



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 **MARCH 2026**

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

## St Patrick's Day



**Pork Shoulder  
Blade Steak**

kg. 6.57

lb. **2<sup>98</sup>**



**Kraft  
Dinner**

Original  
200 g., Case of 12

**9<sup>98</sup>**



**Häagen-Dazs  
Ice Cream**

or Frozen Novelties, Select Varieties  
450 ml. or 3-4 Pack

**4<sup>98</sup>**



**Yellow  
Cooking Onions**

Canadian or Washington Grown  
3 lb. Bag

Each **1<sup>48</sup>**



**Navel  
Oranges**

California Grown  
kg. 2.16

lb. **98¢**

# BUTCHER SHOPPE

**T-Bone Grilling Steak**

Value Pack, kg. 39.64

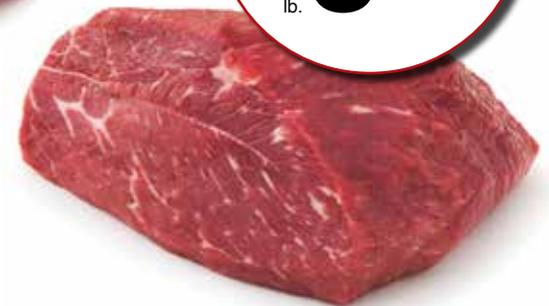
lb. **17<sup>98</sup>**



**Sirloin Tip Oven Roast**

kg. 19.80

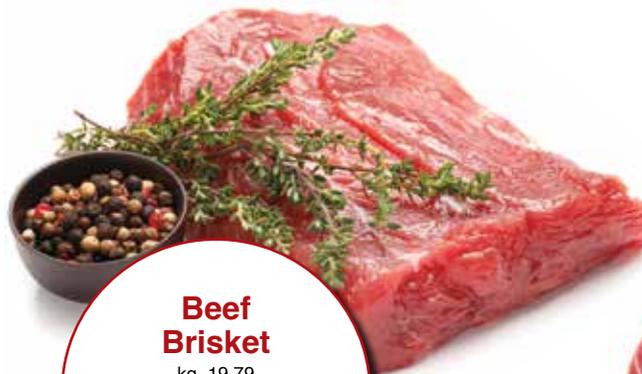
lb. **8<sup>98</sup>**



**Beef Brisket**

kg. 19.79

lb. **8<sup>98</sup>**



**Centre Cut Pork Chops**

or Rib End, Value Pack, kg. 8.77

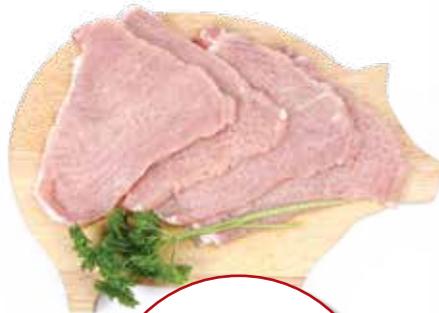
lb. **3<sup>98</sup>**



**Pork Cutlets**

Tenderized, kg. 9.88

lb. **4<sup>48</sup>**



**Chicken Legs**

Value Pack, kg. 7.67

lb. **3<sup>48</sup>**



## SMOKED & PACKAGED MEATS

**Olymel Wieners**

Original  
1 kg.

Each **8<sup>98</sup>**



**Western Family Chicken Wings**

Frozen, Select Varieties  
750 g.

Each **14<sup>98</sup>**



**Western Family Thick Cut Bacon**

1 kg.

Each **15<sup>98</sup>**



**Western Family Bacon**

Regular or Thick  
375 g.

Each **4<sup>98</sup>**



**Western Family Meat Pies**

Chicken & Vegetables  
Frozen, 750 g.

Each **12<sup>98</sup>**



**Western Family Meatballs**

Sirloin or Italian  
Frozen, 680 g.

Each **11<sup>98</sup>**



**Freybe European Wieners**

Regular or with Cheddar  
375 g.

Each **7<sup>98</sup>**



**Janes Pub Style Breaded Chicken**

Frozen, Select Varieties  
700 g.

Each **11<sup>98</sup>**



**Western Family Stuffed Chicken Breasts**

Frozen, Select Varieties  
852 g.

Each **12<sup>98</sup>**



**Freybe Liver Sausage**

Select Varieties  
125 g.

**2 FOR \$5**



# DELI

## Grimm's Deli Chicken

Select Varieties



Per 100 g. **3.48**

## Greek House Homous

Tzatziki, Potatoes, or Pita Select Varieties, 227-500 g.



Each **4.48**

# SEAFOOD



Western Family Cod Loins  
Frozen, 568 g.

Each **18.98**



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

Each **8.98**



Western Family Butterfly Crunchy Shrimp  
Frozen, 680 g.

Each **13.98**

# HOT DEALS FROM THE FREEZER



McCain Fries

Frozen, Select Varieties 800 g.

**2 FOR \$6**



## Green Giant Vegetables

Frozen, Select Varieties 750 g.

**2 FOR \$8**



## Green Giant Valley Selection

Frozen, Select Varieties 400-500 g.

**2 FOR \$7**



Dr. Oetker Giuseppe Pizza

Frozen, Select Varieties 480-854 g.

**7.48**



## Western Family Entrées

Frozen, Select Varieties 255 g.

**2 FOR \$4**



## Western Family Fruit

Frozen, Select Varieties 400-600 g.

**2 FOR \$11**



## Cheemo Perogies

Cheddar or Variety Pack, Frozen 2 kg.

**6.98**



## Popsicle Frozen Novelties

Fudgsicle or Creamsicle 12 Pack

**2 FOR \$11**



Breyers Family Classic

Frozen Dessert, Select Varieties 1.41-1.66 litre

**2 FOR \$11**



Breyers Family Classic

Frozen Dessert, Select Varieties 1.41-1.66 litre

**2 FOR \$11**

FRENCH VANILLA

# DAIRY DELIGHTS

**Dairyland Old Fashioned Chocolate Milk**  
946 ml., \*Plus Deposit..... **3 48**

**Dairyland Whipping Cream**  
33% or 36%, 946 ml.  
\*Plus Deposit..... **5 98**

**Dairyland Coffee Cream**  
18%, 946 ml.  
\*Plus Deposit..... **5 48**

**Dairyland Sour Cream**  
Select Varieties  
450-500 ml..... **3 78**

**Neilson Milkshakes**  
Select Varieties, 310 ml.  
\*Plus Deposit..... **3 498**

**Heluva Good Dips**  
Select Varieties  
250 g..... **2 6**

**Oasis Premium Orange Juice**  
with Pulp or No Pulp, Chilled  
1.5 litre, \*Plus Deposit  
**5 98**




**Kraft Cheese**  
Select Varieties, 250 g.  
**2 FOR \$8** **HOT! DEAL**

**Parkay Margarine**  
427 g.  
**2 78**



**Cracker Barrel Shredded Cheese**  
Select Varieties  
250-320 g.  
**7 98**



**Dairyland Microfiltered Milk**  
Select Varieties, 1.89 litre  
\*Plus Deposit  
**5 48**



**Philadelphia Cream Cheese**  
Select Varieties  
227-250 g.  
**4 98**



**Lactantia Margarine**  
Olivina  
850 g.  
**5 98**



**Danone Oikos Yogurt**  
or Activia, Select Varieties  
4 x 100 g.  
**2 FOR \$8**



**Parkay Margarine**  
Quarters or Soft Bowl  
1.28-1.36 kg..... **7 98**

**Violife Cheese Alternative**  
Select Varieties  
200-227 g..... **2 FOR \$9**

**Black Diamond Cheese**  
Select Varieties  
400 g..... **6 48**

**Black Diamond Cheestrings**  
Select Varieties  
16 Pack..... **7 48**

**Millionaires Anchovies**  
Flat Fillets  
50 g..... **2 FOR \$7**

**Olympic Organic Yogurt**  
or Krema, Select Varieties  
650 g..... **4 98**

**Olympic Greek Yogurt**  
Plain or Vanilla, 650 g..... **5 98**

**IÖGO Nano Drinkable Yogurt**  
Select Varieties, 6 x 93 ml.  
\*Plus Deposit..... **2 FOR \$8**

**Oasis Smoothie**  
or Arizona Iced Tea, Chilled  
Select Varieties, 1.54-1.6 litre  
\*Plus Deposit..... **4 98**

**Sunny D Beverage**  
Smooth or Tangy Original  
1.89 litre, \*Plus Deposit..... **3 28**

# BAKING

**Rogers All Purpose Flour**  
or No Additive  
5 kg.  
**6 98**



**Western Family Coconut Milk**  
or Only Goodness  
Select Varieties  
400 ml.  
**3 FOR 6 99**



**Sun-Maid Raisins**  
Prunes or Apricots  
250-375 g.  
**2 FOR \$9**



**Only Goodness Almond Butter**  
Select Varieties  
340 g..... **6 98**

**Only Goodness Organic Granola**  
Select Varieties  
325 g..... **2 FOR \$8**

**Western Family Quick Oats**  
1 kg.  
**3 48**

**Tim Hortons Hot Chocolate**  
or Instant Coffee  
Select Varieties  
500 g. or 8 K-Cups  
**4 98**



**Kashi Cereal**  
Select Varieties  
349-501 g.  
**7 48**



**Tetley Tea**  
Select Varieties  
20-36 Bags  
**2 FOR \$8**



**Tim Hortons Coffee**  
Select Varieties  
30 K-Cups  
**23 98**



**Quaker Instant Oatmeal**  
Select Varieties  
232-344 g.  
**2 FOR \$8**



# GOOD MORNING!

**Maxwell House Instant Coffee**  
Select Varieties, 126-240 g.  
**2 FOR \$11** **HOT! DEAL**



**Jif Peanut Butter**  
Creamy or Crunchy, 500 g.  
**2 FOR \$7** **HOT! DEAL**



# GROCERY ESSENTIALS



**Hellmann's Mayonnaise**  
Select Varieties, 710-890 ml.

**5<sup>48</sup>**

**HOT! DEAL**

**Heinz Ketchup**

Select Varieties  
750 ml.-1 litre

**5<sup>98</sup>**



**Clover Leaf Light Tuna**

or Flavoured  
Select Varieties  
85-170 g.

**2<sup>FOR</sup> \$4**



**Chef Boyardee Pasta**

Select Varieties  
425 g.

**2<sup>FOR</sup> \$6**

**Campbell's Broth**

Select Varieties  
900 ml.

**2<sup>FOR</sup> \$6**

**Unico Tomatoes**

Select Varieties  
796 ml.

**3<sup>FOR</sup> 7<sup>98</sup>**

**KD Deluxe**

Velveeta on Shells  
350 g.

**2<sup>FOR</sup> \$6**

**Bull's-Eye Barbecue Sauce**

Select Varieties  
425 ml.

**2<sup>FOR</sup> \$9**

**Grissol Croutons**

Restaurants Style  
135 g.

**2<sup>28</sup>**

**Maple Leaf Cooked Ham**

454 g.

**9<sup>98</sup>**

**Unico Olives**

Sliced Black or Manzanilla  
375 ml.

**3<sup>FOR</sup> 9<sup>99</sup>**

**Unico Passata Sauce**

680 ml.

**2<sup>FOR</sup> \$7**



**Hereford Corned Beef**

340 g.

**5<sup>98</sup>**




**Western Family Condensed Soup**  
Select Varieties, 284 ml.

**3<sup>FOR</sup> 3<sup>99</sup>**

**HOT! DEAL**

**Western Family Tomato Sauce**

or Only Goodness  
398 ml.

**2<sup>FOR</sup> \$3**



**Stagg Chili**

Select Varieties  
425 g.

**2<sup>FOR</sup> \$7**



**Kraft Pure Dressing**

Fig Balsamic or Cucumber Greek  
355 ml.

**6<sup>48</sup>**



**Kraft Pizza Kit**

850 g.

**7<sup>98</sup>**



**Primo Pasta**

Elbows or Spaghetti  
454 g.

**3<sup>FOR</sup> 3<sup>99</sup>**



**Taco Bell Taco Cravings Kit**

Cheesy Double Decker  
or Crunchwrap Supreme  
401-642 g.

**7<sup>98</sup>**



**Taco Bell Taco Cravings Kit**

or Sauce, Select Varieties  
260-420 g. or 354 ml.

**2<sup>FOR</sup> \$11**



**Only Goodness Organic Tomato Paste**

No Salt Added, 156 ml.

**2<sup>FOR</sup> \$4**

**Berio Pesto**

Classic or Sun Dried Tomato  
190 g.

**4<sup>98</sup>**

**China Lily Soya Sauce**

483 ml.

**3<sup>98</sup>**

**Western Family Sockeye Salmon**

213 g.

**5<sup>98</sup>**

**Heinz Mustard**

or Dijon  
265-380 ml.

**2<sup>FOR</sup> \$5**

**Western Family Pasta**

Select Varieties  
900 g.

**2<sup>FOR</sup> \$5**



**Green Giant Vegetables**

Select Varieties  
341-398 ml.

**4<sup>FOR</sup> \$9**



**Taco Bell Taco Seasoning**

Original or Mild  
1 Pack

**3<sup>FOR</sup> 3<sup>99</sup>**



**Taco Bell Hot Sauce**

Select Varieties  
207 ml.

**2<sup>FOR</sup> \$8**



# SNACK ATTACK!



**Lindt Chocolate**  
Select Varieties, 100 g.  
**5<sup>98</sup>**

## M&M's or Mars Chocolate

Select Varieties  
1 Pack  
**3<sup>498</sup>**

## Snack Pack Pudding

or Juicy Gels  
Select Varieties, 4 Pack  
**2<sup>FOR</sup> \$5**

## Hershey's Chocolate Minis

or Reese, Select Varieties  
160-226 g.  
**5<sup>98</sup>**

## Mott's Fruitsations

Select Varieties  
6 Pack  
**3<sup>FOR</sup> 9<sup>99</sup>**

## Pepperidge Farms Goldfish Crackers

Select Varieties  
180-227 g. or 6 Pack.....  
**3<sup>FOR</sup> 9<sup>99</sup>**

**Christie Crispers**  
or Bits & Bites  
Select Varieties, 145 g. ....  
**3<sup>FOR</sup> 9<sup>99</sup>**

**Christie Cookies**  
or Dad's, Select Varieties  
285-520 g. ....  
**6<sup>98</sup>**

**Dare Bear Paws**  
Select Varieties  
168-240 g. ....  
**4<sup>98</sup>**

**Quaker Yogurt Granola Bars**  
Vanilla or Strawberry  
175 g. ....  
**2<sup>FOR</sup> \$7**

**Skittles or Starburst**  
Select Varieties  
130-170 g. ....  
**3<sup>FOR</sup> 9<sup>99</sup>**

**Maynards Candy**  
or Sour Patch Kids  
Select Varieties, 150-154 g. ....  
**2<sup>FOR</sup> \$6**

**Act II Popcorn**  
Kettle Corn  
594 g. ....  
**5<sup>98</sup>**

**Takis Tortilla Chips**  
Select Varieties  
190-280 g. ....  
**3<sup>FOR</sup> 9<sup>99</sup>**

**Brookside Chocolate**  
Select Varieties  
200-235 g. ....  
**5<sup>98</sup>**

## Hawkins Cheezies

420 g.  
**5<sup>98</sup>**

## Miss Vickie's Potato Chips

Select Varieties  
190-200 g.  
**2<sup>FOR</sup> \$9**

## Old Dutch Potato Chips

or Ridgies, Select Varieties  
200-235 g.  
**2<sup>FOR</sup> \$7**

## Ruffles Potato Chips

Select Varieties  
180-200 g.  
**2<sup>FOR</sup> \$9**

## Perrier Sparkling Beverages

Select Varieties, 8 x 330 ml.  
\*Plus Deposit.....  
**9<sup>98</sup>**

**Western Family Sparkling Water**  
or Lemon Lime, 2 litre  
\*Plus Deposit.....  
**2<sup>FOR</sup> \$3 9<sup>98</sup>**

**Heinz Tomato Juice**  
Select Varieties, 1.36 litre  
\*Plus Deposit.....  
**5<sup>48</sup>**

**Gatorade Sports Drink Mix**  
Select Varieties  
560 g.....  
**7<sup>48</sup>**

**Gatorade Sport Beverages**  
Select Varieties, 6 x 591 ml.  
\*Plus Deposit.....  
**8<sup>98</sup>**

**Dasani Water**  
1 litre  
\*Plus Deposit.....  
**3<sup>FOR</sup> 4<sup>98</sup>**

**Glaceau Smart Water**  
1.5 litre  
\*Plus Deposit.....  
**2<sup>FOR</sup> \$7**

**Coke or Canada Dry Beverages**  
Select Varieties, 1 litre  
\*Plus Deposit.....  
**3<sup>FOR</sup> 6<sup>99</sup>**

## Sleeman Zero Lager

Guinness or Sapporo  
4 x 440 ml. or 6 x 355 ml.  
\*Plus Deposit.....  
**9<sup>98</sup>**

## Dasani Water

12 x 355 ml.  
\*Plus Deposit.....  
**5<sup>98</sup>**

## Pepsi or 7Up Beverages

Select Varieties, 8 x 355 ml.  
\*Plus Deposit.....  
**6<sup>98</sup>**

## Kool-Aid Jammers

Select Varieties  
10 x 180 ml.  
\*Plus Deposit.....  
**2<sup>FOR</sup> \$9**

## Aquafina Water

12 x 500 ml.  
\*Plus Deposit.....  
**7<sup>48</sup>**

## Pepsi or 7Up Beverages

Select Varieties, 12 x 355 ml.  
\*Plus Deposit.....  
**8<sup>48</sup>**

## Bang or Reign Energy Drink

Nos or Full Throttle  
Select Varieties  
473 ml., \*Plus Deposit.....  
**2<sup>FOR</sup> \$5**

# THIRSTY?



**SunRype Pure Apple Juice**  
1 litre, \*Plus Deposit  
**2<sup>FOR</sup> \$5**

## Dole Pineapple Juice

1.36 litre  
\*Plus Deposit.....  
**5<sup>98</sup>**

# HOUSEHOLD MUST HAVES

YOU COULD  
**WIN**  
1 OF 3 \$10,000  
**VIP TRIPS**  
TO THE  
**STANLEY CUP FINAL 2026**  
PLUS DAILY PRIZES OF GIFT  
CARDS & MORE!

FindAndWin.ca



**\$8.98**

SpongeTowels®  
Paper Towel  
Ultra or UltraPRO  
Double 3 Roll

\*NO PURCHASE NECESSARY. Open to legal age of majority residents of Canada. Contest starts March 1/26, ends May 15/26 (Purchase Period ends May 8/26). 79 prizes available: (i) 3 grand prizes of a 2026 Stanley Cup® Final VIP Experience (AWY \$10,000 CAD each); & (ii) 76 secondary prizes (number decreases as they are claimed), each consisting of SpongeTowels for a year (AWY \$600 CAD). Kruger Products value coupons, NHL Shop.ca gift cards or retailer grocery gift cards (AWY \$20 to \$200 CAD). Odds of winning depend on number, timing & accuracy of entries. Skill-testing question required. Full Rules at findandwin.ca. © Kruger Products Inc. SCOTTIES is a registered trademark of Kimberly-Clark Worldwide, Inc., used under licence. NHL, the NHL Shield, and the word mark and image of the Stanley Cup are registered trademarks and the 2026 Stanley Cup Final logo is a trademark of the National Hockey League. ©NHL 2026. All Rights Reserved.



**\$8.98**



Scotties®  
Facial Tissues  
Original or Supreme  
81-126 Tissues, 6 Pack



**\$8.98**



Purex®  
Bathroom Tissues  
Select Varieties  
Triple 8 Roll  
or Double 12 Roll

## Scotch Brite Dishwand Refills

Zero Scratch or Heavy Duty  
2 Pack

**3.98**



## Scrubbing Bubbles Bathroom Cleaner

Grime Fighter or with Bleach  
946-950 ml.

**5.98**



## Swiffer Wet Cloths

or Dry  
12-16 Pack

**6.98**



## Gain Laundry Detergent

Original or Moonlight Breeze  
61 Use

**12.98**



## Gain Fabric Softener

Original  
120 Sheets

**7.98**



## Borax Laundry Detergent

1.84 kg.

**8.98**



## Lysol All-Purpose Cleaner

Lemon or Orange  
650 ml.-1.2 litre

**2 FOR \$8**



## Ziploc Sandwich Bags

40 Pack

**2 FOR \$7**



## Dawn Powerwash Dish Liquid

Fresh or Lemon  
473 ml.

**6.98**



## Method Dishwasher Packs

Free+Clear or Lemon Mint  
30 Pack

**13.98**



## Glade Candle

Select Varieties  
1 Pack

**2 FOR \$11**



# PERSONAL CARE

## St. Ives Body Lotion

Smooth or Hydrating  
600 ml.

**7.98**

## Herbal Essences Hair & Body Wash

or Conditioner, Select Varieties  
346 ml.

**2 FOR \$8**



## Lubriderm Lotion

Unscented  
480 ml.

**8.98**



## Method Hand Wash

Select Varieties  
300-354 ml.

**2 FOR \$8**

## Playtex Sport Tampons

Regular or Super  
18 Pack

**2 FOR \$11**

## Aleve Caplets

24 Pack

**6.98**

## Ivory Body Wash

Original or Aloe  
621 ml.

**5.98**



## Alberto Styling Gel

Extra Hold  
200 ml.

**6.98**



# PET'S CORNER

## Pedigree Dog Food

Chicken or Beef  
375 g.

**2 FOR \$4**



## Purina One Dog Food

Lamb & Rice, 7 kg.

**32.98**

## Fancy Feast Cat Food

Select Varieties  
85 g.

**4 FOR \$5**



# MARKET FRESH PRODUCE



**Gala Apples**  
Canadian or Washington Grown  
Extra Fancy, kg. 4.37

**1<sup>98</sup>**  
lb.

*Fresh*  
**Blueberries**  
Peruvian Grown  
6 oz.

**5<sup>98</sup>**  
Each

WEATHER PERMITTING

*Ataulfo*  
**Mangos**  
Mexican Grown

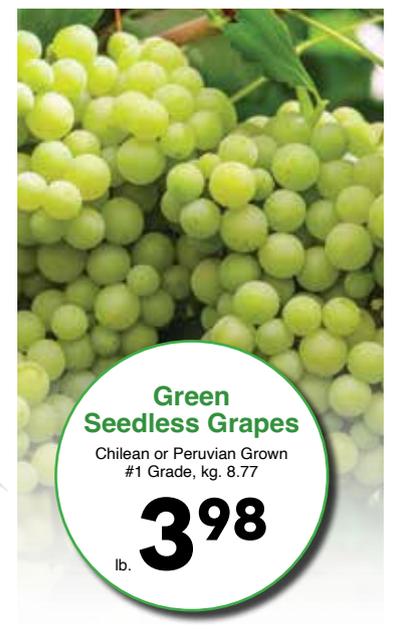
**1<sup>98</sup>**  
Each

*Fresh*  
**Avocados**  
Mexican Grown

**1<sup>28</sup>**  
Each

*Sundia*  
**Fruit Cups**  
Select Varieties  
Product of U.S.A.  
217 ml.

**2<sup>48</sup>**  
Each



**Green Seedless Grapes**  
Chilean or Peruvian Grown  
#1 Grade, kg. 8.77

**3<sup>98</sup>**  
lb.

*Broccoli*  
**Bunches**  
U.S. Grown  
kg. 6.57

**2<sup>98</sup>**  
lb.

*Hot House*  
**Butterleaf Lettuce**  
Canadian Grown

**3<sup>98</sup>**  
Each

*Russet*  
**Potatoes**  
Canadian Grown  
Canada #1 Grade  
10 lb. Bag

**6<sup>98</sup>**  
Each

*Eat Smart*  
**Sweet Kale Salad**  
Product of U.S.A.  
340 g.

**4<sup>48</sup>**  
Each

## ORGANICS



**Organic White Mushrooms**  
Canadian Grown, 227 g.

**2<sup>48</sup>**  
Each

*Hot House*  
**Rainbow Peppers**  
Mexican Grown  
3 Pack

**6<sup>98</sup>**  
Each

*Renee's*  
**Salad Dressing**  
Select Varieties  
Product of Canada  
355 ml.

**6<sup>98</sup>**  
Each

**Long English Cucumbers**  
Canadian Grown, Canada #1 Grade

**1<sup>98</sup>**  
Each

CANADIAN GROWN

## BAKERY BARGAINS

*Fresh*  
**Pumpkin Pie**  
8-Inch  
520 g.

**6<sup>98</sup>**  
Each

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

**7<sup>98</sup>**  
Each

*Apple*  
**Fritters**

**3<sup>98</sup>**  
Each

**Mini Donuts**  
Select Varieties  
14-16 Pack ..... Each **5<sup>98</sup>**

**Two-Bite Cinnamon Rolls**  
340 g. .... Each **6<sup>98</sup>**

**Oakrun Farm Crumpets**  
Plain or Buttermilk  
264-284 g. .... Each **3<sup>48</sup>**

**Italian Bread**  
Multigrain

**2<sup>98</sup>**  
Each

Fresh Baked

*Portuguese*  
**Buns**  
or Sourdough  
6 Pack

**2<sup>98</sup>**  
Each

Fresh Baked

*Natural Bakery*  
**Canadian Rye Bread**  
500 g.

**2<sup>98</sup>**  
Each

*Dempster's*  
**English Muffins**  
Select Varieties  
342 g.

**2 FOR \$7**

*Dempster's*  
**7" Tortillas**  
Select Varieties  
8-10 Pack

**2 FOR \$7**