



YOUR CO-OP IS PROUDLY CANADIAN

LONG WEEKEND SALE

14 THUR 15 FRI 16 SAT 17 SUN

SALE 5.49 /lb

12.10/kg Co-op Regular Ground Beef



raised in WESTERN CANADA

SALE 6.99 /ea Whole Seedless Watermelon

Produce of Mexico or U.S.A.



Average 11 lbs

SALE 3.49 /lb Co-op Boneless Pork Loin Centre Cut Chops or Roast

Cut in-store by Your Local Butcher Value Pack



raised in WESTERN CANADA

SALE 12.99 /lb Boneless Beef Striploin Halves

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



SALE 9.99 /ea Co-op Gold Smokies

900 g



raised in WESTERN CANADA

SALE 3.99 /ea Blueberries

Produce of U.S.A. No. 1 Grade 1 Dry Pint (511 mL)



SALE 12.99 /ea Co-op Gold Thick Sliced Side Bacon

1 kg



SALE 2.99 /ea Little Potatoes

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



SALE 3.99 /ea International Delight Coffee Creamer

946 mL or Cold Foam 369 - 396 g



SALE 7.99 /ea Co-op Gold Argentinian Shrimp

300 g



SALE 4.99 /ea Nestlé Real Dairy Ice Cream

or Frozen Dessert 1.5 L, Novelty Package of 4 - 12 or Del Monte Frozen Dessert Bars Package of 10 Selected Varieties



SALE 4.49 /ea Garlic Bread

Regular or California Made in-store 300 - 500 g



SALE 6.99 /ea Pepsi Products

12 x 355 mL



SALE 10.99 /ea Purex Bathroom Tissue

Package of 12 Triple Rolls or SpongeTowels UltraPRO Package of 4 Double Rolls



SALE 18.99 /ea Nabob Coffee

915 - 930 g



Find Inspiration at: food.crs

PRICING IN EFFECT MAY 14 - 20, 2026

14 15 16 17 18 19 20

May 14-20, 2026

SPEND MORE

SAVE MORE

ON NOW

Visit your local Co-op Home Centre

**SPEND
\$100 – 199.99**

GET **\$10**^{*} OFF

**SPEND
\$200 – 299.99**

GET **\$30**^{*} OFF

**SPEND
\$300 or more**

GET **\$50**^{*} OFF

FARM FRESH PRODUCE

SALE
4⁹⁹
/ea

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



3 lbs

Vidalia® onions are prized for their natural sweetness and gentle flavour. Available for a short time, they remain a celebrated springtime seasonal favourite.

SALE
4⁹⁹
/ea

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

SALE
2⁹⁹
/lb

Peppers
Assorted Colours
Greenhouse Grown
Produce of Western Canada



SALE
1⁹⁹
/lb

Roma Tomatoes
Produce of Western Canada
Canada No. 1



SALE
5⁹⁹
/ea

Kiwi Fruit
Green or Sungold
Produce of New Zealand or Italy
1 lb (454 g)



2 FOR \$4

Organic Avocados
Hass Variety
Produce of Mexico



ORGANIC

SALE
2⁹⁹
/ea

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



SALE
4⁹⁹
/ea

Celery Hearts
Produce of U.S.A.
No. 1 Grade
680 g



2 FOR \$11

Taylor Farms Chopped Salad Kit
Produce of U.S.A.
Selected Varieties
292 - 396 g



SALE
6⁹⁹
/ea

Cherries
Produce of California
No. 1 Grade



SALE
6⁹⁹
/ea

Granny Smith or Pink Lady Apples
Produce of U.S.A.
Extra Fancy
3 lb (1.36 kg)



SALE
3⁹⁹
/ea

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



baby

Co-op has savings on all the baby basics – from diapers to snacks and more.

View the flyer for a bundle of savings

CO-OP

baby

little bundles, big savings

2 FOR \$8 Gerber Yogurt Melts
28 g or Cerelec Biscuits 150 - 160 g
Selected Varieties

4 FOR \$5 Personelle Organic Baby Food
Selected Varieties Pouch 128 mL

SALE \$29.99 /ea Goodnites or Pull-Ups
Underwear or Training Pants Package of 28 - 66

SALE \$7.99 /ea Simply Kids Baby Wipes
Package of 192 - 216

PRICING IN EFFECT MAY 7 - 27, 2026

BUTCHER SHOP

raised in WESTERN CANADA

SALE
8⁹⁹ /lb

Co-op Boneless Beef Eye of Round Oven Roast
Cut in-store by Your Local Butcher from Canada AA Grade or Higher
Aged 14 Days
Value Pack

YOUR LOCAL CO-OP BUTCHERS

Before you fire up the barbecue, make your first stop the meat counter at your local Co-op. Our in-store butchers can recommend fresh, flavourful spring favourites, and they're happy to offer custom cuts to set you up for a great season of grilling.

SALE
6⁴⁹ /lb

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

14.31/kg

SALE
2⁴⁹ /lb

Co-op Chicken Drumsticks
Grain Fed, Free Run, Air Chilled
Value Pack

5.49/kg

raised in WESTERN CANADA

SALE
2⁶⁹ /lb

Bone-in Pork Leg
Whole
Random Cryovac Wrapped

5.99/kg

SALE
\$23 /ea

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

SALE
\$18 /ea

Maple Leaf Boneless Skinless Chicken Thighs
Raised Without Antibiotics
Grain Fed, Free Run, Air Chilled
12 Pieces

SALE
4²⁹ /lb

Pork Side Ribs
Centre Cut
St. Louis Style
Random Cryovac Wrapped

9.46/kg

SALE
3⁹⁹ /lb

Co-op Greek Pork Shoulder Blade Steak
Prepared by Your Local Butcher
Grill-Ready

8.80/kg

SALE
6⁴⁹ /ea

Johnsonville Breakfast or Dinner Sausage
Selected Varieties
375 - 500 g

FISH SHOP

SALE
3⁴⁹ /100 g

Yellowfin Tuna Loins
Thawed

SALE
3⁴⁹ /100 g

Fresh Atlantic Salmon Fillets
Farmed
Value Pack

ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS

SALE
10⁹⁹ /ea

Co-op Gold All Natural Cod Fillets
Frozen
400 g

SALE
16⁹⁹ /ea

Alaskan Snow Legs
600 g

SALE
14⁹⁹ /ea

Sogel Fresh Cooked Mussels with Garlic Butter
700 g

NEW
AT CO-OP

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

SALE
10⁹⁹
/ea

Baskin Robbins Ice Cream
946 mL or Package of 4, Nestlé Drumstick
Package of 6 - 8 or Haagen Dazs Ice Cream
946 mL
Selected Varieties



Seize the Yay!

SALE
5⁹⁹
/ea

Nestlé Cello Bags
76 - 203 g or Single Bars Multipack
Package of 4



Mix up your breaks!



PREPARED FOODS

SALE
1⁹⁹
/100 g

Dill Pickle Potato Salad



SALE
11⁹⁹
/ea

Colossal Sandwich
Made in-store



SALE
11⁹⁹
/ea

Roadhouse Wings
Prepared in-store
Package of 10



FRESH FROM OUR DELI

SALE
4²⁹
/100 g

Grimm's Roast Beef
Fresh Sliced In-store



made in WESTERN CANADA

SALE
10⁹⁹
/ea

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



made in WESTERN CANADA

2 FOR \$8

Summer Fresh Dip or Hummus
200 - 227 g



SALE
6⁹⁹
/ea

Bothwell Cheese Curds
240 g



made in WESTERN CANADA

2 FOR \$9⁹⁸

Castello Cheese Slices
125 - 165 g or Havarti Blocks
170 - 200 g



made in CANADA

SALE
5⁹⁹
/ea

Boursin
130 - 220 g



made in CANADA

PACKAGED MEATS

SALE
21⁹⁹
/ea

Co-op Gold Beef Burgers
Frozen
Selected Varieties
906 g - 1 kg



made in WESTERN CANADA

SALE
16⁹⁹
/ea

Co-op Gold Crispy Chicken Pieces
Drumsticks or Wings
Frozen, 1 kg



made in WESTERN CANADA

SALE
3⁹⁹
/ea

Co-op Centsibles Sausage Stick
300 - 375 g



made in WESTERN CANADA

SALE
9⁹⁹
/ea

Co-op Gold Chicken, Beef or Pork Entrées
Frozen
600 - 650 g



made in WESTERN CANADA

SALE
5⁹⁹
/ea

Schneiders Juicy Jumbos
375 - 400 g or Smokies 375 g
or Maple Leaf Chicken Smoked Sausage 300 g
Selected Varieties



made in CANADA

SALE
3⁴⁹
/ea

Burns Wieners
375 g



made in WESTERN CANADA

SALE
12⁹⁹
/ea

Co-op Signature Smokehouse Mennonite Style Farmer Sausage
675 g



made in WESTERN CANADA

SALE
6⁹⁹
/ea

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



made in WESTERN CANADA

SERVING UP
OVER
\$10
IN SAVINGS*



OFFER VALID: APRIL 6 - AUGUST 6, 2026

*See in-store coupons for a complete list of participating products and details for each offer.

OFFER EXCLUSIVE TO

CO-OP TGP



FOR EVERY
BURGER

IT HAS TO BE
HEINZ
ESTD 1869

SALE
10⁹⁹
/ea

KD
12 x 200 g or Cups 10 x 58 g



3 FOR
\$6

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



3 FOR
9⁹⁹

**Kraft Dressing
or Bull's Eye BBQ Sauce**
425 mL



FRESH FROM OUR BAKERY

<p>SALE 6⁹⁹ /ea</p> <p>Co-op Gold Muffin Tops Baked In-store Selected Varieties Package of 6</p>	<p>SALE 4⁴⁹ /ea</p> <p>Cinnamon Brioche Rolls Baked In-store Package of 4</p>	<p>SALE 27⁹⁹ /ea</p> <p>La Rocca Cake Selected Varieties 8-inch</p>	
<p>SALE 2⁹⁹ /ea</p> <p>Hamburger or Hot Dog Buns Baked In-store Package of 8</p>	<p>SALE 17⁹⁹ /ea</p> <p>Crème Brûlée Cheesecake Sampler Prepared In-store Package of 9</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>SALE 7⁹⁹ /ea</p> <p>Apple Valley Pecan Pie or Apple Crisp 565 - 678 g</p>	<p>SALE 3⁹⁹ /ea</p> <p>King's Hawaiian Sweet Rolls Original or Butter Package of 12</p>		<p>SALE 4⁴⁹ /ea</p> <p>Furlani Knots 250 g</p>

FLORAL SHOP

<p>SALE 19⁹⁹ /ea</p> <p>Blooming Daydream Bouquet</p>	<p>SALE 10⁹⁹ /ea</p> <p>7 Day Bouquet</p>
<p>SALE 15⁹⁹ /ea</p> <p>Seasonal Bouquet</p>	<p>SALE 12⁹⁹ /ea</p> <p>Assorted Tropicals 6-inch Hanging Basket</p>

FRESH DAIRY

<p>SALE 6⁴⁹ /ea</p> <p>Cracker Barrel Cheese Block 340 - 400 g, Slices 250 - 320 g or Black Diamond Cheese 400 g</p>	<p>3 FOR 10⁹⁸</p> <p>Philadelphia Dips 227 g</p>	<p>SALE 3⁹⁹ /ea</p> <p>Dairyland Sour Cream 750 mL or Cottage Cheese 500 g</p>
<p>SALE 5⁹⁹ /ea</p> <p>Simply Beverages 1.36 - 1.54L</p>	<p>2 FOR \$8</p> <p>Yoplait Source Yogurt 630 - 650 g or Liberté Mediterranean Yogurt 500 g or Package of 4</p>	

<p>Exciting contest details at grillmeltrepeat.ca</p>	<p>SALE 4⁹⁹ /ea</p> <p>Cracker Barrel Natural Cheese Slices 200 - 240 g or Cheese Snacks 168 g</p>	<p>SALE 6⁴⁹ /ea</p> <p>Siggi's Skyr Yogurt 650 - 750 g or Iögo Multipack Yogurt 16 x 100 g</p>	<p>SALE 3⁹⁹ /ea</p> <p>Iögo Nanö Drinkable Yogurt 6 x 93 mL or Siggi's Skyr Yogurt 4 x 100 g</p>
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NEW LIMITED TIME FLAVOUR



Summers are made with Strawberry Lemonade

Try NEW Strawberry Lemonade today!
Also available in Zero Sugar

Canada Dry is a registered trademark of Canada Dry Mott's Inc.



SALE
8⁴⁹ /ea

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

Canada Dry or Coca-Cola Products
Selected Varieties
12 x 355 mL



2 FOR \$8

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

Canada Dry or Coca-Cola Products
Selected Varieties
6 x 222 mL or 6 x 710 mL



SALE
7⁹⁹ /ea

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

Coke Craft Soda, Canada Dry or Root Beer
4 x 341 - 355 mL



FROM THE FREEZER

SALE
3⁹⁹
/ea

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



MADE IN CANADA

3 FOR
9⁷⁵

Cheemo Perogies
Frozen
815 - 907 g



MADE IN WESTERN CANADA

SALE
14⁹⁹
/ea

High Liner Fish
Signature Packs or Pan Seared Selects
Frozen
425 - 540 g



MADE IN CANADA

3 FOR
11⁹⁷

Crave, Smart Ones or KD Deluxe Frozen Entrées
Frozen
200 - 340 g



MADE IN CANADA

SALE
4⁹⁹
/ea

Co-op Gold Pizza and Flatbreads
Frozen
310 - 403 g



MADE IN CANADA


2 FOR
5

Co-op Gold Vegetables
Frozen
750 g



MADE IN CANADA

CHAPMAN'S



MADE WITH 100% CANADIAN DAIRY

SALE
4⁹⁹
/ea

Chapman's Markdale Creamery Ice Cream
2 L or Yukon Novelty Package of 5 - 8 Frozen, Selected Varieties



MADE IN CANADA

SALE
9⁹⁹
/ea

Chapman's Markdale Creamery Ice Cream
Frozen
4 L



MADE IN CANADA

SALE
3⁹⁹
/ea

Chapman's Super Premium Plus Ice Cream
Frozen
500 mL



MADE IN CANADA

FOR YOUR PANTRY

3 FOR
9⁹⁹

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



SALE
2²⁹
/ea

Aylmer Tomatoes
540 - 796 mL, Ro*Tel Diced Tomatoes 284 mL or Hunt's Heirloom 398 mL



MADE IN CANADA

4 FOR
8

Knorr Sidekicks Side Dish
120 - 153 g or Cups 73 g



MADE IN WESTERN CANADA

2 FOR
9⁹⁸

Co-op Gold PURE Fruit Spread
340 - 360 mL



MADE IN SK

2 FOR
6

Betty Crocker Potatoes
141 - 213 g



2 FOR
7

Hunt's Tomatoes
796 mL or Puritan Stew 410 g



MADE IN CANADA

2 FOR
9⁵⁰

Tostitos Salsa
416 - 418 mL



SALE
8⁹⁹
/ea

Hellmann's Mayonnaise
1.42 L



MADE IN CANADA

4 FOR
7

Clover Leaf Skipjack or Flavoured Tuna
85 - 120 g or Salmon Salad 78 g



SALE
3⁷⁹
/ea

Gold Seal Pink Salmon
213 g



4 FOR
7

Unico Beans, Lentils or Chick Peas
540 mL



MADE IN CANADA

4 FOR
5

Co-op Gold Vegetables
341 - 398 mL



MADE IN CANADA

GET A CHANCE TO WIN A NAPOLEON GRILL



BUY 2 SNAP UP & UPLOAD

SALE
5⁹⁹
/ea

Club House Seasonings
120 - 181 g, Pigskin Seasoning 130 - 160 g or Frank's RedHot Seasoning 132 g



SALE
2⁹⁹
/ea

French's Mustard
325 - 550 mL



SALE
4⁴⁹
/ea

Frank's RedHot Sauce
354 mL





FOR EVERY BURGER

IT HAS TO BE
HEINZ
ESTD 1869

SALE
10⁹⁹
/ea

Heinz Ketchup
2 x 1.25 L



BREWED TO PERFECTION



SALE
34⁹⁹
/ea

Maxwell House or Nabob Coffee
Package of 56 - 60



MADE FOR CANADIANS, BY CANADIANS.



SALE
10⁹⁹
/ea

Kraft Peanut Butter
2 kg

*Based on the 2026 BrandSpark® Canadian Trust Study.

DRINKS & SNACKS

<p>2 FOR \$9</p>  <p>Ocean Spray Cocktail or 100% Juice Blend 1.77 - 1.89 L</p>	<p>2 FOR \$4</p>  <p>Coca-Cola or Canada Dry Products Selected Varieties 2L</p>	<p>3 FOR \$12</p>  <p>Christie Cookies Selected Varieties 251 - 303 g</p>	<p>2 FOR \$7</p>  <p>Celebration Cookies 200 - 240 g</p>
<p>2 FOR \$8.48</p>  <p>Kool-Aid Jammers 10 x 180 mL or Heinz Tomato Juice 1.36 L</p>	<p>2 FOR \$7</p>  <p>Dare Snack Crackers 120 - 225 g or Crisps 100 g Selected Varieties</p>	<p>SALE \$3.99 /ea</p>  <p>Co-op Gold Candy Selected Varieties 165 - 400 g</p>	<p>SALE \$9.99 /ea</p>  <p>Co-op Gold Chocolate Buds 1 kg</p>
<p>Old Dutch Stock up for the Long Weekend!</p>			
<p>2 FOR \$7</p>  <p>Old Dutch Crunchy, Cheese Pleeasers, Cheesy Puffcorn or Humpty Dumpty Party Mix or Rings 200 - 290 g</p>	<p>2 FOR \$7</p>  <p>Old Dutch Crunch Potato Chips 200 g</p>	<p>2 FOR \$7</p>  <p>Old Dutch Restaurante Tortilla Chips 275 - 295 g or Arriba 235 - 245 g</p>	

FOR YOUR PANTRY

<p>2 FOR \$6.98</p>  <p>Co-op Gold PURE Tea Package of 18</p>	<p>SALE \$3.99 /ea</p>  <p>General Mills Cereal Selected Varieties 300 - 437 g</p>	<p>SALE \$6.99 /ea</p>  <p>Co-op Gold PURE Granola 340 g</p>	<p>2 FOR \$9.98</p>  <p>Co-op Gold Peanut Butter 1 kg or Hazelnut Spread 725 g</p>
<p>Kellogg's Cereal Spring into Savings</p>			
<p>2 FOR \$9</p>  <p>Kellogg's Cereal Selected Varieties 210 - 525 g</p>	<p>SALE \$5.99 /ea</p>  <p>Kellogg's Family Cereal Selected Varieties 480 - 650 g</p>	<p>SALE \$8.99 /ea</p>  <p>Kellogg's Jumbo Cereal Selected Varieties 700 g - 1.05 kg</p>	<p>SALE \$9.99 /ea</p>  <p>Vector</p>

FOR YOUR PETS

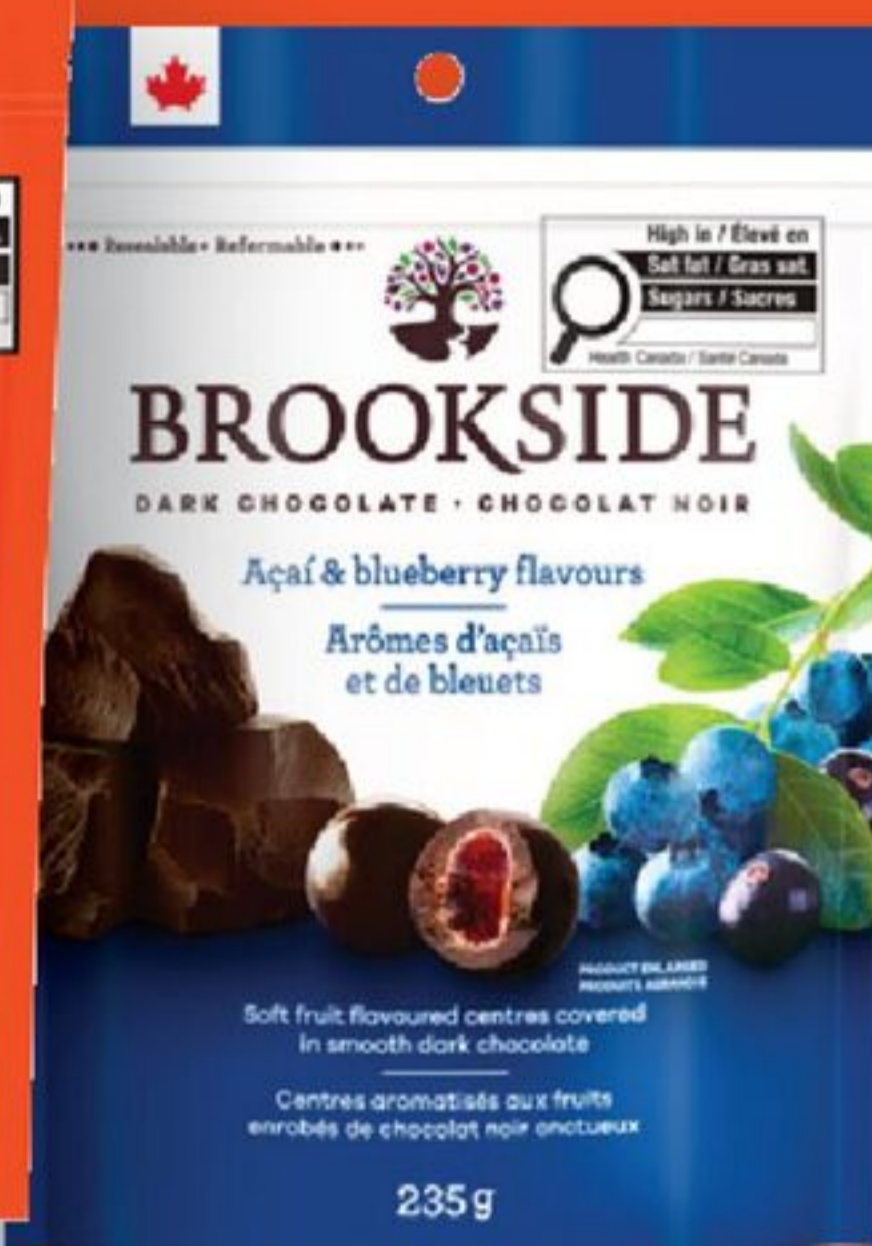
<p>SALE \$10.99 /ea</p>  <p>Fancy Feast Variety Pack 12 x 85 g</p>	<p>SALE \$38.99 /ea</p>  <p>Co-op Gold PURE Dog Food Selected Varieties 11.4 - 11.5 kg</p>
<p>SALE \$9.99 /ea</p>  <p>Purina Cat or Kitten Chow 1.6 - 2 kg or Beneful Dog Food 1.6 - 1.8 kg</p>	<p>4 FOR \$9.96</p>  <p>Purina ONE SmartBlend or True Instinct Dog Food 368 g or Beneful Prepared Meals 283 g</p>

FOR YOUR HOME

<p>SALE \$7.99 /ea</p>  <p>Bounty Paper Towels Select A-Size Package of 2 - 3 Rolls or Charmin Ultra Soft Bathroom Tissue Package of 8 Triple Rolls</p>	<p>SALE \$10.99 /ea</p>  <p>Glad Garbage Bags Selected Varieties Package of 20 - 60</p>	<p>SALE \$13.99 /ea</p>  <p>Persil Laundry Detergent 1.86 L</p>	<p>2 FOR \$10.98</p>  <p>Pine-Sol 1.41 L or Clorox Bleach Wipes Package of 75 Selected Varieties</p>
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SO MANY REESE'S, SO LITTLE TIME.



SALE 5.49 /ea

Hershey's or Brookside Chocolate Snacks 160 - 275 g



3 FOR 3.99

Hershey's Chocolate Bars 39 - 58 g, Jolly Rancher Misfits 60 g or Twizzlers 75 - 90 g Selected Varieties



2 FOR \$4

Hershey's King Size Chocolate Bars 62 - 85 g, Big Box 105 - 141 g or Ice Breaker Mint 36.85 - 43 g



STOCK UP FOR SUMMER

<p>SALE 6⁹⁹ /ea</p> <p>Kraft Miracle Whip or Mayo 1.5L</p>	<p>2 FOR \$6</p> <p>Diana BBQ Sauce 500 mL</p>	<p>SALE 5⁹⁹ /ea</p> <p>La Grille Seasonings or Spices 120 - 203 g</p>
<p>SALE 2⁴⁹ /ea</p> <p>Co-op Gold PURE Mustard or Relish 360 mL</p>	<p>SALE 4⁴⁹ /ea</p> <p>French's Ketchup 750 mL - 1L</p>	<p>SALE 7⁴⁹ /ea</p> <p>Maple Leaf or Schneiders Sliced Side Bacon 375 g</p>
<p>SALE 3⁹⁹ /ea</p> <p>Villaggio Bread 510 - 550 g or Buns Package of 6 - 8 Selected Varieties</p>	<p>SALE 5⁹⁹ /ea</p> <p>Black Diamond Cheestrings or Natural Snacks Package of 12 - 16</p>	<p>3 FOR 10⁹⁸</p> <p>MIO Hydrate Powder Water Enhancers 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>SALE 8⁹⁹ /ea</p> <p>Co-op Gold Candy Selected Varieties 775 - 800 g</p>	<p>SALE 7⁹⁹ /ea</p> <p>Maxwell House Instant Coffee 126 - 250 g</p>	<p>SALE 13⁹⁹ /ea</p> <p>Campbell's Soup Cream of Mushroom, Tomato, Chicken Noodle or Vegetable 12 x 284 mL</p>
<p>SALE 2 FOR 5⁵⁰</p> <p>Spitz Sunflower Seeds 210 g Selected Varieties</p>		

MUST HAVE SUPPLIES

<p>SALE 7⁹⁹ /ea</p> <p>Energizer Max Battery AA Package of 8</p>	<p>SALE 3⁴⁹ /ea</p> <p>Co-op Gold Plastic Cups Package of 20 215 - 473 mL</p>	<p>SALE 7⁹⁹ /ea</p> <p>Co-op Gold Paper Plates 8.75-inch</p>
<p>SALE 5⁴⁹ /ea</p> <p>Co-op Gold Aluminum Foil 100 ft</p>	<p>SALE 6⁹⁹ /ea</p> <p>Co-op Gold Paper Towel Package of 3 Double Rolls</p>	<p>SALE 2⁹⁹ /ea</p> <p>Co-op Gold Glass Cleaner 950 mL</p>

Helping you SAVE more!

Be your own barista

POUR YOUR COFFEE

MIX IN YOUR CHOICE OF COFFEE CREAMER

ENJOY A REFRESHING ICED COFFEE

SALE 6⁴⁹ /ea
Activia Yogurt
12 x 100 g or Drinkable Yogurt 8 x 93 mL

SALE 4¹⁹ /ea
Activia Yogurt
630 g or Activia Expert or Two Good
4 x 95 - 100 g

SALE 4⁹⁹ /ea
Silk Coffee Creamer
890 mL or Cold Foam 369 g

SALE 2⁹⁹ /ea
Danone Danino Drinkable Yogurt
6 x 93 mL or Oikos Pro 300 mL

SALE 10⁴⁹ /ea
Oikos Greek Yogurt
12 x 95 - 100 g

SALE 5⁹⁹ /ea
Silk Soy Protein Beverage
1.42 L

3 FOR 9⁹⁹
Christie Crispers or Bits & Bites
145 g

SALE 5⁹⁹ /ea
Ritz Snack Pack
280 g or Drizzled Mints 226 g
Selected Varieties

3 FOR \$10
Cadbury Family Bars
80 - 105 g or Maynards Candy 135 - 154 g

2 FOR 9⁹⁸
Cadbury Bags
144 - 200 g or Maynards Candy 308 - 315 g

2 FOR \$3
Cadbury Chocolate Bars or Maynards Candy
33 - 64 g

2 FOR \$9
Cadbury Fingers
114 g

HAZEM KADRI
NHLPA

BUY A CADBURY PRODUCT, HELP DONATE A MEAL

Summer Favourites

2 FOR \$14
Bubly Sparkling Water or Montellier Carbonated Water
10 - 12 x 355 mL

2 FOR \$5
Gatorade Sports Drink
710 mL

2 FOR \$6
Lay's Chips
200 - 235 g

2 FOR 9⁵⁰
Doritos Chips
210 - 235 g

2 FOR 9⁵⁰
Miss Vickie's Potato Chips
190 - 200 g or Cheetos Crunchy, Puffs or Popcorn 180 - 205 g

2 FOR \$9
Ruffles Potato Chips
180 - 200 g

SALE 6⁹⁹ /ea
Nestea
12 x 341 mL

SALE 3⁴⁹ /ea
Mott's Clamato
1.89 L

CLAMATO
Calgary Stampede
Enter for a chance to **WIN** A VIP WEEKEND at Calgary Stampede +100s of prizes
Enter at ClamatoVIPexperience.ca

SALE 14⁹⁹ /ea
Budweiser Zero
12 x 355 mL

SALE 11⁴⁹ /ea
Corona 0.0 %
6 x 330 mL

SALE 10⁹⁹ /ea
Busch De-Alc Lager
12 x 355 mL

SALE 7⁹⁹ /ea
Atypique Mocktails
Selected Varieties 4 x 355 mL

Our Savings will keep your pantry full