

You're at home here.



TEN for \$10

\$10 EACH

Co-op Gold Crispy Bucket of Chicken, Wings or Drumsticks

Frozen
1 kg



Strawberries

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



\$10 EACH

Maple Leaf Prime Chicken Drumsticks or Thighs

Club Pack or Whole Chickens
Grain Fed, Free Run, Air Chilled



FOUR for \$10

100% WESTERN CANADIAN

TEN for \$10

Milk 2 Go
or Neilson Milkshakes 310 mL,
Yoplait Yop 200 mL or
Simply Juice 340 mL



FOUR for \$10

Raspberries or Blackberries
or Golden Berries, Imported
170 g



\$10 EACH

Nabob Coffee

915 - 930 g or Melitta
Whole Bean Coffee 907 g



SIX for \$10

White or Whole Wheat Bread

Baked by Your Local Baker
Sliced or Unsliced, 450 g



FIVE for \$10

Philadelphia Dips
227 g



FIVE for \$10

Kraft Dressing
475 mL or Bull's-Eye
BBQ Sauce 425 mL



FOUR for \$10

Pepsi Products
6 x 222 mL or 6 x 710 mL
FIRST 4



JAM CROSTATA

FROM CHEF DALE MACKAY



Find Inspiration at: food.crs

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

PRICING IN EFFECT JUNE 11 - 17, 2020

11 THU 12 FRI 13 SAT 14 SUN 15 MON 16 TUE 17 WED

TEN for \$10

EIGHT for \$10

Co-op Gold Stuffed Chicken Entrées

Frozen
142 g



SEVEN lbs for \$10

Gala Apples

Produce of U.S.A.
Extra Fancy

3.15/kg



FOUR for \$10

White Mushrooms

Whole or Sliced
Produce of Western Canada
227 g



TWO for \$10

Co-op Centsibles Breaded Chicken

Frozen
600 - 800 g



FOUR for \$10

Reser's Salads

425 g or 454 g



FIVE for \$10

Natural Bakery Canadian Rye Bread

500 g



TWO for \$10

Nestlé Ice Cream

1.5 L



TWO for \$10

General Mills Cereal

Selected Varieties
526 - 778 g



THREE for \$10

Dairyland Sour Cream

500 mL or Cottage Cheese 500 g



TEN for \$10

Campbell's Soup

Cream of Mushroom, Tomato, Chicken Noodle or Vegetable 284 mL or Hearty Noodles 55 g



TEN for \$10

Uncle Ben's Fast & Fancy

132 g



THREE for \$10

Heinz Ketchup

750 mL - 1 L



TEN for \$10

Powerade

710-946 mL or Gatorade 950 mL



TEN for \$10

Co-op Gold Pudding

Package of 4



\$10 EACH

Tide Laundry Detergent

36 - 48 Wash Loads, Pods Package of 23 - 31 or Ivory Snow 32 Wash Loads



CAST IRON POTATO MUSHROOM BACON EGG SKILLET

visit food.crs



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.

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BUTCHER SHOP

SALE

4⁹⁹
/lb

11.00/kg

Co-op Boneless Skinless Chicken Breasts

Grain Fed, Free Run, Air Chilled Value Pack

100%
WESTERN
CANADIAN

**MARINATED CHICKEN
SHEET PAN MEAL**
FROM CHEF DALE MACKAY

**DALE
MACKAY**
PARTNERSHIP
VISIT FOOD.CRS

SALE
4⁹⁹
/lb

Lilydale Lean Ground Turkey

Grain Fed, Free Run Tray Pack

11.00/kg



TWO for \$10

Maple Leaf Prime Lean Ground Chicken

Tray Pack 454 g



SALE
6⁹⁹
/lb

Co-op Glazed Boneless Skinless Chicken Breasts

Prepared by Your Local Butcher Selected Varieties

15.41/kg



ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS

SALE
2⁹⁹
/lb

Pork Loin Halves

Cut into Chops Bagged Frozen

6.59/kg



SALE
12⁹⁹
/lb

Co-op Beef T-Bone Grilling Steaks

Value Pack or Whole Beef Tenderloins, Butt Portion, Random Cryovac Wrapped Cut by Your Local Butcher, Aged 14 Days

28.64/kg



SALE
7⁹⁹
/lb

Co-op Boneless Beef Outside Round Roasts

Cut by Your Local Butcher Aged 14 Days

17.61/kg



SALE
9⁹⁹
/lb

Co-op Beef Hip Minute Steaks

Tenderized Cut from Canada AA Grade or Higher Aged 14 Days

22.02/kg



SALE
5⁹⁹
/lb

Co-op Boneless Pork Loin Center Chops

Cut by Your Local Butcher Value Pack

13.21/kg



SALE
3⁴⁹
/lb

Co-op Pork Button Bones

Cut by Your Local Butcher

7.69/kg



SALE
25⁹⁹
/lb

Sungold Premium Alberta Lamb Frenched Racks

Certified Halal Random Cryovac Wrapped

57.30/kg



TWO for \$10

Johnsonville Dinner Sausage

Selected Varieties Thawed, 500 g



SALE
3⁹⁹
/ea

Lilydale Poultry Sausage

Selected Varieties Thawed, 375 g



FISH SHOP

SALE
12⁹⁹
/lb

Steelhead Fillets

Farmed Value Pack

28.64/kg

ALSO AVAILABLE AT FULL SERVICE MEAT COUNTERS



THREE for \$10

Cloverleaf Delectables

Selected Varieties 227 g



SALE
23⁹⁹
/ea

Co-op Gold PURE Wild Pacific Chum Salmon Fillet

Frozen 680 g



SALE
7⁴⁹
/ea

Co-op Gold PURE Wild Sockeye Salmon Burger

Frozen 284 g



\$10 EACH

Co-op Gold PURE Sliced Smoked Sockeye Salmon

or Steelhead 150 g or Co-op Gold Shrimp 340 g Frozen



FRESH FROM OUR DELI



TWO for \$10

Flatbread Pizza
Made In-store

TEN for \$10

Chicken Breast Tenders

Sold Individually



SALE
1.49
/100 g

Chicken Cheddar Broccoli Salad
Made In-store



THREE for \$10

Summer Fresh Hummus
227g



gluten free

\$10 EACH

Grimm's Smoked Pepperoni Sticks
600 g



gluten free

SALE
2.99
/100 g

Turkey Breast Roasts
Lilydale, Cuddy or Co-op Gold
Fresh Sliced In-store



\$10 EACH

Co-op Market Town Cheese Blocks
Made with 100% Canadian Milk, 290 - 400 g



THREE for \$10

Laughing Cow Snack Cheese Portions
133g or Cheese Dippers 140 g



TWO for \$10

Tre Stelle Bocconcini
200 g or Boursin Soft Fresh Cheese 150 g



PACKAGED MEATS

SALE
5.99
/ea

Schneiders Sliced Bologna
375 - 500 g



TWO for \$10

Schneiders Pork Wieners
375 g



TWO for \$10

Mitchell's Smoked Sausage
450 - 500 g



TEN for \$10

Schneiders Snack Pack Hot Rods
45 g



TWO for \$10

Maple Leaf Natural Selections
175 g or Swift Variety Pack 375 g



TWO for \$10

Maple Leaf or Schneiders Sliced Side Bacon
375 g



FOUR for \$10

Schneiders Lunchmate Stackers or Kits
90 - 132 g



TWO for \$10

Schneiders Sausage Rounds or Sizzlers
375 g, Frozen



SALE
10.99
/ea

Co-op Gold Smokies or Co-op Centsibles Garlic Sausage
1 kg



SALE
6.99
/ea

Harvest Pepperoni Sticks or Mini-stix
250 - 375 g



SALE
12.99
/ea

Harvest Wieners
1 kg



\$10 EACH

POGO Corn Dogs
Frozen 1.5 kg



Look for more **TEN for \$10** marked in this flyer

FARM FRESH PRODUCE

SALE
3⁴⁹
/ea

Romaine Hearts

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



TEN for \$10

Mangoes

Imported



TEN for \$10

Kiwi Fruit

Imported



LARGE SIZE

TWO for \$10

Kiwi Fruit

Sungold
Imported
1 lb (454 g)



SALE
3⁴⁹
/lb

Black Plums

Produce of U.S.A.

7.69/kg



LARGE SIZE

SALE
1⁴⁹
/ea

Green Kale

Produce of Western Canada/U.S.A.

Bunch



2 FOR \$5

Inspired Greens Living Lettuce

Red or Green Batavia or Multi Leaf
Greenhouse Grown
Produce of Western Canada
Canada No. 1



SALE
3⁴⁹
/lb

7.69/kg

Nectarines

or Peaches Large Size, Yellow Flesh Variety, Produce of U.S.A.



SALE
3⁹⁹
/ea

Rhubarb Bundles

Produce of Western Canada



SALE
2⁴⁹
/ea

Carrots

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



SALE
4⁷⁹
/ea

Eat Smart Salad Kits

Selected Varieties
283 - 340 g



SALE
6⁹⁹
/ea

Lemons

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

organic



SALE
4⁹⁹
/ea

Cauliflower

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

organic



SALE
2⁹⁹
/lb

Leeks

Produce of U.S.A.

6.59/kg



FLORAL SHOP

\$10 EACH

7 Day Bouquet



TWO for \$10

Alstroemeria Bunches



SALE
5⁹⁹
/ea

Gladiolas

Grown in U.S.A.



\$10 EACH

Money Tree

4-inch Pot
Grown in Western Canada



SALE
19⁹⁹
/ea

Bougainvillea Ring

6-inch Pot
Grown in Western Canada



FRESH FROM OUR BAKERY

TWO for \$10

Three Layer Cake

Made In-store
Selected Varieties
5-inch



SALE
3⁹⁹
/ea

Cookies

Baked by Your Local Baker
Selected Varieties
Package of 12



SALE
5⁹⁹
/ea

Cinnamon Buns

Baked by Your Local Baker
Sticky or Cream Cheese Iced
Package of 6



TEN for \$10

Two-Bite Brownies or Cinnamon Rolls

70 - 85 g, Gaudet Mini Pie 90 g or The Worthy Crumb Tarts 78 g



TEN for \$10

Co-op Centsibles Glazed Donuts

Package of 6



SALE
3⁴⁹
/ea

Co-op Gold PURE Artisan Sourdough

370 g or Harvest Grain 454 g
Baked by Your Local Baker



THREE for \$10

Casa Mendosa Tortillas

Selected Varieties
Package of 6 - 14



FOUR for \$10

Country Harvest Bread

Selected Varieties
570 - 600 g



TWO for \$10

Glutino Bread

369 - 400 g



gluten free

FRESH DAIRY

FOUR for \$10

International Delight

473 mL



TWO for \$10

Co-op Gold Shredded Cheese

340 g



2 FOR \$10⁹⁸

Kraft Cheez Whiz or Singles Slices

Process Cheese Product 410 - 450 g
or Cracker Barrel Natural Cheese Slices
200 - 240 g



\$10 EACH

Black Diamond Cheestrings

588 g or Armstrong Family Snacks 630 g



\$10 EACH

Co-op Gold Cheese

700 - 800 g



2 FOR \$7

Danone Activia or Natural Yogurt

650 g



2 FOR \$9

Danone Activia or Natural Yogurt

8 x 100 g or Danino 8 x 93 mL



3 FOR \$10⁹⁸

Danone Oikos or Light & Free Greek Yogurt

4 x 95 - 100 g, YoPRO 2 x 150 g or Oikos Extra Creamy 275 g



Look for more **TEN for \$10** marked in this flyer

FROM THE FREEZER



Co-op Gold Pizza

Rising or Thin Crust 467 - 873 g or Entrées 908 g
Frozen



Cheemo Perogies

Frozen, 815 - 907 g

3 FOR
\$3.99

Green Giant Simply Steam Vegetables

Frozen, 198 - 250 g



Swanson Meat Pies

200 g or Co-op Gold Entrées 227 - 255 g
Frozen



McCain Superfries

or Specialty Potatoes 454 - 800 g or
Pizza Pockets 300 g
Frozen



Reser's Burritos

Frozen 142 g or
Minute Maid Punch
Frozen Concentrate
295 mL



SALE
5.99 /ea

Ben & Jerry's or Breyers Delights

*Selected Varieties
500 mL



Klondike or Magnum Novelties

Frozen, Package of 3 - 4



Breyers Ice Cream

1.66 L



FOR YOUR PANTRY



Money's Mushrooms

Pieces & Stems
284 mL



Lipton or Knorr Soup Mixes

Package of 4



Maple Leaf Flaked Meat

156 g, Vienna Sausage 113 g or Holiday Luncheon Meat 340 g



2 FOR
\$8



Co-op Gold Cooking Oats

2.25 kg or Co-op Gold PURE Organic Quick Oats 1 kg



Maple Leaf Canned Ham

454 g or Klik Luncheon Meat 340 g



Co-op Gold Specialty Cheese

220 - 250 g



SALE
5.49 /ea

Co-op Gold Butter Cookies

175 g



FOR YOUR PANTRY



**Hunt's
Tomato Paste**
156 mL



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



**Co-op Gold
Tomato Sauce**
398 mL



**Pam
Cooking
Spray**
113 - 170 g



Kashi Joi Bar
40 - 55 g or Larabar 45 - 48 g



Fibre 1 Bars

125 - 175 g, Ritz Handi-Snacks 174 g, Nature Valley Bars or Cups 148 - 210 g, Betty Crocker, Mott's or Annie's Snacks 115 - 226 g



Nature Valley Bars
or Betty Crocker Snacks
Selected Varieties
120 - 230 g



SALE

6⁴⁹
/ea

**Tim Hortons
Coffee**
300 g



SALE

7⁹⁹
/ea

Starbucks Coffee
340 g or Package of 10



HERSHEY'S

GET SNACKING !



**Hershey's
Chocolate Bars**
39 - 58 g, Twizzlers
75 - 90 g or
Jolly Rancher 60 g



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



**Hershey's
King Size
Chocolate Bars**
62 - 85 g



NATURAL CHOICE

SALE
3⁹⁹
/ea

**Co-op Gold
PURE Fruit**
Frozen
425 g



SALE
7⁴⁹
/ea

**Nature's Path
Cereal**
750 - 907 g or Qi'a
Instant Oatmeal 225 g



SALE
14⁹⁹
/ea

One Coffee
Package of 30



organic

Look for more **TEN for \$10** marked in this flyer

DRINKS & SNACKS



Nestlé Chocolate Bars or Treats

32 - 60 g



Jones Soda

355 mL or Sparkling Ice 503 mL



Dare Cookies or Wagon Wheels, Whippets or Bear Paws Selected Varieties 150 - 360 g



Hershey's Family Bars 100 - 120 g or Package of 10 127 - 170 g, Twizzlers or Jolly Rancher Candy 182 g



SunRype Juice 900 mL or 5 x 200 mL



Sunny D 500 mL or Heinz Tomato Juice 284 mL



Dare Snack Crackers 100 - 250 g or Bear Paws Crackers 135 - 180 g Selected Varieties



Sonoma Cheese Crisps 64 g



4 FOR \$12

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



2 FOR \$11

Coke Products 12 x 355 mL or 8 x 300 mL



AHA Sparkling Water 1 L



AHA Sparkling Water 12 x 355 mL



Monster, NOS or Full Throttle Energy Drinks 444 - 473 mL



FOR YOUR HOME



Dawn Ultra Dish Soap

479 - 532 mL or Ivory Dish Detergent 573 mL



Sunlight Laundry Detergent

80 - 96 Wash Loads, Package of 68, Snuggle 140 Wash Loads or Sheets Package of 200



Co-op Centsibles Freezer Bags Package of 8 - 25 or Renuzit 198 g



Co-op Gold Garbage Bags Package of 40



SALE 19.99 /ea NEW

Finish Dishwasher Detergent

Package of 56 - 90, Selected Varieties



FOR YOUR PETS



Co-op Gold Cat Food 85 - 156 g



SALE 6.49 /ea

Co-op Gold PURE Dog Treats 110 - 265 g



SALE 12.99 /ea

Kibbles 'n Bits 6 kg or Nature's Recipe Dog Food 1.8 kg



Co-op Gold Cat Litter 12.7 kg



Co-op Gold Dog Food 6 kg



SALE 29.99 /ea

Co-op Gold PURE Dog Food 11.5 kg



Stock your Pantry



GRILL IT
YOUR WAY



2 FOR \$9

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



2 FOR \$8

**Maxwell House
Instant Coffee**
114 - 326 g or
Nabob Sticks
Package of 12



FOUR for \$10



Shake'n Bake
142 - 160 g

TWELVE for \$10

Jell-O Jelly Powder
9.1 - 85 g, Instant
Pudding 30 - 113 g or
Lemon Pudding & Pie
Filling 128 g



THREE for \$10

Cool Whip
Frozen 1 L or
Aerosol 225 g



SALE 14.99 /ea

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



FOUR for \$10



**Campbell's
Ready To Serve Soup**
Chunky, Everyday Gourmet or Habitant Soup
500 - 796 mL, Chili 425 g or Pepperidge Farm
Goldfish 168 - 227 g

FIVE for \$10



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

**Find Pace® recipes on
CookWithPace.ca**

Slow Cooker Chicken Tacos



FOUR for \$10



**Campbell's
Broth**
900 mL

THREE for \$10



Goldfish Organic
198 g or Tim Tam Cookies 175 - 200 g

THREE for \$10

Pace Salsa
642 mL



THREE for \$10

V8 Vegetable Cocktail
or V-Go 1.89 L or 6 x 156 mL



STOCK UP ON YOUR FAVOURITES!

\$10 SALE!



FIVE for \$10



Bugles
213 g

FOUR for \$10



**Pillsbury Rolls, Biscuits,
Cookies or Pizza Crust**
Selected Varieties, 318 - 468 g

THREE for \$10

Yoplait Source Yogurt
650 g, Tubes or Minigo 6 - 8 x 60 g



TWO for \$10

Liberté Kéfir
1 L, Greek or Skyr Yogourt 500 g



2 FOR \$8

**General Mills
Cereal**
Selected Varieties, 310 - 465 g



THREE for \$10

**Dad's or
Christie Cookies**
or Peek Freans 198 - 350 g



3 FOR 7.98

**Christie
Kids Cookies**
180 - 225 g



TEN for \$10

**Cadbury Bars
or Maynards Candy**
33 - 64 g or Dentyne
or Trident Gum Singles



FOUR for \$10

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



2 FOR \$7

**Cadbury Bars
or Snacks**
133 - 200 g or Maynards
Candy 315 - 355 g



2 FOR \$6

**Christie
Snack
Crackers**
100 - 200 g or
Toppables 454 g
Selected Varieties



Look for more **TEN for \$10** marked in this flyer