



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 **JULY 2026**

FRI	SAT	SUN	MON	TUES	WED	THURS
3	4	5	6	7	8	9

Pork Side Ribs
kg. 8.77

3⁹⁸
lb.




Fresh Cherries
B.C. Grown, Canada #1 Grade
Kg. 10.98

4⁹⁸
lb.




WEATHER PERMITTING

Baby Long English Cucumbers
Canadian Grown
1 lb. Pack

1⁴⁸
Each




Folgers Coffee
Select Varieties
544-865 g.

18⁹⁸



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

4⁹⁸



<p><i>Celebrate Food</i> NATIONAL FRENCH FRY DAY - July 11th, 2026 -</p> 	<p><i>McCain</i> </p> <p>Fries Frozen, Select Varieties 800 g.</p> <p>2 FOR \$8</p> 	<p><i>Primo</i> </p> <p>Ketchup 1 litre</p> <p>2⁷⁸</p> 	<p><i>Miss Vickie's</i> </p> <p>Potato Chips Select Varieties 190-200 g.</p> <p>2 FOR \$9</p> 	<p><i>Heinz</i></p> <p>Mayonnaise Select Varieties 340 ml.</p> <p>2 FOR \$9</p> 	<p><i>Western Family</i> </p> <p>Wieners Regular 375 g.</p> <p>6⁹⁸ Each</p> 
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BUTCHER SHOPPE



Beef Blade Roast
kg. 23.10

lb. **10⁴⁸**

Prime Rib Steak
Bone-In, kg. 48.46

lb. **21⁹⁸**

Mitchell's Heritage Bacon
1 kg.

Each **16⁹⁸**

Beef Blade Steak
kg. 24.21

lb. **10⁹⁸**

Schneider's Juicy Jumbos
Select Varieties
375-450 g.

Each **8⁹⁸**



Sweet Baby Ray's Barbecue Sauce
Select Varieties, 425 ml.

3 FOR 9⁹⁹




Olymel Sausages
Select Varieties, 375-450 g.

Each **5⁹⁸**



Sliced Pork Belly
kg. 10.98

lb. **4⁹⁸**



Split Chicken Wings
Value Pack, kg. 10.98

lb. **4⁹⁸**

SMOKED & PACKAGED MEATS

Olymel Wieners
1 kg.

Each **8⁹⁸**

Olymel Bacon
Regular or Maple
375 g.

Each **5⁹⁸**

Freybe Sliced Meat
Select Varieties
175 g.

Each **4⁹⁸**

Freybe Sliced Sausage
Kaiser Jagwurst or Lyoner
175 g.

Each **3⁹⁸**

Western Family All Beef Wieners
375 g.

Each **7⁹⁸**

Western Family Garlic Sausage Ring
750 g. Each **11⁹⁸**

Western Family Smokies
Original or Cheese
450 g. Each **7⁹⁸**

Western Family Pork Rib Bites
Sweet & Sour or Garlic Dry Ribs
Frozen, 454-600 g. Each **8⁹⁸**

Lafleur Wieners
Original or BBQ
450 g.

Each **3⁹⁸**

Western Family Bacon
Regular or Thick Cut
375 g.

Each **5⁹⁸**

Olymel Sliced Meat
Select Varieties
400-500 g.

Each **5⁹⁸**

Freybe Salami Chubs
Select Varieties
250 g.

Each **8⁹⁸**

Western Family Sliced Meats
Select Varieties
175 g. Each **4⁹⁸**

Western Family Cooked Ham
375 g. Each **7⁹⁸**

Western Family Bologna
750 g. Each **9⁹⁸**

DAIRY DELIGHTS



Kraft Singles
or Velveeta, Select Varieties
410 g.

5⁹⁸

Kraft Cheez Whiz

Regular or Light
450 g.

6⁹⁸



Black Diamond Shredded Cheese

Select Varieties
320 g.

6⁴⁸



Faith Farms Cheese

Select Varieties
320-340 g.

6⁴⁸



Only Goodness Lactose Free Cheese

Select Varieties
400 g.

8⁹⁸



Becel Margarine

Select Varieties
800 g.

7⁹⁸



Dairyland Chocolate Milk

1%, 4 litre
*Plus Deposit

8⁴⁸



Dairyland Microfiltered Milk

Select Varieties, 1.89 litre
*Plus Deposit

5⁴⁸



Astro Yogurt

or IÖGO, Select Varieties
650-750 g. or 4 x 100 g.

2^F\$7



Kraft Grated Parmesan Cheese
or Blend, Select Varieties
250 g. **9⁹⁸**

Kraft Cool Whip Whipped Topping
225 g. Aerosol **2^F\$8**

Sunny D Beverages
Smooth or Tangy Original
1.89 litre, *Plus Deposit. **3²⁸**

Dairyland Creamo
or Fat Free, 473 ml.
*Plus Deposit. **2⁴⁸**

Armstrong Melts Slices
450 g. **4⁷⁸**

Heluva Good Dip
French Onion
680 g. **5⁹⁸**

Oikos Yogurt
Select Varieties
650-750 g. **6⁹⁸**

Activia Multipack Yogurt
Select Varieties
12 x 95-100 g. **6⁹⁸**

Dairyland Cottage Cheese
Select Varieties
600-750 g. **6²⁸**

Dairyland Sour Cream
14%
750 g. **4⁹⁸**

GOOD MORNING!



Kraft Peanut Butter

Select Varieties, 500 g.

5⁹⁸

Maxwell House or Nabob Coffee

Select Varieties
12-16 K-Cups or T-Discs

11⁹⁸



E.D. Smith Triple Fruits Jam

Select Varieties
375-500 ml.

2^F\$9



Nestlé Coffee Mate

1.4 kg.

13⁹⁸



Kicking Horse Coffee

Select Varieties
454 g.

21⁹⁸



Nescafé Instant Coffee

Select Varieties
100-170 g. or 18 Pack

9⁹⁸



Tazo Tea

Select Varieties
20 Bags

4⁹⁸



General Mills Cheerios

Honey Nut
292 g.

2^F\$7



Post Cereal

Select Varieties
311-400 g.

2^F\$8



BAKING

Rogers Flour
Select Varieties
10 kg. **13⁹⁸**

Rogers Wheat Germ
or Bran
375-450 g. **2^F\$4**

Sunsweet Prunes
Pitted
375 g. **6⁴⁸**

Splenda Stevia Sweetener
50 Pack **3⁹⁸**

Splenda Sweetener
or Brown Sugar
100 Pack or 454 g. **6⁴⁸**

Western Family Apple Sauce
Unsweetened
620 ml. **2^F\$5**

Certo Liquid Pectin
170 ml. **4⁹⁸**

Certo Pectin Crystals
57 g. **2^F\$5**

GROCERY ESSENTIALS

Primo Orzo Pasta
500 g.

2 FOR \$6

Primo Tomato Sauce
680 ml.

3 FOR \$6.99



Scarpone's Tomatoes
Select Varieties
796 ml.

3 FOR \$6.99



Primo Egg Noodles
Lasagne or Cannelloni
Select Varieties, 250-500 g.

2 FOR \$7



Primo Pasta
Select Varieties, 900 g.

3 FOR \$4.98

HOT! DEAL



Prego Pasta Sauce
Select Varieties
645 ml.

2 FOR \$7



Primo Canola Olive Oil Blend
1.89 litre

16.98



Campbell's Chunky Soup
or Chili, Select Varieties
515 ml. or 425 g.

2 FOR \$7



Lipton Soup Mix
or Knorr, Select Varieties
4 Pack

3 FOR \$9.99



Bush's Best Baked Beans
Select Varieties
398 ml.

4 FOR \$9



Del Monte Vegetables
Select Varieties
341-398 ml.

4 FOR \$11



Kraft Miracle Whip
1.5 litre

8.98



Vlasic Pickles
Select Varieties
1 litre

6.98



French's Mustard
400 ml.

2 FOR \$5



Bick's Relish
Tangy Dill or Sweet Green
375 ml.

2 FOR \$6



Kraft Dinner Cups
Original or 3 Cheese
4 Pack

7.48



Western Family Pink Salmon
418 g.

5.98



Western Family Rice
Select Varieties
907 g.

2 FOR \$7



Western Family Cooking Sauce
Select Varieties
350 ml.

2 FOR \$4



Naturally Good



Laiki Rice Crackers
Select Varieties, 100-113 g.

2 FOR \$7

Tru Earth Fabric Softener
Fresh Linen
50 Sheets

14.48



Gold Seal Sardines
in Soya Oil or Spring Water
125 g.

2 FOR \$3

Lawry's Seasoning Salt
450 g.

5.98

Gallo Olive Oil
Extra Virgin
1 litre

11.98

Unico Red Wine Vinegar
500 ml.

2.28

Western Family Queen Olives
Stuffed or Pitted
375 ml.

2 FOR \$7

Lea & Perrins Worcestershire Sauce
284 ml.

5.48

Western Family Soy Sauce
Regular or Less Sodium
450 ml.

2 FOR \$4

Western Family Mac & Cheese
Extra Creamy
200 g.

2 FOR \$3

HOT! DEAL

SNACK ATTACK!

Snack Pack Pudding
or Juicy Gels, Select Varieties
4 Pack

2 FOR \$4

HOT! DEAL

Dare Econo Cookies
or Breaktime, Select Varieties
250-280 g.

3 FOR \$6.99

Brookside Chocolate
Select Varieties
200-235 g.

5.98

Nestlé King Size Chocolate Bars
Select Varieties
63-86 g.

2 FOR \$5

Maynards Candy
Select Varieties
150-154 g.

2 FOR \$6

La Cocina Tortilla Chips
Select Varieties
300-400 g.

3 FOR \$9.99

Hawkins Cheezies
285 g.

2 FOR \$8

Old Dutch Potato Chips
Select Varieties
200-220 g.

3.78

Old Dutch Restaurante Tortilla Chips
or Arriba, Select Varieties
230-295 g.

2 FOR \$8

Kisko Mr. Freeze Pops
80 Pack

6.98

Pepperidge Farm Monaco Cookies
or Sausalito
200-213 g.

2 FOR \$8

Western Family Granola Bars
Select Varieties
156-172 g.

2 FOR \$5

Tim Hortons Granola Bars
Select Varieties
5 Pack

4 FOR \$9

Hershey's Chocolate Minis
or Reese's, Select Varieties
160-226 g.

5.98

Toblerone Milk Chocolate Bar
100 g.

3.98

Jiffy Pop Popcorn
Butter Flavour
127 g.

2 FOR \$7

Hershey's Chocolate Bars
or Reese's, Select Varieties
1 Pack

2 FOR \$3

Boom Chicka Pop Popcorn
Sea Salt or Sweet & Salty
136-198 g.

4.98

Old Dutch Sunflower Seeds
Select Varieties, 227 g.

3 FOR \$7.98

Western Family Juice
Select Varieties, 1 litre
*Plus Deposit

3 FOR \$6.99

Western Family Prune Nectar
1,36 litre
*Plus Deposit

5.98

Glacéau Vitamin Water
Select Varieties, 591 ml.
*Plus Deposit

2 FOR \$5

Montellier Sparkling Water
Select Varieties, 1 litre
*Plus Deposit

2 FOR \$3

Coke or Canada Dry Beverages
Select Varieties, 2 litre
*Plus Deposit

2 FOR \$6

Coke or Canada Dry Beverages
Select Varieties, 1 litre
*Plus Deposit

2 FOR \$5

Pepsi or 7Up Beverages
Select Varieties, 1 litre
*Plus Deposit

2 FOR \$5

Bubly Pop
Select Varieties, 355 ml.
*Plus Deposit

2 FOR \$4

Powerade Sports Beverages
Select Varieties, 710 ml.
*Plus Deposit

2 FOR \$5

Guinness Non-Alcoholic Draught
4 x 440 ml.
*Plus Deposit

9.98

Kool-Aid Jammers
Select Varieties, 10 x 180 ml.
*Plus Deposit

4.98

Dasani Water
12 x 355 ml.
*Plus Deposit

5.98

Partake Non-Alcoholic Beer
Select Varieties, 6 x 355 ml.
*Plus Deposit

8.98

San Pellegrino Sparkling Beverages
Select Varieties, 6 x 330 ml.
*Plus Deposit

6.98

Ocean Spray Cranberry Cocktail
Select Varieties, 1.89 litre
*Plus Deposit

2 FOR \$9

THIRSTY?

Coke or Canada Dry Beverages
Select Varieties, 24 x 355 ml.
*Plus Deposit

15.98

Nestea Iced Tea Mix
or Good Host, Select Varieties
650 g.

7.98

Zoa Energy Drink
Select Varieties, 355 ml.
*Plus Deposit

2 FOR \$4

HOUSEHOLD MUST HAVES

Purex Bathroom Tissue
Double 24 Roll

17⁹⁸

Ziploc Sandwich Bags

or Extra Large
30-50 Pack

2 FOR \$7⁹⁸

Alcan Heavy Duty Aluminum Foil

18" x 25'

5⁴⁸

Alcan Heavy Duty & Non-Stick Aluminum Foil

18" x 35'

7⁹⁸

Ivory Snow Laundry Detergent

Newborn
32 Use

12⁹⁸

Gain Laundry Detergent

Original or Moonlight Breeze
61 Use

13⁹⁸

Shout Stain Remover

650 ml.

2 FOR \$9⁹⁸

Dawn Ultra Dish Liquid

Original
1.12 litre

6⁹⁸

Finish Dishwasher Detergent

or Gel
2 kg. or 1.6 litre

7⁹⁸

Method Toilet Cleaner

Spearmint
710 ml.

5⁹⁸

Windex Glass Wipes

28 Pack

5⁴⁸

Windex Glass Cleaner

Refill
2 litre

8⁹⁸

Lysol Toilet Bowl Cleaner

Power
946 ml.

4⁹⁸

Liquid Plumr Clog Destroyer

900 ml.

5⁹⁸

Pledge Furniture Polish

Lemon
275 g. Aerosol

7⁹⁸

Brita Filter

1 Pack

10⁹⁸

Glade Air Freshener

Select Varieties
226 g. Aerosol

2 FOR \$8⁹⁸

PERSONAL CARE

Nivea Creme

150 ml.

7⁹⁸

Dove Body Care

Select Varieties
45 g. or 325-355 ml.

2 FOR \$11⁹⁸

U by Kotex Ultra Thin Pads

Regular or Heavy
16-18 Pack

6⁹⁸

Depend Underwear

Select Varieties
17-19 Pack

22⁹⁸

Midol Extra Strength Pain Relief

40 Caplets

9⁹⁸

Gerber Arrowroot Biscuits

Puffs or Lil' Crunchies
Select Varieties, 42-155 g.

3⁷⁸

PET'S CORNER

Alpo Dog Food

Cookout Classics
7.2 kg.

21⁹⁸

Nutri-Choice Advantage Dog Food

Turkey & Rabbit
11.5 kg.

35⁹⁸

Friskies Cat Food

Tender & Crunchy
1.4 kg.

6⁹⁸

Meow Mix Tenders Cat Food

in Sauce, Select Varieties
78 g.

4 FOR \$5⁹⁸

MARKET FRESH PRODUCE



Red Seedless Grapes
California Grown, #1 Grade, kg. 10.98

lb. **4⁹⁸**



Yellow Peaches
California Grown, kg. 5.47

lb. **2⁴⁸**

Sweet Mangos
Mexican Grown

Each **2⁹⁸**



Fresh Lemons
South African Grown

Each **88¢**




Mandarin Oranges
Peruvian Grown, kg. 4.37

lb. **1⁹⁸**

The Little Potato Co. Baby Potatoes
Red, Yellow or Trio Canadian or U.S. Grown 1.5 lb. Bag

Each **3⁹⁸**



Green Kale
Canadian Grown Per Bunch

Each **1⁹⁸**



Hot House Butterleaf Lettuce
Canadian Grown

Each **2⁹⁸**



Good Leaf Micro Greens
Select Varieties Product of Canada 50 g.

Each **3⁴⁸**



ORGANICS

Organic Long English Cucumbers
Canadian Grown Canada #1 Grade

Each **4⁴⁸**



Hot House Mixed Colour Peppers
Canadian Grown 2 lb. Bag

Each **4⁴⁸**



Green Zucchini
Canadian Grown kg. 3.70

lb. **1⁶⁸**




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

lb. **1⁹⁸**

Organic White Mushrooms
Canadian Grown 227 g.

Each **2⁴⁸**



BAKERY BARGAINS

Alpine Grain Bread

Each **2⁹⁸**



Kaiser Rolls
White or Whole Wheat 6 Pack

Each **2⁹⁸**



Large Crusty Rolls
White or Whole Wheat 6 Pack

Each **2⁴⁸**



Calabrese Rolls
6 Pack

Each **2⁹⁸**



Cinnaroll Cinnamon Rolls
or Baker Boys Cinnamon Twists 9-10 Pack

Each **8⁹⁸**

Lattice Fruit Pies
8-Inch, Select Varieties 520-600 g.

Each **7⁹⁸**



Two-Bite Tarts
Select Varieties 12 Pack

Each **5⁹⁸**



Dempster's Hamburger Buns
or Hot Dog 12 Pack

Each **3⁹⁸**



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

FOR **2 \$7**



Dempster's English Muffins
Select Varieties 6 Pack

Each **3⁷⁸**



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