

CO-OP

Throwback

SALE

Throwback

2²⁹
/lb
2012

5.05/kg

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

raised in
WESTERN
CANADA

Throwback

2⁹⁹
/lb
2018

6.59/kg

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

Extra
LARGE

Throwback

10⁹⁹
/ea
2017

Mitchell's Thick
Sliced Side Bacon
1 kg

MADE IN
CANADA

Throwback

2⁹⁹
/ea
2010

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

Throwback

2⁴⁹
/lb
2012

5.49/kg

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

raised in
WESTERN
CANADA

Throwback

99¢
/ea
1982

Kraft BBQ Sauce
455 mL

MADE IN
CANADA

Throwback

1⁷⁹
/ea
2016

Co-op Centsibles Bread
White or Whole Wheat
570 g

MADE IN
CANADA

Throwback

3⁹⁹
/ea
2002

Kraft Cheez Whiz
450 g or Singles or
Velveta Slices 410 g

MADE IN
CANADA

Throwback

2 for 9⁹⁸
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 \$ 5
for
2008

Lay's Potato Chips
200 - 235 g

MADE IN
CANADA

Find Inspiration at: food.crs

PRICING IN EFFECT MAR. 12 - 18, 2026

12
THU

13
FRI

14
SAT

15
SUN

16
MON

17
TUE

18
WED

SALE DATES AND STORE HOURS VARY BY LOCATION. CHECK ON-LINE OR IN-STORE FOR DETAILS.

CO-OP 18 Weeks 1.1.2026

CO-OP

YOUR CO-OP IS PROUDLY CANADIAN

MARCH 12 - 18, 2026

Throwback

SALE

HOME CENTRE

Throwback

19⁹⁷
ea
2014
Was: 49.99

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

Throwback

39⁹⁷
ea
2015
Was: 52.99

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

Throwback

6⁹⁷
ea
2015
Was: 8.99

SEPTO-BAC SEPTIC TREATMENT
227 g (4764 023)

Throwback

1⁹⁷
pk
2015
Was: 4.99

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

Throwback

2⁹⁷
pr
2016
Was: 3.99

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

Throwback

14⁹⁷
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)

Get more Throwback Savings

VIEW THE FLYER >>



**FARM FRESH
PRODUCE**

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



SALE
6⁹⁹
/ea

Red Mangoes
Produce of Peru or Mexico
Package of 4

**HOW TO CUT A
MANGO**

STEP 1
Slice each side just
past the seed, about
1/8 inch from the
center.

STEP 2
Slice flesh without
breaking the skin.

STEP 3
Scoop out slices with
a large spoon and
enjoy!

SALE
3⁹⁹
/lb



Orri Mandarins
Produce of Israel

SALE
1²⁹
/ea

Green Onions
Produce of Mexico
Bunch



SALE
3⁹⁹
/ea

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



SALE
4⁹⁹
/ea

Cantaloupe
Produce of Honduras
or Guatemala
No. 1 Grade



SALE
5⁹⁹
/ea

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



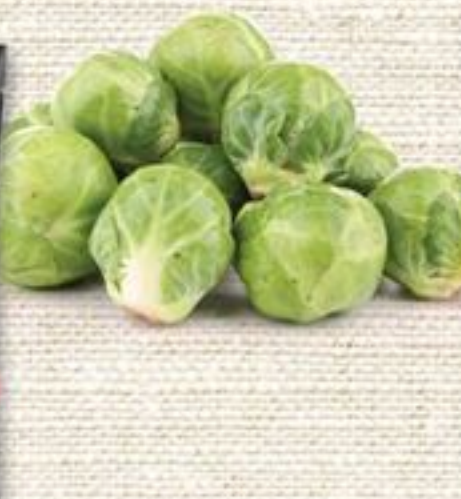
SALE
99¢
/lb

Cabbage
Green Variety
Produce of Western Canada
Canada No. 1



SALE
4⁹⁹
/ea

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



SALE
2⁴⁹
/lb

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



SALE
3⁹⁹
/lb

Asparagus
Produce of Mexico
No. 1 Grade



**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
5⁹⁹
/ea

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



SALE
7⁹⁹
/ea

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



ORGANIC

2 CO-OP THROWBACK SALE

CO-OP © 2019 March 11, 11 Large

NEW
AT CO-OP

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

2 FOR
9⁵⁰

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
10⁹⁹
/lb

raised in
**WESTERN
CANADA**

24.23/kg

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



**Then and Now:
In-Store Butchers**
Generations of Co-op
shoppers have enjoyed
custom cuts and quality
service from their local
Co-op butchers!



SALE
8⁹⁹
/lb

raised in
**WESTERN
CANADA**

19.82/kg

**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
4⁹⁹
/lb

raised in
**WESTERN
CANADA**

11.00/kg

Pork Back Ribs
Random Cryovac Wrapped



SALE
14⁴⁹
/lb

raised in
**WESTERN
CANADA**

31.94/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



SALE
4⁹⁹
/lb

raised in
**WESTERN
CANADA**

11.00/kg

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



SALE
8⁴⁹
/ea

raised in
**WESTERN
CANADA**

450 g

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



SALE
11⁴⁹
/lb

raised in
**WESTERN
CANADA**

25.33/kg

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



SALE
\$23
/ea

raised in
**WESTERN
CANADA**

11.00/kg

**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**

450 g

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



SALE
19⁹⁹
/lb

raised in
**WESTERN
CANADA**

44.07/kg

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



SALE
3⁴⁹
/100 g

raised in
**WESTERN
CANADA**

11.00/kg

Steelhead Trout Fillets
Farmed in Manitoba or Saskatchewan
Value Pack



SALE
19⁹⁹
/lb

44.07/kg

**Wild Caught Canadian
Snow Crab Clusters**



SALE
9⁹⁹
/ea

NEW
IN STORE

raised in
**WESTERN
CANADA**

300 g

**Co-op Gold
Argentinian
Shrimp**
Frozen



SALE
14⁹⁹
/ea

raised in
**WESTERN
CANADA**

300 g

**Sogel Fresh
Cooked Mussels**
900 g



CO-OP THROWBACK SALE

3

LUNCHABLES®

FRESHNESS GUARANTEED

3 FOR
9⁹⁹

Lunchables
Lunch Kits
89 - 135 g



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



READY WHEN YOU ARE

3 FOR
12⁹⁹

Crave, KD Deluxe
or Smart Ones
Frozen Entrées

Selected Varieties
200 - 340 g



2 FOR
9⁹⁸

Heinz Ketchup

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



PREPARED FOODS

SALE
1⁹⁹
/100 g

Broccoli Supreme Salad

Made in-store
Selected Varieties



SALE
8⁹⁹
/ea

Boneless Pork Dry Ribs

Creamy Greek or Original
1 or 1.2 lb

NEW



SALE
6⁴⁹
/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
5⁹⁹
/ea

Co-op Gold
Sliced Salami

125 g



SALE
3⁴⁹
/ea

Co-op Gold
PURE Hummus

227 g



SALE
7⁹⁹
/ea

Kerry Gold
Irish Cheddar

198 g



SALE
5⁹⁹
/ea



Co-op Gold Feta

200 g

SALE
6⁴⁹
/ea

Balderson
Sliced Cheese

140 - 160 g



PACKAGED MEATS

SALE
19⁹⁹
/ea

Co-op Centsibles
Breakfast Sausage

Frozen
2 kg



SALE
59⁹⁹
/ea

Co-op Gold
Beef Burgers

Frozen
4 kg



SALE
11⁹⁹
/ea



Maple Leaf Prime
Breaded Chicken Entrées

or Stuffed Chicken Breasts or Schneiders
Breaded Chicken Tenders or Dips

Frozen, 530 - 700 g

SALE
5⁴⁹
/ea

Co-op Centsibles
Sliced Side Bacon

375 g



SALE
12⁹⁹
/ea



Maple Leaf
Natural Selections
Sliced Deli Meats

375 - 400 g

SALE
8⁴⁹
/ea

Harvest Refrigerated
Pepperoni Sticks

or Garlic Sausage Rings or Chunks
500 g



SALE
15⁹⁹
/ea



Schneiders
Smokies

900 g

SALE
6⁹⁹
/ea



Schneiders
Sliced Bologna

500 g

JOYYA™
IS MOO-VING TO
Dairyland®

**THE PROTEIN
YOU LOVE.**

**THE BRAND
YOU TRUST.**



SALE
9⁹⁹
/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
10⁹⁹
/ea

**Armstrong
Cheese**

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



FRESH FROM OUR BAKERY

SALE

3⁹⁹

/ea

Twisted Croissants

Baked In-store

Apple Cinnamon, Raspberry or Lemon

Package of 6

MADE IN CANADA

SALE

2⁹⁹

/ea

Kaiser Rolls

Baked In-store

White or Whole Wheat

Package of 6

MADE IN CANADA

Throwback

1⁰⁰

/ea

2017

French Bread

Baked In-store

450 g

MADE IN CANADA

SALE

3⁹⁹

/ea

Co-op Gold Half Pies

300 g

MADE IN CANADA

SALE

5⁹⁹

/ea

Charlotte's Bars

Selected Varieties

400 - 450 g

MADE IN CANADA

2 FOR

\$5

Concord Mini Cornbread Loaves

Regular or Jalapeño

228 g

MADE IN CANADA

SALE

6⁹⁹

/ea

Carbonaut Bread

Selected Varieties

544 g

MADE IN CANADA

SALE

3⁴⁹

/ea

Dempster's Sandwich Bread

Selected Varieties

675 g

MADE IN CANADA

SALE

4⁴⁹

/ea

Dempster's Signature Buns

Selected Varieties

Package of 6 - 8

MADE IN CANADA

FLORAL

SALE

14⁹⁹

/ea

Spring Bouquet

SALE

22⁹⁹

/ea

Orchid

5-inch Pot

SALE

7⁹⁹

/ea

Gerbera Bunch

3 Stem Bunch

SALE

18⁹⁹

/ea

Hydrangea

6-inch Pot

FROM THE FREEZER

SALE

3⁹⁹

/ea

McCain Superfries

Bistro, Breakfast or Specialty Potatoes

Frozen

454 - 800 g

MADE IN CANADA

SALE

5⁹⁹

/ea

Dr. Oetker Pizza

Ristorante or Casa di Mama

Frozen

317 - 410 g

MADE IN CANADA

SALE

6⁹⁹

/ea

Janes Fish

Frozen

Selected Varieties

450 - 510 g

MADE IN CANADA

SALE

6⁹⁹

/ea

Wong Wing Appetizers or Entrées

Frozen

360 - 680 g

MADE IN CANADA

SALE

2⁹⁹

/ea

Co-op Gold Vegetables

Frozen

750 g

MADE IN CANADA

SALE

3⁹⁹

/ea

Co-op Gold Ice Cream

or Frozen Yogurt 1.5 L

or Novelties Package of 5 - 12

MADE IN CANADA

SALE

4²⁹

/100 g

Grimm's Roast Beef

Fresh Sliced In-store

MADE IN WESTERN CANADA

SALE

9⁹⁹

/ea

Grimm's Smoked Pepperoni Sticks

Selected Varieties

450 - 600 g

MADE IN WESTERN CANADA

SALE

1⁹⁹

/100 g

Grimm's Pizza Salami or Summer Sausage

MADE IN WESTERN CANADA



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
29⁹⁹
/ea

**Maxwell House
or Nabob Coffee**

Package of 56 - 60



SALE
5⁹⁹
/ea

**Kraft Peanut
Butter**

1 kg or All Natural 750 g



2 FOR
9⁹⁸

**Philadelphia
Cream Cheese**

Selected Varieties
227 - 250 g



FRESH DAIRY

SALE

5⁴⁹

/ea

Co-op Gold Margarine

850 g



SALE

4⁹⁹

/ea

Co-op Gold Cheese

Shreds 250 - 320 g
or Feta 350 g



SALE

3⁹⁹

/ea

Dairyland Sour Cream

750 mL or Cottage Cheese 500 g



SALE

6²⁹

/ea

Lactantia UltraPur Milk

1.5 L



2 FOR

9⁹⁸

Philadelphia Cream Cheese or Dips

340 g



Generous
by nature

Natrel coffee creamer,
made with real cream*



SALE

5⁹⁹

/ea

Natrel Lactose Free Milk

2 L



SALE

4⁹⁹

/ea

Natrel Coffee Creamer

1 L



FOR YOUR PANTRY

SALE

17⁹⁹

/ea

Maxwell House Coffee

631 - 900 g



2 FOR

6⁹⁸

Co-op Gold PURE Tea

Package of 18



2 FOR

\$ 8

General Mills Cereal

Selected Varieties
300 - 437 g



SALE

5⁹⁹

/ea

Co-op Gold Oats

Quick or Cooking
2.25 kg



2 FOR

5⁹⁸

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

5⁴⁹

/ea

Co-op Gold Peanut Butter

1 kg or Hazelnut
Spread 725 g



2 FOR

7⁹⁸

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

8⁹⁹

/ea

Kraft Grated Parmesan Cheese

250 g or Ben's Original Rice 1.6 - 2.2 kg



SALE

10⁹⁹

/ea

Co-op Gold Canola Oil

3 L



4 FOR

\$ 9

Bush's Beans

Baked or Savoury
398 mL



SALE

5⁹⁹

/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

5⁹⁹

/ea

Kellogg's Family Cereal

Selected Varieties
480 - 650 g



SALE

8⁹⁹

/ea

Kellogg's Jumbo Cereal

Selected Varieties
700 g - 1.05 kg



6 CO-OP THROWBACK SALE



SALE

5⁴⁹
/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

8⁹⁹
/ea

**Post Jumbo
Cereal**

Selected Varieties

1.1 - 1.24 kg



DRINKS & SNACKS

3 FOR
\$12

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

3 FOR
4⁹⁸

Minute Maid, Fruitopia or Five Alive Juices
1 L

3 FOR
9⁹⁹

Christie or Triscuit Snack Crackers
Selected Varieties
162 - 200 g

2 FOR
9⁵⁰

Ruffles Potato Chips
180 - 200 g

SALE
7⁹⁹
/ea

Pure Life Natural Spring Water
35 x 500 mL

2 FOR
14

Gatorade Sports Drink
6 x 591 mL or Bubly Sparkling Water
12 x 355 mL

SALE
2⁹⁹
/ea

Co-op Gold Milk Chocolate Bunny
90 g

SALE
5⁹⁹
/ea

Nestlé Hide Me Eggs
Selected Varieties
100 - 153 g

SALE
6⁹⁹
/ea

Cadbury Mini Eggs
Selected Varieties
148 - 154 g

SALE
11⁹⁹
/ea

Cadbury Mini Eggs
400 g

3 FOR
\$12

Christie Cookies
Selected Varieties
251 - 303 g

2 FOR
\$6

Glaceau Smart Water
Selected Varieties
700 mL or 1 L

4 FOR
\$5

Powerade Beverages
Selected Varieties
710 - 946 mL

2 FOR
\$9

Coca-Cola or Canada Dry Products
Selected Varieties
6 x 710 mL

Fan work is thirsty work

FOR YOUR BABY

SALE
24⁹⁹
/ea

Huggies Skin Essentials Diapers
Package of 42 - 84

5 FOR
\$9

Baby Gourmet Baby Food
Selected Varieties
Pouch 128 mL or Jar 113 mL

SALE
43⁹⁹
/ea

Kabrita Goat Formula Powder
800 g

FOR YOUR PETS

3 FOR
\$9

Whiskas Temptations
180 g

SALE
19⁹⁹
/ea

Co-op Gold Cat Food
8 kg

SALE
22⁹⁹
/ea

Purina Tidy Cats
5.44 kg

SALE
34⁹⁹
/ea

Purina Dog Chow
14 kg

FOR YOUR HOME

2 FOR
5⁹⁸
/ea

Dawn Ultra or Platinum Dish Soap
366 - 473 mL

SALE
14⁹⁹
/ea

Cascade ActionPacs
Package of 30 - 60 or Gain Laundry
100 Wash Loads
Selected Varieties

SALE
12⁹⁹
/ea

Persil Laundry Detergent
1.86 L or Smuggle
Fabric Softener 2.77 L

SALE
16⁹⁹
/ea

Scotties Facial Tissue
Package of 12





SALE

29⁹⁹

/ea



Lucky Dragon
AAA Scented
Jasmine Rice
18.1 kg

2 FOR

\$ 9



Lucky Dragon
Sauces
Selected Varieties
410 mL

2 FOR

\$ 4

Lucky Dragon
Coconut Milk
400 mL, Rice Noodles 250 g
or Soya Sauce 450 mL

SALE

4⁹⁹

/ea

Lucky Dragon
Sriracha Sauce
740 mL or Sambal Oelek
Chili Paste 410 mL

SALE

8⁴⁹

/ea



Co-operative
Coffee
300 - 340 g

SALE

19⁹⁹

/ea



Co-operative
Coffee
737 - 907 g

SALE

19⁹⁹

/ea

Co-operative
Coffee
Package of 30 - 40

CO-OPERATIVE

COFFEE

SAVE WITH

CO-OP

GOLD

SALE

5⁴⁹

/ea



Co-op Gold
Potstickers
Frozen
454 g

SALE

10⁹⁹

/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

2⁹⁹

/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

3⁹⁹

/ea



Co-op Centsibles
Sausage Stick
300 - 375 g

SALE

2⁴⁹

/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

5⁹⁹

/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 HARMONY, CO-OP GOLD, CO-OP MARKET TOWN, CENTSIBLES, CO-OP GOLD PURE and more.

Throwback

1⁹⁹/_{ea}

2017

made in WESTERN CANADA

Co-op Gold Natural Spring Water

24 x 500 mL

Throwback

3⁴⁹/_{ea}

2011

Co-op Gold Mayonnaise or Whipped Dressing

750 - 890 mL

Throwback

2 for \$6

2016

Co-op Gold Cream Cheese

250 g or Tub 227 g

SAVE WITH CO-OP GOLD

SALE 10⁹⁹/_{ea}

Co-op Gold Fully Cooked Pork Back Ribs or Pork Entrées

510 - 680 g

SALE 3⁹⁹/_{ea}

Co-op Gold Brioche Hamburger Buns

Package of 4

SALE 4³⁹/_{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 9⁹⁹/_{ea}

Co-op Centsibles Wieners

1 kg

SALE 3⁴⁹/_{ea}

Co-op Centsibles Bagels

Selected Varieties

Package of 6

SALE 6⁴⁹/_{ea}

Co-op Centsibles Long Grain Rice

2.27 kg or Pomace Oil 500 mL

SALE 2⁴⁹/_{ea}

Co-op Centsibles Ketchup

1 L

SALE 2⁹⁹/_{ea}

Co-op Centsibles Freezer Bags

Package of 8 - 25

making every Cents count.

Make groceries make cents.



Eid MUBARAK

Peace AND Blessings

SALE
3⁴⁹
/lb

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



SALE
3⁴⁹
/ea

Assorted Hot Peppers
Produce of Dominican Republic
50 g



SALE
4⁴⁹
/ea

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



SALE
9⁹⁹
/ea

Vadiya Basmati Rice
3.63 kg



SALE
79^c
/ea

Garlic
Produce of China
Package of 3



SALE
2⁶⁹
/lb

Ginger Root
Produce of China



SALE
8⁹⁹
/lb

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



SALE
3⁹⁹
/ea

Vadiya Mini Naan
Package of 12



2 FOR \$7

Astro or Khaas Plain Yogurt
750 g



SALE
19⁹⁹
/ea

La Rocca Egg Free Mango Cake
600 g



SALE
11⁹⁹
/ea

Blue Diamond Almonds
Selected Varieties
454 - 456 g



SALE
5⁹⁹
/ea

Planters Cashews
200 g



SALE
7⁹⁹
/ea

Sunmaid Raisins
750 g



SALE
5⁷⁹
/ea

Landmark 3.25 % Milk
4 L



MARCH 12 - 18, 2026