

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!

Primo
PASTA

Asst. Var.,
900 g



1.98

Western Family
TOMATOES

Asst. Var.,
796 mL



3/4.98

Fresh
BEEF OUTSIDE ROUND ROAST

Boneless, Grade AA
2 Packs
17.59/kg



7.98
lb.

☆☆ Customer Appreciation Day ☆☆

Friday, November 8th ONLY
Extra One Day Specials
At all 5 Askew's Locations

California Grown
LEAF LETTUCE
Red or Green



1.48
ea.

GROCERY

Everything you need

Hunts
TOMATO SAUCE
Asst. Var.,
398 mL



1 78

Western Family
TOMATOES
Asst. Var.
796 mL



3/4 98



Kraft
MAYONNAISE & MIRACLE WHIP
Asst. Var.,
650 - 890 mL



4 98

Heinz
BAKED BEANS
Asst. Var.
398 mL



3/4 98

Heinz
KETCHUP
Asst. Var.
750 mL - 1 L



4 98



3 48

Western Family
LONG GRAIN RICE
White or Brown
Asst. Var.,
907 g



2 48

Campbell's
SOUP
Cream of Mushroom,
Tomato, Vegetable,
Chicken Noodle
284 mL



1 18

Clover Leaf
PINK SALMON
213 g



3 48

Brunswick
SARDINE FILLETS
Asst. Var.,
100 g



1 78

Reginelli
MEDITERRANEAN BLEND OIL
Sunflower & X-Virgin
Olive Oil
1 L



6 98

Money's
MUSHROOMS
Pieces & Stems
284 mL



3/4 98

Pinata
REFRIED BEANS
398 mL



1 68

Pace
THICK & CHUNKY SALSA OR PICANTE
642-648 mL



4 48

GROCERY

Everything you need



Kellogg's
CEREAL
CORN FLAKES,
RAISIN BRAN, MINI
WHEATS
Asst. Var., 480 - 650 g
5⁴⁸

Kashi
CEREAL
Asst. Var.
269 - 400g

5⁴⁸



Quaker
**HOT INSTANT
OATMEAL**
Asst. Var.
232 - 344 g

3⁶⁸



Tim Horton's
COFFEE
Asst. Var.
300 g

8⁹⁸



Kraft
PEANUT BUTTER
Asst. Var.
750 g - 1 kg

6⁶⁸



Western Family
HONEY
Liquid or Creamed
1 kg

8⁹⁸



Dole
PINEAPPLE
Asst. Var.
398 mL

2⁶⁸



Nature Valley
**SWEET & SALTY
GRANOLA BARS**
Asst. Var.
148 - 210 g

3⁷⁸



SunRype
**FRUIT JUICE &
JUICE BLENDS**
Asst. Var., 946 mL

1⁹⁸
+ dep



Arnott's
TIM TAM COOKIES
Asst. Var.
175 - 200 gr

4⁴⁸



Carnation
HOT CHOCOLATE
Asst. Var.
400 - 450 g

6⁴⁸



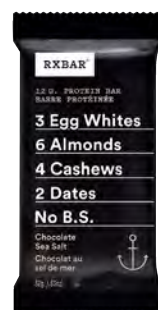
Tetley
TEA
Asst. Var.
20 - 24 pk

3⁶⁸



RX
**PROTEIN
SNACK BARS**
Asst. Var.
52 g

1⁹⁸



Sparkling Ice
BEVERAGE
503 mL

3/4⁹⁸
+ dep



Pure Life
SPRING WATER
12 x 500 mL

3⁹⁸
+ dep



GROCERY

Everything you need

Tidy Cats
CAT LITTER
Asst. Var.
2.72 kg



10⁹⁸

Friskies
DRY CAT FOOD
Asst. Var.
1.4 - 1.5 kg



6⁹⁸

Purina
BENEFUL DRY DOG FOOD
Asst. Var., 1.6 - 1.8 kg
8⁹⁸



Bonterra
PAPER TOWEL MEGA ROLLS
3 Rolls



6⁹⁸

Pine-Sol
MULTI-SURFACE CLEANER
Asst. Var.,
1.41 L



4⁹⁸

Purex
LAUNDRY DETERGENT
1.92 - 2.03 L



6⁹⁸



Purex
BATHROOM TISSUE
Double or Mega Roll,
12 - 24 Roll
15⁹⁸



Always
PADS & LINERS
Asst. Var.,
16 - 72 pk



4⁹⁸

Scotties
FACIAL TISSUE
81 - 126 pk



1⁸⁸

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.

Chloraseptic
LOZENGES & SPRAYS
Asst. Var.,
15 - 18 pk or
30 - 177 mL



4²⁹ - 9³⁹

Deep Relief
HEAT SPRAY & PATCH
2 - 6 pk or
150 mL



8⁹⁹ - 9⁷⁹

First Response
PREGNANCY TEST
1 - 2 pk



13⁵⁹ - 19⁵⁹

Everything you need **GROCERY**

Betty Crocker
**SUPERMOIST
CAKE MIXES
& FROSTING**

Asst. Var.,
340 - 450 g

1⁹⁸



Western Family
PUMPKIN
398 mL

2⁴⁸



Hershey's
CHIPITS
Asst. Var., 200 - 270 g

3⁹⁸



Roger's
**GRANULATED
SUGAR**
4 kg

5⁹⁸



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

3⁴⁸



Sun-Maid
RAISINS
750 g

7⁴⁸



Natural Bakery
**CANADIAN
RYE BREAD**
900 g

3⁹⁸



Dempster's
7" TORTILLAS
Asst. Var.
8 - 10 pk

3⁴⁸



Villaggio
**ITALIAN STYLE
BREAD & BUNS**
Asst. Var., 510 - 540 g or 6 - 8 pk

2⁹⁸



BAKERY
Prepared with love

Fresh Baked In-Store
**CINNAMON
BUNS**
6 pk

7²⁸



Fresh Baked In-Store
RAISIN BREAD

4⁶⁸
ea.



Fresh Baked In-Store
POTATO BUNS
1 dozen

3⁵⁸

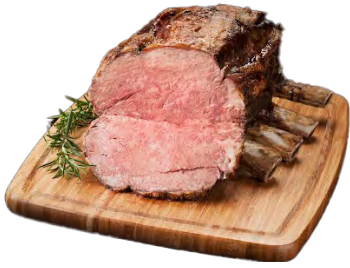


*The appearance of fresh baked product may vary between stores.

MEAT *Carefully sourced*

Fresh
BEEF RIB OVEN ROAST
Bone In, Grade AA
 35.23/kg

15⁹⁸
lb.



Fresh
BEEF OUTSIDE ROUND ROAST
Boneless, Grade AA
 2 Packs
 17.59/kg

7⁹⁸
lb.



Fresh
PORK SIRLOIN CHOPS
Boneless
 Value Pack, 8.77/kg
3⁹⁸
lb.



Fresh
BEEF RIB GRILLING STEAK
Bone-in, Grade AA Value Pack
 36.33/kg

16⁴⁸
lb.



Fresh
LEAN GROUND PORK & BEEF
 Value Pack
 12.08/kg

5⁴⁸
lb.



Fresh
PORK SIRLOIN ROAST
Boneless
 8.77/kg

3⁹⁸
lb.



Fresh
CHICKEN WINGS
 Split Value Pack
 13.18/kg

5⁹⁸
lb.



Fresh
CHICKEN BREASTS
Boneless, Skinless, Value Pack
 15.39/kg
6⁹⁸
lb.

Fresh
CHICKEN THIGHS
Boneless, Skinless
 Value Pack
 17.59/kg

7⁹⁸
lb.



Olymel Sliced Side
BACON
 2 Var.,
 375 g

5⁹⁸
ea.



Olymel
WIENERS
Original
 1 kg

10⁵⁸
ea.



Olymel
DUO SLICED MEAT
Asst. Var.,
 250 - 300 g

5⁷⁸
ea.



Frozen
PINTY'S CHICKEN WINGS OR CHUNKS
Asst. Var.,
 780 g

15⁹⁸
ea.



Frozen
PINTY'S EATWELL CHICKEN
Asst. Var.,
 765 - 790 g

13⁷⁸
ea.



Johnsonville
SAUSAGES
Asst. Var.,
 375 - 500 g

5⁹⁸
ea.



M&M
MINI VEGETABLE SPRING ROLLS
 Frozen
 384 g

11⁹⁸
ea.



Grimm's
**PIZZA PEPPERONI
OR SALAMI**



2⁵⁷
/100 g

Grimm's
**BAVARIAN
MEATLOAF**



2⁵⁷
/100 g

DELI

Prepared with love



Grimm's
BEEF JERKY
Assorted
997
/100 g

Grimm's
LYONA SAUSAGE



2³⁷
/100 g

Grimm's
SMOKED TURKEY



3⁶⁷
/100 g

Fresh
ROCK FISH FILLETS



1⁹⁸
/100 g

Frozen
COHO SALMON FILLETS
Oceanwise

**OCEAN
WISE**



2⁹⁸
/100 g

SEAFOOD

Healthy & delicious

Mrs Friday's
SEAFOOD CRAB CAKES
Frozen
510 g



15⁸⁸
ea.

Pearlmark
COD PORTIONS
Frozen
454 g



9⁹⁸
ea.



fish FRIDAY
FRESH SABLEFISH FILLET
SKIN ON

DAIRY

From basics to deluxe

International Delight
COFFEE CREAMER
Asst. Var.,
946 mL



4⁹⁸

Tre Stelle
FETA
Asst. Var.,
200 g



3⁹⁸

Cracker Barrel
CHEESE
Asst. Var., 600 g
9⁹⁸



Tre Stelle
CREAM CHEESE
Asst. Var.,
200 gr



3⁴⁸

Dairyland
10% CREAM
946 mL



3⁴⁸

Parkay
MARGARINE
Asst. Var.,
1.28 - 1.36 kg



5⁹⁸



Saputo
CHEESE SHREDS
Asst. Var., 320 g
5⁴⁸



Dairyland
18% CREAM
946 mL



3⁹⁸

Dairyland
WHIPPING CREAM
946 mL



4⁹⁸

Dairyland
SOUR CREAM
250 mL



1²⁸

Armstrong
CHEESE SLICES
Asst. Var.,
220 - 240 g



4⁹⁸

Saputo
MOZZARELLISSIMA
340 g



4⁹⁸

Kozy Shack
RICE PUDDING
Asst. Var.,
624 g



3⁴⁸

Tropicana
ORANGE JUICE
Sel. Var.,
1.36 L



5⁶⁸
+ dep

Danone
OKIOS GREEK STYLE YOGURT
Asst. Var.
4 x 100 g



3⁴⁸

Most practical **FROZEN**

Green Giant
**VEGETABLES & VALLEY
SELECT VEGETABLE
BLENDS**

Asst. Var.
400 - 750 g

3⁶⁸



Crave
ENTREES

Asst. Var.
200 - 340 g

2⁹⁸



Rustica
PIZZA
Asst. Var., 538 - 867 g

5⁹⁸



McCain
DICED HASHBROWNS

800 g

2⁹⁸



Cheemo
PEROGIES

Asst. Var.
815 - 907 g

2⁹⁸



Kellogg's
EGGO WAFFLES

Asst. Var.
280 g

3⁴⁸



Haagen Dazs
**ICE CREAM
OR NOVELTIES**

Asst. Var.,
400 - 450 mL
or 3 - 4 pk

5⁴⁸



Tostitos
**TORTILLA
CHIPS & SALSA**
Asst. Var.,
205 - 295 g or 416 - 423 mL
2/8⁹⁸

Coke, Sprite, Canada Dry

POP
Asst. Var.
12 x 355 mL

7⁴⁸
+ dep



Everything you need

GROCERY



Old Dutch
**DUTCH CRUNCH
POTATO CHIPS**
Asst. Var., 200 g

2/6⁹⁸

Bubly
**SPARKLING FLAVOURED
WATER**

Asst. Var.
12 x 355 mL

5⁹⁸
+ dep



Munchies
SNACK MIX

Asst. Var.
250 g

3⁹⁸



Smartfood
POPCORN

Asst. Var.
165 - 220 g

2/8⁹⁸



Aha
**SPARKING FLAVOURED
WATER**

Asst. Var.
12 x 355 mL

6⁴⁸
+ dep



Old Dutch
**ARRIBA TORTILLA
CHIPS**

Asst. Var.,
235 - 245 g

2/6⁹⁸



WELLNESS

Living life to the fullest

Salus Floravit LIQUID IRON FORMULA WITH VITAMINS

250 mL
25⁹⁸
500 mL
41⁹⁸



Helps prevent iron deficiency anemia

Living Alchemy REGENESIS PROBIOTIC

Asst. Var.,
60 V Caps
35⁹⁸



Fermented pre/probiotic to support gastrointestinal health

Prairie Naturals PROST FORCE

60 Softgels
28⁹⁸



Promotes healthy prostate function

Vega
**ALL-IN-ONE
PROTEIN SHAKE
POWDER**
Asst.-Var., 850 g
52⁹⁸

Flora Organic UDO'S OIL OMEGA 3-6-9 BLEND

250 mL
16⁹⁸



Provides essential fatty acids that the body cannot make on its own.

Martin & Pleasance ENER-D VITAMIN D

24 Packets
16⁹⁸



Vegan certified plant-sourced Vitamin D

Dr Bronner's PURE CASTILLE SOAP

Asst. Var.,
237 mL
9⁹⁸



Good for the body and good for the planet

Organika ENHANCED COLLAGEN POWDER

250 g
24⁹⁸



Builds stronger hair, skin and nails

Harmonic Arts 5 MUSHROOM POWDER

50 mL
17⁹⁸
45 g
29⁹⁸
100 g
59⁹⁸



Functional mushroom products to suit every wellness need

Healthology DAILY FIBRE BLEND POWDER

240 g
22⁹⁸



Fibre that can be easily added to meals and snacks



Perfect for those seeking to fuel an active life with good quality protein powder.

** Not all products available at all locations.*

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



55. Court House, Salmon Arm



ASKEW'S LOOKS BACK

The **Municipal Hall** was designed by Kamloops architect E.T. Brown and built by well-known Salmon Arm contractor William Reader in **1928**. Prominently placed on the corner of Shuswap and Hudson Streets, it was Salmon Arm's **first constructed** government building.

Natura
ORGANIC DAIRY FREE BEVERAGES
 Rice, Soy, Oat, Almond
 Asst. Var., 946 mL
2⁸⁸
 + dep

31⁹⁸
 + dep
 Case of 12

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

4⁶⁸



Nature's Path
ORGANIC STEEL CUT OATS
 Asst. Var.
 680 - 850 g

4⁴⁸



NATURALLY
Good!

Hornby
ORGANIC ENERGY BARS
 Asst. Var.
 80 g

2⁴⁸



Kettle
POTATO CHIPS
 Sel. Var.,
 198 g

2/6⁹⁸



Celestial Seasonings
TEA
 Asst. Var.,
 20 pk

3⁹⁸



Nuts to You
ORGANIC FAIR TRADE TAHINI
 500 gr

7⁴⁸



Rise
ORGANIC KOMBUCHA
 Asst. Var.,
 414 mL

3⁶⁸
 + dep



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

9⁹⁸
 + dep



Spectrum
ORGANIC COCONUT OIL
 414 mL

9⁹⁸



Casbah
COUSCOUS & PILAFS
 Asst. Var.,
 170 - 340 g

3⁴⁸



Amy's
FROZEN ENTREES
 Sel. Var.,
 234 - 284 g

6⁴⁸



Clif Kid Zbars
ORGANIC BAKED ENERGY SNACK BAR
 Asst. Var.,
 5 pk

4⁹⁸



Free Yumm
COOKIES OR OAT BARS
 Allergy Friendly
 Asst. Var.,
 135 - 154 g

3⁶⁸



Eco-Max
LAUNDRY WASH
 Asst. Var.,
 3 L

14⁹⁸



PRODUCE

Seasonal goodness & more

California Grown
LEAF LETTUCE
Red or Green



1.48
ea.

BC Grown
RUSSET POTATOES
Organic
5 lb Bag



4.98
ea.



Mexico Grown
AVOCADOES
4 Pack

3.98
ea.

California Grown
MANDARIN ORANGES
2 lb Bag

4.98
ea.



Kids Club Item!



BANANA

BC Grown
GALA OR AMBROSIA APPLES
Organic
3 lb Bag

4.98
ea.



California Grown
CANTALOUPE
2.16/kg



98¢
/lb.

Mexico Grown
BABY WATERMELONS



3.98
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.



Askew's

URNS 95 THIS YEAR!

PROUDLY SERVING YOU SINCE 1929
The countdown to 100 begins!

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