

CO-OP

TM/MC
Gander

HAPPY Father's Day



3⁹⁹

RED RIPE STRAWBERRIES
California #1
1 lb clamshell

PLUMP RIPE BLACKBERRIES
Mexico #1 • 6 oz clamshell



2/\$6

4⁹⁹

SWEET BELL RAINBOW PEPPERS
Ontario #1 • 3 pk



5⁹⁹
lb

LEAN GROUND BEEF
13.21 kg • Family Pack



FRESH WHOLE CRYOVAC PORK TENDERLOIN
8.80 kg



19⁹⁹

INDIVIDUALLY QUICK FROZEN CHICKEN WINGS
2 kg Bag • Split & tips removed



FRESH ATLANTIC SALMON FILLETS
24.22 kg

10⁹⁹
lb



3⁹⁹
lb

HOT DEAL
2⁹⁷

PRIMO KETCHUP
1 L • Squeeze



DEMPTER'S THIN SANDWICH BREAD
675g • Assorted

2/\$6



HOT DEAL
5⁹⁷



CRACKER BARREL CHEESE BLOCKS 400g or SHREDDED CHEESE 250-320g • Assorted



COKE PRODUCTS
12x355mL • Assorted

12⁴⁹



BULL'S-EYE BBQ SAUCE or KRAFT SALAD DRESSINGS
425-475mL • Assorted

HOT DEAL
1⁹⁹



CATELLI GARDEN SELECT PASTA SAUCE 600mL
Assorted

1⁸⁸

Canada Day BIKE RODEO IN THE PARK



HUMPTY DUMPTY SNACKS
250-320g Assorted

3⁴⁹



POWERADE SPORTS DRINKS 24x591mL

16⁹⁹

Mix or Match
4/\$5

MAPLE LEAF VIENNA SAUSAGE 113g, AYLMER BROTHS AND SOUPS 284mL, FAVORITE PIECES & STEMS MUSHROOMS 284mL or KRAFT KD CUPS 58g • Assorted



PRICES IN EFFECT JUNE 12 13 14 15 16 17 18 2025

Fresh Produce

NEW CROP



SWEET CRUNCHY
RED GRAPES
Mexico #1 • 11.00 kg

4⁹⁹
lb



THE LITTLE POTATO CO.
LITTLE POTATOES
PEI #1 • 1 lb trays

3⁹⁹



SWEET CRUNCHY GALA APPLES
Washington #1 • 6.59 kg

2⁹⁹
lb

4⁹⁹

GOLDEN RIPE
PINEAPPLES
Costa Rica #1



4⁹⁹

FRESH
CAULIFLOWER
California #1



PLUM RIPE TOMATOES
Florida #1 • 4 pk



3⁹⁹

SWEET JUICY PEACHES
and NECTARINES
California #1 • 8.80 kg



3⁹⁹
lb



FRESH CRISP ROMAINE LETTUCE
Ontario #1 or FRESH GOURMET
CROUTONS 128-142g

2⁹⁹

2⁹⁹

FRESH EXPRESS
GARDEN SALAD
or COLESLAW
US #1



Mix or Match
5/\$5

ZESTY LEMONS California #1
and FRESH LIMES Mexico #1



5⁹⁹

GREEN KIWIFRUIT
Chile #1 • 600g container



GREEN ZUCCHINI
Mexico #1 • 4.39 kg

1⁹⁹
lb



2⁴⁹
lb

VIDALIA ONIONS
Georgia #1 • 5.49 kg



SWEET
PEACHES and
CREAM CORN
US #1

4/\$5



WHOLE
WHITE or BROWN
MUSHROOMS
Ontario #1 • 8 oz cello

2/\$6

Bakery & Deli



SELECTION GARLIC BREAD
284g

2⁹⁹



HOTDOG and HAMBURGER BUNS
6-8 pk • Store made

3⁴⁹



9" PECAN PIE
Seconds

5⁹⁹



KAISER SANDWICHES
Store made

3⁴⁹



FANTINO & MONDELLO CURED MEATS
100-200g • Assorted

5⁹⁹



TIM HORTONS
COFFEE
300g • Assorted

10⁹⁹



DOLE PINEAPPLE
398mL • Assorted

2/\$5



DEL
MONTE
JUICE
1.6L
Assorted

3⁹⁹



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

4⁴⁹



PG TIPS TEA 80 ct

6⁴⁹



QUAKER INSTANT OATMEAL
264-304g • Selected

3⁹⁹



SELECTION
CEREALS
400-685g
Assorted

5⁹⁹



CRISCO OIL
1.8L
Vegetable
or Canola

8⁹⁹



SARA LEE LITTLE BITES
196-234g • Assorted

3⁹⁹



CHRISTIE COOKIES 261-325g or
COOKIE IT UP COOKIES 140g
Assorted

3⁹⁹



GRAVES APPLE JUICE
1L

2/\$4



MADE GOOD GRANOLA BARS
5 pk • Assorted

4⁴⁹



BLACK DIAMOND NATURAL CHEESE SLICES
220-240g • Assorted

5⁹⁹



FAVORITE EVAPORATED MILK
354mL • Assorted

1⁹⁹



KRAFT JET-PUFFED
MARSHMALLOWS 400g • Assorted

2⁹⁹

ChoiceCuts



Country Ribbon



7⁹⁹

SCHNEIDERS ORIGINAL HAM 700g

3⁴⁹
lb

FRESH WHOLE CHICKEN
7.69 kg
Now **AIR-CHILLED**



2 KG BAG!

14⁹⁹

FROZEN BREADED CHICKEN STRIPS
or **PIECES** 2 kg bag



8⁹⁹

MAPLE LEAF PREPPED & READY NATURAL MEATS 250g • Assorted



7⁹⁹

SCHNEIDERS MAIN STREET DELI BLACK FOREST AND TURKEY COMBO PACK 500g



12⁹⁹

STAMPEDE TEXAS STYLE BEEF BURGERS 1 kg

Father's Day Grilling

CANADIAN AA OR HIGHER PRIME RIB STEAKS or ROASTS 44.07 kg



19⁹⁹
lb



5⁹⁹
lb

FRESH CROVAC PORK BACK RIBS
13.21 kg



SCHNEIDERS JUICY JUMBO WIENERS 450g or NATURAL SMOKED SAUSAGES 375g

4⁹⁹



13⁹⁹

BELMONT MEATS HOMESTYLE PRIME RIB BEEF BURGERS 852g



23⁹⁹

ARGENTINIAN SHRIMP 2 lb bag • 16/20

Start the day right with Dad's Favorites for Breakfast



2/\$7

LAND & SEA FISH CAKES 6 pk • 330g



3⁹⁹

CARVER'S CHOICE SLICED BACON 375g



7⁹⁹

MAPLE LEAF FULLY COOKED BREAKFAST SAUSAGES AND ROUNDS 300g



MAPLE LEAF BABY BACK BOLOGNA 1 kg average

12⁹⁹



2/\$4

SWIFT POT PIE 190g • Assorted



5⁸⁸

KELLOGG'S EGGO WAFFLES 560g • Assorted



5⁹⁹

DR. OETKER PLANK PIZZA 3 pk • Assorted



4⁹⁹

ALASKO FAJITA BLEND 1 kg



4⁴⁹

MCCAIN SUPERFRIES 650g • Assorted



14⁹⁹

OXFORD FROZEN BLUEBERRIES 1.5 kg



2/\$6

BETTY CROCKER CAKE MIXES 375-461g or FROSTING 340-450g • Assorted



4⁹⁹

KRAFT DREAM WHIP 170g



3⁹⁹

MAGIC BAKING POWDER 225g or FLEISCHMANN'S CORN STARCH 454g



6⁴⁹

ROBIN HOOD FLOUR 2.5 kg Assorted



4⁹⁹

MARIO'S CORNED BEEF 340g



4⁴⁹

MARIO'S COOKED HAM 340g



2⁹⁹

MARIO'S CHOPPED HAM 340g



4⁹⁹

FRANK'S RED HOT SAUCES 354mL Assorted



3⁴⁹

DARE BEAR PAWS 140-270g • Assorted



2/\$6

CLOVER LEAF CHUNK LIGHT TUNA 142g or TILDA RICE 250g • Assorted



2/\$5

CATELLI PASTA 500g • Assorted or MEAT PASTA SAUCE 398mL



5⁴⁹

MINUTE RICE 600-700g • Regular or Whole Grain



3/\$5

IDAHOAN POTATOES 43-116g • Assorted



2/\$4

KRAFT DINNER 200g • Original



10⁹⁹

KRAFT MIRACLE WHIP 1.5 L • Assorted



PARKAY MARGARINE
850g

5⁷⁷



BLACK DIAMOND CHEESE SINGLES
410g • Assorted

4⁹⁹



CHAPMAN'S ICE CREAM
2 L • Original Brick • Assorted

3⁹⁹



NESTLE DRUMSTICKS
4-6 pk • Assorted

6⁸⁸



FRITO LAY VALUE SIZE
325-535g • Assorted

5⁹⁹



LACTANTIA BUTTER
454g • Assorted

6⁹⁹



SELECTION SWEET AND SALTY
ALMOND GRANOLA BARS
175g

2⁹⁹



VH COOKING, STIR FRY or DIPPING
SAUCES 341-355mL • Assorted

2/\$7



PRIMO PIZZA SAUCE
213mL

3/\$5



RUFFLES CHIPS
180-200g Assorted

2/8⁵⁰



CAVENDISH CLEARCOAT CRISPY
FRIES 4.5 lb

7⁹⁹



DEMPSTER'S ENGLISH MUFFINS
6 pk • Assorted

2⁹⁹



PURITY LEMON CREAMS
400g

4⁴⁹



BEN'S VILLAGGIO
BREAD 615g
or BUNS
6-8 pk Assorted

2/\$6



PEPSI or BUBLY PRODUCTS
12x355mL • Assorted

2/\$15



OASIS CHILLED JUICE
1.5L • Assorted

5⁹⁹



MONTANA'S BBQ SAUCE
350mL • Assorted

4⁴⁹



MINUTE MAID or FIVE ALIVE JUICE BOXES
8x200mL • Assorted

2/\$7



CHRISTIE PREMIUM PLUS CRACKERS
450g • Assorted

4⁴⁹



MR. NOODLES - FLAT PACKS
85g • Assorted

.59



SWANSON DINNERS
280-283g • Assorted

4⁴⁹



GENERAL MILLS FRUIT BY THE FOOT 128g, TREAT BARS 120g,
BETTY CROCKER FRUIT SNACKS 220g or NATURE VALLEY LUNCH BOX
GRANOLA BARS 130-210g • Assorted

2⁹⁹



QUAKER RICE CAKES and CRISPY
MINIS 90-99g • Assorted

2⁴⁹



RED BARON CLASSIC CRUST PIZZA
584-665g • Assorted

4⁹⁹



DAINTY RICE
265g • Assorted

2/\$5



FRENCH'S SPECIALTY MUSTARDS
325mL • Assorted

2/\$6



SELECTION YELLOW MUSTARD
400mL

1⁶⁹



HEINZ CHILI SAUCE 455mL
or KRAFT BURGER SAUCE 475mL

4⁹⁹



BUSH'S BAKED BEANS
398mL • Assorted

2/\$4



McCAFE
PREMIUM ROAST GROUND COFFEE 875g
or COFFEE PODS 30 ct • Assorted

21⁹⁹



KRAFT PASTA SALAD
200g • Assorted

2/\$5



ROYALE BATHROOM TISSUE
12 Double Rolls or 9 Mega Rolls = 24 Rolls

7⁹⁹



MEOW MIX
ORIGINAL CHOICE
1.42 kg

6⁹⁷