



\$4/lb
8.82/kg

raised in
**WESTERN
CANADA**



\$8 /lb
17.64/kg



Greenhouse Grown
Produce of Western Canada
Canada No. 1



\$3
/each



180 - 200 g



\$3
/each



284 mL

\$1
/each

\$1
/each



340 mL



\$7
Leach

DOLLAR SUPERSALE

PRICING IN EFFECT JAN. 08 - 14, 2026

08 THU	09 FRI	10 SAT	11 SUN	12 MON	13 TUE	14 WED
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FARM FRESH

PRODUCE

\$7

/each

Canary, Piel de Sapo or Dino Melons

Produce of Brazil

CANARY MELON

MILDLY SWEET AND TANGY. PERFECT FOR PLATTERS OR AS A SAVOURY PAIRING.

DINO MELON

INTENSELY SWEET WITH A FIRM TEXTURE THAT'S GREAT FOR GRILLING OR COOKING.

PIEL DE SAPO MELON

HONEY-LIKE SWEETNESS BEST ENJOYED CHILLED, IN SALADS OR AS DESSERT.

2 FOR \$24

Small Fruit or Veggie Tray

Made in-store

10.25-inch

Co-op Carrots

Produce of Western Canada

Canada No. 1

2 lb (907 g)

\$2 /each

Avocados

Hard Variety

Produce of Mexico

Package of 4

\$4 /each

Bi-Color Seedless Grapes

Produce of Peru

No. 1 Grade

2 lb (907 g)

\$6 /lb

Fresh Cherries

Produce of Chile

13.23kg

Large SIZE

\$4 /lb

Peppers

Assorted Colours

Greenhouse Grown

Produce of Mexico

8.82kg

\$3 /each

Iceberg Lettuce

Produce of U.S.A.

No. 1 Grade

\$2 /lb

Zucchini Squash

Green Variety

Produce of Mexico

4.41kg

\$3 /each

Co-op Yellow Onions

Produce of U.S.A.

Canada No. 1

3 lb (1.36 kg)

3 lbs

\$5 /each

Fresh Express Chopped Salad Kits

Produce of U.S.A. or Mexico

Selected Varieties

298 - 349 g

2 FOR \$6

Organic Petite Carrots

Produce of U.S.A.

340 g

ORGANIC

2 FOR \$6

Organic Sliced White Mushrooms

Produce of Western Canada

227 g

ORGANIC

\$4 /each

Organic Grape Tomatoes

Produce of Mexico

1 Dry Pint (551 mL)

ORGANIC

ORGANIC

2

DOLLAR SUPERSALE

CO-OP logo

Makes meals
delicious.

Makes ¢ents.

Get \$5 off chicken with an exclusive
coupon in the Co-op app.



\$5 OFF



**EXCLUSIVE
APP COUPON**



GET THE CO-OP APP >>



BUTCHER

SHOP

\$20

/lb

44.09/kg

Co-op Beef T-Bone Grilling Steaks

Cut In-store by Your Local Butcher from Canada AA Grade or Higher Aged 14 Days Value Pack

raised in WESTERN CANADA

WE ARE BUTCHERS

When you stop at the meat counter at your local Co-op, you can expect a level of expertise second-to-none. Our in-store butchers are happy to assist you in selecting the right type of meat for your needs and can even offer custom cuts.

\$11

/lb

24.25/kg

Co-op Boneless Stewing Beef

Cut In-store by Your Local Butcher from Canada AA Grade or Higher Aged 14 Days

raised in WESTERN CANADA

\$4

/lb

8.82/kg

Co-op Bone-in Pork Shoulder Blade Steaks or Roast

Cut In-store by Your Local Butcher Value Pack

raised in WESTERN CANADA

\$3

/lb

6.61/kg

Co-op Chicken Legs

Back Attached Grain Fed, Free Run, Air Chilled Value Pack

raised in WESTERN CANADA

\$5

/each

Lilydale Gourmet Sausages

Turkey, Turkey Maple or Chicken 375 g

raised in WESTERN CANADA

\$12

/lb

26.46/kg

Sungold Lamb Boneless Legs

Rich and Juicy Flavour of Premium Lamb Random Cryovac Wrapped

raised in WESTERN CANADA

\$5

/lb

11.02/kg

Co-op Chicken Breasts

Back Attached Grain Fed, Free Run, Air Chilled Value Pack

raised in WESTERN CANADA

\$5

/lb

11.02/kg

Maple Leaf Prime Whole Chicken

Raised Without Antibiotics Grain Fed, Free Run, Air Chilled

raised in WESTERN CANADA

\$6

/lb

13.23/kg

Co-op Glazed Split Chicken Wings

Prepared by Your Local Butcher Grill-Ready Selected Varieties

raised in WESTERN CANADA

\$10

/each

Waterview Market Shrimp

Frozen 454 g

raised in WESTERN CANADA

\$4

/100 g

Fresh Atlantic Salmon Fillets

Farmed Value Pack

raised in WESTERN CANADA

\$10

/each

Ocean Mama Shrimp Gyoza

Frozen 454 g

raised in WESTERN CANADA

\$5

/each

Co-op Gold All Natural Pollock Fillets

Frozen 400 g

raised in WESTERN CANADA

\$4

/100 g

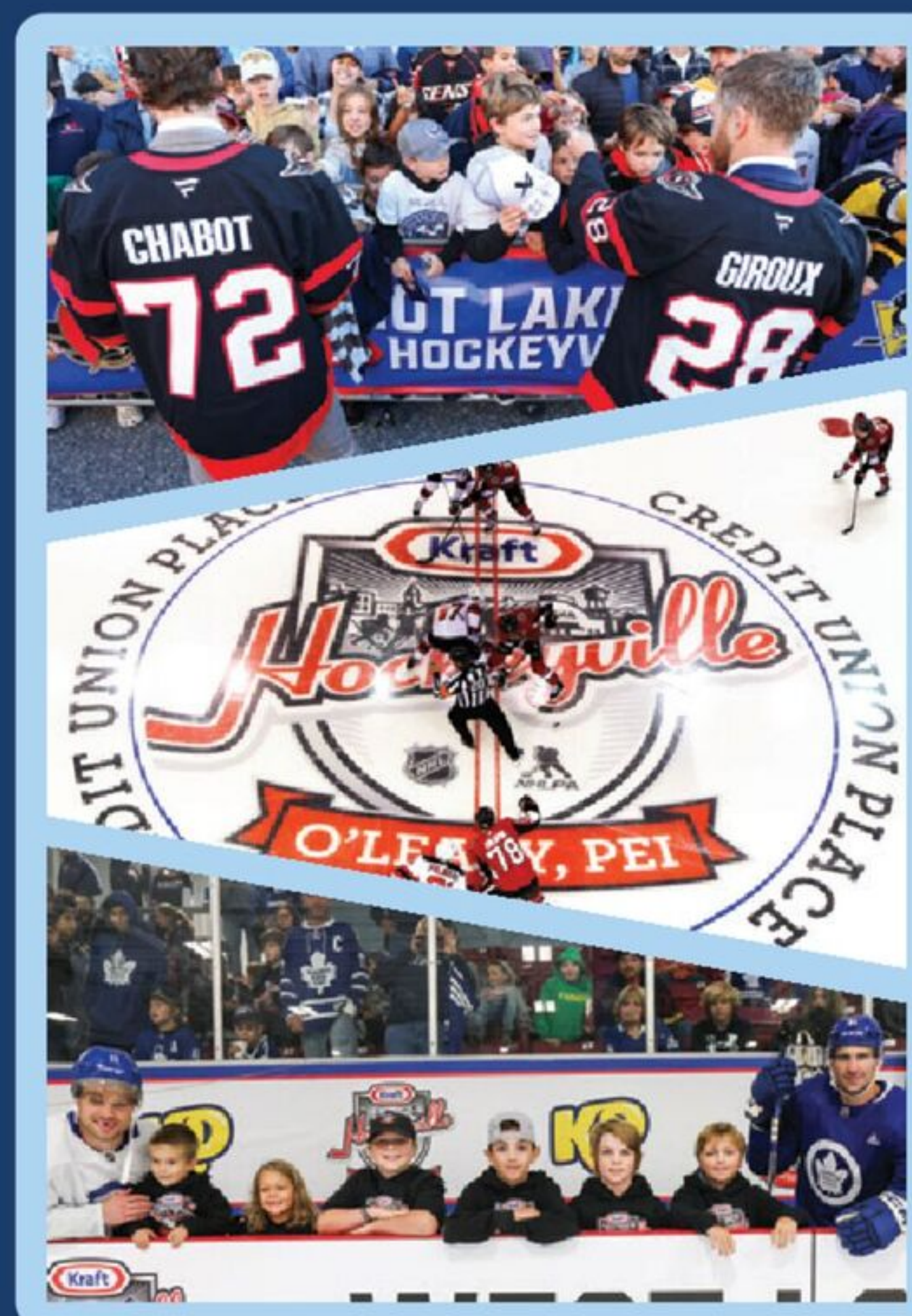
Fresh Wild Caught Walleye Fillets

Product of Saskatchewan or Manitoba

raised in WESTERN CANADA



**BUILDING
COMMUNITY**
One Rink at a Time



Learn More At
KRAFTHOCKEYVILLE.CA

© NHL © NHLPA National Consumer Contest

**OVER
\$15***
IN SAVINGS

EXCLUSIVE TO **CO-OP** AND **TGP** The Grocery People

EXPIRES: FEBRUARY 18, 2026

*See in-store coupons for a complete list of participating products and details for each offer.



**Crave, Smart Ones or KD Deluxe
Frozen Entrées**

Selected Varieties

200 - 340 g



**KD
Deluxe**

349 - 400 g
or Classico
Pizza Sauce
410 g



**Bravo
Pasta
Sauce**
680 mL



PREPARED FOODS

\$2
/100 g

Creamy Garlic & Spinach or Dill Pickle Pasta Salad

Two wooden bowls filled with a creamy pasta salad. The salad consists of short, tubular pasta pieces coated in a thick, light-colored dressing, mixed with finely chopped green herbs (likely spinach or dill) and small, dark, pickled vegetables. The bowls are set against a plain white background.

\$2
/each

Savoury Croissants
Baked In-store
Sold Individually



Heat & Eat Bowls
Made In-store
Shrimp Fiesta, Mediterranean Chicken or Tex Mex

Made In-store
Shrimp Fiesta, Mediterranean Chicken or Tex Mex

FRESH FROM OUR DELI

\$2
/100 g

\$6
/each

Fantino & Mondello Sliced Meats
100 - 175 g

\$10
/each

**Grimm's Smoked
Pepperoni Sticks**
Selected Varieties
450 - 600 g

\$6
/each



\$6
/each

Co-op Gold Feta
200 g

GOLD
Soft Creamy Feta
ARTISAN CHEESE - FROMAGE ARTISANAL
Feta doux et crémeux

Bothwell Cheese Curds
240 g

Olivieri Pasta or Gnocchi
280 - 350 g



PACKAGED MEATS

\$13
/each

**Co-op Gold Chicken
Burger**
Frozen
904 g

4 FOR \$10

Co-op Gold Stuffed Chicken Breasts
Frozen
142 g



\$13
/each

**Montana's Fully Cooked
Pork Back Ribs**
650 g

\$13
/each

**Mitchell's Thick Sliced
Side Bacon**
1 kg



\$13
/each

Maple Leaf
Natural Selection

Sliced Deli Meats
375 - 400 g

\$15
/each

Schneiders Smokies
900 g



\$3
/each

1



Lunchmate Turkey Wraps



\$7
each



Sausage or Back Bacon
250, 200 g or Sliced Bologna or PRO Leaf



THIS TIME OF YEAR REQUIRES
THE G.O.A.T.
OF SNACKS

Goldfish



Pepperidge Farm Goldfish

168 - 200 g, Crisps 177 g
or Kettle Cooked Chips
156 - 198 g



Campbell's Ready to Serve Soup

515 mL or Prego Pasta
Sauce 645 mL



Campbell's Soup

284 mL, Cooking Broth 900 mL
or Concentrated Broth 250 mL
Selected Varieties



FRESH FROM OUR BAKERY

\$6 /each Cheese Swirl Buns Baked In-store Package of 6  MADE IN CANADA	\$4 /each Strudel Bites Baked In-store Apple or Strawberry Package of 12  MADE IN CANADA	\$18 /each Black Forest Cake Made In-store 8-inch 
\$4 /each All Butter Croissants Baked In-store Package of 6  MADE IN CANADA	\$2 /each Concord Mini Cornbread Loaves Regular or Jalapeño 228 g 	\$7 /each Carbonaut Bread Selected Varieties 544 g  MADE IN CANADA
\$6 /each Kimberly's Cookies Selected Varieties 383 g  MADE IN CANADA	2 FOR \$5 Co-op Centisables English Muffins Regular, Sourdough or Extra Crispy Package of 6  MADE IN CANADA	\$5 /each Stonemill Bread Selected Varieties 454 - 550 g  MADE IN CANADA

FLORAL

 \$10 /each Intermediate Rainbow Rose Bunch	 \$24 /each Blooming Magic Bouquet
 \$14 /each Blooming Beauty Bouquet	 \$14 /each Tropical Plant 6-inch Pot grown in WESTERN CANADA

FRESH DAIRY

\$7 /each  Becel Margarine 637 - 850 g	\$6 /each  International Delight Iced Coffee 1.89 L	\$7 /each
3 FOR \$10  Pillsbury Dough Selected Varieties 318 - 468 g	\$2 /each  Pillsbury Crescent Rolls 226 - 227 g or Wiener Wraps 200 g	Yoplait Yogurt 16 x 100 g, Liberté Greek Yogurt 650 - 750 g or Méditerranée 900 g 

ARMSTRONG SINCE 1917 THE CHESTNUT CO COBBLER THE PROTEIN FOR BEST NEW ARMSTRONG PROTEIN BARS ARMSTRONG PROTEIN BARS ARMSTRONG PROTEIN BARS	\$5 /each Armstrong Cheese Sticks & Combos 180 – 340 g or Nibblers 200 g CANADA	2 FOR \$7 Dairyland Creamo 946 mL or Cream 473 mL CANADA	\$5 /each Dairyland Milk Microfiltered, Lactose Free or Protein 1.89 L CANADA	Dairyland Milk Microfiltered, Lactose Free or Protein 1.89 L CANADA
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THE SNACK AVALANCHE CONTEST



you COULD **Win**
\$25,000*

\$10
/each

GLUTEN-FREE

GoGo Squeez
Pure Blended
Fruit
12 x 90 g



\$4
/each

Mini
Babybel
Package of 6

\$5
/each

The Laughing
Cow Snack
Cheese
Portions
128 - 133 g



FROM THE FREEZER

2 FOR \$8

Green Giant Vegetables
750 g or Valley Selections
400 - 500 g
Frozen

\$6 /each

Pillsbury Pizza Pops
760 g or Bites 693 g
Frozen

\$6 /each

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

\$2 /each

Mitchell's Pot Pie
190 g

\$4 /each

Kellogg's Eggo Waffles or Pancakes
Selected Varieties
270 - 330 g

\$5 /each

Chapman's Original or Creamery Ice Cream
Selected Varieties
2 L

MEALS MADE EASY

2 FOR \$10

Hungry-Man Dinners
Frozen
360 - 455 g

\$8 /each

Marie Callender's Entrées
Frozen
680 - 879 g
or Pogo Corn Dogs
Package of 10
Frozen

\$12 /each

Swanson Skillet or P.F. Chang's
Frozen
Selected Varieties & Sizes

FOR YOUR PANTRY

\$22 /each

Nabob Coffee
915 - 930 g

\$10 /each

Co-op Gold Honey
Liquid or Cream
1 kg or Red Rose Orange Pekoe Tea
Package of 140 - 144

\$4 /each

Co-op Gold Peanut Butter
1 kg

\$4 /each

Robin Hood Oats
1 kg

\$2 /each

Chef Boyardee
418 - 425 g or Snack
Pack Puddings or Gels
Package of 4

\$1 /each

Jell-O Jelly Powder
10.1 - 85 g, Instant
Pudding 30 - 113 g or
Lemon Pie Filling 128 g

\$5 /each

Co-op Gold Granola
600 g

2 FOR \$5

Co-op Gold Dressing
Selected Varieties
425 mL

8 FOR \$10

KD
156 - 200 g or Cups
58 g

\$2 /each

Knorr Sidekicks
120 - 153 g or Cups 73 g or Italpasta
900 g

\$3 /each

Lipton or Knorr Soup Mixes
Package of 4

\$3 /each

Old El Paso
Selected Varieties & Sizes

3 FOR \$10

China Lily Soya Sauce
483 mL

4 FOR \$5

Co-op Centsibles Mushrooms
Pieces and Stems
284 g

2 FOR \$5

Aylmer Tomatoes
540 mL or Hunt's Heirloom 398 mL

\$2 /each

Unico Beans, Lentils or Chick Peas
540 mL

\$5 /each

General Mills Family Size Cereal
Selected Varieties
455 - 778 g

2 FOR \$5

Nature Valley Bars
or General Mills or Betty Crocker Snacks
Selected Varieties
120 - 226 g

FREE TOQUE

While quantities last. Offer ends March 8, 2025. Must order online. Visit www.grocerytoque.ca for details.

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DOLLAR SUPERSALE

CO-OP 2025 March 8, 2025



Worldwide Partner

FOR EVERY
GOLDEN MOMENT



ENJOY RESPONSIBLY. Must be legal drinking age. Alcohol-free beer with natural flavour and vitamin D.
©/MD TRADEMARKS GRUPO MODELO, S. DE R.L. DE C.V., LIC. USE / SOUS LIC.



Corona 0.0%
6 x 330 mL

PLUS DEPOSIT & ENVIRONMENTAL
LEVIES WHERE APPLICABLE

ENJOY RESPONSIBLY. Must be legal drinking age.
Alcohol-free beer with natural flavour and vitamin D.
©/MD TRADEMARKS GRUPO MODELO,
S. DE R.L. DE C.V., LIC. USE / SOUS LIC.



**Atypique
Mocktails**
Selected Varieties
4 x 355 mL

PLUS DEPOSIT & ENVIRONMENTAL
LEVIES WHERE APPLICABLE



Trademark used under license by Canada Dry Mott's Inc.
Sparkling Flavoured Beverages.



**Mott's
Fruitsations**
Package of 6



Trademark used under license by Canada Dry Mott's Inc.

DRINKS & SNACKS

2 FOR
\$16

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

3 FOR
\$11

Lay's Potato Chips
200 - 235 g

\$2 /each

Gatorade Sports Drink
710 mL

\$6 /each

Dare Wagon Wheels
630 g or Bear Paws
336 - 480 g

4 FOR
\$5

Sparkling Ice Water
503 mL

\$5 /each

V8 Vegetable Cocktail
1.89 L or 6 x 156 mL

4 FOR
\$5

Hershey's Chocolate Bars
34 - 58 g, Jelly Rancher
Mistifs 60 g or Twizzlers
60 - 90 g
Selected Varieties

2 FOR
\$6

Mars Chocolate Bars or Snacks
95 - 109 g, Skittles
130 - 191 g or Starburst
142 - 170 g

Crispers SNACK BOWL
GRAB YOUR GAME-TIME LUNCH!

3 FOR
\$10

Christie Crispers or Bits & Bites
145 g

3 FOR
\$12

Christie Cookies
Selected Varieties
251 - 303 g

2 FOR
\$7

Christie or Triscuit Snack Crackers
Selected Varieties
175 - 200 g

\$7 /each

Carnation Hot Chocolate
400 - 450 g

2 FOR
\$9

Nestlé Coffee Mate
828 - 946 mL

\$8 /each

Nescafé Instant Coffee
Selected Varieties
100 - 396 g

NESCAFÉ
It's how the world says coffee
5500 cups enjoyed every second around the world

FOR YOUR PETS

5 FOR
\$5

Friskies Wet Cat Food
156 g

\$3 /each

Whiskas Temptations
180 g

\$10 /each

Purina Cat or Kitten Chow
1.6 - 2 kg or Beneful
Dog Food 1.6 - 1.8 kg

\$38 /each

Co-op Gold PURE Dog Food
Selected Varieties
11.4 - 11.5 kg

FOR YOUR HOME

\$11 /each

Bounce Sheets
Package of 120 - 200, Gain Sheets Package
of 200 or Fabric Softener 2.63 L or Downy
120 Loads or Scent Beads 379 g
Selected Varieties

\$11 /each

Gain Laundry Detergent
61 Loads or Flings
31 Loads

\$5 /each

Co-op Gold Bathroom Tissue
Package of 6 Triple Rolls
or 8 Double Rolls

\$3 /each

Palmolive Dish Soap
591 mL or 828 mL



\$6 /each Co-op Centsibles Cooked Ham 375 g  MADE IN CANADA	\$8 /each Co-op Centsibles Processed Cheese Slides 800 g  MADE IN CANADA
2 FOR \$7 Co-op Centsibles Tortillas 10-inch Package of 10  MADE IN CANADA	\$2 /each Co-op Centsibles Bread White or Whole Wheat 570 g  MADE IN CANADA
2 FOR \$5 Co-op Centsibles Sandwich Bags Package of 100  MADE IN CANADA	2 FOR \$5 Co-op Centsibles Sandwich Bags Package of 100  MADE IN CANADA

DINNER SOLVED! GREAT VALUE!





RED AND WHITE PASTA SAUCES - VISIT [FOOD52.CO](#)

SALE

1⁸⁹

/ea

Co-op Gold Pasta
900 g

SALE

7⁴⁹

/ea

Co-op Gold Grated Parmesan Cheese
250 g

3 FOR

9⁹⁹

Classico Pasta Sauce
410 - 600 mL, Pesto 218 mL
or Shake 'n Bake 142 - 184 g



SALE

\$4

/ea

Garlic Bread
Prepared in-store
500 g



MADE IN CANADA

SALE

\$8

/lb

Co-op Meatballs
Made in-store
Oven Ready
17.64/kg



2 FOR

\$10

Co-op Salad Blends
Produce of Western Canada
Assorted Varieties
142 g



PRODUCE OF WESTERN CANADA

SALE

3⁴⁹

/ea

J.L. Kraft Pure Dressing
355 mL or Heinz Ketchup 375 mL



MADE IN CANADA

SALE

\$27

/ea

Co-op Gold Boneless Skinless Chicken Breasts
Seasoned
Frozen
2 kg



MADE IN CANADA

SALE

\$7

/lb

Co-op Ground Chicken Breast
Tray Pack
15.43/kg





SALE

3⁹⁹

/ea

Co-op Gold Hot Cayenne Sauce
354 mL



MADE IN CANADA

2 FOR

\$6

Co-op Gold Tortilla Chips
300 - 320 g



MADE IN CANADA

2 FOR

\$6

Co-op Gold Sour Cream
500 mL



MADE IN CANADA

SALE

5⁹⁹

/ea

Armstrong Cheese
400 g or Shreds 300 - 320 g



MADE IN CANADA

2 FOR

\$9

Pace Salsa
642 mL



2 FOR

8⁹⁸

Taco Bell Core Dinner Kits
280 - 420 g, Creamy Sauces
354 mL or Dips 425 g
Selected Varieties



SALE

1⁹⁹

/lb

White Onions
Produce of U.S.A.
No. 1 Grade
4.39/kg



Jumbo SIZE

CO-OP logo and text