

Serving you since

1929

The COUNTDOWN
TO 100 begins!



CELEBRATING

95

YEARS!

Join us at all 5
Askew's Locations for

DAILY RANDOM PRIZES!

SUNDAY NOV. 3rd
to SATURDAY
NOV. 30th 2024!

Heinz

BAKED BEANS

Asst. Var.,
398 mL



2/2⁹⁸

Faith Farms

CHEESE

Cheddar, Marble, Mozza,
Havarti, Monterey Jack
Asst. Var.,
360 - 380 g



5⁶⁸

Fresh

BEEF CROSS RIB ROAST

Boneless, Grade AA
2 Per Pack
17.59/kg



7⁹⁸
lb.

Dairyland

CREAMO

10% or Fat Free
473 mL



1⁹⁸

California Grown

HALO MANDARIN ORANGES

2 lb Bag



4⁹⁸
ea.

GROCERY

Everything you need

Ben's Original
**BISTRO EXPRESS
RICE MIXES**

Asst. Var.,
240 - 250 g

3²⁸



Bick's
DILL PICKLES

Sel. Var.,
1 L

3⁹⁸



Heinz
BAKED BEANS

Asst. Var.,
398 mL

2/2⁹⁸



Green Giant
VEGETABLES

Asst. Var.
341 - 398 mL

1⁸⁸



Unico
TOMATOES

Asst. Var.,
796 mL

1⁹⁸



Kraft
**MAYONNAISE &
MIRACLE WHIP**

Asst. Var.,
650 - 890 mL

4⁹⁸



Western Family
**FIRE ROASTED
SALSA**

398 mL

1⁹⁸



Gold Seal
SOCKEYE SALMON

Asst. Var.,
213 g

4⁹⁸



Unico
VEGETABLE OIL

3 L

10⁹⁸



Hunt's
**TOMATO
SAUCE**

Asst. Var.,
680 mL

2⁷⁸



Bull's Eye
**BARBECUE
SAUCE**

Asst. Var.,
425 mL

2⁹⁸



Club House
**SEASONING &
GRAVY MIX**

Asst. Var.,
20 - 47 g

98¢



China Lily
SOYA SAUCE

483 mL

3⁴⁸



GROCERY

Everything you need



Quaker
CEREAL
LIFE, OAT SQUARES,
CORN BRAN
Asst. Var., 375 - 500 g
3⁹⁸

General Mills
CHEERIOS
Asst. Var.
303 - 430 g



4⁴⁸

Nature Valley
GRANOLA BARS
Sweet & Salty, Lunch
Box, Trail Mix
Asst. Var.,
130 - 210 g



3⁴⁸

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

1⁹⁸
+ dep



Christie
**TRISCUIT
CRACKERS**
Asst. Var.
185 - 200 g

3⁴⁸



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

3⁹⁸



Mott's
**CLAMATO
JUICE**
Asst. Var.
1.89 L

3⁴⁸
+ dep



Kellogg's
**CHEEZ-IT SNACK
CRACKERS**
Asst. Var.
191 - 200 g

2⁹⁸



Maxwell House
**ORIGINAL ROAST
GROUND COFFEE**

864 g
9⁹⁸



Dare
**ULTIMATE
COOKIES**
Asst. Var.
250 - 300 g

3⁴⁸



Nescafe
INSTANT COFFEE
Asst. Var.,
100 - 170 g

4⁹⁸



Orville Redenbacher
MICROWAVE POPCORN
Asst. Var.,
248 - 492 g

5⁹⁸



Christie
CRISPERS
Asst. Var.,
145 g

2⁹⁸



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

2⁹⁸



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

3/3⁹⁸



GROCERY

Everything you need

Friskies
CAT TREATS
Asst. Var.,
170 g



2/4⁹⁸

Purina One
DRY CAT FOOD
Asst. Var.,
1.45 - 1.8 kg



12⁹⁸

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

14⁹⁸



Finish
DISHWASHER POWDER OR GEL
1.8 kg or 1.6 L

6⁹⁸



Bonterra
PAPER TOWEL MEGA ROLLS
3 Rolls

6⁹⁸



Royale
FACIAL TISSUE
Asst. Var.,
82 - 126 pk

1⁶⁸



Western Family
BATHROOM TISSUE
Double Roll
Asst. Var., 12 Rolls

5⁹⁸



OB
TAMPONS
Asst. Var.,
40 pk

9⁹⁸



Herbal Essence
SHAMPOO OR CONDITIONER
Asst. Var.,
346 mL

3⁹⁸



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.

Aleve
PAIN RELIEF
Asst. Var.,
20 - 100 pk

6³⁹ - 16⁹⁹



Oro Naf
MOUTH RINSE
500 mL

11⁸⁹



Tardan
SHAMPOO
250 mL

22⁹⁹



Everything you need **GROCERY**

Fry's
PREMIUM COCOA
227 g



5⁹⁸

Magic
BAKING POWDER
225 g



3⁹⁸



Roger's
OATS
Asst. Var.,
750 g - 1.1 kg



3⁴⁸

Hershey's
CHIPITS CHOCOLATE CHIPS
Asst. Var.,
775 - 925 g



12⁹⁸

Sun-Maid
RAISINS
750 g



7⁴⁸

Dempster's
ORIGINAL BREAD
Asst. Var.,
570 - 675 g



3⁴⁸

Dempster's
10" TORTILLAS
Asst. Var.
6 - 10 pk



3⁹⁸



BAKERY
Prepared with love



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

Fresh Baked In-Store
CALABRESE BREAD



3²⁸ ea.

Fresh Baked In-Store
ONION CHEESE BUNS
6 pk



5⁵⁸

MEAT *Carefully sourced*

Fresh
BEEF CROSS RIB ROAST

Boneless, Grade AA
2 Per Pack
17.59/kg

7⁹⁸
lb.



Fresh
BEEF BLADE CHUCK STEAK

Boneless, Grade AA
19.80/kg

8⁹⁸
lb.



Fresh
PORK SHOULDER BLADE STEAK BONE IN

Roast Boneless, Value Pack
8.77/kg

3⁹⁸
lb.



Fresh Ground
LEAN CHUCK

Ground Fresh Daily
Value Pack
13.84/kg

6²⁸
lb.



Fresh
CHICKEN DRUMSTICKS

Value Pack
6.57/kg

2⁹⁸
lb.



Askew's Own
MAPLE BREAKFAST SAUSAGE

21.56/kg

9⁷⁸
lb.



Fresh
CHICKEN THIGHS

Bone In, Skin On
Value Pack, 8.77/kg

3⁹⁸
lb.

Country Classic
BREADED CHICKEN STRIPS, NUGGETS, BURGERS

Frozen
1.36/kg

11⁹⁸
ea.



Schneiders
CHICKEN WINGS

Asst. Var.,
615 g

9⁹⁸
ea.



Mitchell's
PEPPERONI

2 Var.,
450 g

6⁹⁸
ea.



Schneiders
SLICED SIDE BACON

Asst. Var.,
375 g

7²⁸
ea.



M&M
ASIAN PARTY PACK

800 g

19⁹⁸
ea.



Chop n' Block
BEEF JERKY

Asst. Var.,
200 g

13⁸⁸
ea.



Schneiders
WIENERS

All Beef
375 g

6⁹⁸
ea.



Schneiders
MEAT PIES

Asst. Var.,
400 g

3⁹⁸
ea.



DELI

Prepared with love



Summ
**APPLE & CARAMEL
SPRING ROLLS**
350 g



7.97
ea.

Woolwich
**SOFT GOAT CHEESE
LOGS**
113 g



4.67
ea.

Castello Cheese
AGED COLLECTION
Asst. Var.,
200 g



7.67
ea.



SEAFOOD

Healthy & delicious

Frozen
**SOCKEYE SALMON
FILLET** **OCEAN WISE**



3.58
/100 g

Fresh
**SMOKED CANDIED
SALMON NUGGETS
OR STRIPS**



5.48
/100 g

Frozen
BLUEWATER FISH
Asst. Var.,
450 - 600 g



9.98
ea.

7 Seas
COOKED SHRIMP
21-25 Count
340 g



8.78
ea.

Frozen
**POTATO CRUSTED
COD**



3.48
/100 g



fish FRIDAY
FRESH STEELHEAD FILLET

DAIRY

From basics to deluxe

Olympic
**ORGANIC
YOGURT**

Asst. Var.,
1.75 kg

9⁹⁸



Tre Stelle
HAVARTI

Asst. Var.,
425 g

6⁹⁸



Dairyland
MILK
Homo, 2%, 1%, Skim
2 L Carton
348
+ dep



Dairyland
COTTAGE CHEESE

4%, 2%, Light, Fat Free
500 g

3⁴⁸



Dairyland
CREAMO

10% or Fat Free
473 mL

1⁹⁸



Cracker Barrel
CHEESE SHREDS

Asst. Var.,
250 - 320 g

5⁹⁸



Faith Farms
CHEESE
Cheddar, Marble, Mozza,
Havarti, Monterey Jack
Asst. Var., 450 - 500 g
5⁶⁸

Dairyland
18% CREAM

473 mL

2⁴⁸



Dairyland
**33% WHIPPING
CREAM**

473 mL

2⁹⁸



Tre Stelle
MOZZA BALLS

340 g

4⁹⁸



Heluva
SOUR CREAM DIP

Asst. Var.,
250 g

2²⁸



Dairyland
**AEROSOL
WHIPPING
CREAM**

400 g

5⁴⁸



Dairyland
**3.25% CHOCOLATE
MILK OR 1%
VANILLA**

946 mL

2⁴⁸
+ dep



Simply
**ORANGE
JUICE**

Asst. Var.,
1.54 L

5⁴⁸
+ dep



Danone
**ACTIVIA YOGURT
MULTIPACKS**

Asst. Var.
12 x 100 g

6⁴⁸



Most practical **FROZEN**

Cavendish
FRIES
Straight Cut, Crinkle Cut, Shoestring
800 g



2/4⁹⁸

Green Giant
VEGETABLES OR VALLEY
SELECT VEGETABLE BLENDS
Asst. Var.
400 - 750 g



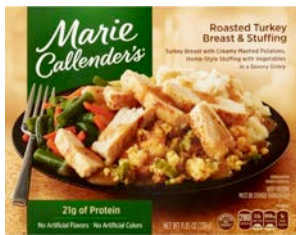
3⁶⁸

Dr Oetker
PIZZA
Casa di Mama or Ristorante
Asst. Var., 320- 410 g



448

Marie Callender's
ENTREES
Asst. Var.
680 - 879 g



7⁹⁸

Cheemo
PEROGIES
Asst. Var.
815 - 907 g



2⁹⁸

Magnum
ICE CREAM BARS
Asst. Var.
3 pk



4⁹⁸

Chapman's
ICE CREAM
Asst. Var.,
4 L



9⁹⁸

Old Dutch
POTATO CHIPS & RIDGIES
Asst. Var.,
200 - 235 g

2/6⁹⁸

La Cocina
TORTILLA CHIPS
Asst. Var.
300 - 400 g



2/4⁹⁸

Old Dutch
CHEESE PLEESERS & CRUNCHYS
Asst. Var.
265 - 290 g



3⁹⁸

Everything you need

GROCERY

Ruffles
POTATO CHIPS
Asst. Var., 200 g

2/8⁹⁸



Humpty Dumpty
PARTY MIX
Asst. Var.
250 g



3⁹⁸

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



5⁹⁸
+ dep

Cheetos
CHEESE SNACKS
Asst. Var.
260 g



2/8⁹⁸

Pure Life
SPRING WATER
12 x 500 mL



4⁴⁸
+ dep

WELLNESS

Living life to the fullest

Healthology
LUNG-FX FORMULA
90 V Cap



32⁹⁸

Helps to relieve excess mucus and clear lungs

NutraSea
OMEGA-3
Asst. Var.,
200 mL



31⁹⁸

Clean, light taste which is easy to absorb

Purica
**EXTRA STRENGTH
RECOVERY**
180 V Caps



33⁹⁸

Reduces back, hip, knee, neck, muscle & soft tissue pain

Elderberry Grove Farm
**ORGANIC ELDERBERRY
SYRUP**
250 mL



24⁹⁸

A local juice that is good for you and good for the planet

Back to Earth
GODDESS SPRAY
Asst. Var.,
120 mL



12⁹⁸

All natural sensuous body spray

Green Beaver
KIDS TOOTHPASTE
Asst. Var.,
110 g



7⁹⁸

Natural toothpaste for kids that is safe to swallow

Aura Cacia
**SWEET
ALMOND OIL**
118 mL



6⁹⁸

Nourishing moisturizer for your skin

Ener-C
**MULTI-VITAMIN
DRINK MIX**
Asst. Var.,
30 Packets



16⁹⁸

Vitamins and minerals for immunity, hydration, travel and everyday activities

Sun Force
RESPIRACTIN
237 mL



15⁹⁸

A delicious herbal tonic that supports the airways while soothing throat

Prairie Naturals
**SPORT PROTEIN
POWDER**

Asst.-Var., 454 g

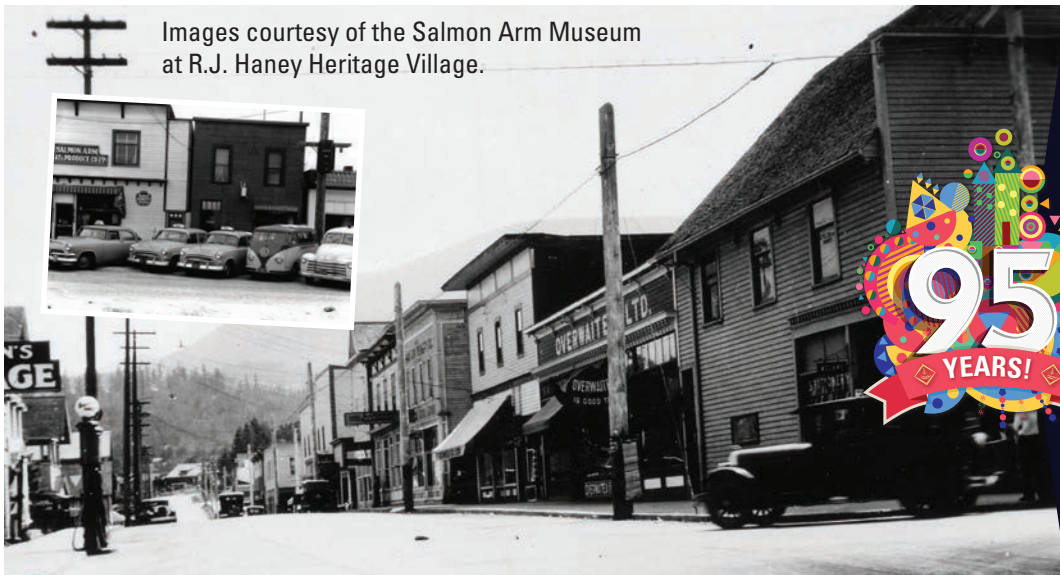
27⁹⁸



High protein, low carb formula with digestive enzymes. Various flavours available.

** Not all products available at all locations.*

Images courtesy of the Salmon Arm Museum at R.J. Haney Heritage Village.



ASKEW'S LOOKS BACK

In 1929, Alexander Ave. was a two-way thoroughfare, making a quick right turn to head south at Bedford's corner was tricky and u-turns were still legal. Commercial enterprises included the Spring Millinery, City Beauty Parlour, offices in the McDiarmid Block and a restaurant across from the Bank of Commerce. Bread prices increased from 8 to 10¢ a loaf and milk producers had to raise the price of milk to 12 ½ cents a quart.



Terra Breads
**SMALL-BATCH
 ARTISAN GRANOLA**
 Asst. Var., 800 g
13⁹⁸



Nature's Path
**ORGANIC HOT INSTANT
 OATMEAL**
 Asst. Var.
 320 - 400 g

4⁶⁸



NATURALLY
Good!

Nuts to You
**ORGANIC FAIR TRADE
 TAHINI**
 500 g

7⁴⁸



Barbara's
CHEESE PUFFS
 Asst. Var.
 155 - 198 g

2⁸⁸



Natur-a
**ORGANIC DAIRY
 FREE BEVERAGES**
 Rice, Soy, Oat, Almond
 Asst. Var.,
 946 mL

2⁸⁸ + dep 31⁹⁸ + dep
Case of 12



Knudsen
JUST JUICE
 Cranberry, Blueberry,
 Black Cherry, Pomegranate
 946 mL

9⁹⁸ + dep



Amy's
**ORGANIC
 SOUP**
 Asst. Var.,
 398 mL

3⁹⁸



Healthy Hooch
**ORGANIC
 KOMBUCHA**
 Asst. Var.,
 500 mL

3⁶⁸ + dep



Fresh is Best
**TORTILLA
 CHIPS**
 300 g
2/8⁹⁸



Clif
ENERGY BARS
 Asst. Var.,
 68 g

1⁶⁸ ea. 18⁹⁸ Box of 12



Fresh is Best
SALSA
 Asst. Var.,
 375 mL

2/8⁹⁸



Thai Kitchen
**COCONUT
 MILK**
 Regular or Light
 398 - 400 mL

2⁹⁸



Spectrum
**ORGANIC
 COCONUT
 OIL**
 Asst. Var.,
 414 mL

9⁹⁸



Tazo
TEA
 Asst. Var.,
 20 pk

5⁴⁸



Tazo
**CHAI LATTE
 CONCENTRATE**
 946 mL

6⁶⁸



PRODUCE

Seasonal goodness & more

California Grown

HALO MANDARIN ORANGES

2 lb Bag



4⁹⁸ ea.

Canada Grown
RED, YELLOW OR ORANGE PEPPERS
 8.77/kg
3⁹⁸ / lb.



Fresh Express

CAESAR SALAD KITS

Asst. Var.,
278 - 298 g



4⁹⁸ ea.

BC Grown
GREEN CABBAGE
 1.72/kg
78¢ / lb.



Kids Club Item!

BANANA

BC Grown

SNAPTOP CARROTS

2.16/kg



98¢ / lb

Washington Grown

ONIONS

3 lb Bag



1⁹⁸ ea.

BC Grown

RED OR YELLOW POTATOES

1.94/kg



88¢ / lb



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.



URNS 95 THIS YEAR!

PROUDLY SERVING YOU SINCE 1929

The countdown to 100 begins!

ALL STORES OPEN DAILY - FOR HOURS VISIT **ASKEWSFOODS.COM**