



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 **MAY 2026**

FRI	SAT	SUN	MON	TUES	WED	THURS
8	9	10	11	12	13	14

LONG WEEKEND *sale*



Long English Cucumbers

Canadian Grown
Canada #1 Grade

Each **1²⁸**



T-Bone Grilling Steak
kg. 39.64

lb. **17⁹⁸**



Breyers Creamery Style Ice Cream

Select Varieties, 1.41 litre

2 FOR \$9



Russet Potatoes

Canadian Grown, Canada #1 Grade
10 lb. Bag

Each **5⁹⁸**



Kraft Dressing

Select Varieties
425 ml.

2 FOR \$5



Celebrate Food
NATIONAL BBQ DAY

- May 16th, 2026 -



Farming Karma
Mocktails

Select Varieties, 4 x 285 ml.
*Plus Deposit

5⁹⁸



Ruffles
Potato Chips

Select Varieties
180-200 g.

4²⁸



Diana
BBQ Sauce

Select Varieties
500 ml.

2 FOR \$9



Schneiders
Smokies

Select Varieties
900 g.

Each **11⁹⁸**



Hamburger
or Hot Dog Buns

Select Varieties
8 Pack

Each **2⁹⁸**



Fresh Baked

BUTCHER SHOPPE

Blade Roast

kg. 22.00

9⁹⁸

lb.



Blade Steak

kg. 24.21

10⁹⁸

lb.



CANADIAN BEEF

Boneless Skinless Chicken Breasts

kg. 15.39

6⁹⁸

lb.



Pork Blade Steak

kg. 8.77

3⁹⁸

lb.



Pork Blade Roast

kg. 8.77

3⁹⁸

lb.



Split Chicken Wings

kg. 10.98

4⁹⁸

lb.



CANADIAN PORK



SMOKED & PACKAGED MEATS



Pinty's Chicken Wings
Frozen, Select Varieties, 700-720 g.

Each **16⁹⁸**

Freybe Sliced Meat
Select Varieties
175 g.

2 FOR \$10



Olymel Bacon
Original or Maple
375 g.

Each **5⁹⁸**



Duso's Pasta
Pesto or Pasta Sauce
Select Varieties
250-300 g. or 150-300 ml.

Each **5⁹⁸**



Olymel Sliced Meat
Select Varieties
250-300 g.

Each **4⁹⁸**



Maple Leaf Top Dogs
Original or BBQ
375 g.

Each **4⁹⁸**



Cattleman's Beef Jerky
Select Varieties
70 g.

Each **6⁴⁸**



Western Family Wieners
Original
375 g.

Each **5⁹⁸**



Western Family All Beef Wieners
375 g.

Each **7⁹⁸**



Western Family Jumbo Wieners
Skin On
675 g.

Each **9⁹⁸**



Western Family Rancher Beef Burgers
Frozen
1.7 kg.

Each **24⁹⁸**



Western Family Beef Burgers
Frozen
1 kg.

Each **12⁹⁸**



Western Family Sirloin Beef Burgers
Frozen
852 g.

Each **14⁹⁸**




Western Family Prime Rib Burgers
or Angus, Frozen
Select Varieties, 852 g.-1.02 kg.

Each **18⁹⁸**

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**



Steelhead Fillets
Skin On
300 g.

Each **13⁹⁸**



Sockeye Salmon Fillets
Skin On
300 g.

Each **15⁹⁸**



HighLiner Fish Sticks
or Battered Fillets
Frozen, Select Varieties
500-700 g.

Each **8⁹⁸**





Cod Fillets
Skin On, 300 g.

Each **12⁹⁸**

DELI

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

**Grimm's
Deli Ham**
Thyme Maple Whisky

Per 100 g. **2⁹⁸**



**Freybe
Deli Pepperoni**
Select Varieties

Per 100 g. **2⁴⁸**

BAKERY BARGAINS



Raisin Bread
or Chop Suey

Each **3⁹⁸**

Fresh Baked

Long Johns
Doughnuts
4 Pack

Each **3⁹⁸**



The Worthy Crumb
Cheese Tea Biscuit
6 Pack

Each **6⁹⁸**




**Sausage
Rolls**

4 FOR \$5

Fresh Baked

Promise
**Gluten Free
Hamburger Buns**
or Hot Dog, 260-280 g.

Each **10⁹⁸**



Monte Cristo
Roasted Garlic Bread
450 g.

Each **3⁴⁸**



Quinn's
Swiss Rolls
Raspberry & Cream
or Chocolate & Vanilla
6 Pack

Each **6⁹⁸**



Silver-Hills
Bread
Select Varieties
430-680 g.

Each **3⁹⁸**



Dempster's
Hamburger Buns
or Hot Dog
12 Pack

2 FOR \$7



Dempster's
10" Tortillas
Select Varieties
6-10 Pack

2 FOR \$8




**Submarine
Buns**
12 Inch
4 Pack

Each **2⁹⁸**

Fresh Baked

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

BREAKFAST BUYS



Quaker Instant Oatmeal
Select Varieties, 232-344 g.

2 FOR \$7

HOT! DEAL

Nutella Hazelnut Spread
with Cocoa
375 g.

5.48



Western Family Peanut Butter
Smooth or Crunchy
1 kg.

4.98



Nestlé Coffee-Mate
1.4 kg.

12.98

Ethical Bean Ground Coffee
Classic or Lush
227 g.

11.98

Red Rose Orange Pekoe Tea
or Decaf
40-70 Bags

5.48

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

8.98

General Mills Cereal
Select Varieties
340-437 g.

2 FOR \$11



Parkway Coffee
Select Varieties, 4 x 355 ml.
*Plus Deposit

10.98

Pearl Milling Company Pancake Mix
or Syrup, Select Varieties
905 g. or 710 ml.

2 FOR \$9



Van Houtte Coffee
Original House Blend
24 K-Cups

21.98



Ethical Bean Whole Bean Coffee
Select Varieties
340 g.

13.98



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

5.98



Quaker Cereal
Select Varieties
350-500 g.

2 FOR \$9



Harvest Crunch Granola
Select Varieties
400-510 g.

5.48



BAKE UP SOME LOVE

Western Family Pitted Prunes
or Mixed Berries
165-175 g.

2 FOR \$7



Kraft Dream Whip Dessert Topping Mix
170 g.

4.98



Lactantia Butter
Salted
454 g.

6.98



Only Goodness Organic Fruit
Frozen, Select Varieties
600 g.

6.98



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

2.98



Kraft Cool Whip Dessert Topping
Original or Light
Frozen 1 litre

2 FOR \$8



Only Goodness Flaxseed
Chia Seeds or Hemp Hearts
Select Varieties, 300-500 g.

6.48




Rogers Flour
Select Varieties, 2.5 kg.

3.98



Philadelphia Cream Cheese
Select Varieties, 227-250 g.

4.98

GROCERY ESSENTIALS



Heinz Ketchup
 Select Varieties, 750 ml.-1 litre
5⁹⁸

Sweet Baby Ray's Barbecue Sauce

Select Varieties
 425 ml.

3⁹⁹
 FOR



Kraft Pasta Salad Mix

Macaroni
 200 g.

3⁷⁹⁸
 FOR



Heinz Picnic Pack
 Ketchup, Mustard & Relish
 375 ml, 3 Pack
6⁴⁸

Hellmann's Mayonnaise

Select Varieties
 340-445 ml.

3⁹⁸



Hellmann's Burger Sauce

325 ml.

4⁹⁸



Stagg Chili
 Select Varieties, 425 g.
2^{FOR} \$8

Vlasic Pickles

Select Varieties
 1 litre

6⁴⁸



Unico Sundried Tomatoes

Julienne Cut
 210 ml.

4⁴⁸



Bush's Best Baked Beans
 Select Varieties, 398 ml.
4^{FOR} \$9



Primo Pasta
 Select Varieties, 454 g.
98¢

HOT DEAL

Unico Pezzettoni Tomatoes

Diced
 398 ml.

3^{FOR} 4⁹⁸



Western Family Mushrooms

Sliced
 284 ml.

3^{FOR} 3⁹⁹



Western Family Tomato Sauce
 or Only Goodness, 398 ml.
2^{FOR} \$3

GROCERY ESSENTIALS



Campbell's Ready To Serve Soup
 Select Varieties, 510-515 ml.
3 FOR \$9.99

Western Family Pink Salmon
 418 g.

5.98



Primo Canola Olive Oil
 Extra Virgin
 1.89 litre

16.98



Campbell's Broth
 Select Varieties, 900 ml.
2 FOR \$6



KD Deluxe
 Select Varieties, 333-356 g.
2 FOR \$11

Club House Slow Cooker Seasoning Mix
 Select Varieties
 1 Pack

4 FOR \$7



Bragg Apple Cider Vinegar
 473 ml.

5.48



Western Family Olive Oil
 or Only Goodness, 500 ml.
10.98



Nong Shim Instant Noodles
 Select Varieties, 120 g.
3 FOR \$4.98

Shake'n Bake Coating Mix
 Select Varieties
 142-184 g.

2 FOR \$8



Hereford Corned Beef
 340 g.

5.98



Lundberg Organic Basmati Rice
 Brown, 907 g.
12.98

BEVERAGES



**Mott's
Clamato Juice**
Select Varieties, 1.89 litre
*Plus Deposit

2 FOR \$6

Grizzly Paw Soda

Select Varieties, 4 x 355 ml.
*Plus Deposit

7⁹⁸



Nestea Iced Tea Mix

or Good Host
Select Varieties, 650-715 g.

7⁹⁸



Molson Exel Non-Alcoholic Beer

12 x 355 ml.
*Plus Deposit

9⁹⁸



SunRype Pure Apple Juice

3.78 litre
*Plus Deposit

9⁹⁸



Bubly or Montellier Sparkling Water

Select Varieties, 10-12 x 355 ml.
*Plus Deposit

6⁹⁸



Dasani Water

12 x 355 ml.
*Plus Deposit

5⁹⁸



Coke or Canada Dry Beverages

Select Varieties
12 x 355 ml.
*Plus Deposit

8⁴⁸



Pepsi or 7Up Beverages

Select Varieties, 12 x 355 ml.
*Plus Deposit

8⁴⁸



More Favourites...

Rose's Grenadine Syrup **2 FOR \$7**
or Lime Cordial
739 ml.

Mott's Mr. & Mrs. T Drink Mix **2 FOR \$9**
Select Varieties
1 litre

San Pellegrino or Perrier Sparkling Water **3 FOR \$6⁹⁹**
Select Varieties
750 ml.-1 litre
*Plus Deposit

Mott's Garden Cocktail **2 FOR \$9**
1.89 litre
*Plus Deposit

Peace Tea Iced Tea **2 FOR \$3**
Select Varieties, 695 ml.
*Plus Deposit

Nanton Spring Water

24 x 500 ml.
*Plus Deposit

2 FOR \$9



Mars King Size Chocolate Bars

Snickers or Twix
85-93 g.

3 FOR \$6⁹⁹

Kisko Mr. Freeze Pops

80 Pack

6⁹⁸

Dare Breton Crackers

or Vinta, Select Varieties
135-225 g.

2 FOR \$7

Carr's Table Water Crackers

Original or Cracked Pepper
125 g.

2 FOR \$6

Dare Bear Paws Cookies

Select Varieties
168-240 g.

4⁹⁸

Tim Hortons Granola Bars

Select Varieties
5 Pack

4 FOR \$9

SunRype Fruitsource

Select Varieties
1 Pack

5 FOR \$5

Dare Real Juicee Candy

Gummies or Scotch Mints
Select Varieties, 450-700 g.

4⁹⁸

Maynards Wine Gums

or Sour Patch Kids
315 g.

4⁹⁸

Tostitos Tortilla Chips

Select Varieties
210-300 g.

2 FOR \$9



Tostitos Salsa

Select Varieties
416-418 ml.

4⁹⁸



Miss Vickie's Potato Chips

Select Varieties
190-200 g.

2 FOR \$9



Old Dutch Cheese Pleezers

Humpty Dumpty or Crunchys
Select Varieties, 200-290 g.

2 FOR \$8



Hershey's Chocolate Bars

or Reese's, Select Varieties
1 Pack

3 FOR \$3⁹⁹



Twizzlers Licorice

Nibs or Jolly Rancher
Select Varieties, 283-454 g.

2 FOR \$8



Old Dutch Pretzels

Select Varieties
240-400 g.

2 FOR \$8

Old Dutch Sunflower Seeds

Select Varieties
227 g.

2 FOR \$5

Excel Gum

or Juicy Fruit, Select Varieties
60 Pieces

4⁹⁸

Western Family Popcorn

Caramel Cheddar Mix
200 g.

2 FOR \$7

Jiffy Pop Popcorn

Butter Flavour
127 g.

2 FOR \$7

Blue Diamond Almonds

Select Varieties
170 g.

2 FOR \$11



SNACKS



**LeClerc
Celebration
Cookies**

Select Varieties, 200-240 g.

4²⁸



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: (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, NHL Shop.ca gift cards or retailer grocery gift cards (ARV \$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.



\$8.98

Scotties®
Facial Tissues
Original or Supreme
81-126 Tissue, 6 Pack



\$8.98

Purex®
Bathroom Tissues
Select Varieties
Triple 8 Roll
or Double 12 Roll

Method Laundry Detergent

Select Varieties
66 Use

15⁹⁸



Clorox Concentrated Bleach

Original
2.4 litre

5⁹⁸



Windex Glass Cleaner

Select Varieties
765-950 ml

5⁹⁸



Dawn Ultra Dish Liquid

Original or Lemon
431-473 ml

2 FOR \$7



BinBreeze Indoor Compost Powder

Unscented or Lavender
450 g

7⁹⁸

Arm & Hammer Washing Soda

3 kg

7⁹⁸

Western Family Fabric Softener

Fresh Scent
120 Sheets

4⁹⁸

Scrubbing Bubbles Bathroom Cleaner

Grime Fighter or with Bleach
946-950 ml

5⁹⁸

Method Wood Floor Cleaner

739 ml

6⁹⁸

Lysol Toilet Bowl Cleaner

Power
946 ml

4⁹⁸

Pledge Wood Oil

470 ml

8⁹⁸

Febreze Bathroom Air Freshener

Hawaiian Aloha or Linen & Sky
1 Pack

2 FOR \$9

Brita Filter

3 Pack

29⁹⁸

BARBECUE BASICS

Royal Oak Charcoal Briquets
Classic
15.4 lb.
11⁹⁸

Alcan Heavy Duty Aluminum Foil
1 Roll
2 FOR \$7

Western Family Luncheon Napkins
200 Pack **3⁹⁸**

Western Family Party Cups
White or Coloured
30-40 Pack **2 FOR \$9**

Only Goodness Dinner Plates
40 Pack **8⁹⁸**

Western Family Plastic Utensils
Select Varieties
48 Pack **2 FOR \$6**

Ziploc Sandwich Bags
or Extra Large
30-40 Pack **2 FOR \$7**

Alcan Aluminum Foil
Heavy Duty or Non-Stick
1 Roll **7⁹⁸**

Glad Garbage Bags
Select Varieties
26-52 Pack **7⁹⁸**

Ivory Body Wash

Original or Aloe
1.03 litre

7⁹⁸

Playtex Sport Tampons

Regular or Super
18 Pack

2 FOR \$11

One A Day Multivitamin Gummies

Men or Women, 60 Pack

11⁹⁸

Energizer Max AA Batteries

or AAA
8-12 Pack

19⁹⁸

Gerber Organic Purée

Select Varieties
90-126 ml

4 FOR \$9

Huggies Wipes

Fragrance Free or Sensitive
56-64 Pack

4⁹⁸

PERSONAL CARE

Pantene Shampoo
Conditioner or 2 in 1
Select Varieties, 308-355 ml.
5⁹⁸



PET'S CORNER



Pedigree
Vitality+
Dog Food
Chicken or Beef, 8 kg.

25⁹⁸



Friskies
Cat Food
Select Varieties, 156 g.

4 FOR \$5

HOT DEALS FROM THE FREEZER



Chapman's Frozen Novelties

Select Varieties, 8-20 Pack

7⁹⁸

Chapman's Super Premium Plus Ice Cream

Select Varieties, 500 ml.

2 FOR \$9

Western Family Ice Cream Cups

or Sugar Cones, Select Varieties
12-18 Pack

2 FOR \$6



Island Farms Ice Cream

Select Varieties, 4 litre

10⁹⁸



McCain Hashbrown Patties

Frozen, 1.3 kg.

6⁹⁸



Cheemo Perogies

Cheddar or Variety Pack, Frozen
2 kg.

6⁹⁸

Arctic Gardens Cut Spinach

Frozen
500 g.

2 FOR \$8

Pogo Corn Dogs

Original or All Beef, Frozen
600-750 g.

10⁹⁸



Cavendish Farms Fries

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

2 FOR \$8



M&M Food Market Stuffed Potatoes

Frozen, 560 g.

8⁹⁸

Wong Wing Entrées

Frozen, Select Varieties
300-680 g.

7⁹⁸

Wong Wing Wonton Soup

or Covers, Frozen
426 ml. or 454 g.

2 FOR \$8



Western Family Thin & Crispy Pizza

Frozen, Select Varieties, 350-390 g.

2 FOR \$11

Western Family Lasagna

Macaroni & Cheese
or Shepherd's Pie, Frozen
Select Varieties, 850-907 g.

6⁹⁸

CHECK OUT OUR SELECTION IN STORE*

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

DAIRY DELIGHTS



**Kraft
Singles**
or Thick, 825 g.

7⁹⁸

**HOT!
DEAL**

**Kraft
Velveeta Cheese Loaf**

900 g.

13⁹⁸



**Kraft
Cheez Whiz**
Regular or Light
900 g.

9⁹⁸



**Philadelphia
Dips**
Select Varieties
227 g.

**3⁹⁸
FOR**



**Armstrong
Cheese**
Select Varieties
600 g.

9⁹⁸



**Simply
Orange Juice**

with Pulp or Pulp Free, Chilled
2.25 litre, *Plus Deposit

10⁹⁸



**Lactantia
Margarine**

Healthy Attitude or Olivina
850 g.

5⁹⁸



**Astro
Yogurt**

Select Varieties
650-750 g.

**2⁹⁸
FOR
\$7**



More Favourites ...

**Kraft
Parmesan**

Grated
125 g.

4⁹⁸

**MacLaren's
Imperial Cheese**

Cheddar
230 g.

6⁹⁸

**Kraft
Cheese**

Select Varieties
250 g.

**2⁹⁸
FOR
\$9**

**Western Family
Shredded Cheese**

Triple Cheddar or Tex Mex
900 g.

16⁹⁸

**Armstrong
Cheddar Cheese
Snacks**

Old or Smoked, 210 g.

4⁹⁸

**Sunny D
Beverages**

Smooth or Tangy Original
1.89 litre, *Plus Deposit

3²⁸

**International Delight
Coffee Enhancer**

Hazelnut or French Vanilla
1.42 litre, *Plus Deposit

6⁹⁸

**Dairyland
Sour Cream**

Select Varieties
250 ml.

1⁹⁸



**iöGO
Nano Bubbles**
or Creamy Duo, Select Varieties
4 x 100 g. or 650 g.

**2⁹⁸
FOR
\$7**

**iöGO
Multipack Yogurt**
Select Varieties, 16 x 100 g.

6⁹⁸



iöGO

Snack + Play

You Could
WIN
Every Day

**NINTENDO
SWITCH 2**

**SUPER
MARIO**



Buy any
iöGO product



Snap a photo
of your receipt



Upload at
iogocontest.ca

Scan to enter!



*No purchase necessary. Contest starts on May 4, 2026 (12:00 am ET) and ends on June 28, 2026 (11:59 pm ET). One form of entry for a chance to win is to purchase any participating iöGO product, complete the entry form and submit the purchase receipt at www.iogocontest.ca (the "Website"). 56 Daily Prizes are available to be won, each consisting of one (1) Nintendo Switch 2 system and one (1) download code for a digital Nintendo Switch 2 game to be determined by sponsor. Approximate retail value (ARV): \$729.98. Limit of one (1) entry per person, per day. Skill testing question will be required from winner. The odds of winning a Daily Prize depend on the number of eligible Entries received. Random daily draws at 10:00 am ET from entries received by 11:59 pm ET the prior day. For all participating products and full rules, visit the Website. Contest is open to Canadian residents who are over the age of majority in their province/territory of residence and located in Canada at time of entry. ©2026 Lactalis Canada. All rights reserved. Trademarks owned or used under license by Lactalis Canada, Toronto, ON M9C 5J1. Nintendo is not a sponsor, co-sponsor or administrator of this contest. Nintendo trademarks are properties of Nintendo.

MARKET FRESH PRODUCE

Baby Seedless Watermelon

Mexican Grown

Each **2⁴⁸**

Red Seedless Grapes

Chilean or Peruvian Grown
#1 Grade, kg. 12.08

lb. **5⁴⁸**

Honeydew Melon

Mexican Grown, kg. 4.37

lb. **1⁹⁸**

Sweet Mangos

Mexican Grown

Each **2⁴⁸**

Fresh Lemons

California Grown

Each **68¢**

Navel Oranges

California Grown, kg. 2.82

lb. **1²⁸**

Hot House Tomatoes on the Vine

Canadian Grown
Canada #1 Grade, kg. 4.37

lb. **1⁹⁸**

Hot House Peppers

Red, Yellow or Orange
Canadian Grown, kg. 5.47

lb. **2⁴⁸**



ORGANICS

Romaine Lettuce

Canadian or U.S. Grown

Each **3⁹⁸**

Mini Sweet Peppers

Mexican Grown, 1 lb. Bag

Each **4⁴⁸**

Fresh Express Coleslaw

or Garden Salad
Product of U.S.A., 12-14 oz.

Each **2⁴⁸**

Organic White Mushrooms

Canadian Grown, 227 g.

Each **2⁴⁸**



Organic Avocados

Mexican Grown, 3 Pack

Each **5⁹⁸**