



DEDICATED TO SERVICING
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		
12	13	14	15	16	17	18		
19	20	21	22	23	24	25		

Merry Christmas

Mitchell's
Smoked Ham

Country Style
1.5 kg.

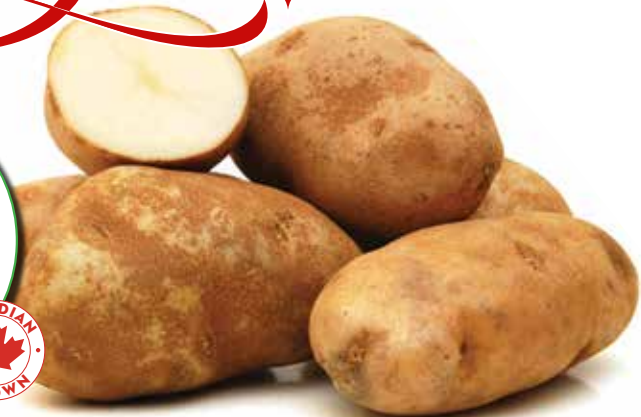
Each **10⁹⁸**



Russet
Potatoes

Canadian Grown, Canada #1 Grade
10 lb. Bag

Each **5⁹⁸**



Stove Top
Stuffing Mix

Select Varieties
120 g.

4 FOR \$5



Mandarin
Oranges

Product of China
4 lb. Box

Each **5⁹⁸**



Armstrong
Cheese

Select Varieties
600 g.

7⁹⁸



Christie
Ritz Crackers

Wheat Thins or Sociables
Select Varieties, 175-180 g.

2 FOR \$5



BUTCHER SHOPPE

Centre Cut Pork Loin Chops

kg. 8.77

lb. **3⁹⁸**

Ground Pork

kg. 7.67

lb. **3⁴⁸**

Pork Back Ribs

kg. 10.98

lb. **4⁹⁸**

Sugardale Ham Steak

Bone-In, 1 lb.

Each **4⁹⁸**

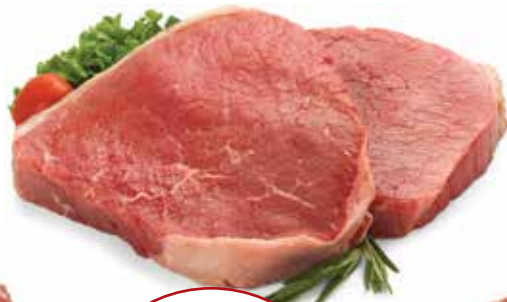
Western Family Ham

Hickory Smoked, kg. 6.57

lb. **2⁹⁸**

Cross Rib Pot Roast

Boneless, kg. 17.59

lb. **7⁹⁸**

Rib Grilling Steak

Bone-In, kg. 50.66

lb. **22⁹⁸**

Eye of Round Marinating Steak

Value Pack, kg. 22.00

lb. **9⁹⁸**

Prime Rib Premium Oven Roast

Bone-In, kg. 48.46

lb. **21⁹⁸**

Western Family Boneless, Skinless Chicken Thighs

Frozen, 3 kg.

Each **33⁹⁸**

Western Family Boneless, Skinless Chicken Breasts

Frozen, 3 kg.

Each **33⁹⁸**

Western Family Split Chicken Wings

Frozen
3 kg.Each **30⁹⁸**

Sunrise Farms Drumsticks

Frozen
3 kg.Each **9⁹⁸**

Western Family Crispy Chicken

Frozen
1 kg.Each **17⁹⁸**

**We've got
your Turkey!**
Check out our selection
for all your holiday needs.

SMOKED & PACKAGED MEATS



Janes Pub Style Chicken
Frozen, Select Varieties, 700 g.

9⁹⁸

Each



Freybe A Taste of Europe

Select Varieties
100 g.

2^{FOR} \$9



Johnsonville Sausages

Select Varieties
250-500 g.

5⁹⁸

Each



Freybe Liver Sausage

Select Varieties
125 g.

2^{FOR} \$5



Harvest Wieners

Select Varieties
675 g.

10⁹⁸

Each



Grimm's Sliced Ham

Select Varieties
175 g.

3⁹⁸

Each



Olymel Sausage

Select Varieties
375-450 g.

5⁹⁸

Each



Western Family Cauliflower Bites

Salt & Pepper, Frozen, 385 g.

7⁹⁸

Each



Western Family Jalapeño Poppers

Bacon Wrapped, Frozen, 500 g.

8⁹⁸

Each



Western Family Cabbage Rolls

Beef, Frozen, 908 g.

10⁹⁸

Each



Western Family Mozzarella Cheese Sticks

Frozen, 500 g.

7⁹⁸

Each



SEAFOOD



Western Family Shrimp Ring

Frozen, 227 g.

5⁹⁸

Each

Western Family Butterfly Crunchy Shrimp

Frozen, 680 g.

13⁹⁸

Each



Woodman's Seafood Sauce
or Horseradish
250 ml.

2^{FOR} \$7



Ocean Mama Shrimp

Uncooked, Frozen
61-70 Count, 180 g.

4⁴⁸

Each



HighLiner Battered Fish

Fish Sticks or English Style
Frozen, 500-700 g.

8⁹⁸

Each



Ocean Mama Shrimp Gyoza

Frozen
454 g.

8⁹⁸

Each



Ocean Mama Clam Meat

Frozen
340 g.

5⁴⁸

Each



DELI

Grimm's Deli Salami

Select Varieties

Per 100 g. **2⁹⁸**



Harvest Deli BBQ Meat Loaf

Per 100 g.

1⁹⁸



Harvest Deli Bologna

Per 100 g.

1⁴⁸



Freybe Deli Sausage

Select Varieties

Per 100 g.

1⁹⁸



Harvest Deli Garlic Coil

Per 100 g.

1⁴⁸



BAKERY BARGAINS

Dinner Buns

White or 60% Whole Wheat
12 Pack

Each **3⁹⁸**

Fresh Baked



Hot Cross Buns

12 Pack

Each **6⁹⁸**

Fresh Baked



California Sourdough Bread

Each

2⁴⁸



Fresh Baked



Sourdough Buns

6 Pack

Each

2⁹⁸



Fresh Baked



Monte Cristo French Baguette

350 g.

Each

2⁴⁸



Monte Cristo Artisan Bread

Roasted Garlic
450 g.

Each

3⁴⁸



Baxter's Bakery Butter Tarts

or Pecan
6 Pack

Each

6⁹⁸



Lattice Fruit Pies

8 Inches, Select Varieties
600 g.

Each

7⁹⁸



Sugarplum 6" Cake

Select Varieties
550-660 g.

Each

13⁹⁸



Two-Bite Brownies

265 g.

Each

4⁹⁸



Dempster's Bread

or Texas Toast
Select Varieties
567-675 g.

2 FOR \$7



Dempster's 10" Tortillas

Select Varieties
6-10 Pack

Each

3⁹⁸



Apple Valley 8" Pumpkin Pie

600 g.

Each

5⁹⁸

Fresh Baked



RISE & SHINE



Kellogg's Cereal
Select Varieties, 300-355 g.

2 FOR \$11

**Western Family
Cocoa Hazelnut
Spread**
725 g.

6⁹⁸



**Elias
Honey**
Liquid or Creamed
500 g.

6⁹⁸



**Nestlé
Coffee-Mate**
1.4 kg.

12⁹⁸

**Folgers
Coffee**

Lively Colombian or Black Silk
30 K-Cups

19⁹⁸

**Red Rose
Orange Pekoe
Tea**
36 Bags

2 FOR \$7

**Nestlé Carnation
Hot Chocolate**

Select Varieties
7-10 Pack

4⁹⁸

**Nestlé Carnation
Hot Chocolate**

Rich or Marshmallow
450 g.

7⁴⁸



**Western Family
Quick Oats**
2.25 kg.

6⁴⁸



**Quaker
Cereal**

Select Varieties
350-500 g.

2 FOR \$8



**Dairyland
Coffee Cream**
18%, 946 ml.
*Plus Deposit

4⁴⁸



**Ethical Bean
Coffee**

Select Varieties
227-340 g.

11⁹⁸



**General Mills
Cheerios**

Honey Nut
292 g.

2 FOR \$7

**Harvest Crunch
Granola**

Select Varieties
400-510 g.

4⁹⁸

**Nabob
Coffee**

Tradition
930 g.

25⁹⁸

BAKE UP SOME LOVE

**Western Family
Baking Powder**
225 g.

2⁹⁸

**Western Family
Cashews**

Hazelnuts or Pecans
115-150 g.

2 FOR \$8

**Western Family
Chocolate Chips**

Milk Chocolate or Semi Sweet
270-300 g.

6⁴⁸

**Sun-Maid
Raisins**

Apricots or Prunes
250-375 g.

4⁹⁸

**Lynch
Minced Fruit Filling**

735 ml.

9⁹⁸

**Jell-O Instant
Pudding Mix**

Select Varieties
99-113 g.

2 FOR \$3

**Realemon
Lemon Juice**

945 ml.

2⁹⁸

**Only Goodness
All Purpose Flour**

Organic
2 kg.

9⁹⁸

**Rogers
Flour**

Select Varieties
2.5 kg.

3⁹⁸

**Western Family
Flour**

All Purpose
10 kg.

12⁹⁸



**Western Family
Pure Vanilla
Extract**
125 ml.

9⁹⁸



**Western Family
Nuts or Seeds**

Select Varieties
105-150 g.

2 FOR \$5



**Western Family
Coconut Flakes**

or Shredded, Select Varieties
260-405 g.

2 FOR \$9



**Kraft Dream Whip
Dessert Topping Mix**

170 g.

2 FOR \$9



**Rogers
Sugar**

Select Varieties
1-2 kg.

3 FOR \$9⁹⁹



**Western Family
Evaporated Milk**

354 ml.

2 FOR \$4



**Ocean Spray
Craisins**

Select Varieties
142-170 g.

3 FOR \$6⁹⁹



**Jell-O
Jelly Powder**

Select Varieties
10-85 g.

4 FOR \$5

**Splenda
Sweetener**

50 Pack

2 FOR \$7

**Western Family
Condensed Milk**

300 ml.

2 FOR \$7

**E.D. Smith
Pie Filling**

or Pure Pumpkin, Select Varieties
540-796 ml.

5⁹⁸

GROCERY ESSENTIALS

Kraft
Made to be Shared

Classico Pasta Sauce
Pizza or Pesto
Select Varieties, 218-600 ml.
2 FOR \$6

Kraft Miracle Whip
Original 650 ml. **4⁴⁸**

Kraft Miracle Whip
Original 890 ml. **6⁴⁸**

Kraft Dressing
Select Varieties 425 ml.
2 FOR \$8

CLASSICO
TOMATO & BASIL TOMATOES & BASIL
PASTA SAUCE SAUCE PASTA

CLASSICO
PESTO ALBA

HOT! DEAL

Dole Pineapple
Select Varieties, 398 ml.
2 FOR \$6

Western Family Cranberry Sauce
Whole or Jellied 348 ml.
2 FOR \$5

Green Giant Vegetables
Select Varieties 341-398 ml.
4 FOR \$9

Idahoan Mashed Potatoes
Roasted Garlic or Butter & Herbs 113 g.
3 FOR \$4⁹⁸

Club House Spices
or Seasoning, Select Varieties 25-62 g.
4⁹⁸

Knorr Gravy Mix
or Sauce, Select Varieties 1 Pack
3 FOR \$4⁹⁸

Hormel Real Bacon
Crumbled 300 g.
13⁹⁸

Campbell's Broth
or Soup, Select Varieties 284-900 ml.
3 FOR \$6⁹⁹

Crisco Canola Oil
or Vegetable 1.18 litre
7⁹⁸

Idahoan
Roasted Garlic All Roti

Club House
Poultry Seasoning

Knorr
Gravy Mix

Hormel
Real Bacon

Campbell's
Broth

Crisco
Canola Oil

IT'S TACO NIGHT!

Old El Paso Taco Shells
191 g.
2 FOR \$8

Old El Paso Dinner Kits
Select Varieties 153-510 g.
2 FOR \$9

Old El Paso Tortillas
Select Varieties 297-334 g.
2 FOR \$6

Old El Paso Crunchy Taco Shells
or Stand n' Stuff 125-133 g.
2 FOR \$5

Old El Paso Tortilla Bowls
Regular 189 g.
2 FOR \$7

Old El Paso Thick N Chunky Salsa
Mild or Medium 650 ml.
2 FOR \$9

Old El Paso Green Chilies
Chopped 113 g.
2 FOR \$4

Old El Paso Refried Beans
Sliced Jalapeños or Enchilada Sauce
Select Varieties 250-398 ml.
4 FOR \$11

Old El Paso Taco Sauce
Mild or Medium 243 ml.
2 FOR \$7

Old El Paso Taco Seasoning Mix
Select Varieties 1 Pack
4 FOR \$5

Old El Paso
TACO

GROCERY ESSENTIALS



Catelli Pasta

Select Varieties
200-900 g.

4⁹⁸



Aylmer Accents Tomatoes

Chili or Garlic & Olive Oil
540 ml.

2^{FOR} \$6



Aylmer Tomatoes

Select Varieties
796 ml.

3^{FOR} 9.99



Money's Pieces & Stems Mushrooms

or No Salt Added

284 ml.

2^{FOR} \$4

Western Family Beans

Lentils or Soup Mix
Select Varieties, 450 g.

2^{FOR} \$4

Heinz Beans

or Pasta, Select Varieties
398 ml.

4^{FOR} \$9

Western Family Wine Sauerkraut

500 ml.

2^{FOR} \$8

Red Lobster Cheddar Bay Biscuit Mix

322 g.

2.98

Unico No Salt Added Beans

or Chick Peas
Select Varieties, 540 ml.

3^{FOR} 4.98



DeCecco Pasta

Select Varieties
454 g.

2^{FOR} \$5



Knorr Sidekicks

Select Varieties
120-167 g.

4^{FOR} \$9



More Favourites ...

Maple Leaf Flakes of Ham

or Chicken
156 g.

3^{FOR} 9.99

Annie's Macaroni & Cheese

White Cheddar
4 Pack

9.98

Western Family Cooking Sauce

Select Varieties
350 ml.

2^{FOR} \$5

Western Family Water Chestnuts

or Bamboo Shoots
Select Varieties, 227 ml.

2^{FOR} \$3

Minute Rice

White or Whole Grain
600-700 g.

4.98

Legh's Soup

Select Varieties
720 ml.

2^{FOR} \$8



Ocean's Albacore Tuna

Solid or Flaked
170 g.

3^{FOR} 9.99



Heinz Mustard

or Dijon
265-380 ml.

2.48



Clover Leaf Sockeye Salmon

213 g.

6.98



Western Family Soda Crackers

Salted or Unsalted Tops
453 g.

2^{FOR} \$6



HOLIDAY ENTERTAINING

Western Family Pickles

Select Varieties
1 litre

2^{FOR} \$8

Western Family Mixed Nuts

Select Varieties
275-300 g.

7.98



Molson Exel Non-Alcoholic Beer

12 x 355 ml.
*Plus Deposit

9.98



Philadelphia Dips

Select Varieties
227 g.

2^{FOR} \$7



Clover Leaf Smoked Oysters

85 g.

2^{FOR} \$4



Clover Leaf Cocktail Shrimp

106 g.

2^{FOR} \$9

Grissol Melba Toast

or Olive Oil Baguettes
120-200 g.

2^{FOR} \$7

Western Family Popcorn

Caramel Cheddar Mix
200 g.

2^{FOR} \$7

Lindt Excellence Chocolate Bars

Select Varieties
100 g.

5.98

MacLaren's Imperial Cheese Spread

Cheddar
230 g.

6.98

Western Family Red Pepper Jelly

300 g.

2^{FOR} \$8



Mott's Clamato Juice

Select Varieties, 1.89 litre
*Plus Deposit

2^{FOR} \$7

HOT! DEAL

SHARE MORE Joy

Lay's Classic Cheddar Cheese
Select Varieties
4 Pack

Tostitos Scoops
Select Varieties
416-418 ml.

Tostitos Salsa
Select Varieties
416-418 ml.

Tostitos Tortilla Chips
Select Varieties
205-300 g.

PepsiCo Beverages
Select Varieties
12 x 355 ml.
*Plus Deposit

Bubly Sparkling Water or Montellier® Carbonated Natural Spring Water
Select Varieties
10-12 x 355 ml.
*Plus Deposit

PepsiCo Beverages
Select Varieties
6 x 222 ml.
*Plus Deposit

SNACK ATTACK!

Dole Fruit Cups

Select Varieties
4 Pack

4⁹⁸



Pepperidge Farm Goldfish Crackers

Select Varieties
180-227 g. or 6 Pack

3⁹⁹



Christie Cookies

Select Varieties
120-303 g.

4⁹⁸

Quaker Chewy Bars

or Dips, Select Varieties
120-156 g.

2⁶

RXBAR Protein Bars

Select Varieties
52 g.

2⁴

Skittles or Starburst

Select Varieties
130-170 g.

2⁶

Jelly Belly Candy

Select Varieties
100 g.

2⁵

Orville Redenbacher Popcorn

Butter Flavour
820 g.

9⁹⁸

Excel Gum

or Juicy Fruit, Select Varieties
60 Pieces.

4⁹⁸

Hawkins Cheezies

210 g.

2⁷

Old Dutch Variety Pack

Mixed Snack or Flavour Favourites
18 Pack

8⁹⁸

Nestlé Chocolate Bars

Select Varieties
1 Pack

2³



Old Dutch Cheese Pleezers

Humpty Dumpty, Crunchys or Pretzels
Select Varieties, 200-400 g.

2⁸



Old Dutch Restaurant Tortilla Chips

or Arriba, Select Varieties
230-295 g.

2⁸



Dutch Crunch Potato Chips

Select Varieties
200 g.

2⁸



THIRSTY?

Western Family 2 Litre Pop
Select Varieties
*Plus Deposit

2³

Lipton Iced Tea
Select Varieties, 12 x 340 ml.
*Plus Deposit

Zoa Zero Sugar Energy Drink
Fruit Punch, 355 ml.
*Plus Deposit

Aquafina Water
1 litre
*Plus Deposit

Ocean Spray Sparkling Cranberry Beverages

Peach or Pomegranate
6 x 340 ml.
*Plus Deposit

5⁹⁸



Ocean Spray Cranberry Cocktail

Select Varieties, 1.89 litre
*Plus Deposit

2⁹



Nanton Spring Water

24 x 500 ml.
*Plus Deposit

2⁹



Mott's Garden Cocktail

Original, 1.89 litre
*Plus Deposit

2⁹



Western Family Juice

Select Varieties, 1 litre
*Plus Deposit

2⁴



Propel Beverages

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

5⁴⁸



Coke or Canada Dry Beverages

Select Varieties, 12 x 355 ml.
*Plus Deposit

8⁴⁸



Pepsi or 7Up Beverages

Select Varieties, 8 x 355 ml.
*Plus Deposit

6⁴⁸



HOUSEHOLD MUST HAVES

Purex Bathroom Tissue
Ultra or Ultra Luxe
Triple 8 Roll or Double 12 Roll

or

Sponge Towels
Paper Towels
Ultra or Ultra Pro, Double 3 Roll

or

Scotties Facial Tissues
or Supreme, 81-126 Tissues
6 Pack

your CHOICE 7⁹⁸

Tide Laundry Detergent
or Pods, Select Varieties
26-32 Use or 31 Pack

11⁹⁸



Fleecy Fabric Softener
Fresh Scent
1.36 litre

6⁹⁸



Cascade Action Pac Dishwasher Detergent
Select Varieties
30-48 Pack

18⁹⁸



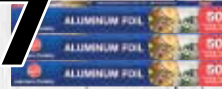
Pine-Sol Multi-Surface Cleaner
Original or Lemon Fresh
1.41 litre

5⁹⁸



Western Family Aluminum Foil
18" x 25' or 12" x 50'

2 FOR \$7



Glad Compost Bags
Small
20 Pack

5⁹⁸



Bounce Fabric Softener
Select Varieties
60-120 Sheets

7⁹⁸



Swiffer Duster Kit
1 Pack

6⁹⁸



Dawn Ultra Dish Liquid
or Platinum Select Varieties
431-473 ml.

2 FOR \$7



Febreze Air Freshener
Select Varieties
250 g. Aerosol

2 FOR \$9



Glad Garbage Bags
Select Varieties, 20-40 Pack

12⁹⁸

Christmas Essentials

Duraflame Firelog
Indoor/Outdoor
2.04 kg.

5⁹⁸



Western Family Dinner Napkins
50 Pack

6⁹⁸



Western Family Party Cups
White or Colour
30-40 Pack

2 FOR \$9

Royal Chinet Lunch Plates
40 Pack

9⁹⁸

Royal Chinet Bowls
15 Pack

2 FOR \$5

Royal Chinet Dinner Plates
40 Pack

13⁹⁸

Western Family Reusable Utensils
Heavy Duty, Select Varieties
48 Pack

2 FOR \$6

Cottonelle Wipes
FreshCare
42 Pack

2 FOR \$7

PERSONAL CARE

Crest Toothpaste
Cavity or Tartar Protection
125 ml.

2 FOR \$4



Gerber Organic Yogurt Melts
Strawberry Banana or Red Berry
28 g.

5⁴⁸



Gerber Arrowroot Biscuits
155 g.

2 FOR \$7



Burt's Bees Baby Bubble Bath
Lotion or Ointment
85-170 g. or 350 ml.

9⁹⁸



Axe Body Care
Select Varieties
76-113 g. or 473 ml.

5⁴⁸



PET'S CORNER

Purina One Dog Food
Beef & Bison
or Lamb & Rice
6.8-7 kg.

32⁹⁸



Western Family Dog Food
Balanced & Complete
2 kg.

7⁹⁸

Purina Dog Chow
or Puppy
2 kg.

8⁹⁸

Pup-Peroni Dog Treats
Bacon Flavour Snacks
75 g.

2²⁸

Milk-Bone Dog Biscuits
Large
2 kg.

7⁹⁸

Milk-Bone Dog Treats
Small Breed or Mini
450-475 g.

2 FOR \$7

Meow Mix Cat Food
Original Choice
1.42 kg.

6⁹⁸

Tidy Cats Cat Litter
Select Varieties
2.72 kg.

14⁹⁸



DAIRY DELIGHTS

**Kraft Singles
or Cheez Whiz**

Select Varieties, 825-900 g.

8⁹⁸

**Kraft
Parmesan**

Grated
500 g.

15⁹⁸

**Kraft
Parmesan Cheese**

Shaved
141 g.

5⁴⁸

**Parkay
Margarine**

Soft Bowl or Quarters, 1.28-1.36 kg.

7⁴⁸

**Philadelphia
Cream Cheese**

Select Varieties, 227-250 g.

4⁹⁸

**Olympic
Yogurt**

Select Varieties
1.75 kg.

11⁹⁸

**Danone Oikos
Drinkable Yogurt**

or Activia, Select Varieties
190 mL, *Plus Deposit

2^{FOR} \$3

**Sunny D
Beverage**

Smooth or Tangy Original
3.78 litre, *Plus Deposit

5⁹⁸

**Simply
Orange Juice**

with Pulp or Pulp Free, Chilled
2.25 litre, *Plus Deposit

9⁹⁸

**International
Delight Coffee
Whitener**

or Baileys, Select Varieties
400-425 mL, *Plus Deposit

2^{FOR} \$6

**Silk
Beverages**

Select Varieties, 1.89 litre
*Plus Deposit

2^{FOR} \$9

**Dairyland
Whipped Cream**

400 g. Aerosol

5⁹⁸

**Dairyland
Old Fashioned
Chocolate Milk**

946 mL, *Plus Deposit

3⁴⁸

**Dairyland
Whipping Cream**

33% or 36%, 946 mL
*Plus Deposit

5⁴⁸

**Dairyland
Lactose Free
Cream**

10%, 946 mL
*Plus Deposit

3⁴⁸

**Dairyland
Egg Nog**

Original or Classic
2 litre, *Plus Deposit

5⁹⁸

**Dairyland
Butter**

Salted, 454 g.

5⁹⁸

HOT DEALS FROM THE FREEZER



Green Giant Simply Steam
Sweet Summer Peas, Frozen
250 g.

4 FOR \$7



Delnor Spinach
Chopped, Frozen
300 g.

2 FOR \$5



Cavendish Farms Hash Brown Patties
Frozen
600 g.

2 FOR \$6



McCain Superfries
Bistro or Tasti Taters, Frozen
Select Varieties, 454-800 g.

2 FOR \$9



Cheemo Perogies
Frozen, Select Varieties, 907 g.

2 FOR \$7



Dr. Oetker Ristorante Pizza
or Casa di Mama, Frozen
Select Varieties, 320-410 g.

4⁹⁸



Boston Market Entrées
Sweet & Sour Chicken
Frozen, 397 g.

2 FOR \$9



Pillsbury Pizza Pops
Frozen, Select Varieties
380 g.

2 FOR \$8



Bassili's Best Meat Lasagna
Frozen, 2.27 kg.

18⁹⁸



Chapman's Super Premium Plus Ice Cream
Select Varieties, 500 ml.

2 FOR \$8

HOT! DEAL



Chapman's Yukon Frozen Novelties
Select Varieties
5-8 Pack
1 litre

2 FOR \$9



Kraft Cool Whip Dessert Topping
Original, Frozen
1 litre

2 FOR \$7



Chapman's Markdale Creamery Ice Cream
Select Varieties, 4 litre

9⁹⁸



Tenderflake Pie or Tart Shells
or Puff Pastry, Frozen
Select Varieties, 255-397 g.

2 FOR \$9



Chapman's Frozen Yogurt
No Sugar Added Ice Cream or Novelties
Select Varieties, 1-2 litre or 6 Pack

6⁴⁸



Nestlé Ice Cream
or Frozen Novelties, Select Varieties
1.5 litre or 4-10 Pack

7⁹⁸

MARKET FRESH PRODUCE

Fresh Cranberries

Ocean Spray, Product of U.S.A.
340 g.

Each **2⁹⁸**

Fresh Lemons

California Grown

Each **48¢**

Fresh Limes

Mexican Grown

Each **48¢**

Baby Seedless Watermelon

Mexican Grown

Each **3⁹⁸**

Golden Pineapple

Product of Costa Rica

Each **6⁹⁸**

Gala Apples

Canadian Grown
Canada Extra Fancy, kg. 4.37

lb. **1⁹⁸**



Assorted Squash

Select Varieties
Canadian Grown, kg. 3.26

lb. **1⁴⁸**



Baby Peeled Carrots

Product of U.S.A.
2 lb. Bag

Each **4⁴⁸**

Broccoli Crowns

U.S. Grown
kg. 8.77

lb. **3⁹⁸**

Green Onions

Mexican Grown
Per Bunch

Each **1²⁸**

Jumbo Yams

U.S. Grown, kg. 4.37

lb. **1⁹⁸**

Celery Stalks

U.S. Grown, #1 Grade, kg. 3.26

lb. **1⁴⁸**

Fresh Express Caesar Salad Kits

Select Varieties
Product of U.S.A.
9.9-10.75 oz.

Each **4⁹⁸**



Brussels Sprouts

Canadian or U.S. Grown, #1 Grade
kg. 6.57

lb. **2⁹⁸**

ORGANICS

Organic Herbs

Canadian Grown
0.5-1 oz. Container

Each **2⁴⁸**



Organic Field Carrots

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

Each **3⁹⁸**

