



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 FEBRUARY 2026

FRI	SAT	SUN	MON	TUES	WED	THURS
13	14	15	16	17	18	19

HAPPY LUNAR NEW YEAR

YEAR OF THE HORSE

2026



**Outside Round
Oven Roast**

Boneless, kg. 17.37

lb. **7⁸⁸**



**Broccoli
Crowns**

Asian Cut, U.S. Grown
kg. 6.35

lb. **2⁸⁸**



**Navel
Oranges**

California Grown
kg. 2.16

lb. **98¢**



**Golden Dragon
Cooking Sauce**

Select Varieties, 455 ml.

2 FOR 4⁸⁸



**Primo
Beans**

Chick Peas or Lentils
Select Varieties, 540 ml.

4 FOR 6⁸⁸



BUTCHER SHOPPE



Cross Rib Pot Roast

Boneless, kg. 19.58

lb. **8⁸⁸**

Beef Hip Minute Steak

Value Pack, kg. 21.78

lb. **9⁸⁸**



Western Family Boneless, Skinless Chicken Breasts

Frozen, 3 kg.

Each **33⁸⁸**

Pork Sirloin Roast

Boneless, kg. 8.55

lb. **3⁸⁸**



Pork Shoulder Blade Steak

Value Pack kg. 8.55

lb. **3⁸⁸**



Western Family Crispy Chicken

Frozen 1 kg.

Each **15⁸⁸**



Sunrise Farms Seasoned Drumsticks

Frozen 3 kg.

Each **15⁸⁸**



Pork Shoulder Blade Roast

Value Pack kg. 10.76

lb. **4⁸⁸**



Western Family Boneless, Skinless Chicken Thighs

Frozen, 3 kg.

Each **33⁸⁸**



Western Family Split Chicken Wings

Frozen 3 kg.

Each **30⁸⁸**



SMOKED & PACKAGED MEATS



Olymel Wieners

Original, 1 kg.

Each **8⁸⁸**



Capital Sausage Chubs

Select Varieties 500 g.

Each **4⁸⁸**



Western Family Sliced Meat

Ham or Bologna 175 g.

Each **3⁸⁸**



Western Family Garlic Sausage Ring

750 g.

Each **8⁸⁸**



Western Family Thick Cut Bacon

1 kg.

Each **15⁸⁸**



Grimm's Smokies

or European Wieners
Select Varieties
375-450 g.

Each **6⁸⁸**



Freybe Sausages

Das Brat or Weisswurst
375 g.

Each **7⁸⁸**



DELI

Freybe
Deli Ham
Select Varieties

Per
100 g. **2⁸⁸**



Grimm's
Deli Sausage
Select Varieties

Per
100 g. **1⁸⁸**



SEAFOOD



**Ocean Jewel
Shrimp**

Peeled, Deveined, Frozen
31-40 Count, 340 g.

Each **6⁸⁸**

Western Family
Basa Fillets
Frozen
680 g.

Each **6⁹⁸**



HighLiner
Battered Fillets
English Style or Fish Sticks
Frozen, 500-700 g.

Each **8⁸⁸**



Clear Ocean
Scallops
Bacon Wrapped, Frozen
680 g.

Each **8⁸⁸**



Western Family
Seafood Sauce
or Horseradish
250 ml.

2⁸⁸



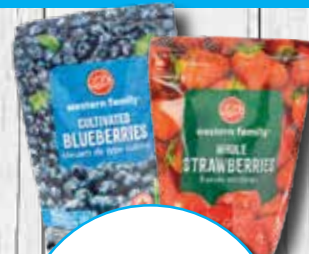
HOT DEALS FROM THE FREEZER



**Kellogg's
Eggo Waffles**

Frozen, Select Varieties, 280-560 g.

6⁸⁸



**Western Family
Fruit**

Frozen, Select Varieties
400-600 g.

5⁸⁸



**Chapman's
Frozen Novelties**

Select Varieties, 8-20 Pack

4⁸⁸



**McCain
Hashbrown**

Frozen, 800 g.

2⁸⁸



**Only Goodness
Smoothie Blend**

with Dragon Fruit, Frozen
600 g.

3⁸⁸

**Chapman's
Super Premium Plus
Ice Cream**

Select Varieties, 500 ml.

2 FOR 8⁸⁸



**Chapman's
Markdale Creamery
Ice Cream**

Select Varieties, 4 litre

8⁸⁸

**HOT!
DEAL**

DAIRY DELIGHTS



Western Family Shredded Cheese
Select Varieties, 320 g.

5⁸⁸

Becel Margarine
Select Varieties
850 g.

7⁸⁸



Lactantia Butter
Salted
454 g.

6⁸⁸



Black Diamond Cheese
Select Varieties
400 g.

6⁸⁸



Western Family Single Slices
Regular or Thick
400 g.

4⁸⁸



Simply Orange Juice
with Pulp or Pulp Free, Chilled
2.25 litre, *Plus Deposit.

10⁸⁸

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

2³⁸⁸

Dairyland Organic Cream
10%, 946 ml.
*Plus Deposit.

2⁷⁸⁸

Dairyland Milk 2 Go
or Sport, Select Varieties
325-473 ml., *Plus Deposit

2³⁸⁸

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

4⁸⁸

Dairyland Stirred Yogurt
Select Varieties
175 g.

4⁴⁸⁸

Activia Drinkable Yogurt
Strawberry Banana or Strawberry
8 x 93 ml., *Plus Deposit.

5⁸⁸

Activia Multipack Yogurt
Select Varieties
8 x 100 g.

4⁸⁸



Kozy Shack Pudding
Select Varieties
624 g.

2⁵⁸⁸



Dairyland Creamo
or Fat-Free, 473 ml.
*Plus Deposit

2⁸⁸



Olympic Sour Cream
Organic
500 ml.

2⁸⁸⁸



Siggi's Icelandic Skyr Yogurt
Select Varieties
650-750 g.

6⁸⁸



BAKING

Betty Crocker Gluten Free Cake Mix
or Bisquick
425-454 g.

5⁸⁸



Western Family All Purpose Flour
10 kg.

12⁸⁸



Betty Crocker Bisquick
Original
1.13 kg.

3⁸⁸



Kicking Horse Coffee
Kick Ass
24 K-Cups

28⁸⁸

Nabob Coffee
Select Varieties
300-340 g.

10⁸⁸

General Mills Cheerios
Honey Nut
292 g.

2⁶⁸⁸

Alpen Muesli Cereal
Original or No Sugar Added
600 g.

5⁸⁸

Rogers Oats
or Porridge, Select Varieties
750 g.-1.1 kg.

2⁸⁸⁸

Pearl Milling Company Pancake Mix
or Syrup, Select Varieties
905 g. or 710 ml.

2⁷⁸⁸

Starbucks Coffee
Select Varieties
10 K-Cups

12⁸⁸



Twinings Tea
Select Varieties
20 Bags

2⁸⁸⁸



Nestlé Nesquik
Powder or Syrup, Select Varieties
540 g. or 510-700 ml.

8⁸⁸



Nestlé Carnation Hot Chocolate
Select Varieties
7-10 Pack

4⁸⁸



GOOD MORNING!

Western Family Cereal
Select Varieties, 580-775 g.

2⁹⁸⁸

HOT! DEAL



Kraft Peanut Butter
or Hazelnut Spread
Select Varieties
725 g.-1 kg.

7⁸⁸



Only Goodness Organic Pure Maple Syrup
Amber or Very Dark
500 ml.

12⁸⁸



LUNAR NEW YEAR



**Farkay
Steam Fried Noodles**
or Chow Mein, 397 g.

2 FOR 6⁸⁸



**HOT!
DEAL**



**P.F. Chang's
Cooking Sauce**
Select Varieties, 350 ml.

4⁸⁸

**HOT!
DEAL**

**Sapporo Ichiban
Noodle Cups**

Select Varieties
62 g.

2 FOR 3⁸⁸



**Taipan
Coconut Milk**
398 ml.

2⁸⁸



**Taipan
Sesame Seeds**

Roasted
43 g.

2 FOR 4⁸⁸



**Taipan
Water Chestnuts**

or Bamboo Shoots, Select Varieties
227 ml.

4 FOR 4⁸⁸



**Ben's Original
Converted Rice**

Long Grain
2.2 kg.

9⁸⁸



**Only Goodness
Organic Coconut Oil**

Virgin
680 ml.

11⁸⁸



GROCERY ESSENTIALS

More Favourites ...

**Ocean's
SnacKit**
Lemon Pepper
96 g.

2 FOR 4⁸⁸

**Holiday
Luncheon Meat**
340 g.

2 FOR 6⁸⁸

**Western Family
Artichoke Hearts**
Marinated
170 ml.

2⁸⁸

**Western Family
Exquisita Salsa**
Medium
1.89 litre.

11⁸⁸

**Campbell's
Ready To Serve
Soup**

Select Varieties
510-515 ml.

2 FOR 5⁸⁸



**Heinz
Tomato Soup**
Condensed
284 ml.

4 FOR 6⁸⁸



**Ocean's
Light Tuna**
Chunk or Flaked
Select Varieties, 170 g.

1⁸⁸



**Western Family
Dressing**

Select Varieties, 475 ml.

2 FOR 4⁸⁸

**HOT!
DEAL**

**Annie's
Macaroni & Cheese**
Select Varieties
149-170 g.

2⁸⁸



**Barilla
Lasagne Noodles**
454 g.

2 FOR 8⁸⁸



**Barilla
Pasta**
Select Varieties
340-410 g.

2⁸⁸



**Primo
Pasta Sauce**
or Pizza, Select Varieties
375-680 ml.

2 FOR 4⁸⁸



**French's
Mustard**
Classic Yellow
400 ml.

2 FOR 4⁸⁸



**Western Family
Ketchup**
1.5 litre

5⁸⁸



**Vlasic
Pickles**
Select Varieties
1 litre

6⁸⁸



**Knorr
Classic Gravy Mix**
or Sauce, Select Varieties
1 Pack

4 FOR 4⁸⁸



**Kraft
Real Mayonnaise**
890 ml.

6⁸⁸



**Crisco
Canola Oil**
or Vegetable
1.18 litre

7⁸⁸



SNACK ATTACK!



Christie Cookies

Select Varieties, 224-303 g.

2 FOR 8⁸⁸

Munchies Snack Mix

Original or BBQ
250 g.

2 FOR 8⁸⁸



Doritos Tortilla Chips

Select Varieties
210-280 g.

2 FOR 8⁸⁸



Sun-Maid Raisins Mini Packs

14 Pack

3⁸⁸

Western Family Rice Crackers

Select Varieties
100 g.

2 FOR 2⁸⁸

Honey Maid Graham Wafers

or Crumbs, Select Varieties
400 g.

5⁸⁸

SunRype Fruit To Go

Select Varieties, 1 Pack

4 FOR 1⁸⁸

Jelly Belly Jelly Beans

Select Varieties
100 g.

2 FOR 4⁸⁸

M&M's or Mars Chocolate Bars

Select Varieties
1 Pack

4 FOR 6⁸⁸

Wrigley's 5 Gum

Select Varieties
1 Pack

2 FOR 3⁸⁸

Western Family Tortilla Chips

Yellow Corn
300 g.

2 FOR 4⁸⁸

Western Family Kettle Cooked Potato Chips

Select Varieties, 200 g.

2 FOR 4⁸⁸

Nestlé King Size Chocolate Bars

Select Varieties
63-86 g.

4 FOR 9⁸⁸



Tim Hortons Granola Bars

Boston Cream
or Double Chocolate
5 Pack

4 FOR 8⁸⁸



Christie Triscuit

Select Varieties
185-200 g.

3⁸⁸



Dole Fruit Cups

Select Varieties
4 Pack

2 FOR 8⁸⁸



THIRSTY?

Molson Exel Non-Alcoholic Beer

6 x 355 ml.
*Plus Deposit

5⁸⁸



Pure Life Spring Water

12 x 500 ml.
*Plus Deposit

2 FOR 8⁸⁸



Western Family Juice

or Blend, Select Varieties
1 litre, *Plus Deposit

2 FOR 4⁸⁸



Gatorade Sport Drink Powder

Select Varieties
10 Pack

5⁸⁸



Bubly or Montellier Sparkling Water

Select Varieties, 10-12 x 355 ml.
*Plus Deposit

6⁸⁸



Aquafina Water

1 litre
*Plus Deposit

1⁸⁸



Lipton Iced Tea

Select Varieties, 12 x 340 ml.
*Plus Deposit

6⁸⁸



Powerade Sports Beverage

Team Pack, 24 x 591 ml.
*Plus Deposit

21⁸⁸



Pepsi or 7Up Beverages

Select Varieties, 6 x 710 ml.
*Plus Deposit

7⁸⁸



Pepsi or 7Up Beverages

Select Varieties, 1 litre
*Plus Deposit

2 FOR 4⁸⁸



Western Family Prune Nectar

1.36 litre
*Plus Deposit

5⁸⁸

Western Family 2 Litre Pop

Select Varieties, *Plus Deposit

4 FOR 5⁸⁸



HOUSEHOLD MUST HAVES

**Purex
Bathroom Tissue**

Double 24 Roll

16⁸⁸



**Finish
Dishwasher Detergent**

All In 1 Max
55 Pack

15⁸⁸



**Scotch Brite
Scour Pads**

Heavy Duty
4 Pack

3⁸⁸



**Cottonelle
Flushable Wipes**

FreshCare
42 Pack

2⁸⁸ FOR 6⁸⁸



**Alcan
Aluminum Foil**

Heavy Duty, 18" x 25'
1 Roll

4⁸⁸



**Western Family
Dish Liquid**

or Only Goodness
Select Varieties, 532 ml.

2⁸⁸



**Glad
Compost Bags**

Small
20 Pack

5⁸⁸



**Blue Label
Bleach**

Concentrated, 3.6 litre

6⁸⁸



**Tide
Laundry
Detergent**

Select Varieties, 52-64 Use

18⁸⁸



PERSONAL CARE



**Aussie Miracle
Moist Shampoo
or Conditioner, 360 ml.**

2⁸⁸ FOR 8⁸⁸

**Colgate
Pro-Relief Toothpaste**

Gentle Whitening
or Repair & Prevent
75 ml.

5⁸⁸



**Secret
Aluminum Free
Deodorant**

Lavender
68 g.

6⁸⁸



**Pepto Bismol
Liquid**

Cherry
230 ml.

7⁸⁸



**Pampers
Swaddlers Diapers**

Select Varieties
16-32 Pack

18⁸⁸



PET'S CORNER



**Purina One
Cat Food**

True Instinct, 1.45 kg.

13⁸⁸

**Purina One
Dog Food**

Select Varieties
368 g.

2⁸⁸ FOR 4⁸⁸



**Friskies
Party Mix
Cat Treats**

Select Varieties
170 g.

2⁸⁸ FOR 6⁸⁸



MARKET FRESH PRODUCE

Ambrosia Apple

Canadian Grown, Canada Extra Fancy
kg. 4.14

1⁸⁸

lb.



Red Seedless Grapes

Chilean or Peruvian Grown
#1 Grade, kg. 8.55

3⁸⁸

lb.



Kiwi Fruit

New Zealand or Italian Grown

88¢

Each



Cara Cara Oranges

California Grown, 3 lb. Bag

6⁸⁸

Each



Yellow Cooking Onions

Canadian Grown, 3 lb. Bag

1⁸⁸

Each



ORGANICS

Organic Gala Apples

Canadian or Washington Grown
Fancy Grade, 3 lb. Bag

5⁸⁸

Each



Organic Romaine Hearts

Product of U.S.A.
3 Pack

6⁸⁸

Each



Celery Stalks

U.S. Grown
#1 Grade
kg. 4.14

1⁸⁸

lb.



Hot House Tomatoes on the Vine

Canadian or Mexican Grown
#1 Grade, kg. 8.55

3⁸⁸

lb.



Green Cabbage

Canadian Grown
Canada #1 Grade
kg. 1.94

88¢

lb.



Field Carrots

Canadian or U.S. Grown
#1 Grade, 2 lb. Bag

2⁸⁸

Each



BAKERY BARGAINS

Kaiser Buns

or Crusty, Select Varieties, 6 Pack

2⁸⁸

Each



Alpine Grain Bread

2⁸⁸

Each



French Bread

1⁸⁸

Each



Natural Bakery Canadian Rye Bread

500 g.

2⁸⁸

Each



Cyrus O'Leary 8" Cream Pies

Select Varieties

822-851 g. Each

13⁸⁸

Each

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Dempster's Bread

or Texas Toast, Select Varieties
567-675 g.

2⁶⁸⁸

Each



Byblos Bakery 7" Pita Bread

White
6 Pack

2⁸⁸

Each



The Worthy Crumb Pecan Tarts

or Lemon
6 Pack

6⁸⁸

Each

