



DEDICATED TO SERVING
SOOKE AND SURROUNDING
COMMUNITIES

WESTERN FOODS

YOUR **COMMUNITY** FOOD STORE



EVERGREEN CENTRE, 6660 SOOKE ROAD, SOOKE, BC • (250) 642-4134 • OPEN 7:00AM - 9:00PM DAILY
HOT DELI FOODS 9:00AM - 8:00PM • FRESH PRODUCE, MEAT & BAKERY • **THURSDAYS** ARE SENIORS' DAY

PRICES
EFFECTIVE **DEC. 2025/JAN. 2026**
FRI SAT SUN MON TUES WED THURS
26 27 28 29 30 31 1

**Canadian
Lobster Tails**
Frozen, 3-4 oz.

Each **7⁹⁸**



CANADIAN BEEF

**T-Bone
Grilling Steak**
kg. 30.82

lb. **13⁹⁸**



*Happy
New Year!*

**Jif
Peanut Butter**
Select Varieties
1 kg.

5⁴⁸



**McCain
Superfries**
or Tasti Taters, Frozen
Select Varieties, 1.45-1.8 kg.

6⁹⁸



**Little Potato
Company
Potatoes**
Red, Yellow or Trio
Canadian or U.S. Grown, 1.5 lb. Bag

Each **2⁹⁸**



**Fresh
Blueberries**
Peruvian Grown
1 Pint

Each **3⁹⁸**



**WEATHER
PERMITTING**

BUTCHER SHOPPE

Sirloin Tip Oven Roast

kg. 22.00

lb. **9⁹⁸**



Striploin Grilling Steak

Value Pack
kg. 35.23

lb. **15⁹⁸**



Inside Round Roast

kg. 18.70

lb. **8⁴⁸**



Sunrise Farms Drumsticks

Frozen
3 kg.

Each **10⁹⁸**



Western Family Crispy Chicken

Frozen
1 kg.

Each **17⁹⁸**



BITES & DELIGHTS

Western Family Garlic "Tickled" Dry Pork Ribs

Frozen, 454 g.

Each **7⁹⁸**



Western Family Vegetable Spring Rolls

Frozen, 700 g.

Each **10⁹⁸**



Pork Back Ribs

Value Pack, kg. 10.98

lb. **4⁹⁸**



Pork Loin Chops

Centre Cut
kg. 8.77

lb. **3⁹⁸**



Western Family Mozzarella Cheese Sticks

Frozen, 500 g.

Each **7⁹⁸**



Western Family Garlic Sausage

750 g.

Each **9⁹⁸**



Whole Pork Tenderloin

in a Bag
kg. 10.98

lb. **4⁹⁸**



Western Family Hummus

Roasted Garlic
227 g.

2 FOR \$5



Western Family Guacamole

Mild
227 g.

Each **3⁹⁸**



SMOKED & PACKAGED MEATS

Olymel Duo Pack

or Submarine Trio, 250-300 g.

Each **4⁹⁸**



Grimm's Sliced Meat

Select Varieties, 150-175 g.

Each **6⁴⁸**



Western Family Sliced Bacon

Regular or Thick, 375 g.

Each **5⁴⁸**



Freybe European Wieners

500 g.

Each **9⁹⁸**



Freybe Pepperoni

Select Varieties, 500 g.

Each **9⁹⁸**



DELI

Freybe Ham

Select Varieties

Per 100 g.

2.48


Grimm's Sausages

Select Varieties

Per 100 g.

1.48


SEAFOOD



Western Family Butterfly Crunchy Shrimp

Frozen, 680 g.

13.98 Each


Ocean Jewel Shrimp

Easy Peel, Deveined, Frozen 31-40 Count, 340 g.

7.98 Each


Rid of the Red Sockeye Salmon Portions

Frozen, 4 oz.

2 FOR \$5

HOT DEALS FROM THE FREEZER

Snowcrest Perfectly Imperfect Fruit

Frozen, Select Varieties, 1.75 kg.

11.98


Breyers Family Classic Frozen Dessert

Select Varieties 1.41-1.66 litre

5.48


Popsicle Frozen Novelties

Fudgsicle or Creamsicle 12 Pack

5.48


Kellogg's Eggo Waffles

Frozen, Select Varieties 280-560 g.

6.98


Magnum Frozen Novelties

Double Caramel or Almond 3 Pack

7.48


Delnor Spinach

Chopped Frozen, 300 g.

2 FOR \$5


Ben & Jerry's Ice Cream

Select Varieties, 473 ml.

2 FOR \$9

HOT! DEAL



Bassili's Best Lasagna

or Shepherd's Pie, Frozen Select Varieties, 907 g.

6.98

HOT! DEAL



El Monterey Taquitos

Frozen, Select Varieties 567-588 g.

12.98


McCain Hashbrowns

Diced, Frozen 800 g.

2 FOR \$6


Cavendish Farms Fries

Frozen, Select Varieties 400-750 g.

2 FOR \$8


Cavendish Farms Hash Brown Patties

Frozen 1.2 kg.

5.48


Pillsbury Pizza Pops

or Bites, Frozen Select Varieties 693-760 g.

6.98


Stefano Faite Pizza

Frozen, Select Varieties 393-402 g.

7.98


DAIRY DELIGHTS



**Kraft Singles
or Cheez Whiz**
Select Varieties
410-450 g.

5⁹⁸

**Imperial
Margarine**
850 g.

5⁹⁸



**Armstrong
Cheese**
or Shredded
Select Varieties
500-600 g.

9⁹⁸



**Western Family Grated
Parmesan**
or Italian Blend
250 g.

6⁹⁸

**Kraft
Parmesan Cheese**
100% or Italian Style
250 g.

9⁹⁸

**MacLaren's
Imperial Cheese
Spread**
Old Cheddar, 30 g.

6⁹⁸

**Sunny D
Beverage**
Smooth or Tangy Original
1.89 litre, *Plus Deposit.

3²⁸

**Dairyland
Whipping Cream**
33%, 473 ml.
*Plus Deposit.

3⁴⁸

**Dairyland
Coffee Cream**
18%, 473 ml.
*Plus Deposit.

2⁹⁸

**Silk
Coffee Whitener**
Vanilla or Hazelnut
450-473 ml.
*Plus Deposit.

2⁵⁶

**Dairyland
Whipped Cream**
19%
400 g. Aerosol.

5⁹⁸

**Danone Oikos
Yogurt**
Select Varieties
650-750 g.

6⁹⁸

**Dairyland
Milk 2 Go**
or Sport, Select Varieties
325-473 ml., *Plus Deposit

2⁴



**Dairyland
Sour Cream**
14%
750 ml.

4⁹⁸



**Activia
Multipack Yogurt**
Select Varieties
12 x 95-100 g.

6⁹⁸



**Heluva Good
Dip**
French Onion
680 g.

5⁹⁸



GOOD MORNING

**Post
Shreddies**
or Shredded Wheat
Select Varieties
425-525 g.

2⁸



**Only Goodness
Almond Butter**
Smooth
765 g.

12⁹⁸



**Elias
Honey Bear**
Liquid
375 g.

5⁹⁸



**Nescafé
Instant Coffee**
or Taster's Choice, Select Varieties
100-170 g. or 18 Pack

9⁹⁸



**Nestlé Carnation
Hot Chocolate**
Select Varieties
7-10 Pack

4⁹⁸



**Smucker's
Blueberry Spread**
No Sugar Added
310 ml.

5⁴⁸



**Red Rose
Orange Pekoe Tea**
140 Bags

10⁹⁸



**Earth's Own
Barista Oat Beverage**
946 ml.
*Plus Deposit

4⁹⁸



**Starbucks
Coffee**
Select Varieties
340 g.

12⁹⁸



**Western Family
Quick Oats**
1 kg.

2⁷



**Nabob
Coffee**
Tradition
930 g.

25⁹⁸




**Kellogg's
Cereal**
Select Varieties, 340-460 g.

2¹¹



**Kellogg's
CORN
FLAKES**

**Western Family
Instant Noodles**
Select Varieties
85 g. **5^F \$2**

**Clover Leaf
Pink Salmon**
Flaked
142 g. **3^F 798**

**Holiday
Luncheon Meat**
340 g. **2^F \$7**

**Western Family
Wine Sauerkraut**
500 ml. **2^F \$8**

**Unico
No Salt Added
Beans**
or Chick Peas
Select Varieties, 540 ml. ... **3^F 498**

**Hormel
Real Bacon**
Pieces
79 g. **2^F \$9**

**Shake 'N Bake
Coating Mix**
Select Varieties
140-184 g. **2^F \$8**

**Kraft
Pure Dressing**
or Mayo, Select Varieties
355-890 ml. **598**

**Western Family
Olive Oil**
or Only Goodness
Select Varieties, 500 ml. **1098**

**Berio
Balsamic Vinegar**
250 ml. **2^F \$9**

**Western Family
Pickles**
Select Varieties
1 litre **2^F \$8**

**Western Family
Olives**
Pitted or Stuffed
375 ml. **398**

**Western Family
Red Chili Jelly**
300 g. **2^F \$8**

**Prego
Pasta Sauce**
Select Varieties
645 ml. **2^F \$7**

**Franco American
Gravy**
Select Varieties
284 ml. **2^F \$4**

**Western Family
Udon Noodles**
200 g. **98¢**

**Western Family
Water Chestnuts**
or Bamboo Shoots
Select Varieties, 227 ml. **2^F \$3**

**French's
Mustard**
Select Varieties
325-550 ml. **2^F \$6**



GROCERY ESSENTIALS



**Western Family
Condensed Soup**

Select Varieties, 284 ml.

4^F \$5



**Western Family
Broth**

Select Varieties
946 ml.

4^F \$7



**Only Goodness
Pasta Sauce**

Select Varieties
500-680 ml.

648



**Unico
Tomatoes**

Select Varieties
796 ml.

3^F 798



**Taco Bell
Taco Cravings Kit**

Select Varieties
260-420 g.

2^F \$11



**Pace
Chunky Salsa**

or Picante, Select Varieties
642-648 ml.

498



**Knorr OXO
Bouillon**

or In A Mug, Select Varieties
225 g. or 16 Pack

2^F \$6



**Primo
Pasta**

Select Varieties
900 g.

2^F \$6



**Taco Bell
Crunchwrap
Supreme**

or Cheesy Double Decker
401-642 g. **798**

**Taco Bell
Creamy Sauce**

Chipotle or Baja
354 ml. **2^F \$11**

**Taco Bell
Taco Seasoning**

Original or Mild
1 Pack **4^F \$5**

**Taco Bell
Hot Sauce**

Select Varieties, 207 ml. **2^F \$6**

**Only Goodness
Organic Tomato
Paste**

No Salt Added, 156 ml. **2^F \$4**

**Barilla
Lasagne Noodles**

454 g. **2^F \$8**

**Western Family
Pieces & Stems
Mushrooms**

or Only Goodness
284 ml. **4^F \$5**

**Western Family
Vegetables**

Select Varieties
341-398 ml. **2^F \$4**

**Kraft
Dinner**

Original
200 g. **3^F 498**

**French's
Ketchup**

1.5 litre **748**

**Barilla
Pasta**

Select Varieties
340-410 g.

3^F 798



**Ocean's
Albacore Tuna**

Solid or Flaked
170 g.

2^F \$6



**Stagg
Chili**

Select Varieties
425 g.

2^F \$7



MAKE SOMETHING SWEET

**Sun-Maid
Raisins**

or Prunes
500 g.

648



**Betty Crocker
Gluten Free
Devils Food Cake Mix**

or Bisquick
425 g.

598



**Rogers
Flour**

All Purpose or Whole Wheat
2.5 kg.

2^F \$7



**Betty Crocker
Bisquick**

1.13 kg.

398



**Western Family
Coconut Milk**

or Only Goodness
Select Varieties, 400 ml.

3^F 699



**Earth's Own
Oat Beverage**

Original, 946 ml.
*Plus Deposit

2^F \$6



SNACK ATTACK!



**Dare
Ultimate Cookies**
Viva Puffs or Wagon Wheels
Select Varieties, 290-360 g.

2 FOR \$8



Old Dutch Pretzels

Select Varieties
240-400 g.

2 FOR \$8



Doritos Tortillas Chips

Select Varieties
210-280 g.

2 FOR \$9



Lay's Family Size Potato Chips

Select Varieties
177-235 g.

2 FOR \$9



Cheetos Snacks

Select Varieties
170-285 g.

2 FOR \$9



Cadbury Chocolate Minis

Select Varieties
144-200 g.

2 FOR \$11



Old Dutch Ridgies

Select Varieties
200 g.

2 FOR \$7



Carr's Table Water Crackers

Select Varieties
125-150 g.

2 FOR \$6

Christie Ritz Crackers

or Toppables
350-454 g.

548

SunRype Fruit To Go

or Fruit Source
12-24 Pack

1098

Pringles Snack Stacks

Original
12 x 19 g.

598

Hawkins Cheezies

210 g.

3 FOR \$999

Skittles or Starburst

Select Varieties
130-170 g.

2 FOR \$7

Maynards Gummy Candy

Select Varieties
150-154 g.

2 FOR \$6

Jelly Belly Jelly Beans

Select Varieties
100 g.

2 FOR \$5

M&M's Chocolate

or Maltesers, Select Varieties
95-100 g.

2 FOR \$7

Hershey's King Size Chocolate Bars

Select Varieties
62-96 g.

2 FOR \$4

Mars or M&M's Chocolate

Select Varieties
1 Pack

2 FOR \$3



Only Goodness Yellow Popping Corn

Organic
700 g.

498



Heineken Non-Alcoholic Beer

6 x 330 ml.
*Plus Deposit

1198



Nanton Spring Water

24 x 500 ml.
*Plus Deposit

2 FOR \$9



Perrier Sparkling Water

Select Varieties, 8 x 330 ml.
*Plus Deposit

998



Kool-Aid Jammers

Select Varieties, 10 x 180 ml.
*Plus Deposit

2 FOR \$9



Zoa Sugar Free Energy Drink

Tropical Punch, 355 ml.
*Plus Deposit

2 FOR \$4



Gatorade Sports Drink Powder

Select Varieties
10 Pack

2 FOR \$11



Glaceau Vitamin Water

Select Varieties, 591 ml.
*Plus Deposit

2 FOR \$5



Aquafina Water

6 x 710 ml.
*Plus Deposit

528



Coke or Canada Dry Beverages

Select Varieties, 2 litre
*Plus Deposit

2 FOR \$6



Pepsi or 7Up Beverages

Select Varieties, 8 x 355 ml.
*Plus Deposit

648



Propel Beverage

Grape or Strawberry Kiwi
6 x 500 ml., *Plus Deposit

648



THIRSTY?



**SunRype
Pure Apple Juice**

3.78 litre, *Plus Deposit

998



HOUSEHOLD MUST HAVES

**Purex
Bathroom Tissue**
or Ultra, Triple 12 Roll

12⁹⁸

**Glad
Cling Wrap**
30 m.

2²⁸



**Western Family
Sandwich Bags**
Zipper
90 Pack

2^{FOR} \$4⁹⁸



**Glad
Compost Bags**
Small
20 Pack

5⁹⁸



**Tide
Laundry Detergent**
Original
115 Use

2⁹⁹⁸



**Gain Flings!
Laundry Detergent**
Original or Moonlight Breeze
31 Pack

10⁹⁸



**Fleecy
Fabric Softener**
Fresh Air
1.36 litre

6⁹⁸



**Fleecy
Fabric Softener**
Fresh Air or Calm
80 Sheets

5⁹⁸



**Dawn Powerwash
Dish Liquid**
Fresh or Lemon
473 ml.

6⁹⁸



**Cascade Complete
Dishwasher Detergent**
15 Pack

7⁹⁸



**Sponge
Towels**

Ultra Pro, Double 6 Roll

15⁹⁸

**Mr. Clean Platinum
Antibacterial Cleaner**
Lemon
2.93 litre

13⁹⁸



**Febreze Air
Air Freshener**
Select Varieties
250 g. Aerosol

2^{FOR} \$9⁹⁸



**Glade
Candles**
Select Varieties
1 Pack

2^{FOR} \$11⁹⁸



PERSONAL CARE

**Colgate
Toothpaste**
Regular or Winterfresh
95 ml.

2^{FOR} \$3⁹⁸

**Colgate
Toothbrush**
Select Varieties
1 Pack

2^{FOR} \$3⁹⁸

**Depend
Underwear**
Select Varieties
17-19 Pack

21⁹⁸

**Secret
Antiperspirant**
Unscented or Baby Powder
73 g.

4⁹⁸

**Gerber
Arrowroot
Biscuits**
155 g.

2^{FOR} \$8⁹⁸

**Tampax or Always
Tampons**
or Pads, Select Varieties
20-36 Pack

10⁹⁸



**Gerber
Organic Puffs**
Fig Berry or Cranberry Orange
42 g.

2^{FOR} \$7⁹⁸



**Herbal Essences
Hair & Body Wash**
or Conditioner, Select Varieties
346 ml.

2^{FOR} \$8⁹⁸



PET'S CORNER

**Pedigree Vitality+
Dog Food**
2 kg.

9⁹⁸



**Beneful IncrediBites
Dog Food**
Beef & Gravy or Pâté
85 g.

4^{FOR} \$5⁹⁸



**Friskies
Cat Food**
Tender & Crunchy
1.4 kg.

6⁹⁸



**Tidy Cats
Cat Litter**
Select Varieties
2.72 kg.

14⁹⁸



MARKET FRESH PRODUCE



Hot House Beefsteak Tomatoes

Canadian or Mexican Grown
#1 Grade, kg. 3.70

lb. **1⁶⁸**

Romaine Hearts

Product of U.S.A.
3 Pack

Each **6⁹⁸**



Eat Smart Sweet Kale Salad

Product of U.S.A.
340 g.

Each **4⁹⁸**



White Mushrooms

Whole or Sliced, Canadian Grown
227 g.

Each **2⁴⁸**



Large Green Peppers

Mexican Grown, kg. 4.37

lb. **1⁹⁸**



Fresh Avocados

Mexican Grown

4 FOR \$5



Red Seedless Grapes

Chilean or Peruvian Grown
#1 Grade, kg. 13.18

lb. **5⁹⁸**



Bolthouse Farms Beverages

Select Varieties
Product of U.S.A.
946 ml., *Plus Deposit

Each **6⁹⁸**



Navel Oranges

California Grown
4 lb. Bag

Each **5⁹⁸**



Ambrosia or Gala Apples

Canadian Grown, Canada Fancy
3 lb. Bag

Each **4⁹⁸**



ORGANICS

Organic Yellow Cooking Onions

Canadian or U.S. Grown
#1 Grade, 3 lb. Bag

Each **3⁹⁸**



BAKERY BARGAINS

Crusty Rolls

Whole Wheat
6 Pack

Each **2⁴⁸**



Fresh Baked



Fresh Bread

White or 60% Whole Wheat
Un sliced

2 FOR \$4

Fresh Baked



Kaiser Buns

White or Whole Wheat
6 Pack

Each **2⁹⁸**

Fresh Baked



Portuguese Buns

6 Pack

Each **2⁹⁸**

Fresh Baked



Venice Bakery Bread

White or 100% Whole Wheat
570 g.

2 FOR \$5



Sausage Rolls

4 FOR \$5

Long John Donuts

or Donut Rings
4-6 Pack

Each **4⁹⁸**

Two-Bite Croissants

Chocolate or Cinnamon
6 Pack

Each **4⁹⁸**

Promise Gluten Free Bread

Select Varieties
400-480 g.

Each **8⁹⁸**

Natural Bakery Canadian Rye Bread

500 g.

Each **2⁹⁸**

Dempster's English Muffins

Select Varieties
6 Pack

2 FOR \$7