



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
22	23	24	25	26	27	28

## FIRE UP THE BARBECUE

**Striploin  
Grilling Steak**

Bone-In  
kg. 35.23

lb. **15<sup>98</sup>**



**Little Potato  
Company Potatoes**

Red, Yellow or Trio  
Canadian or U.S. Grown, 1.5 lb.

Each **2<sup>98</sup>**



**Hot House  
Tomatoes  
on the Vine**

Canadian Grown, Canada #1 Grade  
kg. 3.26

lb. **1<sup>48</sup>**



**Western Family  
Dressing**

Select Varieties, 475 ml.

**2 FOR \$5**



**Chapman's Yukon  
Frozen Novelties**

Select Varieties, 5-8 Pack

**2 FOR \$9**



WHEEL INTO **Summer** 2026

LAST WEEK TO SHOP!

ENTER TO  
**WIN**  
1 OF 3  
2026 TOYOTA  
COROLLA SE  
HATCHBACK



**Black Diamond  
Cheese**

or Shredded, Select Varieties  
320-400 g.

**8<sup>49</sup>**



**Dempster's  
Hamburger Buns**

or Hot Dog, Select Varieties  
6-8 Pack

**2 FOR \$7**



**French's  
Ketchup**

Select Varieties, 750 ml.-1 litre

**2 FOR \$9**



**Villaggio  
Italian Style  
Bread**

or Artesano, Select Varieties  
510-540 g.

**2 FOR \$8**



# BUTCHER SHOPPE



**Whole Beef Brisket**  
kg. 19.80  
**8<sup>98</sup>**  
lb.



*Western Family*  
**Sirloin Beef Burgers**  
Frozen 852 g.  
**13<sup>98</sup>**  
Each



*Western Family*  
**Prime Rib Beef Burgers**  
or Angus Beef, Frozen 852 g.-1.02 kg.  
**17<sup>98</sup>**  
Each



*Western Family*  
**Cheddar Bacon Angus Beef Burgers**  
Frozen, 852 g.  
**18<sup>98</sup>**  
Each



*Western Family*  
**Angus Beef Burgers**  
Frozen 680 g.  
**14<sup>98</sup>**  
Each



*Western Family*  
**Crispy Chicken Burgers**  
Frozen 800 g.  
**10<sup>98</sup>**  
Each



*Chicken*  
**Drumsticks**  
kg. 6.57  
**2<sup>98</sup>**  
lb.




**Pork Side Ribs**  
kg. 8.77  
**3<sup>98</sup>**  
lb.



*Pork*  
**Chops**  
Bone-In kg. 8.77  
**3<sup>98</sup>**  
lb.



*Whole*  
**Frying Chicken**  
kg. 8.77  
**3<sup>98</sup>**  
lb.




**Bob's Sliced Bacon**  
375 g.  
**2<sup>98</sup> FOR \$6**



## SMOKED & PACKAGED MEATS

*Western Family*  
**Wieners**  
Original 375 g.  
**5<sup>98</sup>**  
Each



*Western Family*  
**All Beef Wieners**  
375 g.  
**7<sup>98</sup>**  
Each



*Western Family*  
**Smokies**  
Original or Cheese 450 g.  
**7<sup>98</sup>**  
Each



*Maple Lodge Farms*  
**Chicken Bacon Style**  
Original 375 g.  
**5<sup>98</sup>**  
Each

*Maple Lodge Farms*  
**Chicken Bologna**  
375 g.  
**2<sup>98</sup>**  
Each

*Olymel*  
**Wieners**  
Original 1 kg.  
**9<sup>98</sup>**  
Each

*Freybe*  
**Sliced Salami**  
Select Varieties 125 g.  
**2<sup>98</sup> FOR \$10**  
R

*Freybe*  
**Ham Sticks**  
Original or Honey Ham 500 g.  
**10<sup>98</sup>**  
Each

*Maple Leaf*  
**Top Dogs**  
900 g. .... Each **11<sup>98</sup>**

*Western Family*  
**Garlic Sausage**  
750 g. .... Each **11<sup>98</sup>**

*Schneiders*  
**Chicken Tenders**  
Frozen, 600 g. .... Each **11<sup>98</sup>**

*Schneiders*  
**Bologna**  
500 g. .... Each **7<sup>98</sup>**

*Western Family*  
**Sliced Meats**  
Select Varieties 250 g. .... Each **3<sup>98</sup>**

*Western Family*  
**Black Forest Ham**  
300 g. .... Each **4<sup>98</sup>**

*Western Family*  
**Cooked Ham**  
500 g. .... Each **7<sup>98</sup>**

*Maple Lodge Farms*  
**Ultimate Chicken Dinner Sausages**  
Mild or Hot, 500 g.  
**9<sup>98</sup>**  
Each



*Maple Lodge Farms*  
**Ultimate Chicken Breakfast Sausages**  
Original or Maple, 375 g.  
**5<sup>98</sup>**  
Each



*Asian Inspirations*  
**Entrées**  
Frozen, Select Varieties 400 g.  
**5<sup>98</sup>**  
Each



# DELI

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

## Grimm's Deli Chicken Breast Roast

Select Varieties



Per 100 g. **2<sup>98</sup>**

## Olymel Bologna

or Mock Chicken Loaf



Per 100 g. **88¢**

## Freybe Deli Sausage

Select Varieties



Per 100 g. **1<sup>98</sup>**

# SEAFOOD

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



## Atlantic Salmon Fillets

Skin On, 300-600 g.

Per 100 g. **4<sup>48</sup>**

## Ocean Jewel Shrimp

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

Each **8<sup>98</sup>**



## Ocean Jewel Cooked Shrimp

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

Each **9<sup>98</sup>**



## Ocean Jewel Shrimp

Raw, Easy Peel, Deveined, Frozen 16-20 Count, 340 g.

Each **10<sup>98</sup>**



## Ocean Jewel Cooked Shrimp

Easy Peel, Deveined, Frozen 16-20 Count, 340 g.

Each **12<sup>98</sup>**



## Heinz Tartar Sauce

354 ml.

**2 FOR \$8**

## Heinz Seafood Sauce

285 ml.

**2 FOR \$6**

## HighLiner Chips & Fish

English Style, Frozen 550 g.

Each **7<sup>98</sup>**



# HOT DEALS FROM THE FREEZER



## Nestlé Ice Cream

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

**7<sup>98</sup>**



## Western Family Vegetables

Frozen, Select Varieties 750 g.

**3 FOR 7<sup>98</sup>**



## Cavendish Farms Fries

Frozen, Select Varieties 800 g.

**2 FOR \$6**



## Cheemo Perogies

Frozen, Select Varieties 907 g.

**2 FOR \$7**



## Western Family Flatbread

Frozen, Select Varieties 370-373 g.

**5<sup>98</sup>**



## Healthy Choice Entrées

Frozen, Select Varieties 269-292 g.

**5<sup>98</sup>**



## Only Goodness Smoothie Blend

With Dragon Fruit, Frozen 500 g.

**2 FOR \$9**



# FOOD MARKET EXPRESS



## M&M Food Market Angus Beef Burgers

Frozen, 852 g.

**18<sup>98</sup>**

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

# BREAKFAST BUYS



**Tim Hortons Coffee**  
Select Varieties, 10-14 K-Cups  
**9<sup>98</sup>**

**McCafé Coffee**  
Medium or Dark Roast  
300-340 g ..... **15<sup>98</sup>**

**McCafé Instant Coffee**  
Medium or Dark Roast  
100 g ..... **10<sup>98</sup>**

**Tetley Earl Grey Tea**  
or Decaf  
48 Bags ..... **6<sup>98</sup>**

**Only Goodness Pure Maple Syrup**  
Select Varieties  
500 ml ..... **11<sup>98</sup>**

**Unico Corn Meal**  
750 g ..... **2<sup>F</sup> \$4<sup>R</sup>**

**Only Goodness Almond Butter**  
or Western Family Hazelnut Spread  
Select Varieties, 340-725 g.  
**6<sup>98</sup>**

**General Mills Jumbo Cereal**  
Select Varieties  
825 g.-1.3 kg.  
**8<sup>98</sup>**

**Post Cereal**  
Select Varieties  
311-400 g.  
**2<sup>F</sup> \$8<sup>R</sup>**

# BAKING



**Western Family All Purpose Flour**  
or Whole Wheat, 2.5 kg.  
**2<sup>F</sup> \$7<sup>R</sup>**

**Bird's Custard Powder**  
Original  
340 g. .... **5<sup>48</sup>**

**Sugar Twin Sweetener**  
Original  
50 Pack ..... **2<sup>28</sup>**

**Western Family Coconut Milk**  
or Only Goodness  
Select Varieties, 400 ml. **3<sup>F</sup> \$6<sup>R</sup> 99**

**Baker's Baking Chocolate Squares**  
Select Varieties  
170-225 g. **6<sup>48</sup>**

**Christie HoneyMaid Wafers**  
or Crumbs, Select Varieties  
400 g. **5<sup>48</sup>**

**Ocean Spray Craisins**  
Select Varieties  
142-170 g. **2<sup>F</sup> \$5<sup>R</sup>**

# DAIRY DELIGHTS



**Western Family Single Slices**  
Select Varieties, 400 g.  
**2<sup>F</sup> \$9<sup>R</sup>**

**Olympic Sour Cream**  
Organic  
500 ml. .... **2<sup>F</sup> \$9<sup>R</sup>**

**Dairyland Old Fashioned Chocolate Milk**  
946 ml., \*Plus Deposit  
**3<sup>28</sup>**

**Black Diamond Cheestrings**  
Marble  
168 g. .... **2<sup>F</sup> \$9<sup>R</sup>**

**Sunny D Beverage**  
Smooth or Tangy Original  
500 ml., \*Plus Deposit... **3<sup>F</sup> \$3<sup>R</sup> 99**

**Dairyland Lactose Free Milk**  
Select Varieties, 1.89 litre  
\*Plus Deposit **5<sup>48</sup>**

**iÖGO Multipack Yogurt**  
Select Varieties  
16 x 100 g. **6<sup>98</sup>**

**Dairyland Creamo**  
or Fat Free, 946 ml.  
\*Plus Deposit. .... **4<sup>28</sup>**

**Dairyland Cottage Cheese**  
Select Varieties  
500 g. .... **4<sup>28</sup>**

**Silk Beverage**  
Select Varieties, 1.89 litre  
\*Plus Deposit. .... **4<sup>98</sup>**

**Cracker Barrel Cheese**  
Select Varieties  
600 g. .... **11<sup>98</sup>**

**Western Family Shredded Cheese**  
Select Varieties  
320 g. .... **5<sup>98</sup>**

**Philadelphia Dips**  
Onion or Dill Pickle  
340 g. .... **5<sup>48</sup>**

**Starbucks Coffee Enhancer**  
Chilled, Select Varieties  
828 ml., \*Plus Deposit **7<sup>48</sup>**

**Western Family Orange Juice**  
with Pulp or No Pulp, Chilled  
1.54 litre, \*Plus Deposit **6<sup>98</sup>**

# GROCERY ESSENTIALS

Western Family  
Ketchup

1.5 litre

5<sup>98</sup>



**Bull's-Eye  
Barbecue Sauce**

Select Varieties, 425 ml.

4<sup>28</sup>



Kraft  
Miracle Whip

or Mayo, Select Varieties  
890 ml.

6<sup>98</sup>



Western Family  
Pickles

Select Varieties  
375-500 ml.

2<sup>FOR</sup> \$5



Western Family  
Mustard

or Relish, Select Varieties  
325-400 ml.

2<sup>FOR</sup> \$5



Kraft  
Dinner Cups

Original or Three Cheese  
58 g.

2<sup>FOR</sup> \$4



Lawry's  
Seasoned Salt

450 g.

5<sup>98</sup>



Campbell's  
Cream of Mushroom  
Soup

Tomato, Vegetable or Chicken Noodle  
Select Varieties, 284 ml.

4<sup>FOR</sup> \$7



Campbell's  
Chunky Soup

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

3<sup>FOR</sup> \$9<sup>99</sup>



Betty Crocker  
Potatoes

Select Varieties  
141-215 g.

3<sup>FOR</sup> \$7<sup>98</sup>



Unico  
Beans

or Chick Peas, No Salt Added  
Select Varieties, 540 ml.

3<sup>FOR</sup> \$4<sup>98</sup>



**Knorr Classic  
Gravy Mix**

or Sauce, Select Varieties, 1 Pack

4<sup>FOR</sup> \$5

**HOT!  
DEAL**

Golden Dragon  
Cooking Sauce

Select Varieties  
455 ml.

2<sup>FOR</sup> \$6



Gold Seal  
Sardines

in Soya Oil or Spring Water  
125 g.

3<sup>FOR</sup> \$3<sup>99</sup>



Libra Value Select  
Jasmine Scented Rice

8 kg.

19<sup>98</sup>



Western Family  
Wild Pacific Pink Salmon

213 g.

2<sup>FOR</sup> \$8



Holiday  
Luncheon Meat

340 g.

2<sup>FOR</sup> \$7



Hunt's  
Manwich

398 ml.

2<sup>78</sup>



Western Family  
Tomatoes

or Only Goodness  
796 ml.

3<sup>FOR</sup> \$6<sup>99</sup>



No Yolks  
Egg Noodles

Select Varieties  
340 g.

2<sup>FOR</sup> \$8



Sunrice  
Sushi Rice

750 g.

5<sup>98</sup>



Unico  
Vegetable Oil

3 litre

11<sup>98</sup>



Berio  
Olive Oil

Classic  
750 ml.

14<sup>98</sup>



Unico  
Kalamata Olives

Whole  
375 ml.

5<sup>48</sup>



Unico  
Passata Sauce

680 ml.

2<sup>FOR</sup> \$7



# FEELING THIRSTY?

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

**4 FOR \$7**

**HOT! DEAL**

**Clausthaler Non-Alcoholic Beer**  
Original, 4 x 330 ml.  
\*Plus Deposit

**5 48**

**SunRype Juice**  
Select Varieties, 5 x 200 ml.  
\*Plus Deposit

**3 FOR 7 98**

**Gatorade Sports Beverage**  
Select Varieties, 8 x 355 ml.  
\*Plus Deposit

**7 98**

**Tang Drink Crystals**  
Select Varieties  
3 Pack

**2 FOR \$6**

**Aquafina Water**  
6 x 710 ml.  
\*Plus Deposit

**5 48**

**Western Family Sparkling Water**  
Select Varieties, 12 x 355 ml.  
\*Plus Deposit

**5 98**

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

**2 FOR \$6**

**Coke or Canada Dry Beverages**  
Select Varieties, 12 x 355 ml.  
\*Plus Deposit

**8 48**

**Pepsi or 7Up Beverages**  
Select Varieties, 12 x 355 ml.  
\*Plus Deposit

**8 48**

**Bubly Pop**  
Select Varieties, 6 x 355 ml.  
\*Plus Deposit

**6 98**

**I'm New!**

## More Favourites...

**Del Monte Fruit Cups**  
Select Varieties  
4 Pack ..... **5 48**

**Christie Ritz Crackers**  
or Toppables  
350-454 g. .... **5 48**

**Leclerc Go Pure Bars**  
Select Varieties  
140-175 g. .... **2 FOR \$6**

**Nestlé Chocolate Minis**  
Select Varieties  
76-203 g. .... **5 98**

**Jiffy Pop Popcorn**  
Butter  
127 g. .... **2 FOR \$7**

**Cadbury Mini Eggs**  
Micro  
90 g. .... **2 FOR \$9**

**Only Goodness Tortilla Chips**  
or Western Family  
Cheese Crunchies  
Select Varieties, 300-500 g. ... **2 FOR \$8**

**Hawkins Cheezies**  
Select Varieties  
640 g. or 14 Pack ..... **8 98**

**Christie Mini Cookies**  
Select Varieties  
200 g. .... **2 FOR \$7**

**Quaker Crispy Minis**  
Select Varieties  
90-199 g. .... **2 FOR \$7**

**Cadbury King Size Chocolate Bars**  
Select Varieties  
66-78 g. .... **2 FOR \$5**

**Hardbite Potato Chips**  
Select Varieties  
150 g. .... **3 FOR 7 98**

**Snack Factory Pretzel Chips**  
Select Varieties  
200 g. .... **2 FOR \$7**

**Pace Salsa**  
Select Varieties  
642-648 ml. .... **4 98**

**Frito-Lay Mini Snacks**  
Select Varieties  
81-145 g. .... **2 FOR \$7**

**Nature Valley Sweet & Salty**  
15 BARS  
DARK CHOCOLATE NUT  
LOADED WITH CHOCOLATE CHUNKS  
FAMILY PACK  
525 g

**Kashi Layered Fruit Bars**  
Strawberry Banana  
or Pineapple Passionfruit, 118 g. .... **6 98**

**Natural Valley Bars**  
or Reese Puffs, Select Varieties  
385-630 g. .... **6 98**

**HOT! DEAL**

**Ruffles Potato Chips**  
Select Varieties  
180-200 g. .... **4 28**

**Hershey's Chocolate Bars**  
or Reese's  
Select Varieties, 1 Pack  
**3 FOR 3 99**

## SNACKS!

# HOUSEHOLD MUST HAVES



**Charmin Bathroom Tissue**  
Soft or Strong, Mega 9 Roll

**14<sup>98</sup>**

**Finish Dishwasher Detergent**  
Quantum Ultimate  
40 Pack

**15<sup>98</sup>**



**Arm & Hammer Laundry Detergent**  
Original or Clean Fresh  
55 Use

**7<sup>48</sup>**



**Scotch Masking Tape**  
Contractor Grade  
1 Roll

**2 FOR \$4**

**Scrubbing Bubbles Toilet Brush**  
Starter Kit or Refill  
1-12 Pack

**5<sup>98</sup>**

**Scrubbing Bubbles Drop Ins**  
5 Pack

**6<sup>98</sup>**

**Gain Fabric Softener**  
Original or Moonlight Breeze  
120 Sheets

**7<sup>98</sup>**



**Fantastik Disinfectant Cleaner**  
Original or with Bleach  
650 ml.

**5<sup>98</sup>**



**Drano Liquid**  
900 ml.

**2 FOR \$8**

**Drano Kitchen Granules**  
500 g.

**9<sup>98</sup>**

**Swiffer Duster Kit**  
1 Pack

**7<sup>98</sup>**

**Lysol Disinfectant Spray**  
Select Varieties  
283-350 g. Aerosol

**6<sup>48</sup>**

**Alcan Aluminum Foil**  
Classic  
1 Roll

**2 FOR \$9**



**Western Family Cling Wrap**  
1 Roll

**2<sup>98</sup>**



**Cottonelle Flushable Wipes**  
FreshCare  
42 Pack

**2 FOR \$7**




**Royal Oak StarGrill Lump Charcoal**  
4 kg.

**11<sup>98</sup>**

**Bounty Paper Towel**  
Double 4 Roll

**11<sup>98</sup>**



**Western Family Garbage Bags**  
Regular  
40 Pack

**8<sup>98</sup>**



**Dawn Ultra Dish Liquid**  
Original or Apple Blossom  
443 ml.

**2 FOR \$8**



# PERSONAL CARE

**Crest Scope Toothpaste**  
Select Varieties  
120 ml.

**2 FOR \$9**




**Advil Tablets**  
or Caplets, 24 Pack

**4<sup>98</sup>**

**Gillette Antiperspirant**  
Arctic Ice or Wild Rain  
108 g.

**5<sup>98</sup>**



**Nutri-Choice Advantage Dog Food**  
Turkey & Rabbit  
5 kg.

**16<sup>98</sup>**



**Purina One Dog Food**  
Lamb & Rice or Turkey & Venison  
1.72-1.81 kg.

**11<sup>98</sup>**



**Purina One Cat Food**  
Chicken & Rice or Salmon & Rice  
1.59 kg.

**11<sup>98</sup>**



**Western Family Clumping Cat Litter**  
Lemongrass Scent  
10 kg.

**6<sup>98</sup>**



# PET'S CORNER



**Cesar Dog Food**  
Select Varieties, 100 g.

**4 FOR \$7**

# MARKET FRESH PRODUCE



**Pink Lady Apples**  
Washington Grown, Extra Fancy  
kg. 4.37

**1.98**  
lb.

**Baby Seedless Watermelon**  
Mexican Grown

**4.48**  
Each



**Sweet Mandarins**  
Peruvian or Moroccan Grown  
2 lb. Bag

**4.98**  
Each




**Cantaloupe Melon**  
Product of Central America  
kg. 2.82

**1.28**  
lb.

**Green Seedless Grapes**  
Chilean or Peruvian Grown  
#1 Grade, kg. 9.88

**4.48**  
lb.



**Fresh Avocados**  
Mexican Grown  
4 Pack

**4.98**  
Each



**Green Asparagus**  
B.C. Grown  
kg. 15.39

**6.98**  
lb.




**Long English Cucumbers**  
Canadian Grown  
Canada #1 Grade

**1.48**  
Each




**Hot House Rainbow Peppers**  
Canadian Grown, 3 Pack

**3.98**  
Each




**ORGANICS**

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

**4.48**  
Each



**Corn on the Cob**  
U.S. Grown, #1 Grade

**2 FOR \$3**



**Fresh Express Salad Blend**  
Select Varieties, Product of U.S.A.  
9-11 oz.

**4.98**  
Each



**Organic Button Mushrooms**  
Brown  
227 g.

**2.98**  
Each



## BAKERY BARGAINS

**Alpine Grain Bread**  
Black Rye or California Rye

**2.98**  
Each




**White Submarine Buns**  
7 Inch  
6 Pack

**2.98**  
Each



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

**3.98**  
Each



**Chunky Cheddar Buns**  
6 Pack

**4.98**  
Each



**Dempster's Tortillas**  
Select Varieties  
8-10 Pack

**2 FOR \$7**



**Pizza Dough**

**1.48**  
Each



**Mini Donuts**  
Select Varieties  
14-16 Pack

**5.98**  
Each



**More Favourites ...**

**Apple Fritters**  
4 Pack

**3.98**  
Each

**Two-Bite Croissants**  
Chocolate or Cinnamon  
6-Pack

**4.98**  
Each

**Dempster's English Muffins**  
Select Varieties  
342 g.

**2 FOR \$7**

**Furlani Garlic Texas Toast**  
or Parmesan  
480-638 g.

**5.98**  
Each

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