



DEDICATED TO SERVING
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
24	25	26	27	28	29	30

LONG WEEKEND *sale*

**Whole
Beef Brisket**

kg. 22.00

9⁹⁸

lb.



**Sweet Corn
on the Cob**

Canadian Grown, Canada #1 Grade

5 FOR \$5



**Russet
Potatoes**

Canadian Grown, Canada #1 Grade
10 lb. Bag

5⁹⁸

Each



**Kraft
Dressing**

Select Varieties, 425 ml.

2 FOR \$4



**Breyers
Creamery Style
Ice Cream**

Select Varieties, 1.41 litre

2 FOR \$9



Celebrate Food
**NATIONAL
HAMBURGER
DAY**
- July 28th, 2026 -



Western Family
Beef Burgers

Frozen, Select Varieties
852 g.-1.02 kg.

Each

17⁹⁸



Villaggio
Toscana Buns

Hamburger or Hot Dog
6-8 Pack

2 FOR \$6



Bick's
Pickles

Select Varieties
1 litre

5⁴⁸



Armstrong
Sliced Cheese

Select Varieties
220-240 g.

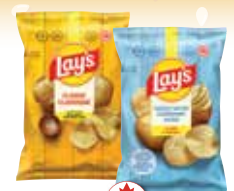
4⁹⁸



Lay's
Potato Chips

Select Varieties
177-235 g.

3⁷⁸



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

Lean Ground Beef

kg. 19.80

lb. **8⁹⁸**



CANADIAN BEEF

Striploin Steak

Value Pack, kg. 48.46

lb. **21⁹⁸**



Striploin Steak



Ingredients:

- 2 Striploin steaks (10–12 oz / 280–340 g each) about 1–1½ inches thick
- 2 tsp. Kosher salt
- 1 tsp. Freshly ground black pepper
- 1 tbsp. Neutral oil (canola, avocado, or grapeseed)
- 2 tbsp. Unsalted butter
- 2–3 Garlic cloves, lightly crushed
- 2 Sprigs fresh thyme or rosemary (optional)

Directions:

1. Bring to room temperature. Remove the steaks from the refrigerator 30–45 minutes before cooking. Pat them completely dry with paper towels.
2. Sprinkle both sides generously with salt and pepper.
3. Place a cast-iron or heavy stainless steel skillet over high heat until very hot. Add the oil. Carefully place the steaks in the pan.
4. Cook without moving them for 3–4 minutes until a deep brown crust forms. Flip and cook another 2–4 minutes, depending on thickness and desired doneness.
5. Lower the heat to medium. Add the butter, garlic, and herbs.
6. Tilt the pan and spoon the melted butter over the steaks for 1–2 minutes.

Use an instant-read thermometer for best results.

Rare: 120–125°F

Medium-rare: 130–135°F

Medium: 140–145°F

Medium-well: 150–155°F

Half Striploin

kg. 44.05

lb. **19⁹⁸**



Split Chicken Wings

Value Pack, kg. 10.98

lb. **4⁹⁸**



Boneless Skinless Chicken Breasts

Value Pack, kg. 17.59

lb. **7⁹⁸**



Pork Loin Chops

Boneless, Value Pack, kg. 10.98

lb. **4⁹⁸**



Pork Loin Roast

kg. 8.77

lb. **3⁹⁸**



SMOKED & PACKAGED MEATS



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

14⁹⁸
Each



Western Family Cheddar Bacon Angus Beef Burgers
Frozen, 852 g.

21⁹⁸
Each



Western Family Ranchers Burgers
Frozen, 1.7 kg.

25⁹⁸
Each



Western Family Chicken Burgers
Frozen, 800 g.

10⁹⁸
Each



Western Family Bacon
Regular or Thick Cut, 375 g.

5⁹⁸
Each



Western Family Bologna Chunks
750 g.

9⁹⁸
Each



Western Family Garlic Sausage
750 g.

11⁹⁸
Each



Pinty's Chicken Strips
or Chunks, Frozen, 450 g.

7⁹⁸
Each



Olymel Chicken Strips
Regular or Mexican, 350 g.

8⁹⁸
Each



Harvest Wieners
Select Varieties, 675 g.

10⁹⁸
Each



Maple Leaf Top Dogs
Select Varieties, 375 g.

5⁹⁸
Each



Freybe Pepperoni
Select Varieties, 500 g.

13⁹⁸
Each



Freybe Sliced Meat
Select Varieties, 175 g.

2 FOR \$10



Grimm's Bavarian Smokies
or European Wieners, Select Varieties, 500-750 g.

11⁹⁸
Each



Schneider's Smokies
Select Varieties, 900 g.

14⁹⁸
Each



Olymel Wieners
Original, 1 kg.

9⁹⁸
Each

SEAFOOD

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



Atlantic Salmon Fillet
Skin On, 300 g.

4⁴⁸
Per 100 g.



Cod Fillet
Skinless, 300 g.

4⁹⁸
Per 100 g.



Rockfish Fillet
Skinless, 300 g.

2⁹⁸
Per 100 g.



Sockeye Salmon Fillet
Skin On, 300 g.

5⁹⁸
Per 100 g.

DELI

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



Grimm's Deli Ham
Select Varieties
2⁴⁸
Per 100 g.



Freybe Deli Pepperoni
Select Varieties
2⁴⁸
Per 100 g.

BAKERY BARGAINS



Panini Buns
or Sourdough, 6 Pack
2⁹⁸
Each
Fresh Baked



Cheddar Cheese Sticks
6 Pack
5⁹⁸
Each
Fresh Baked



Donut Rings
6 Pack
4⁹⁸
Each
Fresh Baked



Monte Cristo Artesano Roasted Garlic Bread
450 g.
3⁴⁸
Each



Focaccia Bread
2⁴⁸
Each
Fresh Baked



Baxter's Bakery Butter Tarts
or Pecan
6 Pack
7⁹⁸
Each



Cyrus O'Leary 8" Cream Pies
Select Varieties
822-851 g.
13⁹⁸
Each



Dempster's Hamburger Buns
or Hot Dog, 12 Pack
2^{FOR} \$8



Lattice Fruit Pies
8-inch, Select Varieties
520-600 g.
7⁹⁸
Each



Two-Bite Cupcakes
Vanilla or Chocolate
12 Pack
6⁹⁸
Each



Dempster's Bread
or Texas Toast, Select Varieties
567-675 g.
2^{FOR} \$7

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

GOOD MORNING

Tetley Tea

Select Varieties
20-36 Bags

2 FOR \$8

Tim Hortons Coffee

Select Varieties
300 g., 10-14 K-Cups or T-Discs

9⁹⁸

HOT! DEAL

Kraft Hazelnut Spread

with Cocoa
725 g.

6⁹⁸



Kraft Peanut Butter

Select Varieties
750 g.-1 kg.

7⁹⁸



Parkway Coffee

or Golden Tea, Select Varieties
4 x 355 ml.
*Plus Deposit

10⁹⁸



Only Goodness Pure Maple Syrup

or Western Family
250-375 ml.

8⁹⁸



Only Goodness Protein Pancake Mix

400 g.

8⁹⁸



Kellogg's Cereal

Select Varieties
210-460 g.

2 FOR \$11



Nestlé Coffee Mate

Select Varieties
425-450 g.

5⁹⁸



Tim Hortons Coffee

Select Varieties
30 K-Cups

23⁹⁸



Tim Hortons Instant Coffee

Colombian or Decaf
100 g.

7⁹⁸



Western Family Instant Oatmeal

Maple & Brown Sugar
344 g.

3²⁸



Only Goodness Flaxseed

Chia Seeds or Hemp Hearts
Select Varieties, 300-500 g.

6⁴⁸



BAKE UP SOME LOVE

Dairyland Whipping Cream

33% or 36%, 946 ml.
*Plus Deposit

5²⁸



Dairyland Whipped Cream

19%
400 g. Aerosol

5⁹⁸



Only Goodness All Purpose Flour

Organic or Gluten Free
1.24-2 kg.

10⁹⁸



Kraft Cool Whip Dessert Topping

Regular or Light
Frozen
1 litre

3⁹⁸



Kraft Dream Whip Dessert Topping Mix

170 g.

4⁹⁸



Sun-Maid Raisins

Prunes or Apricots
250-375 g.

4⁹⁸



Realemon Lemon Juice

945 ml.

2⁹⁸



Philadelphia Cream Cheese

Select Varieties, 227-250 g.

2 FOR \$8

HOT! DEAL



Dairyland Butter

Salted, 454 g.

6⁴⁸



GROCERY ESSENTIALS



Bush's Best Baked Beans

Select Varieties, 398 ml.

2 FOR \$4

HOT! DEAL

La Grille Seasoned Salt

248 g.

3⁹⁸



Western Family Pure Canola Oil

or Vegetable
1.42 litre

7⁹⁸



La Grille Seasoning

or Rub, Select Varieties, 120-203 g.

5⁹⁸



Kraft Dinner Specialty Pasta

Select Varieties, 156-175 g.

2 FOR \$4



Kraft Miracle Whip

Original, 650 ml.

4⁹⁸



Kraft Real Mayo

890 ml.

6⁹⁸



Kraft Pasta Salad Mix

Macaroni
200 g.

3 FOR 7⁹⁸



Bick's Relish

Sweet Green
500 ml.

3⁹⁸



Bull's-Eye Barbecue Sauce

Select Varieties, 425 ml.

4²⁸



Heinz Ketchup

Select Varieties
750 ml.-1 litre

5⁹⁸



Heinz Mustard

or Dijon
265-380 ml.

2 FOR \$5



Heinz Mayonnaise

Select Varieties
340 ml.

2 FOR \$9



YOU +5 FRIENDS COULD HEAD TO A BLUE JAYS™ HOME SERIES

FOR MORE INFORMATION:
bluejays.com/HeinzGiveaway



GROCERY ESSENTIALS



Classico Pasta Sauce

Pesto or Pizza, Select Varieties
218-600 ml.

2 FOR \$8

No Yolks Egg Noodles

Select Varieties
340 g.

2 FOR \$8



Scarpone's Gnocchi

Cheese or Potato
500 g.

2 FOR \$5



Minute Rice

White or Brown
600-700 g.

548



Woodman's Horseradish

or Seafood Sauce
250 ml.

2 FOR \$7



Western Family Mushrooms

Sliced, 284 ml.

2 FOR \$3

Clover Leaf Sockeye Salmon

213 g.

698



Holiday Luncheon Meat

340 g.

398



Heinz Tomato Soup

Condensed
284 ml.

178



Unico Olives

Select Varieties
375 ml.

2 FOR \$7



Habitant Ready To Serve Soup

Select Varieties, 796 ml.

2 FOR \$8

KFI Cooking Sauce

Select Varieties
375 ml.

498



Western Family Exquisita Salsa

Select Varieties
430 ml.

2 FOR \$7



Old El Paso Taco Seasoning Mix

177 g.

798



Bragg Apple Cider Vinegar

946 ml.

898



Naturally Good



Kaslo Sourdough Pasta

Spaghetti or Linguine, 454 g.

1048



Goldy's Instant Superseed Oatmeal

Select Varieties, 210 g.

698



Gentle Earth Multi-Surface Cleaner

Select Varieties, 236-700 ml.

898

SNACKS



Betty Crocker Dunkaroos
Select Varieties, 6 Pack

3²⁸

HOT! DEAL

Brookside Chocolate

Select Varieties
200-235 g.

5⁹⁸



Nestlé Tablet Bars

Select Varieties
95-105 g.

2^{FOR} \$7



Cadbury Chocolate Bars

Select Varieties
32-50 g.

3^{FOR} 4⁹⁸



Skittles or Starburst

Select Varieties
51-61 g.

2^{FOR} \$3



Hershey's Minis

Select Varieties
160-226 g.

5⁹⁸



M&M's Chocolate

or Maltesers, Select Varieties
100 g.

3⁷⁸



Del Monte Fruit Cups

Select Varieties
4 Pack

5⁴⁸



Kisko Mr. Freeze Pop

80 Pack

6⁹⁸



Quaker Chewy Bars

or Dippes, Select Varieties
120-156 g.

2^{FOR} \$6



Carr's Table Water Crackers

Original or Cracked Pepper
125 g.

2^{FOR} \$6



Christie Cookies

or Dad's, Select Varieties
285-520 g.

6⁹⁸



SunRype Fruit To Go

or Good Bites, Select Varieties
14 Pack or 108-120 g.

2^{FOR} \$9




Christie Crackers
Crispers or Bits & Bites
Select Varieties, 145-180 g.

2^{FOR} \$7



Miss Vickie's Potato Chips
Select Varieties, 190-200 g.

2^{FOR} \$8

Philadelphia Dips

Select Varieties
227 g.

2^{FOR} \$7



Old Dutch Potato Chips

or Ridgies, Select Varieties
200-220 g.

2^{FOR} \$8



Pringles Mingles

Select Varieties
155 g.

2^{FOR} \$8



Corn Nuts Corn Snacks

Select Varieties
48 g.

98¢



Tostitos Tortilla Chips

Select Varieties
210-300 g.

2^{FOR} \$9



Tostitos Salsa

Select Varieties
416-418 ml.

4⁹⁸



BEVERAGES

Mott's Clamato Juice

Select Varieties, 1.89 litre
*Plus Deposit

2 FOR \$7

**HOT!
DEAL**



Mott's Garden Cocktail

1.89 litre
*Plus Deposit

2 FOR \$9



Clausthaler Non-Alcoholic Beer

Original, 6 x 355 ml.
*Plus Deposit

548



Nozeco Alcohol Free Wine

Select Varieties, 750 ml.
*Plus Deposit

998



Dole Pineapple Juice

Regular or Light, 1.36 litre
*Plus Deposit

548



Coors Edge Non-Alcoholic Lager

12 x 355 ml., *Plus Deposit

1498



Nanton Spring Water

24 x 500 ml.
*Plus Deposit

2 FOR \$9



Pure Life Spring Water

1.5 litre
*Plus Deposit

4 FOR \$5



Kool-Aid, Mio or Tang Water Enhancer

Crystal Light or Country Time
Select Varieties, 48 ml.

2 FOR \$7



Gatorade Sports Beverages

Select Varieties, 828 ml.
*Plus Deposit

2 FOR \$6



Bubly Sparkling Water

Select Varieties, 12 x 355 ml.
*Plus Deposit

698



Montellier Sparkling Water

Select Varieties, 10 x 355 ml.
*Plus Deposit

648



Peace Tea Iced Tea

Select Varieties, 12 x 341 ml.
*Plus Deposit

898



Pepsi or 7Up Beverages

Select Varieties
12 x 355 ml.
Plus Deposit

or

Coke or Canada Dry Beverages

Select Varieties
12 x 355 ml.
Plus Deposit

848

**your
CHOICE**



Grizzly Paw Soda

Select Varieties, 4 x 355 ml.
*Plus Deposit

798



Fuze Iced Tea

Select Varieties, 12 x 341-355 ml.
*Plus Deposit

898



Powerade Sports Beverages

Select Varieties, 710 ml.
*Plus Deposit

2 FOR \$4



Body Armor Sports Beverages

Select Varieties, 473 ml.
*Plus Deposit

2 FOR \$4



HOUSEHOLD MUST HAVES

Purex Bathroom Tissue
Select Varieties
Double 12 Roll
or Triple 8 Roll

or

Sponge Towels Ultra Pro
or Ultra
Double 3 Roll

or

Scotties Facial Tissues
or Supreme
81-126 Tissues
6 Pack

8⁹⁸

your CHOICE

Scotch Brite Dishwasher Refills
Heavy Duty or Zero Scratch
2 Pack

3⁹⁸

Dawn Ultra Dish Liquid
Select Varieties
431-502 ml.

2^{FOR} \$8

Arm & Hammer Washing Soda

3 kg.

7⁹⁸



Method Laundry Detergent

Select Varieties
66 Loads

15⁹⁸



Clorox Bleach

Original
2.4 litre

5⁹⁸



Mr. Clean Clean Freak Multi-Surface Cleaner

Lemon Zest or Unstoppables
473 ml.

6⁹⁸



Febreze Fabric Refresher

Select Varieties
700 ml.

6⁹⁸

Glade Wax Warmer

1 Pack

15⁹⁸

Brita Slim Pitcher

1 Pack

18⁹⁸

Shout Stain Remover

650 ml.

2^{FOR} \$9



Cascade Action Pac Dishwasher Detergent

Select Varieties
30-45 Pack

18⁹⁸



Pine-Sol Multi Surface Cleaner

Original
828 ml.

4⁹⁸



PICNIC PICKS

Western Family Party Cups

White or Coloured
30-40 Pack

2^{FOR} \$9



Western Family Luncheon Napkins

200 Pack

3⁹⁸



Alcan Aluminum Foil

Non-Stick
18" x 35'

7⁹⁸



Western Family Heavy Duty Utensils

Select Varieties
48 Pack

Alcan Aluminum Foil

Classic
12" x 50'

Western Family Garbage Bags

Large Blue or Extra Large
20-30 Pack

2^{FOR} \$6

4⁹⁸

7⁹⁸

Method 2 In 1 Men's Shampoo

Sea Surf or Glacier Granite
414 ml.

9⁹⁸

Live Clean Shampoo

or Conditioner, Select Varieties
350 ml.

6⁹⁸

Colgate Pro Relief Toothpaste

Whitening or Repair & Prevent
75 ml.

5⁹⁸

Colgate Toothbrush

Soft or Medium
1 Pack

2²⁸

Listerine Mouthwash

Select Varieties

8⁹⁸

Alka-Seltzer Antacid

Lemon Lime
24 Tablets

4²⁸

PERSONAL CARE

Huggies Little Swimmers Diapers

Select Varieties
10-12 Pack

14⁴⁸



Old Spice Fiji Deodorant

or Antiperspirant
73-85 g.

7⁹⁸



One Step Hand Sanitizer Gel

236 ml.

3⁴⁸



Irish Spring Bar Soap

Original or Aloe Mist
3 Pack

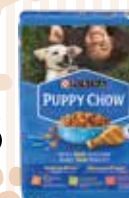
4⁹⁸

PET'S CORNER

Purina Puppy Chow

6.5 kg.

25⁹⁸



Beneful Incredibites

Select Varieties
85 g.

Meow Mix Cat Food

Select Varieties
1.36 kg.

Zuke's Dog Treats

Select Varieties
170 g.

7⁹⁸



Pedigree Vitality+ Dog Food

Original Roasted Chicken
2 kg.

9⁹⁸



DAIRY DELIGHTS



Armstrong Cheese

or Shredded, Select Varieties
500-600 g.

9⁹⁸



Simply Orange Juice
with Pulp or Pulp Free, Chilled
2.25 litre, *Plus Deposit

9⁹⁸



Dairyland Milk 2 Go
or Chocolate, 6 x 200 ml.
*Plus Deposit

4⁹⁸



Kraft Singles
Cheez Whiz or Velveeta
Select Varieties, 410-450 g.

6⁴⁸



Imperial Margarine
400 g.

3²⁸



Saputo Sliced Cheese
Select Varieties
160-180 g.

2^{FOR \$9}



Kraft Parmesan Cheese
Grated
125 g.

4⁹⁸

Woolwich Goat Cheese
Original
113 g.

3²⁸

Kraft Cheese
Select Varieties
250 g.

2^{FOR \$9}

Black Diamond Cheestrings
Marble
8 Pack

2^{FOR \$9}

Simply Lemonade
Limeade or Peach, Chilled
Select Varieties, 1.54 litre
*Plus Deposit.

5⁴⁸

Dairyland Old Fashioned Chocolate Milk
946 ml. *Plus Deposit

3⁴⁸

Dairyland Coffee Cream
18%, 946 ml.
*Plus Deposit.

4²⁸

Activia Multipack Yogurt
Select Varieties
8 x 100 g.

5⁴⁸

International Delight Coffee Enhancer
Hazelnut or French Vanilla
1.42 litre, *Plus Deposit.

6⁹⁸

Siggi's Icelandic Skyr Yogurt
Select Varieties
650-750 g.

6⁴⁸



HOT DEALS FROM THE FREEZER

Green Giant Vegetables
or Valley Selections, Frozen
Select Varieties, 400-750 g.

3⁹⁸



Arctic Gardens Spinach
Cut, Frozen
500 g.

3⁹⁸



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

2^{FOR \$8}



Kellogg's Eggo Waffles
Original, Frozen
48 Pack

16⁹⁸



Cavendish Farms Hash Brown Patties

Frozen, 1.2 kg.

5⁴⁸



Pillsbury Pizza Pops
or Bites, Frozen
Select Varieties, 693-760 g.

6⁹⁸



Chapman's Markdale Creamery Ice Cream
Select Varieties, 4 litre

10⁹⁸



Western Family Ice Cream Cups
or Sugar Cones, Select Varieties
12-18 Pack

2^{FOR \$6}



Chapman's Super Premium Plus Ice Cream

Select Varieties, 500 ml.

2^{FOR \$8}



MARKET FRESH PRODUCE



Fresh Blueberries
Canadian Grown, Canada #1 Grade
1 lb. Clamshell

3⁹⁸
Each

WEATHER PERMITTING

CANADIAN GROWN

Golden Pineapple
Product of Costa Rica

7⁹⁸
Each



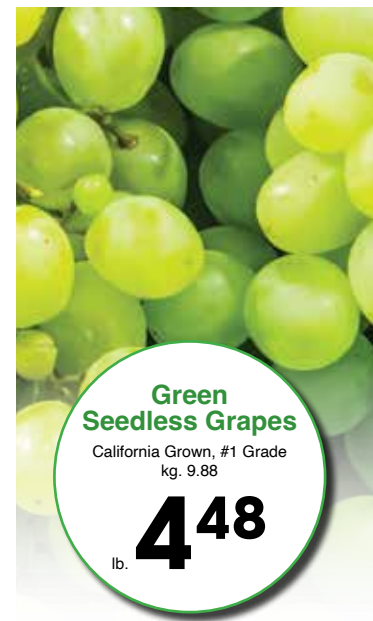
Fresh Lemons
South African Grown

88¢
Each




Red Round Mangos
Mexican Grown

2⁹⁸
Each



Green Seedless Grapes
California Grown, #1 Grade
kg. 9.88

4⁴⁸
lb.

Green Onions
Canadian or Mexican Grown
Per Bunch

88¢
Each



Fresh Express Coleslaw
or Garden Select
Product of U.S.A.
12-14 oz.

1⁹⁸
Each




Whole Seedless Watermelon
U.S. Grown

8⁹⁸
Each

Litehouse Dressing
Select Varieties
Product of U.S.A.
384 ml.

4⁹⁸
Each



Litehouse Dips
Select Varieties
Product of U.S.A.
340 g.

4⁹⁸
Each



ORGANICS



Organic White Mushrooms
Canadian Grown, 227 g.

2⁴⁸
Each

CANADIAN GROWN



Hot House Rainbow Peppers
Canadian Grown, 3 Pack

5⁹⁸
Each

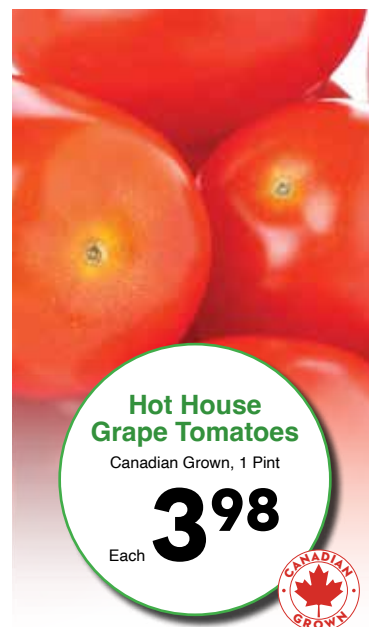
CANADIAN GROWN



Green Leaf Lettuce
Canadian Grown

2⁴⁸
Each

CANADIAN GROWN



Hot House Grape Tomatoes
Canadian Grown, 1 Pint

3⁹⁸
Each

CANADIAN GROWN



Hot House Tomatoes on the Vine
Canadian Grown, Canada #1 Grade
kg. 4.37

1⁹⁸
lb.

CANADIAN GROWN