

Wishing you a very HAPPY EASTER

CO-OP

TM/MC
Gander



NEW CROP!

SWEET CRUNCHY
RED and GREEN
GRAPES
Peru or Chile #1
7.69 kg

3⁴⁹
lb



FROZEN
GRADE A TURKEY
3-7 kg average
4.39 kg

1⁹⁹
lb



2⁴⁹
lb

FRESH
TENDERLOIN and RIB PORK LOIN CHOPS
5.49 kg • Family Pack



2⁹⁹
DEMPSTER'S BREAD CRUMBS
340g

BIG
5 LB



29⁹⁹
NEWFOUNDLAND FROZEN
COD FILLETS
Individually Wrapped
5 lb box

Product of Fogo Island



4⁹⁹

SWEET JUICY CLEMENTINES
California #1 • 2 lb bags



5⁹⁹
lb
FRESH
WHOLE STEELHEAD TROUT
13.21 kg



4⁴⁴

APPLE VALLEY
9" CHERRY PIE
Seconds

DON'T FORGET
the ICE
CREAM



2⁹⁹

FRESH BROCCOLI
US #1



7⁹⁹

MAPLE LEAF
SMOKED HAM
600g • Regular
or Black Forest



1⁹⁹
MAPLE LEAF
FLAKES OF MEAT
150g • Assorted



1⁹⁹
AYLMER TOMATOES or ACCENTS
540-796mL • Assorted



12⁴⁹
COKE PRODUCTS
24x35mL • Assorted



4²⁹
HEINZ
TOMATO JUICE
1.36 L



HOT DEAL
5⁹⁹
BLACK DIAMOND
CHEESTRINGS
252-336g • Assorted



HOT DEAL
3⁹⁹
PHILADELPHIA CREAM CHEESE
250g • Assorted



3⁶⁷
LAY'S POTATO
CHIPS
200-235g
Assorted



4⁹⁹
SCOTTSBURN FAMILY FAVORITES ICE CREAM
1.5 L • Assorted



3⁹⁹
KRAFT SANDWICH SPREAD
475mL



1⁹⁹
KRAFT PASTA SALAD
200g

Fresh Produce



**FRESH CRISP
ROMAINE LETTUCE**
US #1 or
GRAPE TOMATOES
Mexico #1 • 1 pint basket

2⁹⁹



3⁹⁹
lb

**SWEET BELL
ORANGE, YELLOW
or RED PEPPERS**
Ontario #1 • 8.80 kg



5/\$5

**SWEET CRUNCHY
PINK LADY APPLES**
Washington #1
6.59 kg

2⁹⁹
lb



LARGE STALK CELERY
US #1

3⁹⁹



WHITE or BROWN MUSHROOMS
Ontario #1 • 8 oz cello

3⁴⁹

**GOLDEN RIPE
PINEAPPLES**
Costa Rica #1

5⁹⁹



2/\$3

**SWEET PEACHES
and CREAM CORN**
Florida #1



GREEN ZUCCHINI
Mexico #1 • 5.49 kg

2⁴⁹
lb



3⁹⁹
lb

**SWEET JUICY RED and BLACK
PLUMS** Chile #1 • 8.80 kg

**FRESH EXPRESS
COLESLAW or
GARDEN SALAD**
US #1 • 12-14 oz bags

2⁹⁹



Bakery & Deli



5⁴⁹

SUBS
Store made



3⁴⁹

4 PK. CROISSANTS



8⁹⁹

ATLANTA CHEESECAKE
4 Piece • Assorted



11⁹⁹

EASTER CAKE 8 inch Single Layer
Chocolate or White



3⁹⁹

WOOLWICH GOAT CHEESE
113g • Assorted



2⁹⁹

QUAKER INSTANT OATMEAL
264-304g • Selected



3⁹⁹

QUAKER OAT BRAN CEREAL
625g



3⁹⁹

DEMPSTERS' WHOLE GRAIN BREADS
600g Assorted



3⁹⁹

FOLGERS HOT or ICED
7 ct



7⁹⁹

FOLGERS K-CUPS 12 ct • Assorted
or **TIM HORTONS FRENCH VANILLA CAPPUCCINO 454g**



4⁴⁹

PEARL MILLING PANCAKE MIX
905g • Assorted



6⁹⁹

SMUCKER'S DOUBLE FRUIT and MARMALADES
500mL • Assorted • Excluding Raspberry



6⁴⁹

JIF PEANUT BUTTER
1 kg • Assorted



5⁹⁹

ACTIVIA YOGURT
8 pk • Assorted



3⁹⁹

MINUTE MAID ZERO SUGAR
1.54 L Assorted



2/\$4

MINUTE MAID or FIVE ALIVE
1 L • Assorted



3⁴⁹

KASHI QUINOA CRUNCH
200g • Assorted



8⁹⁹

NESTLÉ PURE LIFE SPRING WATER
35x500mL



9⁹⁹

CASHMERE BATHROOM TISSUE
8 Double Roll = 16 Rolls



3⁹⁹

OLD DUTCH LIQUID LAUNDRY DETERGENT
2 L • Assorted

ChoiceCuts

From the Sea
and ready for Easter



FRESH CHICKEN DRUMSTICKS or THIGHS
Family Pack • 7.69 kg • Now AIR-CHILLED

Country Ribbon

3.49 lb



CANADIAN AA OR HIGHER
PRIME RIB ROAST or STEAKS
35.25 kg • Family Pack



15.99 lb



8.99 lb



NEWFOUNDLAND SALT TURBOT
19.81 kg • Locally Produced



LAND & SEA
COD AU GRATIN
200g

4.99



COMEAU
MARINATED
HERRING
265g • House Blend
or Wine Sauce

5.99



COMEAU
CANDIED
SALMON
150g

9.99



FRESH
CENTER CUT
PORK LOIN CHOPS
Family Pack • 6.59 kg

2.99 lb



LIGHTLY BREADED
CHICKEN WINGS 2 kg
Individually Quick Frozen

24.99

14.99

BREADED CHICKEN
STRIPS or PIECES 2 kg



9.99

SUNRISE
BEEF BURGERS 500g



8.99

MAPLE LEAF PREPPED & READY
NATURAL MEATS 250g • Assorted



6.99

SCHNEIDERS SLICED BACON 375g • Assorted

HOT DEALS



SCHNEIDERS
HOT & SPICY
WIENERS 450g or
HYGRADE ALL BEEF
WIENERS 375g

HOT DEAL
3.99



CHRIS BROTHERS
BOLOGNA
1.5 kg average

HOT DEAL
8.99



RAISED
WITHOUT
ANTIBIOTICS
GREENFIELD
HONEY HAM
175g

HOT DEAL
4.99



NATURAL SAUSAGE
PORK RESERVE SAUSAGES
300g

HOT DEAL
4.99



MCCAIN SUPERFRIES
650g • Assorted

4.99



EGGO WAFFLES
960g • Assorted

5.99



WONG WING EGG ROLLS
680g • Chicken, Meat or Vegetable

7.99



ALASKA CALIFORNIA MIX
1 kg

5.99



CHAPMAN'S NOVELTIES
4-20 pk • Assorted

15.99



STOVE TOP STUFFING
120g • Assorted

2.99



CARAPPELLI
ORGANIC OLIVE OIL
500mL • Assorted

12.99



KRAFT JET PUFFED
MARSHMALLOWS
250g • Assorted

1.99



NATURE VALLEY
SWEET & SALTY GRANOLA BARS
130-210g • Assorted

3.99



ASTRO YOGURT
750g • Assorted

4.99



HEREFORD VIENNA SAUSAGES
130g

3/\$5



HEREFORD CORNED BEEF
340g

4.99



BERTOLLI OLIVE OIL
COOKING SPRAY
155mL

4.49



E.D. SMITH PIE FILLING
540-796mL • Assorted

6.49



PURITY HARD BREAD
625g

6.99



SELECTION ONION SOUP MIX
2 pk

1.79



FRANCO AMERICAN BEEF GRAVY
284mL • Beef only
or IDAHOAN POTATOES 43-113g • Assorted

1.99



FAVORITE PIECES & STEMS
MUSHROOMS 284mL

2/\$3



BETTY CROCKER MIXES 357-496g • Selected



3.99



PRIMO
PRIMO PASTA 454g • Assorted
1.49

Gattuso
GATTUSO PIZZA SAUCE
213mL • Assorted
3/\$5

PURITY
CREAM CRACKERS
200g
2.49

Green Giant
GREEN GIANT VEGETABLES
341-398mL • Assorted
3/\$5

1/2 Moon
VACHON SNACK CAKES
220-410g • Assorted
3.49

CLARK
CLARK BEANS
398mL • Assorted
1.99

Swift
SWIFT PREMIUM COOKED HAM
454g
4.99

CAVENDISH
CAVENDISH CLEARCOAT CRISPY FRIES 4.5 lb
8.99

Black Diamond
BLACK DIAMOND CHEESE BLOCKS 400g or SHREDS 300-320g • Assorted
5.99

Favorite
FAVORITE EVAPORATED MILK
354mL • Assorted
1.97

Favorite
ALL PURPOSE ENRICHED FLOUR
7 lb
5.99

Favorite
FAVORITE BREAD & ROLL MIX
3 lb
4.49

Tostitos
TOSTITOS 205-295g or PEPSI PRODUCTS 6x710mL • Assorted
2/8.50

PEPSI
PEPSI PRODUCTS
12x355mL • Assorted
2/\$15

Green Giant Valley
GREEN GIANT VALLEY SELECTIONS 300-500g • Assorted
3.99

La Perla
LA PERLA OIL
946mL
Vegetable or Canola
3.99

Dempster's
DEMPSTER'S XTRA SANDWICH BREAD
675g Assorted
2.99

Imperial
IMPERIAL MARGARINE
1.28 kg Tub or 3 lb / 1/2 cup squares
6.99

Kraft Singles
KRAFT CHEESE SINGLES
410g • Assorted
5.99

Hunt's
HUNT'S THICK & RICH PASTA SAUCE
680mL • Assorted
2/\$5

MR. NOODLES
MR. NOODLES SOUP BOWLS
110g • Assorted
3/\$5

Kraft Miracle Whip
KRAFT MIRACLE WHIP
650-890mL • Assorted
6.99

Dole
DOLE PINEAPPLE
398mL • Assorted
2/\$5

General Mills Cheerios
GENERAL MILLS CHEERIOS
570-725g • Family size • Assorted
6.99

Dole Gels or Fruit Bowls
DOLE GELS or FRUIT BOWLS
4pk • Assorted
3.79

Heinz Tomato Soup
HEINZ TOMATO SOUP
284mL
3/\$5

Minute Rice
MINUTE RICE
350g • Regular only
2/\$5

Del Monte Morning Sunshine Juice
DEL MONTE MORNING SUNSHINE JUICE
2.5L • Assorted
7.99

Dempster's English Muffins
DEMPSTER'S ENGLISH MUFFINS
6pk • Assorted
2.79

Breton and Vinta Crackers
BRETON AND VINTA CRACKERS
173-225g • Assorted
2.99

Red Baron Pizza
RED BARON PIZZA
740-780g • Assorted
6.99

Life Smart Rice Crackers
LIFE SMART RICE CRACKERS
100g • Assorted
2/\$4

Selection Pudding Cups
SELECTION PUDDING CUPS
4pk • Assorted
1.99

Bick's Sweet Mustard Pickles
BICK'S SWEET MUSTARD PICKLES
500mL or SLICED BEETS 750mL
5.49

Tetley Tea Bags
TETLEY TEA BAGS
40-48 ct • Assorted
6.99

Tetley Specialty Tea
TETLEY SPECIALTY TEA
20-24 ct • Assorted
3.99

We reserve the right to limit quantities. Prices do not include sales tax where applicable. Text prevails over photos.