



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 **JUNE/JULY 2026**

FRI	SAT	SUN	MON	TUES	WED	THURS
26	27	28	29	30	1	2

Pork Sirloin Chops
Value Pack, kg. 7.67

3.48
lb.

Romaine Lettuce
Canadian Grown

1.98
Each

Mandarin Oranges
Peruvian Grown
2 lb. Bag

3.48
Each

Kraft Singles
Regular or Thick
825 g.

6.98

Häagen-Dazs Ice Cream or IÖGO Frozen Yogurt
or Novelties, Select Varieties
450-946 ml. or 3-8 Pack

4.98

Celebrate Food NATIONAL BBQ DAY
- July 4th, 2026 -

Montana's Pork Back Ribs
Texas Style or Chipotle Honey
650 g.

13.98
Each

Kraft BBQ Sauce
Select Varieties
455 ml.

4 FOR \$9

Christie Ritz Crackers
or Toppables
350-454 g.

5.48

Western Family Potato Chips
Select Varieties
235 g.

3 FOR \$6.99

Western Family Mustard
or Dijon
325-400 ml.

2 FOR \$5

BUTCHER SHOPPE



Eye of Round Roast
kg. 19.80

lb. **8⁹⁸**



T-Bone Grilling Steak
Value Pack, kg. 44.05
lb. **19⁹⁸**



Eye of Round Steak
Value Pack
kg. 22.00

lb. **9⁹⁸**



Montana's Angus Beef Burgers

Frozen
906 g.

Each **19⁹⁸**



Western Family Angus Beef Burgers

Cheddar Bacon
Frozen, 852 g.

Each **21⁹⁸**



Western Family Rancher Beef Burgers

Frozen
1.7 kg.

Each **25⁹⁸**



Western Family Chicken Burgers

Frozen
800 g.

Each **9⁹⁸**



Western Family Prime Rib Burgers

Beef, Sirloin or Angus, Frozen
852 g.-1.02 kg.

Each **17⁹⁸**



Pork Sirloin Roast
kg. 6.57
lb. **2⁹⁸**



Flamingo Breaded Chicken

Frozen, Select Varieties
550-700 g.

Each **12⁹⁸**



Western Family Boneless, Skinless Chicken Thighs

Frozen, 3 kg.

Each **33⁹⁸**



Western Family Boneless, Skinless Chicken Breasts

Frozen, 3 kg.

Each **33⁹⁸**



SMOKED & PACKAGED MEATS

Freybe Sliced Salami

Select Varieties
125 g.

2 FOR \$10



Freybe Ham Sticks

Original or Honey
500 g.

Each **10⁹⁸**



Girrm's Sizzlin' Smokies

Select Varieties
450 g.

Each **8⁹⁸**



Olymel Sliced Meat

Select Varieties
500 g.

Each **7⁹⁸**

Olymel Duo Pack

Select Varieties
250-300 g.

Each **4⁹⁸**



Western Family Chicken Wings

or Stuffed Chicken Cutlettes
Frozen, Select Varieties
750-852 g.

Each **14⁹⁸**



Western Family Bacon

Regular or Thick Cut
375 g.

Each **5⁹⁸**



Western Family Meatballs

Frozen, Select Varieties
680 g.

Each **10⁹⁸**



Western Family Meat Pies

Frozen, Select Varieties
750 g.

Each **12⁹⁸**



DELI

DELI SPECIALS MAY NOT BE AVAILABLE AT ALL AG FOODS LOCATIONS.

Freybe Deli Sausages

Select Varieties

..... Per 100 g. **1⁸⁹**



Marc Angelo Deli Meats

Select Varieties
85 g.

..... Each **7⁹⁸**



Deli Beer Sausage

Summer or Beef

..... Per 100 g. **2⁸⁹**



SEAFOOD

SEAFOOD SPECIALS MAY NOT BE AVAILABLE AT ALL AG FOODS LOCATIONS.



Atlantic Salmon Fillet
Skin On, 300 g.
4⁴⁸
Per 100 g.



Western Family Seafood Medley
Frozen 300 g.

Each **7⁹⁸**



Western Family Crunchy Butterfly Shrimp
Frozen 680 g.

Each **13⁹⁸**



Western Family Prawn Platter
with Sauce, Frozen 454 g.

Each **13⁹⁸**



Western Family Shrimp Ring
Frozen 227 g.

Each **8⁹⁸**



Western Family Wild Argentine Prawns
Raw, Easy Peel, Deveined, Frozen 16-30 Count, 340 g.

Each **10⁹⁸**



Western Family Crispy Torpedo Shrimp
Frozen 250 g.

Each **8⁹⁸**



HOT DEALS FROM THE FREEZER

Green Giant Vegetables

or Valley Selection, Frozen Select Varieties, 400-750 g.

3⁷⁸



Cavendish Farms Fries

Frozen, Select Varieties 800 g.

3⁹⁹



Western Family Hashbrown Potatoes

Chunky Diced, Frozen 1.3 kg.

6⁴⁸



Pillsbury Toaster Strudel

Strawberry, Frozen 326 g.

3⁴⁸



Cheemo Perogies

Frozen, Select Varieties 907 g.

2^{FOR} \$7



Rustica Pizza

Frozen, Select Varieties 645-867 g.

7⁹⁸



Pillsbury Pizza Pops

Frozen, Select Varieties 380 g.

2^{FOR} \$8



Bassili's Best Lasagna

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

7⁴⁸



Kraft Cool Whip Dessert Topping

Regular or Light, Frozen 1 litre

3⁹⁸



Chapman's Frozen Yogurt

No Sugar Added Ice Cream or Novelties, Select Varieties 1-2 litre or 6-20 Pack

7⁹⁸



Breyers Creamery Style Ice Cream

Select Varieties, 1.41 litre

6⁹⁸



Island Farms Ice Cream

Select Varieties 1.65 litre

7⁹⁸



Western Family Waffle Cones

12 Pack

2^{FOR} \$9



Smucker's Sundae Syrup

Select Varieties 428 ml.

4⁹⁸



Western Family Shredded Hashbrown Potatoes
Frozen, 1 kg.

4⁹⁸



DAIRY DELIGHTS

Dairyland Creamo

or Fat Free, 946 ml.
*Plus Deposit

4²⁸

Dairyland Milk 2 Go Sport Pro

Vanilla or Chocolate, 473 ml.
*Plus Deposit

2^F \$6^R

Dairyland Sour Cream

Select Varieties
250 ml.

1⁹⁸

Dairyland Chocolate Milk

Reduced Sugar or Strawberry
1 litre, *Plus Deposit

2^F \$6^R

Neilson Milkshakes

Select Varieties, 310 ml.
*Plus Deposit

4^F \$7^R



Cracker Barrel Cheese

Select Varieties, 600 g.

10⁹⁸



Parkay Margarine

Soft Bowl or Quarters
1.28-1.36 kg.

7⁹⁸



Kraft Cheez Whiz

Regular or Light
900 g.

9⁹⁸



Kraft Velveeta Cheese Loaf

900 g.

Woolwich Goat Cheese

Original
113 g.

Black Diamond Cheestrings

Marble
8 Pack

Kraft Parmesan Cheese

Shaved
141 g.

Millionaires Anchovies

Flat Fillets
50 g.

Olympic Greek Yogurt

Plain or Vanilla
650 g.

Yoplait Multipack Yogurt

Select Varieties
16 x 100 g.

Oasis Smoothie

or Arizona Iced Tea, Chilled
Select Varieties, 1.54-1.6 litre
*Plus Deposit

International Delight Coffee Enhancer

or Baileys, Select Varieties
400-425 ml., *Plus Deposit

13⁹⁸

2^F \$7^R

2^F \$9^R

5⁴⁸

2^F \$7^R

5⁹⁸

8⁹⁸

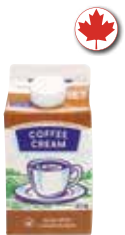
4⁹⁸

2^F \$6^R

Dairyland Coffee Cream

or Whipping Cream, 473 ml.
*Plus Deposit

2⁹⁸



Siggi's Icelandic Skyr Yogurt

Select Varieties
650-750 g.

6⁴⁸



Olympic Yogurt

or Krema, Select Varieties
650 g.

4⁹⁸



Oasis Orange Juice

with Pulp or No Pulp, Chilled
1.5 litre, *Plus Deposit

5⁹⁸



GOOD MORNING!

Kellogg's Cereal

or Kashi, Select Varieties
306-525 g.

2^F \$11^R



Harvest Crunch Granola

Select Varieties
400-510 g.

5⁴⁸



Only Goodness Rolled Oats

Gluten Free
1 kg.

6⁹⁸



Adams Natural Peanut Butter

Creamy or Crunchy
1 kg.

8⁹⁸



Smucker's Blueberry Spread

No Sugar Added
310 ml.

5⁹⁸



Boost Shakes

Select Varieties, 6 x 237 ml.
*Plus Deposit

13⁹⁸



Nabob Coffee

Tradition or Organic
915-930 g.

23⁹⁸



Ethical Bean Whole Coffee Beans

Select Varieties
340 g.

13⁹⁸



Ethical Bean Ground Coffee

Classic or Lush
227 g.

11⁹⁸



Van Houtte Coffee

Original House Blend
24 K-Cups

21⁹⁸



Folgers Coffee

Select Varieties
12 K-Cups

8⁹⁸



Red Rose Orange Pekoe Tea

or Decaf
40-70 Bags

Truvia Sweetener

270 g.

5⁴⁸

6⁹⁸

Quaker Cereal

Select Varieties, 350-500 g.

2^F \$8^R

GROCERY ESSENTIALS



**Hellmann's
Mayonnaise**

Select Varieties, 340-445 ml.

2 FOR \$7



**French's
Ketchup**

Select Varieties, 750 ml.-1 litre

3⁹⁸



**Kraft
Pure Dressing**

Cucumber Greek or Maple & Dijon
355 ml.

6⁴⁸



**Club House
Seasoning**

or Blends, Select Varieties
120-161 g.

5⁴⁸



**Hellmann's
Burger Sauce**

325 ml.

4⁷⁸



**Bick's
Pickles**

Select Varieties
500-750 ml.

2 FOR \$9



**Only Goodness
Organic Broth**

Select Varieties
946 ml.

2 FOR \$5

**Ocean's
Albacore Tuna**

Solid or Flaked
Select Varieties, 170 g.

2 FOR \$7

**Del Monte
Fruit**

Peaches or Mandarin Oranges
540 ml.

2 FOR \$9

**Idahoan
Mashed
Potatoes**

Select Varieties
113 g.

3 FOR \$4⁹⁸

**Unico
Beans**

or Chick Peas
No Salt Added
Select Varieties, 540 ml.

2 FOR \$4

**KD
Deluxe**

or Velveeta
350-400 g.

2 FOR \$6

**Club House Caesar
Rim Seasoning**

180 g.

3⁹⁸

**Ben's Original
Basmati Rice**

400 g.

4⁹⁸

**Heinz
Salad Cream**

English Style
265 ml.

4²⁸

**Canola Harvest
Canola Oil**

1.42 litre.

7⁴⁸

**Only Goodness
Coconut Oil**

Organic, Virgin
860 ml.

10⁹⁸

**Only Goodness
Tomato Paste**

Organic, No Salt Added
156 ml.

2 FOR \$4

**Only Goodness
Pesto**

Organic
180 ml.

4⁹⁸

**Western Family
Pasta**

or Egg Noodles, Select Varieties
375-900 g.

2 FOR \$5



**Only Goodness
Tomato Sauce**

or Western Family
398 ml.

2 FOR \$3



**Catelli Garden Select
Pasta Sauce**

Select Varieties
600 ml.

2 FOR \$7



**Unico
Tomatoes**

Select Varieties, 796 ml.

3 FOR \$6⁹⁹



**HOT!
DEAL**

MAKE SOMETHING SWEET

**E.D. Smith
Pie Filling**

or Pumpkin, Select Varieties
540-796 ml.

6⁴⁸



**Realemon
Lemon Juice**

or Realime
440 ml.

2²⁸



**Betty Crocker
Cake Mix**

Select Varieties
375-404 g.

2 FOR \$4



**Betty Crocker
Frosting**

Select Varieties
340-450 g.

2 FOR \$6



**Reynolds Kitchens
Baking Cups**

White or Rainbow
50 Pack

4 FOR \$5



**Western Family
All Purpose Flour**

5 kg.

6⁹⁸



**Carnation
Evaporated Milk**

354 ml.

2⁷⁸



**Western Family
Pitted Prunes**

or Dried Mixed Berries
165-175 g.

2 FOR \$7



SNACK ATTACK!



Lay's Potato Chips
Select Varieties, 177-235 g.

2 FOR \$7

Dare Ultimate Cookies

Simple Pleasures, Wagon Wheels or Viva Puffs, Select Varieties 290-360 g.

2 FOR \$8



Quaker Yogurt Granola Bars

Vanilla or Strawberry 175 g.

2 FOR \$7



Del Monte Fruit

Very Cherry or Orchard Peach 20 Pack

2 FOR \$11.98



Nestlé Tablet Bars

Select Varieties 95-105 g.

2 FOR \$7



Carr's Table Water Crackers

Select Varieties 125 g.

2 FOR \$6

Kellogg's Family Size Pop-Tarts

or Rice Krispies Squares 352-768 g.

5.98

M&M's Chocolate

or Maltesers, Select Varieties 95-100 g.

2 FOR \$8

Mars King Size Chocolate Bars

Snickers or Twix 85-93 g.

2 FOR \$5

Cadbury Chocolate Bars

Select Varieties 32-50 g.

3 FOR \$4.98

Trident Gum

Select Varieties 1 Pack

2 FOR \$3

Pringles Snack Stacks

Select Varieties 12 Pack

5.98

Corn Nuts Snacks

Select Varieties 200 g.

2 FOR \$6

Takis Tortilla Chips

Select Varieties 190-280 g.

2 FOR \$7

Frito-Lay Mini Snacks

Select Varieties 81-145 g.

2 FOR \$7



Cheetos Snacks

Select Varieties 170-285 g.

2 FOR \$8



Christie Good Thins

Select Varieties 100 g.

2 FOR \$9



Western Family Salsa

Select Varieties 650 ml.

2 FOR \$9



Clausthaler Non-Alcoholic Beer

Original, 4 x 330 ml.

5.48

Budweiser Zero Non-Alcoholic Beer

12 x 355 ml., *Plus Deposit

15.98

Sparkling Ice Beverages

Select Varieties, 503 ml.

3 FOR \$4.98

Nanton Spring Water

24 x 500 ml.

2 FOR \$9

Minute Maid or Five Alive

or Fuze, Select Varieties 8-10 x 200 ml., *Plus Deposit

4.98

Dole Pineapple Juice

or Light, 1.36 litre

5.98

Gatorade Sports Beverages

Select Varieties, 8 x 355 ml.

8.98

Fuze Iced Tea

Select Varieties 12 x 341-355 ml.

8.98

Pepsi or 7Up Minis

Select Varieties, 6 x 222 ml.

2 FOR \$9

Pepsi or 7Up Beverages

Select Varieties, 2 litre

3.28

Western Family Sparkling Water

Select Varieties, 12 x 355 ml.

2 FOR \$11



SunRype Juice

Select Varieties, 900 ml.

4 FOR \$9



Snapple Beverages

Select Varieties, 473 ml.

4 FOR \$5



Good Host Iced Tea Mix

2.35 kg.

17.98



V8 Vegetable Cocktail

Select Varieties, 6 x 156 ml.

2 FOR \$9



Coke or Canada Dry Minis

Select Varieties, 6 x 222 ml.

4.98



Coke or Canada Dry Beverages

Select Varieties, 12 x 355 ml.

8.48



Pepsi or 7Up Beverages

Select Varieties, 12 x 355 ml.

8.48



THIRSTY?

Pure Life Spring Water

1.5 litre

4 FOR \$5



Peace Tea Iced Tea

Select Varieties, 12 x 341 ml.

8.98

HOUSEHOLD MUST HAVES



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

OR

Sponge Towels
Ultra Pro
or Ultra
3 Double Roll

OR

Scotties
Facial Tissues
or Supreme
81-126 Tissues
6 Pack

8⁹⁸

your
CHOICE

Western Family
Dish Liquid
or Only Goodness, Select Varieties
532 ml.

2⁷⁸



Western Family
Ammonia
Sudsy or Household
1.8 litre

2^{FOR} \$7



Reynolds Kitchen
Wax Paper

Cut-Rite
12" x 75'

3⁹⁸



Alcan
Aluminum Foil

Non-Stick
12" x 25'

2^{FOR} \$8



Scotch
Packing Tape

1 Roll

2^{FOR} \$9



Scotch Brite
Scour Pads

Heavy Duty
4 Pack

3⁹⁸



Bounce
Fabric Softener

Select Varieties
60-120 Sheets

7⁹⁸



Arm & Hammer
Carpet & Room
Deodorizer

Pet Fresh or Meadow Fresh, 700 g.

2^{FOR} \$7



More Favourites...

Command Picture
Hanging Strips
Select Varieties
4-8 Pack **2^{FOR} \$11**

Command Picture
Hanging Strips
Big Pack
16 Pack **2¹⁹⁸**

BinBreeze Indoor
Compost Powder

Unscented or Lavender
450 g.

7⁹⁸



Gain
Laundry
Detergent

Select Varieties, 32 Use

7⁹⁸

PERSONAL CARE

Method Men's 2 In 1
Shampoo & Conditioner

Sea Surf or Glacier Granite
414 ml.

9⁹⁸



Herbal Essences
Hair & Body Wash

or Conditioner, Select Varieties
346 ml.

2^{FOR} \$8



Coppertone
Sunscreen

Select Varieties
148-259 ml.

14⁹⁸



Tylenol
Extra Strength

Caplets or Tablets
Extra Strength
24 Pack

4⁹⁸



Huggies Snug & Dry
Diapers

Select Varieties
84-126 Pack

42⁹⁸



Coppertone
Duo Pack
Sunscreen

Select Varieties, 215 ml., 2 Pack

25⁹⁸



PET'S CORNER

Beneful
Dog Food

Select Varieties
1.6-1.8 kg.

9⁹⁸



Purina One
Dog Food

Select Varieties
7 kg.

33⁹⁸



Nutri-Choice Advantage
Cat Food

Chicken & Brown Rice
6 kg.

18⁹⁸



Fancy Feast
Cat Food

Select Varieties
85 g., 12 Pack

13⁹⁸




MARKET FRESH PRODUCE



Hot House Roma Tomatoes
Canadian Grown, kg. 4.37

1⁹⁸
lb.



White
Cauliflower
U.S. Grown, #1 Grade
kg. 4.37

lb. **1⁹⁸**



Fresh
Carrots
Canadian Grown
Per Bunch

Each **2⁴⁸**



Fresh
Spinach
Canadian Grown
Per Bunch

Each **1⁹⁸**



ORGANICS

Organic
Portabella Mushrooms

Whole, Canadian Grown
170 g.

Each **4⁴⁸**



Hot House
Rainbow Peppers
Canadian Grown
3 Pack

Each **3⁹⁸**



Fresh Express
Spinach
Product of U.S.A.
8 oz.

Each **3⁴⁸**




Fresh Blackberries
U.S. or Mexican Grown, 6 oz.

4⁹⁸
Each



Cantaloupe
Melon

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

lb. **1⁹⁸**



Green Seedless Grapes

Mexican Grown, #1 Grade, kg. 10.98

lb. **4⁹⁸**

Organic
Green Kale

Canadian Grown
Per Bunch

Each **2⁹⁸**



Red or Black
Plums

California Grown
kg. 6.57

lb. **2⁹⁸**



Organic
Baby Peeled Carrots

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

Each **2⁹⁸**



BAKERY BARGAINS



Unslice Bread
100% Whole Wheat

2⁴⁸
Each



Donut
Rings
6 Pack

Each **4⁹⁸**



Cyrus O'Leary
8" Cream Pies

Select Varieties
822-851 g.

Each **13⁹⁸**



Two-Bite Cupcakes

Vanilla or Chocolate
12 Pack

Each **6⁹⁸**

Promise Gluten Free Hamburger Buns
or Hot Dog
260-280 g. Each **10⁹⁸**

Mini
Donuts

Select Varieties
14-16 Pack

Each **5⁹⁸**



Dempster's
Hamburger or Hot Dog Buns

Select Varieties, 6-8 Pack

2 FOR \$8



Natural Bakery
Canadian Rye Bread
500 g.

Each **2⁹⁸**



BAKERY SPECIALS MAY NOT BE AVAILABLE AT ALL AG FOODS LOCATIONS.