



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**

SUN	MON	TUES	WED	THURS	FRI	SAT
17	18	19	20	21	22	23

Knorr Sidekicks
Select Varieties
120-167 g.

4 FOR \$7

Hot House Beefsteak Tomatoes
Canadian Grown, Canada #1 Grade
kg. 3.26

1.48
lb.

Baby Long English Cucumber
Canadian Grown, 1 lb. Bag

1.98
Each

Pork Tenderloin
kg. 9.88

4.48
lb.

Folgers
THE COFFEE CO.
Lively Colombian
Lively Single-Origin, Arriba Coffee with a Rich Flavor

Folgers Coffee
Select Varieties
30 K-Cups

15.98

Celebrate Food NATIONAL DEVIL'S FOOD CAKE DAY - May 19, 2026 -

<p>Betty Crocker Cake Mix Select Varieties 375-404 g.</p> <p>2 FOR \$4</p>	<p>Island Farms Ice Cream Select Varieties 1.65 litre</p> <p>7.98</p>	<p>Western Family Baking Powder 225 g.</p> <p>2.98</p>	<p>Tim Hortons Coffee Select Varieties 300 g.</p> <p>11.98</p>	<p>Western Family Canola Oil or Vegetable 1.42 litre</p> <p>7.98</p>
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WHEEL INTO Summer 2026

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. PHOTOS ARE FOR ILLUSTRATION PURPOSES ONLY. DUE TO SPACE LIMITATIONS, NOT ALL AG FOODS LOCATIONS MAY CARRY ALL ADVERTISED ITEMS.
*PLUS DEPOSIT & ENVIRO LEVIES WHERE APPLICABLE. PLEASE RECYCLE THIS FLYER WHERE FACILITIES EXIST.

BUTCHER SHOPPE

Cross Rib Roast

kg. 19.80

lb. **8⁹⁸**



Cross Rib Steak

kg. 22.00

lb. **9⁹⁸**



Kraft BBQ Sauce
Select Varieties, 455 ml.

4\$9



Western Family
Boneless Chicken Thighs

or Breasts, Frozen
3 kg.

Each **33⁹⁸**



Western Family
Split Chicken Wings

Frozen
3 kg.

Each **30⁹⁸**



Pork Sirloin Roast

kg. 8.77

lb. **3⁹⁸**

Western Family
Angus Beef Burgers

or Bourbon Whiskey
Frozen, 680-852 g.

Each **14⁹⁸**



Swiss Chalet Pork Back Ribs

Smoky BBQ or Honey Garlic
600 g.

Each **11⁹⁸**



Pork Sirloin Chops

kg. 7.67

lb. **3⁴⁸**



Sliced
Pork Belly

kg. 10.98

lb. **4⁹⁸**



SMOKED & PACKAGED MEATS



Freybe Pepperoni

Select Varieties, 500 g.

Each **10⁹⁸**



Lafleur Wieners

Original or BBQ, 450 g.

Each **3⁹⁸**



Olymel Sliced Ham

Black Forest or Old Fashioned
500 g.

Each **7⁹⁸**



Pinty's
Gluten Free Breaded Chicken

Frozen, Select Varieties
675-690 g.

Each **13⁹⁸**



Campfire
Bacon

375 g.

Each **4⁴⁸**



Western Family
Breaded Chicken

Frozen
Select Varieties
800 g.

Each **9⁹⁸**



Western Family
Bacon

1 kg.

Each **15⁹⁸**



DELI

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

- Freybe Deli Salami** **348**
Select Varieties Per 100 g.
- Freybe Deli Ham** **258**
Select Varieties Per 100 g.
- Flamingo or Olymel Deli Turkey Breast** **248**
Select Varieties Per 100 g.
- Flamingo Deli Turkey Breast** **198**
Cooked Per 100 g.
- Grimm's Deli Ham** **248**
Select Varieties Per 100 g.
- Schneiders Deli Ham** **248**
. Per 100 g.

SEAFOOD

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



Ocean Mama Shrimp Gyoza
Frozen, 454 g.
9⁹⁸
Each



Ocean Mama Shrimp
Raw, Peeled, Devined, Frozen
61-70 Count, 180 g.
4⁹⁸
Each



Ocean Mama Seafood Medley
Frozen
340 g.
5⁹⁸
Each



Ocean Mama Clam Meat
Frozen
340 g.
5⁹⁸
Each

HOT DEALS FROM THE FREEZER



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



Green Giant Simply Steam Vegetables
Frozen, Select Varieties
250 g.
2 FOR \$4



Chef Bombay Entrées
Frozen, Select Varieties
350 g.
2 FOR \$9



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



Bassili's Best Lasagna
or Shepherd's Pie, Frozen
Select Varieties, 907 g.
7⁴⁸



Farm Market Fresh Blueberries
Frozen
2 kg.
12⁹⁸



Magnum Frozen Novelties
Select Varieties
3 Pack
7⁴⁸



Ben & Jerry's Ice Cream
Select Varieties
473 ml.
6⁴⁸



Western Family Buttermilk Waffles
Frozen
280 g.
2 FOR \$6

DAIRY DELIGHTS



Cracker Barrel Shredded Cheese
Select Varieties, 250-320 g.

6⁹⁸

HOT! DEAL

Parkay Margarine

Quarters or Soft Bowl
1.28-1.36 kg.

7⁹⁸



Cracker Barrel Sliced Cheese

Select Varieties
200-240 g.

6⁴⁸



Western Family Parmesan

or Italian Blend
250 g.

6⁹⁸

Violife Dairy Free Cheese

Select Varieties
200-227 g.

2^F\$⁹_R

Activia Yogurt

Select Varieties
650 g.

4²⁸

Dairyland Whipping Cream

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

5⁴⁸

Dairyland Coffee Cream

18%, 946 ml.
*Plus Deposit.

4²⁸

Dairyland Sour Cream

Select Varieties
450-500 ml.

3⁴⁸

Sunny D Beverage

Smooth or Tangy Original
1.18 litre, *Plus Deposit.

2^F\$⁴_R

International Delight Coffee Enhancer

Select Varieties, 946 ml.
*Plus Deposit.

5⁹⁸

Oikos Yogurt

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

4²⁸



Olympic Yogurt

or Kefir, Select Varieties
1.75 kg. or 2 litre, *Plus Deposit

11⁹⁸



Dairyland Chocolate Milk

1%, 4 litre
*Plus Deposit

8⁴⁸



Kozy Shack Pudding

Select Varieties
624 g.

2^F\$⁶_R



BAKING

Carnation Evaporated Milk

354 ml.

3^F\$⁷⁹⁸_R



Sun-Maid Raisins

or Prunes
500 g.

6⁴⁸



Truvia Stevia Sweetener

270 g.

6⁹⁸



Only Goodness Gluten Free Flour

Almond or 1 To 1
453 g.-1.65 kg.

14⁹⁸

Red Lobster Biscuit Mix

Cheddar Bay
322 g.

2^F\$⁶_R

RISE & SHINE



Nabob Coffee
Tradition or Organic, 915-930 g.

19⁹⁸

HOT! DEAL

Smucker's Blueberry Spread

No Sugar Added
310 ml.

5⁴⁸



Kraft Peanut Butter

Select Varieties
500 g.

2^F\$¹¹_R



Cora's Crepe Mix

Plain
700 g.

4⁹⁸



Nescafé Instant Coffee

Select Varieties
100-170 g. or 18 Pack

9⁹⁸



Tetley Orange Pekoe Tea

72 Bags

5⁹⁸



Boost Shakes

Select Varieties, 6 x 237 ml.
*Plus Deposit

13⁹⁸



Post Family Size Cereal

Honeycomb or Sugar-Crisp
525-550 g.

2^F\$¹¹_R



Kellogg's Cereal

Select Varieties
340-460 g.

2^F\$¹¹_R



GROCERY ESSENTIALS



Heinz Beans
or Pasta, Select Varieties, 398 ml.

4 FOR \$5

HOT! DEAL

7g OF PROTEIN PER SERVING OF 1/2 CUP (125 ml)

Tim Hortons Chili

Beef or Spicy
425 g.

2 FOR \$8



Tim Hortons Soup

Select Varieties
540 ml.

2 FOR \$6



Lipton Soup Mix

or Knorr, Select Varieties
4 Pack

3 FOR \$9.99



Clover Leaf Light Tuna

or Flavoured, Select Varieties
85-170 g.

2 FOR \$4



Ben's Original Basmati Rice

400 g.

4.98



French's Crispy Fried Onions

170 g.

4.98



Lea & Perrins Worcestershire Sauce

284 ml.

4.98



Montana's Dry Rub

Steak or Rub
170-180 g.

5.48



Heinz Mustard

or Dijon
265-380 ml.

2 FOR \$5



Heinz Salad Cream

English Style
265 ml.

4.28



Heinz Ketchup

or Pickle Flavour
375 ml.

2.98



Western Family Hot Sauce

Select Varieties
354-455 ml.

2 FOR \$6




Western Family Mac & Cheese
Extra Creamy, 200 g.

3 FOR \$3.99

HOT! DEAL

Maple Leaf Vienna Sausages

113 g.

2.28

Western Family Mandarin Oranges

in Juice or Light Syrup
284 ml.

4 FOR \$5

Gallo Olive Oil

Extra Virgin
3 litre

34.98

Only Goodness Apple Cider Vinegar

473 ml.

2.48

Unico Capers

125 ml.

2 FOR \$6

Unico Diced Pimentos

225 ml.

2 FOR \$7

Minute Rice Long Grain Rice

White
1.4 kg.

8.98



Catelli Whole Grains Pasta

Select Varieties
375 g.

2 FOR \$7



Only Goodness Organic Tomato Paste

No Salt Added
156 ml.

2 FOR \$4



Primo Pasta Sauce

or Tomato, Select Varieties
680 ml.

3 FOR \$6.99



Sapporo Ichiban Instant Noodles

Select Varieties
100-104 g.

98¢



Safflo Sunflower Oil

500 ml.

3.48



Sharwood's Cooking Sauce

Butter Chicken or Tikka Masala
395 ml.

4.98



THIRSTY?

Western Family Pop
Select Varieties, 12 x 355 ml.
*Plus Deposit

5⁹⁸

HOT! DEAL

BACKYARD GINGER ALE
KICKIN' BACK COLA

Kool-Aid, Mio or Tang Water Enhancer

Crystal Light or Country Time
Select Varieties, 48 ml.

3^{FOR} 9⁹⁹



HOT! DEAL

Ocean Spray Cranberry Cocktail

Select Varieties, 6 x 295 ml.
*Plus Deposit

6⁴⁸



Heinz Tomato Juice

1.36 litre
*Plus Deposit

5⁴⁸



Corona Cero Alcohol-Free Beer

6 x 330 ml.
*Plus Deposit

10⁹⁸



Coke or Canada Dry Beverages

Select Varieties, 24 x 355 ml.
*Plus Deposit

15⁹⁸



Pepsi or 7Up Minis

Select Varieties, 6 x 222 ml.
*Plus Deposit

2^{FOR} \$9



Aquafina Water

12 x 500 ml.
*Plus Deposit

6⁹⁸



Pure Leaf Iced Tea

Lemon or Raspberry, 6 x 340 ml.
*Plus Deposit

6⁴⁸



Guinness Non-Alcoholic Draught

4 x 440 ml., *Plus Deposit

10⁹⁸

Pure Life Water

Sport Cap, 710 ml.
*Plus Deposit

3^{FOR} 1⁹⁸

Minute Maid or Five Alive

or Fuze, Select Varieties
8-10 x 200 ml., *Plus Deposit

4⁹⁸

Nestea Iced Tea

Lemon or Peach, 10 x 200 ml.
*Plus Deposit

2^{FOR} \$9

Western Family Prune Nectar

1.36 litre
*Plus Deposit

5⁹⁸

C4 Energy Drink

Select Varieties, 473 ml.
*Plus Deposit

3^{FOR} 9⁹⁹

Pepsi or 7Up Beverages

Select Varieties, 2 litre
*Plus Deposit

3²⁸

Nestea Iced Tea

Lemon or Zero Sugar, 10 x 200 ml.
*Plus Deposit

3^{FOR} 7⁹⁸



SNACK ATTACK!

Christie Peek Freans

or Dad's, Select Varieties
300-350 g.

4⁹⁸

Kellogg's Family Size Pop-Tarts

or Rice Krispies Squares
352-768 g.

5⁹⁸

RXBAR Protein Bars

Chocolate Sea Salt
52 g.

2²⁸

SunRype Fruitsource

or Fruit To Go, Select Varieties
12-24 Pack

10⁹⁸

Western Family Popcorn

Select Varieties
3 Pack

2^{FOR} \$5

Dentyne Gum

or Trident, Select Varieties
40-60 Pieces

2^{FOR} \$8

Hardbite Beet Chips

or Sweet Spuds
150 g.

2^{FOR} \$8

Western Family Potato Chips

Select Varieties
235 g.

3^{FOR} 6⁹⁹

Kraft Jet-Puffed Marshmallows

Select Varieties
400 g.

2^{FOR} \$4



M&M's or Mars Chocolate

Select Varieties
1 Pack

3^{FOR} 4⁹⁸



M&M's Share Size Chocolate

Mars or Maltesers, Select Varieties
155-170 g.

5⁹⁸



Western Family Soda Crackers

Salted or Unsalted Tops
453 g.

2^{FOR} \$6



Munchies Snack Mix

Original or BBQ
250 g.

4²⁸



Cheetos Snacks

Select Varieties
170-285 g.

2^{FOR} \$9



Western Family Exquisita Salsa

Select Varieties
430 ml.

2^{FOR} \$7

Takis Tortilla Chips

Select Varieties
190-280 g.

2^{FOR} \$7



Christie Crispers
or Bits & Bites, Select Varieties, 145 g.

3^{FOR} 9⁹⁹

Old Dutch Snacks

Variety Pack, Select Varieties
18 Pack

8⁹⁸



HOUSEHOLD MUST HAVES

Purex Bathroom Tissue

or Ultra, Triple 12 Roll

12⁹⁸



Alcan Aluminum Foil

Heavy Duty
1 Roll



4⁹⁸

Green Works Dish Liquid

Original Fresh or Free & Clear
650 ml.

5⁹⁸



Clorox Bleach

Splash-Less or Disinfecting
1.18-1.27 litre

4⁴⁸



Bounce Fabric Softener

Select Varieties
120 Sheets

7⁹⁸



Sponge Towels Ultra Pro

Double 6 Roll

15⁹⁸



Lysol Disinfecting Wipes

Citrus
84 Pack

6⁹⁸



Glade Candle

Select Varieties
1 Pack

2 FOR \$11



Green Works All Purpose Cleaner

or Toilet Bowl
709-946 ml.

5⁹⁸



Cascade Action Pac Dishwasher Detergent

Select Varieties
30-39 Pack

17⁹⁸



Tide Laundry Detergent

Select Varieties, 52-64 Use

18⁹⁸

Head & Shoulders Shampoo

or 2 In 1, Select Varieties
370 ml.

6⁴⁸

Colgate Toothpaste

Regular or Winterfresh
95 ml.

2 FOR \$3

Colgate Toothbrush

Select Varieties
1 Pack

2 FOR \$4

Gerber Yogurt Melts

Red Berry or Strawberry Banana
28 g.

5⁴⁸

Pampers Swaddlers Diapers

Select Varieties
16-32 Pack

18⁹⁸

Pampers Baby-Clean Wipes

Unscented
216 Pack

10⁹⁸

Tresemme Shampoo

or Conditioner, Select Varieties
828 ml.

6⁹⁸



Method Men's 2 In 1

Sea Surf or Glacier Granite
414 ml.

9⁹⁸



Huggies Snug & Dry Diapers

or Little Snugglers, Select Varieties
66-128 Pack

41⁹⁸



PERSONAL CARE

PET'S CORNER

Nutri-Choice Advantage Dog Food

Salmon & Pea
6 kg.

16⁹⁸



Prestige Cat Food

3 Flavour
16 kg.

34⁹⁸



Friskies Party Mix Cat Treats

Select Varieties
170 g.

2 FOR \$7



Friskies Cat Food

Variety Pack
Select Varieties
156 g, 24 Pack

27⁹⁸



MARKET FRESH PRODUCE



Ambrosia or Gala Apples
Canadian or Washington Grown
Fancy Grade, 3 lb. Bag

Each **6⁹⁸**

Navel Oranges
California Grown
4 lb. Bag

Each **5⁹⁸**



Ataulfo Mangos
Mexican Grown

Each **1⁹⁸**




Fresh Blackberries
U.S. Grown, 6 oz. Clamshell

Each **4⁹⁸**

WEATHER PERMITTING

Fresh Limes
Mexican Grown

Each **88¢**



Fresh Avocados
Mexican Grown

Each **1⁴⁸**



Green Leaf Lettuce
U.S. Grown

Each **3⁴⁸**



Green Onions
Mexican Grown
Per Bunch

Each **98¢**




Hot House Concerto Grape Tomatoes
Canadian Grown, 340 g.

Each **3⁹⁸**



Hot House Mixed Colour Peppers
Canadian Grown
2 lb. Bag

Each **4⁹⁸**




Celery Stalks
U.S. Grown, #1 Grade
kg. 4.37

lb. **1⁹⁸**



Eat Smart Sweet Kale Salad
Product of U.S.A.
340 g.


Each **4⁴⁸**



ORGANICS

Organic Grape Tomatoes
Mexican Grown
1 Pint

Each **4⁹⁸**



BAKERY BARGAINS



Large Crusty Rolls
White or Whole Wheat
6 Pack

Each **2⁴⁸**

Fresh Baked



Submarine White Buns
9 Inch
4 Pack

Each **2⁴⁸**



Fresh Baked

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

2 FOR \$7





Byblos Bakery 7" Pita Bread
6 Pack

Each **3²⁸**

Donut Rings
Select Varieties
6 Pack

Each **4⁹⁸**

Stuyver's Ciabatta Buns
4 Pack

Each **3⁹⁸**




Villaggio Toscana Hamburger Buns
or Sausage
6-8 Pack

Each **3⁴⁸**




Furlani Garlic Toast
Original or Parmesan
638 g.

Each **5⁹⁸**

Apple Valley 8" Fruit Pies
Select Varieties
680 g.

Each **8⁹⁸**

Two-Bite Tarts
Select Varieties
12 Pack

Each **5⁹⁸**

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