

# CO-OP TM/MC

## Gander

FROZEN  
RIB AND TENDERLOIN  
PORK CHOPS  
5.49 kg  
Combination  
Family Pack

RED RIPE  
STRAWBERRIES  
California #1  
1 lb  
clamshell



**2/\$7**



**2.49**  
lb

FRESH  
CHICKEN  
WINGS  
8.80 kg  
Family Pack



**3.99**  
lb

MAPLE LEAF  
BABY BAG BOLOGNA  
1 kg average

NEW  
CROP!



SWEET JUICY  
CLEMENTINES  
South Africa #1  
2 lb bags

**4.99**

SWEET BELL  
RAINBOW PEPPERS  
Ontario #1  
3 pk



**11.99**



**3.99**

KELLOGG'S CEREALS 320-435g • Selected

**3.99**

KELLOGG'S CEREALS 320-435g • Selected

**2/\$6**

DEMPSTER'S  
HOLSUM BREAD  
570g  
White or  
Whole Wheat

**5.99**

KRAFT PEANUT BUTTER  
750g • 1 kg • Assorted

**4/\$5**

GATTUSO PIZZA SAUCE 213mL or  
CRUST MIX 165g • Assorted

**3/\$5**

DOLE PINEAPPLE  
398mL • Assorted

**4.99**

SCOTSBURN FAMILY FAVORITE ICE CREAM  
1.5L • Assorted

**2/\$4**

MAPLE LEAF  
FLAKES OF MEAT  
156g • Assorted

**4/\$5**

GATTUSO PIZZA SAUCE 213mL or  
CRUST MIX 165g • Assorted

**3/\$5**

DOLE PINEAPPLE  
398mL • Assorted

**4.99**

SCOTSBURN FAMILY FAVORITE ICE CREAM  
1.5L • Assorted

**3.99**

COKE AND PEPSI PRODUCTS 6x710mL • Assorted

**HOT DEALS**

**3.49**

BECEL MARGARINE 427g • Soft Tub, GARLIC BUTTER SPREAD 227g,  
PLANT BUTTER TUB 427g or PLANT BASED BRICKS 454g • Assorted

**Mix or Match**  
**5/\$5**

MR. NOODLES  
NOODLES IN A CUP  
64g • Assorted

JADE WHOLE  
MUSHROOMS 284mL

MARIO'S MINI  
VIENNA SAUSAGES  
113g

PRICES IN EFFECT MAY 23 24 25 26 27 28 29 2024

# Fresh Produce

**SWEET CARROTS or SMALL TURNIP**  
Grown Right Here #1  
or **RED AND YELLOW FLESH POTATOES**  
Canada #1  
5 lb bags

**4<sup>99</sup>**

**GROWN RIGHT HERE!**

**EXTRA LARGE RED AND GREEN GRAPES**  
Chile #1 • 11.00 kg

**4<sup>99</sup>** lb

**PLUMP RIPE TOMATOES ON THE VINE**  
Ontario #1 • 5.49 kg

**2<sup>49</sup>** lb

**GRAPE TOMATOES**  
US or Mexico #1  
Pint basket

**2<sup>99</sup>**

**SWEET JUICY GOLDEN DELICIOUS APPLES** Washington #1  
6.59 kg

**2<sup>99</sup>** lb

**GREEN PEPPERS**  
Florida #1 • 5.49 kg

**2<sup>49</sup>** lb

**SEEDLESS CUCUMBERS**  
Ontario #1

**2/\$3**

**SWEET RIPE CANTALOUPE**  
US #1

**3<sup>99</sup>**

**Organic**

**CLASSIC BRAND ORGANIC SALADS**  
US #1 • 5 oz clamshell

**4<sup>99</sup>**

**GREEN KIWIFRUIT**  
Greece #1

**4/\$5**

**FRESH AVOCADOS**  
Mexico #1

**2/\$5**

**CAULIFLOWER**  
US #1

**4<sup>99</sup>**

**HOT DEAL**

## Breakfast

**SPEERVILLE NEW FOUND ROLLED OATS**  
910g

**HOT DEAL**  
**3<sup>99</sup>**

**HEINZ TOMATO JUICE**  
540mL

**2<sup>99</sup>**

**OASIS or DEL MONTE JUICE**  
960mL • Assorted

**2/4<sup>44</sup>**

**CLARK BEANS**  
398mL • Assorted

**2/\$4**

**E.D. SMITH TRIPLE FRUIT JAMS**  
375-500mL • Assorted

**4<sup>49</sup>**

**KELLOGG'S EGGO WAFFLES**  
280-330g • Assorted

**3<sup>99</sup>**

**E.D. SMITH TABLE SYRUP**  
375g • No Sugar Added

**3<sup>99</sup>**

**JUMPING BEAN COFFEE**  
20 ct • Assorted

**12<sup>99</sup>**

**NESCAFÉ INSTANT COFFEE** 100-150g  
Regular or Decaf

**6<sup>99</sup>**

**OASIS CHILLED JUICES**  
1.5L • Assorted

**5<sup>99</sup>**

**QUAKER INSTANT PREMIUM HIGH FIBRE / PROTEIN OATMEAL**  
232-344g • Assorted

**4<sup>49</sup>**

**GENERAL MILLS CHEX CEREAL**  
345-395g • Assorted

**4<sup>99</sup>**

**DEL MONTE STEWED PRUNES** 767mL

**6<sup>69</sup>**

**BILLY BEE LIQUID HONEY**  
250mL

**6<sup>99</sup>**

**ASTRO YOGURT**  
12x100g • Assorted

**6<sup>49</sup>**

# ChoiceCuts



CANADIAN BEEF

**CANADIAN AA OR HIGHER  
FRESH BONELESS  
OUTSIDE ROUND ROAST or STEAKS**  
17.61 kg • Family Pack

**7<sup>99</sup>**  
lb

**EXTRA LEAN  
GROUND BEEF**  
15.41 kg  
Family Pack



MADE FROM  
**FRESH BEEF**

CANADIAN BEEF

**6<sup>99</sup>**  
lb

**CANADIAN AA OR HIGHER  
STRIPOIN  
GRILLING STEAKS**  
35.25 kg  
Family Pack

CANADIAN BEEF



**15<sup>99</sup>**  
lb

**14<sup>99</sup>**



**2 KG!**

**WHITE MEAT BREADED  
CHICKEN STRIPS or TENDERS**  
2 kg

## HOT DEALS



**SCHNEIDERS  
HAM  
LUNCHMATE KIT**  
90g • Ham only

**2/\$5**



**MINA  
CHICKEN  
BREAKFAST  
STRIPS**  
375g

**HOT DEAL**  
**4<sup>99</sup>**



**MÈRE MICHEL SLICED  
BOLOGNA** 500g

**HOT DEAL**  
**3<sup>99</sup>**



**LARSEN  
WIENERS**  
900g • Assorted

**7<sup>99</sup>**



**MAPLE LEAF  
PREMIUM  
LOW SALT BACON**  
375g • Low Salt only

**5<sup>99</sup>**



**HORMEL GATHERINGS SNACK TRAY**  
425g • Assorted

**9<sup>99</sup>**



**BELMONT MEATS CHEESE & BACON  
BEEF BURGERS** 852g

**13<sup>99</sup>**



**BUTTERBALL TURKEY BURGERS**  
852g

**12<sup>99</sup>**



**SUNRISE DELI STICKS**  
250g • Assorted

**5<sup>99</sup>**

## From the Sea



**SOFINA BREADED FISH FILLETS**  
1 kg

**8<sup>99</sup>**



**WILD ARGENTINIAN SHRIMP**  
2 lb • 13/15

**25<sup>99</sup>**



**AQUA STAR PINK SALMON FILLET**  
440g

**9<sup>99</sup>**

## Frozen

**HEALTHY CHOICE  
GOURMET STEAMERS**  
283-306g • Assorted

**4<sup>49</sup>**



**CAVENDISH  
CRISPY TEMPURA  
ONION RINGS**  
1.5 kg

**12<sup>99</sup>**



**CAVENDISH  
STRAIGHT CUT FRIES**  
5 lb

**8<sup>99</sup>**



**They're back!**  
When pizza's on a bagel,  
You can eat pizza anytime!



**HEINZ  
BAGEL BITES**  
9 pk • Assorted

**3<sup>49</sup>**



**GREEN GIANT VALLEY  
SELECTIONS** 300-500g • Assorted

**3<sup>99</sup>**



**CAVENDISH FRIES**  
800g • Assorted

**3<sup>77</sup>**



**SWIFT POT PIE** 190g • Assorted

**2/\$4**

# Grocery



KRAFT REAL MAYO  
650-890mL • Assorted

**6<sup>49</sup>**



KNORR SIDEKICKS  
120-162g • Assorted

**2/\$5**



CHEF BOYARDEE PASTA  
418-425g • Assorted

**2/\$5**



FRENCH'S KETCHUP  
750mL - 1L

**4<sup>99</sup>**



VH SOYA SAUCE  
380mL

**3<sup>49</sup>**



BEN'S NATURAL SELECT RICE  
365-397g • Assorted

**5<sup>49</sup>**



HUNT'S THICK & RICH PASTA SAUCE  
680mL • Assorted

**2/\$5**



KNORR/LIPTON CHICKEN NOODLE SOUP 4pk • Assorted

**3<sup>79</sup>**



HEINZ TARTAR SAUCE  
354mL

**4<sup>49</sup>**



FRENCH'S SPECIALTY MUSTARD  
325mL • Assorted

**3<sup>29</sup>**



ALLEN'S MALT VINEGAR  
500mL

**1<sup>99</sup>**



DEMPSTER'S WHOLE GRAINS BREAD  
600g • Assorted

**2/\$7**



MAZOLA COOKING OIL  
1.18L • Assorted

**9<sup>99</sup>**



BLACK DIAMOND COMBOS 129g or NATURAL SLICES 220-280g • Assorted

**5<sup>99</sup>**



QUAKER CHEWY GRANOLA BARS  
120g • Assorted

**2<sup>99</sup>**



QUAKER CRISPY MINIS RICE CAKES  
90-214g • Assorted

**2<sup>99</sup>**



KRAFT DELUXE MACARONI DINNER OR VELVETEAS SHELLS  
350-400g

**4<sup>79</sup>**



BLACK DIAMOND CHEESTRINGS  
252-336g • Assorted

**7<sup>99</sup>**



SPARKLING ICE  
503mL • Assorted

**3/\$5**



CHRISTIE COOKIES  
345-498g • Assorted

**5<sup>99</sup>**



PEPPERIDGE FARMS GOLDFISH CRACKERS  
107-227g • Assorted

**2/\$7**



WELCH'S FRUIT SNACKS  
616g • Assorted

**10<sup>99</sup>**



TIM HORTONS HOT CHOCOLATE  
500g

**5<sup>49</sup>**



PURITY SYRUP  
750mL • Assorted

**3<sup>99</sup>**

# Around the Home



CASHMERE BATHROOM TISSUE  
30 Jumbo Roll

**18<sup>99</sup>**



SCOTTIES FACIAL TISSUE  
6 pk

**7<sup>99</sup>**



SPONGE TOWELS  
6 Roll

**8<sup>99</sup>**



WHITE SWAN NAPKINS  
100 ct

**2<sup>77</sup>**



SIMPLY KID'S UNSCENTED WIPES  
64-72 ct • Assorted

**2<sup>99</sup>**



SCRUB FREE BATHROOM CLEANER  
950mL • Assorted

**4<sup>49</sup>**



SPRAY NINE MULTI-PURPOSE CLEANER  
650mL

**6<sup>99</sup>**



DAWN ULTRA DISH LIQUID  
473mL • Assorted

**3<sup>29</sup>**



CASCADE DISHWASHER DETERGENT  
3.4kg

**9<sup>99</sup>**



EASY-OFF OVEN CLEANER  
400g • Assorted

**6<sup>99</sup>**



ARM & HAMMER LAUNDRY DETERGENT  
1.42-1.63 L • Assorted

**6<sup>49</sup>**



TIDE PODS  
31 ct • Assorted

**11<sup>99</sup>**



BOUNCE FABRIC SOFTENER  
80 ct • Assorted

**5<sup>49</sup>**



OLD DUTCH CONCENTRATED BLEACH  
2.4L

**4<sup>49</sup>**



ULTRA DOWNY  
1.31L • 60 Loads

**6<sup>99</sup>**

# Bakery & Deli



SAPUTO  
SLICED CHEESE  
160-180g  
Assorted

**6<sup>49</sup>**



KAISER  
SANDWICH  
Store made

**6<sup>49</sup>**

TURKEY ROLL  
Store sliced  
13.99 kg

**6<sup>35</sup>**  
lb



**3<sup>49</sup>**

CHRIS BROTHERS  
DELI COMBO 250g



WEST TOWER  
RAISIN TEA  
BISCUITS  
8 pk • 520g

**4<sup>99</sup>**

ORIGINAL  
TWO-BITE BROWNIES  
608g

**9<sup>99</sup>**



**New**

Just in time for *Celiac*  
**AWARENESS MONTH**



PROMISE  
GLUTEN FREE BREAD  
480g  
White or Multigrain

**8<sup>99</sup>**



2 PK  
LONG JOHNS

**3<sup>99</sup>**

## Baking



FAVORITE BREAD & ROLL MIX  
3 lb

**4<sup>99</sup>**



JELLO INSTANT PUDDING MIX  
30-113g • Assorted

**3/\$5**



CLOUD 9 BAKING MIXES  
405-600g • Assorted

**8<sup>99</sup>**



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

**5<sup>99</sup>**



PARKAY MARGARINE  
3 lb • 1/2 Cup Squares

**7<sup>99</sup>**



CROWN CORN SYRUP  
500mL • Assorted

**3<sup>99</sup>**



FLEISCHMANN'S BAKING  
POWDER 340g

**3<sup>99</sup>**



CLUBHOUSE ARTIFICIAL  
VANILLA 250mL

**3<sup>99</sup>**



TENDERFLAKE LARD  
454g

**4<sup>99</sup>**



PHILADELPHIA CREAM CHEESE  
250g • Assorted

**4<sup>99</sup>**

## Pet Supplies

PUP OF THE WEEK



HARTZ DELECTABLES  
SQUEEZE UPS 10 pk • Assorted

**5<sup>97</sup>**



PURINA  
CAT CHOW  
2 kg  
Assorted

**9<sup>99</sup>**



NATURE'S RECIPE  
VARIETY PACK 12 pk • 936g

**18<sup>77</sup>**



PURINA BENEFUL PREPARED MEALS  
283g • Assorted

**2<sup>79</sup>**



*Bella*

# Tim Hortons

**TIM HORTONS CHILI 425g or SOUP 400-540mL • Assorted** **3<sup>99</sup>**

**TIM HORTONS GRANOLA BARS 5 ct • Assorted** **2<sup>99</sup>**

**TIM HORTONS COFFEE 300g or K-CUPS 10-12 ct Assorted** **8<sup>99</sup>**

**TIM HORTONS COFFEE 875-930g Original or Dark Roast** **22<sup>99</sup>**

**DEMPSTER'S HOT DOG OR HAMBURGER BUNS 8 pk • Assorted** **2/\$6**

**DIANA BBQ SAUCE 500mL • Assorted** **3<sup>49</sup>**

**SKINNY GIRL DRESSING 237mL • Assorted** **2<sup>99</sup>**

**CRACKER BARREL CHEESE BLOCKS 400g • Assorted** **6<sup>99</sup>**

**MAPLE LEAF PREMIUM COOKED HAM 454g** **4<sup>99</sup>**

**IDAHOAN POTATOES 113-116g • Assorted** **3/\$5**

**SWISS CHALET GRAVY and DIPPING SAUCES 284mL • Assorted** **1<sup>77</sup>**

**NO YOLKS EGG NOODLES 340g • Assorted** **3<sup>79</sup>**

**HEINZ CHILI SAUCE 455mL or KRAFT SANDWICH SPREAD 475mL** **4<sup>99</sup>**

**STOVE TOP STUFFING 120g • Assorted** **2<sup>77</sup>**

**SHAKE 'N BAKE 283g • Original** **5<sup>99</sup>**

**CATELLI PASTA 900g • Assorted** **LARGE PACK 3<sup>99</sup>**

**CLASSICO PASTA SAUCE 410-650mL • Assorted** **4<sup>99</sup>**

**DEL MONTE MORNING SUNSHINE JUICE 2.5L • Assorted** **6<sup>99</sup>**

**LACTANTIA HEALTHY ATTITUDE MARGARINE 850g** **5<sup>99</sup>**

**CLOVER LEAF SMOKED OYSTERS or MUSSELS 85g** **2/\$4**

**FIVE ROSES ALL PURPOSE FLOUR 10 kg** **15<sup>99</sup>**

**DR. OETKER PLANK PIZZA 3 pk • Assorted** **5<sup>99</sup>**

**POPSICLE FROZEN NOVELTIES 12 pk • Assorted** **4<sup>99</sup>**

**BECEL CANOLA SUNFLOWER OIL 1L** **6<sup>99</sup>**

**FAVORITE MANDARIN ORANGES 284mL** **4/\$5**

**CLOVER LEAF SKIPJACK TUNA 170g • Chunk or Flaked Light** **2/\$4**

**SARA LEE LITTLE BITES 196-234g • Assorted** **2/\$8**

**JELLO PUDDING 4 pk • Assorted** **2/\$7**

**TETLEY TEA BAGS 216 ct** **11<sup>99</sup>**

**HERSHEY'S SYRUP 462-522mL • Assorted** **4<sup>99</sup>**

**HAMILTON'S MILK LUNCH BISCUITS 300g** **3<sup>99</sup>**

**PURITY LEMON CREAMS 400g** **4<sup>49</sup>**

**PEPSI PRODUCTS 12x355mL • Assorted** **2/\$14**

**LAY'S CHIPS 235g or MISS VICKIE'S KETTLE COOKED CHIPS 200-220g • Assorted** **2/8<sup>50</sup>**