

You're at home here.



2 FOR  
\$5

Raspberries  
or Blackberries

Imported  
170 g

Great Meals  
Great Deals!  
Get inspired at food.crs

SALE  
5<sup>99</sup>  
/lb

13.21/kg

Boneless Beef  
Striploin Halves

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

raised in  
WESTERN  
CANADA

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

Cauliflower

Product of U.S.A.  
No. 1 Grade

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

Co-op Centsibles  
Eggs

Package of 18  
FIRST 2



An important move towards  
sustainability with new  
recyclable packaging!

NEW

2 FOR  
\$7

Old Dutch  
Pretzels  
250 - 400 g



NEW  
AT CO-OP

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

Co-op Chicken Legs,  
Back Attached  
Grain Fed, Free Run, Air Chilled  
Value Pack

4.39/kg



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

Cracker Barrel Shreds  
250 - 320 g or Bites 250 g



NEW

2 FOR  
\$8

Co-op Gold Fruit  
Frozen  
500 - 600 g



2 FOR  
\$10

Coca-Cola or Canada Dry Products

Selected Varieties  
12 x 355 mL, 8 x 300 mL or AHA Sparkling Water 12 x 355 mL  
FIRST 4



SALE  
21<sup>99</sup>  
/ea

Tide Laundry Detergent

100 - 107 Wash Loads or  
Package of 61 - 81 or Gain Flings  
Package of 81



Find Inspiration at: food.crs

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

PRICING IN EFFECT NOV 18 - 24, 2021

18 THU 19 FRI 20 SAT 21 SUN 22 MON 23 TUE 24 WED

# Price Drop

## ON THESE BAKING ESSENTIALS

November 11 – December 8, 2021  
Price Drop gives you 4 weeks of savings!

Price Drop

4<sup>99</sup> /ea

Rogers Golden Yellow Sugar  
2 kg



Price Drop

2 FOR \$7

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



Price Drop

1<sup>69</sup> /lb

Bartlett Pears  
Produce of Washington  
No. 1 Grade



Price Drop

2 FOR \$6

Rogers Icing Sugar  
1 kg



Price Drop

2 FOR \$9

Co-op Gold Walnuts  
Pieces or Chopped  
200 g



Price Drop

8<sup>99</sup> /ea

Co-op Gold Chocolate Chips  
775 g or 1 kg



Price Drop

3 FOR \$9

Co-op Gold Sweetened Condensed Milk  
300 mL



Price Drop

5<sup>99</sup> /ea

Co-op Centsibles Breaded Chicken  
Frozen  
600 - 800 g



Price Drop

6<sup>49</sup> /ea

Harvest Sausage Rings or Chubs  
300 - 375 g



## CHARCUTERIE PERFECTION

EVENT ON NOW!

FIND YOUR PERFECT PLATE!

Read about it on page 12 of Table magazine



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. © design, CARE + and design, CO-OP Super, CO-OP Market, CO-OP CENTRIEL, CO-OP GOLD PURE, CO-OP DRAGON design and MARKET TOWN are registered trademarks of Federated Co-operators Limited. THE CO-OP FACTORY is a trademark of Federated Co-operators Limited.

# BUTCHER SHOP

**SALE**

**6<sup>99</sup>**  
/lb

15.41/kg

**Co-op Boneless Beef Bottom Sirloin Tri-tip Oven Roast or Tri-tip Grilling Steaks**

Cut by Your Local Butcher  
Aged 14 Days



raised in  
**WESTERN CANADA**



*Spice it up with*  
**Co-op Gold Montreal Steak Spice!**

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

**Co-op Pork Loin Centre Chops or Co-op Pork Button Bones**  
Cut by Your Local Butcher  
Value Pack

raised in  
**WESTERN CANADA**

8.80/kg



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

**Pork Back Ribs**  
Imported  
Frozen

11.00/kg



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

**Co-op Stuffed Mushroom Caps**  
Prepared by Your Local Butcher  
Selected Varieties

15.41/kg



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

**Co-op Whole Pork Shoulder Blade Roast**  
Bone-in

raised in  
**WESTERN CANADA**

6.59/kg



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

**Co-op Boneless Beef Blade Pot Roast**  
Cut by Your Local Butcher  
Aged 14 Days

raised in  
**WESTERN CANADA**

19.82/kg



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

**Co-op Lean Ground Chuck Burgers**  
Prepared by Your Local Butcher

raised in  
**WESTERN CANADA**

13.21/kg



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

**Maple Leaf Prime Chicken Drumsticks or Thighs**  
Grain Fed, Free Run, Air Chilled  
Family Pack

raised in  
**WESTERN CANADA**

**RAISED WITHOUT ANTIBIOTICS**

8.80/kg



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

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

raised in  
**WESTERN CANADA**

15.41/kg



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

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

raised in  
**WESTERN CANADA**

8.80/kg



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

**Johnsonville Breakfast Sausage or Recipe Starters**  
Thawed  
Selected Varieties  
250 - 375 g



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

**Beef Sausage**  
Lilydale Thawed or Fresh Made In-store

raised in  
**WESTERN CANADA**

12.10/kg



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

**SunGold Premium Alberta Lamb Shanks**  
Random Cryovac Wrapped

raised in  
**WESTERN CANADA**

19.82/kg



# FISH SHOP

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

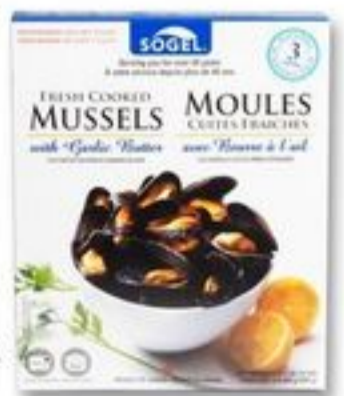
33.05/kg

**Atlantic Salmon Fillets**  
Farmed  
Value Pack



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

**Sogel Cooked Canadian Mussels in Garlic Butter**  
908 g



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

**Canadian Live Mussels**  
Product of Atlantic Canada  
Farmed  
Tray Pack or Mesh Bag  
907 g



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

**Co-op Gold PURE Black Tiger Shrimp**  
Frozen  
285 g

ORGANIC



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

**Co-op Gold Herb and Garlic Butterfly Shrimp**  
Frozen  
340 g



# FRESH FROM OUR DELI

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

**Roadhouse Wings**  
Prepared In-store  
Package of 10

5 Pack - 4.99  
20 Pack - 15.99



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

**Tre Stelle Mozzarella Cheese Balls**  
340 g



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

**Chicken Cheddar Broccoli Salad**  
Made In-store



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

**Summ! Springs Rolls or Gyoza Dumplings**  
250 - 350 g



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

gluten free



**Freybe**  
**A Taste of Europe**  
**Charcuterie Trio Packs**  
100 g

**SALE**  
**2<sup>79</sup>**  
/100 g

**Co-op Gold Homestyle Roasted Deli Ham**  
Black Forest, Rosemary or Italian  
Fresh Sliced In-store  
No Added Nitrates



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

**Yucatan Guacamole**  
227 g



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

**Boursin Soft Fresh Cheese**  
150 - 170 g or L'Extra Brie 170 g



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

**Snowdonia Cheddar Cheese Truckles**  
200 g or Bellavitano Cheese Wedges  
150 g



## PACKAGED MEATS

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

**Co-op Gold Stuffed Chicken Breasts**  
Frozen  
284 g



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

made in WESTERN CANADA

**Co-op Centsibles Sausage Chubs**  
375 g



AB

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

**Co-op Centsibles Sliced Side Bacon**  
375 g



MB

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

**Co-op Gold Skinless Shankless Ham**  
Random Cryovac Wrapped

made in WESTERN CANADA  
10.56/kg



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

**Maple Leaf Top Dogs**  
375 g



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

**Maple Leaf Natural Selections**  
150 - 175 g or Swift Variety Packs 375 g



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

**Mitchell's Boneless Ham**  
1.5 kg



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

**Schneiders Smokies**  
900 g



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

**Mitchell's Thick Sliced Side Bacon**  
1 kg



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

made in WESTERN CANADA

**Harvest Sliced Meats**  
125 g



SK

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

made in WESTERN CANADA

**Siwin Dumplings, Plant-based Dumplings, or Mini Wontons**  
Frozen  
454 - 500 g



AB

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

gluten free

**Pinty's EatWell Chicken Strips or Nuggets**  
Frozen  
810 g



# CHARCUTERIE PERFECTION

## TASTE OF EUROPE



**SALE**  
**9<sup>99</sup>**  
 /ea  
 Alexis de Portneuf Triple Crème Brie or Camembert 300 g



## A BIT OF HEAT



Bothwell Non GMO Cheddar Cheese 250 g

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



Mastro Charcuterie Trio Packs 150 g

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



## CLASSIC CARD PARTY



**SALE**  
**10<sup>99</sup>**  
 /ea  
 Armstrong Cheese 820 g or Cheese Snacks, 630 g



**VIEW TABLE MAGAZINE FOR MORE CHARCUTERIE INSPIRATION**

# FARM FRESH PRODUCE

**3 FOR \$5**

**Avocados**  
Hass Variety Imported

**Avocado Pumpernickel Toast**

**DALE MACKAY PARTNERSHIP VISIT FOOD.CRS**

**Large SIZE**

**SALE 1<sup>49</sup> /lb**

3.29/kg

**Squash**  
Assorted Varieties  
Produce of Western Canada

**MB**

**SALE 1<sup>29</sup> /lb**

2.84/kg

**Beets**  
Produce of Western Canada  
Canada No. 1

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

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

**SALE 1<sup>69</sup> /lb**

3.73/kg

**Zucchini Squash**  
Green Variety Imported

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

**Celery Hearts**  
Produce of U.S.A.  
No. 1 Grade  
1.5 lb (680 g)

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

5.49/kg

**Honeycrisp Apples**  
Produce of Western Canada  
Extra Fancy

**BC**

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

**Pineapple**  
Gold Variety Imported

**SALE 99¢ /lb**

2.18/kg

**Cabbage**  
Red Variety  
Canada No. 1  
Produce of Western Canada

**SK**

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

**Taylor Farms Sauté Kits**  
Selected Varieties  
Produce of U.S.A.  
624 - 652 g

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

**Taylor Farms Chopped Salad Kits**  
Produce of U.S.A.  
Selected Varieties  
316 - 383 g

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

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

**ORGANIC**

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

**Organic Yellow Potatoes**  
Produce of Western Canada  
Canada No. 1  
3 lb (1.36 kg)

**ORGANIC**

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

**Organic Celery Stalk**  
Produce of U.S.A.  
No. 1 Grade

**ORGANIC**

## FLORAL SHOP

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

**Blooming Magic Bouquet**

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

**Blooming Beauty Bouquet**

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

**Carnation & Mini Carnation Bouquet**

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

**Poinsettia**  
4-inch Pot  
Grown in Western Canada

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

**Poinsettia**  
6-inch Pot  
Grown in Western Canada



# Proudly Made *with* Fresh Ingredients

- ❖ No artificial flavours.
- ❖ No artificial colours.
- ❖ Proudly prepared in Canada



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

**Renée's Dressing and Dip**  
350 - 355 mL



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

**Maxwell House or Nabob Coffee**  
Package of 56 - 60

By making the switch from **traditional single-use plastic pods** to **compostable pods**, we can help reduce plastics in landfills annually by a height equivalent to more than **4,000 CN Towers**.

**2 FOR**  
**\$9**



**KD**  
4 x 225 g or Cups 4 x 58 g



# FRESH FROM OUR BAKERY

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

**Create A Treat Christmas Kits**  
Selected Varieties  
440 g or 550 g



**2 FOR**  
**\$6**

**Gizella Single Serve Cheesecake**  
Selected Varieties  
115 g



For more *flavour*, try our  
**Co-op Gold Whisky Caramel Sauce**



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

**Leese Christmas Kits**  
Selected Varieties  
173 g or 198 g



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

**Oakrun Farm Belgian Waffles**  
Package of 6



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

**Italian Bread**  
Baked by Your Local Baker  
450 g



**2 FOR**  
**\$7**

**Co-op Gold Naan Bread**  
Selected Varieties  
Package of 6 - 12



**SALE**  
**1<sup>82</sup>**  
/ea

**Co-op Centsibles Bread**  
White or Whole Wheat  
570 g



**2 FOR**  
**\$7**

**Dempster's Bread**  
Selected Varieties  
570 - 675 g



**2 FOR**  
**\$6**

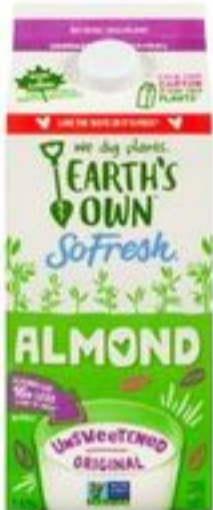
**D'Italiano Bread**  
675 g or Rolls Package of 4 - 8  
Selected Varieties



## FRESH DAIRY

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

**Earth's Own So Fresh**  
Selected Varieties  
1.75 - 1.89 L



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

**Kraft Cheez Whiz**  
450 g, Singles Slices or Velveeta 410 g



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

**Starbucks Coffee Enhancer**  
828 mL



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

**Danone Oikos Greek Yogurt**  
650 - 750 g or Organic 625 g



**2 FOR**  
**\$6**

**Dairyland Sour Cream**  
450 - 500 mL



**A REFRESHING ON-THE-GO SNACK**



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

**Danone Go! or Oikos Drinkable Yogurt**  
or Activia Smoothies  
190 mL



**2 FOR**  
**\$9**

**Danone Activia Yogurt**  
8 x 100 g or Danino Drinkable Yogurt 8 x 93 mL



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

**Danone Activia Yogurt**  
650 g





The essentials for a

# GOOD MORNING

Simply  
Beverages.

Minute  
Maid®



2 FOR  
\$8

PLUS DEPOSIT & ENVIRONMENTAL  
LEVIES WHERE APPLICABLE

Simply  
Beverages  
1.54 L

2 FOR  
\$3

Minute Maid or  
Five Alive Juice  
or Bacardi Mixers

Frozen Concentrate  
250 - 295 mL



The trademarks that appear are the property of their respective trademark owners.

FROM YOUR FREEZER

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



**McCain Superfries or Specialty Potatoes**

Frozen  
454 - 800 g

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



**Pillsbury Pizza Pops**

800 g or Bites 693 g  
Frozen

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

**BlueWater Seafoods**  
Frozen  
Selected Varieties  
210 - 600 g



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

**Wong Wing Appetizers or Entrées**  
Frozen  
360 - 545 g



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

**Swiss Chalet or Montana's Pot Pies**  
Frozen  
650 g



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

**Green Giant Simply Steam Vegetables**  
Frozen  
198 - 250 g



**GET YOUR GAME ON**



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

**Nestlé Real Dairy Ice Cream**  
or Frozen Dessert 1.5 L  
or Novelties  
Package of 4 - 12  
Selected Varieties



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

**Stouffer's FitBowls or BowlFULLS**  
Frozen  
305 - 340 g



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

**Delissio Pizza Stuffed Crust or Crispy Pan**  
Frozen  
556 - 744 g



FOR YOUR PANTRY

4 FOR  
**\$6**

**Green Giant Vegetables**  
341 - 398 mL



2 FOR  
**2<sup>88</sup>**

**Co-op Gold or Co-op Gold PURE Beans**  
or Chick Peas, Lentils or  
Six Bean Mix 540 mL



4 FOR  
**\$5**

**Heinz Beans or Pasta**  
398 mL



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

**Maple Leaf Flaked Meat**  
156 g



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

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



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

**Co-op Gold Gluten Free Rice Flour**  
2 kg



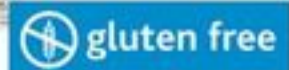
2 FOR  
**\$8**

**Co-op Gold Peanut Butter**  
1 kg or Hazelnut Spread  
725 g



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

**Betty Crocker Gluten Free Mixes**  
Selected Varieties & Sizes



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

**Campbell's Ready to Serve Soup**  
500 - 796 mL, Chili 425 g or Pepperidge  
Farm Goldfish or Cookies 156 - 227 g



4 FOR  
**7<sup>48</sup>**

**Campbell's Soup or Cooking Broth**  
Selected Varieties  
284 mL



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

**Campbell's Broth**  
900 mL, Concentrated  
Broth 250 mL or Prego  
Pasta Sauce 645 mL



## FOR YOUR PANTRY

2 FOR  
\$4

**Co-op Gold Pasta**  
500 g or 900 g



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

**Kraft Pizza Kit**  
850 g or Co-op Gold Salsa 1.89 L



2 FOR  
9<sup>98</sup>

**Canola Harvest Blend Oil**  
946 mL or SunRice Rice 750 g



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

**Co-op Gold PURE Organic Virgin Coconut Oil**  
445 mL or Bragg Apple Cider Vinegar 946 mL



2 FOR  
\$5

PLANT-BASED & ENVIRONMENTAL FRIENDLY APPROVED

**Co-op Gold Instant Oatmeal**  
280 - 344 g or Almond Breeze 946 mL



2 FOR  
9<sup>98</sup>

**Post Family Cereal**  
482 - 725 g or Alpen Swiss Style Muesli 650 g Selected Varieties



2 FOR  
\$5

**Nature Valley Bars or Cups**  
or Fibre 1 Bars Selected Varieties 125 - 210 g



2 FOR  
9<sup>98</sup>

**General Mills Family Size Cereal**  
516 - 778 g or Annie's Cereal 235 - 260 g Selected Varieties



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

**Nabob Coffee**  
915 - 930 g or Package of 30 or Maxwell House Package of 30



SALE  
18<sup>99</sup>  
/ea

**Starbucks Coffee**  
793 g or Package of 24 or Tim Hortons Coffee Package of 30



3 FOR  
\$9

**Co-op Gold PURE Tea**  
Package of 18



GET BACK INTO THE GAME!

2 FOR  
\$8

**Nestlé Chocolate Cello Bags**  
135 - 246 g or Chocolate Bars or Snacks Package of 4



2 FOR  
\$8

**Nescafé Instant Coffee**  
117 g or Package of 8, Ice Java Cappuccino 470 mL or Coffee Mate 425 - 450 g



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

**Nestlé Carnation Hot Chocolate**  
400 - 450 g or Nesquik 510 - 700 mL or 540 g



## FOR YOUR PETS

SALE  
18<sup>99</sup>  
/ea

**Friskies Cat Food**  
7.26 - 7.5 kg or Beneful Dog Food 7 kg



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

**Pedigree Dentastix**  
553 - 608 g or MarroBone 1.9 kg



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

**Blue Buffalo Wet Dog Food**  
8 x 354 g



2 FOR  
\$6

**Friskies Party Mix**  
170 g



If you're a Member, you're an Owner

DRINKS & SNACKS

4 FOR  
\$11

Hawkins  
Cheezies  
210 g



2 FOR  
\$5

Co-op Gold  
Ready-to-Eat Popcorn

190 - 250 g or Co-op Gold PURE Kettle Popcorn 125 g



3 FOR  
\$9.99

Old Dutch  
Potato Chips  
Box 220 g



SALE  
4.99 /ea

Powerade  
6 x 591 mL



3 FOR  
\$9.99

Co-op Gold  
Natural Spring  
Water  
24 x 500 mL



4 FOR  
\$5

Minute Maid,  
Five Alive or  
Nestea  
1 L



5 FOR  
\$5

Nestlé  
Chocolate Bars  
36 - 60 g



2 FOR  
\$4

Co-op Gold  
Candy Canes  
150 g or Chocolate Balls  
175 g



2 FOR  
\$9

Co-op Gold  
Mixed Nuts  
60% Peanuts  
200 g



SALE  
3.99 /ea

Christie  
Premium Plus  
Crackers  
450 - 500 g



Share  
Holiday Magic



4 FOR  
\$9

Coca-Cola or  
Canada Dry  
Products  
Selected Varieties  
2 L



2 FOR  
\$6

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



2 FOR  
\$11

Coke Craft Soda,  
Canada Dry or  
Root Beer  
4 x 237 - 355 mL



FOR YOUR HOME

SALE  
5.99 /ea

Cottonelle Bathroom Tissue  
Package of 12 Double Rolls, Wipes Package of 84  
or Kleenex Facial Tissue Package of 3



SALE  
6.29 /ea

Glad Zipper Bags  
Package of 200



SALE  
17.99 /ea

Co-op Gold  
Paper Towels  
Package of 12 Rolls



SALE  
2.49 /ea

Co-op Gold  
Parchment  
Paper  
33 ft



SALE  
32.99 /ea

Starfrit  
Deli Slicer



SALE  
13.99 /ea

Good Cook  
Roasting Pan  
17" x 13.5"



SALE  
17.99 /ea

Catit Groovy  
Fish Cat Toy



SALE  
6.99 /ea

Pepsi or 7 Up  
SodaStream  
Syrup  
440 mL



What it takes to  
protect



SALE  
3.99 /ea

Lysol  
Disinfectant  
Spray  
350 g



SALE  
5.99 /ea

Lysol Wipes  
Package of 80 - 84



SALE  
19.99 /ea

Finish  
Dishwasher  
Detergent  
Selected Varieties  
Package of 56 - 78





HOLIDAY ENTERTAINING MADE EASY

Visit [mottsclamato.ca](http://mottsclamato.ca) for great recipes!

2 FOR \$6

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

Mott's Clamato 1.89 L



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

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE

Mott's Clamato Reserve

1 L



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**bai** FOR THE GOOD IN YOU™

Infused with authentic true-to-fruit flavours.

- 10 Calories per Serving
- 1 Gram of Sugar
- Naturally Sourced Sweeteners

Bai Antioxidant Infusion Beverage 530 mL

2 FOR \$5

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE



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# Holiday Baking

**CHOCOLATE MINT GINGERBREAD PEOPLE**  
Find this recipe on page 49 of Table magazine

**3 FOR \$10<sup>98</sup>**

## Philadelphia Cream Cheese

Selected Varieties  
227 - 280 g



**2 FOR \$6**

## Becel Plant-based Spread

454 g



**2 FOR \$7**

## Tenderflake Lard

454 g



**2 FOR \$7**

## Tenderflake Puff Pastry, Pie or Tart Shells

Frozen, 255 - 397 g



**2 FOR \$10**

## ED Smith Pie Filling

540 mL



**SALE \$3<sup>49</sup> /ea**

## Club House Extracts

Selected Varieties  
43 mL



**SALE \$7<sup>99</sup> /ea**

## Robin Hood Flour

5 kg or Organic Flour  
2 kg



**3 FOR \$9<sup>99</sup>**

## Hershey's Chipits

200 - 300 g



**4 FOR \$8**

## Betty Crocker Cake Mixes

432 - 461 g or Frosting 340 - 450 g  
Selected Varieties



**3 FOR \$9**

## Duncan Hines Cake or Brownie Mix

Selected Varieties  
432 - 498 g



**2 FOR \$8**

## Christie Wafers or Baking Crumbs

200 - 400 g or Peek Freans Wafers 312 g



## CRACKER BARREL

Comfort Food for the Whole Family.



**2 FOR \$8**

## Cracker Barrel Oven Baked Dinners

349 g or Classico Pizza Sauce 410 mL



**2 FOR \$9**

## Kraft Miracle Whip

890 mL, Heinz Ketchup 750 mL - 1 L or [Seriously] Good Mayonnaise 675 - 800 mL



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

## HP Sauce

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



**3 FOR \$10<sup>98</sup>**

## Liquid or Powder Water Enhancers

Selected Varieties  
48 mL or Package of 4 - 10



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

## Nabob Coffee

300 g, Maxwell House Package of 12 or Tassimo Maxwell House Package of 14 - 16



**SALE \$7<sup>99</sup> /ea**

## Maxwell House Coffee

631 - 925 g, Nabob Package of 12 or Tassimo Nabob Package of 14



**4 FOR \$12**

## Lay's Potato Chips

220 - 235 g or Poppables 130 g



**3 FOR \$10<sup>98</sup>**

## Tostitos Tortilla Chips

205 - 300 g or Salsa 416 - 423 mL



**4 FOR \$9**

## Pepsi Products

Selected Varieties  
2 L



**3 FOR \$10<sup>98</sup>**

## Doritos

155 - 280 g



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

## Bubly Sparkling Water

12 x 355 mL



**2 FOR \$7**

## Ruffles Potato Chips

180 - 200 g



Our Savings will keep your pantry full

# table

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YOU THINK OF  
**CO-OP TABLE™**  
**MAGAZINE!**



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