

*Happy
Holidays!*

**4 DAYS
ONLY**
December 18-21, 2025

**SAVE
\$20***

WHEN YOU SPEND

\$200

Calgary's grocery store since 1956



ONLY ALBERTA BEEF

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



Chinese Mandarins
4lb
Product of China
Fancy
While Supplies Last

5⁹⁹
ea



Cranberries
340g Bag
Product of Canada
No. 1 Grade

2⁹⁹
ea

Sweet Potatoes/Yams
Product of USA
No. 1 Grade



SALE 99¢ + **MEMBERS EARN 10%**

Cracker Barrel Block Cheese
740g Select varieties



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



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**
1.77-1.89L or Mr. & Mrs. T Mixes or
Rose's 739ml-1L
Select varieties

SALE
2\$6
for

**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
2.55

MEMBERS EARN 20%



Ocean Spray
Cranberry Sauce
348ml Select varieties

2\$4.50
for



Club House
Gravy Mixes
20-47g Select varieties

4\$5
for



Green Giant Canned
Vegetables
341-398ml Select varieties

4\$7
for



Cal & Gary's Ciabatta Bread
Jalapeno 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%



MADE
- fresh in the -
DELI



MADE
- fresh in the -
DELI



Korean
Mandarin
Oranges
4th Nov



SALE
8.99

MEMBERS EARN 10%

10.99

4.99

Produce

Anjou Pears
BC Grown
Canada No. 1

1.99
/lb
4.39/kg

BEST
FROM THE
WEST



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%



Limes
Product of USA
Fancy

SALE
69¢
MEMBERS
EARN
15%



Baby Carrots
2lb
Product of USA
No. 1 Grade

3.99
ea

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

SALE
2.99
MEMBERS
EARN
10%



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
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**



Bottom Sirloin Tri Tip
Grilling Steaks or Roast
Family Pack
Cut from Canada AA Beef
Aged 14 Days

12⁹⁹
/lb
28.64/kg

Sirloin Tip Oven Roast
Cut from Canada AA Beef
Aged 14 Days

10⁹⁹
/lb
24.23/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

6⁴⁹
/lb
14.31/kg

**ONLY
ALBERTA
CHICKEN**



Chicken Legs Back Attached
Family Pack
Grain Fed, Free Run & Air Chilled

3⁹⁹
/lb
8.80/kg

**ONLY
ALBERTA
CHICKEN**

**St. Louis Style
Pork Side Ribs**
Regular or Sweet & Sour
Western Canadian

6⁹⁹
/lb
15.41/kg



**Pork Loin Rib End
Crown Roast**
Western Canadian

6⁹⁹
/lb
15.41/kg



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

5⁹⁹
/lb
13.21/kg



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

13⁹⁹^{ea}



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

6⁹⁹^{ea}



**Butterball
Turkey Roast**
Frozen 1.2kg
While Supplies Last

21⁹⁹^{ea}



Harvest Thick Cut Bacon
500g
Assorted varieties



Alternative Protein



**Odd Burger
Entrées**

15%



Lightlife Smart Sausage

6⁴⁹



**Field Roast Breakfast
Links or Hand Formed**

5⁹⁹

Bite-Sized Joy: Crowd-Pleasing Holiday Appetizers

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



SALE
8⁹⁹

MEMBERS
EARN
10%



Try with
Cal & Gary's
Marinara Sauce!



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

7⁴⁹
ea



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

15%
OFF

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
for



La Panzanella
Crackers
170g

MEMBER EXCLUSIVE

4⁹⁹
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



Effortless Entertaining: Trays, Meals, and More

Holiday Turkey Dinner

Limited Quantities Available.
Serves 4-6 People

Simply Heat & Serve!

Includes:

A sous-vide fully cooked turkey, turkey gravy, mashed potatoes, roasted glazed carrots, bread stuffing, and gourmet cranberry sauce.



Charcuterie Trays
Select varieties



ORDER AHEAD!



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



Spinach Dip Tray
Small



ORDER AHEAD!

Sandwich and Wrap Trays
Select varieties



15.99
ea

8.99
ea



Founders & Farmers
Sweet Selections
Assorted Cookie Tray
24 Piece



Cal & Gary's Assorted Pastries

Fresh Fruit Tarts, Cannoli, Zeppolini, Lobster Tails, Cream Horns, Profiteroles, Filled with Ricotta, Chantilly or Real Cream fillings

BUY MORE SAVE MORE
PURCHASE IN MULTIPLES OF 6 FOR ...
\$12 OR BUY 1 FOR **2.49**



Cal & Gary's
Fruit or Vegetable
Trays
970-1125g

\$2 OFF

Holiday Gift Giving

Christmas Merchandise
- Gifting Ideas

Select varieties & sizes

STARTING AT



Christmas Candy
Select varieties
& sizes

STARTING AT

1.29
ea

Bakery

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

7⁹⁹
ea

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

MEMBERS
EARN
10%



STARTING AT

4⁹⁹
ea

Cal & Gary's
Mini Brioche Buns
12 Pack or Brioche Loaf 500g

Founders & Farmers
Traditional Baguette
255g

1⁹⁹
ea



Founders & Farmers
Flaky Rolls
8 Pack

4⁴⁹
ea

Panettone

A Holiday Tradition

MEMBERS
EARN
20%



Deli

HOT
DEAL



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

9⁹⁹
ea



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

20% OFF



Cathedral City
Cheddar
& Snowdonia
Truckles
120-200g

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



Lactantia Butter
454g and
Parkay Margarine 1.28-1.36kg
Select varieties

SALE
7⁹⁹
MEMBERS
EARN
10%



Kicking Horse Coffee
454g Select varieties

16⁹⁹
ea



Celebration Cookies
240g or Twinings Tea 20 Pack
Select varieties

SALE
2\$9
MEMBERS
EARN
10%



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

6⁴⁷
ea



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



Campbell's Tetra Broth
250-900ml
Select varieties

SALE
2\$4
MEMBERS
EARN
10%



Sapporo
Ichiban Noodles
100g Select varieties

5\$5
for



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

3\$10
for



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

APP
EXCLUSIVE
SAVINGS
50% OFF
Without App
25% OFF



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



Sensodyne

MEMBERS



LAST
MINUTE
STOCKING
STUFFERS