

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

# TRU VALUE FOODS

Where Community & Quality Meet



# Back to School

\*Prices in effect: September 4-10 2024

## Island Farmhouse Chicken Skewers

**\$9<sup>99</sup>**  
LB 22.02 kg



## MEAT

### Spring Creek AAA Strip Loin Steak

**\$15<sup>99</sup>**  
LB 35.25 kg



### Lou's Kitchen Shaved Beef, Philly Steak, Pulled Pork

400g  
**\$9<sup>99</sup>** EA



## PRODUCE

### B.C. Broccoli Crowns

**\$1<sup>99</sup>**  
LB 4.39 kg



### B.C. Mini Cucumbers

**\$2<sup>99</sup>** EA



### B.C. Beef Tomatoes

**\$1<sup>99</sup>**  
LB 4.39 kg



### B.C. Prune Plums

**\$2<sup>99</sup>**  
LB 6.59 kg



## DELI

### Grimm's Black Forest Ham

**\$1<sup>89</sup>** /100g



### Arbutus Farms Sesame Asian Noodle Salad

**\$1<sup>79</sup>** /100g



### Royal Gourmet Hummus or Tzatziki

227g tub

**\$3<sup>99</sup>** EA



### Mount Royal Bagels

6 pack

**\$4<sup>99</sup>** EA



50 jobs will be created for every 1% increase in island products sold.

### Support Island Products.

Keep an eye out for island products in our stores.

- Good for jobs.
- Good for our economy.
- Good for sustainability.
- Good for us all.

## Grocery

### Tree Island Cream Top Yogurt Eco size

1.5 kg

**\$9<sup>99</sup>** EA



### Island Farms Country Cream Premium Ice Cream

1.65 l

**\$6<sup>49</sup>** EA



### Paradise Island Cheese

400g

**\$8<sup>39</sup>** EA



### Earth Balance Natural Buttery Spread

425g

**\$5<sup>99</sup>** EA



### Silver Hills Sprouted Grain Bread

430-615g

**\$3<sup>99</sup>** EA



### Kraft Real Mayonnaise

890 ml jar

**\$5<sup>49</sup>** EA

this size only



### Clover Leaf Skipjack Flaked or Chunk Light Tuna

170g

**2/\$4<sup>00</sup>**

assorted varieties



### Mr. Noodles Instant Noodles....flat pack

85g

**2/\$1<sup>00</sup>**

assorted varieties



### Del Monte Fruit Cups

4 pack

**\$4<sup>49</sup>** EA

assorted varieties



### Island Gold Free Range Large Eggs

dozen

**\$6<sup>39</sup>** EA



### SunRype 100% Fruit Juice

900 ml

**2/\$4<sup>00</sup>** +dep

assorted varieties



### Ristorante or Casa di Mama Frozen Pizza

320-410 g

**\$5<sup>99</sup>** EA

assorted varieties



### General Mills Oatmeal Crisp Cereal

399-437g

**\$3<sup>99</sup>** EA

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

