



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
9 10 11 12 13 14 15

CHECK OUT OUR
**CASE LOT
SALE**
NEXT WEEK!

BAKING FESTIVAL

THANKSGIVING ★ Essentials ★

3 Day Sale
Friday, Saturday and Sunday Only!

Western Family Ham Portions

Hickory Smoked, Butt or Shank
kg. 6.57

lb. **2⁹⁸**

Russet Potatoes

10 lb. Bag, Canadian Grown
Canada #1

Each **5⁹⁸**

Brussel Sprouts

Canadian Grown, Canada #1
kg. 6.57

lb. **2⁹⁸**

Jumbo Yams

U.S. Grown, kg. 5.47

lb. **2⁴⁸**

Stove Top Stuffing Mix

Select Varieties, 120 g.

4 FOR \$5

Western Family Cranberry Sauce

Whole Berry or Jellied, 348 ml.

2 FOR \$5



Ambrosia or Gala Apples

Canadian Grown, Canada Extra
Fancy Grade, kg. 3.26

lb. **1⁴⁸**



Pork Shoulder Blade Roast

Boneless, kg. 8.77

lb. **3⁹⁸**



Hershey's Chipits

Select Varieties, 200-270 g.

4⁹⁸



LOOK INSIDE
For More
BAKING FESTIVAL
Deals!

Little Potato Co. Potatoes

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

Each **2⁹⁸**



Jif Peanut Butter

Select Varieties, 1 kg.

5⁴⁸

Celebrate Food NATIONAL PASTA DAY - October 17, 2026 -	Unico Pasta Select Varieties 900 g.	Classico Pasta Sauce Pesto or Pizza, Select Varieties 218-600 ml.	Kraft Parmesan or Italian Blend 250 g.	Western Family Parmesan Cheese Shredded 170 g.	Villaggio Italian Style Bread Artesano or Toscana Select Varieties, 510-540 g. or 6-8" Pack
2 FOR \$4	2 FOR \$8	9⁹⁸	6⁹⁸	2 FOR \$6	

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



Beef Braising Ribs

Value Pack, kg. 24.21

lb. **10⁹⁸**

Beef Cross Rib Steak

Value Pack
kg. 22.00

lb. **9⁹⁸**

Beef BBQ Maui-Style Ribs

Value Pack
kg. 26.41

lb. **11⁹⁸**



Beef Cross Rib Roast

kg. 19.80

lb. **8⁹⁸**



Pork Belly

Skin On, kg. 10.98

lb. **4⁹⁸**

Montana's Pork Back Ribs

Chipotle or Texas Style
650 g.

Each **16⁹⁸**

Pork Shoulder Blade Steak

Bone-In, Value Pack, kg. 10.98

lb. **4⁹⁸**

Harvest Maple Birch Shoulder Bacon

375 g.

Each **6⁹⁸**



SMOKED & PACKAGED MEATS

Maple Leaf Top Dogs

Original or BBQ
375 g.

Each **5⁹⁸**



Maple Leaf Bacon

Select Varieties
375 g.

Each **6⁹⁸**



Maple Leaf Prime Chicken

Frozen, Select Varieties
700 g.

Each **12⁹⁸**



Meat Man's Sausage Rolls

Frozen, Select Varieties
560 g.

Each **9⁹⁸**



Maple Leaf Ready Crisp Bacon

Slices or Pieces
65-85 g. Each

6⁹⁸

Olymel Sliced Meats

Select Varieties
175 g. Each

4⁹⁸

Maple Lodge Farms Chicken Bacon Style

375 g. Each

5⁹⁸

Maple Lodge Farms Chicken Bologna

375 g. Each

2⁹⁸

Grimm's Sizzlin' Smokies

Select Varieties
450 g. Each

8⁹⁸

Freybe Sliced Meats

Select Varieties
175 g.

Each **4⁹⁸**



Maple Lodge Farms Sausages

Select Varieties
375-500 g.

Each **5⁹⁸**



Freybe Pepperoni

Select Varieties
500 g.

Each **13⁹⁸**



Olymel International Flavours

Frozen, Select Varieties
400 g.

Each **8⁹⁸**



DELI

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

Olymel Deli Smoked Ham

Old Fashioned or Black Forest

Per 100 g. **128**

Freybe Deli Pepperoni

Select Varieties

Per 100 g. **198**

Olymel Honey Ham

Per 100 g. **98¢**

Deli Ham

Thyme Maple Whisky

or Classic. Per 100 g. **198**

SEAFOOD

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



Cod Fillets

Skinless, 300 g.

Each **498**



Northern Glacier Cooked Shrimp

Peeled, Frozen, 340 g.

Each **998**

Western Family Breaded Calamari

Frozen
340 g.

Each **798**



BlueWater Fish Fillets

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

Each **798**



Iceberg Select Blue Shell Mussels

Frozen
454 g.

Each **798**



Western Family Butterfly Crunchy Shrimp

Frozen, 680 g.

Each **1398**



FOOD MARKET EXPRESS

**M&M Food Market
Cabbage Rolls**
Frozen, 1.81 kg.

2398

CHECK OUT OUR SELECTION IN STORE*

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

HOT DEALS FROM THE FREEZER

Western Family Vegetables

Frozen, Select Varieties
750 g.

2 FOR \$6



Cavendish Farms Fries

Frozen, Select Varieties
800 g.

3 FOR 999



Only Goodness Blueberries

or Mangos

Frozen, 600 g.

2 FOR \$11

Chapman's Yukon Frozen Novelties

Select Varieties, 5-8 Pack

498

**HOT!
DEAL**



Western Family Hashbrown Potatoes

Shredded or Diced
Frozen, 1-1.3 kg.

648



Cheemo Pierogies

Frozen, Select Varieties
907 g.

2 FOR \$7



Wong Wing Wonton Soup

or Covers, Frozen
426 ml. or 454 g.

2 FOR \$9



Wong Wing Entrées

Frozen, Select Varieties
300-680 g.

798



Western Family Thin & Crispy Pizza

Frozen, Select Varieties
350-390 g.

2 FOR \$11



Western Family Lasagna

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

698



Häagen-Dazs Ice Cream

or Novelties, Select Varieties
3-4 Pack or 450 ml.

648



IOGO Frozen Yogurt

or Novelties, Select Varieties
946 ml. or 4-8 Pack

698



Chapman's Ice Cream

Frozen Yogurt or Sorbet
Select Varieties, 2 litre

798



Chapman's No Sugar Added Ice Cream

or Frozen Novelties
1 litre or 6 Pack

698



BAKING FESTIVAL

Robin Hood Flour

Select Varieties
5 kg.

9⁹⁸



Fleischmann's Canada Corn Starch

454 g.

3⁹⁸



Magic Baking Powder

450 g.

6⁴⁸



Western Family Large Eggs

Canada Grade A
18 Pack

6⁴⁸



Western Family Shredded Coconut

or Flakes, Select Varieties
260-405 g.

2^{FOR} \$9



Western Family Almonds

Select Varieties
110-135 g.

2^{FOR} \$5



Betty Crocker Angel Food Cake Mix

Cookie or Brownie
Select Varieties, 337-550 g.

3^{FOR} 9⁹⁹



Western Family Pure Pumpkin

Fancy Grade
398 ml.

2^{FOR} \$5



Western Family Dates

Cranberries or Currents
Select Varieties, 500-640 g.

4⁹⁸



Western Family Raisins

Select Varieties
620-640 g.

6⁹⁸



Fry's Premium Cocoa

227 g.

7⁹⁸



Tenderflake Pie or Tart Shells

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

4²⁸



Lactantia Butter

Salted
454 g.

6⁹⁸



Rogers Sugar

Select Varieties
1-2 kg.

2^{FOR} \$7



Fleischmann's Yeast

Quick-Rise or Traditional
227 g.

9⁹⁸

Western Family Whole Cashews

Pecan Halves
115-150 g.

2^{FOR} \$8

Western Family Chopped Peanuts

or Sunflower Seeds
130-150 g.

2^{FOR} \$5

Western Family Lemon Juice

946 ml.

3⁴⁸

Betty Crocker Candles

Select Varieties
12-24 Pack

2^{FOR} \$5

Betty Crocker Decorating Tips

Candy Eyeballs
or Birthday Candles
8-13 Pack or 28 g.

2^{FOR} \$7

Betty Crocker Decorating Sugars

or Sprinkles, 92-113 g.

2^{FOR} \$9

Betty Crocker Cookie Icing

Select Varieties
200 g.

2^{FOR} \$7

Betty Crocker Icing

or Gel, Select Varieties
19-120 g.

2^{FOR} \$5

Truvia Sweetener

Cane Sugar Blend
680 g.

7⁹⁸

Kraft Minit Tapioca

225 g.

3⁷⁸

Crisco Shortening

All Vegetables
454 g.

3⁷⁸

Lactantia Cream Cheese

Original
250 g.

3⁷⁸

Bird's Custard Powder

Original
340 g.

5⁴⁸

DAIRY DELIGHTS



Cracker Barrel
Sliced Cheese

Select Varieties, 200-240 g.

6⁴⁸

Black Diamond Slices

Cheddar Style
410 g.

2^{FOR} \$8



Lactantia Margarine

Olivina or Healthy Attitude
850 g.

5⁹⁸



Dairyland Chocolate Milk

or Reduced Sugar
1.89 litre, *Plus Deposit

5²⁸



Siggi's Icelandic Skyr Yogurt

Select Varieties
650-750 g.

6⁴⁸



Black Diamond Cheese

Select Varieties
400 g.

6⁴⁸



Dairyland Cream

Select Varieties
946 ml., *Plus Deposit

4²⁸



Imperial Margarine

Quarters or Soft Bowl
1.2-1.36 kg.

7⁹⁸

Kraft Shredded Parmesan Cheese

or Blend
200 g.

7⁴⁸

Yoplait Tubes

Select Varieties
8 Pack

2^{FOR} \$7

Western Family Lemonade

Chilled, Select Varieties
1.54 litre, *Plus Deposit

3^{FOR} 7⁹⁸

Dairyland Stirred Yogurt

Select Varieties
175 g.

4^{FOR} \$5

Dairyland Sour Cream

Select Varieties
250 ml.

1⁹⁸

Gold Seal Sockeye Salmon
or No Salt Added, 213 g. **6⁹⁸**

Ocean's Albacore Tuna
Solid or Flaked
Select Varieties, 170 g. **3⁹⁹**

Gold Seal Sardines
in Soya Oil or Spring Water
125 g. **2^{\$3}**

Hereford Corned Beef
340 g. **5⁹⁸**

Del Monte Sliced Peaches
or Mandarin Orange
540 ml. **4⁹⁸**

Bick's Wine Sauerkraut
1 litre **6⁴⁸**

Unico No Salt Added Beans
or Chick Peas, Select Varieties
540 ml. **2^{\$4}**

Chef Boyardee Pasta
Select Varieties
425 g. **2^{\$6}**

Cheetos Mac'N Cheese
Bold & Cheesy, 170 g. **2⁷⁸**

Kraft Dinner Cups
Original or 3 Cheese
4 x 55 g. **6⁹⁸**

Scarpone's Polenta
1 kg. **3²⁸**

Scarpone's Gnocchi
Cheese or Potato
500 g. **2^{\$5}**

Western Family Basmati Rice
Jasmine or Medium Grain
907 g. **2^{\$7}**

Western Family Croutons
Cheese & Garlic
or Caesar, 145 g. **2^{\$5}**

Heinz Ketchup
Select Varieties
750 ml.-1 litre. **5⁹⁸**

GROCERY ESSENTIALS



Knorr Soup Mix
Select Varieties, 1 Pack

2^{\$3}

HOT! DEAL

Knorr Gravy Mix
or Sauce, Select Varieties
1 Pack

98¢



HOT! DEAL

Campbell's Chunky Soup
or Chili, Select Varieties
515 ml. or 425 g.

2^{\$7}



Unico Tomatoes
Select Varieties
796 ml.

2^{\$4}



Hunt's Tomato Sauce
or Paste, Select Varieties
369-680 ml.

3^{\$9}



Western Family Real Mayonnaise
or with Olive Oil
890 ml. **4⁹⁸**

Mazola Canola Oil
Corn or Vegetable
1.18 litre. **8⁹⁸**

Berio Olive Oil
Classic Taste
750 ml. **14⁹⁸**

Berio Balsamic Vinegar
250 ml. **4⁹⁸**

Unico Kalamata Olives
Whole
375 ml. **5⁴⁸**

Bick's Relish
Tangy Dill or Sweet Green
375 ml. **2^{\$6}**

Kraft Miracle Whip
Original
650 ml. **4⁹⁸**

Western Family Hot Sauce
Select Varieties
354-455 ml. **2^{\$6}**

China Lily Soya Sauce
483 ml. **3⁹⁸**

Western Family Vegetables
Select Varieties
341-398 ml. **2^{\$4}**

Taco Bell Craving Kits
Select Varieties
260-420 g. **2^{\$11}**

Taco Bell Creamy Sauce
Chipotle or Baja
354 ml. **2^{\$11}**

Taco Bell Taco Seasoning
Original or Mild
1 Pack **3^{\$3}**

Taco Bell Hot Sauce
Select Varieties
207 ml. **2^{\$8}**



Western Family Dressing
Select Varieties
475 ml. **3²⁸**



Betty Crocker Potatoes
Select Varieties
141-215 g. **3^{\$7}**

7⁹⁸



Catelli Garden Select Pasta Sauce
or Meat Sauce, Select Varieties
600 ml. **2^{\$7}**

7⁹⁸



Gold Seal Wild Salmon Bowl
Select Varieties
160 g. **2^{\$9}**



Nong Shim Instant Noodles
Original or Kimchi
120 g. **4^{\$7}**

7⁹⁸



Taco Bell Crunchwrap Supreme
or Cheesy Double Decker Taco
401-642 g. **7⁹⁸**

7⁹⁸



GOOD MORNING!



Folgers Coffee

Select Varieties, 30 K-Cups

15⁹⁸

HOT! DEAL

Western Family Hazelnut Spread
with Cocoa
725 g. **6⁹⁸**



Elias Honey
375 g. **5⁹⁸**

5⁹⁸



Folgers Coffee
Select Varieties
12 K-Cups **8⁹⁸**

9⁹⁸

Nescafé Instant Coffee
Select Varieties
100-170 g. or 18 Pack **10⁹⁸**

9⁹⁸

Parkway Coffee
or Golden Tea, Select Varieties
4 x 355 ml., *Plus Deposit **10⁹⁸**

Red Rose Orange Pekoe Tea
or Decaf
40-70 Bags **5⁴⁸**

7⁹⁸

Carnation Hot Chocolate
Select Varieties
400-450 g. **7⁹⁸**

7⁹⁸

Post Cereal
Select Varieties
311-400 g. **2^{\$8}**

2^{\$8}

Quaker Cereal
Select Varieties
350-500 g. **2^{\$9}**

2^{\$9}

Harvest Crunch Granola
Select Varieties
400-510 g. **5⁴⁸**

5⁴⁸

Rogers Wheat Germ
or Bran
375-450 g. **2^{\$4}**

2^{\$4}

Quaker Instant Oatmeal
Select Varieties
240-344 g. **2^{\$9}**

2^{\$9}

Western Family Quick Oats
1 kg. **2^{\$7}**

2^{\$7}

Naturally Good

Kaslo Sourdough Pasta
Select Varieties
454 g. **8⁹⁸**

8⁹⁸



Gentle Earth Multi-Surface Cleaner
Select Varieties
236-700 ml. **8⁹⁸**

8⁹⁸



SNACK ATTACK!



Quaker Crispy Minis

Select Varieties
90-199 g.

2 FOR \$7



Quaker Yogurt Granola Bars

Vanilla or Strawberry
175 g.

2 FOR \$7



Pepperidge Farm Goldfish Crackers

Select Varieties
180-227 g. or 6 Pack

2 FOR \$7



Taipan Rice Crackers

Plain or Sesame
100 g.

2 FOR \$4



Only Goodness Popping Corn

Organic
700 g.

548

Toblerone Milk Chocolate

50 g.

3 FOR \$4.98

Skittles or Starburst

Select Varieties
51-61 g.

2 FOR \$3

Corn Nuts Corn Snacks

Select Varieties
200 g.

2 FOR \$6

Western Family Popcorn

Caramel Cheddar Mix
200 g.

398

Heluva Good Dip

Select Varieties
250 g.

278

Pace Chunky Salsa

or Picante, Select Varieties
642-648 ml.

498



Nestlé Chocolate Minis

Select Varieties
110-203 g.

598



Frito-Lay Mini Snacks

Select Varieties
81-145 g.

2 FOR \$7



Cheetos Snacks

Select Varieties
180-285 g.

2 FOR \$9



Old Dutch Potato Chips

Dutch Crunch or Ridgies
Select Varieties, 200-220 g.

2 FOR \$8



Heineken Non-Alcoholic Beer

Bottle or Can
6 x 330 ml., *Plus Deposit

1198

SunRype Juice

Select Varieties, 5 x 200 ml.
*Plus Deposit

278

Glacéau Smartwater

or Alkaline, 1 litre
*Plus Deposit

2 FOR \$6

Aquafina Water

1 litre
*Plus Deposit

2 FOR \$4

Coke or Canada Dry Beverages

Select Varieties
2 litre, *Plus Deposit

2 FOR \$6

Pepsi or 7Up Beverages

Select Varieties
1 litre, *Plus Deposit

2 FOR \$5

Pepsi or 7Up Beverages

Select Varieties, 12 x 355 ml.
*Plus Deposit

848



Farming Karma Soda

or Hydr8, Select Varieties
4 x 285 ml., *Plus Deposit

498



Bubly Sparkling Water

Select Varieties, 12 x 355 ml.
*Plus Deposit

698



Nestea Iced Tea Mix

or Good Host, Select Varieties
650 g.

798



Montellier Sparkling Water

Select Varieties
10 x 355 ml., *Plus Deposit

648



Pure Life Spring Water

12 x 500 ml.
*Plus Deposit

2 FOR \$9



SunRype Juice

Select Varieties, 900 ml.
*Plus Deposit

4 FOR \$9



Gatorade Sports Beverages

Select Varieties, 828 ml.
*Plus Deposit

2 FOR \$6



THIRSTY?



HOUSEHOLD MUST HAVES

Western Family Bathroom Tissue

or Ultra, Double 24 Roll or Triple 16 Roll

14⁹⁸

Method Wood Floor Cleaner

739 ml.

6⁹⁸



Lysol Toilet Bowl Cleaner

Power or with Bleach
710 ml.

2 FOR \$9



Western Family Garbage Bags

Small
48 Pack

4²⁸



Arm & Hammer Laundry Detergent

Original or Cold Water
55 Use

7⁹⁸



Tide Pods Laundry Detergent

Select Varieties
18-31 Pack

10⁹⁸



Cascade Complete Dishwasher Detergent

Powers Away
3.4 kg.

9⁹⁸



Green Works Dish Liquid

Original or Fresh & Clear
650 ml.

5⁹⁸



Fleecy Fabric Softener

Select Varieties
1.36 litre or 80 Sheets

6⁹⁸



BAKING BASICS

Reynolds Parchment Paper

1 Roll

2 FOR \$7



Swiffer Dusters Kit

1 Pack

6⁹⁸



Scotch Brite Scour Pads

Heavy Duty
4 Pack

3⁹⁸



Lysol Disinfecting Wipes

Citrus
84 Pack

6⁹⁸



Febreze Air Air Freshener

Select Varieties
230 g.

2 FOR \$9



Reynold's Baking Cups

White or Rainbow, 50 Pack

4 FOR \$5

Alcan Aluminum Foil

Non-Stick
12" x 25'

4²⁸



Blistex Hand Cream

or Lip Balm, Select Varieties
1 Pack or 50 ml.

2 FOR \$6

Blistex Lip Balm

Regular
1 Pack

1⁷⁸

Method Gel Hand Wash

Select Varieties
1 litre

7⁹⁸

O.B. Tampons

Multipack
40 Pack

9⁹⁸

Huggies Fragrance Free Wipes

or Sensitive
56-64 Pack

4⁹⁸

Pampers Wipes

Baby Clean or Sensitive
65-72 Pack

2 FOR \$9

PERSONAL CARE



Pampers Swaddlers Diapers

Select Varieties, 16-32 Pack

17⁹⁸

Dove Body Care

Select Varieties, 325-355 ml.
45 g. or 3 Pack

2 FOR \$11

PET'S CORNER



Western Family Dog Food

Balanced & Complete, 8 kg.

22⁹⁸

Milk-Bone Dog Treats

Select Varieties
252-900 g.

5⁴⁸



Friskies Lil' Soups Cat Food

Select Varieties
34 g.

3 FOR 4⁹⁸



MARKET FRESH PRODUCE

Sweet Oranges

South African Grown, kg. 3.70

lb. **1⁶⁸**

Red Mangos

Brazil Grown

Each **2⁴⁸**

Honeydew Melon

U.S. Grown, #1 Grade
kg. 4.37

lb. **1⁹⁸**

Fresh Avocados

Mexican Grown

Each **1⁴⁸**

Fresh Limes

Mexican Grown

Each **88¢**

Red Seedless Grapes

California Grown
#1 Grade, kg. 8.77

lb. **3⁹⁸**

Hot House Peppers

Red, Yellow, or Orange
Canadian Grown, kg. 5.47

lb. **2⁴⁸**

Hot House Beefsteak Tomatoes

Canadian Grown, Canada #1 Grade
kg. 4.37

lb. **1⁹⁸**

Green Cabbage

Canadian Grown
Canada #1 Grade
kg. 1.94

lb. **88¢**

Baby Peeled Carrots

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

Each **2⁴⁸**

ORGANICS

Organic Garlic

California Grown
3 Pack

Each **4⁴⁸**

Romaine Lettuce

U.S. Grown

Each **3⁴⁸**

Haven Greens Salad Kits

Product of Canada
Select Varieties
7 oz.

Each **6⁴⁸**

Organic Yellow Cooking Onions

Canadian Grown
Canada #1 Grade
3 lb. Bag

Each **4⁴⁸**

BAKERY BARGAINS

Unsliced Bread

60% Whole Wheat, Unsliced

2 FOR \$4

Alpine Grain Bread

Each **2⁹⁸**

Venice Bakery Bread

White or 100% Whole Wheat
570 g.

2 FOR \$5

Plain Bagels

or Sesame
4 Pack

Each **2⁹⁸**

Long John Donuts

4 Pack

Each **4⁹⁸**

Furlani Garlic Parm Knots

296 g.

Each **3⁹⁸**

Furlani Garlic Bread

284 g.

Each **2⁹⁸**

Plain Baguette

or Multigrain
280 g.

Each **1⁹⁸**

Assorted Bagels

Select Varieties
4 Pack

Each **3⁹⁸**

The Worthy Crumb Tea Biscuits

Cheese
6 Pack

Each **6⁹⁸**

Dempster's Tortillas

Select Varieties
6-10 Pack

Each **4⁴⁸**

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