

How to order groceries by email

For our food flyer go to your Co-op app or visit <https://www.food.crs/more/foodflyers>

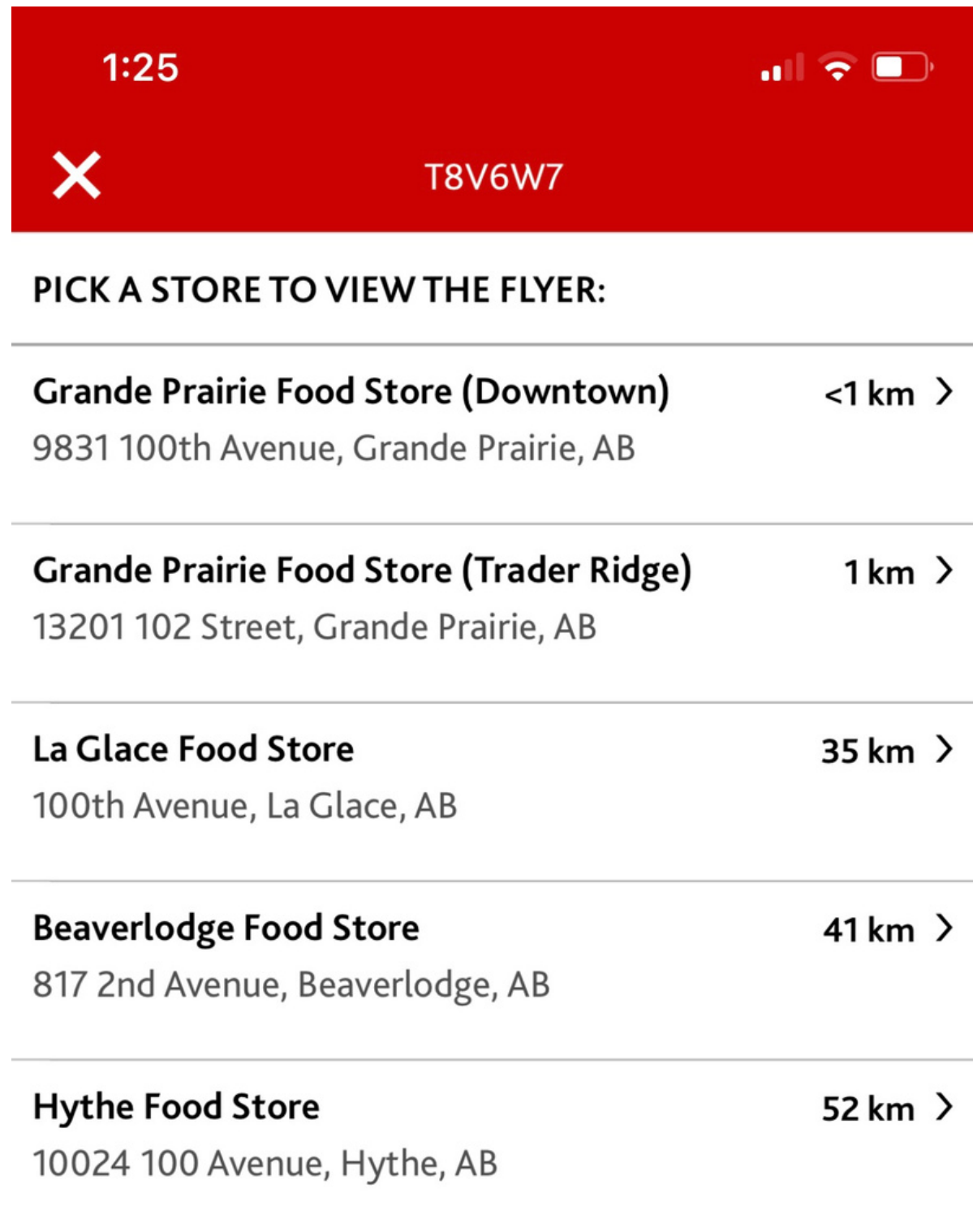
*If you don't have our app, download it here:

<http://preferences.email.coopconnection.ca/App.aspx>

1. Click on **Flyers**

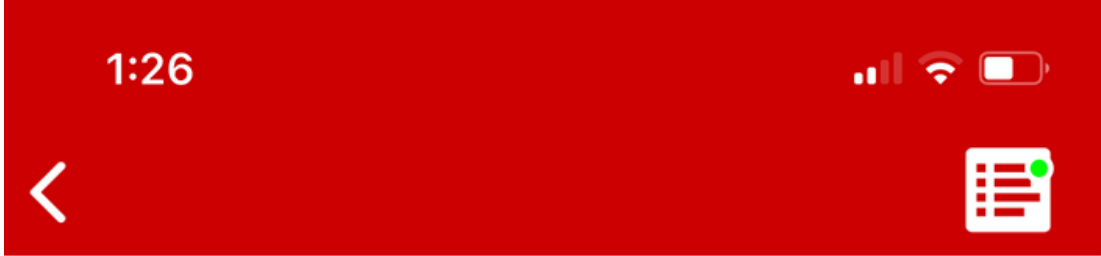


2. Select your weekly flyer



3. Tap the products you wish to order

4. Once you're done tap on list icon



TEN for \$10

\$10 EACH Co-op Gold Cheese 700-800g FIRST 2

\$10 EACH Marble Cheddar CHEESE - FROMAGE Cheddar marbré 800g

\$10 EACH Schneiders Smokies 900g

\$10 EACH Montana's Fully Cooked BBQ Back Ribs 650g

TWO for \$10 Halo Mandarins Produce of U.S.A. 3.9lb (1.76kg)

SIGHT \$10 Organic Avocado Hass Variety Imported

TWO for \$10 HAVARTI SLICES

TEN for \$10 Uncle Ben's Fast & Fancy 132g, 40/150-225g, Cups 58g or Knorr Sidekicks 120-162g

TEN for \$10 Campbell's Soup Cream of Mushrooms, Tomato, Chicken Noodle or Vegetable 284 ml or Hearty Noodles 55g FIRST 10

FIVE for \$10 Nature Valley Bars or Betty Crocker Fruit Snacks, Treats or Mott's Fruit Snacks 120-230g

\$10 EACH Sunlight laundry Detergent 140 Wash Loads or Pack of 48, Snuggles 140 Wash Loads or Pack of 200

\$10 EACH CO-OP GOLD PURE Concentrated Cleaner Pods Effective, convenient, economical and environmentally friendly.

A GREENER WAY TO CLEAN

\$10 EACH Maple Leaf Chicken Drumsticks or Thighs Grain Fed, Free Run, Air Chilled Club Pack

\$10 EACH Co-op Pork Side Ribs Breast Bone-Off Cut by Your Local Butcher Value Pack 4.54lb

\$10 EACH Boneless Eye of Round Whole, Random Cryovac Wraps Cut from Canada AA or Higher 4.54lb

\$10 EACH Co-op Lean Boneless Stewing Beef Cut by Your Local Butcher 4.54lb

TWO for \$10 Lilydale Turkey Bratwurst Sausage Thawed, 500g

\$10 EACH My Fish Dish Atlantic Farmed Salmon, Wild Caught or Wild Caught Sea Scallops From Fish to Fabulous in Minutes Already Seasoned, 700g

\$10 EACH Steelhead Fillets Locally Farmed 22.85kg

2 Look for more **TEN**

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2 Look for more **TEN**


5. Adjust any quantities of products you've selected


The screenshot shows a mobile app interface for a shopping list. At the top, there is a red header with the time 1:28, signal strength, Wi-Fi, and battery icons. Below the header is a red bar with a white 'X' icon, the text 'Shopping List', and an 'Edit' button with an upward arrow icon. Underneath is another red bar with the word 'FOOD' in white. The list contains five items, each with a product image, name, price, validity dates, and quantity controls. The items are: Organic Avocados (Qty. 8, 8 FOR \$10.00), Tomatoes on the Vine (Qty. 1, 6 lbs FOR \$10.00), Boneless Beef Eye of Round (Qty. 1, \$10.00 /lb), Zucchini Squash (Qty. 1, SALE \$1.69 /lb), and another Zucchini Squash (Qty. 1, SALE \$1.69 /lb). At the bottom, there is a red button labeled 'ADD AN ITEM'.


1:28


Shopping List Edit

FOOD

 Organic Avocados
8 FOR \$10.00
Valid Apr 15, 2021 to Apr 21, 2021 Qty. **8**

 Tomatoes on the Vine
6 lbs FOR \$10.00
1.67/lb \$3.68/kg
Valid Apr 15, 2021 to Apr 21, 2021 Qty. **1**

 Boneless Beef Eye of Round
\$10.00 /lb \$4.54/kg
Valid Apr 15, 2021 to Apr 21, 2021 Qty. **1**

 Zucchini Squash
SALE \$1.69 /lb \$3.73/kg
Valid Apr 15, 2021 to Apr 21, 2021 Qty. **1**

ADD AN ITEM


6. To add items that are not in our flyer: Tap on **Add an Item**. Indicate the product, size, and how many.


The screenshot shows a mobile app interface for a shopping list, similar to the one in the previous image. It features a red header with the time 1:28 and status icons, a red bar with 'Shopping List' and 'Edit', and a red bar with 'FOOD'. The list contains five items: Boneless Beef Eye of Round (Qty. 1, \$10.00 /lb), Zucchini Squash (Qty. 1, SALE \$1.69 /lb), Mangoes (Qty. 10, 10 FOR \$10.00), and Sunlight Laundry Detergent (Qty. 1, \$10.00 each). The 'ADD AN ITEM' button at the bottom is circled in black.


1:28


Shopping List Edit

FOOD

 Boneless Beef Eye of Round
\$10.00 /lb \$4.54/kg
Valid Apr 15, 2021 to Apr 21, 2021 Qty. **1**

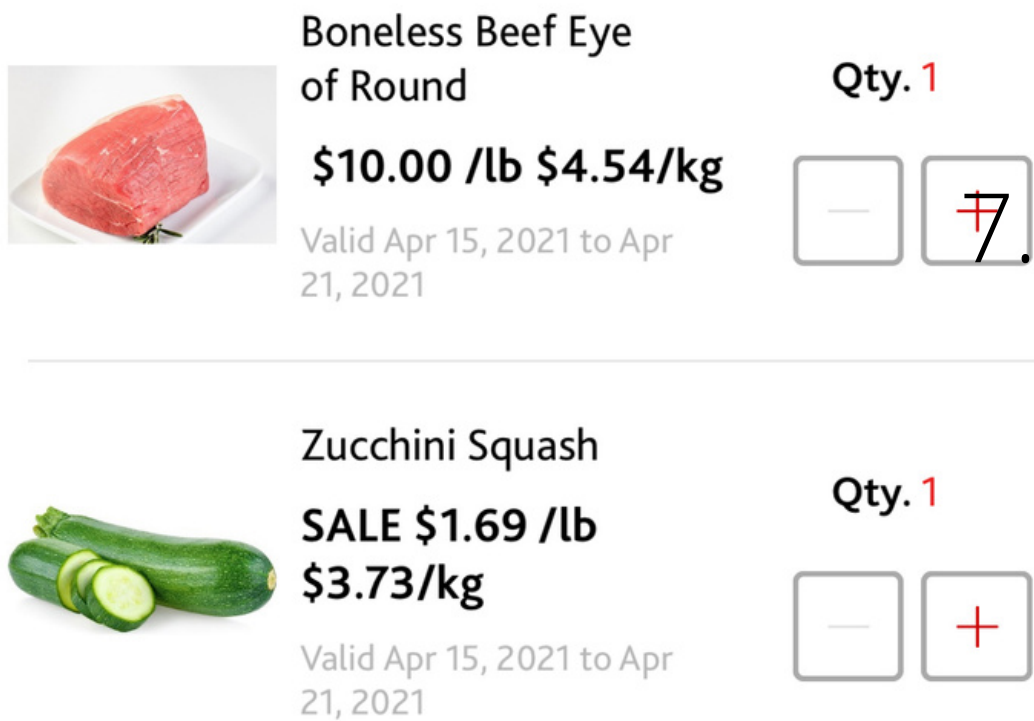
 Zucchini Squash
SALE \$1.69 /lb \$3.73/kg
Valid Apr 15, 2021 to Apr 21, 2021 Qty. **1**

 Mangoes
10 FOR \$10.00
Valid Apr 15, 2021 to Apr 21, 2021 Qty. **10**

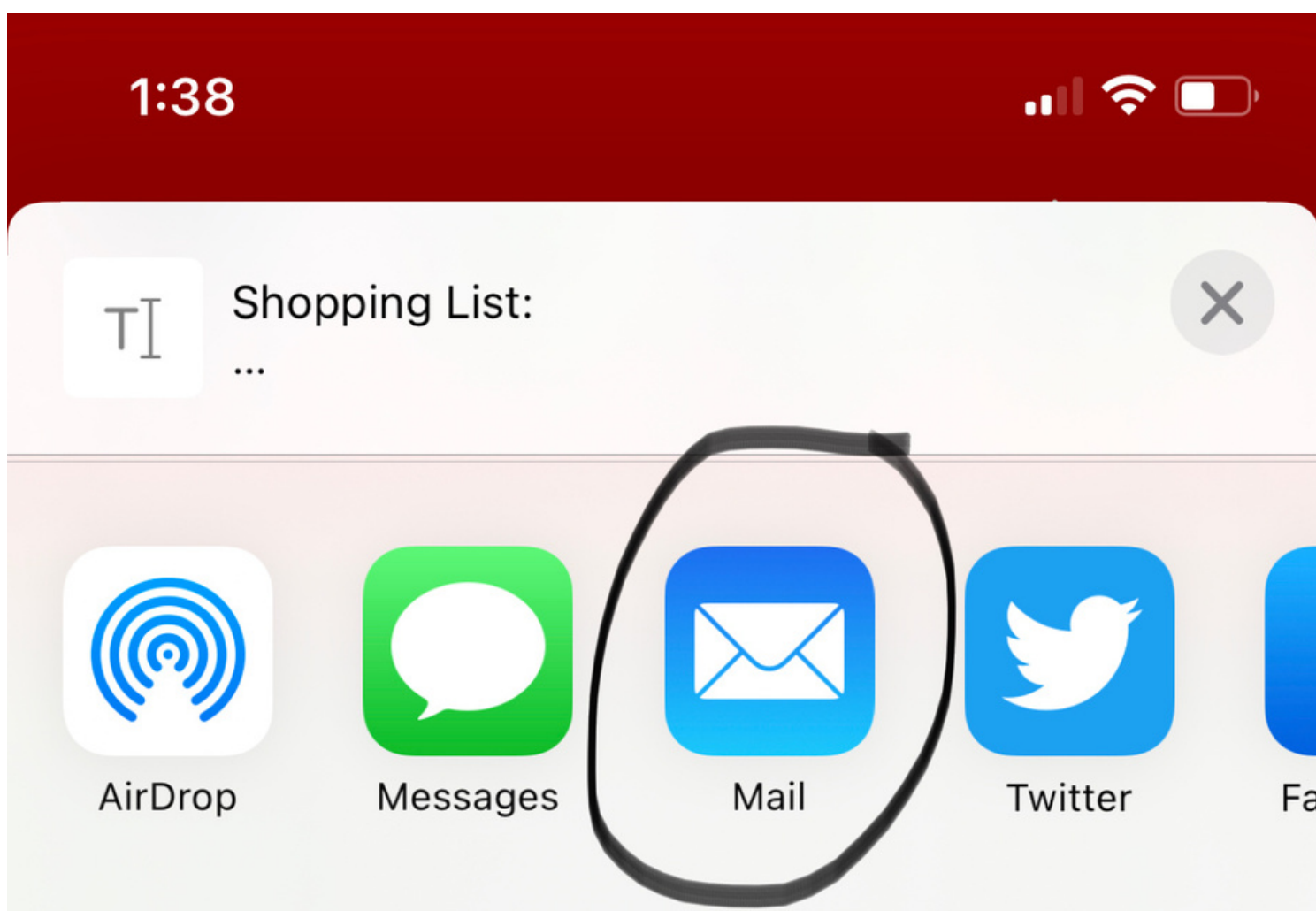
 Sunlight Laundry Detergent
\$10.00 each
Valid Apr 15, 2021 to Apr 21, 2021 Qty. **1**

ADD AN ITEM

7. To send tap the Send icon at the top.



8. Select your Email. For Grande Prairie orders send to:
delivery@newhorizon.crs



9. **Before you hit SEND, you must include:**

Subject line: Delivery

Your first and last name

Phone number

Address

Co-op Share Number (optional)

Payment type – Tell us how you would like to pay

Cash / Cheque / Debit / Credit Card / EMT

Indicate if the order is for Pickup or Delivery (If you are ill or in isolation)

Please note:

- Orders will be filled on first come, first served basis.

When we print your order, it is in que. You will receive a confirmation e-mail

- Once order is placed, we can not add to the order, because it is in the process

- Please indicate whether you will accept substitutions or not.

- We will contact you with your order total and for payment

1:40



Cancel

Delivery



To: delivery@newhorizon.crs

Cc/Bcc, From: [k...](#) <[k...](#)>

Subject: Delivery

Name:

Phone Number:

Address:

Co-op Share #:

Payment Type:

Shopping List:

Food

Organic Avocados : 8

Tomatoes on the Vine : 1

Boneless Beef Eye of Round : 1

Zucchini Squash : 1

Mangoes : 10

Sunlight Laundry Detergent : 1

Holly Jolly Popcorn : 1

Sent from my iPhone