



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 OCT./NOV. 2026							
FRI	SAT	SUN	MON	TUES	WED	THURS	
30	31	1	2	3	4	5	



Inside Round
Roast

kg. 22.00

lb. **9⁹⁸**



Little Potato
Company
Potatoes

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

Each **2⁹⁸**



Red
Seedless Grapes

California Grown, #1 Grade
kg. 6.57

lb. **2⁹⁸**

General Mills
Cereal

Select Varieties, 317-725 g.

2 FOR \$11



Classico
Pasta Sauce

Pizza or Pesto, Select Varieties
218-600 g.

2 FOR \$6



Celebrate Food
**NATIONAL
NACHOS DAY**

- November 5th, 2026 -



Ground
Pork

kg. 8.77

lb. **3⁹⁸**



La Cocina
Tortilla Chips

Select Varieties
300-400 g.

2 FOR \$7



Kraft Velveeta
Cheese Loaf

450 g.

7⁹⁸



Frank's
Red Hot Sauce

Select Varieties
354 ml.

4⁹⁸



Dairyland
Sour Cream

Select Varieties
450-500 ml.

3⁹⁸



BUTCHER SHOPPE



Inside Round
Steak
kg. 24.21

10⁹⁸
lb.

Pork
Cutlet
kg. 10.98

4⁹⁸
lb.

Minute
Steak
kg. 26.41

11⁹⁸
lb.

Chicken
Drumsticks
kg. 6.57

2⁹⁸
lb.

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

15⁹⁸
Each

Split
Chicken Breasts
kg. 13.18

5⁹⁸
lb.



SMOKED & PACKAGED MEATS

Lafleur
Ham Halves
Select Varieties
550 g.

10⁹⁸
Each

Olymel
Sliced Meat
Select Varieties
250-300 g.

4⁹⁸
Each

Olymel
International Entrées
Frozen, Select Varieties
400 g.

8⁹⁸
Each

McSweeney's Jerky
Select Varieties
70 g. Each

7⁹⁸

Western Family Breaded Chicken Breast Fillets
Frozen 750 g. Each

15⁹⁸

Western Family Chicken Strips
or Nuggets, Frozen
800 g. Each

10⁹⁸

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

10⁹⁸

Western Family Meatballs
Frozen, Select Varieties
680 g. Each

10⁹⁸

Freybe
A Taste of Europe
Select Varieties
100 g.

2 FOR \$9

Freybe
Liver Sausage
Select Varieties
250 g.

2 FOR \$9

Western Family
Bacon
Regular or Thick Cut
375 g.

5⁹⁸
Each

DELI

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

Deli
Cooked Chicken Breast
Smoked or Cajun

1⁴⁸
Per 100 g.

Grimm's Deli Pepperoni
Select Varieties
600 g. Each

12⁹⁸

Grimm's Deli Pastrami
..... Per 100 g.

3⁹⁸

SEAFOOD

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



Steelhead Trout Fillet
Skin On, 300 g.

Per 100 g. **4⁴⁸**



Western Family Basa Fillet
Frozen, 680 g.

Each **6⁹⁸**



Western Family Crispy Torpedo Shrimp
Frozen, 250 g.

Each **8⁹⁸**



Western Family Butterfly Crunchy Shrimp
Frozen, 680 g.

Each **13⁹⁸**



Western Family Seafood Medley
Frozen, 300 g.

Each **7⁹⁸**

HOT DEALS FROM THE FREEZER

Arctic Garden Bistro Vegetables

Frozen, Select Varieties
580 g.

2^{FOR} \$9



Western Family French Fries

Skin On or Crinkle Cut, Frozen
750 g.

2^{FOR} \$7



Western Family Hashbrown Potatoes

Chunky Diced, Frozen
1.3 kg.

6⁴⁸



Rustica Pizza

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

8⁹⁸



Swanson Meat Pies

Frozen, Select Varieties
200 g.

3^{FOR} 7⁹⁸



Western Family Buttermilk Waffles

Frozen
280 g.

2⁹⁸




Chapman's Frozen Yogurt
or Sorbet, Select Varieties
2 litre

5⁹⁸

HOT! DEAL



Western Family Perogies
Frozen, Select Varieties, 907 g.

3^{FOR} 7⁹⁸

Healthy Choice Entrées

Frozen, Select Varieties
269-292 g.

5⁹⁸



Only Goodness Fruit

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

11⁹⁸



Nestlé Ice Cream

or Frozen Novelties, Select Varieties
1.5 litre or 4-10 Pack

7⁹⁸



Chapman's No Sugar Added Frozen Novelties

or Ice Cream, Select Varieties
1 litre or 6 Pack

6⁹⁸



Crave Crispy Roll-Ups

Cheesy Spicy Pepperoni
or Sizzling Steak & Cheese
Frozen, 540 g.

13⁹⁸



Magnum Frozen Novelties

Select Varieties
3 Pack

6⁹⁸



Ben & Jerry's Ice Cream

Select Varieties
473 ml.

6⁴⁸



Chapman's Li'l Lolly Frozen Novelties

Fruity or Triple Treat
28 Pack

6⁴⁸



DAIRY DELIGHTS

Black Diamond Cheese

Select Varieties
400 g.

6⁴⁸

Lactantia Cream Cheese

Original
250 g.

3⁷⁸

Western Family Parmesan Cheese

Shredded
170 g.

5⁹⁸

Dairyland Sour Cream

Select Varieties
500 ml.

3⁹⁸

Black Diamond Slices

Cheddar Style, 410 g.

2^{FOR} \$8

Cracker Barrel Sliced Cheese

Select Varieties
200-240 g.

6⁴⁸

Kraft Parmesan Cheese

Shaved
141 g.

5⁹⁸

Siggi's Icelandic Skyr Yogurt

Select Varieties
4 x 100 g.

2^{FOR} \$7

Dairyland Chocolate Milk

or Reduced Sugar
1.89 litre, *Plus Deposit

5²⁸

Siggi's Icelandic Skyr Yogurt

Select Varieties
650-750 g.

6⁴⁸

Liberte Greek Yogurt

or Extra Creamy
Select Varieties, 4 x 100 g.

2^{FOR} \$9

IÖGO Nanö Bubbles

Select Varieties
4 x 100 g.

2^{FOR} \$7

Dairyland Stirred Yogurt

Select Varieties
175 g.

4^{FOR} \$5

Oikos Pro Drinkable Yogurt

Select Varieties, 300 ml.
*Plus Deposit.

2^{FOR} \$6

Danone Danino Drinkable Yogurt

Vanilla or Strawberry
6 x 93 ml.

3⁹⁸

Dairyland Milk 2 Go

Select Varieties, 310 ml.
*Plus Deposit.

2^{FOR} \$3

Becel Margarine

Original or Olive Oil
400 g.

2^{FOR} \$9

Heluva Good Dip

Select Varieties
250 g.

2^{FOR} \$6

Nestlé Coffee Mate

Select Varieties, 946 ml.
*Plus Deposit.

4⁹⁸

International Delight Coffee Enhancer

Select Varieties, 946 ml.
*Plus Deposit

5⁹⁸

Lactantia Butter

Salted or Garlic
125 g.

3^{FOR} 7⁹⁸

Simply Juice

Chilled, Select Varieties
1.36-1.54 litre
*Plus Deposit

6⁴⁸

Dairyland Creamo

or Fat Free, 946 ml.
*Plus Deposit

4²⁸

RISE & SHINE



Kraft Peanut Butter

Select Varieties, 750 g.-1 kg.

7⁹⁸

Western Family Honey

Creamed or Liquid
500 g.

5⁹⁸

Kellogg's Cereal

Select Varieties
250-355 g.

5⁹⁸

Starbucks Coffee

Select Varieties
10 K-Cups

12⁹⁸

Tim Hortons Coffee

Original Blend or Dark Roast
825-875 g.

27⁹⁸

Cora's Crepe Mix

Plain
700 g.

4⁹⁸

Tim Hortons Coffee

Select Varieties
300 g.

11⁹⁸

Tim Hortons Instant Coffee

Original or Decaf
100 g.

7⁹⁸

Tazo Concentrated Latte

Select Varieties
946 ml.

6⁴⁸

Nestlé Nesquik

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

8⁹⁸

Carnation Hot Chocolate

Select Varieties
7-10 Pack

4⁹⁸

Rogers Granola

Select Varieties
700-750 g.

5⁹⁸

Maxwell House Coffee

or Nabob, Select Varieties
30 K-Cups

21⁹⁸

BAKING



Hershey's Chipits

Select Varieties, 200-270 g.

5²⁸

Fleischmann's Baking Powder

340 g.

3⁹⁸

Ocean Spray Craisins

Original
340 g.

3⁹⁸

Betty Crocker Gluten Free Cake Mix

Cookie, Brownie or Bisquick
Select Varieties, 425-539 g.

5⁹⁸

Betty Crocker Bisquick Mix

Original
1.13 kg.

2^{FOR} \$8

Only Goodness Stevia Sweetener

300 g.

10⁹⁸

Blue Diamond Almond Breeze Beverage

Select Varieties, 946 ml.
*Plus Deposit.

2^{FOR} \$6

Kraft Dream Whip Dessert Topping Mix

170 g.

4⁹⁸

Robin Hood Flour

Select Varieties
907 g.-2.5 kg.

5⁹⁸

GROCERY ESSENTIALS



Campbell's Chunky Soup

or Chili, Select Varieties
515 ml. or 425 g.

2 FOR \$5

HOT! DEAL

Campbell's Broth

Select Varieties
900 ml.

2⁷⁸



Campbell's Condensed Soup

or Broth, Select Varieties
284 ml.

2 FOR \$5



Clover Leaf White Tuna

Solid or Flaked, Select Varieties
170 g.

3 FOR \$9⁹⁹



Del Monte Fruit

Select Varieties
398 ml.

2 FOR \$7



Naturally Good

Franco's Pasta

Select Varieties
454 g.

4⁴⁸



The Better Butcher's Plant Based Ground

Select Varieties, 300 g.

5⁹⁸



Western Family Tomatoes

or Only Goodness
398-796 ml.

2 FOR \$5



Taipan Water Chestnuts

or Bamboo Shoots, Select Varieties
227 ml.

3 FOR \$3⁹⁹



Gold Seal Pink Salmon

or No Salt Added
213 g.

4²⁸

Maple Leaf Cooked Ham

454 g.

9⁹⁸

Primo Tomato Sauce

Select Varieties
680 ml.

2 FOR \$5

No Yolks Egg Noodles

Select Varieties
340 g.

2 FOR \$8

Only Goodness Gluten Free Pasta

Select Varieties, 340 g.

2 FOR \$6

KD Deluxe Oven Baked Mac & Cheese

Select Varieties, 349 g.

2 FOR \$11

Lundberg Basmati Rice

or Jasmine, 907 g.

11⁹⁸

Minute Rice Cups

Select Varieties
250 g.

2 FOR \$6

Western Family Olive Oil

or Only Goodness
Select Varieties, 500 ml.

10⁹⁸

Money's Mushrooms

Whole or Sliced
284 ml.

2 FOR \$4



Scarpone's Beans

Chick Peas or Lentils
Select Varieties, 398 ml.

4 FOR \$5



Western Family Noodle Cups

Beef or Chicken
64 g.

5 FOR \$5



Western Family Cooking Sauce

Select Varieties, 350 ml.

2 FOR \$4



HOT! DEAL

Del Monte Vegetables

Select Varieties
341-398 ml.

2 FOR \$6



Knorr Pasta Seasoning

Alfredo or Carbonara
1 Pack

3 FOR \$3⁹⁹



Western Family Ketchup

1 litre

4²⁸



Hidden Valley Ranch Dressing

or Tzatziki, Select Varieties
473 ml.

2 FOR \$8



Hellmann's Mayonnaise

or Burger Sauce
Select Varieties
325-445 ml.

2 FOR \$9

French's Mustard

Select Varieties
325-550 ml.

2 FOR \$6

Western Family BBQ Sauce

Select Varieties
425 ml.

3⁷⁸

Bick's Pickles

Select Varieties
1 litre

4⁹⁸

Unico Olives

Sliced or Pitted
200 ml.

2 FOR \$3

Western Family Soy Sauce

or Low Sodium
450 ml.

2 FOR \$4

Club House Gravy Mix

or Sauce, Select Varieties
1 Pack

1⁷⁸

Manny's Tortillas

Select Varieties
255-482 g.

2 FOR \$5

Crisco Canola Oil

or Vegetable
1.18 litre

7⁹⁸

Kraft Velveeta Mac & Cheese

Original or Creamy Cheddar
350-400 g.

2 FOR \$6



SNACK ATTACK!

Cheez-It Crackers
or Snap'd, Select Varieties
213-352 g. **2 FOR \$9**

Pringles Mingles
Select Varieties
155 g. **2 FOR \$8**

Hardbite Potato Chips
Select Varieties
150 g. **3 FOR 7⁹⁸**

Kashi Layered Fruit Bars
Pineapple Passionfruit
or Strawberry Banana, 118 g. **6⁹⁸**

Hawkins Cheezies
420 g. **5⁹⁸**



Quaker Yogurt Granola Bars
Vanilla or Strawberry
175 g. **2 FOR \$7**



Dole Fruit Cups
Select Varieties
4 Pack **4²⁸**



Tony's Chocolonely Chocolate Bars
Select Varieties
180 g. **5⁹⁸**



Voortman Wafers
or Turnovers, Select Varieties
300 g. **2 FOR \$5**



Snack Pack Pudding
or Juicy Gels, Select Varieties
4 Pack **2 FOR \$5**



Smartfood Popcorn
Select Varieties
150-220 g. **2 FOR \$9**



Ruffles Potato Chips
Select Varieties
180-200 g. **4²⁸**



Old Dutch Corn Chips
Original or Bar.B.Q.
285 g. **4²⁸**



Betty Crocker Dunkaroos
Select Varieties, 168 g. **2 FOR \$8**

Dare Wagon Wheel Cookies
Original or Raspberry
280-320 g. **2 FOR \$8**

Dare Juicee Candy
or Scotch Mints
Select Varieties
200-250 g. **3 FOR 7⁹⁸**

Dare Real Fruit Gummies
Select Varieties
180 g. **2 FOR \$6**

Cadbury King Size Chocolate Bars
Select Varieties
66-78 g. **2 FOR \$5**

Nestlé Chocolate Bars
Select Varieties
1 Pack **3 FOR 4⁹⁸**

Act II Popcorn
Kettle Corn
6 Pack **6⁴⁸**

Dentyne Gum
Select Varieties
1 Pack **4 FOR \$5**

Takis Tortilla Chips
Select Varieties
240-260 g. **2 FOR \$7**

Pace Chunky Salsa
or Picante, Select Varieties
642-648 ml. **4⁹⁸**

Nanton Spring Water
12 x 500 ml.
*Plus Deposit. **2⁹⁸**

Nanton Spring Water
or Distilled, 4 litre
*Plus Deposit. **2²⁸**

Glacéau Smart Water
or Alkaline, 1 litre
*Plus Deposit. **2 FOR \$6**

SunRype Pure Apple Juice
1 litre
*Plus Deposit. **2⁷⁸**

Bubly Minis
Select Varieties, 6 x 222 ml.
*Plus Deposit. **4²⁸**

Coke or Canada Dry Beverages
Select Varieties, 2 litre
*Plus Deposit. **2 FOR \$6**

Mott's Clamato Juice
Original, 341 ml.
*Plus Deposit **4 FOR \$5**



Western Family Pop
Select Varieties, 12 x 355 ml.
*Plus Deposit **6⁹⁸**



Sapporo Alcohol Free Beer
or Sleeman, 6 x 355 ml.
*Plus Deposit **9⁹⁸**



Gatorade Sports Beverages
Select Varieties, 6 x 591 ml.
*Plus Deposit **8⁴⁸**



Gatorade Drink Crystals
Select Varieties
560 g. **7⁴⁸**



Minute Maid or Five Alive
or Fuze, Select Varieties
8-10 x 200 ml., *Plus Deposit **4⁹⁸**



Bubly Sparkling Water
Select Varieties, 12 x 355 ml.
*Plus Deposit **6⁹⁸**



Montellier Sparkling Water
Select Varieties, 10 x 355 ml.
*Plus Deposit **6⁴⁸**



Pepsi or 7Up Beverages
Select Varieties, 1 litre
*Plus Deposit **2 FOR \$5**



THIRSTY?

Coke or Canada Dry Beverages
Select Varieties, 24 x 355 ml.
*Plus Deposit **15⁹⁸**



HOUSEHOLD MUST HAVES

**Purex
Bathroom Tissue**

or Ultra, Triple 12 Roll

12⁹⁸



**Sponge Towels
Ultra Pro**

Double 6 Roll

16⁹⁸



**Reynold's Kitchen
Wax Paper**

Cut-Rite
1 Roll

3⁹⁸



**Western Family
Aluminum Foil**

Heavy Duty
18"x 25'

3⁹⁸



**Gain Flings
Laundry Detergent**

Original or Moonlight Breeze
31 Pack

10⁹⁸



**Tide
Laundry Detergent**

Select Varieties
26-32 Use

10⁹⁸



**Bounce
Fabric Softener**

Select Varieties
80 Sheets

2^{FOR} \$11



**Ivory
Dish Liquid**

Classic Scent
709 ml.

2^{FOR} \$7



**Finish
Dishwasher Powder**

Classic
2 kg.

8⁹⁸



**Finish
Dishwasher Detergent**

Lemon Scent
1.6 litre

6⁹⁸



**Scotch Brite
Scrub Sponges**

Gentle Clean
3 Pack

2^{FOR} \$8



**Clorox
Disinfecting Cleaner**

or Bleach, Select Varieties
709-887 ml.

5⁴⁸



**Glade
Candles**

Select Varieties
1 Pack

2^{FOR} \$11



**Brita
Slim Pitcher**

1 Pack

18⁹⁸



**Method
Toilet Cleaner**

Spearmint
709 ml.

5⁹⁸



**Lysol
Toilet Bowl Cleaner**

with Bleach or Power
710 ml.

2^{FOR} \$9



**Lysol
Disinfectant Spray**

or NeutraAir, Select Varieties
283-350 g. Aerosol

5⁹⁸



**Head & Shoulders
Shampoo**

or 2 In 1, Select Varieties
370 ml.

6⁴⁸

**Flamingo or Harry's
Shaving Gel**

Iris & Cedarwood or Sensitive
191 g.

6⁹⁸

**Nivea Express
Eye Make-Up
Remover**

125 ml.

7⁹⁸

**Depend
Underwear**

Select Varieties
17-19 Pack

23⁹⁸

**Energizer Max
Batteries**

AA or 9 Volt
1-4 Pack

7⁹⁸

**Energizer Max
AAA Batteries**

2 Pack

5⁹⁸

**Dove
Body Care**

Select Varieties
325-355 ml. or 45 g.

2^{FOR} \$11



**Tampax or Always
Tampons**

or Pads, Select Varieties
20-40 Pack

10⁹⁸



**Buckley's
Cold & Sinus**

24 Capsules

10⁹⁸



PET'S CORNER

**Purina
Puppy Chow**

6.5 kg.

25⁹⁸



**Purina
Beneful Dog Food**

Select Varieties
1.6-1.8 kg.

9⁹⁸



**Meow Mix
Cat Food**

Original Choice
1.42 kg.

6⁹⁸



**Friskies
Cat Food**

Variety Pack, Select Varieties
156 g., 24 Pack

27⁹⁸



MARKET FRESH PRODUCE



BAKERY BARGAINS



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