

Happy Holidays!

**4 DAYS
ONLY**

December 18-21, 2025

**SAVE
\$20***

WHEN YOU SPEND

\$200



CALGARY CO-OP

Calgary's grocery store since 1956



Boneless Strip Loin Halves

Cryovac Cut from Canada AA Beef
Aged 14 Days
Limit 2
While Supplies Last

10⁹⁹
/lb
24.23/kg

Frozen Canada Grade A Turkeys
7kg's and Under
Limit 2
While Supplies Last

1⁹⁹
/lb
4.39/kg



Stove Top Stuffing
120g
Select varieties

1²⁷
ea



Cranberries
340g Bag
Product of Canada
No. 1 Grade

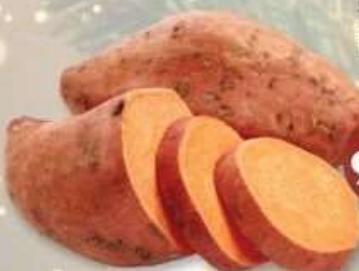
2⁹⁹
ea



Chinese Mandarins
4lb
Product of China
Fancy
While Supplies Last

5⁹⁹
ea

Sweet Potatoes/Yams
Product of USA
No. 1 Grade



99¢
SALE
+
MEMBERS EARN 10%

Cracker Barrel Block Cheese
740g Select varieties



9⁹⁹
ea
SAVEM
-10¢
Without APP

10⁹⁹



Founders & Farmers Sausage Rings
or Maple Leaf Natural Bacon,
Ready Crisp 65-375g
Assorted varieties

5⁹⁹
ea
MEMBERS EARN 10%





CALGARY CO-OP

Sugardale Prestige
Smoked Ham
Butt or Shank End
While Supplies Last

249
/lb 5.49/kg



Broccoli Crowns
Product of USA
No. 1 Grade

249
/lb 5.49/kg



MADE
FRESH
IN-STORE



Cal & Gary's
Pineapple
Spears or Diced
16-35oz

15%
OFF

Kraft Salad Dressing
425ml Select varieties

APP
EXCLUSIVE
SAVINGS
249
ea
SAVE \$1
*Cap
Without APP
349



FOUNDERS & FARMERS
Double Cream Brie
or Camembert 300g or Sliced Salami 250g

MEMBER EXCLUSIVE
10.99
ea



Green Giant Stir Fry
Blends and Frozen
Vegetables
400-750g Select varieties

SALE
2.99
+
MEMBERS
EARN
10%



Ocean Spray Juice & Cocktail
Mixes or Mott's Clamato
1.77L-1.89L or Mr. & Mrs. T Mixes or
Rose's 739mL-1L
Select varieties

SALE
2.6
for
6
+
MEMBERS
EARN
20%



HEALTH & BEAUTY
DEAL OF THE WEEK!

Festive Finds Fantastic Prices



Founders & Farmers
Boneless Hams
800g
Assorted varieties

SALE
9.99

MEMBERS EARN 10%



Fresh Jenner Colony
Hutterite Turkeys
Assorted sizes
While Supplies Last

4.49
/lb
9.90/kg



Betty Crocker Potatoes
141-215g Select varieties

SALE
2\$5
for
MEMBERS EARN 20%



Ocean Spray
Cranberry Sauce
348ml Select varieties

2\$4.50



Club House
Gravy Mixes
20-47g Select varieties

4\$5



Green Giant Canned
Vegetables
341-398ml Select varieties

4\$7



Cal & Gary's Ciabatta Bread
Jalapeño Four Cheese, Asiago,
Four Cheese or Plain
425g

5.49
ea



Mince, Maple, Maple
Walnut or Cal & Gary's
Butter or Pecan Tarts
6 Pack

MEMBERS EARN 20%



10.99



MADE
fresh in the
DELICATESSEN

MEALS MADE READY TO EAT

6.99

Korean
Mandarin
Oranges
4th Row



SALE
8.99
+
MEMBERS EARN 10%

Produce

Anjou Pears
BC Grown
Canada No. 1

1.99
/lb
4.39/kg



Limes
Product of USA
Fancy

Sale 69¢
+
MEMBERS EARN 15%



Pineapple
Product of Costa Rica
No. 1 Grade

Sale 5.99
+
MEMBERS EARN 10%



SugarBee Apples
Product of Mexico
No. 1 Grade

Sale 2.99
+
MEMBERS EARN 20%



Bolthouse Fresh Baby-Cut Carrots

Sliced, Whole, or Cremini
227g
Alberta Grown
Canada No. 1

Sale 2.99
+
MEMBERS EARN 10%



Baby Carrots
2lb
Product of USA
No. 1 Grade

3.99
ea

Celery
Product of USA
No. 1 Grade

1.99
/lb
4.39/kg



Founders & Farmers
Russet or Red Potatoes
10lb Bag
Product of Western Canada
No. 1 Grade

APP EXCLUSIVE SAVINGS
With APP
6.99
SAVE \$1
Without APP
7.99



Founders & Farmers
Tomatoes On the Vine
Alberta Grown
Canada No. 1

2.99
/lb
6.59/kg



Fresh Bunched Herbs
Assorted varieties
Product of Canada/USA
15% OFF



In-store Cut Fruit & Vegetables

made fresh in-store



**ONLY
ALBERTA
BLACK
ANGUS
BEEF**



Sirloin Tip Oven Roast
Cut from Canada AA Beef
Aged 14 Days **10.99**
/lb
24.23/kg



Bottom Sirloin Tri Tip
Grilling Steaks or Roast
Family Pack
Cut from Canada AA Beef
Aged 14 Days **12.99**
/lb
28.64/kg

Bring the flavour home this holiday with melt-in-your-mouth Black Angus that's made for celebrating.

[LEARN MORE](#)

Split Chicken Wings

Family Pack
Grain Fed, Free Run & Air
Chilled

6.49
/lb
14.31/kg

**ONLY
ALBERTA
CHICKEN**



Chicken Legs Back Attached
Family Pack
Grain Fed, Free Run & Air Chilled **3.99**
/lb
8.80/kg

St. Louis Style
Pork Side Ribs

Regular or Sweet & Sour
Western Canadian

6.99
/lb
15.41/kg

CANADIAN PORK



Pork Loin Rib End
Crown Roast
Western Canadian

6.99
/lb
15.41/kg

CANADIAN PORK



Spolumbo's Pork Breakfast Sausage

Assorted varieties
Available at Full-Service Meat Counters
8 per Tray, \$5.20

65¢
ea

**BEST
FROM THE
WEST**



CORNISH GAME HENS
Frozen **5.99**
/lb
13.21/kg

CANADA

Maple Leaf Natural
Selection Slice Meats
& Top Dogs
175-375g
Assorted varieties

6.99
ea



BUTTERBALL
Turkey Roast
Frozen 1.2kg
While Supplies Last **21.99**
ea



HARVEST
Thick Cut Bacon
500g
Assorted varieties

**APP
EXCLUSIVE
SAVINGS**
12.99
SAVE 7%
Without APP
14.49

Kelseys Roadhouse
Pork Back Ribs
Frozen 600g
Assorted varieties **13.99**
ea

KELSEYS
Roadhouse
Pork Back Ribs

Alternative Protein



Odd Burger
Entrees

15%



Lightlife Smart Sausage

6.49

MEMBER EXCLUSIVE



Field Roast Breakfast
Links or Hand Formed

5.99

Bite-Sized Joy: Crowd-Pleasing Holiday Appetizers

Cal & Gary's Risotto Balls,
Nanak Breaded Stuffed
Jalapeño Poppers
or Simply Battered
Mozzarella Cheese Sticks
Frozen 454-500g



Founders & Farmers Garlic Ring,
Founders & Farmers Shrimp
Cocktail Ring or Aqua Star
Shrimp Cocktail Ring
Frozen 284-750g

7.49
ea

SALE

8.99

**+
MEMBERS
EARN
10%**



Cal & Gary's
Salad Blends
Caesar or Spring Mix
530g-689g

15% OFF

**MADE
fresh
IN-STORE**



**MADE
fresh
IN-STORE**

Cal & Gary's
Stuffed Mushroom Caps
Assorted varieties
325-400g

15% OFF



Fontaine Sante
and Humm! Hummus
227-260g

2 \$9



La Panzanella
Crackers
170g

MEMBER EXCLUSIVE
4.99
ea



Cal & Gary's
Mini Chocolate Eclairs
or Vanilla Profiteroles
375-455g

**MEMBERS
EARN
10%**



Cal & Gary's
Cheesecakes
Mocha, Pecan Caramel or
Assorted varieties
600g

10.99

Bakery

Baileys Chocolate Swirl or
Founders & Farmers Red
Velvet Cupcakes
Or Assorted Varieties
6 Pack

7.99
ea



MADE
fresh
IN-STORE

Cal & Gary's 8" Amarena or Dubai Style Pistashio
Chocolate, Carrot or Biscoff Cookie Cakes
1/2 or Full Cakes Assorted varieties

MEMBERS
EARN
10%



STARTING AT
4.99
ea

Founders & Farmers
Traditional Baguette
255g

1.99
ea

BAKED
fresh
IN-STORE



Founders & Farmers
Flaky Rolls
8 Pack

4.49
ea

Panettone *A Holiday Tradition*

MEMBERS
EARN
20%



Deli

HOT
DEAL



Alexis De Portneuf
Double Cream Brie
or Camembert or Woolwich
Goat Logs 300g

9.99
ea



Cal & Gary's Italian
Sliced Meats
70-100g or Chubs 170g

**20%
OFF**

Cal & Gary's Italian
Sliced Meats
70-100g or Chubs 170g



Cathedral City
Cheddar
& Snowdownia
Truckles
120-200g

**15%
OFF**

**15%
OFF**

MIX
&
MATCH



MIX
&
MATCH



MIX
&
MATCH



Grocery



Philadelphia Cream Cheese
227-250g
Select varieties

3⁹⁷
ea



Christie, Triscuit,
Townhouse
or Goldfish
Crackers
180-247g
Select varieties

2^{\$}7
for 7



SALE
7⁹⁹
+
MEMBERS
EARN
10%

Lactantia Butter

454g and
Parkay Margarine 1.28-1.36kg
Select varieties



Kicking Horse Coffee
454g Select varieties

16⁹⁹
ea



Celebration Cookies
240g or Twinings Tea 20 Pack
Select varieties

SALE
2^{\$}9
+
MEMBERS
EARN
10%



6⁴⁷
ea

Liberté Mediterranée
or Greek Yogurt Tubs
650-900g
Select varieties



Nestlé Novelties
4-10 Pack and Real Dairy
Ice Cream 1.5L
Select varieties

SALE
5⁴⁷
+
MEMBERS
EARN
10%



Royale Bathroom
Tissue
12 Pack & Facial Tissue 6 Pack
+ Tiger Towel 3 Pack
Select varieties

8⁹⁹
ea



SALE
2^{\$}4
+
MEMBERS
EARN
10%

Campbell's Tetra Broth
250-900ml
Select varieties



Sapporo
Ichiban Noodles
100g Select varieties

5^{\$}5



Classico Pasta Sauce
218-600ml or Catelli Pasta
340-900g Select varieties

3^{\$}10



APP
EXCLUSIVE
SAVINGS
**50%
Off**
Without App
**25%
Off**

Nature's Recipe
Dog Food
1.8-5.4kg or Blue Buffalo
Wet Cat Food 155g or Whiskas
Pouch Wet Cat Food 85g
Select varieties



Kraft Peanut Butter
& Hazelnut Chocolate
Spread
750ml-1l Select varieties

MEMBER EXCLUSIVE
5⁹⁹
ea



Ritter Sport
Chocolate Bar
100g Select varieties

4⁴⁹
ea

Health & Beauty



LAST
MINUTE
STOCKING
STUFFERS