

Grocery Savings

CO-OP GOLD
Pasta Entrées
255 g
Frozen



3/3⁹⁹

CO-OP GOLD
Perogies
907 g
Frozen



2/5⁰⁰



High Liner Pan-Sear Selects Fillets or Battered and Breaded Fillets Signature Packs
Assorted Varieties
540-680 g, Frozen

9⁹⁹
each



High Liner Selects
Fillets and Popcorn Shrimp
Assorted Varieties
680 g, Frozen

10⁹⁹
each

Chapman's
Frozen Yogurt
2 L



4⁹⁹
each

Chapman's
Yogurt Plus
1 L



4⁹⁹
each

CO-OP GOLD
Fruit
Berry Blend or Fruit
Medley, 600 g, Frozen



2/8⁹⁸

Dairyland
Cottage
Cheese
500 g



2⁹⁹
each

Yoplait Tubes
8 x 60 g



2/6⁰⁰

CO-OP
Sour
Cream
500 mL



1⁹⁹
each

Kraft Singles
Process Cheese Product
1 kg Slices



7⁹⁹
each

Kraft Cheez
Whiz
Process Cheese
Product, 1 kg



7⁴⁹
each

Kraft
Philadelphia
Dips
227 g



2/3⁹⁸

International
Delight
473 mL



2/5⁰⁰

General Mills
Cereal
Oatmeal Crisp or Fibre 1
Selected Varieties
700-710 g



5⁹⁹
each

Kellogg's Fun
Pac or Variety
210-275 g



2/7⁰⁰



Kellogg's All-Bran
525 g

2/6⁰⁰



Kellogg's Cereal
All-Bran Guardian, All-Bran Strawberry Medley,
Special K, Special K Flavours or Vector Meal
Replacement, Selected Varieties, 305-535 g

3⁹⁹
each



Kraft Delissio
Pizza
Selected Varieties
370-931 g
Frozen

6⁹⁹
each



CO-OP Ice Cream
Selected Varieties
1.89 L Brick

3/9⁹⁹



CO-OP GOLD
Cheese
Colby, Mozzarella or Mild,
Medium or Old Cheddar
900 g

10⁹⁹
each



Imperial
Margarine
1/4 Squares or Soft
1.36 kg

3⁹⁹
each



Kellogg's Cereal
Corn Flakes, Rice Krispies,
All-Bran Bran Flakes or
Two Scoops Raisin Bran
Selected Varieties
305-525 g

3/6⁹⁹