



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 FEBRUARY 2026							
FRI	SAT	SUN	MON	TUES	WED	THURS	
6	7	8	9	10	11	12	

Striploin
Grilling Steak
kg. 33.03

lb. **14⁹⁸**



HAPPY
Valentines
DAY

Cracker Barrel
Shredded Cheese
Select Varieties, 250-320 g.

5⁹⁸



Canadian
Lobster Tails
Frozen, 3-4 oz.

Each **8⁹⁸**



Red or Yellow
Potatoes

Canadian Grown, Canada #1 Grade
5 lb. Bag

Each **3⁴⁸**



Primo
Pasta
Select Varieties, 900 g.

1⁷⁸



Red
Seedless Grapes

Chilean or Peruvian Grown, #1 Grade
kg. 6.57

lb. **2⁹⁸**



BUTCHER SHOPPE



**Inside Round
Oven Roast**

kg. 22.00

lb. **9⁹⁸**

*Simmering
Blade Steak*

Boneless
kg. 26.41

lb. **11⁹⁸**

*Inside Round
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**

**Chicken
Legs**

Back Attached, Value Pack
kg. 7.67

lb. **3⁴⁸**



**Pork Loin
Chops**

Centre Cut, kg. 8.77

lb. **3⁹⁸**

**Sliced
Pork Belly**

kg. 10.98

lb. **4⁹⁸**



**Chicken
Thighs**

Value Pack, kg. 10.98

lb. **4⁹⁸**



SMOKED & PACKAGED MEATS



**Olymel
Sausages**

Old Fashioned or Maple & Black
Pepper, 375 g.

Each **5⁹⁸**



**Western Family
Stuffed Chicken
Breasts**

Ham & Swiss, Frozen, 852 g.

Each **12⁹⁸**



*Freybe
Pepperoni*

Select Varieties
500 g.

Each **12⁹⁸**

*Western Family
Bacon*

Select Varieties
375 g.

Each **5⁹⁸**



*Freybe
Salami*

Select Varieties
250 g.

Each **7⁹⁸**

*Grimm's
Pepperoni Bites*

Select Varieties
375 g.

Each **6⁹⁸**



*Lafleur
Ham Halves*

Select Varieties
550 g.

Each **9⁹⁸**

*Western Family
Cabbage Rolls*

Beef, Frozen
908 g.

Each **10⁹⁸**



DELI

**Freybe
Deli Salami**
Select Varieties

Per
100 g. **3⁴⁸**



**Western Family
Hummus**
Roasted Garlic
227 g.

Each **2⁹⁸**



SEAFOOD



**AquaStar
Breaded Fish Fillets**
Frozen, Select Varieties, 400-500 g.

10⁹⁸
Each



**AquaStar
Shrimp**
Frozen, 26-30 Count, 340 g.

7⁹⁸
Each

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

Each **8⁹⁸**



**AquaStar
Cooked Shrimp**
Frozen, 31-40 Count
340 g.

Each **9⁴⁸**



**AquaStar
Shrimp**
Garlic & Herb
Frozen, 340 g.

Each **8⁹⁸**



**AquaStar
Calamari**
Lightly Dusted
Frozen, 340 g.

Each **7⁹⁸**



HOT DEALS FROM THE FREEZER



**Western Family
Thin & Crispy
Pizza**

Frozen, Select Varieties, 350-390 g.

2 FOR \$11

**Western Family
Hashbrown Potatoes**
Diced or Shredded, Frozen
1-1.3 kg.

6⁴⁸



**Dr. Oetker
Suprema Pizza**
Frozen, Select Varieties
487-520 g.

8⁹⁸



**Cheemo
Pergies**
Cheddar Cheese or Variety Pack
Frozen, 2 kg.

6⁹⁸



**Popsicle
Frozen Novelties**
Select Varieties
18 Pack

7⁴⁸



**Green Giant
Simply Steam**
Sweet Summer Peas
Frozen, 250 g.

4 FOR \$7



**McCain
French Fries**
Frozen, Select Varieties
800 g.

2 FOR \$8



**Bassili's Best
Lasagna**
or Shepherd's Pie, Frozen
Select Varieties, 907 g.

7⁹⁸



**Western Family
Strawberries**
in Syrup, Frozen
425 g.

2 FOR \$7



**Kraft
Cool Whip
Dessert Topping**
Frozen, 1 litre

2 FOR \$8



**Only Goodness
Sliced Strawberries**
Organic, Frozen, 600 g.

4⁹⁸



**Breyers
Family Classic**
Frozen Dessert, Select Varieties
1.41-1.66 litre

5⁴⁸



DAIRY DELIGHTS



Imperial Margarine
Quarters or Soft Bowl
1.28-1.36 kg.

6⁹⁸



Armstrong Cheese

Select Varieties
600 g.

9⁹⁸



Philadelphia Dips

Select Varieties
227 g.

2^{FOR} \$7



Kraft Natural Cheese

Select Varieties
250 g.

2^{FOR} \$9

Oasis Smoothie

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

4⁹⁸

Sunny D Beverage

Smooth or Tangy Original
3.78 litre, *Plus Deposit.

5⁹⁸

Dairyland Creamo

or Fat-Free, 946 ml.
*Plus Deposit.

4⁴⁸

Dairyland Whipped Cream

19%
400 g. Aerosol

5⁹⁸

Danone Oikos Yogurt

or Activia Expert, Select Varieties
4 x 95-100 g.

4²⁸

Dairyland Sour Cream

Select Varieties
250 ml.

1⁷⁸

Silk Beverages

Select Varieties, 1.89 litre
*Plus Deposit.

4⁹⁸

Kraft Parmesan

Grated
500 g.

15⁹⁸

Parkay Margarine

427 g.

2⁷⁸

Dairyland Whipping Cream

33%, 237 ml.
*Plus Deposit

1⁹⁸



Astro Yogurt

Balkan Style
750 g.

2^{FOR} \$7



Oasis Orange Juice

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

5⁹⁸



Starbucks Coffee Enhancer

Chilled, Select Varieties
828 ml., *Plus Deposit

7⁴⁸



RISE & SHINE

Nutella Hazelnut Spread

375 g.

5⁴⁸

Quaker Cereal

Select Varieties
350-500 g.

2^{FOR} \$9

Parkway Coffee

or Golden Tea, Select Varieties
4 x 355 ml., *Plus Deposit

10⁹⁸

McCafé Coffee

Premium Roast
340 g.

15⁹⁸

Nescafé Instant Coffee

or Taster's Choice, Select Varieties
100-170 g. or 18 Pack.

9⁹⁸

Weetabix Cereal

Whole Grain
400 g.

2^{FOR} \$8

Roger Oat Bran

500 g.

3²⁸

Harvest Crunch Granola

Select Varieties
400-510 g.

5⁴⁸



General Mills Family Size Cereal

Select Varieties, 570-725 g.

6⁹⁸



Adams Natural Peanut Butter

Select Varieties, 500 g.

2^{FOR} \$9

Hershey's Chippits

Select Varieties
200-270 g.

5⁹⁸

Ocean Spray Craisins

Select Varieties
142-170 g.

3^{FOR} 6⁹⁹

Betty Crocker Birthday Candles

Select Varieties
12-24 Pack

2^{FOR} \$5

Betty Crocker Decorating Tips

Candle Eyeballs or Birthday
Candles, 8-13 Pack or 28 g.

2^{FOR} \$7

Betty Crocker Sprinkles

or Decorating Sugar
92-113 g.

2^{FOR} \$9

Betty Crocker Cookie Icing

Select Varieties
200 g.

2^{FOR} \$7

Betty Crocker Decorating Icing

or Writing Gel, Select Varieties
19-120 g.

2^{FOR} \$5

Reynolds Large Baking Cups

White or Rainbow
50 Pack

4^{FOR} \$5

Only Goodness Bread Crumbs

Gluten Free
454 g.

6⁹⁸

Thai Kitchen Pure Coconut Milk

400 ml.

2^{FOR} \$6

BAKING BUYS



Rogers Four

All Purpose or Unbleached, 5 kg.

7⁴⁸



Quaker Muffin Mix

Bran or Blueberry, 900 g.

5⁹⁸



GROCERY ESSENTIALS



Western Family Tomatoes

Select Varieties, 398 ml.

4 FOR \$5

HOT! DEAL

Frank's Red Hot Sauce

Select Varieties
354 ml.

4⁹⁸



Harvest Acres Long Grain Rice

2 kg.

5⁹⁸



Catelli Whole Grains Pasta

Spaghetti or Rotini
375 g.

2 FOR \$7



Lipton Cup-a-Soup Mix

Chicken Noodle or Supreme
4 Pack

2 FOR \$3



Lipton Chicken Noodle Soup Mix

or Knorr Onion
2 Pack

3 FOR \$4⁹⁸

Western Family Tomatoes

Green Chilies & Lime Juice
or Garlic & Olive Oil, 398 ml.

2 FOR \$4

Western Family Baby Beets

Whole
398 ml.

2²⁸

Western Family Beans

or Only Goodness
Lentils or Chick Peas
Select Varieties, 540 ml.

3 FOR \$6⁹⁹

Primo Pasta

or Noodles, Select Varieties
375-500 g.

2 FOR \$6

Western Family Croutons

Cheese & Garlic or Caesar
145 g.

2 FOR \$4

Berio Grapeseed Oil

750 ml.

11⁹⁸

Western Family Apple Cider Vinegar

1 litre

2⁹⁸

Hunt's Tomato Sauce

or Paste, Select Varieties
369-680 ml.

3 FOR \$9⁹⁹

Thai Kitchen Fish Sauce

200 ml.

4⁹⁸

Taipan Sesame Seed Oil

or Oyster Sauce
180-350 ml.

2 FOR \$7

Club House Seasoning

or Blends, Select Varieties
120-144 g.

2 FOR \$11

Bick's Pickles

Select Varieties
1 litre

5⁴⁸



French's Ketchup

Select Varieties
750 ml.-1 litre

4⁹⁸



Hellmann's Mayonnaise

Select Varieties
710-890 ml.

6⁴⁸



Heinz Chili Sauce

455 ml.

5⁴⁸



Sapporo Ichiban Instant Noodles

Select Varieties
100 g.

98¢



Club House Gravy Mix

Marinade or Sauce
Select Varieties, 1 Pack

2 FOR \$3



Old El Paso Tortillas

Medium or Large
297-334 g.

2 FOR \$6

Old El Paso Taco Sauce

243 ml.

2 FOR \$7

Old El Paso Green Chilies

Chopped
113 ml.

2 FOR \$4

Old El Paso Jalapeños

Sliced
250 ml.

2 FOR \$6

Old El Paso Refried Beans

Select Varieties
398 ml.

3 FOR \$7⁹⁸

Old El Paso Seasoning Mix

Select Varieties
1 Pack

4 FOR \$5

Old El Paso Taco Dinner Kits

Hard & Soft or Stand'n Stuff
250-340 g.

2 FOR \$9



Old El Paso Thick N' Chunky Salsa

Mild or Medium
650 ml.

4⁹⁸



Old El Paso Crunchy Taco Shells

or Cheesy Blasted
125-133 g.

2 FOR \$5



Old El Paso Taco Shells

or Cheesy Blasted
153-238 g.

2 FOR \$8



TACO NIGHT!



Old El Paso Dinner Kits

Select Varieties, 250-510 g.

2 FOR \$7

HOT! DEAL

SNACK ATTACK!

**Del Monte
Fruit Cups**
Select Varieties
4 Pack

2 FOR \$11



**Tony's
Chocolonely
Chocolate Bars**
Select Varieties, 180 g.

2 FOR \$11

**Hershey's
Chocolate Bars**

or Reese's, Select Varieties
1 Pack

3 FOR \$3.99



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

or Maltesers, Select Varieties
155-170 g.

5.98



**Lindt Excellence
Chocolate Bar**

Select Varieties
100 g.

5.98



**Kellogg's
Town House
Crackers**

Select Varieties
247-391 g.

2 FOR \$7



**Cheez-It Snap'd
Crackers**

Double Cheese
or Sour Cream & Onion, 213 g.

2 FOR \$8

**Taipan
Rice Crackers**

Plain or Sesame
100 g.

2 FOR \$4

**Christie
Oreo Cookies**

Gluten Free
342 g.

7.98

**Betty Crocker
Dunkaroos**

Vanilla or Chocolate
168 g.

2 FOR \$7

**SunRype
Fruit To Go**

Variety Pack
210 g.

5.48

**Skittles
or Starburst**

Select Varieties
130-170 g.

2 FOR \$7

**Toblerone
Milk Chocolate
Bar**

100 g.

2 FOR \$8

**Orville Redenbacher
Popcorn**

Buttery or Extra Butter
3 Pack.

2 FOR \$8

**Pringles
Mingles**

Select Varieties
155 g.

2 FOR \$8

**Hawkins
Cheezies**

420 g.

5.98

**PopCorners
Popped-Corn
Chips**

Select Varieties
142 g.

2 FOR \$8



**Arriba
Tortilla Chips**

Select Varieties
235-245 g.

2 FOR \$8



**Ruffles
Potato Chips**

Select Varieties
180-200 g.

2 FOR \$9



**Miss Vickie's
Potato Chips**

Select Varieties
190-200 g.

2 FOR \$9



**Heineken
Non-Alcoholic Beer**

6 x 330 ml.
*Plus Deposit

11.98



**Guinness
Non-Alcoholic
Draught**

4 x 440 ml.
*Plus Deposit

9.98



**Heinz
Tomato Juice**

1.36 litre
*Plus Deposit

4.98



**Oasis
Juice**

or Del Monte Nectar
Select Varieties
960 ml., *Plus Deposit

3 FOR \$6.99



**Western Family
Iced Tea**

or Lemonade, 1.89 litre
*Plus Deposit

2 FOR \$9



**San Pellegrino
Sparkling Beverages**

Select Varieties
6 x 330 ml.
*Plus Deposit

6.98



**Zoa
Zero Sugar
Energy Drink**

Tropical Punch, 355 ml.
*Plus Deposit

2 FOR \$4



**Aquafina
Water**

12 x 500 ml.
*Plus Deposit

7.48



**Evian
Water**

1 litre
*Plus Deposit

2 FOR \$6



**Coke or Canada Dry
Beverages**

Select Varieties, 2 litre
*Plus Deposit

2 FOR \$6



**Pepsi or 7Up
Beverages**

Select Varieties, 2 litre
*Plus Deposit

3.28



THIRSTY?

**Nanton
Spring Water**
24 x 500 ml.
*Plus Deposit

2 FOR \$9

**Gatorade
Sports Beverage**

Select Varieties, 8 x 355 ml.
*Plus Deposit

7.98



HOUSEHOLD MUST HAVES

**Glade
Wax Melts**

Select Varieties
6 Pack

2 FOR \$11

**3M
Utility Duct Tape**

1 Roll

2 FOR \$8

**3M Scotch
Masking Tape**

Contractor Grade
1 Roll

2 FOR \$4

**Charmin
Bathroom Tissue**

Select Varieties, Mega 9 Roll

14⁹⁸

**Bounty
Paper Towel**

Double 4 Roll

11⁹⁸



**Glad
Garbage Bags**

Select Varieties
30-52 Pack

7⁹⁸



**Glade
Air Freshener**

Hawaiian Breeze
or Lavender & Aloe
226 g. Aerosol

2 FOR \$8



**Sunlight
Laundry Detergent**

Select Varieties
45 Use

8⁹⁸



**Clorox
Bleach**

Original
2.4 litre

5⁹⁸



**Snuggle Cuddle-Up
Fabric Softener**

Fresh
1.16 litre

5⁹⁸



**Dawn Ultra
Dish Liquid**

Original or Apple Blossom
443 ml.

2 FOR \$8



**Scotch Brite
Dishwand**

Heavy Duty
1 Pack

2 FOR \$8



**Clorox
Disinfecting
Cleaner**

All-Purpose or Clean-Up
946 ml.

4⁹⁸



**Windex
Glass Cleaner**

Original or with Vinegar
765 ml.

2 FOR \$11



**Brita
Slim Pitcher**

1 Pack

18⁹⁸



**Royal Chinet
Lunch Plates**

40 Pack

9⁹⁸



**Royal Chinet
Bowls**

15 Pack

2 FOR \$5



**Royal Chinet
Dinner Plates**

40 Pack

13⁹⁸



**Royal Chinet
Dessert Plates**

40 Pack

5⁹⁸



**Reynolds
Parchment Paper**

1 Roll

2 FOR \$7

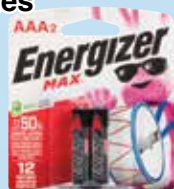


PERSONAL CARE

**Energizer Max
AAA Batteries**

2 Pack

5⁹⁸



**Halls
Lozenges**

Select Varieties
1 Pack

3 FOR \$6⁹⁸



**Dove
Body Care**

Select Varieties
45 g. or 325-355 ml.

2 FOR \$11



**Energizer Max
Batteries**

AA or 9 Volt
1-4 Pack

7⁹⁸



**Q-tips
Cotton Swabs**

170 Pack

2 FOR \$6



**O.B.
Tampons**

Multi-Pack
40 Pack

9⁹⁸



PET'S CORNER

**Nutri-Choice
Advantage
Dog Food**

All Life Stages
6 kg.

16⁹⁸



**Purina
Cat Chow**

Complete
1.6 kg.

9⁹⁸



**Friskies
Cat Food**

Variety Pack, Select Varieties
156 g., 24 Pack

27⁹⁸



MARKET FRESH PRODUCE

Fresh Strawberries

U.S. Grown, #1 Grade
1 lb. Clamshell

Each **6⁹⁸**

WEATHER PERMITTING

Sweet Mangos

Product of Peru

Each **2⁴⁸**

Fresh Pineapple

Product of Costa Rica

Each **7⁹⁸**

Navel Oranges

California Grown, 4 lb. Bag

Each **5⁹⁸**

Pink Lady Apples

Washington Grown
Extra Fancy Grade, kg. 3.26

lb. **1⁴⁸**

Baby Long English Cucumbers

Canadian or Mexican Grown
1 lb. Bag

Each **3⁹⁸**

Green Leaf Lettuce

U.S. Grown

Each **1⁹⁸**

Hot House Peppers

Red, Yellow or Orange
Mexican Grown, kg. 8.77

lb. **3⁹⁸**

Roma Tomatoes

Mexican Grown
kg. 5.47

lb. **2⁴⁸**

Fresh Express Garden Salad

or Coleslaw, Product of U.S.A.
12-14 oz.

Each **1⁹⁸**

Green Asparagus

Mexican Grown, #1 Grade
kg. 13.18

lb. **5⁹⁸**

ORGANICS

Organic Avocados

Mexican Grown
3 Pack

Each **4⁹⁸**

Organic Grape Tomatoes

Mexican Grown
1 Pint

Each **4⁹⁸**

BAKERY BARGAINS

Hamburger or Hot Dog Buns

White or 60% Whole Wheat
Select Varieties, 8 Pack

Each **2⁹⁸**

Fresh Baked

English Bay Gourmet Cookies

Select Varieties
12 Pack

Each **5⁹⁸**

Fresh Baked

Furlani Garlic Parm Knots

296 g.

Each **3⁹⁸**



Two-Bite Cupcakes

Vanilla or Chocolate
12 Pack

Each **5⁹⁸**

Sugarplum 6" Cheesecake

Select Varieties, 550 g.

Each **13⁹⁸**

Oakrun Farm Crumpets

Regular or Buttermilk
264-284 g.

Each **3⁴⁸**



Dempster's Bagels

Select Varieties
5-6 Pack

2 FOR \$8

Venice Bakery Bread

White or 100% Whole Wheat
570 g.

2 FOR \$5