



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 **APRIL 2026**

FRI	SAT	SUN	MON	TUES	WED	THURS
10	11	12	13	14	15	16

Striploin Grilling Steak
Value Pack
kg. 39.64

17⁹⁸
lb.



General Mills Cereal
Select Varieties, 300-430 g.

3 FOR 9⁹⁹

Tim Hortons Coffee
Select Varieties
300 g.

9⁹⁸

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

2⁹⁸
Each

Long English Cucumbers
Canadian Grown, Canada #1 Grade

1²⁸
Each

BUTCHER SHOPPE

**Diana
BBQ Sauce**
Select Varieties
500 ml.

2 FOR \$9

**Striploin
Roast**

kg. 37.43

lb. **16⁹⁸**



**Boneless
Skinless
Chicken Breasts**

Value Pack, kg. 19.79

lb. **8⁹⁸**



**Pork Sirloin
Roast**

kg. 6.57

lb. **2⁹⁸**



**Pork
Tenderloin**

Value Pack, kg. 9.88

lb. **4⁴⁸**



**Pork
Cutlets**

kg. 8.77

lb. **3⁹⁸**



**Pork
Sirloin Chops**

kg. 7.67

lb. **3⁴⁸**



**Olymel
Sliced Bacon**

Rindless
5 kg.

Each **6⁹⁸**



**Western Family
Thick Cut Bacon**

1 kg.

Each **16⁹⁸**



SMOKED & PACKAGED MEATS

**Olymel
Wieners**

Original
1 kg.

Each **8⁹⁸**



**Western Family
Black Forest Ham**

300 g.

Each **4⁹⁸**



**Western Family
Chicken Wings**

Frozen, Select Varieties
750 g.

Each **13⁹⁸**



**Freybe
Liver Sausage**

Select Varieties
250 g.

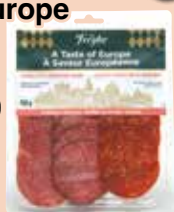
Each **4⁹⁸**



**Freybe
A Taste of Europe**

Select Varieties
100 g.

Each **2 FOR \$9**



**Western Family
Garlic Sausage**

750 g.

Each **10⁹⁸**



**Western Family
Bologna**

Chunks
750 g. Each

**Western Family
Wieners**

Original
375 g. Each

**Western Family
All Beef Wieners**

375 g. Each

8⁹⁸

5⁹⁸

7⁹⁸

**Western Family
Bacon**

Regular or Thick Sliced
375 g.

Each **5⁹⁸**



DELI

**Deli
Chicken Loaf**

Select Varieties

Per 100 g. **2⁹⁸**



SEAFOOD



AquaStar Breaded Fish
Frozen, Select Varieties, 400-500 g.
Each **10⁹⁸**

AquaStar Cooked Shrimp
Peeled, Frozen
31-40 Count, 340 g.
Each **9⁴⁸**



AquaStar Shrimp
Raw, Easy Peel, Frozen
26-30 Count, 340 g.
Each **7⁹⁸**



AquaStar Calamari
Rings & Tentacles
Lightly Dusted
Frozen, 340 g.
Each **6⁹⁸**



Heinz Tartar Sauce
354 ml.
2 FOR \$8



AquaStar Herb & Garlic Shrimp
Frozen, 340 g.
Each **8⁹⁸**



AquaStar Tempura Shrimp
Frozen
500 g.
Each **11⁴⁸**



HighLiner Chips & Fish
English Style
Frozen, 550 g.
Each **7⁹⁸**



Heinz Seafood Sauce
285 ml.
2 FOR \$6



HOT DEALS FROM THE FREEZER

Western Family Vegetables
Frozen, Select Varieties
750 g.
3 FOR 7⁹⁸



Kellogg's Eggo Waffles
Frozen, Select Varieties
280-330 g.
3⁷⁸



Wong Wing Entrées
Frozen, Select Varieties
300-680 g.
7⁹⁸



Western Family Fruit
Frozen, Select Varieties
400-600 g.
2 FOR \$11



Dr. Oetker Suprema Pizza
Frozen, Select Varieties
487-520 g.
8⁹⁸



Wong Wing Won Ton Soup
or Covers, Frozen
426 ml. or 454 g.
2 FOR \$8



McCain Superfries
Bistro or Tasti Taters, Frozen
Select Varieties, 454-800 g.
2 FOR \$9



Chapman's Markdale Creamery Ice Cream
Select Varieties, 4 litre
10⁹⁸



Breyers Creamery Style Ice Cream
Select Varieties, 1.41 litre
6⁹⁸



Chapman's Super Premium Plus Ice Cream
Select Varieties, 500 ml.
2 FOR \$6



Chapman's Frozen Novelties
Select Varieties, 8-28 Pack
6⁴⁸



DAIRY DELIGHTS



Armstrong Shredded Cheese
Select Varieties, 500 g.

9⁹⁸



Lactantia Butter

Salted
454 g.

6⁴⁸



Philadelphia Cream Cheese

Select Varieties
227-250 g.

4⁹⁸



Kraft Grated Parmesan
or Italian Style
250 g.

9⁹⁸

Kraft Parmesan
Shaved, 141 g.

5⁴⁸

Armstrong Cheese Snacks
Select Varieties
210 g.

4⁹⁸

Simply Juice

or Lemonade, Chilled
Select Varieties, 1.36-1.54 litre
*Plus Deposit.

5⁹⁸

Dairyland Old Fashioned Chocolate Milk

946 ml., *Plus Deposit.

3⁴⁸

Dairyland Coffee Cream

18%, 946 ml.

*Plus Deposit.

5⁴⁸

Dairyland Organic Cream

10%, 473 ml.

*Plus Deposit.

2⁹⁸

International Delight Coffee Whitener

Select Varieties, 946 ml.

*Plus Deposit.

6⁴⁸

Activia Probiotic Smoothie

or Oikos, Select Varieties
190 ml., *Plus Deposit.

*Plus Deposit.

2⁰³

Oikos Pro Drinkable Yogurt

Select Varieties, 300 ml.

*Plus Deposit.

2⁹⁸

Danone Danino Drinkable Yogurt

Select Varieties, 6 x 93 ml.

*Plus Deposit.

3⁹⁸

Silk Beverage

Select Varieties, 1.75 litre

*Plus Deposit.

4⁹⁸

Olympic Organic Yogurt

or Crema, Select Varieties
650 g.

2⁰⁹



Olympic Greek Yogurt

Plain or Vanilla
650 g.

5⁹⁸



Imperial Margarine

850 g.

5⁹⁸



Violife Vegan Cheese

or Cream Cheese
Select Varieties, 200-227 g.

2⁰⁸



Neilson Milkshakes

Select Varieties, 310 ml.
*Plus Deposit

3⁴⁹⁸



Dairyland Sour Cream

Select Varieties
450-500 ml.

3⁴⁸



Dairyland Chocolate Milk

Reduced Sugar or Strawberry
1 litre, *Plus Deposit

2⁰⁶



Dairyland Cottage Cheese

Select Varieties
500 g.

3⁹⁸



BAKING BUYS



Betty Crocker Cake Mix

Cookie or Brownie
Select Varieties, 430-550 g.

2⁰⁶

Dairyland Whipping Cream

33% or 36%, 946 ml.
*Plus Deposit

5⁹⁸



Kraft Dream Whip Dessert Topping Mix

170 g.

4⁹⁸



Only Goodness Flaxseed Meal

453 g.

5⁹⁸



Sugar Twin Sweetener

Original
50 Pack

2²⁸



Betty Crocker Brownie Mix

Oreo or Reese's
372-453 g.

2⁰⁷



Western Family Evaporated Milk

354 ml.

2⁰⁴



Fleischmann's Yeast

Traditional
227 g.

9⁹⁸



Sunsweet Prunes

Pitted
375 g.

6⁴⁸



GROCERY ESSENTIALS

Knorr Pasta Sauce Mix
Alfredo or Carbonara
1 Pack **3 FOR \$3.99**

Club House Gravy Mix
Marinade or Sauce
Select Varieties
1 Pack **2 FOR \$3**

VH Cooking Sauce
Select Varieties
341-355 ml. **2 FOR \$9**

VH Soya Sauce
Regular
380 ml. **2 FOR \$7**

Manny's Flour Tortillas
Burrito Size
482 g. **2 FOR \$5**



Western Family Light Tuna
Chunk or Flaked, in Water, 170 g.
3 FOR \$4.98
HOT! DEAL

Clover Leaf Wild Cocktail Shrimp
106 g.
2 FOR \$9



Campbell's Chunky Soup
or Chili, Select Varieties
515 ml. or 425 g.
3 FOR \$9.99



Sapporo Ichiban Instant Noodle Bowls
Shoyu or Tonkotsu
82 g. **2 FOR \$6**

Western Family Wild Crab Salad Meat
Baby Clams or Clam Nectar
120-142 g. or 284 ml. **2 FOR \$7**

Western Family Fire Roasted Tomatoes
Diced or with Garlic
398 ml. **2 FOR \$5**

Western Family Baby Beets
Whole
398 ml. **2 FOR \$2.28**

Catelli Pasta
Select Varieties
225-900 g. **4 FOR \$9.98**

De Cecco Pasta
Select Varieties
454 g. **2 FOR \$6**

Heinz Salad Cream
English Dressing
265 ml. **4 FOR \$2.28**

Unico Red Wine Vinegar
500 ml. **2 FOR \$2.28**

Bick's Baby Dills Pickles
or Yum Yum Sweet
500 ml. **3 FOR \$7.80**

Unico Olives
Stuffed Manzanilla
or Sliced Black, 375 ml. **2 FOR \$7**

Knorr Sidekicks
Select Varieties
120-167 g.
2 FOR \$4



Annie's Macaroni & Cheese
Shells & White Cheddar
4 Pack **9 FOR \$9.98**



Primo Pasta Sauce
Select Varieties
680 ml.
2 FOR \$5



Berio Olive Oil
Extra Virgin
1 litre
16 FOR \$9.98



Kraft Dinner Cups
Original or 3 Cheese
4 Pack **6 FOR \$9.98**



Heinz Ketchup
Select Varieties
750 ml.-1 litre
5 FOR \$9.98



French's Mustard
Select Varieties
325-550 ml.
2 FOR \$6



Hidden Valley Ranch Dressing
or Tzatziki, Select Varieties
473 ml.
2 FOR \$8

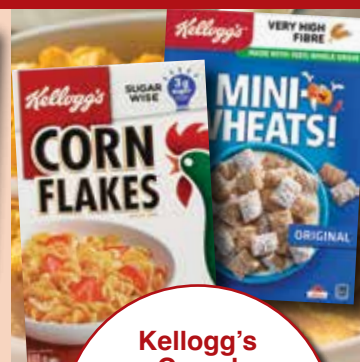


BREAKFAST BUYS

Folgers Coffee
Lively Colombian or Black Silk
30 K-Cups
19 FOR \$9.98



Kellogg's Cereal
Select Varieties, 340-460 g.
2 FOR \$11



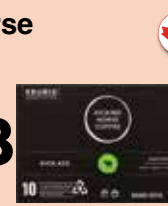
Kraft Peanut Butter
Select Varieties
750 g.-1 kg.
7 FOR \$9.98



Kraft Hazelnut Spread
with Cocoa
725 g.
6 FOR \$9.98



Kicking Horse Coffee
Select Varieties
10 K-Cups
12 FOR \$9.98



Western Family Hot Chocolate
Regular or Marshmallow
500 g.
5 FOR \$4.80



Twinnings Superblends Tea
Select Varieties
20 Bags
4 FOR \$9.98



Boost Shakes
Select Varieties, 6 x 237 ml.
*Plus Deposit
13 FOR \$9.98



SNACK ATTACK!

Old Dutch Variety Pack

18 Pack **8⁹⁸**

Pace Salsa

Select Varieties
642-648 ml. **4⁹⁸**

Pringles Potato Chips

Select Varieties, 148-156 g.

2 FOR \$5

**HOT!
DEAL**



Mott's Fruitsations

Select Varieties
6 Pack

3 FOR \$9⁹⁹



Cheez-It Crackers

Select Varieties
191-200 g.

2 FOR \$7



Quaker Crispy Minis

Select Varieties
90-199 g.

2 FOR \$7



Hawkins Cheezies

285 g.

2 FOR \$8



Hershey's King Size Chocolate Bars

Select Varieties
62-85 g.

2 FOR \$4



Doritos Tortilla Chips

Select Varieties
210-280 g.

2 FOR \$9



Lay's Potato Chips

Select Varieties
177-235 g.

2 FOR \$9



Old Dutch Restaurant Tortilla Chips

Select Varieties
230-295 g.

2 FOR \$8



Voortman Cookies

or Wafers, Select Varieties
210-320 g.

2 FOR \$7

Nature Valley or Fibre1 Bars

or Chex Mix, Select Varieties
125-210 g.

3 FOR \$9⁹⁹

Go Pure Bars

Select Varieties
170-175 g.

2 FOR \$6

Betty Crocker Fruit Snacks

Gushers or Mott's
Select Varieties, 128-226 g.

3 FOR \$9⁹⁹

Haribo Gummies

Select Varieties
175 g.

2 FOR \$6

Nestlé Tablet Bars

Select Varieties
97-105 g.

2 FOR \$7

Orville Redenbacher Popcorn Kernels

Original
850 g.

5⁹⁸

Orville Redenbacher Popcorn

Select Varieties
420-492 g.

6⁹⁸

M&M's or Mars Chocolate

Select Varieties
1 Pack

3 FOR \$4⁹⁸

Kettle Brand Potato Chips

Select Varieties
156-198 g.

2 FOR \$8

THIRSTY?

Heineken Non-Alcoholic Beer

6 x 330 ml.
*Plus Deposit

11⁹⁸

Western Family Sparkling Water

Select Varieties, 509 ml.
*Plus Deposit

2 FOR \$3

Nanton Spring Water

or Distilled, 4 litre
*Plus Deposit

2 FOR \$4

Montellier Sparkling Water

Select Varieties, 10 x 355 ml.
*Plus Deposit

6⁴⁸

Glaceau Smart Water

or Alkaline, 1 litre
*Plus Deposit

2 FOR \$6

Lipton Iced Tea

Select Varieties, 12 x 340 ml.
*Plus Deposit

6⁹⁸

Pepsi or 7Up Beverages

Select Varieties, 1 litre
*Plus Deposit

2 FOR \$5

Pepsi or 7Up Beverages

Select Varieties, 2 litre
*Plus Deposit

3 FOR \$9⁹⁹

Gatorade Water

700 ml.
*Plus Deposit

2 FOR \$4

SunRype Juice

Select Varieties, 1.36 litre
*Plus Deposit

2 FOR \$7



Nestlé Iced Tea Mix

or Good Host
715 g.

7⁹⁸



Bubly Sparkling Water

Select Varieties, 12 x 355 ml.
*Plus Deposit

6⁹⁸



Gatorade Sports Beverages

Select Varieties, 710 ml.
*Plus Deposit

4 FOR \$9



Coke or Canada Dry Beverages

Select Varieties, 12 x 355 ml.
*Plus Deposit

8⁴⁸



Pepsi or 7Up Minis

Select Varieties, 6 x 222 ml.
*Plus Deposit

2 FOR \$9



Oasis Juice

or Del Monte Nectar, Select Varieties
960 ml., *Plus Deposit

4 FOR \$9



HOUSEHOLD MUST HAVES



Charmin Ultra Bathroom Tissue
Soft or Strong, Triple 8 Roll

9⁹⁸

BinBreeze Indoor Compost Powder

Unscented or Lavender
450 g.

7⁹⁸



Scotch Brite Scrub Sponges

Heavy Duty or Non-Scratch
6 Pack

8⁹⁸



Reynolds Kitchen Parchment Paper

1 Roll

2 FOR \$7



Purex Laundry Detergent

Select Varieties
43-50 Use

6⁹⁸



Method Dish Soap

Refill, Clementine
1.59 litre

9⁹⁸



Western Family Ammonia

Lemon Sudsy
1.8 litre

2 FOR \$7



Bounty Paper Towel

or Select-A-Size
Double 3 Roll

9⁹⁸



Borax Laundry Booster

1.84 kg.

8⁹⁸



Affresh Dishwasher Cleaner

or Washing Machine
60-120 g.

9⁹⁸



Glad Garbage Bags

Small
24 Pack

2 FOR \$8



Gain Flings! Laundry Detergent

Original or Moonlight Breeze
31 Pack

11⁹⁸



Cascade Complete Dishwasher Detergent

Fresh
3.4 kg.

9⁹⁸



Glade Air Freshener

Hawaiian Breeze
or Lavender & Aloe
226 g. Aerosol

2 FOR \$8



PERSONAL CARE

Gillette Foamy Shave Foam

Regular or Sensitive
311 g.

4⁹⁸

U by Kotex Tampons

Pads or Liners, Select Varieties
14-64 Pack

6⁹⁸

Polysporin Antibiotic Cream

Original or Plus Pain Relief
15 g.

8⁹⁸

Energizer Max Batteries

AA or 9 Volt
1-4 Pack

7⁹⁸

Energizer Max AAA Batteries

2 Pack

5⁹⁸



Band-Aid Bandages

Select Varieties, 20-80 Pack

6⁹⁸

PET'S CORNER



Fancy Feast Cat Food

Select Varieties, 85 g.

4 FOR \$5

Nutri-Choice Advantage Cat Food

Chicken & Brown Rice
6 kg.

18⁹⁸



Alpo Dog Food

Cookout Classic
7.2 kg.

21⁹⁸



MARKET FRESH PRODUCE



Hot House Rainbow Peppers
Mexican Grown, 3 Pack

Each **6⁹⁸**

Green Zucchini
Mexican Grown
kg. 3.26

lb. **1⁴⁸**



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

lb. **2⁴⁸**



Eat Smart Sweet Kale Salad
Product of U.S.A.
5 oz.

Each **4⁴⁸**



Brown Button Mushrooms
Canadian Grown
227 g.

Each **2⁹⁸**




Hot House Beefsteak Tomatoes
Canadian or Mexican Grown
#1 Grade, kg. 8.77

lb. **3⁹⁸**



Pink Lady Apples
Washington Grown, Extra Fancy
kg. 4.37

lb. **1⁹⁸**

Minneola Tangelos
California Grown
3 lb. Bag

Each **6⁴⁸**



Cara Cara Oranges
California Grown
3 lb. Bag

Each **6⁴⁸**



Sweet Mangos
Mexican Grown

Each **2⁴⁸**



ORGANICS

Organic White Button Mushrooms
Canadian Grown
227 g.

Each **2⁹⁸**



Honeydew Melon
Central American Grown
kg. 7.67

lb. **3⁴⁸**



Fresh Avocados
Mexican Grown
4 Pack

Each **4⁴⁸**



Red Seedless Grapes
Chilean or Peruvian Grown
#1 Grade, kg. 9.88

lb. **4⁴⁸**



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

Each **4⁹⁸**



BAKERY BARGAINS

Fresh Bread
White or 60% Whole Wheat
Un sliced

2 FOR \$4



Monte Cristo French Baguette
350 g.

Each **2²⁸**



Fruit Pies
8 Inch, Select Varieties
600-680 g.

Each **8⁹⁸**



Apple Valley 8" Apple Pie
680 g.

Each **7⁹⁸**



Furlani Garlic Bread
284 g.

Each **2⁹⁸**



Portofino Sourdough Bread
Dark Rye or Multigrain
585-700 g.

Each **6⁹⁸**



Apple Valley 3" Tart Shells
Plain or Sweet
570 g.

Each **6⁹⁸**



Two-Bite Cinnamon Rolls
12 Pack

Each **6⁹⁸**



Sugarplum 6" Cheesecakes
Select Varieties
550 g.

Each **13⁹⁸**



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

2 FOR \$8

