

YOUR CO-OP IS PROUDLY CANADIAN

SALE

6⁹⁹

/lb

raised in WESTERN CANADA

Boneless Beef Eye of Round

Whole
Cut from Canada AA Grade or Higher
Aged 14 Days
Random Cryovac Wrapped

15.41 kg

15% OFF

FIRST TUESDAY OF THE MONTH - SEE BACK PAGE FOR DETAILS

SALE

1⁴⁹

/ea

grown in WESTERN CANADA

Co-op Long English Cucumbers

Greenhouse Grown
Produce of Western Canada
Canada No. 1

2 FOR \$6

Raspberries or Blackberries

Produce of Mexico
170 g

SALE

2⁹⁹

/lb

raised in WESTERN CANADA

Co-op Bone-In Pork Shoulder Blade Steaks

Cut in-store by Your Local Butcher
Value Pack

6.59/kg

SALE

4⁹⁹

/ea

Co-op Centsibles Breaded Chicken

Frozen
600 - 800 g

SALE

4⁴⁹

/ea

International Delight or Silk Coffee Creamer

890 - 946 mL or Cold Foam 369 - 396 g

SALE

11⁹⁹

/ea

Coca-Cola or Canada Dry Products

Selected Varieties
20 x 355 mL or Glaceau Smart Water 6 x 1 L

SALE

15⁹⁹

/ea

Homestyle or Crispy Fried Chicken

Fresh from the Deli
9 Piece

SALE

3⁴⁹

/ea

Natural Bakery Canadian Rye Bread or Multigrain Rye

900 g

SALE

4⁹⁹

/ea

Nestlé Real Dairy Ice Cream or Frozen Dessert 1.5 L, Novelites Package of 4 - 12 or Del Monte Frozen Dessert Bars Package of 10

Selected Varieties

SALE

4⁹⁹

/ea

General Mills Family Size Cereal

Selected Varieties
455 - 778 g

Fill. Scan. Save.

It's Like SAVING 10%⁺

After Every x5 Fills Get

\$15 OFF*

Groceries

Get Details.

Find Inspiration at: food.crs

SALE DATES AND STORE HOURS VARY BY LOCATION. CHECK ON LINE OR IN-STORE FOR DETAILS.

PRICING IN EFFECT JAN. 29 - FEB. 04, 2024

29	30	31	01	02	03	04
TUE	TUE	SAT	SUN	MON	TUE	WED

Available at Participating Food Store Locations

FARM FRESH

PRODUCE

SALE

3⁴⁹

/ea

Artisan Romaine Hearts

Produce of U.S.A.

Package of 2

Artisan ROMAINE

2 Hearts

RECIPE ON BACK

ARTISAN QUALITY
YOU CAN TASTE

Crisp like iceberg lettuce and sweet like romaine hearts, Artisan Romaine is a versatile option with less rib and no bitter aftertaste. Field-packed for freshness, it's great for salads, wraps, sandwiches, grilling and dipping.

SALE

4⁹⁹

/ea

Cauliflower

Produce of U.S.A.

No. 1 Grade

SALE

2⁹⁹

/ea

Inspired Greens

Living Lettuce

Red or Green Batavia or Multi Leaf

Greenhouse Grown

Produce of Western Canada

Canada No. 1

SALE

5⁹⁹

/lb

Asparagus

Produce of Mexico

No. 1 Grade

2 FOR

\$10⁹⁹

Co-op Salad Kits

Produce of Western Canada

Assorted Varieties

184 - 217 g

SALE

4⁹⁹

/ea

Red Mini Seedless Watermelon

Produce of Mexico

SALE

11⁹⁹

/ea

Small Fruit or Veggie Tray

Made in-store

10.25-inch

SALE

2⁹⁹

/lb

Honeycrisp Apples

Produce of Western Canada

Canada Extra Fancy

SALE

1⁹⁹

/lb

Bartlett Pears

Produce of Washington

Extra Fancy Grade

SALE

6⁹⁹

/lb

Fresh Cherries

Produce of Chile

No. 1 Grade

2 FOR

\$6⁹⁹

Organic Whole Brown or White Mushrooms

Produce of Western Canada

227 g

SALE

5⁹⁹

/ea

Organic Hot House Peppers

Produce of Mexico

Package of 2

SALE

4⁹⁹

/ea

Organic Lemons

Produce of U.S.A.

2 lb (907 g)

ORGANIC

2

If you're a Member, you're an Owner

Makes pasta
nights delicious.
Makes ¢ents.

SHOP CENTSIBLES PRODUCTS »

co-op® ¢entsibles®



baby

Co-op has savings on all the baby basics – from diapers to snacks and more.

View the flyer for a bundle of savings



SALE
29⁹⁹
/ea

Goodnites or Pull-Ups
Underwear or Training Pants
Package of 28 - 66



SALE
54⁹⁹
/ea

Good Start Plus
Stage 1 & 2
1.02 kg or Soothe 942 g



4 FOR
\$10

Gerber Snacks
42 g or Arrowroot Biscuits 155 g



5 FOR
\$5
ORGANIC



Personnelle
Organic Baby Food
Pouches 128 mL

PRICING IN EFFECT JANUARY 22 - FEBRUARY 11, 2026

PREPARED FOODS

SALE

1⁹⁹

/100 g

Mediterranean Caesar
Potato or Madras Curry
Couscous Salad

SALE

8⁴⁹

/ea

Loaded Mac & Cheese

Classic or Pulled Pork

Made in-store

SALE

5⁹⁹

/ea

Snack Box

Made in-store

FRESH FROM OUR DELI

SALE

2⁹⁹

/100 g

Schneiders
Deli Ham

Sliced Fresh In-store
Selected Varieties

SALE

6⁹⁹

/ea

Fantino & Mondello
Sliced Meats

100 - 175 g

SALE

3⁹⁹

/ea

Reser's Classic Salads

454 g

SALE

7⁹⁹

/ea

Tre Stelle
Mozzarella Balls

340 g or Ricotta 400 - 475 g

SALE

10⁹⁹

/ea

Mini Babybel

240 g or Balderson Cheese 250 - 280 g

SALE

6⁴⁹

/ea

Olivieri Pasta
or Gnocchi

280 - 350 g

PACKAGED MEATS

SALE

7⁹⁹

/ea

Schneiders
Sliced Bologna

500 g

SALE

11⁹⁹

/ea

Maple Leaf Fully
Cooked Pork Tenderloin

400 g or Rotisserie Chicken Legs 600 g
or Schneider Schmitzel 450 g
Frozen

SALE

5⁴⁹

/ea

Co-op Centsibles
Sliced Side Bacon

375 g

SALE

11⁹⁹

/ea

Janes Pub Style Breaded Chicken
Entrées or Chicken Wings

Frozen
600 - 700 g

SALE

14⁹⁹

/ea

Harvest Garlic
Sausage Ring
or Wieners

1 kg

SALE

5⁴⁹

/ea

Grimm's Sliced
Deli Meats

125 - 175 g

SALE

13⁹⁹

/ea

Co-op Gold
Smokies

900 g or Co-op Centsibles
Garlic Sausage Rings 1 kg

SALE

7⁹⁹

/ea

Schneiders Smoked
Sausages, Juicy Jumbos
or All Beef Wieners

375 - 450 g



**NOMINATE A
MINOR HOCKEY
ASSOCIATION**
for their chance
to receive up to
\$100,000*

Nominate at KrugerBigAssist.ca



PROUDLY ASSISTING CANADIAN FAMILIES ON AND OFF THE ICE.

*No purchase necessary. Nominations start Oct 1/25 end Feb 22/2026. For full details visit KrugerBigAssist.ca

SALE
8⁴⁹
/ea

**SpongeTowels Ultra
or UltraPro**

Package of 3 Double Rolls



SALE
8⁹⁹
/ea

**Scotties Facial
Tissue**

Selected Varieties
Package of 6



SALE
8²⁹
/ea

**Purex
Bathroom Tissue**

Package of 12 Double Rolls
or 8 Ultra Triple Rolls



FRESH FROM OUR BAKERY

SALE

6⁴⁹
/ea

Cheese Swirl Buns

Baked In-store
Package of 6



MADE IN CANADA

SALE

6⁴⁹
/ea

Co-op Gold Fruit Pies

Selected Varieties
620 g



MADE IN CANADA

SALE

6⁴⁹
/ea

Co-op Gold Muffin Tops

Baked In-store
Selected Varieties
Package of 6



MADE IN CANADA

SALE

19⁹⁹
/ea

La Rocca Cakes

6-inch



NEW
FRESH
CO-OP

SALE

3⁹⁹
/ea

Co-op Gold PURE Artisan Sourdough or Harvest Grain Loaf

Baked In-store
400 g



MADE IN CANADA

SALE

3⁹⁹
/ea

Vadiya Mini Naan

Package of 12



MADE IN INDIA
AD

SALE

6⁹⁹
/ea

The Worthy Crumb Tarts

Selected Varieties
400 - 510 g



MADE IN CANADA

SALE

4⁴⁹
/ea

Furlani Parmesan Garlic Knots

296 g



MADE IN CANADA

SALE

3⁹⁹
/ea

Dempster's Tortillas

10-inch
Selected Varieties
Package 6 - 10



MADE IN CANADA

FLORAL SHOP

SALE

10⁹⁹
/ea

Asiatic Lily Bunch



SALE

14⁹⁹
/ea

Single Stem Preserved Rose

30 cm



SALE

19⁹⁹
/ea

Blooming Daydream Bouquet



SALE

13⁹⁹
/ea

Tropical Plant

6-inch Pot



grown in
WESTERN
CANADA

FRESH DAIRY

SALE

3⁴⁹
/ea

Dairyland Whipping Cream

473 mL or Aerosol 225 g



SALE

4⁹⁹
/ea

Cracker Barrel Natural Cheese Slices

200 - 240 g or Cheese Snacks 168 g



MADE IN CANADA

3 FOR

9⁹⁹

Minute Maid Zero Sugar Beverages

1.54 L or Fuziplo or Fuzie Iced Tea 1.75 L



2 FOR

\$7

Yoplait Source Yogurt

630 - 650 g or Liberté Méditerranée Yogurt 500 g or Package of 4



MADE IN CANADA

SALE

5⁹⁹
/ea

Armstrong Cheese

400 g or Shreds 300 - 320 g



MADE IN CANADA

Kellogg's Cereal

Enjoy Frosty Savings



© 2024 WK Kellogg Canada Corp.

2 FOR

\$9

Kellogg's Cereal

283 - 525 g or Fun Pac 210 g
Selected Varieties



SALE

5⁹⁹
/ea

Kellogg's Family Size Cereal

Selected Varieties
480 - 650 g



SALE

8⁹⁹
/ea

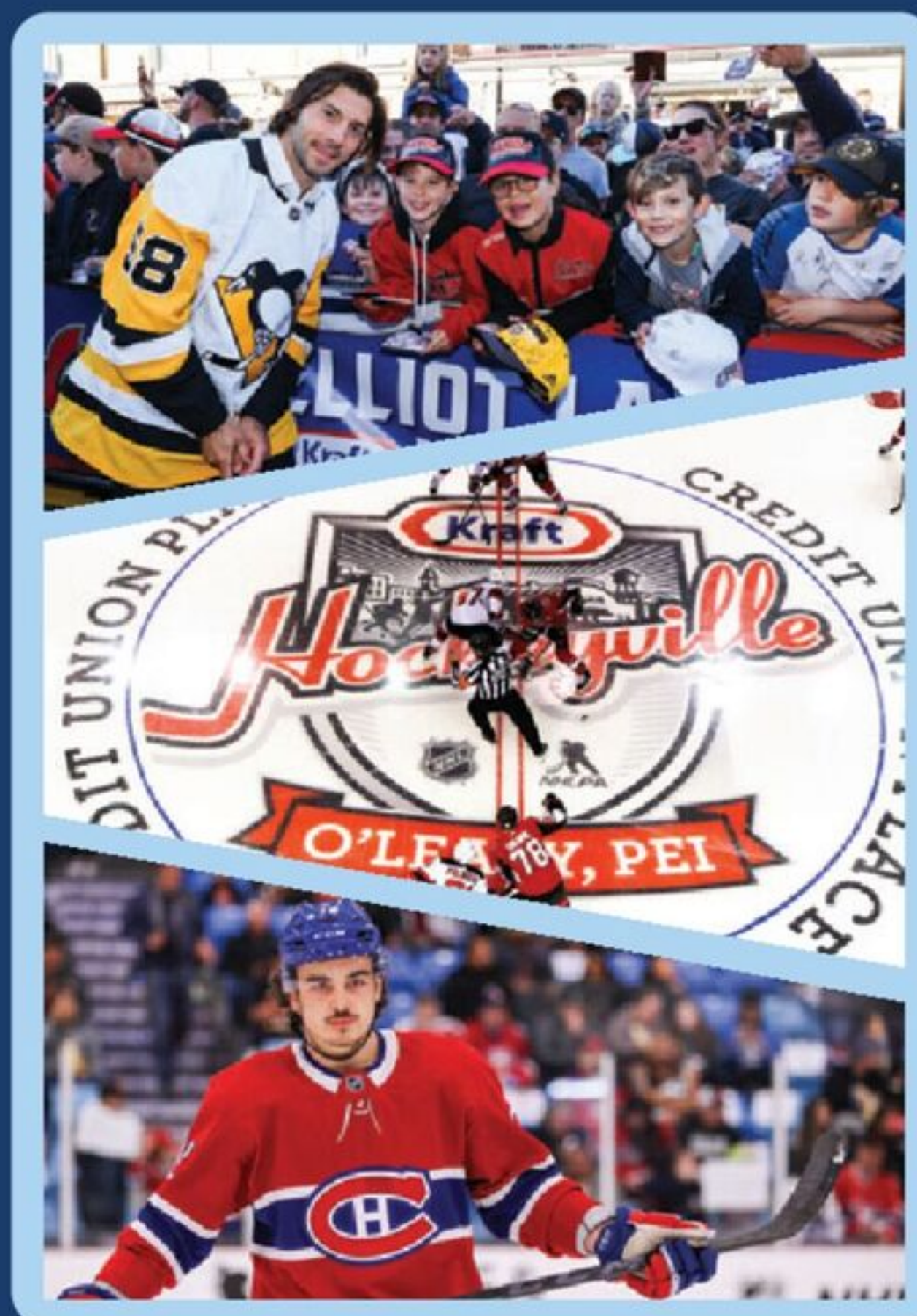
Kellogg's Jumbo Cereal

Selected Varieties
700 g - 1.05 kg





**BUILDING
COMMUNITY**
One Rink at a Time



Learn More At
KRAFTHOCKEYVILLE.CA

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**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.



**3 FOR
12⁹⁹**

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

Selected
Varieties
200 - 340 g



**SALE
10⁹⁹
/ea**

**Heinz
Ketchup**
2 x 1.25 L



**SALE
8⁹⁹
/ea**

Nabob Coffee

300 - 340 g or Tassimo
Maxwell House or Nabob
Package of 14 - 16



FROM THE FREEZER

SALE

18⁹⁹
/ea

Pillsbury Pizza Pops

Frozen
Package of 30



2 FOR

\$12

Cheemo Perogies

Frozen
2 kg



SALE

6⁹⁹
/ea

BlueWater Seafoods

Frozen
Selected Varieties
255 - 600 g



4 FOR

\$8

Swanson Meat Pies

Frozen
200 g



4 FOR

\$7

Green Giant Simply Steam Vegetables

Frozen
198 - 250 g



2 FOR

\$12

Snowcrest Organic Fruit

Frozen
500 - 600 g



FOR YOUR PANTRY

SALE

8⁴⁹
/ea

Co-operative Coffee

300 - 340 g



2 FOR

7⁴⁸

Tetley Tea

Package of 20 - 24



2 FOR

\$7

Post Cereal

Selected Varieties
311 - 525 g



2 FOR

\$6

Co-op Gold Instant Oatmeal

280 - 344 g



4 FOR

\$6

Club House Seasoning Mix

Selected Varieties
20 - 47 g



2 FOR

4⁹⁸

Co-op Gold Dressing

Selected Varieties
425 mL



2 FOR

7⁹⁸

Frank's RedHot Sauce

Selected Varieties
354 mL



SALE

8⁴⁹
/ea

Co-op Gold Maple Syrup

375 mL



2 FOR

\$7

Clover Leaf Pink Salmon

150 - 213 g or Albacore
White Tuna 120 g



3 FOR

4⁹⁸

Ocean's Light Tuna

Flaked or Chunked
120 g



SALE

4⁴⁹
/ea

Old El Paso Dinner Kits

Selected Varieties & Sizes



SALE

9⁹⁹
/ea

Robin Hood Flour

5 kg or Organic 2 kg



2 FOR

\$5

Hunt's Thick & Rich Pasta or Tomato Sauce

680 mL or Tomato Paste
369 mL



4 FOR

\$9

Bush's Beans

Baked or Savoury
398 mL



2 FOR

\$6

Garofalo Specialty Pasta

500 g, Passata 680 g, Potato Gnocchi 500 g or Martelli Bread Crumbs 227 - 425 g



SALE

17⁹⁹
/ea

Co-op Gold Extra Virgin Olive Oil

1 L



Campbell's

Discover the Flavours of our New Soups

NEW



Visit CookwithCampbells.ca for recipes

3 FOR

9⁹⁹

Campbell's Chunky Soup

510 - 515 mL or Prego Pasta Sauce 645 mL



3 FOR

7⁹⁸

Campbell's Ready to Serve Soup

510 - 515 mL or Pepperidge Farm Goldfish 168 - 200 g



4 FOR

\$9

Campbell's Broth

900 mL or Concentrated Broth 250 mL



2 FOR

\$7

La Cocina Tortilla Chips

300 - 400 g



SALE

5²⁹
/ea

Bick's Pickles

1 L or Pickled Beets
750 mL



2 FOR

\$7

Trident or Dentyne Gum

Bottle



acosta

Integrated Sales & Marketing Services



**FLAVOUR
YOU CAN'T
FUMBLE**

**BRING
HOME
THE BELL**

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**2 FOR
7⁹⁸**

Taco Bell Core Dinner Kits

260 - 420 g, Creamy Sauces 354 mL
or Dip 425 - 445 g
Selected Varieties



**SALE
¢ 99**

Taco Bell Seasoning

Original or Mild
28 g



**SALE
6⁹⁹
/ea**

Taco Bell Premium Dinner Kits

401 - 642 g



DRINKS & SNACKS

2 FOR
\$5

Co-op Gold Natural Spring Water
12 x 500 mL



MADE IN WESTERN CANADA

3 FOR
4⁹⁸

Minute Maid, Fruitopia or Five Alive Juices
1 L



MADE IN CANADA

SALE
4⁷⁹ /ea

Christie Premium Plus Crackers
450 - 481 g



SALE
5⁹⁹ /ea

Dad's Cookies
Oatmeal or Oatmeal Chocolate Chip
500 - 520 g



3 FOR
11⁹⁷

Kool-Aid Jammers
10 x 180 mL



SALE
12⁹⁹ /ea

Original 16 Zero
Alcohol-Free Beer
6 x 355 mL



2 FOR
6⁵⁰

Cadbury Family Bars
80 - 100 g or Maynards Candy 135 - 185 g
Selected Varieties



2 FOR
\$8

Twizzlers Licorice or Nibs
Selected Varieties
311 - 454 g



TASTE OF SUPER BOWL
OFFICIAL SNACKS OF SUPER BOWL LV



2 FOR
\$6

Pepsi Products
2 L



MADE IN CANADA

2 FOR
7⁵⁰

Lay's Potato Chips
200 - 235 g



MADE IN CANADA

2 FOR
9⁴⁸

Doritos Chips
210 - 235 g

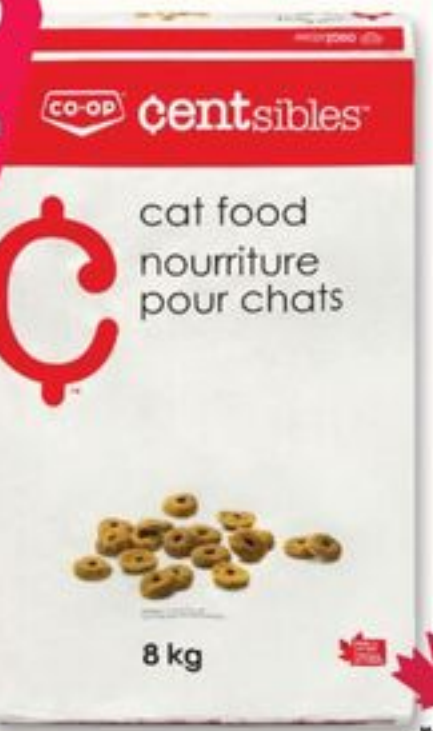


MADE IN CANADA

FOR YOUR PETS

SALE
16⁹⁹ /ea

Co-op Centsibles Cat Food
8 kg



MADE IN CANADA

SALE
26⁹⁹ /ea

Co-op Gold PURE Dog Food
Selected Varieties
7 kg



MADE IN CANADA

SALE
15⁹⁹ /ea

Whiskas Cat Food
Package of 12



2 FOR
\$7

Pedigree Wet Dog Food
630 g





SALE
26⁴⁹ /ea

Purina Cat Chow
8 kg



SALE
11⁹⁹ /ea

Purina Tidy Cats
2.72 kg



SALE
25⁹⁹ /ea

Beneful Dog Food
7 kg

FOR YOUR HOME

SALE
14⁹⁹ /ea

Co-op Gold Bathroom Tissue
Package of 24 Triple Rolls or Paper Towel Package of 6 - 12 Rolls, Selected Varieties



MADE IN WESTERN CANADA

SALE
3⁴⁹ /ea

Dawn Ultra or Platinum Dish Soap
366 - 473 mL



SALE
6⁹⁹ /ea

Hefty Bags
Package of 12 - 40



SALE
4⁹⁹ /ea

Mr. Clean
1.2 L or Magic Eraser
Package of 2
Selected Varieties and Sizes





Old Dutch  TM/SC

STOCK UP ©/MD

FOR THE **BIG GAME!**

3 FOR
9⁹⁹
/ea

Old Dutch Potato Chips

220 - 235 g or Ridgies 200 g
Selected Varieties



2 FOR
\$8

Old Dutch Arriba

235 - 245 g or
Restaurante Tortillas
275 - 295 g



2 FOR
\$8

Old Dutch

Crunchys, Cheese Pleasers,
Cheesy Puffcorn or Humpty
Dumpty Party Mix or Rings
200 - 290 g



CO-OP PRODUCE

QUALITY PRODUCE WITH WESTERN
CANADIAN ROOTS

SALE

4⁹⁹
/ea

Co-op Yellow Onions

Produce of Western Canada
Canada No. 1
5 lb (2.27 kg)



2 FOR

\$10

Co-op Salad Blends

Produce of Western Canada
Assorted Varieties
142 g



SALE

8⁹⁹
/ea

Co-op Red Potatoes

Produce of Western Canada
Canada No. 2
15 lb (6.80 kg)



SALE

8⁹⁹
/ea

Co-op Beets

Produce of Western Canada
Canada No. 1
10 lb (4.54 kg)



OFFICIAL PROTEIN PARTNER

Spend \$20 on participating
Maple Leaf products and receive a
\$10 Visa® Prepaid Card.

Promotion Terms & Conditions: Buy \$20 CAD of participating Maple Leaf products in one transaction between Jan 01-Feb 01, 2024, and get a \$10 Prepaid Card. While supplies last. Limit 5 Rewards per household. Full Terms: www.mapleleaf.ca/promotions. Contact: 1-800-387-2263. *Not for Cash. *\$20 CAD. *Open to Canadian residents only. *Offer of eligibility: Jan 01-Mar 01, 2024. *Win a Visa® Canada Prepaid Card (\$100.00 CAD BSV each). *See terms for restrictions. See Full Terms: www.mapleleaf.ca/promotions.

PLUS
ENTER FOR A
CHANCE TO
WIN OFFICIAL
TEAM CANADA
PRIZES.

2 FOR
\$5

Mighty Protein Singles

32 g



SALE
\$22
/ea

Maple Leaf Prime Boneless Skinless Chicken Breasts

Raised Without Antibiotics
Grain Fed, Free Run, Air Chilled, Family Pack



SALE
6⁹⁹
/ea

Maple Leaf or Schneiders Sliced Side Bacon

or Maple Leaf Ready Crisp Bacon
65 - 375 g



SALE
13⁹⁹
/ea

Schneiders or Maple Leaf Boneless Ham

600 - 700 g



SALE
6⁹⁹
/ea

Maple Leaf Natural Selections Sliced Deli Meats

125 - 175 g



SALE
4⁹⁹
/ea

Maple Leaf Top Dogs or Schneiders Classic Wieners

375 g



SALE
3⁹⁹
/ea

Activia Yogurt

650 g or Expert 4 x 100 g or Danone Danino Drinkable Yogurt
6 x 93 mL



SALE
5⁹⁹
/ea

Activia Yogurt

12 x 100 g, Expert 750 g or Drinkable Yogurt 8 x 93 mL



START YOUR
ACTIVIA
GUT
HEALTH
CHALLENGE



2 FOR
\$5

Oikos Pro Drinkable Yogurt

300 mL



SALE
6⁴⁹
/ea

Oikos Greek or Pro Yogurt

650 - 750 g



SALE
3⁹⁹
/ea

Silk Refrigerated Beverages

Selected Varieties
1.74 - 1.89 L



SALE
6⁴⁹
/ea

International Delight Iced Coffee

1.89 L





Together
is Golden





SALE
6⁹⁹
/ea

McCain Pizza Pockets
Frozen
Package of 6

SALE
3⁹⁹
/ea

McCain Potatoes
Superfries, Bistro,
Breakfast or Specialty
Frozen, 454 - 800 g

SALE
11⁹⁹
/ea

McCain Pizza Pockets
Frozen
Package of 12

SALE
5⁹⁹
/ea

McCain Deep'n
Delicious Cakes
Frozen
510 g

2 FOR
9⁹⁸

Philadelphia
Cream Cheese
Selected Varieties
227 - 250 g

SALE
4⁹⁹
/ea

Kraft Singles
or Velveeta
Slices
410 g or Cheez Whiz
450 g

OVER
\$15
IN SAVINGS

CO-OP and TGP
EXPIRES FEBRUARY 11, 2025
*Some products may be unavailable due to other offers.

BUILDING
COMMUNITY
One Rink at a Time



© NHL © NHLPA National Consumer Contest

3 FOR
10⁹⁸

Philadelphia
Dips
227 g

2 FOR
10⁹⁸

Kraft Miracle
Whip or Mayo
650 mL or Sandwich
Spread 475 mL

2 FOR
11⁹⁸

KD
5 x 200 g or
Cup 4 x 58 g

SALE
19⁹⁹
/ea

Maxwell House
or Nabob Coffee
Package of 30 or
Maxwell House Ground
Coffee 631 - 900 g

BRING HOME
BIG GAME SNACKS



2 FOR
\$8

Kellogg's Eggo
Waffles, French Toast
or Pancakes
Frozen
270 - 330 g

2 FOR
\$7

Kellogg's
Snacks or Bars
Selected Varieties
125 - 384 g

2 FOR
\$6

Pringles
Potato Chips
148 - 156 g or Cheez-It
Crackers 191 - 200 g

2 FOR
\$7

Pringles Party
Stack Potato Chips
194 - 203 g or Mingles 155 g
Selected Varieties

SALE
8⁹⁹
/ea

Kellogg's
Jumbo Snacks
or Bars
Selected Varieties
500 g - 1.15 kg

4 FOR
\$10

RXBAR
Protein Bar
Selected Varieties
52 g

SALE
7⁹⁹
/ea

Pepsi
Products
12 x 355 mL

2 FOR
\$13

Bubly
Sparkling
Water
12 x 355 mL or
Gatorade Sports Drink
6 x 591 mL

2 FOR
\$9

Pepsi
Products
6 x 222 mL

2 FOR
\$10

Pepsi Products
Selected Varieties
6 x 710 mL

2 FOR
9⁴⁸

Cheetos
Crunchy, Puffs
or Popcorn
180 - 285 g

2 FOR
9⁴⁸

Miss Vickie's
Potato Chips
190 - 200 g

TASTE OF
SUPER BOWL



OFFICIAL SPONSORS
OF SUPER BOWL LI



Makes Pasta Night.
Makes cents.

**4 FOR
\$5** Co-op Centsibles Pasta
500 g



**2 FOR
\$5** Co-op Centsibles
Pasta Sauce
Selected Varieties
650 mL

made in
WESTERN
CANADA



**SALE
10⁹⁹
/ea** Co-op Centsibles
Pomace Olive Oil
1 L



**SALE
11⁹⁹
/ea** Co-op Centsibles
Italian Meatballs
Frozen
1.13 kg



