

Grocery Specials

Great Value and Selection!



CO-OP Soup
Tomato or Cream of Mushroom
12 x 284 mL

6⁹⁹
each



Catelli Pasta
Bistro, Plain or Egg Noodles or Smart Pasta, 340-454 g
OR Healthy Harvest Pasta,
Whole Wheat, Multigrain or
Flax, Selected Varieties
300-375 g

2/4⁰⁰



Kellogg's Cereal
Corn Flakes, 2 Scoops Raisin Bran, Regular
All-Bran, Just Right or Muslix
Selected Varieties, 450-750 g
Honey Nut, Guardian or Strawberry
Medley All-Bran, Vector, All-Bran
Bran Flakes or Selected Flavours
Special K, Selected Varieties, 305-775 g

2/6⁰⁰
3⁹⁹
each



Del Monte Canned Fruit
Selected Varieties
398 mL

2/4⁰⁰



CO-OP Tomato Juice
1.36 L

3/4⁹⁸

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE



CO-OP Evaporated Milk
370 mL

3/4⁹⁸



Welch's Grape Juice
1.82 L Plastic

2/6⁹⁸

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE



Welch's Prune Nectar
1.89 L Plastic

4⁴⁹
each

PLUS DEPOSIT & ENVIRONMENTAL LEVIES WHERE APPLICABLE



Ocean's Wild Pink Salmon
180 g

4/5⁰⁰



Clover Leaf White Tuna
Flaked or Solid in Water
170 g

2²⁹
each



Smucker's Fruit Spread
No Sugar Added
310 mL

3⁷⁹
each



Kellogg's Snacks & Cereal Bars
Selected Varieties
5-10's
Vector Energy Bars
4's

2/5⁰⁰
2/6⁰⁰



Lipton Soup Mix
Chicken Noodle
or Onion
4's

2/5⁰⁰



Minute Rice
1.2-1.4 kg

6⁴⁹
each



Club House 1-Step Seasonings
111-168 g

3⁴⁹
each



La Grille
Selected Varieties
Seasonings or Spices
120-203 g

3⁹⁹
each



Dare Snack Crackers
Breton or Cabaret
Selected Varieties
200-225 g

2/5⁰⁰



Chipits
Selected Varieties
200-350 g

2/5⁰⁰



Jell-O Jelly Powder
9.1-85 g

4/3⁰⁰



Jell-O Instant Pudding or Lemon Pudding & Pie Filling
30-128 g

3/2⁹⁷



Bick's Dill Pickles
Garlic, No Garlic,
Polskie Ogorki
or Hamburger
Slices
1 L

2/5⁰⁰



Bick's Pickles
Baby Dills,
Yum Yums or
Sweet Mix, 1 L

2/6⁹⁸



HARMONIE Pure Canola Oil
3 L

5⁹⁹
each



Tang Crystals
3's

99¢
each



Robin Hood Flour
Regular, 10 kg

9⁹⁹
each