



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

AUGUST 2026

FRI	SAT	SUN	MON	TUES	WED	THURS
7	8	9	10	11	12	13

Back to School

Pork Loin Chops

Bone In, Value Pack, kg. 8.77

lb. **3⁹⁸**



Little Potato Company Potatoes

Red, Yellow or Trio
Canada or U.S. Grown, 1.5 lb.

Each **2⁹⁸**



Freestone Peaches

Canadian Grown

Each **14⁹⁸**

5 lb. CASE

Kellogg's Pop-Tarts

or Rice Krispies Squares
Select Varieties, 176-384 g.

3 FOR 7⁹⁸



Crave Entrées

or KD Deluxe, Frozen
Select Varieties, 200-340 g.

2 FOR \$7



CHECK OUT OUR
CASE LOT SALE
NEXT WEEK!

Celebrate Food NATIONAL S'MORES DAY

- August 10th, 2026 -



Kraft Jet-Puffed Marshmallows

Select Varieties
250 g.

3 FOR 4⁹⁸



Christie HoneyMaid Wafers

or Crumbs, Select Varieties
400 g.

5⁴⁸



Western Family Swiss Chocolate Bars

Select Varieties
100 g.

2 FOR \$6



Nestlé Carnation Hot Chocolate

Select Varieties
7-10 Pack

4⁷⁸



Maynards Candy

Select Varieties
100-154 g.

2 FOR \$6



BUTCHER SHOPPE



Outside Round Marinating Steak

kg. 19.80

lb. **8⁹⁸**



Outside Round Roast

kg. 17.59

lb. **7⁹⁸**

Maple Leaf Prime Chicken

Frozen
700 g.

Each **13⁹⁸**



T-Bone Steaks

Value Pack, kg. 44.05

lb. **19⁹⁸**



Swiss Chalet Barbecue Ribs

Frozen, 600 g.

Each **14⁹⁸**

Flamingo Breaded Chicken

Frozen, Select Varieties
550-680 g.

Each **12⁹⁸**



Western Family Chicken Wings

Frozen, Select Varieties
750 g.

Each **15⁹⁸**



Pork Loin Roast

Bone In, kg. 8.77

lb. **3⁹⁸**

Split Chicken Wings

kg. 13.18

lb. **5⁹⁸**



Boneless Skinless Chicken Breasts

kg. 17.59

lb. **7⁹⁸**



SMOKED & PACKAGED MEATS

Swiss Chalet Meat Pies

Beef or Chicken, Frozen
650-655 g.

Each **9⁹⁸**



Grimm's Sizzlin' Smokies

Select Varieties
450 g.

Each **7⁹⁸**



Maple Leaf Top Dogs

Select Varieties
900 g.

Each **12⁹⁸**



Schneiders Chicken Tenders

Frozen, 600 g.

Each **13⁹⁸**



Freybe Sliced Salami

Select Varieties
125 g.

Each **4⁹⁸**



Freybe Pepperoni

Select Varieties
500 g.

Each **10⁹⁸**



Lafleur Wieners

Original or BBQ
450 g.

Each **3⁹⁸**



Maple Lodge Farms Chicken Wieners

Original
450 g.

2 FOR \$5



Western Family Bacon

Regular or Thick Cut
375 g.

Each **5⁹⁸**

Western Family Wieners

Original
375 g.

Each **6⁹⁸**

Western Family All Beef Wieners

375 g.

Each **7⁹⁸**

Western Family Sliced Meat

Select Varieties
175-300 g.

Each **4⁹⁸**

Western Family Sliced Bologna

175 g.

Each **3⁹⁸**

Western Family Cooked Ham

Sliced
375 g.

Each **6⁹⁸**

DELI

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

**Grimm's
Deli Ham**
Honey
..... Per 100 g. **1⁹⁸**

**Freybe
Deli Sausage**
Select Varieties
..... Per 100 g. **1⁹⁸**

**Olymel
Deli Ham**
Select Varieties
..... Per 100 g. **1⁹⁸**

**Mare Angelo
Sliced Deli Meat**
Select Varieties
85 g.
..... Each **7⁹⁸**

SEAFOOD

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



**Atlantic
Salmon Fillets**
Skin On, 600 g.

Per
100 g.

4⁴⁸



**Rockfish
Fillets**
Skin On, 300 g.

Per
100 g.

2⁹⁸

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 Jewel Cooked Shrimp

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

Each

9⁹⁸



Ocean Jewel Shrimp

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

Each

10⁹⁸



HOT DEALS FROM THE FREEZER



**Cavendish Farms
Fries**

Frozen, Select Varieties, 800 g.

3 FOR 9⁹⁹



Green Giant Simply Steam

Frozen, Select Varieties
250 g.

4 FOR \$7



Western Family Hashbrown Potatoes

Chunky, Frozen
1.3 kg.

6⁴⁸



Western Family Fruit

Frozen, Select Varieties
400-600 g.

4⁹⁸



Kellogg's Eggo Waffles

Frozen, Select Varieties
280-330 g.

2 FOR \$8



Western Family Shredded Hashbrown Potatoes

Frozen, 1 kg.

5⁹⁸



Heinz Bagel Bites

Cheese & Pepperoni
or Three Cheese
Frozen, 198 g.

2 FOR \$5



Pogo Corn Dogs

Original, Frozen
4 Pack

5⁴⁸



Swanson Turkey Dinner

or Salisbury Steak, Frozen
295-326 g.

5⁹⁸



**Häagen-Dazs
Ice Cream or IÖGO
Frozen Yogurt**

or Novelties, Select Varieties
450-946 ml. or 3-8 Pack

4⁹⁸

**HOT!
DEAL**



**Breyers
Creamery Style
Ice Cream**

Select Varieties, 1.41 litre

6⁹⁸



DAIRY DELIGHTS



**Kraft
Cheese**
Select Varieties, 250 g.

4²⁸

Becel Margarine

Select Varieties
800 g.

7⁹⁸



Kraft Singles

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

6⁴⁸



Armstrong Shredded Cheese

Select Varieties
500 g.

9⁹⁸



Dairyland Whipping Cream

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

4⁹⁸



More Favourites ...

Armstrong Melts

225 g.

2^{FOR} \$6

Dairyland Cottage Cheese

Select Varieties
500 g.

4²⁸

Kraft Cool Whip Whipped Topping

225 g. Aerosol

3⁹⁸

Lactantia Cream Cheese

Original
250 g.

3⁷⁸

Western Family Feta Cheese

200 g.

4⁹⁸

Siggi's Icelandic Skr Yogurt

Select Varieties
4 x 100 g.

3⁷⁸

Olympic Sour Cream

Organic
500 ml.

4⁹⁸

Sunny D Beverage

Smooth or Tangy Original
500 ml., *Plus Deposit

3^{FOR} 3⁹⁹

Kozy Shack Pudding

Select Varieties
624 g.

2^{FOR} \$6



Western Family Orange Juice

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

6⁹⁸



Dairyland Coffee Cream

18%, 946 ml.
*Plus Deposit

3⁹⁸



Dairyland Organic Milk

2% or 3.25%, 946 ml.
*Plus Deposit

3²⁸



GOOD MORNING



**Nutella
Hazelnut Spread**
with Cocoa, 375 g.

5⁴⁸

Elias Honey

Liquid or Creamed
1 kg.

12⁹⁸



Jif Peanut Butter

Select Varieties
500 g.

2^{FOR} \$9



Maxwell House Coffee

Original Roast
864 g.

18⁹⁸



More Favourites ...

General Mills Cereal

Chex or Oatmeal Crisp
Select Varieties, 340-437 g.

2^{FOR} \$11

Maxwell House Instant Coffee

Select Varieties
126-240 g.

5⁴⁸

Tazo Concentrated Latte

Select Varieties
946 ml.

6⁴⁸

Post Shreddies

or Shredded Wheat
Select Varieties, 425-525 g.

2^{FOR} \$8

Rogers Oats

or Porridge, Select Varieties
750 g.-1.1 kg.

2^{FOR} \$9

Western Family Coffee

Original or Mayan
48 Pods

37⁹⁸



Only Goodness Almond Butter

Smooth
765 g.

12⁹⁸



Starbucks Coffee

Select Varieties
340 g. or 10 K-Cups

12⁹⁸



BAKING

Betty Crocker Cake Mix

Select Varieties
375-404 g.

2^{FOR} \$4



Betty Crocker Whipped Frosting

or Creamy Deluxe
Select Varieties, 340-450 g.

2^{FOR} \$6



Only Goodness Flaxseed Meal

or Gluten Free Bread Crumbs
453-454 g.

6⁹⁸

Western Family Coconut Milk

or Only Goodness
Select Varieties, 400 ml.

3^{FOR} 6⁹⁹

Sun-Maid Raisins

or Pitted Prunes
500 g.

6⁹⁸

Unico Corn Meal

750 g.

2^{FOR} \$4

GROCERY ESSENTIALS

Unico Balsamic Vinegar
500 ml. **4⁹⁸**

Unico Ripe Olives
Pitted or Sliced
200 ml. **2^F \$3^R**

De Cecco Pasta
Select Varieties
454 g. **2^F \$6^R**

Catelli Pasta
Select Varieties
900 g. **4⁹⁸**

Primo Pizza Sauce
Select Varieties
213 ml. **4^F \$5^R**

Only Goodness Tomato Paste
No Salt Added
156 ml. **2^F \$4^R**

Western Family Olive Oil
or Only Goodness
Select Varieties, 500 ml. **10⁹⁸**

Western Family Rice
Select Varieties
907 g. **2^F \$7^R**



Campbell's Ready To Serve Soup
Select Varieties
510-515 ml. **3^F 9⁹⁹**



Primo Tomatoes
Select Varieties, 796 ml.

2^F \$4^R



Hellmann's Mayonnaise
or Burger Sauce, Select Varieties
325-445 ml. **2^F \$9^R**



Nong Shim Noodle Bowls
Select Varieties
86 g. **3^F 4⁹⁸**



Catelli Pasta
Select Varieties
200-375 g. **2^F \$9^R**

Primo Pasta Sauce
or Tomato, Select Varieties
680 ml. **3^F 6⁹⁹**



Bick's Pickles
Select Varieties
1 litre **4⁹⁸**



Mr. Noodles Extra Hot Instant Noodles
Select Varieties
120 g. **3^F 1⁹⁸**



Hunt's Heirloom Tomatoes
Diced
398 ml. **2^F \$5^R**



Only Goodness White Quinoa
Organic
1.36 kg. **9⁹⁸**



Diana BBQ Sauce
Select Varieties
500 ml. **4²⁸**



Taipan Sesame Seed Oil
180 ml. **3⁴⁸**



Clover Leaf Pink Salmon
Flaked, 142 g. **2^F \$7^R**

Hereford Corned Beef
340 g. **5⁹⁸**

Del Monte Vegetables
No Salt Added
Select Varieties
341-398 ml. **4^F \$11^R**

Idahoan Potatoes
Select Varieties
113 g. **3^F 4⁹⁸**

Only Goodness Organic Black Beans
or Chick Peas
398 ml. **2^F \$3^R**

Chef Boyardee Ravioli
Mini or Beef
1.13 kg. **5⁴⁸**

KD Deluxe Macaroni & Cheese
Oven Baked
Select Varieties, 349 g. **2^F \$11^R**

KD Deluxe Creamy Cheddar or Velveeta on Shell
350-400 g. **2^F \$8^R**

French's Crispy Fried Onions
170 g. **4⁹⁸**

Heinz Salad Creme
English-Style
265 ml. **4²⁸**

Western Family Mustard
or Relish, Select Varieties
325-400 ml. **2^F \$5^R**

Primo Ketchup
1 litre **2⁷⁸**

China Lily Soya Sauce
483 ml. **3⁹⁸**

Canola Harvest Canola Oil
1.42 litre. **7⁹⁸**

TACO NIGHT!



Old El Paso Dinner Kits
Select Varieties, 250-510 g.

2^F \$9^R

Old El Paso Crunchy Taco Shells
or Stand n' Stuff
125-133 g. **2^F \$5^R**



Old El Paso Taco Bowls
Regular or Mini
189 g. **3⁹⁸**



Old El Paso Taco Shells
or Cheesy Blasted
153-191 g. **3⁹⁸**



Old El Paso Taco Seasoning
Select Varieties
1 Pack **4^F \$5^R**



More Favourites...

Old El Paso Taco Shells
Select Varieties
297-334 g. **2^F \$6^R**

Old El Paso Thick N Chunky Salsa
or Picante, Select Varieties
650 ml. **4⁹⁸**

Old El Paso Green Chilies
Chopped
113 ml. **2^F \$4^R**

Old El Paso Refried Beans
or Sliced Jalapeños
Select Varieties, 250-398 ml. **2^F \$6^R**

Old El Paso Taco Sauce
Mild or Medium
243 ml. **2^F \$7^R**

Naturally Good

Kaslo Sourdough Pasta
Select Varieties
454 g. **9⁴⁸**



GoRaw Chocolate Bars
Select Varieties
52-55 g. **3⁹⁸**



THIRSTY?



**SunRype
Pure Apple Juice**
1 litre, *Plus Deposit

2 FOR \$4

HOT! DEAL

San Pellegrino Sparkling Beverage

Select Varieties, 6 x 330 ml.
*Plus Deposit

6⁹⁸



Farming Karma Soda

or Hydr8, Select Varieties
4 x 285 ml., *Plus Deposit

5⁹⁸



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

8⁴⁸



Fuze Iced Tea

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

8⁹⁸



Coke or Canada Dry Beverages

Select Varieties, 12 x 355 ml.
*Plus Deposit

8⁴⁸



Voortman Cookies or Wafers

Select Varieties
210-320 g.

3 FOR \$9⁹⁹

Christie Ritz Handi-Snacks

10 Pack

11⁹⁸

Christie Minis

or Animal Crackers
Select Varieties, 200 g.

3⁷⁸

Cadbury Chocolate Bars

Select Varieties
90-100 g.

2 FOR \$8

Nestlé Chocolate Bars

Select Varieties
40-60 g.

3 FOR \$4⁹⁸

Western Family Popping Corn

Yellow
850 g.

2⁹⁸

Pringles Potato Chips

Select Varieties
148-156 g.

3 FOR \$9⁹⁹

Barbara's Cheez Puffs

Original or Jalapeño
198 g.

2 FOR \$6

Boom Chicka Pop Popcorn

Sweet & Salty or Sea Salt
136-198 g.

4⁹⁸

Takis

Tortilla Chips
Select Varieties
190-280 g.

2 FOR \$7

Cadbury Minis

Select Varieties
144-200 g.

2 FOR \$11



Hershey's Minis or Brookside Chocolate

Select Varieties
160-235 g.

5⁹⁸



Lay's Potato Chips

Select Varieties
177-235 g.

2 FOR \$7



RXBAR Protein Bars

Select Varieties
52 g.

2 FOR \$4



Western Family Kettle Cooked Potato Chips

Select Varieties, 200 g.

2 FOR \$5



Doritos Tortilla Chips

Select Varieties
210-235 g.

4²⁸



Christie Premium Plus Crackers

Select Varieties
450-481 g.

5⁴⁸



Molson Exel Non-Alcoholic Beer

6 x 355 ml., *Plus Deposit

2 FOR \$11

Western Family Juice

Select Varieties, 5 x 200 ml.
*Plus Deposit

3 FOR \$7⁹⁸

SunRype Pure Apple Juice

3.78 litre
*Plus Deposit

9⁹⁸

Tang Drink Crystals

Select Varieties
3 Pack

2 FOR \$6

Gatorade Sports Beverages

Select Varieties, 8 x 355 ml.
*Plus Deposit

8⁹⁸

Nestea Iced Tea

Lemon or Zero Sugar
473 ml., *Plus Deposit

2 FOR \$6

Bubly or Montellier Sparkling Water

Select Varieties, 10-12 x 355 ml.
*Plus Deposit

6⁹⁸

Pepsi or 7Up Beverages

Select Varieties, 6 x 710 ml.
*Plus Deposit

6⁹⁸

Body Armor Sports Beverages

Select Varieties, 473 ml.
*Plus Deposit

2 FOR \$4

SNACKS!

Kellogg's Special K or Kashi Bars

or Rice Krispies Squares
Select Varieties, 125-200 g.

2 FOR \$8

Kellogg's Nutri Grain Bars

Select Varieties
295 g.

2 FOR \$7

Snack Pack Pudding

or Juicy Gels, Select Varieties
4 Pack

3 FOR \$6⁹⁹

HOT! DEAL

Cheez-It Crackers

Select Varieties
191-200 g.

2 FOR \$7



HOUSEHOLD MUST HAVES

Charmin Ultra Bathroom Tissue

Soft or Strong, Triple 8 Roll

9⁹⁸

Bounty Paper Towel

or Select-A-Size, Double 3 Roll

9⁹⁸

Western Family Sandwich Bags

Zipper
90 Pack

2²⁸



Ziploc Freezer Bags

or Storage, Select Varieties
10-28 Pack

5⁴⁸



Arm & Hammer Laundry Detergent

Original or Cold Water
100 Use

11⁹⁸



Oxi Clean Stain Remover

680 g.

6⁹⁸



Shout Stain Remover

650 ml.

2^{FOR \$9}



Ivory Dish Liquid

Classic
709 ml.

2^{FOR \$7}



Cascade Action Pac Dishwasher Detergent

Complete
15 Pack

6⁹⁸



Scotch Brite Scour Pads

Heavy Duty
4 Pack

3⁹⁸



Tilex Bathroom Cleaner

Daily Shower or Soap Scum
946 ml.

5⁴⁸



Fantastik All Purpose Cleaner

Original or with Bleach
650 ml.

6⁴⁸



Glade Air Freshener

Select Varieties
226 g. Aerosol

2^{FOR \$8}



Glade Wax Melts

Select Varieties
6 Pack

2^{FOR \$11}



PERSONAL CARE

U by Kotex Pads

or Liners, Select Varieties
20-58 Pack

6⁴⁸

Crest Toothpaste

Cavity or Tartar Protection
125 ml.

2²⁸

Method Body Wash

Select Varieties
532 ml.

8⁹⁸

U by Kotex BioCare Pads

Regular or Overnight
10-14 Pack

7⁹⁸

Energizer Max Batteries

AA or 9 Volt
2-8 Pack

13⁹⁸

Live Clean Shampoo

or Conditioner, Select Varieties
350 ml.

6⁹⁸



Alberto Styling Gel

Extra Hold
200 ml.

5⁹⁸



Huggies Wipes

Simply Clean or Natural Care
56-64 Pack

4⁹⁸



U by Kotex Tampons

or Liners, Select Varieties
16-64 Pack

6⁹⁸



Energizer Max AAAA Batteries

4 Pack

9⁹⁸



PET STUFF

Nutri-Choice Advantage Dog Food

Salmon & Pea
6 kg.

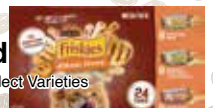
16⁹⁸



Friskies Cat Food

Variety Pack, Select Varieties
156 g., 24 Pack

27⁹⁸



MARKET FRESH PRODUCE

Fresh Blueberries

Canadian Grown, Canada #1 Grade
1 lb. Clamshell

Each **4⁹⁸**

WEATHER PERMITTING

Yellow Nectarine

California Grown
kg. 5.47

lb. **2⁴⁸**

Cantaloupe Melon

U.S. Grown, #1 Grade
kg. 2.82

lb. **1²⁸**

Green Seedless Grapes

California Grown, #1 Grade
kg. 8.77

lb. **3⁹⁸**

Mandarin Oranges

Sweet, Peruvian Grown
kg. 5.47

lb. **2⁴⁸**

Kiwi Fruit

New Zealand or Italy Grown

4 FOR \$5

Bartlett Pears

California Grown
kg. 6.57

lb. **2⁹⁸**

Green Cabbage

Canadian Grown, Canada #1 Grade
kg. 1.50

lb. **68¢**

Romaine Lettuce

Canadian Grown

Each **2⁴⁸**

Green Kale

Canadian Grown
Per Bunch

Each **1⁹⁸**

Fresh Express Salsa Ensalada Salad Kit

Product of U.S.A. 14 oz.

Each **4⁹⁸**

Hot House Peppers

Red, Yellow, Orange
Canadian Grown, kg. 5.47

lb. **2⁴⁸**

Hot House Beefsteak Tomatoes

Canadian Grown, Canada #1 Grade
kg. 4.37

lb. **1⁹⁸**

ORGANICS

Organic Baby Peeled Carrots

Product of U.S.A.
1 lb. Bag

Each **2⁹⁸**

Organic Celery Hearts

Product of U.S.A.
2 Pack

Each **4⁹⁸**

BAKERY BARGAINS

Whole Wheat Hamburger Buns

or Hot Dog, 60%, 8 Pack

Each **2⁹⁸**

Black Rye Bread

Each **2⁹⁸**

Calabrese Buns

6 Pack

Each **2⁹⁸**

Cheddar Jalapeño Buns

6 Pack

Each **5⁹⁸**

Two-Bite Lemon Tarts

Pecan or Raisins
12 Pack

Each **5⁹⁸**

Quinn's Swiss Rolls

Select Varieties
6 Pack

Each **6⁹⁸**

Sugarplum 6" Cheesecakes

Select Varieties
550 g.

Each **13⁹⁸**

Natural Bakery Canadian Rye Bread

500 g.

Each **2⁹⁸**

Villaggio Buns

Artisano or Toscana
Select Varieties
510-540 g. or 6-8 Pack

2 FOR \$7

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