$7.99

ᑎᒻ ᕼᐅᐊᑕᓐᔅ ᑳᐱ
Tim Horton’s instant
coffee, 100g

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

ᑭᖏᑦ ᐊᑑᑎᓂᐊᖅᑐᑦ
ᕕᕗᐊᕆ 14 – 21, 2020

Prices in effect
February 14 to 21, 2020

$4.99

Co-op Gold ᓰᕐᓇᖅᑐᑦ
ᖁᐊᕐᓯᒪᔪᑦ

Co-op Gold frozen fruit, 600g

$4.49

ᕙᓈᓇᐃᑦ
Bananas, 1kg

$2.89

ᐱᕈᖅᑐᒥᓂᖅ
ᕈᒪᐃᓐ ᓚᑕᔅ

Romaine lettuce, ea

ᑯᐊᐸᒃᑯᔭᐃᑦ ᐊᓛᓰᑦ
ᐆᓴᕋᐃᑦᑐᑦ
Co-op Gold long
grain instant rice
1.4kg

ᑯᐊᐸᒃᑯᔭᐃᑦ
ᐃᓇᓘᔭᐃᑦ
Chef Boyardee
canned pastas,
425g

$3.89

ᑯᐊᐸᒃᑯᔭᐃᑦ
ᐅᕕᓘᔭᐃᑦ
Co-op Gold quick
oats, 1kg

$12.99

Co-op Gold ᐊᐃᓯ
ᑯᕇᒻ
Co-op Gold ice
cream, 4 L

$3.49

$8.99

Delissio ᐲᑦᓴ
Delissio pizza,
555 - 888g

Co-op Gold
ᖁᓗᕐᓯᒪᔪᑦ ᐸᑏᑏᑦ
Co-op Gold
french fries, 1kg

Co-op Gold ᐊᖏᔪᑦ
ᒪᓐᓃᑦ
Co-op Gold large
eggs, 12’s

Co-op Gold
ᐊᕿᒡᒋᕐᔪᐊᖅ ᖄᓖᑦ
ᐴᕐᓯᒪᔪᑦ
Co-op Gold crispy
bucket chicken, 1kg

$17.99

$4.99

ᐸᐃᓐᐋᐳᓪ
Pineapple, ea

ᐱᕈᖅᑎᑕᐅᓯᒪᔪᑦ

PRODUCE

ᐊᑐᐃᓐᓇᕈᖅᑐᑦ

ᓴᕙᓴᐃᓐᓇᖅ

READY IN AN

INSTANT

ᐱᕈᖅᑐᒥᓂᖅ

ᐋᕗᑳᑐ
Avocado, ea

ᐃᒻᒧᐃᑦ

ᐃᒻᒧᖕᓂᖔᖅᑐᓪᓗ
DAIRY

$3.49

ᑲᑎᔾ ᓰᓯ
Cottage cheese,
500g

ᐃᒥᒐᖅ ᔨᓐᔪᕆᐅ

ᑯᕌᓐᔅᕕᐅᕆ
Cabbage, 1kg

ᐅᐊᕈᑎ ᓴᐊᐅᐊ
ᑯᕇᒻ

Dairyland sour
cream, 250ml

$2.39

ᐃᒥᕋᑦᓴᐃᑦ ᔮᑉ
ᐃᒻᒨᔭᐃᑦ

Yop Smoothies, 250g

$7.99

ᑯᐊᐸᒃᑯᔭᐃᑦ
ᐃᓇᓘᔭᐃᑦ
ᐃᒻᒥᕆᓐᓇᐃᑦ

Co-op Gold noodle
cups, 64g

$4.49

ᑯᐊᐸᒃᑯᔭᐃᑦ ᓰᕐᓇᖅᑐᑦ
ᐱᕈᖅᑐᒥᓃᑦ
ᐴᕐᒦᑦᑐᑦ
Co-op Gold fruit
bowls, 4x107ml

3 FOR
$5.00

$1.29/lb

$2.84/kg

$1.49/lb

$3.28/kg

3 FOR
$5.00

2 FOR
$5.00

4 FOR
$5.00