



YOUR CO-OP IS PROUDLY CANADIAN

INTERNATIONAL WOMEN'S DAY

celebrating the *women* behind the products

SALE  
12<sup>99</sup>  
/lb

raised in WESTERN CANADA

Boneless Beef Striploin Halves

Cut from Canada AA Grade or Higher  
Aged 14 Days  
Random Cryovac Wrapped

RED HOT SALE  
7<sup>99</sup>  
/ea  
4 DAYS ONLY  
05 THU 06 FRI 07 SAT 08 SUN

Co-op Gold Cheese  
600-700 g  
FIRST 4

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

Strawberries  
Produce of U.S.A.  
No. 1 Grade  
2 lb (907 g)

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

Co-op Mini Cucumbers

Greenhouse Grown  
Produce of Western Canada  
Canada No. 1  
Package of 6

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

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

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

International Delight or Silk Coffee Creamer

890-946 mL or Cold Foam  
369-396 g

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

Co-op Gold Chicken Wings

Frozen  
750-840 g

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

Pepsi Products

12 x 355 mL

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

Reser's Salads

Selected Varieties  
454 g

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

Dempster's Grain Bread  
Selected Varieties  
600 g or Cinnamon Raisin  
680 g

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

KD  
12 x 200 g or Cups  
10 x 50 g

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

Purex Bathroom Tissue  
Package of 12 Triple Rolls or  
SpongeTowels UltraFIBO  
Package of 4 Double Rolls



Shape the world with confidence

FELICIA DEWAR

MISKAMASOWIN FOODS INC.



MARGARET COONS

NUTS FOR CHEESE  
FOUNDER & CEO



NATASHA VANDENHURK & ELYSIA VANDENHURK

THREE FARMERS  
CO-FOUNDERS



#GIVETOGAIN  
#IWD2026

READ MORE ONLINE

Find Inspiration at: food.crs

PRICING IN EFFECT MARCH 5 - 11, 2026

05 THU 06 FRI 07 SAT 08 SUN 09 MON 10 TUE 11 WED

CO-OP is a trademark of Co-op Food Inc. © 2026 Co-op Food Inc.



**FARM FRESH**  
**PRODUCE**

grown in **WESTERN CANADA**

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

**Adora Potato**  
Produce of Western Canada  
No. 1 Grade  
5 lb (2.27 kg)

Adora® Potatoes are the kind you fall for at first bite – rich, buttery flavor with a smooth texture. Perfect for baking, boiling, or mashing, they bring comfort and goodness to every meal.

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

**Bi-Colour Seedless Grapes**  
Produce of Peru or Chile  
No. 1 Grade  
2 lb (907 g)

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

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

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

**Celery Stalk**  
Produce of U.S.A.  
No. 1 Grade

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

**Broccoli Crowns**  
Produce of U.S.A.  
6.59/kg

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

**Corn on the Cob**  
Produce of Mexico  
No. 1 Grade  
Package of 4

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

**Peppers**  
Assorted Colours  
Greenhouse Grown  
Produce of Mexico  
11.00/kg

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

**Sweet Onions**  
Produce of U.S.A.  
No. 1 Grade  
3 lb (1.36 kg)

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

**Granny Smith or Pink Lady Apples**  
Produce of U.S.A.  
Extra Fancy Grade  
4.39/kg

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

**Small Fruit or Veggie Tray**  
Made In-store  
10-25-inch

**2 FOR \$10**

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

**2 FOR \$4**

**Organic Avocados**  
Hass Variety  
Produce of Mexico

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

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

**2 FOR \$6**

**Organic Sliced White Mushrooms**  
Produce of Western Canada  
227 g

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

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

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

**Fuze Iced Tea**  
12 x 341 mL

PLUS DEPOSIT & ENVIRONMENTAL  
LEVIES WHERE APPLICABLE



**MADE IN  
CANADA**

One sip and you'll know!

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

**Ferrero Rocher  
Chocolate Squares**  
105 g  
Selected Varieties



Try new Ferrero Rocher Chocolate Squares!

**BUTCHER SHOP**

raised in **WESTERN CANADA**

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

15.41/kg

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

RAISED | GROWN | PRODUCED  
WESTERN CANADA

Co-op works with local producers to bring quality Western Canadian beef to your table. It begins at the grassroots. Our farm families manage the care and sustainability of their operations, so you can feel good about what you serve to yours.

Learn more at [coopfood.ca](http://coopfood.ca)

**RAISED**

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

14.31/kg

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

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

12.10/kg

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

raised in **WESTERN CANADA**

**SALE**  
**\$16**  
/ea

**Maple Leaf Prime Boneless Chicken Thighs**  
Raised Without Antibiotics, Grain Fed, Free Run, Air Chilled Family Pack of 12

**SALE**  
**\$6**  
/ea

**Maple Leaf Prime Chicken Drumsticks or Thighs**  
Raised Without Antibiotics, Grain Fed, Free Run, Air Chilled Family Pack

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

**Johnsonville Breakfast Sausage**  
Selected Varieties 250 - 350 g

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

24.23/kg

**Co-op Boneless Beef Cross Rib Pot Roast**  
Cut In-store By Your Local Butcher From Canada AA Grade or Higher Aged 14 Days

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

11.00/kg

**Pork Belly**  
Rind On or Rind Off Random Cryovac Wrapped

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

40.76/kg

**Sungold Lamb Loin Chops**  
Rich and Juicy Flavour of Premium Lamb Tray Pack

**FISH SHOP**

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

**Wild Caught Icelandic Cod Fillets**

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

**Wild Sockeye Salmon Fillets**  
Thawed

ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS

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

**Wild Caught Canadian Lobster Tails**  
Thawed 3-4 oz

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

**Co-op Gold Bay Scallops**  
Frozen 400 g

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

**Co-op Gold Cooked Shrimp with Cocktail Sauce**  
Frozen 600 g

# CHEEMO®

# La Cocina®



## Tortilla Chips

**acosta**<sup>+</sup>  
Integrated Sales & Marketing Services



**3 FOR**  
**\$10**

### Cheemo Perogies

Frozen  
815 - 907 g



MADE IN  
AB

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

### La Cocina Tortilla Chips

300 - 400 g



MADE IN  
MB

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

### Red Baron Pizza

Frozen  
318 - 622 g



## PREPARED FOODS

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

Chipotle Ranch Rotini or  
Ramen Sesame Salad

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

Loaded Mac & Cheese  
Classic or Pulled Pork  
Made in-store

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

12" Pizza  
Made in-store

## FRESH FROM OUR DELI

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

Balderson  
Cheddar  
250 - 280 g

Balderson's Old Cheddar has been carefully aged to develop bold taste and sharp cheddar flavour, making this premium cheese an elegant choice for any occasion.

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

Schneiders Dry Cured Salami  
or Sausage or Fattino & Mondello Capicola  
Fresh Sliced in-store

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

Co-op Gold Double Cream  
Brie or Camembert  
300 g

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

Piller's Sliced Pepperoni  
or Charcuterie  
125 - 250 g

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

Monsieur Gustav  
Gouda Cheese  
170 g

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

Olivieri Pasta Family  
Pack or Gnocchi  
520 - 700 g

## PACKAGED MEATS

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

Co-op Gold Sausage Stick  
400 - 500 g

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

Co-op Gold Thick Sliced  
Side Bacon  
1 kg

**3 FOR**  
**9<sup>99</sup>**

Schneiders Lunchmate  
Stackers or Kits  
90 - 120 g or Adult Snack Kits  
75 g

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

Pinty's  
Chicken Wings  
Frozen  
700 - 720 g

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

Prairie Chef  
Breaded Chicken Fingers or  
Southern Fried Chicken Breasts  
Frozen  
1 kg

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

Grimm's Smokies or  
Sizzlin' Wieners  
450 g

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

Co-op Gold Sliced  
Deli Meat  
400 - 500 g

**SALE**  
**4<sup>29</sup>**  
/lb

Harvest Smoked Pork  
Picnic Shoulder  
Random Cryovac Wrapped  
9.46/kg



# SPICY



4 FOR \$9

**Campbell's Soup**  
284 mL, Cooking Broth 900 mL or Concentrated Broth 250 mL



2 FOR \$6

**Campbell's Ready to Serve Soup**  
510 - 515 mL or Chunky 515 mL or Prego Pasta Sauce 645 mL



2 FOR \$6

**Pepperidge Farm Goldfish**  
168 - 200 g



## FRESH FROM OUR BAKERY

<p><b>SALE</b> <b>3<sup>99</sup></b> /ea</p> <p><b>Strudel Bites</b> Baked In-store Apple or Strawberry Package of 12</p>  <p>MADE IN CANADA</p>	<p><b>SALE</b> <b>4<sup>49</sup></b> /ea</p> <p><b>All Butter Croissants</b> Baked In-store Package of 6</p>  <p>MADE IN CANADA</p>	<p><b>SALE</b> <b>27<sup>99</sup></b> /ea</p> <p><b>La Rocca Cakes</b> 8-inch Selected Varieties</p> <p><b>NEW</b> AT CO-OP</p>  <p>MADE IN CANADA</p>	
<p><b>SALE</b> <b>4<sup>49</sup></b> /ea</p> <p><b>Cinnamon Brioche Rolls</b> Baked In-store Package of 4</p>  <p>MADE IN CANADA</p>	<p><b>SALE</b> <b>2<sup>99</sup></b> /ea</p> <p><b>Canadian Harvest Bread</b> Baked In-store 450 g</p>  <p>MADE IN CANADA</p>	<p>Crafted using fresh ingredients for quality you can taste in every bite. Choose from Pistachio Almond, Cookie Dough, Banana Chocolate, and Super Caramel Crunch.</p>	
<p><b>SALE</b> <b>3<sup>99</sup></b> /ea</p> <p><b>Panini Rolls</b> Package of 6 or Sub Buns Package of 4 Baked In-store</p>  <p>MADE IN CANADA</p>	<p><b>SALE</b> <b>6<sup>49</sup></b> /ea</p> <p><b>Co-op Gold Pie</b> Selected Varieties 620 g</p>  <p>MADE IN CANADA</p>	<p><b>SALE</b> <b>3<sup>99</sup></b> /ea</p> <p><b>Dempster's Bagels</b> Selected Varieties Package of 6</p>  <p>MADE IN CANADA</p>	<p><b>SALE</b> <b>5<sup>99</sup></b> /ea</p> <p><b>Portofino Bread</b> Selected Varieties 585 g</p>  <p>MADE IN BC</p>

## FLORAL SHOP

<p><b>SALE</b> <b>5<sup>99</sup></b> /ea</p> <p><b>Tulips</b> 5 Stem Bunch Greenhouse Grown</p>  <p>grown in WESTERN CANADA</p>	<p><b>SALE</b> <b>15<sup>99</sup></b> /ea</p> <p><b>Fun Bunch Vase</b></p> 
<p><b>SALE</b> <b>23<sup>99</sup></b> /ea</p> <p><b>Blooming Magic Bouquet</b></p> 	<p><b>SALE</b> <b>4<sup>49</sup></b> /ea</p> <p><b>Spring Bulbs</b> Assorted Varieties 4-Inch Pot</p> 

## FOR YOUR PANTRY

<p><b>SALE</b> <b>8<sup>49</sup></b> /ea</p> <p><b>Co-operative Coffee</b> 300 - 340 g</p>  <p>MADE IN BC</p>	<p><b>SALE</b> <b>9<sup>99</sup></b> /ea</p> <p><b>Co-op Gold Honey</b> Liquid or Cream 1 kg</p>  <p>MADE IN AB</p>	<p><b>SALE</b> <b>13<sup>99</sup></b> /ea</p> <p><b>Del Monte Fruit Cups</b> Package of 20</p> 	<p><b>SALE</b> <b>11<sup>99</sup></b> /ea</p> <p><b>Nature Valley Club Pack</b> 728 g - 1.28 kg, Fibre 1 Chewy Bars 840 g, Betty Crocker or Mott's Snacks 637 - 907 g Selected Varieties</p> 
<p><b>SALE</b> <b>6<sup>49</sup></b> /ea</p> <p><b>Co-op Gold Puffed Wheat</b> 450 g or Bagged Cereal 750 - 907 g Selected Varieties</p> 	<p><b>SALE</b> <b>6<sup>99</sup></b> /ea</p> <p><b>Co-op Gold PURE Granola</b> 340 g</p>  <p>MADE IN BC</p>	<p><b>2 FOR</b> <b>4<sup>98</sup></b></p> <p><b>Co-op Gold Dressing</b> Selected Varieties 425 ml</p>  <p>MADE IN CANADA</p>	<p><b>3 FOR</b> <b>\$6</b></p> <p><b>Green Giant Vegetables</b> 341 - 398 mL</p>  <p>MADE IN CANADA</p>
<p><b>SALE</b> <b>3<sup>79</sup></b> /ea</p> <p><b>Quaker Instant Oatmeal</b></p>  <p>MADE IN CANADA</p>	<p><b>SALE</b> <b>12<sup>99</sup></b> /ea</p> <p><b>Quaker Granola Bars</b> 935 - 960 g</p>  <p>MADE IN CANADA</p>	<p><b>SALE</b> <b>4<sup>49</sup></b> /ea</p> <p><b>Pearl Milling Company Pancake Mix</b> 905 g or Syrup 710 mL</p> 	<p><b>SALE</b> <b>4<sup>49</sup></b> /ea</p> <p><b>Quaker Dipps</b></p>  <p>MADE IN CANADA</p>



NOT YOUR AVERAGE

*Cup of Tea*

**SALE**

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

**Tetley Orange  
Pekoe Tea**  
Package of 72



**SALE**

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

**Tetley Tea**  
Package of 40 - 48



**SALE**

**3<sup>79</sup>**  
/ea

**Tetley Tea**  
Package of 20 - 24



FROM THE FREEZER

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

**Swiss Chalet or Montana's Pot Pies**  
Frozen  
470 - 655 g

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

**Co-op Gold Pizza or Flatbreads**  
Frozen  
310 - 403 g

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

**McCain Fries or Hashbrowns**  
Frozen  
800 g

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

**Bassili's Best Lasagna or Shepherd's Pie**  
Frozen  
907 g

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

**High Liner Fish or Shrimp**  
Frozen  
Selected Varieties  
330 - 700 g

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

**Chapman's Frozen Yogurt**  
2 L or Snowcrest  
Organic Fruit 500 - 600 g

FRESH DAIRY

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

**Philadelphia Cream Cheese**  
Selected Varieties  
227 - 250 g

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

**Yoplait Source Yogurt**  
630 - 650 g or Liberté  
Mediterranean Yogurt 500 g  
or Package of 4

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

**Dairyland Milk**  
Microfiltered, Lactose Free or Protein Milk  
1.89 L

**2 FOR**  
**\$5**

**Yoplait Tubes**  
8 x 56 g

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

**Simply Orange Juice**  
2.25 L

**HIGH IN PROTEIN**  
TO FUEL THEIR DAY!

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

**Black Diamond Cheestrings**  
252 - 336 g or Natural  
Cheese Sticks 252 g

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

**Cracker Barrel Cheese Slices**  
200 - 240 g

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

**lōgo Nanō Drinkable Yogurt**  
6 x 93 mL or Siggi's  
Skyr Yogurt 4 x 100 g

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

**Activia Yogurt**  
8 x 100 g, Silk Yogurt  
500 - 650 g or Barista  
946 mL

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

**Activia Expert Yogurt**  
4 x 100 g or Danone  
Danino Drinkable  
Yogurt 6 x 93 mL

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

**Oikos Yogurt**  
4 x 95 - 100 g or Silk  
Yogurt 4 x 100 g

**PACK YOUR MORNING WITH PROTEIN**

FOR YOUR PANTRY

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

**Co-op Gold Pie Filling**  
540 mL

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

**Filippo Berio Olive Oil**  
Selected Varieties  
750 mL - 1 L

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

**Garofalo Specialty Pasta**  
or Potato Gnocchi 500 g  
Passata 680 mL or Martelli  
Bread Crumbs 227 - 425 g

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

**Minute Rice**  
2.6 kg

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

**Gold Seal Pink Salmon**  
213 g or Ocean's White  
Albacore Tuna 120 g

**3 FOR**  
**4<sup>98</sup>**

**Ocean's Light Tuna**  
Flaked or Chunked  
120 g

**3 FOR**  
**9<sup>99</sup>**

**Holiday Luncheon Meat**  
340 g

**2 FOR**  
**\$11**

**Pam Cooking Spray**  
141 - 170 g

**DRINKS & SNACKS**

<p><b>SALE</b> <b>15<sup>99</sup></b> /ea</p> <p><b>Pepsi Products</b> 24 x 355 mL</p> <p><b>2 FOR</b> <b>\$8</b></p> <p><b>Co-op Gold Cranberry Cocktail and Juice Blends</b> Selected Varieties 1.89 L</p>	<p><b>2 FOR</b> <b>\$7</b></p> <p><b>Dare Bear Paws</b> 168 - 240 g</p> <p><b>4 FOR</b> <b>\$6</b></p> <p><b>Cadbury Chocolate Bars</b> 33 - 60 g</p>
<p><b>3 FOR</b> <b>7<sup>98</sup></b></p> <p><b>SunType Juice</b> 5 x 200 mL</p> <p><b>2 FOR</b> <b>9<sup>50</sup></b></p> <p><b>Cheetos Crunchy, Puffs or Popcorn</b> 180 - 285 g</p>	<p><b>2 FOR</b> <b>\$7</b></p> <p><b>Dare Snack Crackers</b> 120 - 225 g or Crisps 100 g Selected Varieties</p> <p><b>2 FOR</b> <b>\$6</b></p> <p><b>Hershey's Family Bars</b> Selected Varieties 90 - 136 g</p>
<p><b>KitKat</b> YOU COULD WIN A TRIP TO THE PACIFIC COAST</p> <p><b>SALE</b> <b>5<sup>99</sup></b> /ea</p> <p><b>Nestlé Chocolate Bars or Snacks</b> Package of 4 or Cello Bags 76 - 203 g</p>	<p><b>4 FOR</b> <b>\$6</b></p> <p><b>Nestlé Single Bars</b> 39 - 60 g</p> <p><b>SALE</b> <b>6<sup>99</sup></b> /ea</p> <p><b>Nestlé Real Dairy Ice Cream</b> or Frozen Dessert 1.5 L Novelty Package of 4 - 12 or Del Monte Frozen Dessert Bars Package of 10 Selected Varieties</p>

**FOR YOUR baby**

<p><b>SALE</b> <b>32<sup>99</sup></b> /ea</p> <p><b>Goodnites or Pull-Ups</b> Underwear or Training Pants Package of 28 - 66</p>	<p><b>5 FOR</b> <b>\$9</b></p> <p><b>Nestlé Gerber Baby Food Pouches and Jars</b> 92 - 99 g or 128 - 162 mL</p>	<p><b>SALE</b> <b>53<sup>99</sup></b> /ea</p> <p><b>Similac Pro Advance Infant Formula</b> 859 g or Total Comfort 837 g Selected Varieties</p>
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**FOR YOUR PETS**

<p><b>SALE</b> <b>17<sup>99</sup></b> /ea</p> <p><b>Whiskas Cat Food</b> 3 - 4 kg</p>	<p><b>SALE</b> <b>11<sup>99</sup></b> /ea</p> <p><b>Rollover Dog Food</b> 2 kg</p>	
<p><b>2 FOR</b> <b>\$5</b></p> <p><b>Co-op Gold Wet Dog Food</b> 700 g</p>	<p><b>SALE</b> <b>10<sup>99</sup></b> /ea</p> <p><b>Delectables Squeeze Up Cat Treats</b> Package of 20</p>	
<p><b>SALE</b> <b>10<sup>99</sup></b> /ea</p> <p><b>Purina Beggin' Strips</b> 708 g</p>	<p><b>SALE</b> <b>22<sup>99</sup></b> /ea</p> <p><b>Friskies Cat Food</b> 2.26 - 7.5 kg</p>	<p><b>SALE</b> <b>22<sup>99</sup></b> /ea</p> <p><b>Friskies Wet Cat Food Variety Pack</b> 24 x 156 g</p>

**FOR YOUR HOME**

<p><b>SALE</b> <b>7<sup>99</sup></b> /ea</p> <p><b>Co-op Gold Facial Tissue</b> Package of 6</p>	<p><b>SALE</b> <b>12<sup>99</sup></b> /ea</p> <p><b>Purex Laundry Detergent</b> 92 - 110 Wash Loads or Sunlight 100 Wash Loads Selected Varieties</p>	<p><b>SALE</b> <b>6<sup>99</sup></b> /ea</p> <p><b>Alcan Foil</b> Regular 100 ft or Heavy Duty &amp; Non-Stick 35 ft or Reynolds Parchment Paper 75 ft</p>	<p><b>SALE</b> <b>16<sup>99</sup></b> /ea</p> <p><b>E-Zee Wrap Refill</b> 1000 ft or Parchment Paper 11" x 190 ft</p>
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# HURRY HARD

CURLING PARTY MUST-HAVES HERE!



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

**Co-op Gold Phyllo Pastry Bites**  
454 g or Smoked Gouda Cheese Bites 300 g  
Frozen



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

**Mann's Snap Peas**  
Produce of U.S.A.  
227 g



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

**Celery Sticks**  
Produce of U.S.A.  
1 lb (454 g)



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



**Mexican Fiesta Dip**  
Made In-store  
Fresh From the Deli

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

**Co-op Gold Bone-in Salt and Pepper Dry Ribs**  
800 g or Veggie Spring Rolls  
600 g  
Frozen



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

**Co-op Gold Appetizers**  
Breaded Cheese Sticks, Pickle Bites,  
Stuffed Jalapeño Peppers  
or Crispy Wontons  
Frozen  
237-500 g



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

**Co-op Gourmet Stuffed Mushroom Caps**  
Prepared by Your Local Butcher  
Selected Varieties



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

**Onion & Cheese Sourdough Boule**  
Baked In-store  
450-454 g



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

**Lucky Dragon Mini Wontons**  
800 g or Co-op Gold Bacon  
Wrapped Chicken Thigh Bites 360 g  
Frozen



**2 FOR**  
**\$8**

**Co-op Gold Snack Mix**  
250 g



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

**Armstrong Cheese**  
400 g or Shreds 300-320 g



**2 FOR**  
**\$8**

**Twigz Pretzels**  
Selected Varieties  
130 g



**2 FOR**  
**\$8**

**Planters Cocktail Peanuts**  
600 g or Dry Roasted 550 g



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

**Cavendish Farms Fries, Onion Rings or Breakfast Potatoes**  
Frozen  
Selected Varieties  
400-750 g



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

**Grimm's Mini Pepperoni Sticks**  
250 g



**PROUD TO SUPPORT  
CURLING IN CANADA**



# TASTE OF THE TROPICS

<b>SALE</b> <b>2<sup>99</sup></b> /ea Mangoes Produce of Mexico or Peru 	<b>SALE</b> <b>5<sup>49</sup></b> /ea Pineapple Gold Variety Produce of Costa Rica or Mexico 	<b>SALE</b> <b>4<sup>99</sup></b> /ea Kumquats Produce of China 400 g 	<b>SALE</b> <b>2<sup>49</sup></b> /lb Papaya Produce of Mexico 
<b>SALE</b> <b>2<sup>99</sup></b> /ea Ataulfo Mangoes Produce of Mexico 	<b>SALE</b> <b>4<sup>99</sup></b> /ea Dragon Fruit Produce of Ecuador 	<b>SALE</b> <b>2<sup>49</sup></b> /ea Gold Passion Fruit Produce of Colombia 	
<b>SALE</b> <b>4<sup>99</sup></b> /ea Young Coconuts Produce of Thailand 	<b>SALE</b> <b>6<sup>99</sup></b> /ea Mangosteen Produce of Colombia 250 g 	<b>SALE</b> <b>2<sup>49</sup></b> /lb Baby Bananas Produce of Guatemala or Ecuador 	

**SAVE \$3 WHEN YOU BUY 2 KRAFT HEINZ PARTICIPATING PRODUCTS**

EXPIRES: MARCH 31, 2024

\*See In-store displays for a complete list of participating products and offer details.

EXCLUSIVE TO **CO-OP** AND **TGP**

**2 FOR \$9**

**Kraft Deluxe Pasta & Sauce**  
 350 - 400 g, Oven Baked Drivers 348 g or Classico Pizza Sauce 410 mL



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

**Maxwell House Instant Coffee**  
 120 - 256 g



**3 FOR 10<sup>98</sup>**

**Philadelphia Dips**  
 227 g



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

**Kraft Miracle Whip or Mayo**  
 1.5 L



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

**Heinz Ketchup**  
 1.5 L or Kraft Pizza Mix 850 g



**SALE 10<sup>79</sup> /ea**

**Nabob Coffee**  
 300 - 340 g, Tassimo Maxwell House Package of 14 - 16 or Tassimo Nabob Package of 14



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

**Jif Peanut Butter**  
 1 kg



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

**Smucker's Jam**  
 310 - 500 mL or Adams Peanut Butter 500 g



**SPRING INTO BAKING**

FOR MORE DELICIOUS RECIPES VISIT [ROBINHOOD.CA](http://ROBINHOOD.CA)



**2 FOR \$7**

**Robin Hood Oats**  
 1 kg



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

**Robin Hood Flour**  
 2.5 kg, Pizza 2 kg or Gluten Free 907 g



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

**Eagle Brand Sweetened Condensed Milk**  
 300 mL



**2 FOR \$5**

**Carnation Evaporated Milk**  
 354 mL



Our Savings will keep your pantry full

# INTERNATIONAL WOMEN'S DAY



**KIMBERLEY CHAMBERLAND  
(CEO) & JASMINE BYRNE (COO)**

**BIG MOUNTAIN FOODS**  
DELTA, BC

BIG MOUNTAIN FOODS

## celebrating the *women* behind the products

Big Mountain Foods takes pride in being a women-owned and operated company. Since 1987, they have been dedicated to offering delectable plant-based products crafted with authentic, uncomplicated, and high-quality ingredients. Their latest innovation includes the groundbreaking soy-free tofu, uniquely crafted with Canadian-grown fava beans in collaboration with a women-owned farm.

#GIVETOGAIN  
#IWD2026



**MADE IN WESTERN CANADA**

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

made in  
**WESTERN CANADA**

**Big Mountain  
Plant Based Crumbles**  
Selected Varieties  
300 - 340 g



**BC**

**MADE IN BC**

# INTERNATIONAL WOMEN'S DAY



## ANGELA SANTIAGO

THE LITTLE POTATO COMPANY,  
CEO AND CO-FOUNDER  
NISKU, AB

THE LITTLE POTATO COMPANY

## celebrating the *women* behind the products

Angela Santiago, CEO and co-founder of The Little Potato Company Ltd., started the company in 1996 alongside her father, Jacob Vander Schaaf, a Dutch immigrant who longed for the delicious little potatoes he enjoyed as a child. What began on a one-acre plot in Edmonton — where they planted, harvested, washed and packed potatoes by hand for local markets — has grown into the beloved and innovative brand it is today.

#GIVETOGAIN  
#IWD2026



GROWN IN WESTERN CANADA

2 FOR  
\$ 8

Little Potatoes

Produce of Western Canada  
Selected Varieties  
1.5 lb (680 g)

grown in  
WESTERN  
CANADA



# INTERNATIONAL WOMEN'S DAY



## MARGARET COONS

NUTS FOR CHEESE  
FOUNDER & CEO  
LONDON, ON

Nuts for Cheese

## celebrating the *Women* behind the products

Margaret Coons is the Founder & CEO of Nuts For Cheese™, a Canadian market leader in artisan, organic, plant-based cheese. Founded in 2015, the company has grown from a local farmers' market into an award-winning brand with national and U.S. distribution. Today, Nuts For Cheese™ continues to scale year over year with a mission to make exceptional dairy-free cheese for cheese lovers everywhere.

#GIVETOGAIN  
#IWD2026

SALE

8<sup>99</sup>  
/ea

Nuts for Cheese  
Cashew Dip  
210 g



MADE IN  
CANADA

# INTERNATIONAL WOMEN'S DAY



**NATASHA VANDENHURK  
& ELYSIA VANDENHURK**

**THREE FARMERS, CO-FOUNDERS  
SASKATOON, SK**

THREE FARMERS FOODS

## celebrating the *women* behind the products

Co-founded by sisters Natasha and Elysia Vandenhurk, along with farmers Dan Vandenhurk, Ron Emde and Colin Rosengren, Three Farmers Foods is a Saskatchewan-based food manufacturer bringing healthy, wholesome snacks to the marketplace. With Natasha as CEO and Elysia as Chief Brand and Innovation Officer, they have proudly grown the company from a young start-up to a thriving international brand.

#GIVETOGAIN  
#IWD2026



MADE IN WESTERN CANADA

2 FOR  
\$8

**Three Farmers  
Salad Toppers**

Selected Varieties  
140 g

made in  
WESTERN  
CANADA



MADE IN  
SK

# INTERNATIONAL WOMEN'S DAY



## FELICIA DEWAR

MISKAMÂSOWIN FOODS INC.  
TREATY 6 TERRITORY (EDMONTON, AB)

MISKAMÂSOWIN FOODS INC.

## celebrating the *women* behind the products

Hailing from Northern Alberta, Felicia Dewar is proud to contribute to Indigenous representation in grocery stores and ultimately at the family dinner table. Based out of Edmonton, Alta., Miskamâsowin Foods inc. allows customers to make their own bannock with Dewar's ready-to-mix packages. Miskamâsowin is the Cree word for "the journey of finding yourself," something that resonates with Felicia as she seeks to connect with and empower other Indigenous food suppliers and distributors on their path to reconciliation.

#GIVETOGAIN  
#IWD2026

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

Miskamasowin  
Bannock Mix  
382 g



# INTERNATIONAL WOMEN'S DAY



**JULIE  
BEDNARSKI**

HEALTHY CRUNCH FOUNDER & CEO  
MISSISSAUGA, ON

HEALTHY CRUNCH FOOD

## celebrating the *WOMEN* behind the products

Julie Bednarski is the founder and CEO of Healthy Crunch, a leading better-for-you food brand on a mission to reinvent everyday foods. As both a registered dietitian and trained chef, Julie is passionate about bridging the gap between nutritious and delicious. Healthy Crunch's product lineup includes Kale Chips, Chia Jams and Crispy Squares, all crafted to be lower in sugar, gluten-free, peanut-free, dairy-free, vegan and irresistibly delicious.

#GIVETOGAIN  
#IWD2026

2 FOR  
9<sup>98</sup>

Healthy Crunch  
Kale Chips

35 g, Jams 230 mL, Bars or  
Squares 120 - 132 g



# INTERNATIONAL WOMEN'S DAY



## SONDRA PEARN

LAKE LIFE CAESAR COMPANY LTD.,  
CO-FOUNDER & CEO  
LLOYDMINSTER, AB

CAESAR COCKTAIL PREMIX

## celebrating the *women* behind the products

Sondra Pearn is the CEO of Lake Life Caesar Company Ltd., a business she co-founded in 2020 that specializes in premium Caesar cocktail premixes and salted rimmers. In recognition of her entrepreneurial success, Sondra received the Rising Startup Award in 2022 from the Awesome Program at the Saskatchewan Food Development Centre. The award honours women who have made significant contributions to the food and beverage manufacturing sector in the Canadian Prairies.

#GIVETOGAIN  
#IWD2026



MADE IN WESTERN CANADA

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

made in  
WESTERN  
CANADA

Lake Life  
Caesar Premix  
496 mL



MADE IN  
SK

# INTERNATIONAL WOMEN'S DAY



## KERRY BENNETT

CARE BAKERY, OWNER  
CALGARY, AB

CARE BAKERY SLICED LOAF

## celebrating the *women* behind the products

Kerry Bennett had plans to pursue a culinary diploma and open a restaurant when she was faced with an unexpected twist – she found out she had a severe gluten intolerance. She took the restriction as a challenge and turned it into an opportunity, delving into gluten-free baking. Today, Bennett's Bakery specializes in high-quality gluten-free baking products and supplies restaurants and grocery stores. Kerry is sought after for her gluten-free culinary expertise.

#GIVETOGAIN  
#IWD2026



MADE IN WESTERN CANADA

SALE

6<sup>49</sup>  
/ea

Care Bakery  
White Loaf  
600 g or Buns  
Package of 8

made in  
WESTERN  
CANADA

GLUTEN-FREE



MADE IN  
AB

# INTERNATIONAL WOMEN'S DAY



**JESSIE DOSHI, GAYE SHEPPARD,  
AND NIKKI HEIN (FOUNDER)**

**TU-BEES**  
SASKATOON, SK

TU-BEES HONEY

## celebrating the *women* behind the products

Tu-Bees is a women-owned family business that produces a sweet array of high-quality flavoured honey products. Established in 2007, Tu-Bees was built on the dream of an 11-year-old girl who wanted to buy a horse, and it continues to flourish, thanks to their ability to create a product that maintains the natural goodness of honey with a wide variety of flavours. Using unpasteurized creamed honey and natural flavourings that are certified Kosher and free from allergens, Tu-Bees' creations take honey to a whole new level.

**#GIVETOGAIN**  
**#IWD2026**



**MADE IN WESTERN CANADA**

**SALE**

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

made in  
**WESTERN  
CANADA**

**Tu-Bees Honey**  
375 g



**MADE IN  
MB**

# INTERNATIONAL WOMEN'S DAY



## STEPHANIE LIU, MD

DR. MOM  
EDMONTON, AB

DR. MOM SOOTHING BETA CREAM

## celebrating the *Women* behind the products

By Dr. Mom Skincare Dr. Stephanie Liu — known to many as Dr. Mom — is a Canadian family physician and trusted health educator who combines medicine, motherhood and evidence-based innovation to improve family health. Seeing a need for natural, gentle skincare for babies and families, she founded By Dr. Mom Skincare, a line made with beta-glucan that soothes, hydrates and supports skin healing without harsh ingredients or topical steroids.

#GIVETOGAIN  
#IWD2026

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

Dr. Mom  
Soothing Beta Cream  
237 mL



# INTERNATIONAL WOMEN'S DAY



**ANGELA WRIGHT  
& JAMIE BURLEY**  
WORLD'S BEST CREAM

WORLD'S BEST CREAM -  
PAIN RELIEF PRODUCTS

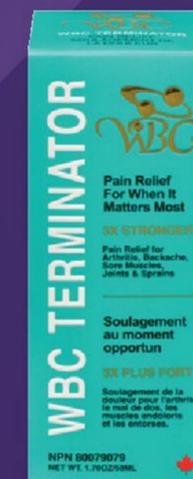
## celebrating the *Women* behind the products

Embracing the family business, sisters Angela Wright and Jamie Burley operate Worlds Best Cream (WBC). Founded by their father Bill Burley, WBC has proudly developed multiple relief products for arthritis and body pain. Angela and Jamie now manage everything within the Canadian-based business and work together to grow and promote WBC on both national and international levels.

#GIVETOGAIN  
#IWD2026

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

**Worlds Best Cream  
Bath Salts**  
650 g or Terminator Roll-On  
Applicator 50 mL





# Ramadan Mubarak

GLAD TIDINGS

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

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

18.72 kg



CHICKEN PAKORA

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

**Co-op Halal Boneless Beef Striploin Grilling Steak**  
Cut from Canada AA Grade or Higher Random Cryovac Wrapped

52.89 kg



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

**Co-op Red Potatoes**  
Produce of Western Canada Canada No. 1 10 lb (4.54 kg)

10 lbs



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

**Garlic**  
Produce of China 1 kg



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

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



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

**Co-op Gold Vegetable Spring Rolls**  
Frozen 600 g



**2 FOR \$6**

**Nana's Samosas**  
140 g



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

**Co-op Gold Hummus**  
482 g



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

**Vadiya Naan Bread**  
Original or Garlic Package of 6



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

**Byblos Baklava**  
300 g



Mediterranean Style Baklava

**2 FOR \$7**

**Astro Original**



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

**Co-op Gold Frozen Vegetables**



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

**Vadiya Basmati Rice**  
3.63 kg



**SALE**  
**15<sup>99</sup>**  
/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**  
**1<sup>89</sup>**  
/ea

**Co-op Gold Juice**



**2 FOR \$7**

**Co-op Gold PURE Peas, Chick Peas or Lentils**  
907 g



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

**Nanak Desi Ghee**  
400 g or Diya Mustard Oil 1 L



GLAD TIDINGS

\*FEBRUARY 12 - MARCH 11, 2026