

CO-OP TM/MC

Gander

HAPPY Valentine's DAY

FRESH BONELESS CHICKEN BREAST
Family Pack
12.10 kg

RED RIPE STRAWBERRIES
US #1 • 1 lb clamshell

3⁹⁹



5⁴⁹
lb

PINTY'S ROADHOUSE BREADED CHICKEN WINGS
2.5 kg

24⁹⁹



FRESH BROCCOLI
US #1

2⁹⁹



HOT DEAL

2/\$7

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



HOT DEAL
4⁴⁴

LEADBETTERS SLICED BACON
37.5g



<p>CHAPMAN'S ICE CREAM 2 L • Assorted Bricks</p> <p>3⁹⁹</p>	<p>LACTANTIA HEALTHY ATTITUDE MARGARINE 850g</p> <p>4⁹⁹</p>	<p>VH COOKING, STIR FRY or DIPPING SAUCES 341-355mL • Assorted</p> <p>2/\$7</p>	<p>BODYARMOR HYDRATION DRINK 473mL • Assorted</p> <p>2/\$5⁵⁰</p>
<p>KRAFT PIZZA KIT 850g • Makes 2 pizzas</p> <p>6⁹⁹</p>	<p>PRIMO PASTA SAUCE 680mL • Assorted</p> <p>2/\$4⁴⁴</p>	<p>PRIMO SPAGHETTI OR MACARONI 454g</p> <p>HOT DEAL .88</p>	<p>FAVORITE PIECES & STEMS MUSHROOMS 284mL</p> <p>.99</p>
			<p>OLD DUTCH LAUNDRY DETERGENT 4L • Assorted</p> <p>4⁹⁹</p>

TASTE OF THE SUPER BOWL

2/\$8

2/\$7⁵⁰

LAY'S POTATO CHIPS 235g, **POPCORNERS** 142g or **PEPSI PRODUCTS** 6x710mL • Assorted

TOSTITOS CHIPS 205-295g or **SALSA** 418-430mL • Assorted

Fresh Produce

SWEET JUICY ORANGES
California #1 • 3 lb bags

6⁹⁹



WHOLE WHITE MUSHROOMS
Ontario #1 • 8 oz cello



2⁹⁹
HOT DEAL

Lunar
NEW YEAR



3⁴⁹
lb
ASIAN PEARS
China #1
7.69 kg



2⁹⁹
lb

SWEET CRUNCHY PINK LADY APPLES
Washington #1
6.59 kg



2/\$5

SEEDLESS CUCUMBER
Ontario #1



2⁹⁹
lb

SWEET JUICY BOSCO OR ANJOU PEARS
Northwest #1 • 6.59 kg



4⁹⁹

FRESH CAULIFLOWER
US #1



BABY BOK CHOY
Mexico #1
6.59 kg

2⁹⁹
lb

2/\$4



FRESH AVOCADOS
Mexico #1

FRESH CRISP ROMAINE HEARTS
US #1 • 3 pk

4⁹⁹



3⁹⁹

PLUMP RIPE BLUEBERRIES
Mexico #1
6 oz clamshell



SWEET POTATOES
US #1 • 5.49 kg

2⁴⁹
lb



3/\$4

JUICY RED GRAPEFRUIT
Egypt #1

CLASSIC BRAND ORGANIC SALADS
US #1
5 oz clamshell

4⁴⁹



Organic

MIX UP
Your Muffin Mix

Easy ways to experiment and kick your muffin mix up a notch:

Mix in some berries – fresh or frozen. If you're using a bigger berry, like a strawberry, cut it into smaller pieces before adding.

Add diced fruit – whatever is in season, or even canned pineapple

A handful of chopped nuts or a spoonful of hemp or chia seeds can add a fun crunchy texture

Fresh citrus zest for a brighter summery flavour

Toasted coconut or chocolate chips can bring more richness to the flavour



Breakfast



SPEERVILLE NEW FOUND ROLLED OATS
910g

HOT DEAL
3⁹⁹



DORA SPREADS
500mL • Assorted

HOT DEAL
3⁴⁹



DEL MONTE CHILLED JUICES
1.6L • Assorted

3⁴⁹



BUSH'S BAKED BEANS
398mL • Assorted

2/\$4



PEARL MILLING COMPANY PANCAKE MIX
905g or SYRUP 710mL • Assorted

4⁴⁹



CHEX CEREAL
345-395g • Assorted

4⁹⁹



GENERAL MILLS OATMEAL CRISP
399-437g • Assorted

4⁹⁹



BEAR NAKED GRANOLA 340g • Assorted or **BONNE MAMAN HAZELNUT COCOA SPREAD** 250g

6⁴⁹



BECEL MARGARINE
850g • Assorted

7⁹⁹



MINUTE MAID OR FIVE ALIVE
1L • Assorted

2/\$4



ASTRO YOGURT
12x100g • Assorted

5⁹⁹



KELLOGG'S POP-TARTS
384-400g • Assorted

2/6⁵⁰



FOLGERS GROUND COFFEE
544-865g • Assorted

13⁹⁹



JIF PEANUT BUTTER 500g • Assorted or **SQUEEZE** 375g

4⁴⁹



V8 VEGETABLE COCKTAIL
6x150mL

4²⁹

ChoiceCuts



CANADIAN AA OR HIGHER
STRIPLOIN
GRILLING STEAK
28.64 kg
Family Pack

12⁹⁹
lb



FRESH
CRYOVAC PORK BACK RIBS
11.00 kg • Family Pack

4⁹⁹
lb

FRESH WHOLE
CRYOVAC PORK TENDERLOIN
8.80 kg



3⁹⁹
lb

HOT
DEAL



MAPLE LEAF PRIME NUGGETS,
BURGERS OR STRIPS 560-581g



HOT DEAL
9⁹⁹

HOT DEALS



SWIFT BEEF
STEAKETTES
252g

HOT DEAL
3⁹⁹



SCHNEIDERS
ITALIAN
PARMESAN
SMOKIES
900g

HOT DEAL
10⁹⁹



MAPLE LEAF
NATURAL
SELECTIONS
SLICED MEATS
150-175g
Assorted

HOT DEAL
4⁹⁹



SUNRISE
WHOLE BOLOGNA
2 kg average

14⁹⁹



GRAB & SNACK KITS 48g • Assorted

2/\$5



BUTCHER'S SELECTION STAMPEDE RIBS
680g • Assorted

10⁹⁹



CHRIS BROTHERS COMBO PACKS
250g • Assorted

HOT
DEAL
2/\$6



JOHNSONVILLE SAUSAGES
375-500g • Assorted

6⁹⁹



BELMONT MEATS HOMESTYLE
ANGUS BEEF BURGERS 852g

12⁹⁹

From the Sea *A perfect seafood feast for your Valentine*



FRESH ATLANTIC
SALMON FILLETS
28.63 kg
Product of Newfoundland

12⁹⁹
lb



NEWFOUNDLAND FRESH
CULTIVATED MUSSELS 4.39 kg

1⁹⁹
lb



COMEAU
BACON WRAPPED SCALLOPS 340g

15⁹⁹



LAND & SEA
FISH CAKES 380g

2/\$7

Frozen

MCCAIN
PIZZA POCKETS
12 pk
Assorted

12⁹⁹



CAVENDISH
ONION RINGS
3.3 lb

9⁴⁹



CAVENDISH
STRAIGHT CUT
FRIES
5 lb

8⁹⁹



5 LB
BAG!



CAVENDISH HASH BROWN
PATTIES 600g • Classic only

3⁹⁹



POGO
750g • 10 pk

7⁹⁹



WONG WING SPRING ROLLS
360g

7⁹⁹



GREEN GIANT NIBBLERS
CORN ON THE COB 12 ct

5⁷⁹



FURLANI GARLIC TEXAS TOAST
638g

6⁴⁹

game time SNACKS

Rustica PIZZA 777
RUSTICA PIZZA 577-866g Assorted

Furlani STUFFED MOZZA BREADSTICKS 599
FURLANI STUFFED MOZZA BREADSTICKS 326g

Philadelphia CREAM CHEESE DIP 399
PHILADELPHIA CREAM CHEESE DIP 227g • Assorted

Orville Redenbacher's MICROWAVE POPCORN 499
ORVILLE REDENBACHER'S MICROWAVE POPCORN 248-540g • Assorted

Planters PEANUTS IN JAR 399
PLANTERS PEANUTS IN JAR 290-300g • Assorted

Sunrise DELI STICKS 599
SUNRISE DELI STICKS 250g Assorted

Corona SUNBREW 1199
CORONA SUNBREW 6x330mL

Maynards CANDY BAGS 2/\$6
MAYNARDS CANDY BAGS 154-185g • Assorted

Bulwark NON-ALCOHOLIC CIDER 2/\$5
BULWARK NON-ALCOHOLIC CIDER 355mL • Assorted

Lunar NEW YEAR

Watson Ridge CHICKEN BALLS 999
WATSON RIDGE CHICKEN BALLS 800g

Wong Wing ENTREES 799
WONG WING ENTREES 400-500g • Assorted

Farkay CHOW MEIN NOODLES 549
FARKAY CHOW MEIN NOODLES 397g

Haiku WON TON SOUP 399
HAIKU WON TON SOUP 998mL

Haiku RICE VERMICELLI 299
HAIKU RICE VERMICELLI 227g

Catelli MEDIUM EGG NOODLES 379
CATELLI MEDIUM EGG NOODLES 340g • Assorted

PAM COOKING SPRAY 549
PAM COOKING SPRAY 170g

Kraft CHEESE SINGLES 599
KRAFT CHEESE SINGLES 410g • Assorted

Ben's Villaggio BREAD 2/\$7
BEN'S VILLAGGIO BREAD 675g or BUNS 6-8 pk • Assorted

Lipton SOUP MIXES 2/\$5
LIPTON SOUP MIXES 2 pk • Assorted

Tim Hortons SOUPS 399
TIM HORTONS SOUPS 400-540mL or CHILI 425g Assorted

Allen's CRANBERRY COCKTAIL 379
ALLEN'S CRANBERRY COCKTAIL 1.89L Assorted

Gay Lea WHIPPED CREAM 499
GAY LEA WHIPPED CREAM 225g • Assorted

Holiday LUNCHEON MEAT 2/\$7
HOLIDAY LUNCHEON MEAT 340g

Classico PASTA SAUCES 549
CLASSICO PASTA SAUCES 410-650mL • Assorted

Catelli LASAGNA 449
CATELLI LASAGNA 375-500g • Assorted

Around the Home

Old Dutch CONCENTRATED BLEACH 449
OLD DUTCH CONCENTRATED BLEACH 2.4L

Cerama Brite COOKTOP CLEANER 799
CERAMA BRITE COOKTOP CLEANER 650mL

CLR CLEANER 877
CLR CLEANER 828mL

Scrubbing Bubbles TOILET BOWL CLEANER 449
SCRUBBING BUBBLES TOILET BOWL CLEANER 710mL

Royale DINNER NAPKINS 349
ROYALE DINNER NAPKINS 120 ct

Sunlight ORANGE ANTIBACTERIAL DISH LIQUID 2/\$6
SUNLIGHT ORANGE ANTIBACTERIAL DISH LIQUID 562mL

Dawn POWERWASH REFILL 599
DAWN POWERWASH REFILL 473mL • Assorted

Pine Sol CLEANER 599
PINESOL CLEANER 1.41 L Assorted

Charmin TRIPLE BATHROOM TISSUE 999
8 TRIPLE ROLLS = 24 SINGLES

ECO Guardian PLANT-BASED CUTLERY 429
ECO GUARDIAN PLANT-BASED CUTLERY 30 ct

Alcan FOIL WRAP 399
ALCAN FOIL WRAP 50 ct

Bounce FABRIC SHEETS 549
BOUNCE FABRIC SHEETS 80 ct • Assorted

Bakery & Deli

Caprese Cucumber Salad

Cut tomatoes into small wedges or large diced.
Thinly slice baby cucumbers and red onion.
Quarter baby mozzarella balls and dice fresh basil.
Add balsamic dressing.
Mix all together.

VARIATIONS

Add black olives and replace the Balsamic Dressing with Italian dressing.



Ingredients

- 4 medium tomatoes, quartered
- 1/4 red onion, thinly sliced
- 4 baby cucumbers
- 10 baby mozzarella balls
- 2 tbsp fresh basil
- 1/2 cup balsamic dressing



MAC AND CHEESE
Store made
Family size



3.49

KAISER SANDWICH
Store made

11.49

APPLE VALLEY 8" BERRY CRUMBLE PIE or **LEMON STREUSEL PIE**



5.99



3.99

OAKRUN FARM ENGLISH MUFFINS



6 PK VALENTINE'S DAY CUPCAKES
250g
Chocolate or Vanilla

6.49



4 PK CROISSANTS

3.79

Baking



DR. OETKER SHIRRIFF LEMON PIE FILLING
425g
Reg. 4.69

2.99
HOT DEAL



DR. OETKER SHIRRIFF PIE CRUST 270g

2.49



KRAFT DREAM WHIP 170g

5.49



KRAFT CARAMELS 260g

3.99



NATURAL HONEY FARMS HONEY 750g

8.99



JELL-O JELLY POWDER 10-85g • Assorted

4/\$5



JAFFA PITTED DATES 500g

3.99



HERSHEY'S CHIPITS 835-925g • Assorted

13.99



MAGIC BAKING POWDER 450g

6.99



FAVORITE FLOUR 7 lb

6.99

Pet Supplies



MILK-BONE DOG TREAT BISCUITS 450g • Assorted

2/\$7



NATURE'S RECIPE VARIETY PACK 12 pk • Assorted

16.99



PURINA FRISKIES GRAVY PLEASERS 24 pk • Assorted

25.99



2/\$7

WHISKAS TEMPTATIONS 180g • Assorted



KITTY OF THE WEEK

Scarlett

More great Savings



CHRISTIE TOPPABLES, RITZ & TRISCUIT
180-386g

3/\$7



CHRISTIE CRISPERS or
BITS & BITES 145g • Assorted

2/\$5



FLAVOUR PLAYBOOK

\$4.49

\$2.99

\$3.99

FRANK'S REDHOT® ORIGINAL 374 mL

FRENCH'S® ASSORTED SPECIALTY MUSTARDS 325 mL

FRENCH'S® TOMATO KETCHUP 1 L

Fig. © McCormick Canada, London, Canada MA 412



749

FOLGERS K-CUPS 12 ct • Assorted



3/\$5

MR. NOODLES SOUP BOWLS 110g • Assorted



499

SIMPLY MINUTE MAID JUICE 1.54 L • Assorted



299

DARE BRETON CRACKERS 120-250g or VINTA CRACKERS 225g • Assorted



299

JOHN WEST KIPPERS 190g



2/\$5

PURITAN STEWS 410g • Assorted



NEW

\$7.99

\$3.99

TASTIEZ SHAREABLES 400-500g ASSORTED SNACKS

AND DON'T FORGET ABOUT MCCAIN® SUPERFRIES! 1 Lb • 6 ONE ASSORTED TUBES



599

SHAKE 'N BAKE 283g • Original



799

MINUTE RICE 1.2-1.4 kg • Regular or Whole Grain



749

PARKAY MARGARINE 3 lb • 1/2 cup squares



399

BLACK DIAMOND CHEESTRINGS 168g • Assorted



2/\$4

CLOVER LEAF CHICKEN OR TUNA SNACKS 90-99g



2/\$650



BEN'S XTRA BREAD 675g • Assorted



699

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



499

PHILADELPHIA CREAM CHEESE 250g Brick • Regular or Light



699

HELLMANN'S MAYONNAISE 750-890mL • Assorted



444

MAPLE LEAF KLUK or KAM 340g



499

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



3/\$5

FAVORITE FRUIT 398mL • Assorted



299

HOSTESS SNACK CAKES 202-360g • Assorted



3/\$10

JELL-O PUDDING 4 pk • Assorted



2/\$7

KRAFT SALAD DRESSING 475mL • Assorted



599

AQUAFINA WATER 12x500mL, GATORADE 6x591mL or PROPEL 6x500mL • Assorted



799

MORRIS VALENTINE'S FUN DIP 266g



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.