



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 OCTOBER 2026							
FRI	SAT	SUN	MON	TUES	WED	THURS	
2	3	4	5	6	7	8	

Mitchell's
Smoked Ham

Country Style, 1.5 kg.

Each **14⁹⁸**



Russet
Potatoes

Canadian Grown, Canada #1
10 lb. Bag

Each **5⁹⁸**



HAPPY
Thanksgiving

Honeyglow
Pineapple

Product of Costa Rica

Each **5⁹⁸**



Stove Top
Stuffing Mix

Select Varieties, 120 g.

4 FOR \$5



Ben & Jerry's
Ice Cream

Select Varieties, 473 ml.

4⁹⁸



HARVEST SUPER SAVER

October 4th - October 31st 2026

Hunt's
Tomato Paste
Select Varieties
156 ml.

3 FOR 3⁹⁹

Hunt's
Tomato Sauce
Select Varieties
398 ml.

2 FOR \$4

Western Family
Pasta
or Orzo, Select Varieties
900 g.

2 FOR \$5

Cracker Barrel
Shredded Cheese
Select Varieties
250-320 g.

7⁹⁹

BUTCHER SHOPPE

Pork Loin Roast

Bone In, Value Pack, kg. 8.77

lb. **3⁹⁸**



Sugardale Ham Steak

Bone In
1 kg.

Each **4⁹⁸**



Lean Ground Pork

kg. 8.77

lb. **3⁹⁸**



Pork Loin Chops

Bone In
kg. 10.98

lb. **4⁹⁸**



Western Family Ham

Hickory Smoked, Butt and Shank
kg. 6.57

lb. **2⁹⁸**

Pork Hocks

kg. 6.57

lb. **2⁹⁸**



Pork Tenderloin

Value Pack
kg. 10.98

lb. **4⁹**



Maple Leaf Sausage Meat

500 g.

Each **9⁹⁸**



Montana's BBQ Sauce

Apple Butter or Texas
350 ml.

5⁴⁸



Prime Rib Roast

AAA, kg. 44.05

lb. **19⁹⁸**

Sirloin Tip Steak

Value Pack
kg. 22.00

lb. **9⁹⁸**



Sirloin Tip Roast

kg. 19.80

lb. **8⁹⁸**



Rib Steak

Bone In, AAA, kg. 55.66

lb. **22⁹⁸**



Chicken Drumsticks

Value Pack, kg. 6.57

lb. **2⁹⁸**



Whole Frying Chicken

kg. 7.67

lb. **3⁴⁸**

Split Chicken Breasts

Value Pack, kg. 13.18

lb. **5⁹⁸**



SMOKED & PACKAGED MEATS

Western Family Mozzarella Cheese Sticks

Frozen
500 g.

Each

9⁹⁸

Western Family Stuffed Jalapeño Poppers

Bacon Wrapped
Frozen, 226 g.

Each

9⁹⁸

Western Family Cabbage Rolls

Beef, Frozen
908 g.

Each

11⁹⁸

Western Family Meatballs

Frozen, Select Varieties
680 g.

Each

11⁹⁸

More Favourites ...

Western Family Spinach & Artichoke Bites

Frozen
216 g.

..... Each

7⁹⁸

Western Family Spring Rolls

Vegetable, Frozen
700 g.

..... Each

11⁹⁸

Western Family Cauliflower Bites

Salt & Pepper, Frozen
385 g.

..... Each

8⁹⁸

Western Family Garlic Sausage Ring

750 g.

..... Each

11⁹⁸

Western Family Garlic Sausage

750 g.

..... Each

11⁹⁸

Schneiders Juicy Jumbos

Select Varieties
375-450 g.

..... Each

8⁹⁸

Harvest Wieners

Select Varieties
675 g.

..... Each

10⁹⁸

Jane's Chicken

Select Varieties
700 g.

..... Each

9⁹⁸

Maple Lodge Farms Chicken Wieners

Select Varieties
450 g.

..... Each

2^{FOR} \$5

Western Family Chicken Wings

Frozen, Select Varieties
750 g.

Each

14⁹⁸

Western Family Stuffed Chicken Breasts

Frozen, Select Varieties
852 g.

Each

15⁹⁸

Western Family Meat Pies

Frozen, Select Varieties
750 g.

Each

12⁹⁸

Pinty's Chicken Wings

or Chunks, Frozen
Select Varieties
700-720 g.

Each

16⁹⁸

Pinty's Chicken

or Gluten Free, Frozen
Select Varieties, 600-950 g.

Each

13⁹⁸

Pinty's Chicken Thighs

or Gluten Free Fillets
Frozen, 730-750 g.

Each

15⁹⁸

Olymel Old Fashioned Ham

or Cooked
500 g.

Each

7⁹⁸

Schneiders Dips

Spinach or Buffalo Chicken
530 g.

Each

15⁹⁸

Mitchell's Heritage Bacon

1 kg.

Each

16⁹⁸

Grimm's Sausage Rings

Select Varieties
300 g.

Each

8⁹⁸

Freybe Taste of Europe

Select Varieties
100 g.

Each

2^{FOR} \$10

Freybe Pâté

Select Varieties
200 g.

Each

2^{FOR} \$9

SEAFOOD

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

Atlantic Salmon Fillet

Skin On, 300 g.

Per
100 g.4⁴⁸

Western Family Shrimp Platter

With Sauce, Frozen
454 g.

Each

14⁹⁸

Sockeye Salmon Fillet

Skin On
300 g.Per
100 g.5⁹⁸

Western Family Breaded Calamari

Frozen
340 g.

Each

5⁹⁸

Woodman's Seafood Sauce

or Horseradish
250 ml.

Each

2^{FOR} \$7

Western Family Shrimp Ring

Frozen, 227 g.

Each

5⁹⁸

DELI

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

Deli Chicken Breast

Select Varieties

Per 100 g. **2⁹⁸**

Freybe Deli Sausage

Landjaeger, Dry Chorizo or Farmer's Sausage

Per 100 g. **3⁹⁸**

Freybe Deli Sausage

Select Varieties

Per 100 g. **1⁹⁸**

Western Family Dips

Select Varieties, 227 g.

Each **3⁹⁸**

Flamingo Deli Turkey Breast

Select Varieties

Per 100 g. **2⁴⁸**

BAKERY BARGAINS

French Bread

Each **1⁹⁸**

Fresh Baked

Dempster's Bread

or Texas Toast
Select Varieties
567-675 g.

2 FOR \$7

Natural Bakery Canadian Rye Bread

900 g.

Each **3⁹⁸**

Dempster's English Muffins

Select Varieties
6 Pack

Each **3⁴⁸**

Two Bite Cinnamon Rolls

340 g.

Each **6⁹⁸**

Pumpkin Pie

8 Inch, 520 g.

Each **6⁹⁸**

Fresh Baked

California Sourdough Bread

Each **2⁴⁸**

Fresh Baked

Sugarplum Dessert Squares

Select Varieties
8 Pack

Each **8⁹⁸**

Fresh Baked White Bread

Un sliced

2 FOR \$4

Fresh Baked

Fresh Pizza Dough

Each **1⁴⁸**

Monte Cristo Artisan Roasted Garlic Bread

450 g.

Each **3⁴⁸**

Lattice Fruit Pies

8 Inch, Select Varieties, 520-600 g.

Each **7⁹⁸**

Fresh Baked

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

BAKE UP SOME LOVE

E.D. Smith Pie Filling

or Pure Pumpkin
Select Varieties
540-796 ml.

4⁹⁸

**HOT!
DEAL**

Rogers All Purpose Flour

or No Additive
5 kg.

5⁹⁸

**HOT!
DEAL**



Club House Vanilla Extract

Pure
46 ml.

11⁹⁸



Baker's Baking Chocolate Squares

Select Varieties
170-225 g.

6⁴⁸



Fleischmann's Yeast

Select Varieties
113 g.

5⁴⁸



Dairyland Whipped Cream

19%, 400 g. Aerosol

5⁹⁸



Kraft Cool Whip Dessert Topping

Select Varieties
1 litre or 255 g. Aerosol

2^{FOR} \$8



Dairyland Butter

Salted
454 g.

6⁴⁸



Club House Extracts

Select Varieties
43 ml.

2^{FOR} \$7

Western Family Baking Powder

450 g.

4⁴⁸

Western Family Baking Soda

500 g.

1⁹⁸

Western Family Baking Crumbs

or Pie Crust
Select Varieties
170-400 g.

2^{FOR} \$5

Sun-Maid Raisins

750 g.

7⁹⁸

Realemon Lemon Juice

or Realime
125 ml.

1²⁸

Crave Gluten Free Cake Mix

Chocolate or Vanilla
400 g.

7⁹⁸

Sugar Twin Sweetener

Original
50 Pack

2²⁸

Eagle Brand Condensed Milk

Regular or Low Fat
300 ml.

4²⁸

Dairyland Whipping Cream

33% or 36%
946 ml., *Plus Deposit

5⁴⁸

GOOD MORNING!

Western Family Pure Jam

or Marmalade
Select Varieties
500 ml.

4⁹⁸



Elias Honey

Liquid or Creamed
500 g.

7⁹⁸



Only Goodness Peanut Butter

Organic, Select Varieties
500 g.

4⁹⁸



Pearl Milling Pancake Mix

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

4⁹⁸



General Mills Family Size Cereal

Select Varieties
317-725 g.

6⁹⁸



Maxwell House Café Instant Coffee

Select Varieties
126-240 g.

5⁹⁸



Only Goodness Rolled Oats

Gluten Free
1 kg.

6⁹⁸



Kellogg's Family Size Cereal

Select Varieties, 450-650 g.

6⁹⁸

McCafe Coffee

Medium or Espresso
30 K-Cups

27⁹⁸



McCafe Coffee

Medium or Dark Roast
12 K-Cup or 300 g.

12⁹⁸



Starbucks Coffee

Pike Place
907 g.

28⁹⁸



Celestial Seasonings Specialty Tea

Select Varieties
20 Bags

2^{FOR} \$9



Carnation Hot Chocolate

Select Varieties
7-10 Pack

4⁹⁸



GROCERY ESSENTIALS

Rotel Tomatoes
Original or Mild
284 g.

3 FOR \$6.99

Campbell's Broth

Select Varieties, 900 ml.

2 FOR \$4

HOT! DEAL



Campbell's Condensed Soup

or Broth
Select Varieties
284 ml.

2 FOR \$5



OXO Bouillon

or In.A.Mug
Select Varieties
16 Pack or 225 g.

2 FOR \$6



Western Family Whole Buckwheat

450 g.

3.98



Western Family Beans

or Lentils, Select Varieties, 450 g.

3 FOR \$4.98

HOT! DEAL

Club House Gravy Mix

or Seasoning
Select Varieties
1 Pack

4 FOR \$7



Club House Spices

or Seasoning
Select Varieties
18-62 g.

2 FOR \$11



Del Monte Fruit

Select Varieties
398 ml.

2 FOR \$7



Western Family Long Grain Rice

White or Brown
1.81 kg.

4.98



Western Family Jasmine Rice

or Medium Grain
1.81 kg.

5.98



Minute Rice

White or Brown
600-700 g.

5.48



Western Family Cranberry Sauce

Whole Berry or Jellyed, 348 ml.

2 FOR \$5



Western Family Panko Bread Crumbs

227 g.

2.98

Del Monte Summer Crisp Corn

or Cut Green Beans
No Salt Added
341-398 ml.

2 FOR \$6

French's Mustard

Select Varieties
325-550 ml.

2 FOR \$6



French's Ketchup

Select Varieties
750 ml.-1 litre

4.98



Hellmann's Mayonnaise

Select Varieties
710-890 ml.

6.98



Kraft Dressing

Select Varieties, 425 ml.

3 FOR \$7.98

HOT! DEAL



Frank's Red Hot Sauce

Select Varieties
354 ml.

4.98



Unico Vegetable Oil

3 litre

13.98



Bick's Pickles

Select Varieties
500-750 ml.

4.28



GROCERY ESSENTIALS

Catelli Lasagne Noodles

Manicotti or Cannelloni
Select Varieties, 200-375 g.

2 FOR \$9



Catelli Pasta

Select Varieties
900 g.

4⁹⁸



Tinkyáda Brown Rice Pasta

Select Varieties
340 g.

3⁹⁸



Annie's Pasta

Select Varieties
149-170 g.

3 FOR 7⁹⁸



Unico Red Wine Vinegar

500 ml.

2²⁸



Knorr Sidekicks

Select Varieties
120-167 g.

2 FOR \$4



Unico Passata Sauce

680 ml.

2 FOR \$7



Primo Pizza Sauce

Select Varieties
375 ml.

3 FOR 7⁹⁸



Only Goodness Tomato Sauce

or Western Family
398 ml.

2 FOR \$3



Heinz Beans or Pasta

Select Varieties
398 ml.

3 FOR 6⁹⁹



Clover Leaf Pink Salmon

142 g.

2 FOR \$7



Clover Leaf Light Tuna

or Smoked Oysters
Select Varieties, 85-170 g.

2 FOR \$4



Clover Leaf Cocktail Shrimp

Wild
106 g.

2 FOR \$9



Maple Leaf Flakes of Turkey

Chicken or Ham
Select Varieties
156 g.

2 FOR \$7



Western Family Signature Antipasto

250 g.

4⁹⁸



Western Family Manzanilla Olives

Sliced or Stuffed
375 ml.

2⁷⁸



Western Family Instant Noodles

Select Varieties
85 g.

5 FOR \$2



Tasty Bite Entrées

Select Varieties
285 g.

2 FOR \$8



Naturally Good

Laiki Rice Crackers

Gluten Free
Select Varieties
100 g.

2⁹⁸



Gentle Earth Degreasing Cleaner

or Refill
236-700 ml.

9⁹⁸



TACO NIGHT!

Old El Paso Dinner Kits

Select Varieties
250-510 g.

2 FOR \$9



Old El Paso Taco Shells

or Cheesy Blasted
153-191 g.

3⁹⁸



Old El Paso Tortillas

Select Varieties
8-12 Pack

2 FOR \$6



Old El Paso Crunchy Shells

or Stand n' Stuff
125-133 g.

2 FOR \$5



Old El Paso Soft Tortilla Bowl

Regular or Mini
8-12 Pack

3⁹⁸



Old El Paso Thick N Chunky Salsa

or Picante
Select Varieties
650 ml.

4⁹⁸



Old El Paso Green Chilies

Chopped
113 ml.

2 FOR \$4



Old El Paso Refried Beans

or Sliced Jalapeños
Select Varieties
250-398 ml.

2 FOR \$6



Old El Paso Taco Seasoning Mix

Select Varieties
1 Pack

4 FOR \$5



Old El Paso Taco Sauce

Mild or Medium
243 ml.

2 FOR \$7



SNACKS

Ruffles Potato Chips

Select Varieties, 180-200 g.

2 FOR \$9



Philadelphia Dips

Select Varieties
227 g.

2 FOR \$7



Takis Tortilla Chips

Select Varieties
240-260 g.

2 FOR \$7



Western Family Popcorn

Select Varieties
3 Pack

3 FOR 79¢



Kettle Brand Potato Chips

Select Varieties
156-198 g.

2 FOR \$8



Boom Chicka Pop Popcorn

or Puffs, Select Varieties
136-198 g.

4 98¢



Carr's Table Water Crackers

Original or Cracked Pepper
125 g.

2 FOR \$6



Snappers Pretzel Clusters

Select Varieties
170 g.

5 98¢



LeClerc Celebration Cookies

Select Varieties, 200-240 g.

4 28¢



Jack Link's Jerky

or Golden Island
Select Varieties
65-80 g.

6 48¢



Quaker Chewy Bars

or Dips
Select Varieties
120-156 g.

2 FOR \$6



Christie Crackers

Select Varieties, 162-180 g.

2 FOR \$7



Snack Pack Pudding

or Juicy Gels, Select Varieties
4 Pack

2 FOR \$5

M&M's Chocolate or Maltesers

Select Varieties
100 g.

2 FOR \$8



Skittles or Starburst

Select Varieties
130-170 g.

2 FOR \$7



Dare Real Fruit Gummies

Juicy or Scotch Mints
Select Varieties
180-250 g.

2 FOR \$6



Nestlé Chocolate Bars

Select Varieties
1 Pack

3 FOR 49¢



Maynards Candy

Select Varieties, 60-64 g.

2 FOR \$3



FEELING THIRSTY?

Mott's Clamato Juice

Select Varieties, 1.89 litre
*Plus Deposit

2 FOR \$7

HOT!
DEAL

Mott's Garden Cocktail

1.89 litre
*Plus Deposit

2 FOR \$9



Molson Exel Non-Alcoholic Beer

12 x 355 ml.
*Plus Deposit

10 98



Farming Karma Mocktails

Select Varieties
4 x 285 ml., *Plus Deposit

4 98



Western Family Honeycrisp Apple Cider

1.89 litre
*Plus Deposit

2 FOR \$7



Western Family Lemonade

Reduced Sugar
Select Varieties
1.89 litre, *Plus Deposit

2 FOR \$7



Mio Iced Tea Mix

Select Varieties
540 g.

8 98



Perrier Sparkling Water

Select Varieties
8 x 330 ml., *Plus Deposit

9 98



Ocean Spray Sparkling Cranberry Beverages

Select Varieties
6 x 340 ml., *Plus Deposit

6 98



SunRype Slim Beverages

Select Varieties, 1.36 litre
*Plus Deposit

2 FOR \$7



Montellier Sparkling Water

Select Varieties
1 litre, *Plus Deposit

2 FOR \$3



Aquafina Water

6 x 710 ml.
*Plus Deposit

5 48



Ocean Spray Cranberry Cocktail

Select Varieties, 1.89 litre
*Plus Deposit

2 FOR \$9



Coke or Canada Dry Beverages

Select Varieties
12 x 355 ml., *Plus Deposit

8 48



Pepsi or 7Up Minis

Select Varieties, 6 x 222 ml.
*Plus Deposit

4 78



Pepsi or 7Up Beverages

Select Varieties, 2 litre
*Plus Deposit

3 28



Jones Soda

Select Varieties, 355 ml.
*Plus Deposit

4 FOR \$7



Gatorade Water

700 ml.
*Plus Deposit

2 FOR \$4



Gatorade Sports Beverages

Select Varieties, 710 ml
*Plus Deposit

4 FOR \$9



Monster Energy Drinks

Select Varieties
444-473 ml., *Plus Deposit

2 FOR \$6



HOUSEHOLD MUST HAVES




Cottonelle Ultra Bathroom Tissue
Clean or Comfort, Mega 6 Roll

10⁹⁸

Scott Bathroom Tissue
Rapid Dissolve
8 Roll

11⁹⁸



Viva Multi-Surface Cloth
3 Roll

10⁹⁸



Glad Garbage Bags
Select Varieties
20-40 Pack

13⁹⁸



Shout Stain Remover
650 ml.

2^F \$9



Tide Laundry Detergent
Select Varieties
52-64 Use

18⁹⁸



Windex Glass Cleaner
Refill
2 litre

8⁹⁸



Clorox Bleach
Original
2.4 litre

5⁹⁸



Cascade Action Pac Dishwasher Detergent
Select Varieties
30-45 Pack

18⁹⁸



Glade Compost Bags
Small
20 Pack

5⁹⁸

Pledge Furniture Polish
Lemon
275 g. Aerosol

7⁹⁸

Glade PlugIn
Select Varieties
2 Pack

10⁹⁸

Windex Glass Wipes
28 Pack

5⁴⁸

Dawn Ultra Dish Liquid
Select Varieties
431-502 ml.

2^F \$8

Drano Max Gel
900 ml.

5⁹⁸

Bounce Fabric Softener
Select Varieties
80 Sheets

5⁴⁸



BinBreeze Composting Powder
Lavender or Unscented
450 g.

7⁹⁸



THANKSGIVING
★ *Essentials* ★

Royal Chinet Dinner Plates
40 Pack

13⁹⁸



Royal Chinet Lunch Plates
40 Pack

8⁹⁸

Royal Chinet Bowls
15 Pack

2^F \$5

Royal Chinet Dessert Plates
40 Pack

5⁹⁸

Western Family Dinner Napkins
50 Pack

6⁹⁸

Western Family Party Cups
White or Coloured
30-40 Pack

2^F \$9

Western Family Utensils
Heavy Duty
Select Varieties
48 Pack

2^F \$6

Wet Ones Hand Wipes
Fresh Scent
40 Pack

2^F \$9

Ziploc Freezer Bags
or Storage
Select Varieties
10-15 Pack

5⁹⁸

Alcan Aluminum Foil
Classic
12" x 50'

4⁹⁸

PERSONAL CARE

Nivea Body Lotion
Smooth
625 ml.

9⁹⁸

Nivea Lip Balm
Essential or Hydro
1 Pack

2^F \$5

Method Body Wash
Select Varieties
532 ml.

8⁹⁸

U by Kotex Tampons
Liners or Pads, Select Varieties
10-58 Pack

6⁹⁸

Pepto Bismol
Cherry
230 ml.

7⁹⁸

Pantene Shampoo Conditioner or 2 In 1
Select Varieties
308-355 ml.

5⁹⁸



Method 2 In 1 Shampoo + Conditioner
Sea + Surf
or Glacier + Granite
414 ml.

9⁹⁸



Old Spice High Endurance Body Wash
Select Varieties
532 ml.

5⁹⁸



Crest Complete Toothpaste
Select Varieties
120 ml.

2^F \$9



PET'S CORNER

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

16⁹⁸



Nutri-Choice Advantage Cat Food
Chicken & Brown Rice
6 kg.

18⁹⁸



Purina One Dog Food
Select Varieties
7 kg.

33⁹⁸



Fancy Feast Cat Food
Select Varieties
85 g.

13⁹⁸



DAIRY DELIGHTS



**Faith Farms
Cheese**

Select Varieties, 320-340 g.

6.48



**Western Family
Orange Juice**

with Pulp or Pulp-Free, Chilled
1.54 litre, *Plus Deposit

6.98



**Yoplait
Multipack Yogurt**

Select Varieties
16 x 100 g.

8.98



**Dairyland
Egg Nog**

2 litre
*Plus Deposit

5.48



**Dairyland
Coffee Cream**

or Lactose Free
946 ml., *Plus Deposit

4.28



**Armstrong
Sliced Cheese**

Select Varieties
220-240 g.

4.98



**Philadelphia
Cream Cheese**

Select Varieties
227-250 g.

4.98



**Violife Dairy Free
Whipped Cream**

Supreme
500 ml., *Plus Deposit

4.28

**Violife
Dairy Free Cheese**

or Vegan, Select Varieties
200-227 g.

4.28

**Kraft
Parmesan Cheese**

Shaved
141 g.

5.48

**MacLaren's
Imperial Cheese**

Old Cheddar
230 g.

6.98

**IÖGO Nano
Bubbles**

Select Varieties
4 x 100 g.

2.57

**Activia
Multipack Yogurt**

Select Varieties
8 x 100 g.

5.28

**Dairyland
Sour Cream**

Select Varieties
450-500 ml.

3.98

**Silk Oat
Beverage**

Select Varieties
1.75 litre, *Plus Deposit

4.98

**International Delight
Coffee Whitener**

Select Varieties
946 ml., *Plus Deposit

5.98

**Western Family
Shredded
Cheese**

Tex Mex or Triple Cheddar
900 g.

16.98

**Becel
Margarine**

Select Varieties
800 g.

7.98

**Becel
Margarine**

Select Varieties
800 g.

7.98

HOT DEALS FROM THE FREEZER

**McCain
Fries**

or Tasti Taters, Frozen
Select Varieties, 1.45-1.8 kg.

9.98



**Cavendish Farms
Fries**

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

2.58



**Cavendish Farms
Hash Brown Patties**

Frozen
1.2 kg.

5.48



**Pillsbury
Pizza Pops**

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

6.98

**Western Family
Fruit**

or Only Goodness, Frozen
Select Varieties, 400-600 g.

2.51

2.51



**Green Giant
Simply Steam**

Frozen, Select Varieties, 250 g.

4.57

4.57

**Western Family
Perogies**

Frozen, Select Varieties
907 g.

3.798



**Arctic Garden
Cut Spinach**

Frozen
500 g.

3.98



**Breyers Creamery
Style Ice Cream**

Select Varieties
1.41 litre

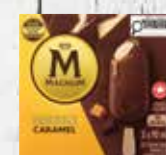
6.98



**Magnum
Frozen Novelties**

Select Varieties
3 Pack

7.48



M&M FOOD MARKET EXPRESS

**M&M Food Market
Beef Pot Roast**

Slow Cooked, Frozen
907 g.

27.98

Each

CHECK OUT OUR SELECTION IN STORE*

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

MARKET FRESH PRODUCE

Ocean Spray Cranberries

Product of U.S.A., 340 g.

Each **2⁹⁸**

Baby Seedless Watermelon

U.S. Grown

Each **4⁴⁸**

Fresh Lemons

South African Grown

Each **88¢**

Gala Apples

Canadian Grown, Canada Extra Fancy
kg. 4.37

lb. **1⁹⁸**



Brussels Sprouts

Canadian Grown
Canada #1 Grade, kg. 6.57

lb. **2⁹⁸**



Green Seedless Grapes

California Grown
#1 Grade, kg. 7.67

lb. **3⁴⁸**



Bartlett Pears

Washington Grown
kg. 5.47

lb. **2⁴⁸**



Roots Organic Herbs

Select Varieties
Product of Canada, 1 oz.

Each **2⁴⁹**



Broccoli Crowns

U.S. Grown, kg. 7.67

lb. **3⁴⁸**



Hot House Tomatoes on the Vine

Canadian Grown, Canada #1 Grade
kg. 4.37

lb. **1⁹⁸**



Celery Stalks

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

lb. **1⁴⁸**



Baby Peeled Carrots

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

Each **4⁴⁸**



Litehouse Dressings

Select Varieties
Product of U.S.A.
384 ml.

Each **4⁹⁸**



Fresh Express Garden Salad

or Coleslaw, Product of U.S.A.
12-14 oz.

Each **2⁴⁸**



ORGANICS

Organic Yellow Cooking Onions

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

Each **4⁴⁸**



Organic White Mushrooms

Whole or Sliced
Canadian Grown
227 g.

Each **2⁴⁸**



Jumbo Yams

U.S. Grown, kg. 5.47

lb. **2⁴⁸**

