



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
16	17	18	19	20	21	22
23	24	25	26	27	28	29

CASE LOT SALE

TWO WEEK SALE!

Pork Loin

Whole in a Bag, Boneless, kg. 6.57

lb. **2⁹⁸**



Russet Potatoes

Canadian Grown, #1 Grade

Each **8⁹⁸**

Each



20 LB. BAG

Ambrosia or Gala Apples

Canadian Grown, Canada Fancy

Each **4⁹⁸**

Each



5 LB. BAG

Campbell's Cream of Mushroom Soup

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

11⁹⁸

CASE OF 12



Rogers Sugar

Select Varieties

14⁹⁸

10 KG.



Kraft Dinner

Original, 200 g.

9⁹⁸

CASE OF 12



CASE LOT SALE

Purex Bathroom Tissue

Select Varieties
Double 12 Roll or Triple 8 Roll

6⁹⁸



Kraft Peanut Butter

Smooth

10⁹⁸

2 KG.



Mr. Noodles Instant Noodles

Select Varieties, 85 g.

9⁹⁸

CASE OF 24



Rogers Flour

Select Varieties

9⁹⁸

10 KG.



CASE LOT SALE

TWO
WEEK
SALE

Use this handy Case Lot Shopping Guide...

Campbell's Condensed Soup

PLU/6610 ☐ 2803252 Cream of Mushroom
PLU/6620 ☐ 2803153 Chicken Noodle
PLU/6905 ☐ 2801215 Spicy Chicken Noodle
PLU/6630 ☐ 2803096 Tomato
PLU/6640 ☐ 2803112 Vegetable
284 ml. Case of 12 **11.98**

Mr. Noodles Cup Noodles

PLU/6031
☐ 2822302 Chicken
☐ 2822310 Beef
☐ 2822336 Vegetable
☐ 2822393 Spicy Chicken
64 g. Case of 12 **12.98**

Mr. Noodles Big Bowl

PLU/6989
☐ 2822351 Beef
☐ 2822369 Chicken
☐ 2822377 Spicy Chicken
110 g. Case of 12 **18.98**

Mr. Noodles Kimchi Bowl

PLU/6949
☐ 2822443 Traditional
☐ 2822450 Beef
☐ 2822468 Chicken
☐ 2822708 Hot & Spicy
86 g. Case of 12 **14.98**

Mr. Noodles Pho Noodle Bowl

PLU/6265
☐ 2822666 Chicken
☐ 2822674 Beef
☐ 2822682 Hot Beef
115 g. Case of 12 **14.98**

Mr. Noodles
Instant Noodles

PLU/6030
☐ 2225001 Chicken
☐ 2225019 Beef
☐ 2225027 Mushroom
☐ 2225035 Oriental
☐ 2225068 Spicy Chicken
☐ 2225076 Spicy Beef
☐ 2225084 Vegetable
85 g. Case of 24 **9.98**

Sapporo Ichiban Instant Noodles

PLU/6025
☐ 2220234 Tonkotsu
☐ 2220341 Miso
☐ 2225191 Original
☐ 2225209 Beef
☐ 2225217 Chicken
☐ 2225233 Chow Mein
☐ 2225258 Shrimp
☐ 2225902 Hot & Spicy
100 g. Case of 24 **23.98**

Green Giant Vegetables

PLU/6080
☐ 2930204 Low Salt Summer Sweet Peas
☐ 9800046 Cream Style Corn
☐ 9800053 Golden Niblets Corn
☐ 2930113 Peaches & Cream Corn
☐ 2930261 Low Salt Cut Green Beans
☐ 9800038 Cut Green Beans
341-398 ml. Case of 12 **21.98**

Only Goodness
Pieces & Stems Mushrooms

PLU/6290 ☐ 2934115 Only Goodness
PLU/6335 ☐ 2930279 Western Family
284 ml. Case of 12 **12.98**

Only Goodness Beans

PLU/6480 ☐ 2900322 Only Goodness Chick Peas
PLU/6666 ☐ 2900330 Only Goodness Black Beans
PLU/6992 ☐ 2506228 Western Family Kidney Beans
284 ml. Case of 12 **17.98**

Western Family Fruit

PLU/6022 ☐ 3015203 Peach Slices in Juice
PLU/6022 ☐ 3015211 Peach Slices in Syrup
PLU/6022 ☐ 3015229 Peach Halves in Juice
PLU/6022 ☐ 3015237 Peach Halves in Syrup
PLU/6730 ☐ 3009008 Fruit Cocktail in Juice
PLU/6730 ☐ 3009081 Fruit Cocktail in Syrup
PLU/6740 ☐ 3018009 Pear Sliced in Juice
PLU/6740 ☐ 3018017 Pear Halves
PLU/6850 ☐ 3017001 Apricot Halves
PLU/6976 ☐ 3020146 Prune Plums
398 ml. Case of 12 **32.98**

Western Family Pineapple

PLU/6925
☐ 3015062 Tidbits
☐ 3015070 Crushed
☐ 3015088 Sliced
☐ 3015138 Chunks
398 ml. Case of 12 **24.98**

Aylmer Tomatoes

☐ 2939130 Whole
☐ 2939163 Diced
796 ml. Case of 8 **16.98**

Hunt's Tomato Sauce

☐ 9768391 Original
398 ml. Case of 12 **17.98**

Hunt's Tomato Paste

☐ 2303014 with Garlic
☐ 2303022 with Herbs
☐ 9768383 Original
156 ml. Case of 12 **17.98**

Kraft Dinner

☐ 9769274 Original
200 g. Case of 12 **9.98**

Kraft Dinner Cups

PLU/6911
☐ 2207223 Original
☐ 2207231 Three Cheese
58 g. Case of 10 **18.98**

Clif Energy Bars

PLU/7006
☐ 5132980 Chocolate Chip
☐ 5132998 Crunchy Peanut Butter
☐ 5134309 Chocolate Almond
☐ 5139423 Cool Mint Chocolate
68 g. Case of 12 **23.98**

Pringles Potato Chips

PLU/6914
☐ 5314471 Original
☐ 5314489 Sour Cream & Onion
37-39 g. Case of 12 **11.98**

San Pellegrino Sparkling Water

PLU/6260 ☐ 4810396 Original
1 litre, *Plus Deposit 6 Pack **13.98**

Pure Life Water

PLU/6977 ☐ 4806766 Sport Cap
710 ml., *Plus Deposit 12 Pack **7.98**

Minute Maid Juice

PLU/6956
☐ 3100187 Apple
☐ 3101102 Watermelon
☐ 3101110 Peach Mango
☐ 3101128 Fruit Punch
1 litre, *Plus Deposit Case of 12 **24.98**

Sparkling Ice Beverage

PLU/6995
☐ 4810198 Black Cherry
☐ 4811071 Black Raspberry
☐ 4811089 Orange Mango
☐ 4811097 Kiwi Strawberry
☐ 4811378 Coconut Pineapple
☐ 4812863 Strawberry Watermelon
☐ 4812509 Peach Nectarine
503 ml., *Plus Deposit 12 Pack **18.98**

Western Family Juice

PLU/6900
☐ 3106630 Apple
☐ 3103397 Mango
☐ 3106655 Grape
☐ 3106671 Mixed Berry
5 x 200 ml., *Plus Deposit Case of 8 **19.98**

Zoa Energy Drinks

PLU/6670
☐ 4814091 Cherry Limade
☐ 4817045 Tropical Punch
☐ 4817052 White Peach
☐ 4817060 Wild Orange
355 ml., *Plus Deposit 12 Pack **22.98**

Pacific Evaporated Milk

PLU/6270
☐ 1000116 Regular
☐ 1000017 2%
354 ml. Case of 12 **21.98**

Rogers Flour

☐ 1102011 All Purpose
☐ 1102169 Unbleached
☐ 1102201 Whole Wheat
10 kg. **9.98**

Rogers Sugar

☐ 1150028 White
10 kg. **14.98**

DAIRY & FROZEN

Kellogg's Eggo Waffles

☐ 9888231 Original
Frozen 48 Pack **16.98**

Farm Market Blueberries

☐ 9872870
Frozen, 2 kg. **13.98**

Snowcrest Perfectly Imperfect Fruit

☐ 9834714 Blueberries
☐ 9834722 Berry Blend
☐ 9834730 Strawberries
☐ 9834748 Fruit Medley
☐ 9834755 Mangos
Frozen, 1.75 kg. **11.98**

HOUSEHOLD & PET

Sifto Crystal Plus Water Softener Salt

☐ 1202308 20 kg. **10.98**

Western Family -35°C Windshield Washer Fluid

PLU/6690 ☐ 0125997
3.78 litre Case of 4 **19.98**

Purex Bathroom Tissue

☐ 7405418 Ultra
☐ 7405467 Ultra Luxe
☐ 7405665 Original
Triple 8 Roll or Double 12 Roll..... **6.98**

Friskies Cat Food

PLU/6815
☐ 5905294 Chicken Turkey Casserole
☐ 5905302 Flaked Whitefish Dinner
☐ 5905310 Saucy Seafood Bake
☐ 5905674 Tasty Treas. Chicken & Cheese
☐ 5905682 Tasty Treasures Ocean Fish
☐ 5905880 Extra Gravy with Turkey
☐ 5905898 Extra Gravy with Chicken
☐ 5905906 Extra Gravy with Salmon
☐ 5924063 Seafood Supreme
☐ 5924089 Shredded Turkey & Cheese
☐ 5924204 Shredded Chicken & Salmon
☐ 5924238 Chef's Dinner
☐ 5924295 Chicken Chunks
☐ 5924329 Ocean Whitefish & Tuna
☐ 5924352 Salmon
☐ 5924378 Chicken
☐ 5925052 Turkey & Giblets
☐ 5925060 Prime Filet Turkey
☐ 5925078 Prime Filet Chicken
☐ 5927538 Shredded Whitefish & Tuna
☐ 5925094 Shredded Chicken
156 g. Case of 24 **28.98**

Fancy Feast Cat Food

PLU/6380
☐ 5900063 Medleys Chicken Florentine
☐ 5900071 Medleys Salmon Florentine
☐ 5900089 Medleys Tuna Florentine
☐ 5900345 Chicken
☐ 5901285 Gravy Lovers Chicken
☐ 5901293 Gravy Lovers Salmon
☐ 5901301 Gravy Lovers Ocean Whitefish
☐ 5908801 Grilled Salmon
☐ 5924287 Flaked Trout
☐ 5924717 Cod, Sole & Shrimp
☐ 5924774 Grilled Tuna
☐ 5925128 Grilled Turkey
☐ 5925136 Chunky Chicken
☐ 5925144 Grilled Ocean Whitefish & Tuna
☐ 5925326 Grilled Chicken
☐ 5925409 Beef Flavour Feast
☐ 5925417 Beef Flavour Chunks
☐ 5926456 Sliced Turkey
☐ 5926530 Ocean Whitefish & Tuna
☐ 5926548 Salmon
☐ 5926555 Turkey & Giblets
☐ 5926589 Liver & Chicken
85 g. Case of 24 **28.98**

Western Family Cat Litter

☐ 5920509 Clumping
20 kg. **9.98**

CASE LOT PRICES EFFECTIVE TWO WEEK!

Use this handy Case Lot Shopping Guide...

Name: _____

Address: _____

Phone #: _____

AG Foods Store: _____

HOUSEHOLD MUST HAVES



**Scotties
Facial Tissues**
or Supreme, 81-126 Tissues
6 Pack

6⁹⁸



**Western Family
Windshield Washing
Fluid**

-35°C, 3.78 litre

19⁹⁸



CASE
OF 4

**Mr Clean Platinum
Antibacterial Cleaner**

Lemon
2.93 litre

13⁹⁸



**Western Family
Ammonia**

Household or Lemon Sudsy
1.8 litre

2 FOR \$7



**Dawn Ultra
Dish Liquid**

1.12 litre

6⁹⁸



**Tide Pods
Laundry Detergent**

Select Varieties
45-76 Pack

25⁹⁸



**Tide
Laundry Detergent**

Original
115 Use

29⁹⁸



**Clorox
Liquid Bleach**

Concentrated
3.57 litre

7⁹⁸



**Snuggle
Fabric Softener**

1.16 litre

5⁹⁸



**Finish Auto
Dishwasher Detergent**

40 Pack

15⁹⁸



**Cottonelle
Fresh Care Wipes**

42 Pack

2 FOR \$7



**Purex
Bathroom Tissues**

Select Varieties
Double 12 Roll or Triple 8 Roll

6⁹⁸



**Sponge Towel
Paper Towels**

Select Varieties
Double 3 Roll

6⁹⁸



**Western Family
Fabric Softener**

120 Sheets

4⁹⁸

**Western Family
Napkins**

200 Pack

3⁹⁸

**Glad
Garbage Bags**

Select Varieties
60-100 Pack

14⁹⁸

**Alcan
Foil Wrap**

12" x 100'

8⁹⁸

**Western Family
Freezer Bags**

Medium
100 Pack

5⁹⁸

**Western Family
Garbage Bags**

100 Pack

22⁹⁸

**Lysol Toilet
Bowl Cleaner**

Power, 946 ml.

4⁹⁸

**Febreze
Plug-in Refill**

Linen
52 ml.

10⁹⁸

**Brita
Filters**

3 Pack

29⁹⁸

**Sifto Crystal
Plus Water Softener**

10⁹⁸



20 KG.

PERSONAL CARE

**Dove Men's
Body + Face Wash**

Select Varieties
532 ml.

8⁹⁸



**Ivory
Body Wash**

Original or Aloe
1.03 litre

7⁹⁸



**Alka
Seltzer**

Lemon Lime
24 Pack

3⁹⁸



**Huggies
Diapers**

Select Varieties
11-34 Pack

18⁹⁸



PET'S CORNER



**Fancy Feast or
Friskies Cat Food**

Select Varieties, 85-156 g.

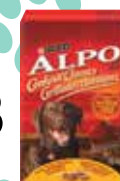
28⁹⁸

CASE
OF 24

**Alpo
Dog Food**

Cookout Classics
16 kg.

42⁹⁸



**Milk-Bone
Dog Treats**

Large or Medium Flavour Snacks
2 kg.

7⁹⁸



**Prestige
Cat Food**

3 Flavour
16 kg.

34⁹⁸



**Western Family
Clumping Cat Litter**

Unscented
20 kg.

9⁹⁸



DAIRY DELIGHTS



Kraft Cheez Whiz

Original or Light, 900 g.

9.98

Kraft Velveeta Cheese Loaf

900 g.

13.98



Parkay Margarine

Quarters or Soft Bowls
1.28-1.36 kg.

7.98



Kraft Singles

Regular or Thick
825 g.

8.98



Becel Margarine

1.61 kg.

13.98



Saputo Sliced Cheese

Select Varieties
160-180 g.

2.99

Cracker Barrel Cheese

Select Varieties
600 g.

10.98

Black Diamond Cheestrings

Select Varieties
16 Pack

7.98

Black Diamond Shredded Cheese

Select Varieties
320 g.

6.48

Crisco Vegetable Shortening

1.36 kg.

10.98

Kraft Parmesan

Grated
500 g.

16.98

Olympic Krema Yogurt

or Organic, Select Varieties
650 g.

4.98



Olympic Organic Yogurt

or Greek, Select Varieties
650 g.

5.98



IÖGO Nanö Yogurt

Select Varieties, 6 x 93 ml.
*Plus Deposit

2.98



Yoplait Multipack Yogurt

Select Varieties
16 x 100 g.

8.98



Activia Multipack Yogurt

Select Varieties
8 x 100 g.

5.48



Philadelphia Dips

Onion or Dill Pickle
340 g.

5.48



Tropicana Pure Orange Juice

Chilled, Select Varieties, 2.63 litre
*Plus Deposit

9.98

Dairyland Chocolate Milk

4 litre

*Plus Deposit

8.48



Dairyland Coffee Cream

18%, 946 ml.
*Plus Deposit

4.28



Dairyland Milk2Go

Chocolate or 2%
6 x 200 ml., *Plus Deposit

4.98



Sunny D Beverages

Smooth or Tangy Original
3.78 litre, *Plus Deposit

5.98



International Delight Coffee Whitener

French Vanilla or Hazelnut
1.42 litre, *Plus Deposit

6.98



Dairyland Sour Cream

14%
750 ml.

4.98



HOT DEALS FROM THE FREEZER



Western Family Vegetables
Frozen, Select Varieties

6⁹⁸

2 KG.

Western Family Spring Rolls

Vegetable
Frozen, 700 g.

11⁹⁸



Dr. Oetker Giuseppe Pizza

Frozen, Select Varieties
480-854 g.

7⁴⁸



Western Family Perogies

Cheddar, Frozen, 2 kg.

4⁹⁸



Pillsbury Pizza Pops

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

6⁹⁸




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

8⁹⁸

McCain Potato Patties
Frozen
1.3 kg.

6⁹⁸

McCain French Fries
Frozen, Select Varieties, 800 g.

2 FOR \$8

Kellogg's Eggo Waffles

Original, Frozen
48 Pack

16⁹⁸



Pogo Corn Dogs

Original or All Beef
Frozen, 600-750 g.

10⁹⁸



Bassili's Best Lasagna

Meat, Frozen, 1.5 kg.

12⁹⁸




Island Farms Ice Cream
Select Varieties

10⁹⁸

4 LITRE

Farm Market Fresh Blueberries

Frozen
2 kg.

13⁹⁸



Popsicle Frozen Novelties

Creamsicle or Fudgsicle
12 Pack

2 FOR \$11



Breyers Family Classic

Frozen Dessert
Select Varieties, 1.41 litre

2 FOR \$11



Popsicle Frozen Novelties

Select Varieties
18 Pack

7⁴⁸



Snowcrest Perfectly Imperfect Fruit

Frozen, Select Varieties, 1.75 kg.

11⁹⁸



GROCERY ESSENTIALS



Aylmer Tomatoes
Whole or Diced, 796 ml.

16⁹⁸

CASE OF 8

Hunt's Tomato Sauce
or Paste, Select Varieties
156-398 ml.

17⁹⁸

CASE OF 12

Splendor Pasta
Spaghetti or Macaroni
2 kg.

11⁹⁸

Primo Pasta
Spaghetti or Macaroni
2.27 kg.

8⁹⁸

Gallo Olive Oil
Extra Virgin
3 litre

34⁹⁸

Only Goodness Mushrooms
or Western Family
Pieces & Stems, 284 ml.

12⁹⁸

CASE OF 12

Prego Pasta Sauce
Original or Mushroom
1.75 litre

6⁹⁸

Hellmann's Real Mayonnaise
1.42 litre

10⁹⁸

Kraft Miracle Whip
Original
1.5 litre

8⁹⁸

Canola Harvest Canola Oil
3 litre

14⁹⁸

Western Family Pickles
Select Varieties
1 litre

2^{FOR} \$8

Western Family Wine Sauerkraut
500 ml.

2^{FOR} \$8

Hidden Valley Ranch
Original
1.06 litre

7⁹⁸



Heinz Ketchup

7⁹⁸

1.5 LITRE



Mr. Noodles Instant Noodles
Select Varieties, 85 g.

9⁹⁸

CASE OF 24

Mr. Noodles Noodle Cups
Select Varieties
64 g.

12⁹⁸

CASE OF 12

Mr. Noodles Big Bowl Instant Noodles
Select Varieties
110 g.

18⁹⁸

CASE OF 12

Mr. Noodles Kimchi Bowls
or Pho, Select Varieties
86-115 g.

14⁹⁸

CASE OF 12

Sapporo Ichiban Instant Noodles
Select Varieties
100 g.

23⁹⁸

CASE OF 24

KFI Cooking Sauce
Select Varieties
375 ml.

4⁹⁸

Western Family Yu Vermicelli Noodles
or Stick
250 g.

2^{FOR} \$4

GROCERY ESSENTIALS

Western Family Fruit

Select Varieties, 398 ml.

32⁹⁸

CASE OF 12

Western Family Pineapple

Select Varieties, 398 ml.

24⁹⁸

CASE OF 12

Western Family White Small Beans

or Green Split Peas
900 g.

2⁹⁸ FOR \$6

Western Family Long Grain White Rice

8 kg.

16⁹⁸

Only Goodness Organic Beans

or Western Family, Select Varieties
398 ml.

17⁹⁸

CASE OF 12

Western Family Ground Black Pepper

or Cinnamon
500-540 g.

8⁹⁸

Knorr Bouillon

Chicken or Beef
6 Pack

2⁹⁸ FOR \$5

Western Family White Vinegar

4 litre

4²⁸

Western Family Worcestershire Sauce

284 ml.

2⁹⁸

Kraft Dinner Cups

Original or Three Cheese
58 g.

18⁹⁸

10 PACK

Annie's Mac & Cheese

Mild Cheddar or White Cheddar
4 Pack

8⁹⁸

Green Giant Vegetables

Select Varieties, 341-398 ml.

21⁹⁸

CASE OF 12

Pace Salsa

Medium
1.7 litre

10⁹⁸

Old El Paso Taco Seasoning

177 g.

7⁹⁸

Clover Leaf Sockeye Salmon

Flaked
142 g., 3 Pack

13⁹⁸

Western Family Whole Baby Clams

400 g.

7⁹⁸

Holiday Luncheon Meat

340 g.

2⁹⁸ FOR \$7

The Keg Gravy Mix

or Swiss Chalet
Select Varieties
1 Pack

3⁹⁸ FOR \$4

Naturally Good

Gentle Earth Liquid Soap

Select Varieties
473 ml.

9⁹⁸

Gentle Earth Liquid Soap Refill

Select Varieties
944 ml.

16⁹⁸

Laiki Gluten Free Crackers

Select Varieties, 113 g.

3⁴⁸

BREAKFAST BUYS



Kraft Peanut Butter
Smooth
10⁹⁸
2 KG.  **HOT! DEAL**

Western Family Liquid Honey
19⁹⁸
2 KG. 

Nestlé Coffee Mate
1.4 kg.

13⁹⁸



Van Houtte or Timothy's Coffee
or Donut House
24-30 K-Cups

19⁹⁸



Nabob Coffee
Tradition or Organic Medium Roast
915-930 g.

23⁹⁸



Red Rose Orange Pekoe Tea
210 Bags

15⁹⁸



Lipton Green Tea
100 Bags

8⁹⁸



Twinings Tea
Select Varieties
20 Bags

2⁹⁸ FOR \$9



Carnation Hot Chocolate Mix
1.7 kg.

21⁹⁸



Boost Shakes
Select Varieties
6 x 237 mL, *Plus Deposit

13⁹⁸



Only Goodness Organic Maple Syrup
Dark
946 mL.

19⁹⁸



Smucker's Jam
Raspberry or Strawberry
1 litre

11⁹⁸



Kellogg's Jumbo Cereal
Select Varieties
730 g.-1.5 kg.

9⁹⁸



General Mills Jumbo Cereal
Select Varieties
825 g.-1.3 kg.

9⁹⁸



BAKING BARGAINS

Hershey's Chipits
Milk Chocolate or Semi Sweet
835-925 g.

16⁹⁸



Sugar Twin Sweetener
Original or Stevia
100-200 Pack

5⁹⁸



Pacific Evaporated Milk
Regular or 2%
354 mL.

21⁹⁸



CASE OF 12

Western Family Quick Oats
or Old Fashioned
2.25 kg.

5⁹⁸



HOT! DEAL

Philadelphia Cream Cheese
450 g.

9⁹⁸



Dairyland Whipping Cream
33% or 36%, 946 mL.
*Plus Deposit

5⁴⁸



Rogers Sugar
Select Varieties

14⁹⁸

10 KG.



HAPPY HALLOWEEN

Hershey's King Size Chocolate Bars
or Reese, Select Varieties
62-85 g.

2 FOR \$4

Mars or M&M's Chocolate
or Maltesers, Select Varieties
165-170 g. **5⁹⁸**

Mars or M&M's Chocolate Bars
Select Varieties
1 Pack **3 FOR 4⁹⁸**

Cadbury Mini Eggs
Micro
90 g. **2 FOR \$9**

Lindor Chocolates
3 Pack **2 FOR \$6**

Lindor Chocolates
Select Varieties
150 g. **12⁹⁸**

SNACKS!



Pringles Potato Chips

Original or Sour Cream & Onion
37-39 g.

11⁹⁸

CASE OF 12

Del Monte Fruit Cups

Select Varieties

18⁹⁸

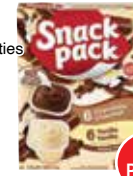


16 PACK

Snack Pack Pudding

Family Pack, Select Varieties

6⁹⁸



12 PACK

Christie Premium Plus Crackers

Salted or Unsalted Tops
900 g.

8⁹⁸



Clif Protein Bars

Select Varieties
68 g.

23⁹⁸



12 PACK

Kellogg's Pop-Tarts Jumbo Pack

9⁹⁸



24 PACK

Frito-Lays Variety Packs

Select Varieties

9⁹⁸



16 PACK

Hawkins Cheezies

640 g. or 14 Pack

8⁹⁸



SunRype FruitSource Bars

Select Varieties
12-24 Pack

10⁹⁸



Mott's Clamato Juice

Original, 2.54 litre
*Plus Deposit

5⁹⁸

Coors Edge Low Alcohol Premium Lager

12 x 355 ml.
*Plus Deposit

14⁹⁸

Budweiser Zero

12 x 355 ml.
*Plus Deposit

15⁹⁸

San Pellegrino Sparkling Water

or Perrier, Select Varieties
750 ml., 1 litre, *Plus Deposit

2 FOR \$5

Nestea Iced Tea

Lemon or Zero Sugar
12 x 341 ml., *Plus Deposit

9⁹⁸

Coke or Canada Dry Beverages

Select Varieties
12 x 355 ml., *Plus Deposit

8⁴⁸

Pepsi or 7Up Beverages

Select Varieties
24 x 355 ml., *Plus Deposit

15⁹⁸

Zoa Energy Drinks

Select Varieties, 355 ml.
*Plus Deposit

22⁹⁸



12 PACK

San Pellegrino Sparkling Water

Original, 1 litre
*Plus Deposit

13⁹⁸



6 PACK

Pure Life Spring Water

710 ml. Sport Cap
*Plus Deposit

7⁹⁸



12 PACK

Sparkling Ice Beverages

Select Varieties, 503 ml.
*Plus Deposit

18⁹⁸



12 PACK

Pure Life Natural Spring Water

35 x 500 ml.
*Plus Deposit

10⁹⁸



Powerade Team Pack Sports Beverages

591 ml.
*Plus Deposit

22⁹⁸



24 PACK

Minute Maid Juice

Select Varieties, 1 litre
*Plus Deposit

24⁹⁸



CASE OF 12

SunRype Apple Juice

3.78 litre
*Plus Deposit

9⁹⁸



GoodHost Iced Tea Mix

2.35 kg.

16⁹⁸



FEELING THIRSTY?

Western Family Juice

Select Varieties, 5 x 200 ml.
*Plus Deposit

19⁹⁸

HOT! DEAL

CASE OF 8



BUTCHER SHOPPE

Top Sirloin Roast

kg. 26.41

lb. **11⁹⁸**

Outside Round Marinating Steak

kg. 19.80

lb. **8⁹⁸**

Olymel Pork Sausage

Select Varieties
375-450 g.

Each **6⁹⁸**

Top Sirloin Steak

Value Pack, kg. 28.62

lb. **12⁹⁸**

Split Chicken Wings

Value Pack, kg. 10.98

lb. **4⁹⁸**

Pork Loin Roast

Boneless
kg. 8.77

lb. **3⁹⁸**

Pork Loin Chops

Boneless, Value Pack
kg. 8.77

lb. **3⁹⁸**

Boneless Skinless Chicken Breasts

Value Pack, kg. 17.59

lb. **7⁹⁸**

Pork Back Ribs

kg. 10.98

lb. **4⁹⁸**

One Per Bag



CASELOT DEALS

Western Family Boneless, Skinless Chicken Breasts

Frozen

38⁹⁸

3 KG.

Western Family Boneless, Skinless Chicken Thighs

Frozen

Each **38⁹⁸**

3 KG.

Pinty's Oven Roasted Chicken Strips

Frozen

Each **29⁹⁸**

2 KG.

Olymel Sliced Bacon

Rindless

Each **59⁹⁸**

5 KG.

Western Family Split Chicken Wings

Frozen

Each **31⁹⁸**

3 KG.

LaFleur Sausages

Pork & Beef
Frozen

Each **39⁹⁸**

5 KG.

Janes Pub Style Chicken

Strips or Nuggets
Frozen

Each **10⁹⁸**

1.1 KG.

SMOKED & PACKAGED MEATS

**Freybe
Pepperoni**
Select Varieties
500 g.



Each

10⁹⁸

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



Each

8⁹⁸

**LaFleur
Wieners**
Original or BarBQ
450 g.



Each

3⁹⁸

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



Each

5⁹⁸

**Mitchell's
Family Pack Bacon**
375 g., 4 Pack



Each

20⁹⁸

**Schneiders
Smokies**
Select Varieties
900 g.



Each

14⁹⁸

**Meatman's
Sausages**
Select Varieties
400 g.



Each

7⁹⁸

**Maple Leaf
Top Dogs**
Original or BBQ
900 g.



Each

10⁹⁸

**Mitchell's
Wieners**
1.35 kg.



Each

14⁹⁸

**Western Family
Garlic Sausage**
750 g.



Each

8⁹⁸

HARVEST
THE GOOD TASTE OF THE WEST

Classic taste. New favourites.



**Harvest Maple Birch
Shoulder Bacon**
375 g.

Each

7⁹⁸



**Harvest Garlic Coil
Sausage Chunks**
500 g.

Each

8⁹⁸



**Harvest
Duos**
Select Varieties
85-90 g.

Each

4⁹⁸

**Maple Lodge Farms
Roast Chicken Breast**

Select Varieties
200 g.



Each

4⁹⁸

**Western Family
Bologna**

Chunks
750 g.



Each

7⁹⁸

**Western Family
Sliced Bologna**
or Cooked Ham
175 g.



Each

3⁹⁸

**Western Family
Sliced Roast Chicken
Breast**

Select Varieties, 250 g.



Each

4⁹⁸

SEAFOOD

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

**Atlantic
Salmon Fillets**

Skin On
600 g.

Per 100 g.

3⁹⁸

**Western Family
Scallops**

Small, Frozen
80-150 Count, 300 g.

Each

8⁹⁸



**BlueWater
Battered Fish Fillets**

English Style, Frozen
725 g.

Each

12⁹⁸



**Maple Lodge Farms
Chicken Roast**

Select Varieties

Per 100 g.

2⁹⁸



**Ocean Jewel
Cooked Shrimp**

Peeled, Deveined, Frozen
71-90 Count, 340 g.

Each

7⁹⁸



**Northern Glacier
Shrimp Gyoza**

Frozen
454 g.

Each

9⁹⁸



**Clear Ocean
Scallops**

Bacon Wrapped
Frozen, 260 g.

Each

9⁹⁸



**Freybe
Deli Ham**

Select Varieties

Per 100 g.

2⁴⁸



**Yucatan
Guacamole**

Select Varieties
227 g. Each

4⁹⁸

**Freybe
Deli Salami**

Select Varieties
..... Per 100 g.

3⁴⁸

**Olymel
Bologna**

or Mock Chicken Loaf
..... Per 100 g.

98¢

**Pillers
Deli Salami**

Select Varieties
..... Per 100 g.

2⁹⁸

**Maple Lodge Farms
Chicken Breast**

Select Varieties
..... Per 100 g.

1⁴⁸

**Maple Lodge Farms
Natural From The Farm
Chicken Breast**

Oven Roasted or Hot & Spicy
..... Per 100 g.

1⁹⁸

MARKET FRESH PRODUCE



**Hot House
Mixed Colour
Peppers**
Canadian Grown

2⁹⁸

Each

2 LB.
BAG



**Red
Beets**
Canadian Grown

Each

4⁴⁸



5 LB.
BAG

**Field
Carrots**
Canadian or U.S. Grown
#1 Grade

Each

4⁴⁸



5 LB.
BAG

**Hot House
Tomatoes**
Canadian or Mexican Grown
4 Pack

Each

2⁹⁸



**Haven Greens
Baby Green Leaf**
Red & Green Leaf or Baby Spring Mix
Product of Canada, 8 oz.

Each

6⁴⁸



**Yellow
Cooking Onions**
Canadian Grown, Canada #1 Grade

8⁹⁸

Each

10 LB.
BAG



ORGANICS

**Organic
Kiwi Fruit**
Product of New Zealand

Each

6⁹⁸



1 LB.
PACK

**Earthbound Farm
Organic Salad**
Select Varieties, Product of U.S.A.
5 oz.

Each

4⁴⁸



**Fresh
Avocados**
Mexican Grown

Each

4⁴⁸



4
PACK

**Fresh
Lemons**
South African Grown

Each

4⁴⁸



2 LB.
BAG



**Red
Seedless Grapes**
California Grown, #1 Grade

Each

6⁹⁸

2 LB.
PACK

**Fresh
Rutabagas**
Canadian Grown

Each

8⁹⁸



10 LB.
BAG

**Bartlett
Pears**
Washington Grown

Each

7⁹⁸



3 LB.
BAG

BAKERY BARGAINS



**Crusty
Rolls**
Large, 6 Pack

Each

2⁴⁸



**Raisin
Bread**

Each

3⁹⁸



**Cheddar Cheese
Sticks**
6 Pack

Each

5⁹⁸



**Dempster's
Bread**
or Texas Toast, Select Varieties
567-675 g.

2 FOR \$7



**Byblo's Bakery
7" Naan Bread**
White or Garlic
400 g. Each

2⁹⁸

**Furlani Parmesan
Texas Toast**
480 g. Each

5⁹⁸

**Furlani
Garlic Texas Toast**
638 g. Each

4⁹⁸

**Two-Bite
Cupcakes**
Vanilla or Chocolate
12 Pack Each

5⁹⁸

**Silver Hills
Bread**
Select Varieties
430-680 g. Each

4⁴⁸

**Fruit
Pies**
Apple Valley, 8-Inch
Select Varieties, 680 g.

Each

9⁹⁸



**Apple
Pies**
Apple Valley, 8-Inch
680 g.

Each

8⁹⁸



**Natural Bakery
Canadian Rye Bread**
500 g.

Each

2⁹⁸



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