

# CO-OP Throwback SALE

**Throwback**  
**2.29** /lb  
**2012**

5.05/kg

**Maple Leaf Boneless Pork Loin Halves**  
 Rib & Centre or Sirloin & Centre  
 Random Cryovac Wrapped

raised in **WESTERN CANADA**

**Throwback**  
**2.99** /lb  
**2018**

6.59/kg

**Red, Green or Black Seedless Grapes**  
 Produce of Peru, Chile or South Africa  
 No. 1 Grade

**Extra LARGE**

**Throwback**  
**10.99** /ea  
**2017**

**Mitchell's Thick Sliced Side Bacon**  
 1 kg

MADE IN CANADA

**Throwback**  
**2.99** /ea  
**2010**

**Romaine Hearts**  
 Produce of U.S.A.  
 Package of 3

**Throwback**  
**2.49** /lb  
**2012**

5.49/kg

**Co-op Chicken Drumsticks**  
 Grain Fed, Free Run, Air Chilled, Value Pack

MADE IN WESTERN CANADA

**Throwback**  
**99¢** /ea  
**1982**

**Kraft BBQ Sauce**  
 455 mL

MADE IN CANADA

**Throwback**  
**1.79** /ea  
**2016**

**Co-op Centsibles Bread**  
 White or Whole Wheat  
 570 g

MADE IN CANADA

**Throwback**  
**3.99** /ea  
**2002**

**Kraft Cheez Whiz**  
 450 g or Singles or Velveeta Slices 410 g

MADE IN CANADA

**Throwback**  
**2 for 9.98**  
**2010**

**Nestlé Real Dairy Ice Cream**  
 or Frozen Dessert 1.5 L, Novelties Package of 4 - 12 or Del Monte Frozen Dessert Bars  
 Package of 10, Selected Varieties

MADE IN CANADA

**Throwback**  
**2 for 5**  
**2008**

**Lay's Potato Chips**  
 200 - 235 g

MADE IN CANADA

**80 Years** CO-OP NORTH CENTRAL

**CO-OP Archives Project**

Share a historic Co-op photo and you could win a family photoshoot and \$500 Co-op Gift Card!

**80¢ Donuts**

Regular Varieties  
 Fresh Baked  
 (Limit of 2)





YOUR CO-OP IS PROUDLY CANADIAN

MARCH 12 - 18, 2026

# Throwback SALE



# HOME CENTRE

Throwback

19<sup>97</sup> ea  
2014  
Was: 49.99



Throwback

39<sup>97</sup> ea  
2015  
Was: 52.99



CO-OP IMAGINE® INTERIOR PAINT  
Available in eggshell, semi-gloss, satin and flat.

ERICKSON RECOVERY STRAP  
2" x 30', 18,000-lb. (5032 479)

Throwback

6<sup>97</sup> ea  
2015  
Was: 8.99



SEPTO-BAC SEPTIC TREATMENT  
227 g (4764 023)

Throwback

19<sup>7</sup> pk  
2015  
Was: 4.99



CO-OP GOLD ALKALINE BATTERY, 4-PK.  
AA (4710 125) or AAA (4710 141)

Throwback

29<sup>7</sup> pr  
2016  
Was: 3.99



WATSON GRIPPER GLOVE  
Ergonomic form. Blue. Medium (4073 706), Large (4073 714) or XL (4073 722)

Throwback

14<sup>97</sup> set  
2015  
Was: 24.99



BENNETT PAINT TRAY SET, 8-PC.  
Includes 2 microfiber rollers, cage frame, 2 microfiber mini rollers, mini roller frame, paint tray and liner. (4664 801)

SAVE 25%



SAVE 40%



SAVE 35%



SAVE 25%



# Get more Throwback Savings

VIEW THE FLYER >>



Committed to fresh, high-quality produce: Then, now and always



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

**Red Mangoes**  
Produce of Peru or Mexico  
Package of 4

### HOW TO CUT A MANGO



**SALE**  
**3<sup>99</sup>**  
/lb

8.80/kg

**Orri Mandarins**  
Produce of Israel



Large SIZE

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

**Cantaloupe**  
Produce of Honduras or Guatemala  
No. 1 Grade



Extra LARGE

**SALE**  
**1<sup>29</sup>**  
/ea

**Green Onions**  
Produce of Mexico  
Bunch



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

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



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

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



CANADA

**SALE**  
**99<sup>c</sup>**  
/lb

**Cabbage**  
Green Variety  
Produce of Western Canada  
Canada No. 1



2.38/kg

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

**Brussels Sprouts**  
Produce of U.S.A.  
No. 1 Grade  
1 lb (454 g)



**SALE**  
**2<sup>49</sup>**  
/lb

**Beefsteak Tomatoes**  
Greenhouse Grown  
Produce of Western Canada  
Canada No. 1



5.49/kg

**SALE**  
**3<sup>99</sup>**  
/lb

**Asparagus**  
Produce of Mexico  
No. 1 Grade



8.80/kg

**2 FOR**  
**\$10**

**Fresh Express Chopped Salad Kits**  
Produce of U.S.A. or Mexico  
Selected Varieties  
298 - 349 g



**2 FOR**  
**\$6**

**Organic Whole White or Brown Mushrooms**  
Produce of Western Canada  
227 g



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

**Earthbound Farm Organic Salads**  
Selected Varieties  
Produce of U.S.A.  
284 g



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

**Organic Strawberries**  
Produce of U.S.A. or Mexico  
No. 1 Grade  
1 lb (454 g)



ORGANIC

**2 CO-OP THROWBACK SALE**

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**NEW**  
**AT CO-OP**

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

**2 FOR**  
**9<sup>50</sup>**

**Cheetos Puffs,  
Crunchy or Popcorn**  
180 - 285 g



Cheetos Cheesy meets Bold Bacon

**2 FOR**  
**\$7**

**Old Dutch Potato Chips**  
220 - 235 g or Ridgies 200 g  
Selected Varieties



Old Dutch Spicy Hot Honey Pizza, perfect  
combination of zesty oregano, roasted garlic  
finished with a sweet spicy kick.

# BUTCHER SHOP

Decades of fresh in-store cuts by your local Co-op Butcher

**SALE**  
**10<sup>99</sup>**  
/lb

raised in WESTERN CANADA

**Co-op Beef Simmering Short Ribs**  
Cut In-store by Your Local Butcher from Canada AA Grade or Higher Aged 14 Days



**SALE**  
**8<sup>99</sup>**  
/lb

raised in WESTERN CANADA

**Co-op Boneless Beef Sirloin Tip Oven Roast or Marinating Steak**  
Cut In-store by Your Local Butcher from Canada AA Grade or Higher Aged 14 Days



**SALE**  
**4<sup>99</sup>**  
/lb

raised in WESTERN CANADA

**Pork Back Ribs**  
Random Cryovac Wrapped



**SALE**  
**14<sup>49</sup>**  
/lb

raised in WESTERN CANADA

**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



**SALE**  
**4<sup>99</sup>**  
/lb

raised in WESTERN CANADA

**Co-op Pork Cutlets Breaded or Greek Pork Shoulder Blade Steak**  
Prepared by Your Local Butcher Selected Varieties



**SALE**  
**8<sup>49</sup>**  
/ea

raised in WESTERN CANADA

**Co-op Premium Berkshire Pork Sausage**  
Thawed Selected Varieties 450 g



**SALE**  
**11<sup>49</sup>**  
/lb

raised in WESTERN CANADA

**SunGold Lamb Shanks**  
Bone-in Random Cryovac Wrapped Rich and Juicy Flavour of Premium Lamb



**SALE**  
**23**  
/ea

raised in WESTERN CANADA

**Maple Leaf Prime Boneless Skinless Chicken Breasts**  
Raised Without Antibiotics Grain Fed, Free Run, Air Chilled Family Pack, 5 Pieces



**SALE**  
**18**  
/ea

raised in WESTERN CANADA

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



# FISH SHOP

**SALE**  
**19<sup>99</sup>**  
/lb

raised in WESTERN CANADA

**Co-op Gold PURE Walleye Fillets**  
Frozen



**SALE**  
**3<sup>49</sup>**  
/100 g

raised in WESTERN CANADA

**Steelhead Trout Fillets**  
Farmed in Manitoba or Saskatchewan Value Pack



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

raised in WESTERN CANADA

**Sogel Fresh Cooked Mussels**  
300 g



**SALE**  
**19<sup>99</sup>**  
/lb

raised in WESTERN CANADA

**Wild Caught Canadian Snow Crab Clusters**



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

raised in WESTERN CANADA

**Co-op Gold Argentinian Shrimp**  
Frozen 300 g



# LUNCHABLES

FRESHNESS GUARANTEED

3 FOR  
9<sup>99</sup>

Lunchables  
Lunch Kits  
89 - 135 g



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



## READY WHEN YOU ARE

3 FOR  
12<sup>99</sup>

Crave, KD Deluxe  
or Smart Ones  
Frozen Entrées

Selected Varieties  
200 - 340 g



2 FOR  
9<sup>98</sup>

Heinz Ketchup

750 mL - 1 L or  
Kraft Miracle Whip  
or Mayo 890 mL



## PREPARED FOODS

**SALE**  
**1<sup>99</sup>**  
/100 g

**Broccoli Supreme Salad**  
Made in-store



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

**Boneless Pork Dry Ribs**  
Creamy Greek or Original  
1 or 1.2 lb

**NEW**



**SALE**  
**6<sup>49</sup>**  
/ea

**Homestyle Meals**  
Made in-store  
Selected Varieties



## FRESH FROM OUR DELI

**Throwback**

**2 \$10**  
for  
**2018**

**Olivieri Pasta or Gnocchi**  
280 - 350 g or Sauce 300 ml



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

**Co-op Gold Sliced Salami**  
125 g



**SALE**  
**3<sup>49</sup>**  
/ea

**Co-op Gold PURE Hummus**  
227 g



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

**Kerry Gold Irish Cheddar**  
198 g



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

**Co-op Gold Feta**  
200 g



**SALE**  
**6<sup>49</sup>**  
/ea

**Balderson Sliced Cheese**  
140 - 160 g



## PACKAGED MEATS

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

**Co-op Centsibles Breakfast Sausage**  
Frozen  
2 kg



**SALE**  
**59<sup>99</sup>**  
/ea

**Co-op Gold Beef Burgers**  
Frozen  
4 kg



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

**Maple Leaf Prime Breaded Chicken Entrées**  
or Stuffed Chicken Breasts or Schneiders  
Breaded Chicken Tenders or Dips  
Frozen, 530 - 700 g



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

**Co-op Centsibles Sliced Side Bacon**  
375 g



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

**Maple Leaf Natural Selections Sliced Deli Meats**  
375 - 400 g



**SALE**  
**8<sup>49</sup>**  
/ea

**Harvest Refrigerated Pepperoni Sticks**  
or Garlic Sausage Rings or Chunks  
500 g



**SALE**  
**15<sup>99</sup>**  
/ea

**Schneiders Smokies**  
900 g



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

**Schneiders Sliced Bologna**  
500 g



**JOYYA™**  
IS MOO-VING TO

**Dairyland®**

**THE PROTEIN  
YOU LOVE.**

**THE BRAND  
YOU TRUST.**



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

**Armstrong Natural  
Cheese Slices or Shreds**

Selected Varieties

500 g



**2 FOR**  
**\$7**

PLUS DEPOSIT & ENVIRONMENTAL  
LEVIES WHERE APPLICABLE

**Dairyland  
Ultrafiltered  
Milk**

1 L



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

**Armstrong  
Cheese**

600 - 750 g or  
Snacks 630 g or Saputo  
Mozzarellissima 690 g  
Selected Varieties



# FRESH FROM OUR BAKERY

<p><b>SALE</b> <b>3<sup>99</sup></b> /ea</p> <p><b>Twisted Croissants</b> Baked In-store Apple Cinnamon, Raspberry or Lemon Package of 6</p> 	<p><b>SALE</b> <b>2<sup>99</sup></b> /ea</p> <p><b>Kaiser Rolls</b> Baked In-store White or Whole Wheat Package of 6</p> 	<p><b>Throwback</b></p> <p><b>1<sup>00</sup></b> /ea</p> <p><b>2017</b></p>  <p><b>Co-op French Bread</b> Baked In-store 450 g</p>			
<p><b>SALE</b> <b>3<sup>99</sup></b> /ea</p> <p><b>Co-op Gold Half Pies</b> 300 g</p> 	<p><b>SALE</b> <b>5<sup>99</sup></b> /ea</p> <p><b>Charlotte's Bars</b> Selected Varieties 400 - 450 g</p> 	<p><b>2 FOR \$5</b></p> <p><b>Concord Mini Cornbread Loaves</b> Regular or Jalapeño 228 g</p> 	<p><b>SALE</b> <b>6<sup>99</sup></b> /ea</p> <p><b>Carbonaut Bread</b> Selected Varieties 544 g</p> 	<p><b>SALE</b> <b>3<sup>49</sup></b> /ea</p> <p><b>Dempster's Sandwich Bread</b> Selected Varieties 675 g</p> 	<p><b>SALE</b> <b>4<sup>49</sup></b> /ea</p> <p><b>Dempster's Signature Buns</b> Selected Varieties Package of 6-8</p> 

## FLORAL

<p><b>SALE</b> <b>14<sup>99</sup></b> /ea</p> <p><b>Spring Bouquet</b></p> 	<p><b>SALE</b> <b>22<sup>99</sup></b> /ea</p> <p><b>Orchid</b> 5-inch Pot</p> 	<p><b>SALE</b> <b>7<sup>99</sup></b> /ea</p> <p><b>Gerbera Bunch</b> 3 Stem Bunch</p> 	<p><b>SALE</b> <b>18<sup>99</sup></b> /ea</p> <p><b>Hydrangea</b> 6-inch Pot</p> 
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## FROM THE FREEZER

<p><b>SALE</b> <b>3<sup>99</sup></b> /ea</p> <p><b>McCain Superfries</b> Bistro, Breakfast or Specialty Potatoes Frozen 454 - 800 g</p> 	<p><b>SALE</b> <b>5<sup>99</sup></b> /ea</p> <p><b>Dr. Oetker Pizza</b> Ristorante or Casa di Mama Frozen 317 - 410 g</p> 	<p><b>SALE</b> <b>6<sup>99</sup></b> /ea</p> <p><b>Janes Fish</b> Frozen Selected Varieties 450 - 510 g</p> 	<p><b>SALE</b> <b>6<sup>99</sup></b> /ea</p> <p><b>Wong Wing Appetizers or Entrées</b> Frozen 360 - 680 g</p> 	<p><b>SALE</b> <b>2<sup>99</sup></b> /ea</p> <p><b>Co-op Gold Vegetables</b> Frozen 750 g</p> 	<p><b>SALE</b> <b>3<sup>99</sup></b> /ea</p> <p><b>Co-op Gold Ice Cream</b> or Frozen Yogurt 1.5L or Novelties Package of 5 - 12</p> 
<p><b>SALE</b> <b>4<sup>29</sup></b> /100 g</p> <p><b>Grimm's Roast Beef</b> Fresh Sliced In-store</p> 	<p><b>SALE</b> <b>9<sup>99</sup></b> /ea</p> <p><b>Grimm's Smoked Pepperoni Sticks</b> Selected Varieties 450 - 600 g</p> 	<p><b>SALE</b> <b>1<sup>99</sup></b> /100 g</p> <p><b>Grimm's Pizza Salami or Summer Sausage</b></p> 			



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 g – 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.



**SALE**  
**29<sup>99</sup>**  
/ea

**Maxwell House  
or Nabob Coffee**

Package of 56 - 60



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

**Kraft Peanut  
Butter**

1 kg or All Natural 750 g



**2 FOR**  
**9<sup>98</sup>**

**Philadelphia  
Cream Cheese**

Selected Varieties  
227 - 250 g



**FRESH DAIRY**

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

Co-op Gold Margarine  
850 g

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

Co-op Gold Cheese  
Shreds 250 - 320 g  
or Feta 350 g

**SALE**  
**6**<sup>29</sup>  
/ea

Lactantia UltraPur Milk  
1.5 L

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

Dairyland Sour Cream  
750 mL or Cottage Cheese 500 g

**Generous by nature**  
Natrel coffee creamer,  
made with real cream\*

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

Natrel Lactose Free Milk  
2 L

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

Natrel Coffee Creamer  
1 L

**FOR YOUR PANTRY**

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

Maxwell House Coffee  
631 - 900 g

**2 FOR**  
**6**<sup>98</sup>

Co-op Gold PURE Tea  
Package of 18

**2 FOR**  
**8**

General Mills Cheerios  
Selected Varieties  
300 - 437 g

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

Co-op Gold Oats  
Quick or Cooking  
2.25 kg

**2 FOR**  
**5**<sup>98</sup>

Nature Valley Bars  
or Betty Crocker, General Mills or Mott's Snacks  
Selected Varieties  
120 - 226 g

**2 FOR**  
**5**

Betty Crocker Cake Mixes  
375 g or Frosting  
340 - 450 g  
Selected Varieties

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

Co-op Gold Peanut Butter  
1 kg or Hazelnut Spread 723 g

**2 FOR**  
**7**<sup>98</sup>

Del Monte Fruit  
540 mL or Cups  
Package of 4

**4 FOR**  
**5**

KD  
156 - 200 g  
or Cups 58 g

**2 FOR**  
**5**

Hamburger or Tuna Helper  
158 - 233 g

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

Kraft Grated Parmesan Cheese  
250 g or Ben's Original Rice 1.6 - 2.2 kg

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

Co-op Gold Canola Oil  
3 L

**4 FOR**  
**9**

Bush's Beans  
Baked or Savoury  
398 mL

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

Clover Leaf Sockeye Salmon  
213 g or Tuna in Oil 3 x 80 g

**2 FOR**  
**9**

Frank's RedHot Sauce  
354 mL

**3 FOR**  
**6**

Co-op Gold Stewed Tomatoes  
540 mL

**Kellogg's Cereal**  
**Celebrate Spring Savings!**

**2 FOR**  
**9**

Kellogg's Cereal  
Selected Varieties  
210 - 525 g

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

Kellogg's Family Cereal  
Selected Varieties  
480 - 650 g

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

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



**SALE**

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

**Post Family Cereal**

525 - 635 g or Alpen Swiss Style  
Muesli 600 - 650 g  
Selected Varieties



**2 FOR**

**\$7**

**Post Cereal**

Selected Varieties  
311 - 525 g

**SALE**

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

**Post Jumbo  
Cereal**

Selected Varieties  
1.1 - 1.24 kg



**DRINKS & SNACKS**

<p><b>3 FOR \$12</b></p> <p>Liquid or Powder Water Enhancers Selected Varieties 48 ml or Package of 4 - 10</p>	<p><b>3 FOR 4<sup>98</sup></b></p> <p>Minute Maid, Fruitopia or Five Alive Juices 1 L</p>	<p><b>3 FOR 9<sup>99</sup></b></p> <p>Christie or Triscuit Snack Crackers Selected Varieties 162 - 200 g</p>	<p><b>2 FOR 9<sup>50</sup></b></p> <p>Ruffles Potato Chips 180 - 200 g</p>
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<p><b>SALE 7<sup>99</sup> /ea</b></p> <p>Pure Life Natural Spring Water 35 x 500 mL</p>	<p><b>2 FOR \$14</b></p> <p>Gatorade Sports Drink 6 x 591 mL or Bubly Sparkling Water 12 x 355 mL</p>	<p><b>SALE 2<sup>99</sup> /ea</b></p> <p>Co-op Gold Milk Chocolate Bunny 90 g</p>	<p><b>SALE 5<sup>99</sup> /ea</b></p> <p>Nestlé Hide Me Eggs Selected Varieties 100 - 153 g</p>
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<p><b>SALE 6<sup>99</sup> /ea</b></p> <p>Cadbury Mini Eggs Selected Varieties 148 - 154 g</p>	<p><b>SALE 11<sup>99</sup> /ea</b></p> <p>Cadbury Mini Eggs 400 g</p>	<p><b>3 FOR \$12</b></p> <p>Christie Cookies Selected Varieties 251 - 303 g</p>
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<p><b>2 FOR \$6</b></p> <p>Glaceau Smart Water Selected Varieties 700 mL or 1 L</p>	<p><b>4 FOR \$5</b></p> <p>Powerade Beverages Selected Varieties 710 - 946 mL</p>	<p><b>2 FOR \$9</b></p> <p>Coca-Cola or Canada Dry Products Selected Varieties 6 x 710 mL</p>	<p>Fan work is thirsty work</p>
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**FOR YOUR BABY**

<p><b>SALE 24<sup>99</sup> /ea</b></p> <p>Huggies Skin Essentials Diapers Package of 42 - 84</p>	<p><b>5 FOR \$9</b></p> <p>Baby Gourmet Baby Food Selected Varieties Pouch 128 mL or Jar 113 mL</p>	<p><b>SALE 43<sup>99</sup> /ea</b></p> <p>Kabrita Goat Formula Powder 800 g</p>
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**FOR YOUR PETS**

<p><b>3 FOR \$9</b></p> <p>Whiskas Temptations 180 g</p> <p>MEGA-PACK MÉGA-FORMAT</p>	<p><b>SALE 19<sup>99</sup> /ea</b></p> <p>Co-op Gold Cat Food 8 kg</p>	<p><b>SALE 22<sup>99</sup> /ea</b></p> <p>Purina Tidy Cats 5.44 kg</p>	<p><b>SALE 34<sup>99</sup> /ea</b></p> <p>Purina Dog Chow 14 kg</p>
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**FOR YOUR HOME**

<p><b>2 FOR 5<sup>98</sup></b></p> <p>Dawn Ultra or Platinum Dish Soap 366 - 473 mL</p>	<p><b>SALE 14<sup>99</sup> /ea</b></p> <p>Cascade ActionPacs Package of 30 - 60 or Gain Laundry 100 Wash Loads Selected Varieties</p>	<p><b>SALE 12<sup>99</sup> /ea</b></p> <p>Persil Laundry Detergent 1.86 L or Smuggle Fabric Softener 2.77 L</p>	<p><b>SALE 16<sup>99</sup> /ea</b></p> <p>Scotties Facial Tissue Package of 12</p>
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CO-OP Throwback 11 Days

# LUCKY DRAGON

**SALE** 29<sup>99</sup> /ea  
Lucky Dragon AAA Scented Jasmine Rice 18.1 kg

**2 FOR \$ 4**  
Lucky Dragon Coconut Milk 400 mL, Rice Noodles 250 g or Soya Sauce 450 mL

**2 FOR \$ 9**  
Lucky Dragon Sauces Selected Varieties 410 mL

**SALE** 4<sup>99</sup> /ea  
Lucky Dragon Sriracha Sauce 740 mL or Sambal Oelek Chili Paste 410 mL

**SALE** 8<sup>49</sup> /ea  
Co-operative Coffee 300 - 340 g

**SALE** 19<sup>99</sup> /ea  
Co-operative Coffee 737 - 907 g

**SALE** 19<sup>99</sup> /ea  
Co-operative Coffee Package of 30 - 40

**CO-OPERATIVE COFFEE**

**SAVE WITH CO-OP GOLD**

**SALE** 5<sup>49</sup> /ea  
Co-op Gold Potstickers Frozen 454 g

**SALE** 10<sup>99</sup> /ea  
Co-op Gold Cheesecake Selected Varieties 550 g

**2 FOR \$ 6**  
Co-op Gold Pickles 1 L or Pickled Beets or Hot Pepper Rings 750 mL

**SALE** 2<sup>99</sup> /ea  
Co-op Gold Pasta Sauce Selected Varieties 650 mL

**2 FOR \$ 7**  
Co-op Gold Party Mix 300 g

**CO-OP centsibles®**  
making every Cents count.

Make groceries make cents.

**SALE** 3<sup>99</sup> /ea  
Co-op Centsibles Sausage Stick 300 - 375 g

**SALE** 2<sup>49</sup> /ea  
Co-op Centsibles English Muffins Regular, Sourdough or Extra Crispy Package of 6

**4 FOR \$ 5**  
Co-op Centsibles Mushrooms Pieces and Stems 284 g

**2 FOR \$ 2**  
Co-op Centsibles Vegetables 341 - 398 mL

**SALE** 5<sup>99</sup> /ea  
Co-op Centsibles Vegetables Frozen 2 kg

# CO-OP BRANDS

delivering quality for over 80 years

Beginning with our first CO-OP® products in the 1940s, CO-OP® has been committed to bringing high-quality products to our members and customers. Brands through the years have included HARMONIE, CO-OP GOLD, CO-OP MARKET TOWN, CENTSIBLES, CO-OP GOLD PURE and more.

**Throwback**

**1<sup>99</sup>**  
/ea

2017

made in WESTERN CANADA

Co-op Gold Natural Spring Water  
24 x 500 mL

**Throwback**

**3<sup>49</sup>**  
/ea

2011

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

**Throwback**

**2 \$6**  
for

2016

Co-op Gold Cream Cheese  
250 g or Tub 227 g

**SAVE WITH CO-OP GOLD**

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

Co-op Gold Fully Cooked Pork Back Ribs or Pork Entrées  
510 - 680 g

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

Co-op Gold Brioche Hamburger Buns  
Package of 4

**SALE 4<sup>39</sup>**  
/ea

Co-op Gold Eggs  
Extra Large White or Large Brown  
Package of 12

**2 FOR \$5**

Co-op Gold Breakfast Sandwich or Burrito  
Frozen  
100 - 142 g

**2 FOR \$6**

Co-op Gold Ready-to-Eat Popcorn  
190 - 250 g

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

Co-op Centsibles Wieners  
1 kg

made in WESTERN CANADA

**SALE 3<sup>49</sup>**  
/ea

Co-op Centsibles Bagels  
Selected Varieties  
Package of 6

**SALE 6<sup>49</sup>**  
/ea

Co-op Centsibles Long Grain Rice  
2.27 kg or Pomace Oil 500 mL

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

Co-op Centsibles Ketchup  
1 L

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

Co-op Centsibles Freezer Bags  
Package of 8 - 25

**CO-OP centsibles®**

making every Cents count.

Make groceries make cents.



# Eid MUBARAK

Peace AND Blessings



**SALE**  
**3**<sup>49</sup>  
/lb

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



**SALE**  
**3**<sup>49</sup>  
/ea

**Assorted Hot Peppers**  
Produce of Dominican Republic  
50 g



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

**Co-op Red Onions**  
Produce of Western Canada  
Canada No. 1  
3 lb (1.36 kg)



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

**Vadiya Basmati Rice**  
3.63 kg



**SALE**  
**79**<sup>c</sup>  
/ea

**Garlic**  
Produce of China  
Package of 3



**SALE**  
**2**<sup>69</sup>  
/lb

**Ginger Root**  
Produce of China



**SALE**  
**8**<sup>99</sup>  
/lb

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



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

**Vadiya Mini Naan**  
Package of 12



**2 FOR**  
**\$ 7**

**Astro or Khaas Plain Yogurt**  
750 g



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

**La Rocca Egg Free Mango Cake**  
600 g



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

**Blue Diamond Almonds**  
Selected Varieties  
454 - 456 g



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

**Planters Cashews**  
200 g



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

**Sunmaid Raisins**  
750 g



**SALE**  
**5**<sup>79</sup>  
/ea

**Landmark 3.25 % Milk**  
4L

