



celebrate

50
YEARS



birthday party

Friday, June 20th

true local demos

Over 20 True Local suppliers in store!

birthday sale

June 19th - 29th

giveaways

Enter to win great giveaways in-store all week long

SAVE BIG JUNE 19TH - 29TH

33% OFF



\$15⁹⁹ /EA

TERRA DELYSSA
Extra Virgin
Olive Oil
1L



50% OFF

Organic Dried
Mango
All Varieties + Sizes



39% OFF



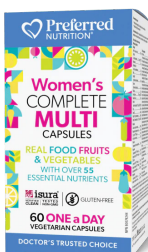
2 for \$10

Organic
Strawberries
California



43% OFF

PREFERRED
NUTRITION
Men's +
Women's Multi
All Varieties | 60c



40% OFF



\$20⁴⁵ /KG

ROSSDOWN FARMS
Organic Ground
Chicken
Frozen



50% OFF



\$19⁴⁰ /KG

EMMA
Organic Grass
Fed Cheddar





50% OFF

\$3¹⁹ /EA



YORKSHIRE VALLEY
Organic Chicken Soup
Chicken Noodle |
Chicken + Rice | 398ml



36% OFF

2 for \$7



QUE PASA
O' Canada Tortilla Chips
286g



42% OFF

2 for \$7



QUE PASA
Organic Salsa
All Varieties | 420ml



43% OFF

2 for \$8



BLACK RIVER
Lemonade
All Varieties | 1L



33% OFF

2 for \$8



RICEWORKS
Rice Chips
All Varieties | 155g



33% OFF

\$15⁹⁹ /EA

TERRA DELYSSA
Extra Virgin Olive Oil
1L



50% OFF

Organic Dried Mango
All Varieties + Sizes



40% OFF

\$5⁹⁹ /EA



MILLSIE
Cashew Spread
185g



29% OFF

\$23⁹⁹ /EA

EVERLAND
Organic Maple Syrup
1L



31% OFF

\$8⁹⁹ /EA

ORGANIC MEADOW
Organic Ice Cream
946ml



43% OFF

\$7⁹⁹ /EA

BONTERRA
Bath Tissue
9 Rolls



27% OFF

2 for \$8



ALTER ECO
Organic Chocolate Bars
All Varieties | 84g



33% OFF

hot deal

ORGANIC

\$9.99 /EA

EARTH'S CHOICE
Organic Lemon Juice
1L



33% OFF

hot deal

GLUTEN FREE

2 for \$6

BARBARA'S BAKERY
Cheese Puffs
All Varieties | 198g



44% OFF

hot deal

COCO XIM

COCONUT WATER
EAU DE COCO

2 for \$7

COCO XIM
Natural Coconut Water
1L



50% OFF

hot deal

GLUTEN FREE

NON-GMO

\$3.00 /EA

CHIMES
Ginger Chews
100g



37% OFF

hot deal

ORGANIC

2 for \$5

ROAR
Hydration Drinks
All Varieties | 532ml



BUY 1 GET 1 FREE

hot deal

blue monkey SPARKLING
Fruit Juice

\$3.00 /EA
50% OFF

BLUE MONKEY
Sparkling Fruit Juice
4x250ml



hot deal

50% OFF

BULK
Deluxe Nut Mix
Salted | Unsalted



hot deal

ORGANIC

50% OFF

BULK
Organic Cane Sugar



hot deal

ORGANIC

60% OFF

BULK
Organic Sushi Rice



select housewares

4 for \$20



30% OFF



\$23⁰²
/KG

ROSSDOWN FARMS
Ground Turkey

40% OFF



\$20⁴⁵
/KG

ROSSDOWN FARMS
Organic Ground Chicken
Frozen

30% OFF



\$12⁹⁴
/KG

ROSSDOWN FARMS
Organic Chicken Wings
Frozen

30% OFF



\$31⁵⁶
/KG

BRADNER FARM
Organic Whole Top Sirloin Cap
Frozen

22% OFF



\$20⁵⁰
/KG

BRADNER FARM
Organic Lean Ground Beef

39% OFF



2 for \$10

Organic Strawberries
California

29% OFF



\$4⁹⁹
/LB

Organic Red + Green Grapes
Mexico

43% OFF



\$1⁹⁹
/LB

Organic Broccoli
California

50% OFF



\$1⁹⁹
/LB

Organic Red Beets
Mexico

TRUE LOCAL

true local season is here!

Summer is the height of growing season, which means more local fruit and veggies at your Co-op! Find produce from the following True Local farms rotating all summer long:

- Argenta Gardens
- Bent Plow
- Cartwheel
- Chuckleberry
- Crooked Horn
- Just-A-Mere
- Meadowbrook
- Red Lion
- Salix and Sedge
- Spicers Farm

WITH
COUPON
50% OFF



hot
deal



\$3²⁵
/EA

CASTELLO
**Camembert +
Brie**
125g



ORGANIC

20% OFF

L'ANCETRE
Organic Cheese
Medium Cow Cheddar Cut
+ Wrap | Old Cow Cheddar
Cut + Wrap | Goat Cheese
Cut + Wrap | All Pre-Packs

WITH
COUPON
50% OFF



hot
deal



\$2⁹⁹
/EA

ARLA
Cream Cheese
All Varieties

50% OFF



hot
deal

ORGANIC

GRASS-FED

\$19⁴⁰
/KG

EMMA
**Organic Grass
Fed Cheddar**

40% OFF



hot
deal

GRASS-FED

\$17⁹⁰
/KG

FONTERRA
**Grass Fed
Mozzarella**

50% OFF



hot
deal

\$17⁹⁰
/KG

SAN REMO
Kalamata Olives
Pitted

50% OFF



hot
deal

\$16⁴⁵
/KG

SAN REMO
Kalamata Olives
With Pits

50% OFF



hot
deal

FROM
BC

\$4⁹⁹
/EA

TRUMPS
Banana Bread

35% OFF



hot
deal

\$4³⁹
/EA

SAPUTO
Madame Loik
Plain | Herb | Garlic |
150g



hot
deal

35% OFF

SAPUTO
**Parmigiano
Reggiano**
150g | DOP



hot
deal



40% OFF

SAPUTO
Cathedral City
Mature, Extra Mature,
Vintage | 200g



30% OFF



\$279
/EA

CABOO
Baby Wipes
30ct



33% OFF



\$599
/EA

EVERYONE
Hand Soap
All Varieties | 377ml



35% OFF



\$1299
/EA

EVERYONE
3-in-1 Soap
All Varieties | 960ml |
Shampoo, Body wash +
bubble bath in one



35% OFF



\$1499
/EA

EVERYONE
3-in-1 Lotion
All Varieties | 946ml |
Light moisturizer for face,
body + hands



43% OFF



\$799
/EA

CRATE 61
Bar Soap
All Varieties | 3 pack



SAVE \$9

SUKIN
**Organic
Rosehip Oil**
25ml
Reduces fine lines +
soothes skin.



51% OFF



\$1699
/EA

NATURAL CALM
**Magnesium
Citrate Powder**
All Varieties | 226g



41% OFF



\$1899
/EA

NOW
**Magnesium
Flakes**
1.53kg



43% OFF

PREFERRED
NUTRITION
**Men's +
Women's Multi**
All Varieties | 60c



40% OFF



\$1199
/EA

VEGA
**Protein
Made Simple**
Vanilla + Chocolate |
259g



36% OFF



\$1799
/EA

NAVITAS ORGANICS
Cacao Powder
454g

Navitas
Organics Cacao
Powder is made from
traceable, Fairtrade certified
and Regenerative Organic
Certified cacao beans.

100% cacao lightly roasted with care
High in fiber and minerals
Rich in antioxidants
Mild naturally occurring
caffeine



ORGANIKA
Full Body Collagen Enhanced

500g
Collagen peptides enhanced with L-Tryptophan amino acid, hyaluronic acid, vitamin C and zinc for optimal joint, skin and muscle support.

45% OFF



45% OFF



\$17⁹⁹ /EA

PURICA
Floradapt
Intensive GI | 30c

45% OFF



NATURAL FACTORS
Rx Omega 3 Factors Triple Strength

150c
A concentrated source of omega 3-EFAs for cardiovascular, joint and brain support.

\$32⁹⁹ /EA



46% OFF

\$19⁹⁹ /EA

NATURAL FACTORS
Co Q10
100mg | 120c |
Powerful antioxidant for brain, heart, and cardiovascular health.



47% OFF

NATURAL FACTORS
Magnesium Bisglycinate
200mg | 250c



48% OFF

SEALICIOUS
Omega-3 Oil
Raspberry Lemonade | 500ml
Essential fatty acids help to modulate inflammation to optimize heart, joint and brain health.



40% OFF

NATURAL FACTORS
Theracurmin
60mg Double Strength | 60c
Offering whole body anti-inflammatory support-micronized for superior absorption.

38% OFF



\$14⁹⁹ /EA

GREEN BEAVER
Castile Soap
All Varieties | 1L

What exactly is Castile soap made of?

Green Beaver uses water, organic coconut oil, organic sunflower oil, and all-natural essential oils - that's it! Castile soap is vegan, cruelty-free, gluten-free, and biodegradable.

enter to win!

\$2500+ IN PRIZES!

20+ chances to win!

Enter at the ballot box at the front of the store to win one of a range of camping, tech, kitchen, and fitness prizes!



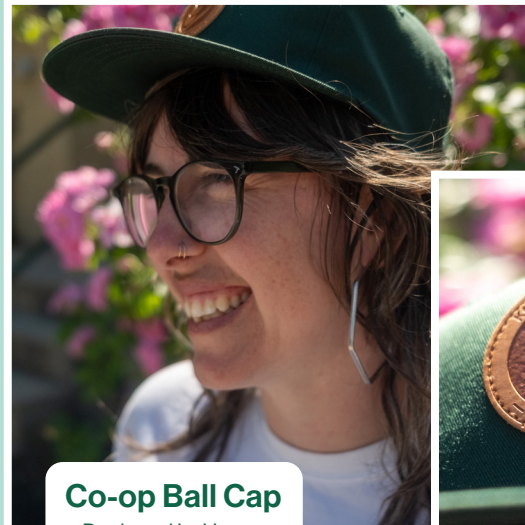
Birthday Merch

To commemorate 50 years, your Co-op has collaborated with local artists to make a limited run of custom-made merchandise. Available now, in-store only (while supplies last).



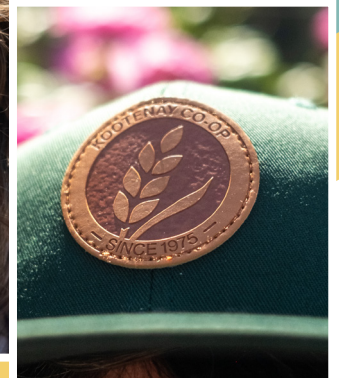
Co-op Mug

Collab with Clay by *Alana Rae*



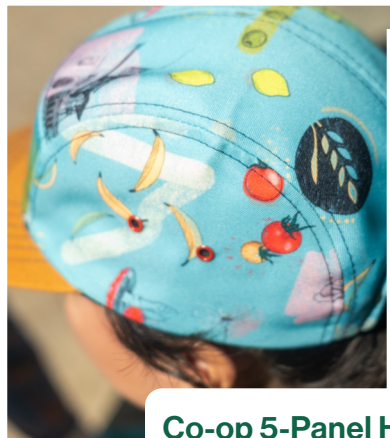
Co-op Ball Cap

Designed In-House



Co-op Ringer Shirt

Designed In-House



Co-op 5-Panel Hat

Collab with *Branda Avis*



50
YEARS YOUR CO-OP

Stay tuned for more Birthday announcements all year long!