



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 **APRIL 2026**

FRI	SAT	SUN	MON	TUES	WED	THURS
3	4	5	6	7	8	9

TASTE of ITALY

LOOK INSIDE FOR MORE GREAT ITALIAN DEALS



Prego Pasta Sauce
Select Varieties
645 ml.
3 FOR 7⁹⁸



Bassili's Best Lasagna
or Shepherd's Pie, Frozen
Select Varieties, 907 g.
5⁹⁸

Pork Shoulder Blade Steak
kg. 7.67
3⁴⁸
lb.



Romaine Lettuce
U.S. Grown
1⁴⁸
Each



Yellow Cooking Onions
Canadian Grown, Canada #1 Grade
3 lb. Bag
1⁴⁸
Each



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

Beef
Blade Roast
kg. 24.21



lb. **10⁹⁸**

Sunrise Farms
Seasoned Drumsticks
Frozen
3 kg.



Each **16⁹⁸**

Bull's-Eye
Barbecue Sauce
Select Varieties
425 ml.



4²⁸

Beef
Minute Steak
kg. 26.41



lb. **11⁹⁸**

Western Family
Boneless, Skinless Chicken Breasts



Frozen
3 kg.
Each **33⁹⁸**

Western Family
Split Chicken Wings



Frozen
3 kg.
Each **30⁹⁸**

Lean
Ground Beef
Value Pack
kg. 17.59



lb. **7⁹⁸**



Western Family Boneless, Skinless Chicken Thighs

Frozen, 3 kg.
Each **33⁹⁸**

Pork
Minute Steaks
kg. 8.77



lb. **3⁹⁸**



Beef Blade Steak

kg. 26.41

lb. **11⁹⁸**



Pork Shoulder Blade Roast

kg. 7.67

lb. **3⁴⁸**



SMOKED & PACKAGED MEATS

Lafleur
Wieners
Original or Bar-B-Q
450 g.



Each **3⁹⁸**

Pinty's
Chicken Wings
Frozen, Select Varieties
700 g.



Each **13⁹⁸**

Western Family
Crispy Chicken
Frozen
1 kg.



Each **20⁹⁸**

Maple Leaf
Natural Selection Sliced Meat
Select Varieties, 125-175 g.



Each **5⁹⁸**

Olymel
Sliced Meat
Select Varieties
250-300 g.



Each **4⁹⁸**

Cattleman's Cut
Jerky
Select Varieties
230 g.



Each **12⁹⁸**



Freybe Sliced Meat

Select Varieties, 175 g.

2 FOR \$9



Flamingo Breaded Chicken

Frozen, Select Varieties
550-680 g.

Each **11⁹⁸**



DELI

Olymel Deli Ham

Select Varieties

Per 100 g. **148**



Grimm's Maple Whisky Ham **298**
Per 100 g.

Freybe Deli Pepperoni **248**
Select Varieties Per 100 g.

Schneiders Garlic Sausage **198**
Per 100 g.

Schneiders Dips **1298**
4 Cheese & Spinach or Buffalo Chicken, 530 g. Each

SEAFOOD



Western Family Basa Fillets
Frozen, 680 g.
698
Each

Ocean Jewel Shrimp

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

Each **898**



Ocean Jewel Cooked Shrimp

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

Each **998**



Northern Glacier Cooked Shrimp

Peeled, Deveined, Frozen 91-120 Count, 340 g.

Each **998**



Western Family Seafood Medley

Frozen 300 g.

Each **798**



HOT DEALS FROM THE FREEZER



Chapman's Premium Ice Cream

Select Varieties, 2 litre

798



Cavendish Farms Fries

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

2 FOR \$8



Heinz Bagel Bites

Cheese & Pepperoni or Three Cheese, Frozen 198 g.

2 FOR \$5



El Monterey Beef Burritos

Red Hot or Bean Frozen, 113 g.

3 FOR \$3.99



Häagen-Dazs Ice Cream

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

648



Farm Market Fresh Blueberries

Frozen 2 kg.

1298



Pogo Corn Dogs

Original or All Beef Frozen, 600-750 g.

1098



Rustica Pizza

Stuffed Crust or Rising, Frozen Select Varieties, 665-867 g.

798

RISE & SHINE

Maxwell House Coffee
or Nabob, Select Varieties
30 K-Cups

16⁹⁸

HOT! DEAL

Maxwell House Café Instant Coffee
Select Varieties
126-240 g.

5⁹⁸

Only Goodness Organic Peanut Butter
Select Varieties
500 g.

2^{FOR} \$9

Post Cereal
Select Varieties
340-400 g.

2^{FOR} \$8

Quaker Instant Oatmeal
Select Varieties
232-344 g.

2^{FOR} \$8

Western Family Granola

Honey Almond
675 g.

2^{FOR} \$8



Nabob Coffee

Tradition
930 g.

23⁹⁸



Nutella Hazelnut Spread

725 g.

9⁹⁸

Western Family Honey

Liquid or Creamed
500 g.

5⁹⁸

Nestlé Nesquik

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

8⁹⁸

Only Goodness Organic Quick Oats

1 kg.

3⁹⁸

Parkway Coffee
Oat Milk Latte, 4 x 355 ml.
*Plus Deposit

9⁹⁸

HOT! DEAL

DAIRY DELIGHTS

I Can't Believe It's Not Butter!
850 g.

4²⁸

Cracker Barrel Cheese
Select Varieties
600 g.

11⁹⁸

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.

4⁹⁸

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

3²⁸

Armstrong Melts
225 g.

2^{FOR} \$5

Heluva Good Dip
French Onion, 680 g.

5⁹⁸

Oikos Yogurt
Select Varieties
650-750 g.

6⁹⁸

Activia Expert Yogurt
Plain or Vanilla
750 g.

5⁹⁸

Parkay Margarine
Soft Bowl or Quarters
1.28-1.36 kg.

7⁹⁸

Saputo Ricotta Cheese
500 g.

6⁹⁸

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

5⁹⁸

Kraft Singles or Cheez Whiz
Select Varieties
825-900 g.

9⁹⁸

Saputo Feta Cheese
Traditional
200 g.

4⁹⁸

Philadelphia Cream Cheese
Original
450 g.

8⁹⁸

Faith Farms Cheese
Select Varieties, 320-340 g.

5⁹⁸

Olympic Sour Cream
Organic
500 ml.

2^{FOR} \$9

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

4²⁸

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

2^{FOR} \$4

Dairyland Stirred Yogurt
Select Varieties
175 g.

4^{FOR} \$5

Silk Dairy-Free Yogurt
Select Varieties
500-650 g.

5⁹⁸

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

6⁹⁸

Dairyland Microfiltered Milk
Select Varieties, 1.89 litre
*Plus Deposit

5⁴⁸

GROCERY ESSENTIALS



Habitant Ready To Serve Soup
Select Varieties, 796 ml.

2 FOR \$7 **HOT! DEAL!**

Heinz Tomato Soup
Condensed
284 ml.

4 FOR \$7



Lipton Soup Mix
or Knorr, Select Varieties
4 Pack

2 FOR \$6



Clover Leaf Sockeye Salmon
213 g.

6 98

Ocean's SnackKit
Lemon Pepper, Gluten Free
96 g.

2 28

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

2 FOR \$4

Western Family Smoked Oysters
or Mussels
85 g.

3 FOR \$4 98

Maple Leaf Flakes of Ham
or Chicken
156 g.

2 FOR \$7

Western Family Apple Sauce
Unsweetened
620 ml.

2 FOR \$5

Western Family Canola Oil
946 ml.

3 98

Allen's Pickling Vinegar
4 litre

5 98

Western Family Red Chili Jelly
300 g.

2 FOR \$8

Western Family Mustard
or Relish, Select Varieties
325-400 ml.

2 FOR \$5

Swiss Chalet Dipping Sauce Mix
1 Pack

3 FOR \$4 98

Tasty Bite Entrées
Select Varieties
285 g.

2 FOR \$8

Vlasic Pickles
Select Varieties
1 litre

6 48



Hellmann's Mayonnaise
Select Varieties
710-890 ml.

6 48



Kraft Pure Dressing
Cucumber Greek
355 ml.

5 98



Heinz Ketchup
or Pickle Flavour
375 ml.

2 98



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

3 FOR \$4 98



Unico Artichoke Hearts
398 ml.

3 98

Only Goodness Olive Oil
750 ml.

17 98

Only Goodness Tomato Sauce
Regular or No Salt Added
398 ml.

2 FOR \$6

Western Family Hot Sauce
Cayenne or Sriracha
354-455 ml.

2 FOR \$6

Unico Kalamata Olives
Whole
375 ml.

5 48

Annie's Pasta
Select Varieties
149-170 g.

3 FOR \$7 98



Unico Pasta
Select Varieties
900 g.

2 FOR \$4



Catelli Pasta Sauce
Meat
680 ml.

2 FOR \$7



Western Family Balsamic Vinegar
250 ml.

2 FOR \$7



Unico Tomatoes
Select Varieties
796 ml.

3 FOR \$7 98



Only Goodness White Quinoa
Organic
1.36 kg.

9 98



Harvest Acres Long Grain Rice
2 kg.

5 98



BAKING



Robin Hood Flour

Select Varieties, 907 g.-2.5 kg.

5 98

Western Family Dried Fruit
Select Varieties
500-640 g.

4 98



Western Family Honey Graham Baking Crumbs
or Pie Crust
170-400 g.

2 FOR \$5



Western Family Pure Pumpkin
398 ml.

2 FOR \$5



Western Family Lemon Juice
946 ml.
*Plus Deposit

2 98



Red Lobster Biscuit Mix
Cheddar Bay
322 g.

2 98



Fleischmann's Corn Starch
454 g.

3 98



SNACK ATTACK!

Western Family Salsa

Select Varieties
650 ml.

2 FOR \$8

Hawkins Cheezies

640 g. or 14 Pack

8⁹⁸

Western Family Potato Chips

Select Varieties, 235 g.

4 FOR \$7

HOT! DEAL

Tostitos Tortilla Chips

Select Varieties
210-300 g.

2 FOR \$9



Tostitos Salsa

Select Varieties
416-418 ml.

4⁹⁸



Christie Premium Plus Crackers

Salted or Unsalted Tops
900 g.

8⁹⁸

Christie Oreo Cookies

Gluten Free
342 g.

7⁹⁸

Christie Ritz Crackers

or Toppables
350-454 g.

5⁴⁸

Quaker Yogurt Granola Bar

Vanilla or Strawberry
175 g.

2 FOR \$7

RXBAR Protein Bars

Select Varieties
52 g.

2 FOR \$4

Nestlé Chocolate Bars

Select Varieties
1 Pack.

3 FOR \$4⁹⁸

Starburst or Skittles

Select Varieties
1 Pack.

2 FOR \$3

Wrigley 5 Gum

Select Varieties
15 Pieces.

2 FOR \$4

Mars or M&M's Chocolate

or Maltesers, Select Varieties
155-170 g.

5⁹⁸

Christie Cookies

or Dad's
Select Varieties
285-520 g.

6⁹⁸



Pepperidge Farm Goldfish Crackers

Select Varieties
6 Pack or 180-227 g.

3 FOR \$9⁹⁹



Old Dutch Potato Chips

or Ridgies, Select Varieties
200-235 g.

2 FOR \$7



Orville Redenbacher Popcorn

Butter
820 g.

9⁹⁸



Partake Non-Alcoholic Beer

Select Varieties, 4 x 355 ml.
*Plus Deposit

5⁹⁸



Pure Life Water

Sport Cap, 710 ml.
*Plus Deposit

4 FOR \$3



Nanton Spring Water

12 x 500 ml.
*Plus Deposit

2 FOR \$5



HOT! DEAL

Good Host Iced Tea Mix

2.35 kg.

16⁹⁸



AHA Sparkling Water

Select Varieties, 12 x 355 ml.
*Plus Deposit

5⁹⁸



Dole Pineapple Juice

1.36 litre
*Plus Deposit

4⁹⁸



Gatorade Sport Beverages

Select Varieties
828 ml., *Plus Deposit.

2 FOR \$6

Monster Energy Drinks

Select Varieties
444-473 ml., *Plus Deposit.

2 FOR \$6

Minute Maid Juice

Select Varieties, 1 litre, *Plus Deposit

2 FOR \$4

HOT! DEAL

Coke or Canada Dry Beverages

Select Varieties, 2 litre
*Plus Deposit

2 FOR \$6



Coke or Canada Dry Mini

Select Varieties, 6 x 222 ml.
*Plus Deposit

5²⁸



Coke or Canada Dry Beverages

Select Varieties, 20 x 355 ml.
*Plus Deposit

13⁹⁸



Pepsi or 7Up Beverages

Select Varieties, 6 x 710 ml.
*Plus Deposit

7⁹⁸



Pepsi or 7Up Beverages

Select Varieties, 12 x 355 ml.
*Plus Deposit

8⁴⁸



THIRSTY?

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. (1) 3 grand prizes of a 2026 Stanley Cup Final VIP Experience (ARV \$10,000 CAD each) & (a) 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.



\$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

Tide Laundry Detergent

Original 115 Use



29⁹⁸

Downy Fabric Softener

April Fresh 1.31 litre



7⁹⁸

Shout Stain Remover

650 ml.



2^{FOR} \$9

Glade Cling Wrap

or Press'n Seal
1 Roll

2^{FOR} \$8

Gain Fabric Softener

Original 120 Sheets

7⁹⁸

Wet Ones Antibacterial Hand Wipes

Fresh Scent 40 Pack

2^{FOR} \$8

Pledge Furniture Polish

Lemon 275 g, Aerosol

7⁹⁸

Glade Candle

Vanilla Embrace 1 Pack

10⁹⁸

Command Picture Hanging Strips

Select Varieties 4-8 Pack

2^{FOR} \$11

Dawn Ultra Dish Liquid

Original 982 ml.



5⁹⁸

Finish Dishwasher Detergent

All In 1 Max 55 Pack



15⁹⁸

Mr. Clean Platinum Disinfectant Cleaner

Lemon 2.93 litre



13⁹⁸

Windex Glass Cleaner

Refill 2 litre



8⁹⁸

Glad Garbage Bags

Select Varieties 20-40 Pack



12⁹⁸

Ziploc Freezer Bags

or Storage, Select Varieties 10-28 Pack



5⁴⁸

Colgate Total Toothpaste

Clean Mint or Whitening 70 ml.

2^{FOR} \$5

Schick Hydro 5 Razor

1 Pack

12⁹⁸

Polysporin Antibiotic Ointment

Original, 30 g.

10⁹⁸

Midol Extra Strength

40 Caplets

8⁹⁸

Tylenol Arthritis Pain Relief

24 Caplets

5⁹⁸

Huggies Wipes

Fragrance Free or Sensitive 56-64 Pack

2^{FOR} \$9

PERSONAL CARE



Herbal Essences Hair & Body Wash
or Conditioner, Select Varieties 346 ml.

2^{FOR} \$8

Method Refill Hand Wash
Select Varieties, 828 ml.-1 litre

6⁹⁸

PET'S CORNER



Friskies Cat Food

Tender & Crunchy, 1.4 kg.

6⁹⁸

Nature's Recipe Dog Food

Select Varieties, 1.8 kg.

14⁹⁸

MARKET FRESH PRODUCE



Hot House Roma Tomatoes
Canadian Grown, kg. 4.37

lb. **1⁹⁸**



Broccoli Crowns
U.S. Grown
kg. 6.57

lb. **2⁹⁸**



Portabella Mushrooms
Canadian Grown
170 g.

Each **3⁴⁸**




Baby Long English Cucumbers
Canadian Grown
1 lb. Bag

Each **2⁹⁸**





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

Each **4⁹⁸**



Fresh Avocados
Mexican Grown

Each **1²⁸**



Green Peppers
Canadian or Mexican Grown
kg. 7.67

lb. **3⁴⁸**



Fresh Express Caesar Kit
Select Varieties
Product of U.S.A.
9.9-10.75 oz.

Each **5⁴⁸**



Green Seedless Grapes
Chilean or Peruvian Grown
#1 Grade, kg. 10.98

lb. **4⁹⁸**



Navel Oranges
California Grown
4 lb. Bag

Each **5⁹⁸**




Ambrosia Apples
Canadian or Washington Grown
Extra Fancy, kg. 4.37

lb. **1⁹⁸**

ORGANICS

Organic Grape Tomatoes
Mexican Grown
1 Pint

Each **3⁹⁸**



Cantaloupe Melon
Central American Grown
kg. 3.70

lb. **1⁶⁸**



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

Each **2⁴⁸**



Organic Celery Hearts
Product of U.S.A.
2 Pack

Each **4⁹⁸**



BAKERY BARGAINS

Canadian Rye Bread

Each **2⁹⁸**





Panini Buns
Regular or Herb
6 Pack

Each **2⁹⁸**





Calabrese Rolls
6 Pack

Each **2⁹⁸**





Hot Cross Buns
12 Pack

Each **6⁹⁸**





The Worthy Crumb Tarts
Pecan or Lemon
6 Pack

Each **6⁹⁸**

Dempster's Tortillas
Select Varieties
6-10 Pack

2 FOR \$7

Sugarplum 6" Cakes
Select Varieties
550-660 g.

Each **13⁹⁸**




Assorted Bagels
Select Varieties
4 Pack

Each **3⁹⁸**




Plain Bagels
or Sesame
4 Pack

Each **2⁹⁸**




Natural Bakery Canadian Rye Bread
500 g.

Each **2⁹⁸**




Villaggio Italian Style Bread
or Buns, Select Varieties
510-540 g. or 6-8 Pack

2 FOR \$7


