



# 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
17	18	19	20	21	22	23

# Dollar Days

**Pork Back Ribs**

kg. 11.02

**\$5**

lb.



**Green Giant Simply Steam Vegetables**

Sweet Summer Peas, Frozen, 250 g.

**2 FOR \$3**



**Western Family Pancake Mix or Syrup**

Select Varieties, 905 g. or 710 ml.

**2 FOR \$7**

**HOT! DEAL**



**Red Potatoes**

Canadian Grown, Canada #2 Grade  
15 lb. Bag

**\$8**

Each



**Hot House Tomatoes on the Vine**

Canadian Grown, Canada #1 Grade  
kg. 3.31

**2 FOR \$3**

lbs.



# BUTCHER SHOPPE

## Inside Round Roast

kg. 17.64

**\$8**

lb.



CANADIAN BEEF



## Inside Round Steak

kg. 19.84

**\$9**

lb.

## Centre Cut Pork Chops

or Rib End, Bone-In, Value Pack  
kg. 6.61

**\$3**

lb.

CANADIAN PORK  
PORC CANADIEN

## Kraft BBQ Sauce

Select Varieties  
455 ml.

**\$4**



## Western Family Breaded Stuffed Chicken

Ham & Swiss  
Frozen, 852 g.

**\$13**

Each



## Split Chicken Wings

Value Pack, kg. 13.23

**\$6**

lb.



## Split Chicken Breasts

Bone-In, Value Pack, kg. 11.02

**\$5**

lb.



# SMOKED & PACKAGED MEATS



## Olymel Sausages

Maple & Black Pepper  
or Old Fashioned, 450 g.

**\$6**

Each



## Freybe Pepperoni

Select Varieties  
550 g.

**\$11**

Each



## Crimm's Pepperoni

Select Varieties  
600 g.

**\$12**

Each



## Western Family Dips

Mild Guacamole  
or Roasted Garlic Hummus  
227 g.

**\$4**

Each



## Harvest Wieners

Select Varieties  
675 g.

**\$11**

Each



## Western Family Meat Pies

Chicken & Vegetables  
Frozen, 750 g.

**\$13**

Each



## Western Family Meatballs

Sirloin Beef or Italian  
Frozen, 680 g.

**\$12**

Each



# DELI

**Freybe**  
Deli Pepperoni  
Select Varieties



Per 100 g.

**Grimm's**  
Deli Ham  
Select Varieties



Per 100 g.

# SEAFOOD

**Western Family**  
Seafood Cocktail  
Sauce  
or Horseradish  
250 ml.....

**\$3**

**Western Family**  
Basa Fillets

Frozen, 680 g.

**\$7**

Each

**Ocean Jewel**  
Shrimp

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

**\$9**

Each

# HOT DEALS FROM THE FREEZER

**Western Family**  
French Fries

Crispy or Crinkle Cut  
Frozen, 750 g.

**2 FOR \$7**



**Western Family**  
Hashbrown Potatoes

Chunky Diced, Frozen  
1.3 kg.

**\$7**



**Dr. Oetker**  
Ristorante Pizza

or Casa di Mama, Frozen  
Select Varieties, 320-410 g.

**\$6**



**Boston Market**  
Entrées

Sweet & Sour Chicken  
Frozen, 397 g.

**\$4**



**Swanson**  
Dinners

Frozen, Select Varieties  
280-326 g.

**\$6**



**Kraft Cool Whip**  
Dessert Topping

Frozen  
1 litre

**\$4**



**Pillsbury**  
Pizza Pops

Frozen, Select Varieties, 380 g.

**2 FOR \$7**

**HOT!**  
**DEAL**



**Western Family**  
Strawberries

in Syrup, Frozen  
425 g.

**\$4**



**Western Family**  
Fun Pops

Cherry, Orange, Grape & Lime  
24 Pack

**\$6**



**Magnum**  
Frozen Novelties

Almond or Double Caramel  
3 Pack

**\$7**



**Western Family**  
Perogies

Frozen, Select Varieties, 907 g.

**2 FOR \$5**

**HOT!**  
**DEAL**

**Western Family**  
Frozen Dessert

Vanilla or Neapolitan  
4 litre

**\$10**



**Chapman's**  
Markdale Creamery  
Ice Cream

Select Varieties, 2 litre

**2 FOR \$11**



**Ben & Jerry's**  
Ice Cream

Select Varieties  
473 ml.

**\$7**



# DAIRY DELIGHTS

**Western Family Cream Cheese**  
Brick or Tub  
227-250 g. ....

**2 FOR \$7**

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

**\$8**

**Liberté Greek Yogurt**  
Select Varieties  
4 x 100 g. ....

**\$4**

**Western Family Lemonade**  
Chilled, Select Varieties  
1.54 litre, \*Plus Deposit .....

**2 FOR \$5**

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

**2 FOR \$3**

**International Delight Touch of Flavour**  
or Baileys, Select Varieties  
400-425 ml., \*Plus Deposit .....

**\$3**

**Activia Yogurt**  
or Drinkable, Select Varieties  
8 x 93 ml. or 8 x 100 g., \*Plus Deposit

**\$6**

**Kraft Cool Whip Whipped Topping**  
225 g. Aerosol .....

**\$4**

**Dairyland Cottage Cheese**  
2%  
250 g. ....

**2 FOR \$5**

**Cracker Barrel Sliced Cheese**  
Select Varieties  
200-240 g. ....

**\$7**



**Kraft Shredded Parmesan**  
200 g. ....

**\$7**



**Western Family Shredded Cheese**  
Select Varieties  
320 g. ....

**\$6**



**Armstrong Cheese**  
Select Varieties  
600 g. ....

**\$10**



**George's Classic Dips**  
Select Varieties  
225 g. ....

**\$4**



**Olympic Sour Cream**  
Organic  
500 ml. ....

**2 FOR \$9**



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

**\$2**



**Philadelphia Dips**  
Select Varieties, 227 g.  
**\$3**

# BAKING

**Western Family All Purpose Flour**  
5 kg. ....

**\$6**



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

**\$6**



**Ocean Spray Craisins**  
Select Varieties  
142-170 g. ....

**2 FOR \$5**

**Western Family Lime Juice**  
445 ml. ....

**\$2**

**Tenderflake Lard**  
454 g. ....

**\$5**

**Lactantia Butter**  
Salted or Garlic  
125 g. ....

**2 FOR \$5**

**Dairyland Lactose Free Milk**  
Select Varieties, 4 litre  
\*Plus Deposit

**\$10**



**Dairyland Milk 2 Go Sport Pro**  
Vanilla or Chocolate, 473 ml.  
\*Plus Deposit

**2 FOR \$7**



**Dairyland Stirred Yogurt**  
Select Varieties  
175 g. ....

**4 FOR \$5**



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

**\$3**



**Dairyland Chocolate Milk**  
1%, 4 litre  
\*Plus Deposit

**\$8**



# GOOD MORNING!



**Kellogg's Jumbo Cereal**  
Select Varieties  
730 g.-1.05 kg.

**\$10**

**Celestial Seasonings Tea**  
Sleepy Time or Bengal Spice  
20 Bags

**2 FOR \$9**



**Jif Peanut Butter**  
Creamy or Crunchy  
500 g. ....

**2 FOR \$9**



**Western Family Honey Bear**  
Liquid  
375 g. ....

**\$5**



**Tim Hortons Instant Coffee**  
Original or Decaf  
100 g. ....

**\$8**

**Rogers Granola**  
Select Varieties  
700-750 g. ....

**\$6**

**Rogers Oat Bran**  
500 g. ....

**2 FOR \$7**

**Rogers Wheat Germ**  
or Bran  
375-450 g. ....

**\$2**

**Western Family Coffee Whitener**  
Lactose Free  
1 kg. ....

**\$9**

**General Mills Oatmeal Crisp Cereal**  
or Chex, Select Varieties  
340-437 g. ....

**2 FOR \$11**



**Western Family Pure Jam**  
or Marmalade  
500 g. ....

**\$5**



**Nabob Coffee**  
Select Varieties  
340 g. ....

**\$11**



# GROCERY ESSENTIALS

More Favourites ...

**Primo Lasagne Noodles** \$3  
or Orzo, Select Varieties  
375-500 g.

**Primo Tomatoes** 2 FOR \$5  
Whole Plum  
796 ml.

**Primo Egg Noodles** 2 FOR \$7  
Broad or Medium  
375 g.

**Western Family Pasta Sauce** 2 FOR \$5  
or Tomato, Select Varieties  
680 ml.

**Western Family Tomato Sauce** 4 FOR \$5  
213 ml.

**Western Family Ripe Olives** 2 FOR \$5  
Pitted or Sliced  
398 ml.

**Western Family Olive Oil** \$6  
Pure or Extra Virgin  
250 ml.

**Hunt's Manwich** 2 FOR \$6  
398 ml.

**Bick's Pickles** 2 FOR \$9  
Select Varieties  
1 litre



**Western Family Long Grain Rice** \$5  
White  
1.81 kg.



**Betty Crocker Potatoes** 2 FOR \$5  
Select Varieties  
141-215 g.




**Campbell's Ready To Serve Soup** 2 FOR \$7  
Select Varieties  
510-515 ml.



**Ben's Original Fast & Fancy Rice** 4 FOR \$7  
Select Varieties  
132 g.



**Western Family Jasmine Rice** \$6  
1.81 kg.



**Kraft Dressing** \$4  
Select Varieties  
425 ml.



**Lipton Cup-a-Soup** 2 FOR \$3  
Chicken Noodle or Supreme  
4 Pack



**Stove Top Stuffing Mix** 4 FOR \$9  
Select Varieties  
120 g.



**Taco Bell Creamy Sauce** 2 FOR \$11  
Chipotle or Baja  
354 ml.



**Taco Bell Crunchwrap Supreme** \$8  
or Cheesy Double Decker  
401-642 g.



**Hunt's Heirloom Tomatoes** 2 FOR \$5  
Diced  
398 ml.



**Kraft Pizza Kit** \$8  
850 g.



**Ocean's Albacore White Tuna** 2 FOR \$7  
Solid or Flaked  
in Water, 170 g.



**Kraft Miracle Whip** \$7  
or Real Mayo  
890 ml.



**Taco Bell Taco Craving Kit** 2 FOR \$11  
Select Varieties  
260-420 g.



**Taco Bell Taco Seasoning** 2 FOR \$3  
Original or Mild  
1 Pack



**Campbell's Broth** \$3  
Select Varieties  
900 ml.

**Lipton Chicken Noodle Soup Mix** \$2  
or Knorr Onion  
2 Pack

**Mr. Noodles Instant Noodles** 2 FOR \$1  
Select Varieties  
85 g.

**Gold Seal Sockeye Salmon** \$7  
or No Salt Added  
213 g.

**Brunswick Sardine Fillets** \$2  
Select Varieties  
92-100 g.

**Spam Luncheon Meat** \$5  
Select Varieties  
340 g.

**Del Monte Summer Crisp Corn** \$3  
or No Salt Added  
341 ml.

**Chef Boyardee Pasta** \$3  
Select Varieties  
425 g.

**Kraft Dinner Cups** \$2  
Original or Three Cheese  
58 g.

**Western Family Canola Oil** \$3  
473 ml.

**Western Family White Vinegar** \$2  
1 litre

**Western Family Mustard** 2 FOR \$3  
225 ml.

**French's Ketchup** \$5  
Select Varieties  
750 ml.-1 litre.

**Taipan Oyster Sauce** 2 FOR \$7  
350 ml.

**Taipan Water Chestnuts** 2 FOR \$3  
or Bamboo Shoots  
Select Varieties, 227 ml.

**Taco Bell Hot Sauce** \$4  
Select Varieties  
207 ml.



# SNACKS & BEVERAGES

**Christie Crispers**  
Select Varieties  
145 g. .... **2 FOR \$7**

**Toblerone Milk Chocolate Bar**  
100 g. .... **\$4**

**Nestlé King Size Chocolate Bars**  
Select Varieties  
63-86 g. .... **2 FOR \$5**



**Kellogg's Pop-Tarts**  
Select Varieties, 384 g.  
**2 FOR \$5**  
**HOT! DEAL!**

**Del Monte Fruit Cups**  
Select Varieties  
4 Pack  
**\$5**



**Snack Pack Pudding**  
or Juicy Gels  
Select Varieties, 4 Pack  
**2 FOR \$5**



**Miss Vickie's Potato Chips**  
Select Varieties  
190-200 g.  
**2 FOR \$9**



**Cadbury Chocolate Bars**  
Select Varieties  
1 Pack  
**2 FOR \$3**



**Western Family Rice Crackers**  
Select Varieties  
100 g. .... **2 FOR \$3**

**McVitie's Digestives**  
or Hobnobs, Select Varieties  
300-400 g. .... **2 FOR \$9**

**Value Priced Wafers**  
Select Varieties  
227 g. .... **\$2**

**Nutri Grain or Kashi Bars**  
Special K or Rice Krispies Squares  
Select Varieties, 125-295 g. .... **\$4**

**Dare Real Juicee Candy**  
or Scotch Mints, Select Varieties  
450-700 g. .... **\$5**

**Twizzlers Licorice**  
Nibs or Jolly Rancher  
Select Varieties, 283-454 g. .... **\$4**

**Act II Popcorn**  
Butter Lover or Buttery  
3 Pack ..... **\$3**

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

**Corn Nuts Corn Snacks**  
Original or BBQ  
48 g. .... **\$1**

**Western Family Pretzel Sticks**  
or Twists  
200 g. .... **\$2**

**Christie Ritz Crackers**  
Wheat Thins or Sociables  
Select Varieties  
162-180 g.  
**2 FOR \$7**



**Cheetos Snacks**  
Select Varieties  
170-285 g.  
**2 FOR \$9**



**Old Dutch Potato Chips**  
or Arriba, Select Varieties  
220-245 g.  
**\$4**



**Orville Redenbacher Ready To Eat Popcorn**  
Select Varieties  
116-220 g.  
**2 FOR \$9**



# THIRSTY?

**Molson Exel Non-Alcoholic Beer**  
6 x 355 ml.  
\*Plus Deposit  
**2 FOR \$11**



**Ocean Spray Sparkling Cranberry Beverages**  
Peach or Pomegranate  
6 x 340 ml., \*Plus Deposit  
**\$6**



**Pure Life Spring Water**  
12 x 500 ml.  
\*Plus Deposit  
**2 FOR \$9**



**SunRype Juice**  
Select Varieties, 900 ml.  
\*Plus Deposit  
**\$2**



**Heinz Tomato Juice**  
1.36 litre  
\*Plus Deposit  
**\$6**



**AHA Sparkling Water**  
Select Varieties, 12 x 355 ml.  
\*Plus Deposit  
**\$6**



**Kool-Aid Jammers**  
Select Varieties, 10 x 180 ml.  
\*Plus Deposit  
**2 FOR \$9**

**Evian Water**  
1 litre  
\*Plus Deposit  
**\$3**



**Coke or Canada Dry Minis**  
Select Varieties, 6 x 222 ml.  
\*Plus Deposit  
**\$5**



**Coke or Canada Dry Beverages**  
Select Varieties, 2 litre  
\*Plus Deposit  
**\$3**



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



**Body Armor Energy Drink**  
Select Varieties, 473 ml.  
\*Plus Deposit  
**2 FOR \$4**



# 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



**Purex®**  
Bathroom Tissues  
Double 24 Roll **\$18**

\*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's \$20 CAD to \$200 CAD). Odds of winning depend on number, timing & accuracy of entries. Skill-testing question required. Full Rules at findandwin.ca. © 2025 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.

## Cascade Action Pac Dishwasher Detergent

Select Varieties  
30-45 Pack

**\$18**



## Febreze Air Air Freshener

Select Varieties  
230-250 g. Aerosol

**2 FOR \$9**



## Western Family Ultra Paper Towels

2 Roll

**\$3**



## Bounce Fabric Softener

Select Varieties  
120 Sheets

**\$8**



## Snuggle Cuddle-Up Fabric Softener

Fresh  
1.16 litre

**\$6**



## Tide Pods Laundry Detergent

Select Varieties  
45-76 Pack

**\$27**



## Sunlight Laundry Detergent

Select Varieties  
45 Use

**\$9**



## Western Family Sandwich Bags

Zipper  
90 Pack

**\$2**



## Glad Compost Bags

Small  
20 Pack

**\$6**



## Western Family Cling Wrap

60 m.

**2 FOR \$5**



## Scotch Brite Dishwand

Heavy Duty  
1 Pack

**\$4**



## PERSONAL CARE

### Axe Body Care

Select Varieties  
76-113 g. or 473 ml.

**2 FOR \$11**



### Method Shampoo

or Conditioner  
Select Varieties  
399-414 ml.

**\$9**



### Listerine Mouthwash

Select Varieties  
1 litre

**\$9**



### Nivea Men Shaving Gel

Sensitive  
200 ml.

**\$5**



### Nivea Body Wash

Select Varieties  
500 ml.

**\$6**



### Tampax or Always Tampons

Pads or Liners  
Select Varieties  
14-72 Pack

**\$6**



## PET'S CORNER

### Western Family Dog Food

Balanced & Complete  
8 kg.

**\$22**



### Milk-Bone Dog Treats

Select Varieties  
280-900 g.

**\$5**



### Friskies Cat Food

Chef's Blend  
7.5 kg.

**\$27**



### Friskies Wet Cat Food

Select Varieties  
156 g.

**4 FOR \$5**



# MARKET FRESH PRODUCE



**Cosmic Crisp Apples**  
Washington Grown, Extra Fancy  
kg. 6.61

**\$3**  
lb.

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

**\$6**  
Each



**Ataulfo Mangos**  
Mexican Grown

**2 FOR \$3**



**Bartlett Pears**  
Argentina or Australia Grown  
kg. 5.51

**2 FOR \$5**  
lbs.



**Cantaloupe Melon**  
Central American Grown  
kg. 4.40

**\$2**  
lb.



**Baby Seedless Watermelon**  
Mexican Grown

**\$5**  
Each



**Fresh Blueberries**  
Mexican Grown  
1 Pint

**\$8**  
Each



WEATHER PERMITTING

**Celery Stalks**  
U.S. Grown, #1 Grade  
kg. 3.31

**2 FOR \$3**  
lbs.



**White Mushrooms**  
Whole or Sliced, Canadian Grown  
227 g.

**2 FOR \$5**




**Hot House Peppers**  
Red, Yellow or Orange  
Canadian Grown, kg. 8.81

**\$4**  
lb.

CANADIAN GROWN

## ORGANICS

**Organic Garlic**  
Argentina or California Grown  
85 g.

**\$5**  
Each



**Field Carrots**  
U.S. Grown, #1 Grade  
2 lb. Bag

**\$3**  
Each



**Fresh Express Salad Kits**  
Select Varieties  
Product of U.S.A.  
6.3-14 oz.

**\$5**  
Each



**Organic Avocados**  
Mexican Grown  
3 Pack

**\$6**  
Each



## BAKERY BARGAINS



**Bagel Buns**  
Plain  
6 Pack

**\$3**  
Each



**Butter Croissants**  
4 Pack

**\$3**  
Each

Fresh Baked



**Donut Rings**  
6 Pack

**\$5**  
Each

Fresh Baked



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

**\$14**  
Each



**Cheddar Bread**  
Un sliced

**\$5**  
Each

Fresh Baked



**Mini Strudels**  
Blueberry or Apple  
4 Pack

**\$3**  
Each

Fresh Baked



**Two-Bite Brownies**  
265 g.

**\$5**  
Each



**Dempster's Bread**  
or Texas Toast, Select Varieties  
567-675 g.

**2 FOR \$7**



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

**\$4**  
Each