



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	
21	22	23	24	25	26	27	

Back to School

Top Sirloin
Steak

kg. 24.21

lb. **10⁹⁸**



Long English
Cucumbers

Canadian Grown, Canada #1 Grade

Each **1²⁸**



Kraft
BBQ Sauce

Select Varieties, 455 ml.

3 FOR \$3



Western Family
Fruit Cups

Select Varieties, 4 Pack

3 FOR 6⁹⁹



Green Seedless
Grapes

California Grown, #1 Grade
kg. 6.57

lb. **2⁹⁸**

2026 Back to School Super Saver

Get all your
back to school needs
**August 23 to
September 19**

Quaker
Instant Oatmeal

Select Varieties
240-344 g.

2 FOR \$7



Snack Pack
Pudding

or Juicy Gels, Select Varieties
4 Pack

5 FOR \$10



Campbell's
Condensed
Soup

or Broth, Select Varieties
284 ml.

3 FOR 6⁹⁹



Hershey's
Chocolate Bars

or Reese's, Select Varieties
1 Pack

4 FOR \$5



BUTCHER SHOPPE



Top Sirloin Roast

kg. 22.00

lb. **9⁹⁸**



Beef Kabob Cubes

kg. 26.41

lb. **11⁹⁸**

Western Family Fully Cooked Angus Beef Burgers

Frozen, 680 g.

Each **14⁹⁸**



Western Family Prime Rib Burgers

Frozen 1.02 kg.

Each **19⁹⁸**



Western Family Canadian Angus Beef Burgers

Frozen, 852 g.

Each **18⁹⁸**



Western Family Rancher Beef Burgers

Frozen 1.7 kg.

Each **26⁹⁸**



Split Chicken Wings

kg. 13.18

lb. **5⁹⁸**



Western Family Chicken Wings

Frozen, Select Varieties 750 g.

Each **16⁹⁸**



Boneless Skinless Chicken Breasts

kg. 17.59

lb. **7⁹⁸**

Herb & Garlic Chicken Breasts

Ingredients

- 4 Boneless, skinless chicken breasts
- 2 tbsp Olive oil (divided)
- 3 Cloves garlic, minced
- 1 tsp Each: oregano, thyme, paprika, salt
- ½ tsp Black pepper
- 1 tbsp Butter & juice of ½ lemon

Instructions

Prep & Season: Pat chicken dry. Mix spices and rub over chicken with 1 tbsp. olive oil.

Sear: Heat remaining olive oil in a skillet over medium-high. Add chicken and cook undisturbed for 5–7 mins until golden.

Flip: Flip chicken. Add butter and garlic to the pan, spooning melted butter over the top. Cook another 5–7 mins until internal temp reaches 165°F (74°C).

Finish: Drizzle with lemon juice, rest for 5 mins, then slice.



Whole Pork Tenderloin

kg. 13.18

lb. **5⁹⁸**



Pork Blade Steak

kg. 9.88

lb. **4⁴⁸**



Pork Blade Roast

kg. 8.77

lb. **3⁹⁸**



Ground Pork

kg. 8.77

lb. **3⁹⁸**

SMOKED & PACKAGED MEATS

Western Family Beef Burgers

Sirloin, or Bourbon Whiskey BBQ
Frozen, 852 g.-1 kg.

Each **18⁹⁸**

Western Family Bacon

Regular or Thick Cut
375 g.

Each **6⁹⁸**

Maple Leaf Bacon

Select Varieties
375 g.

Each **6⁹⁸**

Western Family Garlic Sausage

750 g.

Each **11⁹⁸**

Maple Leaf Ready Crisp Bacon

Sliced or Pieces
65-85 g.

Each **6⁹⁸**

Western Family Cheddar Bacon Angus Beef Burgers

Frozen, 852 g.

Each **22⁹⁸**

Grimm's Pepperoni

Select Varieties
450 g.

Each **10⁹⁸**

Western Family Bologna Chunks

750 g.

Each **9⁹⁸**

Olymel Sausage

Select Varieties, 375-450 g.

Each **6⁹⁸**

Western Family Meat Pies

Frozen, Select Varieties
750 g.

Each **11⁹⁸**

Western Family Dips

Select Varieties
227 g.

Each **3⁹⁸**

Maple Leaf Natural Top Dogs

Maple Leaf Top Dogs

Original or BBQ, 375 g.

Each **5⁹⁸**

SEAFOOD

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

Western Family Wild Argentine Prawns

Raw, Easy Peel, Deveined, Frozen
16-30 Count, 340 g.

Each **10⁹⁸**

Western Family Seafood Medley

Frozen
300 g.

Each **8⁹⁸**

Western Family Crunchy Butterfly Shrimp

Frozen
680 g.

Each **14⁹⁸**

Western Family Prawn Platter

Frozen
454 g.

Each **14⁹⁸**

Western Family Shrimp Ring

Frozen
227 g.

Each **8⁹⁸**

Western Family Crispy Torpedo Shrimp

Frozen
250 g.

Each **8⁹⁸**

BlueWater Battered Fillets

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

Each **8⁹⁸**

DELI

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

Schneiders Deli Ham

Select Varieties

Per 100 g.

2⁹⁸

Piller's Deli Salami

Select Varieties

Per 100 g.

2⁹⁸

Deli Ham

Select Varieties

Per 100 g.

1⁹⁸

Greek House Restaurant Homous or Tzatziki

Rice, Basil or Potato
Select Varieties, 227-500 g.

Each

4⁴⁸

BAKERY BARGAINS

Canadian Harvest Bread

Each

2⁹⁸



Fresh Baked

Crusty Rolls

60% Whole Wheat
6 Pack

Each

2⁴⁸



Fresh Baked

Byblos Bakery 7" Pita Bread

White
6 Pack

Each

3²⁸



Monte Cristo Sourdough Bread

500 g.

Each

3⁹⁸



Lattice Fruit Pies

8 Inch, Select Varieties
520-600 g.

Each

7⁹⁸



Two-Bite Cupcakes

Vanilla or Chocolate
12 Pack

Each

5⁹⁸



Natural Bakery Canadian Rye Bread

500 g.

Each

2⁹⁸



Dempster's Signature Bread

or Whole Grain, Select Varieties
600-680 g.

Each

3⁹⁸



Dempster's Hamburger Buns

or Hot Dog, 12 Pack

2^{FOR} \$8



Unsliced Bread

White or 60% Whole Wheat

2^{FOR} \$4



Fresh Baked

Kaiser Buns

or Panini, Select Varieties, 6 Pack

Each

2⁹⁸

Fresh Baked



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

BREAKFAST BUYS

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

**Western Family
Instant Oatmeal**
Maple Brown Sugar
344 g.
3²⁸

**General Mills
Cereal**

Select Varieties, 311-340 g.

2^{FOR} \$8



**Nutella
Hazelnut Spread**
with Cocoa
725 g.

9⁹⁸



**Kraft
Peanut Butter**
Select Varieties
750 g.-1 kg.

6⁹⁸



**Mrs. Butterworth's
Syrup**
Original or No Sugar Added
710 ml.

4⁴⁸



**Kicking Horse
Coffee**

Kick Ass
24 K-Cups

26⁹⁸



**Maxwell House
Coffee**

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

11⁹⁸



**Nabob
Coffee**

Select Varieties
300-340 g.

10⁹⁸



**Kellogg's
Cereal**

Select Varieties
250-355 g.

2^{FOR} \$11



**Quaker
Quick Oats**

Large Flakes or Steel Cut
709 g.-1 kg.

2^{FOR} \$9



**McCafé
Coffee**

Premium Roast
875 g.

31⁹⁸



**Nescafé
Instant Coffee**

Select Varieties
100-170 g. or 18 Pack

9⁹⁸



**Twinings
Superblends Tea**

Select Varieties
20 Bags

4⁹⁸



BAKE UP SOME LOVE

**Ocean Spray
Craisins**

Select Varieties
142-170 g.

2^{FOR} \$5



**Betty Crocker
Angel Food Cake Mix**

Cookie or Brownie, Select Varieties
337-550 g.

3^{FOR} \$9⁹⁹



**Reynolds Kitchens
Baking Cups**

White or Rainbow
50 Pack

4^{FOR} \$5



**Dairyland
Whipped Cream**

400 g. Aerosol

5⁹⁸



**Kraft Cool Whip
Dessert Topping**

or Whipped, Select Varieties
1 litre or 225 g. Aerosol

3⁹⁸



**Tenderflake
Lard**

454 g.

5⁴⁸



**Western Family
Strawberries**

in Syrup, Frozen
425 g.

3⁴⁸



**Western Family
Cream Cheese**

Brick or Tub
227-250 g.

2^{FOR} \$7



**Lactantia
Butter**

Salted or Garlic
125 g.

3^{FOR} \$7⁹⁸



**Only Goodness
Organic Coconut
Oil**

Refined
860 ml.

11⁹⁸



**Only Goodness
Organic Liquid
Coconut Oil**

300 ml.

7⁹⁸



**Western Family
All Purpose Flour**

10 kg.

12⁹⁸



GROCERY ESSENTIALS

Tim Hortons Soup

Select Varieties, 540 ml.

2 FOR \$5

HOT! DEAL



Lipton Soup Mix

or Knorr, Select Varieties
4 Pack

2 FOR \$7



Tim Hortons Chili

Beef or Spicy
425 g.

2 FOR \$8



The Keg Gravy Mix

or Swiss Chalet, Select Varieties
1 Pack

3 FOR \$4.98



Western Family Pink Salmon

213 g.

3.98



Unico Kidney Beans

Black Beans or Chick Peas
No Salt Added, 540 ml.

2 FOR \$4



Montana's Dry Rub

Rib or Steak
170-180 g.

5.98



Shake'n Bake Coating Mix

Select Varieties
142-184 g.

4.28



Annie's Macaroni & Cheese

Classic Cheddar
or White Cheddar
680 g.

9.98



Western Family Pickles

Select Varieties
375-500 ml.

3 FOR \$7.98



Spam Luncheon Meat

Select Varieties
340 g.

4.98



Mazola Canola Oil

Corn or Vegetable
1.18 litre

8.98



EASY DINNERS START HERE

Kraft Miracle Whip

or Mayo, Select Varieties
890 ml.

6.98



Kraft Dressing

Select Varieties
425 ml.

3 FOR \$9.99



Heinz Picnic Pack

Ketchup, Mustard and Relish
375 ml, 3 Pack

6.48



Taco Bell Crunchwrap Supreme

or Cheesy Double Decker Tacos
401-642 g.

7.98

Heinz Mustard

or Dijon
265-380 ml.

2 FOR \$5



Classico Pasta Sauce

Pizza or Pesto, Select Varieties
218-600 ml.

2 FOR \$8



Taco Bell Taco Craving Kits

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.

2 FOR \$8



GROCERY ESSENTIALS

Unico Tomatoes

Select Varieties
796 ml.

3 FOR \$7.98



Unico Artichoke Hearts

398 ml.

3.98



Barilla Pasta

Select Varieties
340-454 g.

2 FOR \$6



Western Family Pasta Sauce

Select Varieties
700 ml.

3.78



Western Family Balsamic Vinegar

White Wine or Red Wine
250-500 ml.

3.48



Western Family Tomato Sauce

or Only Goodness
398 ml.

2 FOR \$3



Western Family Pasta

Select Varieties, 900 g.

2 FOR \$5



Ben's Original Bistro Express

Select Varieties, 240-250 g.

2 FOR \$7

Unico Kalamata Olives

Whole
375 ml.

5.48



Ben's Original Converted Rice

Long Grain
907 g.

5.48



Sapporo Ichiban Instant Noodle Cups

Select Varieties
62 g.

4 FOR \$7



Western Family Sesame Oil

Pure
300 ml.

5.98



Western Family Cooking Sauce

Peanut Satay
350 ml.

3.98



Western Family Plain Panko Bread Crumbs

227 g.

2.98



Naturally Good



The Better Butcher Plant-Based Ground

Select Varieties, 300 g.

6.98



Mabel Brewing Ginger Beer

Select Varieties, 4 x 355 ml.
*Plus Deposit

9.98



Tru Earth Dishwasher Detergent

Lemon or Fragrance Free
40 Tablets

11.98



Only Goodness Cooking Sauce

Select Varieties, 296 ml.

4.98



SNACKS



Western Family Salsa
Select Varieties, 650 ml.

2 FOR \$8

HOT! DEAL

Western Family Munchie Mix
400 g.

3⁹⁸



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

2 FOR \$8



Jiffy Pop Popcorn
Butter
127 g.

2 FOR \$7



Cheetos Snacks
Select Varieties
170-285 g.

2 FOR \$9



Doritos Tortilla Chips
Select Varieties, 210-235 g.

2 FOR \$9




Christie Snack Crackers
Wheat Thins or Sociables
Select Varieties, 162-180 g.

2 FOR \$7

Christie Triscuit
Select Varieties
185-200 g.

2 FOR \$8



Quaker Crispy Minis
Select Varieties
90-199 g.

2 FOR \$7



Orville Redenbacher Ready To Enjoy Popcorn
Select Varieties
116-220 g.

2 FOR \$9



Western Family Chewy Granola Bars
Chocolate Chip, 24 Pack

6⁹⁸

HOT! DEAL



Western Family Pudding Cups
Select Varieties, 4 Pack

2 FOR \$4

HOT! DEAL

Western Family Gummy Candy
Select Varieties
180 g.

1⁹⁸



Leclerc Celebration Cookies
Select Varieties
200-240 g.

4²⁸



Haribo Gummy Candy
Select Varieties
175 g.

2 FOR \$6



M&M's or Mars Chocolate
Select Varieties
37-57 g.

3 FOR \$4⁹⁸



Skittles or Starburst
Select Varieties
51-61 g.

2 FOR \$3



Excel Gum
or Juicy Fruit, Select Varieties
1 Pack

4 FOR \$5



BEVERAGES

Minute Maid Juice

Select Varieties, 1 litre, *Plus Deposit

2 FOR \$4

**HOT!
DEAL**

Nanton Spring Water

24 x 500 ml.
*Plus Deposit

4⁹⁸

Powerade Sports Beverages

Select Varieties, 710 ml.
*Plus Deposit

2 FOR \$4

Ocean Spray Sparkling Cranberry Juice

Select Varieties, 6 x 340 ml.
*Plus Deposit

5⁹⁸

Clausthaler Non-Alcoholic Beer

Dry Hopped, 6 x 355 ml.
*Plus Deposit

8⁹⁸

Western Family Sparkling Spring Water

or Lemon Lime, 2 litre
*Plus Deposit

2 FOR \$3



Kool-Aid, Mio or Tang Water Enhancer

Crystal Light or Country Time
Select Varieties, 48 ml.

2 FOR \$7

Mott's Clamato Juice

Original, 2.54 litre
*Plus Deposit

5⁹⁸

Lea & Perrins Worcestershire Sauce

142 ml.

2⁹⁸

Pepsi or 7Up Beverages

Select Varieties, 12 x 355 ml
*Plus Deposit

8⁴⁸

C4 Energy Drink

Select Varieties, 473 ml.
*Plus Deposit

2 FOR \$7

Montellier Sparkling Water

Select Varieties, 10 x 355 ml.
*Plus Deposit

6⁴⁸

Bubly Minis

Select Varieties, 6 x 222 ml.
*Plus Deposit

3⁹⁸

Bubly Sparkling Water

Select Varieties, 12 x 355 ml.
*Plus Deposit

6⁹⁸



HOUSEHOLD MUST HAVES

Western Family Bathroom Tissue

Double 12 Roll

7⁴⁸


Reynolds Kitchens Parchment Paper

1 Roll

2^{FOR}\$7


Alcan Aluminum Foil

Heavy Duty & Non-Stick
18" x 35'
7⁹⁸


Alcan Aluminum Foil

Non-Stick
12" x 25'
2^{FOR}\$8


Affresh Dishwasher Cleaner

or Washing Machine
60-120 g.
9⁹⁸


Drano Kitchen Granules

500 g.

9⁹⁸

Command Picture Hanging Strips

Select Varieties, 4-8 Pack

2^{FOR}\$11

Command Picture Hanging Strips

16 Pack

22⁹⁸

Glade Wax Warmer

1 Pack

15⁹⁸

Brita Slim Pitcher

1 Pack

18⁹⁸

Only Goodness Lunch Bags

100% Recycled
50 Pack
2⁹⁸

Scrubbing Bubbles Toilet Brush

Starter Kit or Refill

1-12 Pack

5⁹⁸

Borax Laundry Booster

1.84 kg.

8⁹⁸


Purex Laundry Detergent

Select Varieties
58 Use
8⁹⁸


Tide Laundry Detergent

Select Varieties
52-64 Use
18⁹⁸


Gain Flings Laundry Detergent

Original or Moonlight Breeze
31 Pack
18⁹⁸


Bounce Dryer Sheets

Select Varieties
80 Sheets
5⁹⁸


Western Family Auto Dish Pouches

Citrus Scent
30 Pack
6⁹⁸


Green Works All Purpose Cleaner

946 ml.

5⁹⁸


Scrubbing Bubbles Drop Ins

5 Pack

6⁹⁸


Drano Liquid

900 ml.

2^{FOR}\$8


Western Family Dish Liquid

or Only Goodness, Select Varieties
532 ml.
2⁷⁸


PERSONAL CARE

Crest Kid's Toothpaste

Cavity Protection
100 ml.
2²⁸

Crest Complete Toothpaste

Select Varieties
120 ml.
2^{FOR}\$9

U by Kotex Maxi Pads

Night Defense
or Clean & Secure
28-30 Pack
11⁹⁸

Q-Tips Cotton Swabs

170 Pack

2^{FOR}\$6

Polysporin Antibiotic Ointment

Original or Plus, 15 g.

8⁹⁸

Method Hand Soap

Select Varieties
300-354 ml.
2^{FOR}\$8


Gerber Baby Cereal

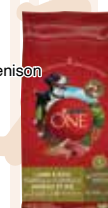
Select Varieties
208-227 g.
6⁴⁸


Pantene Shampoo

Conditioner or 2 In 1
Select Varieties, 308-355 ml.
5⁹⁸


PET'S CORNER

Purina One Dog Food

Lamb & Rice or Turkey & Venison
1.72-1.81 kg.
11⁹⁸


Pedigree Dog Food

Beef or Chicken
630 g.
2^{FOR}\$7


Purina One Cat Food

Chicken or Salmon
1.45-1.8 kg.
13⁹⁸


Super Saver Cat Litter

Clumping
4 kg.
5⁹⁸


HOT DEALS FROM THE FREEZER

**Western Family
Ice Cream Cups**
or Sugar Cones, Select Varieties
12-18 Pack **2 FOR \$6**

**Rustica
Pizza**

Frozen, Select Varieties
645-867 g.

5⁹⁸

**HOT!
DEAL**

**Western Family
French Fries**

Crispy or Crinkle
Frozen, 750 g.

2 FOR \$7



**Cavendish Farms
Hash Brown Patties**

Frozen
600 g.

2 FOR \$6



**Michelin's
Entrées**

Frozen, Select Varieties
255-284 g.

2 FOR \$4



**Western Family
Buttermilk Waffles**

Frozen
280 g.

2⁹⁸



**Nestlé
Ice Cream**

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

7⁹⁸



**Chapman's
No Sugar Added
Frozen Novelties**

or Ice Cream, Select Varieties
1 litre or 6 Pack

6⁹⁸



**Chapman's
Frozen Yogurt**

Sorbet or Novelties, Select Varieties
2 litre or 8-20 Pack

7⁹⁸



**M&M
FOOD MARKET
EXPRESS**



**M&M Food Market
Butter Chicken**

Frozen
907 g.

11⁹⁸

Each

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

DAIRY DELIGHTS

**Siggi's Icelandic
Skr Yogurt**

Select Varieties
4 x 100 g.

3⁷⁸

**Sunny D
Beverage**

Smooth or Tangy Original
1.89 litre, *Plus Deposit.

3²⁸

**Dairyland
Old Fashioned
Chocolate Milk**

946 ml., *Plus Deposit.

3⁴⁸

**Dairyland
Cottage Cheese**

2% or Fat Free
250 g.

2 FOR \$4

**Dairyland
Sour Cream**

Select Varieties
250 ml.

2 FOR \$4

**Parkay
Margarine**

Soft Bowl or Quarters
1.28-1.36 kg.

7⁹⁸



**Cracker Barrel
Shredded Cheese**

Select Varieties
250-320 g.

7⁹⁸



**Kraft
Natural Cheese**

Marble
250 g.

4²⁸



**Siggi's Icelandic
Skr Yogurt**

Select Varieties
650-750 g.

6⁴⁸



**Kraft
Grated Parmesan**

or Blend
250 g.

9⁹⁸



**Philadelphia
Dips**

Select Varieties
227 g.

2 FOR \$7



**Dairyland
Organic Cream**

10%, 473 ml.
*Plus Deposit

2⁹⁸



**Starbucks
Coffee Enhancer**

Select Varieties
828 ml., *Plus Deposit

7⁴⁸



**Simply
Orange Juice**

with Pulp or Pulp Free
Chilled, 2.25 litre, *Plus Deposit

9⁹⁸



MARKET FRESH PRODUCE



Fresh
Limes
Mexican Grown

Each **48¢**

Fresh
Avocados
Mexican Grown

4 FOR \$5

