

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

**TRU VALUE FOODS**

Where Community & Quality Meet



**Our Communities Went Beyond Belief!!!**  
**Thank You to everyone as our 4 stores were able to Raise \$6,459.80 for B.C. Cancer - Victoria Integrated Care and Research Pavilion**

\*Prices in effect Date: April 17-23 2024

**MEAT**

**AAA Black Angus Striploin Steak**

**\$17.99**  
 LB 39.66 kg



**Island Farmhouse Boneless Skinless Chicken Breast**

22.02 kg

**\$9.99**  
 LB



**Grimm's Traditional Thick Cut Bacon**

500g

**\$10.99**  
 EA



**PRODUCE**

**Mexican Avocados**

4 per bag

**\$3.99**  
 EA



**Mexican Roma Tomatoes**

**\$1.99**  
 LB 4.39 kg



**DELI**

**Grimm's Sliced Roast Beef**

plain or garlic

**\$2.89**  
 /100g



**Arbutus Farms Sweet Bean Salad**

**\$1.79**  
 /100g



**Woolwich Fresh Goat Cheese**

113g log

**\$4.49**  
 EA



**Pizza Pretzels**

**2/3.50**



**B.C. Leeks**

**\$1.99**  
 LB 4.39 kg



**California Navel Oranges**

**99¢**  
 LB 2.18 kg



**Thank You For supporting the B.C. Cancer Foundation**

**Grocery**

**Armstrong Cheese Block**

600g and Shredded Cheese 500g

**\$8.99**  
 EA

assorted varieties



**Island Farms 10% Half&Half Cream**

1 L

**\$2.99**  
 EA



**Kraft Dinner**

200g

**4/5.00**

original only



**Barbara's Bakery Cheese Puffs**

155-198g

**2/6.00**

assorted varieties



**Earth Balance Natural Buttery Spread**

425g

**\$5.99**  
 EA



**Tim Horton's Soup**

540ml

**\$3.49**  
 EA

assorted varieties



**Phillip's Craft Soda**

4x355ml cans

**\$5.49**  
 EA +dep

assorted varieties



**Olympic Organic Yogurt**

650 g

**\$4.49**  
 EA

assorted varieties



**McCain Superfries**

454-650g

**\$4.49**  
 EA

assorted varieties



**Gallo Extra Virgin Olive Oil**

1 litre

**\$15.99**  
 EA



**Old Dutch Potato Chips or Ridgies**

200-235 g

**\$3.99**  
 EA

assorted varieties



**Bush's Best Baked Beans**

398 ml

**2/4.00**

assorted varieties



**Texana Long Grain White or Brown Rice**

907g

**\$2.99**  
 EA



**Dempsters English Muffins**

6 pack

**2/6.00**

assorted varieties



Hundreds of Manager's Specials featured in every location!

Mayne Island - Village Bay  
 472 Village Bay Road  
 Phone 250-539-2548

Pender Island - Driftwood Centre  
 4605 Bedwell Harbour Road  
 Phone 250-629-8322

Quadra Island - Heriot Bay  
 1536 Heriot Bay Road  
 Phone 250-285-2436

Quadra Island - Quathiaski Cove  
 658 Harper Road  
 Phone 250-285-3391

We reserve the right to limit quantities. Not all items available at all stores.

www.truvaluefoods.com

