli cheese purchases.

*Calgary Co-op app download and registration required. Visit calgarycoop.com/appterm for additional terms and conditions. Valid at participating centres on event day only.

Grocery



Dr. Oetker Giuseppe Rising or Thin Crust Frozen Pizza
439-785g Select varieties

SALE 4.99
+
MEMBERS EARN 10%



Nutrigrain Bars
or Rice Krispie or Go Pure or Poptarts
or Mott's Fruitsations & Betty Crocker Snacks 138-384g
Select varieties

2\$6 for



Liberte Greek or Méditerranée Yogurt Tubs
650-900g Select varieties

6.47 ea



Oasis or Del Monte Juice
960ml Select varieties

3\$6 for



Kellogg's Cereal
450-650g
or Rogers Granola 650-750g
Select varieties

5.99 ea



Michelina's Frozen Entrée
255-284g Select varieties

4\$5 for



Crave Frozen Entrée
255-340g or Cavendish
Restaurant
Style Fries 650-750g
Select varieties

SALE 3.99
+
MEMBERS EARN 20%



Quaker Instant Oatmeal
232-344g or
Stash Tea or Tetley
20-24 Pack Select varieties

SALE 2\$7 for
+
MEMBERS EARN 20%



Clover Leaf Light Tuna
85-170g or
Brunswick Seafood Snacks
92-100g Select varieties

SALE 4\$7 for
+
MEMBERS EARN 25%



Old El Paso Dinner or Bowl Kits
250-510g & Salsa 650ml
Select varieties

3.99 ea



Kraft Peanut Butter & Hazelnut Chocolate Spread
750ml-1l or Cheez Whiz 450g
Select varieties

HOT DEAL
MEMBER EXCLUSIVE 5.99 ea



Nature's Recipe Dog Food
1.8kg or Catit Pea Husk
Cat Litter 5.6kg
Select varieties

APP EXCLUSIVE SAVINGS
50% OFF
Without App
25% OFF



Kraft Miracle Whip
650-890ml or Maille Dijon
Mustard 200-245ml
Select varieties

4.99 ea



Green & Black's Chocolate Bar
90g Select varieties

5.99 ea

Health & Beauty



Pantene Hair Care
308-355ml and
Styling 187-252ml or Dove
Bodywash 325ml and Hello Fresh
Deodorant 73g Select varieties

4.99 ea



Colgate Total or Max Fresh Toothpaste
120-150ml and Oral B Manual
and Power Toothbrushes or
Brush Heads 1-4's and Brain
Wash Liquid Hand Soap 500ml
and Refills 1's Select varieties

30% OFF



Listerine Ultra Clean Mouthwash
1L or Dove Bar Soap 6 Pack and
Ombra Foam Bath 500ml or Epsom
Salts 1.36Kg Select varieties

SALE 8.49
+
MEMBERS EARN 10%



OGX and Maui Moisture Hair Care
100-385ml and Just For Men Hair
or Beard Care 1's or 118ml and
Natural Instinct Hair Color 1's
Select varieties

MEMBER EXCLUSIVE 8.99 ea



Aveeno and Neutrogena Face Care
Select varieties and sizes

25% OFF



Polysporin Ointment or Cream
28-30g
Select varieties

SALE 11.99
+
MEMBERS EARN 10%



Vicks NyQuil/DayQuil
354ml or Liquicaps 24's,
Hot Remedy 8's and
Early Defence Spray 15ml
Select varieties

SALE 11.99
+
MEMBERS EARN 20%



Aspirin 81mg
100-120's and Aleve
40-100's Select varieties

13.99 ea



Huggies Diapers Giga Pack
42-96's Select varieties

26.99 ea

Give the Gift of Relaxation

Treat your loved ones to relaxation with soothing bath salts, bubble bath, and self-care goods this season. Perfect for cozy holiday pampering or thoughtful gifting.

SHOP NOW

