



Fresh
CHICKEN BREAST
Boneless, Skinless
Value Pack, 15.39/kg
6.98
lb.

Kraft
DINNER
Original
12 x 200 g



9.98



Heinz
BAKED BEANS
Asst. Var.
398 mL

2/2.98

Kellogg's
CEREAL
Family Pack
Asst. Var.
480 - 650 g



5.48

California Grown
BROCCOLI
Bunched
4.36/kg



1.98
lb.

Breyers
CREAMERY STYLE ICE CREAM
Asst. Var.
1.66 L



4.48

GROCERY

Everything you need

Hidden Valley
DRESSING
Asst. Var.
473 mL



3⁹⁸

San Remo
BLACK RIPE OLIVES
Pitted or Sliced
398 mL



1⁹⁸

Heinz
BAKED BEANS
Asst. Var., 398 mL

2/2⁹⁸



Ben's Original
BISTRO EXPRESS RICE MIX
Asst. Var.
240 - 250 g



3²⁸

Bull's-Eye
BARBECUE SAUCE
Asst. Var.
425 mL



2⁹⁸

Hunt's
THICK & RICH PASTA SAUCE
Asst. Var.
680 mL



1⁹⁸



Kraft
DINNER
Original, 12 x 200 g
9⁹⁸



Green Giant
VEGETABLES
Asst. Var.
341 - 398 mL



1⁸⁸

Hunt's
TOMATO SAUCE
Asst. Var.
680 mL



1⁹⁸

Clover Leaf
WHITE TUNA
Asst. Var.
170 g



3²⁸

Bick's
PICKLES
Specialty Var.
Asst. Var.
1 L



4⁴⁸

French's
MUSTARD
Asst. Var.
325 - 550 mL



2⁹⁸

Western Family
CANOLA OIL
3 L



11⁹⁸

Old El Paso
REFRIED BEANS
Asst. Var.
398 mL



2⁹⁸

Old El Paso
THICK & CHUNKY SALSA OR PICANTE
Asst. Var., 650 mL



3⁹⁸

GROCERY

Everything you need



Kellogg's
CEREAL
Family Pack
Asst. Var., 480 - 650 g

5⁴⁸

MINI-WHEATS!
ORIGINAL

VERY HIGH FIBRE
MADE WITH 100% WHOLE GRAIN

650 g

General Mills
CEREAL
Cinnamon Toast,
Oatmeal Crisp
or Cheerios
Asst. Var.
297 - 437 g

4⁹⁸



Rogers
OATS
Asst. Var.
750 g - 1 kg

3⁴⁸



Maxwell House
COFFEE PODS
Asst. Var.
12 - 16 pk

6⁹⁸



SunRype
**FRUIT JUICE OR
JUICE BLENDS**
Asst. Var.
900 mL

1⁹⁸
+ dep



Lesley Stowe
RAINCOAST CRISPS
Asst. Var.
150 g

4⁹⁸



Leclerc
**CELEBRATION
COOKIES**
Asst. Var.
240 - 350 g

3⁴⁸



Dole
PINEAPPLE
Asst. Var.
398 mL

2⁶⁸



Adams
**ALL NATURAL
PEANUT BUTTER**
Asst. Var., 500 g

3⁹⁸



Quaker
**RICE CAKES
OR CRISPY
MINIS**
Asst. Var.
90 - 199 g

3⁴⁸



Kashi
**GRANOLA
BARS**
Asst. Var.
175 - 200 g

3⁹⁸



McVitie's
**DIGESTIVES OR
HOB NOBS**
Asst. Var.
300 - 400 g

3⁹⁸



Pepperidge Farms
**GOLDFISH
SNACK
CRACKERS**
Asst. Var.
156 - 227 g

3²⁸



Gatorade
BEVERAGES
Asst. Var.
6 x 591 mL

6⁹⁸
+ dep



Hershey's
**CHOCOLATE
BARS**
Asst. Var.
34 - 58 g

4/4⁹⁸



GROCERY

Everything you need

Meow Mix
DRY CAT FOOD
Select Var.
1.42 kg



6⁹⁸

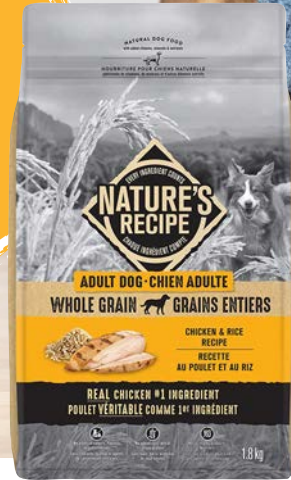
Whiskas
PERFECT PORTIONS
Asst. Var.
75 g



1²⁸

Nature's Recipe
DRY DOG FOOD
Asst. Var., 1.8 kg

14⁹⁸



Tide
LAUNDRY DETERGENT
Liquid or Pods
Asst. Var.
1.36 L or 411 - 466 g



9⁹⁸

Palmolive
DISHWASHING LIQUID
Asst. Var.
591 - 828 mL



2⁹⁸

Royale
TIGER TOWEL
3 Roll



7⁹⁸

Royale
BATHROOM TISSUE
Asst. Var., 9 - 12 Roll

7⁹⁸



Always
PADS OR LINERS
Asst. Var.
16 - 48 pk

4⁹⁸



Royale
FACIAL TISSUE
Asst. Var.
88 - 126 pk

1⁴⁸



Askew's PHARMACY at Uptown

- + Prescription Services
- + Compliance Packaging
- + Private Medication Reviews
- + Injections
- + Free Prescription Delivery

- + Health and Medication information
- + Custom Orders welcome
- + A wide selection of front store OTC products



The staff at Askew's Uptown Pharmacy want to work with you to improve and maintain your good health.

Call us at 250-832-7655

Open 9 am - 6 pm Monday to Saturday.
Closed Sundays and Statutory Holidays.

Tylenol
MUSCLE ACHES & BODY PAIN
16 - 72 pk



4²⁹ - 14⁸⁹

Aerius
ALLERGY RELIEF
5 mg
10 - 20 pk



13²⁹ - 24⁶⁹

Atlas
CALAMINE LOTION
100 - 225 mL



2⁹⁹ - 4⁶⁹

Everything you need **GROCERY**

Ocean Spray
CRAISINS
Asst. Var.
170 g



2/4⁹⁸

Tenderflake
LARD
454 g



4⁹⁸



Rogers
FLOUR
Asst. Var., 10 kg
9⁹⁸

Sun•Maid
RAISINS
Asst. Var.
750 g



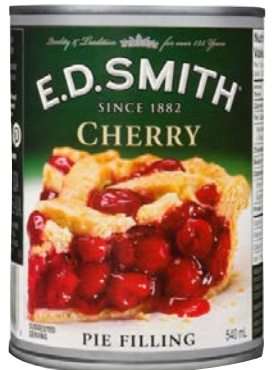
7⁹⁸

Eagle Brand
**SWEETENED
CONDENSED
MILK**
Asst. Var.
300 mL



3⁴⁸

E.D. Smith
PIE FILLING
Asst. Var.
540 mL



5⁴⁸

Venice
BREAD
Whole Wheat
or White
570 g



2/4⁹⁸

Dempster's
**ENGLISH
MUFFINS**
Asst. Var.
6 pk



3⁹⁸



Dempster's
BAGELS
Asst. Var., 5 - 6 pk
3⁴⁸



*The appearance of fresh baked product may vary between stores.

BAKERY
Prepared with love

Fresh Baked In-Store
SOURDOUGH LOAF



3²⁸
ea.

Fresh Baked In-Store
SUB BUNS
White or Whole Wheat
4 pk



2⁹⁸

MEAT *Carefully sourced*

Fresh
BEEF SIRLOIN TIP ROAST

Cut from Canada Grade AA Beef or Higher
Boneless
Value Pack
17.59/kg

7⁹⁸
lb.



Fresh
MEDIUM GROUND BEEF

Ground Fresh In-Store Daily
Value Pack
10.98/kg

4⁹⁸
lb.



Fresh Locally Grown
CHICKEN BREAST

Boneless
Skinless
Value Pack
15.39/kg

6⁹⁸
lb.



Fresh Locally Grown
CHICKEN THIGHS

Boneless
Skinless
Value Pack
17.59/kg

7⁹⁸
lb.



Fresh
CHICKEN WINGS

Split
Value Pack
13.18/kg

5⁹⁸
lb.



Askew's Own
CHORIZO PORK SAUSAGE

21.56/kg

9⁷⁸
lb.



Schneiders
SMOKIES
Sharp Cheddar or Original
900 g

13⁹⁸
ea.



Schneiders
SLICED SIDE BACON

Asst. Var.
375 g

6⁹⁸
ea.



Schneiders
JUICY JUMBOS

Original or Beef
375 - 450 g

6⁹⁸
ea.



Schneiders
OUTLAW BEEF BURGERS

Frozen
1.81 kg

27⁷⁸
ea.



Maple Leaf
NATURAL SELECTION SLICED MEATS

Asst. Var., 175 g

6⁷⁸
ea.



Maple Leaf
PRIME CHICKEN OR DINO NUGGETS

560 g

7⁹⁸
ea.



Johnsonville
SAUSAGES

Asst. Var.
375 g

5⁹⁸
ea.



Freybe
**MEDLEY
SALAMI**

Freybe
EST. 1844

DELI

Prepared with love

4²⁷
/100 g



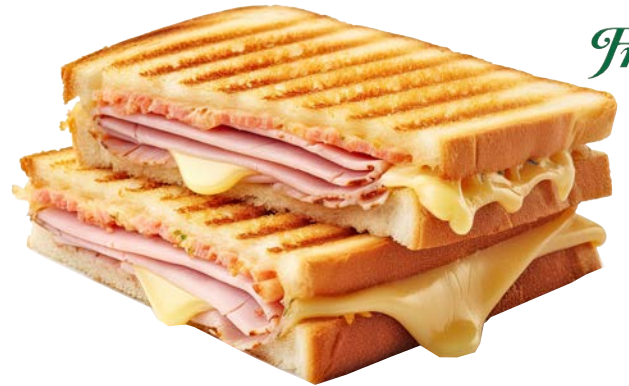
Freybe
**BLACK FOREST
HAM**
267
/100 g

Freybe
EST. 1844



Freybe
**HONEY
HAM**

257
/100 g



Freybe
EST. 1844

Freybe
CAPICOLLI

297
/100 g



Freybe
EST. 1844

Fresh
**ROCKFISH
FILLETS**

198
/100 g



Frozen
**PINK SALMON
FILLETS**

198
/100 g



**OCEAN
WISE**

Frozen
**BASA
FILLETS**

98¢
/100 g



**OCEAN
WISE**

SEAFOOD

Healthy & delicious

Fresh
**SABLEFISH
FILLETS**
Skin On

298
/100 g



Blue Water
**ENGLISH STYLE
BATTERED
FISH**

Frozen
725 g

18⁹⁸
ea.



**OCEAN
WISE**

≡ *fish* **FRIDAY** ≡
FRESH HALIBUT FILLETS WILD

DAIRY

From basics to deluxe

Saputo
FETA
400 g



5⁹⁸

Aberdeen Poultry
LARGE FREE RUN EGGS
1 Dozen



5⁴⁸



Dairyland
10% CREAM
946 mL



3⁴⁸

Dairyland
COTTAGE CHEESE
Fat Free, Light,
2% or 4%
500 g



3⁴⁸

Dairyland
SOUR CREAM
Fat Free, Light,
14% or 18%
450 - 500 mL



2⁸⁸



Dairyland
18% CREAM
946 mL



3⁹⁸

Castello
CHEESE SLICES
Asst. Var.
165 g



3⁹⁸

Dairyland
FLAVOURED MILK
Asst. Var.
1 L Jug



2⁴⁸
+ dep

Kozy Shack
RICE PUDDING
Asst. Var.
624 g



3⁴⁸

HeluvaGood!
SOUR CREAM DIP
Asst. Var.
250 g



2²⁸

Black Diamond
CHEESE STRINGS
Asst. Var.
252 - 336 g



6⁹⁸

Simply Orange
JUICE
Asst. Var.
1.54 L



4⁹⁸
+ dep

Danone
OIKOS GREEK STYLE YOGURT
Asst. Var.
650 - 750 g



5⁴⁸

Most practical **FROZEN**

Western Family
VEGETABLES
Asst. Var.
750 g



2⁶⁸

Western Family
FRUIT
Asst. Var.
400 - 600 g



3⁹⁸



Breyers
**CREAMERY
STYLE
ICE CREAM**
Asst. Var., 1.66 L

4⁴⁸



Pillsbury
PIZZA POPS
Asst. Var.
380 g



3⁴⁸

McCain
FRIES
Superfries, Wedges,
Extra Crispy or
Tasti Taters
Asst. Var.
454 - 800 g



3⁴⁸

Minute Maid
**ORANGE JUICE
CONCENTRATE**
Asst. Var.
295 mL



1⁹⁸

Nestle
NOVELTIES
Asst. Var.
4 - 10 pk



5⁹⁸

Old Dutch
POTATO CHIPS

Asst. Var., 220 g Box

3/9⁹⁸

Ruffles
**POTATO
CHIPS**
Asst. Var.
200 g



2/8⁹⁸

Tostitos
SALSA
Asst. Var.
418 mL



2/8⁹⁸

Everything you need

GROCERY



Tostitos
TORTILLA CHIPS
Asst. Var., 295 g

2/8⁹⁸



Coke, Sprite or Canada Dry
POP
Asst. Var.
6 x 710 mL



5⁴⁸
+ dep

Pepsi, 7-Up or Schweppes
POP
Asst. Var.
2 L



2⁶⁸
+ dep

Pringles
**POTATO CHIPS
OR CRISPS**
Asst. Var.
148 - 156 g



2⁹⁸

Pure Life
SPRING WATER
12 x 500 mL



3⁹⁸
+ dep

WELLNESS

Living life to the fullest

Healthology
STRESS-FX



60 vcap
33⁹⁸

Helps to relieve symptoms of stress, restlessness & nervousness.

Aeryon
RECLAIM HORMONAL SUPPORT



60 vcap
47⁹⁸

Relieves premenstrual symptoms & supports healthy estrogen metabolism.

Carina Organics
SHAMPOO
Asst. Var.



360 mL
11⁹⁸

A daily moisturizing shampoo formulated with certified organic plant extracts. Helps to restore lustre, volume, body & shine. Other scents available.

Botanica
PERFECT GREENS POWDER

216 g

31⁹⁸

Alba Botanica
KIDS SUNSCREEN LOTION



113 mL
12⁹⁸

Fragrance free, water-resistant natural sunscreen with lavender flower extract & aloe vera to calm and soothe skin.

Harmonic Arts
5 MUSHROOM CAPSULES



60 vcap
39⁹⁸

Concentrated Mushroom capsules that support whole-body harmony & immune system intelligence.

Bell
BLOOD PRESSURE FORMULA



60 vcap
31⁹⁸

Helps maintain healthy blood pressure levels.

Nuun
HYDRATION EFFERVESCENT TABLETS

Asst. Var.



10 tabs
9⁹⁸

A tasty & hydrating blend of electrolytes for exercise and on-the-go. Other flavours available.

MegaFood
BLOOD BUILDER

30 tab
31⁹⁸

60 tab
47⁹⁸



Helps to reduce tiredness & fatigue caused by iron deficiency anemia.

RenewLife
DIGESTMORE ENZYMES



90 vcap
19⁹⁸

Ideal for sensitive stomachs, a targeted enzyme formula to help digest foods & soothe the digestive tract.



A highly concentrated organic greens powder blend of chlorella, spirulina, and leafy greens to help ensure that you're getting your daily greens. Various flavours available.

** Not all products available at all locations.*



Meat Your New Favourite!

FIRE UP THE GRILL!

Askew's Own sausages are house made from scratch by our talented team at Askew's Armstrong, with their signature seasoning recipes and freshly ground meat. Which is **YOUR favourite?**



Hornby
ORGANIC ENERGY BARS

Asst. Var., 80 g

2²⁸



Prana
GRANOLOVE

Organic
Plant-Based
Granola
Asst. Var.
300 g

4⁴⁸



NATURALLY
Good!

Clif
ZBARS
Asst. Var.
5 pk

4⁹⁸



Cabana
LEMONADE

Asst. Var.
591 mL

2²⁸



Lundberg Family Farms
NUTRA-FARMED RICE

White Jasmine,
White or
Brown Basmati
907 g

7⁹⁸



Filsinger
ORGANIC APPLE CIDER VINEGAR
945 mL

6⁹⁸



Raincoast Trading Co.
SKIPJACK TUNA
160 g

2⁹⁸



Rise
ORGANIC KOMBUCHA
Asst. Var.
414 mL

2⁹⁸
+ dep



Pacific
ORGANIC BROTH

Asst. Var., 946 mL - 1 L

4⁴⁸



Happy Planet
SOUP
Asst. Var.
500 - 650 mL

4⁹⁸



Lundberg Family Farms
ORGANIC THIN STACKERS
Asst. Var.
167 g

4⁹⁸



Endangered Species
CHOCOLATE BARS
Asst. Var.
85 g

3⁸⁸



Melt
ORGANIC BUTTERY STICKS
Plant-Based
454 g

5⁶⁸



Spectrum
ORGANIC MAYONNAISE
473 mL

8⁹⁸



Nellie's
LAUNDRY SODA
1.5 kg Tin

16⁹⁸



PRODUCE

Seasonal goodness & more

California Grown

BROCCOLI

Bunched

4.36/kg



1.98
lb.

California Grown

SPINACH

Bunched



1.98
ea.

Mexico Grown
GREEN BEANS

3.70/kg

1.68
lb.



Canada Grown
SWEET MINI PEPPERS

1 lb Bag

3.98
ea.



Kids Club Item!



MANDARIN ORANGE

California Grown

MANDARIN ORANGES

2 lb Bag

4.98
ea.



Canada Grown

PEPPERS

Mixed

2 lb Bag

3.98
ea.



Mexico Grown

AVOCADOES

Large

1.98
ea.



Askew's

SA Downtown: 250-832-2064

SA Uptown: 250-832-7622

Armstrong: 250-546-3039

Enderby: 250-838-6064

Sicamous: 250-836-4899

To reduce our environmental impact our flyer is printed on unbleached recycled fibres using soy-based inks.



@askewsfoods | askewsfoods.com

We reserve the right to limit quantities.



SPOT THE LABEL!

Look for our "Local" logo for products that are manufactured or grown in the Thompson, North Okanagan, & Shuswap!

ALL STORES OPEN DAILY - FOR HOURS VISIT ASKESFFOODS.COM