



YOUR CO-OP IS PROUDLY CANADIAN

SALE
12⁹⁹
/lb

28.64/kg

Co-op Beef Prime Rib
Premium Oven Roast

Cut In-store by Your Local Butcher from Canada
AA Grade or Higher
Aged 14 Days



HAPPY
Easter

SALE
2⁴⁹
/lb

5.40/kg

Sugardale
Smoked
Ham Portion

Bone-in
Random Cryovac Wrapped



SALE
1⁹⁹
/lb

4.39/kg

Broccoli
Crowns

Produce of U.S.A.



SALE
2⁴⁹
/lb

5.40/kg

Red, Green or Black
Seedless Grapes

Produce of Peru, South Africa or Chile
No. 1 Grade



SALE
2⁴⁹
/lb

5.40/kg

Co-op Chicken
Drumsticks

Grain Fed, Free Run, Air Chilled
Value Pack



SALE
3⁴⁹
/ea

Crusty Rolls

Baked In-store
Package of 12



SALE
3⁴⁹
/lb

Pork Tenderloin

Random Cryovac Wrapped



SALE
4⁴⁹
/100 g

Wild Sockeye
Salmon Fillets

Thawed



SALE
8⁹⁹
/ea

made in
WESTERN
CANADA

Co-op Gold
Block Cheese

600-700 g or
Shredded Cheese 600 g



SALE
3⁹⁹
/ea

Dairyland
Sour Cream

750 mL or Cottage Cheese 500 g



SALE
12⁹⁹
/ea

Coca-Cola or
Canada Dry Products

Selected Varieties
24 x 355 mL



SALE
4⁹⁹
/ea

Nestlé Real Dairy
Ice Cream

or Frozen Dessert 1.5 L or
Novelty Package of 4-12



Easter
4 DAY
SALE

02 THUR 03 FRI 04 SAT 05 SUN

SALE
4⁸⁸
/ea

Co-op Centsibles
Butter
454 g
FIRST 6



SALE
3⁹⁹
/ea

Pineapple

Gold Variety
Produce of Costa Rica
or Mexico



SALE
79¢
/lb

Sweet Potatoes

Produce of U.S.A.



SALE
4⁴⁹
/ea

Co-op Gold Apple
or Pumpkin Pie

620 g



SALE
4⁹⁹
/ea

Co-op Centsibles
Shrimp Ring with
Sauce

Frozen
284 g



CO-OP is a member of the

Find Inspiration at: food.crs

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

PRICING IN EFFECT APR. 2 - 6, 2024
02 THUR 03 FRI 04 SAT 05 SUN 06 MON 07 TUE 08 WED

FARM FRESH
PRODUCE

grown in
WESTERN CANADA

2 FOR
\$9

GoodLeaf Baby Greens

113 g or Microgreens 50 g
Produce of Western Canada
Assorted Varieties



GOODLEAF FARMS

As one of Canada's leading producers of fresh greens, GoodLeaf Farms grows microgreens and baby greens year-round in vertical farms across the country. From their Calgary, Alberta farm, leafy greens and salad mixes reach Western Canadian tables, bringing farm-fresh quality to every meal.

SALE
7⁹⁹
/ea

Halos Mandarins

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



SALE
6⁹⁹
/ea

Pink Lady or Granny Smith Apples

Produce of U.S.A.
Extra Fancy
3 lb (1.36 kg)



SALE
2⁹⁹
/ea

Iceberg Lettuce

Produce of U.S.A.
No. 1 Grade



SALE
1²⁹
/ea

Green Onions

Produce of Mexico
Bunch



SALE
6⁹⁹
/ea

Peppers

Assorted Colours
Greenhouse Grown
Produce of Western Canada or Mexico
2 lb (907 g)



SALE
2⁹⁹
/ea

Celery Stalk

Produce of U.S.A.
No. 1 Grade



SALE
4⁹⁹
/lb

11.00/kg

Asparagus

Produce of Mexico
No. 1 Grade



2 FOR
\$3

Co-op Long English Cucumbers

Greenhouse Grown
Produce of Western Canada
Canada No. 1



SALE
99¢
/lb

Cabbage

Green Variety
Produce of Western Canada
Canada No. 1



2.18/kg

2 FOR
\$11

Taylor Farms Chopped Salad Kits

Produce of U.S.A.
Selected Varieties
292 - 396 g



2 FOR
\$7

Organic Yellow Onions

Produce of Western Canada
Canada No. 1
2 lb (907 g)



SALE
3⁹⁹
/ea

Organic Carrots

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



2 FOR
\$5

Organic Herbs

Produce of Western Canada or Mexico
Selected Varieties
28 g



ORGANIC

NEW
AT CO-OP

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

SALE
6⁹⁹
/ea

PLUS DEPOSIT & ENVIRONMENTAL
LEVIÉS WHERE APPLICABLE

Silk Soy Protein Beverage

1.42 L



Than 1% M.F. chocolate dairy milk for Silk Protein chocolate.
Than 2% M.F. dairy milk for Silk Protein regular.

I've got the Plant Power - 2x more Protein*!

SALE
5⁹⁹
/ea

Club House Seasonings or Spices

120 - 181 g or Frank's RedHot
Original Seasoning 132 g
Selected Varieties



**NEW Club House Salad Supreme &
Green Goddess blends! Easy to Use,
Fresh & Flavourful Seasoning Blends for
Salad & Veggie Lovers.**

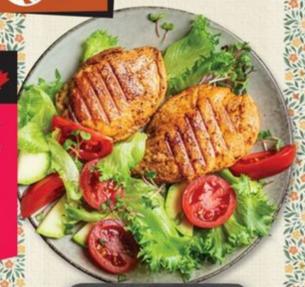
BUTCHER SHOP

Easter
MADE EASY

Hop over to the meat counter at your local Co-op and let our in-store butchers help you plan the perfect holiday meal. They're happy to prepare custom cuts or offer seasoned, butcher-prepared favourites your family will love sharing at the Easter table.

raised in WESTERN CANADA
SALE
8⁴⁹
/lb

18.72/kg
Co-op Stuffed Boneless and Glazed Chicken Breast
Prepared by Your Local Butcher
Grill-Ready
Selected Varieties



SALE
\$21⁹⁹
/ea



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

SALE
2⁹⁹
/lb

6.59/kg
Lilydale Fresh Turkey
Available While Supplies Last
5-7 kg, 7-9 kg or 9-11 kg



SALE
2⁹⁹
/lb



Co-op Chicken Legs
Back Attached
Grain Fed, Free Run, Air Chilled
Value Pack

SALE
11⁴⁹
/lb



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
27⁹⁹
/lb



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

SALE
4⁴⁹
/lb



Pork Back Ribs
Random Cryovac Wrapped

SALE
3⁹⁹
/lb



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

SALE
4⁹⁹
/ea



Olymel Breakfast or Dinner Sausage
Selected Varieties
375 - 450 g

FISH SHOP

SALE
19⁹⁹
/lb

44.07/kg
Co-op Gold PURE Walleye Fillets
Frozen



SALE
12⁹⁹
/ea

Co-op Gold Asian Appetizer Pack
or Shrimp Variety Pack
Frozen
405 - 520 g



SALE
10⁹⁹
/ea

Co-op Gold All Natural Cod Fillets
Frozen
400 g



SALE
6⁹⁹
/ea

True North Atlantic Salmon Skewers
142 g



SALE
14⁹⁹
/ea

Sogel Fresh Cooked Mussels with Garlic Butter
700 g





PROUD PARTNER OF THE TORONTO BLUE JAYS™

POP FLY CONTEST

Enter for a chance to catch a

BLUE JAYS™ VIP EXPERIENCE

+100s of prizes to be won†

†Visit bluejays.com/CanadaDryContest for details

SALE

8⁴⁹ /ea

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

Canada Dry or Coca-Cola Products

Selected Varieties
12 x 355 mL



2 FOR

\$9

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

Canada Dry or Coca-Cola Products

Selected Varieties
6 x 222 mL or 6 x 710 mL



2 FOR

\$6

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

Canada Dry or Coca-Cola Products

Selected Varieties
2 L



PREPARED FOODS

SALE
1⁹⁹
/100 g

Greek Salad
Made In-store

SALE
13⁹⁹
/ea

Maple Cured Whole Ham
Prepared In-store
750 g

2 FOR
\$6

Cabbage Rolls
Sold Individually

FRESH FROM OUR DELI

SALE
3⁹⁹
/ea

Woolwich Goat Cheese
113 g

SALE
9⁹⁹
/ea

Grimm's Smoked Pepperoni Sticks
Selected Varieties, 450 - 600 g

SALE
3⁹⁹
/ea

Summer Fresh Dip or Hummus
200 - 227 g

Made from FOUR SIMPLE INGREDIENTS and 100% Canadian Milk.

2 FOR
9⁹⁸

Castello Cheese Slices
145 - 165 g or Tre Stelle Boccconcini
200 g

SALE
9⁴⁹
/ea

Snowdonia Cheddar Cheese
150 - 200 g

SALE
6⁹⁹
/ea

Lesley Stowe Raincoat Crisps
150 - 170 g or Wildly Delicious Spreads 185 mL

PACKAGED MEATS

SALE
11⁹⁹
/ea

Maple Leaf Prime Breaded Chicken Entrées
or Stuffed Chicken Breasts or Schneiders Breaded Chicken Tenders
Frozen, 568 - 700 g

SALE
13⁹⁹
/ea

Pogo Corn Dogs
Frozen
Package of 20

SALE
19⁹⁹
/ea

Co-op Centsibles Breakfast Sausage
Frozen, 2 kg

SALE
13⁹⁹
/ea

Pinty's Chicken Wings
Frozen
700 - 720 g

SALE
4⁹⁹
/ea

Co-op Centsibles Sliced Side Bacon
375 g

SAVE MORE WITH THE CO-OP CARD \$3

SALE
6⁹⁹
/ea

Harvest Sliced Farmer Sausage or Back Bacon
250 - 300 g or Sliced Bologna or BBQ Loaf 375 g

SALE
7⁹⁹
/ea

Grimm's Smoked Sausage Ring
or Pepperoni Bites
300 - 375 g

SALE
5⁹⁹
/ea

Maple Leaf Top Dogs or Schneiders Classic Wieners
375 g



Campbell's®

IT'S ALL ABOUT
THE
SIDES



Try Campbell's
easy-to-make
holiday recipes

© 2024 Campbell Company of Canada

SALE
3⁰⁰
/ea

**Campbell's Chunky
or Ready to Serve
Soup**

510 - 515 mL or Prego Pasta
Sauce 645 mL



3 FOR
\$6

Campbell's Soup

284 mL, Cooking Broth
900 mL or Concentrated
Broth 250 mL
Selected Varieties

3 FOR
9⁹⁹

**Pepperidge
Farm Goldfish**

168 - 200 g or
Crisps 177 g



FRESH FROM OUR BAKERY

<p>2 FOR \$5</p> <p>Alpine Grain Bread Baked in-store 450 g</p> 	<p>SALE 3⁹⁹ /ea</p> <p>Strudel Bites Baked in-store Apple or Strawberry Package of 12</p> 	<p>SALE 18⁹⁹ /ea</p> <p>3 Layer Lemon Strawberry Ombre Cake Made in-store 8-inch</p> 	
<p>SALE 16⁴⁹ /ea</p> <p>Black Forest Cake or Tramou Prepared in-store 825 g</p> 	<p>SALE 4⁴⁹ /ea</p> <p>Cinnamon Brioche Rolls Baked in-store Package of 4</p> 		
<p>SALE 2⁹⁹ /ea</p> <p>Dinner Rolls Package of 12</p> 	<p>SALE 4⁴⁹ /ea</p> <p>Dempster's Signature Buns Package of 6 - 8 or Sliders Package of 12 Selected Varieties</p> 	<p>SALE 3⁴⁹ /ea</p> <p>Natural Bakery Canadian Rye Bread 500 g or French Bread 700 g</p> 	<p>SALE 2⁹⁹ /ea</p> <p>Natural Bakery Sourdough 600 g</p> <p>NEW</p> 

FLORAL

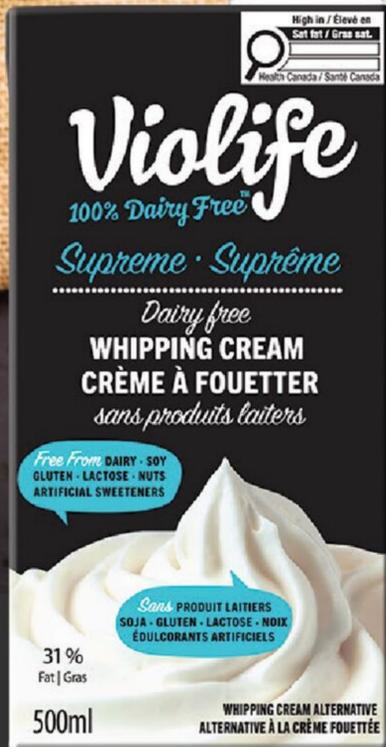
<p>SALE 13⁹⁹ /ea</p> <p>Blooming Beauty Bouquet</p> 	<p>SALE 5⁹⁹ /ea</p> <p>Tulips 5 Stem Bunch Greenhouse Grown</p> 	<p>SALE 11⁹⁹ /ea</p> <p>Potted Mum Easter Mix 6-inch Pot</p> 
	<p>SALE 19⁹⁹ /ea</p> <p>Blooming Daydream Bouquet</p> 	<p>SALE 19⁹⁹ /ea</p> <p>Mason Jar Arrangement</p> 

FRESH DAIRY

<p>SALE 5⁹⁹ /ea</p> <p>Dairyland Whipping Cream 946 mL</p> 	<p>SALE 4⁹⁹ /ea</p> <p>Co-op Gold Greek Yogurt 650 g</p> 	<p>SALE 6⁹⁹ /ea</p> <p>Imperial Margarine 1/4 Squares 1.36 kg or Soft 1.28 kg</p> 
<p>SALE 5⁴⁹ /ea</p> <p>Dairyland Milk Multiferred, Lactose Free or Protein Milk 1.89 L</p> 	<p>SALE 3⁹⁹ /ea</p> <p>Dairyland Ultrafiltered Milk 1 L</p> 	
<p>SALE 4¹⁹ /ea</p> <p>Oikos, Silk or Activia Expert Yogurt 4 x 95 - 100 g</p> 	<p>SALE 7²⁹ /ea</p> <p>International Delight Coffee Creamer or Stok Cold Brew Coffee 1.42 L</p> 	<p>SALE 4⁹⁹ /ea</p> <p>Activia Yogurt 8 x 100 g or Silk Yogurt 500 - 650 g</p> 

HAPPY Easter

NEW



DAIRY FREE AND DELICIOUS

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SALE
3⁹⁹
/ea



Dairy-Free Becel
Plant Butter

427 - 454 g



SALE
3⁹⁹
/ea



Violife
Dairy-Free
Cheese

Selected Varieties
200 - 227 g

SALE
3⁹⁹
/ea



Violife
Dairy-Free
Whipping
Cream

500 mL

NEW

PLUS DEPOSIT & ENVIRONMENTAL
LEVIES WHERE APPLICABLE



FROM THE FREEZER

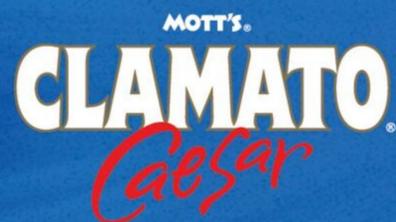
<p>3 FOR \$9⁹⁹</p> <p>McCain Fries or Hashbrowns Frozen 800 g</p>  <p>MADE IN CANADA</p>	<p>SALE \$9⁹⁹ /ea</p> <p>Co-op Gold Fruit Frozen 1.5 kg</p>  <p>MADE IN CANADA</p>		
<p>SALE \$7²⁹ /ea</p> <p>Dr. Oetker Pizza Giuseppe Rip'n Share, Thin or Rising Crust Frozen 439 - 785 g</p>  <p>MADE IN CANADA</p>	<p>SALE \$6⁹⁹ /ea</p> <p>Wong Wing Appetizers or Entrées Frozen 360 - 680 g</p>  <p>MADE IN CANADA</p>	<p>SALE \$7⁹⁹ /ea</p> <p>Swiss Chalet or Montana's Pot Pies Frozen 470 - 655 g</p>  <p>MADE IN CANADA</p>	<p>2 FOR \$5</p> <p>Co-op Gold Vegetables Frozen 750 g</p>  <p>MADE IN CANADA</p>
<p>SALE \$4⁹⁹ /ea</p> <p>Chapman's Markdale Creamery Ice Cream 2 L or Yukon Novelties Package of 6 - 8 Frozen Selected Varieties</p>  <p>MADE IN CANADA</p>	<p>SALE \$3⁹⁹ /ea</p> <p>Chapman's Super Premium Plus Ice Cream Frozen 500 mL</p>  <p>MADE IN CANADA</p>	<p>SALE \$6⁹⁹ /ea</p> <p>Chapman's Premium Ice Cream, Frozen Yogurt or Sorbet Frozen 2 L</p>  <p>MADE IN CANADA</p>	
<p>SALE \$7⁹⁹ /ea</p> <p>High Liner Fish or Shrimp Frozen Selected Varieties 330 - 700 g</p>  <p>MADE IN CANADA</p>	<p>SALE \$13⁹⁹ /ea</p> <p>High Liner Fish Signature Packs or Pan Seared Selects Frozen 425 - 540 g</p>  <p>MADE IN CANADA</p>		

FOR YOUR PANTRY

<p>SALE \$25⁹⁹ /ea</p> <p>Starbucks Coffee 793 - 907 g or Package of 24</p> 	<p>2 FOR \$7</p> <p>Post Cereal Selected Varieties 311 - 525 g</p> 	<p>2 FOR \$5</p> <p>Hamburger or Tuna Helper 158 - 233 g</p> 	<p>2 FOR \$6</p> <p>Betty Crocker Potatoes 141 - 215 g</p> 
<p>4 FOR \$6</p> <p>Club House Seasoning Mix Selected Varieties 20 - 47 g</p> 	<p>SALE \$8⁹⁹ /ea</p> <p>Hellmann's Mayonnaise 1.42 L</p>  <p>MADE IN CANADA</p>	<p>2 FOR \$6</p> <p>Dole Pineapple 398 mL</p> 	<p>2 FOR \$5</p> <p>Ocean Spray Cranberry Sauce 348 mL</p> 
<p>2 FOR \$5⁴⁸</p> <p>Maple Leaf Flaked Meat 156g</p>  <p>MADE IN CANADA</p>	<p>SALE \$3⁷⁹ /ea</p> <p>Gold Seal Pink Salmon 213 g</p> 	<p>SALE \$15⁹⁹ /ea</p> <p>Filippo Berio Olive Oil Selected Varieties 750 mL - 1 L</p> 	<p>SALE \$7³⁹ /ea</p> <p>Crisco Vegetable or Canola Oil 1.18 L</p> 

FOR YOUR baby

<p>SALE \$32⁹⁹ /ea</p> <p>Goodnites or Pull-Ups Underwear or Training Pants Package of 28 - 66</p> 	<p>5 FOR \$5</p> <p>Personelle Organic Baby Food Selected Varieties Pouch 128 mL</p> 	<p>SALE \$43⁹⁹ /ea</p> <p>Kabrita Goat Formula Powder 800 g</p> 
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Enter for a chance to
WIN* **A VIP WEEKEND**
 at Calgary Stampede
 +100s of prizes

Enter at
ClamatoVIPexperience.ca

*For contest rules, details and to enter, visit ClamatoVIPexperience.ca.
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**2 FOR
 \$7**

**Mott's Clamato or
 Nestea Lemon
 Iced Tea**

1.89 L

PLUS DEPOSIT & ENVIRONMENTAL
 LEVIES WHERE APPLICABLE



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SALE
11⁴⁹
 /ea

Corona 0.0%
 6 x 330 mL

PLUS DEPOSIT & ENVIRONMENTAL
 LEVIES WHERE APPLICABLE



ENJOY RESPONSIBLY. Must be legal drinking age.
 Alcohol-free beer with natural flavour and vitamin D.
 ®/MD TRADEMARKS GRUPO MODELO, S. DE R.L. DE C.V., LIC. USE / SOUS LIC.

SALE
7⁹⁹
 /ea

**Atypique
 Mocktails**
 Selected Varieties
 4 x 355 mL

PLUS DEPOSIT & ENVIRONMENTAL
 LEVIES WHERE APPLICABLE



Trademark used under license by Canada Dry Mott's Inc. Sparkling Flavoured Beverages.

DRINKS & SNACKS

<p>2 FOR \$9.98</p> <p>Pepsi Products Selected Varieties 6 x 710 mL</p>	<p>4 FOR \$5</p> <p>Powerade Beverages Selected Varieties 710 - 946 mL</p>	<p>2 FOR \$5</p> <p>Glaceau Vitamin Water Selected Varieties 591 mL</p>	<p>SALE \$8.99 /ea</p> <p>Old Dutch Variety Pack Selected Varieties 472 - 504 g</p>
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<p>SALE \$2.25 /ea</p> <p>Oasis Juice, Arizona Iced Tea or Del Monte Nectar Selected Varieties 960 mL</p>	<p>SALE \$6.49 /ea</p> <p>Co-op Gold Low Alcohol Beer 12 x 355 mL</p>	<p>5 FOR \$5</p> <p>Nestlé Chocolate Bars 33 - 60 g</p>	<p>SALE \$15.99 /ea</p> <p>Co-op Gold Chocolate Covered Raisins, Peanuts or Almonds 650 g - 1 kg</p>
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Happy Easter!

<p>2 FOR \$8</p> <p>Old Dutch Crunch Potato Chips 200 g</p>	<p>2 FOR \$8</p> <p>Old Dutch Crunchies, Cheese Piesers, Cheesy Puffcorn or Humpty Dumpty Party Mix or Rings 200 - 250 g</p>	<p>2 FOR \$7.50</p> <p>Old Dutch Potato Chips Box 220 g</p>
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FOR YOUR PANTRY

<p>SALE \$3.99 /ea</p> <p>Robin Hood Oats 1 kg</p>	<p>2 FOR \$5</p> <p>Betty Crocker Cake Mixes 375 g of Frosting 340 - 450 g Selected Varieties</p>	<p>SALE \$8.99 /ea</p> <p>Co-op Gold Peanut Butter 2 kg</p>	<p>SALE \$6.99 /ea</p> <p>Nature Valley Granola Bars 525 - 630 g, Betty Crocker or Host's Snacks 368 - 498 g, General Mills Cereal Bar 385 g or Larabar 225 - 240 g</p>
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BAKE WITH FRESH INGREDIENTS

<p>2 FOR \$9</p> <p>Eagle Brand Sweetened Condensed Milk 300 mL</p>	<p>3 FOR \$7.98</p> <p>Carnation Evaporated Milk 354 mL</p>	<p>SALE \$8.99 /ea</p> <p>Robin Hood Flour 5 kg</p>
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FOR YOUR PETS

<p>SALE \$22.99 /ea</p> <p>Friskies Wet Cat Food Vanity Pack 24 x 156 g</p>	<p>SALE \$37.99 /ea</p> <p>Alpo Cookout Classics Dog Food 16 kg</p>
<p>SALE \$19.99 /ea</p> <p>Co-op Gold Cat Food 8 kg</p>	<p>3 FOR \$9.99 /ea</p> <p>Purina Beggin' Strips 170 g or Dentalfife 193 - 248 g</p>

FOR YOUR HOME

<p>SALE \$12.99 /ea</p> <p>Scotties Facial Tissue Selected Varieties Package of 4 or 9</p>	<p>2 FOR \$9.98</p> <p>Dawn Ultra or Platinum Dish Soap 535 - 982 mL or Refill 473 mL or Cascade Platinum Rinse Aid 473 mL</p>	<p>SALE \$13.99 /ea</p> <p>Purex Laundry Detergent 92 - 110 Wash Loads or Persil 37 - 48 Wash Loads Selected Varieties</p>	<p>SALE \$15.99 /ea</p> <p>Tide Laundry Detergent 48 Loads or Clean Boost Fabric Rinse 1.43 L or Downy Rinse & Refresh Fabric Softener 1.43 L Selected Varieties</p>
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Breakfast Special

SALE
4⁹⁹ / ea

Individual Gourmet Quiche
Fresh from the Deli
235 g



Simply Orange Juice
2.25 L

SALE
9⁴⁹ / ea



SALE
5⁷⁹ / ea

Co-op Centsibles Large Eggs
Package of 18



SALE
11⁹⁹ / ea

Small Fruit or Veggie Tray
Made In-store
10.25-inch



SALE
9⁹⁹ / ea

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



Easter Entertaining

SALE
9⁹⁹ / ea

Co-op Gold Shrimp Appetizers
Frozen
Selected Varieties
310 - 340 g



SALE
12⁹⁹ / ea

Co-op Gold PURE Smoked Wild Sockeye Salmon
Frozen
150 g



SALE
9⁹⁹ / ea

Co-op Gold Bay Scallops
Frozen
400 g



SALE
12⁹⁹ / ea

Co-op Gold Chicken Wings
Frozen
750 - 840 g



4 FOR \$10

Co-op Gold Perogies
Frozen
907 g



2 FOR \$5

Co-op Gold Snack Crackers
200 g



2 FOR \$5.98

Co-op Gold Pickles
1 L or Pickled Beets or Hot Pepper Rings 750 mL



SALE
1²⁹ / ea

Co-op Gold Mustard Squeeze
225 mL



2 FOR \$6

Co-op Gold Italian Sodas
750 mL



FOR THE Hostess

SALE
29⁹⁹ / ea

Co-op Gold Discovery Cheese or Charcuterie Gift Box



SWEET Tooth

SALE
5⁴⁹ / ea

Häagen-Dazs Ice Cream
400 - 450 mL or Novelty Package of 3
Frozen



SALE
19⁹⁹ / ea

Easter Mason Jar Arrangement



SALE
18⁴⁹ / ea

Crème Brûlée Cheesecake Sampler
Prepared In-store
Package of 9



BRING HOME THE *Ham*
EVERYONE hops FOR.



SALE
4⁹⁹ /lb
11.00/kg

Sugardale Spiral Cut Ham Portion
Random Cryovac Wrapped

SALE
5⁹⁹ /ea
250 g

Grimm's Ham Steaks
250 g

SALE
4⁹⁹ /lb
11.00/kg

Co-op Gold Hickory Smoked Ham Portion
Random Cryovac Wrapped

SALE
5⁴⁹ /lb
12.10/kg

Co-op Berkshire Sired Bone-in Ham Portion
Random Cryovac Wrapped

SALE
16⁹⁹ /ea
1.2 kg

Co-op Gold Boneless Ham
1.2 kg

SALE
32⁹⁹ /ea

Maxwell House or Nabob Coffee
Package of 56 - 60

SALE
19⁹⁹ /ea

Nabob Coffee
915 - 930 g

MORNINGS MADE DELICIOUS WITH Kraft/Heinz

6 FOR
9⁹⁶

Heinz Beans or Pasta
398 mL

3 FOR
9⁹⁹

Classico Pasta Sauce
410 - 600 mL, Pesto 218 mL or Shake 'n Bake 142 - 184 g

2 FOR
6

Heinz Ketchup
375 mL or Heinz Mayo 340 mL

SALE
7⁹⁹ /ea

Kraft Miracle Whip or Mayo
1.5 L

NEW!

OVEN BAKED CRACKERS

2 FOR
7

Cheez-It Family Size Crackers
352 g, Snap'd 213 g or Townhouse Crackers 247 - 391 g

2 FOR
8

Kellogg's Eggo Waffles or Pancakes
Selected varieties 270 - 330 g

SALE
9⁴⁹ /ea

Kellogg's Jumbo Snacks or Bars
Selected Varieties 500 g - 1.15 kg

2 FOR
7

Kellogg's or Kashi Bars
125 - 295 g or Snacks 176 - 384 g Selected Varieties

2 FOR
6

Pringles Potato Chips
148 - 156 g or Cheez-It Crackers 191 - 200 g

2 FOR
7

Pringles Party Stack Potato Chips
194 - 203 g or Pringles Mingles 155 g Selected Varieties

2 FOR
6

Celsius or Alani NU Energy Drinks
355 mL

4 FOR
6

Brisk Iced Tea
Selected Varieties 710 mL

2 FOR
8

Tostitos Tortilla Chips
215 - 295 g

2 FOR
9⁵⁰

Miss Vickie's Potato Chips
190 - 200 g

2 FOR
7⁵⁰

Lay's Potato Chips
200 - 235 g

2 FOR
9⁵⁰

Doritos Chips
210 - 235 g

CO-OP

HAPPY Vaisakhi

SALE
7⁹⁹
/ea

Nanak Desi Ghee
400 g or Dhyo Mustard Oil 1 L



SALE
1⁹⁹
/lb

Red Onion
Produce of Western Canada
Canada No. 1



4.39/kg



SALE
15⁹⁹
/ea

Aashirvaad Whole Wheat
or Sher Durum Atta Flour



9.07 kg



Vadiya
Naan Bread
Original or Garlic
Package of 6

SALE
3⁹⁹
/ea



Co-op Gold
Chick Peas
540 mL

SALE
1⁵⁹
/ea



Elephant
Basmati Rice
4 kg

SALE
14⁹⁹
/ea



Co-op Gold
Paneer Cheese
300 g

SALE
4⁴⁹
/ea



Landmark
Buttermilk
1.89 L

SALE
5⁴⁹
/ea



SALE
2⁴⁹
/ea

Eggplant
Produce of Western Canada or Mexico



SALE
2⁹⁹
/ea

Ataulfo Mangoes
Produce of Mexico



SALE
12⁹⁹
/ea

Sugarplum Egg
Free Chocolate
Raspberry Cake
950 g



SALE
19⁹⁹
/ea

La Rocca Egg
Free Mango Cake
600 g



SALE
4⁹⁹
/ea

Co-op Gold
Fruit
Frozen
Selected Varieties
300 - 600 g



SALE
5⁹⁹
/ea

La Rocca Egg
Free Mango Cake
600 g



SALE
5⁹⁹
/ea

Melona Frozen
Dessert Bars
Package of 8



APRIL 2 - 8, 2026

