Prices in effect  
September 20-October 3

MAKE IT TONIGHT

- Organic Whole Mushrooms, 227g
- Co-op Gold, Shredded Cheese-Blend, 340g
- Onions Medium Yellow, 3 lb bag
- Kraft Pizza Kit, 850g

GROCERY

- Tim Hortons Or Ange Pekoe Tea, 108's
- Nabob Tradition Coffee, 930g
- Kellogg's Frosted Mini Wheats, 700g
- Campbell's Chunky Soups, 540mL
- Kraft Dinner Original, 12 pack
- Bounty Paper Towels, Jumbo Size, 2 pk
- Kellogg's Frosted Mini Wheats, 700g
- Bount Paper Towels, Jumbo Size, 2 pk

CO-OP PRODUCTS

- Co-op Gold Spaghetti or Macaroni, 2 kg
- Co-op Gold Enriched Flour, 5 kg
- Co-op Gold Yogurt, 650g
- Centsibles Drink Crystals, 1.5 kg
- Co-op Gold Facial Tissue, 3 Ply, 6 pack
- Centsibles Soft Margarine, 1.36 kg

Hunting Essentials

Start enjoying the benefits of the Spirit Prepaid Reloadable Visa card today!

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
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