



CALGARY CO-OP

\$Dollar \$DEALS



\$5 ea

Blueberries
1 Pint
Product of Peru
No. 1 Grade



\$4 ea

Founders & Farmers
Mini Cucumbers

1lb
Alberta Grown
Canada No. 1



\$6
/lb
13.23/kg

Lean Ground Beef

3lb Tube
Works out to \$18 ea

50% OFF

Jamieson
Vitamins and
Supplements
Select varieties
and sizes



\$4 ea

Schneiders Bacon, Fully Cooked
Sliced Bacon or Maple Leaf Ready
Crisp Bacon

65-375g
Assorted varieties

MEMBERS EARN 10%

\$1 ea



Michelina's
Frozen Entrées
255-284g or Yoplait
Yog Drinks 200ml
Select varieties
Limit 12



\$1 ea
SAVE \$1
-Clip
Without APP

\$2 ea



Campbell's
Condensed Soup
284ml or Hunt's Tomato
Paste 156-213ml or Ben's
Original Fast & Fancy
Rice 132g Select varieties



Hershey Chocolate
Bars
39-58g or Snapple
Iced Ice 473ml or
Sparkling Ice 503ml
Select varieties



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

\$2 ea



Mitchell's Meat Pies
190g or Swanson
Microwavable Pies 200g
Select varieties



Campbell's Tetra Broth
250-900ml or Hunt's Snack
Pack 4 Pack or Chef Boyardee
418-425g
Select varieties



Celsius
Energy Drink
355ml or Clif Bars or
Larabar or RX Bars 48-68g
Select varieties



Colgate and Crest
Toothpaste
120-125ml and Kids 75-100ml
Select varieties

\$3 ea



Old Dutch or
Ridgies Potato
Chips
200-220g
Select varieties



\$3 ea
SAVE \$1
-Clip
Without APP

\$4 ea



Ben's Original
Bistro Express
240-250g or Mott's
Fruityations 6 Pack
Select varieties



Goldfish Crackers
156-227g or Christie
Cookies or Dare
200-300g
Select varieties



Cheemo Perogies
815-907g or daiya
Shredded Cheese 200g
Select varieties



With every \$50* spent on fuel at any of our
38 Gas Stations, you'll be automatically entered
to win 1 of 5 \$1,000 Bonus Cash prizes.
More fill-ups mean more chances to win.

*Contest valid February 1 - 28, 2026. Calgary Co-op App download and registration required. Excludes propane. Visit calgarycoop.com/fuel-contest for more details.

LEARN MORE

PRICES IN EFFECT FEBRUARY **THU 19 FRI 20 SAT 21 SUN 22 MON 23 TUES 24 WED 25 TUE 26 2026**

WK36-PG.1



CALGARY CO-OP

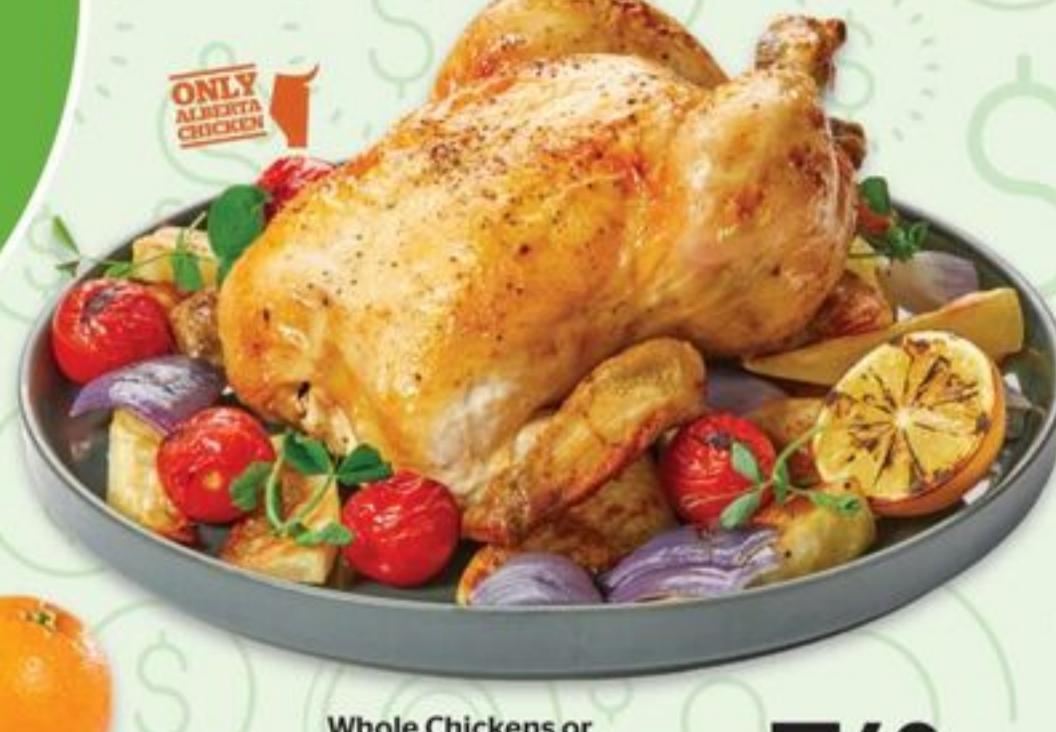
\$Dollar \$DEALS

Navel Oranges
Product of USA
Fancy

\$2
/lb
4.41/kg
+
MEMBERS
EARN
20%



ONLY
ALBERTA
CHICKEN



Whole Chickens or
Chicken Legs Back Attached
Family Pack
Grain Fed, Free Run & Air Chilled

3.49
/lb
7.69/kg

Sapporo
Ichiban
Noodles
100g
Select varieties

**10 FOR
\$10**



MIX &
MATCH



Country Harvest Bread
600g or Bagels 6 Pack
Assorted varieties

**2 FOR
\$7**



Armstrong Shredded
and Block Cheese
320-400g or Danone
Activia Yogurt 12 Pack
Select varieties

\$7 ea
+
MEMBERS
EARN
10%



Coca-Cola
or Pepsi Soft
Drinks
12 Packs
Select varieties



\$8 ea



Nestle Real Dairy
Ice Cream
1.5L and Novelties
4-10 Pack Select varieties

\$6 ea

HEALTH & BEAUTY DEAL OF THE WEEK!



Boost Nutritional
Shakes
4-6 Pack and Pudding
142g Select varieties

\$12 ea

Phar More+ Care For Your Family
From strep testing to everyday prescriptions, our
pharmacists are here to help everyone in your
family feel better faster.

[BOOK AN APPOINTMENT](#)

**Bonus
Cash
= Free
Groceries**



Earn Calgary Co-op Bonus Cash* and spend
it like real money towards your groceries.
More treats, more savings.

*Calgary Co-op App download and registration required.
Visit calgarycoop.com/appterms for details.

[LEARN MORE](#)



All
Participating
Stores

Prints in effect February 19-25, 2010 at all Calgary Co-op locations. All offers and terms are applicable per household, while supplies last. No cash back. Shopping with Calgary Co-op Cards makes every effort to supply sufficient advertising merchandise to meet your needs. The use of discrimination, denied out context, some items may be out of stock. Also the use of the star of the name Calgary Co-op Food Stores, a complete list of advertising items may be issued. The authority for any necessary cause by these offerings. Although we strive for complete accuracy in our advertising, certain items may be subject to change. A correction notice will be posted in Calgary Co-op Stores to bring the error to your attention. *Calgary Co-op Bonus Cash is available for new members only. It will not be granted to existing members. Some restrictions are being imposed only. 12.5% extra when applicable. Certain items may be subject to additional advertising and conditions. For details, see the Bonus Cash Card or Bonus Card for your full terms. We apologize for any inconvenience and additional costs and conditions. Health information is provided for general informational and educational purposes only and is not a substitute for professional health advice. This general information is not intended to diagnose, cure, or treat any medical condition or to replace your health care professional. Any information, advice, or suggestions given by Calgary Co-op is not a replacement for medical advice from your doctor, dentist, or professional practitioner. Consult with your health care professional with any questions you may have.

WK16-PG.2



Try our FRESH Hot Soup and Curry

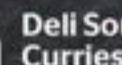
Butter Chicken, Chicken Vindaloo or Lemon Chicken Thai Curry.
Soup selection varies daily.



**SMALL \$5
MEDIUM \$7
LARGE \$9**

**MEMBERS
EARN
20%**

Choose the size that best satisfies your appetite!



Deli Soups and Curries

Select varieties including: Cal & Gary's, Earls, Shef's, and Soup Etc. 550-700ml



**\$2
OFF**

**\$3
SMALL
SOUP**

with the purchase of any sandwich



Founders & Farmers Russet Potatoes
5lb Bag Product of Western Canada
Canada No. 1



**\$5
ea
+
MEMBERS
EARN
10%**



Carrots
5lb Bag Product of USA/Mexico
No. 1 Grade

**\$6
ea**



High Vibe Health Bone Broth
Frozen 710ml Assorted varieties

**\$14
ea**



Mitchell's Soup Mix
225-400g Select varieties

**\$8
ea**



Dunya Harvest Dry Beans & Legumes
900g Select varieties

**20%
OFF**

Founders & Farmers Spices
14-245g Select varieties

**25%
OFF**

Cozy Beverages & Decadent Desserts



Starbucks Nespresso Coffee Pods
8 Pack Select varieties

**\$13
ea**



Phil & Sebastian Coffee
250g Select varieties

14.99



Nabob Coffee
340g Select varieties

**11.49
ea**



Carnation Hot Chocolate
7-10 Pack Select varieties

**4.99
ea**



Tetley Tea
2-24 Pack Select varieties



Founders & Farmers Liquid Honey
500ml or Cal & Gary's Tea

15 Pack Select varieties

**6
ea**



Beavertail Cookies
Avalanche, Classic Cinnamon Sugar, Chocolate Cookie & Cream or Chocolate Hazelnut
4 Pack

**5
ea**



Founders & Farmers All Butter Pain Au Chocolat, Croissants or Palm Leaves
4 Pack



Cal & Gary's Biscotti
200g Select varieties

**2.99
for
2**



Baileys Vanilla or Chocolate Snack Cakes
or Baileys Brownie or with Fudge, or Cream Cheese Icing or Brownie Kitchen Sink
200-300g



Founders & Farmers Tarts
Maple or Maple Walnut or Assorted varieties
6 Pack



Cal & Gary's Cheesecakes
Mocha, Pecan Caramel or Assorted varieties
600g

**14
ea**

Produce



Bagged Apples
3lb Bag
Assorted varieties
Product of USA
Extra Fancy

\$7 ea **MEMBERS EARN 10%**



Red Grapefruit
Product of USA
Fancy

\$2 ea

Nectarines or Peaches
Product of Chile
No. 1 Grade

\$4 /lb 8.82/kg **MEMBERS EARN 10%**

Mangoes
Product of Peru
No. 1 Grade

2 for \$5



Iceberg Lettuce
Product of USA
No. 1 Grade

2.49 ea



Red Cherry or Grape Tomatoes

1 Pint
Product of Mexico
No. 1 Grade
Limit 10

APP EXCLUSIVE SAVINGS
\$3.00
SAVE 11%
Without APP \$4.00



Celery
Product of USA
No. 1 Grade

\$2 /lb 4.41/kg **MEMBERS EARN 15%**

White or Cremini Mushrooms

Product of
Western Canada
Canada No. 1

\$4 /lb 8.82/kg
+
MEMBERS EARN 10%



CAL & GARY'S

In-store Cut Fruit & Vegetables

made fresh in-store



Diced Melons
Cantaloupe, Honeydew,
or Watermelon
16-24oz

10% OFF



Oven Roasters
400-500g
Assorted varieties



10% OFF



Salad Blends
Family Pack
530-689g
Assorted varieties

10% OFF

Floral



Harmony Bouquet

\$14 ea
+
MEMBERS EARN 10%

Tulips
5 Stem Assorted Colours

\$6 ea



Spring Bulbs
4"
Assorted varieties
Grown in Western Canada

\$5 ea

Calgary Co-op
2026 DIRECTOR ELECTION

Your choice shapes the future of our cooperative.

Vote now until March 11, 2026.

VOTE TODAY!



A photograph showing two bags of Doritos chips. On the left is a green bag labeled 'Doritos Nacho'. On the right is a red bag labeled 'Doritos Nacho'. Both bags are positioned against a white background.



Seafood



Bakery

Founders & Farmers Muffins
Chocolate Chip, Carrot, Banana or Assorted varieties
600g

649
ea



NATIONAL MUFFIN DAY
FEB 20TH!



\$6
ea

BAKED
fresh
IN-STORE

Cal & Gary's Rye Bread
Light or Dark, Sliced
500g

\$4
ea



Simply Joy Sliced Cake
Raspberry Lemon, Banana Nut or Assorted varieties
400g

Founders & Farmers All Butter Cruffins
Raspberry, Lemon Venetian or Nutella Filled 6 Pack

\$3
ea

BAKED
fresh
IN-STORE



\$7
ea

Founders & Farmers Cinnamon Buns
4's or Cinnamon Buns with Cream Cheese Icing
550-650g

Deli

Lilydale Cooked or Smoked Turkey

BAKED
fresh
IN-STORE

\$3
/100g



\$5
ea

Deli Pot Pies Beef, Chicken, or Butter Chicken
300g



\$3
ea

Schneiders Pepperettes
60g

BEST
FROM THE
WEST

Fairview Bakery Beef Sausage Rolls

Regular or Hot and Spicy
10 Packs

\$10
ea



\$7
ea

Galbani Fresh Mozzarella
227g

MEALS MADE EASY
READY TO EAT

WINGS 'N THINGS

Answer every craving with these delicious, ready-to-eat meals.

Available at 10 locations:
Midtown, Macleod Trail, Forest Lawn, Richmond Road, Oakridge, Crowfoot, Shawnessy, Rocky Ridge, West Springs, and Greystone.

Monday | World Cuisine Day

Explore Asian-inspired flavours and globally inspired dishes.



Wednesday | Wing Night

Choose from 8 wing flavours, plus all the sides you crave!
Hand brined and breaded fresh in store



Friday | Fish & Chips

Golden Battered Pollock and Classic Crispy Fries.



Natural Choice

natural choice



A.Vogel
Immune Health
Select varieties & sizes

25%
OFF



Boiron
Arnicare
Select varieties & sizes



NIYAMA
MEMBERS
EARN
10%



Niyama
Select varieties & sizes



20%
OFF



Canprev
Select varieties & sizes



20%
OFF



Most see birthday cake.
Members see exclusive pricing.

LEARN MORE

Tiny Tots, Big Savings



Huggies Diapers
Giga Pack
42-96's
Select varieties

\$25 ea

Pampers Swaddlers
or Pampers Pure Diapers
Super Pack 48-96's
Select varieties

\$28 ea



Huggies
Pull-Ups and
Goodnites
34-74's and
Youth Pants
24-28's
Select varieties

\$25 ea



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

5 \$10

Gerber Biscuits
150g or Organic Melts 28g
Select varieties

2 \$7



Huggies Natural Care or Simply
Clean Wipes
288-384's and Johnson's Baby
Toiletries 400-600ml Select varieties

30% OFF

Baby Gourmet
Squoosh Snacks
360g or Mushies 23g
Select varieties

\$4 ea

Gerber Puffs
and Lil' Crunchies
42g Select varieties

2 \$5



Pedialyte
Rehydration Solution
1L and Pops 16's or Powders
8's Select varieties

\$8 ea

MEMBERS
EARN
10%



Similac
Infant Formula
850-859g
Select varieties

15% OFF



Enfamil A+ NeuroPro
and Gentlelease Powder
553-587g Select varieties

49.99 ea

Kabrita or Capricare
Goat Milk Formula
800g
Select varieties

15% OFF



Avent Nuk
and Lansinoh
Nursing Accessories
Select varieties & sizes

30% OFF



Tommee Tippee
Feeding Bottles
Select varieties and sizes

30% OFF



Munchkin
Feeding Accessories
Select varieties
and sizes

30% OFF

Grocery

High Liner Frozen Fish Fillets
500-700g and Cavendish French Fries & Wedges
1.18kg Select varieties

\$9 ea
+ **MEMBERS EARN 10%**

Mott's Clamato Juice or Ocean Spray Cocktails or Juice
1.77-1.89L Select varieties

2 for \$8

Boston Market Frozen Entrée
369-397g Select varieties

\$4 ea

Nature Valley or Kashi Bars
130-226g Select varieties

2 for \$6

General Mills or Post Cereal
300-440g Select varieties

\$4 ea
+ **MEMBERS EARN 10%**

Dairyland Lactose Free and Protein Milk
1.89L Select varieties

\$6 ea

Wong Wing Frozen Entrées
360-680g Select varieties Limit 6

APP EXCLUSIVE SAVINGS
\$7 SAVE \$1
Without APP \$8

Quaker Instant Oatmeal
168-344g Select varieties

\$4 ea

Knorr Sidekicks
120-167g Select varieties

6 for \$10

Annie's Homegrown Pasta
149-170g Select varieties

4 for \$10
+ **MEMBERS EARN 20%**

Smucker's Jam or Fruit Spreads
310-500ml or Adam's Natural Peanut Butter 500g Select varieties

30% OFF

Pedigree Dentastix Dog Treats
504-608g or Milk Bone Dog Biscuits 283-900g or Nature's Recipe Dog Food 5.4kg Select varieties Limit 4

APP EXCLUSIVE SAVINGS
30% OFF
Without APP 20% OFF

Founders & Farmers Tubbies
170-750g Select varieties

15% OFF

HARIBO Goldbears
175g Select varieties

\$3 ea

Health & Beauty

Garnier Fructis Hair Care
354-370ml and Softsoap Liquid Hand Soap 332ml or Degree Deodorant 48-76g Select varieties

\$4 ea

Dove Men+Care Bodywash
532ml and Listerine Ultra Clean Mouthwash 1L or Vaseline Intensive Care Lotion 600ml Select varieties

\$8 ea

Aussie Hair Care
778ml or Neutrogena Bar Soap 3 Pack and Nature Clean Liquid Hand Soap Refill 1L Select varieties

\$7 ea
+ **MEMBERS EARN 10%**

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

\$18 ea
+ **MEMBERS EARN 20%**

Tums
60-100's and Chewies 32's or Band-Aid Bandages 10-60's Select varieties

\$5 ea

RestoraLAX and RestoraFIBRE
Select varieties and sizes

20% OFF

NeoCitran
10's Select varieties

\$11 ea
+ **MEMBERS EARN 10%**

Advil Pain Relief
40-100's and Robax 18's or Voltaren Emulgel 100-120g and Back & Muscle 150g Select varieties

\$15 ea

NeilMed Sinus Rinse Kit and Refills
100's or Neti Pot Select varieties

\$15 ea

CHEERS WITHOUT THE ALCOHOL

Discover our refreshing selection of non-alcoholic beer, wine and cocktails with full flavour, great variety, and options for every celebration and guest.

SHOP NOW

