

Super Savings!

Groceries



Kraft Dinner
8-12 Pack
200-225 g

8⁹⁸
each



CO-OP Instant Rice
1.4 kg Long Grain

5⁹⁹
each



CO-OP GOLD Pasta Sauce
700 mL or Alfredo 465 mL

3/9⁹⁹

CO-OP Pasta Sauce
750 mL **2/4⁰⁰**



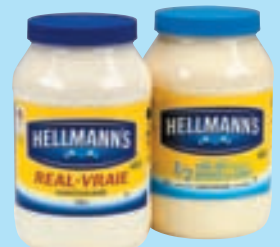
Ocean's
Light Tuna Chunk or Flaked in Water, Snack 'N Lunch Tuna or Salmon 75-170 g

5/5⁰⁰



Ocean's Wild Sockeye Salmon
213 g

2/5⁰⁰



Hellmann's Mayonnaise
1.42 L

6⁴⁹
each



CO-OP GOLD Dill Pickles
Garlic, No Garlic or Polski Ogorkie, 1 L

2/4⁹⁸

CO-OP GOLD Pickles
Bread & Butter, Sweet Mixed or Baby Dills with Garlic, 1L **2/5⁹⁸**



Kraft BBQ Sauce
455 mL

2/3⁹⁸



Kraft Bull's-Eye Barbecue Sauce
425 mL

2⁹⁹
each



Heinz Picnic Pack

6⁴⁹
each



Heinz Canned Beans or Pasta
398 mL

4/5⁰⁰



La Grille Rub Marinades
237 mL

3⁹⁹
each



Club House Bacon Bits, Chips or Salad Toppins
117-143 g

2⁹⁹
each



Bertolli Olive Oil
1 L Extra Light

10⁹⁹
each

Bertolli Olive Oil
1 L Extra Virgin **11⁹⁹**
each



CO-OP GOLD Salsa
1.89 L

6⁹⁹
each

CO-OP GOLD[®]

Organic PRODUCTS

JUST GOOD FOOD



CO-OP GOLD Organic Fine Grind Coffee
Regular or Decaffeinated
275 g

3⁷⁹
each



CO-OP GOLD Organic Flour
2 kg

4⁹⁹
each



Gold Egg Organic Large Eggs
1 dozen

4⁹⁹
each

Arabica Bean Leaves



CO-OP GOLD Organic Orange Juice
1.89 L

2/6⁹⁸

PLUS REPOST & ENVIRONMENTAL LIVES WHEN APPLICABLE!



CO-OP GOLD Organic Tea
20 Teabags

2/5⁰⁰



CO-OP GOLD Organic Mixed Beans, Red Kidney Beans or Chick Peas, 398 mL

3/3⁹⁹



CO-OP GOLD Organic Pasta Sauce
700 mL

3⁹⁹
each



CO-OP GOLD Organic Maple Syrup
250 mL

6⁹⁹
each



CO-OP GOLD Organic Broth, Low Sodium Chicken or Vegetable, 800 mL

2/5⁰⁰



CO-OP GOLD Organic Olive Oil
Extra Virgin 500 mL

5⁹⁹
each



CO-OP GOLD Organic Balsamic Vinegar
500 mL

5⁴⁹
each