



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 **MAY 2026**

FRI	SAT	SUN	MON	TUES	WED	THURS
1	2	3	4	5	6	7



Pork Side Ribs
kg. 6.57
2⁹⁸
lb.

HAPPY Mother's Day



Fresh Strawberries
U.S. Grown, #1 Grade
1 lb. Clamshell
3⁹⁸
Each
WEATHER PERMITTING



Little Potato Company Potatoes
Red, Yellow or Trio
Canadian or U.S. Grown, 1.5 lb.
2⁹⁸
Each



McCain Fries
Frozen, Select Varieties, 800 g.
2 FOR \$5



Primo Beans
Chick Peas or Lentils
Select Varieties, 540 ml.
2 FOR \$3

Yoplait Yop Yogurt
Select Varieties
200 ml., *Plus Deposit
88¢



WHEEL INTO 2026 Summer
ENTER TO WIN 1 OF 3 2026 TOYOTA COROLLA SE HATCHBACK



Snapple Beverages
Select Varieties, 473 ml.
*Plus Deposit
12 FOR \$12

Cadbury Chocolate Bars
Select Varieties, 1 Pack
3 FOR \$3.99



Lay's Potato Chips
Select Varieties, 177-235 g.
2 FOR \$8

SALE PRICES IN EFFECT: May 3rd TO May 30th, 2026

BUTCHER SHOPPE

Outside Round Roast

kg. 17.59

lb. **7⁹⁸**

Outside Round Marinating Steak

kg. 18.70

lb. **8⁴⁸**

Western Family
Breaded Stuffed Chicken Cutlettes

Frozen, Select Varieties
852 g.

Each **14⁹⁸**

Western Family
Vegetable Spring Rolls

Frozen, 700 g.

Each **10⁹⁸**

Western Family
Chicken Wings

Frozen, Select Varieties
750 g.

Each **14⁹⁸**

Whole
Frying Chicken

kg. 8.77

lb. **3⁹⁸**



Pork Tenderloin

kg. 10.98

lb. **4⁹⁸**

Chicken Legs

Back Attached, kg. 6.57

lb. **2⁹⁸**



SMOKED & PACKAGED MEATS

Maple Lodge Farms
Chicken Breast Roast

Select Varieties
200 g.

Each **3⁹⁸**



Freybe
A Taste of Europe

Select Varieties
100 g.

2 FOR \$9



Western Family
Garlic Sausage

750 g.

Each **12⁹⁸**



Olymel
Wieners

Original
1 kg.

Each **9⁹⁸**



Western Family
Bacon

Regular or Thick Cut
375 g. Each

4⁹⁸

Western Family
Thick Cut Bacon

1 kg. Each

17⁹⁸

Western Family
Mozzarella Cheese Sticks

Frozen, 500 g. Each

7⁹⁸

Western Family
Wieners

Original
375 g. Each

5⁹⁸

Western Family
BBQ Wieners

675 g. Each

7⁹⁸

Western Family
Jumbo Wieners

675 g. Each

9⁹⁸

Freybe
Ham Sticks

Original or Honey Ham
500 g.

Each **10⁹⁸**



Lafleur
Wieners

Original or BBQ
450 g.

Each **3⁹⁸**



Schneiders
Ham Sausage
or Kolbassa
300 g.

Each **6⁹⁸**



Western Family
Appetizers

Frozen, Select Varieties
216-454 g. Each

8⁹⁸

Western Family
Beef Cabbage Rolls

Frozen
908 g. Each

11⁹⁸

Schneiders
Dips

Frozen, Select Varieties
530 g. Each

13⁹⁸

DELI

DELI SPECIALS MAY NOT BE AVAILABLE AT ALL AG FOODS LOCATIONS.

- Deli Ham**
Thyme Maple Whisky . . . Per 100 g. **2⁹⁸**
- Deli Chicken Breast**
Select Varieties Per 100 g. **3⁹⁸**
- Deli Maple Lodge Farms Chicken Breast**
Select Varieties Per 100 g. **1⁴⁸**
- Deli Maple Lodge Farms Natural Chicken Breast**
Select Varieties Per 100 g. **1⁹⁸**
- Deli Olymel Mock Chicken**
. Per 100 g. **98¢**
- Deli Schneiders Bologna**
. Per 100 g. **2⁴⁸**

SEAFOOD

SEAFOOD SPECIALS MAY NOT BE AVAILABLE AT ALL AG FOODS LOCATIONS.



Atlantic Salmon Fillets
Skin On, 300 g.
Each **11⁹⁸**

Rockfish Fillets

Skinless
300 g.

Each **7⁹⁸**



Sockeye Salmon Fillets

Skin On
300 g.

Each **15⁹⁸**



Cod Fillets

Skin On
300 g.

Each **12⁹⁸**



Steelhead Fillets

Skin On
300 g.

Each **13⁹⁸**



BlueWater Battered Fish

or Popcorn Shrimp
Frozen, Select Varieties
325-600 g.

Each **9⁹⁸**



Woodman's Seafood Sauce

or Horseradish
250 ml.

2 FOR \$7





FOOD MARKET EXPRESS



M&M Food Market Cabbage Rolls
Frozen, 1.81 kg.
23⁹⁸

CHECK OUT OUR SELECTION IN STORE*
*SELECTION MAY VARY BY STORE AND PRODUCTS MAY NOT BE AVAILABLE AT ALL AG FOODS' LOCATIONS

HOT DEALS FROM THE FREEZER

Western Family Vegetables

Frozen, Select Varieties
500 g.

3 FOR 7⁹⁸



Healthy Choice Entrées

Frozen, Select Varieties
269-292 g.

5⁹⁸



McCain Hashbrowns

Frozen
800 g.

2 FOR \$6



Swanson Meat Pies

Frozen, Select Varieties
200 g.

3 FOR 7⁹⁸



Kellogg's Eggo Waffles

Original, Frozen
48 Pack

15⁹⁸



Only Goodness Fruit

or Western Family, Frozen
Select Varieties, 600 g.-1.5 kg.

11⁹⁸



Nestlé Ice Cream

or Frozen Novelties
Select Varieties
1.5 litre or 4-10 Pack

7⁹⁸



Chapman's Yukon Frozen Novelties

Select Varieties
5-8 Pack

5⁹⁸



Western Family Tart Shells

Frozen
570 g.

5⁹⁸



Western Family Deep Dish Pie Shells

Frozen
380 g.

2 FOR \$7



McCain Deep'n Delicious Cake

Frozen, Select Varieties
510 g.

6⁹⁸





Rustica Pizza
Frozen, Select Varieties
645-867 g.
7⁹⁸

DAIRY DELIGHTS



Armstrong Shredded Cheese
Select Varieties, 500 g.
9⁹⁸

Becel Margarine

Select Varieties
800-850 g.

7⁹⁸



Parkay Margarine

427 g.

2⁷⁸



Activia Yogurt

Select Varieties
650 g.

2^{FOR} \$8



Philadelphia Dips

Onion or Dill Pickle
340 g.

5⁴⁸



Armstrong Sliced Cheese

Select Varieties
220-240 g.

4⁹⁸



Dairyland Milk 2 Go Sport Pro

Vanilla or Chocolate
473 ml., *Plus Deposit

2^{FOR} \$6



Earth's Own Barista Oat Milk

946 ml.
*Plus Deposit.

4⁹⁸

Western Family Real Whipped Cream

225 g. Aerosol

4⁹⁸

Only Goodness Lactose Free Cheese

Select Varieties, 400 g.

8⁹⁸

Cracker Barrel Cheddar Cheese

Marble or Old
270 g.

7⁹⁸

Kraft Parmesan Cheese

Shaved
141 g.

5⁴⁸

Silk Dairy Free Creamer

Almond or Oat, 450-473 ml.
*Plus Deposit.

2^{FOR} \$7

Dairyland Whipping Cream

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

5⁴⁸

Dairyland Coffee Cream

18%, 946 ml.
*Plus Deposit.

4⁴⁸

Dairyland Sour Cream

14%, 750 ml.

4⁹⁸

Dairyland Cottage Cheese

Select Varieties
500 g.

3⁹⁸



Oikos Yogurt

or Activia, Select Varieties
4 x 95-100 g.

2^{FOR} \$8



Nestlé Coffee Mate

Chilled, Select Varieties
946 ml., *Plus Deposit

2^{FOR} \$9



Silk Beverages

Select Varieties, 1.89 litre
*Plus Deposit

4⁹⁸



BAKING

Rogers All Purpose Flour

Enriched or Unbleached
5 kg.

6⁹⁸



Betty Crocker Angel Food Cake Mix

Cookie or Brownie
Select Varieties, 337-550 g.

2^{FOR} \$6



Ocean Spray Craisins

Original
340 g.

2^{FOR} \$8

Betty Crocker Brownie Mix

Oreo or Reese
372-453 g.

2^{FOR} \$7

Western Family Bread Crumbs

Italian Style
680 g.

5⁴⁸

Earth's Own Oat Beverage

Original, 946 ml.
*Plus Deposit.

2^{FOR} \$6

RISE & SHINE



General Mills Cereal
Select Varieties, 300-430 g.
2^{FOR} \$8

Only Goodness Almond Butter

Smooth
765 g.

12⁹⁸



Mrs. Butterworth's Syrup

Original or No Sugar Added
710 ml.

2^{FOR} \$9



Kellogg's Family Size Cereal

Select Varieties
450-650 g.

6⁹⁸



E.D. Smith Triple Fruits Jam

or No Sugar Added
Select Varieties, 375-500 ml.

2^{FOR} \$9



Starbucks Coffee

Select Varieties
10 K-Cups or 340 g.

12⁹⁸



Maxwell House Instant Coffee

Original or Decaf
150 g.

7⁹⁸

Tetley Tea

Select Varieties
20-36 Bags

2^{FOR} \$8

Tim Hortons Hot Chocolate

Smooth & Creamy
1.5 kg.

12⁹⁸

Western Family Instant Oatmeal

Maple & Brown Sugar
344 g.

3²⁸

Quaker Quick Oats

Steel Cut or Large Flakes
709 g.-1 kg.

2^{FOR} \$9

Tim Hortons Coffee

Original or Dark Roast
825-875 g.

27⁹⁸



GROCERY ESSENTIALS



Classico Pasta Sauce

Pizza or Pesto, Select Varieties
218-600 ml.

2 FOR \$7

HOT! DEAL

Only Goodness Diced Tomatoes

No Salt Added
398 ml.

2 FOR \$6



Barilla Lasagne Noodles

454 g.

2 FOR \$8



Barilla Pasta

Select Varieties
340-410 g.

2 FOR \$6



Only Goodness Organic Pesto

180 ml.

4⁹⁸



Primo Pizza Sauce

Select Varieties
375 ml.

2 FOR \$5



Canola Harvest Canola Oil

1.42 litre

6⁹⁸



Campbell's Chunky Soup

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

3 FOR \$9⁹⁹



Legh's Soup

Select Varieties
720 ml.

2 FOR \$8



Nong Shim Instant Noodle Bowl

Select Varieties
86 g.

3 FOR \$4⁹⁸



Bull's-Eye Barbecue Sauce

Select Varieties
425 ml.

4²⁸



Hidden Valley Ranch Dressing Mix

Original
1 Pack

98¢



KD Deluxe

Creamy Cheddar
or Velveeta on Shells
350-400 g.

2 FOR \$6



Knorr Soup Mix

Select Varieties, 1 Pack

3 FOR \$4⁹⁸

HOT! DEAL

Allen's White Vinegar

500 ml.

2 FOR \$3

Western Family Fruit

Select Varieties
398 ml.

3 FOR \$7⁹⁸

Western Family White Whole Potatoes

540 ml.

2⁴⁸

Western Family Wine Sauerkraut

500 ml.

2 FOR \$8

Hormel Real Bacon Bits

100 g.

5⁹⁸

Sunrice Arborio Rice

750 g.

8⁹⁸

Only Goodness Coconut Oil

Virgin
860 ml.

11⁹⁸

Western Family Queen Olives

Stuffed or Pitted
375 ml.

2 FOR \$7

Bick's Relish

Sweet Green
500 ml.

3⁹⁸

Swiss Chalet Homestyle Gravy Mix

or Dipping Sauce
1 Pack

3 FOR \$4⁹⁸

Cholula Salsa

or Cremosa, Select Varieties
236-325 ml.

4⁹⁸

KFI Cooking Sauce

Select Varieties
375 ml.

4⁴⁸

Kraft Miracle Whip

Original or Calorie-Wise
475 ml.

4⁴⁸



Western Family Ketchup

1 litre

3⁹⁸



Minute Rice Cups

Select Varieties
250 g.

2 FOR \$6



Only Goodness Kernel Corn

or Green Beans, No Salt Added
341-398 ml.

2 FOR \$4



Western Family Real Mayonnaise

or with Olive Oil
890 ml.

4⁹⁸



Western Family Pickles

Select Varieties
1 litre

2 FOR \$8



Western Family Sockeye Salmon

213 g.

5⁹⁸



Cholula Taco Seasoning

Select Varieties
1 Pack

3 FOR \$4⁹⁸



SNACK ATTACK!

Dare Breaktime Cookies

Select Varieties
250 g.

2 FOR \$3

Dare Econo Cookies

Select Varieties
280 g.

2 FOR \$5



Mars or M&M's Chocolate

or Maltesers
Select Varieties
155-170 g.

5⁹⁸



Nestlé King Size Chocolate Bars

Select Varieties
63-86 g.

2 FOR \$5



Western Family Pudding Cups

Select Varieties
4 Pack

2 FOR \$4



Kellogg's Pop-Tarts

Jumbo Pack
24 Pack

8⁹⁸



Mr. Freeze Jumbo Pops

Select Varieties
150 ml.

3 FOR \$1⁹⁸

Christie Ritz Crackers

or Toppables
350-454 g.

5⁴⁸

Taipan Rice Crackers

Plain or Sesame
100 g.

2 FOR \$4

RXBAR Protein Bars

Chocolate Sea Salt
52 g.

2²⁸

SunRype Fruit To Go

Variety Pack
210 g.

5⁴⁸

Dare Real Juicee Candy

Gummies or Scotch Mint
Select Varieties, 180-250 g.

3 FOR \$7⁹⁸

Hawkins Cheezies

210 g.

3²⁸

Lindt Lindor Chocolate

Select Varieties
150 g.

12⁹⁸

Takis Tortilla Chips

Select Varieties
190-280 g.

3 FOR \$9⁹⁹

M&M's or Mars Chocolate Bars

Select Varieties
1 Pack

3 FOR \$4⁹⁸

Western Family Yellow Popping Corn

850 g.

2 FOR \$5



Frito-Lay Mini Snacks

Select Varieties
81-145 g.

2 FOR \$7



Smartfood Popcorn

Select Varieties
150-220 g.

4⁴⁸



Western Family Kettle Cooked Potato Chips

Select Varieties, 200 g.

3 FOR \$7⁹⁸



THIRSTY?

More Favourites ...

Pure Life Spring Water

1.5 litre
*Plus Deposit

4 FOR \$5

Western Family Juice

Select Varieties, 1 litre
*Plus Deposit

3 FOR \$6⁹⁹

Gatorade Sports Drink Powder

Select Varieties, 560 g.

7⁴⁸

Gatorade Sports Beverage

Select Varieties, 6 x 591 ml.
*Plus Deposit

8⁹⁸

Nestea Iced Tea

or Zero Sugar, 1.89 litre
*Plus Deposit

2 FOR \$9

Glaceau Vitamin Water

Select Varieties, 591 ml.
*Plus Deposit

3 FOR \$6⁹⁹



Ocean Spray Cranberry Cocktail

Select Varieties, 1.89 litre
*Plus Deposit

2 FOR \$9



Perrier Sparkling Beverage

Select Varieties, 8 x 330 ml.
*Plus Deposit

9⁹⁸



Clausthaler Non-Alcoholic Beer

Dry Hopped, 6 x 355 ml.
*Plus Deposit

8⁹⁸



Gatorade G-Fit Sports Beverage

Select Varieties, 6 x 500 ml.
*Plus Deposit

6⁹⁸



Monster Energy Drink

or Reign, Select Varieties
4 x 473 ml., *Plus Deposit

10⁹⁸



Coke or Canada Dry Beverages

Select Varieties, 1 litre
*Plus Deposit

2 FOR \$4



Pepsi or 7Up Beverages

Select Varieties, 8 x 355 ml.
*Plus Deposit

6⁹⁸



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



\$7.48

Bonterra®
Bathroom Tissues
Triple 9 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); & (2) 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. © 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.



\$7.48

Bonterra®
Facial Tissues
3 Pack



\$7.48

Bonterra®
Paper Towels
Mega 3 Pack

Drano
Liquid
900 ml.

3⁹⁸



Alcan
Aluminum Foil
Classic
12" x 100'

7⁹⁸



Ziploc
Freezer Bags
Large
28 Pack

8⁹⁸



Brita
Filter
1 Pack

9⁹⁸



Glade
PlugIns

Clean Linen or Hawaiian Breeze
1 Pack

6⁹⁸



Tide
Laundry Detergent

Select Varieties
26-32 Use

10⁹⁸



Affresh
Dishwasher
Cleaner

or Washing Machine
Select Varieties, 3 Pack

9⁹⁸



Finish Jet-Dry
Rinse Aid
250 ml.

5⁴⁸



Scrubbing Bubbles
Toilet Brush
Starter Kit

or Refill, 1-12 Pack

2^F \$11^R



PERSONAL CARE

U by Kotex
Ultra Thin Pads
Regular or Heavy
16-18 Pack

6⁹⁸

Depend
Underwear
Select Varieties
17-19 Pack

21⁹⁸

Method
Deodorant
Select Varieties
75 g.

11⁹⁸

Claritin
Allergy Tablets
Select Varieties
10 Pack

8⁹⁸

Aerius
Desloratadine
Tablets
Non-Drowsy, 10 Pack

11⁹⁸



Herbal Essences
Hair & Body Wash

or Conditioner, Select Varieties
346 ml.

2^F \$8^R

Speed Stick
Deodorant

or Antiperspirant, Select Varieties
45-85 g.

4⁹⁸

PET'S CORNER

Western Family
Clumping
Cat Litter

Scented or Unscented
6.35 kg.

4⁹⁸



Nutri-Choice
Advantage
Dog Food

Turkey & Rabbit
11.5 kg.

34⁹⁸

Purina
Puppy Chow
6.5 kg.

25⁹⁸

Whiskas
Cat Food

Select Varieties
1.5-2 kg.

9⁹⁸



Fancy Feast
Cat Food

Select Varieties
85 g.

4^F \$5^R



MARKET FRESH PRODUCE



Gala Apples
Canadian or Washington Grown
Extra Fancy, 3 lb. Bag
Each **6⁹⁸**

Large Pineapple
Product of Costa Rica

Each **7⁹⁸**



Cantaloupe Melon
Central American Grown
kg. 3.70
lb. **1⁶⁸**



Fresh Avocados
Mexican Grown, 4 Pack
Each **4⁹⁸**



HAPPY Mother's Day

6-Stem Roses
with Greenery

Each **\$17**

Each

Bartlett Pears

Argentina or Australia Grown
kg. 5.47

lb. **2⁴⁸**



Field Carrots

U.S. Grown, #1 Grade
2 lb. Bag

Each **2⁴⁸**



Green Leaf Micro Greens

Select Varieties
Product of Canada
50 g.

Each **3⁹⁸**



Hot House Beefsteak Tomatoes

Canadian Grown, Canada #1 Grade
kg. 5.47

lb. **2⁴⁸**



Seasonal Bouquet
Extra Large

Each **\$29**

Each

FLORAL SPECIALS MAY NOT BE AVAILABLE AT ALL AG FOODS LOCATIONS.

Baby Long English Cucumbers

Canadian Grown
1 lb. Bag

Each **2⁹⁸**



Batavia Living Lettuce

Red or Green
Canadian Grown

Each **3⁹⁸**



ORGANICS

Organic Kiwi Fruit

Greece or Italian Grown
1 lb. Clamshell

Each **6⁹⁸**



BAKERY BARGAINS

Canadian Harvest Bread

Each **2⁹⁸**



Portuguese Buns

6 Pack

Each **2⁹⁸**



Cheddar Cheese Sticks

6 Pack

Each **5⁹⁸**



Assorted Bagels

Select Varieties
4 Pack

Each **3⁹⁸**



Mini Donuts

Select Varieties
14-16 Pack

Each **5⁹⁸**

Two-Bite Cupcakes

Vanilla or Chocolate
12 Pack

Each **6⁹⁸**

Oakrun Crumpets

Regular or Buttermilk
264-284 g.

Each **3⁴⁸**

Dempster's Signature Bread

or Whole Grains
Select Varieties, 600-680 g.

2 FOR \$8



Dempster's English Muffins

Select Varieties
342 g.

2 FOR \$7



Plain Bagels

or Sesame
4 Pack

Each **2⁹⁸**



Sugarplum 6" Cheesecakes

Select Varieties
500 g.

Each **13⁹⁸**



BAKERY SPECIALS MAY NOT BE AVAILABLE AT ALL AG FOODS LOCATIONS.