



\$12/lb
26.46/kg

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

raised in
**WESTERN
CANADA**



\$5
/each

\$4/lb
8.82/kg

A rack of ribs, likely pork, is shown resting on a wooden cutting board. The ribs are cooked and have a dark, possibly glazed or sauced, exterior. The background is a solid light blue color.

raised in
**WESTERN
CANADA**

\$1 /lb
2.21/kg



\$5
/each

MADE IN
CANADA

\$1
/each

Selected Varieties
20 - 47 g

\$2
/each

/each

Baked in-store
Sliced or Unsliced
450 g



MADE IN CANADA

MADE IN CANADA

\$2
/each

[illegible]

\$3
/each

**MADE IN
CANADA**

\$2
/each

\$2
/each

**SunRype Pure
Apple Juice**
1 L or SunRype Juice
900 mL

PRICING IN EFFECT FEB. 19 - 25, 2026

19 THU 20 FRI 21 SAT 22 SUN 23 MON 24 TUE 25 WED

see inside
for more



DOLLAR SUPERSALE

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 logo used with permission



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

\$4 /lb

8.82/kg

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

450 g

Co-op Premium Berkshire Pork Sausage

Thawed
Selected Varieties

\$7 /lb

15.43/kg

Co-op Boneless Skinless Chicken Breasts

Grain Fed, Free Run, Air Chilled
Value Pack

\$14 /each

11.02/kg

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

454 g

Waterview Market Shrimp

Frozen

\$4 /100 g

Fresh Wild Caught Walleye Fillets

Product of Saskatchewan or Manitoba

\$10 /each

320 g

Sogel Cooked Lobster Meat

Frozen

\$4 /100 g

Fresh Atlantic Salmon Fillets

Farmed
Value Pack

\$3 /100 g

Yellowfin Tuna Loins

Thawed

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



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DOLLAR SUPERSALE

CO-OP OF NEW BRUNSWICK

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

207 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



TACO BELL®

**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

Options 1
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

© 2024 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% Vitamin C



\$4 /each

100% Vitamin C
100% Vitamin A

Sunny D

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

V8 Vegetable Cocktail

6 x 156 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
340g or Pods
Package of 10

Starbucks Coffee Enhancers 828 mL

Starbucks Ground Coffee 340 g

Starbucks Nespresso Compatible Capsules Package of 10

STARBUCKS® COFFEE AT HOME

FOR YOUR **PETS**

10 FOR \$9

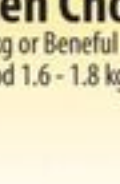
Friskies Wet Cat Food
156 g





\$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





\$5

2 FOR

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

\$5 /lb
Co-op Breaded Pork Cutlets
Prepared by Your Local Butcher
Selected Varieties
11.02/kg

\$6 /lb
Co-op Glazed Pork Tenderloin or Medallions
Prepared by Your Local Butcher
Selected Varieties
13.23/kg

\$5 /lb
Co-op Greek Pork Shoulder Blade Steak
Prepared by your Local Butcher
Grill-Ready
11.02/kg

\$6 /lb
Co-op Glazed Pork Loin Chops
Prepared by Your Local Butcher
Selected Varieties
13.23/kg

\$7 /lb
Co-op Oven Ready Meatloaf, Meatball or Salisbury Steak
Made In-store
Oven-Ready
15.43/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 Split Chicken Wings
Prepared by Your Local Butcher
Selected Varieties
13.23/kg

MADE IN WESTERN CANADA

 \$4 /each 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 2L MADE IN CANADA 	 Every spoonful is a delectable treat.
 \$9 /each Chapman's Markdale Creamery Ice Cream 4L MADE IN CANADA 	 \$6 /each Chapman's Lolly Lil' Lolly Frozen Package of 28 MADE IN CANADA 	 \$6 /each Chapman's Super Novelties Frozen Selected Varieties Package of 6-20 MADE IN CANADA 
 \$5 /each Chapman's Markdale Creamery Ice Cream 2L MADE IN CANADA 	 \$5 /each Chapman's Creamery Frozen Selected Varieties 2L MADE IN CANADA 	 \$5 /each Chapman's Creamery Frozen Selected Varieties 2L MADE IN CANADA 



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

Ramadan Mubarak

GLAD TIDINGS

SALE
8⁴⁹
/lb

Co-op Boneless
Skinless Chicken Thighs

Grain Fed, Free Run, Air Chilled
Value Pack

18.72/kg

CHICKEN PAKORA

SALE
23⁹⁹
/lb

Co-op Halal Boneless
Beef Striploin Grilling Steak

Cut from Canada AA Grade or Higher
Random Cryovac Wrapped

52.89/kg

SALE
7⁹⁹
/ea

Co-op Red Potatoes

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

10 lbs

SALE
4⁹⁹
/ea

Garlic

Produce of China
1 kg

SALE
15⁹⁹
/ea

Medjool Dates

Produce of U.S.A.
2 lb (907 g)

SALE
12⁹⁹
/ea

Co-op Gold Vegetable
Spring Rolls

Frozen
600 g

2 FOR
\$6

Nana's
Samosas

140 g

SALE
5⁹⁹
/ea

Co-op Gold
Hummus

482 g

SALE
3⁹⁹
/ea

Vadiya
Naan Bread

Original or Garlic
Package of 6

SALE
7⁴⁹
/ea

Byblos
Baklava

300 g

2 FOR
\$7

Astro
Yogurt

750 g

SALE
9⁹⁹
/ea

Co-op Gold
Frozen Vegetables

1.5 - 1.75 kg

SALE
7⁹⁹
/ea

Vadiya
Basmati Rice

3.63 kg

SALE
15⁹⁹
/ea

Aashirvaad Whole Wheat
or Sher Durum Atta Flour

9.07 kg

2 FOR
\$5

Co-op Gold
Natural Spring Water

12 x 500 mL

SALE
1⁸⁹
/ea

Co-op Gold
Juice

1 L

2 FOR
\$7

Co-op Gold
PURE Peas,
Chick Peas or
Lentils

907 g

SALE
7⁹⁹
/ea

Nanak Desi
Ghee

400 g or Diya Mustard Oil 1 L

GLAD TIDINGS

FEBRUARY 12 - MARCH 11, 2026