

how to collect your FREE professional cookware*

SHOP
Shop at your local participating CO-OP™ and THE MARKETPLACE™ food store between February 13 and July 2, 2010.

COLLECT
Receive one bonus sticker for every \$10 you spend, two bonus stickers for \$20 and so on. Attach the bonus stickers to the saver card.

GET YOUR FREE COOKWARE
When you have collected enough bonus stickers, exchange them for your free Thomas Professional Cookware. Simply cut out the saver card, take your item from the in-store display and present your free cookware and filled saver card at the checkout.

This exclusive 8-piece Thomas Professional Cookware collection - only available at your local CO-OP™ and THE MARKETPLACE™ store - is produced using the best quality materials - an essential addition to every kitchen!

*See in-store at participating stores for full details.

srp \$29.99



20 cm Non-stick Frypan

FREE

with 50 bonus stickers

or purchase for \$11.99 with 20 bonus stickers

srp \$39.99



26 cm Non-stick Frypan

FREE

with 60 bonus stickers

or purchase for \$16.99 with 30 bonus stickers

srp \$49.99



20 cm 3 L Casserole with Glass Lid

FREE

with 70 bonus stickers

or purchase for \$19.99 with 35 bonus stickers

srp \$54.99



27 cm Square Grill Pan

FREE

with 80 bonus stickers

or purchase for \$21.99 with 40 bonus stickers

srp \$54.99



24 cm Sautepan with Glass Lid

FREE

with 80 bonus stickers

or purchase for \$21.99 with 40 bonus stickers

srp \$59.99



28 cm Non-stick Stirfry Pan with Glass Lid

FREE

with 90 bonus stickers

or purchase for \$24.99 with 45 bonus stickers

srp \$59.99



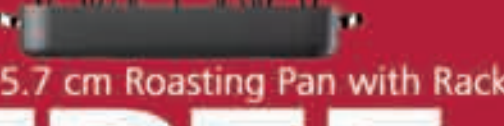
24 cm 5 L Dutch Oven with Glass Lid

FREE

with 90 bonus stickers

or purchase for \$24.99 with 45 bonus stickers

srp \$84.99



35 cm x 25.7 cm Roasting Pan with Rack

FREE

with 110 bonus stickers

or purchase for \$34.99 with 55 bonus stickers

PERSONAL CARE



Simply Kids Diapers
Mega Pack of 40-84's

10⁹⁹
each



Pampers Diapers
Baby Dry or Cruisers
Value Pack of 88-144's

29⁹⁹
each



Simply Kids Training Pants
33-44's

12⁹⁹
each



Pampers Wipes Refill
385's

12⁹⁹
each



Olay Skin Care
Selected Varieties
60-177 mL

11⁹⁹
each



Kotex Products
14-24's Maxi Pads or
40-48's Pantliners

2/7⁰⁰



Always or Tampax
14-18's Infinity, 12-16's Clean Maxi
Pads, 20's Compax or 18's Pearl

4⁴⁹
each



Neutrogena Skin Care
Selected Varieties & Sizes

8⁹⁹
each



GUM Oral Care Products
200 yd. Dental Floss OR
Microtip or Supertip
Toothbrushes

2/4⁰⁰



Sensodyne Toothpaste
75-100 mL

3⁸⁸
each



Dove
45 g Ultimate or
89 mL Body Mist

2⁹⁹
each



Listerine
Original, Cool Mint or
Fresh Burst, 1 L Mouthwash

5⁹⁹
each



Crest Toothpaste
85 mL Vivid White or 170 mL
Pro-Health OR Oral-B Cross
Action Toothbrush
Selected Varieties

2/7⁰⁰



AXE Products
Selected Varieties & Sizes

4⁹⁹
each



**St. Ives Lotion or
Body Wash**
Selected Varieties, 532-600 mL

3⁹⁹
each



Softsoap Pumps
Aloe, Aquarium or Vanilla
Brown Sugar, 225-340 mL

2/4⁰⁰



Dove Hair Care
Selected Varieties, 198 g or 195-355 mL

3⁹⁹
each



Pantene Hair Care
Selected Varieties
187-327 or
266-375 mL

4⁹⁹
each

PHARMACY CARE+

DO I HAVE AN ALLERGY OR DO I HAVE A COLD?

You can be pretty sure that your hacking and sneezing are the result of an allergy, if:

- There is no fever and there are no muscle aches.
- Mucous secretions are clear and runny.
- Sneezes occur in rapid, multiple sequences.
- Your nose, ears and throat (especially the palate or roof of the mouth) are itchy.
- Your symptoms last longer than the typical cold, which usually lasts 7 to 10 days.

If you still cannot tell if you have an allergy or a cold, talk to your doctor.

It is important to note that about 38% of people with seasonal allergies also have asthma. Talk with your health care provider about treating both conditions together to reduce the number of medications that you are taking, and to make it more convenient for you to balance your asthma and allergy treatments.

Your Co-op CARE+ Pharmacist is at your service to discuss any questions that you may have regarding these medical conditions.



CO-OP Allergy Remedy
12's

3⁴⁹
each



Reactine
Selected Varieties
5 or 10 mg
20-24's

12⁹⁹
each



CO-OP ASA
81 mg Low Dose
120's

7⁹⁹
each



Advil
Selected Varieties
200-400 mg
50-72's

10⁹⁹
each



**Cold-FX or
Immunity-FX**
Selected Varieties
42-46's

16⁹⁹
each



**Contac Complete
or Cold**
Selected Varieties
24's

7⁹⁹
each



Tums
60-150 Tablets

2⁹⁹
each



**Dr. Scholl's
Insoles**
Selected Varieties
1 pair

14⁹⁹
each



Ensure or Glucerna
Selected Varieties
6 x 235 mL

9⁹⁹
each



Jamieson
Wild Salmon Oil Complex
OR Flax, Omega-3 ALA
1000 mg
180 Capsules

12⁹⁹
each

PHARMACY LOCATIONS: BRITISH COLUMBIA: Osoyoos, Abbotsford, ALBERTA: Calgary (22), Red Deer (2), Rocky Mountain House, Banff, St. Paul, Lloydminster, Medicine Hat (2), SASKATCHEWAN: Saskatoon (1), Prince Albert (2), Melfort, Yorkton, North Battleford, Estey, Rosetown, Kindersley, Moose Jaw, Weyburn, Regina, Outlook, Assiniboia, Swift Current (2), MANITOBA: Swan River