

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

TRU VALUE FOODS

Where Community & Quality Meet



# Fall Savings

Thanks for Shopping Locally.

\*Prices in effect Date: November 20-26 2024

## MEAT

AAA Striploin Steak  
**\$16<sup>99</sup>**  
 LB 37.45kg



Island Farmhouse Chicken Legs  
 back attached  
**\$2<sup>99</sup>**  
 LB 6.59kg



Grimm's Country Cottage Bacon  
 375g  
**\$8<sup>99</sup>**  
 EA



## PRODUCE

B.C. Red or Golden Delicious Apples  
**\$1<sup>49</sup>**  
 LB 3.28kg



California Mandarin Oranges  
 2lb bag  
**\$4<sup>49</sup>**  
 EA



B.C. Red or Yellow Standard Potatoes  
**99¢**  
 LB 2.18kg



B.C. Baby Peeled Carrots  
 1lb bag  
**2/\$3<sup>00</sup>**



## DELI

Grimm's Black Forest Ham  
**\$1<sup>89</sup>**  
 /100g



Arbutus Farms Yam and Potato Salad  
**\$1<sup>79</sup>**  
 /100g



Woolwich Fresh Goat Cheese  
 113g log  
**\$4<sup>49</sup>**  
 EA 113g log assorted varieties



Grimm's Tortilla's or Wraps  
 10 inch  
**\$3<sup>99</sup>**  
 EA 10 inch assorted varieties





Tru Value Foods is Proud to Carry Portofino European Bakery Products in all of Our Stores

## Grocery

SunRype 100% Fruit Juice  
 900ml  
**2/\$4<sup>00</sup>**  
 +dep assorted varieties



Island Farms Egg Nog  
 1l  
**\$2<sup>99</sup>**  
 EA +dep



Starbucks Ground Coffee  
 340g  
**\$9<sup>99</sup>**  
 EA assorted varieties



Kettle Brand Kettle Chips  
 198g  
**3/\$9<sup>99</sup>**  
 assorted varieties



Armstrong Cheese  
 400g  
**\$6<sup>99</sup>**  
 assorted varieties



Island Farms Chocolate Milk  
 2l  
**\$4<sup>99</sup>**  
 EA +dep



Clover Leaf Sockeye Salmon  
 213g  
**\$4<sup>99</sup>**  
 EA assorted varieties



Old Dutch Arriba or Restaurante Style Tortilla Chips  
 245-295g  
**\$3<sup>49</sup>**  
 EA assorted varieties



Philadelphia Cream Cheese  
 227-250ml  
**\$4<sup>99</sup>**  
 EA assorted varieties



Old El Paso Taco Kits  
 250-510g  
**\$4<sup>49</sup>**  
 EA assorted varieties



Bubly Sparkling Flavoured Water  
 12 pack  
**\$5<sup>99</sup>**  
 assorted varieties +dep



Dempster's Bagels... regular or signature  
 5 or 6 pack  
**\$3<sup>99</sup>**  
 EA assorted varieties



Sponge Towels Ultra  
 6 roll  
**\$7<sup>99</sup>**  
 EA



Silver Hills Sprouted Grain Bread  
 430-615g  
**\$4<sup>49</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

