



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/JUNE 2026**

FRI	SAT	SUN	MON	TUES	WED	THURS
29	30	31	1	2	3	4



**Top Sirloin Grilling Steak**

kg. 26.41

lb. **11<sup>98</sup>**



**Hot House Peppers**

Red, Yellow or Orange Canadian Grown, kg. 4.37

lb. **1<sup>98</sup>**



**Red Seedless Grapes**

Chilean or Peruvian Grown #1 Grade, kg. 6.57

lb. **2<sup>98</sup>**

**Scarpone's Beans**

Lentils or Chick Peas, Select Varieties 398 ml.

**98¢**



**Western Family Peanut Butter**

Select Varieties, 500 g.

**2<sup>28</sup>**



*Celebrate Food*  
**NATIONAL CHOCOLATE ICE CREAM DAY**  
- June 7th, 2026 -



*Chapman's*  
**Premium Ice Cream**  
Select Varieties 2 litre

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



*Western Family*  
**Ice Cream Cups**  
Original or Rainbow 18 Cups

**2 FOR \$6**



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

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



*Kraft Cool Whip*  
**Whipped Topping**  
225 g. Aerosol

**2 FOR \$8**



*Sugarplum*  
**Cakes**  
Select Varieties 550-600 g.

**13<sup>98</sup>**



# BUTCHER SHOPPE



**Inside Round  
Oven Roast**  
kg. 19.80

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



CANADIAN BEEF



**Inside Round  
Steak**  
kg. 22.00

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



**Western Family  
Chicken Wings**  
Frozen, Select Varieties, 750 g.

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



**Split  
Chicken Wings**  
kg. 10.98

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



**Pork Loin  
Chops**  
Boneless, kg. 9.88

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



CANADIAN PORK  
PORC CANADIEN



**Pork Loin  
Roast**  
Boneless, kg. 8.77

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



**Boneless  
Skinless  
Chicken Breasts**  
kg. 15.39

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



LILYDALE  
SUNRISE FARMS

## SMOKED & PACKAGED MEATS



**Grimm's  
Sizzlin' Smokies**  
or Wieners, Select Varieties, 450 g.

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



**Harvest  
Bacon**  
Select Varieties  
500 g.

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



**Lafleur  
Wieners**  
Original or BBQ  
450 g.

Each **3<sup>98</sup>**



**Western Family  
Breaded Stuffed  
Chicken Cutlettes**  
Frozen, Select Varieties, 852 g.

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



**Western Family  
Beef Cabbage Rolls**  
or Vegetable Spring Rolls  
Frozen, 700-908 g.

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



**Flamingo  
Chicken**  
Frozen, Select Varieties  
550-680 g.

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



**Western Family  
Mozzarella Cheese Sticks**  
or Stuffed Jalapeño Poppers, Frozen  
226-500 g.

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



**Western Family  
Cauliflower Bites**  
or Spinach & Artichoke  
Frozen, 216-385 g.

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



**Western Family  
Dips**  
Select Varieties  
227 g.

Each **3<sup>98</sup>**

# DELI

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



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



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

# SEAFOOD

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



Western Family  
Prawn Platter  
With Sauce, Frozen, 454 g.

Each **1498**



Rockfish  
Fillet  
Skinless  
300 g.

Per 100 g.

**298**



Western Family  
Butterfly Crunchy Shrimp  
Frozen  
680 g.

Each **1298**



Iceberg Select  
Blue Shell Mussels  
Frozen  
454 g.

Each

**798**



BlueWater  
Battered Fillets  
English Style, Frozen  
725 g.

Each **1598**



Western Family  
Lollipop Shrimp  
Frozen, 200 g.

Each **998**

# HOT DEALS FROM THE FREEZER



Arctic Gardens  
Bistro Style Vegetables  
Frozen, Select Varieties  
500-580 g.

**2 FOR \$9**



Western Family  
Chopped Spinach  
Frozen  
500 g.

**278**



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

**2 FOR \$8**



Kraft Cool Whip  
Dessert Topping  
Original or Light, Frozen  
1 litre

**398**



Western Family  
Fruit  
Frozen, Select Varieties  
600 g.

**2 FOR \$11**



Chapman's  
Frozen Yogurt  
No Sugar Added Ice Cream or Novelties  
Select Varieties, 1-2 litre or 6 Pack

**748**



Western Family  
Perogies

Frozen, Select Varieties  
907 g.

**3 FOR \$699**

**HOT! DEAL**



Breyers  
Creamery Style  
Ice Cream

Select Varieties, 1.41 litre

**698**



Chapman's  
Frozen Novelties

Select Varieties  
8-28 Pack

**648**



Kellogg's  
Eggo Waffles

Original or Blueberry  
Frozen, 16 Pack

**648**



western family  
POTATO & CHEDDAR  
FLAVOURED  
perogies

perogies aux pommes de terre et aromatisés au cheddar

907 g



Rustica  
Pizza

Frozen, Select Varieties  
645-867 g.

**798**



Swanson  
Meat Pies

Frozen, Select Varieties  
200 g.

**3 FOR \$798**

# DAIRY DELIGHTS

**Kraft Velveeta  
Cheese Loaf**  
900 g.

**13<sup>98</sup>**



**Kraft Singles  
or Cheez Whiz**  
Select Varieties, 825-900 g.

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

**HOT!  
DEAL**



**Becel  
Margarine**  
Select Varieties  
800 g.

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



**Lactantia  
Butter**  
Salted or Garlic  
125 g.

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



**Kraft  
Grated Parmesan**  
or Italian Blend  
250 g. .... **9<sup>98</sup>**

**Saputo  
Ricotta Cheese**  
500 g. .... **7<sup>48</sup>**

**Millionaires  
Anchovies**  
Flat Fillets  
50 g. .... **2<sup>98</sup>  
FOR**

**Neilson  
Milkshake**  
Select Varieties, 310 ml.  
\*Plus Deposit. .... **3<sup>98</sup>  
FOR**

**Dairyland  
Creamo**  
or Fat Free, 473 ml.  
\*Plus Deposit. .... **2<sup>48</sup>**

**Dairyland  
Milk 2 Go**  
2% or Chocolate, 6 x 200 ml.  
\*Plus Deposit. .... **4<sup>98</sup>**

**Dairyland Milk 2 Go  
Sport Pro**  
Vanilla or Chocolate, 473 ml.  
\*Plus Deposit. .... **2<sup>98</sup>  
FOR**

**Sunny D  
Beverage**  
Smooth or Tangy Original  
1.89 litre, \*Plus Deposit. .... **3<sup>28</sup>**

**Dairyland  
Stirred Yogurt**  
Select Varieties  
175 g. .... **4<sup>98</sup>  
FOR**

**Dairyland  
Sour Cream**  
Select Varieties  
250 ml. .... **1<sup>98</sup>**

**Western Family  
Shredded Parmesan  
Cheese**  
170 g.

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



**Heluva Good  
Dip**  
French Onion  
680 g.

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



**Activia  
Multipack Yogurt**  
Select Varieties  
12 x 95-100 g. Pack

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



**Danone  
Oikos Yogurt**  
or Activia, Select Varieties  
650-750 g.

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



**Only Goodness  
Pure Maple Syrup**  
or Western Family  
250-375 ml.

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



**Only Goodness  
Protein Pancake Mix**  
400 g.

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



**Smucker's  
Pure Jam**  
Jelly or Marmalade  
Select Varieties, 500 ml.

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



**McCafé  
Coffee**  
Premium Roast  
12 K-Cup

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



**Kicking Horse  
Coffee**  
Kick Ass  
24 K-Cups

**27<sup>98</sup>**



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

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



**Only Goodness  
Tea**  
or Western Family, Select Varieties  
20-72 Bags

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



**Tazo  
Latte**  
Concentrated, Select Varieties  
946 ml.

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



**Kashi  
Cereal**  
Select Varieties  
349-501 g.

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



**Only Goodness  
Organic Quick Oats**  
Original  
1 kg.

**3<sup>98</sup>**



## RISE & SHINE



**General Mills  
Family Size  
Cereal**

Select Varieties, 481-725 g.

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

## BAKING

**Only Goodness  
All Purpose Flour**  
Organic or Gluten Free  
1.24-2 kg.

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



**Truvia  
Cane Sugar Blend**  
680 g.

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



*More Favourites...*

**Sunsweet  
Prunes**  
Pitted  
375 g. .... **6<sup>48</sup>**

**Thai Kitchen  
Coconut Milk**  
Pure or Lite  
398-400 ml. .... **2<sup>98</sup>  
FOR**

# GROCERY ESSENTIALS

**Western Family Mayonnaise**  
Real  
475 ml. .... **3<sup>28</sup>**

**Western Family Ketchup**  
375 ml. .... **2<sup>78</sup>**

**Hormel Real Bacon**  
Pieces  
79 g. .... **2<sup>09</sup>**

**Clover Leaf Red Sockeye Salmon**  
Flaked, 142 g. .... **4<sup>98</sup>**

**Clover Leaf Light Tuna**  
Chunk, 142 g. .... **2<sup>05</sup>**

**Western Family Croutons**  
Cheese & Garlic or Caesar  
145 g. .... **2<sup>05</sup>**



**Maple Leaf Flakes of Ham**  
Chicken or Turkey, Select Varieties  
156 g.  
**2<sup>04</sup>** **HOT! DEAL**

**Kraft Miracle Whip**  
Original  
1.5 litre  
**8<sup>98</sup>**



**Bick's Pickles**  
Select Varieties  
1 litre  
**2<sup>09</sup>**



**Diana Barbecue Sauce**  
Select Varieties  
500 ml.  
**4<sup>28</sup>**



**Legh's Soup**  
Select Varieties  
720 ml.  
**2<sup>08</sup>**



**Western Family Condensed Soup**  
or Broth, Select Varieties  
284 ml. .... **2<sup>03</sup>**

**Western Family Pineapple**  
Select Varieties  
398 ml. .... **4<sup>09</sup>**

**Hunt's Heirloom Tomatoes**  
Diced  
398 ml. .... **2<sup>05</sup>**

**Western Family Pieces & Stems Mushrooms**  
or Only Goodness, 284 ml. .... **4<sup>05</sup>**

**Only Goodness Black Beans**  
or Chick Peas  
398 ml. .... **3<sup>498</sup>**

**Scarpone's Gnocchi**  
Cheese or Potato  
500 g. .... **2<sup>04</sup>**

**Harvest Acres Long Grain Rice**  
2 kg. .... **5<sup>98</sup>**

**Western Family Canola Oil**  
3 litre .... **9<sup>98</sup>**

**Gallo Olive Oil**  
Extra Virgin  
1 litre .... **10<sup>98</sup>**

**Berio Balsamic Vinegar**  
250 ml. .... **2<sup>09</sup>**

**Western Family Manzanilla Olives**  
Stuffed or Sliced  
375 ml. .... **2<sup>06</sup>**

**Only Goodness Tomato Sauce**  
or No Salt Added  
398 ml. .... **2<sup>06</sup>**

**Western Family Pasta Sauce**  
Select Varieties  
700 ml. .... **2<sup>07</sup>**

**Sharwood's Major Grey Mango Chutney**  
Chunky, 250 ml. .... **5<sup>48</sup>**

**Lipton Soup Mix**  
or Knorr, Select Varieties  
2-4 Pack  
**3<sup>498</sup>**



**Del Monte Fruit**  
Select Varieties  
398 ml.  
**3<sup>0999</sup>**



**P.F. Chang's Cooking Sauce**  
Select Varieties  
350 ml.  
**2<sup>011</sup>**



**Unico Pasta**  
Select Varieties  
900 g.  
**2<sup>04</sup>**



**Western Family BBQ Sauce**  
Select Varieties, 425 ml.  
**3<sup>0999</sup>** **HOT! DEAL**



**Primo Pizza Sauce**  
Select Varieties, 213 ml.  
**98¢** **HOT! DEAL**

# TACO NIGHT!

**Old El Paso Taco Shells**  
or Cheesy Blasted  
153-191 g.  
**2<sup>08</sup>**



**Old El Paso Dinner Kits**  
Select Varieties  
250-510 g.  
**2<sup>09</sup>**



**Old El Paso Tortillas**  
Select Varieties  
297-334 g.  
**2<sup>06</sup>**



**Old El Paso Crunchy Taco Shells**  
or Stand n' Stuff  
125-133 g.  
**2<sup>05</sup>**



**Old El Paso Tortilla Bowls**  
Regular or Mini  
189 g.  
**2<sup>07</sup>**



**Old El Paso Thick N Chunk Salsa**  
or Picante, Select Varieties  
650 ml.  
**4<sup>98</sup>**



**Old El Paso Green Chilies**  
Chopped  
113 ml.  
**2<sup>04</sup>**



**Old El Paso Refried Beans**  
or Sliced Jalapeños  
Select Varieties, 250-398 ml.  
**2<sup>06</sup>**



**Old El Paso Taco Sauce**  
Mild or Medium  
243 ml.  
**2<sup>07</sup>**



**Old El Paso Taco Seasoning**  
Select Varieties  
1 Pack  
**3<sup>0399</sup>**



# SNACK ATTACK!



**Riceworks Rice Chips**  
Select Varieties, 155 g.

**2 FOR \$6**

**HOT! DEAL!**

**Tostitos Tortilla Chips**

Select Varieties  
210-300 g.

**4<sup>28</sup>**



**Tostitos Salsa**

Select Varieties  
416-418 ml.

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



*More Favourites ...*

**Grissol Melba Toast**

or Baguettes, Select Varieties  
120-200 g.

**2 FOR \$7**

**Cadbury Chocolate Fingers**

Original or White  
114 g.

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

**Betty Crocker Dunkaroos**

Select Varieties  
168 g.

**2 FOR \$8**

**Clif Builders Protein Bars**

Peanut Butter  
68 g.

**2<sup>78</sup>**

**SunRype Fruit To Go**

Variety Pack  
210 g.

**5<sup>48</sup>**

**M&M's Chocolate**

or Maltesers  
95-100 g.

**2 FOR \$8**

**Twizzlers Licorice**

Nibs or Jolly Rancher  
60-90 g.

**4 FOR \$5**

**Orville Redenbacher Popcorn**

Select Varieties  
700-820 g.

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



**Western Family Munchie Mix**

400 g.

**3<sup>98</sup>**



**Hawkins Cheezies**

285 g.

**2 FOR \$8**



**Mars or M&M's Chocolate Bars**

Select Varieties  
1 Pack

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



*More Favourites ...*

**Pure Life Spring Water**

12 x 500 ml.  
\*Plus Deposit.

**2 FOR \$9**

**Western Family Sparkling Spring Water**

or Lemon Lime, 2 litre  
\*Plus Deposit.

**2 FOR \$3**

**SunRype Pure Apple Juice**

3.78 litre  
\*Plus Deposit.

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

**Pepsi or 7Up Beverages**

Select Varieties, 1 litre  
\*Plus Deposit.

**2 FOR \$5**

**Monster Energy Drink**

Select Varieties, 444-473 ml.  
\*Plus Deposit.

**2 FOR \$6**

**V8 Vegetable Juice**

Original, 340 ml.  
\*Plus Deposit

**4 FOR \$5**



**Sapporo Alcohol Free Beer**

or Sleeman Zero, 6 x 355 ml.  
\*Plus Deposit

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



**Good Host Iced Tea Mix**

2.35 kg.

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



**Bubly Sparkling Water**

Select Varieties, 12 x 355 ml.  
\*Plus Deposit

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



**Montellier Sparkling Water**

Select Varieties, 10 x 355 ml.  
\*Plus Deposit

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




**SunRype Pure Apple Juice**  
1 litre, \*Plus Deposit

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



**San Pellegrino or Perrier Sparkling Water**

Select Varieties, 750 ml.-1 litre  
\*Plus Deposit

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



**Pepsi or 7Up Beverages**

Select Varieties, 24 x 355 ml.  
\*Plus Deposit

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



**Pepsi or 7Up Beverages**

Select Varieties, 6 x 710 ml.  
\*Plus Deposit

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



**Propel Beverages**

Grape or Strawberry Kiwi  
6 x 500 ml., \*Plus Deposit

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



# HOUSEHOLD MUST HAVES



**Purex**  
Bathroom Tissue  
Ultra or Ultra Luxe  
Double 12 Roll  
or Triple 8 Roll

OR

**Sponge Towels**  
Ultra Pro  
or Choose-A-Size  
Double 3 Roll

OR

**Scotties**  
Facial Tissues  
or Supreme  
81-126 Tissues  
6 Pack

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

your  
CHOICE

**Western Family**  
Snack Bags

Zipper  
90 Pack

**2<sup>F</sup>OR \$4**



**Scotch**  
Packing Tape

1 Roll

**2<sup>F</sup>OR \$9**



**BinBreeze**  
Indoor Compost Powder

Unscented or Lavender  
450 g.

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



**Finish Jet-Dry**  
Rinse Aid

3 In 1  
250 ml.

**5<sup>48</sup>**



**Scotch Brite**  
Scrub Sponges

Gentle Clean  
3 Pack

**2<sup>F</sup>OR \$8**



**Only Goodness**  
Toilet Bowl Cleaner

Zesty Lemon  
710 ml.

**3<sup>98</sup>**



**Arm & Hammer**  
Carpet & Room Deodorizer

Pet Fresh or Meadow Fresh  
700 g.

**2<sup>F</sup>OR \$7**



**Glade**  
PlugIns

Refills, Select Varieties  
2 Pack

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



**Tide**  
Laundry Detergent

Original, 115 Use

**29<sup>98</sup>**



**Dawn**  
Powerwash  
Dish Liquid

Fresh or Lemon Scent, 473 ml.

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



# PERSONAL CARE

**Schick Hydro**  
Razor Blade Refill

Sensitive  
4 Pack

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

**Method**  
Shampoo

or Conditioner, Select Varieties  
399-414 ml.

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



**Nivea**  
Lip Balm

Essential or Hydro Care  
1 Pack

**2<sup>F</sup>OR \$5**

**Ivory**  
Body Wash

Original or Aloe  
621 ml.

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

**Gravol**  
Ginger Nighttime

16 Tablets

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

**Gerber**  
Baby Cereal

or Oatmeal, Select Varieties  
208-227 g.

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

**Old Spice**  
Deodorant

or Antiperspirant, Select Varieties  
73-85 g.

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



**Aussie**  
Miracle Shampoo

or Conditioner, Select Varieties  
360 ml.

**2<sup>F</sup>OR \$9**



# PET'S CORNER

**Purina One**  
Dog Food

Select Varieties  
368 g.

**2<sup>F</sup>OR \$5**



**Beneful**  
Dog Food

Select Varieties  
1.6-1.8 kg.

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

**Purina**  
Beggin' Strips

Select Varieties  
170 g.

**2<sup>F</sup>OR \$9**

**Purina**  
Cat Chow

1.6 kg.

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



**Super Saver**  
Cat Litter

Clumping  
4 kg.

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



# MARKET FRESH PRODUCE



**Cosmic Crisp or Sugarbee Apples**  
U.S. Grown, Extra Fancy Grade, kg. 5.47

lb. **2<sup>48</sup>**

**Dragon Fruit**  
Product of Vietnam

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



**Sweet Mangos**  
Mexican Grown

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




**Golden Pineapple**  
Product of Costa Rica

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



**Kiwi Fruit**  
New Zealand Grown

Each **98¢**

**Honeydew Melon**  
Mexican or U.S. Grown, kg. 3.70

lb. **1<sup>68</sup>**

**Baby Long English Cucumbers**  
Canadian Grown  
1 lb. Bag

Each **1<sup>98</sup>**



**Field Carrots**  
U.S. Grown, #1 Grade  
2 lb. Bag

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



**Hot House Butterleaf Lettuce**  
Canadian Grown

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



**Hot House Beefsteak Tomatoes**  
Canadian Grown, Canada #1 Grade  
kg. 4.37

lb. **1<sup>98</sup>**



**ORGANICS**

**Organic Avocados**  
Mexican Grown  
3 Pack

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



**Broccoli Bunch**  
U.S. Grown  
kg. 7.67

lb. **3<sup>48</sup>**



**Fresh Express Spinach**  
Product of U.S.A.  
8 oz.

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



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

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



# BAKERY BARGAINS

**Kaiser Buns**  
Select Varieties, 6 Pack

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

**Crusty Rolls**  
White or Whole Wheat, 6 Pack

Each **2<sup>48</sup>**

**Fresh Baked**



**Raspberry Bismarks**  
or Venetian Cream Filled  
6 Pack

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



**Special Bakers Spongecake Dessert Cups**  
Vanilla, 6 Pack

Each **3<sup>58</sup>**



**Two-Bite Macaroons**  
Coconut  
201 g.

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



**Apple Valley 3" Tart Shells**  
Plain or Sweet  
570 g.

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



**Dempster's Whole Grain Bread**  
or Signature, Select Varieties  
600-680 g.

**2 FOR \$8**



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

**2 FOR \$8**



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