

CO-OP

YOUR CO-OP IS PROUDLY CANADIAN

DOLLAR SUPERSALE



\$12 /lb

26.46/kg

Co-op Boneless Beef Top Sirloin Grilling Steaks

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

raised in WESTERN CANADA



\$5 /each

Blueberries

Produce of Chile
No. 1 Grade
1 Dry Pint (551 mL)





MADE IN CANADA

\$4 /lb

8.82/kg

Pork Back Ribs

Random Cryovac Wrapped





raised in WESTERN CANADA

\$1 /lb

2.21/kg

Navel Oranges

Produce of U.S.A.



Large SIZE

MADE IN CANADA

\$5 /each

Maple Leaf or Schneiders Sliced Side Bacon

or Maple Leaf Ready Crisp Bacon
65 - 375 g





MADE IN CANADA

\$1 /each

Club House Seasoning Mix

Selected Varieties
20 - 47 g





MADE IN CANADA

\$2 /each

White or Whole Wheat Bread

Baked In-store
Sliced or Unsliced
450 g



MADE IN CANADA

\$2 /each

Co-op Gold Potato Chips

180 - 200 g



MADE IN CANADA

GLUTEN-FREE

MADE IN CANADA

\$3 /each

Green Giant Vegetables

750 g or Valley Selections 400 - 500 g
Frozen





MADE IN CANADA

\$2 /each

Italpasta

900 g or Co-op Gold Tomatoes 796 mL,
Tomato Sauce 680 mL or Paste 369 mL





MADE IN CANADA

\$2 /each

SunRype Pure Apple Juice

1 L or SunRype Juice
900 mL



MADE IN CANADA

see inside for more

DOLLAR SUPERSALE

PRICING IN EFFECT FEB. 19 - 25, 2024

19

20

21

22

23

24

25

FRI

TUE

WED

THUR

FRIDAY

SAT

SUN

FARM FRESH

PRODUCE

\$7

/each

Cotton Candy Grapes

Produce of Peru

1 lb (454 g)

THE PERFECT COTTON CANDY

There's a reason these are called Cotton Candy Grapes – they taste just like that spun sugar treat. Add a touch of sweetness to your day with these crisp, refreshing, irresistible grapes – available for a limited time!

\$5

/each

Avocados

Produce of Mexico

Hass Variety

Package of 4

Produce of Mexico

\$5

/each

Cantaloupe

Produce of Honduras

No. 1 Grade

Extra LARGE

2 FOR \$7

Lemons

Seedless

Produce of U.S.A.

1 lb (454 g)

Wonderful

naturally SEEDLESS LEMONS

\$3

/lb

Co-op Tomatoes on the Vine

Greenhouse Grown

Produce of Western Canada

6.61/kg

Co-op TOMATOES on the vine

GREENHOUSE GROWN

PRODUCE OF WESTERN CANADA

\$2

/lb

Ambrosia or Gala Apples

Produce of Western Canada

Canada Extra Fancy

4.41/kg

Large SIZE

PRODUCE OF WESTERN CANADA

\$6

/each

Tricolour Peppers

Greenhouse Grown

Produce of Mexico

Package of 3

3 pk

\$3

/each

Co-op Yellow Onions

Produce of Western Canada

Canada No. 1

3 lb (1.36 kg)

3 lbs

grown in WESTERN CANADA

\$3

/lb

Broccoli Crowns

Produce of U.S.A.

6.61/kg

\$7

/each

Mann's Snap Peas

Produce of U.S.A. or Mexico

425 g

MANN'S FAMILY FAVORITES

Snap Peas

425 g (15 oz)

2 FOR \$10

Fresh Express Chopped Salad Kits

Produce of U.S.A. or Mexico

Selected Varieties

298 - 349 g

Fresh EXPRESS Chopped Kit

ASSORTED VARIETIES

298 - 349 g

2 FOR \$6

Organic Mini Peeled Carrots

Produce of U.S.A.

1 lb (454 g)

ORGANIC

2 FOR \$6

Organic Whole White or Brown Mushrooms

Produce of Western Canada

227 g

ORGANIC

grown in WESTERN CANADA

\$5

/each

Organic Grape Tomatoes

Produce of Mexico

1 Dry Pint (551 mL)

ORGANIC

ORGANIC

2

DOLLAR SUPERSALE

CO-OP © 2019 March 16, 2019



Makes shopping
at Co-op easy.

Makes cents.

SHOP CENTSIBLE PRODUCTS >>



BUTCHER

SHOP

\$9 /lb

19.84/kg

Co-op Boneless Beef Eye of Round Oven Roast

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

relaxed 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.

\$9 /lb

19.84/kg

Sungold Lamb Shoulders

Bone-in
Cut In-store by Your Local Butcher
Rich and Juicy Flavour of Premium Lamb

relaxed in

WESTERN CANADA

Pork Tenderloin

Random Cryovac Wrapped

\$4 /lb

8.82/kg

Co-op Lean Ground Pork

Ground by Your Local Butcher
Value Pack

\$4 /lb

8.82/kg

Co-op Bone-in Pork Shoulder Blade Steaks

Cut In-store by Your Local Butcher
Value Pack

\$8 /each

Co-op Premium Berkshire Pork Sausage

Thawed
Selected Varieties
450 g

\$7 /lb

15.43/kg

Co-op Boneless Skinless Chicken Breasts

Grain Fed, Free Run, Air Chilled
Value Pack

\$14 /each

Maple Leaf Prime Chicken Breast Fillets or Thin-Sliced Breasts

Raised Without Antibiotics
Grain Fed, Free Run, Air Chilled

\$5 /lb

11.02/kg

Co-op Chicken Breasts

Back Attached
Grain Fed, Free Run, Air Chilled

\$10 /each

Waterview Market Shrimp

Frozen
454 g

\$4 /100 g

Fresh Wild Caught Walleye Fillets

Product of Saskatchewan or Manitoba

\$10 /each

Sogel Cooked Lobster Meat

Frozen
320 g

\$4 /100 g

Fresh Atlantic Salmon Fillets

Value Pack

\$3 /100 g

Yellowfin Tuna Loins

Thawed

DOLLAR SUPERSALE

3

NEW
AT CO-OP

Check out the many
new products we have
in-store at your local
Co-op.



Christie Cookies

285 - 488 g



Deliciously soft OREO CAKESTERS Snack
Cakes, now in a new Double Chocolate flavour!

SALE

8⁴⁹
/ea

Co-op Gold Crispy Wontons

Frozen
217 g



Flavourful Bundles in Crispy Perfection –
Crowd-Ready Snack or Appetizer.

PREPARED FOODS

\$2
/100 g

Creamy Garlic & Spinach or Dill Pickle Pasta Salad



\$5
/each

Flatbread Pizza

Made In-store



\$8
/each

Colossal Sandwich Halves

Made In-store



FRESH FROM OUR DELI

\$3
/100 g

Schneiders Deli Ham

Selected Varieties
Sliced Fresh In-store



\$7
/each

Fantino & Mondello Sliced Meats

100 - 175 g



\$10
/each

Hormel Snack Trays

425 g



2 FOR \$10

Castello Cheese Slices

145 - 165 g or Tre Stelle Shredded Cheese 125 - 200 g



\$13
/each

Bothwell Cheddar Cheese

540 g



\$6
/each

Snack Factory Pretzel Crisps

155 - 200 g



PACKAGED MEATS

\$8
/each

Co-op Gold Breaded Chicken

Frozen 700 g



\$8
/each

Grimm's Pepperoni Sticks

450 g



\$3
/each

Schneiders Lunchmate Stackers or Kits

90 - 120 g or Adult Snack Kits 75 g



\$13
/each

Co-op Gold Thick Sliced Side Bacon

1 kg



\$7
/each

Harvest Sliced Farmer Sausage or Back Bacon

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



\$15
/each

Schneiders or Maple Leaf Boneless Ham

600 - 700 g



\$6
/each

Schneiders Smoked Sausage Ring

300 g



\$6
/each

Maple Leaf Top Dogs or Schneiders Classic Wieners

375 g



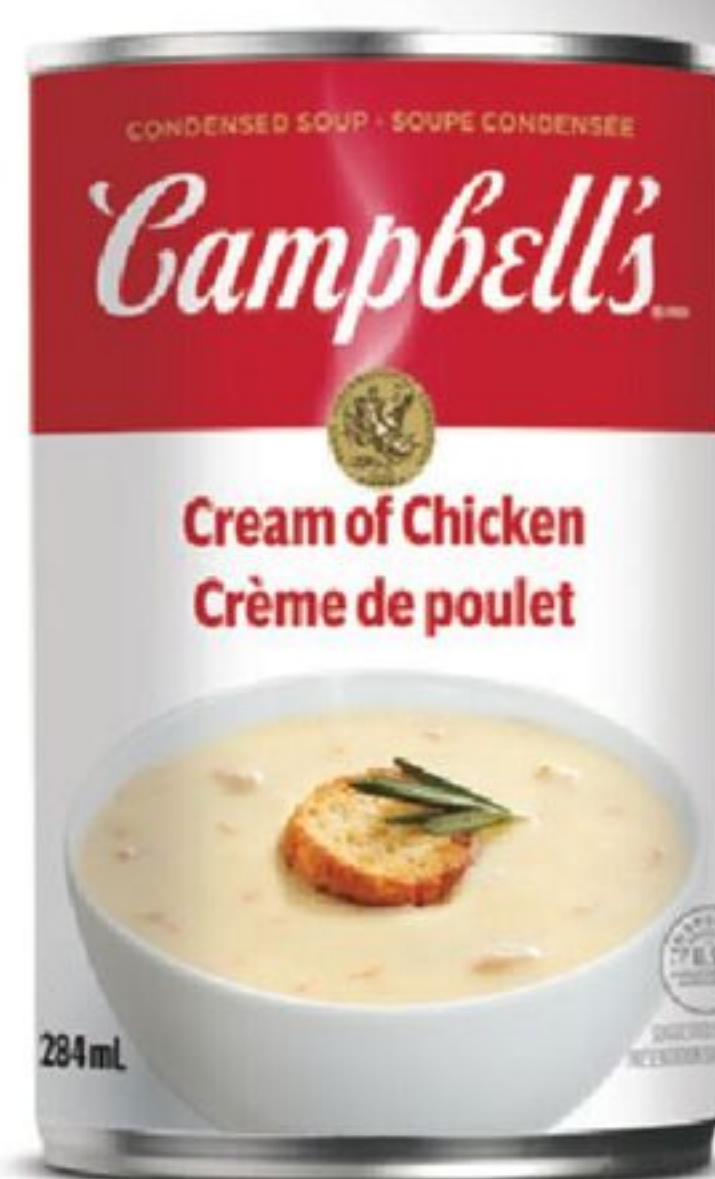
RESTORE YOUR COOK-EAT BALANCE WITH

Campbell's



SCAN HERE FOR RECIPES

JUST ADD



+



+



Campbell's Soup

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



Campbell's Ready to Serve Soup

510 - 515 mL or
Chunky 515 mL or
Prego Pasta Sauce
645 mL



Pepperidge Farm Goldfish

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



FRESH FROM OUR BAKERY

\$3
/each

Crusty Rolls

Baked in-store
White or Whole Wheat
Package of 12



MADE IN CANADA

\$4
/each

Mini Strudels

Baked in-store
Selected Varieties
Package of 6



MADE IN CANADA

\$4
/each

Bar Cake Slice

Selected Varieties
Prepared in-store



MADE IN CANADA

2 FOR
\$3

Table Talk Mini Pies

4-inch
114 g



MADE IN CANADA

\$8
/each

Cheesecake Sampler

Selected Varieties
340 g



MADE IN CANADA

\$2
/each

Donut Time Glazed Donuts

250 g



MADE IN CANADA

\$3
/each

Hostess Twinkies

202 g, Chocolate
Cupcakes 206 g
or Cake Swirls 231 g



MADE IN CANADA

\$3
/each

Villaggio Buns

Selected Varieties
Package of 6-8



MADE IN CANADA

\$2
/each

La Cocina Tortillas

240 g



MADE IN WESTERN CANADA

FLORAL

\$6
/each

Tulips

5 Stem bunch
Greenhouse Grown



grown in
WESTERN
CANADA

\$11
/each

7 Day Bouquet



\$24
/each

Blooming Magic Bouquet



\$4
/each

Spring Bulbs

Assorted Varieties
4-inch



FRESH DAIRY

\$7
/each

Yoplait Source Yogurt

16 x 100 g, Liberté Greek Yogurt 650 - 750 g
or Méditerranée Yogurt 900 g
Selected Varieties



MADE IN CANADA

4 FOR
\$10

Yoplait Tubes

8 x 56 g



MADE IN CANADA

10 FOR
\$10

Milk 2 Go or Neilson Milkshakes

310 mL or Yoplait Yop
200 mL



MADE IN CANADA

\$4
/each

Bevel Margarine

427 g or I Can't Believe It's Not Butter 850 g



MADE IN CANADA

3 FOR
\$10

Pillsbury Dough

Selected Varieties
318 - 468 g



MADE IN CANADA

\$5
/each

Armstrong Cheese

400 g or Shreds
300 - 320 g



MADE IN CANADA

\$5
/each

Dairyland Milk

Microfiltered, Lactose
Free or Protein
1.89 L



MADE IN CANADA

5 FOR
\$10

Dairyland Sour Cream

250 mL or Cottage
Cheese 250 g



MADE IN CANADA

DOLLAR SUPERSALE

5

© 2019 Real Canadian Superstore




3 for
\$11

**Liquid or Powder
Water Enhancers**
Selected Varieties
48 mL or Package of 4 - 10



**BRING
HOME
THE BELL**

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\$7
/each

**Taco Bell Premium
Dinner Kits**
401 - 642 g

LUNCHABLES

FRESHNESS GUARANTEED

- ✓ **REAL MEAT**
- ✓ **NO ARTIFICIAL COLOURS**
- ✓ **SOURCE OF CALCIUM, PROTEIN & WHOLE GRAIN**





\$3
/each

**Lunchables
Lunch Kits**
89 - 135 g

FROM THE FREEZER

2 FOR
\$6

Pillsbury Pizza Pops
Package of 4, Toaster Strudel 326 g
or Toaster Scrambles 204 g
Frozen

\$3
/each

Co-op Gold Hash Browns
or Potato Nuggets
Frozen
750 g

\$5
/each

Red Baron
Pizza
Single Serve
318 - 326 g or Classic
Crust 584 - 622 g

3 FOR
\$13

Crave or KD
Deluxe Frozen
Entrées
200 - 340 g

3 FOR
\$10

Cheemo
Pergies
Frozen
815 - 907 g

\$8
/each

High Liner
Family Pack
Frozen
Selected Varieties
500 - 700 g

WONG WING

ASIAN FLAVOUR.
Always On Your Terms.

Happy Lunar New Year!

\$7
/each

Wong Wing Entrées and Appetizers
Frozen
360 - 680 g

FOR YOUR PANTRY

10 FOR
\$10

Campbell's Soup
Cream of Mushroom,
Tomato, Chicken Noodle,
Vegetable or Spicy
284 mL

10 FOR
\$10

Sapporo
Ichiban Noodles
100 g

4 FOR
\$10

Hamburger
or Tuna
Helper
158 - 233 g

2 FOR
\$3

Ocean's
Light Tuna
Flaked or Chunked
120 g

\$3
/each

Ben's Original
Bistro Express
Classiques, Organic or Risotto
170 - 250 g

\$5
/each

Minute Rice
600 - 700 g, P.F.
Champ's Sauce 350 mL
or Tilda Jasmine Rice
907 g

2 FOR
\$10

Club House
Seasonings
or Spices
120 - 183 g or Frank's
Red Hot Original
Seasoning 132 g
Selected Varieties

2 FOR
\$10

Taco Bell Core
Dinner Kits
260 - 420 g, Creamy Sauces
354 mL or Dips 425 - 445 g
Selected Varieties

10 FOR
\$10

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

\$3
/each

Co-op Gold Pickles
1 L or Pickled Beets or Hot Pepper Rings
750 mL

\$4
/each

Co-op Gold
Mayonnaise
or Whipped
Dressing
750 - 890 mL

\$3
/each

Old El Paso
Selected Varieties &
Sizes

\$10
/each

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

2 FOR
\$7

Post Cereal
Selected Varieties
311 - 525 g

\$7
/each

Nature
Valley Bars
525 - 690 g, Betty Crocker Snacks
368 - 498 g, General Mills Cereal Bar
385 g or Larabar 225 - 240 g
Selected Varieties

3 FOR
\$6

Snack Pack
Pudding or
Gels
Package of 4

2 FOR
\$9

Kellogg's
Cereal
250 - 525 g or Fun Pac
210 g
Selected Varieties

\$6
/each

Kellogg's
Cereal
Selected Varieties
480 - 650 g

\$9
/each

Kellogg's
Jumbo Cereal
Selected Varieties
700 g - 1.05 kg

Kellogg's Cereal
Crunch
into Super
Savings
© 2026 WK Kellogg Canada Corp.

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DOLLAR SUPERSALE

CO-OP and WONG WING are trademarks.

DRINKS & SNACKS

2 FOR

\$7

Christie or Triscuit

Snack Crackers

Selected Varieties

162 - 200 g




2 FOR

\$6

Coca-Cola or

Pepsi Products

Selected Varieties




2 FOR

\$7

Lay's

Potato Chips





\$ FOR \$10

100% Vitamin D
100% Natural Flavors



\$4 /each

100% Vitamin C
100% Natural Flavors

V8 Vegetable Cocktail

6 x 156 mL



V8 Original
100% Vegetables
No Added Sugar

Sunny D

500 mL, Mott's Clamato
341 mL, or V8 Vegetable Cocktail
340 mL

2L	UNITED CANADA	200 - 235 g	UNITED CANADA
4 FOR \$5 Nestlé Chocolate Bars 33 - 60 g	2 FOR \$10 Nestlé Multipack Package of 4 or Cello Bags 76 - 203 g		
 	 		



VAN HOUTTE®

LIVE FLAVOURFULLY®

\$14 /each

Van Houtte Coffee
340 g or Pods
Package of 10

The advertisement features a dark red background on the left and a light orange background on the right. On the left, the Van Houtte logo is prominently displayed in white, with a small illustration of a man's face above the 'TTE' part. Below the logo, the tagline 'LIVE FLAVOURFULLY®' is written in white. On the right, a large green circular badge with a white border contains the text '\$14 /each' in white. Below this badge, the text 'Van Houtte Coffee' is written in bold black, followed by '340 g or Pods' and 'Package of 10' in a smaller black font. To the right of the text, there are three images of Van Houtte coffee products: a tall orange bag of coffee, a blue bag of coffee, and a box of coffee pods.

Starbucks Coffee Enhancers 828 mL

Starbucks Nespresso Compatible Capsules Package of 10

Starbucks Coffee At Home

FOR YOUR **PETS**

10 FOR \$9

Friskies Wet Cat Food
156 g



\$10
/each

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



\$17
/each

Arm & Hammer Cat Litter
12.7 kg

2 FOR \$5



Co-op Gold Wet Dog Food
700 g



FOR YOUR HOME



\$9
/each

Purplex or Sunlight
Laundry Detergent

Selected Varieties
1.84 - 2.03 L



\$23
/each

Finish
Dishwasher Detergent

Selected Varieties
Package of 60 - 105



2 FOR \$6

Dawn Ultra or Platinum Dish Soap
431 - 473 mL



\$17 /each

Scotties Facial Tissue
Package of 12

MAKE DINNER EFFORTLESSLY DELICIOUS!

\$8 /lb

Co-op Gourmet Lean Ground Chuck Burgers
Prepared by Your Local Butcher
Selected Varieties

17.64/kg

\$7 /lb

Co-op Oven Ready Meatloaf, Meatball or Salisbury Steak
Made In-store
Oven-Ready

15.43/kg

\$5 /lb

Co-op Breaded Pork Cutlets
Prepared by Your Local Butcher
Selected Varieties

11.02/kg

\$5 /lb

Co-op Greek Pork Shoulder Blade Steak
Prepared by Your Local Butcher
Grill-Ready

11.02/kg

\$9 /lb

Co-op Stuffed Boneless and Glazed Chicken Breast
Prepared by Your Local Butcher
Oven-Ready
Selected Varieties

19.84/kg

\$6 /lb

Co-op Glazed Pork Tenderloin or Medallions
Prepared by Your Local Butcher
Selected Varieties

13.23/kg

\$6 /lb

Co-op Glazed Pork Loin Chops
Prepared by Your Local Butcher
Selected Varieties

13.23/kg

\$6 /lb

Co-op Glazed Split Chicken Wings
Prepared by Your Local Butcher
Selected Varieties

13.23/kg

Made in Western Canada



40 YEARS OF DELIGHT

LIMITED EDITION

delight

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



\$5 /each

International Delight
or Silk Coffee Creamer

690 - 946 mL or Cold Foam
369 - 396 g

Silk



\$7 /each

Oikos Greek or
Pro Yogurt

650 - 750 g



\$4 /each

Activia Yogurt

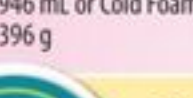
650 g or Expert
4 x 100 g
or Danisco Danisco
Drinkable Yogurt
6 x 93 mL



\$6 /each

Activia Yogurt

12 x 100 g or Drinkable
Yogurt 8 x 93 mL



\$10 /each

Oikos Greek
Yogurt

12 x 100 g or Plain
1.5 kg



\$5 /each

Activia
Expert Yogurt

750 mL

\$4 /each YUKON Chapman's Super Premium Plus Ice Cream 500 mL or Yukon Novelties Package of 5 - 8 MADE IN CANADA	\$6 /each Chapman's Premium Ice Cream, Frozen Yogurt or Sorbet 2 L MADE IN CANADA	Every spoonful is a delectable treat.
\$9 /each Chapman's Markdale Creamery Ice Cream Frozen 4 L MADE IN CANADA GLUTEN-FREE	\$6 /each Lilly Lolly Frozen Package of 28 MADE IN CANADA GLUTEN-FREE	\$6 /each Chapman's Super Novelties Frozen Selected Varieties Package of 8 - 20 MADE IN CANADA
\$5 /each Chapman's Markdale Creamery Ice Cream Frozen Selected Varieties 2 L MADE IN CANADA GLUTEN-FREE		



Makes quick meals.
Makes cents.

SALE
\$6 / ea

Co-op Centsibles Breaded Chicken
Frozen
600 - 800 g

800 g

MADE IN CANADA

OPEN THE APP TO GET THIS OFFER

\$3 OFF

Co-op Centsibles Long Grain Rice
2.27 kg

MADE IN CANADA

SALE
\$12 / ea

Co-op Centsibles Italian Meatballs
Frozen
1.13 kg

MADE IN CANADA

SALE
\$6 / ea

Co-op Centsibles Vegetables
Frozen
2 kg

MADE IN CANADA

KraftHeinz Stock Up & SAVE

EXCLUSIVE TO CO-OP
EXPIRES: MARCH 4, 2026
*See Co-op app coupons for details of each offer.

3 FOR \$9 / each
Kraft Dressing
425 mL or Heinz Mayo 340 mL

2 FOR \$10 / each
Heinz Ketchup
750 mL - 1 L or Kraft Miracle Whip or Mayo 890 mL

\$5 / each
Kraft Peanut Butter
1 kg or All Natural 750 g

3 FOR \$11 / each
Philadelphia Dips
227 g

\$30 / each
Maxwell House or Nabob Coffee
Package of 56 - 60

\$9 / each
Nabob Coffee
300 - 340 g or Tassimo Maxwell House or Nabob Package of 14 - 16

\$8 / each
Maxwell House Instant Coffee
126 - 256 g

\$24 / each
Nabob Coffee
915 - 930 g

\$9 / each
Kraft Singles
825 g or Cheez Whiz 900 g

\$3 / each
Classico Pasta Sauce
218 - 600 mL or Shake 'n Bake 142 - 184 g

8 FOR \$10 / each
KD
156 - 200 g or Cups 58 g

6 FOR \$10 / each
Heinz Beans or Pasta
398 mL