



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

JAN./FEB. 2026

FRI	SAT	SUN	MON	TUES	WED	THURS
30	31	1	2	3	4	5



**Braising
Short Ribs**

kg. 19.80

8⁹⁸

lb.



CANADIAN BEEF



**Little Potato
Company
Potatoes**

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

Each **2⁹⁸**



**Fresh
Avocados**

Mexican Grown

Each **98¢**



**Mott's
Clamato Juice**

or Garden Cocktail, Select Varieties
1.89 litre, *Plus Deposit

2 FOR \$6



**Philadelphia
Cream Cheese**

Select Varieties
227-250 g.

2 FOR \$8



8⁴⁸

PepsiCo Beverages

Select Varieties
12 x 355 mL, *Plus Deposit



\$6⁹⁸

Bubly™ Sparkling
Water beverage or
Montellier® Carbonated
Natural Spring Water

Select Varieties
10-12 x 355 mL
*Plus Deposit



2/\$7

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



BUTCHER SHOPPE



**Eye of Round
Oven Roast**

kg. 19.80

8⁹⁸

lb.

**Hip
Minute Steak**

Value Pack, kg. 22.00

9⁹⁸

lb.



**Sirloin Tip
Marinating Steak**

kg. 22.00

9⁹⁸

lb.



**Boneless
Skinless
Chicken Thighs**

Value Pack, kg. 19.80

8⁹⁸

lb.



**Split
Chicken Wings**

Value Pack, kg. 8.77

3⁹⁸

lb.



**Boneless
Skinless
Chicken Breasts**

Value Pack, kg. 17.59

7⁹⁸

lb.



**Pork Shoulder
Blade Roast**

Boneless, kg. 10.98

4⁹⁸

lb.



**Pork Sirloin
Roast**

Boneless, kg. 8.77

3⁹⁸

lb.



**Pork Shoulder
Blade Steak**

kg. 8.77

3⁹⁸

lb.



SMOKED & PACKAGED MEATS



**Western Family
Mozzarella
Cheese Sticks**
Frozen, 500 g.

Each **7⁹⁸**



**Freybe
Mini Pepperoni**
Select Varieties, 250 g.

Each **6⁹⁸**



**Freybe
Sliced Salami**
Select Varieties, 125 g.

2 FOR \$10



**Grimm's
Sausage Rings**
Select Varieties, 300 g.

Each **6⁹⁸**



**Olymel
Wieners**
Original, 1 kg.

Each **8⁹⁸**



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

Each **9⁹⁸**



SEAFOOD



**Clear Ocean
Scallops**
Bacon Wrapped, Frozen, 260 g.

Each **8⁹⁸**



**Western Family
Basa Fillets**
Frozen, 680 g.

Each **6⁹⁸**



**Western Family
Butterfly Crunchy
Shrimp**
Frozen, 680 g.

Each **13⁹⁸**



**Mirabel
Shrimp Skewers**
Frozen, 41-50 Count

Each **1⁹⁸**



**Woodman's
Seafood Sauce**
or Horseradish, 250 ml.

2 FOR \$7





Grimm's Deli Ham
 Select Varieties
 Per 100 g. **1⁹⁸**



Freybe Deli Pepperoni
 Select Varieties
 Per 100 g. **1⁹⁸**



Western Family Guacamole
 Mild, 227 g.
 Each **3⁹⁸**



French Crusty Rolls
 Large, 6 Pack
 Each **2⁴⁸**



Fresh Bread
 White or 60% Whole Wheat Unsliced
2 FOR \$4



Onion Buns
 6 Pack
 Each **3⁹⁸**



Buttery Croissants
 4 Pack
 Each **2⁹⁸**



Pizza Pretzels
 180 g.
2 FOR \$7



Monte Cristo Roasted Garlic Bread
 450 g.
 Each **3⁴⁸**



Apple Valley 8" Fruit Pies
 Select Varieties 680 g.
 Each **8⁹⁸**



Apple Valley 8" Apple Pies
 680 g.
 Each **7⁹⁸**



Cinnaroll Cinnamon Rolls
 630 g.
 Each **8⁹⁸**



Dempster's Signature Bread
 or Whole Grains, Select Varieties 600-680 g.
2 FOR \$8



Kimberley's Cupcakes
 Cookies & Cream 4 Pack
 Each **7⁹⁸**



Dempster's Hamburger Buns
 or Hot Dog, Select Varieties 6-12 Pack
2 FOR \$8



Dempster's Tortillas
 Select Varieties 6-10 Pack
 Each **4⁴⁸**

BREAKFAST BUYS

Western Family Peanut Butter

Select Varieties, 2 kg.

7⁹⁸

**HOT!
DEAL**

Rogers Wheat Germ

or Wheat Bran
375-450 g.

2^{FOR} \$4



Kellogg's Cereal

Select Varieties
340-460 g.

2^{FOR} \$11



Nestlé Coffee-Mate

Select Varieties
425-450 g.

5⁹⁸



Western Family Honey

Creamed or Liquid
1 kg.

10⁹⁸



Tim Hortons Instant Coffee

or Hot Chocolate
Select Varieties
500 g. or 8 Pack

4⁹⁸



Maxwell House Instant Coffee

Original
150 g.

7⁹⁸



Post Shreddies

or Shredded Wheat
Select Varieties
425-525 g.

2^{FOR} \$8



Starbucks Coffee

Select Varieties, 340 g.

12⁹⁸

BAKE UP SOME LOVE

Dairyland Whipping Cream

33% or 36%, 946 ml.
*Plus Deposit

5⁴⁸



Tenderflake Pie or Tart Shells

or Puff Pastry, Frozen
Select Varieties
255-397 g.

2^{FOR} \$9



Hershey's Chipits

Semi Sweet
925 g.

17⁹⁸



Western Family Dried Fruit

Select Varieties
500-640 g.

4⁹⁸



Realemon Lemon Juice

945 ml.

2⁹⁸



Betty Crocker Cake Mix

Cookie or Brownie
Select Varieties
430-550 g.

2^{FOR} \$6



Betty Crocker Brownie Mix

Oreo
372 g.

2^{FOR} \$7



Only Goodness Organic Quick Oats

1 kg.

3⁹⁸



Eagle Brand Condensed Milk

Regular or Low Fat
300 ml.

2^{FOR} \$8



Rogers Flour

Select Varieties, 2.5 kg.

2^{FOR} \$8

GROCERY ESSENTIALS



Classico Pasta Sauce

Pesto or Pizza, Select Varieties
218-600 ml.

2 FOR \$6

HOT! DEAL

Kraft Pure Dressing

Fig Balsamic or Cucumber Greek
355 ml.

648



Hellmann's Mayonnaise

Select Varieties
340-445 ml.

398



Hellmann's Burger Sauce

325 ml.

498



French's Mustard

Select Varieties
325-550 ml.

2 FOR \$6



Bick's Relish

Sweet Green
500 ml.

398



Heinz Ketchup

Select Varieties
750 ml.-1 litre

598



Dole Pineapple

Select Varieties
398 ml.

2 FOR \$4



HOT! DEAL

Kraft Dinner Cups

Original or 3 Cheese
4 Pack

698



Kraft Dinner

Original
200 g.

2 FOR \$4



Hormel Real Bacon Bits

Regular
100 g.

598



Bull's-Eye Barbecue Sauce

Select Varieties
425 ml.

2 FOR \$9



Shake'n Bake Coating Mix

Select Varieties
140-184 g.

2 FOR \$8



Bush's Best Beans

Select Varieties, 398 ml.

2 FOR \$4

HOT! DEAL

Stagg Chili

Select Varieties, 425 g.

2 FOR \$6

HOT! DEAL



**FLAVOUR
YOU CAN'T
FUMBLE**

BRING HOME THE BELL

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**Taco Bell
Crunchwrap Supreme** **798**
or Cheesy Double Decker
401-642 g.

**Taco Bell
Taco Cravings Kit** **2 FOR \$11**
or Creamy Sauce
Select Varieties
280-420 g. or 354 ml.

**Pace
Chunky Salsa** **498**
or Picante, Select Varieties
642-648 ml.

**Taco Bell
Taco Seasoning** **4 FOR \$5**
Original or Mild
1 Pack

**Taco Bell
Sauce** **2 FOR \$8**
Select Varieties
207 ml.

GROCERY ESSENTIALS



**Western Family
Pasta Sauce**

Select Varieties, 700 ml.

2 FOR \$7



**Gold Seal
Sockeye Salmon**

Regular or No Salt Added
213 g.

6⁴⁸



**Unico
Artichoke Hearts**

398 ml.

3⁹⁸



**Money's
Pieces & Stem
Mushrooms**

Regular or No Salt Added
394 ml.

2 FOR \$4



**Only Goodness
Organic
Tomato Sauce**

Regular or No Salt Added
398 ml.

2 FOR \$6



**Gallo
Olive Oil**
Extra Virgin
1 litre

11⁹⁸



**Western Family
Capers**

Non-Pareillees
100 ml.

2⁴⁸



**Habitant
Ready To Serve Soup**

Select Varieties
796 ml.

2 FOR \$8



**Lipton
Soup Mix**

or Knorr, Select Varieties
4 Pack

3 FOR \$9⁹⁹



**Western Family
Instant Noodle Cups**

Beef or Chicken
64 g.

5 FOR \$5



**Clover Leaf
Light Tuna**

Select Varieties
170 g.

2 FOR \$6



**Western Family
Wine Sauerkraut**

1 litre

4⁹⁸



**Spam
Luncheon Meat**

Select Varieties
340 g.

2 FOR \$9



**Only Goodness
Organic Broth**

Select Varieties, 946 ml.

2 FOR \$5



**Ben's Original
Bistro Express
Rice**

Select Varieties, 240-250 g.

2 FOR \$7

**China Lily
Soya Sauce**

483 ml.

3⁹⁸



**Ben's Original
Basmati Rice**

400 g.

4⁹⁸



**Western Family
Asparagus Spears**

or Lima Beans
341-398 ml.

2 FOR \$6



**Stove Top
Stuffing Mix**

Select Varieties
120 g.

2 FOR \$5



**Mazola
Canola Oil**

Vegetable or Corn
1.18 litre

6⁹⁸



**Only Goodness
Organic Apple
Cider Vinegar**

473 ml.

2⁴⁸



SNACK ATTACK!



Jack Link's Jerky
Select Varieties, 65-80 g.

2 FOR \$11

HOT! DEAL

Western Family Potato Chips

Select Varieties
235 g.

3 FOR \$6.99



Old Dutch Corn Chips

Original or Bar.B.Q.
285 g.

2 FOR \$8



More Favourites ...

SunRype Fruit To Go Bites

Select Varieties
8 Pack

2 FOR \$8

Maynards Candy

or Sour Patch Kids
Select Varieties, 150-154 g. ...

2 FOR \$6

Twizzlers Licorice

Nibs or Jolly Ranchers
Select Varieties, 283-454 g. ...

2 FOR \$8

Skittles or Starburst

Select Varieties
1 Pack

2 FOR \$3

Doritos Tortilla Chips

Select Varieties
210-280 g.

2 FOR \$9



Cadbury Minis

or Mini Eggs, Select Varieties
144-200 g.

2 FOR \$11



Act II Popcorn

Buttery or Butter Lovers
3 Pack

2 FOR \$6



Dare Bear Paws

Select Varieties
168-240 g.

4.98



Dare Breton Crackers

or Vinta, Select Varieties
135-225 g.

2 FOR \$7



Cadbury Family Size Chocolate Bars

Select Varieties
80-100 g.

2 FOR \$8



Cadbury Chocolate Bars

Select Varieties
1 Pack

3 FOR \$4.98



DRINKS!

Nanton Spring Water

12 x 500 ml.
*Plus Deposit

2 FOR \$5



Nanton Distilled Water

or Spring, 4 litre
*Plus Deposit

1.98



Montellier Sparkling Water

Select Varieties, 1 litre
*Plus Deposit

2 FOR \$3



Western Family Sparkling Water

or Lemon Lime, 2 litre
*Plus Deposit

2 FOR \$3



Kool-Aid Jammers

Select Varieties
10 x 180 ml.
*Plus Deposit

4.98



SunRype Juice

Select Varieties, 1.36 litre
*Plus Deposit

2 FOR \$7



Gatorade Sports Beverage

or Drink Crystals, Select Varieties
650 g. or 6 x 591 ml.
*Plus Deposit

7.98



Lipton Iced Tea

Select Varieties, 12 x 340 ml.
*Plus Deposit

6.98



Grizzly Paw Soda

Select Varieties, 4 x 355 ml.
*Plus Deposit

7.98



Coke or Canada Dry Minis

Select Varieties, 6 x 222 ml.
*Plus Deposit

5.28



Gatorade Alkaline Water

700 ml.
*Plus Deposit

2 FOR \$4



Monster Energy Drinks

Select Varieties, 444-473 ml.
*Plus Deposit

2 FOR \$6



Partake Non-Alcoholic Beer

Select Varieties, 4 x 355 ml.
*Plus Deposit

5.98



HOT! DEAL

HOUSEHOLD MUST HAVES

Bonterra Bathroom Tissue

Triple 9 Roll

or

Bonterra Paper Towels

Mega 3 Roll

or

Bonterra Facial Tissues

3 Pack

7⁹⁸

your
CHOICE

Drano Max Gel
900 ml.

5⁹⁸



Glade Candle
Delicate Vanilla Embrace
1 Pack

10⁹⁸



Finish Dishwasher Detergent
Gel or Powder
1.6 litre or 1.8 kg.

6⁹⁸



Bounce Fabric Softener
Select Varieties
80 Sheets

2 FOR \$11



Shout Stain Remover
650 ml.

2 FOR \$9



Scrubbing Bubbles Drop Ins
5 Pack

6⁹⁸



Gain Laundry Detergent
Select Varieties, 32 Use

7⁹⁸

GAME DAY ESSENTIALS

Glad Garbage Bags
Select Varieties
20-40 Pack

12⁹⁸



Western Family Party Cups
White or Coloured
30-40 Pack

2 FOR \$9



Western Family Utensils
Heavy Duty, Select Varieties
48 Pack

2 FOR \$6



Ziploc Freezer Bags
or Storage, Select Varieties
10-28 Pack

2 FOR \$11

Western Family Aluminum foil
12" x 25'

1⁹⁸

Palmolive Dish Liquid
Original or Lemon
828 ml.

2 FOR \$8

PERSONAL CARE

Head & Shoulders Shampoo
or 2 in 1, Select Varieties
370 ml.

6⁹⁸

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

8⁹⁸

2 FOR \$11



Huggies Snug & Dry Diapers
Pull-Ups or Goodnites
Select Varieties, 17-34 Pack

17⁹⁸



Listerine Mouthwash
Select Varieties
1 litre

Midol Extra Strength
40 Caplets

9⁹⁸

Tylenol Arthritis
24 Caplets

5⁹⁸

Edge Shave Gel
or Skintimate, Select Varieties
198 g.

7⁹⁸

2 FOR \$8



U by Kotex Tampons
Pads or Liners, Select Varieties
14-64 Pack

6⁹⁸



PET'S CORNER



Nutri-Choice Advantage Dog Food
All Life Stages, 16 kg.

39⁹⁸

Pedigree Dentastix
Original
608 g.

11⁹⁸



Fancy Feast Cat Food
Select Varieties
85 g., 12 Pack

13⁹⁸



DAIRY DELIGHTS



Kraft Singles
or Cheez Whiz, Select Varieties
410-450 g.

6⁴⁸

Violife Cheese Alternative

Sliced or Shredded
Select Varieties, 200 g.

2^{FOR} \$8



Violife Cream Cheese Alternative

Original or with Chives
200-227 g.

4²⁸



MacLaren's Imperial Cheese Spread

230 g.

6⁹⁸



Western Family Cheese

Select Varieties
600 g.

8⁹⁸



Armstrong Cheese Snacks

Select Varieties
210 g.

4⁹⁸



Armstrong Shredded Cheese

Select Varieties
500 g.

9⁹⁸



Becel Margarine

Original or Olive Oil
427 g.

4²⁸



I Can't Believe It's Not Butter!

850 g.

4²⁸



Tenderflake Lard

454 g.

4⁹⁸



Kraft Parmesan

Grated
125 g.

4⁹⁸



Activia Yogurt

Select Varieties
650 g.

2^{FOR} \$8



Danone Oikos Smoothie

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

4^{FOR} \$5



Oikos Pro Drinkable Yogurt

Select Varieties, 300 ml.
*Plus Deposit

2^{FOR} \$6



Danone Danino Drinkable Yogurt

Select Varieties
6 x 93 ml.

2^{FOR} \$7



Olympic Yogurt

Select Varieties, 1.75 kg.

11⁹⁸




International Delight Coffee Whitener
Select Varieties, 946 ml.
*Plus Deposit

5⁹⁸

Dairyland Sour Cream

14%
750 ml.

4⁹⁸



Dairyland Old Fashioned Chocolate Milk

946 ml.
*Plus Deposit

2^{FOR} \$6



Dairyland Coffee Cream

18%, 946 ml.
*Plus Deposit

4⁴⁸



Dairyland Milk 2 Go

Select Varieties, 310 ml.
*Plus Deposit

2^{FOR} \$3



Kraft Cool Whip Whipped Topping

225 g. Aerosol

3⁹⁸



Sunny D Beverage

Smooth or Tangy Original
1.89 litre, *Plus Deposit

3²⁸



HOT DEALS FROM THE FREEZER

Green Giant Vegetables

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

2 FOR \$7

Cheemo Perogies

Frozen, Select Varieties
907 g.

2 FOR \$7

Crave Entrées

or KD Deluxe, Frozen
Select Varieties, 300-340 g.

4⁹⁸

Cavendish Farms Fries

Frozen, Select Varieties, 800 g.

3 FOR 9⁹⁹

Heinz Bagel Bites

Cheese & Pepperoni
or Three Cheese
Frozen, 198 g.

2⁷⁸

Wong Wing Won Ton Soup

or Covers, Frozen
426 ml. or 454 g.

2 FOR \$8

Western Family Hashbrown Potatoes

Small Diced, Frozen
800 g.

2 FOR \$6

Hungry-Man Dinners

Frozen, Select Varieties
360-455 g.

6⁹⁸

Dr. Oetker Ristorante Pizza

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

5⁹⁸

Wong Wing Entrées

Frozen, Select Varieties, 300-680 g.

7⁹⁸

Island Farms Ice Cream

Select Varieties, 4 litre

9⁹⁸

Only Goodness Organic Fruit

or Western Family, Frozen
Select Varieties, 1.5 kg.

11⁹⁸

Nestlé Ice Cream

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

8⁹⁸

MARKET FRESH PRODUCE



Pink Lady Apples

Canadian Grown, Canada Fancy
3 lb. Bag

Each **3⁹⁸**



Green Seedless Grapes

Chilean or Peruvian Grown, #1 Grade
kg. 10.98

lb. **4⁹⁸**



Blood Oranges

California Grown, 3 lb. Bag

Each **7⁹⁸**

Kiwi Fruit

Greece or Italian Grown

Each **98¢**



Fresh Limes

Mexican Grown

4 FOR \$3



Salted Peanuts

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

Each **3⁹⁸**



Baby Peeled Carrots

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

Each **3⁹⁸**



Iceberg Lettuce

U.S. Grown
#1 Grade

Each **2⁴⁸**



Hot House Beefsteak Tomatoes

Mexican Grown, #1 Grade, kg. 6.57

lb. **2⁹⁸**



Green Peppers

Mexican Grown, kg. 5.47

lb. **2⁴⁸**

ORGANICS

Organic Long English Cucumbers

Mexican Grown

Each **2⁹⁸**



Organic Broccoli Bunches

U.S. Grown
kg. 8.77

lb. **3⁹⁸**



Fresh Express Salad Kits

Select Varieties
Product of U.S.A.
6.3-14 oz.

Each **4⁹⁸**



White Cauliflower

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

lb. **2⁴⁸**