

You're at home here.



SALE

3⁹⁹
/lb

8.80/kg

Co-op Boneless Skinless Chicken Breasts

Grain Fed, Free Run, Air Chilled, Value Pack or Boneless Beef Eye of Rounds Whole, Cut from Canada AA or Higher Aged 14 Days Random Cryovac Wrapped FIRST 1



100%
WESTERN
CANADIAN

Be Mine

Visit food.crs for meal inspirations this Valentine's Day

SALE

6⁹⁹
/lb

15.41/kg

Boneless Beef Striploin Halves

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



100%
WESTERN
CANADIAN

SALE

2⁴⁹
/lb

5.49/kg

Red, Green or Black Seedless Grapes or Red Globe Grapes

Imported, No. 1 Grade



2 FOR
\$6

Post Cereal

Selected Varieties 311 - 550 g



NEW

2 FOR
\$6

Raspberries or Blackberries

Imported, 170 g



SALE
8⁹⁹
/ea

Co-op Gold Cheese

700 - 800 g FIRST 2



3 FOR
9⁹⁹

Danone Oikos or Light & Free Greek Yogurt

4 x 95 - 100 g or YoPRO 2 x 150 g



SALE
3⁹⁹
/ea

Co-op Gold Ice Cream or Frozen Yogurt 1.5 L or Novelties Package of 5 - 6



4 FOR
10⁸⁸

Lay's Potato Chips

220 - 255 g or Poppables 130 - 141 g



3 FOR
\$9

Co-op Gold Soft Drinks or Sparkling Water

12 x 355 mL FIRST 3



3 FOR
\$6

Campbell's Chunky Soup

540 mL, Chili 425 g or Pepperidge Farm Goldfish or Cookies 168 - 227g



CO-OP IS CREATING
PLACES FOR EVERYONE.

WE'RE FUNDING UP TO \$150,000 PER PROJECT

Apply online between Feb. 1 - March 2, 2020.

communityspaces.ca



Find Inspiration at: food.crs

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

PRICING IN EFFECT FEBRUARY 6 - 12, 2020

06 THU **07 FRI** **08 SAT** **09 SUN** **10 MON** **11 TUES** **12 WED**



ON THESE EVERYDAY ESSENTIALS

JAN. 23 - FEB. 12, 2020

Price Drop gives you 3 weeks of savings!

Price Drop
4⁹⁹
/ea

**General Mills
Cereal**
Selected Varieties
526 - 778 g



Price Drop
9⁹⁹
/ea

**Montana's
Fully Cooked
Pork Back Ribs**
650 g



Price Drop
6⁹⁹
/ea

**Harvest Sausage
Rings or Chubs**
300 - 375 g



Price Drop
3⁹⁹
/ea

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



Price Drop
3⁹⁹
/ea

Spartan Apples
Produce of Western Canada
Extra Fancy
3 lb (1.36 kg)



Price Drop
16⁹⁹
/ea

Cheesecake Sampler
Heavenly Chocolate or Fruit Stand
1.13 kg



Price Drop
2 FOR \$4

Astro Yogourt
650 - 750 g or Kefir 500 g
Selected Varieties



Price Drop
2 FOR \$9

**Europe's Best
Frozen Fruit**
400 - 600 g



Price Drop
1⁹⁹
/ea

Co-op Gold Vegetables
Frozen
750 g



Price Drop
2 FOR \$3

**Ocean's
Flavoured Tuna Pouch**
90 g or Light Tuna 120 g



Price Drop
3⁹⁹
/ea

**Hellmann's
Mayonnaise**
443 - 890 mL or
Frank's RedHot Sauce
354 mL



Price Drop
1⁹⁹
/ea

Co-op Gold Tortilla Chips
300 - 320 g, Nacho Cheese 240 g or
Salsa 430 mL



Price Drop
4⁹⁸
/ea

Co-op Centsibles Olive Oil
1 L or Canola Oil 3 L



Price Drop
5⁹⁹
/ea

**Arm & Hammer
Laundry Detergent**

100 Wash Loads, Purex Baby Soft 49 Wash Loads
or Lysol Laundry Sanitizer 1.2 L



Price Drop
9⁴⁹
/ea

Purex Bathroom Tissue
Package of 12 Triple Rolls



HEALTHY Delicious SIMPLE

DALE MACKAY
PARTNERSHIP

Tex-Mex
STEAK SALAD



During a sale, participating CO-OP Food Stores make every effort to supply sufficient advertised merchandise to meet your needs. Because of circumstances beyond our control, however, some items may be out of stock. Also, because of the size of some CO-OP Food Stores, a complete line of advertised items may not be carried. We apologize for any inconvenience caused by these shortages. Although we strive for complete accuracy in our advertising, errors sometimes can occur. When an error is discovered, a correction notice will be posted in CO-OP Food Stores to bring the error to your attention. We reserve the right to limit quantities. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. GST is extra where applicable.

CAIR - design, CO-OP design, CO-OP CO-OP CENTSIBLES design, CO-OP GOLD PURE and BARNET TOWNS are registered trademarks of TBC Distributing Ltd., Saskatoon, SK S0N 1J0. THE CO-OP PARTNERSHIP is a trademark of TBC Distributing Ltd., Saskatoon, SK S0N 1J0. CO-OP DRAGON design is a registered trademark of TBC Distributing Ltd., Saskatoon, SK S0N 1J0.

BUTCHER SHOP

SALE
10⁹⁹
/lb

24.23/kg

Co-op Premium Beef Rib Oven Roasts

Cut by Your Local Butcher
Aged 14 Days

100%
WESTERN
CANADIAN

Your Co-op offers more than just an incredible selection of fresh, quality products. Your local Co-op butcher can also provide great tips on preparing your favourite cuts and can even customize your order. With a large selection of products, you'll find all your fresh favourites, and may even discover some new ones.



SALE
6⁹⁹
/lb

Co-op Stuffed and Glazed Boneless Skinless Chicken Breasts

Prepared by Your Local Butcher

15.41/kg



ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS

SALE
5⁹⁹
/lb

Co-op Lean Ground Meat Loaf, Salisbury Steak or Meatballs

Prepared by Your Local Butcher
Oven Ready

13.21/kg



SALE
4⁹⁹
/lb

Co-op Split Chicken Wings

Value Pack or Lilydale Lean Ground Turkey

11.00/kg



SALE
2⁹⁹
/lb

Co-op Frying Chicken

Grain Fed, Free Run, Air Chilled
Package of 2

6.59/kg



SALE
6⁴⁹
/lb

Co-op Outside Round Oven Roasts or Beef Braising Short Ribs

Cut by Your Local Butcher
Aged 14 Days

14.31/kg



SALE
3⁹⁹
/lb

Co-op Pork Side Ribs

Breast Bone Off
Cut by Your Local Butcher
Value Pack

8.80/kg



SALE
4⁹⁹
/lb

Co-op Boneless Pork Loin Center Roasts

Cut by Your Local Butcher

11.00/kg



SALE
3⁹⁹
/lb

Co-op Bone-In Pork Loin Rib or Co-op Boneless Pork Sirloin Chops

Cut by Your Local Butcher, Value Pack

8.80/kg



SALE
7⁹⁹
/lb

Sungold Premium Boneless Lamb Shoulder

Certified Halal
Random Cryovac Wrapped

17.61/kg



SALE
2⁹⁹
/ea

Lilydale Poultry Sausage

Tray Pack
Thawed
375 g

11.00/kg



SALE
4⁹⁹
/lb

Beef Sausage

Lilydale Thawed or Fresh Store-Made

11.00/kg



CANADA
**AAA
GRADE BEEF**
AGED 21 DAYS

Hand-cut just for you!

AGED FOR 21 DAYS FOR A MORE INTENSE
FLAVOUR AND TENDERNES.

IN SELECTED STORES AT FULL SERVICE MEAT COUNTERS

SALE
17⁹⁹
/lb

Co-op AAA Boneless Rib Eye Grilling Steaks

Cut by Your Local Butcher
Aged 21 Days

39.66/kg



SALE
4⁹⁹
/lb

Co-op Pork Frenched Rib Chop or Double Loin Center Cut Chops

Cut by Your Local Butcher

11.00/kg



FISH SHOP

SALE

14⁹⁹
/lb

33.05/kg



Atlantic Salmon Fillets

Farmed
Value Pack



ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS

SALE
14⁹⁹
/lb

33.05/kg

Wild Caught Yellowfin Tuna Fillets

Thawed



ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS

SALE
9⁹⁹
/lb

22.02/kg

Wild Caught Pacific Snapper Fillets



ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS

SALE
23⁹⁹
/ea

Co-op Gold Pure Wild Pacific Chum Salmon Fillet

Frozen
680 g



SALE
29⁹⁹
/ea

Co-op Gold Pure King Crab Legs & Claws

Frozen
500 g



SALE
9⁹⁹
/ea

Co-op Gold Shrimp

Frozen
340 g



SALE
9⁹⁹
/ea

Co-op Gold Chicken, Pork or Beef Entrées

Frozen
600 - 650 g



SALE
4⁴⁹
/ea

Co-op Gold Sliced Side Bacon

375 g



SALE
4²⁹
/lb

9.46/kg

Co-op Gold Skinless Shankless Ham

Random Cryovac Wrapped



SALE
7⁹⁹
/ea

Schneiders Sausage Sticks or Co-op Gold Garlic Sausage Ring

500 - 750 g



SALE
11⁹⁹
/ea

Schneiders Smokies

900 g



SALE
4⁹⁹
/ea

Maple Leaf Natural Selections

175 g



SALE
4⁹⁹
/ea

Burns Sliced Side Bacon

375 g



SALE
3⁹⁹
/ea

Burns Wieners

375 g



SALE
6⁹⁹
/ea

Harvest Farmer's Sausage

375 g



SALE
6⁹⁹
/ea

Harvest Pepperoni Sticks or MiniStix

250 - 375 g



SALE
10⁹⁹
/ea

NEW

Janes Pub Style Chicken Wings

Frozen, 760 g



SALE
4⁹⁹
/ea

Co-op Centsibles Sliced Bologna or Ham

375 - 500 g



Find out more at food.crs/local

FARM FRESH PRODUCE

SALE
3⁹⁹
/ea

Romaine Hearts

Produce of U.S.A.
No. 1 Grade
Package of 3



SALE
2⁹⁹
/ea

Cantaloupe

Imported



SALE
3⁹⁹
/ea

Pineapple

Gold Variety
Imported



SALE
1⁶⁹
/lb

Ambrosia Apples

Large Size
Produce of Western Canada
Extra Fancy

3.73/kg



SALE
3⁴⁹
/ea

Yellow Onions

Produce of Western Canada
Canada No. 1
5 lb (2.27 kg)



SALE
4⁹⁹
/ea

Yellow Fleshed Potatoes

Produce of Western Canada/U.S.A.
No. 1 Grade
5 lb (2.27 kg)



2 FOR
\$5

Mini Carrots

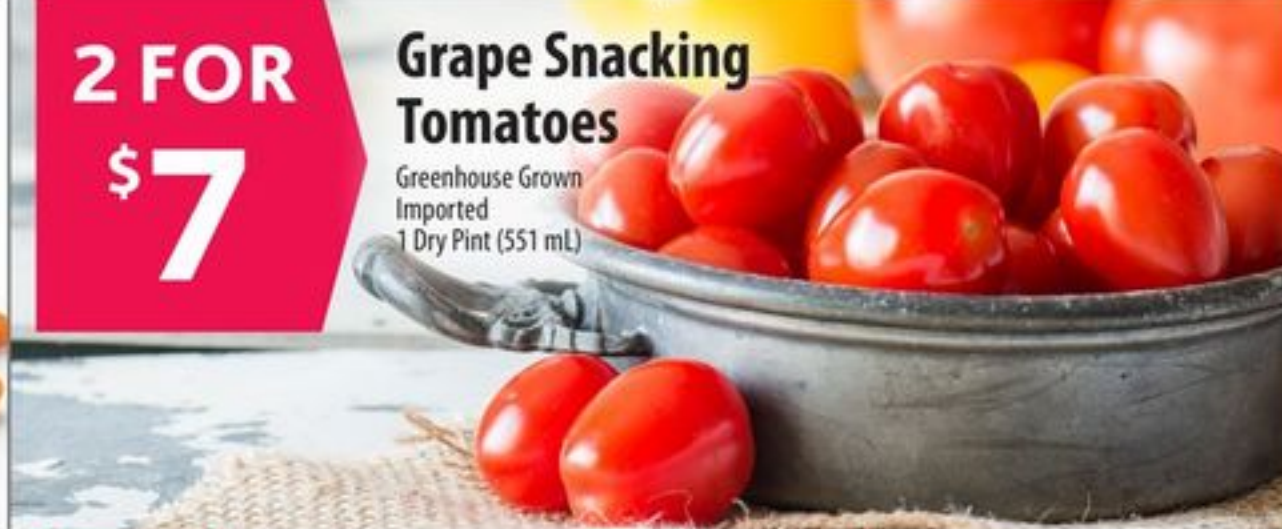
Produce of U.S.A.
1 lb (454 g)



2 FOR
\$7

Grape Snacking Tomatoes

Greenhouse Grown
Imported
1 Dry Pint (551 mL)



SALE
89¢
/ea

Garlic

Imported
Package of 3



SALE
2⁹⁹
/ea

Red Beets

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



SALE
4⁶⁹
/ea

Fresh Express Salad Kits

Produce of U.S.A.
Selected Varieties
181 - 396 g



SALE
4⁹⁹
/ea

Hot House Peppers

Imported
Package of 2



SALE
3⁹⁹
/ea

Blueberries

Imported
170 g



SALE
4⁴⁹
/ea

Earthbound Farm Salad Blends

Produce of U.S.A.
Selected Varieties
142 g



FLORAL SHOP

SALE
27⁹⁹
/ea

Dozen Roses

With Baby's Breath
Assorted Colours



SALE
13⁹⁹
/ea

Blooming Beauty Bouquet



2 FOR
\$10

Alstroemeria Bunches



SALE
3⁹⁹
/ea

Rieger Begonia

4-inch Pot
Grown in Western Canada



SALE
11⁹⁹
/ea

Kalanchoe

6-inch Pot
Grown in Western Canada



FRESH FROM OUR DELI

Reser's Main St.
Bistro Classic Side Dishes
Selected Varieties
567 g or 680 g



**Garden Fresh
Gourmet Salsa**
420 mL



**Lilydale Fully Cooked
Carved Chicken or Turkey**
300 g



**Co-op Gold Pure
Italian Pasta**
500 g



NEW

**Co-op Market Town In-store
Roasted Turkey Breast**
Fresh Sliced In-store



Grimm's
Beef Deli Meats
Fresh Sliced In-store
Selected Varieties



FROM OUR KITCHEN

Greek Salad
Made In-store



**Roadhouse
Chicken Flings**
Package of 10



Homestyle Traditional Meals



OUR BEST DELI CHEESES

SALE
8⁴⁹
/ea



**Tre Stelle
Feta Cheese
in Brine**
Plain or Light
400 g

SALE
2⁹⁹
/100 g



**Saputo
Caciocavallo
Cheese**
Random Cryovac W

Arla Havarti Deli Cheese



SALE
4⁹⁹
/ea



Co-op Market Town
Natural Cheese Slices
Selected Varieties
Made from 100% Canadian Milk
145 - 165 g

SALE
8⁹⁹
/ea



**Balderson
Canadian
Cheddar Cheese**
Selected Varieties
250 - 280 g

SALE
9⁹⁹
/ea



Duero Manchego
Reserva Cheese
150 g

Find out more at food.crs/local 5

FRESH FROM OUR BAKERY

SALE
16⁹⁹
/ea

Chocolate Rose or Triple Chocolate Cake

8-inch



SALE
4⁴⁹
/ea

Kimberley's Cupcakes

Selected Varieties
315 - 332 g



SALE
3⁴⁹
/ea

Strudel Bites

Baked by Your Local Baker
Apple or Strawberry
Package of 12



SALE
6⁹⁹
/ea

Premium Apple Pie

Baked by Your Local Baker
9-inch



SALE
2⁴⁹
/ea

Panini Rolls

Baked by Your Local Baker
Package of 6



SALE
1²⁵
/ea

Calabrese Bread

Baked by Your Local Baker
450 g



2 FOR
\$7

Casa Mendosa Tortillas
Selected Varieties
Package of 6 - 14



2 FOR
\$7

Deli World Light Rye Bread
900 g



2 FOR
\$6

Villaggio Bread

510 - 540 g
or Buns Package of 6 - 8
Selected Varieties



FRESH DAIRY

2 FOR
\$8

Tropicana Juice or Pure Leaf Tea

Selected Varieties
1.54 - 1.75 L or 6 x 236 mL



2 FOR
10⁹⁸

Co-op Gold Shredded Cheese
340 g



2 FOR
10⁹⁸

Cracker Barrel Natural Slices

200 - 240 g or Cheese Snacks 168 g



SALE
5⁹⁹
/ea

Black Diamond Cheestrings

252 - 336 g or Natural Cheese Sticks 252 g



SALE
5⁹⁹
/ea

Cracker Barrel Cheese

270 g or Kraft Amooza! Twists
Cheese Snack 252 g



SALE
4⁹⁹
/ea

Dairyland Lactose Free Milk
2 L



SALE
2⁹⁹
/ea

Becel Margarine

427 - 454 g or Imperial Margarine 907 g



SALE
5⁹⁹
/ea

lögo Multipack Yogurt

16 x 95 - 100 g or
Nano Cheese Snacks 240 g



DANONE

3 FOR
10⁹⁸

Danone Activia or Natural Yogurt
650 g



SALE
2⁹⁹
/ea

Danone Oikos Extra Creamy Yogurt
275 g



2 FOR
12⁹⁸

Danone Oikos Greek Yogurt
750 g, Organic 625 g or
Light & Free 710 g





HEALTHY *Delicious* SIMPLE

GET THE RECIPE AT
FOOD.CRS



Prairie BUDDHA BOWL



Pumpkin-Spiced OVERNIGHT OATS



FROM THE FREEZER

SALE
4⁹⁹
/ea

Nestlé Ice Cream

1.5 L or Novelties Package of 4 - 12
Selected Varieties



SALE
4⁹⁹
/ea

Co-op Gold Pizza

Rising or Thin Crust
Frozen
467 - 873 g



SALE
7⁹⁹
/ea

Chapman's Ice Cream

4L



2 FOR
9⁹⁸

Pillsbury Pizza Pops

800 g or Bites 693 g
Frozen



SALE
4⁹⁹
/ea

Co-op Gold Entrées

Frozen
908 g



SALE
2⁷⁹
/ea

McCain Diced Hashbrowns

Frozen
900 g



SALE
2⁹⁹
/ea

Co-op Gold Premium Perogies

Frozen, 454 - 540 g



FOR YOUR PANTRY

2 FOR
7⁹⁸

Pacific Foods Organic Broth

946 mL - 1 L



5 FOR
\$5

Co-op Gold or Co-op Gold Pure Vegetables

341 - 398 mL



2 FOR
\$3

Co-op Gold Fruit

398 mL



2 FOR
\$4

Co-op Gold Ready To Serve Soup

540 mL or Chili 425 g



5 FOR
\$5

Co-op Gold Baked Beans

398 mL



2 FOR
\$7

Clover Leaf White Tuna

120 g or Salmon
150 - 213 g



2 FOR
\$4

Co-op Gold Flaked Meat

156 g



3 FOR
3⁹⁹

Aylmer Accents

540 mL or Rotel
Diced Tomatoes 283 g



SALE
99¢
/ea

Co-op Gold Tomatoes

398 mL



Nestlé
Good Food, Good Life®



SALE
5⁹⁹
/ea

Carnation Breakfast Essentials

10 x 40 g



2 FOR
\$5

Nestlé Coffee-Mate Liquid or Bliss Creamer

473 mL



SALE
6⁹⁹
/ea

Nescafé Instant Coffee

Selected Varieties
100 - 396 g



Find out more at food.crs/local

FOR YOUR PANTRY

SALE
8⁹⁹
/ea

**Co-op Gold
Olive Oil**

1 L



2 FOR
\$3

**Club House
Seasoning
or Sauce Mixes**

21 - 47 g or Frank's RedHot Dip Mix 24 - 28 g
Selected Varieties



2 FOR
\$6

Catelli Pasta
700 - 900 g, Super
Greens 300 g, Gluten
Free 340 g or Bertolli
Pasta Sauce
415 - 630 mL



3 FOR
6⁹⁹

**Prego Pasta
Sauce**
645 mL, Co-op Gold
Lasagne Noodles
375 - 500 g or Simply
Kids Pasta 375 g



2 FOR
\$8

Bick's Pickles
1 L or Hot Pepper Rings
or Pickled Beets 750 mL



2 FOR
\$4

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



2 FOR
\$4

Annie's Pasta
149 - 170 g or Hunt's
Tomato Sauce 680 mL
or Paste 369 mL



2 FOR
7⁹⁸

Minute Rice
500 - 700 g or
GoGo Quinoa 375 g



SALE
14⁹⁹
/ea

**Maxwell House
or Nabob
Coffee**
Package of 24 - 30



SALE
7⁹⁹
/ea

**Kicking Horse
Coffee**
Fair Trade Certified
284 g or One Coffee
Package of 12



SALE
4⁴⁹
/ea

**Pam
Cooking Spray**
141 - 170 g or Mazola
Cooking Oil 1.42 L



2 FOR
\$5

**Robin Hood
Oats**
1 kg



SALE
16⁹⁹
/ea

**Tim Hortons
Coffee**

640 - 930 g or
Van Houtte Coffee
Package of 30



SALE
6⁹⁹
/ea

**Co-op Gold
Peanut Butter**
2 kg



2 FOR
\$6

**Co-op Centsibles
Jam**
500 mL



2 FOR
\$6

NOT YOUR AVERAGE
Cup of Tea



Tetley Tea
Package of 20 - 24

SALE
5⁶⁹
/ea

Tetley Tea
Package of 40 - 48



SALE
4⁹⁹
/ea

**Tetley Orange
Pekoe Tea**
Package of 72



FOR YOUR HOME

SALE
3⁹⁹
/ea

**Rubbermaid
Take Alongs
Container Set**
Package of 4
Microwaveable



SALE
19⁹⁷
/ea

**Starfrit
Fry Pan**
12 - inch
Non-stick, Oven Safe



SALE
19⁹⁹
/ea

Nutri Chopper
Dishwasher Safe



SALE
12⁹⁹
/ea

**Energizer
Max Alkaline
Batteries**
AA Package of 24 or
AAA Package of 16





COFFEE SHOP QUALITY AT HOME OR ON THE GO!

However you enjoy your daily cup, there's a Co-operative Coffee for everyone.



READ MORE

SNACKS

3 FOR
9⁹⁹

Tostitos Chips
205 - 295 g or Salsa 416 - 423 mL



4 FOR
\$10

Christie Snack Crackers

100 - 200 g or Toppables 454 g
Selected Varieties



SALE
3⁹⁹
/ea

Triscuit Organic Crackers
184 - 198 g or
Christie Premium
Plus 450 - 500 g



SALE
4⁹⁹
/ea

Dare Wagon Wheels
630 g or Bear Paws
336 - 480 g



3 FOR
7⁹⁸

Hawkins Cheezies
210 g or Bugles 213 g



2 FOR
\$5

Co-op Gold Pure Kettle Chips
142 - 170 g



2 FOR
\$5

Orville Redenbacher Popcorn
Ready to Eat or
Microwave Popcorn
116 - 246 g



3 FOR
9⁹⁹

Co-op Gold Peanuts
400 g



DRINKS

4 FOR
\$5

Co-op Gold Soft Drinks or Sparkling Water
2 L



3 FOR
9⁹⁹

Co-op Gold Italian Soda
750 mL



SALE
7⁹⁹
/ea

Fentimans Craft Soda
4 x 275 mL



3 FOR
10⁹⁸

Liquid Water Enhancer

Mio, Kool-Aid, Crystal Light, Tang, Country Time 48 mL or Crystal Light Package of 4 - 10 or Kool-Aid Jammers 10 x 180 mL



SALE
5⁹⁹
/ea

Fever-Tree Tonic Water

4 x 200 mL or
Buderim Ginger Beer
4 x 250 mL



2 FOR
\$5

Co-op Gold Cocktails, 100% Juice Blend or Grape Juice
1.36 - 1.89 L



2 FOR
\$3

Co-op Gold Juice
5 x 100 mL



2 FOR
\$3

Oasis Juice, Arizona Iced Tea or Del Monte Nectar

960 mL, Minute Maid or Five Alive Juice 1 L



Happy Valentine's Day

SALE
11⁹⁹
/ea

Lindor Heart Chocolates
108 - 168 g



SALE
9⁹⁹
/ea

Nestlé Valentine's Chocolates
180 - 183 g



Find out more at food.crs/local

TREATS

SALE
3⁹⁹
/ea

**Hershey's
Valentine's Kisses**
200 g



**2 FOR
4⁵⁰**

Cadbury Bars
85 - 100 g, Toblerone
100 g or Maynards
Candy 170 - 185 g



**SALE
6⁴⁹**
/ea

Mars Snacks
324 - 400 g



**3 FOR
9⁹⁹**

**Excel or
Wrigley's Gum**
Bottles or Package of 4



**2 FOR
\$7**

**Co-op Gold
Candy**
150 - 400 g or Waffle
Cones Package of 12



FOR YOUR HOME

**2 FOR
\$5**

**Dawn Ultra
Dish Soap**

479 - 532 mL or Ivory
Dish Detergent 573 mL



**SALE
23⁹⁹**
/ea

Tide Pods
Package of 73 - 96



**SALE
4⁹⁹**
/ea

**Snuggle Fabric
Softener**
46 - 60 Wash Loads,
Sheets Package of 105 or
Scent Booster 397 - 439 g
or Purex Laundry
Detergent 44 Wash Loads
or Package of 23



**2 FOR
\$8**

Mr. Clean
1.33 L, Magic Eraser
Package of 2, Eraser Sheets
Package of 8 or Clean Freak
473 mL



**SALE
13⁹⁹**
/ea

**Cascade
Action Pacs**
Package of 39 - 60



**2 FOR
\$6**

**Glad
Zipper Bags**
Package of 15 - 100 or
Cling Wrap 60 m



**SALE
6⁴⁹**
/ea

**Co-op Gold
Black Garbage
Bags**
Package of 40



**2 FOR
\$5**

**Co-op Gold
Bleach**
1.89 L



FOR YOUR PETS

**SALE
6⁹⁹**
/ea

Beneful Dog Food

1.36 - 1.8 kg, Purina Cat Chow 1.6 - 2 kg, Kitten Chow 1.8 kg
or Cat Chow Naturals 1.42 kg



**SALE
9⁴⁹**
/ea

**Whiskas
Cat Food**
Variety Package of 12
or Temptations 510 g



**3 FOR
9⁹⁹**

**Purina
Beggin' Strips**
170 g or Dentalife
193 - 248 g



**SALE
8⁹⁹**
/ea

**Co-op Gold
Unscented Cat Litter**

5.4 kg



**SALE
10⁹⁹**
/ea

**Co-op Gold
Cat Litter**
12.7 kg



HEALTHY *Delicious* SIMPLE

DALE
MACKAY
PARTNERSHIP

2 FOR
\$7

Joyya
Ultra Filtered Milk
1L



SALE
11⁹⁹
/ea

Co-op Gold Pure
Smoked Sliced
Salmon or Steelhead

Frozen
150 g



PENNE
with Plant-based Sauce
*For Healthy Recipes and
Dietician Tips visit food.crs*

SALE
5⁴⁹
/ea

Wonderful
Pistachios
Produce of U.S.A.
Assorted Varieties
200 - 225 g



SALE
2⁹⁹
/ea

Celery Sticks
Produce of U.S.A.
1 lb (454 g)



2 FOR
\$7

Co-op Gold Pure
Tzatziki
227 g



SALE
5⁹⁹
/ea

Wise Bites
Mini Cookies
Apple or Raspberry Pie
150 g



2 FOR
12⁹⁸

Danone Activia
Yogurt
12 x 100 g



2 FOR
\$4

Co-op Gold Pure
Beans or
Chick Peas
540 mL



2 FOR
\$8

Three Farmers
Chick Pea or
Lentil Snacks
120 - 140 g



SALE
5⁹⁹
/ea

Larabar
225 - 240 g



LET'S GET TOGETHER



2 FOR
\$11

Pepsi
Products
12 x 355 mL



2 FOR
\$7

Ruffles or
Miss Vickie's
Chips
185 - 220 g



SALE
4⁹⁹
/ea

Gatorade
6 x 591 mL



4 FOR
\$7

Rockstar or
Amp Energy
Drinks
444 - 473 mL or
Starbucks Coffee 444 mL



2 FOR
\$8

Bubly
Sparkling Water
12 x 355 mL



3 FOR
10⁹⁸

Smartfood
150 - 220 g or
Munchies Snack Mix
272 g



SALE
3⁹⁹
/ea

Kraft Singles Slices
or Cheez Whiz
Process Cheese Product, 410 - 450 g



SALE
3⁹⁹
/ea

Heinz Ketchup
750 mL - 1 L or
Kraft Dinner 4 x 225 g
or Cups 4 x 58 g



what's
cooking
KraftCanada.com



SALE
3⁹⁹
/ea

Kraft Miracle Whip
890 mL or Heinz [Seriously] Good Mayonnaise
675 - 800 mL



SALE
5⁹⁹
/ea

Kraft
Peanut Butter
1 kg or All Natural 750 g



SALE
4⁴⁹
/ea

HP Sauce
400 mL, Lea & Perrins
Worcestershire Sauce
284 mL or Heinz Chili Sauce 455 mL



2 FOR
7⁹⁸

Philadelphia
Cream Cheese or Dips
227 - 280 g



A nutty spin on hummus



made by us. 



CO-OP GOLD PURE® Cashew Hummus is creamy, flavourful *and* healthy. But the best part is the number of surprisingly delicious ways you can enjoy it.

See the story at food.crs