

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

Hass Variety

Produce of Mexico

Package of 4

\$4

/each

Bi-Color Seedless Grapes

Produce of Peru

No. 1 Grade

2 lb (907 g)

\$9

/each

Peppers

Assorted Colours

Greenhouse Grown

Produce of Mexico

\$4

/lb

Iceberg Lettuce

Produce of U.S.A.

No. 1 Grade

\$3

/each

Zucchini Squash

Green Variety

Produce of Mexico

\$2

/lb

Co-op Yellow Onions

Produce of U.S.A.

Canada No. 1

3 lb (1.36 kg)

\$3

/each

Fresh Express Chopped Salad Kits

Produce of U.S.A. or Mexico

Selected Varieties

298 - 349 g

\$5

/each

Organic Petite Carrots

Produce of U.S.A.

340 g

2 FOR \$6

Organic Sliced White Mushrooms

Produce of Western Canada

227 g

2 FOR \$6

Organic Grape Tomatoes

Produce of Mexico

1 Dry Pint (551 mL)

\$4

/each

ORGANIC

DOLLAR SUPERSALE

2

CO-OP logo is a registered trademark of the Co-op Food Group

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

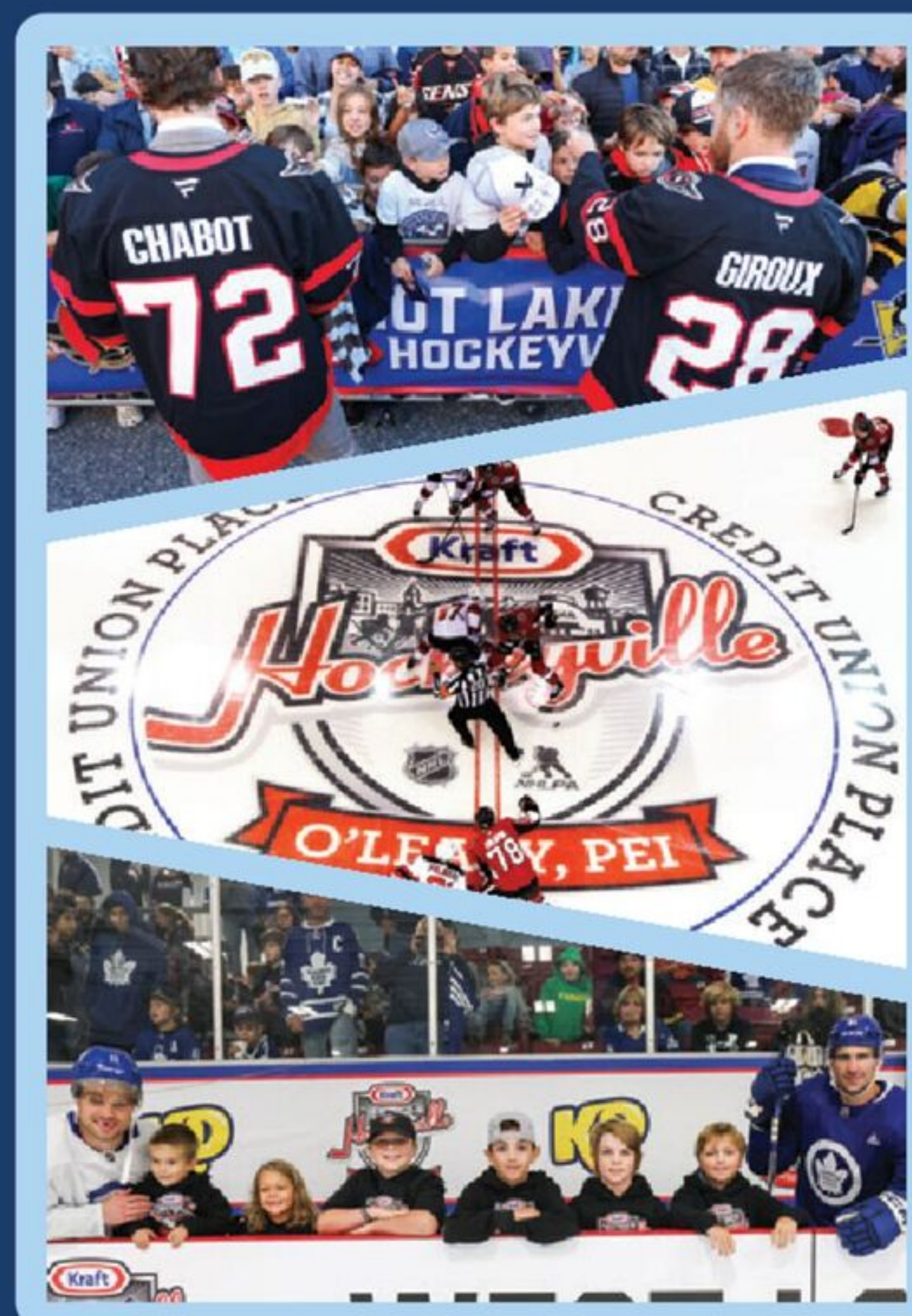
Fresh Wild Caught Walleye Fillets

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.



**3 for
\$10**

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

Selected Varieties

200 - 340 g



**2 for
\$9**

**KD
Deluxe**

349 - 400 g
or Classico
Pizza Sauce
410 g



**2 for
\$3**

**Bravo
Pasta
Sauce**
680 mL



PREPARED FOODS

\$2
/100 g

Creamy Garlic & Spinach or Dill Pickle Pasta Salad



\$2
/each

Savoury Croissants

Baked in-store
Sold individually



\$5
/each

Heat & Eat Bowls

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



FRESH FROM OUR DELI

\$2
/100 g

Schneiders Deli Ham

Selected Varieties
Sliced Fresh In-store



\$6
/each

Fantino & Mondello Sliced Meats

100 - 175 g



\$6
/each

Co-op Gold Feta

200 g



\$5
/each

Bothwell Cheese Curds

240 g



\$6
/each

Grimm's Smoked Pepperoni Sticks

Selected Varieties
450 - 600 g



\$6
/each

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 Selections Sliced Deli Meats

375 - 400 g



\$15
/each

Schneiders Smokies

900 g



\$3
/each

Schneiders Lunchmate Stackers or Kits

90 - 120 g or Adult Snack Kits
75 g



\$7
/each

Harvest Sliced Farmer Sausage or Back Bacon

250 - 300 g or Sliced Bologna or BBQ Loaf
375 g





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

FRESH DAIRY

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

ARMSTRONG SINCE 1917 THE CHESTER BAR CODED THE PROTEIN FOR BEST NEW ARMSTRONG PROTEIN BARS CANADA	\$5 /each Armstrong Cheese Sticks or 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
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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.grocerycanada.ca for details.

6

DOLLAR SUPERSALE



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.



PLUS DEPOSIT & ENVIRONMENTAL
LEVIES WHERE APPLICABLE

Corona 0.0%
6 x 330 mL

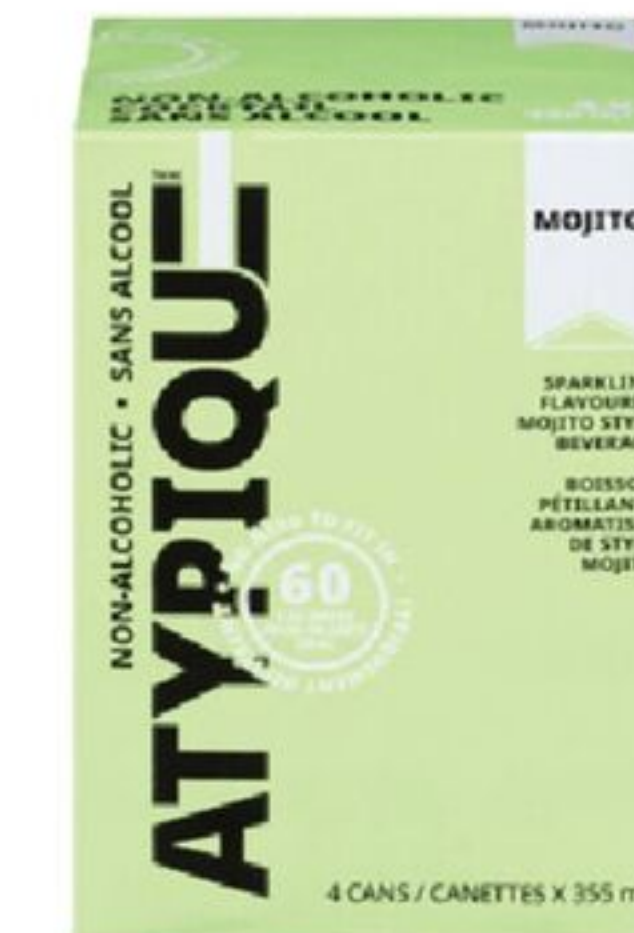


ENJOY RESPONSIBLY. Must be legal drinking age.
Alcohol-free beer with natural flavour and vitamin D.
®/MD TRADEMARKS GRUPO MODELO,
S. DE R.L. DE C.V., LIC. USE / SOUS LIC.



PLUS DEPOSIT & ENVIRONMENTAL
LEVIES WHERE APPLICABLE

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



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
143 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

10:00 PM Week 02 Large

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



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



SALE

3⁴⁹

/ea

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



SALE

\$27

/ea

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



SALE

\$7

/lb

Co-op Ground Chicken Breast
Tray Pack
15.43/kg



SALE

3⁹⁹

/ea

Co-op Gold Hot Cayenne Sauce
354 mL



2 FOR

\$6

Co-op Gold Tortilla Chips
300 - 320 g



2 FOR

\$6

Co-op Gold Sour Cream
500 mL



SALE

5⁹⁹

/ea

Armstrong Cheese
400 g or Shreds 300 - 320 g



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



