

Your Co-op Specials



February 3rd – February 9th

Your Co-op: The Best Deal in Town

Toonie Deals!

**Whole White
Mushrooms 200g**
Reg \$2.99
Sale \$2.00



Iceberg Lettuce
Reg \$2.69
Sale \$1.50



Spartan Apples
Reg \$4.69 kg
Sale \$1.29lb / \$2.85kg



Mineola Oranges
Reg \$4.29 kg
Sale \$1.29lb / \$2.85kg



**Unico Beans & Chick
Peas 540ml**
Reg \$1.99
Sale \$1.25



Unico Tomatoes
796ml
Reg \$2.39
Sale \$1.25



**Co-Op Canned
Vegetables 398ml**
Reg \$1.19
Sale \$1.00



**Idahoan Instant
Potatoes 114g**
Reg \$2.29
Sale \$2.00



**Old South Frozen
Juice 283ml**
Reg \$2.19
Sale \$1.99



**Oceans Smoked
Oysters Reg or Chili**
Reg \$2.19
Sale \$1.99



**Co-Op Gold Fruit
Snacks 153g**
Reg \$2.29
Sale \$1.79



**Club House
Seasoning Mix 35g**
Reg \$1.89
Sale \$1.50



Gatorade 710ml
Reg \$2.29
Sale \$1.66



Flax Bread
Reg \$2.99
Sale \$1.99



Cheese Sub (3's)
Reg \$2.69
Sale \$1.69



Black Forest ham
\$1.99/100g



Beer Sausage
\$1.29/100g



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Old El Paso Tortillas
334g
Reg \$3.99
Sale \$2.00



Old El Paso Taco
Seasoning 35g
Reg \$1.79
Sale \$1.25



*Have Mucho Fun
(And Savings!!)
Tonight with
Old El Paso!*



Old El Paso Taco
Sauce 215ml
Reg \$3.19
Sale \$2.50



Old El Paso Refried
Beans
Reg \$4.19
Sale \$2.50



Old El Paso Taco Kits
Reg \$5.29
Sale \$3.99



Old El Paso Salsa
650ml
Reg \$4.19
Sale \$3.00



Weekend Super Bowl Special Friday Feb 3-5th
Road House Wings, 20 Pieces for only \$16.49



Check out our Cute

Valentine's Day Gingerbread House

Kits, located in our Bakery Department.

Only \$6.99!



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Four Dollar Deals!

Dole Fruit 540ml
Reg \$3.59
Sale \$3.00



McCain Ultra Thin
Pizza
Reg \$7.99
Sale \$3.99



Harmonie Bacon 500g
Sale \$3.49



Indiana Popcorn 156g
Reg \$4.29
Sale \$2.99



Select Wasa
Crispbread
Reg \$3.69
Sale \$2.99



Frank's Red Hot
Cheese Sticks (6's)
Reg \$4.99
Sale \$3.99



Milk Chocolate Chunk
Cookies (10's)
Reg \$4.99
Sale \$3.99



Raisin Bran Muffins
(6's)
Reg \$4.69
Sale \$3.69



Olson Angel Food Loaf
Cakes
Reg \$4.99
Sale \$3.99



Mann's Butternut
Squash 340g
Reg \$4.99
Sale \$2.99



Campbell's Creations
Ready To Enjoy 540ml
Reg \$2.79
Sale \$2.50



Cauliflower
Reg \$4.69
Sale \$2.99



Tea biscuits
(Blueberry, Raisin &
Cheddar)
Reg \$4.69
Sale \$3.69



Select General Mills
Cereal 330-380g
Reg \$5.49
Sale \$3.99



McIntosh Apples 3lb
Bag
Reg \$5.99
Sale \$3.99



Lilydale Sundried
Tomato Turkey
\$3.29/100g



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Mini Peeled Carrots
2lb Bag
Reg \$4.69
Sale \$2.99



Lilydale Brushetta
Turkey
\$3.39/100g




Four Dollar Deals!

Christie Premium Plus
Crackers 450g
Reg \$3.69
Sale \$3.00



Montreal Smoked
Meat
\$2.29/100g



More Great Deals!



Family Pack Olivieri
Fresh Pasta 540-700g
\$7.99



Family Pack Fresh
Chicken Legs back
Attached
\$4.39 kg / \$1.99 lb



Country Morning
Crispy Chicken Bucket
Frozen 1kg
\$11.99



Stove Smoked
Kielbasa coil
\$14.97 kg / \$6.79 lb



Boneless Pork Loin
Centre Roast
\$9.90 kg / \$4.49 lb



Extra Lean Ground
Beef Family Pack
\$8.80 kg / \$3.99 lb



Family Pack Boneless
Pork Loin Centre
Chops
\$11.00 kg / \$4.99 lb



Top Sirloin Oven
Roast
\$9.90 kg / \$4.49 lb



Wing Wong Frozen
Entre
Reg \$6.49
Sale \$4.99



Regular Pack Pork
Shoulder Blade Steak
\$6.59 kg / \$2.99 lb

