



**CALGARY
CO-OP**



**ON NOW
UNTIL DEC. 15**

Thursday, December 11th Only!



**Old Dutch
Potato Chips**
235g Select varieties
While Supplies Last
Limit 6

**APP
EXCLUSIVE
SAVINGS**
*Must Clip Before
Purchase.

\$1.88
ea

*Clip

**Without APP
2\$8**

Friday, December 12th Only!



Blueberries
1 Pint
Product of Peru
No. 1 Grade
While Supplies Last

**APP
EXCLUSIVE
SAVINGS**
*Must Clip Before
Purchase.

\$3.49
ea

SAVE \$1
*Clip

**Without APP
\$4.49**

Saturday, December 13th Only!



Chapman's Yukon Bars
5-8 Pack and Super Premium
Ice Cream 500ml
Select varieties
While Supplies Last
Limit 4

**APP
EXCLUSIVE
SAVINGS**
*Must Clip Before
Purchase.

\$2.49
ea

SAVE \$1.50
*Clip

**Without APP
\$3.99**

Sunday, December 14th Only!



**Cal & Gary's
Salami Chubs**
170g
While Supplies Last
Limit 6

**APP
EXCLUSIVE
SAVINGS**
*Must Clip Before
Purchase.

\$4.99
ea

SAVE \$2
*Clip

**Without APP
\$6.99**

Monday, December 15th Only!



**Cal & Gary's
Raw Black Tiger Shrimp**
16/20 Count
Frozen 340g
While Supplies Last
Limit 6

**APP
EXCLUSIVE
SAVINGS**
*Must Clip Before
Purchase.

\$9.99
ea

SAVE \$3
*Clip

**Without APP
\$12.99**

**Download
The App
Today!**



**New App
Members
get \$5 in
Bonus Cash
instantly.**

*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.



**Most see festive sweets.
Members see
app-exclusive savings.**

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

LEARN MORE

PRICES IN EFFECT DECEMBER THUR 11 FRI 12 SAT 13 SUN 14 MON 15 TUES 16 WED 17 2025



CALGARY CO-OP

Calgary's grocery store since 1956

**MEMBERS
EARN
\$20
Bonus Cash***

**WHEN YOU
SPEND \$150**
OR MORE ON GROCERIES
IN-STORE & ONLINE**

4 DAYS ONLY
Dec 11-14, 2025

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

**Purchase must be \$150 or more after discounts/coupons. Total includes deposits, environmental fees and taxes where applicable. Excludes prescriptions, postage, transit passes, gift cards, event tickets, passes, lottery tickets, services. For online orders, offer applies to fulfilled orders December 11-14, 2025.



**Sugardale Prestige
Smoked Ham**
Butt or Shank End
While Supplies Last

**SALE
249^{ea}**

**MEMBERS
EARN
10%**

**Boneless Pork Loin
Centre Cut or Rib End
Boneless Roast**
Western Canadian

399^{ea}
/lb
8.80/kg



**Cal & Gary's
Dijon Mustard**
500ml
Assorted varieties

429^{ea}

**Stove Top
Stuffing**
120g
Select varieties

127^{ea}



**Frozen Canada
Grade A Turkeys**
7kg's and Under
While Supplies Last
Limit 2

199^{ea}
/lb
4.39/kg



**Green or Red
Seedless Grapes**
Product of USA
No. 1 Grade

369^{ea}
/lb
8.13/kg



Chinese Mandarins
4lb Box
Product of China
Fancy

499^{ea}



Dairyland Butter
454g Select varieties
Limit 4

APP EXCLUSIVE SAVINGS
*Must Opt-In to App
Purchase
499^{ea}
SAVE *2
*Clip
Without APP
699^{ea}



**La Cocina Tortilla Chips or
Ruffles Potato Chips**
200-400g
Select varieties

**SALE
2\$7^{ea}**

**MEMBERS
EARN
10%**



**Tropicana Orange Juice or
Beverages**
1.36L and Pure Leaf Iced Tea 1.75L
Select varieties Limit 4

APP EXCLUSIVE SAVINGS
*Must Opt-In to App
Purchase
399^{ea}
SAVE *1
*Clip
Without APP
499^{ea}

**GIVE THE GIFT
OF
BACON**

**IN SUPPORT OF
CALGARY AND AREA
FOOD BANKS**



For every Maple Leaf® Ready Crisp® bacon product (65g-85g) purchased during the offer period, \$1 will be donated to Calgary and Area Food Banks*. Offer is at the specified locations. Program valid December 4th, 2025 – January 1st, 2026

Maple Leaf Foods Inc & Calgary Co-op are supporting local area food banks together, each donating \$0.50 for every Maple Leaf® Ready Crisp® (65g-85g) bacon product purchased up to a total maximum of \$10,000 CAD. *See in store for details.



LEARN MORE

PRICES IN EFFECT DECEMBER 11 12 13 14 15 16 17 2025

WK06-PG.1

Stock up on Holiday Cheer



Regal Crab Cakes
or Fish Cakes Cutlets
Frozen 170-340g

SALE
8⁹⁹
MEMBERS EARN 10%



Selva Black Tiger Shrimp
with Cocktail Sauce
Frozen 255g

MEMBER EXCLUSIVE
11⁹⁹
ea



Festive Tree Nibbler Tray
While Quantities Last

19⁹⁹
ea



Charcuterie Trays
Select varieties

ORDER AHEAD

MEMBERS EARN 10%



Jumbo Babybel
200g or Kaukauna Cheese
Balls 170g \$5.99 ea

HOT DEAL

4⁹⁹
ea



Founders & Farmers Light or Dark Fruit Cake
450g or Plum Pudding 575g

MEMBERS EARN 10%



Cal & Gary's Black Forest Cake,
Berry Cheesecake or
7" Chocolate Ganache

MEMBERS EARN 10%



Gift Baskets
Assorted varieties

15% OFF



Nuts in the Shell
340g Bag
Assorted varieties

STARTING AT
5⁹⁹
ea



Vlasic Pickles
1L or Mezzetta Olives 398ml
Select varieties

15% OFF



Nestlé Starbucks Coffee
Creamers
828ml or Starbucks Iced Coffee
1.18-1.42L Select varieties

7⁹⁹
ea



Phil & Sebastian Coffee
250g Select varieties

SALE
14⁹⁹

MEMBERS EARN 10%



Christmas Merchandise
Select varieties & sizes
Gifting Ideas

STARTING AT
3²⁹
ea



Dairyland
Eggnog
2L
Select varieties

5⁹⁹
ea



Christie or
Townhouse Crackers
180-31g or NutriGrain Bars
or Kashi or Poptarts or Rice
Krispie Bars 125-384g
Select varieties

SALE
2\$7
for

MEMBERS EARN 10%



Ocean Spray Juice
& Cocktail Mixes or
Mott's Clamato
1.77-1.89L or Mr. & Mrs.T
Cocktail Mix or Rose's
739ml-1L Select varieties

SALE
2\$8
for

MEMBERS EARN 10%



Kettle
Potato Chips
156-198g
Select varieties

2\$6
for



CALGARY CO-OP



Cal & Gary's Shrimp & Vegetable, Founders & Farmers or Muldoon's Appetizers
Frozen 192-490g
Assorted varieties

SALE 25%+ OFF
MEMBERS EARN 10%

Founders & Farmers Mini Cucumbers
1lb Bag Alberta Grown
Canada No. 1



SALE 3.99
MEMBERS EARN 10%
BEST FROM THE WEST



Club House Gravy Mixes
20-47g
Select varieties

4\$5 for



Wonder White, Texas Toast, or Wonder Plus 100% Whole Wheat Bread
570g

MEMBER EXCLUSIVE 2\$5 for



Coca-Cola or Pepsi Soft Drinks
20-24 Pack
Select varieties



12.99 ea



General Mills or Kellogg's Cereal
450-778g
Select varieties

5.47 ea



Danone Oikos and Oikos Pro Yogurt Tubs
650-750g
Select varieties

6.47 ea

HEALTH & BEAUTY DEAL OF THE WEEK!



Ensure or Glucerna Meal Replacement and Clear Nutrition Liquid
4-6 Pack Select varieties

MEMBER EXCLUSIVE 12.99
MEMBERS EARN 20%



Most see a turkey dinner. Members see Bonus Cash.

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

LEARN MORE



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.



Prices in effect December 11-17, 2023 at all Calgary Co-op locations. All advertised items are applicable per household, while supplies last. No cash backs. Delivery only. Calgary Co-op Food Stores make every effort to supply sufficient advertised merchandise to meet your needs. Due to the nature of our business, some items may be out of stock. Also, due to the use of some Calgary Co-op Food Stores, a complete list of advertised items may not be posted. The obligation for any recommendations is based on the date of the advertisement. All items may not be available in all stores. Actual items may vary slightly from illustrations. Some illustrations are for informational purposes only. ©2023 Calgary Co-op. All rights reserved. Calgary Co-op is a registered trademark of the Calgary Co-op Food Stores. All other trademarks are the property of their respective owners.

Holiday Charcuterie

[Click Here to Explore our Cheese Guide](#)

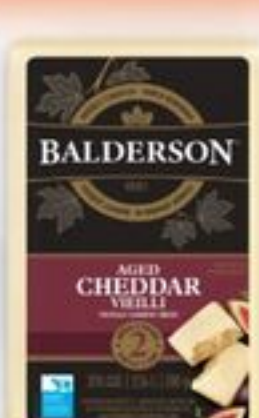


Divina Olives
320ml or 290g
Olive Tapenade
8⁹⁹ ea



PRODUCT
OF
CANADA

Balderson
Cheddar
250-280g



20% OFF



BEST
FROM THE
WEST



Bothwell Habanero
Black Pepper
or Smoked Gouda
170g
6⁹⁹ ea



L'Extra Double
Cream Brie
or Camembert or Notre
Dame Brie 170g

8⁹⁹ ea

PRODUCT
OF
CANADA



Jarlsberg
Cheese
Wedge
250g

12⁹⁹ ea



PRODUCT
OF
CANADA

Mastro
Charcuterie Trio
100g or Cooked
Charcuterie Trio 175g



SAVE
\$2

Panettone

A Holiday Tradition

[LEARN MORE](#)

MEMBERS
**EARN
15%**



Classic
Pandoro
1kg

Made fresh with love from Italy.

Chocolate Chips with Salted
Caramel or Dark Chocolate
1kg

Raisin & Candied Fruit
or Raisin
1kg



Pistachio
Cream
1kg



Limoncello
1kg

BEST
FROM THE
WEST



Traditional or White
Chocolate Cranberry
770g



Traditional Pandoro
750g



Traditional
Pandoro or
Panettone
80-100g



Produce

Ambrosia Apples
BC Grown
Extra Fancy



SALE
1.99
ea
+
MEMBERS EARN 10%

Lemons
Product of USA
Fancy

69¢
ea



Organic Avocados
Product of Mexico
No. 1 Grade



SALE
1.99
+
MEMBERS EARN 15%

Mini Watermelon
Product of USA/Mexico
No. 1 Grade

SALE
5.99
+
MEMBERS EARN 10%



Founders & Farmers Carrots
5lb Bag
Alberta Grown
Canada No. 1



APP EXCLUSIVE SAVINGS
Must Clip before purchase
3.99
ea
SAVE \$1
Without APP
4.99



Founders & Farmers Russet or Red Potatoes
5lb Bag
Product of Western Canada
No. 1 Grade

4.49
ea

Founders & Farmers Yellow Onions
3lb Bag Alberta Grown
Canada No. 1



SALE
3.49
+
MEMBERS EARN 10%



Cauliflower
Product of USA
No. 1 Grade

4.99
ea



In-store Cut Fruit & Vegetables

made fresh in-store



Dips
250-300g
Assorted varieties

15% OFF



Strawberry Blends
16-24oz

15% OFF



Caesar Salads
With or Without Chicken
200-630g

15% OFF

Floral



6" Poinsettia
SALE
11.99
+
MEMBERS EARN 10%

8" Embossed Stars Planter

39.99
ea



Rose Lily Bouquet

27.99
ea



7" Mixed Point Pan

21.99
ea



2" Santas Reindeer

8.99
ea



Golden Trees Planter

39.99
ea

natural choice

Thoughtful Gifts for Every Budget

From candles and essential oils to beauty products, self-care, and everything in between, we've got the perfect gift for everyone on your list!



SHOP NOW

**ONLY
ALBERTA
BLACK
ANGUS
BEEF**



**Beef Simmering or
Braising Short Ribs or
Boneless Stewing Beef**
Family Pack
Cut from Canada AA Beef
Aged 14 Days

12⁹⁹
/lb
28.64/kg

**Beef Tenderloin
Grilling Steak or
Oven Roast**
Cut from Canada AA or
AAA Beef
Aged 14 & 21 Days

**10%
OFF**



Bring the flavour home this holiday with melt-in-your-mouth Black Angus that's made for celebrating.

LEARN MORE



Pork Back Ribs
Cryovac
Western Canadian

5⁹⁹
/lb
13.21/kg



Chicken Drumsticks
Family Pack
Grain Fed, Free Run & Air Chilled

3⁴⁹
/lb
7.69/kg

**ONLY
ALBERTA
CHICKEN**

**Medium Ground
Chuck**
5lb Tube

6⁹⁹
/lb
15.41/kg



**Johnsonville Pork Dinner, Breakfast,
Rounds, Grinds or Smoked Sausage**
Previously Frozen 250-500g
Assorted varieties

MEMBER EXCLUSIVE
5⁴⁹
ea

**Frenched Rack
of Lamb**
Cryovac

**ONLY
ALBERTA
LAMB**

SALE
31⁹⁹
/lb
7.53/kg

**MEMBERS
EARN
10%**



**Stuffed Portobello
Mushrooms with
Sausage**
Chicken Apple or Spicy
Italian Pork Sausage

7⁹⁹
/lb
17.61/kg



**MADE
fresh
IN-STORE**



**Rana Meal
Entrees**
454g
Assorted
varieties

8⁴⁹
ea

**BEST
FROM THE
WEST**



**Grimm's Sliced
Meats or Ham
Steaks**
125-175g
Assorted
varieties

5⁷⁹
ea



**Cal & Gary's
Empanadas**
Frozen 320g
Assorted varieties

9⁹⁹
ea



**Mitchell's,
Schneiders Bacon
or Fully Cooked
Bacon**
100-375g

6⁹⁹
ea

Alternative Protein

NEW

**Field Roast Stadium
Dogs or Smoky BBQ
Shredded Meat**
284-296g

8⁹⁹
ea



**Plant Up Dumplings or
Bites**
Frozen 288g
Assorted varieties

SALE
8⁹⁹
+
**MEMBERS
EARN
10%**



**Gardein Supreme
Entrées**
Frozen 397-425g
Assorted varieties

9⁹⁹
ea

Seafood

**OCEAN WISE
RECOMMENDED**

**Chinook Red Spring
Salmon Fillet**
Farmed

3⁹⁹
/100g



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

1⁷⁵
ea



**Shrimp & Imitation
Crab with Cocktail
Sauce Platter**
Previously Frozen 525g
Suggested Servings: 3 - 4

SALE
12⁹⁹

**MEMBERS
EARN
10%**



**Cal & Gary's
Raw Pacific
White
Shrimp**
51/60 & 61/70
Count
Frozen 340g

8⁹⁹
ea

Clear Ocean Large Scallop Meat
Frozen 454g



**APP
EXCLUSIVE
SAVINGS**
10⁹⁹
/ea
SAVE 1⁰⁰
/ea
Without App
12⁴⁹
ea



**Aqua Star Snow
Crab Clusters or
Lobster Claws**
Frozen 454g

18⁹⁹
ea

Bakery

Cal & Gary's Mini Sourdough or Pumpernickle Boules 250-300g

2⁹⁹ ea

BAKED - fresh - IN-STORE



Cal & Gary's Pastries

Almond Tarts, Fresh Fruit Tarts, Cannoli, Zeppolini, Lobster Tails, Cream Horns, Profiteroles, Filled with Ricotta, Chantilly or Real Cream fillings

BUY MORE SAVE MORE

PURCHASE IN MULTIPLES OF 6 FOR ...

\$12 OR BUY 1 FOR **2⁴⁹** ea



Cake Slices

Dubai Chocolate Pistachio Cake & Italian Rum, Dark Chocolate Raspberry or Assorted varieties



BUY MORE SAVE MORE

PURCHASE IN MULTIPLES OF 2 FOR ...

\$4 OR BUY 1 FOR **4⁹⁹** ea



BAKED - fresh - IN-STORE

Founders & Farmers All Butter Cruffins

Raspberry, Lemon Venetian or Nutella Filled 6 Pack

3⁴⁹ ea

Founders & Farmers All Butter Mini Croissants 12 Pack



5⁹⁹ ea

BAKED - fresh - IN-STORE



Deli

BEST FROM THE WEST

Grimm's Old Style Carving Ham or Honey Maple Ham Sliced Fresh in the Deli

3⁷⁹ /100g



Homestyle Roast Beef

Or Homestyle Corned Beef Sliced Fresh in the Deli

3⁴⁹ /100g



Schneiders Hot Salsa Salami Sliced Fresh in the Deli

4⁹⁹ /100g

MADE - fresh in the - DELI



Broccoli Supreme Salad

2²⁹ /100g

NEW



Summer Fresh Dips or Hummus or Salsa 227ml 200-400g

MEMBER EXCLUSIVE **20% OFF**



Coombe Castle Cheese Select varieties 150-200g Product of the UK

9⁹⁹ ea

MIX & MATCH



Ilchester Applewood Smoked Cheddar 150g or Belton Farm Red Fox 200g or Coastal British Cheddar 200g Product of the UK

3\$20 for

MIX & MATCH



Alexis de Portneuf Brie and Woolwich Goat Cheese Logs Coconut Triple Cream Brie, Brise du Matin, or Lactose Free Double Cream Brie 113-125g

3\$15 for

Natural Choice

natural choice



Everyone Soap or Lotion Select varieties & sizes

15% OFF

Organika Sport Supplements Select varieties & sizes

20% OFF

NOW Essential Oils or Room Mists Select varieties & sizes

10% OFF

MEMBERS EARN 10% OFF

Attitude Personal Care Select varieties & sizes

15% OFF



Book your flu shot today.

Other publicly funded vaccines available.

Phar More+



CALGARY CO-OP PHARMACY

BOOK AN APPOINTMENT OR WALK-IN AVAILABLE

Grocery



Armstrong Shredded, Sliced or Block Cheese
220-400g and Armstrong Snacks 180-340g
Select varieties

5.99 ea



Bubly Sparkling Water
12 Pack or Zevia Soda 6 Pack
Select varieties

6.99 ea



Dr. Oetker Casa Di Mama or Ristorante Frozen Pizza
325-410g and Healthy Choice Frozen Entrées 259-301g
Select varieties

4.99 ea



Stash Tea
20 Pack or Earth Own Alternative Beverage or Silk or Blue Diamond 946ml
Select varieties

2\$6 for



Founders & Farmers Spices
14-245g Select varieties

25% OFF



Founders & Farmers Frozen Vegetables
500-750g or Cheemo Perogies 815-907g
Select varieties

MEMBERS EARN 20%



Silk Refrigerated Alternative Beverages
1.74-1.89L Select varieties

3.99 ea



Green Giant Canned Vegetables
341-398ml Select varieties

SALE 2\$4 for
MEMBERS EARN 15%



Smucker's Jam or Fruit Spreads
310-500ml Select varieties

30% OFF



Campbell's Cooking Soup
284ml Select varieties

SALE 3\$5 for
MEMBERS EARN 15%



Aylmer's Tomatoes
540-796ml or Hunt's Thick & Rich Pasta Sauce 680ml
Select varieties

APP EXCLUSIVE SAVINGS
1.66 ea
SAVE 83¢
Without App **2.49**



Milk-Bone Dog Treats
113g-2kg or Friskies Party Mix 170-454g or Nature's Recipe Dog Food 368g
Select varieties

APP EXCLUSIVE SAVINGS
50% OFF
Without App **25% OFF**



Hershey's Chipits
200-270g Select varieties

SALE 5.49 ea
MEMBERS EARN 10%



Waterbridge Candy Bag
700g or M&M's Candy Bag 345g Select varieties

7.99 ea

Sweeten Your Holidays

Treat yourself and loved ones to decadent chocolate, candy and festive treats. Perfect for snacking, gifting and celebrating every holiday moment.

SHOP NOW



Health & Beauty



Crest Complete or Pro-Health Toothpaste
90-130ml and Nivea Roll On Antiperspirant 50ml or Halls Lozenges 25-30's Select varieties

3.99 ea



TRESemmé Hair Care
828ml and Styling 255-311g or Live Clean Hair Care 350ml and Crest Pro Health Advanced Mouthwash 1L Select varieties

SALE 6.99 ea
MEMBERS EARN 10%



St. Ives Lotion
600ml and Irish Spring Bar Soap 6 Pack or Hello Deodorant 73g and Got2B Styling Products 57-340g Select varieties

5.99 ea



Dr. Teal's Epsom Salts
1.36kg and Foam Bath 1L or Dove Men+Care Bodywash 532ml Select varieties

SALE 7.99 ea
MEMBERS EARN 10%



Gillette Shave Needs
Select varieties & sizes

20% OFF



Bausch & Lomb Eye Care
Select varieties & sizes

SALE 25% OFF
MEMBERS EARN 20%



Benylin Cough Syrup
170-250ml Select varieties

13.99 ea



Tylenol Pain Relief
40-150's Select varieties

MEMBER EXCLUSIVE 15.99 ea



Pedialyte Rehydration Solution
1L and Pops 16's or Powders 8's Select varieties

7.99 ea