



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/MAY 2026**

FRI	SAT	SUN	MON	TUES	WED	THURS
24	25	26	27	29	30	1

CINCO de MAYO

Lean Ground Beef

Value Pack
kg. 15.39

6⁹⁸

lb.



Old El Paso Dinner Kits

Select Varieties
250-510 g.

2 FOR \$7



El Monterey Taquitos

Frozen, Select Varieties
567-588 g.

9⁹⁸

Long English Cucumbers

Canadian Grown
Canada #1 Grade

1²⁸

Each



Fresh Avocados

Mexican Grown

4 FOR \$5



BUTCHER SHOPPE



Flamingo Breaded Chicken

Frozen, Select Varieties
550-680 g.

Each **11⁹⁸**



Janes Pub Style Chicken

Frozen, Select Varieties
700 g.

Each **10⁹⁸**



Split Chicken Wings

kg. 10.98

lb. **4⁹⁸**



Western Family Chicken Wings

Frozen, Select Varieties
750 g.

Each **14⁹⁸**



Lean Ground Pork

kg. 8.77

lb. **3⁹⁸**



Pork Loin Chops

Boneless, kg. 9.88

lb. **4⁴⁸**



Boneless Skinless Chicken Breasts

kg. 15.98

lb. **6⁹⁸**



SMOKED & PACKAGED MEATS

Freybe Salami

Select Varieties
125 g.

2 FOR \$10



Freybe Pepperoni

Select Varieties
500 g.

Each **10⁹⁸**



Western Family Mozzarella Cheese Sticks

Frozen, 500 g.

Each **7⁹⁸**



Western Family Garlic Sausages

750 g.

Each **12⁹⁸**



Western Family Sliced Meat

Cooked Ham or Bologna
175 g

Each **3⁹⁸**



LaFleur Ham Halves

Select Varieties
550 g.

Each **9⁹⁸**



Western Family Appetizers

Frozen, Select Varieties
216-454 g.

Each **8⁹⁸**



Western Family Beef Cabbage Rolls

Frozen
908 g.

Each **11⁹⁸**



Western Family Bacon

Regular or Thick Cut
375 g.

Each **4⁹⁸**



Western Family Thick Cut Bacon

1 kg.

Each **17⁹⁸**



DELI

Grimm's Deli Sausage
Summer or Beer
Per 100 g. **1⁹⁸**

Freybe Deli Sausage
Select Varieties
Per 100 g. **1⁹⁸**

Olymel Deli Ham
Select Varieties
Per 100 g. **1⁴⁸**

Greek House Homous
Tzatziki, Rice Pilaf or Potatoes
Select Varieties
200-500 g. Each **4⁴⁸**

SEAFOOD



Western Family Wild Cod Loins
Frozen, 568 g.
Each **18⁹⁸**



Western Family Wild Argentine Prawns
Raw, Easy Peel, Deveined, Frozen
16-30 Count, 340 g.
Each **9⁹⁸**



Western Family Butterfly Crunchy Shrimp
Frozen, 680 g.
Each **13⁹⁸**



Clear Ocean Scallops
Bacon Wrapped, Frozen, 260 g.
Each **8⁹⁸**

HOT DEALS FROM THE FREEZER

Western Family Spinach
Chopped, Frozen
500 g.
2 FOR \$5

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

Western Family Hashbrown Potatoes
Small Diced, Frozen
800 g.
2 FOR \$7



Cheemo Perogies
Frozen, Select Varieties
907 g.
2 FOR \$7

Kellogg's Eggo Waffles
Original or Blueberry, Frozen
560 g.
6⁴⁸

Hungry-Man Dinners
Frozen, Select Varieties
360-455 g.
6⁹⁸

Tenderflake Pie or Tart Shells
or Puff Pastry, Frozen
Select Varieties, 255-397 g.
2 FOR \$9



Snowcrest Perfectly Imperfect Fruit
Frozen, Select Varieties, 1.75 kg.
11⁹⁸

Chapman's Premium Ice Cream
Frozen Yogurt or Novelties
Select Varieties
2 litre or 8-18 Pack
7⁹⁸

Chapman's No Sugar Added Ice Cream
Vanilla
1 litre
6⁹⁸

RISE & SHINE



**Jif
Peanut Butter**
Creamy or Crunchy, 1 kg.

5⁴⁸

**HOT!
DEAL**

**Elias
Honey**
Liquid or Creamed
500 g.

7⁹⁸



**Coyote Pancake
& Waffle Mix**
Regular or Buttermilk
900 g.

**2^{FOR}
\$8**



**General Mills
Family Size
Cereal**

Select Varieties
481-725 g.

6⁴⁸

**HOT!
DEAL**



**Rogers
Oats**

or Porridge, Select Varieties
750 g.-1.1 kg.

4²⁸



**Red Rose
Orange Pekoe
Tea**

140 Bags

10⁹⁸

**Kashi
Cereal**

Select Varieties
349-501 g.

7⁴⁸

**Tim Hortons
Hot Chocolate**

or Instant Coffee, Select Varieties
500 g. or 8 Pack

4⁹⁸



**Tim Hortons
Coffee**

Select Varieties
30 K-Cups

23⁹⁸



**Maxwell House
Coffee**

Original Roast
864 g.

18⁹⁸



BAKING

**Quaker
Muffin Mix**

Bran or Blueberry
900 g.

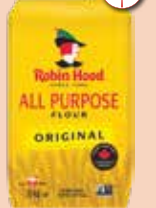
5⁹⁸



**Robin Hood
Flour**

Select Varieties
5 kg.

9⁹⁸



More Favourites...

**Western Family
Raisins**

Select Varieties
620-640 g.

6⁹⁸

**Only Goodness
Stevia
Sweetener**

10⁹⁸

300 g.

DAIRY DELIGHTS



**Cracker Barrel
Shredded Cheese**

Select Varieties, 250-320 g.

5⁹⁸

**HOT!
DEAL**

**Imperial
Margarine**

Soft Bowl or Quarters
1.28-1.36 kg.

7⁹⁸



**Lactantia
Margarine**

Olivina
850 g.

5⁹⁸



**Cracker Barrel
Cheese**

Select Varieties
600 g.

11⁹⁸



**Dairyland
Whipping Cream**

33%, 237 ml.
*Plus Deposit

1⁹⁸



**Olympic
Yogurt**

Select Varieties
1.75 kg.

11⁹⁸

**iÖGO
Multipack Yogurt**

Select Varieties
16 x 100 g.

6⁹⁸

**Sunny D
Beverage**

Tangy Original
1.18 litre, *Plus Deposit

**2^{FOR}
\$4**

**Dairyland
Milk 2 Go**

Select Varieties, 310 ml.
*Plus Deposit

**2^{FOR}
\$3**

**Dairyland
Sour Cream**

Select Varieties
250 ml.

1⁹⁸

**Kraft
Parmesan**

Grated
500 g.

15⁹⁸



**Kozy Shack
Pudding**

Select Varieties
624 g.

**2^{FOR}
\$6**



**Simply
Orange Juice**

Chilled, Select Varieties
1.36 litre, *Plus Deposit

5⁹⁸



**Dairyland
Chocolate Milk**

or Reduced Sugar, 1.89 litre
*Plus Deposit

5⁴⁸



**Dairyland
Creamo**

or Fat Free, 473 ml.
*Plus Deposit

**2^{FOR}
\$5**



CINCO DE MAYO

Old El Paso Taco Shells
or Cheesy Blasted
153-191 g.



2 FOR \$8

Old El Paso Tortilla Shells
Select Varieties
297-334 g.



2 FOR \$6

Old El Paso Sliced Jalapeños
250 ml.



2 FOR \$6



Old El Paso Crunchy Taco Shells
or Stand n' Stuff, 125-133 g.

2 FOR \$5

Hunt's Tomato Sauce
Select Varieties
398 ml.



3 FOR \$6.99

Old El Paso Thick N' Chunky Salsa
Mild or Medium
650 ml.



4 FOR \$9.8

Old El Paso Green Chilies
Chopped
113 ml.



2 FOR \$4

Old El Paso Refried Beans
Select Varieties
398 ml.



2 FOR \$6

Hunt's Tomato Paste
Select Varieties
398 ml.



3 FOR \$4.98

Old El Paso Taco Sauce
Mild or Medium
243 ml.



2 FOR \$7

Old El Paso Taco Seasoning
Select Varieties
1 Pack



4 FOR \$5

Rotel Diced Tomatoes
Original or Mild
284 g.



3 FOR \$6.99

Bick's Banana Peppers
or Pickles, Select Varieties
500-750 ml.



2 FOR \$8

Western Family Beans
or Only Goodness
Select Varieties, 540 ml.



3 FOR \$6.99

Kraft Dinner
Original
200 g.

2 FOR \$4

Holiday Luncheon Meat
340 g.

2 FOR \$7

Del Monte Fruit
Select Varieties
398 ml.

2 FOR \$7

GROCERY ESSENTIALS

Campbell's Condensed Soup
or Broth, Select Varieties
284 ml.



2 FOR \$5

Ben's Original Bistro Express
Select Varieties
240-250 g.



2 FOR \$7

Hunt's Thick & Rich Pasta Sauce
Select Varieties
680 ml.



3 FOR \$9.99

Unico Vegetable Oil
3 litre



11.98

Habitant Ready To Serve Soup
Select Varieties
796 ml.

2 FOR \$8

Money's Pieces & Stems Mushrooms
or No Salt Added
284 ml.

2 FOR \$4

Gia Basmati Rice
3.63 kg.

9.98

Gallo Olive Oil
Extra Virgin, 1 litre

11.98

Unico Balsamic Vinegar
500 ml.

4.48

Unico Olives
Pitted or Sliced
200 ml.

2 FOR \$3

Bick's Pickled Beets
Sliced or Baby
500-750 ml.

2 FOR \$9

Taipan Sesame Oil
180 ml.

3.48

Western Family Worcestershire Sauce
284 ml.

2.98

Western Family Baked Beans
Select Varieties, 398 ml.

2 FOR \$4

Sapporo Ichiban Instant Noodle Cups
Select Varieties
62 g.



4 FOR \$7

Hellmann's Mayonnaise
Select Varieties
710-890 ml.



6.48

Kraft Miracle Whip
Original
1.5 litre



8.98

P.F. Chang's Cooking Sauce
Select Varieties
350 ml.



2 FOR \$11

SNACK ATTACK!

**Betty Crocker
Dunkaroos**
Vanilla or Chocolate
168 g.

2 FOR \$7

**Pringles
Potato Chips**

Original or Sour Cream & Onion
37-39 g.

98¢

**HOT!
DEAL**

**Tony's Chocolonely
Chocolate Bars**

Select Varieties
180 g.

5⁹⁸



**Western Family
Cookies**

Select Varieties
300-350 g.

2 FOR \$8



**Orville Redenbacher
Popcorn**

Extra Butter or Buttery
246 g.

2 FOR \$8



**Hardbite
Potato Chips**

Select Varieties
150 g.

3 FOR \$7⁹⁸



**Munchies
Snack Mix**
Original or BBQ
250 g.

4²⁸



**Ruffles
Potato Chips**

Select Varieties
180-200 g.

4²⁸



**Tostitos
Tortilla Chips**

Select Varieties
205-300 g.

4²⁸



**Tostitos
Salsa**

Select Varieties
416-418 ml.

4⁹⁸



**Grissol
Melba Toast**

or Baguettes
Select Varieties, 120-200 g.

3 FOR \$9⁹⁹

**Christie Premium Plus
Crackers**

Salted or Unsalted Tops
450 g.

5⁴⁸

**Cadbury
Fingers**

Original or White Chocolate
114 g.

4⁹⁸

**SunRype
Fruit To Go**

Select Varieties
1 Pack

5 FOR \$2

**Nestlé
Minis Chocolates**

Select Varieties
76-203 g.

5⁹⁸

**M&M's
Chocolate**

or Maltesers, Select Varieties
95-100 g.

2 FOR \$8

**Twizzlers
Licorice**

Nibs or Jolly Rancher
60-90 g.

4 FOR \$5

**Barbara's
Cheez Puffs**

Original
198 g.

2 FOR \$6

**Nestlé
Chocolate Bars**

Select Varieties
1 Pack

2 FOR \$3

**Ritter Sport
Chocolate**

Select Varieties
100 g.

2 FOR \$8

THIRSTY?

**San Pellegrino
Sparkling Beverages**

Select Varieties, 6 x 330 ml.
*Plus Deposit

6⁴⁸



**Mott's
Clamato Juice**

Original or Extra Spicy, 945 ml.
*Plus Deposit

3 FOR \$7⁹⁸



**Good Host
Iced Tea Mix**

2.35 kg.

16⁹⁸



**Stanley Park
Non-Alcoholic Beer**

Trail Hopper
4 x 355 ml., *Plus Deposit

8⁹⁸



**SunRype
Juice**

Select Varieties, 1 litre or 5 x 200 ml.
*Plus Deposit

3 FOR \$7⁹⁸



**Pure Life
Spring Water**

35 x 500 ml.
*Plus Deposit

9⁹⁸



**Aquafina
Water**

12 x 500 ml.
*Plus Deposit

7⁴⁸



**Aquafina
Water**

1 litre
*Plus Deposit

2 FOR \$4



**Coke or Canada Dry
Beverages**

Select Varieties, 12 x 355 ml.
*Plus Deposit

8⁴⁸



**Pepsi or 7Up
Beverages**

Select Varieties, 24 x 355 ml.
*Plus Deposit

15⁹⁸



**Pepsi or 7Up
Beverages**

Select Varieties, 2 litre
*Plus Deposit

3²⁸



**Peace Tea
Iced Tea**

Select Varieties, 695 ml.
*Plus Deposit

4 FOR \$5

**HOT!
DEAL**



**Ocean Spray
Cranberry Cocktail**

Select Varieties, 6 x 295 ml.
*Plus Deposit

6⁹⁸

**Gatorade G Zero
Sport Beverages**

Select Varieties, 8 x 355 ml.
*Plus Deposit

8⁹⁸



HOUSEHOLD MUST HAVES



Western Family Bathroom Tissue
or Ultra, Double 12 Roll
6⁹⁸

Reynolds Kitchen Wax Paper

Cut-Rite
1 Roll

3⁹⁸



Western Family Garbage Bags

Regular
40 Pack

8⁹⁸



Western Family Dish Liquid

or Only Goodness
Select Varieties, 532 ml.

2 FOR \$6



Finish Dishwasher Detergent

Quantum Ultimate
40 Pack

15⁹⁸



Lysol All-Purpose Cleaner

or Multi-Purpose
650 ml.-1.2 litre

2 FOR \$9



Clorox All-Purpose Cleaner

or Clean-Up
946 ml.

4⁹⁸



Western Family Facial Tissue
126 Tissues
2 FOR \$3

Clorox Disinfecting Wipes

Fresh or Lemon
35 Pack

2 FOR \$7



Arm & Hammer Carpet & Room Deodorizer

Pet Fresh
700 g.

2 FOR \$7



Gain Laundry Detergent
Original or Moonlight Breeze, 61 Use
13⁹⁸

PERSONAL CARE

Nivea Lip Balm
Essential
1 Pack **2²⁸**

Method Body Wash
Select Varieties
532 ml. **8⁹⁸**

One Step Hand Sanitizer Gel
236 ml. **3⁴⁸**

Gerber Organic Purée
Select Varieties
90-126 ml. **4 FOR \$9**

Huggies Pull-Ups or Snug & Dry Diapers
Goodnites or Little Snugglers
Select Varieties, 17-34 Pack ... **17⁹⁸**



Live Clean Shampoo
or Conditioner, Argan Oil
350 ml. **6⁹⁸**



Degree Antiperspirant
or Deodorant, Select Varieties
48-85 g. **4⁹⁸**

PET'S CORNER



Beneful Original Dog Food
Select Varieties, 7 kg. **29⁹⁸**



Friskies Lil' Soups Cat Food
Select Varieties, 34 g. **3 FOR 4⁹⁸**

MARKET FRESH PRODUCE



Hot House Rainbow Peppers
Canadian or Mexican Grown
3 Pack
Each **3⁹⁸**

Broccoli Crowns
U.S. Grown
kg. 7.67
lb. **3⁴⁸**



Baby Peeled Carrots
Product of U.S.A.
2 lb. Bag
Each **3⁹⁸**



Green Onions
Mexican Grown
Per Bunch
Each **88¢**



Grape Tomatoes
Canadian Grown
1 Pint
Each **3⁹⁸**



Roma Tomatoes
Canadian Grown
kg. 5.47
lb. **2⁴⁸**



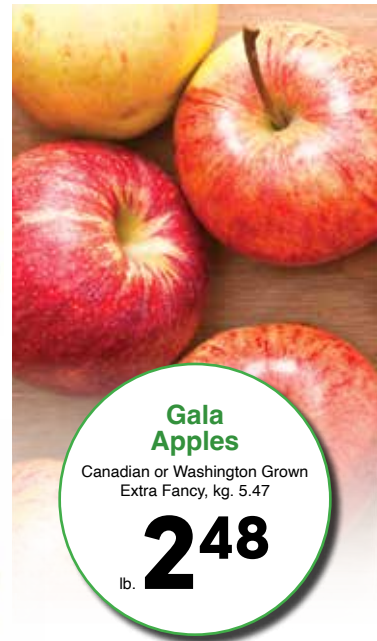
Taylor Farms Chopped Salad Kits
Select Varieties
Product of U.S.A.
11.15-13.5 oz.
Each **5⁴⁸**



Navel Oranges
California Grown
kg. 2.82
lb. **1²⁸**



Kiwi Fruit
Product of Italy or New Zealand
Each **88¢**

Gala Apples
Canadian or Washington Grown
Extra Fancy, kg. 5.47
lb. **2⁴⁸**



Sweet Mandarins
California Grown, 2 lb. Bag
Each **5⁹⁸**

ORGANICS
Organic Yellow Cooking Onions
Canadian or U.S. Grown
#1 Grade, 3 lb. Bag
Each **3⁹⁸**



Ataulfo Mangos
Mexican Grown
Each **1⁴⁸**



Fresh Limes
Mexican Grown
4 FOR **\$5**



Organic Green Kale
Mexican Grown
Per Bunch
Each **2⁹⁸**



BAKERY BARGAINS



Crusty Rolls
60% Whole Wheat, 6 Pack
Each **2⁴⁸**
Fresh Baked

Calabrese Bread
Each **2⁹⁸**
Fresh Baked



Cheddar Cheese Sticks
6 Pack
Each **5⁹⁸**
Fresh Baked



Vienna Rolls
6 Pack
Each **1⁹⁸**
Fresh Baked



Dempster's 7" Tortillas
Select Varieties
8-10 Pack
2 FOR \$7



Kaiser Buns
or Portuguese
Select Varieties, 6 Pack
Each **2⁹⁸**
Fresh Baked



Venice Bakery Bread
White or 100% Whole Wheat
570 g.
2 FOR \$5



More Favourites...

Byblos Bakery 7" White Pitas
6 Pack
Each **2⁹⁸**

English Bay Gourmet Cookies
Select Varieties
12 Pack
Each **5⁹⁸**
Fresh Baked

The Worthy Crumb Lemon Tarts
or Pecan
6 Pack
Each **7⁹⁸**

Assorted Muffins
Select Varieties
6 Pack
Each **5⁹⁸**
Fresh Baked

Dempster's Bagels
Select Varieties
5-6 Pack
Each **3⁹⁸**