



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
18	19	20	21	22	23	24

Pork
Side Ribs

Value Pack
kg. 8.77

lb. **3⁹⁸**



MacIntosh
Apples

Canadian Grown, Canada Fancy
3 lb. Bag

Each **3⁹⁸**



Little Potato
Company
Potatoes

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

Each **2⁹⁸**

Armstrong
Cheese

Select Varieties, 600 g.

7⁹⁸



Tim Hortons
Coffee

Select Varieties, 30 K-Cups

19⁹⁸



Celebrate Food
**NATIONAL
QUESADILLA
DAY**

- September 25, 2026 -



Olymel
Chicken Breast Strips
or Mexican Chicken Thighs
2 x 175 ml.

Each **9⁹⁸**



Doritos
Tortilla Chips
Select Varieties
210-280 g.

2 FOR \$9



Manny's
Tortillas
Select Varieties
255-482 g.

2 FOR \$5



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

4⁹⁸



Armstrong
Shredded Cheese
Select Varieties
500 g.

9⁹⁸



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.

SHOPPE

**Western Family
BBQ Sauce**
Select Varieties
425 ml.

378

**Eye of Round
Roast**
kg. 22.00

lb. **998**

**Beef
Brisket**
kg. 24.21

lb. **1098**

**Pinty's
Chicken Chunks**
or Strips, Frozen
450 g.

Each **898**

**T-Bone
Steak**

Value Pack, kg. 39.64

lb. **1798**

**Eye of Round
Steak**
Value Pack
kg. 24.21

lb. **1098**

**Whole
Frying Chicken**
Value Pack
kg. 8.77

lb. **398**

**Split
Chicken Breasts**
Bone-in, Value Pack
kg. 6.57

lb. **298**

**Pork Blade
Steak**
Value Pack
kg. 8.77

lb. **398**

**Swiss Chalet
Pork Back Ribs**
Smoky BBQ or Honey Garlic
600 g.

Each **1498**

**Chicken
Drumsticks**

Value Pack, kg. 6.57

lb. **298**

**Pork Blade
Roast**

kg. 7.67

lb. **348**



CANADIAN BEEF



CANADIAN PORK



CANADIAN PORK



SMOKED & PACKAGED MEATS

**Duso's
Pasta or Sauce**
Select Varieties
250-300 g. or 150-300 ml.

Each **598**

**Schneiders
Smokies**
Original or Cheddar
900 g.

Each **1498**

**Freybe
Pepperoni**
Select Varieties
500 g.

Each **1098**

**Lafleur
Wieners**
Original or BBQ
450 g.

Each **398**

**Olymel
Bacon**
Regular or Maple
375 g.

Each **698**

**Schneiders
Bacon**
Classic Cut
375 g.

Each **798**

**Schneiders
Sliced Meat**
Select Varieties
175 g.

Each **598**

**Western Family
Garlic Sausage**
750 g.

Each **1198**

**Western Family
Bologna**
Chunk
750 g.

Each **998**

**Western Family
Beef Cabbage Rolls**
or Vegetable Spring Rolls
Frozen, 700-908 g.

Each **1198**

**Western Family
Meat Pies**
Frozen, Select Varieties
750 g.

Each **1298**

**Western Family
Spinach & Artichoke
Bites**
Frozen
216 g.

Each **798**

**Western Family
Cauliflower Bites**
Salt & Black Pepper, Frozen
385 g.

Each **898**

**Western Family
Meatballs**
Frozen, Select Varieties
680 g.

Each **1198**

**Western Family
Mozzarella
Cheese Sticks**
or Jalapeño Poppers
Frozen, 226-500 g.

Each **998**

**Western Family
Breaded Stuffed
Chicken Cutlettes**
Frozen, Select Varieties
852 g.

Each **1598**

**Olymel
Sausages**
Select Varieties
375-450 g.

Each **698**

**Freybe
Salami Chubs**
Select Varieties
250 g.

Each **898**

DELI

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

Freybe Deli Salami
Select Varieties
.....per 100 g. **3⁴⁸**

Freybe Deli Ham
Select Varieties
.....per 100 g. **2⁴⁸**

Grimm's Deli Ham
Thyme Maple Whisky
.....per 100 g. **2⁴⁸**

SEAFOOD

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



Western Family Seafood Medley
Frozen
300 g.
Each **8⁹⁸**



Western Family Butterfly Crunchy Shrimp
Frozen
680 g.
Each **13⁹⁸**



Western Family Prawn Platter
with Sauce, Frozen
454 g.
Each **14⁹⁸**



Western Family Shrimp Ring
Frozen
227 g.
Each **8⁹⁸**



Western Family Wild Argentine Prawns
Raw, Easy Peel, Deveined, Frozen
16-30 Count, 340 g.
Each **10⁹⁸**



Western Family Crispy Torpedo Shrimp
Frozen
250 g.
Each **8⁹⁸**



HOT DEALS FROM THE FREEZER

Arctic Garden Bistro Vegetables
Frozen, Select Varieties
500-580 g.

2^{FOR} \$9



Western Family Chopped Spinach
Frozen
500 g.

2⁷⁸



Western Family French Fries
Skin On or Crinkle Cut
Frozen, 750 g.

2^{FOR} \$7



Chef Bombay Entrées
Frozen, Select Varieties
350 g.

2^{FOR} \$9



Dr. Oetker Ristorante Pizza
or Casa di Mama, Frozen
Select Varieties, 320-410 g.

5⁹⁸



Boston Market Entrées
Frozen, Select Varieties
369-425 g.

4⁹⁸



Pillsbury Pizza Pops
or Bites, Frozen, Select Varieties
693-760 g.

2^{FOR} \$11



Island Farms Ice Cream
Select Varieties, 4 litre

10⁹⁸



Popsicle Frozen Novelties
Fudgsicle or Creamsicle
12 Pack

2^{FOR} \$11



Western Family Buttermilk Waffles
Frozen
280 g.

2⁹⁸



Only Goodness Fruit
or Western Family, Frozen,
Select Varieties, 600 g.-1.5 kg.

11⁹⁸



Popsicle Frozen Novelties
Select Varieties
18 Pack

7⁴⁸



Ben & Jerry's Ice Cream
Select Varieties
473 ml.

6⁴⁸



Breyers Family Classic
Frozen Dessert, Select Varieties
1.41 litre

2^{FOR} \$11



DAIRY DELIGHTS

Dairyland
Creamo

or Fat Free, 473 ml.
*Plus Deposit

2⁴⁸

Nestlé
Coffee Mate

Select Varieties, 946 ml.
*Plus Deposit

2^{FOR} \$8

HOT!
DEAL

Dairyland
Organic Milk

Select Varieties, 1.89 litre
*Plus Deposit

5²⁸



Heluva Good
Dip

French Onion
680 g.

5⁹⁸

Kraft
Singles

or Cheez Whiz, Select Varieties
410-450 g.

6⁴⁸



Kraft
Cheese

Marble
250 g.

4²⁸



Western Family
Feta Cheese

200 g.

4⁹⁸



Oikos
Yogurt

Select Varieties
650-750 g.

6⁴⁸



Western Family
Parmesan

100% Italian or Italian Blend
250 g.

6⁹⁸

Armstrong
Melts

450 g.

4⁹⁸

Crisco
Shortening

All-Vegetable
454 g.

3⁷⁸

I Can't Believe
It's Not Butter

800 g.

4⁴⁸

Siggi's
Icelandic Skyr
Yogurt

Select Varieties, 4 x 100 g.

3⁷⁸

Activia
Multipack Yogurt

Select Varieties
12 x 95-100 g.

6⁹⁸

Dairyland
Chocolate Milk

Reduced Sugar or Strawberry
1 litre, *Plus Deposit

3²⁸

Dairyland
Stirred Yogurt

Select Varieties
175 g.

4^{FOR} \$5

Dairyland
Cottage Cheese

2%
250 g.

1⁹⁸

Dairyland
Sour Cream

Select Varieties
250 ml.

1⁹⁸

RISE & SHINE

Alpen
Muesli

Original or No Sugar Added
600 g.

5⁴⁸

General Mills
Cheerios

Honey Nuts, 292 g.

2⁹⁸

HOT!
DEAL

Kraft
Peanut Butter

Select Varieties
750 g.-1 kg.

7⁹⁸



Maxwell House
Coffee

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

11⁹⁸



Carnation
Hot Chocolate

Select Varieties
400-450 g.

7⁹⁸



Only Goodness
Almond Butter

Smooth or Crunchy
340 g.

5⁹⁸

Earth's Own
Oat Beverage

Barista, 946 ml.
*Plus Deposit

4⁹⁸

Tetley
Orange Pekoe Tea

72 Bags

5⁹⁸

Nestlé
Nesquik

Powder or Syrup, Select Varieties
540 g. or 510-700 ml.

8⁹⁸

Only Goodness
Quick Oats

1 kg.

3⁹⁸

Tim Hortons
Instant Coffee

Original or Decaf
100 g.

7⁹⁸

Tim Hortons
Coffee

Select Varieties
300 g.

11⁹⁸



Nabob
Coffee

Tradition or Organic
915-930 g.

23⁹⁸



Boost
Shakes

Select Varieties, 6 x 237 ml.
*Plus Deposit

13⁹⁸



BAKING

Western Family
All Purpose Four

or Whole Wheat
2.5 kg.

3⁷⁸



Hershey's
Chipits

Select Varieties
200-270 g.

5⁹⁸



Ocean Spray
Craisins

Original
340 g.

3⁹⁸

Red Lobster
Biscuit Mix

Cheddar Bay
322 g.

2^{FOR} \$6

Only Goodness
Sweetener

Stevia
300 g.

10⁹⁸

Earth's Own
Oat Beverage

Original, 946 ml.
*Plus Deposit

2^{FOR} \$6

GROCERY ESSENTIALS

De Cecco Pasta

Select Varieties
454 g.

2 FOR \$6

Western Family Tomato Sauce

213 ml.

4 FOR \$5

Scarpone's Fire Roasted Tomatoes

398 ml.

2 FOR \$5

HOT!
DEAL



Scarpone's Beans

Chick Peas or Lentils, Select Varieties
398 ml.

4 FOR \$5



Only Goodness Broth

Select Varieties
946 ml.

2 FOR \$5



Campbell's Ready To Serve Soup

Select Varieties
515 ml.

3 FOR \$9.99



Lipton Soup Mix

or Knorr, Select Varieties
4 Pack

3 FOR \$2.88



Classico Pasta Sauce

Pesto or Pizza, Select Varieties
218-600 ml.

2 FOR \$8



Primo Tomatoes

Diced or Herbs & Spices
796 ml.

2 FOR \$5



Western Family Queen Olives

Stuffed or Pitted
375 ml.

2 FOR \$7



Ben's Original Bistro Express Rice

Select Varieties
240-250 g.

2 FOR \$7



Naturally Good

GoRaw Chocolate Bars

Select Varieties
52-55 g.

3 FOR \$9.88



Tru Earth Toilet Bowl Cleaner

12 Sheets

10 FOR \$9.88



Clio Greek Yogurt Bars

Select Varieties
4 Pack

7 FOR \$4.88



Western Family Yellow Mustard

225 ml.

2 FOR \$3



Kraft Miracle Whip

Original
1.5 litre

8 FOR \$9.88



Primo Ketchup

1 litre

3 FOR \$2.88



Heinz Salad Cream

English Style
265 ml.

4 FOR \$2.88



KD Deluxe Mac & Cheese

Select Varieties
349 g.

2 FOR \$11.88



Canola Harvest Canola Oil

1.42 litre

7 FOR \$9.88



Western Family Olive Oil

or Only Goodness, Select Varieties
750 ml.-1 litre

17 FOR \$9.88



Pam Cooking Spray

Original
110 g.

4 FOR \$9.88



The Keg Gravy or Sauce Mix

or Swiss Chalet, Select Varieties
1 Pack

3 FOR \$4.98



Western Family Sockeye Salmon

213 g.

5 FOR \$9.88



Golden Dragon Cooking Sauce

Select Varieties
455 ml.

2 FOR \$7



Western Family Noodle Cups

Chicken or Beef
64 g.

5 FOR \$5



Western Family Long Grain Rice

White or Brown
907 g.

2 FOR \$6



Western Family Tapioca

Small Pearl
400 g.

2 FOR \$9.88



Clover Leaf Light Tuna

or Chicken Salad Snacks
99-142 g.

3 FOR \$6.99



SNACK ATTACK!



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

2 FOR \$9

Riceworks Rice Chips

Select Varieties
155 g.

3⁹⁸



Snack Factory Pretzel Crisps

Select Varieties
200 g.

2 FOR \$7



More Favourites ...

Act II Popcorn

Butter Lover or Buttery
3 Pack

2⁹⁸

Nestlé Chocolate Bars

Select Varieties
1 Pack

3 FOR \$4⁹⁸

Cadbury Mini Eggs

Micro
90 g.

2 FOR \$9

Wrigley 5 Gum

Select Varieties
15 Pack

2 FOR \$4

Whisps Cheese Crisps

Cheddar or Parmesan
60 g.

4⁹⁸

Christie Premium Plus Crackers

Salted or Unsalted Tops
900 g.

8⁹⁸



McVitie's Digestive Cookies

or Hobnobs, Select Varieties
300-400 g.

2 FOR \$9



Nestlé King Size Chocolate Bars

Select Varieties
63-86 g.

2 FOR \$5



Cadbury Mini Eggs

or Bars, Select Varieties
144-200 g.

2 FOR \$11



Ruffles Potato Chips

Select Varieties
180-200 g.

2 FOR \$9



Old Dutch Club Pack Potato Chips

or Humpty Dumpty, Select Varieties
560-640 g.

7⁹⁸



Western Family Chewy Granola Bars

Chocolate Chips
24 Pack

7⁹⁸



Sapporo Alcohol Free Beer

or Sleeman Zero, 6 x 355 ml.
*Plus Deposit

9⁹⁸



Montellier Sparkling Water

Select Varieties, 1 litre
*Plus Deposit

2 FOR \$3



Western Family Sparkling Water

Select Varieties, 12 x 355 ml.
*Plus Deposit

5⁹⁸



Nanton Spring Water

or Distilled, 4 litre
*Plus Deposit

2²⁸



Kool-Aid Jammers

Select Varieties, 10 x 180 ml.
*Plus Deposit

4⁹⁸



Good Host Iced Tea Drink Mix

2.35 kg.
*Plus Deposit

16⁹⁸



Powerade Sports Beverages

Team Pack, 591 ml.
*Plus Deposit

21⁹⁸



Pepsi or 7Up Minis

Select Varieties, 6 x 222 ml.
*Plus Deposit

2 FOR \$9



Pepsi or 7Up Beverages

Select Varieties, 1 litre
*Plus Deposit

2 FOR \$5



THIRSTY?



**Western Family
2 Litre Pop**
Select Varieties, *Plus Deposit

3 FOR \$3⁹⁹

HOT! DEAL

HOUSEHOLD MUST HAVES



Charmin Ultra Bathroom Tissue
Soft or Strong, 8 Triple Roll

9⁹⁸

Bounty Paper Towel
or Select-A-Size
Double 3 Roll

9⁹⁸



Western Family Snack Bags
Zipper
90 Pack

2^{FOR} \$4



Alcan Aluminum Foil
Classic
12" x 100'

8⁹⁸



Purex Baby Soft Laundry Detergent
Select Varieties, 35-36 Use

5⁹⁸



Gain Laundry Detergent
Select Varieties
61 Use

13⁹⁸



Gain Fabric Softener
Original or Moonlight Breeze
120 Sheets

7⁹⁸



Dawn Ultra Dish Liquid
Original
1.12 litre

6⁹⁸



Western Family Daily Cleaner
Bath & Tile
950 ml.

2⁹⁸



Cascade Action Pac Dishwasher Detergent
Complete
15 Pack

6⁹⁸



Method Anitbac All Purpose Cleaner
Citron or Bamboo
828 ml.

2^{FOR} \$9



Liquid Plumr Drain Cleaner
900 ml.

5⁹⁸



Scotch Brite Dishwand
Heavy Duty
1 Pack

3⁹⁸



Command Picture Hanging Strips
16 Pack

10⁹⁸



Scotch Packing Tape
1 Roll

2^{FOR} \$9



PERSONAL CARE

Aussie Miracle Shampoo
or Conditioner, Select Varieties
360 ml.

2^{FOR} \$9



Method Shampoo
or Conditioner, Select Varieties
399-414 ml.

8⁹⁸



Colgate Total Toothpaste
Clean Mint or Whitening
70 ml.

2^{FOR} \$5



Old Spice Fiji Deodorant
or Antiperspirant
73-85 g.

7⁹⁸



Alka-Seltzer Antacid
Lemon Lime
24 Tablets

4²⁸



Imodium Liquid
or Quick Dissolve Tabs
240 ml. or 10 Pack

13⁹⁸



PET'S CORNER



Meow Mix Cat Food
Select Varieties, 78 g.

98¢

HOT! DEAL

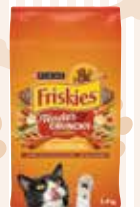
Nutri-Choice Advantage Dog Food
Turkey & Rabbit
5 kg.

16⁹⁸



Friskies Cat Foods
Tender & Crunchy
1.4 kg.

6⁹⁸



MARKET FRESH PRODUCE

Green Seedless Grapes

California Grown, #1 Grade
kg. 8.77

lb. **3⁹⁸**

Honeydew Melon

U.S. Grown, #1 Grade
kg. 3.26

lb. **1⁴⁸**

Cantaloupe Melon

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

lb. **98¢**

Mandarin Oranges

Peruvian Grown, 2 lb. Bag

Each **4⁴⁸**

Red Mangos

Brazilian Grown

Each **2⁹⁸**

White Cauliflower

Cello Wrapped, U.S. Grown, #1 Grade
kg. 6.57

lb. **2⁹⁸**

Green Cabbage

Canadian Grown, Canada #1 Grade
kg. 1.94

lb. **88¢**

Green Leaf Lettuce

U.S. Grown

Each **2⁴⁸**

ORGANICS

Organic Avocados

Mexican Grown
3 Pack

Each **4⁹⁸**

Organic Baby Rainbow Carrots

Product of U.S.A.
12 oz.

Each **3⁴⁸**

Hot House Peppers

Red, Yellow or Orange
Canadian Grown, kg. 5.47

lb. **2⁴⁸**

Yellow Cooking Onions

Canadian Grown, Canada #1 Grade
3 lb. Bag

Each **3⁴⁸**

Hot House Roma Tomatoes

Canadian Grown
kg. 4.37

lb. **1⁹⁸**

Fresh Express Salsa Ensalada Salad Kit

Product of U.S.A., 14 oz.

Each **5⁴⁸**

BAKERY BARGAINS

Black Rye Bread

Each **2⁹⁸**

White Submarine Buns

12 Inch
4 Pack

Each **2⁹⁸**

Cyrus O'Leary 8" Cream Pies

Select Varieties
822-851 g.

Each **13⁹⁸**

Two-Bite Pecan Tarts

Lemon or Raisin
12 Pack

Each **5⁹⁸**

Crusty Rolls

60% Whole Wheat, 6 Pack

Each **2⁴⁸**

Assorted Muffins

Select Varieties
6 Pack

Each **5⁹⁸**

Dempster's Bread

or Texas Toast, Select Varieties
567-675 g.

2 FOR \$7

Silver Hills Bread

Select Varieties
430-680 g.

Each **4⁴⁸**

Oroweat Keto Tortilla

Original
6 Pack

Each **4⁹⁸**

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