



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	
23	24	25	26	27	28	29	

Top
Sirloin Roast

kg. 24.21

lb. **10⁹⁸**



CANADIAN BEEF



Western Family
Long Grain Rice

White or Brown, 907 g.

2 FOR \$5

**HOT!
DEAL**



**UP Vertical
Salad Blends**

Product of Canada, Select Varieties
5 oz.

2 FOR \$7



**Navel
Oranges**

California Grown
kg. 2.82

lb. **1²⁸**



Post
Family Size
Cereal

Sugar-Crisp, 550 g.

4⁹⁸

**HOT!
DEAL**

BUTCHER SHOPPE



Top Sirloin Steak

Value Pack, kg. 26.41

lb. **11⁹⁸**



Cross Rib Pot Roast

Boneless
kg. 17.59

lb. **7⁹⁸**



Chicken Drumsticks

Value Pack
kg. 8.77

lb. **3⁹⁸**



Whole Frying Chicken

Value Pack
kg. 8.77

lb. **3⁹⁸**



Lean Ground Beef

Value Pack
kg. 15.39

lb. **6⁹⁸**



Chicken Thighs

Value Pack, kg. 10.98

lb. **4⁹⁸**



Pork Shoulder Blade Steak

kg. 10.98

lb. **4⁹⁸**



Pork Shoulder Blade Roast

kg. 8.77

lb. **3⁹⁸**



Pork Side Ribs

Value Pack
kg. 7.67

lb. **3⁴⁸**



Chicken Legs

Back Attached, Value Pack
kg. 7.67

lb. **3⁴⁸**



SMOKED & PACKAGED MEATS



Grimm's Bacon

Traditional, 500 g.

Each **11⁹⁸**



Freybe European Wieners

500 g.

Each **9⁹⁸**



Freybe Ham Sticks

Select Varieties
500 g.

Each **10⁴⁸**



Harvest Garlic Sausage

Chunks or Ring
500 g.

Each **7⁹⁸**



Western Family Bacon

375 g.

Each **5⁹⁸**



Olymel Duo Pack Meat

Select Varieties
250-300 g.

Each **4⁹⁸**



Western Family All Beef Wieners

375 g.

Each **6⁹⁸**



Western Family Bologna Chunks

750 g.

Each **7⁹⁸**



Western Family Wieners

Original
375 g.

Each **5⁹⁸**



DELI

Freybe
Deli Ham
Select Varieties

Per 100 g. **248**

Harvest
Baked Ham
& Cheese Loaf
or Macaroni & Cheese

Per 100 g. **198**

Harvest
Head Cheese

Per 100 g. **198**

Marc Angelo
Sliced Meat

Select Varieties
100 g. **798**

SEAFOOD



**Clear Ocean
Scallops**

Bacon Wrapped, Frozen, 260 g.

Each **998**



**Mussel King
PEI Mussels**

Frozen, Select Varieties, 454 g.

Each **598**



**Heinz
Tartar Sauce**

354 ml.

2 FOR \$7

HOT DEALS FROM THE FREEZER



**Ben & Jerry's
Ice Cream**

Select Varieties, 473 ml.

648

**Island Farms
Ice Cream**

Fudge Tracks or Country Cream
Caramel Explosion, 1.65 litre

748

**Western Family
French Fries**

Frozen, Select Varieties
750 g.

2 FOR \$7

**Cavendish Farms
Hash Brown Patties**

Frozen
600 g.

2 FOR \$6

**Western Family
Perogies**

Frozen, Select Varieties
907 g.

3 FOR 798

**Magnum
Frozen Novelties**

Almond or Double Caramel
3 Pack

748



**Pillsbury
Pizza Pops**

or Bites, Frozen, Select Varieties
693-760 g.

2 FOR \$10

**Dr. Oetker
Suprema Pizza**

Frozen, Select Varieties
487-520 g.

898

**Western Family
Lasagna**

Italian Sausage
Frozen, 907 g.

648

DAIRY DELIGHTS

**Kraft
Parmesan Cheese**
Shaved
141 g.

5⁴⁸

**Cracker Barrel
Cheese**

Select Varieties
600 g.

8⁹⁸

**Parkay
Margarine**
850 g.

4⁹⁸



**Imperial
Margarine**
427 g.

2 FOR \$7



**Heluva Good
Dip**
French Onion
680 g.

5⁹⁸



**Astro
Yogurt**
Balkan Style
750 g.

3 FOR 9⁹⁹



**iÖGO
Multipack Yogurt**
Strawberry/Raspberry/Blueberry/Vanilla
16 x 100 g.

6⁹⁸



**Sunny D
Beverage**
Tangy Original
1.18 litre, *Plus Deposit

2 FOR \$4



**Armstrong
Sliced Cheese**

Select Varieties
220-240 g.

4⁹⁸



**Simply
Orange Juice**

Chilled, Select Varieties
1.54 litre, *Plus Deposit

6⁹⁸



**Dairyland
Sour Cream**

Select Varieties
250 ml.

1⁷⁸



**Dairyland
Whipping Cream**

or Coffee Cream, 473 ml.
*Plus Deposit

2⁹⁸



**Dairyland
Chocolate Milk**

1%, 4 litre
*Plus Deposit

7⁹⁸



BREAKFAST BUYS

**Kraft
Peanut Butter**

Select Varieties
500 g.

5⁴⁸



**McCafé
Coffee**

Premium Roast
30 K-Cups

28⁹⁸



**Kicking Horse
Coffee**

Select Varieties
10 K-Cups

12⁹⁸



**Starbucks
Coffee**

Pike Place
907 g.

27⁹⁸



**Red Rose
Orange Pekoe Tea**

or Decaf
40-70 Bags

5⁴⁸



**Only Goodness
Organic Herbal Tea**

Select Varieties
20 Bags

2 FOR \$8



**Western Family
Hot Chocolate**

Regular or Marshmallow
500 g.

5⁴⁸



**Western Family
Granola**

Almond Honey
675 g.

2 FOR \$8



**Unico
Corn Meal**

750 g.

2 FOR \$4



**Ethical Bean
Coffee**

Select Varieties, 227-340 g.

9⁹⁸

**HOT!
DEAL**



GROCERY ESSENTIALS

Green Giant Vegetables

Select Varieties, 341-398 ml.

2 FOR \$4

HOT! DEAL



Only Goodness Pasta Sauce

Select Varieties
500-680 ml.

6⁴⁸



Rotel Diced Tomatoes

Original or Mild
284 g.

3 FOR 6⁹⁹



Manny's Flour Tortillas

Burrito Size
8 Pack

2 FOR \$5



Western Family Exquisita Salsa

Select Varieties
430 ml.

2 FOR \$7



Nong Shim Instant Noodles

Spicy or Spicy Seafood
120 g.

3 FOR 4⁹⁸



Minute Rice Whole Grain Rice

White or Brown
600-700 g.

4⁹⁸



Heinz Ketchup

or Pickle Flavour
375 ml.

2⁹⁸



Kraft Miracle Whip

Original
650 ml.

3⁹⁸



Crisco Canola Oil

or Vegetable
1.18 litre

7⁹⁸



Clover Leaf Light Tuna

or Flavoured
Select Varieties
85-170 g.

2 FOR \$4



Only Goodness Bone Broth

Beef or Chicken
946 ml.

4⁹⁸



Western Family Pasta

Select Varieties
900 g.

2 FOR \$5



Prego Pasta Sauce

Select Varieties
645 ml.

2 FOR \$7



More Favourites . . .

Kraft Miracle Whip

Original
890 ml.

6⁴⁸

Clover Leaf Wild Pink Salmon

Flaked
142 g.

2 FOR \$6

Holiday Luncheon Meat

340 g.

2 FOR \$7

Only Goodness Organic Black Beans

or Chick Peas
398 ml.

3 FOR 4⁹⁸

Western Family Real Mayonnaise

475 ml.

3²⁸

Only Goodness Organic Coconut Vinegar

250 ml.

2⁴⁸

Western Family Manzanilla Olives

Stuffed or Sliced
375 ml.

2 FOR \$6

HP Sauce

400 ml.

5⁴⁸

Only Goodness Pesto

180 ml.

4⁹⁸

Swiss Chalet Dipping Sauce Mix

1 Pack

3 FOR 4⁹⁸

BAKED WITH LOVE

Western Family Raisins

Select Varieties
620-640 g.

6⁹⁸



Red Lobster Biscuit Mix

Cheddar Bay
322 g.

2⁹⁸



Only Goodness Stevia Sweetener

300 g.

10⁹⁸



Western Family Evaporated Milk

354 ml.

2 FOR \$4



Only Goodness Gluten Free Flour

1-to-1 or Almond, 453 g.-1.65 kg.

14⁹⁸



SNACK ATTACK!



Cheetos Snacks

Select Varieties, 170-285 g.

4²⁸

Christie Ritz Baked Chips

Sour Cream & Onion
240 g.

2^{FOR} \$8



Christie Minis

Select Varieties
200 g.

2^{FOR} \$7



Carr's Table Water Crackers

Select Varieties
125-150 g.

2^{FOR} \$6

SunRype Fruitsource

or Fruit To Go
12-24 Pack

10⁹⁸

M&M's or Mars Chocolate

Select Varieties
1 Pack

2^{FOR} \$3

Excel Gum

or Juicy Fruit, Select Varieties
60 Pieces

4⁹⁸

Corn Nuts Corn Snacks

Select Varieties
48 g.

98¢

Orville Redenbacher Popcorn

Butter
820 g.

9⁹⁸



M&M's or Mars Chocolate

or Maltesers, Select Varieties
155-170 g.

2^{FOR} \$11



Frito-Lay Mini Snacks

Select Varieties
81-145 g.

3^{FOR} \$9⁹⁹



Miss Vickie's Potato Chips

Select Varieties
190-200 g.

4²⁸



Humpty Dumpty Party Mix

Original or Cheesy
250 g.

2^{FOR} \$8



Lindt Excellence Chocolate Bars

Select Varieties
100 g.

5⁹⁸



Old Dutch Potato Chips

Select Varieties
220 g.

2^{FOR} \$8



Stanley Park Non-Alcoholic Beer

Trail Hopper, 4 x 355 ml.
*Plus Deposit

8⁹⁸



Western Family Sparkling Water

Select Varieties, 509 ml.
*Plus Deposit

2^{FOR} \$3



Dole Pineapple Juice

1.36 litre
*Plus Deposit

5⁹⁸



Tang Drink Crystals

Orange
3 Pack

2^{FOR} \$5



Aquafina Water

6 x 710 ml.
*Plus Deposit

5⁹⁸



Coke or Canada Dry Beverages

Select Varieties, 2 litre
*Plus Deposit

3^{FOR} \$7⁹⁸



Pepsi or 7Up Beverages

Select Varieties, 8 x 355 ml.
*Plus Deposit

6⁹⁸



Propel Beverages

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

5⁹⁸



THIRSTY?



Western Family Sparkling Water

Select Varieties, 12 x 355 ml.
*Plus Deposit

2^{FOR} \$10



HOUSEHOLD MUST HAVES

Purex Bathroom Tissue

or Ultra, Triple 12 Roll

12⁹⁸



Western Family Facial Tissues

126 Tissues

2^{FOR} \$3



Reynolds Cut-Rite Wax Paper

12" x 75'

3⁹⁸



Western Family Garbage Bags

Small 48 Pack

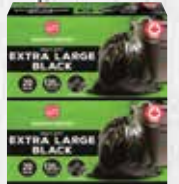
2^{FOR} \$8



Western Family Garbage Bags

Extra Large or Blue 20-30 Pack

6⁹⁸



Arm & Hammer Laundry Detergent

Original 100 Use

11⁹⁸



Clorox Bleach

Concentrated 2.4 litre

5⁹⁸



Scotch Brite Scrub Sponges

Heavy Duty 2 Pack

2^{FOR} \$4



Downy Fabric Softener

April Fresh 1.31 litre

7⁹⁸



Dawn Powerwash Dish Liquid

Fresh or Lemon 473 ml.

6⁹⁸



Brita Filter

3 Pack

29⁹⁸



Western Family Glass Cleaner

765 ml.

2^{FOR} \$5



Clorox Disinfecting Wipes

Fresh or Lemon 35 Pack

2^{FOR} \$7



Sponge Towels Ultra Pro

Double 6 Roll

15⁹⁸



PERSONAL CARE

Colgate Toothpaste

or Mouthwash, Select Varieties 100-250 ml.

2^{FOR} \$8



Alka-Seltzer Antacid

Lemon Lime 24 Tablets

2^{FOR} \$8



Imodium Liquid Gel

6 Pack

8⁹⁸



Cold FX

Extra Strength 12 Pack

9⁹⁸



Tresemmé Shampoo

or Conditioner, Select Varieties 828 ml.

6⁹⁸



PET'S CORNER

Beneful Incredibites Dog Food

Beef in Gravy or Beef Pâté 85 g.

4^{FOR} \$5



Iams Dog Food

Large Breed or Mini Chunks, 6.8 kg.

31⁹⁸



Western Family Clumping Cat Litter

Lemongrass Scent 10 kg.

6⁹⁸



MARKET FRESH PRODUCE



Red Potatoes
Canadian Grown, Canada #1 Grade
5 lb. Bag

Each **4⁹⁸**

CANADIAN GROWN

Celery Stalks
U.S. Grown, #1 Grade
kg. 3.70

lb. **1⁶⁸**



Baby Long English Cucumbers
Canadian or Mexican Grown
1 lb. Bag

Each **4⁴⁸**



Green Cabbage
Canadian Varieties Grown
Canada #1 Grade
kg. 1.94

lb. **88¢**



Jumbo Yellow Onions
Canadian or U.S. Grown
#1 Grade
kg. 1.94

lb. **88¢**



Hot House Tomatoes on the Vine
Canadian or Mexican Grown
#1 Grade, kg. 6.57

lb. **2⁹⁸**



Fresh Express Chopped Salad Kits
Select Varieties
Product of U.S.A.
10.6-11.7 oz.

Each **4⁹⁸**



Red Seedless Grapes
Chilean or Peruvian Grown
#1 Grade, kg. 10.98

lb. **4⁹⁸**



Kiwi Fruit
New Zealand or Italian Grown

Each **98¢**



Ambrosia Apples

Canadian Grown, Canada Extra Fancy
kg. 2.82

lb. **1²⁸**



ORGANICS

Organic Romaine Hearts
Product of U.S.A.
3 Pack

Each **6⁹⁸**



Fresh Pineapple
Product of Costa Rica

Each **6⁹⁸**



Baby Seedless Watermelon
Mexican or U.S. Grown

Each **4⁹⁸**



Cara Cara Oranges
California Grown
3 lb. Bag

Each **6⁹⁸**



Organic Gala Apples
Canadian or Washington Grown
Fancy Grade, 3 lb. Bag

Each **5⁹⁸**



BAKERY BARGAINS

Sourdough Buns
6 Pack

Each **2⁹⁸**



Furlani Texas Toast
Garlic or Garlic Parm
638 g.

Each **4⁹⁸**



More Favourites ...

Long John Donuts
4 Pack

Each **3⁹⁸**

Pastry World 8" Cream Pies

Strawberry Shortcake
or Black Forest
500-625 g. Each

14⁹⁸

Two-Bite Croissants

Chocolate or Cinnamon
6 Pack Each

4⁹⁸

Silver Hills Bread

Select Varieties
430-680 g. Each

3⁹⁸



Dempster's Bread
or Texas Toast, Select Varieties
567-675 g.

2 FOR \$7

Lattice Fruit Pies
8-Inch, Select Varieties
600 g.

Each **7⁹⁸**



Focaccia Bread
or Black Rye

Each **2⁹⁸**



Fresh Baked

