



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
SEPTEMBER 2026
FRI SAT SUN MON TUES WED THURS
11 12 13 14 15 16 17

2026
Back to School
Super Saver
Last week to shop!

Top Sirloin Steak

Value Pack, kg. 26.41

lb. **11⁹⁸**



Long English Cucumbers

Canadian Grown, Canada #1 Grade

Each **1²⁸**



Gala Apples

Canadian Grown, Canada Fancy
8 lb. Bag

Each **8⁹⁸**



Hellmann's Mayonnaise

or Burger Sauce
Select Varieties, 325-445 ml.

2 FOR \$7



Cracker Barrel Cheese

Select Varieties, 600 g.

8⁹⁸



Celebrate Food NATIONAL CHEESE BURGER DAY

- September 18, 2026 -



Western Family Sirloin Beef Burgers

Frozen
852 g.

Each **18⁹⁸**



Black Diamond Sliced Cheese

Select Varieties
220-240 g.

5⁴⁸



Calabrese Buns

6 Pack

Each **2⁹⁸**



**Fresh
Baked**

French's Mustard

Select Varieties
325-550 ml.

2 FOR \$7



**Back to School
Super Saver**

Western Family Pickles

Select Varieties
500 ml.

3 FOR 7⁹⁸



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

Sirloin Tip Steak

Value Pack, kg. 22.00

lb. **9⁹⁸**



Top Sirloin Roast

kg. 24.21

lb. **10⁹⁸**

Sirloin Tip Roast

kg. 19.80

lb. **8⁹⁸**



Western Family Angus Beef Burgers

Fully Cooked, Frozen 680 g.

Each **14⁹⁸**



Western Family Prime Rib Burgers

Frozen 1.02 kg. Each

19⁹⁸

Western Family Beef Burgers

Frozen, Select Varieties 852 g.-1 kg. Each

18⁹⁸

Western Family Rancher Burgers

Frozen 1.7 kg. Each

26⁹⁸

Western Family Cheddar Bacon Angus Beef Burgers

Frozen, 852 g. Each

22⁹⁸

Western Family Chicken Burgers

Crispy, Frozen 800 g. Each

10⁹⁸



Pork Sirloin Chops

Value Pack kg. 8.77

lb. **3⁹⁸**



Boneless Skinless Chicken Breasts

Value Pack, kg. 17.59

lb. **7⁹⁸**

Split Chicken Wings

Value Pack kg. 13.18

lb. **5⁹⁸**



Montana's Pork Back Ribs

Texas Style or Chipotle 650 g.

Each **15⁹⁸**



Montana's Canadian Angus Beef Burgers

Frozen, 906 g.

Each **19⁹⁸**



Pork Sirloin Roast

kg. 7.67

lb. **3⁴⁸**



The season may change.
The flavour doesn't.



5⁹⁸ Maple Leaf® Natural Top Dogs® 375 g.



5⁹⁸ Maple Leaf® Natural Bacon or Ready Crisp Bacon 65-375 g.



11⁹⁸ Maple Leaf Prime® Raised Without Antibiotics Frozen Chicken 700 g.

Keep summer on the table with Maple Leaf.®

PACKAGED MEATS

Meatman's Meat Pies

Frozen, Select Varieties 280 g. Each

6⁹⁸

Meatman's Sausage Rolls

Frozen, Select Varieties 560 g. Each

9⁹⁸

Freybe A Taste of Europe

Select Varieties 100 g. Each

4⁴⁸

Freybe Pepperoni Snackers

Select Varieties 125 g. Each

4⁴⁸

Olymel Wieners

Original 1 kg. Each

9⁹⁸

Olymel Sliced Meat

Select Varieties 175 g. Each

4⁹⁸

Western Family Black Forest Ham

300 g. Each

4⁹⁸

Western Family Cooked Ham

375 g. Each

7⁹⁸

Western Family Bologna

Chunk 750 g. Each

9⁹⁸

Western Family Garlic Sausage

750 g. Each

11⁹⁸

Western Family Bacon

Regular or Thick Cut 375 g. Each

5⁹⁸

Western Family Chicken Wings

Frozen, Select Varieties 750 g. Each

16⁹⁸

DELI

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

Piller's Deli Salami

Select Varieties



2⁹⁸

per 100 g.

Freybe Deli Sausage

Select Varieties



1⁹⁸

per 100 g.

Olymel Deli Ham

Select Varieties



1⁴⁸

per 100 g.

SEAFOOD

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

Atlantic Salmon Fillet

Skin On
300 g.



4⁴⁸

Per
100 g.

Rockfish Fillet

Skinless
300 g.



2⁹⁸

Per
100 g.

Cod Fillet

Skinless
300 g.



4⁹⁸

Per
100 g.

Steelhead Fillet

Skin On
300 g.



5⁴⁸

Per
100 g.

Sockeye Salmon Fillet

Skin On
300 g.



5⁹⁸

Per
100 g.

BlueWater Battered Fillets

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



7⁹⁸

Each

Heinz Tartar Sauce

354 ml.

2^{FOR} \$8

Heinz Seafood Sauce

285 ml.

2^{FOR} \$6

High Liner Battered Fillets

or Fish Sticks, Frozen
500-700 g.



8⁹⁸

Each

HOT DEALS FROM THE FREEZER

McCain Hashbrowns

Frozen
1.5 kg.

4⁴⁸



McCain Hashbrown Patties

Frozen
11.3 kg.

6⁹⁸



McCain Pockets

Ham & Cheddar or Pepperoni Pizza
Frozen, 6 Pack

6⁹⁸



Cheemo Perogies

Cheddar or Variety Pack
Frozen, 2 kg.

6⁹⁸



El Monterey Taquitos

Frozen, Select Varieties
567-588 g.

12⁹⁸



Rustica Pizza

Stuffed or Rising Crust, Frozen
Select Varieties, 645-867 g.

7⁹⁸



Cavendish Farms Fries

Frozen, Select Varieties, 800 g.

2^{FOR} \$5



HOT!
DEAL



Chapman's Super Premium Plus Ice Cream

Select Varieties, 500 ml.

4²⁸



Kraft Cool Whip Dessert Topping

Regular or Light
1 litre

3⁹⁸



Tenderflake Pie or Tart Shells

or Puff Pastry, Frozen
Select Varieties, 255-397 g.

4²⁸



Swanson Turkey Dinner

or Salisbury Steak
Frozen, 295-326 g.

5⁹⁸



Chapman's Frozen Yogurt

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

7⁹⁸



Chapman's No Sugar Added Frozen Novelties

or Ice Cream, Select Varieties
1 litre or 6 Pack

6⁹⁸



Nestlé Ice Cream

or Frozen Novelties
1.5 litre or 4-10 Pack

7⁹⁸



RISE & SHINE

Rogers Oats

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

2 FOR \$9

Western Family Honey

Liquid or Creamed, 500 g.

4⁹⁸

HOT!
DEAL



Kellogg's Cereal

or Kashi, Select Varieties
306-525 g.

2 FOR \$11



Western Family Granola

Select Varieties
600-675 g.

2 FOR \$8



Jif Peanut Butter

Select Varieties
500 g.

2 FOR \$9



Maxwell House Coffee

or Nabob, Select Varieties
30 K-Cups

21⁹⁸



Starbucks Coffee

Select Varieties
340 g. or 10 K-Cups

12⁹⁸



Tim Hortons Coffee

Original or Dark Roast
825-875 g.

27⁹⁸



Tim Hortons Hot Chocolate

Smooth Creamy
1.5 kg.

11⁹⁸



DAIRY DELIGHTS

Kraft Parmesan

Grated
125 g.

4⁹⁸

Kraft Velveeta Cheese Loaf

900 g.

13⁹⁸

MacLaren's Imperial Cheese

Cheddar
230 g.

6⁹⁸

Saputo Feta Cheese

400 g.

6⁹⁸

Millionaires Anchovies

Flat Fillets
50 g.

2 FOR \$7

Simply Orange Juice

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

9⁹⁸



Oasis Smoothie

Chilled, Select Varieties
1.6 litre, *Plus Deposit

4⁹⁸



Lactantia Margarine

Olivina or Healthy Attitude
850 g.

5⁹⁸



Lactantia Butter

Salted
454 g.

6⁹⁸



Dairyland Whipping Cream

or Coffee Cream, 473 ml.
*Plus Deposit

2⁹⁸



Olympic Yogurt

or Kefir, Select Varieties
1.75 kg. or 2 litre, *Plus Deposit

11⁹⁸



Cracker Barrel Shredded Cheese

Select Varieties
250-320 g.

7⁴⁸



Philadelphia Dips

Onion or Dill Pickle
340 g.

5⁴⁸



BAKING

Robin Hood Flour

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

5⁹⁸



Hershey's Chipits

Milk Chocolate or Semi Sweet
835-925 g.

16⁹⁸



Sun-Maid Raisins

Prunes or Apricots
250-375 g.

4⁹⁸

Splenda Stevia Sweetener

50 Pack

3⁴⁸

Splenda Sweetener

or Brown Sugar Blend
100 Pack or 454 g.

6⁴⁸

Western Family Condensed Milk

300 ml.

2 FOR \$7

Parkay Margarine

427 g.

2⁹⁸

Siggi's Icelandic Skyr Yogurt

Select Varieties
650-750 g.

6⁴⁸

IÖGO Nanö Drinkable Yogurt

Select Varieties, 6 x 93 ml.
*Plus Deposit.

2 FOR \$8

Dairyland Cottage Cheese

Select Varieties
600-750 g.

6²⁸

Dairyland Sour Cream

14%
750 ml.

4⁹⁸

Dairyland Chocolate Milk

1%, 4 litre
*Plus Deposit.

8⁴⁸

Neilson Milkshake

Select Varieties, 310 ml.
*Plus Deposit.

1⁷⁸

Silk Coffee Enhancer

Vanilla or Hazelnut, 450-473 ml.
*Plus Deposit.

2 FOR \$7

Oasis Orange Juice

With Pulp or No Pulp, Chilled
1.5 litre, *Plus Deposit.

5⁹⁸

Arizona Iced Tea

Green Tea or Half & Half
Chilled, 1.36 litre, *Plus Deposit

2 FOR \$9

GROCERY ESSENTIALS

**Primo
Pasta**

Select Varieties, 454 g.

4 FOR \$5

**HOT!
DEAL**

**Prego
Pasta Sauce**

Select Varieties
645 ml.

2 FOR \$7



**Only Goodness
Organic Pesto**

180 ml.

4⁹⁸



**Habitant
Soup**

Select Varieties
796 ml.

2 FOR \$8

**Maple Leaf
Flakes of Turkey**

Chicken or Ham
Select Varieties, 156 g.

2 FOR \$7

**Ben's Original
Converted Rice**

Long Grain
2.2 kg.

9⁹⁸

**Unico
Olives**

Select Varieties
375 ml.

2 FOR \$6

**Only Goodness
Tomato Sauce**

or No Salt Added
398 ml.

3²⁸

**Farkay
Noodles**

Chow Mein or Steam Fried
397 g.

2 FOR \$8

**Only Goodness
Organic Pasta**

Select Varieties
500 g.

2 FOR \$7



**Money's
Mushrooms**

Whole or Sliced
284 ml.

2 FOR \$4



**Only Goodness
Bone Broth**

Chicken or Beef
946 ml.

4⁹⁸



**Kraft
Pure Dressing**

Cucumber Greek or Maple Dijon
355 ml.

6⁴⁸



**Western Family
Ketchup**

1 litre

4²⁸



**Western Family
Wine Sauerkraut**

1 litre

4⁹⁸



**Hormel
Real Bacon**

Pieces
79 g.

2 FOR \$9



**Western Family
Beans**

Select Varieties
398 ml.

2 FOR \$4



**KD
Deluxe**

Creamy Cheddar
or Velveeta on Shells
350-400 g.

2 FOR \$6



**Kraft
Dinner**

Original
200 g.

3 FOR \$4⁹⁸



**Sapporo Ichiban
Instant Noodle Bowls**

Shoyu or Tonkotsu
82 g.

2 FOR \$6



**Clover Leaf
White Tuna**

Solid or Flaked, Select Varieties
170 g.

3 FOR \$9⁹⁹



**Clover Leaf
Sockeye Salmon**

213 g.

6⁹⁸



**Crisco
Canola Oil**

or Vegetable
1.18 litre

7⁹⁸



**Safflo
Sunflower Oil**

1 litre

6⁴⁸



**Allen's
White Vinegar**

4 litre

5⁴⁸



Naturally Good

**Italpasta
Artisan Pasta**

Select Varieties
450 g.

2 FOR \$5



**Real Natural
Shiitake Mushroom
Chips**

Select Varieties, 32 g.

2 FOR \$5



**Tru Earth
Fabric Softener**

Fresh Linen or Fragrance Free
50 Pack

13⁹⁸



**Tru Earth
Laundry Detergent**

Select Varieties
32 Strips

12⁹⁸



SNACK ATTACK!

Old Dutch Restaurant Tortilla Chips

Select Varieties
230-295 g.

4²⁸

Western Family Exquisita Salsa

Select Varieties
430 ml.

2^FOR \$7



Haribo Gummies Candy

Select Varieties
175 g.

2^FOR \$6



Mars or M&M's Chocolate

Select Varieties
30-57 g.

3^FOR \$4⁹⁸



Dare Breton Crackers

or Vinta, Select Varieties
135-225 g.

3⁷⁸



Ritz Handi-Snacks

10 Pack

10⁹⁸



Christie Minis

or Animal Crackers, Select Varieties
200 g.

3⁷⁸

Go Pure Bars

or Energy Balls
Select Varieties, 140-175 g.

2^FOR \$6

Nestlé Minis

Select Varieties
110-203 g.

5⁹⁸

Twizzlers Licorice

Nibs or Jolly Ranchers
Select Varieties, 283-454 g.

2^FOR \$8

Cadbury Family Size Chocolate Bars

Select Varieties
90-100 g.

2^FOR \$8

Hawkins Cheezies

420 g.

5⁹⁸

Pop Daddy Popcorn

Buttery Caramel
227 g.

4⁹⁸

Orville Redenbacher Popcorn

Select Varieties
700-820 g.

9⁹⁸



Frito-Lay Mini Snacks

Select Varieties
81-145 g.

2^FOR \$7



Munchies Snack Mix

Original or BBQ
250 g.

4²⁸



Dutch Crunch Potato Chips

Select Varieties
200 g.

4²⁸



Christie Cookies

or Dad's, Select Varieties
285-520 g.

6⁹⁸



More Favourites ...

V8 Vegetable Cocktail

Select Varieties, 6 x 156 ml.
*Plus Deposit.

2^FOR \$9

Gatorade Sport Beverages

Select Varieties, 8 x 355 ml.
*Plus Deposit.

8⁹⁸

Glacéau Vitamin Water

Select Varieties, 591 ml.
*Plus Deposit.

2^FOR \$5

Coke or Canada Dry Beverages

Select Varieties, 1 litre
*Plus Deposit.

2²⁸

Monster Energy Drinks

or Reign, Select Varieties
4 x 473 ml. *Plus Deposit.

11⁹⁸

SunRype Pure Apple Juice

1 litre
*Plus Deposit

2⁷⁸



Coors Edge Non-Alcoholic Beer

12 x 355 ml.
*Plus Deposit

14⁹⁸



V8 Vegetable Cocktail

Select Varieties, 1.89 litre
*Plus Deposit

4⁹⁸



Pure Life Water

Sport Cap, 710 ml.
*Plus Deposit

4^FOR \$3



Western Family Iced Tea Drink Mix

1 kg.

5⁹⁸



Coke or Canada Dry Beverages

Select Varieties, 12 x 355 ml.
*Plus Deposit

8⁴⁸



Coke or Canada Dry Minis

Select Varieties, 6 x 222 ml.
*Plus Deposit

5²⁸



Pepsi or 7Up Beverages

Select Varieties, 24 x 355 ml.
*Plus Deposit

15⁹⁸



Pepsi or 7Up Beverages

Select Varieties, 2 litre
*Plus Deposit

3²⁸



FEELING THIRSTY?

Perrier Sparkling Water

Select Varieties, 8 x 330 ml.
*Plus Deposit

9⁹⁸



HOUSEHOLD MUST HAVES

 **Bonterra Bathroom Tissues**
Triple 9 Roll

or

 **Bonterra Paper Towels**
Mega 3 Roll

or

 **Bonterra Facial Tissues**
3 Pack

7⁴⁸

your
CHOICE

Mr. Clean Platinum Disinfectant Cleaner
Lemon
2.93 litre

13⁹⁸



Scrubbing Bubbles Toilet Brush
Starter Kit or Refill
1-12 Pack

5⁹⁸



Glade Air Freshener
Select Varieties
226 g. Aerosol

2^{FOR} \$8



Glade Candle
Select Varieties
1 Pack

2^{FOR} \$11



Method Laundry Detergent
Select Varieties
66 Use

15⁹⁸



Clorox Bleach
Disinfecting or Splash-Less
1.18-1.27 litre

4⁴⁸



Western Family Fabric Softener
Fresh Scent
120 Sheets

4⁹⁸



Palmolive Dish Liquid
Original or Lemon Citrus Zest
828 ml.

2^{FOR} \$8



Method Dishwasher Packs
Lemon Mint or Free+Clear
30 Pack

13⁹⁸



Scotch Brite Scour Pads
Heavy Duty
2 Pack

2^{FOR} \$4



Scrubbing Bubbles Drop Ins
5 Pack

6⁹⁸



Alcan Aluminum Foil
Heavy Duty
12" x 30"

2^{FOR} \$7



Tide Pods Laundry Detergent
Select Varieties, 45-76 Pack

25⁹⁸

PERSONAL CARE

Nivea Shower Gel
Select Varieties
500 ml.

5⁹⁸

Buckley's Complete Syrup
150 ml.

11⁹⁸

Buckley's Cold & Sinus
24 Capsules

10⁹⁸

Cold FX Extra Strength
45 Capsules

25⁹⁸

Gerber Arrowroot Biscuits
Puffs or Lil' Crunchies
Select Varieties, 42-155 g.

3⁷⁸

Tresemmé Shampoo
or Conditioner, Select Varieties
828 ml.

6⁴⁸



Tampax or Always Tampons
Pads or Liners, Select Varieties
14-72 Pack

5⁹⁸



Head & Shoulders Shampoo
or 2 In 1, Select Varieties, 370 ml.

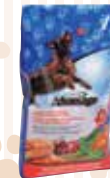
6⁴⁸



PET'S CORNER

Nutri-Choice Advantage Dog Food
Salmon & Pea
6 kg.

16⁹⁸



Purina One Dog Food
Turkey & Venison
or Lamb & Rice, 1.72-1.81 kg.

11⁹⁸

Purina Cat Food
Chicken & Rice
or Salmon & Rice, 1.59 kg. . . .

11⁹⁸

Pedigree Dentastix
608 g.

11⁹⁸



Friskies Cat Food
Variety Pack, Select Varieties
156 g. x 24

27⁹⁸



MARKET FRESH PRODUCE



**Hot House
Tomatoes
on the Vine**

Canadian Grown, Canada #1 Grade
kg. 4.37

lb. **1⁹⁸**



**Green
Peppers**

Canadian Grown
kg. 3.70

lb. **1⁶⁸**



**Red
Potatoes**

Canadian Grown, Canada #2 Grade
15 lb. Bag

Each **8⁹⁸**



**Green
Onions**

Canadian or Mexican Grown
Per Bunch

Each **98¢**



**Celery
Stalks**

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

lb. **1²⁸**



**Baby
Peeled Carrots**

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

Each **1⁹⁸**



**Fresh Express
Chopped Salad Kits**

Select Varieties, Product of U.S.A.
10.6-11.7 oz.

Each **5⁴⁸**



**Sweet
Oranges**

South African Grown, kg. 3.26

lb. **1⁴⁸**

**Ataulfo
Mangos**

Product of Brazil

Each **3⁴⁸**



**Fresh
Avocados**

Mexican Grown

Each **1⁴⁸**



**Fresh
Lemons**

South African Grown

Each **88¢**



**Baby Seedless
Watermelon**

U.S. or Mexican Grown

Each **4⁹⁸**

ORGANICS

**Organic
Yellow Cooking Onions**

Canadian or U.S. Grown, #1 Grade
3 lb. Bag

Each **4⁹⁸**



**Organic
Romaine Hearts**

Product of U.S.A.
3 Pack

Each **4⁹⁸**



BAKERY BARGAINS

**California
Sourdough Bread**
or Focaccia

Each **2⁴⁸**



**Cheddar
Bread**

Each **5⁴⁸**



**12 Grain
Bread**

Each **3⁴⁸**



**Sourdough
Buns**
6 Pack

Each **2⁹⁸**



More Favourites ...

**Mini
Strudels**

Apple or Blueberry
4 Pack

Each **2⁹⁸**

**Two-Bite
Croissants**

Chocolate or Cinnamon
6 Pack

Each **4⁹⁸**

**Furlani
Garlic Bread**

284 g.

Each **2⁹⁸**

**Natural Bakery
Canadian Rye Bread**

500 g.

Each **2⁹⁸**

**Chunky
Cheddar Buns**
6 Pack

Each **4⁹⁸**



**California
Rye Bread**

Each **2⁹⁸**



**Lattice
Fruit Pies**

8 Inch, Select Varieties
520-600 g.

Each **7⁹⁸**



**Dempster's
Bagels**

Select Varieties
5-6 Pack

Each **2^{FOR} \$8**



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