



YOUR CO-OP IS
PROUDLY CANADIAN

SALE
\$22⁹⁹ /ea

Co-op Gold Boneless Skinless Chicken Breasts

Seasoned
Frozen
2 kg



RED HOT
SALE

2⁹⁹ /ea

4 DAYS ONLY

03 THUR

04 FRI

05 SAT

06 SUN

Co-op Gold Ice Cream or Frozen Yogurt

1.5 L
FIRST 3



SALE

3⁴⁹ /lb

grown in
WESTERN
CANADA

7.70/kg



Large
SIZE

Extra
LARGE

Jumbo
SIZE

Cherries

Sweet & Juicy
Produce of Western Canada
Canada No. 1



SALE
99¢ /ea

grown in
WESTERN
CANADA

Seedless Cucumbers

Greenhouse Grown
Produce of Western Canada
Canada No. 1



SALE

9⁹⁹ /ea

made in
WESTERN
CANADA

Co-op Centsibles Wieners

1 kg



SALE
3⁹⁹ /ea

Kraft Singles or Velveeta Slices

410 g or Cheez Whiz 450 g



SALE

12⁹⁹ /ea

Pinty's Chicken Wings

Frozen
780 g



SALE
4⁹⁹ /ea

Co-op Gold Frozen Fruit

Selected Varieties
500 - 600 g



SALE

2²⁵ /ea

Co-op Centsibles Hot Dog or Hamburger Buns

Package of 12



SALE
2⁹⁹ /ea

made in
WESTERN
CANADA

PLUS DEPOSIT & ENVIRONMENTAL
LEAVES WHERE APPLICABLE

Co-op Gold Natural Spring Water

24 x 500 mL



SALE

21⁹⁹ /ea

Tide Laundry Detergent

94 - 100 Wash Loads, Pods
Package of 45 - 76 or Gain Flings
Package of 76
Selected Varieties



Find Inspiration at: food.crs

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

PRICING IN EFFECT JULY 3 - 9, 2025

03 THU

04 FRI

05 SAT

06 SUN

07 MON

08 TUE

09 WED

FRESH MEAT

SALE
7⁹⁹
/lb

raised in
**WESTERN
CANADA**

17.61/kg

Co-op Boneless Skinless Chicken Breasts

Grain Fed, Free Run, Air Chilled
Value Pack



SALE
3⁴⁹
/lb

7.69/kg

Pork Half Loin Chops

Frozen



SALE
1⁹⁹
/lb

4.39/kg

Co-op Gold Grade A Turkeys

Frozen
5 - 7 kg



buy
one
get one
FREE

Janes Pub Style Breaded Chicken Entrées or Chicken Wings

Frozen
600 - 700 g
(\$16.48) Works out to \$8.24 each



SALE
10⁹⁹
/ea

Co-op Centsibles Beef Burgers

Frozen
1 kg



SALE
15⁹⁹
/ea

Mitchell's Thick Sliced Side Bacon

1 kg



buy
one
get one
FREE

Burns Wieners

375 g
(\$6.98) Works out to \$3.49 each



SALE
10⁹⁹
/ea

Schneiders Schnitzel

Frozen
450 g



SALE
14⁹⁹
/ea



Schneiders Smokies

900 g

SALE
5⁹⁹
/ea

Co-op Centsibles Pepperoni Sticks

450 g

NEW
AT CO-OP
made in
WESTERN
CANADA



SALE
5⁴⁹
/ea

made in
WESTERN
CANADA
GLUTEN-FREE

Grimm's Sliced Deli Meats

125 - 175 g



FRESH PRODUCE

SALE
3⁹⁹
/ea

Romaine Hearts

Produce of U.S.A. or Western Canada
Package of 3



2 FOR
\$10

Taylor Farms Chopped Salad Kits

Produce of U.S.A.
Selected Varieties
292 - 396 g



SALE
1⁹⁹
/lb

grown in
WESTERN
CANADA

4.39/kg

Beefsteak Tomatoes

Greenhouse Grown
Produce of Western Canada
Canada No. 1



buy
one
get one
FREE

Green Onions

Produce of Mexico
Bunch
(\$1.98) Works out to \$.99 each



SALE
4⁴⁹
/ea

Cantaloupe

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



FRESH BAKERY

SALE
2⁹⁹
/ea

Dempster's Sandwich
or Texas Toast Bread

White or Whole Wheat
675 g or Oakrun Farm Crumpets,
Regular or Buttermilk
264 g



2 FOR
\$5

Tia Rosa, Dempster's
or Oroweat Tortillas

Package of 6 - 10
or Dempster's English Muffins
Package of 6



SALE
7⁹⁹
/ea

Cheesecake
Sampler

Strawberry or
Chocolate Swirl
340 g



SALE
4⁹⁹
/ea

Two-Bite
Cupcakes

Selected Varieties
Package of 12



FRESH DAIRY & FROM THE FREEZER

SALE
11⁹⁹
/ea

Cracker Barrel Cheese
Blocks

740 g or Shreds
590 g



SALE
4⁹⁹
/ea

Co-op Gold Thin Crust
Pizza or Flat Breads

Frozen
363 - 403 g



SALE
4⁹⁹
/ea

Olympic
Krema Yogurt

650 g



SALE
4⁴⁹
/ea

Activia Yogurt

8 x 100 g or Two Good
Tubs 625 g or Silk
Yogurt 500 - 650 g



SALE
8⁹⁹
/ea

Cavendish
Farms Fries,
Wedges, Hash
Browns or
Onion Rings

Frozen
1 - 1.8 kg



2 FOR
\$5

Co-op Gold
Vegetables

Frozen
750 g



SALE
3⁴⁹
/ea

International
Delight or Silk
Creamers

425 - 473 mL



PLUS DEPOSIT & ENVIRONMENTAL
LEVIES WHERE APPLICABLE

SALE
6⁹⁹
/ea

Lactantia
Butter

454 g



2 FOR
\$8

Kellogg's
Eggo Waffles,
French Toast
Sticks or
Pancakes

Frozen
270 - 280 g



SALE
9⁹⁹
/ea

Freeze Pops
Selected Varieties
Package of 27



DRINKS & SNACKS

2 FOR
\$16

Coca-Cola or
Canada Dry
Products

12 x 355 mL, Fuze Iced
Tea or Peace Tea
12 x 341 mL



SALE
1⁹⁹
/ea

SunRype Pure
Apple Juice

1 L or SunRype Juice
900 mL



2 FOR
\$9

Miss Vickie's
Potato Chips

190 - 200 g



2 FOR
\$6

Pringles
Potato Chips

148 - 156 g



3 FOR
\$6

Co-op Gold
Potato Chips

180 - 200 g or
Philadelphia Dips
227 g



2 FOR
\$6

Cheez-It
Crackers

191 - 200 g



SALE
8⁹⁹
/ea

Co-op Gold
Candy

Selected Varieties
775 - 800 g



2 FOR
4⁵⁰

Nestlé
Chocolate
Bars

95 - 105 g



FOR YOUR HOME & PETS

SALE
11⁹⁹
/ea



Dawn Ultra Dish Soap

2.21 - 2.64 L, Powerwash Spray 946 mL
or Cascade ActionPacs Package of 21 - 26
Selected Varieties

SALE
14⁹⁹
/ea

Co-op Gold
Bathroom Tissue

Package of 24 Triple Rolls



2 FOR
\$6

Co-op
Gold PURE
Unbleached
Parchment
Paper

33 ft



SALE
23⁹⁹
/ea

Pedigree
Vitality+
Dog Food

8 kg



Find Inspiration at food.crs

FOR YOUR PANTRY

SALE
21⁹⁹
/ea

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



SALE
24⁹⁹
/ea

Tim Hortons Coffee
640 - 930 g or
Package of 30



2 FOR
7⁴⁸

Tetley Tea
Package of 20 - 24



SALE
9⁹⁹
/ea

Co-op Gold Honey
Liquid or Cream
1 kg



2 FOR
\$7

Post Cereal
Selected Varieties
311 - 525 g



SALE
8⁴⁹
/ea

Post Jumbo Cereal
Selected Varieties
1.1 - 1.24 kg



SALE
5⁹⁹
/ea

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



SALE
11⁹⁹
/ea



Nature Valley Club Pack
728 g - 1.28 kg, Fibre 1
Chewy Bars 840 g, Mott's Fruitsations 907 g
or Fruit By The Foot 637 g

SALE
8⁹⁹
/ea

Kellogg's Jumbo Snacks or Bars
Selected Varieties
500 g - 1.15 kg



2 FOR
\$8

General Mills Cereal
Selected Varieties
297 - 437 g



SALE
8⁹⁹
/ea

Martin's Apple Smash
Smashed Honeycrisp
or Apple Pie
Package of 8 x 120 g



2 FOR
5⁴⁸

Del Monte Fruit
398 mL



2 FOR
9⁹⁸

Co-op Centsibles Cookies
900 g



SALE
22⁹⁹
/ea

Gatorade
24 x 591 mL



2 FOR
\$6

Lipton or Knorr Soup Mixes
Selected Varieties
Package of 4



3 FOR
\$6

Bush's Baked or Savoury Beans
398 mL



2 FOR
\$7

Gold Seal Pink Salmon
213 g or Ocean's
White Albacore Tuna 120 g



SALE
5⁴⁹
/ea

Gold Seal Sockeye Salmon
213 g



SALE
8⁹⁹
/ea

Kraft Grated Parmesan Cheese
250 g



2 FOR
9⁹⁸

KD Deluxe
349 - 400 g or
Classico Pizza Sauce 410 g



2 FOR
\$8

Garofalo Pasta
500 g, Co-op Gold
PURE Pasta Sauce 425 mL, Martelli
Gnocchi 1 kg or Pesto 212 mL
Selected Varieties



2 FOR
\$9

Old El Paso
Selected Varieties &
Sizes



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