



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**

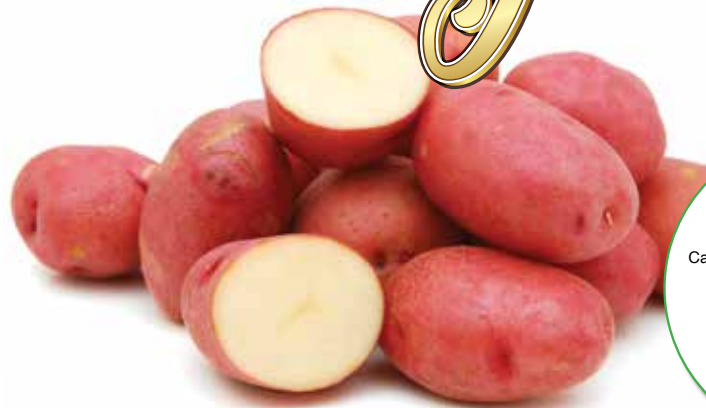
PRICES EFFECTIVE		DECEMBER 2025						
FRI	SAT	SUN	MON	TUES	WED	THURS		
5	6	7	8	9	10	11		

Season's Greetings



**Mitchell's
Smoked Ham**
Country Style
1.5 kg.

Each **10⁹⁸**



**Red
Potatoes**

Canadian Grown, Canada #1 Grade
5 lb. Bag

Each **2⁹⁸**



**Fresh
Blueberries**

Peruvian Grown
1 Pint

Each **3⁹⁸**

WEATHER
PERMITTING



**Campbell's
Soup**
Select Varieties
510-515 ml.

3 FOR 6⁹⁹



**Primo
Pasta**

Select Varieties
900 g.

2 FOR \$4



BUTCHER SHOPPE



Western Family Ham
Hickory Smoked
kg. 6.57

lb. **2⁹⁸**



Sugardale Ham Steak
Bone-In
1 lb.

Each **4⁹⁸**



Ground Pork
kg. 7.67

lb. **3⁴⁸**



Whole Frying Chicken
Value Pack
kg. 8.77

lb. **3⁹⁸**



Centre Cut Pork Loin Roast

Boneless, kg. 9.88

lb. **4⁴⁸**



Pork Loin Chops

Boneless, Value Pack
kg. 10.98

lb. **4⁹⁸**



Diced Pork

Sweet & Sour Cut
kg. 8.77

lb. **3⁹⁸**



Chicken Drumsticks

Value Pack, kg. 8.77

lb. **3⁹⁸**

Inside Round Oven Roast

Value Pack, kg. 18.70

lb. **8⁴⁸**



Hip Minute Steak

Value Pack
kg. 19.80

lb. **8⁹⁸**



Chicken Thighs

Value Pack, kg. 10.98

lb. **4⁹⁸**



Lean Ground Beef

Value Pack
kg. 15.39

lb. **6⁹⁸**



Chicken Legs

Back Attached, Value Pack
kg. 7.67

lb. **3⁴⁸**



Striploin Grilling Steak

Value Pack, kg. 35.23

lb. **15⁹⁸**



SMOKED & PACKAGED MEATS



Western Family Meatballs

Frozen, Select Varieties
680 g.

Each **8⁹⁸**



Western Family Stuffed Jalapeño Poppers

Bacon Wrapped
Frozen, 226 g.

Each **8⁹⁸**



Johnsonville Sausages

Select Varieties
500 g.

Each **6⁴⁸**



Freybe Sliced Meat

Select Varieties
175 g.

2 FOR \$9



Western Family Mozzarella Cheese Sticks

Frozen, 500 g.

Each **7⁹⁸**



Grimm's Sausages

Select Varieties
300 g.

Each **6⁹⁸**



Western Family Hummus

Roasted Garlic
227 g.

2 FOR \$5



DELI

Freybe Salami
Select Varieties

Per 100 g.

2⁹⁸



Grimm's Ham
Select Varieties

Per 100 g.

1⁹⁸



SEAFOOD



Ocean Jewel Cocktail Shrimp
Frozen, 71-90 Count, 340 g.

8⁹⁸
Each



Ocean Jewel Shrimp
Frozen, 16-20 Count, 340 g.

11⁹⁸
Each



Western Family Shrimp Ring
Frozen, 227 g.

7⁹⁸
Each

Clear Ocean Scallops
Bacon Wrapped
Frozen, 260 g.

8⁹⁸
Each



Western Family Seafood Sauce
or Horseradish
250 ml.

2^{FOR} \$6



HOT DEALS FROM THE FREEZER

Western Family Vegetables

Frozen, Select Varieties
750 g.

3^{FOR} 7⁹⁸



McCain Fries

Frozen, Select Varieties
800 g.

2^{FOR} \$8



Cavendish Farms Hash Brown Patties

Frozen
1.2 kg.

5⁴⁸



El Monterey Taquitos

Frozen, Select Varieties
567-588 g.

12⁹⁸



Stefano Faita Pizza

Frozen, Select Varieties
393-402 g.

7⁴⁸



Heinz Bagel Bites

Cheese & Pepperoni
or Three Cheese, Frozen
198 g.

2^{FOR} \$5



Breyers Creamery Style Ice Cream

Select Varieties, 1.41 litre

2^{FOR} \$8



Western Family Cranberries

Frozen, 340 g.

2^{FOR} \$5

Crave Entrées

or KD Deluxe, Frozen
300-340 g.

2^{FOR} \$9



Swanson Meat Pies

Frozen, Select Varieties
200 g.

3^{FOR} 7⁹⁸



Hungry-Man Entrées

Frozen, Select Varieties
360-455 g.

6⁹⁸



McCain Deep'n Delicious Cake

Frozen, Select Varieties
510 g.

6⁴⁸



Chapman's Frozen Novelties

Select Varieties
8-28 Pack

6⁴⁸



Chapman's Markdale Creamery Ice Cream

Select Varieties
2 litre

2^{FOR} \$11



DAIRY DELIGHTS

ENTER FOR A CHANCE TO

WIN* CHEESE FOR A YEAR!

OVER
\$1,400!
IN VALUE



WWW.FREECHEESE.CA

*No purchase necessary. Contest starts on November 16, 2025 (12:00:01 a.m. ET) and ends on December 27, 2025, 11:59:59 pm ET). One form of entry for your chance to win a Grand Prize is to purchase any Participating Product, submit the purchase receipt, and complete the entry form at www.freecheese.ca (the "Website"). Maximum of ten (10) entries per household. One (1) participating product purchased equals one (1) chance to win a Grand Prize. Purchasing two (2) or more participating products on a single receipt earns a maximum of two (2) entries. There are five (5) Grand Prizes available to be won by random draw, consisting of Cheese for a Year (in the form of 144 FREE Cheese coupons, ARV of each Grand Prize is \$1,440 CAD). The winner must correctly answer a skill testing question. The Odds of winning depend on the number of eligible Entries received. For all participating products and full rules, visit the Website. Contest is open to Canadian residents who are in Canada at the time of entry, except individuals under the age of thirteen (13) residing in Quebec. ©2025 Lactalis Canada. All rights reserved. Trademarks owned or used under license by Lactalis Canada, Toronto ON, M9C 5J1.

Cracker Barrel
Shredded Cheese
Select Varieties, 250-320 g.

7⁹⁸



Cracker Barrel
Cheese
Select Varieties, 600 g.

11⁹⁸



Kraft
Parmesan
Grated, 125 g.

4⁹⁸



Western Family
Feta Cheese
200 g.

2^{FOR} \$9

Olympic
Organic Yogurt
or Krema, Select Varieties
650 g.

2^{FOR} \$9

Western Family
Cream Cheese
Brick or Tub
227-250 g.

3^{FOR} 9⁹⁹

Dairyland
Chocolate Milk
Reduced Sugar or Strawberry
1 litre, *Plus Deposit

2^{FOR} \$6

Olympic
Greek Yogurt
Plain or Vanilla
650 g.

5⁹⁸

Western Family
Dips
Bacon & Onion or French Onion
225 g.

2^{FOR} \$7

Imperial
Margarine
Quarters or Soft Bowl
1.28-1.36 kg.

7⁹⁸

Sunny D
Beverage
Smooth or Tangy Original
500 mL, *Plus Deposit

3^{FOR} 3⁹⁹

Dairyland
Whipping Cream
or Coffee, 473 mL.
*Plus Deposit.

2⁹⁸

Dairyland
Lactose Free Milk
Select Varieties, 1.89 litre
*Plus Deposit.

5⁴⁸

Neilson
Milkshakes
Select Varieties, 310 mL.
*Plus Deposit.

3^{FOR} 4⁹⁸

Silk
Beverage
Select Varieties, 1.75 litre
*Plus Deposit.

4⁹⁸

Saputo
Sliced Cheese
Select Varieties
160-180 g.

2^{FOR} \$9



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

2^{FOR} \$11



Tenderflake
Lard
1.36 kg.

15⁹⁸



Siggi's
Icelandic Skyr Yogurt
Vanilla or Strawberry
4 x 100 g.

2^{FOR} \$7



Western Family
Baking Powder
450 g.

3⁹⁸

Sun-Maid
Raisins
750 g.

7⁹⁸

Realemon
Lemon Juice
or Realme
440 mL.

2²⁸

Sugar Twin
Sweetener
50 Pack

2²⁸

Only Goodness
Coconut Milk
Organic
400 mL.

3^{FOR} 6⁹⁹

Hershey's
Chipits
Select Varieties
200-270 g.

5⁹⁸



Robin Hood
Flour
Select Varieties
5 kg.

9⁹⁸



Kraft Dream Whip
Dessert Topping
Mix
170 g.

2^{FOR} \$9



Western Family
Pie Crust
Honey Graham
170 g.

2^{FOR} \$5



MAKE SOMETHING SWEET

Western Family
Pie Filling
or Pure Pumpkin, Select Varieties
540-796 mL.

2^{FOR} \$9



RISE & SHINE



Tim Hortons Coffee

Select Varieties
12 K-Cups

10⁹⁸



Nutella Hazelnut Spread

725 g.

9⁹⁸



Western Family Honey

Creamed or Liquid
1 kg.

10⁹⁸

We Love Canada Honey

1 kg.

12⁹⁸

Coyote Pancake Mix

Regular or Buttermilk
900 g.

2^{FOR} \$8

McCafé Coffee

Premium Roast
30 K-Cups

28⁹⁸

McCafé Premium Roast Coffee

340 g.

15⁹⁸

Tim Hortons Hot Chocolate

or Instant Coffee
Select Varieties
500 g. or 8 Pack

2^{FOR} \$11

Tetley Orange Pekoe Tea

72 Bags

5⁹⁸

Kellogg's Cereal

or Kashi, Select Varieties
306-525 g.

2^{FOR} \$11

Only Goodness Quick Oats

Organic
1 kg.

3⁹⁸

Only Goodness Hemp Hearts

454 g.

6⁹⁸

Adams Natural Peanut Butter

Select Varieties
500 g.

2^{FOR} \$9



General Mills Cereal

Select Varieties
300-430 g.

2^{FOR} \$9



GROCERY ESSENTIALS

Clover Leaf Whole Baby Clams

142 g.

2^{FOR} \$6

Clover Leaf Crabmeat

Chunk
120 g.

7⁹⁸

Only Goodness Cut Green Beans

or Kernel Corn, No Salt Added
341-398 ml.

2^{FOR} \$4

Unico Tomatoes

Select Varieties
796 ml.

3^{FOR} 7⁹⁸

Western Family White Potatoes

Whole
540 ml.

2^{FOR} \$5

Western Family Herb or Spices

Select Varieties
14-155 g.

2^{FOR} \$5

Hellmann's Burger Sauce

325 ml.

4⁴⁸

Unico Vegetable Oil

3 litre

11⁹⁸

Unico Olives

Sliced Black or Manzanilla
375 ml.

3^{FOR} 9⁹⁹

Bick's Pickled Beets

Sliced or Whole
500-750 ml.

2^{FOR} \$9

French's Mustard

400 ml.

2^{FOR} \$5

Bick's Relish

Tangy Dill or Sweet Green
375 ml.

2^{FOR} \$6

McCormick Gourmet Gravy Mix

Sauce or Clubhouse Slow Cooker
Select Varieties
1 Pack

3^{FOR} 4⁹⁸

Lipton Soup Mix

or Knorr, Select Varieties
4 Pack

2^{FOR} \$7



Hellmann's Mayonnaise

Select Varieties
340-445 ml.

3⁹⁸



Nong Shim Instant Noodles

Ramun or Kimchi
120 g.

3^{FOR} 4⁹⁸



Primo Beans

Lentils or Chick Peas
Select Varieties, 540 ml.

2^{FOR} \$3

Primo Lasagne Noodles

Original or Oven Ready
375-500 g.

2^{FOR} \$5

Primo Egg Noodles

or Orzo
Select Varieties
375-500 g.

2^{FOR} \$6



Mazola Canola Oil

Vegetable or Corn
1.18 litre

6⁹⁸



Prego Pasta Sauce

Select Varieties
645 ml.

2^{FOR} \$7



Knorr Bouillon

Beef or Chicken
6 Pack

2^{FOR} \$6



French's Ketchup

Select Varieties
750 ml.-1 litre.

4⁹⁸

Lea & Perrins Worcestershire Sauce

284 ml.

4⁹⁸

Hunt's Tomato Sauce

or Paste
Select Varieties
369-680 ml.

3^{FOR} 9⁹⁹

Berio Pesto

Classic or Sundried Tomatoes
190 g.

4⁹⁸

KFI Cooking Sauce

Butter Chicken or Tikka Masala
375 ml.

4⁹⁸

Western Family Sliced Mushrooms

284 ml.

3^{FOR} 3⁹⁹



Ocean's Light Tuna

or Snack Kit
Select Varieties
96-170 g.

2^{FOR} \$4



SNACK ATTACK!

Nature Valley Granola Bars

Select Varieties
130-210 g.

2 FOR \$7

Dare Bear Paws

Select Varieties
168-240 g.

2 FOR \$8

Old Dutch Potato Chips

Select Varieties, 220 g.

3 98

Doritos Tortilla Chips

Select Varieties
210-280 g.

2 FOR \$9

Miss Vickie's Potato Chips

Select Varieties
190-200 g.

2 FOR \$9

Pepperidge Farm Monaco Cookies

or Sausalito
200-213 g.

2 FOR \$8

Nature Valley Bars

or Fibre 1, Select Varieties
125-210 g.

2 FOR \$8

Betty Crocker Fruit Snacks

Gushers or Mott's, Select Varieties
128-226 g.

2 FOR \$7

SunRype Fruit To Go

Select Varieties
1 Pack

10 FOR \$4

M&M's Chocolate

or Mars, Select Varieties
155-170 g.

2 FOR \$11

Mars King Size Chocolate Bars

Snickers or Twix
85-93 g.

4 FOR \$9

Act II Popcorn

Butter Lovers or Buttery
3 Pack

2 FOR \$6

Excel Gum

or Juicy Fruit, Select Varieties
1 Pack

4 FOR \$5

Dentyne Gum

or Trident, Select Varieties
40-60 Pieces

3 98

Western Family Potato Chips

Select Varieties
235 g.

3 FOR \$6 99

Christie Triscuits

Select Varieties
185-200 g.

3 78

Hershey's Chocolate Bar

Select Varieties
1 Pack

4 FOR \$5

Mott's Fruitsations

Select Varieties
6 Pack

3 FOR \$9 99

Western Family Cookies

Select Varieties
300-350 g.

2 FOR \$8

DRINK IT UP

Budweiser Zero Non-Alcoholic Beer

12 x 355 ml.
*Plus Deposit

15 98

Farming Karma Hydr8

Select Varieties
4 x 285 ml., *Plus Deposit

5 98

San Pellegrino or Perrier Sparkling Water

Select Varieties, 750 ml.-1 litre
*Plus Deposit

2 FOR \$5

Pure Life Spring Water

12 x 500 ml.
*Plus Deposit

2 FOR \$8

Mott's Clamato Juice

Original or Extra Spicy
945 ml., *Plus Deposit

3 FOR \$7 98

SunRype Pure Apple Juice

3.78 litre
*Plus Deposit

9 98

Ocean Spray Cranberry Cocktail

Select Varieties, 6 x 295 ml.
*Plus Deposit

6 98

Gatorade Sports Beverage

Select Varieties, 710 ml.
*Plus Deposit

4 FOR \$9

Aquafina Water

6 x 710 ml.
*Plus Deposit

5 48

Coke or Canada Dry Beverages

Select Varieties, 20 x 355 ml.
*Plus Deposit

13 98

Pepsi or 7Up Beverages

Select Varieties, 24 x 355 ml.
*Plus Deposit

14 98

HOUSEHOLD MUST HAVES

**Febreze Bathroom
Air Freshener**
Linen & Sky or Hawaiian Aloha
1 Pack

2 FOR \$9

**Charmin Ultra
Bathroom Tissue**

Soft or Strong, Mega 9 Roll

12⁹⁸

**Cascade Complete
Dishwasher
Detergent**

3.4 kg.

9⁹⁸



**Puffs Plus
Facial Tissue**

with Vick's
48 Tissues

4 FOR \$7



**Ziploc
Freezer Bags**

or Storage, Select Varieties
10-28 Pack

2 FOR \$11



**BinBreeze
Indoor Compost
Powder**

Unscented or Lavender
450 g.

7⁹⁸



**Mr. Clean
Clean Freak
Starter Kit**

Lemon Zest or Unstoppables
473 ml.

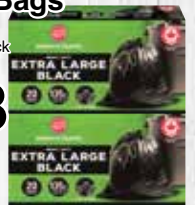
6⁹⁸



**Western Family
Garbage Bags**

Large Blue
or Extra Large Black
20-30 Pack

6⁹⁸



**Shout
Stain Remover**

650 ml.

2 FOR \$9



**Bounce
Fabric Softener**

Select Varieties
80 Sheets

2 FOR \$11



**Dawn Powerwash
Dish Liquid**

Fresh or Lemon
473 ml.

6⁹⁸



**Windex
Window Cleaner**

Original pr with Vinegar
765 ml.

2 FOR \$11



**Tide
Laundry Detergent**

Select Varieties
52-64 Use

18⁹⁸



**Tide Pods
Laundry Detergent**

Select Varieties
45-76 Pack

25⁹⁸



PERSONAL CARE

**Head & Shoulders
Shampoo**

or 2 In 1, Select Varieties
370 ml.

6⁹⁸

**Nivea
Lip Balm**

Essential
1 Pack

2 FOR \$5

**U by Kotex
Pads**

Liners or Tampons
Select Varieties, 14-64 Pack

6⁹⁸

**Midol
Pain Relief**

Extra Strength
40 Caplets

9⁹⁸

**Drixoral
Nasal Congestion
Spray**

25 ml.

7⁹⁸

**Old Spice
High Endurance
Deodorant**

Select Varieties
85 g.

2 FOR \$9



**Crest Scope
Mouthwash**

Classic Mint or Cool Peppermint
1 litre

5⁹⁸



**Herbal Essences
Hair & Body Wash**

or Conditioner, Select Varieties
346 ml.

2 FOR \$8



PET'S CORNER

**Beneful
Dog Food**

Select Varieties
1.6-1.8 kg.

9⁹⁸



**Purina
Cat Chow**

Complete
8 kg.

28⁹⁸



**Fancy Feast
Cat Food**

or Friskies, Select Varieties
85-156 g.

4 FOR \$5



**Wundercat
Cat Litter**

Multiple Cat
10 kg.

9⁹⁸



MARKET FRESH PRODUCE

Ambrosia Apples

Canadian Grown, Canada Extra Fancy
kg. 4.37

1⁹⁸
lb.



Cantaloupe Melon

U.S. or Mexican Grown
#1 Grade, kg. 4.37

1⁹⁸
lb.



Ataulfo Mangos

Product of Brazil

2⁴⁸
Each



Fresh Grapefruit

California Grown
3 lb. Bag

5⁹⁸
Each



Kiwi Fruit

California or New Zealand Grown
1 lb. Bag

6⁹⁸
Each



Navel Oranges

California Grown, 4 lb. Bag

6⁹⁸
Each



Field Carrots

Canadian or U.S. Grown
#1 Grade, 2 lb. Bag

1⁹⁸
Each



Long English Cucumbers

Canadian or Mexican Grown
#1 Grade

1⁹⁸
Each



Rainbow Peppers

Mexican Grown
3 Pack

7⁴⁸
Each



Hot House Beefsteak Tomatoes

Canadian or Mexican Grown
#1 Grade, kg. 6.57

2⁹⁸
lb.



ORGANICS

Organic Mandarin Oranges

Product of China
4 lb. Box

9⁹⁸
Each



White Cauliflower

California Grown, #1 Grade
kg. 7.67

3⁴⁸
lb.



Fresh Express Spinach

Product of U.S.A.
8 oz.

3⁴⁸
Each



BAKERY BARGAINS

Cheddar Cheese Sticks

6 Pack

5⁹⁸
Each



Fresh Baked

Cheddar Bread

Un sliced

5⁹⁸
Each



Fresh Baked

Vienna Rolls

6 Pack

1⁹⁸
Each



Fresh Baked

Furlani Garlic Bread

or Knots
284-296 g.

3⁹⁸
Each



Canadian Harvest Bread

Un sliced

2⁹⁸
Each



Fresh Baked

Apple Valley 8" Pumpkin Pie

600 g.

6⁹⁸
Each



Natural Bakery Canadian Rye Bread

900 g.

3⁹⁸
Each



Villaggio Artesano or Italian Style Bread

or Buns, Select Varieties
510-540 g. or 6-8 Pack

2⁹⁸ FOR \$7



Portofino Bread

Select Varieties
585-700 g. Each

6⁹⁸

Apple Valley 8" Fruit Pies

Select Varieties
680 g. Each

8⁹⁸

Two-Bite Cinnamon Rolls

12 Pack Each

5⁹⁸