

# CO-OP TM/MC

## Gander



**FRESH RED CHERRIES**  
Northwest #1  
8.80 kg



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

**FROZEN RIB & TENDERLOIN PORK LOIN CHOPS**  
5.93 kg • Family Pack Combination



**2<sup>69</sup>**  
lb

**FRESH CHICKEN WINGS**  
8.80 kg  
Family Pack



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



**FRESH BROCCOLI**  
California #1

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

**2.5 KG SIZE!**



**FROZEN WHITE MEAT BREADED CHICKEN BREAST BURGERS**  
2.5 kg

**19<sup>99</sup>**



**SWEET JUICY CLEMENTINES**  
Imported #1  
2 lb bag

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



**SCOTIABANK NOVELTIES**  
12 pk • Assorted

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



**FRUITE DRINKS**  
1.54 L • Assorted

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



**DEMPTER'S HOLSUM BREAD**  
570g  
White or Whole Wheat

**2/\$6**



**BLACK DIAMOND CHEESE SLICES**  
410g • Assorted

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



**PREGO PASTA SAUCE**  
645mL • Assorted

**3<sup>44</sup>**



**LAY'S POTATO CHIPS 235g or POPCORNERS 142g • Assorted**

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



**COKE or PEPSI PRODUCTS**  
12x355mL • Assorted

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



## HOT DEALS



**PRIMO PASTA**  
454g • Assorted

**HOT DEAL**  
**.99**



**STONEY CREEK TOMATOES**  
796mL • Assorted

**HOT DEAL**  
**3/\$5**



**BECEL MARGARINE**  
850g • Assorted

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



**CASHMERE BATHROOM TISSUE**  
30 Jumbo Roll

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

PRICES IN EFFECT JULY 11 12 13 14 15 16 17 2024

# Fresh Produce

FRESH CRISP  
ROMAINE LETTUCE  
Quebec #1

2<sup>99</sup>



MULTI COLORED  
PEPPERS  
Ontario #1  
4 pk

4<sup>99</sup>



SWEET CRUNCHY  
FUJI APPLES  
Washington #1  
5.49 kg

2<sup>49</sup>  
lb



SWEET JUICY  
NECTARINES  
California #1  
6.59 kg

2<sup>99</sup>  
lb



PLUMP RIPE  
TOMATOES  
US #1 • 4 pk

3<sup>49</sup>



SWEET JUICY  
WATERMELON  
US #1 • 3.28 kg  
½'s and ¼'s

1<sup>49</sup>  
lb



SWEET RIPE  
CANTALOUPE  
US #1

3<sup>99</sup>



FRESH  
CAULIFLOWER  
US #1

4<sup>99</sup>



LARGE STALK  
CELERY  
US #1

3<sup>99</sup>



WHOLE WHITE  
MUSHROOMS  
Ontario #1  
8 oz Cello

HOT DEAL  
2<sup>99</sup>

HOT  
DEAL

TAYLOR FARMS  
CHOPPED  
SALADS  
US #1  
328-377g

5<sup>99</sup>



ZESTY LEMONS  
South Africa #1 or  
FRESH LIMES  
Mexico #1

5/\$5



SEEDLESS  
CUCUMBERS  
Ontario #1

2/\$4

Organic



ORGANIC  
PINK LADY  
APPLES  
Washington #1  
2 lb bag

5<sup>99</sup>

## Breakfast



LACTANTIA HEALTHY ATTITUDE  
MARGARINE 427g

3<sup>99</sup>



DEMPSTER'S BAGELS  
450-510g • Assorted

4<sup>49</sup>



BONNE MAMAN HAZELNUT  
COCOA SPREAD 250g

5<sup>99</sup>



PHILADELPHIA WHIPPED  
CREAM CHEESE 227g • Assorted

4<sup>99</sup>



MINUTE MAID SIMPLY  
1.54L • Assorted

5<sup>99</sup>



KELLOGG'S EGGO WAFFLES  
560g • Assorted

5<sup>99</sup>



CAMP 100% PURE  
MAPLE SYRUP 250mL

6<sup>49</sup>



JIF PEANUT BUTTER  
1 kg • Assorted

6<sup>49</sup>



SMUCKER'S PURE JAM OR  
MARMALADE OR DOUBLE FRUIT JAM  
500mL • Assorted • Excludes Raspberry

6<sup>49</sup>



RED ROSE DECAF TEA  
48 pk

4<sup>99</sup>



KELLOGG'S FAMILY SIZE CEREAL 500-625g • Assorted

6<sup>99</sup>



POST SHREDDIES OR  
HONEYCOMB 400-550g

4<sup>49</sup>



DANONE OIKOS  
GREEK YOGURT  
4 pk • Assorted

4<sup>99</sup>



HEINZ TOMATO JUICE  
540mL

2<sup>99</sup>



# ChoiceCuts



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

**FRESH PORK SPARE RIBS**  
11.00 kg  
Family Pack



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

**FROZEN CENTRE CUT PORK LOIN CHOPS**  
7.25 kg • Family Pack

**CANADIAN AA OR HIGHER STRIPLOIN GRILLING STEAK**  
37.46 kg

**16<sup>99</sup>**  
lb



**SCHNEIDERS LUNCH MATE KITS**  
90g • Assorted

**3/\$10**

## HOT DEALS



**BURNS SLICED BOLOGNA**  
500g

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



**900g SIZE!**

**MAPLE LEAF BBQ TOP DOG WIENERS**  
900g • BBQ only

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



**GREENFIELD HONEY HAM**  
175g

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



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

**MAPLE LEAF PRIME CHICKEN WINGS 695g • Assorted**



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

**SCHNEIDERS MAIN STREET DELI SLICED MEATS 200-250g • Assorted**



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

**BELMONT MEATS HOMESTYLE PRIME RIB BURGERS 852g**



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

**BUTCHER'S SELECTION STAMPEDE RIBS**  
680g • Honey Garlic or BBQ



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

**MÈRE MICHEL PREMIUM SLICED BACON**  
375g • Assorted

## From the Sea



**FROZEN HALIBUT STEAKS**  
30.84 kg • Product of Newfoundland

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



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

**PARAMOUNT FLAKE STYLE IMITATION CRABMEAT 907g**



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

**AQUA STAR PINK SALMON FILLET**  
440g

## Frozen

**CHAPMAN'S MARKDALE ICE CREAM 2 L or CANADIAN COLLECTION 8 pk**  
Assorted



**CREAMERY**

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

**RED BARON PIZZA SINGLES**  
318-326g  
Assorted



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

**GREEN GIANT NIBBLERS CORN ON THE COB**  
12 ct



**5<sup>79</sup>**



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

**PILLSBURY PIZZA POPS**  
750g • Assorted



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

**MCCAIN SUPERFRIES**  
650g



**2/\$4**

**SWIFT POT PIE**  
190g • Assorted



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

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



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

**ALASKA WINTER BLEND**  
1 kg

# Grocery



**2/\$4**

HUNT'S MANWICH SAUCE  
398mL



**2/\$4**

IDAHOAN MASHED POTATOES  
43-116g • Assorted



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

HELLMANN'S SPICY CHIPOTLE  
OR CLASSIC BURGER SAUCE  
325mL



**2/\$4**

ALLEN'S MALT OR APPLE CIDER  
VINEGAR 500mL



**2<sup>69</sup>**

BICK'S SWEET GREEN RELISH  
375mL



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

DEMPSTER'S WHOLE GRAINS  
BREAD 600g • Assorted



**2<sup>29</sup>**

CAMPBELL'S SPAGHETTI'S  
425g



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

CATELLI MEDIUM EGG NOODLES  
340g



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

MAPLE LEAF KLIK OR KAM  
340g



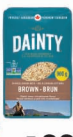
**3/\$5**

HEREFORD VIENNA SAUSAGE  
130g



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

TENDERFLAKE LARD  
454g



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

DAINTY RICE  
900g • Assorted



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

SHAKE'N BAKE  
283g • Original



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

VH SOYA SAUCE  
380mL • Assorted



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

KRAFT DELUXE MACARONI  
DINNER OR VELVETA SHELLS  
350-400g



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

SENSIBLE PORTIONS GARDEN  
VEGGIE STRAWS 120-142g • Assorted



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

SELECT BEEF GRAVY  
1.36 L



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

TRUVIA SWEETENER  
80 pk or 270g



**3/\$5**

SWISS CHALET MARINADE, DIP  
OR GRAVY 25-51g • Assorted



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

MARIO'S COOKED HAM  
340g



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

QUAKER CHEWY GRANOLA  
BARS 120g • Assorted



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

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



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

OCEAN SPRAY SPARKLING  
JUICE 6x340mL • Assorted



**4<sup>25</sup>**

MISS VICKIE'S KETTLE  
COOKED CHIPS 200-220g  
Assorted

**#ONLY IN CANADA**

**1. Buy**  
Any participating  
Kroger Products® product

**2. Snap**  
A picture of your receipt  
before August 6th, 2024

**3. Enter**  
Scan your receipt at  
onlyinCanada.ca

You could **INSTANTLY WIN**

**1 OF 3 \$10,000**  
#OnlyinCanada Vacations  
Plus \$500,000  
in Secondary Prizes

**PLUS**  
enter for a chance to  
**WIN**  
a Master Chef BBQ  
in-store

\* See in store for details  
\* No purchase necessary



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

SCOTTIES  
FACIAL  
TISSUE  
6 pk



**7<sup>77</sup>**

SPONGE  
TOWELS  
6 Rolls



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

CASHMERE  
BATHROOM  
TISSUE  
30 Jumbo Rolls



**8<sup>49</sup>**

ZIPLOC FREEZER BAGS  
10-38 ct • Assorted



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

ECO-GUARDIAN  
PLANT BASED CUTLERY  
30 ct



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

PINESOL  
CLEANER  
1.4 L  
Assorted



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

LYSOL DISINFECTING WIPES  
75 ct • Assorted



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

SCRUBBING  
BUBBLES  
TOILET BOWL  
CLEANER  
710mL



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

SNUGGLE FABRIC SHEETS  
120 ct • Cuddle-Up Fresh



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

CLOROX  
CONCENTRATED  
BLEACH 1.27 L  
Original



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

RAINBOW SCRUBBY  
1 each • Regular or Sponge



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

GAIN FLINGS  
31 ct • Assorted



**17<sup>49</sup>**

FINISH ALL IN 1 MAX  
55 ct • Assorted



# Bakery & Deli



**.99**  
per 100g

JOHNSTON SALADS  
9.90 kg • Assorted



KAISER  
SANDWICHES  
Store made

**3.49**

CHRIS BROTHERS  
PIZZA VARIETY VALU PAK  
175g

**2.99**



*Make your own Charcuterie Board*



STONEFIRE NAAN BREAD  
250g • Assorted

**3.49**



**3.99**

REGIONALE  
BAKERY  
ENGLISH MUFFINS  
400g



HAMBURGER 8 pk or HOT DOG BUNS 6 pk • Store made

## Baking



**4.99**

PHILADELPHIA CREAM CHEESE  
250g • Regular or Light



**8.99**

MAZOLA OIL  
1.18 L • Assorted



**4.49**

PURITY LEMON CREAMS  
400g



**2/\$4**

SHIRRIFF PIE FILLINGS  
106-212g • Assorted

## Purity Lemon Cream Squares

1 package Purity Lemon Cream Biscuits  
1 package lemon pie filling  
3/4 of a cup of heavy cream (cold)  
1/4 a cup of powdered sugar  
1/2 tsp vanilla extract



Line a 9 x 13 inch dish with Purity Lemon Cream Biscuits. Prepare lemon pie filling as per instructions and pour 1/2 the mixture over the biscuits. Repeat layers and let cool. Combine (cold) heavy cream, powdered sugar, and vanilla extract in a chilled bowl. Beat ingredients together with an electric mixer on high speed until the cream is thick and billowy and stiff peaks form. Top with cream and chill for at least an hour before serving. [www.purity.nf.ca](http://www.purity.nf.ca)



**2.99**

KRAFT JET-PUFFED  
MARSHMALLOWS 400g • Assorted



**4.49**

FLEISCHMANN'S  
BAKING POWDER 340g



**4.49**

BETTY CROCKER  
ANGEL FOOD CAKE 430g or  
SALTED CARAMEL BROWNIE MIX 521g



**4.49**

CLUB HOUSE ARTIFICIAL  
VANILLA 250mL

## Pet Supplies

PUP OF THE WEEK



**2.99**

MEOW MIX CAT FOOD  
500g • Original



**15.99**

ARM & HAMMER CAT LITTER  
9.1 kg Clump & Seal



**2/\$5**

PURINA ONE SMART BLEND  
DOG FOOD 358g • Assorted



**2/\$8**

PURINA BEGGIN' STRIPS  
170g • Assorted



Flank

# Grill AND Chill

for a chance to **WIN \$500**  
WORTH OF GROCERIES



CHRISTIE  
COOKIES  
220-325g  
Assorted

**2/\$7**



COKE MINI CANS  
6x222mL • Assorted

**3.49**



PAM  
COOKING  
SPRAY  
170g

**4.99**



DEMPSTER'S HOT DOGS  
or HAMBURGER BUNS  
8 pk • Assorted

**3.49**

**GRILL AND CHILL  
WITH THESE  
PRODUCTS THIS  
SUMMER  
FOR A CHANCE TO  
WIN**

\*NO CASH VALUE.  
\*CONTEST RUNS FROM JUNE 27 - AUGUST 7  
PLEASE ASK CASHIER FOR DETAILS



KRAFT BBQ SAUCE  
455mL • Assorted

**1.67**



RED BARON RISING CRUST PIZZA  
740-775g • Assorted

**6.99**



CAVENDISH SHOESTRING FRIES  
4.5 lb

**6.99**



FRENCH'S MUSTARD  
400mL • Squeeze

**2/\$5**



HOLIDAY  
LUNCHEON MEAT  
340g

**2.99**

July 12 is  
National Fry Day!



CORDON BLEU MEATBALLS  
IN GRAVY 410g

**1.67**



KRAFT MIRACLE WHIP  
475mL • Assorted

**4.49**



PURITAN CORNED BEEF HASH  
425g • Assorted

**4.77**



PRIMO PIZZA SAUCE  
213mL

**4/\$5**



PRIMO PEAS or BEANS  
540mL • Assorted

**2/\$4**



VLASIC PICKLES  
1 L • Assorted

**5.97**



KRAFT SALAD DRESSINGS  
425-475mL • Assorted

**2.99**



TILDA READY-TO-HEAT RICE  
250g • Assorted

**2/\$6**



BLACK DIAMOND  
NATURAL CHEESE SLICES 220-240g  
or COMBOS 129g • Assorted

**4.99**



DOLE GELS or FRUIT BOWLS  
4 pk • Assorted

**3.99**



ROBIN HOOD OATS  
1 kg • Assorted

**3.49**



KRAFT DREAM WHIP  
170g

**4.77**



SWISS CHALET SOUPS  
540mL • Assorted

**3.77**



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

**6.99**



ROBIN HOOD  
FLOUR  
2.5 kg  
Assorted

**5.99**



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

**5.99**



HOSTESS SNACKS  
202-360g • Assorted

**2/\$6**



PARKAY MARGARINE  
1.28 kg

**7.99**



OLD DUTCH RESTAURANTE  
CHIPS 290g • Assorted

**2/7.50**



ROSE'S LIME CORDIAL or  
GRENADE 739mL

**3.99**



FOLGERS K-CUPS  
12 ct • Assorted

**6.99**



FOLGERS GROUND COFFEE  
816-865g • Assorted

**12.99**



GATORADE  
6x591mL • Assorted

**2/9.50**



PEPSI, COKE or AQUIAFINA  
PRODUCTS 1 L • Assorted

**4/\$5**



72 Elizabeth Drive, Gander 709-256-4843



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