



# CALGARY CO-OP

## ON NOW UNTIL DEC. 15

# 12 DAILY BIG! DEALS!

Thursday, December 4<sup>th</sup> Only!



APP EXCLUSIVE SAVINGS  
\*Must Clip Before Purchase.

\$8.99  
SAVE \$4  
\*Clip

Without APP  
**\$12.99**

**Swiss Chalet**  
Pork Back Ribs  
600g  
While Supplies Last  
Limit 4

Friday, December 5<sup>th</sup> Only!



APP EXCLUSIVE SAVINGS  
\*Must Clip Before Purchase.

\$1.25  
\*Clip

Without APP  
**2\$4**

**Campbell's**  
Tetra Broth  
250-900ml  
Select varieties  
While Supplies Last  
Limit 4

Saturday, December 6<sup>th</sup> Only!



APP EXCLUSIVE SAVINGS  
\*Must Clip Before Purchase.

\$4.99  
SAVE \$3  
\*Clip

Without APP  
**\$7.99**

**Chinese Mandarins**  
4lb  
Product of China  
Fancy  
While Supplies Last  
Limit 3

Sunday, December 7<sup>th</sup> Only!



APP EXCLUSIVE SAVINGS  
\*Must Clip Before Purchase.

\$7.99  
SAVE \$3  
\*Clip

Without APP  
**\$10.99**

**Armstrong Cheese**  
750g  
Select varieties  
While Supplies Last  
Limit 2

Monday, December 8<sup>th</sup> Only!



APP EXCLUSIVE SAVINGS  
\*Must Clip Before Purchase.

\$3.99  
SAVE \$2  
\*Clip

Without APP  
**\$5.99**

**Maple Leaf**  
or **Ready Crisp** Bacon  
65-375g  
Assorted varieties  
While Supplies Last  
Limit 4

Tuesday, December 9<sup>th</sup> Only!



APP EXCLUSIVE SAVINGS  
\*Must Clip Before Purchase.

\$3.99  
\*Clip

Without APP  
**4\$20**

**Boursin**  
130-170g  
While Supplies Last  
Limit 6

Wednesday, December 10<sup>th</sup> Only!



APP EXCLUSIVE SAVINGS  
\*Must Clip Before Purchase.

\$4.99  
SAVE \$2  
\*Clip

Without APP  
**\$6.99**

**Mince, Coconut Raspberry,**  
**or Maple Tarts**  
or Assorted varieties  
510g  
While Supplies Last  
Limit 3

Wednesday, December 10<sup>th</sup> Only!  
Give The Gift That Shines.



MEMBERS EARN  
**50%**  
Bonus Cash\*\*



On the purchase of  
a single Premium  
or Extreme Car  
Wash.

\*Available in-store and online. Must clip before purchase. While supplies last. No rainchecks.  
Calgary Co-op App download and registration required. Visit [calgarycoop.com/appterm](http://calgarycoop.com/appterm) for additional terms & conditions.

\*\*Calgary Co-op app download and registration required. All items with a percentage bonus offer apply to the purchase price paid excluding deposit, environmental and taxes where applicable.

For eCommerce, earned Calgary Co-op Bonus Cash is based on your fulfillment date. Visit [calgarycoop.com/appterm](http://calgarycoop.com/appterm) for contest rules and additional terms and conditions.

PRICES IN EFFECT DECEMBER THU 04 FRI 05 SAT 06 SUN 07 MON 08 TUES 09 WED 10 2025



# CALGARY CO-OP

Calgary's grocery store since 1956



Pork Side Ribs  
Breast Bone Removed  
Western Canadian

**349**  
/lb  
7.69/kg



Raspberries or  
Blackberries

**299**  
ea

170g  
Product of  
USA/Mexico  
No. 1 Grade



Try with  
Cal & Gary's  
Marinara Sauce!



Cal & Gary's  
Risotto Balls  
or Pinty's Marinated  
Chicken Breast,  
Drumsticks or Thighs  
Frozen 500-950g

**899**  
ea

MEMBER EXCLUSIVE

Sweet Peppers  
Red, Yellow, or Orange  
Product of Mexico  
No. 1 Grade

**SALE**  
**399**  
/lb  
5.80/kg  
+  
MEMBERS  
EARN  
10%



Cal & Gary's Frozen Fruit  
and Smoothie Blends  
400-600g Select varieties  
Limit 4

**APP  
EXCLUSIVE  
SAVINGS**  
**399**  
ea  
SAVE \$1  
Clip  
Without APP  
**499**



Lay's or Old Dutch Potato Chips  
200-235g  
Select varieties

**SALE**  
**3\$10.98**  
+  
MEMBERS  
EARN  
15%



Bubly or AHA Sparkling Water  
12 Pack or Montellier 10 Pack  
Select varieties

**2\$12.98**

## One Stop Shop For Holiday Cheer

Make holiday hosting effortless with unforgettable trays, decadent cheeses, indulgent desserts, gifts and more, all wrapped up with the best savings of the season.

GET INSPIRED



PRICES IN EFFECT DECEMBER THIS 04 FRI 05 SAT 06 SUN 07 MON 08 TUES 09 WED 10 2025

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# Entertaining Made Easy



**MADE  
to ORDER**

Deli Charcuterie Trays  
Select varieties

**32<sup>99</sup>  
37<sup>99</sup>**

**MEMBERS  
EARN  
10%**



**MADE  
fresh in the  
DELI**

Mini Charcuterie Box  
or Mini Nibbler Box or  
Large Spinach Dip Tray

**16<sup>99</sup>  
ea**



**MADE  
fresh in the  
DELI**

Festive Tree  
Nibbler Tray  
While Quantities Last

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



**MADE  
fresh in the  
DELI**

Spinach Dip Tray  
Small

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



Cal & Gary's  
Large Fruit or Vegetable Trays  
1.71-2.18kg

**\$3  
OFF**



**MADE  
to ORDER**

Cheese Lovers Tray  
or Easy Cheesy Bites Tray

**MEMBERS  
EARN  
10%**



Pastry Charcuterie  
or Sweet Tooth  
Entertaining Trays  
Delicious European Desserts  
Serve 12-24

**MEMBERS  
EARN  
10%**



Founders & Farmers  
Sweet Selections  
Assorted Cookie Tray  
24's

**MEMBERS  
EARN  
10%**



Fruit or Vegetable  
Entertaining Trays  
3.2kg-5.1kg

**15%  
OFF**



*Cookies as Sweet as  
Your Favourite Moments*



Founders &  
Farmers  
Shortbread  
Cookies  
12 Pack

**MEMBERS  
EARN  
10%**



Bakery Bling  
Chocolate  
Peppermint  
or Festive Iced  
Cookies  
277g or  
Decorate Your Own  
Cookie Kits 720g

**STARTING AT  
7<sup>99</sup>  
ea**



Founders &  
Farmers  
Shortbread  
Cookies  
500g  
Made in Scotland

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



Fratello  
Coffee  
340g  
Select varieties



**MEMBER EXCLUSIVE**

**17<sup>99</sup>  
ea**



Wendel's Gluten Free  
Ginger Babies or Mini  
Shortbread Cookies  
160-310g Or Assorted varieties

**MEMBERS  
EARN  
20%**



Almond Trulli Cookies  
Assorted 250g

**BUY  
MORE  
SAVE  
MORE**

**PURCHASE 2 FOR...  
6<sup>99</sup>  
ea**

**OR BUY 1 FOR  
7<sup>99</sup>  
ea**



Cal & Gary's Biscotti  
200g or Celebration Cookies 240g  
Select varieties



**2<sup>99</sup>  
for  
9**



Confetti Sweets Cookie Mix  
500g Select varieties

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



Sha Sha Gingerbread,  
Salted Caramel or  
Pumpkin Cookies  
250g

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



Crave Frozen Cookie  
Dough and Butter  
Cream Icing  
300-480g

**8<sup>99</sup>  
+  
MEMBERS  
EARN  
20%**

# Festive Finds, Fantastic Prices



BEST  
FROM THE  
WEST

Cal & Gary's  
Thick Cut Bacon  
1kg Assorted varieties

**15<sup>99</sup>**  
ea



FOUNDERS & FARMERS  
Salt & Pepper  
Smoked Chicken Wings  
FOUNDRERS & FARMERS  
Smokey BBQ  
Smoked Chicken Wings  
FOUNDRERS & FARMERS  
Hot Buffalo  
Smoked Chicken Wings

**Sale \$12.99**

**MEMBERS EARN 10%**

Zygo Cactus or  
Poinsettia  
4"

**SALE**  
STARTING AT  
**\$5.99**

**MEMBERS EARN 10%**



BEST  
FROM THE  
WEST



**MEMBERS EARN 10%**

3" Mousse Cakes

Ube, Mango, Tiramisu, Bacio or Strawberry or  
Cream Puffs: Pistachio, Mango or Espresso  
4 Pack

FOUNDERS & FARMERS  
Chicken Wings  
Frozen 850-900g  
Assorted varieties

**STARTING AT**

**4.99**  
ea



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

**MEMBERS EARN 20%**



**CAL & GARY'S**  
VANILLA PROFITEROLE  
SWEET ORIGINS ARE MADE OF THESE  
DE PROFITEROLE



MADE  
- fresh -  
IN-STORE

**SAVE  
\$1**

**Available for a  
limited time only!**

Holiday Turkey Sandwich  
Or Ham & Brie French Melt



**Castello Cheese  
Mix and Match Sale**

Castello Brie or Camembert 125g.  
Havarti 200g or Aged Cheeses 200g

**3\$ for 15**



Christmas  
Nut Trays  
600g-1kg  
Select varieties

**25% OFF**



Dare Crackers & Veggie Crisps  
100-225g  
Select varieties

**2\$ for 4**



Corona or  
Heineken  
Non-Alcoholic Beer  
6 Pack or Wildlife Raspberry Mojito  
4 Pack  
Select varieties

**MEMBERS EARN 10%**



Rogers' Chocolate  
Boxed Chocolates  
94-250g Select varieties

**20% OFF**



Cal & Gary's  
Pecan Clusters  
340g

**11.49**  
ea



Oasis Refrigerated  
Orange Juice  
1.5L  
Select varieties  
Limit 4

**APP EXCLUSIVE SAVINGS**  
• Must Clip Before Purchase  
**3.99**  
ea  
SAVE 2  
• CLIP  
Without APP  
**5.99**

# Produce

Chinese Mandarins  
Product of China  
Fancy



Anjou Pears  
BC Grown  
Canada No. 1

**1.99**  
/lb  
4.39/kg



Cantaloupe or Honeydew Melons  
Product of Mexico  
No. 1 Grade

**1.69**  
/lb  
3.73/kg



Navel Oranges  
Product of USA  
No. 1 Grade



Romaine Hearts  
3 Pack  
Product of USA  
No. 1 Grade

**4.99**  
+  
MEMBERS  
EARN  
15%



Founders & Farmers  
Yellow Potatoes

5lb  
Product of Western Canada  
Canada No. 1

**4.99**  
ea



Cauliflower  
Product of USA  
No. 1 Grade



Founders & Farmers Carrots  
2lb Bag  
Alberta Grown  
Canada No. 1



## In-store Cut Fruit & Vegetables made fresh in-store



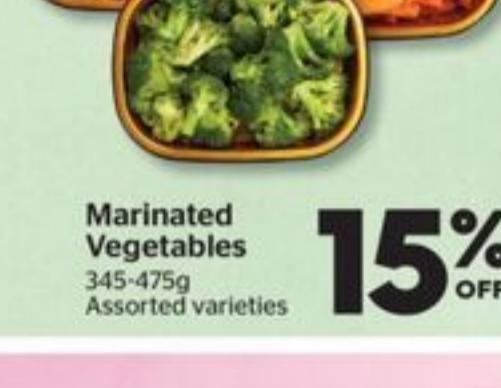
Yogurt Cups, Fruit, or  
Veggie Snacks with Dip  
Assorted varieties

**15% OFF**



Salad Blends  
530-689g  
Assorted varieties

**15% OFF**



Marinated  
Vegetables  
345-475g  
Assorted varieties

**15% OFF**

## Floral

Timeless Bouquet

**Sale + 28.99**  
+  
MEMBERS  
EARN  
10%



Artistica Orchid in  
Snowflake Pot

5" Grown in Canada

**32.99**

Red Ceramic  
with Zygocactus

2"

**8.99**

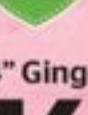


4" Christmas  
Cypress Tree

**7.99**  
ea



**16.99**  
ea



4" Gingerbread House



7" Ceramic  
Christmas  
Tree Planter

**34.99**



**Deck the Halls**  
with fresh wreaths, poinsettias,  
greenery and more!

**SHOP NOW**

**ONLY ALBERTA BLACK ANGUS BEEF**

Beef Tenderloin Steaks or Roast  
Cut from Canada AAA Beef  
Aged 21 Days

**10% OFF**

Bottom Sirloin Tri Tip Grilling Steaks or Roast  
Cut from Canada AA Beef

**11.99**  
/lb 26.43/kg

Discover cooking tips, tricks and recipes for every cut.

**LEARN MORE**

**Whole Chickens**  
Grain Fed, Free Run & Air Chilled

**3.99**  
/lb 8.80/kg

**Bone In Pork Loin Centre or Rib End Chops**  
Western Canadian

**4.99**  
/lb 11.00/kg

**Maple Leaf Prime RWA Chicken Breast Fillets or Wings**  
Grain Fed, Humanely Raised, Air Chilled & Canadian Farmed Raised

**SALE \$14.00 + MEMBERS EARN 10%**

**Extra Lean Ground Beef**  
454g

**10.49**  
ea

**Breaded Pork Cutlets**  
Western Canadian

**6.49**  
/lb 14.31/kg

**Spolumbo's Pork Dinner Sausage**  
Selected varieties 3 per Tray, \$7.50

**2.50**  
ea

**Rana Lasagna**  
1kg Assorted varieties

**18.99**  
ea

**Schneiders All Beef Wieners**  
Juicy Jumbo's, Smoked Sausage or Sausage Rings 300 - 450g Assorted varieties

**SALE 8.49 + MEMBERS EARN 10%**

**Lou's Kitchen, Kalis or Lil Juan's Fully Cooked Entrees**  
300-400g Assorted varieties

**9.99**  
ea

**Meadow Creek Meatballs**  
Frozen 420g Assorted varieties

**6.49**  
ea

## Alternative Protein

**Know Meat Patty**  
Frozen 340g

**11.99**  
ea

**Gusta Veggie**  
Ground or Sliced Burger 300-340g Assorted varieties

**5.49**  
ea

**Field Roast Sausage**  
368g Assorted varieties

**7.99**  
ea

**SALE 7.99 + MEMBERS EARN 10%**

## Seafood

**Atlantic Salmon Fillets**  
Farmed

**3.49**  
/100g

**Yellowfin Tuna Steaks**  
Previously Frozen Wild

**2.99**  
/100g

**East Coast Oysters**  
Selected varieties Farmed 6 per Tray, \$10.50

**1.75**  
ea

**Cal & Gary's Marinated Fillet Portions or Black Cod Fillet Portion**  
Frozen 113g Assorted varieties

**20% OFF**

**Waterview Market Shrimp Meal Kits**  
Frozen 877-907g

**12.99**  
ea

**Aqua Gem's Raw Pacific White Shrimp**  
41/50 Count Peeled & Deveined, Tail On 907g

**SALE 15.99 + MEMBERS EARN 10%**

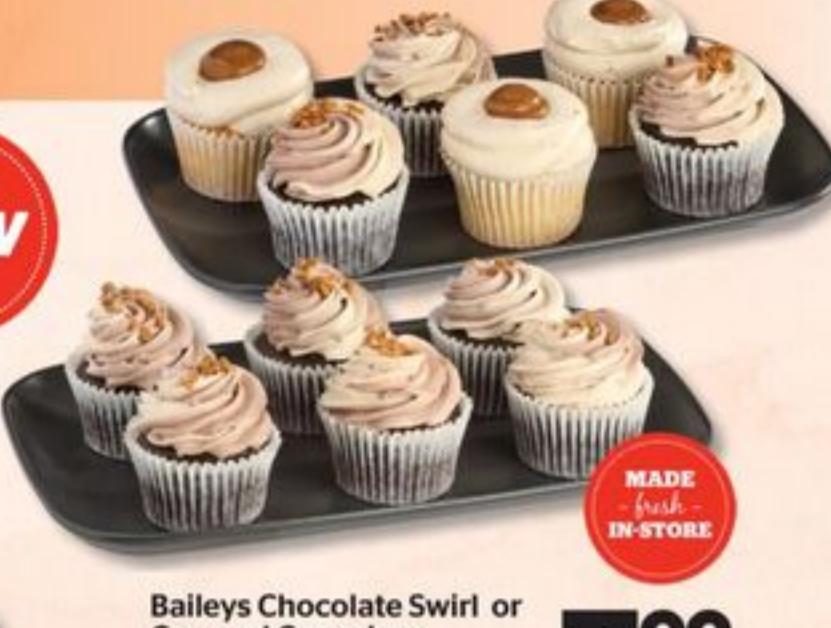
# Bakery

5" Baileys Cakes  
Chocolate, Fudge or Caramel Drip Cakes

**MEMBERS EARN 20%**



**NEW**



**MADE - fresh - IN-STORE**

Baileys Chocolate Swirl or Caramel Cupcakes  
Red Velvet Cupcakes or Assorted varieties 6 Pack

**7.99 ea**



**BAKED - fresh - IN-STORE**

Founders & Farmers Cinnamon Buns  
Chelsea or with Cream Cheese Icing 4 Pack

**SALE 7.49**

**MEMBERS EARN 20%**

Founders & Farmers Bulk Pastries  
Mix & Match

**BUY MORE SAVE MORE**

**10 OR BUY 1 FOR 2.49**

**PURCHASE IN MULTIPLES OF 6 FOR ...**

**10 2.49**

**OR BUY 1 FOR 2.49**

**BUY MORE SAVE MORE**

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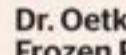
**BUY MORE SAVE MORE**

**10 2.49**

**OR BUY 1 FOR 2.49**

<b

# Grocery



Dr. Oetker Giuseppe Rising or Thin Crust  
Frozen Pizza

439-785g Select varieties

**Sale \$4.99**  
+  
**Members EARN 10%**



**2\$ for \$6**



Liberte Greek  
or Méditerranée  
Yogurt Tubs

650-900g Select varieties

**6.47 ea**



Oasis or  
Del Monte Juice  
960ml Select varieties

**3\$ for \$6**



**5.99 ea**



Michelina's  
Frozen Entrée

255-284g Select varieties

**4\$ for \$5**



Crave  
Frozen Entrée  
255-340g or Cavendish  
Restaurant  
Style Fries 650-750g  
Select varieties



Quaker  
Instant Oatmeal  
232-344g or  
Stash Tea or Tetley  
20-24 Pack Select varieties



**2\$ for \$7**  
+  
**Members EARN 20%**



Clover Leaf  
Light Tuna  
85-170g or  
Brunswick Seafood Snacks  
92-100g Select varieties



Old El Paso  
Dinner or Bowl Kits  
250-510g & Salsa 650ml  
Select varieties



Kraft Peanut Butter  
& Hazelnut Chocolate  
Spread  
750ml-1L or Cheez Whiz 450g  
Select varieties



**HOT DEAL**  
+  
**Members EARN 20%**



Nature's Recipe  
Dog Food

1.8kg or Catit Pea Husk  
Cat Litter 5.6kg  
Select varieties



Kraft  
Miracle Whip  
650-890ml or Maille Dijon  
Mustard 200-245ml  
Select varieties



Green & Black's  
Chocolate Bar  
90g Select varieties



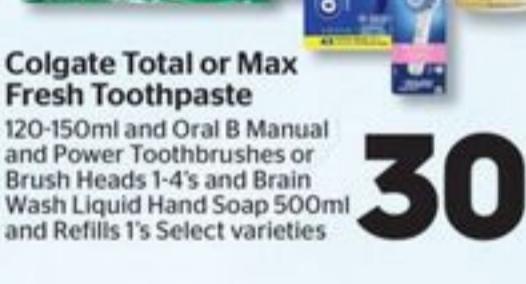
**5.99**

## Health & Beauty



Pantene Hair Care  
308-355ml and  
Styling 187-252ml or Dove  
Bodywash 325ml and Hello Fresh  
Deodorant 73g Select varieties

**4.99 ea**



Colgate Total or Max  
Fresh Toothpaste  
120-150ml and Oral B Manual  
and Power Toothbrushes or  
Brush Heads 1-4's and Brain  
Wash Liquid Hand Soap 500ml  
and Refills 1's Select varieties

**30% OFF**



Listerine  
Ultra Clean Mouthwash  
1L or Dove Bar Soap 6 Pack and  
Ombra Foam Bath 500ml or Epsom  
Salts 1.36Kg Select varieties



**8.49**  
+  
**Members EARN 10%**



OGX and Maui  
Moisture Hair Care  
100-385ml and Just For Men Hair  
or Beard Care 1's or 118ml and  
Natural Instinct Hair Color 1's  
Select varieties

**8.99**



Aveeno and  
Neutrogena Face Care  
Select varieties and sizes

**25% OFF**



Polysporin  
Ointment or Cream  
28-30g  
Select varieties



**11.99**  
+  
**Members EARN 10%**



Vicks  
NyQuil/DayQuil  
354ml or Liquicaps 24's,  
Hot Remedy 8's and  
Early Defence Spray 15ml  
Select varieties

**11.99**  
+  
**Members EARN 20%**



Aspirin 81mg  
100-120's and Aleve  
40-100's Select varieties

**13.99**



Huggies Diapers  
Giga Pack  
42-96's Select varieties



**26.99**

## Give the Gift of Relaxation

Treat your loved ones to relaxation with soothing bath salts,  
bubble bath, and self-care goods this season. Perfect for cozy  
holiday pampering or thoughtful gifting.

[SHOP NOW](#)



WK05-PG.8