



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 **JUNE 2026**

FRI	SAT	SUN	MON	TUES	WED	THURS
5	6	7	8	9	10	11

**Pork Shoulder
Blade Steak**

kg. 7.67

3⁴⁸

lb.



**Green
Asparagus**

Canadian Grown, Canada #1 Grade
kg. 10.98

4⁹⁸

lb.



**Black Diamond
Shredded Cheese**

Select Varieties, 320 g.

2 FOR \$11



**Western Family
Coffee**

Select Varieties, 30 Pods

16⁹⁸



**Mandarin
Oranges**

Peruvian Grown, 2 lb. Bag

3⁹⁸

Each

SWEET



Celebrate Food
**NATIONAL
PEANUT BUTTER
COOKIE DAY**
- June 12th, 2026 -



Western Family
Peanut Butter

Select Varieties
2 kg.

9⁹⁸



Western Family
Cookies

Select Varieties
270-325 g.

2 FOR \$7



Western Family
All Purpose Flour

5 kg.

6⁹⁸



Western Family
Pure Vanilla Extract

125 ml.

9⁹⁸



Western Family
Baking Powder

450 g.

4⁴⁸



BUTCHER SHOPPE

Lean Ground Beef
kg. 17.59
7⁹⁸
lb.



Outside Round Marinating Steak

Value Pack
kg. 22.00

lb. **9⁹⁸**



Pinty's Chicken Wings

Frozen, Select Varieties
700-720 g.

Each **14⁹⁸**



Western Family Chicken Breast Fillets

Breaded, Frozen
750 g.

Each **14⁹⁸**



Outside Round Roast

kg. 19.80

lb. **8⁹⁸**



Western Family Chicken Burgers

Strips or Nuggets, Frozen
800 g.

Each **10⁹⁸**



Western Family Breaded Stuffed Chicken

Frozen, Select Varieties, 852g.

Each **15⁹⁸**



Pork Shoulder Blade Roast
kg. 8.77
3⁹⁸
lb.



Lean Ground Pork
kg. 9.88
4⁴⁸
lb.



Split Chicken Wings
Value Pack, kg. 13.18
5⁹⁸
lb.



SMOKED & PACKAGED MEATS

Freybe Sliced Meat

Select Varieties
175 g.

Each **4⁹⁸**



Freybe Salami

Select Varieties
250 g.

Each **8⁹⁸**



Grimm's Sizzlin' Smokies

or European Wieners
Select Varieties, 500-750 g.

Each **13⁹⁸**



Olymel Bacon

Regular or Maple
375 g.

Each **6⁹⁸**



Western Family All Beef Wieners

375 g.

Each **8⁹⁸**

Western Family Bologna

Chunk
750 g.

Each **9⁹⁸**

Western Family Smokies

Original or Cheese
450 g.

Each **6⁹⁸**

Western Family Meat Pies

Frozen, Select Varieties
750 g.

Each **11⁹⁸**

Western Family Wieners

Original
375 g.

Each **6⁹⁸**



Western Family Garlic Sausage

750 g.

Each **11⁹⁸**



Western Family Meatballs

Frozen, Select Varieties
680 g.

Each **11⁹⁸**



Western Family Sliced Meat

Select Varieties
175-300 g.

Each **4⁹⁸**



Western Family Sliced Bologna

175 g.

Each **3⁹⁸**

Western Family Cooked Ham

375 g.

Each **7⁹⁸**

DELI

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

Olymel Deli Old Fashioned Ham
..... Per 100 g. **148**

Freybe Deli Sausage
Select Varieties Per 100 g. **398**

Grimm's Deli Ham
Thyme Maple Whisky Per 100 g. **198**

Grimm's Deli Chicken Breast
Select Varieties Per 100 g. **348**

Flamingo Deli Turkey Breast
Select Varieties Per 100 g. **248**

Olymel Deli Turkey Breast
Select Varieties Per 100 g. **248**

SEAFOOD

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



Cod Fillet
Skinless, 300 g.
Per 100 g. **4⁹⁸**



Toppits Gluten Free Breaded Fish
Haddock or Sole, Frozen, 400 g.
Each **11⁹⁸**



Ocean Jewel Shrimp
Raw, Easy Peel, Deveined, Frozen 16-20 Count, 340 g.
Each **10⁹⁸**



Clear Ocean Scallops
Bacon Wrapped, Frozen, 260 g.
Each **9⁹⁸**

HOT DEALS FROM THE FREEZER



Chapman's Markdale Creamery Ice Cream
Select Varieties, 2 litre
2 FOR \$11



Cheemo Perogies
Cheddar or Variety Pack, Frozen 2 kg.
6⁹⁸



Chapman's Frozen Novelties
Select Varieties 8-20 Pack
7⁹⁸



Häagen-Dazs Ice Cream
or Frozen Novelties, Select Varieties 450 ml. or 3-4 Pack
6⁴⁸



IÖGO Frozen Yogurt
or Nano, Select Varieties 946 ml. or 4-8 Pack
6⁹⁸



Cavendish Farms Fries
Frozen, Select Varieties, 800 g.
3 FOR 9⁹⁹



McCain Hashbrown Patties
Frozen, 1.3 kg.
6⁹⁸

BAKING BARGAINS



Betty Crocker Cookie Mix
Brownie or Spice Cake, Select Varieties
337-550 g.

3 FOR \$6.99

HOT! DEAL

Betty Crocker Angel Food Cake Mix
or Brownie, Select Varieties
372-453 g.

2 FOR \$7

Western Family Condensed Milk
300 ml.

3.78

Western Family Quick Oats
1 kg.

3.48

Ocean Spray Craisins
Original
680 g.

6.48

Only Goodness Flaxseed Meal
453 g.

6.98

BREAKFAST BUYS



Starbucks Coffee
Select Varieties, 10 K-Cups or 340 g.

12.98

Tim Hortons Instant Coffee
Original or Decaf
100 g. **7.98**

Red Rose Orange Pekoe Tea
140 Bags or 12 K-Cups **10.98**

Bob's Red Mills Muesli
Old Country Style
510 g. **6.48**

Splenda Stevia Sweetener
50 Pack **3.48**

Splenda Sweetener
or Brown Sugar Blend
100 Pack or 454 g. **6.48**

Western Family Honey
Select Varieties
750 g.-1 kg.

10.98

Western Family Cereal
Select Varieties
580-775 g.

2 FOR \$11

DAIRY DELIGHTS



Imperial Margarine
Select Varieties, 1.2-1.36 kg.

7.98

Western Family Cream Cheese
Tub or Brick
227-250 g. **2 FOR \$7**

Lactantia Margarine
Olivina or Healthy Attitude
850 g.

6.48

Saputo Feta Cheese
Original
200 g.

4.48

Kraft Shredded Parmesan
or Blend
200 g.

7.48

Olympic Sour Cream
Organic
500 ml.

2 FOR \$9

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

2.98

Dairyland Microfiltered Milk
Select Varieties, 1.89 litre
*Plus Deposit

5.48

Sunny D Beverage
Smooth or Tangy Original
3.78 litre, *Plus Deposit

5.98

Simply Juice
Chilled Select Varieties,
1.36-1.54 litre, *Plus Deposit

6.48

Cracker Barrel Cheese
Marble or Old
270 g. **7.98**

Dairyland Lactose Free Cream
10%, 946 ml.
*Plus Deposit..... **4.48**

International Delight Coffee Enhancer
Select Varieties, 946 ml.
*Plus Deposit..... **5.98**

Heluva Good Dip
Select Varieties
250 g. **3 FOR 7.98**

Activia Yogurt
Select Varieties
650 g. **3.98**

Danone Oikos Drinkable Yogurt
or Activia, Select Varieties
190 ml. *Plus Deposit **2 FOR \$3**

Oikos Pro Drinkable Yogurt
Select Varieties, 300 ml.
*Plus Deposit..... **2 FOR \$6**

Danone Danino Drinkable Yogurt
Select Varieties, 6 x 93 ml.
*Plus Deposit..... **2 FOR \$8**

Danone Oikos Yogurt
or Activia, Select Varieties
4 x 95-100 g. **2 FOR \$8**

Silk Beverage
Select Varieties, 1.75 litre
*Plus Deposit..... **4.98**

GROCERY ESSENTIALS

Montana's BBQ Sauce

Texas Bold or Apple Butter, 350 ml.

2 FOR \$9

HOT! DEAL



Primo Egg Noodles

Lasagne or Cannelloni
Select Varieties, 250-500 g.

2 FOR \$7

Hunt's Tomato Sauce

Select Varieties
398 ml.

3 FOR \$6.99

Hunt's Tomato Paste

Select Varieties
156 ml.

3 FOR \$4.98

Unico Ripe Olives

Sliced or Pitted
200 ml.

2 FOR \$3

Hereford Corned Beef

340 g.

5.98

Rotel Diced Tomatoes

Original or Mild, 284 g.

3 FOR \$6.99

Hormel Real Bacon

Pieces
100 g.

5.98

Ocean's SnackKit

Gluten Free, Lemon Pepper
96 g.

2.28

Ocean's Light Tuna

Flaked or Chunk
Select Varieties, 170 g.

2 FOR \$4

Gold Seal Mackerel

Mediterranean Style
or in Olive Oil, 115 g.

2 FOR \$8

Western Family Fruit

Select Varieties
398-796 ml.

2 FOR \$9

Sun Rice Arborio Rice

750 g.

8.98

Only Goodness Organic Liquid Coconut Oil

300 ml.

7.98

Only Goodness Organic Coconut Oil

Refined, 860 ml.

12.98

Primo Beans

Chick Peas or Lentils
Select Varieties, 540 ml.

2 FOR \$4

Hunt's Thick & Rich Pasta Sauce

Select Varieties, 680 ml.

3 FOR \$9.99

Campbell's Broth

Select Varieties
900 ml.

2.78

Del Monte Vegetables

Select Varieties
341-398 ml.

4 FOR \$11

Kraft Pasta Salad Mix

Macaroni
200 g.

3 FOR \$7.98



Kraft Pure Dressing

Maple & Dijon or Cucumber Greek
355 ml.

5.48



Western Family Wine Sauerkraut

1 litre

4.98



Hellmann's Mayonnaise

Select Varieties
340-445 ml.

3.98



Hellmann's Burger Sauce

Select Varieties
325 ml.

4.98



Primo Ketchup

1 litre

2.78



Barilla Lasagne Noodles

454 g.

2 FOR \$9

Barilla Pasta

Select Varieties
340-410 g.

2 FOR \$6

Western Family Apple Cider Vinegar

1 litre

2.98

HP Sauce

400 ml.

5.48

Lea & Perrins Worcestershire Sauce

142 ml.

2.98

Swiss Chalet Gravy Mix

or Dipping Sauce
1 Pack

3 FOR \$4.98

Clover Leaf Sockeye Salmon

213 g.

6.98



Campbell's Ready To Serve Soup

Select Varieties
510-515 ml.

3 FOR \$9.99



Knorr Soup Mix

Select Varieties
1 Pack

4 FOR \$7



Canola Harvest Canola Oil

946 ml.

4.98



Kraft Dinner Specialty Pasta

Select Varieties
156-175 g.

2 FOR \$4



Chef Boyardee Pasta

Select Varieties
425 g.

2 FOR \$6



THIRSTY?



Arizona Iced Tea
 Select Varieties, 960 ml.
 *Plus Deposit

4 FOR \$7

HOT! DEAL

Ocean Spray Sparkling Beverages

Select Varieties, 6 x 340 ml.
 *Plus Deposit

5⁹⁸



Aquafina Water

12 x 500 ml.
 *Plus Deposit

7⁴⁸



Coors Edge Non-Alcoholic Lager

12 x 355 ml.
 *Plus Deposit

13⁹⁸



Mott's Clamato Juice

Original, 945 ml.
 *Plus Deposit

3 FOR 7⁹⁸



Nanton Spring Water

24 x 500 ml.
 *Plus Deposit

2 FOR \$9

Minute Maid No Sugar Added Juice

Select Varieties, 8 x 200 ml.
 *Plus Deposit

2 FOR \$9

Nestea Iced Tea Mix

or Good Host
 650 g.

7⁹⁸

C4 Energy Drinks

Select Varieties, 473 ml.
 *Plus Deposit

3 FOR 9⁹⁹

Pepsi or 7Up Beverages

Select Varieties, 2 litre
 *Plus Deposit

3²⁸

Powerade Sports Beverage

Select Varieties, 710 ml.
 *Plus Deposit

2 FOR \$4

AHA Sparkling Water

Select Varieties, 12 x 355 ml.
 *Plus Deposit

5⁹⁸



Montellier Sparkling Water

Select Varieties, 1 litre
 *Plus Deposit

3 FOR 3⁹⁹



Pepsi or 7Up Minis

Select Varieties, 6 x 222 ml.
 *Plus Deposit

2 FOR \$9



Pepsi or 7Up Beverages

Select Varieties, 12 x 355 ml.
 *Plus Deposit

8⁴⁸



Coke or Canada Dry Beverages

Select Varieties, 2 litre
 *Plus Deposit

2 FOR \$6



Kashi Granola Bars

Select Varieties
 175-200 g.

2 FOR \$8

Kellogg's Special K Bars

or Rice Krispies Squares
 Select Varieties, 125-198 g.

2 FOR \$8

Nutri Grain Cereal Bars

Select Varieties, 295 g.

2 FOR \$7

SunRype Fruitsource

Select Varieties, 1 Pack

5 FOR \$5

Western Family Chocolate Covered Almonds

or Indulgence, Select Varieties
 180 g.

4⁹⁸

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

Excel Gum

or Juicy Fruit
 Select Varieties, 1 Pack

4 FOR \$5

Takis Tortilla Chips

Select Varieties
 190-280 g.

3 FOR 9⁹⁹

Pace Chunky Salsa

Mild or Medium, 428 ml.

2 FOR \$8

Pepperidge Farm Monaco Cookies

or Sausalito, Select Varieties
 200-213 g.

2 FOR \$7



Kellogg's Pop-Tart

Select Varieties
 384 g.

2 FOR \$7



Doritos Tortilla Chips

Select Varieties
 210-235 g.

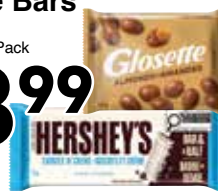
2 FOR \$9



Hershey's Chocolate Bars

or Reese's
 Select Varieties, 1 Pack

3 FOR 3⁹⁹



Dutch Crunch Potato Chips

Select Varieties
 200 g.

3⁷⁸



Humpty Dumpty Party Mix

Original or Cheesy
 250 g.

2 FOR \$8



Cheez-It Crackers

Select Varieties
 191-200 g.

3 FOR 9⁹⁹



Hawkins Cheezies

210 g.

3²⁸



SNACK ATTACK!

Only Goodness Popping Corn

Yellow
 700 g.

5⁴⁸

Pringles Potato Chips

Original or Sour Cream & Onion
 37-39 g.

4 FOR \$5



Lay's Potato Chips

Select Varieties, 177-235 g.

2 FOR \$7



Hawkins Cheezies

210 g.

3²⁸



HOUSEHOLD MUST HAVES



Charmin Ultra Bathroom Tissue
Soft or Strong, Triple 8 Roll

9⁹⁸

Arm & Hammer Laundry Detergent

Original or Cold Water
55 Use

7⁹⁸



Tide Pods Laundry Detergent

Select Varieties
45-76 Pack

25⁹⁸



Clorox Bleach

Original
1.27 litre

3⁴⁸



Ivory Dish Liquid

Classic
709 ml.

2 FOR \$7



Finish Dishwasher Detergent

Lemon Scent
1.6 litre

6⁹⁸



Mr. Clean Platinum Disinfectant Cleaner

Lemon
2.93 litre

13⁹⁸



Glad Garbage Bags

Select Varieties
60-100 Pack

12⁹⁸



Windex Glass Cleaner Wipes

28 Pack

5⁴⁸



Windex Glass Cleaner

Refill
2 litre

8⁹⁸



Glad Compost Bags

Small
20 Pack

5⁹⁸



Bounty Paper Towel

Full Sheet or Select-A-Size
Double 3 Roll

9⁹⁸

Lysol Toilet Bowl Cleaner

Power
946 ml.

4⁹⁸



Pledge Wood Oil

Orange
470 ml.

8⁹⁸



Glade Air Freshener

Select Varieties
226 g. Aerosol

2 FOR \$8



PERSONAL CARE

Coppertone Sunscreen

Select Varieties
148-259 ml.

13⁹⁸

Nivea Express Eye Make-Up Remover

125 ml

7⁹⁸

Method Body Wash

Select Varieties
532 ml.

8⁹⁸

Dial Hand Soap

Pomegranate Tangerine
or Spring Water, 325 ml.

2 FOR \$8

Midol PMS Pain Relief

Extra Strength
40 Caplets

8⁹⁸

Pantene Shampoo

Conditioner or 2 In 1, Select Varieties
308-355 ml.

5⁹⁸

U by Kotex Tampons

Pads or Liners, Select Varieties
14-64 Pack

6⁹⁸



Coppertone Duo Pack Sunscreen

Kids or Sport, Select Varieties
2 x 215 ml.

25⁹⁸

2 PACK

PET'S CORNER

Nutri-Choice Advantage Dog Food

Turkey & Rabbit
11.5 kg.

35⁹⁸



Whiskas Selections Cat Food

Meaty or Seafood, 4 kg.

19⁹⁸



Purina Dentalife Chews

Select Varieties
193-248 g.

2 FOR \$8



MARKET FRESH PRODUCE



Yellow Peaches
California Grown, kg. 6.57

lb. **2⁹⁸**



Fresh Rhubarb
Canadian Grown, kg. 6.57

lb. **2⁹⁸**




Fresh Avocados
Mexican Grown

Each **1⁶⁸**

Ataulfo Mangos
Mexican Grown



Each **1⁶⁸**

ORGANICS

Organic Mushrooms
Sliced or Whole, Canadian Grown
227 g.



Each **2⁴⁸**



Green Onions
Mexican Grown
Per Bunch



Each **88¢**

Green Kale
Canadian Grown
Per Bunch



Each **1⁹⁸**

Green Peppers
Canadian Grown
kg. 8.77



lb. **3⁹⁸**



Roma Tomatoes
Canadian Grown, kg. 6.57



lb. **2⁹⁸**



Organic Rainbow Carrots
Product of U.S.A.
12 oz.



Each **3⁴⁸**

Iceberg Lettuce
U.S. Grown, #1 Grade



Each **3⁴⁸**

Taylor Farms Chopped Salad Kits
Select Varieties, Product of U.S.A.
11-12.6 oz.



Each **4⁹⁸**

Organic Blueberries
U.S. Grown
1 Pint



Each **6⁹⁸**



BAKERY BARGAINS

Hamburger or Hot Dog Buns
White or 60% Whole Wheat
8 Pack



Each **2⁹⁸**




Vienna Rolls
6 Pack



Each **1⁹⁸**



Natural Bakery Canadian Rye Bread
500 g.



Each **2⁹⁸**



Apple Turnovers
Raspberry or Cherry
4 Pack



Each **3⁹⁸**



Manny's Tortillas
Select Varieties
255-482 g.

2 FOR \$5

Long John Donuts
4 Pack

Each **3⁹⁸**

Monte Cristo French Baguette
350 g.

Each **2⁴⁸**

Dempster's Signature Hamburger Buns
or Hot Dog, Select Varieties
6-8 Pack



2 FOR \$8

Venice Bakery Bread
White or 100% Whole Wheat
570 g.



2 FOR \$5



Monte Cristo Roasted Garlic Bread
450 g.

Each **3⁴⁸**

The Worthy Crumb Pecan Tarts
or Lemon
6 Pack

Each **7⁹⁸**

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