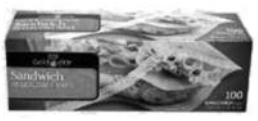

Ventures: Open Daily 9 a.m. to 10 p.m. Phone: 979-5992 The Source: Open Daily 9 a.m. to 10 p.m. Phone: 979-4233 Video Shack: Open Monday to Friday 5 p.m. to 9 p.m.; Saturday and Sunday 1 p.m. to 10 p.m. Phone: 979-4277

ᕙᓐ ᓱᔅ: ᖃᐅᑕᒫ ᒪᑐᐃᖓᖃᑦᑕᖅᑐᖅ 9-ᒥ ᐅᓪᓛᒥ 10-ᒧ ᐅᓐᓄᖕᒧᑦ ᐅᖃᓗᑎᖓ: 979-5992 ᓱᐊᔅ: ᖃᐅᑕᒫ ᒪᑐᐃᖓᖃᑦᑕᖅᑐᖅ 9-ᒥ ᐅᓪᓛᒥ 10-ᒧ ᐅᓐᓄᖕᒧᑦ ᐅᖃᓗᑎᖓ: 979-4233 ᕕᑎᐅ ᓵᒃ: ᒪᑐᐃᖓᔪᖅ ᓇᒐᔾᔭᐅᓯᑦ ᑕᓪᓕᕐᒥᕐᒧᑦ 5-ᒥᑦ 9-ᒧᑦ;
ᓈᑦᑏᖑᔭᓛᕐᓂᐊᖅ ᐊᒻᒪ ᓈᑦᑏᖑᔭ 1-ᒥᑦ 10-ᒧᑦ ᐅᖃᓗᑎᖓ: 979-4277 usw

ᐋᒐᓯ 30 – ᓯᑎᐱᕆ 6 2019

August 30 - September 6, 2019

ᑭᒍᑕᐅᔭᐃᑦ ᓇᑲᒥᓃᑦᑐᑦ
Corn on the cob, each

ᓂᐅᕕᕐᓗᑎᑦ

BUY 4

$5.00

$8.99
ᐅᓪᓗᕈᒻᒥᑕᑦᓴᐃᑦ ᓚᓐᑦᔅ
ᒪᐃ ᓂᕈᐊᖅᑕᐅᓯᒪᔪᑦ

ᐊᔾᔨᒌᙱᑦᑐᑦ
Lunch Mates, selected
varieties 130 g

ᐃᒻᒨᔭᐃᑦ ᐴᑯᑖᒻᒦᑦᑐᑦ
ᖃᓄᐃᑦᑐᑐᐃᓐᓇᐃᑦ
ᓂᕈᐊᖅᑕᐅᓯᒪᔪᑦ

Yogurt Tubes, selected
varieties 8x60 g

ᓰᓰᑦ ᖁᓪᓗᖅᓯᒪᔪᖅ
ᓂᕈᐊᖅᑕᐅᓯᒪᔪᑦ

ᐊᔾᔨᒌᙱᑦᑐᑦ
Cheese Strings,
selected varieties 336 g

ᕗᐊᕐᑦᒪᓐ ᐅᐊᐃᔭ ᓯᕙᓛᑦ
Voortman’s wafer cookies 300 g

$4.99

ᐊᕿᒡᒋᐊᓗᓐᓄᑦ ᓂᐅᑦ

ᖃᑦᑖᖓ ᖃᑦᑖᖓ
ᐊᑕᔪᖅ

Chicken legs back
attached 5 kg

ᐴᔫᕐᕕᑦᓴᐃᑦ ᐱᕈᖅᑐᒥᓃᑦ
ᓂᕈᐊᖅᑕᐅᓯᒪᔪᑦ

ᐊᔾᔨᒌᙱᑦᑐᑦ
Simply Steam vegetables,
selected varieties 250 g

ᓂᐊᖁᕐᒧᑦ ᐅᐊᓴᐅᑦ

ᐴᕐᑦ 2 ᐃᓗᐊᓂ 1
Pert Plus 2 in 1
500 ml

ᕋᕝᓯᓚᐃᒐ ᓂᐊᖂᔭᐃᑦ
ᐊᔾᔨᒌᙱᑦᑐᑦ
ᓂᕈᐊᖅᑕᐅᓯᒪᔪᑦ

Rubschlager breads,
selected varieties, each

ᐅᓪᓛᕈᒻᒥᑕᐃᑦ ᓯᐅᕆᐅᔅ,
ᓂᕈᐊᖅᑕᐅᓯᒪᔪᑦ

ᐊᔾᔨᒌᙱᑦᑐᑦ
General Mills Cheerios,
selected varieties 350-430 g

ᓴᓐ ᕋᐃᑉ ᐃᒥᒐᑦᓴᔭᐃᑦ
ᐃᑦᓯᕐᕕᑲᓪᓚᐃᑦ,
ᓂᕈᐊᖅᑕᐅᓯᒪᔪᑦ ᐊᔾᔨᒌᙱᑦᑐᑦ
Sun-Rype juice boxes,
select varieties 5x200 ml

ᐱᕈᖅᑐᒥᓃᑦ
ᑭᐅᕋᑦᓯᕋᓛᑦ
Mini carrots 2 lb

ᑯᕆᔅᑎᔅ ᑕᒧᓗᒐᐃᑦ
Christie’s Handi
Snacks, 174 g

ᐱᕈᖅᑐᒥᓃᑦ ᐲᑦᓴᔅ
Peaches, lb/kg

ᑕᒧᐊᑦᓴᐃᑦ ᐅᐊᒐᓐ ᐅᐃᐅᔅ

Dare Wagon Wheels,
regular 630 g

ᐊᐅᐸᖅᑐᑦ ᐸᑏᑏᑦ
Red potatoes 5 lb

ᑯᐊᐸᒃᑯᔭᐃᑦ ᖁᓪᓗᖅᓯᒪᔪᖅ

ᕖᑲᐃᑦ
CO-OP Gold reg sliced
bacon 375 g

ᐱᕈᖅᑐᒥᓃᑦ ᓇᒃᑕᕇᓐ
Nectarines, lb/kg

ᐱᕈᖅᑐᒥᓂᖅ ᓚᑕᔅ

Head lettuce, each

ᐱᕈᖅᑐᒥᓃᑦ
ᑭᐅᑲᒻᕙᑯᑖᑦ
Long English cucumbers, each

ᐱᕈᖅᑐᒥᓃᑦ ᑳᓐᑕᓘᑉ
Cantaloupe

ᑯᐊᐸᒃᑯᔭᐃᑦ ᐃᑭᐊᕐᒥᓕᓐᓄᑦ ᐴᑦᓴᔭᐃᑦ
ᑕᒧᓗᒐᕐᓄᓘᓐᓂᑦ, ᓯᖀᓖᑦ
CO-OP gold sandwich or
snack bags, zipper top, 75-100’s

ᑯᐊᐸᒃᑯᔭᐃᑦ ᒪᓐᓂᐸᐅᔭᐃᑦ

CO-OP gold large eggs,
dozen

ᐃᑭᐊᖅᑎᖅᓯᒪᔪᑦ
ᐃᑭᐊᕐᒥᑦᓴᐃᑦ

ᓂᖀᑦ ᓂᕈᐊᖅᑕᐅᓯᒪᔪᑦ
ᐊᔾᔨᒌᙱᑦᑐᑦ
Sliced lunch meats,
selected varieties 175 g

ᑯᕌᕝᑦ ᑯᔭᐃᑦ
ᐊᓇᐅᔭᐃᑦ,
ᓯᐊᒻᒪᕆᐊᑭᑦᑐᖅ
Kraft peanut butter,
smooth 500 g

$24.99

$11.99

ᓵᑦᑑᔮᑦᓴᐃᑦ ᑏᕘᓐ
T-bone steaks
475 g

ᓴᐳᐊᕈ ᐃᑦᓯᕚᓐ
ᐃᓇᓘᔭᐃᑦ
Sapporo Ichiban
noodle cups 64 g

ᐱᐅᕋᒃᔅ ᒪᕐᕉᓕᖅᑲᖓᔪᑦ
ᐃᖂᑎᑦᓴᐃᑦ
Purex 2ply double
bathroom tissue, 12’s

$16.99

$7.99 $3.99 $4.99

$4.99

$7.99

$2.99

$8.99

$5.99

$1.99

$18.99

$3.99

$4.29

$3.99

$3.29/lb
$7.25/kg

$3.29/lb
$7.25/kg

$1.99/lb
$4.38/kg

$4.99 $9.99

ᔭᐃᓐᔅ
ᐊᕿᒡᒋᖅᑲᒥᓃᑦ
ᖁᓪᓗᖅᓯᒪᔪᖅ
Janes chicken
strips 700 g

ᕼᐊᐃᓐᔅᑯᔭᐃᑦ

ᖃᑦᑖᕐᔪᒻᒦᑦᑐᑦ
ᐃᓇᓘᔭᐃᑦ
Heinz canned pasta,
398 ml

ᑯᕋᔅᑦ
ᑭᒍᑎᓄᑦ
ᐊᕈᐊᕈᑎ ᐊᑕᖏᖅᑐᖅ, ᓂᕈᐊᖅᑕᐅᓯᒪᔪᑦ
ᐊᔾᔨᒌᙱᑦᑐᑦ
Crest toothpaste Complete,
selected varieties, 125-130 ml

$13.99
ᓰᒧ ᐳᕉᒌᑦ
ᓂᕈᐊᖅᑕᐅᓯᒪᔪᑦ

ᐊᔾᔨᒌᙱᑦᑐᑦ
Cheemo perogies,
selected varieties
907 g

ᑕᒧᐊᑦᓴᐃᑦ ᒪᕙᓐᔅ
ᓂᕈᐊᖅᑕᐅᓯᒪᔪᑦ

ᐊᔾᔨᒌᙱᑦᑐᑦ
Muffins, selected
varieties 140 g

$8.99 $6.99

$3.99

$3.99

ᐃᓕᓐᓂᐊᓯᒻᒥᔪᓪᓗ ᐊᑭᑭᑦᑐᑦ! BACK TO SCHOOL DEALS!

$2.49 $2.79 $6.99

$2.99 $3.49 $6.99

ᑎᒻ ᕼᐅᐊᑕᓐᔅ

ᐃᕐᖑᓯᓪᓗᐊᑦ ᑳᐲᑦ
Tim Horton’s single
serve, K cups, 12’s

ᑯᐊᐸᒃᑯᓐᓂᔭᐃᑦ
ᐊᐃᓯᑯᓖᑦ
ᖃᓄᐃᑦᑐᑐᐃᓐᓇᐃᑦ
ᓂᕈᐊᖅᑕᐅᓯᒪᔪᑦ
CO-OP ice cream,
selected varieties 1.5 L