



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 **JANUARY 2026**
FRI SAT SUN MON TUES WED THURS
16 17 18 19 20 21 22

**Pork
Back Ribs**
kg. 10.98

4⁹⁸
lb.



**Western Family
Baked Beans**

Select Varieties, 398 ml.

2^{FOR} \$3



**Kellogg's
Cereal**

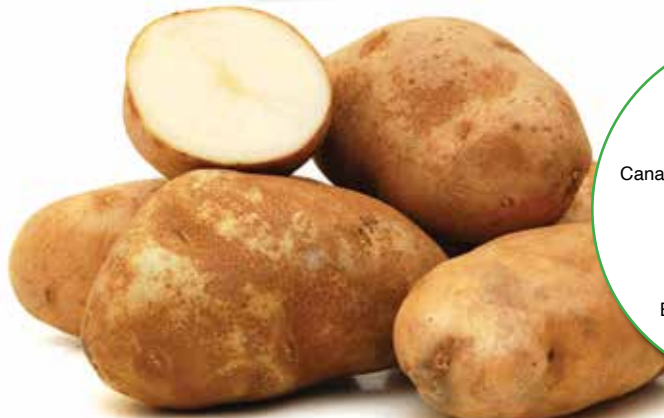
Select Varieties, 300-355 g.

2^{FOR} \$9

**Russet
Potatoes**

Canadian Grown, Canada #1 Grade
5 lb. Bag

2⁹⁸
Each



**Ambrosia
or Gala Apples**

Canadian Grown, Canada Fancy
3 lb. Bag

2^{FOR} \$5



BUTCHER SHOPPE

Striploin Grilling Steak

Value Pack, kg. 35.23

lb. **15⁹⁸**



Beef Inside Round Marinating Steak

Value Pack kg. 18.70

lb. **8⁴⁸**



Beef Braising Short Ribs

kg. 22.00

lb. **9⁹⁸**



Diana BBQ Sauce

Select Varieties 500 ml.

2 FOR \$6



Beef Inside Round Roast

kg. 18.70

lb. **8⁴⁸**



Split Chicken Wings

Value Pack kg. 13.18

lb. **5⁹⁸**



Boneless, Skinless Chicken Thighs

Value Pack kg. 19.80

lb. **8⁹⁸**



Boneless Skinless Chicken Breasts

Value Pack, kg. 17.59

lb. **7⁹⁸**



Pork Loin Chops

Centre Cut, kg. 8.77

lb. **3⁹⁸**



Sliced Pork Belly

kg. 10.98

lb. **4⁹⁸**



SMOKED & PACKAGED MEATS

Sivin Potstickers

or Dumplings, Frozen Select Varieties, 454 g.

Each **4⁹⁸**



Capital Sausage Chubs

Select Varieties 500 g.

Each **4⁹⁸**



Western Family Sliced Bacon

Regular or Thick 375 g.

Each **4⁹⁸**



Western Family Wieners

Original or All Beef 375 g.

Each **6⁴⁸**



Grimm's Smokies

or Wieners, Select Varieties 375-450 g.

Each **6⁹⁸**



Freybe Sausages

Das Brat or Weisswurst 375 g.

Each **6⁹⁸**



Freybe A Taste of Europe

Select Varieties 100 g.

2 FOR \$9



Western Family Stuffed Jalapeño Poppers

Bacon Wrapped, Frozen 226 g.

Each **8⁹⁸**



Western Family Mozzarella Cheese Sticks

Frozen, 500 g.

Each **7⁹⁸**



DELI

Flamingo
Classic Deli
Turkey Breast

Per 100 g. **1.98**

Flamingo
Smoked Deli
Turkey Breast

Old Fashioned
Per 100 g. **2.48**

Crimm's
Deli Salami

Select Varieties
Per 100 g. **2.98**

Freybe
Deli Sausage

Select Varieties
Per 100 g. **1.98**

SEAFOOD



Ocean Jewel
Shrimp

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

Each **8.98**



Western Family
Basa Fillets

Frozen, 680 g.

Each **6.98**

HOT DEALS FROM THE FREEZER



Boston Market
Entrées

Sweet & Sour Chicken
Frozen, 397 g.

2 FOR \$8

Green Giant
Simply Steam
Vegetables

Summer Sweet Peas
Frozen, 250 g.

4 FOR \$7

Chapman's
Markdale Creamery
Ice Cream

Select Varieties, 2 litre

4.98

Bassili's Best
Lasagna

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

7.98



Cavendish Farms
Fries

Frozen, Select Varieties
400-750 g.

2 FOR \$8



Farm Market
Fresh Blueberries

Frozen
2 kg.

12.98



Swanson
Dinners

Frozen, Select Varieties
280-326 g.

5.98



Kellogg's Eggo
Waffles

Original, Frozen
48 Pack

16.98



Western Family
Fruit

or Only Goodness, Frozen
Select Varieties, 600 g.

2 FOR \$11



Chapman's
Yukon
Frozen Novelties

Select Varieties, 5-8 Pack

2 FOR \$7

HOT!
DEAL

DAIRY DELIGHTS

Sunny D Beverages

Smooth or Tangy Original
500 ml., *Plus Deposit

3 FOR \$3.99

Tropicana Juice

Chilled, Select Varieties, 1.36 litre
*Plus Deposit

5.48



Nestlé Coffee-Mate

Select Varieties, 946 ml.
*Plus Deposit

2 FOR \$9



Becel Margarine

Select Varieties
850 g.

7.98



Western Family Shredded Cheese

Select Varieties
320 g.

2 FOR \$11



Armstrong Cheese

Select Varieties
600 g.

9.98



Dairyland Whipping Cream

33%, 237 ml.
*Plus Deposit

1.98



Dairyland Milk 2 Go

or Sport, Select Varieties
325-473 ml., *Plus Deposit

2 FOR \$4



Dairyland Cream

Select Varieties, 946 ml.
*Plus Deposit

4.28



Dairyland Sour Cream

14%
750 ml.

4.98



Kraft Shredded Parmesan Cheese

200 g.

6.98

Cracker Barrel Cheese Slices

Select Varieties
200-240 g.

6.48

Philadelphia Cream Cheese

Original
450 g.

8.98

Siggi's Icelandic Skyr Yogurt

Select Varieties
650-750 g.

6.48

Dairyland Stirred Yogurt

Select Varieties
175 g.

4 FOR \$5

Danone Oikos Smoothie

or Activia, Select Varieties
190 ml., *Plus Deposit

2 FOR \$3

Oikos Pro Drinkable Yogurt

Select Varieties, 300 ml.
*Plus Deposit

2 FOR \$6

Danone Danino Drinkable Yogurt

Select Varieties
6 x 93 ml.

3.98

Dairyland Cottage Cheese

Select Varieties
600-750 g.

6.48

Tenderflake Lard

1.36 kg.

15.98

BAKING

Baker's Chocolate Squares

Select Varieties
170-225 g.

4.98



Western Family All Purpose Flour

5 kg.

6.98



Bird's Custard Powder

340 g.

5.48

Western Family Pie Crust

or Crumbs, Honey Graham
170-400 g.

2 FOR \$5

Pacific Evaporated Milk

Regular or 2%
354 ml.

3 FOR \$6.99

Western Family Cocoa Hazelnut Spread

725 g.

6.98



Only Goodness Organic Pure Maple Syrup

Select Varieties
500 ml.

12.98



Nabob Coffee

Select Varieties
340 g.

10.98



Starbucks Coffee

Select Varieties
10 K-Cups

12.98



Celestial Seasonings Herbal Tea

Sleepy Time or Bengal Spice
20 Bags

2 FOR \$9



Quaker Quick Oats

or Large Oat Flakes
1 kg.

2 FOR \$8



RISE & SHINE



Western Family Peanut Butter

Smooth, 1 kg.

2 FOR \$9



Western Family Honey

Liquid or Creamed
500 g.

5.98



GROCERY ESSENTIALS

Lipton Chicken Noodle Soup Mix
or Knorr Onion
2 Pack

3 FOR \$4.98

Western Family Hot Sauce
Cayenne or Sriracha
354-455 ml.

2 FOR \$7

Western Family Pink Salmon
213 g.

2 FOR \$7

Western Family Artichoke Hearts
398 ml.

3.98

Hormel Real Bacon
Crumbled
300 g.

13.98

Canola Harvest Canola Oil
946 ml.

4.98

Only Goodness Organic Coconut Oil
300 ml.

7.98

Only Goodness Organic Refined Coconut Oil
860 ml.

11.98

Lea & Perrins Worcestershire Sauce
284 ml.

4.98

Berio Classic Pesto
Organic
190 g.

5.48

Western Family Pure Sesame Oil
300 ml.

5.98

Western Family Panko Bread Crumbs
227 g.

2.98

Hellmann's Mayonnaise
Select Varieties
710-890 ml.

6.48



Unico Balsamic Vinegar
500 ml.

4.48



Hidden Valley Ranch
or Tzatziki, Select Varieties
473 ml.

2 FOR \$8



Unico Sundried Tomatoes
Julienne Cut
210 ml.

2 FOR \$7



Only Goodness Cooking Sauce
Select Varieties
296 ml.

4.98



Unico Olives
Select Varieties
375 ml.

3 FOR \$9.99



Knorr Classic Sauce Mix

Select Varieties, 1 Pack

98¢

HOT! DEAL



Lipton Chicken Noodle Cup-a-Soup
or Supreme, 4 Pack

3 FOR \$3.99



Campbell's Ready To Serve Soup
Select Varieties
515 ml.

2 FOR \$6



Sapporo Ichiban Noodle Bowls
Soy Sauce or Tonkotsu
82 g.

2 FOR \$6



Kraft Dinner Specialty Pasta
Select Varieties
175 g.

2 FOR \$4



Only Goodness Gluten Free Pasta
Select Varieties
340 g.

2 FOR \$6



Clover Leaf Yellowfin Light Tuna
Chunk
142 g.

3 FOR \$6.99



Western Family Taco Seasoning Mix
1 Pack

5 FOR \$5



Western Family Refried Beans
Select Varieties
398 ml.

3 FOR \$4.98



Primo Ketchup
1 litre

2 FOR \$5

HOT! DEAL



SNACK ATTACK!

Cheez-It Snap'd Crackers

or Kellogg's Town House
Select Varieties, 213-391 g.

2 FOR \$7

Old Dutch Cheese Pleezers

Humpty Dumpty or Crunchys
Select Varieties, 200-290 g.

2 FOR \$8

Munchies Snack Mix

Original or BBQ
250 g.

4²⁸



Ruffles Potato Chips

Select Varieties
180-200 g.

4²⁸



Doritos Tortilla Chips

Select Varieties
210-280 g.

2 FOR \$9



Western Family Yellow Popping Corn

850 g.

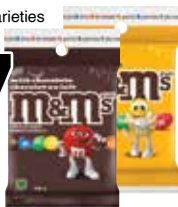
2 FOR \$6



M&M's Chocolate

or Maltesers, Select Varieties
95-100 g.

2 FOR \$7



Western Family Popcorn

Caramel Cheddar Mix
200 g.

2 FOR \$7



Nestlé Tablet Bars

Select Varieties
97-105 g.

2 FOR \$7



Western Family Granola Bars

Select Varieties
156-172 g.

2 FOR \$5



Christie Premium Plus Crackers

Salted or Unsalted Tops
900 g.

8⁹⁸

SunRype Fruit To Go

Variety Pack
210 g.

5⁴⁸

Jelly Belly Jelly Beans

Select Varieties
100 g.

2 FOR \$5

Cadbury Chocolate Bars

Select Varieties
1 Pack

3 FOR \$4⁹⁸

Wrigley 5 Gum

Select Varieties
1 Pack

2 FOR \$4

McVitie's Digestives

or Hob Nobs, Select Varieties
300-400 g.

4²⁸

Kettle Brand Potato Chips

Select Varieties
156-198 g.

2 FOR \$8

Christie Crispers

or Bits & Bites
Select Varieties. 145 g.

3 FOR \$9⁹⁹

Barbara's Gluten Free Cheez Curls

Original
198 g.

2 FOR \$6

Dole Fruit Cups

Select Varieties
4 Pack

4⁹⁸

THIRSTY?

Western Family Pure Apple Juice

Unsweetened, 1 litre
*Plus Deposit

2 FOR \$4



Clausthaler Non-Alcoholic Beer

Dry Hopped, 6 x 355 ml.
*Plus Deposit

8⁹⁸



San Pellegrino or Perrier Sparkling Water

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

2 FOR \$5



Western Family Orange Juice

Blend, 5 x 200 ml.
*Plus Deposit

2 FOR \$6



SunRype Pure Apple Juice

3.78 litre
*Plus Deposit

9⁹⁸



Western Family Iced Tea Drink Mix

1 kg.

5⁹⁸



Gatorade Sports Beverages

Select Varieties, 828 ml.
*Plus Deposit

2 FOR \$6



Aquafina Water

12 x 500 ml.
*Plus Deposit

6⁹⁸



Coke or Canada Dry Beverages

Select Varieties, 20 x 355 ml.
*Plus Deposit

13⁹⁸



Pepsi or 7Up Beverages

Select Varieties, 6 x 710 ml.
*Plus Deposit

7⁴⁸



Pepsi or 7Up Beverages

Select Varieties, 2 litre
*Plus Deposit

2 FOR \$6



Bubly or Montellier Sparkling Water

or Lipton Iced Tea, Select Varieties
10-12 x 340-355 ml., *Plus Deposit

6⁴⁸



HOUSEHOLD MUST HAVES



Western Family Bathroom Tissue
or Ultra, Double 12 Roll

6⁹⁸

Green Works Bathroom Cleaner
946 ml.

5⁹⁸



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

5⁹⁸



Sponge Towels Ultra
Double 8 Roll

17⁹⁸



Bounce Fabric Softener
Select Varieties
120 Sheets

8⁹⁸



Scotch Brite Scrub Sponges
Non-Scratch or Heavy Duty
6 Pack

8⁹⁸



Swiffer Duster Kit
1 Pack

6⁹⁸



Western Family Luncheon Napkins
200 Pack

3⁹⁸



Glad Garbage Bags
Small
24 Pack

2⁹⁸ FOR \$8



Ivory Dish Liquid
Original
709 ml.

2⁹⁸ FOR \$7



Febreze Plug Air Freshener
Gain
1 Pack

5⁹⁸



Glad Cling Wrap
or Press'n Seal
1 Roll

2⁹⁸ FOR \$8



Finish Dishwasher Detergent
All In 1 Max
55 Pack

15⁹⁸





Tide Laundry Detergent
Original or Free & Gentle, 64 Uses

18⁹⁸

PERSONAL CARE

Ivory Bar Soap
Original
10 Pack

6⁹⁸



Imodium Liquid
or Quick Dissolve Tablets
240 ml. or 10 Pack

12⁹⁸



U by Kotex Pads
Overnight
30 Pack

10⁹⁸



Tylenol Extra Strength
or Children's, Select Varieties
20 Pack or 100 ml.

8⁹⁸



Axe Body Care

Select Varieties
76-113 g. or 473 ml.

5⁴⁸



PET'S CORNER



Friskies Cat Food

Chef's Blend, 7.5 kg.

26⁹⁸



Alpo Dog Food

Cookout Classics, 7.2 kg.

21⁹⁸

MARKET FRESH PRODUCE



Green Seedless Grapes

Chilean or Peruvian Grown
#1 Grade, kg. 10.98

lb. **4⁹⁸**

Fresh Avocados

Mexican Grown
4 Pack

Each **3⁹⁸**



Red Grapefruit

California Grown

Each **98¢**



Cantaloupe Melon

Product of Central America
kg. 3.70

lb. **1⁶⁸**



Honeydew Melon

Product of Central America
kg. 5.47

lb. **2⁴⁸**



Cara Cara Oranges

California Grown, kg. 5.47

lb. **2⁴⁸**

ORGANICS

Organic White Mushrooms

Canadian Grown
227 g.

Each **2⁴⁸**



White Cauliflower

U.S. Grown, #1 Grade
kg. 5.47

lb. **2⁴⁸**



Hot House Butterleaf Lettuce

Canadian Grown

Each **3⁹⁸**



Hot House Peppers

Red, Yellow or Orange
Mexican Grown, kg. 6.57

lb. **2⁹⁸**



Long English Cucumbers

Canadian or Mexican Grown, #1 Grade

Each **1⁹⁸**



Earthbound Farm Organic Salad Kits

Select Varieties
Product of U.S.A.
5 oz.

Each **4⁴⁸**



Fresh Rutabagas

Canadian Grown
kg. 2.16

lb. **98¢**



Fresh Express Salad Blend

Select Varieties
Product of U.S.A.
9-11 oz.

Each **4⁴⁸**



BAKERY BARGAINS

Alpine Grain Bread

or California Rye

Each **2⁹⁸**



Vienna Rolls

6 Pack

Each **1⁹⁸**



Calabrese Buns

6 Pack

Each **2⁹⁸**



Pizza Dough

Each

1⁴⁸



Donut Rings

6 Pack

Each **4⁹⁸**



Cyrus O'Leary 8" Cream Pies

Select Varieties
822-851 g.

Each **12⁹⁸**



Two-Bite Cinnamon Rolls

12 Pack

Each **5⁹⁸**



Apple Turnovers

Raspberry or Cherry
4 Pack

Each **3⁹⁸**



Natural Bakery Canadian Rye Bread

500 g.

Each **2⁹⁸**



Dempster's Tortillas

Select Varieties
6-10 Pack

2^{FOR} \$8

