



CALGARY CO-OP

\$Dollar \$DEALS



Blueberries
1 Pint
Product of Peru
No. 1 Grade

\$5
ea

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



\$4
ea

Lean Ground Beef
3lb Tube
Works out to \$18 ea



\$6
/lb
13.23/kg

**Jamieson
Vitamins and
Supplements**
Select varieties
and sizes

**50%
OFF**



**Big
DEAL**



**Schneiders Bacon, Fully Cooked
Sliced Bacon or Maple Leaf Ready
Crisp Bacon**
65-375g
Assorted varieties

\$4
ea

**MEMBERS
EARN
10%**

\$1
ea



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



**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 Tea 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
Microwaveable 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 Cliff 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
Riddies Potato
Chips**
200-220g
Select varieties



**Ben's Original
Bistro Express Rice**
240-250g or Mott's
Fruitsations 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



**FILL UP TO
WIN
1 OF 5
\$1,000
Bonus
Cash
PRIZES**

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 THUR 19 FRI 20 SAT 21 SUN 22 MON 23 TUES 24 WED 25 2026



CALGARY CO-OP

\$Dollar \$DEALS

Navel Oranges
Product of USA
Fancy

\$2
/lb
4.41/kg

**MEMBERS
EARN
20%**



Sapporo Ichiban Noodles
100g
Select varieties

**10 FOR
\$10**



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

3.49
/lb
7.69/kg



**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



**Nestlé 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 step 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/appterm for details.

LEARN MORE



At
Participating
Stores

Please see offer February 19-25, 2024 at all Calgary Co-op locations. All advertised items are applicable per household, while supplies last, for in-store. During a Calgary Co-op food item sale, we 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 some Calgary Co-op food items, a complete list of advertised items may not be listed. The expiration for any recommendation is based on the date of the advertisement. Although we strive for complete accuracy in our advertising, errors sometimes occur. When an error is discovered, a correction notice will be posted in Calgary Co-op food items to bring the error to your attention. The amount of the sale is limited quantities. All items may not be available in all stores. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. GST is extra where applicable. Certain items may be subject to additional handling or disposal fees. For comments, contact Calgary Co-op. Bonus Cash is based on your full-time sales. All sales are subject to our standard rules 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. 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 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.



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

Choose the size that best satisfies your appetite!

**MEMBERS
EARN
20%**



Deli Soups and Curries

Select varieties including: Cal & Gary's, Earls, Chef'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

14⁹⁹



Nabob Coffee
340g Select varieties

11⁴⁹



Carnation Hot Chocolate
7-10 Pack Select varieties

4⁹⁹



Tetley Tea
2-24 Pack
Select varieties

\$4^{ea}



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

\$5^{ea}



Cal & Gary's Biscotti
200g
Select varieties

2\$9 for



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

**MEMBERS
EARN
20%**



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

**MEMBERS
EARN
20%**



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} + **MEMBERS EARN 10%**
0.82/kg



Mangoes
Product of Peru
No. 1 Grade

2 \$5^{for}



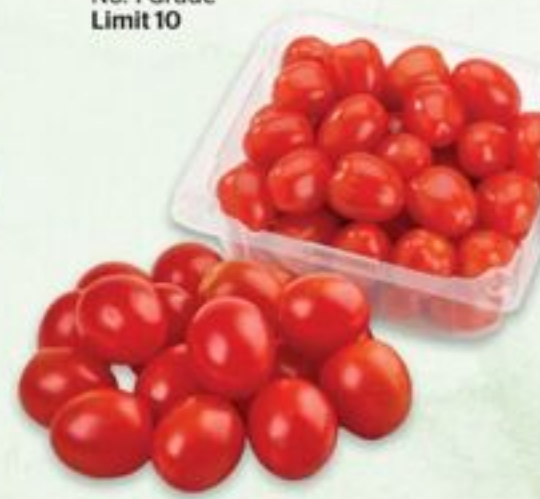
Iceberg Lettuce
Product of USA
No. 1 Grade

2^{ea} 49



Red Cherry or Grape Tomatoes
1 Pint
Product of Mexico
No. 1 Grade
Limit 10

APP EXCLUSIVE SAVINGS
\$3^{ea}
SAVE 1¢
Without APP **\$4^{ea}**



BEST FROM THE WEST

White or Cremini Mushrooms
Product of Western Canada
Canada No. 1

\$4^{/lb} + **MEMBERS EARN 10%**
0.82/kg



Celery
Product of USA
No. 1 Grade

\$2^{/lb} + **MEMBERS EARN 15%**
4.41/kg

CAL & GARYS

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}

BEST FROM THE WEST

Calgary Co-op

2026 DIRECTOR ELECTION

Your choice shapes the future of our cooperative.
Vote now until March 11, 2026.

VOTE TODAY!

**ONLY
ALBERTA
BLACK
ANGUS
BEEF**

Beef Petit Tender Roast
Cryovac
Cut from Canada AAA Beef

SALE
18⁴⁹
/lb 40.74/kg

**MEMBERS
EARN
10%**



**Sirloin Tip Oven Roast
or Marinating Steaks**
Family Pack
Cut from Canada AA Beef
Aged 14 Days

\$11
/lb 24.25/kg

From Alberta's pastures to your plate. Learn to cook every cut to perfection.

LEARN MORE

**Whole Bone In Pork
Shoulder Blade**
Cryovac
Western Canadian

3⁴⁹
/lb 7.69/kg



**Boneless Pork Loin Centre
or Rib End Chops**
Family Pack
Western Canadian

\$6
/lb 13.23/kg



**ONLY
ALBERTA
CHICKEN**

Whole Chicken Wings
Family Pack Grain Fed,
Free Run & Air Chilled

\$5
/lb 11.02/kg

**Johnsonville
Dinner, Breakfast,
Round or Ground
Sausage**
250-500g Assorted
Varieties
Previously Frozen



\$6
ea



**ONLY
ALBERTA
BLACK
ANGUS
BEEF**

Beef or Chicken Skewers
Assorted varieties

**MEMBERS
EARN
20%**

**Spolumbo's
Chicken Sausage**
3 per Tray, \$10.80
Assorted varieties

3⁶⁰
ea



**Janes Pub Style
Breaded Chicken**
Frozen 700g Assorted varieties



\$13
ea



**Cal & Garys
Empanada's**
Frozen 320g
Assorted varieties

**MEMBER EXCLUSIVE
\$9**
ea



**Harvest Sliced Back Bacon,
Farmers Sausage or Bologna**
250-375g
Limit 4

**APP
EXCLUSIVE
SAVINGS**
\$7
SAVE 1¢
Without App
\$8
ea



**Founders &
Farmers Garlic
Sausage Ring**
750g
7⁴⁹
ea

Alternative Protein



Beyond Burger
Frozen 678g

\$20
ea
**MEMBERS
EARN
10%**



**Lightlife Smart
Ground, Smart
Dogs or Deli
Slices**
156-340g
Assorted varieties

\$5
ea



**Sunrise Smoked Tofu or
Soyganic Pressed Tofu**
180-400g

4⁴⁹
ea

Seafood

Atlantic Salmon Fillets
Farmed



3⁴⁹
/100g



Wild Sole Fillets

2²⁹
/100g



**Cal & Gary Marinated Fillet
or Black Cod Portion**
Frozen 113g
Assorted varieties

**SALE
20%
OFF**
**MEMBERS
EARN
10%**



**Salmon Village
Smoked Wild
Sockeye Salmon Strips**
Previously Frozen or Frozen
150g

\$13
ea



**Clear Ocean
Bay Scallops**
80/120 Count
Frozen 340g

\$7
ea



**Selva Black Tiger
Cooked or Raw Shrimp**
Frozen 340g
Assorted varieties

\$13
ea

Bakery

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

6⁴⁹
ea



6 PACK



**NATIONAL MUFFIN DAY
FEB 20TH!**



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

BAKED
fresh
IN-STORE

\$3
ea



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

\$6
ea

BAKED
fresh
IN-STORE



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

\$4
ea



BAKED
fresh
IN-STORE

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

\$7
ea

Deli

Lilydale Cooked or Smoked Turkey
Sliced Fresh in the Deli



\$3
/100g



MEALS MADE EASY
READY TO HEAT

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

MADE
fresh
IN-STORE

STARTING AT
\$5
ea



Schneiders Pepperettes
60g

\$3
ea



BEST
FROM THE
WEST

Fairview Bakery Beef Sausage Rolls
Regular or Hot and Spicy
10 Packs

\$10
ea



Galbani Fresh Mozzarella
227g

\$7
ea



WINGS 'N THINGS

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



Available at 10 locations:
Midtown, Mackwood 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



A.Vogel Immune Health
Select varieties & sizes

25% OFF



Boiron Arnicare
Select varieties & sizes

SALE 15% OFF
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
for**

Gerber Biscuits
150g or Organic Melts 28g
Select varieties

**2\$7
for**



**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
for**



**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 Gentlease Powder**
553-587g Select varieties

**49⁹⁹
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
1-1.8kg Select varieties

\$9^{ea}
+
MEMBERS EARN 10%



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

2\$8^{for}



Boston Market Frozen Entrée
369-397g Select varieties

\$4^{ea}



Nature Valley or Kashi Bars
130-226g Select varieties

2\$6^{for}



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^{ea}
SAVE '1'
Without App
\$8^{ea}



Quaker Instant Oatmeal
168-344g Select varieties

\$4^{ea}



Knorr Sidekicks
120-167g Select varieties

6\$10^{for}



Annie's Homegrown Pasta
149-170g Select varieties

4\$10^{for}
+
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 Candy
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

MEMBER EXCLUSIVE
\$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

