



ONLY
CERTIFIED
CHICKEN

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

SALE
6.79
/lb
14.97/kg

**MEMBERS
EARN
10%**

**Pork Back Ribs or
Whole Pork Tenderloin**
Cryovac
Western Canadian

3.99
/lb
8.80/kg



Kicking Horse Coffee
284g or Starbucks 340g &
K-cups 10 Pack
Select varieties



SALE
10.99
MEMBERS
EARN
10%

Strawberries
1lb/454g
Product of Mexico
No. 1 Grade

3.49
ea



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

2.99
/lb
6.59/kg



Armstrong Block Cheese
750g Select varieties

SALE
11.99
MEMBERS
EARN
10%



**Lay's, Old Dutch or
Ridgies Potato Chips**
200-235g Select varieties

3\$12
for



Classico Pasta Sauce
218-650ml or Catelli Smart Pasta 340-375g or
Ben's Original Bistro Express Rice 180-285g
Select varieties

3\$10
for



**Most see a roast dinner.
Members see Bonus Cash.**

Calgary Co-op app download and registration required.
Visit calgarycoop.com/appterms for additional terms and conditions.

LEARN MORE

PRICES IN EFFECT MARCH THUR 12 FRI 13 SAT 14 SUN 15 MON 16 TUES 17 WED 18 2026

TASTE THE TROPICS



Cactus Pears Red or Gold
Product of Columbia
No. 1 Grade

2⁹⁹
/lb
6.59/kg



White Flesh Dragon Fruit
Product of Ecuador/Vietnam
No. 1 Grade

3⁹⁹
/lb
8.80/kg



Longans
340g Bag
Product of China
No. 1 Grade

SALE
3⁹⁹
+
MEMBERS EARN 10%



Jackfruit
250g
Product of Mexico
No. 1 Grade

8⁹⁹
ea



Pink Guava
4 Pack
Product of Colombia
No. 1 Grade

7⁹⁹
ea



Passion Fruit
4 Pack
Product of Colombia
No. 1 Grade

6⁹⁹
pkg

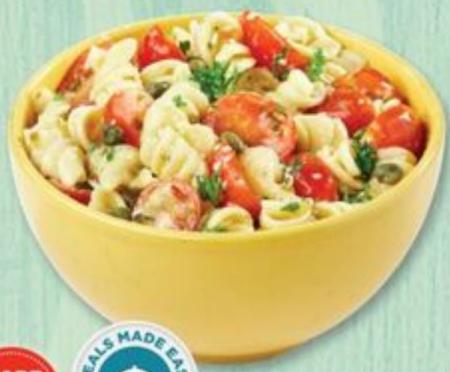


FIND IT
in the
DELI

MEALS MADE EASY
READY TO HEAT

Spicy Hawaiian Flatbread Pizza
or Assorted varieties

7⁹⁹
ea



MADE
fresh in the
DELI

MEALS MADE EASY
READY TO EAT

Lemon Caper Pasta Salad

2⁷⁹
/100g



Mango Passion or Key Lime Pie Cake
Full or 1/2 cakes

MEMBERS EARN 10%



3" Mousse Cakes
Ube, Mango or Decadent Cream Puffs
Pistachio, Mango or Assorted varieties 4 Pack

MEMBERS EARN 10%



Simply Refrigerated Beverages
1.54L
Select varieties

4⁹⁹
ea



Snowcrest Frozen Fruit
500-600g
Select varieties

4⁹⁹
ea



Real Lemon & Lime
440ml Select varieties

2\$6
for



Dole Pineapple
398ml Select varieties

SALE
2\$6
for

MEMBERS EARN 20%



Produce

Avocados
Product of Mexico
No. 1 Grade

1.99
ea



Mangoes
Product of Peru
No. 1 Grade

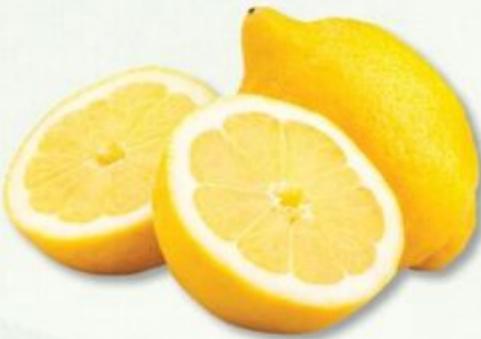
SALE
2.49
ea

MEMBERS
EARN
15%



Lemons
Product of USA
Fancy

79¢
ea



Navel Oranges
3lb Bag
Product of USA
Fancy

SALE
6.99
ea

MEMBERS
EARN
10%



Long English Cucumbers
Alberta Grown
Canada No. 1

BEST
FROM THE
WEST

SALE
1.99
ea

MEMBERS
EARN
10%



Living Lettuce
Alberta Grown
Canada No. 1

4.49
ea

BEST
FROM THE
WEST



Founders & Farmers
Yellow Potatoes
5lb
Product of Western Canada
Canada No. 1

SALE
4.99
ea

MEMBERS
EARN
10%



BEST
FROM THE
WEST



Earthbound
Salad Blends
142g
Product of USA

5.99
ea

Cal & Gary's

In-store Cut Fruit & Vegetables

made fresh in-store



Watermelon
Diced or Spears
48oz

10% OFF

Strawberries
Sliced or Blends
16-24oz

10% OFF

Salad Blends
Family Size
530-687g
Assorted varieties

10% OFF

CONVENIENCE MEETS FRESHNESS.

Enjoy Cal & Gary's hand-cut fruit, creamy dips, and marinated veggies ready to snack, share, or add to your meals.

[SHOP NOW](#)

Floral

St. Patrick's Day
Bouquet

SALE
17.99
ea

MEMBERS
EARN
10%



Gnome with Fern
2"
Grown in Canada

BEST
FROM THE
WEST

8.99
ea



Hurrican Orchid
Grown in Canada

39.99
ea



ONLY ALBERTA BLACK ANGUS BEEF

Beef Back Ribs
Family Pack
Cut from Canada AA Beef
Aged 14 Days **8⁹⁹**
/lb
19.82/kg



Top Sirloin Grilling Steaks
Family Pack
Cut from Canada AA Beef
Aged 14 Days **14⁹⁹**
/lb
33.05/kg

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

LEARN MORE



Blue Ribbon Peeled Outside Skirt Steak
Cryovac
Cut from Canada AAA Beef **21⁹⁹**
/lb
48.48/kg



ONLY ALBERTA CHICKEN
Whole Frying Chicken
Grain Fed, Free Run & Air Chilled **3⁹⁹**
/lb
8.80/kg

Bone In Pork Shoulder Blade Steaks or Roast
Family Pack
Western Canadian **4⁹⁹**
/lb
11.00/kg



Johnsonville Dinner, Breakfast or Ground Pork Sausage
Previously Frozen 250-500g Assorted varieties **6⁴⁹**
ea



Marinated Bacon Wrapped Whole Pork Tenderloin or Medallion Skewers
Western Canadian **8⁴⁹**
/lb
18.72/kg



BEST FROM THE WEST
Marinated Boneless Skinless Chicken Breast
Assorted varieties **8⁹⁹**
/lb
19.82/kg



Chris Brothers Corned Beef Brisket **8⁹⁹**
/lb
19.82/kg



Maple Leaf Prime RWA Breaded Chicken or Stuffed Chicken
Frozen 568-700g Assorted varieties **12⁹⁹**
ea



Founders & Farmers Pulled Pork or Beef Pot Roast with Gravy
Previously Frozen 550-650g

SALE 20% OFF
MEMBERS EARN 10%



Grimm's Sausage Rings or Pepperoni Sticks
300-450g Assorted varieties **7⁹⁹**
ea

Alternative Protein



Field Roast Apple Maple Breakfast Links or Hand Formed Fieldburgers
184-264g **5⁹⁹**
ea



Lightlife Smart Italian Sausage or Tempeh
170-375g **5⁹⁹**
ea



The Better Butcher Ground
Previously Frozen 300g Assorted varieties

SALE 7⁴⁹
MEMBERS EARN 10%

Seafood

Dry Aged Redband Steelhead Fillets
Previously Frozen Farmed
Raised without Antibiotics



SALE 4⁴⁹
/100g
MEMBERS EARN 10%

Fresh P.E.I Mussels
2lb Bag Farmed



11⁹⁹
ea



Aqua Gems Yellowfin Tuna Steaks
340g Frozen

APP EXCLUSIVE SAVINGS
8⁴⁹
SAVE 11¢/lb
Without APP 9⁴⁹



Cal & Gary's Pacific White Raw Shrimp
51/60 or 61/70 Count
Frozen 340g **8⁹⁹**
ea



Clear Ocean Large Scallop Meat
Frozen 454g **10⁹⁹**
ea



Aqua Star Lobster Arms & Claws
Frozen 454g **18⁹⁹**
ea

Bakery

**Celebrate St. Patrick's Day
March 17th!**

Baileys Snack Cakes
Vanilla, Chocolate or Baileys Brownie
or Founders & Farmers Brownies with
Fudge Icing, Cream Cheese Icing or
Kitchen Sink 200-300g

**MEMBERS
EARN
20%**



Delight your taste buds
with these non-alcoholic Baileys® flavoured cookies.
Rich chocolate and the indulgent, creamy taste of
Baileys® Irish Cream.



Baileys Chocolate Chunk Cookies **6.99**
6 Pack ea



5" Baileys Cakes
Chocolate, Fudge or
Caramel Drip Or Founders &
Farmers Assorted varieties

9.99
ea

**MADE
fresh
IN-STORE**



Baileys Cupcakes
Or Founders & Farmers
Assorted varieties
6 Pack

7.99
ea

**MADE
fresh
IN-STORE**



**Founders & Farmers
Scones**
Blueberry, Raisin or Lemon
Cranberry 4 Pack

5.99
ea



Cal & Gary's Oat Porridge Sourdough Loaf

450g

3.99
ea

NEW

**BAKED
fresh
IN-STORE**



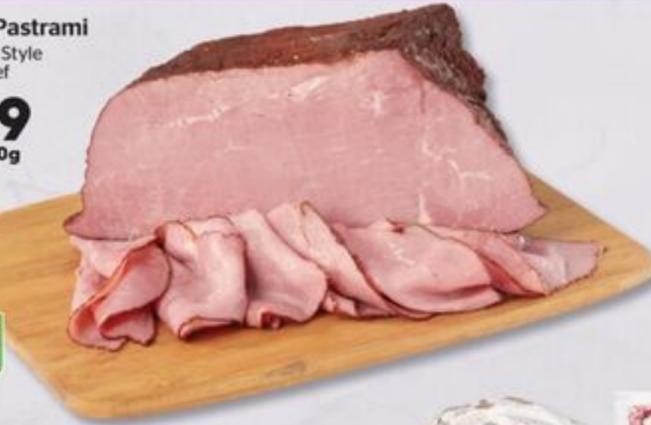
Deli

Grimm's Pastrami
or Montreal Style
Smoked Beef

3.99
/100g

**SLICED
fresh in the
DELI**

**BEST
FROM THE
WEST**



Beehive Cheese
113-114g or Veergeer Dutch Gouda
120-500g or Rustic
Sourdough Bakery Bites 112g

**20%
OFF**



**Summer Fresh
Hummus**
227g

3.99
ea



**Alexis de Portneuf
Double Cream Brie**
or Camembert or
Woolwich Goat Logs
300g

11.99
ea



Mini Babybel 18 Pack
360g

14.99
ea



Easy, Tasty & Unforgettable
Elevate the everyday with
crowd-pleasing trays!

SHOP NOW

Natural Choice

naturalchoice



**Harmonic Arts
Supplements**
Select varieties
& sizes

**20%
OFF**

**CanPrev
Sleep & Stress
Supplements**
Select varieties
& sizes

**20%
OFF**



**Pure Vita Labs
Sports
Nutrition
Supplements**
Select varieties
& sizes

**25%
OFF**



**Hornby
Organic Bars**
Select varieties
& sizes

**SALE
15%
OFF**

**MEMBERS
EARN
10%**

Pi Day is Here!

Save big all week

We're irrationally Excited

BAKED - fresh - IN-STORE

13.14% OFF!

Founders & Farmers Cream Pies
Full Pie, 1000-1100g 1/2 pies, 500-550g Pie Slice, 170g

Founders & Farmers Fruit Pies
Full Pies, 900-1100g 1/2 pies, 450-550g Pie Slice, 140-170g



Cyrus O'Leary's

Banana, Chocolate or Coconut Cream Pies – sweet solutions to any equation.
196g



13.14% OFF!

Gluten-Free Wendel's

Apple, Strawberry Rhubarb or Pumpkin.
475-675g, or Pie Shells 150g or Tart Shells 338g



13.14% OFF!



Meals Made Easy Pot Pies

Beef, Chicken or Butter Chicken – comfort food that adds up.
Individual or Family Size

MADE - fresh - IN-STORE



13.14% OFF!



Aussie Pies
190-200g or Ubuntu Hand Pies 240g



E.D. Smith Pie Filling
540ml Select varieties



Mitchell's Pies
190g or Schneiders Pies 400g Select varieties

Happy Eid Mubarak



Medjool Dates
Whole 340g

7⁹⁹ ea



Cedars Deli Samosas
18 Pack Mini or 12 Pack Medium

10% OFF



Dubai Style Pistachio Chocolate or Cal & Gary's Dark Chocolate Raspberry Cakes
Full or 1/2 Assorted varieties

MEMBERS EARN 10%



Byblos Bakery Baklava Tray
1kg

24⁹⁹ ea



Handi Desi Ghee
400g Select varieties

11⁹⁹ ea



Sherbon Basil Seed Drink
290ml Select varieties

99¢ ea

Grocery



Yoplait Tubes
448g and Kellogg's Eggo Original or Thick and Fluffy
280-330g Select varieties

2⁹⁹



General Mills or Kellogg's Cereal
700g-1.3kg Select varieties

8⁹⁹



Siggis's Yogurt Tubs
650-750g
Select varieties

6⁹⁹



Triscuit or Good Thins Crackers
100-200g
Select varieties

2\$8



Go Pure Bars
140-175g or Earth's Own
Beverages 946ml
Select varieties

SALE 2\$6
MEMBERS EARN 10%



Häagen-Dazs Ice Cream
414-450ml and Premium Novelties
3 Pack Select varieties

5⁹⁹



Tre Stelle Cream Cheese
22g Select varieties
Limit 6

APP EXCLUSIVE SAVINGS
\$2⁹⁹
Without App **\$3⁹⁹**



Hardbite Kettle Chips
128-150g
Select varieties

2\$6



Knorr Sidekicks
120-167g or Hamburger
Helper 158-220g
Select varieties

3\$5



Quaker Crispy Minis or Rice Cakes
90-199g
Select varieties

2\$6



Kraft Dinner
156-200g
Select varieties

SALE 3\$5
MEMBERS EARN 20%



Milk Bone Dog Biscuits
283-900g or Nature's Recipe
Dog Food 5.4kg
Select varieties
Limit 4

APP EXCLUSIVE SAVINGS
30% OFF
Without App **20% OFF**



French's Ketchup
750ml-1L or Heinz Flavored
Mayo 340ml or Taco Bell Hot
Sauce 207ml Select varieties

3⁴⁹



Twizzlers Candy
311-454g
Select varieties

2⁹⁹



Give Your Pets The Best

SHOP NOW

From food and litter to treats, toys, and more, find all the essentials to keep your furry friends happy and healthy.

Health & Beauty



Pantene Hair Care
308-355ml and Styling 187-252ml
or Nivea Bodywash 500ml and
Miltchum Deodorant 63-96g
Select varieties

4⁹⁹



Sensodyne Toothpaste
75-135ml and Crest Pro
Advanced Mouthwash 1L or Dial
Liquid Hand Soap Refill
887ml-1.53L Select varieties

SALE \$6⁹⁹
MEMBERS EARN 10%



AXE Hair Care or Body Wash
473ml and Deodorant 76-85g
or Bodyspray 113g
Select varieties

3⁹⁹



Schick Razors and Blades
Select varieties and sizes

20% OFF



Cetaphil Skin Care
Select varieties and sizes

SALE 20% OFF
MEMBERS EARN 10%



Tampax or Always Tampons
20-40's or Always Liners 68-120's
and Pads 20-44's
Select varieties

8⁹⁹



Claritin Allergy Relief
24-30's
Select varieties

21⁹⁹



Aspirin 81mg
100-120's and Aleve
40-100's Select varieties

SALE \$13⁹⁹
MEMBERS EARN 20%



Pampers Swaddlers or Pampers Pure Diapers
Super Pack 48-96's
and Baby Wipes 336-504's
Select varieties

20% OFF