



YOUR CO-OP IS
PROUDLY CANADIAN

SALE
9⁹⁹
/lb

raised in
WESTERN
CANADA

22.02/kg

Co-op Boneless Beef Top Sirloin Grilling Steaks

Cut In-store by Your Local Butcher from Canada AA
Grade or Higher
Aged 14 Days
Value Pack



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



Cherries

Sweet & Juicy
Produce of Western Canada
Canada No. 1



Large
SIZE

Extra
LARGE

Jumbo
SIZE

SALE
99¢
/ea

grown in
WESTERN
CANADA

Seedless Cucumbers

Greenhouse Grown
Produce of Western Canada
Canada No. 1



SALE
\$22
/ea

Co-op Gold Boneless Skinless Chicken Breasts

Seasoned
Frozen
2 kg



MADE IN
CANADA

SALE
3⁹⁹
/ea

Kraft Singles or Velveeta Slices

410 g or Cheez Whiz 450 g



SALE
13⁹⁹
/ea

Homestyle or Crispy Fried Chicken

Fresh from the Deli
9 Piece



MADE IN
CANADA

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



MADE IN
CANADA

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](https://www.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

FARM FRESH

PRODUCE

SALE
3⁹⁹
/lb

8.80/kg

Nectarines, Peaches,
Black or Red Plums

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

Large
SIZE



this week's featured
GROWER



Russ Tavlan

MOONLIGHT GROWERS

Your taste buds will be dancing when you bite into Moonlight Companies' juicy and delicious peaches and nectarines. Moonlight focuses on innovation and technology implementation while creating sustainability in best-in-class varieties and working conditions. Try them today!

SALE
4⁴⁹
/ea

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

Extra
LARGE

SALE
5⁹⁹
/ea

Pink Lady or
Granny Smith Apples

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

3 lbs

SALE
3⁹⁹
/ea

Mini Peeled Carrots
Produce of U.S.A.
2 lb (907 g)



2 lbs

SALE
1⁹⁹
/lb

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

grown in
WESTERN
CANADA

4.39/kg



AB
GROWN IN
AB

SALE
2⁴⁹
/lb

Bartlett Pears
Produce of Argentina
Fancy Grade

5.49/kg



SALE
4⁹⁹
/ea

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



SALE
4⁹⁹
/ea

grown in
WESTERN
CANADA

Rhubarb Bundles
Produce of Western Canada
Canada No. 1



SALE
2⁹⁹
/ea

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



buy
one
get one
FREE

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



SALE
6⁹⁹
/ea

Mann's Snap Peas
Produce of U.S.A.
425 g



SALE
8⁹⁹
/ea

Organic Mini Seedless
Watermelon
Produce of U.S.A.
Premium Size

ORGANIC



SALE
5⁹⁹
/ea

Organic Raspberries
or Blackberries
Produce of U.S.A.
170 g

ORGANIC



2 FOR
\$6

grown in
WESTERN
CANADA

ORGANIC

Organic Whole White or
Mini Bella Mushrooms
Produce of Western Canada
227 g



ORGANIC

BUTCHER

SHOP

SALE

3⁹⁹

/lb

raised in

WESTERN CANADA

8.80/kg

Co-op Bone-in Pork Loin Centre Cut Chops

Cut In-store by Your Local Butcher Value Pack

WE ARE BUTCHERS

When you stop at the meat counter at your local Co-op, you can expect a level of expertise second-to-none. Our in-store butchers are happy to assist you in selecting the right type of meat for your needs and can even offer custom cuts.

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

4⁹⁹

/lb

raised in

WESTERN CANADA

11.00/kg

Maple Leaf Pork Back Ribs

Random Cryovac Wrapped

SALE

1⁹⁹

/lb

4.39/kg

Co-op Gold Grade A Turkeys

Frozen 5 - 7 kg

SALE

8⁴⁹

/lb

raised in

WESTERN CANADA

18.72/kg

Co-op Boneless Beef Sirloin Tip Marinating Steak or Oven Roast

Cut In-store by Your Local Butcher from Canada AA Grade or Higher Aged 14 Days

SALE

3⁴⁹

/lb

7.69/kg

Pork Half Loin Chops

Frozen

SALE

2⁹⁹

/100g

Steelhead Trout Fillets

Farmed in Manitoba or Saskatchewan Value Pack

SALE

2⁴⁹

/100 g

Baby Pickerel Fillets

PACKAGED MEATS

buy one get one FREE

JANES

PUB STYLE

chicken Strips

70g

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

co-op centsibles

beef burgers

burgers de bœuf

10 x 100 g

1 kg

SALE

10⁹⁹

/ea

Schneiders Schnitzel

Frozen 450 g

SALE

15⁹⁹

/ea

Mitchell's Thick Sliced Side Bacon

1 kg

SALE

5⁴⁹

/ea

made in WESTERN CANADA

GLUTEN-FREE

Grimm's Sliced Deli Meats

125 - 175 g

buy one get one FREE

BURNS

Wieners

Saucisses fumées

375 g

Burns Wieners

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

SALE

14⁹⁹

/ea

Schneiders Smokies

900 g

SALE

5⁹⁹

/ea

NEW AT CO-OP

made in WESTERN CANADA

Co-op Centsibles Pepperoni Sticks

450 g

Enjoy a Lifetime of benefits

CO-OP 03 Week 28 Medium

3

DELI & PREPARED FOODS

SALE
2¹⁹
/100 g

Chicken Salad
Supreme
Made In-store



SALE
1⁹⁹
/100 g

Salt & Pepper Dry
Pork Ribs
Prepared In-store



SALE
5⁴⁹
/ea

Heat & Eat Bowls

Shrimp Fiesta, Mediterranean Chicken, or Tex Mex
Made In-store



SALE
6⁴⁹
/ea

Fantino & Mondello
Sliced Meats
100 - 175 g



SALE
8⁴⁹
/ea

Co-op Gold
Cheese Wedge
190 g



2 FOR
\$8

Summer Fresh Salads
300 g



SALE
5⁴⁹
/ea

Mini Babybel
Package of 6
120 g



SALE
10⁹⁹
/ea

made in
WESTERN
CANADA

Grimm's Smoked
Pepperoni Sticks

Selected Varieties
450 - 600 g



SALE
3⁹⁹
/100 g

Grimm's Roast Beef
Fresh Sliced In-store



FLORAL

SALE
19⁹⁹
/ea

Blooming
Daydream Bouquet



SALE
9⁹⁹
/ea

7 Day
Bouquet



SALE
4⁹⁹
/ea

grown in
WESTERN
CANADA

Kalanchoe
4-inch Pot



FRESH FROM OUR BAKERY

SALE
16⁹⁹
/ea

Strawberry
Shortcake
Made In-store
8-inch



2 FOR
\$7

Twisted Croissants
Baked In-store
Apple Cinnamon, Raspberry or Lemon
Package of 6



SALE
2⁹⁹
/ea

Calabrese Buns
Baked In-store
Package of 6



SALE
1⁹⁹
/ea

Italian Bread
Baked In-store
450 g



SALE
3⁹⁹
/ea

Co-op Gold Rosemary
Focaccia Loaf
400 g or Pane Roma Loaf
450 g



SALE
4⁹⁹
/ea

Two-Bite Cupcakes
Selected Varieties
Package of 12



SALE
7⁹⁹
/ea

Cheesecake Sampler
Strawberry or Chocolate Swirl
340 g



2 FOR
\$5

Tia Rosa, Dempster's
or Oroweat Tortillas
Package of 6 - 10
or Dempster's English Muffins
Package of 6



FRESH DAIRY

SALE
4⁹⁹
/ea

**Olympic
Krema Yogurt**
650 g



SALE
6⁹⁹
/ea

**Lactantia
Butter**
454 g



SALE
11⁹⁹
/ea

**Cracker Barrel
Cheese Blocks**
740 g or Shreds 590 g



SALE
3⁴⁹
/ea

**International
Delight or Silk
Creamers**
425 - 473 mL

PLUS DEPOSIT & ENVIRONMENTAL
LEVIES WHERE APPLICABLE



SALE
4⁴⁹
/ea

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



FROM THE FREEZER

SALE
4⁹⁹
/ea

**Co-op Gold Thin Crust
Pizza or Flat Breads**

Frozen
363 - 403 g



SALE
6⁹⁹
/ea



Snowcrest Organic Fruit

Frozen
500 - 600 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



**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



**2 FOR
\$9**

Miss Vickie's Potato Chips

190 - 200 g



SALE
22⁹⁹
/ea

Gatorade
24 x 591 mL



SALE
1⁷⁹
/ea

**Minute Maid
or Five Alive
Juices**
1 L



**2 FOR
\$6**

**Pringles
Potato Chips**

148 - 156 g



**2 FOR
\$6**

**Cheez-It
Crackers**
191 - 200 g



**2 FOR
\$5**

PLUS DEPOSIT & ENVIRONMENTAL
LEVIES WHERE APPLICABLE

**Farmery
Virgin Beer
Caesar**
473 mL



**2 FOR
9⁹⁸**

**Co-op
Centsibles
Cookies**
900 g



SALE
8⁹⁹
/ea

**Co-op Gold
Candy**
Selected Varieties
775 - 800 g



**2 FOR
4⁵⁰**

**Nestlé
Chocolate
Bars**
95 - 105 g



Enjoy a *Lifetime* of benefits

FOR YOUR PANTRY

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



SALE
5⁹⁹
/ea

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



2 FOR
\$8

**General
Mills Cereal**
Selected Varieties
297 - 437 g



2 FOR
\$7

Post Cereal
Selected Varieties
311 - 525 g



SALE
5⁴⁹
/ea

**Post
Family Cereal**
525 - 635 g or Alpen
Swiss Style Muesli 650 g
Selected Varieties



SALE
8⁴⁹
/ea

**Post
Jumbo Cereal**
Selected Varieties
1.1 - 1.24 kg



SALE
11⁹⁹
/ea

**28 BARS
NATURE VALLEY
SWEET & SALTY
VARIETY PACK**



**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



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
\$6

**Lipton or
Knorr Soup
Mixes**
Selected Varieties
Package of 4



3 FOR
4⁹⁸

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



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



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
5⁹⁹
/ea

Windex
765 mL, Scrubbing Bubbles 946 - 950 mL
or 567 g, Fantastik Cleaner 650 mL
or Bon Ami Window Cleaner 560 g
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



SALE
26⁴⁹
/ea

**Purina
Cat Chow**
8 kg



5 FOR
\$7

**Whiskas Wet
Cat Food**
Selected Varieties
75 - 100 g



SALE
23⁹⁹
/ea

**Purina
Tidy Cats**
5.44 kg



Next-Level Grilling

SALE
3⁹⁹
/ea

**Dempster's Signature
Hamburger or Sausage Buns**
Package of 6 - 8



SALE
29⁹⁹
/ea

**Our Certified Lean
Ground Chuck**
Sold in a 2.27 kg (5 lb) Tube
Works out to \$5.99 /lb, \$13.21 /kg



SALE
4⁹⁹
/ea

**Co-op Gold
Mayonnaise or
Whipped Dressing**
750 - 890 mL



SALE
1⁹⁹
/ea

**Co-op Gold
Mustard**
400 mL



SALE
3⁹⁹
/ea

Co-op Gold Pickles
1 L or Pickled Beets or
Hot Pepper Rings 750 mL



SALE
2⁹⁹
/ea

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



SALE
6⁴⁹
/ea

**made in
WESTERN
CANADA**

**Co-op Gold
Low Alcohol Beer**
12 x 355 mL



SK
**MADE IN
SK**

☆☆☆ **Level 1: Smash Burger
with Rink Sauce**
Go beyond the basic burger



**2 FOR
\$7**

**Mott's
Clamato**
1.89 L



SALE
4⁹⁹
/ea

**Armstrong
Natural
Cheese Slices**
240 g



**MADE IN
CANADA**

SALE
7⁴⁹
/ea

**Heinz
Ketchup**
1.5 L



**MADE IN
CANADA**

**3 FOR
\$9**

VH Sauces
Selected Varieties
341 - 380 mL



**MADE IN
CANADA**

SALE
5⁹⁹
/ea

**Häagen-Dazs
Ice Cream**
414 - 450 mL or
Novelties
Package of 3
Frozen



**MADE IN
CANADA**

SALE
4⁹⁹
/ea

**Chapman's
Super Premium
Ice Cream**
Frozen
500 mL



**MADE IN
CANADA**



Enjoy a *Lifetime* of benefits



YOUR FAVOURITES, ON SALE!

SALE
3⁹⁹
/ea

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



SALE
9⁹⁹
/ea

Co-op
Centsibles
Wieners
1 kg



SALE
12⁹⁹
/ea

Pinty's Chicken Wings
Frozen
780 g



2 FOR
\$10

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



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



3 FOR
\$6

Co-op Gold
Potato Chips
180 - 200 g or Philadelphia Dips
227 g



3 FOR
\$6

Bush's Baked
or Savoury
Beans
398 mL



SALE
21⁹⁹
/ea

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



SALE
10⁹⁹
/ea

Tylenol
Extra Strength or Regular
Selected Varieties
Package of 100 - 120



SALE
1⁹⁹
/ea

SunRype Pure Apple Juice
1 L or SunRype Juice
900 mL



Receive an
EXTRA CONTEST ENTRY
See in-store for participating products

Find Your
**SUMMER
SWEEPSTAKES**

USE BONUS CODE:
REFRESHING44
FOR ONE
FREE ENTRY!



Play today on the Co-op
app or visit Co-op.crs.

\$50,000 grand prize!
Play today on the Co-op app
or visit Co-op.crs.

*Earn one extra entry with upload of min. \$50 qualifying receipt. Max 1 entry per product. Max 5 extra entries per receipt. See Official Rules at FindYourSummer.crs for details.



At
Participating
Stores
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