

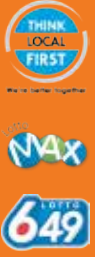


DEDICATED TO SERVICING
Sooke and surrounding
communities

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 **AUG./SEPT. 2026**

FRI	SAT	SUN	MON	TUES	WED	THURS
28	29	30	31	1	2	3



Lean Ground Beef
Value Pack, kg. 15.38
6⁹⁸
lb.



Corn on the Cob
Canadian Grown, Canada #1 Grade
2 FOR \$1



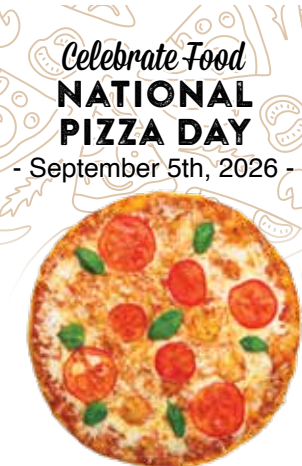
Hot House Roma Tomatoes
Canadian Grown
kg. 3.26
1⁴⁸
lb.



Heinz Beans
or Pasta, Select Varieties, 398 ml.
3 FOR \$3
HOT! DEAL



Breyers Family Classic Frozen Dessert or Popsicle Novelties
Select Varieties, 1.41 litre or 12 Pack
2 FOR \$7



Celebrate Food
NATIONAL PIZZA DAY
- September 5th, 2026 -

Western Family
Thin & Crispy Pizza
Frozen, Select Varieties
350-390 g.
2 FOR \$11



Dr. Oetker
Giuseppe Pizza
Frozen, Select Varieties
480-854 g.
8⁴⁹



Armstrong
Shredded Cheese
Select Varieties
500 g.
9⁹⁸



Western Family
Mushrooms
Sliced
284 ml.
2 FOR \$3



Olymel
Submarine Trio Pack
300 g.
Each **4⁹⁸**



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



T-Bone Grilling Steak

Value Pack, kg. 35.23

lb. **17⁹⁸**



Pork Loin Roast

Bone In, kg. 9.88

lb. **4⁴⁸**

Inside Round Steak

Value Pack, kg. 22.00

lb. **9⁹⁸**



Inside Round Roast

kg. 19.80

lb. **8⁹⁸**



Pork Loin Chops

Bone In Value Pack, kg. 10.98

lb. **4⁹⁸**



Carver's Choice Bacon

1 kg.

Each **10⁹⁸**



Pinty's Chicken Wings

or Chunks, Frozen, Select Varieties 700-730 g.

Each **16⁹⁸**



Pinty's Chicken

or Gluten Free, Frozen Select Varieties, 640-950 g.

Each **13⁹⁸**



Pinty's Gluten Free Chicken Fillets

Frozen, 750 g.

Each **16⁹⁸**



Chicken Breasts

Value Pack, kg. 13.18

lb. **5⁹⁸**



Chicken Drumsticks

Value Pack, kg. 6.57

lb. **2⁹⁸**



Whole Frying Chicken

kg. 7.67

lb. **3⁴⁸**



SMOKED & PACKAGED MEATS

Olymel International Entrées

Frozen, Select Varieties 400 g.

Each **8⁹⁸**



Olymel Sliced Meat

Select Varieties 175 g.

Each **3⁹⁸**



Maple Leaf Top Dogs

Original or BBQ 900 g.

Each **12⁹⁸**



Burns Wieners

375 g.

Each **5⁹⁸**



Schneider's Lunch Mate

Select Varieties 75-90 g.

Each **3⁹⁸**



Maple Lodge Farms Chicken Bacon Style

375 g.

Each **5⁹⁸**



Western Family Sliced Bologna

or Cooked Ham 175 g. Each

3⁹⁸

Western Family Chicken Breast

Select Varieties 250 g. Each

4⁹⁸

Western Family Black Forest Ham

300 g. Each

4⁹⁸

Western Family Cooked Ham

Sliced, 375 g. Each

7⁹⁸

Western Family Bologna Chunk

750 g. Each

9⁹⁸

Western Family Garlic Sausage

750 g. Each

11⁹⁸

Freybe Pepperoni

Select Varieties 500 g. Each

10⁹⁸

Harvest Garlic Sausage

500 g. Each

7⁹⁸

Olymel Sliced Ham

Black Forest or Old Fashion 500 g. Each

7⁹⁸

Olymel Duo Pack

Select Varieties 250-300 g. Each

4⁹⁸

Grimm's Pepperoni Bites

Select Varieties 300-375 g. Each

8⁹⁸

Maple Lodge Farms Ultimate Chicken Wieners

or Bologna, 375-450 g. Each

2⁹⁸

Maple Lodge Farms Chicken Breast

Sliced Select Varieties 200 g. Each

3⁹⁸

Freybe Salami

Select Varieties 250 g. Each

8⁹⁸

DELI

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

Grimm's

Deli Black Forest Ham

Per 100 g. **2⁹⁸**

Freybe

Deli Salami

Select Varieties

Per 100 g. **3⁴⁸**

Freybe

Deli Ham

Select Varieties

Per 100 g. **2⁴⁸**

SEAFOOD

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



Atlantic Salmon

Skin On, 600 g.

Per 100 g.

4⁴⁸



Ocean Mama
Shrimp Gyoza

Frozen
454 g.

Each **10⁹⁸**



Ocean Mama
Seafood Medley

Frozen
340 g.

Each **5⁹⁸**



Ocean Mama
Shrimp

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

Each **4⁹⁸**



Ocean Mama
Clam Meat

Frozen
340 g.

Each **5⁹⁸**



HOT DEALS FROM THE FREEZER

**Green Giant
Simply Steam**

Frozen, Select Varieties
250 g.

4 FOR \$7



**Cavendish Farms
Fries**

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

2 FOR \$8



**McCain
Hashbrowns**

Frozen
800 g.

2 FOR \$6



**Chef Bombay
Entrées**

Frozen, Select Varieties
350 g.

4⁹⁸



**Dr. Oetker
Ristorante Pizza**

or Casa di Mama, Frozen
Select Varieties, 320-410 g.

5⁹⁸



**Pillsbury
Pizza Pops**

or Bites, Frozen,
Select Varieties
693-760 g.

6⁹⁸



**Only Goodness
Blueberries**

or Mango Chunks, Frozen
600 g.

4⁹⁸

**HOT!
DEAL**



**Cheemo
Perogies**

Frozen, Select Varieties, 907 g.

2 FOR \$7



**Crave
Entrées**

Frozen, Select Varieties
200-340 g.

4⁹⁸



**Pogo
Corn Dogs**

Original, Frozen
300 g.

5⁴⁸



**McCain
Deep'n Delicious Cake**

Frozen, Select Varieties
510 g.

6⁴⁸



**Western Family
Waffle Cones**

12 Pack

4²⁸



**Popsicle
Frozen Novelties**

Select Varieties
18 Pack

7⁴⁸



**Chapman's
Markdale Creamery
Ice Cream**

Select Varieties, 4 litre

10⁹⁸



DAIRY DELIGHTS

Armstrong Melts

450 g.

4⁹⁸

Cracker Barrel Cheddar Cheese

Marble or Old
270 g.

7⁹⁸



Philadelphia Cream Cheese

Select Varieties, 227-250 g.

2^{FOR} \$8

HOT! DEAL



Dairyland Butter

Salted
454 g.

6⁴⁸



Armstrong Cheese

Select Varieties
600 g.

9⁹⁸



Philadelphia Dips

Onion or Dill Pickle
340 g.

5⁴⁸

Imperial Margarine

Quarters or Soft Bowl
1.2-1.36 kg.

7⁹⁸

Black Diamond Sliced Cheese

Select Varieties
220-240 g.

5⁹⁸

Black Diamond Cheestrings

Marble
8 Pack

2^{FOR} \$9

Kraft Shredded Parmesan

or Blend, 200 g.

7⁴⁸

Olympic Sour Cream

Organic
500 ml.

4⁹⁸

Western Family Whipped Cream

225 g. Aerosol

4⁹⁸

Dairyland Chocolate Milk

946 ml.
*Plus Deposit

2^{FOR} \$5

Danone Oikos Yogurt

Select Varieties
650-750 g.

6⁷⁸

Silk Beverages

Select Varieties, 1.89 litre
*Plus Deposit

4⁹⁸

Dairyland Whipping Cream

or Coffee Cream, 473 ml.
*Plus Deposit

2⁹⁸



Dairyland Milk 2 Go

Select Varieties, 310 ml.
*Plus Deposit

2^{FOR} \$3



Dairyland Organic Milk

Select Varieties, 1.89 litre
*Plus Deposit

5²⁸



Tropicana Juice

Chilled, Select Varieties
1.36 litre, *Plus Deposit

5⁹⁸



BREAKFAST



General Mills Cheerios

Honey Nut, 292 g.

2^{FOR} \$6

HOT! DEAL

Smucker's Spread

Marmalade or Jelly
Select Varieties, 500 ml.

6⁴⁸



Kraft Hazelnut Spread

with Cocoa
725 g.

6⁹⁸



McCafé Coffee

Premium Roast
12 K-Cups

11⁹⁸

McCafé Instant Coffee

Premium Roast
100 g.

9⁹⁸

Ethical Bean Ground Coffee

Classic or Lush
227 g.

11⁹⁸

Ethical Bean Coffee Bean

Select Varieties
340 g.

13⁹⁸

Tetley Tea

Select Varieties
20-36 Bags

2^{FOR} \$8

Tazo Tea

Select Varieties
20 Bags

4⁹⁸

Western Family Hot Chocolate

Regular or Marshmallow
500 g.

5⁴⁸

Kellogg's Cereal

Fun Pac
210 g.

2^{FOR} \$11

Rogers Wheat Germ

or Bran
375-450 g.

2^{FOR} \$4

Western Family Quick Oats

1 kg.

2^{FOR} \$7

Elias Honey

Liquid or Creamed
500 g.

7⁹⁸



Folgers Coffee

Select Varieties
30 K-Cups or 544-865 g.

19⁹⁸



SOMETHING SWEET

Kraft Dream Whip Dessert Topping Mix

170 g.

4⁹⁸



Crave Cake Mix

Select Varieties
525 g.

6⁴⁸



Rogers All Purpose Flour

or Unbleached
2.5 kg.

3⁹⁸



Hershey's Chipits

Select Varieties
200-270 g.

5⁹⁸



Ocean Spray Craisins

Original
680 g.

6⁹⁸



Truvia Sweetener

Stevia
270 g.

6⁹⁸



GROCERY ESSENTIALS



**Hellmann's
Mayonnaise**

Select Varieties, 710-890 ml.

6⁹⁸

**Kraft
Pasta Salad Mix**
Macaroni
200 g. **2⁷⁸**

**Western Family
Whole Baby Beets**
398 ml. **1⁹⁸**

**Bick's
Baby Dill Pickles**
or Yum Yum Sweet
500 ml. **3⁹⁸**

**Bick's
Relish**
Sweet Green
500 ml. **3⁹⁸**

**Western Family
Ripe Olives**
Pitted or Sliced
398 ml. **2^F\$5**

**French's
Worcestershire
Sauce**
295 ml. **3²⁸**

**Cholula
Hot Sauce**
Select Varieties
150 ml. **5⁹⁸**

**P.F. Chang's
Cooking Sauce**
Select Varieties
350 ml. **2^F\$11**

**Kraft Dinner
Specialty Pasta**
Select Varieties
156-175 g. **2^F\$4**

**Western Family
Light Tuna**
Chunk or Flaked
170 g. **3^F4⁹⁸**

**Hunt's Thick & Rich
Pasta Sauce**
Select Varieties
680 ml. **3^F9⁹⁹**

**Kraft
Pizza Kit**
850 g. **7⁹⁸**

**Sapporo Ichiban
Instant Noodle**
Select Varieties
100-104 g. **98¢**

**Lundberg
Jasmine Rice**
or Basmati
907 g. **10⁹⁸**

**Stagg
Chili**
Select Varieties
425 g. **2^F\$8**

**Montana's
BBQ Sauce**
Texas Bold or Apple Butter
350 ml. **5⁴⁸**

**Primo
Pasta**
Select Varieties
900 g. **3^F7⁹⁸**

**Hunt's
Tomato Sauce**
Select Varieties
398 ml. **3^F6⁹⁹**

**Club House
Gravy Mix**
or Sauce, Select Varieties
1 Pack **2^F\$3**

**Club House
La Grille Seasoning**
Select Varieties
120-203 g. **5⁹⁸**



**Dole
Pineapple**
Select Varieties, 398 ml.

2^F\$4

More Favourites ...

**Western Family
Broth**
Select Varieties
946 ml. **2^F\$4**

**Western Family
Pink Salmon**
418 g. **5⁹⁸**

**Gold Seal
Mackerel**
Mediterranean Style
or in Olive Oil, 115 g. **2^F\$8**

**Western Family
Tomatoes**
Select Varieties
398 ml. **4^F\$7**

**Berio
Basil Pesto**
190 g. **4⁹⁸**

**Hunt's
Tomato Paste**
Select Varieties
156 ml. **3^F4⁹⁸**

**Primo Egg or
Lasagne Noodles**
Cannelloni or Orzo
Select Varieties
250-500 g. **2^F\$7**

**Club House
La Grille
Seasoned Salt**
248 g. **3⁹⁸**

**Grissol
Croutons**
Select Varieties
135 g. **2^F\$5**

**Gallo
Olive Oil**
Extra Virgin
1 litre **11⁹⁸**

**Pam
Cooking Spray**
Original
110 g. Aerosol **4⁹⁸**

Naturally Good



**Mutti
Pasta Sauce**
Select Varieties, 660 ml.

9⁹⁸

**Mutti
Passata**
or with Basil
680 ml. **5⁹⁸**

**Mutti
Tomato Paste**
156 ml. **4⁹⁸**

**Mutti
Concentrated
Tomato Paste**
156 ml. **5⁴⁸**

**Mutti
Pizza Sauce**
Classical or Aromatic
398 ml. **4⁴⁸**

SNACK ATTACK!

More Favourites...

Pringles Mingles
Select Varieties 155 g. **2 FOR \$8**

Hardbite Potato Chips
Select Varieties 150 g. **2 FOR \$6**

Whisps Cheese Crisps
Parmesan or Cheddar 60 g. **4⁹⁸**

Grissol Melba Toast
or Baguettes 120-200 g. **2 FOR \$7**

Cheeze-It Crackers
Select Varieties 213-352 g. **2 FOR \$9**

Smartfood Popcorn
Select Varieties 150-220 g. **4⁴⁸**



Ruffles Potato Chips

Select Varieties, 180-200 g.

2 FOR \$8



Kellogg's Town House Crackers

Select Varieties 247-391 g.

2 FOR \$7



Pace Salsa
or Picante, Select Varieties 642-648 ml.

4⁹⁸



Kashi Layered Fruit Bars

Pineapple Passionfruit or Strawberry Banana, 118 g.

6⁹⁸



Orville Redenbacher Popcorn

Buttery or Extra Butter 246 g.

2 FOR \$8



Kisko Mr. Freeze Pops
80 Pack

6⁹⁸

Christie Cookies

Select Varieties 224-303 g.

4⁹⁸

Dare Bear Paws Cookies

Select Varieties 168-210 g.

4⁹⁸

Tim Hortons Granola Bars

Select Varieties 5 Pack

4 FOR \$9

Hershey's Chocolate Minis

or Reese's, Select Varieties 160-226 g.

5⁹⁸

Cadbury Chocolate Bars
Select Varieties 1 Pack **3 FOR 4⁹⁸**

Maynards Wine Gums

315 g.

4⁹⁸

Brookside Chocolate

Select Varieties 210-235 g.

5⁹⁸

Wrigley's 5 Gum

Select Varieties 15 Pack

2 FOR \$4

Rose's Grenadine Syrup
or Lime Cordial 739 ml. **2 FOR \$7**

Mott's Garden Cocktail
1.89 litre, *Plus Deposit **2 FOR \$9**

Western Family Juice
Select Varieties, 1 litre *Plus Deposit **3 FOR 6⁹⁹**

Gatorade Drink Crystals
Select Varieties, 560 g. **7⁴⁸**

Nestea Iced Tea
or Zero Sugar, 12 x 341 ml. *Plus Deposit **9⁹⁸**

Montellier Sparkling Water
Select Varieties, 1 litre *Plus Deposit **2 FOR \$3**

Coke or Canada Dry Beverages
Select Varieties, 12 x 355 ml. *Plus Deposit **8⁴⁸**

Pepsi or 7Up Beverages
Select Varieties, 1 litre *Plus Deposit **2 FOR \$5**

Monster Energy Drink
or Reign, Select Varieties 4 x 473 ml., *Plus Deposit **11⁹⁸**

Glacéau Vitamin Water
Select Varieties, 591 ml. *Plus Deposit **3 FOR 6⁹⁹**

Corona Cero Alcohol-Free Beer

6 x 330 ml. *Plus Deposit

10⁹⁸



Budweiser Zero Non-Alcoholic Beer

12 x 355 ml. *Plus Deposit

15⁹⁸



San Pellegrino Sparkling Beverages

Select Varieties, 6 x 330 ml. *Plus Deposit

6⁹⁸



Nestea Iced Tea

or Zero Sugar, 1.89 litre *Plus Deposit

2 FOR \$8



Gatorade Sports Beverages

Select Varieties, 6 x 591 ml. *Plus Deposit

8⁹⁸



Dasani Water

12 x 355 ml. *Plus Deposit

6⁴⁸



Coke or Canada Dry Minis

Select Varieties, 6 x 222 ml. *Plus Deposit

4⁹⁸



Pepsi or 7Up Minis

Select Varieties, 6 x 222 ml. *Plus Deposit

2 FOR \$9



THIRSTY?

Mott's Clamato Juice

Select Varieties, 1.89 litre *Plus Deposit

2 FOR \$7

HOT! DEAL



HOUSEHOLD MUST HAVES

Purex Bathroom Tissue
Ultra or Ultra Luxe
Double 12 Roll
or Triple 8 Roll

OR

Sponge Towels Ultra
or Ultra Pro
Double 3 Roll

OR

Scotties Facial Tissues
or Supreme
81-126 Tissues
6 Pack

8⁹⁸

your CHOICE

Western Family Garbage Bags
Regular
40 Pack

9⁹⁸



Pine-Sol Multi Surface Cleaner
Select Varieties
1.41 litre

5⁹⁸



Eco Max Laundry Detergent
Hypoallergenic
100 Use

14⁹⁸



Western Family Fabric Softener
Fresh Scent
120 Sheets

4⁹⁸



Blue Label Bleach
Concentrated
3.6 litre

6⁴⁸



Cascade Action Pac Dishwasher Detergent
Select Varieties
30-45 Pack

18⁹⁸



Brita Filter
1 Pack

10⁹⁸

Command Utility Hook
Large
1 Pack

4⁹⁸

Febreze Bathroom Air Freshener
Hawaiian Aloha or Linen & Sky
1 Pack

2^{FOR \$9}

Command Utility Hook
Medium
2 Pack

3⁹⁸

Green Works Disinfecting Bathroom Cleaner
946 ml.

5⁹⁸

Windex Glass Wipes
28 Pack

5⁴⁸

Windex Glass Cleaner
Refill
2 litre

8⁹⁸

Pledge Furniture Polish
Lemon
275 g. Aerosol

7⁹⁸

Ziploc Sandwich Bags
or Extra Large
30-50 Pack

2^{FOR \$7}

Dawn Powerwash Dish Liquid
Fresh or Lemon
473 ml.

6⁹⁸



PICNIC PICKS

Royal Oak Charcoal Briquets
Classic
15.4 lb.

12⁹⁸



Western Family Aluminum Foil
Heavy Duty
18" x 25'

3⁹⁸

Western Family Party Cups
White or Coloured
30-40 Pack

2^{FOR \$9}

Only Goodness Dinner Plates
40 Pack

8⁹⁸

Ziploc Freezer Bags
Large
32 Pack

8⁹⁸

Western Family Heavy Duty Utensils
Select Varieties
48 Pack

2^{FOR \$6}

PERSONAL CARE

Colgate Toothpaste
Regular or Winterfresh
95 ml.

2^{FOR \$4}



Colgate Extra Clean Toothbrush
Select Varieties
1 Pack

2^{FOR \$4}



Chapstick Lip Balm
Select Varieties
1 Pack

2^{FOR \$4}



Depend Underwear
Select Varieties
17-19 Pack

22⁹⁸



PET'S CORNER



Purina One Dog Food
Select Varieties, 368 g.

2^{FOR \$5}

Purina Cat Chow
Complete
1.6 kg.

9⁹⁸



Nutri Choice Advantage Dog Food
Turkey & Rabbit
11.5 kg.

35⁹⁸



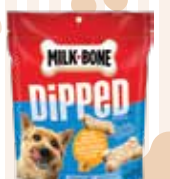
Tidy Cat Cat Litter
Select Varieties
2.72 kg.

14⁹⁸



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

5⁴⁸



MARKET FRESH PRODUCE

Red Seedless Grapes

California Grown, #1 Grade, kg. 8.77

Lb. **3⁹⁸**

Sweet
Oranges
South African Grown
kg. 3.70

Lb. **1⁶⁸**



Bartlett
Pears
Canadian Grown
kg. 3.26

Lb. **1⁴⁸**



Red
Mangos
Mexican Grown

Each **2⁹⁸**



Cantaloupe
Melon
U.S. Grown, #1 Grade
kg. 2.16

Lb. **98¢**



Baby Seedless
Watermelon
Mexican or U.S. Grown

Each **3⁹⁸**



Kiwi
Fruit
New Zealand or Italy Grown

4^{FOR} \$5



Celery
Stalks

U.S. Grown, #1 Grade

kg. 2.82

Lb. **1²⁸**



Little Potato Company
Potatoes

Red, Yellow or Trio

Canadian or U.S. Grown, 1.5 lb.

Each **3⁹⁸**



Romaine
Hearts

Product of U.S.A.

3 Pack

Each **4⁹⁸**



Fresh Express
Coleslaw

Product of U.S.A.

14 oz.

Each **2⁴⁸**



Hot House Peppers

Red, Yellow or Orange, Canadian Grown

kg. 5.47

Lb. **2⁴⁸**



ORGANICS

Organic
White Mushrooms

Whole or Sliced, Canadian Grown

227 g.

..... Each **2⁴⁸**

Organic
Chard

Red or Rainbow

Canadian Grown

..... Each **2⁹⁸**

Organic
Baby Rainbow Carrots

Product of U.S.A.

12 oz.

..... Each **3⁴⁸**

BAKERY BARGAINS

Calabrese
Bread

Each **2⁴⁸**



Fresh Baked

Butterflake
Croissants

6 Pack

Each **2⁴⁸**



Fresh Baked

Apple
Turnovers

Raspberry or Cherry

4 Pack

Each **3⁹⁸**



Fresh Baked

Panini
Buns

or Kaiser, 6 Pack

Each **2⁹⁸**

Fresh Baked



Two-Bite
Brownies

265 g.

Each **5⁹⁸**



Dempster's
Bread

or Texas Toast, Select Varieties

567-675 g.

2^{FOR} \$7



Dempster's
Hamburger Buns

or Hot Dog

Select Varieties, 6-8 Pack

Each **3⁹⁸**



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