WESTERN FOODS

DEDICATED TO SERVICING SOOKE AND SURROUNDING COMMUNITIES

YOUR COMMUNITY FOOD STORE

M&M FOOD MARKET EXPRESS

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
13	14	15	16	17	18	19

Pork Loin Chops
Boneless, kg. 8.77
lb. **3.98**

Kraft Peanut Butter
Select Varieties
750 g.-1 kg.
4.98

Robin Hood All Purpose Flour
10 kg.
11.98

Roma Tomatoes
Canadian or Mexican Grown
kg. 4.37
lb. **1.98**

Fresh Strawberries
Mexican or California Grown
#1 Grade, 1 lb. Clamshell
WEATHER PERMITTING
Each **4.98**

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. PHOTOS ARE FOR ILLUSTRATION PURPOSES ONLY. DUE TO SPACE LIMITATIONS, NOT ALL AG FOODS LOCATIONS MAY CARRY ALL ADVERTISED ITEMS.
*PLUS DEPOSIT & ENVIRO LEVIES WHERE APPLICABLE. PLEASE RECYCLE THIS FLYER WHERE FACILITIES EXIST.

BUTCHER SHOPPE

SMOKED & PACKAGED MEATS

Olymel Sausages
Old Fashioned or Maple & Black Pepper, 375 g.
Each **5.98**

Grimm's Sausage Rings
Select Varieties
300 g.
Each **7.98**

Freybe Sliced Meat
Select Varieties
175 g.
2 FOR $9

Western Family Garlic Sausage
750 g.
Each **10.98**

Western Family Sliced Bologna
175 g.
Each **3.48**

Western Family Cabbage Rolls
Frozen, 908 g.
Each **11.98**

DELI

Grimm's
Deli Sausage
Select Varieties

Per 100 g. **2.48**

Grimm's
Deli Ham
Thyme Maple Whisky

Per 100 g. **2.98**

SEAFOOD

Western Family Basa Fillets
Frozen, 680 g.
Each **6.98**

Crab Cakes
Frozen, 2.5 oz.
2 FOR $5

Ocean Jewel Shrimp
Raw, Easy Peel, Deveined
Frozen, 31-40 Count, 340 g.
Each **8.98**

HOT DEALS FROM THE FREEZER

Cavendish Farms Fries
Frozen, Select Varieties
800 g.
2 FOR $6

Western Family Perogies
Frozen, Select Varieties
907 g.
3 FOR 7.98

Western Family Vegetables
Frozen, Select Varieties
500 g.
3 FOR 7.98

Chapman's Yukon Frozen Novelties
Select Varieties, 5-8 Pack
2 FOR $11

Chapman's Frozen Yogurt
Sorbet or Ice Cream
Select Varieties, 1-2 litre
6.98

Western Family Lasagna
Italian Sausage
Frozen, 907 g.
6.98

Western Family Hashbrown Potatoes
Diced, Frozen
800 g.
2 FOR $6

Rustica Pizza
Frozen, Select Varieties
665-867 g.
6.98
HOT! DEAL

Healthy Choice Entrées
Grilled Chicken Marinara or Sesame Chicken, Frozen
284-292 g.
5.98

Only Goodness Organic Fruit
Frozen, Select Varieties
600 g.
6.98

Nestlé Ice Cream
or Frozen Novelties
Select Varieties
1.5 litre or 4-10 Pack
7.98

GOOD MORNING

General Mills Family Size Cereal
Select Varieties, 570-725 g.
2 FOR $11
HOT! DEAL

Folgers Coffee
Select Varieties
12 K-Cups
7.98
HOT! DEAL

Folgers Coffee
Classic Roast or Black Silk
641-816 g.
19.98

Nestlé Coffee-Mate
Select Varieties
425-450 g. 5.98

Ethical Bean Ground Coffee
Select Varieties
227 g. 11.98

Rogers Oat Bran
500 g. 3.28

Ethical Bean Whole Bean Coffee
Sweet Espresso or Lush
340 g.
13.98

Kellogg's Cereal
Select Varieties
250-355 g.
2 FOR $11

Twinings Superblends Tea
Select Varieties
20 Bags
4.98

Nestlé Carnation Hot Chocolate
Select Varieties
7-10 Pack
4.88

McCafé Coffee
Premium Roast
30 K-Cups
27.98

BAKING!

Betty Crocker Gluten Free Cake Mix
Devil's Food or Bisquick Mix
425-454 g.
5.98

Ocean Spray Craisins
Select Varieties
142-170 g.
3 FOR 6.99

Western Family Raisins
Select Varieties
620-640 g. 6.98

Kraft Dream Whip Dessert Topping Mix
170 g. 4.98

Realemon Lemon Juice
or Realime
440 ml. 2.28

Betty Crocker Bisquick Mix
1.13 kg.
2 FOR $8

Kraft Parmesan
Grated
125 g. 4.98

Imperial Margarine
Quarters
1.36 kg. 8.98

Imperial Margarine
Soft Bowl
1.28 kg. 7.98

Only Goodness Lactose Free Cheese
Select Varieties, 400 g. 8.98

Kraft Shredded Parmesan
200 g.
. . . . . 7.48

Siggi's Icelandic Skyr Yogurt
Select Varieties
650-750 g. 6.48

Sunny D Beverage
Tangy Original
1.18 litre, *Plus Deposit . . . . . 2 FOR $4

Dairyland Creamo
or Fat-Free, 946 ml.
*Plus Deposit 4.28

Dairyland Organic Cream
10%, 946 ml.
*Plus Deposit 4.98

Dairyland Cottage Cheese
Select Varieties
500 g. 4.28

DAIRY DELIGHTS

Lactantia Butter
Salted
454 g.
6.98

Western Family Slices
Thick or Thin
400 g.
4.98

Kraft Grated Parmesan
100% or Italian Style
250 g. 9.98

Cracker Barrel Cheese
Select Varieties, 600 g.
11.98

Western Family Shredded Cheese
Select Varieties
320 g.
5.98

Dairyland Milk 2 Go
or Sport, Select Varieties
325-473 ml., *Plus Deposit
2 FOR $4

Olympic Sour Cream
Organic
500 ml.
2 FOR $9

Activia Multipack Yogurt
Select Varieties
8 x 100 g.
4.98

Activia Drinkable Yogurt
Strawberry or Strawberry Banana
8 x 93 ml., *Plus Deposit
5.98

Dairyland Joyya Ultrafiltered Milk
Select Varieties, 1 litre
*Plus Deposit
4.28

GROCERY ESSENTIALS

Primo Pasta Sauce
Select Varieties, 680 ml.
4 FOR $9

Primo Pasta
Select Varieties
500-900 g.
3 FOR 7.98

Only Goodness Organic Pasta
Select Varieties
500 g.
2 FOR $7

Only Goodness Organic Pesto
180 ml.
4.98

Western Family Mushrooms
Sliced
284 ml.
3 FOR 3.99

Unico Red Wine Vinegar
500 ml. 2.28

Unico Manzanilla Olives
Sliced or Stuffed
375 ml. . . . . 2 FOR $6

Western Family Olive Oil
or Only Goodness
Select Varieties, 500 ml. 10.98

Only Goodness Organic Tomatoes
Diced or Crushed
796 ml. . . . . 2 FOR $9

Primo Egg Noodles
or Lasagne, Select Varieties
375-500 g. . . . . 2 FOR $7

Unico Sundried Tomatoes
Julienne Cut
210 ml. . . . . 2 FOR $9

Cheeto's Mac'n Cheese
Bold & Cheesy
170 g. . . . . 3 FOR 7.98

Hellmann's Burger Sauce
325 ml. 4.98

Maple Leaf Flakes of Ham
or Chicken
156 g. . . . . 2 FOR $6

Lundberg Basmati Rice
or Wild Blend
454-907 g. 8.98

Spam Luncheon Meat
Select Varieties
340 g. 4.98

Knorr Bouillon
Beef or Chicken
6 Pack . . . . . 2 FOR $6

Tim Hortons Soup
Select Varieties
540 ml.
2 FOR $6

Kraft Miracle Whip
or Real Mayo
890 ml.
6.48

Tim Hortons Chili
Homestyle or Spicy
425 g.
2 FOR $8

French's Mustard
400 ml.
2 FOR $5

Western Family Ketchup
375 ml.
2.48
HOT! DEAL

Ocean's Light Tuna
Solid or Flaked
170 g.
3 FOR 9.99

Shake'n Bake Coating Mix
Select Varieties
142-184 g.
2 FOR $8

Only Goodness Organic Cooking Sauce
Select Varieties
296 ml.
4.98

Hellmann's Mayonnaise
Select Varieties
340-445 ml.
3.98

Western Family Pink Salmon
213 g.
. . . . . 3.98

Hidden Valley Ranch Dressing Mix
1 Pack
. . . . . 98¢

Western Family Sesame Oil
Pure
300 ml. 5.98

Safflo Sunflower Oil
500 ml.
. . . . . 3.48

Western Family Panko Bread Crumb
Plain, 227 g.
. . . . . 2.98

Unico Beans
or Chick Peas, No Salt Added
Select Varieties, 540 ml.
3 FOR 4.98

Western Family BBQ Sauce
Original or Hickory
425 ml.
3.78

Nong Shim Noodle Bowls
Select Varieties
86 g.
3 FOR 4.98

Campbell's Cream of Mushroom Soup
Tomato, Vegetable or Chicken Noodle
Select Varieties, 284 ml.
3 FOR 4.98

THIRSTY?

Montellier Sparkling Water
Select Varieties, 10 x 355 ml.
*Plus Deposit 6.48

Western Family Apple Juice
Unsweetened, 1 litre, *Plus Deposit
2 FOR $3
HOT! DEAL

SunRype Juice
Select Varieties, 5 x 200 ml.
*Plus Deposit
4 FOR $11

Ocean Spray Cranberry Cocktail
Select Varieties, 6 x 295 ml.
*Plus Deposit
6.98

Mott's Clamato Juice
Original, 341 ml.
*Plus Deposit
4 FOR $5

Monster or Reign Energy Drink
Select Varieties, 4 x 473 ml.
*Plus Deposit
10.98

Clausthaler Non-Alcoholic Beer
Dry Hopped, 6 x 355 ml.
*Plus Deposit 8.98

Nanton Spring Water
24 x 500 ml.
*Plus Deposit . . . . . 2 FOR $9

Glaceau Vitamin Water
Select Varieties, 591 ml.
*Plus Deposit . . . . . 2 FOR $5

Evian Water
1 litre
*Plus Deposit . . . . . 2 FOR $6

Pepsi or 7Up Beverages
Select Varieties, 1 litre
*Plus Deposit . . . . . 2 FOR $5

Powerade Sport Beverages
Select Varieties, 710 ml.
*Plus Deposit . . . . . 2 FOR $4

Bubly Sparkling Water
Select Varieties, 12 x 355 ml.
*Plus Deposit
6.98

Lipton Iced Tea
Select Varieties, 12 x 340 ml.
*Plus Deposit
6.98

Coke or Canada Dry Beverages
Select Varieties, 12 x 355 ml.
*Plus Deposit
8.48

Pepsi or 7Up Beverages
Select Varieties, 24 x 355 ml.
*Plus Deposit
15.98

Pepsi or 7Up Beverages
Select Varieties, 6 x 710 ml.
*Plus Deposit
7.98

SNACK ATTACK!

Grissol Melba Toast
or Baguettes
120 g. . . . . 3 FOR 9.99

Quaker Crispy Minis
Select Varieties
90-186 g. . . . . 2 FOR $7

Jelly Belly Jelly Beans
Select Varieties
100 g. . . . . 2 FOR $5

Hershey's King Size Chocolates
or Reese, Select Varieties
62-85 g. . . . . 2 FOR $4

Cadbury Chocolate Bars
Select Varieties
1 Pack . . . . . 3 FOR 4.98

Excel Gum
or Juicy Fruit, Select Varieties
1 Pack . . . . . 4 FOR $5

Pringles Mingles
Select Varieties
155 g. . . . . 2 FOR $8

Orville Redenbacher Popcorn
Select Varieties
116-220 g. . . . . 2 FOR $9

Lärabar Energy Bars
Select Varieties
45-48 g. . . . . 4 FOR $5

Dole Fruit Cups
Select Varieties
4 Pack
2 FOR $8

Kellogg's Town House Crackers
Select Varieties
247-391 g.
2 FOR $7

Hawkins Cheezies
285 g.
2 FOR $8

Cheez-It Snap'd Crackers
Cheddar Sour Cream & Onion
or Double Cheese
213 g.
2 FOR $8

Dare Breaktime Cookies
or Econo, Select Varieties
250-280 g.
3 FOR 6.99

Munchies Snack Mix
Original or BBQ
250 g.
4.28

Lay's Potato Chips
Select Varieties
220-235 g.
4.28

Western Family Salsa
Select Varieties
650 ml. . . . . 2 FOR $8

Only Goodness Organic Popping Corn
Yellow
700 g. 5.48

La Cocina Tortilla Chips
Select Varieties, 300-400 g.
2 FOR $6

Old Dutch Club Pack Snacks
Select Varieties
560-640 g.
7.48

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

$7.48 Bonterra® Bathroom Tissues Triple 9 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 (ARV $10,000 CAD each); & (ii) 76 secondary prizes (number decreases as they are claimed), each consisting of SpongeTowels for a year (ARV $600 CAD), Kruger Products value coupons, NHLShop.ca gift cards or retailer grocery gift cards (ARVs $20 CAD 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.

$7.48 Bonterra® Facial Tissues 3 Pack

$7.48 Bonterra® Paper Towels Mega 3 Pack

Tide Laundry Detergent or Pods, Select Varieties 26-32 Use or 31 Pack — 10.98

Oxi Clean Stain Remover 680 g. — 6.98

Clorox Bleach Splash-Less or Disinfecting 1.18-1.27 litre — 2 FOR $9

Glad Cling Wrap 30 m. — 2.28

Western Family Snack Bags Zipper 90 Pack — 2 FOR $4

Method Cleaner Select Varieties 828 ml. — 4.98

Scrubbing Bubbles Drop Ins 5 Pack — 6.98

Drano Kitchen Granules 500 g. — 9.98

Febreze Bathroom Air Freshener Linen & Sky or Hawaiian Aloha 1 Pack — 2 FOR $9

Western Family Garbage Bags Regular 40 Pack — 8.98

Brita Filter 1 Pack — 10.98

Bounce Fabric Softener Select Varieties 80 Sheets — 2 FOR $11

Ivory Dish Liquid Classic 709 ml. — 2 FOR $7

BinBreeze Indoor Compost Powder Unscented or Lavender 450 g. — 7.98

Drano Liquid 900 ml. — 2 FOR $8

Windex Glass Cleaner Refill 2 litre — 8.98

Personal Care...

Method Shampoo or Conditioner, Select Varieties 399-414 ml. — 8.98

Colgate ZigZag Toothbrush Soft or Medium 1 Pack — 2 FOR $5

Alka-Seltzer Antacid Lemon Lime 24 Tablets — 2 FOR $8

Halls Lozenges Select Varieties 1 Pack — 3 FOR 4.98

Gerber Purée Select Varieties 90-128 ml. — 4 FOR $9

PERSONAL CARE

Tylenol Pain Relief Select Varieties, 20 Caplets — 8.98

Dove Body Care Select Varieties 45 g. or 325-355 ml. — 2 FOR $11

PET'S CORNER

Fancy Feast Cat Food Select Varieties, 85 g., 12 Pack — 13.98

Cesar Dog Food Select Varieties, 100 g. — 4 FOR $7

MARKET FRESH PRODUCE

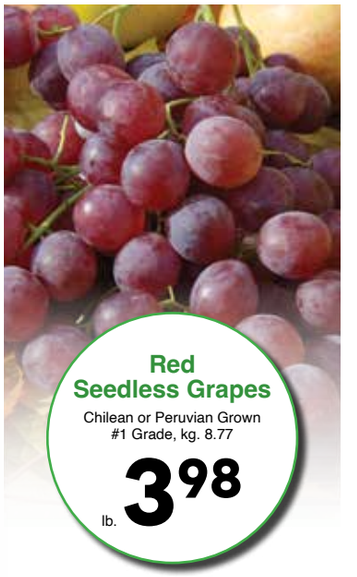
Cosmic Crisp Apples
Washington Grown, Extra Fancy
kg. 4.37
lb. 1.98

Cantaloupe **Melon**
Central American Grown
kg. 3.26
lb. 1.48

Navel **Oranges**
California Grown
4 lb. Bag
Each 5.98

Red **Grapefruit**
California Grown
3 lb. Bag
Each 5.98

Bartlett **Pears**
Chilean or Argentinian Grown
kg. 4.37
lb. 1.98



Red Seedless Grapes
Chilean or Peruvian Grown
#1 Grade, kg. 8.77
lb. 3.98

Green **Asparagus**
Mexican Grown
#1 Grade
kg. 13.18
lb. 5.98

Green **Cabbage**
Canadian Grown
Canada #1 Grade
kg. 1.94
lb. 88¢

Green **Leaf Lettuce**
U.S. Grown
Each 2.48

Large **Green Peppers**
Canadian Grown
kg. 8.77
lb. 3.98

GoodLeaf Farms Micro Greens
Select Varieties, Product of Canada
50 g.
Each 2.98
CANADIAN GROWN

White Mushrooms
Whole or Sliced, Canadian Grown
227 g.
Each 2.48
CANADIAN GROWN

ORGANICS

Organic **Avocados**
Mexican Grown
3 Pack
Each 4.98

Organic **Grape Tomatoes**
Mexican Grown
340 g.
Each 4.48

BAKERY BARGAINS

Canadian Harvest **Bread**
or California Rye
Each 2.98

Onion **Buns**
6 Pack
Each 3.98

Crusty **Rolls**
Large
6 Pack
Each 2.48

English Bay **Gourmet Cookies**
Select Varieties
12 Pack
Each 5.98

Cyrus O'Leary **8" Cream Pies**
Select Varieties
822-851 g.
Each 13.98

Cinnaroll **Cinnamon Rolls**
630 g.
Each 8.98

The Worthy Crumb **Croissants**
Chocolate or Cinnamon
6 Pack
Each 4.98

Dempster's **Bread**
or Texas Toast
Select Varieties
567-675 g.
2 FOR $7

Silver Hills **Bread**
Select Varieties
430-680 g.
2 FOR $8

Oroweat **9" Keto Tortillas**
Original
6 Pack
Each 4.48