



YOUR CO-OP IS PROUDLY CANADIAN

SALE
1⁸⁹
/lb

Co-op Gold Grade A Turkey
All Available Sizes
Frozen



HAPPY
Easter

SALE
4⁹⁹
/ea

SALE
3⁹⁹
/ea

Raspberries
or Blackberries
Produce of U.S.A. or Mexico
340 g

Co-op Potatoes
Red, Russet or Yellow
Produce of Western Canada
Canada No. 1
10 lb (4.54 kg)

SALE
2⁹⁹
/lb

Pork Side Ribs
Random Cryovac Wrapped
Sold Whole in a Pack of 3

SALE
2⁹⁹
/ea

Hot Cross Buns
Baked In-store
Package of 8

SALE
2⁹⁹
/ea

Dairyland Creamo
Half & Half 346 mL, Whipping Cream 473 mL
or Aerosol Whipping Cream 225 g

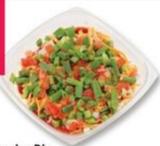
SALE
2⁹⁹
/100 g

Steelhead Trout Fillets
Farmed in Manitoba or Saskatchewan
Value Pack

SALE
11⁹⁹
/ea

Pepsi Products
24 x 355 mL

SALE
1⁹⁹
/100 g



Seafood Surprise Dip
Made In-store
Fresh from the Deli

SALE
2⁴⁹
/ea

Green Giant Vegetables
750 g or Valley Selections
400 - 500 g
Frozen

SALE
11⁹⁹
/ea

SALE
19⁹⁹
/ea

Tide Laundry Detergent
94 - 100 Loads, Pods Package of 45 - 81, Gain Flings
Package of 76 or Ivory Snow Power Pods Package of 45
Selected Varieties

Find Inspiration at: food.crs

PRICING IN EFFECT MAR. 26 - APR. 7, 2026

26 THU 27 FRI 28 SAT 29 SUN 30 MON 31 TUE 01 WED

Delicious Deals

TO FILL YOUR BASKET!

SALE
2⁴⁹
/lb

Sugardale Smoked Ham Portion
Bone-in
Random Cryovac Wrapped

5.49/kg



SALE
4⁹⁹
/ea

Navel Oranges
Produce of U.S.A.
3lb (1.36 kg)



SALE
4⁹⁹
/ea

Tricolour Peppers
Greenhouse Grown
Produce of Mexico
Package of 3



SALE
6⁹⁹
/lb

Co-op Lean Ground Beef
Ground In-store by Your Local Butcher
Value Pack

raised in WESTERN CANADA

15.41/kg



SALE
9⁹⁹
/ea

Balderson Cheddar Cheese
Selected Varieties
250 - 280 g

MADE IN CANADA



SALE
10⁹⁹
/ea

Cracker Barrel Cheese
740 g or Natural Slices 500 g

MADE IN CANADA



SALE
3⁹⁹
/ea

Dempster's Grain Bread
Selected Varieties
600 g

MADE IN CANADA



SALE
3⁹⁹
/ea

McCain Superfries
or Breakfast or Specialty Potatoes
Frozen
454 - 600 g

MADE IN CANADA



SALE
1²⁵
/ea

Kraft Stove Top Stuffing
120 g or Ben's Original
Fast & Fancy 132 g
Selected Varieties



SALE
2⁹⁹
/ea

Christie Snack Crackers
Ritz, Triscuit or Wheat Thins
Selected Varieties
162 - 200 g

MADE IN CANADA



3 FOR
4⁹⁸

Green Giant Vegetables
341 - 398 mL

MADE IN CANADA



SHOP IN-STORE FOR

Easter TREAT ESSENTIALS

- CHOCOLATE, CANDY & MORE!



FARM FRESH PRODUCE

SALE
4⁹⁹
/ea

Carrots
Produce of Mexico or U.S.A.
No. 1 Grade
5 lb (2.27 kg)

5 lbs

HONEY GARLIC GLAZED CARROTS

VIEW THE RECIPE
ONLINE AT FOOD.CRS

SALE
3⁹⁹
/ea

grown in
WESTERN CANADA

Co-op Yellow Onions
Produce of Western Canada
Canada No. 1
5 lb (2.27 kg)

5 lbs

SALE
5⁹⁹
/ea

McIntosh Apples
Produce of Canada
Canada Fancy
3 lb (1.36 kg)

CANADA

SALE
2⁹⁹
/lb

Beefsteak Tomatoes
Greenhouse Grown
Produce of Western Canada
Canada No. 1
6.59/kg

2 FOR \$6

Co-op Mini Cucumbers
Greenhouse Grown
Produce of Western Canada
Canada No. 1
Package of 6

SALE
7⁹⁹
/lb

Strawberry Pineapple or Strawberry Pineapple Kiwi Mix
Made In-store
16 - 24 oz
17.61/kg

SALE
2⁹⁹
/ea

Inspired Greens
Living Lettuce
Red or Green Batavia or Multi Leaf
Greenhouse Grown
Produce of Western Canada
Canada No. 1
5.49/kg

SALE
2⁴⁹
/lb

Bartlett Pears
Produce of Australia
Extra Fancy Grade

AUSTRALIAN PEARS
Large SIZE

2 FOR \$10

Fresh Express Caesar Salad Kits
Produce of U.S.A. or Mexico
Selected Varieties
278 - 298 g

SALE
3⁹⁹
/lb

Orri Mandarins
Produce of Israel
8.80/kg

Large SIZE

SALE
2⁹⁹
/ea

Mangoes
Produce of Mexico or Peru

Large SIZE

SALE
6⁹⁹
/ea

Organic Ambrosia Apples
Produce of Western Canada
Extra Fancy
3 lb (1.36 kg)

2 FOR \$6

Organic Sliced White Mushrooms
Produce of Western Canada
227 g

SALE
7⁹⁹
/ea

Organic Sweet Potatoes
Produce of U.S.A.
3 lb (1.36 kg)

NEW
AT CO-OP

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

SALE
5⁹⁹
/ea

PLUS DEPOSIT & ENVIRONMENTAL
LEVIÉS WHERE APPLICABLE

Pure Leaf Tea

Selected Varieties
6 x 340 mL



The Perfect Take Home Pack For Savouring
With Meals And Sharing With Others.

2 FOR
\$8

Old Dutch Arriba

235 - 245 g or Restaurante Tortillas
275 - 295 g



BUTCHER SHOP

*TENDER.
TASTY.
PERFECTLY
GOLDEN.*

Looking for a little help with your Easter turkey? Scan or visit food.crs for tips to prepare and cook your best turkey yet.



SALE
2⁴⁹
/lb



Butterball Turkey
All Available Sizes
Frozen

SALE
3⁴⁹
/lb

Co-op Whole Chickens
Grain Fed, Free Run, Air Chilled
Value Pack of 2

7.69/kg

SALE
6⁴⁹
/lb

Co-op Boneless Skinless Chicken Breasts
Grain Fed, Free Run, Air Chilled
Value Pack

14.31/kg

SALE
6⁴⁹
/ea

Maple Leaf Prime Lean Ground Chicken
Grain Fed, Free Run, Air Chilled
454 g

7.69/kg

SALE
\$18
/ea

Maple Leaf Prime Chicken Thighs
12 Pieces or Drumsticks 18 Pieces
Grain Fed, Free Run, Air Chilled

7.69/kg

SALE
20⁹⁹
/lb

Co-op Boneless Beef Striploin Grilling Steaks
Cut In-store by Your Local Butcher from Canada AA Grade or Higher
Aged 14 Days
Value Pack

46.27/kg

SALE
5⁴⁹
/lb

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

12.10/kg

SALE
3⁴⁹
/lb

Co-op Bone-in Pork Loin Centre Cut Chops
Cut In-store by Your Local Butcher
Value Pack

7.69/kg

SALE
12⁹⁹
/lb

SunGold Boneless Lamb Sirloin
Cut In-store by Your Local Butcher
Rich and Juicy Flavour of Premium Lamb

28.64/kg

FISH SHOP

SALE
3⁴⁹
/100 g

Yellowfin Tuna Loin
Thawed

SALE
7⁹⁹
/ea

Co-op Gold Popcorn Shrimp
340 g or Shrimp Spring Rolls 280 g
Frozen

SALE
16⁹⁹
/ea

Alaskan Snow Legs
680 g

SALE
10⁹⁹
/ea

Co-op Gold Shrimp
Frozen
340 g

2 FOR
8⁹⁸

Clover Leaf Delectables
227 g

SWEET
Easter
 TREATS

SALE
5⁹⁹
 /ea

Nestlé Easter Novelties

85 - 145 g



SALE
17⁹⁹

Nestlé Hide Me Eggs

500 g



SALE
5⁹⁹
 /ea

Nestlé Assorted Hide Me Eggs

Selected Varieties

100 - 153 g



PREPARED FOODS

SALE
13⁹⁹ /ea
Nibbler Party Tray
Made In-store
650 g

SALE
22⁹⁹ /ea
Stuffed Turkey Breast
Prepared In-store
1 kg

SALE
1⁴⁹ /100 g
Loaded Baked Potato Salad

FRESH FROM OUR DELI

SALE
10⁹⁹ /ea
Mastro Sliced Salami
Value Pack
200 - 375 g

SALE
2⁹⁹ /100 g
Co-op Gold Homestyle Roasted Deli Ham
Black Forest, Rosemary, Italian
Fresh Sliced In-store
No Added Nitrates

SALE
5⁹⁹ /ea
Co-op Gold Shredded Parmesan
100 - 125 g or Castello Brie 125 g

SALE
10⁹⁹ /ea
Olivieri Pasta
Family Pack or Gnocchi
520 - 700 g

SALE
5⁹⁹ /ea
Reser's Main St. Bistro Classic Side Dishes or Potatoes
Selected Varieties
482 - 680 g

SALE
6⁹⁹ /ea
Reser's Salad
1.25 kg or Fontaine Sante Boursin Dip 227 g

PACKAGED MEATS

SALE
13⁹⁹ /ea
Montana's Fully Cooked Pork Back Ribs
650 g

SALE
7⁹⁹ /ea
Pogo Corn Dogs
Frozen
Package of 10

SALE
9⁹⁹ /ea
Co-op Centsibles Wieners
1 kg

SALE
13⁹⁹ /ea
Co-op Gold Thick Sliced Side Bacon
1 kg

SALE
15⁹⁹ /ea
Mitchell's Boneless Ham
1 - 1.5 kg

SALE
6⁹⁹ /ea
Schneiders Smoked Sausage Ring
300 g

SALE
5⁹⁹ /ea
Grimm's Sliced Deli Meat
125 - 175 g

SALE
7⁹⁹ /ea
Harvest Smoked Farmer's Sausage
or Sticks 375 g or Ring 300 g

Make it
Cheesy!



SALE

9⁹⁹
/ea

**Kraft
Singles**

825 g, Velveeta Loaf
or Cheez Whiz 900 g



*Based on the 2026 BrandSpark® Canadian Trust Study.

LUNCHABLES

FRESHNESS GUARANTEED

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



3 FOR

9⁹⁹

**Lunchables
Lunch Kits**

89 - 135 g

LUNCHABLES



LUNCHABLES



*Based on the 2026 BrandSpark® Canadian Trust Study.

mio
**UP YOUR
water
GAME**

3 FOR

10⁹⁸

**Liquid or Powder
Water Enhancers**

Selected Varieties
48 mL or Package of 4 - 10



mio
HYDRATE - HYDRATATION
ORANGE
ELECTROLYTE* Drink Mix
Préparation pour boissons ELECTROLYTE*
0 CALORIES: 48 mL

mio
LEMONADE
DRINK MIX
PRO SUGAR
ORANGE FLAVOUR
10 x 4 g PACKETS

FRESH FROM OUR BAKERY

<p>SALE 3⁴⁹ /ea</p> <p>Dinner Buns Baked In-store Package of 12</p>  <p>MADE IN CANADA</p>	<p>SALE 3⁹⁹ /ea</p> <p>Co-op Gold PURE Artisan Sourdough or Harvest Grain Loaf Baked In-store, 400 g</p>  <p>MADE IN CANADA</p>	<p>SALE 5⁴⁹ /ea</p> <p>Cinnamon Buns Slickly or Cream Cheese Tied Baked In-store Package of 6</p>  <p>MADE IN CANADA</p>
<p>SALE 4⁹⁹ /ea</p> <p>Co-op Gold Pumpkin or Apple Pie 600 - 620 g</p>  <p>MADE IN CANADA</p>	<p>SALE 10⁹⁹ /ea</p> <p>Gourmet Baker Nanaimo Bars 600 g</p>  <p>MADE IN CANADA</p>	
<p>2 FOR \$5</p> <p>Co-op Centsibles English Muffins Regular, Sourdough or Extra Crispy Package of 6</p>  <p>MADE IN CANADA</p>	<p>SALE 4⁴⁹ /ea</p> <p>King's Hawaiian Sweet Rolls Original or Butter Package of 12</p>  <p>MADE IN CANADA</p>	<p>SALE 3⁹⁹ /ea</p> <p>Dempster's Tortillas 10-inch Selected Varieties Package of 6 - 10</p>  <p>MADE IN CANADA</p>
		<p>SALE 2⁹⁹ /ea</p> <p>City Bread Rye, Pumpernickel or Marble Rye 450 - 500 g</p>  <p>MADE IN CANADA</p>

FLORAL

<p>SALE 14⁹⁹ /ea</p> <p>Spring Bouquet</p> 	<p>SALE 6⁹⁹ /ea</p> <p>Germi Bunches</p>  <p>grown in WESTERN CANADA</p>
<p>SALE 14⁹⁹ /ea</p> <p>Calla Lily 4-inch Pot</p> 	<p>SALE 12⁹⁹ /ea</p> <p>Easter Lily 6-inch Pot</p>  <p>grown in WESTERN CANADA</p>

FRESH DAIRY

<p>SALE 6⁹⁹ /ea</p> <p>Becel Margarine 637 - 850 g</p>  <p>MADE IN CANADA</p>	<p>SALE 5⁹⁹ /ea</p> <p>Dairyland Butter 454 g</p>  <p>MADE IN CANADA</p>	<p>SALE 2⁹⁹ /ea</p> <p>Dairyland Sour Cream 450 - 500 mL</p>  <p>MADE IN CANADA</p>
<p>5 FOR \$5</p> <p>Yoplait Yop 200 mL</p>  <p>MADE IN CANADA</p>	<p>2 FOR \$5</p> <p>Oikos Pro Drinkable Yogurt 300 mL</p>  <p>MADE IN CANADA</p>	

FOR YOUR PANTRY

<p>3 FOR \$6</p> <p>Snack Pack Pudding or Gels Package of 4</p> 	<p>5 FOR \$5</p> <p>Jell-O Jelly Powder 10.1 - 85 g, Instant Pudding 30 - 113 g or Lemon Pie Filling 128 g</p> 	<p>SALE 5⁹⁹ /ea</p> <p>Hershey's Chipits 200 - 270 g</p> 	<p>2 FOR 9⁹⁸</p> <p>Christie Wafers or Baking Crumbs 400 g</p> 
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HAPPY Easter

BITE INTO
CANADA'S FAVOURITE
 BREAKFAST†

SAVE \$3
 when you buy any
1 Dempster's Bagels* or Bread*
 +
1 any Philadelphia Cream Cheese
 Product (227 – 340 g) or Kraft
 Peanut Butter Spread (750 g – 1 Kg)*
 EXPIRES: June 30, 2026
 *See in-store for coupon. Subject
 to availability. While supplies last.



†A 2024 breakfast survey of over 9000 Canadians found toast or bagel were the top choice for breakfast.
 National Consumer Offer

3 FOR
11⁹⁷

Philadelphia Cream Cheese
 Selected Varieties
 227 - 250 g



SALE
3⁹⁹
 /ea

Dempster's Bagels
 Selected Varieties
 Package of 5 or 6



SALE
3⁴⁹
 /ea

Dempster's Bread
 Selected Varieties
 570 - 675 g

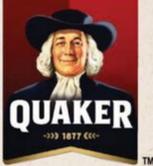


*Based on the 2026 BrandSpark® Canadian Trust Study.

FROM THE FREEZER

<p>SALE 9⁹⁹ /ea</p>  <p>Co-op Gold Fruit Frozen 1.5 kg</p>	<p>SALE 9⁹⁹ /ea</p> <p>Chapman's Markdale Creamery Ice Cream Frozen 4L</p> <p>GLUTEN-FREE</p> 		
<p>2 FOR \$11</p> <p>Häagen-Dazs Ice Cream 400 - 450 mL or Novelties Package of 3 Frozen</p> 	<p>3 FOR 9⁹⁹</p> <p>Cheemo Perogies Frozen 815 - 907 g</p> 	<p>SALE 6⁹⁹ /ea</p> <p>BlueWater Seafoods Frozen Selected Varieties 255 - 600 g</p> 	<p>SALE 4⁴⁹ /ea</p> <p>Red Baron Pizza Frozen 318 - 422 g</p> 

FOR YOUR PANTRY

<p>SALE 19⁹⁹ /ea</p> <p>Co-operative Coffee 237 - 907 g or Package of 30 - 40</p> 	<p>SALE 6⁴⁹ /ea</p> <p>Co-op Gold Puffed Wheat 450 g or Bagged Cereal 750 - 907 g Selected Varieties</p> 	<p>SALE 3⁹⁹ /ea</p> <p>General Mills Cereal Selected Varieties 300 - 437 g</p> 	<p>2 FOR 9⁹⁸</p> <p>Co-op Gold PURE Fruit Spread 340 - 360 mL</p> 
<p>2 FOR \$6</p> <p>Lipton or Knorr Soup Mixes Package of 4</p> 	<p>SALE 7⁹⁹ /ea</p> <p>Co-op Gold Granola Bars 558 - 630 g</p> 	<p>SALE 4⁹⁹ /ea</p> <p>Pace Salsa 642 mL</p> 	<p>2 FOR 4⁹⁸</p> <p>Co-op Gold Dressing Selected Varieties 425 mL</p> 
<p>MINIMUM 25% off</p> <p>McCormick Spices Selected Varieties 5 - 74 g</p> 	<p>3 FOR 6⁹⁹</p> <p>Italpasta 900 g or Hunt's Thick & Rich Pasta Sauce 680 mL</p> 	<p>2 FOR \$7</p> <p>Catelli Smart or Whole Grain Pasta 340 - 375 g or No Yolks 340 g</p> 	<p>SALE 7⁴⁹ /ea</p> <p>Minute Rice 1.4 kg or Tilda Pure Basmati Rice 907 g</p> 
<p>Knorr Sprinkle in flavour</p> 	<p>2 FOR \$4</p> <p>Knorr Bouillon Cubes Chicken or Beef 63 - 69 g</p> 	<p>3 FOR 4⁹⁸</p> <p>Knorr Sidekicks 120 - 153 g</p> 	<p>SALE 5⁹⁹ /ea</p> <p>Hellmann's Mayonnaise 710 - 890 mL</p> 
<p>QUAKER 1877</p> 	<p>2 FOR \$8</p> <p>Quaker Cereal Selected Varieties 350 - 510 g</p> 	<p>2 FOR 7⁵⁰</p> <p>Quaker Instant Oatmeal 232 - 344 g</p> 	<p>3 FOR 9⁹⁹</p> <p>Quaker Rice Cakes or Crispy Minis Selected Varieties 90 - 199 g</p> 

FOR YOUR baby

<p>SALE 36⁹⁹ /ea</p> <p>Pampers Diapers Baby Dry or Swaddlers Selected Varieties Huge Package of 80 - 160</p> 	<p>SALE 6⁹⁹ /ea</p> <p>Simply Kids Baby Wipes Selected Varieties Package of 152 - 216</p> 	<p>SALE 65⁴⁹ /ea</p> <p>Enfamil Refill Selected Varieties 862 - 992 g</p> 
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MAKE EVERY MORNING DELICIOUS FOR THE LOVE OF BREAKFAST



**3 FOR
9⁹⁹**

PLUS DEPOSIT & ENVIRONMENTAL
LEVIÉS WHERE APPLICABLE

Minute Maid Zero Sugar Beverages

1.54 L or Fuitopia or
Fuze Iced Tea 1.75 L



**SALE
4²⁹
/ea**

PLUS DEPOSIT & ENVIRONMENTAL
LEVIÉS WHERE APPLICABLE

Simply Beverages

Selected Varieties
1.54 L



**SALE
5⁹⁹
/ea**

PLUS DEPOSIT & ENVIRONMENTAL
LEVIÉS WHERE APPLICABLE

Simply Juice

1.36 - 1.54 L



**MADE IN
CANADA**

DRINKS & SNACKS

<p>2 FOR 9⁵⁰</p> <p>Ruffles Potato Chips 180 - 200 g</p>	<p>3 FOR 10⁹⁸</p> <p>Lay's Potato Chips 200 - 235 g</p>	<p>3 FOR 3⁹⁹</p> <p>Hershey's Chocolate Bars 39 - 58 g, Jolly Rancher Mistifs 60 g or Twizzlers 60 - 90 g</p>	<p>SALE 5⁹⁹ /ea</p> <p>Nestlé Multipack Package of 4 or Cello Bags 76 - 203 g</p>
<p>SALE 7⁹⁹ /ea</p> <p>Christie Premium Plus Crackers 900 g</p>	<p>2 FOR \$7</p> <p>Dare Snack Crackers 120 - 225 g or Craps 100 g Selected Varieties</p>	<p>2 FOR \$7</p> <p>Mott's Clamato or Nestlé Lemon Iced Tea 1.89 L</p>	<p>2 FOR \$8</p> <p>Ocean Spray Cocktail 1.89 L</p>
<p>ONE SIP AND YOU'LL KNOW</p> <p>fuze</p>	<p>2 FOR \$17</p> <p>Coca-Cola or Canada Dry Products 12 x 355 mL or Fuze or Peace Tea 12 x 341 mL</p>	<p>SALE 21⁹⁹ /ea</p> <p>Powerade Beverages 24 x 591 mL</p>	<p>2 FOR \$5</p> <p>Glaceau Vitamin Water 591 mL</p>

FOR YOUR PETS

<p>SALE 37⁹⁹ /ea</p> <p>Co-op Gold PURE Dog Food Chicken & Oatmeal or Fish & Oatmeal 11.4 - 11.5 kg</p>	<p>SALE 16⁹⁹ /ea</p> <p>Arm & Hammer Cat Litter 12.7 kg</p>
<p>SALE 26⁹⁹ /ea</p> <p>Purina Cat Chow 8 kg</p>	<p>5 FOR \$7</p> <p>Whiskas Perfect Portions Wet Cat Food 75 g</p>

FOR YOUR HOME

<p>SALE 9⁴⁹ /ea</p> <p>Ziploc Freezer Bags Selected Varieties Package of 10 - 44 or Sandwich Bags Package of 200</p>	<p>2 FOR 5⁹⁸</p> <p>Dawn Ultra or Platinum Dish Soap 366 - 473 mL or Ivory Classic 709 mL</p>	<p>SALE 4⁹⁹ /ea</p> <p>Co-op Gold Bleach 3.6 L</p>	<p>SALE 11⁹⁹ /ea</p> <p>Mr. Clean Magic Eraser Package of 6 - 7 or Swiffer Products Selected Varieties and Sizes</p>
<p>2 FOR 8⁹⁸</p> <p>Lysol Multi Purpose Cleaner 1.2 L or Spray 650 mL</p>	<p>2 FOR 8⁹⁸</p> <p>Lysol Toilet Bowl Cleaner 710 mL</p>	<p>SALE 15⁹⁹ /ea</p> <p>Finish Dishwasher Detergent Selected Varieties Package of 40 - 55</p>	
<p>SALE 8²⁹ /ea</p> <p>Purex Bathroom Tissue Package of 12 Double Rolls or 8 Ultra Triple Rolls</p>	<p>SALE 8⁹⁹ /ea</p> <p>Scotties Facial Tissue Selected Varieties Package of 6</p>	<p>SALE 8⁴⁹ /ea</p> <p>SpongeTowels Ultra or UltraPro Package of 3 Double Rolls</p>	

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HAPPY Easter



GIVE GOLD A TRY

Great taste and exceptional value—
delivering trusted quality and family
favourites at prices that fit your everyday life.

SALE
4⁹⁹
/lb

Co-op Gold Hickory Smoked Ham Portion

Random Cryovac Wrapped

raised in
WESTERN
CANADA

GLUTEN-FREE

11.00/kg



SALE
8⁹⁹
/ea
NEW

Co-op Gold Frozen Entrées

907 g - 1.077 kg



SALE
10⁹⁹
/ea

Co-op Gold Cheesecake

Selected Varieties

500 g

made in
WESTERN
CANADA



SALE
12⁹⁹
/ea

Co-op Gold Bone-in Salt and Pepper Dry Ribs

800 g or Vegetable Spring Rolls 600 g Frozen



3 FOR
9⁹⁹

Co-op Gold Cream Cheese

250 g or Tub 227 g



SALE
6⁹⁹
/ea

Co-op Gold Double Cream Brie

180 g



SALE
18⁹⁹
/ea

Co-op Gold Jumbo Shrimp Ring with Sauce

Frozen 513 g



2 FOR
5⁹⁸

Co-op Gold Pickles

1 L or Pickled Beets or Hot Pepper Rings 750 mL



SALE
8⁴⁹
/ea

Co-op Gold Appetizers

Breaded Cheese Sticks, Pickle Bites, Stuffed Jalapeño Peppers or Crispy Wontons Frozen, 217 - 500 g



2 FOR
\$7

Co-op Gold Cracker Sticks

130 g



2 FOR
3⁹⁸

Co-op Gold Stewed Tomatoes

540 mL



2 FOR
\$6

Co-op Gold Asian Sauces

350 mL



SALE
9⁹⁹
/ea

Co-op Gold Honey

Liquid or Cream 1 kg



SALE
8⁹⁹
/ea

Co-op Gold Iced Tea or Lemonade Powder

2 kg



YOUR FAVOURITES, ON SALE!

<p>SALE 10⁴⁹ /ea</p> <p>Oikos Greek Yogurt 12 x 95 - 100 g or Plain 1.5 kg</p>	
<p>SALE 4⁹⁹ /ea</p> <p>Silk Refrigerated Beverages Selected Varieties 1.74 - 1.89 L</p>	<p>SALE 4⁹⁹ /ea</p> <p>International Delight or Silk Coffee Creamer 890 - 946 mL or Cold Foam 369 - 396 g</p>
<p>SALE 6⁴⁹ /ea</p> <p>Activia Yogurt 12 x 100 g or Drinkable Yogurt 8 x 93 mL</p>	<p>SALE 4¹⁹ /ea</p> <p>Activia Expert Yogurt Package of 4 or Danone Danino Kids Drinkable Yogurt 6 x 93 mL</p>

<p>2 FOR 6⁵⁰</p> <p>Maynards Candy 135 - 105 g or Cadbury Chocolate Bars 80 - 100 g</p>		<p>WIN \$10,000 ULTIMATE FESTIVAL TRIPS</p> <p>EACH TRIP FOR FOUR PEOPLE.</p> <p>OSHEAGA ESCAPADE VELD FISHBOWL</p>	
<p>4 FOR \$5</p> <p>Cadbury Chocolate Bars or Maynards Candy 33 - 64 g</p>	<p>SALE 5⁹⁹ /ea</p> <p>Ritz Crackers Drizzled Minis 226 g or Snack Pack 280 g Selected Varieties</p>	<p>2 FOR \$11</p> <p>Christie Cookies Selected Varieties 285 - 488 g</p>	<p>3 FOR 9⁹⁹</p> <p>Christie Crispers or Bits & Bites 145 g</p>

<p>BITE INTO CANADA'S FAVOURITE BREAKFAST</p> <p>SAVE \$3 when you buy any 1 Dempster's Bagels or Bread + 1 any Philadelphia Cream Cheese Product (227 - 340 g) or Kraft Peanut Butter Spread (250 g - 1 kg)</p> <p><small>EXPIRES: June 30, 2024 *See in store for coupon, terms to availability while supplies last.</small></p>			
<p>SALE 5⁹⁹ /ea</p> <p>Kraft Peanut Butter 1 kg or All Natural 720 g</p>	<p>3 FOR 10⁹⁸</p> <p>Philadelphia Dips 227 g</p>	<p>SALE 10⁷⁹ /ea</p> <p>Nabob Coffee 300 - 340 g or Tassimo Maxwell House or Nabob Package of 14 - 16</p>	<p>SALE 17⁹⁹ /ea</p> <p>Maxwell House or Nabob Coffee Package of 30 or Maxwell House Ground Coffee 631 - 900 g</p>
<p>SALE 4⁹⁹ /ea</p> <p>Heinz Ketchup 750 mL - 1 L or Kraft Miracle Whip or Mayo 890 mL</p>	<p>2 FOR \$6</p> <p>Kraft Dressing or Bull's-Eye BBQ Sauce 425 mL</p>	<p>SALE 7⁹⁹ /ea</p> <p>Maxwell House Instant Coffee 126 - 256 g</p>	<p>6 FOR 9⁹⁶</p> <p>Heinz Beans or Pasta 398 mL</p>
<p>4 FOR \$5</p> <p>KD 156 - 200 g or Cups 58 g</p>	<p>4 FOR 9⁹⁶</p> <p>Catelli Garden Select Pasta Sauce 600 mL</p>	<p>SALE 9⁹⁹ /ea</p> <p>Heinz Bagel Bites Frozen 882 g</p>	<p>3 FOR 12⁹⁹</p> <p>Crave, KD Deluxe or Smart Ones Frozen Entrees Selected Varieties 200 - 340 g</p>