



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 FEB./MAR. 2026

FRI	SAT	SUN	MON	TUES	WED	THURS
27	28	1	2	3	4	5

Dollar Days

Pork Back Ribs

kg. 13.23

\$6

lb.



Kraft Dressing

Select Varieties
425 ml.

2 FOR \$5

Knorr Sidekicks

Select Varieties
120-162 g.

4 FOR \$7



Red or Yellow Potatoes

Canadian Grown, Canada #1 Grade
5 lb. Bag

2 FOR \$7



Red Seedless Grapes

Peruvian or Chilean Grown, #1 Grade
kg. 6.61

\$3

lb.



BUTCHER SHOPPE

**Striploin
Grilling Steak**

Value Pack, kg. 39.68

\$18

lb.



**Outside
Round
Oven Roast**

kg. 19.84

\$9

lb.

**Split
Chicken Breasts**

Value Pack, kg. 11.02

\$5

lb.



**Kraft
BBQ Sauce**

Select Varieties
455 ml.

\$4



**Pork Sirloin
Roast**

kg. 8.82

\$4

lb.



**Pork
Sirloin Chops**

kg. 8.82

\$4

lb.

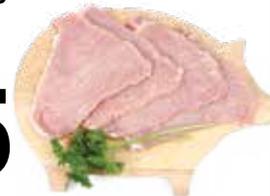


**Pork
Cutlets**

Tenderized
kg. 11.02

\$5

lb.



**Chicken
Drumsticks**

Value Pack, kg. 6.61

\$3

lb.



SMOKED & PACKAGED MEATS

**Big Chief
Jerky**

Select Varieties
80 g.

2 FOR \$10



**George's
Classic Dips**

Select Varieties
225 g.

\$5

Each



**Janes
Pub Style Chicken**

Frozen, Select Varieties
700 g.

\$12

Each



**Western Family
Chicken Wings**

Frozen, Select Varieties
750 g.

\$15

Each



**Western Family
Stuffed Chicken**

Ham & Swiss
Frozen, 852 g. Each

\$13

**Western Family
Meat Pies**

Chicken & Vegetables
Frozen, 750 g. Each

\$13

**Western Family
Italian Meatballs**

Frozen
680 g. Each

\$12

**Western Family
Bacon**

Regular or Thick Cut
375 g. Each

\$5

**Western Family
Cauliflower Bites**

Salt & Pepper
Frozen, 385 g. Each

\$8

**Western Family
Vegetable
Spring Rolls**

Frozen, 700 g. Each

\$11

**Grimm's
Sizzlin' Smokies**

Select Varieties
450 g.

\$7

Each



**Freybe
A Taste of Europe**

Select Varieties
100 g.

2 FOR \$9



**Western Family
Sirloin Beef
Meatballs**

Frozen, 680 g.

\$13

Each



**Western Family
Thick Cut Bacon**

1 kg.

\$16

Each



DELI

SEAFOOD

Piller's Deli Salami
Select Varieties

Per 100 g. **\$3**



Freybe Deli Pepperoni
Select Varieties

Per 100 g. **\$2**



Ahi Tuna Steak
Frozen, 6 oz.
2 FOR \$8

Western Family Basa Fillets
Frozen 680 g.

Each **\$7**



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

Each **\$9**



Crab Cakes
Frozen 2.5 oz.

2 FOR \$5

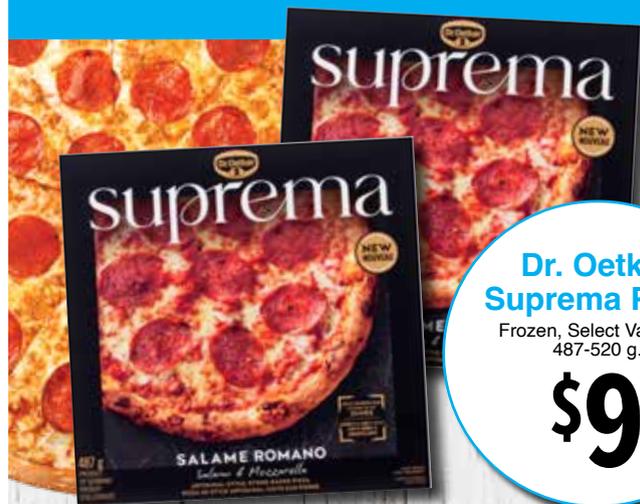


HighLiner Chips & Fish
English Style, Frozen 550 g.

Each **\$8**



HOT DEALS FROM THE FREEZER



Dr. Oetker Suprema Pizza
Frozen, Select Varieties 487-520 g.
\$9

Western Family Vegetables
Frozen, Select Varieties 750 g.

2 FOR \$5



Western Family French Fries
Frozen, Select Varieties 750 g.

2 FOR \$7



Green Giant Simply Steam
Sweet Summer Peas
Frozen, 250 g.
4 FOR \$7



Crave Entrées
or KD Deluxe, Frozen
Select Varieties, 300-340 g.
\$5

Heinz Bagel Bites
Cheese & Pepperoni or Three Cheese
Frozen, 198 g.

2 FOR \$5



Cheemo Perogies
Frozen, Select Varieties 907 g.

2 FOR \$7



Western Family Strawberries
in Syrup, Frozen 425 g.

\$4



Western Family Fun Pops
24 Pack

\$6



Western Family Frozen Dessert
Vanilla or Neapolitan 4 litre

\$10



Chapman's Premium Ice Cream
Select Varieties 2 litre

\$7



DAIRY DELIGHTS



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

\$6

Silk Beverage
Select Varieties, 1.89 litre
*Plus Deposit

\$5



Philadelphia Dips
Select Varieties
227 g.

2 FOR \$7



More Favourites ...

Kraft Parmesan
or Italian Style
250 g.

\$10

Kraft Cool Whip Whipped Topping
Aerosol
225 g.

\$4

Western Family Margarine
427 g.

\$3

Western Family Feta Cheese
200 g.

\$5

Silk Non Dairy Creamer
Almond or Oat, 450-473 ml.
*Plus Deposit.

2 FOR \$7

Dairyland Stirred Yogurt
Select Varieties
175 g.

4 FOR \$5

Activia Multipack Yogurt
Select Varieties
12 x 95-100 g.

\$7

Dairyland Sour Cream
Select Varieties
250 ml.

\$2

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

2 FOR \$5



Dairyland Whipping Cream
33%, 237 ml.
*Plus Deposit

\$2



Black Diamond Sliced Cheese
Old Cheddar
220 g.

2 FOR \$11



Western Family Cream Cheese
Brick or Tub
227-250 g.

2 FOR \$7



International Delight Coffee Enhancer
or Baileys, Select Varieties
400-425 ml., *Plus Deposit

\$3



Western Family Cheese
Select Varieties
600 g.

\$9



More Favourites ...

Western Family Coffee Whitener
1 kg.

\$9

Tetley Earl Grey Tea
48 Bags

\$7

Nestlé Carnation Hot Chocolate
Rich or Marshmallow
450 g.

\$8

Rogers Wheat Germ
or Bran
375-450 g.

\$2

Tim Hortons Instant Coffee
Colombian or Decaf
100 g.

\$8



Western Family Honey Bear
Liquid
375 g.

\$5



Kellogg's Cereal
Select Varieties
306-525 g.

2 FOR \$11



Western Family Pure Jam
Strawberry or Marmalade
500 ml.

\$5



Only Goodness Protein Pancake Mix
or Pure Maple Syrup, Select Varieties
400 g. or 250-375 ml.

\$8



Quaker Quick Oats
or Large Oat Flakes
1 kg.

\$4



Post Cereal
Select Varieties
311-400 g.

\$4



RISE & SHINE



Kraft Peanut Butter
Select Varieties, 500 g.

2 FOR \$11

Tim Hortons Coffee
Select Varieties
300 g.

\$12



GROCERY ESSENTIALS



Campbell's Chunky Soup
or Chili, Select Varieties
425 g. or 515 ml.
2 FOR \$5
HOT! DEAL

Clover Leaf Light Tuna
Chunk
142 g. **2 FOR \$5**

Gold Seal Sardines
in Soya Oil or Spring Water
125 g. **2 FOR \$3**

Maple Leaf Vienna Sausages
113 g. **2 FOR \$5**

Money's Mushrooms
Sliced or Whole
284 ml. **\$2**

Western Family Spices
Select Varieties
14-155 g. **2 FOR \$5**

Western Family Basmati Rice
Medium Grain or Jasmine
907 g. **2 FOR \$7**

Western Family Real Mayonnaise
or with Olive Oil
890 ml. **\$5**

Western Family Olive Oil
Extra Virgin or Pure
250 ml. **\$6**

Western Family White Vinegar
1 litre **\$2**

Western Family Pickles
Select Varieties
375-500 ml. **2 FOR \$5**

Western Family Yellow Mustard
225 ml. **2 FOR \$3**

Heinz Ketchup
or Pickle Flavour
375 ml. **\$3**

Western Family Tomato Sauce
213 ml. **\$1**

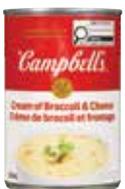
Western Family Vegetables
Select Varieties
341-398 ml. **4 FOR \$7**



Western Family Broth
Select Varieties
946 ml. **\$2**



Campbell's Condensed Soup
or Broth, Select Varieties
284 ml. **2 FOR \$5**



Lipton Soup Mix
or Knorr, Select Varieties
4 Pack **\$3**



Kraft Specialty Pasta
Select Varieties
175 g. **\$2**



Catelli Pasta
Select Varieties
225-900 g. **\$5**



Kraft Miracle Whip
Original
650 ml. **\$5**



Stove Top Stuffing Mix
Select Varieties
120 g. **4 FOR \$7**



Heinz Beans
or Pasta, Select Varieties, 398 ml.
2 FOR \$3
HOT! DEAL



BAKING BUYS



Betty Crocker Cake Mix
Select Varieties, 375-404 g.
\$2
HOT! DEAL

Jell-O Jelly Powder
Select Varieties
10-85 g. **\$1**



Hershey's Chips
Select Varieties
200-270 g. **\$6**



Western Family Pitted Prunes
175 g. **2 FOR \$7**

Jell-O Instant Pudding Mix
Select Varieties
99-113 g. **4 FOR \$7**

Western Family Lime Juice
445 ml. **\$2**

Only Goodness All Purpose Flour
Organic or Gluten Free
1.24-2 kg. **\$11**

Sugar Twin Sweetener
Original
50 Pack **\$2**

Tenderflake Lard
454 g. **\$5**



Western Family Pasta Sauce
or Tomato, Select Varieties
680 ml. **2 FOR \$5**

Crisco Canola Oil
473 ml. **\$5**



SNACKS!



**Quaker
Chewy Bars**
or Dipps, Select Varieties, 120-156 g.

\$3

Andersen's Crazy Candy

Select Varieties
42.5-144.5 g.

\$6

**I'm
NEW**



Western Family Pudding

Select Varieties
4 Pack

\$2



Voortman Wafers

or Turnovers, Select Varieties
300 g.

2 FOR \$5



Doritos Tortilla Chips

Select Varieties
210-280 g.

2 FOR \$9



Smartfood Popcorn

Select Varieties
150-220 g.

2 FOR \$9



Lay's Potato Chips

Select Varieties
177-235 g.

2 FOR \$9



Dutch Crunch Potato Chips

Select Varieties
200 g.

\$4



Old Dutch Variety Pack

Select Varieties
18 Pack

\$9



Dare Breton Crackers

or Vinta, Select Varieties
135-225 g.

2 FOR \$7

Only Goodness Gluten Free Cookies

Chocolate Vanilla Creme
300 g.

\$5

Nestlé Mini Chocolates

Select Varieties
248-203 g.

\$6

Western Family Fruit Cups

Select Varieties
4 Pack

\$3

Orville Redenbacher Popcorn

Select Varieties
248-850 g.

\$7

Boom Chicka Pop Puffs

White Cheddar or Sweet Chili
170 g.

\$5

Western Family Pretzel Sticks

or Mini
200 g.

\$2

Western Family Exquisita Salsa

Select Varieties
430 ml.

2 FOR \$7

Hershey's Chocolate Bars

or Reese, Select Varieties
1 Pack

2 FOR \$3

Christie Cookies

Select Varieties
224-303 g.

2 FOR \$9

THIRSTY?

Gatorade Sport Beverages

Select Varieties, 710 ml.
*Plus Deposit.

4 FOR \$9

Glaceau Vitamin Water

Select Varieties, 591 ml.
*Plus Deposit.

2 FOR \$5

Montellier Sparkling Water

Select Varieties, 1 litre
*Plus Deposit.

2 FOR \$3

Bodyarmor Sports Beverage

Select Varieties, 473 ml.
*Plus Deposit.

2 FOR \$4

Peace Tea Iced Tea

Select Varieties, 695 ml.
*Plus Deposit.

2 FOR \$3

SunRype Pure Apple Juice

1 litre
*Plus Deposit

2 FOR \$5



Minute Maid or Five Alive

or Fuze, Select Varieties
8-10 x 200 ml., *Plus Deposit

2 FOR \$9



Molson Exel Non-Alcoholic Beer

12 x 355 ml.
*Plus Deposit

\$10



Western Family Drink Mix

Select Varieties
2 kg.

\$10



Coke or Canada Dry Beverages

Select Varieties, 12 x 355 ml.
*Plus Deposit

\$8



Pepsi or 7Up Minis

Select Varieties, 6 x 222 ml.
*Plus Deposit

2 FOR \$9



Pepsi or 7Up Beverages

Select Varieties, 2 litre
*Plus Deposit

\$3



Aquafina Water

6 x 710 ml.
*Plus Deposit

2 FOR \$11



San Pellegrino Sparkling Beverages

Select Varieties, 6 x 330 ml.
*Plus Deposit

\$6

**HOT!
DEAL**



HOUSEHOLD MUST HAVES

Western Family
Garbage Bags

Small
48 Pack

\$4



Charmin
Bathroom Tissue

Select Varieties, Triple 8 Roll

\$10

Puffs Plus
Facial Tissues

with Vicks
48 Tissues

\$2



Alcan
Aluminum Foil

Heavy Duty
12" x 30'

2 FOR \$7



Fleecy
Fabric Softener

Select Varieties
1.36 litre or 80 Sheets

\$7



Western Family
Auto Dish Pouches

Citrus Scent
30 Pack

\$7



Drano
Kitchen Granules

500 g.

\$10



Pledge
Furniture Polish

Lemon
275 g.

\$8



Method
Laundry Detergent

Select Varieties
66 Use

\$16



Gain Flings!
Laundry Detergent

Original or Moonlight Breeze
31 Pack

\$11



Downy or Gain
Scent Boosters

379 g.

\$12



Allen's
Cleaning Vinegar

2.5 litre

\$6



Windex
Glass Cleaner

Original or with Vinegar
765 ml.

\$6



Drano
Liquid

900 ml.

\$4



Bounty
Paper Towel

Full Sheets or Select-A-Size
Double 3 Roll

\$10

PERSONAL CARE

Blistex
Hand Cream

or Lip Balm, Select Varieties
1 Pack or 50 ml.

2 FOR \$7

Blistex
Lip Balm

Regular
1 Pack

\$2 \$6

Midol PMS
Extra Strength

40 Caplets

\$10

Drixoral
Nasal Congestion
Spray

25 ml.

\$8

Vicks
VapoCOOL Max

Cherry Freeze or Winterfrost
40 Pack

\$5

Pantene
Shampoo

Conditioner or 2 In 1
Select Varieties, 308-355 ml.



U by Kotex
Ultra Thin Pads

Regular or Heavy
16-18 Pack



Gerber
Organic Cereal

Oatmeal Banana
208 g.

\$6



Depend
Underwear

Select Varieties
17-19 Pack

\$22



PET'S CORNER

Western Family
Dog Food

Balanced & Complete
2 kg.

\$7



Cesar
Dog Food

Select Varieties
100 g.

4 FOR \$7



Purina
Cat Chow

Complete
1.6 kg.

\$10



Whiskas
Perfect Portions
Cat Food

Select Varieties, 75 g.

4 FOR \$5



MARKET FRESH PRODUCE



Pink Lady Apples
Canadian or Washington Grown
Extra Fancy, kg. 4.41

\$2
lb.

Fresh Tangelos
California Grown
3 lb. Bag

\$7
Each



Blood Oranges
California Grown
3 lb. Bag

\$7
Each



Golden Pineapple
Product of Costa Rica

\$8
Each



Kiwi Fruit
Product of Italy or California

\$1
Each



Baby Seedless Watermelon
Mexican Grown

\$4
Each



Bolthouse Farms Beverage
Chilled, Select Varieties
Product of U.S.A.
946 ml., Plus Deposit

\$7
Each



Green Cabbage
Canadian Grown
Canada #1 Grade
kg. 2.20

\$1
lb.



Baby Peeled Carrots
Product of U.S.A.
1 lb. Bag

\$2
Each




Hot House Peppers
Red, Yellow or Orange
Canadian or Mexican Grown
kg. 11.02

\$5
lb.



Baby Long English Cucumbers
Canadian Grown, 1 lb. Bag

\$4
Each



ORGANICS

Organic Yellow Cooking Onions
Canadian Grown
Canada #1 Grade
3 lb. Bag

\$5
Each



Hot House Tomatoes on the Vine
Canadian or Mexican Grown
#1 Grade, kg. 7.72

2 FOR \$7
LBS.



Fresh Express Salad Blends
Select Varieties
Product of U.S.A.
9-11 oz.

\$5
Each



Earthbound Farm Organic Salads
Select Varieties
Product of U.S.A.
5 oz.

\$5
Each



BAKERY BARGAINS



12 Grain Bread

2 FOR \$7

Fresh Baked



Raisin Bread

\$4
Each



Fresh Baked

Hot Cross Buns
12 Pack

\$7
Each



Fresh Baked

Pizza Pretzels

2 FOR \$7



Raspberry Bismarks
or Venetian Cream
6 Pack

\$6
Each

Portofino Peasant Loaf
585 g.

\$7
Each

Monte Cristo French Baguette
or Multigrain
280-350 g.

2 FOR \$5

Two-Bite Coconut Macaroons
201 g.

\$5
Each

Sugarplum 6" Cakes
Select Varieties
550-660 g.

\$14
Each

Villaggio Italian Style Bread
Artesano or Toscana
Select Varieties
510-540 g. or 6-8 Pack

2 FOR \$7



Silver Hills Bread
Select Varieties
430-615 g.

2 FOR \$9



Venice Bakery Bread
White or 100% Whole Wheat
570 g.

2 FOR \$5

