

HAPPY ST. PATRICK'S DAY

CO-OP

TM/MC
Gander



3⁴⁹
lb

RED AND GREEN GRAPES
Peru or South Africa #1
7.69 kg



**CANADIAN AA OR HIGHER
FRESH BONELESS
CROSS RIB ROAST**
Family Pack
11.80 kg

4⁹⁹
lb

RUSSET POTATOES
Grown Right Here #1
10 lb bags



**GROWN
RIGHT
HERE!**

4⁹⁹

GRAPE TOMATOES
Mexico #1
Pint basket



MULTI 2/\$5



**FRESH
WHOLE CRYOVAC
PORK TENDERLOIN**
8.80 kg

3⁹⁹
lb

**HOT
DEAL**



**PINTY'S
HONEY GARLIC
CHICKEN WINGS**
890g
Honey Garlic only
Reg. 19.99

**HOT DEAL
9⁹⁹**



MULTI 2/\$5

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



4⁹⁹

MAPLE LEAF PREMIUM COOKED HAM
454g



MULTI 2/\$6

**BEN'S XTRA SANDWICH BREAD 675g • Assorted
or DEMPSTER'S HOTDOG OR HAMBURGER BUNS 8 pk**



**PRIMO
PASTA SAUCES**
680mL • Assorted

MULTI 2/4⁴⁴



KRAFT PEANUT BUTTER
1 kg • Assorted

5⁷⁷



COKE PRODUCTS 6x710mL • Assorted

3⁹⁹

HOT DEALS



MULTI 2/\$5

PHILADELPHIA CREAM CHEESE DIPS
227g • Assorted



**HOT DEAL
7⁴⁹**

FOLGERS K-CUPS
12 ct • Assorted



**HOT DEAL
3⁹⁹**

POST HONEY BUNCHES OF OATS
340g • Assorted



MULTI 3/\$4

KRAFT KD CUPS 58g
Original, Three Cheese and White Cheddar

PRICES IN EFFECT MARCH 16 17 18 19 20 21 22 2023

Fresh Produce



SWEET JUICY CORTLAND,
RED DELICIOUS, GOLDEN DELICIOUS,
GALA OR MCINTOSH APPLES

Nova Scotia #1
3 lb bags

6⁹⁹



RED RIPE RASPBERRIES
California #1
6 oz clamshell



3⁹⁹



3⁴⁹

WHITE OR
BROWN
MUSHROOMS
Ontario #1
8 oz cello

FLORIDA
TOMATOES



PLUMP RIPE TOMATOES
Florida #1
Tray Pack 4's



2⁹⁹

SWEET JUICY
BARTLETT
PEARS
Argentina #1
6.59 kg



2⁹⁹
lb

GREEN KIWIFRUIT
Italy #1
600g basket



5⁹⁹



SWEET RIPE
CANTALOUPE
Imported #1

4⁹⁹



FRESH CRISP
ROMAINE
HEARTS
California #1
3 pk

4⁹⁹

FRESH
BROCCOLI
California #1



3⁴⁹

SWEET JUICY
CARA CARA ORANGES
California #1
6.59 kg



2⁹⁹
lb

CLASSIC BRAND
ORGANIC
SALADS
US #1
5 oz clamshell

4⁴⁹



Breakfast



5⁹⁹

DEL MONTE ORANGE JUICE BLEND
2.5 L • Assorted



6⁹⁹

QUAKER INSTANT OATMEAL
18 pk • 504g • Regular only



4⁷⁹

POST FRUITY OR COCOA PEBBLES
311g



5⁴⁹

EGGO WAFFLES
560g • Assorted



3⁷⁹

HEINZ TOMATO JUICE
1.36 L • Regular only



4⁴⁹

V8 VEGETABLE COCKTAIL
6x156mL



7⁹⁹

GREENSMITH HONEY
190mL



4⁹⁹

SMUCKER'S DOUBLE FRUIT JAMS 390mL
Excluding Raspberry • Assorted



13⁴⁹

MAXWELL HOUSE GROUND COFFEE
925g



8⁴⁹

TIM HORTONS INSTANT COFFEE
100g • Assorted



9⁹⁹

TETLEY ORANGE PEKOE
DECAFFEINATED TEA 50 ct



3⁹⁹

TETLEY SPECIALTY TEA
20-24 ct • Assorted

ChoiceCuts



**BONELESS SKINLESS
CHICKEN BREAST**
15.41 kg



6⁹⁹
lb



**CANADIAN AA OR HIGHER
TRIMMED LEAN STEWING BEEF**
15.41 kg



6⁹⁹
lb



**2 KG
SIZE!**



**GOLDEN
MAPLE
NUGGETS,
BURGERS
OR STRIPS**
2 kg

15⁹⁹

HOT DEALS



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

6⁹⁹
HOT DEAL

**CANADIAN AA OR HIGHER
BONELESS
CROSS RIB STEAK**
Family Pack
13.21 kg



5⁹⁹
lb



MÈRE MICHEL PREMIUM SLICED BACON
375g • Assorted

5⁴⁹



**MAPLE LEAF PREPPED & READY NATURAL
MEATS 250g • Assorted**

7⁹⁹



**SCHNEIDERS PEAMEAL
PREMIUM BACK BACON 13.21 kg**

5⁹⁹
HOT DEAL



**MAPLE LEAF
NATURAL
BREAKFAST
SAUSAGE**
300g

6⁹⁹



**FROZEN
WHOLE LAMB
SHOULDER**
13.21 kg
Product of
New Zealand

5⁹⁹
lb



SUNRISE WHOLE BOLOGNA
2 kg average

15⁹⁹

From the Sea

A wide selection of your favourite seafood!



NEWFOUNDLAND FRESH CULTIVATED MUSSELS
4.39 kg

1⁹⁹
lb

**IN-STORE
ONLY**



SEAFRESH ENCRUSTED COD
11.00 kg

4⁹⁹
lb



GREEN OCEAN SHRIMP PLATTER
312g

8⁹⁹



PARAMOUNT FLAKE STYLE IMITATION CRABMEAT
907g

9⁹⁹



CATCH OF THE DAY
350g • Assorted

4⁹⁹

Frozen

**CAVENDISH
FRIES**
1 kg
Assorted



2/\$5



Cavendish
Fries

**CAVENDISH DINNER
STYLE HASH BROWNS**
1.5 kg

4⁹⁹



**CAVENDISH
SWEET &
CRISPY ONION
RINGS**
1 kg

9⁹⁹



PLANK PIZZA
3 pk • Assorted

5⁹⁹



LEAN CUISINE ENTRÉES
201-340g • Assorted

3⁴⁹



MONTANA'S POT PIE
650g • Assorted

9⁹⁹



POGO
10 pk • 750g

7⁹⁹



MCCAIN SYMPHONY FRIES
5 lb

7⁹⁹



ALLAN
MR. SOLID
150g

3⁴⁹

Easter Treats



2⁹⁹

DARE EASTER TREATS 300-400g • Assorted



MINUTE RICE 500g • Assorted



4⁹⁹



CLASSICO PIZZA SAUCES
410mL • Assorted



4⁹⁹



KRAFT REAL MAYO
650mL • Squeeze

5⁴⁹



SWISS CHALET GRAVY & DIPPING SAUCE
284mL • Assorted

3/\$5



DIANA BBQ SAUCES
500mL • Assorted

3⁹⁹



FRENCH'S CLASSIC YELLOW
MUSTARD 550mL

3⁵⁹



CORONATION SWEET
GREEN RELISH 375g

2/\$5



PURITY CREAM CRACKERS
350g • Assorted

4⁴⁹



ALLEN'S WHITE VINEGAR
1L

2²⁹



NATURE VALLEY PROTEIN BARS 148-160g • Assorted
or BISCUITS 190g

3⁹⁹



CARNATION HOT CHOCOLATE
450g • Assorted

5⁷⁹



HOLIDAY LUNCHEON MEAT
340g

2/\$6



MARIO'S BONELESS CHUNK
CHICKEN BREAST 127g

2/\$4



NATURE'S RECIPES
DOG FOOD
1.8 kg
Assorted

15⁹⁹



PURINA BEGGIN' STRIPS
107g • Assorted

3⁹⁹

Pet Supplies



WHISKAS
PERFECT
PORTIONS
75g
Assorted

4/\$5



ARM & HAMMER
SLIDE MULTI-CAT LITTER 6.4 kg

15⁹⁹

Around the Home

6 MEGA ROLLS = 24 SINGLES

6 DOUBLE ROLLS = 12 SINGLES



COTTONELLE
BATHROOM
TISSUE
6 Mega Roll

7⁷⁷



ROYALE TIGER
TOWELS
6 Double Roll

14⁹⁹



KLEENEX FACIAL TISSUE
144 ct

2/4⁴⁴



WHITE SWAN NAPKINS
100 ct

2/4⁴⁴



PUREX LAUNDRY DETERGENT 1.47-2.04 L • Assorted

6²⁹



OLD DUTCH DISH LIQUID 740mL • Assorted

2/\$5



IVORY SOAP 3 pk
or SOFT SOAP HAND SOAP 221mL • Aloe Vera

2/\$5



SPRAY NINE MULTI-PURPOSE CLEANER
650mL

6⁷⁷



COMET LIQUID CLEANERS
700mL

3²⁹



OLD DUTCH CONCENTRATED BLEACH
2.4 L

4²⁹



CLUB SUPREME ALUMINUM FOIL
25ft

2/\$3



Bakery & Deli



WRAPS
Store made • Assorted

4⁵⁹



CHILI
Store made

3⁹⁹
250mL

6⁹⁹
500mL

Available Friday only



**SCHNEIDERS BLACK FOREST HAM
OR OVEN ROASTED TURKEY BREAST**
150-175g

**SWIFT COLD CUT
TRIO PACK**
375g
Assorted

HOT DEAL
4⁹⁹



4⁴⁹

**NATURAL SELECTIONS
SLICED HONEY HAM**
175g • Honey Ham only
While supplies last



HOT DEAL
3⁹⁹

Regular & No Sugar Added!



2 Options



**8" RHUBARB
STRAWBERRY PIES**
Regular or No Sugar Added

3⁹⁹



**6 PK
PLAIN
ENGLISH
MUFFINS**
Ready bake

3⁴⁹

Baking



**BETTY CROCKER SALTED CARAMEL
BROWNIE MIX** 521g

4⁹⁹



PILLSBURY READY TO BAKE COOKIES
454g

3⁹⁹



JELL-O PUDDING
30-113g • Assorted

4/\$5

Mint Chocolate Pudding Cookies



Ingredients:

- 1 cup sugar
- 1/2 cup butter softened (1 stick)
- 1 egg
- 1/2 cup sour cream
- 1 box instant vanilla pudding
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2 cups all-purpose flour
- 2 tsp mint extract
- 1 drop blue coloring
- 7-10 drops green coloring
- 1 1/2 cups chocolate chips

Start by preheating the oven to 375 degrees F.

Begin by creaming together the sugar and butter, in a large bowl, until nice and fluffy. Then, add in the egg, sour cream and dry pudding mix, stir well to combine. Next, in a separate small bowl, combine the flour, salt and baking soda. After that, incorporate the flour mixture into the butter and pudding mixture and stir until well combined. Now, add the mint extract and food coloring until desired color is achieved. Add in the chocolate chips.

Bake for 10 minutes. When done baking, transfer to a cooling rack.

Serve fresh and warm, enjoy!
www.butterwithasideofbread.com



PARKAY MARGARINE
3 lb • 1/2 Cup Squares

6⁹⁹



HERSHEY'S UNSWEETENED COCOA
226g

4⁴⁹



**FOLEY'S CHIPPERS CHOCOLATE
FLAVOURED CHIPS** 300g

2/\$6



FAVORITE FINE COCONUT
300g

4⁹⁹



FAVORITE PECAN HALVES
100g

4⁹⁹



**ROBIN HOOD
ALL PURPOSE
FLOUR**
1 kg

4⁴⁹

More great Savings



JELL-O PUDDINGS
4 pk • Assorted



CRYSTAL LIGHT, MIO OR LIQUID
KOOL AID 48mL • Assorted



HEINZ KETCHUP
1L • Squeeze



PEPPERIDGE FARM GOLDFISH
CRACKERS 180-200g • Assorted



CAMPBELL'S SPAGHETTIOS
425g



BLACK DIAMOND CHEESE SHREDS
300-320g • Assorted



BLACK DIAMOND CHEESE BLOCKS
400g • Assorted



CRACKER BARREL SLICES
240g • Assorted



BLACK DIAMOND CHEESTRINGS
168g • Assorted



FUSSELL'S THICK
CREAM 170mL



BERTOLLI OLIVE OIL SPRAY
155mL



CRISCO OIL 1.18 L
Vegetable or Canola



HEINZ WORCESTERSHIRE
SAUCE 355mL



PILLSBURY PIZZA CRUST
or COUNTRY BISCUITS
340-391g



KRAFT SANDWICH SPREAD
475mL



SUNKIST FRUIT SNACKS
175g • Assorted



SOFT PARKAY MARGARINE
427g



CATELLI GLUTEN FREE LASAGNA
250g



MAPLE LEAF KLIK OR KAM
340g



ACTIVIA YOGURT
8 pk • Assorted



PILLSBURY EASTER COOKIES
260g • Assorted



KRAFT COOL WHIP
225g • Regular or Light



SMARTFOOD SNACKS
140-220g • Assorted



PEPSI PRODUCTS
1L • Assorted



SCOTSBURN NOVELTIES
12 pk • Assorted



LAY'S POTATO CHIPS
235g • Family size • Assorted



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



HOSTESS SNACKS
202-360g • Assorted



DELISSIO RISING CRUST PIZZA
788-888g • Assorted

**ZERO SUGAR.
ALL THE TASTE.**

FULL GINGER FLAVOUR
ZERO CALORIES
ZERO SUGAR

Canada Dry® 12 x 355 mL
Select varieties
2/\$13

Canada Dry® 6 x 222 mL
Select varieties
2/\$8

Canada Dry® 2 L
Select varieties
2/\$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.