



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
20	21	22	23	24	25	26

**Striploin Steak**  
Value Pack, kg. 37.43

lb. **16<sup>98</sup>**



**Classico Pasta Sauce**  
Pizza or Pesto, Select Varieties  
410-600 ml.

**2 FOR \$8**



**Michelina's Entrées**  
Frozen, Select Varieties  
255-284 g.

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

**Green Seedless Grapes**  
Chilean or Peruvian Grown  
#1 Grade, kg. 6.57

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



**Yellow Potatoes**  
Canadian Grown, Canada #1 Grade  
5 lb. Bag

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



# BUTCHER SHOPPE



## Inside Round Roast

kg. 19.80

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

## Inside Round Steak

Value Pack, kg. 22.00

lb. **9<sup>98</sup>**

## Boneless Skinless Chicken Breasts

Value Pack, kg. 19.79

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

CANADIAN BEEF

## Pork Tenderloin

kg. 13.18

lb. **5<sup>98</sup>**

## Centre Cut Pork Chops

or Rib Ends, Bone In  
Value Pack, kg. 6.57lb. **2<sup>98</sup>**

## Boneless Skinless Chicken Thighs

Value Pack, kg. 15.39

lb. **6<sup>98</sup>**CANADIAN PORK  
PORC CANADIEN

# SMOKED & PACKAGED MEATS



## Grimm's Sizzlin' Smokies

Select Varieties, 450 g.

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

## Western Family Cabbage Rolls

Beef, Frozen, 908 g.

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

## Western Family Breaded Stuffed Chicken Cutlets

Ham & Swiss  
Frozen, 852 g.Each **14<sup>98</sup>**

## Lafleur Ham Halves

Select Varieties  
550 g.Each **9<sup>98</sup>**

## Western Family Sliced Bacon

Regular or Thick  
375 g.Each **4<sup>98</sup>**

## Freybe A Taste of Europe

Select Varieties  
100-150 g.Each **4<sup>48</sup>**

## Western Family Chicken Wings

Frozen, Select Varieties  
750 g.Each **13<sup>98</sup>**

## Western Family Dry Pork Ribs

Garlic Tickled  
Frozen, 454 g.Each **8<sup>98</sup>**

# DELI

## Grimm's Deli Ham

Select Varieties

Per 100 g. **1<sup>98</sup>**

## Freybe Deli Sausage

Select Varieties

Per 100 g. **1<sup>98</sup>**

# SEAFOOD



## Western Family Basa Fillets

Frozen, 680 g.

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



## Ocean Mama Shrimp Gyoza

Frozen, 454 g.

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

## Ocean Mama Seafood Medley

Frozen 340 g.

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



## Ocean Mama Shrimp

Raw, Easy Peel, Deveined Frozen, 61-70 Count, 180 g.

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



## Ocean Mama Clam Meat

Frozen 340 g.

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



## Crab Cakes

Frozen 2.5 oz.

**2 FOR \$5**



# HOT DEALS FROM THE FREEZER

**Bassili's Best Meat Lasagna**  
Frozen, 1.5 kg.  
**11<sup>98</sup>**

**HOT! DEAL**

## Cavendish Farms Fries

or Onion Rings, Frozen Select Varieties, 400-750 g.

**2 FOR \$8**



## Swanson Meat Pies

Frozen, Select Varieties 200 g.

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



## Western Family Strawberries

in Syrup, Frozen 425 g.

**2 FOR \$7**



## Chapman's Frozen Novelties

Select Varieties 8-28 Pack

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



**Breyers Creamery Style Ice Cream**  
Select Varieties, 1.41 litre  
**4<sup>98</sup>**

**HOT! DEAL**

**McCain Pockets**  
Frozen, Select Varieties 540-600 g.  
**6<sup>98</sup>**

**HOT! DEAL**

## Chapman's Markdale Creamery Ice Cream

Select Varieties 4 litre

**10<sup>98</sup>**



## Chapman's Super Premium Plus Ice Cream

Select Varieties 500 ml.

**4<sup>28</sup>**



# BAKING BUYS



**Western Family Pie Filling**  
or Pure Pumpkin  
Select Varieties, 540-796 ml.

**2 FOR \$8**

**Western Family Vanilla Extract**  
Pure  
125 ml.

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

**Western Family Hazelnuts**  
Whole  
140 g.

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

**Western Family Condensed Milk**  
300 ml.

**2 FOR \$7**

**Hershey's Chipits**  
Select Varieties  
200-270 g.

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

**Quaker Muffin Mix**  
Bran or Blueberry  
900 g.

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

**Western Family Baking Powder**  
450 g.

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

**Western Family Corn Starch**  
454 g.

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

**Western Family Baking Soda**  
500 g.

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

**Western Family Walnuts**  
Halves & Pieces  
105 g.

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

**Sun-Maid Raisins**  
750 g.

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

**Realemon Lemon Juice**  
945 ml.

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

**Sugar Twin Sweetener**  
200 Pack

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

**Only Goodness Organic Coconut Oil**  
Liquid  
300 ml.

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

**Only Goodness Organic Coconut Oil**  
Refined  
860 ml.

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

# DAIRY DELIGHTS

**Western Family Feta Cheese**  
200 g.

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

**Kozy Shack Pudding**  
Select Varieties  
624 g.

**2 FOR \$6**

**Sunny D Beverage**  
Smooth or Tangy Original  
500 ml., \*Plus Deposit

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

**Western Family Cheese**  
or Shredded Parmesan  
Select Varieties, 170-400 g.

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

**Western Family Grated Parmesan**  
or Italian Blend  
250 g.

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

**Kraft Parmesan**  
Shaved  
141 g.

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

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

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

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

**3<sup>48</sup>**

**Dairyland Whipping Cream**  
or Coffee, 473 ml.  
\*Plus Deposit

**3<sup>28</sup>**

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

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

**Tenderflake Lard**  
454 g.

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

**Crisco Shortening**  
All Vegetable  
454 g.

**3<sup>78</sup>**

# GROCERY ESSENTIALS



**Idahoan Mashed Potatoes**  
Roasted Garlic or Butter & Herb  
113 g.

**2 FOR \$3**

**HOT! DEAL**

**Only Goodness Organic Broth**

Select Varieties  
946 ml.

**2 FOR \$5**



**Campbell's Chunky Soup**

or Chili, Select Varieties  
515 ml. or 425 g.

**3 FOR \$9.99**



**KD Deluxe**

Select Varieties  
333-356 g.

**2 FOR \$11**



**Primo Ketchup**

1 litre

**2 FOR \$6**



**OXO Bouillon**

or In A Mug, Select Varieties  
225 g. or 16 Pack

**Western Family Noodle Cups**

Beef or Chicken  
64 g.

**Western Family Fruit**

Select Varieties  
398-796 ml.

**Rotel Diced Tomatoes**

Original or Mild  
284 g.

**Western Family Wine Sauerkraut**

1 litre

**Ben's Original Converted Rice**

907 g.

**Western Family Bread Crumbs**

Italian Style  
680 g.

**Kraft Miracle Whip**

Original  
1.5 litre

**Western Family White Vinegar**

2.5 litre

**Lea & Perrins Worcestershire Sauce**

284 ml.

**Hunt's Tomato Sauce**

or Paste, Select Varieties  
369-680 ml.

**Western Family Cooking Sauce**

Plum & Sweet Thai Chili  
350 ml.

**Western Family Soy Sauce**

Regular or Low Sodium  
450 ml.

**2 FOR \$6**

**5 FOR \$5**

**2 FOR \$9**

**3 FOR \$6.99**

**4.98**

**5.48**

**5.48**

**8.98**

**3.28**

**4.98**

**3 FOR \$9.99**

**2 FOR \$5**

**2 FOR \$4**

**Clover Leaf White Tuna**

or Wild Pink Salmon  
Select Varieties, 142-170 g.

**3 FOR \$9.99**



**Primo Beans**

Lentils or Chick Peas  
Select Varieties, 540 ml.

**3 FOR \$4.98**



**Kraft Dressing**

Select Varieties  
425 ml.

**2 FOR \$8**



**Western Family Real Mayonnaise**

475 ml.

**3.28**



**La Grille Seasonings**

Select Varieties  
148-203 g.

**5.98**



**Catelli Whole Grains Pasta**

Spaghetti or Rotini  
375 g.

**2 FOR \$7**



**Western Family Pasta Sauce**

Select Varieties  
700 ml.

**2 FOR \$7**



**Canola Harvest Canola Oil**

946 ml.

**4.98**



**Twinnings Tea**

Select Varieties  
20 Bags

**2 FOR \$9**

**Nestlé Carnation Hot Chocolate**

Rich or Marshmallow  
450 g.

**7.98**

**Quaker Cereal**

Select Varieties  
350-500 g.

**2 FOR \$9**

**Harvest Crunch Granola**

Select Varieties  
400-510 g.

**5.48**

**Only Goodness Flaxseed**

or Hemp Hearts, Select Varieties  
454-500 g.

**6.48**

**Starbucks Coffee**

Select Varieties  
10 K-Cups or 340 g.

**12.98**



**Maxwell House Coffee**

Original Roast  
864 g.

**18.98**



**Rogers Porridge Oats**

or Large Oat Flakes  
Select Varieties, 750 g.-1.1 kg.

**4.28**



**Adams Natural Peanut Butter**

Creamy or Crunchy  
1 kg.

**8.98**



**Only Goodness 100% Pure Maple Syrup**

Select Varieties  
500 ml.

**11.98**



# BREAKFAST BUYS



**Post Shreddies**  
or Shredded Wheat  
Select Varieties, 425-525 g.

**2 FOR \$8**



# SNACK ATTACK!

Western Family Signature Milk Chocolate Covered Almonds 4<sup>98</sup>  
180 g. ....



**LeClerc Celebration Cookies**

or Mini, Select Varieties, 200-240 g.

**2 FOR \$8**



**Kraft Jet-Puffed Marshmallows**

Select Varieties 250 g.

**1<sup>78</sup>**



**Mars King Size Chocolate Bars**

Snickers or Twix 85-93 g.

**3 FOR \$6<sup>99</sup>**



**Christie Good Thins**

or Ritz, Select Varieties 100-240 g. ....

**2 FOR \$9**

**Western Family Granola Bars**

Select Varieties 156-172 g. ....

**2 FOR \$5**

**SunRype Fruit To Go**

Select Varieties 1 Pack

**5 FOR \$2**

**M&M's Chocolate**

or Maltesers, Select Varieties 95-100 g. ....

**2 FOR \$8**

**Green & Black's Organic Chocolate Bars**

Select Varieties, 90 g. ....

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

**Nestlé Chocolate Bars**

Select Varieties 1 Pack

**3 FOR \$4<sup>98</sup>**

**Western Family Popcorn**

Caramel Cheddar Mix 200 g. ....

**2 FOR \$7**

**Havoc Snacks**

Select Varieties 170-280 g. ....

**2 FOR \$8**

**Pace Chunky Salsa**

Mild or Medium, 428 ml. ....

**2 FOR \$8**

**Western Family Popcorn**

Select Varieties 3 Pack

**2 FOR \$5**

**Miss Vickie's Potato Chips**

Select Varieties 190-200 g.

**2 FOR \$9**



**Ruffles Potato Chips**

Select Varieties 180-200 g.

**2 FOR \$9**



**Cheetos Snacks**

Select Varieties 170-285 g.

**2 FOR \$9**



**Old Dutch Veggie Crisps**

or Corn Chips Select Varieties 200-285 g.

**2 FOR \$8**



## More Favourites ...

**Clausthaler Non-Alcoholic Beer**

Original, 4 x 330 ml. \*Plus Deposit

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

**Pure Life Spring Water**

12 x 500 ml. \*Plus Deposit

**2 FOR \$8**

**SunRype Juice**

Select Varieties, 900 ml. \*Plus Deposit

**4 FOR \$9**

**Zoa Energy Drink**

Tropical Punch 355 ml., \*Plus Deposit

**2 FOR \$4**

**7Up Nimbooz Lemonade**

355 ml. \*Plus Deposit

**3 FOR \$4<sup>98</sup>**

**V8 Vegetable Cocktail**

Original, 340 ml. \*Plus Deposit

**4 FOR \$5**



**Jones Soda**

Select Varieties, 355 ml. \*Plus Deposit

**3 FOR \$4<sup>98</sup>**



**Bai Flavoured Beverages**

Costa Rica Clementine or Malawi Mango, 530 ml. \*Plus Deposit

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



**Pepsi or 7Up Beverages**

Select Varieties, 12 x 355 ml. \*Plus Deposit

**8<sup>48</sup>**



**Coke or Canada Dry Beverages**

Select Varieties, 20 x 355 ml. \*Plus Deposit

**13<sup>98</sup>**



**Western Family Orange Juice**

Blend, 5 x 200 ml. \*Plus Deposit

**2 FOR \$6**



**Perrier Sparkling Water**

Select Varieties, 8 x 330 ml. \*Plus Deposit

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



## THIRSTY?

**Western Family 2 Litre Pop**

Select Varieties, \*Plus Deposit

**2 FOR \$3**



# 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 

**\$12.98**  
Purex®  
Bathroom Tissues  
or Ultra  
Triple 12 Roll



**\$15.98**  
SpongeTowels®  
Paper Towel  
UltraPRO  
Double 6 Roll



**Gain**  
Laundry Detergent  
Select Varieties  
32 Use  
**7.98**



**Febreze Plug**  
Air Freshener  
Gain Scent  
1 Pack  
**6.48**



**Tide Pods**  
Laundry Detergent  
Select Varieties  
45-76 Pack  
**26.98**



**Bounce**  
Fabric Softener  
Select Varieties  
120 Sheets  
**7.98**



**Mr. Clean**  
Clean Freak Starter Kit  
Lemon Zest or Unstoppables  
473 ml.  
**6.48**



**Arm & Hammer**  
Carpet & Room  
Deodorizer  
Pet Fresh  
700 g.  
**2 FOR \$7**



**Dawn Ultra**  
Dish Liquid  
Original or Apple Blossom  
443 ml.  
**2 FOR \$8**



**Finish Jet-Dry**  
Rinse Aid  
Diamond Shine  
250 ml.  
**5.48**



**Scotch Brite**  
Scrub Sponges  
Gentle Clean  
3 Pack  
**3.98**



**S.O.S**  
Scrubbing Pads  
10 Pack  
**2 FOR \$6**



**Western Family**  
Sandwich Bags  
Zipper  
90 Pack  
**2 FOR \$4**



## PERSONAL CARE

**Head & Shoulders**  
Shampoo  
or 2 In 1, Select Varieties  
370 ml. **6.48**

**Live Clean Shampoo**  
or Conditioner  
Argan Oil  
350 ml. **6.98**

**Irish Spring**  
Bar Soap  
Original  
6 Pack **9.98**

**Tampax or Always**  
Tampons  
or Pads, Select Varieties  
20-36 Pack **10.98**

**Pampers Swaddlers**  
Diapers  
Select Varieties  
16-32 Pack **18.98**

**One Step**  
Hand Sanitizer  
236 ml. **3.48**

**Method Mens**  
Body Wash  
Select Varieties  
532 ml. **7.98**



**Crest**  
Toothpaste  
Cavity or Tartar Protection  
125 ml. **2 FOR \$4**



## PET'S CORNER

**Super Saver**  
Cat Litter  
Anti-Bacterial, 16 kg.  
**15.98**



**Pedigree Vitality+**  
Dog Food  
Chicken or Beef  
14 kg. **39.98**



**Nutri-Choice**  
Advantage  
Cat Food  
Salmon & Peas  
6 kg. **18.98**



**Milk-Bone**  
Dog Treats  
Select Varieties  
340-900 g. **4.98**



**Meow Mix**  
Pâté Cat Food  
Tuna & Chicken  
or Tuna & Salmon  
78 g. **4 FOR \$5**



\*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 (ARV \$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.

# MARKET FRESH PRODUCE



**Gala Apples**  
Canadian or Washington Grown  
Extra Fancy, kg. 5.47

lb. **2<sup>48</sup>**

**Kiwi Fruit**  
Italian or Greece Grown

Each **88¢**



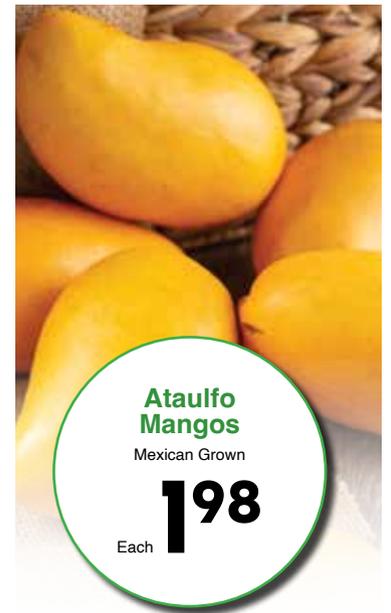
**Fresh Lime**  
Mexican Grown

**4 FOR \$5**




**Sweet Mandarins**  
California Grown, 2 lb. Bag

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



**Ataulfo Mangos**  
Mexican Grown

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

**Baby Long English Cucumbers**  
Canadian Grown  
1 lb. Bag

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



**White Cauliflower**  
U.S. Grown  
#1 Grade  
kg. 5.47

lb. **2<sup>48</sup>**



**Romaine Lettuce**  
U.S. Grown

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




**Hot House Tomatoes on the Vine**  
Canadian Grown  
Canada #1 Grade, kg. 7.67

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



**ORGANICS**

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

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



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

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



**Hot House Mixed Colour Peppers**  
Canadian or Mexican Grown  
2 lb. Bag

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



**GoodLeaf Farms Salad Mix**  
Select Varieties  
Product of Canada  
113 g.

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



**Organic Garlic**  
California Grown  
3 Pack

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



## BAKERY BARGAINS

**Alpine Grain Bread**

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



**Hamburger or Hot Dog Buns**  
Select Varieties  
8 Pack

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



**Hoagie Buns**  
7 Inch  
6 Pack

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



**Dinner Rolls**  
White or 60% Whole Wheat  
12 Pack

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



**100% Whole Wheat Dinner Rolls**  
12 Pack

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



**Portofino Peasant Loaf**  
585 g.

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



**Baxter's Bakery Chocolate Banana Bread**  
575 g.

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



**Two-Bite Brownies**  
265 g.

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



**Dempster's Signature Bread**  
or Whole Grains, Select Varieties  
600-680 g.

**2 FOR \$8**



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

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

