



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
17	18	19	20	21	22	23

Beef Tri-Tip Steak
Value Pack, kg. 24.21

10⁹⁸
lb.



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

1⁹⁸
lb.



Fresh Blueberries
Canadian Grown, Canada #1 Grade

17⁹⁸
Each

5 LB. BOX

WEATHER PERMITTING



General Mills Cereal
Select Varieties, 300-430 g.

3 FOR 9⁹⁹



Häagen-Dazs Ice Cream or IÖGO Frozen Yogurt
or Novelties, Select Varieties
450-946 ml. or 3-8 Pack

4⁹⁸

Celebrate Food NATIONAL "JUNK" FOOD DAY
- July 21st, 2026 -

Christie Cookies
Select Varieties
244-303 g.

4⁹⁸

Nestlé Minis
or Bites, Select Varieties
76-203 g.

5⁴⁸

Doritos Tortilla Chips
Select Varieties
210-235 g.

2 FOR \$8

Western Family Potato Chips
Select Varieties
235 g.

3 FOR 6⁹⁹

Grimm's Pepperoni Bites
Select Varieties
175 g.

3⁹⁸
Each

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



Beef Tri-Tip Roast
kg. 22.00

9⁹⁸
lb.

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

15⁹⁸
Each



Western Family
Chicken Breast Fillets
Breaded, Frozen
750 g.

14⁹⁸
Each



Western Family
Chicken Burgers
Strips or Nuggets, Frozen
800 g.

10⁹⁸
Each



Beef Sirloin
Kabaobs
kg. 26.41

11⁹⁸
lb.



Whole
Frying Chicken
kg. 8.77

3⁹⁸
lb.



Chicken
Breasts
Bone In, Value Pack
kg. 10.98

4⁹⁸
lb.



Pork
Sirloin Roast
kg. 7.67

3⁴⁸
lb.



Lean
Ground Pork
kg. 7.67

3⁴⁸
lb.




Chicken Drumsticks
Value Pack, kg. 6.57

2⁹⁸
lb.





Pork Sirloin Chops
Value Pack, kg. 8.77

3⁹⁸
lb.



SMOKED & PACKAGED MEATS

Maple Leaf
Sliced Bacon
or Ready Crisp, Select Varieties
65-375 g.

6⁹⁸
Each



Maple Leaf
Top Dogs
Original or BBQ
375 g.

5⁹⁸
Each



Maple Lodge Farms
Chicken Bacon Style
Original
375 g.

5⁹⁸
Each



Maple Lodge Farms
Chicken Wieners
Original
450 g.

2⁹⁸
Each

Maple Lodge Farms
Sliced Chicken
Select Varieties
200 g.

3⁹⁸
Each

Maple Lodge Farms
Chicken Bologna
Original
375 g.

2⁹⁸
Each

Olymel
Sliced Meat
Select Varieties
250-300 g.

4⁹⁸
Each

Freybe
Ham Sticks
Original or Honey
500 g.

10⁹⁸
Each

Western Family
Meatballs
Frozen, Select Varieties
680 g.

11⁹⁸
Each

Western Family
Meat Pies
Frozen, Select Varieties
750 g.

11⁹⁸
Each

Western Family
Wieners
Original
375 g.

6⁹⁸
Each

Western Family
All Beef Wieners
375 g.

8⁹⁸
Each

Western Family
Garlic Sausage
750 g.

11⁹⁸
Each

Western Family
Bologna
Chunks
750 g.

9⁹⁸
Each

Freybe
Salami
Select Varieties
125 g.

4⁹⁸
Each



Olymel
Smoked Ham
Select Varieties
500 g.

7⁹⁸
Each



Grimm's
Bavarian Smokies
or Bratwurst, Select Varieties
375-450 g.

8⁹⁸
Each



DELI

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

Treybe Deli Sausage

Select Varieties

Per 100 g. **1⁹⁸**

Schneiders Deli Turkey Breast

Cooked or Smoked

Per 100 g. **2⁹⁸**

Olymel Deli Turkey Breast

Select Varieties

Per 100 g. **2⁴⁸**

Greek House Restaurant Homous or Tzatziki

Rice, Basil or Potatoes

Select Varieties, 227-500 g. Each **4⁴⁸**

SEAFOOD

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

Rockfish Fillet

Skinless, 300 g.

Per 100 g. **2⁹⁸**

Ocean Jewel Shrimp

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

Each **10⁹⁸**

Toppits Gluten Free Breaded Fish

Haddock or Sole, Frozen
400 g.

Each **11⁹⁸**

Clear Ocean Scallops

Bacon Wrapped, Frozen
260 g.

Each **9⁹⁸**

BlueWater Battered Fish

or Popcorn Shrimp, Frozen
Select Varieties, 325-600 g.

Each **8⁹⁸**

HOT DEALS FROM THE FREEZER



Chef Bombay Entrées

Frozen, Select Varieties, 350 g.

2 FOR \$9



Breyers Family Classic

Frozen Dessert
Select Varieties, 1.41 litre

2 FOR \$11

Cavendish Farms Fries

Frozen, Select Varieties
800 g.

3 FOR \$9.99

Western Family Hashbrown Potatoes

Diced, Frozen
800 g.

2 FOR \$7

Cheemo Pierogies

Cheddar or Variety Pack
Frozen, 2 kg.

6⁹⁸

Dr. Oetker Suprema Pizza

Frozen, Select Varieties
487-520 g.

8⁹⁸

Pogo Corn Dogs

Original or All Beef
Frozen, 600-750 g.

10⁹⁸

Western Family Strawberries

in Syrup, Frozen
425 g.

3⁴⁸

Popsicle Frozen Novelties

Fudgsicle or Creamsicle
12 Pack

2 FOR \$11

Popsicle Frozen Novelties

Select Varieties
18 Pack

7⁴⁸



Western Family Entrées

Frozen, Select Varieties, 255 g.

4 FOR \$7

RISE & SHINE

**Red Rose
Orange Pekoe Tea** **10⁹⁸**
140 Bags or 12 K-Cups



QUAKER
— INSTANT OATMEAL — GRAU INSTANTANÉ —
FLAVOUR VARIETY-ASSORTIMENT

MAPLE & BROWN SUGAR
ÉRIC & CASSONADE
AL. NATUREL, SUCRE BRUN, SAISON
FANTASTIQUE

CINNAMON & SPICE
CANNELLE ET ÉPICES
FANTASTIQUES

APPLES & CINNAMON
POMMES ET CANNELLE
FANTASTIQUES

**Quaker
Instant Oatmeal**
Select Varieties, 232-344 g.

3 FOR 9⁹⁹

HOT! DEAL

**Western Family
Pure Jam**
or Marmalade, Select Varieties
500 ml.

4⁹⁸



**Jif
Peanut Butter**
Select Varieties
1 kg.

6⁴⁸



**Nabob
Coffee**
or Maxwell House, Select Varieties
30 K-Cups

21⁹⁸



**Maxwell House
Coffee**
Original Roast
864 g.

18⁹⁸



**Nabob
Coffee**
Select Varieties
300-340 g.

10⁹⁸



**Kellogg's
Family Size Cereal**
Select Varieties
450-650 g.

6⁹⁸



BAKING

**Rogers
All Purpose Flour**
or No Additive
5 kg.

6⁹⁸



**Pacific
Evaporated Milk**
Select Varieties
354 ml.

2 FOR \$5



**Sun-Maid
Raisins**
750 g.

7⁹⁸

**Splenda
Sweetener**
50 Pack

2 FOR \$7

**Splenda
Granulated
Sweetener**
275 g.

10⁹⁸

DAIRY DELIGHTS

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

**Black Diamond
Cheestrings**
Select Varieties
16 Pack

**Kraft
Parmesan Cheese**
Shaved
141 g.



**Black Diamond
Slices**
Cheddar Style, 825 g.

7⁴⁸

**Imperial
Margarine**
Soft Bowl or Quarters
1.2-1.36 kg.

7⁹⁸



**Lactantia
Butter**
Salted
454 g.

6⁹⁸



**Cracker Barrel
Sliced Cheese**
Select Varieties
200-240 g.

6⁴⁸



**iÖGO
Multipack Yogurt**
Select Varieties
16 x 100 g.

6⁹⁸



**Western Family
Grated Parmesan**
or Blend, 250 g.

6⁹⁸

**Tenderflake
Lard**
454 g.

5⁴⁸

**Lactantia
Margarine**
Olivina or Healthy Attitude
850 g.

6⁴⁸

**Heluva Good
Dip**
Select Varieties
250 g.

3 FOR 7⁹⁸

**Yoplait Source
Yogurt**
Select Varieties
630 g.

2 FOR \$9

**iÖGO Nano
Drinkable Yogurt**
Select Varieties, 6 x 93 ml.
*Plus Deposit.

2 FOR \$8

**Silk Plant Based
Yogurt**
Select Varieties
500-650 g.

5⁹⁸

**Dairyland Milk 2 Go
Pro Sport**
Vanilla or Chocolate, 473 ml.
*Plus Deposit.

2 FOR \$6

**Dairyland
Organic Milk**
2% or 3.25%, 946 ml.
*Plus Deposit.

3²⁸

**Dairyland
Cottage Cheese**
2%
250 g.

2²⁸

**Siggi's
Icelandic Skyr Yogurt**
Select Varieties
4 x 100 g.

2 FOR \$7



**Dairyland
Organic Cream**
10%, 946 ml.
*Plus Deposit

4⁴⁸



**Dairyland
Sour Cream**
Select Varieties
450-500 ml.

3⁴⁸



**Western Family
Orange Juice**
with Pulp or Pulp Free
Chilled, 1.54 litre, *Plus Deposit

6⁹⁸



- Bick's Pickles**
Yum Yum Sweet or Garlic
500 ml. **2 FOR \$8**
- Western Family Manzanilla Olives**
Sliced or Stuffed
375 ml. **2 78**
- Western Family Artichoke Hearts**
398 ml. **3 98**
- French's Mustard**
225 ml. **1 78**
- Only Goodness Diced Tomatoes**
No Salt Added
398 ml. **2 FOR \$6**
- Hunt's Tomato Sauce**
or Paste, Select Varieties
369-680 ml. **3 FOR 99**
- Western Family Hot Sauce**
Select Varieties
354-455 ml. **2 FOR \$6**

GROCERY ESSENTIALS



Campbell's Cream of Mushroom Soup

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

4 FOR \$7



Campbell's Condensed Soup

or Broth, Select Varieties
284 ml.

2 FOR \$5



Hellmann's Mayonnaise

Select Varieties
710-890 ml.

6 98



Heinz Picnic Pack

Ketchup, Mustard and Relish
3 x 375 ml.

6 98



Knorr Soup Mix

Select Varieties
40-83 g.

2 FOR \$4



Montana's BBQ Sauce

Texas Bold or Apple Butter
350 ml.

4 98



Stagg Chili

Select Varieties
425 g.

2 FOR \$8



Annie's Pasta

Select Varieties
149-170 g.

3 FOR 7 98



Clover Leaf Light Tuna

or Flavoured
Select Varieties, 85-170 g.

2 FOR \$4

Dole Pineapple

Select Varieties
398 ml.

4 FOR \$9

Hormel Real Bacon

Crumbled
300 g.

13 98

Western Family Basmati Rice

2 kg.

7 48

Western Family Tapioca

Small Pearl, 400 g.

2 98

Hidden Valley Ranch Dressing

or Tzatziki, Select Varieties
473 ml.

2 FOR \$8

Only Goodness Organic Apple Cider Vinegar

473 ml.

2 48

Knorr Pasta Seasoning

Alfredo or Carbonara
37-48 g.

2 FOR \$3

Taipan Water Chestnuts

or Bamboo Shoots
Select Varieties
227 ml.

3 FOR 3 99

Unico Vegetable Oil

3 litre

13 98



Clover Leaf Sockeye Salmon

Flaked
142 g.

4 98



Taco Bell Crunchwrap Supreme

or Cheesy Double Decker
401-642 g.

7 98



Taco Bell Taco Craving Kit

Select Varieties
260-420 g.

2 FOR \$11



Taco Bell Creamy Sauce

Chipotle or Baja
354 ml.

2 FOR \$11



Taco Bell Taco Seasoning

Original or Mild
1 Pack

3 FOR 3 99



Taco Bell Hot Sauce

Select Varieties
207 ml.

3 98



Pace Chunky Salsa

or Picante, Select Varieties
642-648 ml.

4 98



SNACK ATTACK!



Orville Redenbacher Popcorn

Select Varieties, 116-220 g.

4²⁸

HOT! DEAL



Dare Real Fruit Gummies

Juicee or Scotch Mints
Select Varieties, 180-250 g.

3^{FOR} 7⁹⁸

HOT! DEAL

Mars or M&M's Chocolate
or Maltesers, Select Varieties
155-170 g.

5⁹⁸



Kraft Jet-Puffed Marshmallows
Select Varieties
400 g.

2²⁸



Maynards Candy
Select Varieties
100 g.

2^{FOR} \$4



Kellogg's Town House Crackers
Select Varieties
247-391 g.

2^{FOR} \$7



Cheez-It Crackers
or Snap'd, Select Varieties
213-352 g.

2^{FOR} \$9

Nestlé Chocolate Bars
Select Varieties
1 Pack.

3^{FOR} 4⁹⁸

Takis Tortilla Chips
Select Varieties
190-280 g.

2^{FOR} \$7

Nature Valley Granola Bars
or Reese Puff, Select Varieties
385-630 g.

7⁹⁸



Jiffy Pop Popcorn
Butter
127 g.

2^{FOR} \$7



Western Family Tortilla Chips
Large or Bite Size
300 g.

3^{FOR} 6⁹⁹



Cheetos Snacks
Select Varieties
170-285 g.

2^{FOR} \$9



Kashi Layered Fruit Bars
Strawberry Banana
or Pineapple Passionfruit
118 g.

6⁹⁸



Blue Diamond Almonds
Select Varieties
170 g.

2^{FOR} \$11



THIRSTY?

Heineken Alcohol Free Beer
Cans or Bottles, 6 x 330 ml.
*Plus Deposit.

11⁹⁸

Perrier Sparkling Water
Select Varieties, 8 x 330 ml.
*Plus Deposit.

9⁹⁸

Ocean Spray Cranberry Cocktail
Select Varieties, 6 x 295 ml.
*Plus Deposit.

6⁹⁸

C4 Energy Drink
Select Varieties, 473 ml.
*Plus Deposit.

2^{FOR} \$7

Aquafina Water
1 litre
*Plus Deposit.

1⁹⁸

Pepsi or 7Up Minis
Select Varieties, 6 x 222 ml.
*Plus Deposit.

2^{FOR} \$9

Pepsi or 7Up Beverages
Select Varieties, 6 x 710 ml.
*Plus Deposit.

6⁹⁸

Pepsi or 7Up Beverages
Select Varieties, 2 litre
*Plus Deposit.

3²⁸

Stanley Park Non-Alcoholic Beer
Sun Setter or Trail Hopper
4 x 355 ml., *Plus Deposit

8⁹⁸



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

4^{FOR} \$11



Pure Life Spring Water
12 x 500 ml.
*Plus Deposit

2^{FOR} \$8



Heinz Tomato Juice
1.36 litre
*Plus Deposit

5⁴⁸



SunRype Slim Juice
Select Varieties, 1.36 litre
*Plus Deposit

2^{FOR} \$7



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

2^{FOR} \$6



ICED good host TEA
CLASSIC | ORIGINAL RECIPE
NATURAL FLAVORS
MAKES 32 LITRES

ICED good host TEA
CLASSIC | ORIGINAL RECIPE
NATURAL FLAVORS
MAKES 32 LITRES

Good Host Iced Tea Drink Mix
2.35 kg.

16⁹⁸



Pepsi or 7Up Beverages
Select Varieties, 24 x 355 ml.
*Plus Deposit

15⁹⁸



Nestea Iced Tea
Lemon or Zero Sugar
12 x 341 ml., *Plus Deposit

9⁹⁸



HOUSEHOLD MUST HAVES



Purex Bathroom Tissue
Double 24 Roll

17⁹⁸

Western Family Cling Wrap
60 m.

2⁹⁸



Alcan Aluminum Foil
Classic
12" x 100'

8⁹⁸



Glad Garbage Bags
Select Varieties
60-100 Pack

12⁹⁸



Sunlight Laundry Detergent
Select Varieties
45 Use

8⁹⁸



Tide Pods Laundry Detergent
Select Varieties
18-31 Pack

10⁹⁸



Snuggle Cuddle-Up Fabric Softener
Fresh
1.16 litre

5⁹⁸



Palmolive Dish Liquid
Original or Lemon
828 ml.

2⁹⁸ FOR \$8



Cascade Complete Dishwasher Detergent
15 Pack

6⁹⁸



Bounce Fabric Softener
Select Varieties
80 Sheets

5⁹⁸



Scotch Brite Dishwand
Heavy Duty
1 Pack

3⁹⁸



Clorox Disinfecting Bleach
Foamer
887 ml.

4⁹⁸



Only Goodness Toilet Bowl Cleaner
Zesty Lemon
710 ml.

3⁹⁸



Arm & Hammer Carpet & Room Deodorizer
Pet or Meadow Fresh, 700 g.

2⁹⁸ FOR \$7



Febreze Plug Air Freshener
Refill, Linen & Sky
2 Pack

11⁹⁸



PERSONAL CARE

Head & Shoulders Shampoo
or 2 In 1, Select Varieties
370 ml.

6⁴⁸

Energizer Max Batteries
AA or 9 Volt
1-4 Pack

7⁹⁸

Energizer Max AAA Batteries
2 Pack

5⁹⁸

Gerber Organic Yogurt Melts
Strawberry Banana or Red Berry
28 g.

5⁴⁸

Huggies Pull-Ups Diapers
or Goodnites, Select Varieties
11-23 Pack

17⁹⁸

Huggies Snug & Dry Diapers
or Little Snugglers, Select Varieties
21-34 Pack

18⁹⁸



Axe Body Care
Select Varieties
76-113 g. or 473 ml.

2⁹⁸ FOR \$9



Ivory Bar Soap
Original, 10 Pack

6⁴⁸



PET'S CORNER

Nutri-Choice Advantage Dog Food
Salmon & Pea
6 kg.

16⁹⁸



Milk-Bone Dog Treats
Select Varieties
252-900 g.

5⁴⁸



Friskies Cat Food
Chef's Blend or 7 Favourites
7.26-7.5 kg.

26⁹⁸



Super Saver Cat Litter
Anti-Bacterial
16 kg.

15⁹⁸



MARKET FRESH PRODUCE

 Red Potatoes Canadian Grown, Canada #2 Grade 8⁹⁸ Each 15 LB. BAG CANADIAN GROWN	<i>Fresh</i> Beets Canadian Grown Per Bunch 2⁴⁸ Each 	<i>Fresh</i> Carrots Canadian Grown Per Bunch 2⁴⁸ Each 	<i>Baby Long</i> English Cucumbers Canadian Grown 1 lb. Bag 1⁹⁸ Each 
<i>Fresh</i> Blackberries U.S. or Mexican Grown 6 oz. 5⁴⁸ Each  WEATHER PERMITTING	<i>Cantaloupe</i> Melon U.S. or Mexican Grown, #1 Grade kg. 5.47 2⁴⁸ lb. 	 Red Seedless Grapes California Grown, #1 Grade kg. 9.88 4⁴⁸ lb.	ORGANICS <i>Organic</i> Grape Tomatoes Canadian Grown 1 Pint 4⁹⁸ Each 
<i>Red or Black</i> Plums California Grown kg. 5.47 2⁴⁸ lb. 	<i>Sweet</i> Mandarins Peruvian Grown 2 lb. Bag 4⁴⁸ Each 	<i>Organic</i> Romaine Hearts Product of U.S.A. 3 Pack 7⁴⁸ Each 	

BAKERY BARGAINS

<i>Cinnamon</i> Bread 4⁹⁸ Each  Fresh Baked	<i>12 Grain</i> Bread 3⁴⁸ Each  Fresh Baked	<i>Italian Herb</i> Panini Buns 6 Pack 2⁹⁸ Each  Fresh Baked	<i>More Favourites ...</i> Sausage Rolls 4 Pack 4⁹⁸ Each	Golden West English Muffins Plain or Extra Crispy 394 g. 2 FOR 4⁹⁸ Portofino Rustic Multigrain Bread 700 g. 6⁹⁸ Each
<i>Chunky</i> Cheddar Buns 6 Pack 4⁹⁸ Each  Fresh Baked	<i>Cheddar</i> Cheese Sticks 6 Pack 5⁹⁸ Each  Fresh Baked	<i>Natural Bakery</i> Canadian Rye Bread 900 g. 3⁹⁸ Each 	Western Family Mini Crisps Select Varieties 150 g. 4⁹⁸ Each Two-Bite Mini Donuts Variety Pack 227 g. 5⁹⁸ Each CT Bakery Cake Donuts Chocolate or Vanilla 6 Pack 4⁹⁸ Each	Sugarplum Cakes Select Varieties 550-660 g. 14⁹⁸ Each Dempster's Hamburger Buns or Hot Dog, Select Varieties 6-8 Pack 2 FOR \$8 Dempster's Bagels Select Varieties 5-6 Pack 2 FOR \$8

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