



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** **SEPTEMBER 2026**
FRI SAT SUN MON TUES WED THURS
4 5 6 7 8 9 10

Pork Tenderloin

Twin Pack, kg. 10.98

4⁹⁸
lb.



Hot House Mixed Colour Peppers

Canadian Grown, 2 lb. Bag

3⁴⁸
Each



Prune Plums or Bartlett Pears

Canadian Grown, 7 litre

13⁹⁸
Each



Knorr Sidekicks

Select Varieties, 120-167 g.

4 FOR \$7



Maxwell House Coffee

Original Roast, 864 g.

15⁹⁸



2026 Back to School Super Saver

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

Kellogg's Family Size Cereal

Select Varieties
450-650 g.

5⁹⁹



Pearl Milling Company Pancake Mix

or Syrup, Select Varieties
905 g. or 710 ml.

2 FOR \$9



Yoplait Yop Drinkable Yogurt

Select Varieties, 200 ml.
*Plus Deposit

4 FOR \$5



Post Cereal

Select Varieties
311-400 g.

2 FOR \$7



BUTCHER SHOPPE

Striploin Grilling Steak

Value Pack, kg. 37.43

lb. **16⁹⁸**

Striploin Roast

kg. 36.33

lb. **16⁹⁸**

Beef Blade Steak

Value Pack
kg. 28.62

lb. **12⁹⁸**

Montana's Angus Beef Burgers

Frozen
906 g.

Each **19⁹⁸**

Western Family Breaded Stuffed Chicken Cutlets

Frozen, Select Varieties, 852 g.

Each **15⁹⁸**

Western Family Chicken Wings

Frozen
3 kg.

Each **34⁹⁸**

Western Family Boneless, Skinless Chicken Thighs

Frozen, 3 kg.

Each **34⁹⁸**

Pork Loin Roast

Boneless
kg. 9.88

lb. **4⁴⁸**

Montana's Pork Back Rib

Texas Style BBQ
650 g.

Each **19⁹⁸**

Pork Loin Chops

Boneless, Value Pack
kg. 10.98

lb. **4⁹⁸**

western family

BONELESS CHICKEN BREASTS

seasoned, skinless, uncooked
chicken breast portions
14% meat proteinproduits de poulet déossés
sans peau, non cuits
14% protéine de viande

Western Family Boneless, Skinless Chicken Breasts

Frozen, 3 kg.

Each **34⁹⁸**

western family

BONELESS CHICKEN BREASTS

seasoned, skinless, uncooked
chicken breast portions
14% meat proteinproduits de poulet déossés
sans peau, non cuits
14% protéine de viande

3 kg

SMOKED & PACKAGED MEATS

Mitchell's Heritage Bacon

1 kg.

Each **18⁹⁸**

Schneider's Juicy Jumbos

Select Varieties
375-450 g.

Each **9⁹⁸**

Maple Leaf Sliced Meat

Select Varieties
125-175 g. Each

5⁹⁸

Lafleur Half Ham

Select Varieties
550 g. Each

10⁴⁸

Flamingo Breaded Chicken

or Wings, Frozen, Select Varieties
550-680 g. Each

12⁹⁸

Western Family Mozzarella Cheese Sticks

Frozen, 500 g. Each

9⁹⁸

Western Family Stuffed Jalapeño Poppers

Bacon Wrapped, Frozen
226 g. Each

8⁹⁸

Grimm's Bavarian Smokies

Bratwurst or European Wieners
Select Varieties, 375-450 g. . . . Each

7⁹⁸

Freybe Sliced Meats

Select Varieties
175 g.

2^{FOR} \$10

Freybe Pepperoni

Select Varieties
500 g. Each

13⁴⁸

Maple Lodge Farms Chicken Bacon Style

375 g. Each

5⁹⁸

Maple Lodge Farms Chicken Bologna

375 g.

2^{FOR} \$6

Western Family Meat Pies

Frozen, Select Varieties
750 g. Each

12⁹⁸

Western Family Meat Balls

or Beef Cabbage Rolls, Frozen
Select Varieties, 680-908 g. . . . Each

11⁹⁸

Western Family Garlic Sausage

750 g. Each

12⁹⁸

Western Family Bologna Chunk

750 g. Each

9⁹⁸

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 Dips

Select Varieties
227 g.

Each **3⁹⁸**

Maple Lodge Farms Ultimate Chicken Sausage

Select Varieties, 375-500 g.

Each **5⁹⁸**

DELI

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

Freybe Deli Chorizo Sausage

Landjaeger or Swiss Farmer

Per 100 g. **3⁹⁸**

Grimm's Deli Ham

Thyme Maple Whisky

Per 100 g. **2⁴⁸**

Freybe Deli Pastrami

or Coned Beef

Per 100 g. **3⁹⁸**

SEAFOOD

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

Atlantic Salmon Fillet

Skin On, 300 g.

Per 100 g. **4⁴⁸**



Rockfish Fillet

Skinless
300 g.

Per 100 g. **2⁹⁸**



Cod Fillet

Skinless
300 g.

Per 100 g. **4⁹⁸**



Steelhead Trout Fillet

Skin On
300 g.

Per 100 g. **5⁴⁸**



Sockeye Salmon Fillet

Skin On
300 g.

Per 100 g. **5⁹⁸**



Dairyland Creamo

or Fat Free, 473 ml.

*Plus Deposit. **2⁴⁸**

Dairyland Organic Cream

10%, 473 ml.

*Plus Deposit. **2⁹⁸**

Dairyland Cottage Cheese

Select Varieties
500 g.

4²⁸

Dairyland Sour Cream

Select Varieties
250 ml.

1⁹⁸

Kraft Parmesan Cheese

Shaved
141 g.

5⁴⁸

Olympic Organic Yogurt

or Crema, Select Varieties
650 g.

4⁹⁸

Sunny D Beverage

Smooth or Tangy Original
500 ml., *Plus Deposit...

3⁹⁸

Kraft Parmesan

Grated
500 g.

16⁹⁸



Dairyland Microfiltered Milk

Select Varieties, 1.89 litre
*Plus Deposit

5⁴⁸



Western Family Single Slices

Regular or Thick
800 g.

8⁹⁸



Black Diamond Shredded Cheese

Select Varieties
320 g.

6⁴⁸



Saputo Feta Cheese

Original
200 g.

4⁴⁸



Lactantia Cream Cheese

Original
250 g.

3⁷⁸



Heluva Good Dip

French Onion
680 g.

5⁹⁸



Imperial Margarine

400 g.

3²⁸



Parkay Margarine

850 g.

4⁹⁸



Kozy Shack Pudding

Select Varieties
624 g.

3²⁸



Liberte Extra Cream Greek Yogurt

Select Varieties, 4 x 100 g.

2⁹⁸



Olympic Greek Yogurt

Select Varieties
650 g.

5⁹⁸



iÖGO Multipack Yogurt

Select Varieties
16 x 100 g.

6⁹⁸



Western Family Lemonade

Chilled, Select Varieties
1.54 litre, *Plus Deposit

3⁷⁹⁸



DAIRY DELIGHTS

Faith Farms Cheese

Select Varieties, 320-340 g.

2^{FOR} \$11

**HOT!
DEAL**



BREAKFAST BUYS



**Adams Natural
Peanut Butter**
Select Varieties, 500 g.

3⁹⁸

**HOT!
DEAL**

**Cora's
Crepe Mix**

Plain
700 g.

4⁹⁸



**Van Houtte
Coffee**

Timothy's or Donut House
24-30 K-Cups

19⁹⁸



**Kellogg's
Cereal**

Select Varieties
340-460 g.

2^{FOR} \$11



More Favourites...

**Smucker's
Blueberry Spread**

No Sugar Added
310 ml.

5⁹⁸

**Western Family
Coffee Whitener**

1 kg.

8⁹⁸

**Tim Hortons
Instant Coffee**

or Hot Chocolate, Select Varieties
8 Pack or 500 g.

4⁹⁸

**Tetley
Orange Pekoe
Tea**

144 Bags

10⁹⁸

**Rogers
Oat Bran**

500 g.

3²⁸

**Bob's Red Mill
Flaxseed**

Whole
368 g.

3⁹⁸

**Bob's Red Mill
Flaxseed Meal**

Whole Ground
453 g.

5⁴⁸

HOT DEALS FROM THE FREEZER



**Wong Wing
Entrées**

Frozen, Select Varieties
400-680 g.

7⁹⁸

**Only Goodness
Smoothie Blend**

Dragon Fruit, Frozen
500 g.

2^{FOR} \$9

**Western Family
Hashbrown
Potatoes**

Small Diced, Frozen, 800 g.

2^{FOR} \$6

**HOT!
DEAL**

**McCain
Fries**

Frozen, Select Varieties
800 g.

2^{FOR} \$8



**Western Family
Vegetables**

Frozen, Select Varieties
500 g.

3^{FOR} 7⁹⁸



**Western Family
Lasagna**

Shepherd's Pie
or Mac and Cheese, Frozen
Select Varieties, 850-907 g.

6⁹⁸



**El Monterey
Beef Burritos**

Bean or Red Hot, Frozen
113 g.

3^{FOR} 3⁹⁹



**Wong Wing
Won Ton Soup**

or Covers, Frozen
426 ml. or 454 g.

2^{FOR} \$8



**Dr. Oetker
Suprema Pizza**

Frozen, Select Varieties
487-520 g.

8⁹⁸



**Heinz
Bagel Bites**

Cheese & Pepperoni
or Three Cheese
Frozen, 198 g.

2^{FOR} \$5



**Kellogg's
Eggo Waffles**

Original, Frozen
48 Pack

16⁹⁸



**Island Farms
Ice Cream**

Select Varieties
4 litre

10⁹⁸



**Island Farms
Premium Ice Cream**

Select Varieties
1.65 litre

7⁹⁸



**Ben & Jerry's
Ice Cream**

Select Varieties
473 ml.

6⁴⁸



GROCERY ESSENTIALS



Unico Pasta
Select Varieties, 900 g.

2 FOR \$4

HOT! DEAL

Scarpone's Gnocchi

Cheese or Potato
500 g.

2 FOR \$5



Hunt's Heirloom Tomatoes

Diced
398 ml.

2 FOR \$5



Petrelli Olive Oil

Extra Virgin
500 ml.

7⁹⁸



Primo Tomato Sauce

680 ml.

2 FOR \$4



Naturally Good



Squeeze Freeze-Dried Fruit

Select Varieties, 20-40 g.

6⁹⁸



Ocean's Albacore Tuna

Solid or Flaked
Select Varieties, 170 g.

3 FOR \$9⁹⁹

Maple Leaf Cooked Ham

454 g.

9⁹⁸

Cheetos Mac'n Cheese

Bold & Cheesy
170 g.

2⁷⁸

Scarpone's Polenta

1 kg.

3²⁸

Chef Boyardee Ravioli

Mini or Beef
1.13 kg.

5⁴⁸

Unico Passata Sauce

680 ml.

2 FOR \$7²⁸

Hunt's Manwich Sauce

Original
398 ml.

2⁷⁸

Primo Pizza Sauce

Select Varieties
375 ml.

2 FOR \$5



Green Giant Vegetables

Select Varieties
341-398 ml.

4 FOR \$9



Club House Blend or Seasoning

or Frank's Red Hot
Select Varieties, 120-161 g.

5⁴⁸



Tru Earth Scent Booster

Lavender Bliss
or Ocean Wave
460 g.

17⁹⁸

Tru Earth Wool Dryer Balls

Reusable, 4 Pack

18⁹⁸

Western Family Ketchup

375 ml.

2⁹⁸



Western Family Basmati Rice

2 kg.

7⁴⁸



Western Family Dressing

Select Varieties
475 ml.

3²⁸



Clover Leaf Sockeye Salmon

Flaked
142 g.

4⁹⁸



Minute Rice Long Grain Rice

1.4 kg.

Western Family Capers

Non-Pareilles
100 ml.

Western Family Worcestershire Sauce

284 ml.

China Lily Soya Sauce

483 ml.

Club House Caesar Rim Blend

180 g.

Unico Vegetable Oil

3 litre

Western Family Canola Oil

946 ml.

8⁹⁸

2⁴⁸

2⁹⁸

3⁹⁸

3⁹⁸

13⁹⁸

4⁹⁸

Lipton Soup Mix

or Knorr, Select Varieties
2-4 Pack

3 FOR \$4⁹⁸



Campbell's Cream of Mushroom Soup

Tomato, Vegetable or Chicken Noodle
Select Varieties, 284 ml.

3 FOR \$4⁹⁸



Legh's Soup

Select Varieties
720 ml.

2 FOR \$8



Nong Shim Instant Noodles

Original or Kimchi
120 g.

3 FOR \$4⁹⁸



SNACK ATTACK!



Western Family Potato Chips
Select Varieties, 235 g.

3 FOR \$6.99

HOT! DEAL

Del Monte Fruit Cups

Select Varieties
4 Pack

5.48



Voortman Cookies

or Wafers, Select Varieties
210-320 g.

3 FOR \$9.99



Dare Wagon Wheels

Original
315 g.

2 FOR \$8



Christie Good Thins

Select Varieties
100 g.

2 FOR \$9



Mars or M&M's Chocolate

or Maltesers, Select Varieties
155-170 g.

5.98



Nestlé Tablet Bars

Select Varieties
97-105 g.

2 FOR \$7



Doritos Tortilla Chips

Select Varieties
210-235 g.

2 FOR \$9



Miss Vickie's Potato Chips

Select Varieties
190-200 g.

2 FOR \$9



Excel Gum

or Juicy Fruit
Select Varieties, 1 Pack.

4 FOR \$5

Western Family Soda Crackers

Salted or Unsalted Tops
453 g.

2 FOR \$6

Western Family Granola Bars

Select Varieties
156-172 g.

3 FOR \$7.98

SunRype Fruit To Go

Select Varieties
1 Pack.

5 FOR \$2

Nestlé Chocolate Bars

or Toblerone
Select Varieties, 1 Pack. ...

3 FOR \$4.98

Western Family Tortilla Chips

Large Rounds or Bite Size
300 g.

3 FOR \$6.99

Western Family Popcorn

Caramel Cheddar Mix
200 g.

3.78

Cheetos Snacks

Select Varieties
170-285 g.

2 FOR \$9

Old Dutch Corn Chips

Original or BBQ
285 g.

4.28

Sparkling Ice Beverages

Select Varieties
503 ml., *Plus Deposit.

3 FOR \$4.98

Nanton Spring Water

12 x 500 ml.
*Plus Deposit.

2.78

Western Family Orange Juice Blend

5 x 200 ml.
*Plus Deposit.

2 FOR \$6

Western Family Drink Mix

Select Varieties
2 kg.

10.98

Dasani Water

1 litre
*Plus Deposit.

2 FOR \$4

Glacéau Smart Water

1.5 litre
*Plus Deposit.

2 FOR \$7

Pepsi or 7Up Beverages

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

8.48

Peace Tea Iced Tea

Select Varieties, 695 ml.
*Plus Deposit.

4 FOR \$5

Partake Non-Alcoholic Beer

Select Varieties, 6 x 355 ml.
*Plus Deposit

8.98



Bubly Sparkling Water

Select Varieties, 12 x 355 ml.
*Plus Deposit

6.98



Pure Leaf Iced Tea

Lemon or Raspberry, 6 x 340 ml.
*Plus Deposit

6.48



Mott's Clamato Juice

Original, 341 ml.
*Plus Deposit

4 FOR \$5



Montellier Sparkling Water

Select Varieties, 10 x 355 ml.
*Plus Deposit

6.48



Pepsi or 7Up Beverages

Select Varieties, 6 x 710 ml.
*Plus Deposit

6.98



Reign or Bang Energy Drinks

Nos, Monster or Full Throttle
Select Varieties, 473 ml.
*Plus Deposit

2 FOR \$5



Powerade Sports Beverages

Select Varieties, 710 ml.
*Plus Deposit

2 FOR \$4



THIRSTY?

Coke or Canada Dry Beverages

Select Varieties, 24 x 355 ml.
*Plus Deposit

15.98



HOUSEHOLD MUST HAVES

**Febreze Air
Air Freshener**
Select Varieties, 230 g. Aerosol

2 FOR \$9

**Purex
Bathroom Tissue**
or Ultra, Triple 12 Roll

12⁹⁸

**Western Family
Luncheon Napkins**
200 Pack

3⁹⁸



**Alcan
Aluminum Foil**
Classic
12" x 50'

5⁴⁸



**Western Family
Freezer Bags**
Extra Large
10 Pack

2 FOR \$7



**Ivory Snow
Laundry Detergent**
Newborn
32 Use

13⁹⁸



**BinBreeze
Indoor Compost Powder**
Unscented or Lavender
450 g.

7⁹⁸



**Western Family
Garbage Bags**
Small
48 Pack

4²⁸



**Cascade Complete
Dishwasher Detergent**
Powers Away
3.4 kg.

9⁹⁸



**Windex
Glass Cleaner**
Select Varieties
765-950 ml.

5⁹⁸



**Pledge
Wood Oil**
Orange
470 ml.

8⁹⁸



**Sponge Towels
Ultra Pro**
Double 6 Roll

15⁹⁸



PERSONAL CARE

**Playtex
Sport Tampons**
Regular or Super
18 Pack

2 FOR \$11



**Dial
Hand Soap**
Spring Water or Pomegranate Tangerine
325 ml.

2 FOR \$8



**U by Kotex
Pads**
or Liners, Select Varieties
20-58 Pack

6⁴⁸



**Gerber
Organic Purée**
Select Varieties
90-128 ml.

3 FOR \$6⁹⁹



**Herbal Essences
Hair & Body Wash**
or Conditioner, Select Varieties
346 ml.

2 FOR \$8



PET'S CORNER



**Meow Mix
Cat Food**

Original Choice, 7.25 kg.

27⁹⁸

**Alpo
Dog Food**
Cookout Classics
7.2 kg.

21⁹⁸



**Friskies
Party Mix Cat Treats**
Select Varieties
170 g.

2 FOR \$7



Allen's Pickling Vinegar
Original
4 litre

6⁴⁸

Certo Liquid Pectin
170 ml.

4⁹⁸

Certo Pectin Crystals
57 g.

2^{FOR} \$5

FRESH PRODUCE

Mandarin Oranges
Peruvian Grown, 2 lb. Bag

Each **4⁹⁸**

Green Seedless Grapes
California Grown, #1 Grade
kg. 8.77

lb. **3⁹⁸**

Sweet Mangos
Mexican Grown

Each **2⁹⁸**

Fresh Grapefruit
South African Grown
3 lb. Bag

Each **5⁹⁸**

Fresh Raspberries
U.S. Grown
6 oz.

Each **5⁹⁸**

WEATHER PERMITTING

Hardshell Squash
Select Varieties, Canadian Grown
kg. 3.26

lb. **1⁴⁸**

Pickling Cucumbers
Canadian Grown
kg. 7.67

lb. **3⁴⁸**

Yellow Cooking Onions
Washington Grown, #1 Grade
3 lb. Bag

Each **3⁴⁸**

Hot House Beef Steak Tomatoes
Canadian Grown, Canada #1 Grade
kg. 4.37

lb. **1⁹⁸**

CANADIAN GROWN

Organic Avocados
Mexican Grown, 3 Pack

Each **5⁴⁸**

Broccoli Bunch
California Grown
kg. 5.47

lb. **2⁴⁸**

Taylor Farms Chopped Salad Kit
Select Varieties, Product of U.S.A.
11.57-13.5 oz.

Each **5⁴⁸**

BAKERY BARGAINS

Multigrain Bread
or Italian, Unsliced

Each **2⁹⁸**

Fresh Baked

Bagel Buns
Plain, 6 Pack

Each **2⁹⁸**

Fresh Baked

Long Johns
4 Pack

Each **4⁹⁸**

Portofino Rustic Multigrain Bread
700 g.

Each **6⁹⁸**

The Worthy Crumb Pecan Tarts
or Lemon
6 Pack

Each **7⁶⁸**

Sugarplum 6" Cakes
Select Varieties
550-660 g.

Each **14⁹⁸**

Dempster's Signature Bread
or Whole Grains, Select Varieties
600-680 g.

2^{FOR} \$8

Natural Bakery Canadian Rye Bread
900 g.

Each **3⁹⁸**

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

537 / 26 / 8P / TQ / TA / MC A Program of Associated Grocers