

CO-OP

PRICING IN EFFECT JULY 24 - 30, 2010
(DATES MAY VARY BY CO-OP)

Fresh Wild Pink Salmon

Head Off

29¢
/100 g



Tri-Colour Peppers
Hot House Grown, Cello Wrapped 3 Pack
Red, Yellow & Orange, Produce of Canada

Canadian Harvest Bread
450 g

1.99
each



Heinz Ketchup
1.5L
FIRST 2

3.49
each

3.99
each

Top Sirloin Grilling Steak

CUT FROM CANADA AA BEEF,
14 DAYS AGED
Warehouse Pack

3.99
/lb
800/kg



SpongeTowels
6 Rolls or EnviroCare
4 Rolls, FIRST 2

4.98
each

Available at participating
CO-OP™ & Tempo Gas
Bars/Convenience
Stores!

KoolAid SUSHIES
NEW!
Crystal Light
Arctic



ENTER TO WIN DAILY PRIZES AT
www.icedchillerscontest.com

THANK YOU!

for participating in our
CO-OP™ rewards program



Thomas professional cookware
essential group HARD ANODIZED



REMEMBER
to redeem your stickers by
JULY 30TH
to receive your **FREE**
professional cookware