

CO-OP TM/MC

Gander



2⁹⁹
lb

**SWEET CRUNCHY
RED AND GREEN GRAPES**
California #1 • 6.59 kg



**FRESH
SHOULDER PICNIC
PORK ROAST**
Family Pack
5.49 kg

2⁴⁹
lb

**FRESH
BONE-IN CHICKEN BREAST**
Family Pack
8.80 kg

2/\$6



PLUMP RIPE BLACKBERRIES AND RASPBERRIES
California, Mexico or BC #1
6 oz clamshells



SWEET RIPE WATERMELON
US #1 • 2.18 kg • ½'s and ¼'s



.99
/lb

**FRESH
ATLANTIC WHOLE SALMON**
13.21 kg



5⁹⁹
lb



SUNRISE BEEF BURGERS
500g • While supplies last • Reg. 11.49



6⁹⁹
HOT DEAL



.99
**JADE MANDARIN
ORANGES**
284mL • No Rainchecks



**DEMPTER'S HOTDOG or
HAMBURGER BUNS 8 pk • Assorted**



2/\$6



SCHNEIDERS LUNCHMATE KITS
90g • Assorted



2/\$5



KRAFT MIRACLE WHIP
890mL • Assorted • Reg. 7.99



4⁴⁹
HOT DEAL



KELLOGG'S CEREALS 320-510g • Selected

3⁹⁹



**FAVORITE PIECES & STEMS
MUSHROOMS 284mL**



4/\$5

6 DOUBLE ROLLS = 12 SINGLES



ROYALE BATHROOM TISSUE
6 Double Roll • Reg. 8.99

2⁹⁹
HOT DEAL

HOT DEALS



JELL-O JELLY POWDERS
10-85g • Light or Regular • Assorted

.88
HOT DEAL



PRIMO PASTA SAUCES
680mL • Assorted

2/4⁴⁴



CRACKER BARRELL CHEESE SLICES
240g • Assorted • Reg. 6.99

3⁹⁹
HOT DEAL



WONG WING EGG ROLLS
800g • Chicken only • Reg. 9.99

5⁹⁹
HOT DEAL

PRICES IN EFFECT AUGUST 17 18 19 20 21 22 23 2023

Fresh Produce



4⁹⁹

SWEET RIPE HONEYDEW
US #1

6⁹⁹

SWEET JUICY ORANGES
Imported #1
3 lb bags



2⁹⁹
lb



SWEET JUICY NECTARINES
California #1 • 6.59 kg



FRESH PEACHES AND CREAM CORN
Ontario #1

4/\$5



PLUMP RIPE TOMATOES ON THE VINE
Ontario #1
6.59 kg

2⁹⁹
lb

FRESH AVOCADOS
Mexico #1



2/\$4

LARGE ZESTY LEMONS
South Africa #1



4/\$5



5⁹⁹

RAINBOW PEPPERS
Ontario #1 • 3pk



2/\$6

WHOLE WHITE MUSHROOMS
Ontario #1 • 8 oz cello



Organic

3⁹⁹

CLASSIC BRAND ORGANIC SALADS
US #1 • 5 oz clamshell



2/\$3

SEEDLESS CUCUMBERS
Ontario #1

GRAPE TOMATOES
Ontario #1
Pint basket



3⁹⁹

Breakfast



2/\$4

MOTT'S GARDEN COCKTAIL
945ml



SAVE \$1.00



3⁴⁹

DEL MONTE CHILLED JUICES
1.6 L • Assorted • Reg. 4.49



7⁴⁹

NESCAFÉ INSTANT COFFEE
100g • Assorted



4⁴⁹

TIM HORTONS TEA
20 ct • Assorted
or KING COLE TEA 60 ct



2/\$4

BUSH'S BAKED BEANS
398ml • Assorted



3⁴⁹

DORA SPREAD
500ml • Assorted



8⁹⁹

FOLGERS K-CUPS
12 ct • Assorted



12⁹⁹

FOLGERS GROUND COFFEE
816-865g • Assorted



POST HONEY BUNCHES OF OATS
340g
Assorted

4⁹⁹



NABISCO CREAM OF WHEAT
800g • Ready to Serve • Assorted

4⁹⁹



QUAKER PREMIUM INSTANT OATMEAL
228-344g • Selected

5⁴⁹



CHEERIOS
570-725g
Selected
Family size

7⁹⁹

ChoiceCuts



FRESH
WHOLE CRYOVAC PORK TENDERLOIN
or PORK BACK RIBS
11.00 kg

4⁹⁹
lb



CANADIAN AA OR HIGHER
EXTRA LEAN
GROUND BEEF
13.20 kg • Family Pack

5⁹⁹
lb

CANADIAN BEEF
CANADIAN AA OR HIGHER
BONELESS BLADE
ROAST or STEAKS
15.41 kg • Family Pack

6⁹⁹
lb



MAPLE LEAF
BACK BACON
200g • Reg. 8.49

3⁹⁹
HOT DEAL



LARSEN'S BBQ WEINERS
900g • Assorted
Reg. 11.49

6⁹⁹
HOT DEAL



SCHNEIDERS SLICED BACON
375g • Regular or Low Salt
Reg. 6.99

4⁹⁹
HOT DEAL



BUTCHER SELECTION STAMPEDE BBQ RIBS
680g • Assorted

11⁹⁹



CHRIS BROTHERS
BOLOGNA
1.5 kg average

9⁹⁹



MAPLE LEAF PRIME CHICKEN WINGS
695g • Assorted • Reg. 17.99

SAVE
\$4.00

13⁹⁹

From the Sea



NEWFOUNDLAND SALT FISH BITS
19.82 kg

8⁹⁹
lb



TOPPITTS APPI'S TEMPURA SHRIMP
500g

12⁹⁹



FROZEN BASA FILLETS
2 lb bag

10⁹⁹



TOPPITTS BATTERED SHRIMP
340g • Gluten Free • Reg. 12.99

SAVE
\$3.00

Gluten
free

9⁹⁹

Frozen

ALASKA
FROZEN FRUIT
AND BERRIES
300-600g
Assorted

5⁹⁹



KRAFT
COOL WHIP
1 L • Assorted

4⁷⁹



TENDERFLAKE
PIE SHELLS
225-350g
Mini-Tart Shells or
Regular • Assorted

4⁴⁹



CAVENDISH
CRISPY ONION RINGS 1 kg

9⁹⁹



CAVENDISH FRIES
1 kg • Assorted

2/\$6



MCCAIN OVAL HASH BROWNS
3.5 lb • Reg. 7.49

5⁹⁹



BETTER THAN MOM'S BATTERED
POTATO WEDGES 600g

4⁷⁹



STOUFFER'S BISTRO
BREAKFAST SANDWICHES 240g
Assorted • Reg. 4.99

SAVE
\$1.00

3⁹⁹

Grocery



DEMPSTER'S BAGELS
6 pk • 450-510g • Assorted

4⁴⁹



SWISS CHALET GRAVY
284mL • Assorted

2/\$4



MINUTE RICE
250g Ready to Eat • Assorted

2⁹⁹



REALEMON OR REALIME
125mL

.99



LA GRILLE SEASONINGS
148-203g • Assorted

6⁴⁹



CATELLI BISTRO, HEALTHY HARVEST, SMART OR ANCIENT GRAIN PASTA 340-375g • Assorted

2/\$6



VH COOKING, STIR FRY OR DIPPING SAUCE 341-355mL Assorted

3⁹⁹



BERTOLLI OLIVE OIL
500mL • Assorted

8⁴⁹



THOMPSON'S SPLIT PEAS
450g

1⁹⁹



SAVE
\$1.30

3⁴⁹

FRENCH'S WORCESTERSHIRE SAUCE 340g • Reg. 4.79



2/\$5

CATELLI MEAT PASTA SAUCE
398mL



2/\$5

CORONATION SWEET GREEN RELISH 375mL



1⁹⁹

ALLEN'S MALT OR CIDER VINEGAR
500mL



6⁴⁹

SHAKE 'N BAKE
283g • Original



4⁹⁹

BLACK DIAMOND CHEESE SLICES 410g • Assorted



3⁷⁹

LACTANTIA HEALTHY ATTITUDE MARGARINE 427g • Reg. 4.79



3⁹⁹

KELLOGG'S SPECIAL K FRUIT CRISPS 125-138g • Assorted



2/\$4

BURNS FLAKES OF MEAT
156g • Assorted



6⁷⁷

DEL MONTE STEWED PRUNES
767mL



2/\$6

GATORADE THIRST QUENCHER 710mL • Assorted or ARTO LIFE WATER 700mL



4⁴⁹

MINUTE MAID PUNCH OR NESTLE 10 pk



3/\$5

JONES SODA 355mL • Assorted



SAVE
\$1.00

3⁹⁹

ROSE'S LIME CORDIAL OR GRENADINE 739mL • Reg. 4.99



SAVE
\$3.00

7⁹⁹

GREENSMITH NEWFOUNDLAND WILDFLOWER HONEY 190mL • Reg. 10.99

Around the Home



SAVE
\$2.50

8⁹⁹

SPONGE TOWELS 6 Roll Reg. 11.49



2/\$5

SIMPLY KIDS SENSITIVE BABY WIPES 64 ct



SAVE
\$2.50

3⁹⁹

OLD DUTCH CONCENTRATED BLEACH 2.4L Reg. 6.49



5⁴⁹

MR. CLEAN CLEANERS 1.3L • Assorted



4⁹⁹

SOLO PAPER PLATES 22-48 ct • Assorted



8⁹⁹

CLR CLEANER 828mL or GREASE MAGNET 1.24 L



5⁷⁹

CASCADE DISHWASHER DETERGENT 1.7 kg



5⁴⁹

SUNLIGHT DISH LIQUID 1.2 L Lemon only



15⁹⁹

TIDE COLD WATER LAUNDRY DETERGENT 2.04L Assorted



2/\$4

CLUB SUPREME FABRIC SOFTENER SHEETS 40 ct • Assorted



SAVE
\$2.00

7⁹⁹

CARINO OMEGA 3 SEAL OIL CAPSULES 120 ct Reg. 9.99

Bakery & Deli

3⁴⁹

KAISER SANDWICH
Store made



DISCOVERY SALADS
9.90 kg
Assorted

.99
per 100g



HOT DEAL

MÈRE MICHEL COMBO PACK
375g • Reg. 9.00

\$6
HOT DEAL



CHRIS BROTHERS PIZZA VARIETY
175g

3¹⁹



GARLIC BREAD
400-500g • Store baked

3⁹⁹

MOM'S OLD FASHIONED MOLASSES COOKIES 10 pk

4⁹⁹



SAVE \$2.00
4⁹⁹
9" PECAN PIE
Seconds • Reg. 6.99

Baking



ROBIN HOOD QUICK OATS
1 kg • Large Flakes, Minute or Quick Oats

3⁹⁹



QUAKER OAT FLOUR
700g

4⁹⁹



PILLSBURY GRANDS CINNAMON ROLLS
496g

4⁴⁹



PILLSBURY CHOCOLATE CHIP COOKIES
428-468g • Assorted • Reg. 4.99

SAVE \$1.50

3⁴⁹



BAKER'S BAKING SQUARES
170-225g • Assorted

5⁴⁹



CERTO LIQUID PECTIN
170mL • Reg. 4.99

SAVE \$1.00

3⁹⁹



CRISCO OIL
1.18 L • Vegetable or Canola

9⁹⁹



CROWN OR LILY WHITE CORN SYRUP
500mL

3⁹⁹

Pet Supplies



PURINA FRISKIES DRY CAT FOOD
1.4-1.8 kg • Assorted

7⁹⁹



HARTZ AQUEEZE UPS
4 pk • Assorted

2⁹⁹



PEDIGREE DENTASTIX
553-608g • Assorted

10⁹⁹



NATURE'S RECIPE DOG FOOD
78g • Assorted

2/\$4



PUP OF THE WEEK
Ronin

More great Savings



2/\$4

KRAFT DINNER
225g • Original



3/\$4

HEINZ TOMATO SOUP
284mL



2/4.44

CHEF BOYARDEE PASTAS
418-425g • Assorted



SAVE \$1.50

4.99

DR. OETKER PIZZAIOLO KIT
700g • Reg. 6.49



SAVE \$1.50

3.99

BERTOLLI OLIVE OIL SPRAY
155mL • Assorted • Reg. 5.49



2/\$6

BETTY CROCKER HAMBURGER
HELPER 170-240g • Assorted



SAVE \$1.50

3.99

CATELLI PASTA
900g • Assorted • Reg. 5.49



SAVE \$2.30

3.99

BLACK DIAMOND CHEESTRINGS
168g • Assorted • Reg. 6.29



5.99

BLACK DIAMOND BLOCKS 400g and SHREDS 300-320g • Assorted



SAVE \$1.50

3.99

BICK'S PICKLES
500mL • Assorted • Reg. 5.49



2/\$7

DIANA BBQ SAUCES
500mL • Assorted



SAVE \$2.02

6.77

HEINZ PICNIC PACK
3 pk • 275mL • Reg. 8.79



SAVE \$2.05

5.44

SWIFT PREMIUM COOKED
HAM 454g • Reg. 7.49



SAVE \$2.30

3.99

Crave FROZEN DINNERS
283-346g • Assorted • Reg. 6.29



4.99

FAVORITE NL STYLE
SWEET MUSTARD PICKLES
750mL



SAVE \$1.00

3.99

FAVORITE NL STYLE SLICED
PICKLED BEETS 750mL
Reg. 4.99



2/\$4

DEL MONTE VEGETABLES
341-396mL • Assorted



5.49

SCOTSBURN NOVELTIES 12 pk • Assorted



3.49

DARE WAGON WHEELS 315-360g, VIVA PUFFS 300g
or BEAR PAWS 140-270g • Assorted



2/\$5

KELLOGG'S RICE KRISPIES
SQUARES 176-220g • Assorted



2/\$5

DEL MONTE FRUIT
398mL • Assorted



9.97

WELCH'S LEMONADE, CRUSH OR JUMBO
MR. FREEZE 27 pk • Assorted



15.99

DOLE FRUIT BOWLS
20 pk • Assorted



2/6.50

BEN'S XTRA SANDWICH BREAD
675g • Assorted



SAVE \$4.00

8.99

AQUAFINA WATER
24x500mL • Reg. 12.99



SAVE \$2.00

5.99

OCEAN SPRAY COCKTAIL
3L • Assorted • Reg. 7.99



4.99

BECEL MARGARINE
427g • Assorted Soft Tubs



2/\$4

OASIS 960mL
or GRAVES JUICE 1L • Assorted



3/\$5

PEPSI PRODUCTS
1L • Assorted



2/8.50

TOSTITOS CHIPS 202-295g
or SALSAS 418-430mL • Assorted



2/8.50

SMARTFOOD SNACKS 140-220g
or CHEETOS 260-310g • Assorted



4.49

PEPSI PRODUCTS
6x710mL • Assorted