



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/AUGUST 2026

FRI	SAT	SUN	MON	TUES	WED	THURS
31	1	2	3	4	5	6

Pork Shoulder Blade Roast

kg. 8.77

lb. **3⁹⁸**



Long English Cucumbers

Canadian Grown, Canada #1 Grade

Each **98¢**



Red Seedless Grapes

California Grown, #1 Grade
kg. 6.57

lb. **2⁹⁸**



Tim Hortons Coffee

Original or Dark Roast
825-875 g.

22⁹⁸



Nestlé Ice Cream

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

2 FOR \$8



Celebrate Food NATIONAL CHOCOLATE CHIP COOKIE DAY

- August 4th, 2026 -



Hershey's Chipits Chocolate Chips

Select Varieties
200-270 g.

5⁹⁸



Christie Cookies

Select Varieties
251-303 g.

2 FOR \$9



Betty Crocker Cookie Mix

or Brownies, Select Varieties
337-496 g.

3 FOR \$9⁹⁹



Dairyland Chocolate Milk

or Reduced Sugar, 1.89 litre
*Plus Deposit

5²⁸



Ben & Jerry's Ice Cream

Select Varieties
473 ml.

6⁴⁸



BUTCHER SHOPPE



Top Sirloin Steak

Value Pack, kg. 24.21

lb. **10⁹⁸**



Top Sirloin Roast

kg. 22.00

lb. **9⁹⁸**



Montana's Dry Rub

Steak or Rib
170-180 g.

5⁹⁸



Kraft BBQ Sauce

Select Varieties
455 ml.

2^{FOR} \$8



Outside Round Roast

kg. 19.80

lb. **8⁹⁸**



Western Family Boneless, Skinless Chicken Thighs

Frozen, 3 kg.

Each **33⁹⁸**



Western Family Chicken Wings

Frozen, 3 kg.

Each **30⁹⁸**



Pork Shoulder Blade Steak

Value Pack
kg. 10.98

lb. **4⁹⁸**

Western Family Cheddar Bacon Angus Beef Burgers

Frozen, 852 g.

Each **21⁹⁸**



Pork Back Ribs

kg. 15.39

lb. **6⁹⁸**



Western Family Boneless, Skinless Chicken Breasts

Frozen, 3 kg.

Each **33⁹⁸**



SMOKED & PACKAGED MEATS

Lafleur Wieners

Original or BBQ
450 g.

Each **3⁹⁸**



Pinty's Chicken Wings

or Chunks, Frozen
Select Varieties
700-730 g.

Each **16⁹⁸**



Grimm's Sizzlin' Smokies

Select Varieties
450 g.

Each **8⁹⁸**



Western Family Bacon

Regular or Thick
375 g.

Each **5⁹⁸**



Western Family Beef Burgers

Frozen, Select Varieties
852 g.-1.02 kg.

Each **17⁹⁸**



Schneiders Juicy Jumbos

Select Varieties
375 g.

Each **8⁹⁸**



More Favourites ...

Freybe Pepperoni

Select Varieties
500 g.

Each **10⁹⁸**

Olymel Sliced Bologna

Salami or Mock Chicken
500 g.

Each **6⁹⁸**

Freybe Salami

Select Varieties
250 g.

Each **8⁹⁸**

Western Family Chicken Burgers

Frozen
800 g.

Each **10⁹⁸**

Mitchell's Heritage Bacon

1 kg.

Each **16⁹⁸**

Pinty's Chicken Burgers

Gluten Free, Frozen
750 g.

Each **15⁹⁸**

Pinty's Chicken Wings

Nuggets, Burgers or Gluten Free
Frozen, Select Varieties
600-950 g.

Each **13⁹⁸**

Western Family Ranchers Burgers

Frozen
1.7 kg.

Each **25⁹⁸**

Western Family Original Wieners

375 g.

Each **6⁹⁸**

Western Family Wieners

All Beef
375 g.

Each **7⁹⁸**

DELI

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

Olymel Deli Bologna or Mock Chicken Per 100 g.	98¢
Freybe Deli Salami Select Varieties Per 100 g.	3⁴⁸
Freybe Deli Ham Select Varieties Per 100 g.	2⁴⁸
Schneiders Deli Turkey Breast Per 100 g.	2⁹⁸
Deli Honey Ham Per 100 g.	1⁹⁸
Marc Angelo Salami Select Varieties 85 g. Each	7⁹⁸

SEAFOOD

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

Atlantic
Salmon Fillet
Skin On
300 g.

Per 100 g.
4⁴⁸

Ocean Jewel
Shrimp

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

Each
10⁹⁸

Ocean Jewel
Shrimp

Raw, Easy Peel, Deveined, Frozen
31-40 Count, 340 g.

Each
8⁹⁸

Ocean Jewel
Cooked Shrimp

Peeled, Deveined, Frozen
16-20 Count, 340 g.

Each
12⁹⁸

Ocean Mama
Shrimp Gyoza

Frozen
454 g.

Each
9⁹⁸

Ocean Mama
Seafood Medley

Frozen
340 g.

Each
5⁹⁸

HighLiner
Chips & Fish

Frozen
550 g.

Each
7⁹⁸

Ocean Jewel
Cooked Shrimp

Peeled, Deveined, Frozen
31-40 Count, 340 g. Each

9⁹⁸

Ocean Mama
Shrimp

Peeled, Deveined, Frozen
61-70 Count, 180 g. Each

4⁹⁸

Ocean Mama
Clam Meat

Frozen
340 g. Each

5⁹⁸



**FOOD
MARKET
EXPRESS**

M&M Food Market
Angus Beef Burgers

Frozen, 852 g.

17⁹⁸

M&M
Angus Beef Burgers
Burgers de boeuf Angus
852 g (240 g x 3)

M&M
Angus Beef Burgers
Burgers de boeuf Angus
852 g (240 g x 3)

CHECK OUT OUR SELECTION IN STORE*

*SELECTION MAY VARY BY STORE AND PRODUCTS MAY NOT BE AVAILABLE AT ALL AG FOODS' LOCATIONS

HOT DEALS FROM THE FREEZER

Arctic Gardens
Bistro Style
Vegetables

Frozen, Select Varieties, 500-580 g.

2 FOR \$9

Western Family
Thin & Crispy Pizza

Frozen, Select Varieties
350-390 g.

2 FOR \$11

Cheemo
Perogies

Frozen, Select Varieties, 907 g.

2 FOR \$7

McCain
Fries

or Tasti Taters, Frozen
Select Varieties, 454-650 g.

2 FOR \$9

Western Family
Lasagna

Macaroni & Cheese or Shepherd's Pie
Frozen, Select Varieties, 850-907 g.

6⁹⁸



Kellogg's
Eggo Waffles

Original or Blueberry, Frozen
16 Pack

6⁴⁸



Chapman's
Li'l Lolly

Triple Treat or Fruity
28 Pack

6⁴⁸



Magnum
Frozen Novelties

Select Varieties
3 Pack

7⁴⁸



Western Family
Waffle Cones

12 Pack

4²⁸



BREAKFAST BUYS

**Red Rose
Orange Pekoe Tea**
Regular or Decaf
40-70 Bags

5⁴⁸

**Adams
Natural
Peanut Butter**

Creamy or Crunchy, 1 kg.

6⁹⁸

**HOT!
DEAL**

**Kicking Horse
Coffee**

Select Varieties
10 K-Cups

12⁹⁸

**Maxwell House
Instant Coffee**

Original or Decaf
150 g.

7⁴⁸

**E.D. Smith
Triple Fruits Jam**

Select Varieties
375-500 ml.

2^{FOR} \$9

**Only Goodness
100% Pure Organic
Maple Syrup**

Select Varieties
500 ml.

11⁹⁸

**Only Goodness
Granola**

Pumpkin Seed & Flax
or Coconut & Chia
325 g.

2^{FOR} \$8

**Rogers
Oat Bran**

500 g.

3²⁸

**Kellogg's
Cereal**

or Kashi, Select Varieties
306-525 g.

2^{FOR} \$11

**Unico
Corn Meal**

750 g.

2^{FOR} \$4

**Black Diamond
Sliced Cheese**

Select Varieties
220-240 g.

5⁹⁸

**MacLaren's
Imperial Cheese**

Cheddar
230 g.

6⁹⁸

**Armstrong
Cheese Sticks**

Select Varieties
210 g.

4⁹⁸

DAIRY DELIGHTS

**Black Diamond
Cheese**

or Shredded, Select Varieties
320-400 g.

6⁴⁸

**Black Diamond
Slices**

Cheddar Style
410 g.

2^{FOR} \$8

**Oasis
Orange Juice**

with Pulp or No Pulp, Chilled
1.5 litre, *Plus Deposit

5⁹⁸

**Philadelphia
Dips**

Onion or Dill Pickle
340 g.

5⁴⁸

**Astro
Yogurt**

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

2^{FOR} \$7

**Oikos
Yogurt**

Select Varieties
4 x 100 g.

2^{FOR} \$8

**Dairyland
Ultrafiltered Milk**

Select Varieties, 1 litre
*Plus Deposit

4²⁸

**International Delight
Coffee Creamer**

or Baileys, Select Varieties
400-425 ml., *Plus Deposit

2^{FOR} \$6

**Sunny D
Beverage**

Smooth or Tangy Original
1.89 litre, *Plus Deposit

3²⁸

BAKING

**E.D. Smith
Pie Filling**

or Pure Pumpkin, Select Varieties
540-796 ml.

6⁴⁸

**Robin Hood
Flour**

or Gluten Free
Select Varieties
907 g.-2.5 kg.

5⁹⁸

**Splenda
Stevia Sweetener**

50 Pack

3⁹⁸

**Splenda
Sweetener**

or Brown Sugar
100 Pack or 454 g.

6⁴⁸

**Western Family
Evaporated Milk**

354 ml.

2²⁸

**Violife
Whipping Cream**

Dairy Free
500 ml.

2^{FOR} \$9

**Violife
Vegan Cheese**

Select Varieties
200-227 g.

2^{FOR} \$9

**Kraft
Parmesan Cheese**

Grated, 500 g.

16⁹⁸

**Becel Chef's Signature
Butter**

Salted or Unsalted
454 g.

2^{FOR} \$9

**Becel
Plant Based
Butter**

Select Varieties
400-454 g.

2^{FOR} \$9

**Western Family
Margarine**

427 g.

2⁹⁸

**Oasis
Smoothie**

or Arizona Iced Tea, Chilled
Select Varieties, 1.36-1.6 litre
*Plus Deposit

4⁹⁸

**Dairyland
Creamo**

or Fat Free, 946 ml.
*Plus Deposit

4²⁸

**Dairyland
Organic Cream**

10%, 473 ml.
*Plus Deposit

2⁹⁸

**Dairyland
Sour Cream**

Select Varieties
250 ml.

1⁹⁸

GROCERY ESSENTIALS

Western Family Ketchup

1 litre

3⁴⁸

HOT! DEAL

Hunt's Thick & Rich Tomato Sauce

Select Varieties
680 ml.
3⁹⁹


Hunt's Tomato Sauce

Select Varieties
398 ml.
3⁶⁹


Catelli Whole Grains Pasta

Select Varieties
375 g.
2⁷


Hunt's Tomato Paste

Select Varieties
156 ml.
1⁶⁸


Campbell's Chunky Soup

or Chili, Select Varieties
515 ml. or 425 g.
3⁹⁹


Lipton Soup Mix

or Knorr, Select Varieties
2-4 Pack
3⁴⁹


Chef Boyardee Pasta

Select Varieties
425 g.
2⁶


Western Family Long Grain Rice

White or Brown
1.81 kg.
4⁹⁸


Bick's Relish

Sweet Green or Tangy Dill
375 ml.
2⁶


Bick's Pickles

or Banana Peppers, Select Varieties
500-750 ml.
4²⁸


Kraft Miracle Whip

Original
650 ml.
4⁹⁸


Kraft Pure Dressing

Cucumber Greek or Maple Dijon
355 ml.
6⁴⁸


Primo Pasta

Select Varieties
900 g.
2⁴

Primo Beans

Chicken Peas or Lentils
Select Varieties, 540 ml.
2³


Clover Leaf White Tuna

Solid or Flaked, Select Varieties
170 g.
3⁹⁹


Knorr Sidekicks

Select Varieties
120-167 g.
2⁴


Western Family Vegetables

Select Varieties
341-398 ml.
2⁴


Western Family Canola Oil

3 litre

11⁹⁸


Naturally Good

Franco's Organic Pasta

Select Varieties
454 g.
4⁴⁸


Goldy's Protein+ Instant Superseed Oatmeal

Select Varieties
250 g.
7⁴⁸
7⁹⁸

Maple Leaf Vienna Sausages

113 g.

2⁵

Western Family Fruit

Select Varieties
398-796 ml.
2⁹

Only Goodness Organic Diced Tomatoes

or Crushed, 796 ml.

4²⁸

Money's Pieces & Stems Mushrooms

or No Salt Added
284 ml.
2⁴

Kraft Dinner

Original, 200 g.

2⁴

Primo Noodles

or Cannelloni, Select Varieties
250-500 g.
2⁷

Western Family Jasmine Rice

or Medium Grain
1.81 kg.
5⁹⁸

Grissol Croutons

Select Varieties
135 g.
2⁵

Crisco Canola Oil

473 ml.

5⁴⁸

Western Family Pure White Vinegar

2.5 litre

3⁴⁸

Unico Capers

125 ml.

2⁶

Unico Diced Pimentos

225 ml.

2⁸

French's Worcestershire Sauce

295 ml.

3²⁸

Taipan Oyster Sauce

or Hoisin
350 ml.
2⁷

SNACK ATTACK!

Old Dutch Potato Chips

Select Varieties, 220 g.

2^FOR \$8


Frito-Lay Mini Snacks

Select Varieties
81-145 g.
2^FOR \$7


Frito-Lay Variety Pack

Select Varieties
14-16 Pack
9⁹⁸


Munchies Snack Mix

Original or BBQ
250 g.
4²⁸


Ruffles Potato Chips

Select Varieties
180-200 g.
4²⁸


Hawkins Cheezies

210 g.

3²⁸


Voortman Wafers

or Turnover, Select Varieties
300 g.
2^FOR \$5


Christie Good Thins

Select Varieties
100 g.
2^FOR \$9


Quaker Yogurt Granola Bars

Strawberry or Vanilla
175 g.
2^FOR \$7


Sun-Maid Raisins Mini Snacks

or Yogurt Covered
10-14 Pack
3⁹⁸

Taipan Rice Crackers

Plain or Sesame
100 g.
2^FOR \$4

Kellogg's Family Size Pop-Tarts

or Rice Krispies Squares
16 Pack
5⁹⁸

Nestlé Minis

Select Varieties
76-203 g.
5⁹⁸

Skittles or Starburst

Select Varieties
130-170 g.
2^FOR \$7

Mars King Size Chocolate Bars

Snickers or Twix
85-93 g.
2^FOR \$5

Hershey's Chocolate Bars

or Reese's
Select Varieties, 1 Pack
2^FOR \$3

Pop Daddy Pretzel Sticks

Select Varieties
212 g.
2^FOR \$7

Old Dutch Sunflower Seeds

Select Varieties
227 g.
2^FOR \$6

Western Family Exquisita Salsa

Mild or Medium
1.89 ml.
11⁹⁸

THIRSTY?

Farming Karma Mocktails

Select Varieties, 4 x 285 ml.
*Plus Deposit
5⁹⁸

Nestea Iced Tea

Lemon or Peach, 10 x 200 ml.
*Plus Deposit
4⁹⁸

Western Family Iced Tea

or Lemonade, 1.89 litre
*Plus Deposit
2^FOR \$8

Guayakí Yerba Mate

Select Varieties, 458 ml.
*Plus Deposit
2^FOR \$7

Montellier Sparkling Water

Select Varieties, 1 litre
*Plus Deposit
2^FOR \$3

Bubly Minis

Select Varieties, 6 x 222 ml.
*Plus Deposit
2^FOR \$9

AHA Sparkling Water

Select Varieties, 12 x 355 ml.
*Plus Deposit
6⁴⁸

Coke or Canada Dry Beverages

Select Varieties, 2 litre
*Plus Deposit
2^FOR \$6

Snapple Beverages

Select Varieties, 473 ml.
*Plus Deposit
2^FOR \$3


Partake Brewing Non-Alcoholic Beer

Select Varieties, 6 x 355 ml.
*Plus Deposit
8⁹⁸


Nestea Iced Tea Mix

or Good Host, Select Varieties
650 g.
7⁹⁸


Aquafina Water

6 x 710 ml.
*Plus Deposit
5⁴⁸


Monster Energy Drinks

Select Varieties, 444-473 ml.
*Plus Deposit
2^FOR \$6


Pepsi or 7Up Minis

Select Varieties, 6 x 222 ml.
*Plus Deposit
2^FOR \$9


Western Family Pop

Select Varieties, 12 x 355 ml.
*Plus Deposit
6⁴⁸


Coke or Canada Dry Beverages

Select Varieties, 24 x 355 ml.
*Plus Deposit
15⁹⁸


HOUSEHOLD MUST HAVES

**Scotch
Masking Tape**

**3M
Duct Tape**

1 Roll
1 Roll

378

598

**Charmin Ultra
Bathroom Tissue**

Soft or Strong, Mega 9 Roll

1498

**Dawn Ultra
Dish Liquid**

Original or Apple Blossom
443 ml.

2 FOR \$8



**Cascade Complete
Dishwasher Detergent**

3.4 kg.

998



**Bounty
Paper Towel**

Double 4 Roll

1198



**BinBreeze
Indoor Compost Powder**

Unscented or Lavender
450 g.

798



**Western Family
Freezer Bags**

Extra Large
10 Pack

2 FOR \$7



**Glad
Garbage Bags**

Small
24 Pack

2 FOR \$8



**Sunlight
Laundry Detergent**

Original
100 Use

1298



**Downy
Fabric Softener**

Select Varieties
1.31 litre

798



**Scrubbing Bubbles
Toilet Brush Starter Kit**

or Refill
1-12 Pack

598



**Scrubbing Bubbles
Drop Ins**

5 Pack

698



**Pledge
Wood Oil**

Orange
470 ml.

898



**Glade
Plugs**

Clean Linen Hawaiian Breeze
1 Pack

798



**Royal Oak StarGrill
Lump Charcoal**

4 kg.

2198



PERSONAL CARE

**Dial Antibacterial
Hand Wash**

Spring Water or Fresh Pear
221 ml.

2 FOR \$7



**Midol PMS
Extra Strength
Pain Relief**

40 Caplets

998



**Schick Hydro
5 Razor**

1 Pack

1298

**Herbal Essences
Hair & Body Wash**

or Conditioner, Select Varieties
346 ml.

2 FOR \$8



PET'S CORNER



**Fancy Feast
Cat Food**

Select Varieties, 85 g., 12 Pack

1398

**Beneful
Dog Food**

Select Varieties
7 kg.

2998



**Nutri-Choice Advantage
Cat Food**

Salmon & Peas
6 kg.

1898



CANNING SALE

Certo Liquid Pectin
170 g.
4⁹⁸

Bernardin Mason Jars
or Decorative
12 x 250-500 ml.
18⁹⁸

Certo Pectin Crystals
57 g.
2⁹⁸ FOR \$5

Bernardin Decorative Mason Jars
or Regular
12 x 250 ml.-1 litre
22⁹⁸

Bernardin Decorative Mason Jars
12 x 1 litre
26⁹⁸

Bernardin Snap Lids
with Bands
12 Pack
7⁴⁸

Bernardin Wide Mouth Snap Lids
with Bands
12 Pack
13⁹⁸

FRESH PRODUCE

 Hot House Roma Tomatoes Canadian Grown, kg. 3.70 1⁶⁸ lb.	Green Peppers Canadian Grown kg. 7.67 3⁴⁸ lb.	Broccoli Bunch U.S. Grown kg. 5.47 2⁴⁸ lb.	Fresh Spinach Canadian Grown Per Bunch 1⁹⁸ Each
 Field Carrots U.S. Grown, #1 Grade 2 lb. Bag 2⁹⁸ Each	 Iceberg Lettuce U.S. Grown, #1 Grade 2⁴⁸ Each	 Fresh Express Salad Blends Select Varieties, Product of U.S.A. 9-11 oz. 4⁴⁸ Each	
 Fresh Strawberries U.S. Grown, #1 Grade 1 lb. Clamshell 5⁹⁸ Each	 Sweet Oranges South African Grown kg. 3.26 1⁴⁸ lb.	 Fresh Avocados Mexican Grown 1⁴⁸ Each	ORGANICS Organic Green Kale Canadian Grown Per Bunch 2⁴⁸ Each
 Yellow Peaches B.C. Grown kg. 6.57 2⁹⁸ lb.	 Sweet Mandarin Oranges Peruvian Grown 2 lb. Bag 4⁹⁸ Each	 Baby Seedless Watermelon U.S. Grown 4⁹⁸ Each	 Organic Chard Red or Rainbow Canadian Grown 2⁹⁸ Each

BAKERY BARGAINS

 Sourdough Bread 2⁹⁸ Each	 Chop Suey Bread 3⁹⁸ Each	 Hamburger Buns or Hot Dog 8 Pack 2⁹⁸ Each	 English Bay Bakery Gourmet Cookies Select Varieties 12 Pack 5⁹⁸ Each	 Two-Bite Cinnamon Rolls 12 Pack 6⁹⁸ Each
 Mini Strudels Apple or Blueberry 4 Pack 2⁹⁸ Each	 Care Bakery Sliced Loaf Hamburger or Sandwich Buns 600 g. or 4 Pack 6⁹⁸ Each	 Dempster's Whole Grains Bread or Signature, Select Varieties 600-680 g. 3⁹⁸ Each	 Dempster's Signature Hamburger Buns or Hot Dog, 6-8 Pack 2⁹⁸ FOR \$8	

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