



CALGARY CO-OP

EARN
\$15
Bonus Cash*

4 DAYS ONLY
Jan 8-11, 2026

WHEN YOU
SPEND \$125**
OR MORE ON GROCERIES
IN-STORE & ONLINE

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

**Purchase must be \$125 or more after discounts/ coupons. Total includes deposits, environmental and taxes where applicable. Excludes prescriptions, postage, transit passes, gift cards, event ticket, passes, lottery tickets, services. For online orders, offer applies to fulfilled orders January 8-11, 2026.

\$Dollar DEALS

Strawberries
1lb/454g
Product of Mexico
No. 1 Grade

\$4 ea



Navel Oranges
Product of USA
Fancy

\$1 /lb
2.21/kg



**HOT
DEAL**



Lean Ground Beef
3lb Cryovac
Works out to \$18.00 Each

\$6 /lb
13.23/kg



Founders & Farmers
Chicken Wings, Mitchell's
Heritage Thick Cut Bacon or
Schneiders Bacon Crumble
300g-1kg

**SALE
\$13** +

**MEMBERS
EARN
10%**

\$1 ea



Dairyland Milk
2 Go or Neilson
Milkshake
310ml Select varieties
Limit 8



ItalPasta
450g & Ben's Original
Fast & Fancy Rice 132g
or Jell-o Jelly Powder
10-85g Select varieties



Snapple Iced Tea
473ml or Brisk 710ml
Select varieties or
Hershey Chocolate Bars
39-58g Select varieties



Fancy Feast
Wet Cat Food
79.4-85g or Friskies
Wet Cat Food 156g
Select varieties

\$2 ea



Michelina's
Frozen Entrées
255-284g or Yoplait Tubes
448g Select varieties
Limit 8



Hunt's Snack Pack
4 Pack or Chef Boyardee
418-425g
Select varieties



Sparkling
Ice Beverage
503ml or Bai 530ml or
Celsius Energy Drink
355ml Takis 80-90g
Select varieties



Baby Gourmet
Organic Puree
128ml and Jars 113ml
Select varieties

\$3 ea



Liberté
Méditerranée
Yogurt
500g or 4 Pack and Silk
or Bailey's Coffee
Creamer 400-450ml
Select varieties
Limit 8



Clover Leaf
White Tuna
170g or Ben's Original
Bistro Express Rice 180-
285g Select varieties



Nature Valley
Bars or Go Pure or
TruBar
128-226g
Select varieties



Kettle Chips or
Christie or
Goldfish Crackers
156-227g
Select varieties



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 JANUARY THUR 08 FRI 09 SAT 10 SUN 11 MON 12 TUES 13 WED 14 2026

FROM ITALY WITH LOVE

Spolumbo's Mild & Spicy Italian Pork Sausage
Family Pack • 6 Links

\$16
ea

BEST
FROM THE
WEST



Cal & Gary's
Italian Artisan
Pasta
500g
Select varieties

2\$9
for

PRODUCT
OF
ITALY



Sweet Mixed
Peppers
2lb Bag
Product of Mexico
No. 1 Grade

\$6
ea



Cal & Gary's
Pasta Sauce
709ml or
Founders & Farmers
Parmesan Cheese 250g
Select varieties

SALE
\$8
ea

MEMBERS
EARN
20%



Grana Padano
Cut and Wrapped Fresh
in the Deli

\$5
/100g



Organic Garlic
Alberta Grown
Canada No. 1

\$4
/100g

BEST
FROM THE
WEST



BAKED
fresh
IN-STORE

Cal & Gary's
Calabrese Bread
Sliced or Unsliced
450g

\$2
ea



MADE
with
REAL
CREAM

Cal & Gary's Bacio
Hazelnut or Tiramisu
Dessert Cake
375-650g

MEMBERS
EARN
20%



Olivieri Linguine or
Angel Hair Fresh
Pasta
300g

MEMBER EXCLUSIVE
\$6
ea

PRODUCT
OF
ITALY



Cal & Gary's Italian
Meats
70g

SALE
\$8
ea

MEMBERS
EARN
10%



Bari Ricotta Cheese
500g
Select varieties

\$8
ea



Scarpone's
Beans
398ml
Select varieties

5\$5
for



Cal & Gary's
Extra Virgin
Olive Oil
500-750ml &
Balsamic or Wine
Vinegar 250-
500ml Select
varieties

20% OFF



NEW

Pallante
Italian Pasta
500g Select varieties

3\$5
for

BEST
FROM THE
WEST



Let's Pasta
500g & Pasta Sauce
350ml
Select varieties

\$7
ea



Founders & Farmers
Tomatoes
796ml
Select varieties

\$2
ea



Noto Gelato
500ml
Select varieties

SALE
\$9
ea

MEMBERS
EARN
20%

BEST
FROM THE
WEST



San Pellegrino
Sparkling Water
750ml
Select varieties

\$2
ea



Peroni Non Alch
Beer
6 Pack Select varieties

MEMBER EXCLUSIVE
11.99
ea

does your hunger speak Italian?



**MEMBERS
EARN
10%**

\$1 ed

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

\$6.
SAVE \$1

Without A
\$

\$20
/lb
44.09/kg

MIX
- & -
MATCH

MEMBER EXCLUSIVE

**2\$
for 7**



\$8

SALE
\$25

**MEMBERS
EARN
20%**

SALE
\$4.99

**MEMBERS
EARN
10%**

BOOK AN APPOINTMENT

Factors can help recording

Bonus
Cash

Download the app today to receive your patronage as **Bonus Cash**[®] as early as mid-January.

*Due to regulations, Bonus Cash redemption is not permitted at Pharmacy and Cannabis. Calgary Co-op App download and registration required. Visit calgarycoop.com/appterm for additional terms & conditions.

LEARN MORE

Curated by CAL & GARY'S



Start the New Year with a Delicious, Healthy Smoothie Bowl with your Favourite Toppings!

Smoothie Bowl

Ingredients:

- 1 cup Cal & Gary's Frozen Smoothie Blend
- ½ cup of water/juice/dairy or plant-based milk of choice
- ¼ cup Greek yogurt (optional, for creaminess)
- 1 scoop protein powder (optional)

Toppings:

(optional but recommended)

- Cal & Gary's Chia seeds
- Cal & Gary's Hemp hearts
- Cal & Gary's Raw Honey (optional for sweetness)

Instructions:

In a blender, combine the frozen fruit, liquid of choice, and yogurt (if using). Blend until smooth and creamy. You may need to add a little more liquid if it's too thick.

Optional:

(add in a portion of the toppings before blending)

Pour the smoothie into a bowl. Add your favorite toppings like chia seeds, hemp hearts, or a drizzle of honey.

Grab a spoon and dig in!



NEW

Cal & Gary's Frozen Fruit
400-600g Assorted varieties



SALE
\$4^{ea}

MEMBERS
EARN
10%

Cal & Gary's Smoothie Blends
400-600g Assorted varieties

NEW

SALE
\$4^{ea}

MEMBERS
EARN
10%



Cal & Gary's Hemp Hearts
454g Select varieties

11⁹⁹^{ea}



Cal & Gary's Mixed Berries or Strawberry Pineapple Blend
24oz

MEMBERS
EARN
10%



Cal & Gary's Honey
375g Select varieties



\$7^{ea}

Cal & Gary's Chia Seeds
340g Select varieties

20% OFF





SQUEEZE THE DAY

Cara Cara
Navels
Product of USA
Fancy

249
/lb
5.49/kg



One orange
= All your daily
Vitamin C

Grapefruits are a
happy accident
- a natural mix of
orange + pomelo.



Minneola Tangelos
Product of USA
Fancy

249
/lb
5.49/kg



Easy to peel.
Perfect for juicing

Lemons
Product of USA
Fancy

5\$4
for



Fun fact:
Lemons float. Limes sink.

Red
Grapefruit
3lb Bag
Product of Mexico
Fancy

SALE
\$6
ea

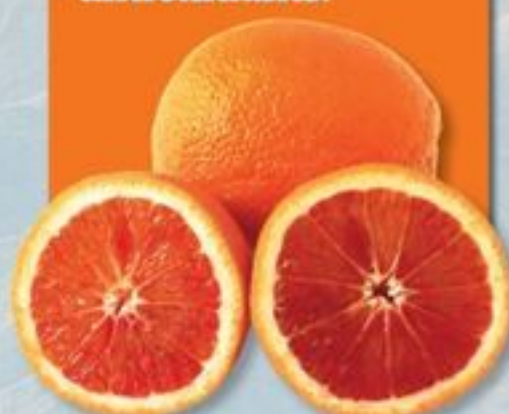
MEMBERS
EARN
10%



\$5
ea

Key Limes
1lb Bag Product of Mexico
Fancy

Blood oranges get
their ruby colour
from powerful
antioxidants.



Moroblood Oranges
Product of USA
Fancy

249
/lb
5.49/kg



Halos Mandarins
3lb Bag Product of USA
Fancy

\$6
ea

Meyer lemons are the sweet,
floral cousin of regular
lemons

Meyer Lemons
1lb Bag
Product of USA
Fancy

SALE
\$5
ea

MEMBERS
EARN
10%



Mandarin Oranges
2lb
Product of USA
Fancy

\$5
ea



Cal & Gary's
Lemon Pepper
Atlantic Salmon
or Haddock Fillets
Frozen 113g

649
ea



Lemon Caper Pasta Salad



MADE
fresh
IN-STORE

249
/100g



Nefiss Divine Lemon
Stuffed Green Olives
and Assorted varieties
200g

\$8
ea

Try our
delicious
2lb pie



Founders & Farmers
Lemon Meringue Pies
1/2 or Full Pies
500g-1kg

15% OFF



Founders & Farmers
Lemon or Orange
Filled Cupcakes
6 Pack
Made Instore

SALE
\$5
ea

MEMBERS
EARN
20%

Del Monte, Oasis
or SunRype Juice
900-960ml
Select varieties



SALE
3\$7
for

MEMBERS
EARN
10%



Real Lemon
or Real Lime
Juice
440ml
Select varieties

\$3
ea

Produce

Cosmic Crisp Apples
Product of USA
Extra Fancy

SALE
\$3
/lb
6.61/kg

MEMBERS
EARN
20%



Red, Apple, or Bosc Pears
Product of USA/China
No. 1 Grade

\$3
/lb
6.61/kg



Pineapple
Product of Costa Rica
No. 1 Grade

\$6
ea



Cantaloupe or Honeydew Melon
Product of Guatemala
No. 1 Grade

SALE
\$2
/lb
4.41/kg

MEMBERS
EARN
10%



Broccoli Crowns
Product of Mexico
No. 1 Grade

2.49
/lb
5.49/kg



Baby Carrots
2lb
Product of USA
No. 1 Grade



APP EXCLUSIVE SAVINGS
Must Clip before Purchase
\$3
ea
SAVE \$1
*Clip
Without APP
\$4
ea



Organic Mushrooms
Whole, Sliced, or Cremini
227g
Alberta Grown
Canada No. 1

\$3
ea



Cal & Gary's Mini Potatoes
Red, Yellow, or Medley
680g Product of Western Canada
Canada No. 1

SALE
\$4
ea
MEMBERS
EARN
15%

CAL & GARY'S

In-store Cut Fruit & Vegetables

made fresh in-store



Pineapple
Spears or Diced
16-32oz

10% OFF



Assorted Dips
250-540g

10% OFF



Salad Blends
Family Packs
Assorted varieties

10% OFF

Floral

Timeless Bouquet

SALE
\$29

MEMBERS
EARN
10%



Spring Bulbs
Assorted varieties

\$5
ea

BEST
FROM THE
WEST



3" Piccola Orchid
Single Spike
Grown in Canada

\$22
ea

Most see a fresh apple.
Members see app-exclusive savings.

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

LEARN MORE

**ONLY
ALBERTA
BLACK
ANGUS
BEEF**

Outside Oven Roast
Cut from Canada AA Beef
Aged 14 Days

\$10
/lb
22.05/kg



Fast Fry Beef Minute Steaks
or Beef Stir Fry
Family Pack Cut from Canada AA Beef
Aged 14 Days

\$10
/lb
22.05/kg



Rich marbling, tender red meat with deep umami. Enjoy a piece of Alberta Heritage

LEARN MORE

Maple Leaf Prime RWA
Boneless Skinless
Chicken Breast

Family Pack, Grain Fed, Humanely Raised,
Air Chilled & Canadian Farmed Raised

**BEST
FROM THE
WEST**



SALE \$24
MEMBERS EARN 10%

Bone In Pork Loin Centre
or Rib End Chops
Family Pack
Western Canadian

5.49
/lb
12.10/kg



Pork Back Ribs
Western Canadian

\$7
/lb
15.43/kg



Whole Chicken Wings
or Breast Back Attached
Family Pack
Grain Fed, Free Run & Air
Chilled

\$6
/lb
13.23/kg



London Broils
Flank Steak, Spinach,
Breading & Cheddar
Cheese

\$24
/lb
\$2.91/kg



Mediterranean Bacon
Wrapped Pork Tenderloin
Whole or Skewers
Western Canadian

\$9
/lb
19.84/kg



Founders & Farmers Beef
Pot Roast or Pulled Pork
Previously Frozen or Frozen 550-650g

SALE 15% OFF
MEMBERS EARN 10%



Schneiders Bacon,
Juicy Jumbo's or
All Beef Wieners
375-450g
Assorted varieties

\$8
ea



Schneiders
Breaded Chicken,
Schnitzel or Dips
Frozen 450-615g
Assorted varieties

\$12
ea



Freybe Pepperoni Sticks
500g Assorted varieties

APP EXCLUSIVE SAVINGS
\$10
SAVE \$2
Without App
\$12

Alternative Protein



Beyond Meat
Frozen 226-678g
Assorted varieties

20% OFF

**BEST
FROM THE
WEST**

Sunrise Smoked Tofu
or Soyganic Pressed Tofu
180-400g
Assorted varieties

4.49
ea

**BEST
FROM THE
WEST**

Gusta Veggie Ground
340g Assorted varieties

MEMBER EXCLUSIVE
5.49
ea

Seafood

Steelhead Trout Fillets
Farmed



3.29
/100g



Wild Cod Fillets
Previously Frozen

3.49
/100g



Waterview Market
Shrimp Meal Kits
Frozen 877-907g

\$13
ea



Cal & Gary's
Cooked Pacific
White Shrimp
Frozen 340g
Assorted varieties

20% OFF



Cloverleaf
Delectable
Imitation Crab or
Lobster Meat
227g
Assorted varieties

SALE \$5
MEMBERS EARN 10%



Aqua Gems
Yellowfin Tuna
Steaks
Frozen 340g

\$9
ea

Bakery

Founders & Farmers Bulk Pastries

BUY MORE
SAVE MORE

PURCHASE IN MULTIPLES OF 6 FOR ...
\$10 OR BUY 1 FOR **1.99**



MIX
&
MATCH



3" Mousse Cakes

Ube, Mango, Tiramisu, Bacio or Strawberry or Cream Puffs: Pistachio, Mango or Espresso 4 Pack



MEMBERS
EARN
10%



BAKED
-fresh-
IN-STORE

Founders & Farmers Danish

All Butter Key Lime, Strawberry, Almond or Assorted varieties 4 Pack

\$6 ea

Simply Joy Sliced Cake

Lemon Raspberry, Banana Nut or Assorted varieties 400g



\$6 ea

Cal & Gary's Rye Bread

Light or Dark, Sliced 500g

\$4 ea



BAKED
-fresh-
IN-STORE

Discover Artisan Breads

From tangy sourdough, hearty rye and wholesome wheat breads, we've got every palate covered.

SHOP NOW



BAKED
-fresh-
IN-STORE

Deli

Burns Pepperoni or Toupie Ham

Sliced Fresh in the Deli

SALE
\$3 /100g



MEMBERS
EARN
10%



Chicken Pot Pies

Beef Pot Pies \$6 ea, or Butter Chicken Pot Pies \$7 ea 300g

\$5 ea



MADE
-fresh-
IN-STORE

BEST
FROM THE
WEST

Homestyle Roasted Roast Beef or Homestyle Corned Beef Sliced Fresh in the Deli

\$3 /100g



Schneiders Pepperettes 60g

2 for \$4



Mini Babybel 100-120g or Kaukauna Cheese Balls 170g

MEMBER EXCLUSIVE
\$5 ea

Better for You Bowls



Greek Chicken

Chicken, mixed grains, greek salad, micro greens, lemon wedge, with tzatziki dressing.

\$10



Tex Mex Chicken

Chicken, mixed grains, sweet corn & black bean salad, micro greens, lime wedge, with avocado cilantro dressing and chipotle sauce.

\$11



Ponzu Salmon

Salmon fillet, mixed grains, edamame, micro greens, lemon wedge, with ponzu sauce.

\$12



Natural Choice

naturalchoice



MegaFood Vitamins
Select varieties & sizes

SALE
15% OFF
MEMBERS
EARN
10%



AquaOmega
Select varieties & sizes



25% OFF



NOW Supplements
Select varieties & sizes

20% OFF



CanPrev Gut Health
Select varieties & sizes



20% OFF

Grocery



Danone Oikos
4 Pack Select varieties

SALE
\$4^{ea}
MEMBERS EARN 10%



General Mills Cereal
300-430g
Select varieties

3 \$11^{for}



Healthy Choice Steamers
259-301g
Select varieties

\$5^{ea}



Lay's Potato Chips or Doritos
210-235g
Select varieties

2 \$8^{for}



Kicking Horse Coffee
454g
Select varieties

\$19^{ea}



Nestlé Novelties
4-10 Pack & Nestlé Ice Cream
1.5L Select varieties

SALE
\$6^{ea}
MEMBERS EARN 10%



Armstrong Slices or Shredded Cheese
220-320g
Select varieties

\$6^{ea}



Christie Cookies
224-303g
Select varieties

SALE
\$4^{ea}
MEMBERS EARN 10%



Knorr Sidekicks
120-167g
Select varieties

6 \$10^{for}



Hamburger Helper
158-220g or Betty Crocker
Potatoes 141-215g
Select varieties

SALE
4 \$10^{for}
MEMBERS EARN 20%



Martelli Gnocchi
1kg
Select varieties

2 \$7^{for}



Nature's Recipe Dog Food
1.8kg
Select varieties

APP EXCLUSIVE SAVINGS
50% OFF
Without App 25% OFF



French's Ketchup
750ml-1L
Select varieties

\$4^{ea}



Cadbury Chocolate Bars
80-105g
Select varieties

2 \$7^{for}

Health & Beauty



Head & Shoulders Hair Care
613ml or Ivory Mild & Gentle
Bodywash 1.03L and Nivea
Skin Care Lotion 500ml
Select varieties

MEMBER EXCLUSIVE
\$8^{ea}



Crest 3D White Toothpaste
63-70ml or Degree Deodorant
48-76g and Dial Liquid Hand Soap
221-325ml or Herbal Essence Hair
Care 346ml
Select varieties

\$4^{ea}



Dr. Teal's Epsom Salts
1.36Kg and Foam Bath 1L or Crest
Pro Advanced Mouthwash 1L
Select varieties

SALE
\$7^{ea}
MEMBERS EARN 10%



O.B. Tampons
40's or Playtex Sport Tampons
32-36's and Carefree Pads 28's
or Liners 93-120's
Select varieties

\$8^{ea}



Schick Razors and Blades
Select varieties and sizes

20% OFF



HydraSense Nasal Care
100ml and Eye Drops 10ml
Select varieties

\$10^{ea}



Neo Citran
10's
Select varieties

SALE
\$11^{ea}
MEMBERS EARN 10%



Metamucil, Pepto Bismol and Align
Select varieties and sizes

20% OFF



Tylenol Pain Relief
100-120's and
Premier Protein 4 Pack
Select varieties

SALE
\$12^{ea}
MEMBERS EARN 20%



Shop Health & Beauty Essentials

Whether it's everyday essentials, travel-sized necessities, or cough, cold, and self-care must-haves, we have everything you need.

SHOP NOW