



YOUR CO-OP IS PROUDLY CANADIAN

SALE

6<sup>99</sup> /lb

raised in WESTERN CANADA

15.41 kg  
**Whole Beef Brisket**  
Cut from Canada AA Grade or Higher  
Aged 14 Days  
Random Cryovac Wrapped



HAPPY  
*Mother's DAY*

SALE

3<sup>49</sup> /ea

**Strawberries**  
Produce of U.S.A.  
No. 1 Grade  
1 lb (454 g)



SALE

3<sup>49</sup> /lb

raised in WESTERN CANADA

7.69 kg  
**Co-op Bone-in Pork Loin Centre Cut Chops**  
Cut in-store by Your Local Butcher  
Value Pack



SALE

3<sup>99</sup> /ea

grown in WESTERN CANADA

**Co-op Tri-Colour Peppers**  
Greenhouse Grown  
Produce of Western Canada  
Package of 3



SALE

3<sup>99</sup> /ea

grown in WESTERN CANADA

**Avocados**  
Juniors  
Produce of Mexico  
Mass Variety  
Package of 6



SALE

3<sup>49</sup> /ea

grown in WESTERN CANADA

**Maple Leaf Top Dogs or Schneiders Classic Wieners**  
375 g



SALE

2<sup>99</sup> /ea

grown in WESTERN CANADA

**Natural Bakery Canadian Rye Bread**  
500 g or French Bread 700 g



SALE

7<sup>99</sup> /ea

grown in WESTERN CANADA

**Coca-Cola or Canada Dry Products**  
12 x 355 mL, Fuzze Iced Tea or Pease Tea 12 x 341 mL



SALE

1<sup>99</sup> /ea

grown in WESTERN CANADA

**Co-op Gold Natural Spring Water**  
12 x 500 mL



SALE

4<sup>99</sup> /ea

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



SALE

5<sup>49</sup> /ea

**General Mills Family Size Cereal**  
Selected Varieties  
455 - 778 g



SALE

15<sup>99</sup> /ea

grown in WESTERN CANADA

**Arm & Hammer Cat Litter**  
12.7 kg



Find Inspiration at: [food.crs](http://food.crs)

PRICING IN EFFECT MAY 7 - 13, 2024

07 THUR 08 FRI 09 SAT 10 SUN 11 MON 12 TUE 13 WED



# Make your summer sizzle

LEARN MORE >>

CO-OP

OUTDOOR  
LIVING

2026 COLLECTION

Find Your  
SUMMER

CO-OP

**FARM FRESH**  
**PRODUCE**



**2 FOR \$3**

grown in **WESTERN CANADA**

**Co-op Long English Cucumbers**  
Greenhouse Grown  
Produce of Western Canada  
Canada No. 1

this week's featured  
**GROWER**



The Cramer Family

**BIG MARBLE FARMS**

Ryan Cramer grew up working in his family's greenhouse in the early '80s, a small operation which has since become one of Western Canada's leading greenhouse farms. For him, growing food has always been about more than crops — it's about family, caring for the land and feeding communities with heart and integrity. Rooted in those values, the Cramer Family continues to bring fresh, locally grown produce to market year-round.

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



4.39 kg

**Co-op Tomatoes on the Vine**  
Greenhouse Grown  
Produce of Western Canada

grown in **WESTERN CANADA**

**buy one get one FREE**

**Green Onions**  
Produce of Mexico  
Bunch  
(\$1.98) Works out to \$0.99 each



**2 FOR \$6**



**GoodLeaf Microgreens**  
Produce of Western Canada  
Assorted Varieties  
50 g

grown in **WESTERN CANADA**

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

**Mann's Snap Peas**  
Produce of U.S.A. or Mexico  
425 g



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

**Gala Apples**  
Produce of Chile or New Zealand  
Extra Fancy



5.49 kg

**Large SIZE**

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

**Co-op Snacking Tomatoes**  
Assorted Varieties  
Greenhouse Grown  
Produce of Western Canada  
680 g



grown in **WESTERN CANADA**

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

**Cantaloupe**  
Produce of Honduras or Mexico  
No. 1 Grade



**Extra LARGE**

**SALE**  
**99¢**  
/ea

**Limes**  
Produce of Mexico



**SALE**  
**89¢**  
/ea

**Lemons**  
Produce of U.S.A.



**Large SIZE**

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

**Brussels Sprouts**  
Produce of U.S.A.  
1 lb (454 g)



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

**Organic Pink Lady or Ambrosia Apples**  
Produce of Canada  
Canada Extra Fancy  
3 lb (1.36 kg)



**ORGANIC**

**2 FOR \$8**

**Organic Creamer Potatoes**  
Red or Yellow  
Produce of Western Canada  
Canada No. 1  
680 g



grown in **WESTERN CANADA**

**ORGANIC**

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

**Organic Cauliflower**  
Produce of U.S.A.  
No. 1 Grade



**ORGANIC**

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

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

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

### French's Mustard

325 - 550 mL



A blend of tangy yellow mustard and zippy dill pickle for your sandwiches, wraps, dressings, dips and salads!

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

### San Pellegrino Sparkling Beverages

6 x 330 mL

Selected Varieties

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE



Say 'Ciao!' to a new kind of sparkling water: the biggest launch ever for San Pellegrino!

**BUTCHER SHOP**

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

raised in WESTERN CANADA  
41.87/kg  
**Co-op Beef Prime Rib Grilling Steaks**  
Cut In-store by Your Local Butcher From Canada AA Grade or Higher Aged 14 Days Value Pack



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 [food.crs](http://food.crs)



**RAISED**

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

**Co-op Boneless Beef Outside Round Oven Roast**  
Cut In-store by Your Local Butcher From Canada AA Grade or Higher Aged 14 Days



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

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



**buy one get one FREE**  
**Olymel Breakfast or Dinner Sausage**  
Selected Varieties 375 - 450 g (\$6.98) Works out to \$3.49 each



**SALE**  
**\$22**  
/ea

**Maple Leaf Prime Boneless Skinless Chicken Breasts**  
Grain Fed, Free Run, Air Chilled Club Package of 6



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

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



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

**Co-op Glazed Boneless Skinless Chicken Breasts**  
Prepared by Your Local Butcher Grill Ready Selected Varieties



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

**Pork Belly**  
Rind on or Rind off Random Cryovac Wrapped



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

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



**SEAFOOD SELECTIONS**

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

**Co-op Gold Shrimp**  
Frozen 340 g



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

**Steelhead Trout Fillets**  
Farmed in Manitoba or Saskatchewan Value Pack



ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS

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

**Wild Caught Canadian Lobster Tail**  
3-4 oz



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

**Sogel Cooked Lobster Meat**  
Frozen 320 g



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

**Waterview Market Shrimp**  
Frozen 454 g



# CATELLI <sup>®/MD</sup>

ALL-NATURAL.  
ALL-DELICIOUS.



2 FOR  
\$7

## Catelli Smart or Whole Grain Pasta

340 - 375 g or No Yolks 340 g



2 FOR  
\$9

## Catelli Pasta

700 - 900 g or  
Baking Pasta 225 - 500 g  
Selected Varieties



2 FOR  
\$5

## Barilla Pasta

340 - 410 g



**PREPARED FOODS**

<p><b>SALE</b> <b>1</b><sup>49</sup> /100 g</p> <p><b>Loaded Baked Potato Salad</b> Made In-store</p> 	<p><b>SALE</b> <b>15</b><sup>99</sup> /ea</p> <p><b>Meal Kit</b> Made In-store</p> 
<p><b>SALE</b> <b>6</b><sup>49</sup> /ea</p> <p><b>Snack Box</b> Made In-store</p> 	

**FRESH FROM OUR DELI**

<p><b>SALE</b> <b>2</b><sup>99</sup> /100 g</p> <p><b>Schneiders Deli Ham</b> Sliced Fresh In-store Selected Varieties</p> 	<p><b>SALE</b> <b>9</b><sup>99</sup> /ea</p> <p><b>Balderson Cheese</b> 250 - 280 g</p> 
	<p><b>SALE</b> <b>13</b><sup>99</sup> /ea</p> <p><b>Mini Babybel</b> Package of 18 360 g</p> 

<p><b>SALE</b> <b>10</b><sup>99</sup> /ea</p> <p><b>Mastro Sliced Salami</b> Value Pack 200 - 375 g</p> 	<p><b>SALE</b> <b>6</b><sup>99</sup> /ea</p> <p><b>Giovanni Rana Pasta</b> 227 - 300 g</p> 	<p><b>SALE</b> <b>7</b><sup>99</sup> /ea</p> <p><b>Tre Stelle Mozzarella Ball</b> 340 g or Schneiders Pepperoni Pepperettes 250 - 375 g</p> 
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**PACKAGED MEATS**

<p><b>SALE</b> <b>7</b><sup>99</sup> /ea</p> <p><b>Drake Farmer Sausage</b> 500 g</p> 	<p><b>SALE</b> <b>5</b><sup>99</sup> /ea</p> <p><b>Schneiders Sliced Bologna</b> 375 g</p> 	<p><b>SALE</b> <b>11</b><sup>99</sup> /ea</p> <p><b>Co-op Gold Boneless Ham</b> 700 g</p> 
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<p><b>SALE</b> <b>39</b><sup>99</sup> /ea</p> <p><b>Co-op Gold Beef Burgers</b> Frozen 2 kg</p> 	<p><b>SALE</b> <b>7</b><sup>99</sup> /ea</p> <p><b>Harvest Smoked Farmer's Sausage or Sausage Sticks</b> 375 g or Ring 300 g</p> 
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<p><b>SALE</b> <b>12</b><sup>99</sup> /ea</p> <p><b>Maple Leaf Fully Cooked Pork Tenderloin</b> 400 g, Rotisserie Chicken Legs 600 g or Schneiders Schmitzel 450 g Frozen</p> 	<p><b>SALE</b> <b>19</b><sup>99</sup> /ea</p> <p><b>Co-op Centsibles Breakfast Sausages</b> Frozen 2 kg</p> 	<p><b>SALE</b> <b>8</b><sup>49</sup> /ea</p> <p><b>Co-op Gold Appetizers</b> Breaded Cheese Sticks, Pickle Bites, Stuffed Jalapeno Peppers or Crispy Wontons Frozen 2 kg</p> 
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# BRING HOME THE BELL



**NEW**

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Exclusive to: **CO-OP**

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

## Taco Bell Premium Dinner Kits

401 - 642 g



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

## Taco Bell Core Dinner Kits

260 - 420 g, Creamy Sauces 354 mL  
or Dips 425  
Selected Varieties



**SALE**  
**¢ 99**

## Taco Bell Seasoning

Original or Mild  
28 g



FOR Mom, FRESH FROM OUR BAKERY

HAPPY  
*Mother's Day*  
DAY

<p><b>SALE</b> <b>5</b><sup>99</sup> /ea</p> <p><b>Co-op Gold Pie</b> Selected Varieties 620 g</p> 		
<p><b>SALE</b> <b>5</b><sup>49</sup> /ea</p> <p><b>Cinnamon Buns</b> Baked In-store Sticky or Cream Cheese Iced Package of 6</p> 	<p><b>SALE</b> <b>17</b><sup>99</sup> /ea</p> <p><b>3 Layer Lemon Strawberry Ombre Cake</b> Made In-store 8-inch</p> 	
<p><b>SALE</b> <b>10</b><sup>99</sup> /ea</p> <p><b>Heart Shaped Cake</b> Chocolate or Vanilla Made In-store</p> 	<p><b>SALE</b> <b>17</b><sup>49</sup> /ea</p> <p><b>Fruit Topped Cheesecake</b> Prepared In-store 7-inch</p> 	<p><b>SALE</b> <b>5</b><sup>99</sup> /ea</p> <p><b>Charlotte's Bars</b> Selected Varieties 400 - 450 g</p> 
<p><b>SALE</b> <b>3</b><sup>49</sup> /ea</p> <p><b>Twisted Croissants</b> Baked In-store Apple Cinnamon, Raspberry or Lemon Package of 6</p> 	<p><b>SALE</b> <b>5</b><sup>99</sup> /ea</p> <p><b>Two-Bite Donuts</b> Selected Varieties 227 g</p> 	<p><b>SALE</b> <b>16</b><sup>99</sup> /ea</p> <p><b>Tiramisu or Triple Chocolate Tiger Cake</b> Selected Varieties &amp; Sizes</p> 

<p><b>SALE</b> <b>2</b><sup>49</sup> /ea</p> <p><b>Italian Bread</b> Baked In-store 450 g</p> 	<p><b>SALE</b> <b>2</b><sup>49</sup> /ea</p> <p><b>Co-op Gold Artisan Baguette</b> Selected Varieties 285 - 330 g</p> 	<p><b>SALE</b> <b>3</b><sup>49</sup> /ea</p> <p><b>Natural Bakery Sourdough</b> 600 g</p> 	<p><b>SALE</b> <b>3</b><sup>99</sup> /ea</p> <p><b>Dempster's Bagels</b> Selected Varieties Package of 5 or 6</p> 
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FRESH DAIRY

<p><b>SALE</b> <b>3</b><sup>99</sup> /ea</p> <p><b>Dairyland Creamo</b> 946 mL, Cream 473 mL or Aerosol Whipping Cream 225 g</p> 	<p><b>2 FOR</b> <b>9</b><sup>98</sup></p> <p><b>Philadelphia Cream Cheese</b> Selected Varieties 227 - 259 g</p> 	<p><b>SALE</b> <b>4</b><sup>99</sup> /ea</p> <p><b>Kraft Singles or Velveeta Slices</b> 410 g or Cheez Whiz 450 g</p> 
<p><b>3 FOR</b> <b>9</b><sup>99</sup></p> <p><b>Minute Maid Zero Sugar Beverage</b> 1.54 L, Fruittopia or Fuze Iced Tea 1.75 L</p> 	<p><b>SALE</b> <b>3</b><sup>99</sup> /ea</p> <p><b>Becel Margarine</b> 400 - 427 g or I Can't Believe It's Not Butter 800 - 850 g</p> 	

<p><b>SALE</b> <b>4</b><sup>99</sup> /ea</p> <p><b>Silk Beverages</b> 1.75 - 1.89 L or Barista 946 mL Selected Varieties</p> 	<p><b>SALE</b> <b>4</b><sup>19</sup> /ea</p> <p><b>Oikos Yogurt</b> 4 x 95 - 100 g, Two Good 4 x 95 g or Silk 4 x 100 g</p> 	<p><b>SALE</b> <b>2</b><sup>99</sup> /ea</p> <p><b>International Delight Coffee Creamer</b> 425 mL, Silk Creamer 450 - 473 mL, or Shelf-Stable Beverages 946 mL</p> 
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Enjoy a Lifetime of benefits



I ♥  
**Reese's**  
**DAY**  
MAY 18<sup>TH</sup>

SO MANY  
**REESE'S,**  
SO LITTLE TIME.

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

### Hershey's Chocolate Bars

34- 58 g, Jolly Rancher Misfits 60 g or Twizzlers 60 - 90 g  
Selected Varieties



2 FOR  
**\$ 4**

### Hershey's King Size Chocolate Bars

62 - 85 g

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

### Hershey's Snacks

160 - 275 g or  
Brookside  
200 - 235 g



FROM THE FREEZER

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



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

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



**Rustica Stuffed or Rising Crust Pizza**  
Frozen, 665 - 735 g

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



**Chapman's Markdale Creamery Ice Cream**  
Frozen  
4L

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



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

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



**Co-op Gold Breakfast Sandwich or Burrito**  
Frozen  
100 - 142 g

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



**Healthy Choice Entrees**  
Frozen  
Selected Varieties  
259 - 298 g

FOR YOUR PANTRY

**2 FOR**  
**\$4**



**Italpasta Pasta**  
900 g

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



**Lucky Dragon AAA Scented Jasmine Rice**  
18.1 kg

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



**Minute Rice**  
600 - 700 g or Tilda  
Jasmine Rice 907 g

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



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

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



**Gold Seal Sockeye Salmon**  
213 g

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



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

**2 FOR**  
**5<sup>48</sup>**



**Maple Leaf Flaked Meat**  
156 g

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



**Co-op Gold Mayonnaise or Whipped Dressing**  
750 - 890 mL

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



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

**3 FOR**  
**\$6**



**McCormick Gourmet Sauce or Gravy Mix**  
Selected Varieties  
30 - 47 g

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



**Nature Valley Granola Bars**  
525 - 630 g, Betty Crocker or Mott's Snacks  
368 - 498 g, General Mills Cereal Bar 385 g or  
Larabar 225 - 240 g, Selected Varieties

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



**Betty Crocker Super Moist Cake Mix**  
375 g or Frosting  
340 - 450 g  
Selected Varieties

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



**Jell-O Jelly Powder**  
10.1 - 85 g, Instant  
Pudding 30 - 113 g or  
Lemon Pie Filling 128 g

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



**Co-operative Coffee**  
300 - 340 g

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



**Co-op Gold Bagged Cereal**  
750 - 907 g or  
Puffed Wheat 450 g  
Selected Varieties

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



**Co-op Gold Oats**  
Quick or Cooking  
2.25 kg

**KICKING HORSE COFFEE**  
**GIDDY CUP**



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



**McCafé Coffee**  
Package of 30 or  
Kicking Horse Coffee  
Package of 24

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



**McCafé Coffee**  
Package of 48

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



**McCafé Premium Roast Coffee**  
300 - 340 g

**QUAKER**  
1877



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



**Pearl Milling Company Pancake Mix**  
905 g or Syrup 710 mL

**2 FOR**  
**9<sup>50</sup>**



**Quaker Oats**  
1 kg or Premium  
Instant Oatmeal  
168 - 366 g

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



**Quaker Granola Bars**  
935 - 960 g



taste the world's  
**CRUNCHIEST**  
**SKITTLES®**

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

**Skittles Pop'd**  
 Original or Sour 155 g



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

**Mars King Size**  
**Chocolate Bars**  
 85 - 93 g  
 Selected Varieties



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

**Wrigley's Gum**  
 or Hubba Bubba  
 Bottles 40 - 60  
 Pieces or Multipacks



**DRINKS & SNACKS**

<p><b>2 FOR \$14</b></p> <p><b>Gatorade Sports Drink</b> 6 x 591 mL or Bubbly Sparkling Water 12 x 355 mL</p>	<p><b>3 FOR \$6.48</b></p> <p><b>Co-op Gold Juice</b> 1L</p>	<p><b>3 FOR \$9.99</b></p> <p><b>Old Dutch Potato Chips</b> Box 220 g</p>	<p><b>SALE \$4.49 /ea</b></p> <p><b>Lindt Classic or Lindor Chocolate Bar</b> Selected Varieties 100 g</p>
<p><b>SALE \$3.49 /ea</b></p> <p><b>Mott's Clamato</b> 1.89 L</p>	<p><b>2 FOR \$9.98</b></p> <p><b>Co-op Centsibles Cookies</b> 900 g</p>	<p><b>2 FOR \$7</b></p> <p><b>Christie Snack Crackers</b> Ritz, Triscuit or Wheat Thins 162 - 200 g Selected Varieties</p>	<p><b>4 FOR \$6</b></p> <p><b>Nestlé Chocolate Bar</b> 33 - 60 g</p>
<p><b>LEGACY LINEUP LIMITED EDITION POWER AIDE</b></p>			
<p><b>4 FOR \$5</b></p> <p><b>Powerade Beverage</b> Selected Varieties 710 - 946 mL</p>	<p><b>2 FOR \$6</b></p> <p><b>Coca-Cola or Canada Dry Products</b> Selected Varieties 2L</p>	<p><b>SALE \$7.99 /ea</b></p> <p><b>Coca-Cola, A&amp;W or Canada Dry Products</b> Selected Varieties 4 x 341 mL or 4 x 355 mL</p>	
<p><b>2 FOR \$9.50</b></p> <p><b>Doritos Chips</b> 210 - 235 g</p>	<p><b>3 FOR \$10.98</b></p> <p><b>Lay's Potato Chips</b> 220 - 235 g</p>	<p><b>SALE \$14.99 /ea</b></p> <p><b>Pepsi Products</b> 24 x 355 mL</p>	

**FOR YOUR baby**

<p><b>SALE \$4 /ea</b></p> <p><b>Amara Organic Smoothie Melts</b> 23 - 25 g</p>	<p><b>SALE \$4.99 /ea</b></p> <p><b>Baby Gourmet Squoosh</b> Selected Varieties Package of 4 x 90 g Pouches</p>	<p><b>SALE \$32 /ea</b></p> <p><b>Good Start or Good Grow Formula</b> Selected Varieties 850 - 900 g</p>
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**FOR YOUR PETS**

<p><b>10 FOR \$9</b></p> <p><b>Friskies Wet Cat Food</b> 156 g or Fancy Feast 85 g</p>	<p><b>SALE \$23.99 /ea</b></p> <p><b>Pedigree Vitality+ Dog Food</b> 8 kg</p>
<p><b>SALE \$10.99 /ea</b></p> <p><b>Purina Beggins' Strips</b> 708 g</p>	<p><b>SALE \$15.99 /ea</b></p> <p><b>Purina One SmartBlend Dog Food</b> Package of 6 x 368 g</p>

**FOR YOUR HOME**

<p><b>SALE \$12.99 /ea</b></p> <p><b>Purex Laundry Detergent</b> 85 - 115 Wash Loads or Sunlight 100 Wash Loads Selected Varieties</p>	<p><b>SALE \$16.99 /ea</b></p> <p><b>Downy or Gain Products</b> Selected Varieties &amp; Sizes</p>	<p><b>SALE \$6 /ea</b></p> <p><b>Co-op Gold Garbage Bags</b> Package of 40</p>	<p><b>SALE \$6.99 /ea</b></p> <p><b>Co-op Gold Facial Tissue</b> Package of 6</p>
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Elevate your cleaning routine  
with trusted household brands



2 FOR  
\$7

### Lysol Multi Purpose Cleaner

1.2 L, All Purpose Cleaner 650 mL  
or Toilet Cleaner 710 mL  
Selected Varieties



SALE  
22<sup>99</sup>

### Finish Dishwasher Detergent

Selected Varieties  
Package of 60 - 105



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

### Finish Jet Dry

621 mL



**A CARTFUL OF SAVINGS.**

**Long Weekend FAVOURITES**

**SALE \$17<sup>99</sup> /ea**  
**Maple Leaf Prime Chicken Thighs**  
 Grain Fed, Free Run, Air Chilled  
 12 Pieces

**SALE \$14<sup>99</sup> /ea**  
**Mitchell's Wieners**  
 1.35 kg

**SALE \$2<sup>99</sup> /100g**  
**Schneiders Turkey Breast Roast or Natural Selections Chicken or Turkey**  
 Freshly Sliced In-store

**SALE \$2<sup>49</sup> /100g**  
**Schneiders Blue Ribbon Bologna**  
 Freshly Sliced In-store

**SALE \$2<sup>99</sup> /ea**  
**Holiday Luncheon Meat**  
 340 g

**SALE \$11<sup>99</sup> /ea**  
**Schneiders Bacon Crumbles**  
 300 g

**SALE \$8<sup>99</sup> /ea**  
**Grimm's Pepperoni Sticks**  
 450 g

**SALE \$7<sup>99</sup> /ea**  
**Grimm's Smoked Sausage Ring**  
 300 g

**75 YEARS OF QUALITY SINCE 1951**  
**Celebrating Together**

**SALE \$7<sup>99</sup> /ea**  
**Grimm's Smokies or Sizzlin' Wieners**  
 450 g

**SALE \$7<sup>99</sup> /ea**  
**Grimm's Pepperoni Bites**  
 300-375 g

**SALE \$5<sup>99</sup> /ea**  
**Grimm's Sliced Deli Meat**  
 125-175 g

**SALE \$5<sup>99</sup> /ea**  
**Grimm's Ham Steak**  
 250 g

**SERVING UP OVER \$10 IN SAVINGS\***  
**FOR EVERY BURGER**  
 IT HAS TO BE **HEINZ**  
 OFFER VALID: APRIL 6 - AUGUST 6, 2026  
 \*See in-store copiers for a complete list of participating products and details for each offer.  
 OFFER EXCLUSIVE TO **CO-OP TGP**

**2 FOR \$9<sup>98</sup>**  
**Heinz Ketchup**  
 250 mL - 1 L or Kraft Miracle Whip or Mayo 890 mL

**6 FOR \$9<sup>96</sup>**  
**Heinz Beans or Pasta**  
 370 mL

**SALE \$5<sup>99</sup> /ea**  
**Kraft Peanut Butter**  
 1 kg or All Natural 750 g

**SALE \$9<sup>99</sup> /ea**  
**Heinz Bagel Bites**  
 Frozen 882 g

**3 FOR \$11<sup>97</sup>**  
**Kool-Aid Jammers**  
 10 x 180 mL

**\$6**  
**Kraft BBQ Sauce**  
 455 mL or Heinz Mustard 265 - 380 mL

**2 FOR \$6**  
**Heinz Mayo**  
 340 mL or Heinz Ketchup 375 mL

**2 FOR \$10<sup>48</sup>**  
**HP Sauce**  
 400 mL, Lea & Perrins Worcestershire Sauce 204 mL or Heinz Chili Sauce 455 mL

**3 FOR \$9<sup>99</sup>**  
**Classico Pasta Sauce**  
 410 - 680 mL, Pesto 218 mL or Shake'n Bake 142 - 184 g

**SALE \$10<sup>99</sup> /ea**  
**KD**  
 12 x 200 g or Cups 10 x 58 g

**SALE \$18<sup>99</sup> /ea**  
**Maxwell House or Nabob Coffee**  
 Package of 30 or Maxwell House Ground Coffee 631 - 900 g

**SALE \$8<sup>99</sup> /ea**  
**Nabob Coffee**  
 300 - 340 g or Tassimo Maxwell House or Nabob Package of 14 - 16

**HAPPY**  
*Mother's*  
**DAY**

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

Premium  
Roses  
with Baby's Breath  
Assorted Colours  
Dozen

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

Premium  
Rose and Lily  
Bouquet

Give Her the Best—  
Mother's Day Luxury  
Bouquets, Beautifully Priced.

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

Waterfall  
Orchid  
5-inch

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

Potted Rose  
4-inch Ceramic Pot  
5-inch

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

Mother's Day  
Arrangement  
In Vase

**FREE GIFT CARD!**  
\$20 Co-op Gift Card FREE with purchase  
of Happy Moments, Thank You or Retail Therapy.  
See the details on the Co-op App!

Complete your Mother's Day  
gift with the perfect card. See  
in-store for our selection.

*Celebrate Mom*  
with a Brunch Made  
from the Heart.

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

Mitchell's  
Thick Sliced  
Side Bacon  
1 kg

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

Co-op Gold  
Large Eggs  
Package of 12

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

Co-op Centsibles  
English Muffins  
Regular, Sourdough  
or Extra Crispy  
Package of 6

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

Tropicana  
Orange Juice  
2.63 L

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

Mini Cinnamon  
Buns  
Baked in-store  
Package of 12

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

Co-op Gold  
Pancake Mix  
905 g or Syrup 710 mL

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

McCain  
Superfries  
or Buns, Breakfast or  
Specialty Potatoes  
Frozen  
454 - 800 g



# STOCK UP FOR SUMMER

<p><b>SALE</b> 6<sup>99</sup> /ea</p> <p><b>Kraft Miracle Whip or Mayo</b> 1.5L</p>	<p><b>2 FOR</b> \$6</p> <p><b>Diana BBQ Sauce</b> 500 mL</p>	<p><b>SALE</b> 5<sup>99</sup> /ea</p> <p><b>La Grille Seasonings or Spices</b> 120 - 203 g</p>
<p><b>SALE</b> 2<sup>49</sup> /ea</p> <p><b>Co-op Gold PURE Mustard or Relish</b> 360 mL</p>	<p><b>SALE</b> 4<sup>49</sup> /ea</p> <p><b>French's Ketchup</b> 750 mL - 1L</p>	
<p><b>SALE</b> 7<sup>49</sup> /ea</p> <p><b>Maple Leaf or Schneiders Sliced Side Bacon</b> 375 g</p>	<p><b>SALE</b> 3<sup>99</sup> /ea</p> <p><b>Villaggio Bread</b> 510 - 550 g or Buns Package of 6 - 8 Selected Varieties</p>	<p><b>SALE</b> 5<sup>99</sup> /ea</p> <p><b>Black Diamond Cheestrings or Natural Snacks</b> Package of 12 - 16</p>
<p><b>3 FOR</b> 10<sup>98</sup></p> <p><b>MIO Hydrate Powder Water Enhancers</b> Package of 8 - 10 or Liquid 48 mL, Crystal Light Powder Package of 4 - 10 or Liquid 48 mL, or Country Time, Tang or Koolaid 48 mL.</p>	<p><b>SALE</b> 7<sup>99</sup> /ea</p> <p><b>Maxwell House Instant Coffee</b> 126 - 250 g</p>	<p><b>SALE</b> 13<sup>99</sup> /ea</p> <p><b>Campbell's Soup</b> Cream of Mushroom, Tomato, Chicken Noodle or Vegetable 12 x 284 mL</p>
<p><b>SALE</b> 8<sup>99</sup> /ea</p> <p><b>Co-op Gold Candy</b> Selected Varieties 775 - 800 g</p>	<p><b>2 FOR</b> 5<sup>50</sup></p> <p><b>Spitz Sunflower Seeds</b> 210 g Selected Varieties</p>	

## MUST HAVE SUPPLIES

<p><b>SALE</b> 7<sup>99</sup> /ea</p> <p><b>Energizer Max Battery</b> AA Package of 8</p>	<p><b>SALE</b> 5<sup>49</sup> /ea</p> <p><b>Co-op Gold Aluminum Foil</b> 100 ft</p>	<p><b>SALE</b> 3<sup>49</sup> /ea</p> <p><b>Co-op Gold Plastic Cups</b> Package of 20 215 - 473 mL</p>	<p><b>SALE</b> 7<sup>99</sup> /ea</p> <p><b>Co-op Gold Paper Plates</b> 8.75-inch</p>
<p><b>SALE</b> 6<sup>99</sup> /ea</p> <p><b>Co-op Gold Aluminum Foil</b> Package of 3 Double Rolls</p>	<p><b>SALE</b> 2<sup>99</sup> /ea</p> <p><b>Co-op Gold Paper Towel</b> Package of 3 Double Rolls</p>	<p><b>SALE</b> 2<sup>99</sup> /ea</p> <p><b>Co-op Gold Glass Cleaner</b> 950 mL</p>	

CO-OP/WHOLE FOODS MARKET