



CALGARY CO-OP

Only at Calgary CO-OP
Discover our Exclusive Brands

CAL & GARY'S

FOUNDERS & FARMERS

ONLY ALBERTA BLACK ANGUS BEEF

Founders & Farmers Shredded Cheese

320g and Faith Farms Block Cheese 320-340g
Select varieties

4⁹⁹
ea

BEST FROM THE WEST



HOT DEAL



ONLY ALBERTA CHICKEN

Boneless Skinless Chicken Breast
Family Pack
Grain Fed, Free Run & Air Chilled

6⁴⁹
/lb
14.31/kg



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

20% OFF

BEST FROM THE WEST



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

3⁹⁹
ea

Cal & Gary's Frozen Fruit or Smoothie Blends
400-600g
Select varieties



BEST FROM THE WEST

Founders & Farmers Tomatoes On the Vine
Alberta Grown
Canada No. 1

SALE 2⁹⁹
/lb
6.59/kg

MEMBERS EARN 10%



Founders & Farmers Potato Chips or Pretzels
180-200g or Cal & Gary's Sparkling Water 1L
Select varieties

SALE 3\$5
for
MEMBERS EARN 10%



SALE 4⁹⁹
ea
MEMBERS EARN 10%



Founders & Farmers or Cal & Gary's Organic Tubbies
170-750g
Select varieties

25% OFF

Exclusive Brands You'll Love

Discover Cal & Gary's and Founders & Farmers products made exclusively for Calgary Co-op, crafted for local tastes, trusted quality, and everyday value.

CAL & GARY'S

SHOP NOW

FOUNDERS & FARMERS



PRICES IN EFFECT JAN/FEB THUR 29 FRI 30 SAT 31 SUN 01 MON 02 TUES 03 WED 04 2026

WK13-PG.1

Only at Calgary CO-OP Discover our Exclusive Brands

CAL & GARY'S

FOUNDERS & FARMERS

**ONLY ALBERTA
BLACK ANGUS BEEF**



Cal & Gary's Beef Burgers
Prime Rib, Angus, Sirloin &
Stuffed with Cheddar
Frozen 907g



SALE
14.99
+
**MEMBERS
EARN
10%**



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

SALE
3.99
+
**MEMBERS
EARN
10%**

**Founders & Farmers
Light Tuna**
170g & Tomatoes
796ml or Tomato
Sauce 398ml
Select varieties

**3\$5
for**



Cal & Gary's Soups
Assorted varieties
including Three Sisters
and Tomatillo Chicken
Soup 650ml

SALE
9.99
+
**MEMBERS
EARN
10%**



**Cal & Gary's Thin Crust or Napoli Style
Frozen Pizza**
363-425g or Cal & Gary's Orange Juice 1.5L
Select varieties
Limit 8



Cal & Gary's Tea
15 Pack or Cal & Gary's
Organic Oats 1kg
Select varieties

SALE
5.99
+
**MEMBERS
EARN
10%**

**Cal & Gary's
Ground &
Whole Bean
Coffee**
340g
Select varieties



10.99
ea



**Founders & Farmers
Spices**
14-245g
Select varieties

**30%
OFF**

Phar More+ Care Starts With Your Pharmacist

From vaccines and smoking support to heartburn prevention
and more, your prescribing pharmacist is here to help.

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.



At
Participating
Stores

Prices in effect January 29 - February 4, 2024 at Calgary Co-op locations including the High River location. All advertised brands are applicable per household, while supplies last. No cashback. During a sale, Calgary Co-op Food Stores 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 our Calgary Co-op Food Stores, a complete list of advertised items may not be carried. We apologize for any inconvenience caused by these shortages. Although we strive for complete accuracy in our advertising, errors sometimes can occur. When an error is discovered, a correction notice will be posted in Calgary Co-op Food Stores to bring the error to your attention. The error is the right to best purchase. All items may not be available in all stores. Actual items may vary slightly from descriptions. Some restrictions are in effect regarding eligibility. All items may be subject to additional restrictions or changes. For comments, contact Calgary Co-op Bonus Cash is based on your full-time sales. With Calgary Co-op for online sales and additional terms and conditions. Health information is provided for general informational and educational purposes only and is not a substitute for professional health advice. The general information is not intended to diagnose, cure, or treat any medical condition or to replace your health care professional. Any information, advice, or suggestion given by Calgary Co-op staff is not a replacement for medical advice from your doctor, dentist, or professional health care provider. Consult with your health care professional with any questions you may have.



Health & Wellness

Heart Health

Healthy heart, healthy start — begin your path to wellbeing. Stock up on the essentials to promote an energetic lifestyle.



Chinook Red Spring
Salmon Fillets
Farmed

3⁹⁹
/100g

ORGANIC



Oomé Smoked
Tofu
220g
Assorted
varieties

SALE
6⁹⁹

MEMBERS
**EARN
10%**



BEST
FROM THE
WEST

Sweet Potatoes/Yams
Product of USA
No. 1 Grade

SALE
1⁹⁹
lb 5.36kg

MEMBERS
**EARN
10%**



Green Kale
Product of USA
No. 1 Grade

2⁴⁹
ea

Founders & Farmers
Sourdough Bread
450g
Sliced or Unsliced

3⁹⁹
ea



BAKED
fresh
IN-STORE



12g of Protein &
0g of Sugar per
Stick
Keto and GLP-1
friendly



Mighty Protein
Chicken Sticks
32g

2\$5
for



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

6⁹⁹
ea



Robin Hood or
Rogers Oats
750g-1kg
Select varieties

2\$8
for



Jamieson or
Webber Naturals
Vitamins and
Supplements
Select varieties

**30%
OFF**



Aspirin 81mg
120's and Quick Chews
100's
Select varieties

SALE
13⁹⁹
MEMBERS
**EARN
20%**



Physiologic DigiPulse
Oximeter
or Blood Pressure Monitor and
Optn+ Medication Planners
Select varieties

**30%
OFF**



Nature's Way
NutraSea or NutraVeg
Select varieties & sizes

**25%
OFF**



CanPrev
Supplements
Select varieties & sizes

**20%
OFF**



I.T.L. Magnesium
Select varieties & sizes

**15%
OFF**



make
happy
tummies

Join Us.

100% of donations help feed
hungry tummies at schools in
our neighbourhoods.

Donate
in-store

makehappytummies.ca

Thank you to our Make Happy Tummies™ partners. Look for their products in-store.

TM 2026 Make Happy Tummies



Products may be sold in a format other than as shown and/or may not be available at all stores.

Donation Match Days

January 29 – February 11
We'll match up to \$15,000!

Both Calgary Co-op and The Grocery Foundation will donate \$15,000 during the Match Fund period, January 29 to February 11, 2026. Participating Calgary Co-op stores only. For more information on the Make Happy Tummies™ campaign, please visit: makehappytummies.ca

Produce

Green or Red
Seedless Grapes
Product of Chile
No. 1 Grade

3⁴⁹
/lb
7.69/kg



Sugarbee Apples
Product of USA
Extra Fancy

SALE
2⁹⁹
/lb
6.59/kg

MEMBERS
EARN 15%



Navel Oranges
Product of USA
Fancy

SALE
1⁹⁹
/lb
4.39/kg

MEMBERS
EARN 15%



Bagged Avocados
4 Pack
Product of Mexico
No. 1 Grade

APP
EXCLUSIVE
SAVINGS
*Must Co-op Member
Purchase

3⁹⁹
ea
SAVE \$1
*Clip

Without APP
4⁹⁹



Iceberg Lettuce
Product of USA
No. 1 Grade

2⁴⁹
ea

Green Onions or
Bunched Radishes
Product of USA
No. 1 Grade



SALE
1⁴⁹
ea

MEMBERS
EARN 10%



Tri Coloured Peppers
3 Pack
Product of Mexico
No. 1 Grade

4⁹⁹
ea



Fresh Attitude
Salad Blends
5oz
Product of USA

5⁴⁹
ea

CALGARY'S
CO-OP

In-store Cut Fruit & Vegetables made fresh in-store



Diced Melon
Assorted varieties
16-24oz

10% OFF



Guacamole, Salsa
or Three Layer Dips
500-540g

10% OFF



Caesar or Spring
Mix Salads
530-689g

10% OFF

Floral



Signature
Bouquet

SALE
36⁹⁹

MEMBERS
EARN 10%

BEST
FROM THE
WEST

4" Kalanchoe
Assorted varieties

4⁹⁹
ea



BEST
FROM THE
WEST



5" Lotus
Bamboo in
Ceramic

19⁹⁹
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**

**Bottom Sirloin
Tri Tip Grilling Steak**
Cut from Canada AA Beef
Aged 14 Days

13⁴⁹
/lb
29.74/kg



**Beef Simmering or
Braising Short Ribs**
Cut from Canada AA Beef
Aged 14 Days

12⁹⁹
/lb
26.43/kg



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

LEARN MORE

NEW



**Blue Ribbon Peeled
Outside Skirt Steak**
Cryovac
Cut from Canada AAA Beef

20⁹⁹
/lb
46.27/kg



**Bone In Pork Shoulder
Blade Roast or Steak**
Family Pack
Western Canadian

4⁹⁹
/lb
11.00/kg

**BEST
FROM THE
WEST**



**BEST
FROM THE
WEST**



**Maple Leaf
Prime Chicken
Drumsticks or
Thighs**
Club Pack, Grain Fed,
Humanely Raised, Air
Chilled & Canadian
Farm Raised

\$15^{ea}



**Boneless Skinless Chicken
Thighs**
Family Pack
Grain Fed, Free Run & Air Chilled

8⁴⁹
/lb
18.72/kg

**ONLY
ALBERTA
CHICKEN**



**Olymel Pork Dinner or
Breakfast Sausage**
Previously Frozen 375-450g
Assorted varieties

5⁹⁹
^{ea}



**BEST
FROM THE
WEST**

**Spolumbo's Barca
Pork Cutlet with
Black Forest Ham and
Provolone Cheese**

**SALE
9⁹⁹**
/lb
22.03/kg

**MEMBERS
EARN
10%**



**Schneiders All Beef
Wieners, Juicy Jumbos,
Smoked Sausage and
Sliced Bologna**
375-500g
Assorted varieties

**SALE
8⁴⁹**
^{ea}

**MEMBERS
EARN
10%**



**Founders & Farmers
Smokies or Ham**
800-900g
Assorted varieties

11⁹⁹
^{ea}



**Harvest Thick Cut
Bacon**
500g
Assorted varieties

**BEST
FROM THE
WEST**

**APP
EXCLUSIVE
SAVINGS**
12⁷⁹
/lb
SAVE \$2.20
/lb
**Without APP
14⁹⁹**
^{ea}



**Schneiders Lunchmates,
Snack Kits or Greenfield
Kits**
90-120g
Assorted varieties

3⁴⁹
^{ea}

Alternative Protein



**Gardein Supreme
Plant Based Entrées**
Frozen 390-425g
Assorted varieties

9⁹⁹
^{ea}



**Field Roast
Sausage**
368g
Assorted varieties

7⁹⁹
^{ea}



**The Better Butcher
Ground**
Previously Frozen 300g
Assorted varieties

**SALE
7⁴⁹**
^{ea}

**MEMBERS
EARN
10%**

Seafood

Wild Pacific Cod Fillets
Previously Frozen

3⁶⁹
/100g



Wild Sole Fillets

2¹⁹
/100g



**Aqua Star Pacific
Pink Salmon Fillet**
Frozen 567g

**SALE
12⁹⁹**
^{ea}

**MEMBERS
EARN
10%**



**Aqua Star
Shrimp with Pasta**
Frozen 600g
Assorted varieties

11⁹⁹
^{ea}



**Louis Kemp
Imitation Crab
Legs**
Frozen 907g

19⁹⁹
^{ea}



**Simply West Coast
Sockeye Salmon Burgers**
Frozen 340g

9⁹⁹
^{ea}

Bakery

NEW

Cal & Gary's Oat Porridge
Sourdough Loaf
450g



SALE
4.99

MEMBERS
EARN
10%



BAKED
fresh
IN-STORE



Mix & Match Founders
& Farmers Bulk Pastries
Paczki Day is coming

BUY
MORE
SAVE
MORE

PURCHASE IN MULTIPLES OF 6 FOR ...

\$10 OR BUY 1 FOR **1.99**

Founders & Farmers
Bagels
Multigrain, Everything,
Sesame or Assorted
varieties 6 Pack

4.99
ea



BAKED
fresh
IN-STORE



Founders & Farmers
Mini Muffins
Chocolate Chip, Carrot,
Blueberry
336g

4.99
ea

BAKED
fresh
IN-STORE



MEMBERS
EARN
10%



Founders & Farmers
Hot Cross Buns
6 Pack

Jan 30th National Croissant Day!

Founders & Farmers
All Butter Croissants
4's

MEMBERS
EARN
25%



Deli

BEST
FROM THE
WEST

Grimm's Black
Forest Ham
or Honey Ham

3.49
/100g



SLICED
FRESH
in the
DELI



Saputo
Cheese Slices
160-180g

7.99
ea

MADE
FRESH
in the
DELI



SALE
2.49
/100g

MEMBERS
EARN
10%

Fresh
Greek Salad



Woolwich
Goat Cheese
Logs
113g

5.49
ea



Boursin
130-170g



6.99
ea



Castello Havarti
200g or Cut and Wrapped In
Store Starting at \$3.49/100g
Excludes Aged Havarti

6.99
ea



Cheese Your Own Adventure

From perfect pairings to mouth-watering recipes, explore
the world of cheese and elevate your gatherings with expert
tips, ideas and global flavours.



VIEW GUIDE

Natural Choice

naturalchoice



Frankie's
Snacks
Select varieties
& sizes

15%
OFF



Good
Protein
Select varieties
& sizes

20%
OFF



Everyone
Skin Care
Select varieties
& sizes

20%
OFF



Bach
Rescue
Remedy
Select varieties
& sizes

SALE
10%
OFF

MEMBERS
EARN
10%

Grocery



Cal & Gary's Frozen Fish Fillet
400-500g and McCain Superfries or Tasti Taters 1.5-1.8kg
Select varieties

SALE 9.99
MEMBERS EARN 10%



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

2\$11.98 for



Cheemo Perogies
815-907g and Heluva Good!
Dip 250g Select varieties

2\$6 for



La Cocina Tortilla Chips
200-400g
Select varieties

2\$7 for



Christie Crackers or Kellanova
180-352g

SALE 2\$7 for
MEMBERS EARN 10%



Dairyland Sour Cream
450-500g or Violife Sliced or Shredded Vegan Cheese 200g
Select varieties

3.99 ea



Bassili's Best Lasagna or Pillsbury Pizza Pops and Bites
693-760g Select varieties

5.99 ea



General Mills or Kellogg's Cereal
700g-1.3kg Select varieties

8.99 ea



Founders & Farmers Frozen Vegetables
500-750g Select varieties

2\$5 for



Cal & Gary's Artisan Pasta
500g & Jasmine or Basmati Rice 907g Select varieties

3.99 ea



Cal & Gary's Pure Maple Syrup
500ml or Founders & Farmers Honey 1kg Select varieties

SALE 10.99
MEMBERS EARN 20%



Milk Bone Soft & Chewy Dog Treats
708g or Nature's Recipe Dog Food 1.8kg
Select varieties

APP EXCLUSIVE SAVINGS
40% OFF
Without App **25% OFF**



Energizer Batteries
Select varieties & sizes

30% OFF



Mr Noodles Cups
64g Select varieties

5\$5 for



Bring the Pub Home

Indulge in wings, shareable snacks, non-alcoholic sips and all your pub favourites, perfect for cheering from the couch with family and friends.

SHOP NOW

Health & Beauty



Dove Hair Care
355ml or Styling 142-198g and Bar Soap 3 Pack or Bodywash 325ml and Deodorant 45g
Select varieties

4.99 ea



Founders & Farmers Epsom Salts
1kg or Sensodyne Toothpaste 75-100ml and Live Clean Liquid Hand Soap 500ml
Select varieties

4.99 ea



Listerine Ultra Clean Mouthwash
1L or Jergens and Curel Lotion 480-620ml and Garnier Belle Hair Colour T's Select varieties

SALE 7.99
MEMBERS EARN 10%



U By Kotex Tampons
30-32's and Liners 80-129's or Pads 22-44's
Select varieties

8.99 ea



Poise Pads
22-66's or Depends Underwear 12-19's and Guards 52's or Shields 58's
Select varieties

SALE 18.99
MEMBERS EARN 20%



Imodium
20-24's and Peppid 50-60's
Select varieties

22.99 ea



Tylenol Cold Relief
20's and Benylin Syrup 100ml
Select varieties

SALE 8.99
MEMBERS EARN 10%



Children's Tylenol Pain Relief
100ml and Chewable Tabs 20's or Infant Drops 24ml
Select varieties

8.99 ea



Huggies Mega Colossal Diapers
68-150's
Select varieties

36.99 ea