

You're at home here.



SALE

3⁹⁹
/lb

8.80/kg

**Maple Leaf Pork Back
Ribs or Pork Tenderloins**

Random Cryovac Wrapped

100%
WESTERN
CANADIAN

Great Meals

start with *fresh* ingredients,
the grill & your table.

— Build your Ultimate Burger, see page 9 —

SALE

29⁹⁹
/ea

**Co-op Gold
Beef Burgers**

Frozen
40 Burgers, 4 kg

SALE

5⁹⁹
/ea

**Whole Seedless
Watermelon**

Produce of U.S.A.

SALE

4⁹⁹
/ea

Cracker Barrel Shreds

250 - 320 g, Becel Margarine 680 g or 907 g or
Imperial Margarine 1/4 Squares or Soft 1.36 kg



5 FOR

2⁹⁵

Corn On The Cob

Super Sweet Variety
Produce of U.S.A., No. 1 Grade



**3 FOR
\$9**

**Co-op Gold Soft Drinks
or Sparkling Water**
12 x 355 mL
FIRST 3



**4 FOR
\$10**

Maple Leaf Top Dogs
375 g



**2 FOR
\$5**

**Hamburger or
Hot Dog Buns**

Made In-store, Package of 8



**4 FOR
\$12**



**Lay's
Potato Chips**
220 - 255 g or
Poppables 130 - 141 g

SALE

3⁹⁹
/ea

**Nestlé Real Dairy
Ice Cream**

1.5 L or Novelties
Package of 4 - 12
Selected Varieties



See PAGE 9 for great deals to help
**BUILD YOUR
ULTIMATE
BURGER**



BLACK BEAN BURGER

VISIT FOOD.CRS FOR THIS RECIPE AND MUCH MORE

Find Inspiration at: **food.crs**

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

PRICING IN EFFECT MAY 14 - 20, 2020

14	15	16	17	18	19	20
THU	FRI	SAT	SUN	MON	TUE	WED



Help us say
**THANK
YOU**



Nominate someone
going above and beyond
during the pandemic.
They could receive a
\$100 CO-OP® Gift Card.



NOMINATE NOW

BUTCHER SHOP

SALE
\$20 /ea

Maple Leaf Prime Boneless Skinless Chicken Breasts

Grain Fed, Free Run, Air Chilled
Club Pack



SALE
\$11.99 /lb

26.43/kg

Co-op Beef T-Bone Grilling Steaks

Cut by Your Local Butcher
Aged 14 Days, Value Pack



SALE
\$5.99 /lb

13.21/kg

Co-op Glazed Boneless Pork Loin Chops

Prepared by Your Local Butcher
Selected Varieties



100%
WESTERN
CANADIAN

SALE
\$5.99 /lb

13.21/kg

Co-op Boneless Beef Outside Round Oven Roasts

Cut by Your Local Butcher
Aged 14 Days



SALE
\$2.99 /lb

6.59/kg

Co-op Chicken Legs

Back Attached
Grain Fed, Free Run, Air Chilled
Value Pack



SALE
\$5.99 /lb

13.21/kg

Whole Boneless Beef Brisket

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



SALE
\$3.99 /lb

8.80/kg

Co-op Pork Button Bones Tray Pack



100%
WESTERN
CANADIAN

SALE
\$5.99 /lb

13.21/kg

Co-op Sliced Pork Belly

Cut by Your Local Butcher



100%
WESTERN
CANADIAN

SALE
\$12 /ea

Maple Leaf Prime Chicken Drumsticks or Thighs

Grain Fed, Free Run, Air Chilled
Club Pack



SALE
\$4.99 /lb

11.00/kg

Lilydale Lean Ground Turkey

Grain Fed, Tray Pack



100%
WESTERN
CANADIAN

SALE
\$3.99 /lb

8.80/kg

Premium Pork Dinner Sausage

Prepared by Your Local Butcher



100%
WESTERN
CANADIAN

SALE
\$4.49 /ea

Johnsonville Dinner Sausage

Selected Varieties
Thawed, 500 g



FISH SHOP

SALE
\$7.99 /ea

Co-op Gold PURE Naturally Smoked Salmon

Selected Varieties
Thawed, 150 g



SALE
\$9.99 /lb

22.02/kg

Steelhead Fillets

Farmed
Value Pack



SALE
\$15.99 /ea

Co-op Gold PURE Steelhead Fillets

Frozen, 400 g



SALE
\$10.99 /ea

Co-op Gold Shrimp Tray

Frozen
340 g



SALE
\$9.99 /ea

Co-op Gold Shrimp

Frozen
340 g



FRESH FROM OUR DELI

SALE
5⁹⁹
/ea

Colossal Sandwich Halves
Made In-store



SALE
7⁹⁹
/ea

Summer Fresh Salads
800 g



SALE
8⁹⁹
/ea

Roadhouse Wings

Prepared In-store
Package of 10

5 Pack - 4.99
20 Pack - 15.99



SALE
3⁹⁹
/ea

Sabra Hummus
283 g

gluten free



SALE
5⁹⁹
/ea

Arla Natural Cheese Slices
145 - 165 g



SALE
10⁹⁹
/ea

Grimm's Smoked Pepperoni Sticks
600 g



SALE
17⁹⁹
/ea

Hormel Gatherings Party Tray
822 g or 850 g



SALE
5⁴⁹
/ea

Tre Stelle Bocconcini Balls or Medallions
200 g



SALE
5⁹⁹
/ea

Boursin Soft Fresh Cheese
125 - 150 g



PACKAGED MEATS

SALE
1⁷⁹
/ea

Co-op Gold Stuffed Chicken Breasts
Frozen
142 g



SALE
7⁴⁹
/ea

Harvest Wieners or Polish Sausage
675 g



SALE
4²⁹
/lb

Co-op Gold Skinless Shankless Ham
Random Cryovac Wrapped

9.46/kg



2 FOR
9⁹⁸

Mitchell's Smoked Sausage
450 - 500 g



SALE
5⁹⁹
/ea

Schneiders Sausage Rings
250 - 300 g



SALE
5⁴⁹
/ea

Schneiders Juicy Jumbos or Sausage
375 - 450 g



SALE
5⁴⁹
/ea

Maple Leaf or Schneiders Sliced Side Bacon
375 g



SALE
10⁹⁹
/ea

Swiss Chalet Fully Cooked Pork Back Ribs
600 g



SALE
8⁹⁹
/ea

Co-op Gold Sliced Meats
400 - 500 g



SALE
5⁹⁹
/ea

Grimm's Smokies or European Wieners
375 - 450 g



SALE
4⁹⁹
/ea

Lilydale Turkey Bacon
375 g



Enjoy a *Lifetime* of benefits

FARM FRESH PRODUCE

SALE
2⁹⁹
/ea

Strawberries

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



SALE
4⁹⁹
/ea

Lemons
Produce of U.S.A.
2 lb (907 g)



SALE
1⁴⁹
/lb

Zucchini Squash
Green Variety
Imported

3.29/kg



2 FOR
\$5

Radishes
Produce of U.S.A.
No. 1 Grade, 1 lb (454 g)



SALE
3⁴⁹
/ea

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



SALE
2⁶⁹
/ea

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



15% OFF

Co-op Gold Chocolate Snacks
Selected Varieties
225 - 400 g



SALE
4⁹⁹
/ea

Navel Oranges

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



SALE
4⁴⁹
/ea

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



2 FOR
\$5

Inspired Greens Living Lettuce
Green or Red Batavia or Multi Leaf
Produce of Western Canada
Canada No. 1



SALE
3⁶⁹
/ea



Fresh Express Salad Blends
Produce of U.S.A.
Selected Varieties
170 - 312 g

SALE
5⁹⁹
/ea

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

organic



SALE
3⁹⁹
/ea

Limes
Imported, 1 lb (454 g)

organic



SALE
5⁹⁹
/ea

Hot House Peppers
Imported
Package of 2

organic



FLORAL SHOP

SALE
\$10⁰⁰
/ea

7 Day Bouquet



2 FOR
\$15

Germini Bunches
Grown in Western Canada



2 FOR
\$10

Alstroemeria Bunches



SALE
2⁴⁹
/ea

Pepper Plant
4 - inch Pot
Grown in Western Canada



SALE
2⁴⁹
/ea

Tomato Plant
4 - inch Pot
Grown in Western Canada



FRESH FROM OUR BAKERY

SALE
3⁹⁹
/ea

Cookies
Baked by Your Local Baker
Selected Varieties
Package of 12



SALE
5⁹⁹
/ea

**Co-op Gold Peach,
Apple or Berry Crisp**

Baked by Your Local Baker
620 g



NEW

SALE
4⁹⁹
/ea

**Co-op Market Town
Muffin Tops**
Baked by Your Local Baker
Selected Varieties
Package of 6



SALE
12⁹⁹
/ea

**Fruit Topped
Cheesecake**
Made In-store
7-inch



SALE
5⁴⁹
/ea

Cheese or Pizza Buns
Baked by Your Local Baker
Package of 6



3 FOR
\$5

Garlic Bread
Baked by Your Local Baker
500 g



2 FOR
\$7

**Deli World
Bread**
Sandwich, Texas Toast
or Light Rye
White or Whole Wheat
900 g



2 FOR
\$5

**D'Italiano
Bread**
Selected Varieties
600 - 675 g



**THESE ARE
CANADA'S
buns**

*OUR BUNS ARE PROUDLY BAKED IN CANADA

Wonder

WITH WESTON FOODS (CANADA) INC. © 2020

2 FOR
\$5

**Wonder
Hot Dog or
Hamburger
Buns**
White or
Whole Wheat
Package of 12

FRESH DAIRY

SALE
4²⁹
/ea

**Silk
Beverages**
Selected Varieties
1.75 - 1.89 L



SALE
6⁴⁹
/ea

**Liberté
Greek Yogourt**

750 g or Dairy-Free 500 g



SALE
8⁹⁹
/ea

Kraft Singles Slices
825 g, Cheez Whiz or Velveeta 900 g
Process Cheese Product



2 FOR
8⁹⁸

**Philadelphia
Cream Cheese**
227 - 280 g



2 FOR
7⁹⁸

**Philadelphia
Dips**
227 g



2 FOR
\$7

**Co-op Gold
Greek Yogurt**
500 g



Enjoy a *Lifetime* of benefits

FROM THE FREEZER

SALE
4⁹⁹
/ea

Ben & Jerry's or Breyers Delights

Selected Varieties
Frozen, 500 mL



SALE
5⁹⁹
/ea

Delissio Stuffed Crust or Crispy Pan Pizza

Frozen
556 - 744 g



NEW

3 FOR
7⁹⁸

Cheemo Perogies

Frozen
815 - 907 g



SALE
4⁹⁹
/ea

Wong Wing Appetizers or Entrées

360 - 680 g or McCain Pizza Pockets 600 g
Frozen



2 FOR
\$6

Burnbrae Farms Egg Bakes

Package of 2 or Co-op Gold Fruit in Syrup 425 g, Frozen



SALE
4⁹⁹
/ea

Bassili's Best

Lasagna or Shepherd's Pie
Frozen, 907 g



FOR YOUR PANTRY

2 FOR
\$5

Co-op Gold Fruit Bowls

Package of 4



SALE
9⁹⁹
/ea

Quaker Chewy Granola Bars

1.04 - 1.05 kg or Dips Triple Play 935 g



3 FOR
9⁹⁹

Ocean's Albacore White Tuna

120 g



4 FOR
\$7

Co-op Gold Flaked Meat

156 g



**IMPROVED TEXTURE,
GREAT TASTE!**

- MADE IN CANADA**
- SOURCE OF ENERGY
AND FIBRE**
- NO ARTIFICIAL FLAVOURS
OR COLOURS**

Made in Canada from domestic and imported ingredients. ©PepsiCo Canada ULC © 2020

2 FOR
\$6

Quaker Instant Oatmeal

228 - 384 g or Overnight Oats 138 g



2 FOR
\$4

Quaker Bars Selected Varieties

150 - 175 g



2 FOR
\$3

Kraft Jet-Puffed Marshmallows

250 g



2 FOR
\$5

Jell-O Cooked Pudding & Pie Filling

135 - 170 g



SALE
2⁹⁹
/ea

Kraft Miracle Whip

890 mL or Heinz Ketchup
750 mL or 1 L



FOR YOUR PANTRY

SALE
5⁹⁹
/ea

Filippo Berio Grapeseed Oil

750 mL or Co-op Gold Canola Oil 3 L



3 FOR
4⁹⁸

Hunt's Thick & Rich Pasta Sauce

or Tomato Sauce 680 mL
or Paste 369 mL



4 FOR
\$5

Uncle Ben's Fast & Fancy

132 - 165 g



2 FOR
\$7

Vlasic Pickles

1 L



SALE
7⁹⁹
/ea

Co-op Gold Olive Oil

Traditional or Extra Virgin
1 L



SALE
7⁹⁹
/ea

Kraft Peanut Butter

2 kg



2 FOR
\$7

Post Cereal

Selected Varieties
311 - 550 g



SALE
6⁹⁹
/ea

Co-operative Coffee

300 - 340 g or Co-op Gold
Coffee Package of 12



SALE
7⁹⁹
/ea

Maxwell House Coffee

730 - 925 g, Package
of 14 - 16 or Nabob
Package of 12 - 14



SALE
16⁹⁹
/ea

Tim Hortons Coffee

640 - 930 g



Try Something
New!



LOW IN SATURATED FAT

SALE
26⁹⁹
/ea

Maxwell House or Nabob Coffee

Package of 55 - 60



2 FOR
\$4

Heinz Tomato Juice

1.82 L or Tang Crystals 3 x 92 g



3 FOR
9⁹⁹



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

NATURAL CHOICE

3 FOR
4⁹⁸

Co-op Gold PURE Organic Black Beans or Kidney Beans

540 mL

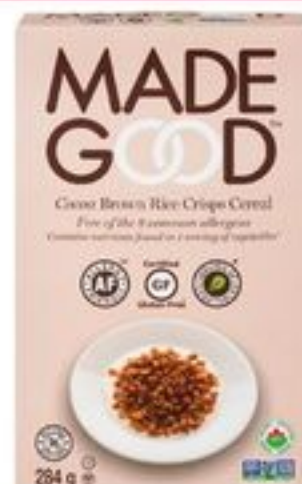


organic

SALE
4⁹⁹
/ea

Made Good Cereal

284 g



DRINKS & SNACKS

SALE
5⁹⁹
/ea

**Fever-Tree
Tonic Water**
4 x 200 mL or Buderim
Ginger Beer 4 x 250 mL



SALE
7⁹⁹
/ea

**Fentimans
Craft Soda**
4 x 275 mL



SALE
14⁹⁹
/ea

**Budweiser
Prohibition
Brew**
Non-alcoholic Beer
12 x 355 mL



3 FOR
4⁹⁸

**Perrier or
San Pellegrino**
1L



3 FOR
\$9

**SunRype
Juice**
Selected Varieties
1.36 L



3 FOR
\$6

**Co-op Gold
Liquid Water
Enhancer**
48 mL



2 FOR
\$5

**Co-op Gold
PURE Kettle Chips**
142 - 170 g



SALE
2⁹⁹
/ea

**Orville
Redenbacher
Popcorn**
248 - 850 g or Act II 594 g



2 FOR
\$8

**McSweeney's
Beef Jerky**
80 - 85 g



5 FOR
\$5

**Nestlé
Chocolate Bars**
32 - 60 g



SALE
3⁹⁹
/ea

**Hershey's
Chocolate Snacks**
180 - 290 g



2 FOR
\$5

**Twizzlers or
Goodies Candy**
300 - 454 g



2 FOR
\$8

**Bubly
Sparkling Water**
12 x 355 mL



2 FOR
\$4

**Spitz
Sunflower Seeds**
210 g



2 FOR
\$7

**Ruffles
Potato Chips**
190 - 220 g



FOR YOUR HOME

SALE
9⁹⁹
/ea

**Sunlight
Laundry
Detergent**
80 - 96 Wash Loads or
Package of 68 or Snuggle
Cuddle Up 140 Wash Loads
or Sheets Package of 200



SALE
5⁴⁹
/ea

Co-op Gold Facial Tissue
Package of 6 or Paper Towel Package of 6 Rolls



SALE
4⁹⁹
/ea

**Royal Chinet
Plates**
Package of 30 - 40



SALE
2²⁹
/ea

**Co-op Gold
Dish Soap**
950 mL or 1L



SALE
5⁹⁹
/ea

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



SALE
14⁹⁹
/ea

**Air Wick
Botanica
Reed Diffuser**
80 mL



FOR YOUR PETS

2 FOR
9⁹⁸

**Pedigree
Dog Snacks**
Selected Varieties
200 - 737 g



3 FOR
4⁹⁸

**Co-op Gold
Dog Food**
624 g



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Your Pet, Our Passion.

BUILD YOUR ULTIMATE BURGER

visit food.crs

SALE
5⁹⁹
/lb

13.21/kg

Co-op Lean Ground Chuck Burgers
Package of 4 or 6 or Gourmet

100%
WESTERN
CANADIAN

2 FOR
\$10

Maple Leaf 50/50 Beef and Plant-Based Burgers or Ground
227 g or 300 g

SALE
8⁹⁹
/ea

Armstrong Natural Cheese Slices
320 - 500 g



2 FOR
\$5

D'Italiano Rolls
Selected Varieties, Package of 4 - 10



SALE
1⁹⁹
/lb

Beefsteak Tomatoes
Greenhouse Grown, Produce of Western Canada Canada No. 1



GROWN at HOME
FOR YOUR LOCAL CO-OP

SALE
5⁹⁹
/ea

Beyond Meat Plant-Based Burger or Ground
226 - 340 g



SALE
1⁹⁹
/ea

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



SALE
6⁹⁹
/ea

Castello Premium Cheese Slices
150 g



2 FOR
9⁹⁸

Daiya Pourable Dressings
237 mL or Cattle Boyz BBQ Sauce 490 mL



SALE
4⁴⁹
/ea

Co-op Gold Ketchup
1.5 L



SALE
2⁹⁹
/ea

Heinz [Seriously] Good Mayonnaise
675 - 800 mL



SALE
11⁹⁹
/ea

Co-op Gold Beef Burgers
Frozen Selected Varieties 906 g - 1.02 kg



SALE
26⁹⁹
/ea

Co-op Gold Fully Cooked Angus Beef Burgers
Frozen, 2.26 kg



SALE
17⁹⁹
/ea

The Keg Prime Rib Burgers
Frozen, 908 g - 1.02 kg



GET UP AND GRILL