



WHEN YOU **SPEND \$150\*\***  
OR MORE ON GROCERIES  
IN-STORE & ONLINE

**4 DAYS ONLY** March 26-29 2026

\*Calgary Co-op App download and registration required. Visit calgarycoop.com for additional terms and conditions.  
\*\*Purchase must be \$150 or more after discounts/coupons. Total includes deposits, environmental fees and taxes where applicable. Excludes prescriptions, postage, transit passes, gift cards, event ticket, passes, lottery tickets, services. For online orders, offer applies to fulfilled orders March 26 - 29, 2026.

Schneiders Original Bone-In Ham   
Limit 2  
While Supplies Last

**2.79**  
/lb  
6.15/kg



Boneless Skinless Chicken Breast  
Family Pack  
Grain Fed, Free Run & Air Chilled

**SALE 6.99**  
/lb 15.41/kg  
**MEMBERS EARN 10%**



Raspberries or Blackberries  
170g  
Product of USA/Mexico  
No. 1 Grade

**2\$5**  
for

**HOT DEAL**



Tri Coloured Peppers  
3 Pack  
Product of Mexico  
No. 1 Grade

**SALE 4.99**  
**MEMBERS EARN 10%**



Dairyland Butter  
454g Select varieties  
Limit 4

**APP EXCLUSIVE SAVINGS**  
5.99 ea  
SAVE \$1  
Without APP 6.99



  
Magnum Premium Novelties  
3-4 Pack or Ben & Jerry's and Breyers Creamery Ice Cream 473ml-1.41L  
Select varieties

**4.99**  
ea



Bubly or AHA Sparkling Water  
12 Pack or Montellier 10 Pack  
Select varieties

**2\$10.98**  
for



  
Old Dutch, Riddies, Ruffles or Cheetos  
200-285g Select varieties

**2\$8**  
for



**Make Easter Even Sweeter**

Redeem your Bonus Cash\* for free groceries and fill your table with holiday favourites.

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

**LEARN MORE**



# CALGARY CO-OP

Frozen Grade A Turkeys  
7kg's & Under  
Limit 2  
While Supplies Last

**2.49**  
/lb  
5.49/kg



Navel Oranges  
Product of USA  
Fancy

**SALE**  
**1.49**  
/lb  
3.28/kg

**MEMBERS**  
**EARN**  
**10%**



Stove Top Stuffing  
120g or Club  
House Gravy  
Mixes 20-47g  
Select varieties

**4\$5**  
for



**SLICE THICK  
AND WARM  
FOR YOUR  
DINNER!**



Grimm's Classic  
Carving Ham  
Sliced fresh in the Deli.

**3.99**  
/100g



Hershey's Chipits  
200-270g  
Select varieties

**SALE**  
**4.99**  
ea

**MEMBERS**  
**EARN**  
**15%**



Cracker Barrel Block Cheese  
740g Select varieties



**SALE**  
**11.99**  
ea

**MEMBERS**  
**EARN**  
**10%**



Christie, Triscuit, Townhouse  
or Cheez-it Crackers  
180-391g  
Select varieties

**2\$5**  
for

**HEALTH & BEAUTY  
DEAL OF THE WEEK!**

**HOT  
DEAL**



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

**SALE**  
**16.99**  
ea

**MEMBERS**  
**EARN**  
**10%**



## Phar More+ Relief

Get expert advice and fast relief for allergies and more in a single visit, from consultation to prescription.

**BOOK AN APPOINTMENT**

# MEMBERS NOW EARN 8¢/litre\*

\*8 cents earnings will apply to fuel litre purchases for the current fiscal year. Members earn 4¢/L in Calgary Co-op Bonus Cash instantly and 4¢/L towards Member Earnings. Calgary Co-op app download and registration required. Visit calgarycoop.com/appterm for additional terms and conditions.



At Participating Stores

From in effect March 20, April 1, 2024 at all Calgary Co-op locations. All advertised items are applicable per household, while supplies last. No substitutions. Selling a Calgary Co-op fuel item may require you to supply sufficient identification to meet your needs. Because of the pandemic, our supply of certain items may be limited. This item is for sale at some Calgary Co-op fuel stores, a complete list of advertised items may not be posted. The options for any item are subject to change without notice. All items are subject to availability. All items are subject to change without notice. Some restrictions may apply. © 2024 Calgary Co-op. All rights reserved. Calgary Co-op is a registered trademark of Calgary Co-op. All other trademarks are the property of their respective owners. \*Calgary Co-op app download and registration required. All items with a percentage offer apply to the purchase price including taxes, environmental and other applicable charges. For comments, contact Calgary Co-op. Some items are subject to change without notice. All advertised items are applicable per household, while supplies last. No substitutions. Selling a Calgary Co-op fuel item may require you to supply sufficient identification to meet your needs. Because of the pandemic, our supply of certain items may be limited. This item is for sale at some Calgary Co-op fuel stores, a complete list of advertised items may not be posted. The options for any item are subject to change without notice. All items are subject to availability. All items are subject to change without notice. Some restrictions may apply. © 2024 Calgary Co-op. All rights reserved. Calgary Co-op is a registered trademark of Calgary Co-op. All other trademarks are the property of their respective owners. Health information is provided for general informational and educational purposes only and is not a substitute for professional health advice. The 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 healthcare provider. Consult with your health care professional with any questions you may have.

# Easter Feast Favourites

## The Main Event

Founders & Farmers  
Boneless Hams  
800g  
Assorted varieties



**SALE**  
**11.49**  
**MEMBERS EARN 10%**



Fresh Express Garden  
Salad or Coleslaw  
340 - 397g  
Product of USA

**2\$5**  
for

## Perfect Sides



Asparagus  
Product of Mexico  
No. 1 Grade

**3.99**  
/lb  
8.80/kg

Green Giant  
Canned Vegetables  
341-398ml  
Assorted varieties



**3\$5**  
for



Butterball Turkey Roast  
Frozen 1.2kg  
Assorted varieties

**20.99**  
ea



Betty Crocker  
Potatoes  
141-215g  
Select varieties

**2\$5**  
for



Ocean Spray  
Cranberry Sauce  
348ml  
Select varieties

**SALE**  
**2\$5**  
for

**MEMBERS EARN 10%**

## The Finishing Touches

Cal & Gary's  
Paska Bread  
540g

**4.99**  
ea

**BAKED**  
fresh  
IN-STORE



Founders & Farmers  
Easter Egg Cakes  
450g

**9.99**  
ea



Founders & Farmers  
Easter Cupcakes  
Chocolate or Vanilla, Red  
Velvet or Assorted varieties  
6 Pack

**MEMBERS EARN 20%**

**MADE**  
fresh  
IN-STORE



Founders & Farmers  
Hot Cross Buns  
6 Pack

**3.99**  
ea

**BAKED**  
fresh  
IN-STORE



Easter Lily  
9"  
Alberta Grown

**9.99**  
ea

**BEST**  
FROM THE  
WEST



Piccola Orchid in  
Bunny Planter  
3"  
Grown in Canada

**22.99**  
ea



# Easter Havours for Every Table

## Entertaining Made Easy

**Founders & Farmers Spinach & Artichoke Bites**  
200g

**Cal & Gary's Mini Vegetable Spring Rolls**  
100g

**Cal & Gary's Shrimp & Vegetable Purse**  
100g

**Founders & Farmers Jalapeño Poppers**  
100g

**Founders & Farmers Pickle Chips**  
100g

**Cal & Gary's Shrimp & Vegetable or Founders & Farmers Appetizers**  
Frozen 192-490g  
Assorted varieties **20% OFF**

**Founders & Farmers Shrimp Ring with Cocktail Sauce or Garlic Sausage Ring**  
Frozen 312-750g **7<sup>99</sup> ea**

**Easter Egg Nibbler and Charcuterie Trays or Spinach Dip Tray**  
While Quantities Last **STARTING AT 7<sup>49</sup> ea**

**MADE fresh in the DELI**

## Delicious Extras

**Summer Fresh Hummus and Dips**  
200-227g **2\$8 for 8**

**Hellmann's Mayonnaise**  
1.42L or Bick's Pickles 750ml-1L  
Select varieties **40% OFF**

**Something Special Gourmet Jellies or Antipasto**  
250-300g **5<sup>99</sup> ea**

**Mastro Genoa Salami**  
Mild or Hot 150g **6<sup>99</sup> ea**

**Calgary Heritage Coffee**  
340g Select varieties **17<sup>99</sup> ea**

**Ocean Spray Cocktail Mixes & Juice**  
1.77-1.89L Select varieties **2\$8 for 8**

**Dairyland Egg Nog**  
946ml **2\$7 for 7**

**Phillips Non-Alcoholic Beer or Sparkmouth Mocktails or Honey-Kissed Soda**  
4 Pack Select varieties **SALE 6<sup>99</sup> ea**

**Simply Refrigerated Beverages**  
1.54L and Natures Path Waffles 210g Select varieties **SALE 4<sup>99</sup> ea**

**MEMBERS EARN 10%**

**MEMBERS EARN 20%**

**Tostitos Tortilla Chips**  
215-295g or Salsa 418ml or Twigz Pretzels 130g  
Select varieties **2\$8 for 8**

**Tenderflake Puff Pastry, Tart or Pie Shells**  
255-397g and Cool Whip Topping 1L  
Select varieties **3<sup>99</sup> ea**

**Easter Candy and Chocolates**  
Select varieties & sizes **STARTING AT 1<sup>29</sup> ea**

# Produce

**Rockit Apples**  
2lb  
Product of USA  
Extra Fancy



**SALE**  
**5<sup>99</sup>**  
+  
**MEMBERS**  
**EARN**  
**10%**

**Red or Green Seedless Grapes**  
Product of Chile  
No. 1 Grade

**6<sup>99</sup>**  
ea

**2lb**



**Bartlett Pears**  
Product of Chile/Australia  
No. 1 Grade

**2<sup>49</sup>**  
/lb  
5.49/kg



**Avocados**  
4 Pack  
Product of Mexico  
No. 1 Grade  
Limit 10



**APP EXCLUSIVE SAVINGS**  
\*Must Clip Before Purchase  
**3<sup>99</sup>**  
ea  
**SAVE \$1**  
\*Clip  
Without APP  
**4<sup>99</sup>**

**Mushrooms**  
Mushrooms  
Whole, Sliced, or Cremini  
225g Product of Western  
Canada No. 1 Grade

**BEST FROM THE WEST**



**SALE**  
**3<sup>49</sup>**  
+  
**MEMBERS**  
**EARN**  
**10%**



**Iceberg Lettuce**  
Product of USA  
No. 1 Grade

**2<sup>49</sup>**  
ea



**Cal & Gary's Mini Potatoes**  
Red, Yellow, or Medley  
680g Product of Western  
Canada No. 1

**3<sup>99</sup>**  
ea

**BEST FROM THE WEST**

**Yams**  
Product of USA  
No. 1 Grade

**1<sup>49</sup>**  
/lb  
3.28/kg



**Cal & Gary's**

## In-store Cut Fruit & Vegetables

made fresh in-store



**Fruit, Tropical, or Vegetable Trays**  
Small  
970-1125g

**\$2 OFF**



**Marinated Vegetables**  
Assorted varieties  
345-475g

**15% OFF**



**Salad Blends**  
Assorted varieties  
230-360g

**15% OFF**

# Floral

**Spring Mix Bouquet**  
Grown in Canada

**17<sup>99</sup>**  
ea



**BEST FROM THE WEST**  
**Hydrangea**  
6" Pot  
Grown in Alberta

**19<sup>99</sup>**  
ea



**Rose Lily Bouquet**

**SALE**  
**28<sup>99</sup>**  
+  
**MEMBERS**  
**EARN**  
**10%**



**BEST FROM THE WEST**

**Pastel Planter**  
**39<sup>99</sup>**  
ea



**BEST FROM THE WEST**

**Kalanchoe**  
in Metal Tin with  
Bunny Ears  
4"

**13<sup>99</sup>**  
ea



**BEST FROM THE WEST**

**Easter Egg Mum**  
6"

**14<sup>99</sup>**  
ea



## Bloom into Easter

Brighten your celebration with fresh bouquets, charming centrepieces, and seasonal floral accents.

**SHOP NOW**

**ONLY ALBERTA BLACK ANGUS BEEF**

**Whole Bottom Sirloin Tri Tip**  
Cryovac  
Cut from Canada AA Beef  
Aged 14 Days

**11<sup>99</sup>**  
/lb  
26.43/kg



**Inside Round Oven Roast or Marinated Steak**  
Family Pack  
Cut from Canada AA Beef  
Aged 14 Days

**11<sup>99</sup>**  
/lb  
26.43/kg



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

**LEARN MORE**

**Pork Side Ribs**  
Breast Bone Removed  
Western Canadian



**4<sup>49</sup>**  
/lb  
9.90/kg



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

**6<sup>49</sup>**  
/lb  
14.31/kg



**ONLY ALBERTA CHICKEN**



**Maple Leaf Prime Chicken Drumsticks & Thighs**  
Club Pack, Grain Fed, Humanely Raised, Air Chilled & Canadian Farmed Raised

**SALE \$15<sup>..</sup>**  
**MEMBERS EARN 10%**



**Bone In Pork Loin Centre & Rib End Chops**  
Family Pack  
Western Canadian

**5<sup>49</sup>**  
/lb  
12.10/kg

**Olymel Pork Dinner or Breakfast Sausage**  
Previously Frozen  
Assorted varieties



**5<sup>99</sup>**  
ea



**Medium Ground Chuck Burgers**  
Assorted varieties

**7<sup>99</sup>**  
/lb  
17.61/kg

**Olivieri Fresh Pasta or Skillet Gnocchi**  
250-360g  
Assorted varieties

**5<sup>49</sup>**  
ea



**Schneiders Sausage Rings, All Beef Wieners, Juicy Jumbo's or Smoked Sausage**  
300-450g  
Assorted varieties

**8<sup>99</sup>**  
ea



**Schneiders Breaded Chicken Tender Bites, Schnitzel or Dips**  
Frozen 450-600g  
Assorted varieties

**12<sup>99</sup>**  
ea



**Founders & Farmers Chicken Wings**  
Frozen 850-900g  
Assorted varieties



## Alternative Protein



**Big Mountain Plant-Based Roast**  
950g

**25<sup>99</sup>**  
ea



**Odd Burger Entrees**  
Frozen 228-436g  
Assorted varieties

**20% OFF**



**Gusta Entrees**  
200-350g  
Assorted varieties

**20% OFF**

## Seafood

**Red Spring Chinook Salmon Fillets**  
Farmed

**3<sup>99</sup>**  
/100g



**ORGANIC**

**Wild Snapper Fillets**  
Previously Frozen

**SALE \$1<sup>89</sup>**  
/100g

**MEMBERS EARN 10%**



**Cal & Gary's Raw Pacific White Shrimp**  
16/20 or 26/30 Count  
Frozen 340g

**11<sup>99</sup>**  
ea



**Clover Leaf Delectable Imitation Crab or Lobster**  
227g  
Assorted varieties

**4<sup>99</sup>**  
ea



**Regal Crab Cakes or Fish Cutlets**  
Frozen 170-340g

**9<sup>99</sup>**  
ea



**Aqua Gems Fillet Portions**  
Frozen 400g  
Assorted varieties

**20% OFF**

# Bakery

**Cal & Gary's Cheesecake**  
Chocolate & Curls or Berries and Cream  
700 - 875g

**MEMBERS  
EARN  
20%**



**MADE  
fresh  
IN-STORE**



**BAKED  
fresh  
IN-STORE**



**Founders & Farmers Cruffins**  
All Butter, Nutella, Raspberry, Vanilla  
or Lemon  
6 Pack

**3.49**  
ea



**BAKED  
fresh  
IN-STORE**



**Cal & Gary's  
Ciabatta Bread**  
500g

**MEMBERS  
EARN  
20%**



**Founders & Farmers  
Sunflower Flax or  
Canadian Harvest  
Multigrain Bread**  
450g

**BAKED  
fresh  
IN-STORE**

**3.99**  
ea



**Founders & Farmers  
Raisin or Multigrain Buns**  
6 Pack

**SALE  
\$3.99**  
ea

**MEMBERS  
EARN  
10%**

**Cal & Gary's  
Sourdough  
Steakhouse Buns  
and Potato Pull  
Apart Rolls**

**3.99**  
ea



Try with:

# Deli

**FANTINO & MONDELLO** **BOURSIIN**

**BUY 3  
FOR \$18**

Buy any 3 Fantino & Mondello® any variety,  
or Boursin® 150g products for \$18

**+**  
**Swiss  
Gruyere Cheese**  
Cut and Wrapped  
Fresh in the Deli

**6.99**  
/100g



**Grimm's Black Forest Ham  
Or Honey Ham**  
Sliced Fresh in the Deli

**3.69**  
/100g



**MEALS MADE EASY  
READY TO EAT**

**Sweet Corn  
Black Bean Salad  
or Quinoa Tabouli Salad**  
Prepared Fresh in the Deli

**2.49**  
/100g



**Lesley Stowe  
Raincoat Crisps**  
150g Limit 6

**APP  
EXCLUSIVE  
SAVINGS**  
**\$6.99**  
SAVE 11%  
Without App  
**\$7.99**

# Natural Choice



**CanPrev or  
Orange  
Naturals  
Supplements**  
Select varieties  
& sizes

**20%  
OFF**



**Prairie Naturals or  
Healthology  
Supplements**  
Select varieties  
& sizes

**20%  
OFF**



**St. Francis  
Herb Farm**  
Select varieties  
& sizes

**20%  
OFF**



**Enzymedica  
Digestive & Health  
Supplements**

**SALE  
15%  
OFF**

**MEMBERS  
EARN  
10%**



**Free  
Service  
for  
Members**

## Concierge Services

**GET IN TOUCH**

Let our Concierge team handle the details from food to drinks to flowers and more so you can enjoy every moment.

# Grocery



**Silk Refrigerated Beverage**  
1.75-1.89l and IGO Nano Yogurt Drinks 6 Pack  
Select varieties

**3<sup>99</sup>** ea



**General Mills or Post Cereal**  
300-545g  
Select varieties

**4<sup>49</sup>** ea



**Founders & Farmers Frozen Vegetables**  
500-750g  
Select varieties

**SALE 2\$5** for 5  
**MEMBERS EARN 10%**



**Tetley or Celestial Tea**  
20 Pack or Quaker Instant Oatmeal 240-344g or Robin Hood Oats 1kg  
Select varieties

**SALE 2\$8** for 8  
**MEMBERS EARN 10%**



**Nature Valley or Fibre 1 Bars**  
125-190g or Voortman Cookies 142-320g  
Select varieties

**2\$6** for 6



**Cheemo Perogies**  
815-907g or Heluva Good Dip 250g  
Select varieties

**2<sup>99</sup>** ea



**High Liner Frozen Fish Fillet**  
500-700g and McCain Superfries 1.5-1.8kg  
Select varieties

**SALE 8<sup>99</sup>** ea  
**MEMBERS EARN 20%**



**Starbucks Coffee**  
340g or Kcups 10 Pack  
Select varieties

**10<sup>99</sup>** ea



**Que Pasa Tortilla Chips**  
156-350g or Herdez Salsa 453g  
Select varieties

**SALE 3<sup>99</sup>** ea  
**MEMBERS EARN 15%**



**Robin Hood All Purpose Flour**  
5kg  
Select varieties

**7<sup>99</sup>** ea



**E.D. Smith Pure Pumpkin**  
796ml  
Select varieties

**5<sup>99</sup>** ea



**Milk Bone Dog Biscuits**  
283-900g Select varieties  
Limit 4

**30% OFF**  
Without App **20% OFF**



**Good Cook Bakeware**  
Select varieties & sizes

**20% OFF**



**Maynards Candy Bag**  
135-154g Select varieties

**2\$5** for 5

# Health & Beauty

**Colgate Optic White or Pro Relief Toothpaste**  
73-120ml and Crest Pro Health Mouthwash 1L or Live Clean Liquid Hand Soap 400-500ml  
Select varieties



**SALE 4<sup>99</sup>** ea  
**MEMBERS EARN 10%**

**Men+Care Bodywash**  
532ml or Men+Care Deodorant 76-85g or Bar Soap 6 Pack

**7<sup>99</sup>** ea



YOU COULD **WIN** TICKETS TO THE **FIFA World Cup 26™**  
Full rules and entry details at [JoinTeamFresh.ca](http://JoinTeamFresh.ca)  
\*Terms and conditions apply.

**Aveeno and Neutrogena Face Care**  
Select varieties and sizes

**25% OFF**



**Head & Shoulders Hair Care**  
613ml and Nivea Skin Care Lotion 500ml or Ombra Foam Bath 500ml and Epsom Salts 1.36kg  
Select varieties

**SALE 8<sup>99</sup>** ea  
**MEMBERS EARN 10%**



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

**7<sup>99</sup>** ea

**Visine Eye Drops**  
15ml Select varieties

**7<sup>99</sup>** ea



**Vega and Bio-X Protein Powder**  
or Premier Protein Shake 4 Pack  
Select varieties

**25% OFF**



**Tylenol Pain Relief**  
40-150's  
Select varieties

**SALE 15<sup>99</sup>** ea  
**MEMBERS EARN 10%**



**Huggies Mega Colossal Diapers**  
68-150's  
Select varieties

**36<sup>99</sup>** ea