

Calgary's grocery store since 1956

## PRICE MATCH

### More Savings, Less Guessing.

We guarantee the best price on select flyer items so you can shop with confidence. If you find a lower advertised price on an identical product, simply show the current flyer to the cashier in-store and we'll match it.

[LEARN MORE](#)

#### Founders & Farmers Shredded Cheese

320g or Faith Farms Block Cheese  
320-340g  
Select varieties

**4.99** ea



**Big Deal!**

#### Maple Leaf Prime RWA Boneless Skinless Chicken Breast

Family Pack, Grain Fed, Humanely Raised, Air Chilled & Canadian Farm Raised

**\$20** ea

**PRICE MATCH**



#### Grimm's Sizzlin Smokies or Pepperoni Bites

375-450g Assorted varieties

**PRICE MATCH**

**SALE 6.99** ea

+ MEMBERS EARN 10%



#### Raspberries or Blackberries

Product of Mexico/USA  
No. 1 Grade  
170g

**2.99** ea



#### Founders & Farmers Mini Cucumbers

2lb Bag Alberta Grown Canada No. 1

**4.99** ea

**PRICE MATCH**



#### Häagen-Dazs Premium Novelties

3 Pack and Ice Cream  
414-450ml Select varieties

**4.94** ea

**PRICE MATCH**



Cal & Gary's Napoli Style and Thin Crust Frozen Pizza  
363-430g  
Select varieties  
Limit 6



Coca-Cola or Pepsi Soft Drinks  
12 Pack, Select varieties

**2 \$14.98** for

PRICES IN EFFECT APRIL THUR 16 FRI 17 SAT 18 SUN 19 MON 20 TUES 21 WED 22 2026



ONLY ALBERTA BLACK ANGUS AA 14 DAYS

**Bottom Sirloin Tri-Tip Grilling Steaks**  
Cut from Canada AA Beef Aged 14 Days

**12<sup>99</sup>** /lb 28.64/kg

**Mandarins**  
2lb Bag Product of USA Fancy

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

**PRICE MATCH**



**Wonder White, Texas Toast, Wonder Plus or 100% Whole Wheat Bread**



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

**PRICE MATCH**

**Unico Tomatoes**  
796ml or Beans 540ml Select varieties



**SALE 3\$5** for

**MEMBERS EARN 10%**



**Danone Oikos Yogurt**  
4 Pack or Siggis' Yogurt 4 Pack Select varieties



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

**MEMBERS EARN 20%**



**Starbucks Coffee**  
340g or K-Cups 10 Pack or Nabob or Lavazza 340g Select varieties

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

**MEMBERS EARN 10%**



**Doritos Tortilla Chips or Miss Vickie's Kettle Chips**  
190-235g Select varieties

**2\$8** for

**HEALTH & BEAUTY DEAL OF THE WEEK!**



**Metamucil, Pepto Bismol and Align**  
Select varieties and sizes

**PRICE MATCH**

**SALE 25% OFF**

**MEMBERS EARN 20%**

**Phar More+ Convenience**  
From consultation to prescription, get support for cold sores, allergies, and more in a single visit.

**BOOK AN APPOINTMENT**

**MEMBERS NOW EARN 8¢/litre\***

\*8 cents earnings will apply to fuel litre purchases for the current fiscal year. Members earn 4¢/L in Calgary Co-op Bonus Cash instantly and 4¢/L towards Member Earnings. Calgary Co-op app download and registration required. Visit calgarycoop.com/apptermis for additional terms and conditions.

# Earth Day

April 22nd

Steelhead Trout Fillets  
Farmed

**3.49**  
/100g



Selva Raw & Cooked  
Black Tiger Shrimp  
Frozen 340g  
Assorted varieties

**15% OFF**



### Ocean Wise Seafood

Look for the logo to choose seafood that is sustainably sourced and responsibly harvested to support healthy oceans.

Nellie's, Liquid Earth, Nature Clean, Green Beaver Co.  
Select varieties & sizes

**15% OFF**



Celebrate Earth Day



Live Clean Hair Care  
350ml or Liquid Hand Soap and Bodywash 400-500ml or Foam Bath 1L  
Select varieties

**30% OFF**



Cal & Gary's Bin Liners  
Reduce landfill pressure and enrich soil with nutrient-rich compost, promoting local sustainability.



## BUY A BAG



## PLANT A TREE

A BAG FOR YOU.

A TREE FOR THE WILD.

## Together for a Healthier Planet

From energy-efficient stores and EV chargers to sustainable products and our Food Rescue Program, discover how we're supporting both our community and the planet.



[LEARN MORE](#)

Show your appreciation...

# Admin Day

April 22nd

Admin Day Bouquet

**17.99**  
ea



Potted Mum  
4" Grown in Canada

**4.99**  
ea



Piccola Orchid  
Grown in Canada

**22.99**  
ea

Tulips  
5 Stem Assorted Colours

**5.99**  
ea



Mini Charcuterie Box  
or Mini Nibbler Box

**15.99**  
ea



Greeting Cards & Gift Cards  
Select varieties

STARTING AT  
**2.99**  
ea



Rogers' Chocolates  
Select varieties & sizes

**20% OFF**



Cal & Gary's Berries & Cream or Chocolate & Curly Cheesecakes  
or Assorted varieties  
600-875g

MEMBERS  
**EARN 20%**

# CELEBRATE EARTH DAY APRIL 22



Purchase select  
Field Roast  
& Light Life  
Products to be  
entered to win!

**LEARN MORE**

# WIN 1 of 3 \$100 Bonus Cash Prizes

\*NO PURCHASE NECESSARY. The Promotion is open to residents of Alberta, Canada who have reached the age of majority. You will automatically be entered into the contest (the "Contest") when you use your Calgary Co-op Membership Card and you purchase a participating LightLife™ or FieldRoast™ products between April 16, 2026 and April 22, 2026, in any CCL store operating as Co-op in Calgary, Alberta or at <https://shoponline.calgarycoop.com/> ("Store") during the Contest Period. There are three (3) bonus cash prizes available to be won. Approximate retail value of each prize is \$100 CAD. On or about or about April 29, 2026, one eligible entrant will be selected by random draw of all eligible entries received during the Contest Period as the Potential Winner of the Prize. Odds of winning depend on total number of eligible entries received. To be declared a Prize Winner, a Potential Winner must have correctly answered a mathematical skill-testing question.

# Lightlife™

Live long,  
travel *light*



Lightlife  
Smart Dogs or Bacon  
142-340g

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



Lightlife  
Smart Sausage  
340g

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



Lightlife Plant-Based Deli  
Slices or Smart Ground  
156-340g

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

Lightlife Original  
Tempeh  
227g

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

**MEMBERS**  
**EARN**  
**10%**



Lightlife Smoky  
Tempeh Strips  
170g

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



PLANT-BASED  
**FIELD ROAST**  
MEAT & CHEESE CO

Discover a  
world of flavor



Field Roast  
Plant-Based Sausage  
368g  
Assorted varieties

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



Field Roast Plant-Based  
Breakfast Sausage  
264g

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



Field Roast  
Plant-Based Burgers  
184g

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



Field Roast  
Plant-Based Stadium Dogs  
283g  
Assorted varieties

**APP EXCLUSIVE SAVINGS**  
Major Club Member Purchase  
**7<sup>99</sup>**  
ea  
**SAVE .50\***  
/Cup  
Without APP  
**8<sup>49</sup>**



Field Roast  
Plant-Based Shreds  
298g

**SALE**  
**8<sup>79</sup>**  
ea + **MEMBERS**  
**EARN**  
**10%**

# Produce

Cosmic Crisp Apples  
Product of USA  
Extra Fancy



**SALE**  
**2.99**  
/lb  
6.59/kg

**MEMBERS EARN 10%**



Packham Pears  
Product of South Africa  
No. 1 Grade

**1.99**  
/lb  
4.39/kg



Avocados  
Product of Mexico/Chile  
No. 1 Grade

**SALE**  
**1.99**  
ea

**MEMBERS EARN 10%**



Kiwi Fruit  
1lb Bag  
Product of Greece/Italy  
No. 1 Grade

**4.99**  
ea



Greenhouse Peppers  
2lb  
Alberta Grown

**SALE**  
**6.99**  
ea

**MEMBERS EARN 10%**



Founders & Farmers  
Cherry or Grape Tomatoes  
1 Pint  
Alberta Grown  
Canada No. 1



Cal & Gary's  
Mini Potatoes  
Yellow, Red, or Medley  
680g, Product of  
Western Canada  
Canada No. 1

**4.49**  
ea



Broccoli  
Crowns  
Product of USA  
No. 1 Grade

**SALE**  
**2.99**  
/lb  
6.59/kg

**MEMBERS EARN 10%**



## In-store Cut Fruit & Vegetables

made fresh in-store



Watermelon  
Diced or Wedges  
Product of USA  
No. 1 Grade

**2.99**  
/lb  
6.59/kg



Fresh Dips  
Assorted varieties  
250-300g

**10% OFF**



Salad Blends  
230-360g  
Assorted varieties

**10% OFF**

# Floral

Timeless Bouquet

**SALE**  
**28.99**  
ea

**MEMBERS EARN 10%**



Happy Earthling Planter  
2"  
Grown in Canada

**6.99**  
ea



Seed Geranium  
Or Seed Tomato  
or Herb Starter  
Grown in Alberta

**1.39**  
ea



Miracle Gro Plant Food  
or Fertilizers  
Select varieties & sizes

**SALE**  
**5% OFF**

**MEMBERS EARN 10%**



Green Harvest Soil  
16-30L  
Select varieties

**SALE**  
**5% OFF**

**MEMBERS EARN 10%**



Spring Bulbs

**SALE**  
**10% OFF**

**MEMBERS EARN 10%**

McKenzie  
Seeds  
Select  
varieties  
& sizes

**STARTING AT**  
**2.49**  
ea

**Shop,  
Save,  
Repeat.**



Enjoy exclusive savings on the products you love, discover new favourites and make every grocery trip more rewarding!

Calgary Co-op App download and registration required. Visit calgarycoop.com/appterm for details.

**DOWNLOAD NOW**



**Inside Round Marinating Steak or Oven Roast**  
Family Pack Cut from Canada AA Beef Aged 14 Days

**12<sup>99</sup>**  
/lb  
28.64/kg

**Beef Tenderloin Grilling Steak**  
Cut from Canada AA or AAA Beef Aged 14 Days, Aged 21 Days

**10% OFF**

**ONLY ALBERTA BLACK ANGUS BEEF**



Choose the right cut for every occasion. From grill to roast to braise, learn how to cook the perfect cut.

**LEARN MORE**

**Bone In Pork Loin Centre or Rib End Chops**  
Family Pack Western Canadian

**5<sup>49</sup>**  
/lb  
12.10/kg



**ONLY ALBERTA CHICKEN**

**Chicken Drumsticks**  
Family Pack Grain Fed, Free Run & Air Chilled

**3<sup>49</sup>**  
/lb  
7.69/kg



**Bone In Pork Shoulder Blade Steak, Roast or Boneless Sirloin Chops**  
Family Pack Western Canadian

**SALE \$4<sup>99</sup>**  
/lb  
11.00/kg

**MEMBERS EARN 10%**



**BEST FROM THE WEST**

**Spolumbo's Chicken Sausage**  
Assorted varieties 3 per Tray, \$10.80

**3<sup>60</sup>**  
ea

**Marinated Chicken Wings**  
Assorted varieties Western Canadian 10 per Tray, \$8.50 ea

**85¢**  
ea



**Marinated Pork Back Ribs**  
Assorted varieties Western Canadian

**7<sup>99</sup>**  
/lb  
17.61/kg



**Schneiders Wieners or Juicy Jumbo's**  
375-450g Assorted varieties

**15% OFF**



**Pinty's Chicken Wings, Chunks or Gluten Free Entrées**  
Frozen 700-750g Assorted varieties

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



**Buddig Sliced Meats**  
55g Assorted varieties

**4\$6**  
for



**Harvest Thick Cut Bacon**  
500g Assorted varieties



# Alternative Protein



**Gusta Veggie Ground**  
340g Assorted varieties

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

**BEST FROM THE WEST**



**Sunrise Smoked Tofu or Soyganic Pressed Tofu**  
180-400g Assorted varieties

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



**Beyond Meat**  
Frozen 226-400g Assorted varieties

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

# Seafood

**Wild Cod Fillets**  
Previously Frozen or Frozen

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



**Atlantic Salmon Steaks**  
Farmed

**SALE \$2<sup>99</sup>**  
/100g

**MEMBERS EARN 10%**



**Cal & Gary's Shrimp & Vegetable Appetizers**  
Frozen 192-490g Assorted varieties

**20% OFF**



**Mussel King Mussels in Sauce**  
Frozen 454g Assorted varieties

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



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

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



**Aqua Gem's Yellowfin Tuna Steaks**  
Frozen 340g

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

# Bakery

**Cal & Gary's Focaccia**  
Red Pepper Pesto, Herb & Garlic or  
Jalapeño Tex Mex  
500g

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



**Founders & Farmers Danish**  
All Butter Strawberry, Caramel Almond  
or Assorted varieties  
4 Pack

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

**MEMBERS**  
**EARN**  
**20%**



**Cal & Gary's Rye Bread**  
Light or Dark, Sliced  
500g

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



**Founders & Farmers**  
**Apple and Cherry**  
**Turnovers**  
4 Pack

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



**Founders & Farmers**  
**Raisin or Multigrain Buns**  
6 Pack

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

# Deli

**Lilydale Cooked or**  
**Smoked Turkey**  
Sliced Fresh in the Deli

**3<sup>99</sup>**  
/100g



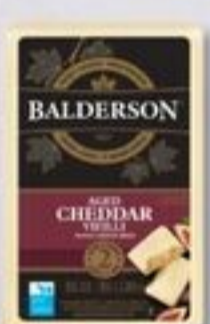
**Frico Gouda**  
Mild or Smoked  
Cut and wrapped  
fresh in the Deli

**3<sup>99</sup>**  
/100g



**Mastro**  
**Genoa Salami**  
Hot or Mild

**3<sup>99</sup>**  
/100g



**Balderson 2 Year**  
**Cheddar or 1 Year or**  
**Double Smoked or Truffle**  
250-280g

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



**Broccoli Supreme Salad**  
or **Rainbow Coleslaw** or  
**Macaroni Coleslaw**  
Prepared Fresh in the Deli

**MEMBERS**  
**EARN**  
**20%**



**Cathedral City Cheddar**  
200g or Slices and Snacks  
120-150g .99c each

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

**YOU BUY ONE**  
**WE GIVE ONE**

**Ladles of Love Soup**  
454ml



**NEW**



**MEMBERS**  
**EARN**  
**20%**

For every tub of Ladles of Love soup you purchase, Ladles of Love will donate one meal to someone in need - no fine print, no exceptions, it's a simple promise with real impact.

**Buy any (4)**  
participating LunchMate®,  
Greenfield Natural Meat Co.,  
or Schneiders® kits

and be entered for  
a chance to **WIN\***  
a **Lunch Mate®**  
**Prize Pack**  
\*See in-store for details



**Lunch**  
**mate**

**Real cheese**  
for  
**real smiles**

**4/\$10**



Schneiders® Lunch Mate® Kits,  
Greenfield Natural Meat Co.™  
Kits or Schneiders® Adult Kits  
75g - 120 Select Varieties

# Natural Choice



**SUKU Vitamins**  
Select varieties  
& sizes

**SALE**  
**15% OFF**  
**MEMBERS**  
**EARN**  
**10%**



**Organika**  
Select varieties  
& sizes

**20% OFF**



**Progressive**  
**Vegegreens**  
Select varieties  
& sizes

**20% OFF**



**New Nordic**  
Select varieties  
& sizes

**20% OFF**

# Grocery



Cal & Gary's Frozen Fruit or Smoothie Blends  
400-600g and Silk Refrigerated Beverages 1.75-1.89L  
Select varieties

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



Cottonelle Bathroom Tissue  
Mega 12 Rolls  
Select varieties  
Limit 6

APP EXCLUSIVE SAVINGS  
**12<sup>99</sup>**  
SAVE \$3  
Without APP  
**15<sup>99</sup>**



Amy's Frozen Entrée  
235-269g or Pillsbury Pizza Pops 693-760g  
Select varieties

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



Celebration, Peek Frean or Dad's Cookies  
240-320g  
Select varieties

**2\$9**  
for



Quaker Bars  
120-156g  
Select varieties

**2\$6**  
for



Viva Deli Pelmeni and Perogies  
454g Select varieties  
Limit 8

APP EXCLUSIVE SAVINGS  
**6<sup>49</sup>**  
SAVE \$1  
Without APP  
**7<sup>49</sup>**



Founders & Farmers Frozen Vegetables  
500-750g or Founders & Farmers Lemonade 1.54L  
Select varieties

SALE  
**\$2<sup>99</sup>**  
ea  
MEMBERS EARN 20%



Pearl Milling Syrup  
710ml or Pancake Mix 905g  
Select varieties

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



Clover Leaf Light Tuna  
85-170g Select varieties

SALE  
**4\$7**  
for  
MEMBERS EARN 20%



Campbell's Cooking Soup  
284ml or Kraft Dinner 156-175g  
Select varieties

**3\$5**  
for



Oasis Juice or Arizona Ice Tea  
960ml Select varieties

SALE  
**3\$7**  
for  
MEMBERS EARN 10%



Catit Pea Husk Cat Litter  
5.6-6.4kg Select varieties  
Limit 4

APP EXCLUSIVE SAVINGS  
**18<sup>99</sup>**  
SAVE \$2  
Without APP  
**20<sup>99</sup>**



Heinz Picnic  
3 Pack or Hellmann's Mayonnaise 710-890ml  
Select varieties

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



Nestlé Chocolate Bars  
97-105g Select varieties

**2\$6**  
for

## Weeknight Gourmet, Made Easy

Elevate your weeknight meals with **NEW** Cal & Gary's gourmet sides, perfectly paired with Cal & Gary's breaded Alaskan Cod for an easy, satisfying dinner.

[SHOP NOW](#)



# Health & Beauty



Head & Shoulders or Old Spice Hair Care  
315-400ml and Founders & Farmers Epsom Salts 1Kg or Dr. Scholl's Foot Care Spray 113g  
Select varieties

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



Crest 3D White or Clean Breath  
Toothpaste 55-70ml or Softsoap Liquid Hand Soap 332ml and Degree Deodorant 48-76g  
Select varieties

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



Dove Men+Care Bodywash  
532ml and Dove Dryspray 107g or Men+Care Deodorant 76-85g and Dove Bar Soap 6 Pack  
Select varieties

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



Poise Pads  
22-66's or Depends Underwear 12-19's and Guards 52's or Shields 58's  
Select varieties

SALE  
**\$18<sup>99</sup>**  
MEMBERS EARN 20%



Ensure or Glucerna or Clear Liquid Nutrition  
4-6 Pack  
Select varieties

SALE  
**\$14<sup>99</sup>**  
MEMBERS EARN 15%



OLAY Face Care  
Select varieties and Sizes

**25% OFF**



Emergen-C  
18-30's and Gummies 45's or Centrum Vitamins 90-100's  
Select varieties

SALE  
**\$14<sup>99</sup>**  
MEMBERS EARN 10%



Aspirin 81mg  
100-120's and Aleve 40-100's or Motrin 60's  
Select varieties

SALE  
**\$13<sup>99</sup>**  
MEMBERS EARN 20%



Huggies Diapers Giga Pack  
42-96's  
Select varieties

**26<sup>99</sup>**  
ea