



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 JANUARY 2026						
FRI	SAT	SUN	MON	TUES	WED	THURS
9	10	11	12	13	14	15

Beef Braising Short Ribs

kg. 22.00

lb. **9⁹⁸**

CANADIAN BEEF



Primo Pasta Sauce

or Tomato, Select Varieties
680 ml.

2 FOR \$4



Primo Pasta

Spaghetti or Elbows, 454 g.

98¢



Western Family Coffee

Original Blend or Dark Roast, 30 Pods

15⁹⁸



White Mushrooms

Whole or Sliced, Canadian Grown
227 g.

Each **1⁹⁸**



Navel Oranges

California Grown

Each **12⁹⁸**

10 LB.
CONSUMER
PACK



BUTCHER SHOPPE

Eye of Round Oven Roast

kg. 22.00

lb. **9⁹⁸**



Hip Minute Steak

Value Pack
kg. 24.21

lb. **10⁹⁸**

Sirloin Tip Marinating Steak

Value Pack
kg. 22.00

lb. **9⁹⁸**

Whole Frying Chicken

Value Pack, kg. 8.77

lb. **3⁹⁸**

Chicken Drumsticks

Value Pack, kg. 8.77

lb. **3⁹⁸**

Pork Shoulder Blade Steak

kg. 8.77

lb. **3⁹⁸**

Pork Shoulder Blade Roast

Boneless
kg. 10.98

lb. **4⁹⁸**

Chicken Thighs

Value Pack, kg. 10.98

lb. **4⁹⁸**

Pork Sirloin Roast

Boneless
kg. 8.77

lb. **3⁹⁸**

Chicken Legs

Back Attached, Value Pack
kg. 7.67

lb. **3⁴⁸**



SMOKED & PACKAGED MEATS

Janes Pub Style Chicken

Frozen, Select Varieties, 700 g.

Each **11⁹⁸**



Western Family Garlic Sausage

750 g.

Each **9⁹⁸**



Grimm's Pepperoni Bites

Select Varieties, 300-375 g.

Each **6⁹⁸**



Western Family Cooked Ham

or Bologna, 175 g.

2 FOR \$7



Freybe Pepperoni Snackers

Select Varieties, 125 g.

2 FOR \$8



DELI



Freybe Salami

Select Varieties

Per 100 g. **2⁹⁸**

SEAFOOD



Western Family Butterfly Crunchy Shrimp

Frozen, 680 g.

13⁹⁸ Each



Clear Ocean Salad Scallops

Cooked, Frozen, 227 g.

3⁹⁸ Each



Clear Ocean Pacific Scallops

Frozen, 227 g.

11⁹⁸ Each

HOT DEALS FROM THE FREEZER

Cavendish Farms Fries

Frozen, Select Varieties
800 g.

2⁹⁸ FOR \$6



Cheemo Perogies

Cheddar or Variety Pack
Frozen, 2 kg.

6⁹⁸



Dr. Oetker Ristorante Pizza

or Casa di Mama, Frozen
Select Varieties, 320-410 g.

5⁹⁸



Pogo Corn Dogs

Original, Frozen
300 g.

4⁹⁸



Michelina's Entrées

Frozen, Select Varieties
255-284 g.

2⁹⁸ FOR \$4



Kraft Cool Whip Dessert Topping

Regular
Frozen, 1 litre

2⁹⁸ FOR \$7



Nestlé Ice Cream

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

4⁹⁸

HOT! DEAL



Chapman's Super Premium Plus Ice Cream

Select Varieties, 500 ml.

4²⁸



More Favourites...

Kraft Grated Parmesan Cheese
100% or Italian Blend
250 g. **9⁹⁸**

Tenderflake Lard
454 g. **4⁹⁸**

Kraft Singles
Regular or Thick
825 g. **11⁹⁸**

Black Diamond Sliced Cheese
Old White Cheddar
220 g. **2 FOR \$11**

Parkay Margarine
427 g. **2 FOR \$5**

Kraft Cheese
Select Varieties
250 g. **2 FOR \$8**



DAIRY DELIGHTS



Imperial Margarine
Quarters or Soft Bowl
1.28-1.36 kg. **7⁹⁸**



Lactantia Butter
Salted
454 g. **6⁹⁸**



Black Diamond Cheese
Select Varieties
400 g. **6⁴⁸**

Oasis Smoothie
or Arizona Iced Tea, Chilled
Select Varieties, 1.54-1.6 litre
*Plus Deposit. **4⁹⁸**

Oasis Premium Orange Juice
with Pulp or No Pulp, Chilled
1.5 litre, *Plus Deposit. **5⁹⁸**

Dairyland Whipping Cream
33% or 36%, 946 ml.
*Plus Deposit. **5⁴⁸**

Dairyland Coffee Cream
18%, 946 ml.
*Plus Deposit. **4⁴⁸**

Dairyland Chocolate Milk
or Reduced Sugar, 1.89 litre
*Plus Deposit. **4⁹⁸**

Dairyland Microfiltered Milk
Select Varieties, 1.89 litre
*Plus Deposit. **4⁹⁸**

Oikos Yogurt
Select Varieties
650-750 g. **6⁹⁸**

Activia Multipack Yogurt
Select Varieties
12 x 95-100 g. **6⁹⁸**

Olympic Organic Sour Cream
500 ml. **2 FOR \$9**



Philadelphia Cream Cheese
Select Varieties
227-250 g. **4⁹⁸**



Astro Yogurt
Balkan Style
750 g. **3 FOR \$9⁹⁹**



Philadelphia Dips
Select Varieties
227 g. **2 FOR \$7**



Cracker Barrel Shredded Cheese
Select Varieties
250-320 g. **7⁹⁸**



GOOD MORNING

Smucker's Pure Jam
Jelly or Marmalade
Select Varieties, 500 ml. **6⁴⁸**



Western Family Honey Bear
Liquid
375 g. **4⁹⁸**



Only Goodness Organic Peanut Butter
Select Varieties
500 g. **2 FOR \$9**



Nestlé Coffee-Mate
1.4 kg. **12⁹⁸**



Western Family Oatmeal
Maple & Brown Sugar
344 g. **2 FOR \$7**



Tetley Orange Pekoe Tea
72 Bags **5⁹⁸**



Kicking Horse Coffee
Select Varieties, 454 g. **17⁹⁸**



Only Goodness Rolled Oats
Gluten Free
1 kg. **6⁹⁸**

Nestlé Carnation Hot Chocolate
1.7 kg. **21⁹⁸**



Kellogg's Family Size Cereal
Select Varieties
450-650 g. **6⁴⁸**



Quaker Cereal
Select Varieties
350-500 g. **2 FOR \$8**



Only Goodness Organic Granola
Coconut & Chia
or Pumpkin Seed & Flax
325 g. **3⁹⁸**



Harvest Crunch Granola
Select Varieties
400-510 g. **4⁹⁸**



GROCERY ESSENTIALS

Minute Rice

Long Grain
1.4 kg.

8⁹⁸



Heinz Beans

or Pasta, Select Varieties, 398 ml.

3^{FOR} 3⁹⁹

HOT! DEAL

Splendor Spaghetti

or Macaroni
2 kg.

11⁹⁸



Canola Harvest Canola Oil

1.42 litre

6⁹⁸



Mr. Noodles Instant Noodles

Select Varieties
85 g.

2^{FOR} \$1

Western Family Sockeye Salmon

213 g.

5⁴⁸

Maple Leaf Flakes of Ham

or Chicken
156 g.

3^{FOR} 9⁹⁹

Western Family Spices

Select Varieties
105-155 g.

2^{FOR} \$9

Lundberg White Basmati Rice

or Wild Blend
454-907 g.

8⁹⁸

Kraft

Miracle Whip

Original or Calorie-Wise
475 ml.

4²⁸

Only Goodness Organic Olive Oil

Unfiltered
750 ml.

17⁹⁸

Allen's

White Vinegar

500 ml.

2^{FOR} \$3

Western Family Ripe Olives

Pitted Large or Sliced
398 ml.

2^{FOR} \$5

Unico

Capers

125 ml.

2^{FOR} \$6

Western Family Mustard

or Relish, Select Varieties
325-400 ml.

2^{FOR} \$5

Western Family Ketchup

1 litre

2^{FOR} \$8

Primo Pizza Sauce

Select Varieties
375 ml.

2^{FOR} \$5

KFI

Cooking Sauce

Butter Chicken or Tikka Masala
375 ml.

4⁹⁸

Western Family Mushrooms

Sliced
284 ml.

3^{FOR} 3⁹⁹



Primo Beans

Lentils or Chick Peas
Select Varieties
540 ml.

3^{FOR} 4⁹⁸



KD Deluxe Macaroni & Cheese

Velveeta on Shells
350 g.

2^{FOR} \$6



Tim Horton Soup

or Chili, Select Varieties
540 ml. or 425 g.

2^{FOR} \$7



Campbell's Cream of Mushroom Soup

Tomato, Vegetable or Chicken Noodle
Select Varieties, 284 ml.

3^{FOR} 4⁹⁸



Lipton Soup Mix

or Knorr, Select Varieties
4 Pack

2^{FOR} \$7



Del Monte Fruit

Sliced Peaches or Mandarins
540 ml.

2^{FOR} \$9



Bick's Pickles

Select Varieties
1 litre

5⁴⁸



TACO NIGHT!

Old El Paso Taco Shells

or Cheesy Blasted
153-191 g.

2^{FOR} \$8

Old El Paso Tortillas

Select Varieties
297-334 g.

2^{FOR} \$6

Old El Paso Thick N' Chunky Salsa

Mild or Medium
650 ml.

4⁹⁸

Old El Paso Green Chilies

Chopped, 113 ml.

2^{FOR} \$4

Old El Paso Taco Sauce

Medium or Mild, 243 ml.

2^{FOR} \$7

Old El Paso Taco Shells

or Stand n' Stuff
125-133 g.

2^{FOR} \$5

Old El Paso Taco Seasoning Mix

Select Varieties
1 Pack

4^{FOR} \$5



Old El Paso Refried Beans

or Sliced Jalapeño
Select Varieties
250-398 ml.

3^{FOR} 7⁹⁸



Old El Paso Dinner Kits

Select Varieties, 250-510 g.

2^{FOR} \$9

BAKING BUYS

Hershey's Chipits

Semi Sweet
925 g.

17⁹⁸



Western Family Pitted Prunes

175 g.

2^{FOR} \$7



Quaker Muffin Mix

Bran
900 g.

5⁹⁸



Rogers Flour

Select Varieties
10 kg.

12⁹⁸



HOT! DEAL

SNACK ATTACK!



**Miss Vickie's
Potato Chips**

Select Varieties, 190-200 g.

4²⁸

**Old Dutch
Arriba Tortilla
Chips**

Select Varieties
235-245 g.

3⁷⁸



**Lay's
Family Size
Potato Chips**

Select Varieties
117-235 g.

4²⁸



**Hawkins
Cheezies**

285 g.

2^{FOR} \$8



**Dutch Crunch
Potato Chips**

Select Varieties
200 g.

2^{FOR} \$8



**Cadbury
Fingers**

Original or White Chocolate
114 g.

4⁹⁸

**SunRype
Fruit to Go Bites**

Select Varieties
14 Pack

2^{FOR} \$8

**Western Family
Popcorn**

Select Varieties
3 Pack

3^{FOR} 7⁹⁸

**Excel
Gum**

or Juicy Fruit, Select Varieties
1 Pack

4^{FOR} \$5

**Pringles
Potato Chips**

Original or Sour Cream & Onion
37-39 g.

3^{FOR} \$3

**Corn Nuts
Corn Snacks**

Select Varieties
200 g.

2^{FOR} \$6

**M&M's or Mars
Chocolate**

Select Varieties
1 Pack

2^{FOR} \$3

**Del Monte
Fruit Cups**

Select Varieties
4 Pack

2^{FOR} \$11



**Western Family
Cookies**

Select Varieties
300-350 g.

2^{FOR} \$8



**Tim Hortons
Granola Bars**

Boston Cream or Double Chocolate
5 Pack

3^{FOR} 7⁹⁸



**Nestlé King Size
Chocolate Bars**

Select Varieties
63-86 g.

2^{FOR} \$5



**Christie
Good Thins**

Select Varieties
100 g.

2^{FOR} \$9



THIRSTY?

**Pure Life
Spring Water**

12 x 500 ml.
*Plus Deposit

2^{FOR} \$8

**Glaceau
Vitamin Water**

Select Varieties, 591 ml.
*Plus Deposit

2^{FOR} \$5

**Aquafina
Water**

1 litre
*Plus Deposit

2^{FOR} \$4

**Pepsi or 7Up
Minis**

Select Varieties, 6 x 222 ml.
*Plus Deposit

4²⁸

**Pepsi or 7Up
Beverages**

Select Varieties, 1 litre
*Plus Deposit

3^{FOR} 6⁹⁹

**Monster
Energy Drink**

or Reign, Select Varieties
4 x 473 ml., *Plus Deposit

10⁹⁸

**Molson Exel
Non-Alcoholic Beer**

12 x 355 ml.
*Plus Deposit

9⁹⁸



**Mott's
Clamato Juice**

Original, 2.54 litre
*Plus Deposit

5⁹⁸



**Minute Maid
or Five Alive**

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

2^{FOR} \$9



**SunRype
Pure Apple Juice**

1 litre
*Plus Deposit

2^{FOR} \$5



**San Pellegrino
Sparkling Beverages**

Select Varieties, 6 x 330 ml.
*Plus Deposit

6⁹⁸



**Gatorade
Alkaline Water**

700 ml.
*Plus Deposit

2^{FOR} \$4



**Gatorade
Sports Beverage**

Select Varieties, 710 ml.
*Plus Deposit

4^{FOR} \$9



**Pepsi or 7Up
Beverages**

Select Varieties, 24 x 355 ml.
*Plus Deposit

14⁹⁸



**Coke or Canada Dry
Beverages**

Select Varieties, 2 litre
*Plus Deposit

2^{FOR} \$6



**Western Family
Pop**

Select Varieties, 12 x 355 ml.
*Plus Deposit

6⁴⁸



HOUSEHOLD MUST HAVES

Febreze Bathroom Air Freshener

Linens & Sky or Hawaiian Aloha
1 Pack

2 FOR \$9

Purex Bathroom Tissue

Double 24 Roll

16⁹⁸

Scotch Brite Scrub Sponges

Gentle Clean
3 Pack

3⁹⁸

Pledge Furniture Polish

Lemon
275 g. Aerosol

7⁹⁸

Febreze Fabric Refresher

Antibacterial or Extra Strength
700 ml.

6⁹⁸

Windex Glass Cleaner

Refill
2 litre

8⁹⁸

Ziploc Sandwich Bags

40 Pack

2 FOR \$7

Clorox Bleach

Original
1.27 litre

3⁴⁸

Bounce Fabric Softener

Select Varieties
80 Sheets

2 FOR \$11

Tide Pods Laundry Detergent

Select Varieties
45-76 Pack

25⁹⁸

Mr. Clean Clean Freak Starter Kit

Lemon Zest or Unstoppables
473 ml.

6⁹⁸

Cascade Complete Dishwasher Detergent

3.4 kg.

9⁹⁸

Glad Garbage Bags

Small or Tall
60-100 Pack

12⁹⁸

Palmolive Dish Liquid

Original or Lemon
828 ml.

2 FOR \$8

Tide Laundry Detergent

Select Varieties, 26-32 Use

11⁹⁸

PERSONAL CARE

Chapstick Lip Balm

Select Varieties
1 Pack

2 FOR \$4

Drixoral Nasal Congestion Spray

25 ml.

7⁹⁸

Colgate Toothpaste

Select Varieties
75-120 ml.

2 FOR \$4

Energizer Max Batteries

AA or 9 Volt
1-4 Pack

7⁹⁸

Energizer Max AAA Batteries

2 Pack

5⁹⁸

Gerber Organic Baby Cereal

Banana Wheat
208 g.

6⁴⁸

Huggies Snug & Dry Diapers

or Little Snugglers
Select Varieties
66-128 Pack

41⁹⁸

Dove Men+ Care Face & Body Wash

Select Varieties
532 ml.

8⁹⁸

Pampers Swaddlers Diapers

Select Varieties
16-32 Pack

17⁹⁸

PET'S CORNER

Beneful Dog Food

Select Varieties
7 kg.

29⁹⁸

Pedigree Chopped Dog Food

Chicken or Beef
375 g.

2 FOR \$4

Meow Mix Cat Food

Select Varieties
1.36-1.42 kg.

6⁹⁸

Super Saver Cat Litter

Anti-Bacterial
16 kg.

15⁹⁸

MARKET FRESH PRODUCE

Ambrosia Apples

Canadian Grown, Canada Extra Fancy
kg. 4.37

1⁹⁸
lb.



Sweet Mangoes

Product of Brazil or Peru

Each 2⁴⁸



Fresh Avocados

Mexican Grown

Each 9^{8¢}



Red Grapefruit

California Grown
3 lb. Bag

Each 6⁹⁸



Kiwi Fruit

Product of Italy or New Zealand

4 FOR \$5



Red Seedless Grapes

Chilean or Peruvian Grown
#1 Grade, kg. 13.18

5⁹⁸
lb.



Baby Peeled Carrots

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

Each 1⁹⁸



Green Leaf Lettuce

U.S. Grown

Each 2⁴⁸



Hot House Tomatoes on the Vine

Canadian or Mexican Grown
#1 Grade
kg. 6.57

lb. 2⁹⁸



Rainbow Peppers

Mexican Grown
3 Pack

Each 6⁹⁸



Fresh Express Spinach

Product of U.S.A.
8 oz.

Each 1⁹⁸



The Little Potato Company Potatoes

Red, Yellow or Trio, Canadian
or U.S. Grown, #1 Grade, 1.5 lb.

Each 3⁹⁸



ORGANICS

Organic Gala Apples

Canadian or Washington Grown
Fancy Grade, 3 lb. Bag

Each 6⁹⁸



Organic Garlic

California or Mexican Grown
85 g.

Each 3⁹⁸



BAKERY BARGAINS

California Sourdough Bread

or 100% Whole Wheat
Unsalted

Each 2⁴⁸



Fresh 9" Submarine Buns

White
4 Pack

Each 2⁴⁸



Raspberry Bismarks

or Venetian Cream Filled
6 Pack

Each 5⁹⁸



Chocolate Cake Donuts

6 Pack

Each 3⁹⁸



Portofino Peasant Loaf

585 g.

Each 6⁹⁸



Furlani Garlic Bread

284 g.

Each 2⁹⁸



Monte Cristo French Baguette

350 g.

Each 2⁴⁸



The Worthy Crumb Tarts

Select Varieties
6 Pack

Each 6⁹⁸



Dempster's Signature Bread

or Whole Grains, Select Varieties
600-680 g.

2 FOR \$8



Dempster's Bagels

Select Varieties
5-6 Pack

Each 3⁹⁸

