



POINSETTIAS

6" Pot

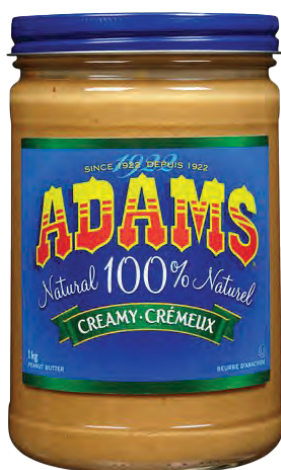
798
ea.

Adams

ALL NATURAL PEANUT BUTTER

Asst. Var.,
1 kg

6⁹⁸



Armstrong

CHEESE SHREDS

Asst. Var.,
500 g

8⁴⁸

Fresh

BEEF TOP OR BOTTOM SIRLOIN STEAK

Boneless, Grade AA
Value Pack
28.62/kg

12⁹⁸
/lb.



Heinz

BAKED BEANS

Asst. Var.,
398 mL

3/4⁹⁸



Okanagan Grown

AMBROSIA APPLES

5 lb Bag

2⁹⁸
ea.



GROCERY Everything you need

Ben's
ORIGINAL FAST & FANCY RICE BLENDS
Asst. Var., 132 g

2/2⁹⁸



Kraft
DINNER
Specialty Varieties
Asst. Var., 156-175 g

4/4⁹⁸



Kraft
DRESSING
Asst. Var., 425 mL

2⁹⁸



Delizie
HANDMADE ITALIAN PASTA SAUCE
Asst. Var., 580 mL

5⁹⁸



Riscossa
ITALIAN PASTA
500 g

1⁶⁸



Clover Leaf
LIGHT TUNA IN WATER
Flaked or Chunk
170 g

1⁹⁸



Heinz
BAKED BEANS
Asst. Var., 398 mL

3/4⁹⁸



Western Family
LONG GRAIN RICE
White or Brown
907 g

2⁶⁸



Knorr
SIDEKICKS
Asst. Var., 121 - 167 g

1⁷⁸



French's
KETCHUP
Asst. Var., 750 mL - 1 L

3⁹⁸



Unico
TOMATOES
Asst. Var., 796 mL

2²⁸



Old El Paso
TACO SHELLS
Asst. Var., 125 - 133 g

1⁹⁸



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

4⁴⁸



Old El Paso
REFRIED BEANS
Asst. Var., 398 mL

2⁹⁸



Club House
SEASONING & GRAVY MIXES
Asst. Var., 20 - 47 g

98¢





General Mills
CEREAL
*Cheerios, Oatmeal Crisp, Chex,
Lucky Charms, 300 - 437 g*

4⁹⁸



Everything you need **GROCERY**

Nature Valley
GRANOLA BARS
*Crunchy, Trail Mix,
Lunch Box*
Asst. Var.,
130 - 210 g

3⁴⁸



Ocean Spray
**100% JUICE
BLENDS &
COCKTAILS**
Asst. Var.,
1.77 - 1.89 L

4⁴⁸
+ dep



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

2⁹⁸



Maxwell House
**ORIGINAL
ROAST
COFFEE**
864 g

18⁹⁸



Leclerc Celebration
COOKIES
Asst. Var.,
240 - 350 g

3⁹⁸



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

2⁹⁸



Western Family
**LIQUID OR
CREAMED
HONEY**
1 kg

9⁹⁸



Del Monte
FRUIT
Asst. Var.,
398 mL

2⁹⁸



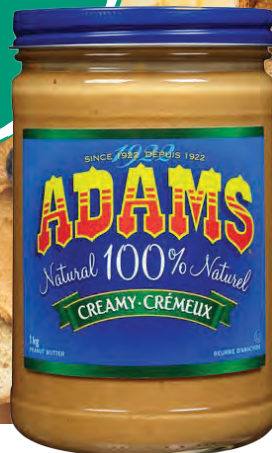
Western Family
**MANDARIN
ORANGE
SEGMENTS**
Asst. Var.,
248 mL

98¢



Adams
**ALL NATURAL
PEANUT
BUTTER**
Asst. Var., 1 kg

6⁹⁸



San Pellegrino
**ITALIAN SPARKLING
DRINKS**
Asst. Var.,
6 x 330 mL

6⁴⁸
+ dep



ED Smith
**TRIPLE FRUIT
SPREAD**
Asst. Var.,
500 mL

4⁴⁸



Snack Pack
PUDDING CUPS
Asst. Var.,
4 pk

1⁹⁸



Nestle's
CHOCOLATE BARS
Asst. Var.,
40 - 60 g

2/2⁹⁸



GROCERY *Everything you need*

Tidy Cats
CAT LITTER
Asst. Var.,
2.72 kg

11⁹⁸



Whiskas
TEMPTATIONS
CAT TREATS
Asst. Var.,
180 g

2⁹⁸



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

11⁹⁸



Cascade
ACTION PACS
Asst. Var.,
30 - 48 pk

17⁹⁸



Gain
LAUNDRY DETERGENT
Asst. Var.,
1.36 L

6⁹⁸



Tru Earth
LAUNDRY STRIPS
Asst. Var.,
32 Load

10⁹⁸



Charmin
BATHROOM TISSUE
Triple Roll, Asst. Var., 8 Roll

8⁹⁸

Colgate
TOOTHPASTE
Regular, Winterfresh or Kid's
75 - 120 mL

1⁹⁸



Live Clean
LIQUID HAND SOAP
Asst. Var.,
400 - 500 mL

5⁹⁸



PHARMACY *at Uptown*



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 OR SPRAY
Asst. Var.,
177 mL or
15-18 pk

4⁹⁹-11⁸⁹



Bio-Oil
SKINCARE OIL
60 mL

11⁸⁹



Salinex
NASAL SPRAY
Asst. Var.,
20-125 mL

5⁵⁹-12⁹⁹



- + 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

Everything you need **GROCERY**

Dalton's
**DELUXE MIXED
FRUIT, MIXED PEEL ,
OR GLACE MIX**
225 g

3⁴⁸



Dalton's
**GLACE
CHERRIES**
Asst. Var.,
225 g

4⁹⁸



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

4⁹⁸



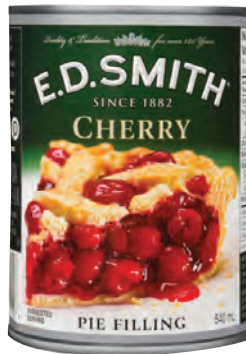
Western Family
**GOLDEN
RAISINS**
640 g

6⁶⁸



ED Smith
PIE FILLING
Asst. Var.,
540 mL

4⁹⁸



Kraft
JET PUFFED MARSHMALLOWS
Asst. Var.,
400 g

1⁹⁸



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

2⁹⁸



Natural Bakery
CANADIAN RYE BREAD
500 g

2⁹⁸



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

3⁴⁸



BAKERY *Prepared with love*

Fresh Baked In-Store
**CHOCOLATE
CHIP COOKIES**
Asst. Var., 10 pk

6⁴⁸
ea.



Fresh Baked In-Store
CIABATTA BUNS
4 pk

5⁴⁸



Fresh Baked In-Store
RAISIN BREAD

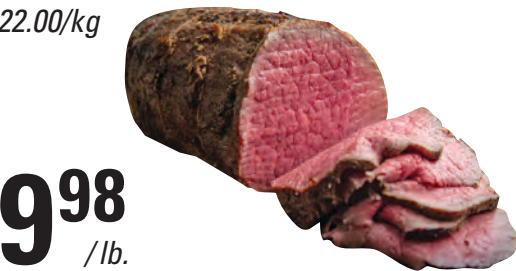
4⁴⁸
ea.



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

MEAT *Carefully sourced*

Fresh
BEEF EYE OF ROUND ROAST
Cut from Canadian Grade AA Beef
Boneless, Value Pack
22.00/kg



9⁹⁸
/lb.

Fresh
BEEF TOP OR BOTTOM
SIRLOIN STEAK
Boneless, Grade AA
Value Pack
28.62/kg



12⁹⁸
/lb.

Fresh
PORK
SHOULDER
BLADE ROAST
Boneless, 7.89/kg
3⁵⁸
/lb.



Fresh
MEDIUM GROUND
BEEF
Ground Fresh In-Store Daily
Value Pack
14.29/kg



6⁴⁸
/lb.

Fresh
PORK SHOULDER
BLADE STEAK
Bone-In, Value Pack
8.77/kg



3⁹⁸
/lb.

Askew's Own
CHORIZO PORK
SAUSAGES
22.00/kg



9⁹⁸
/lb.

Schneiders
JUICY JUMBOS BEEF
375 g



4⁹⁸
ea.



Fresh & Local
CHICKEN
WINGS
Split, Value Pack
13.18/kg
5⁹⁸
/lb.

Hallmark
SEASONED CHICKEN
BREASTS
Frozen
4 kg



43⁹⁸
ea.

Askew's Own
MENNONITE
SAUSAGES
375 g



8⁵⁸
ea.

Helmuts
OLD FASHION
GARLIC COIL
375 g



6⁴⁸
ea.

Helmuts
SMOKIES
BAVARIAN
600 g



9⁹⁸
ea.

Chop N Block
ASSORTED SMOKED
MEATS
Asst. Var.,
140 - 300 g



6⁹⁸
ea.

Fort Hardy
PORK RIBS
Asst. Var.,
568 g



10⁹⁸
ea.

Olivieri
FILLED
PASTA
Asst. Var.,
350 g



5⁹⁸
ea.

M&M
SPINACH
ARTICHOKE
CHEESE DIP
250 g



6⁵⁸
ea.

DELI

Prepared with love



Freybe
HAMS
Black Forest, Honey,
or Old Fashion

267
/ 100 g

Fontaine Santé
HUMMUS
Asst. Var.,
227 - 260 g

5⁷⁷
ea.



Freybe
**EUROPEAN
BOLOGNA**

2⁴⁷
/ 100 g



Freybe
**FIG, CHILI OR
SOUR CHERRY
SPREAD**
190 mL

8⁷⁷
ea.



**PITTED
OLIVES**
Castelvetrano, Kalamata or
Bruschetta, 320 mL

9⁹⁷
ea.



Frozen
**WILD PINK SALMON
FILLETs**



1⁹⁸
/ 100 g



Fresh
ROCKFISH FILLETs

1⁹⁸
/ 100 g



Frozen
POLLOCK FILLETs

1⁰⁸
/ 100 g



Frozen
SHRIMP
I.Q.F.

3²⁸
/ 100 g



SEAFOOD

Healthy & delicious



fish **FRIDAY**

FRESH SABLEFISH
SKIN ON

DAIRY *From basics to deluxe*

Dairyland
**CLASSIC
EGG NOG**
946 mL

2⁹⁸
+ dep



Dairyland
**WHIPPING
CREAM**
473 mL

2⁹⁸



Cracker Barrel
CHEESE
Asst. Var., 600 g

8⁹⁸



Dairyland
**LACTOSE FREE
MILK WITH
PROTEIN**
1.89 L

4⁹⁸
+ dep



Dairyland
CREAM
Fat Free, 10%
473 mL

1⁹⁸



Parkay
MARGARINE
Quarters or Soft Tub
1.28 - 1.36 kg

6⁴⁸



Armstrong
**CHEESE
SHREDS**
Asst. Var., 500 g

8⁴⁸

International Delight
**COFFEE
CREAMERS**
946 mL

5²⁸



Kraft
**CHEEZ
WHIZ**
900 g

6⁹⁸



Dairyland
18% CREAM
473 mL

2⁶⁸



Lactantia
SALTED BUTTER
454 g

5⁹⁸



Heluva
**SOUR
CREAM DIP**
Asst. Var.,
250 g

2⁴⁸



Silk
**DAIRY FREE
CREAMERS**
Asst. Var.,
890 mL

4⁴⁸



Kraft
**SINGLES CHEESE
SLICES**
Asst. Var.,
410 g

3⁹⁸



Oikos
**GREEK STYLE
YOGURT**
Asst. Var.,
4 x 100 g

3⁴⁸



Most practical FROZEN

Grandma's
PEROGIES
Asst. Var.,
600 g



3⁹⁸



Snowcrest
**PERFECTLY IMPERFECT
FRUIT**
Asst. Var.,
1.75 kg

8⁹⁸



Chapman's
**PREMIUM
ICE CREAM**
Asst. Var., 2 L Tub

6⁹⁸



Bassili's
LASAGNA
Asst. Var.,
907 g

6⁹⁸



Healthy Choice
STEAMERS
Asst. Var.,
255 - 349 g

4⁴⁸



Red Baron
**RISING CRUST
PIZZA**
Asst. Var.,
740 - 875 g

6⁹⁸



Tenderflake
PIE & TART SHELLS
Asst. Var.,
255 - 397 g

3⁹⁸



Ruffles
POTATO CHIPS
200 g
2/8⁹⁸

Pepsi, 7-Up, Schweppe's
POP
Asst. Var.,
12 x 355 mL

7⁹⁸
+ dep



Old Dutch
**CHEESE
PLEESERS &
CRUNCHYS**
Asst. Var.,
250 - 400 g

3⁹⁸



Everything you need GROCERY

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

3⁹⁸



Pepsi, 7-Up, Schweppe's
POP
Mini Cans
Asst. Var.,
6 x 222 mL

4²⁸
+ dep



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

2⁹⁸



Gatorade
BEVERAGES
Asst. Var.,
6 x 591 mL

6⁹⁸
+ dep



Old Dutch
**BAKED
PRETZELS**
Asst. Var.,
240 - 400 g

3⁹⁸



WELLNESS

Living life to the fullest

Naka
MAGNESIUM BISGLYCINATE



20⁹⁸ 150 V Caps
33⁹⁸ 300 V Caps

Improves muscle relaxation & recovery.

Salus
FLORADIX
Double Pack



69⁹⁸

Helps prevent iron deficiency.

Prairie Naturals
VITAMIN D 2500



11⁹⁸ 180 Soft Gels
24⁹⁸ 550 Soft Gels

Great for maintaining healthy bones & teeth.

Good Protein
ALL-IN-ONE SHAKE
Asst. Var.,



31⁹⁸ 440 g
49⁹⁸ 880 g

New Roots
SLEEP 8



26⁹⁸ 60 V Caps
50⁹⁸ 120 V Caps

Calms excessive brain activity & induces relaxation.

Flora
WOVEN AFRICAN BASKETS
Asst. Var.
Each



67⁹⁸

Ideal for daily use at home or at the market.

Organic Formulations
CLEANSING OIL
125 mL



25⁹⁸

Effortlessly removes makeup, dirt & impurities.

Back to Earth
ANGEL WINGS CHILDREN'S BODY LOTION
240 mL



23⁹⁸

Protects baby's delicate skin.

Bach
RESCUE REMEDY



14⁹⁸ 10 mL
19⁹⁸ 20 mL

Helps to calm the nervous system.

Nin Jiom
HERBAL COUGH SYRUP



10⁹⁸ 150 mL
17⁹⁸ 300 mL

Provides relief from coughs & sore throats.

Smooth taste & texture.
Various flavours available.
** Not all products available at all locations.*



SUPPORT THE SALMON ARM TOY DRIVE!

Drop off a new unwrapped toy for kids aged 0-18 at Askew's Uptown or Downtown from **Sunday Nov 30th to Saturday Dec 6th** and enter to win a **\$100 Askew's Gift Card!** All toys received will support the Salmon Arm **Fill the Fire Truck Toy Drive.** It's a holiday WIN WIN for everyone!



Natur-a
DAIRY FREE BEVERAGE
Rice, Soy, Oat, Almond
Asst. Var., 946 mL
2.98 + dep

Celestial Seasonings

TEA
Asst. Var.,
20 pk



4.48

NATURALLY
Good!

Pacific

ORGANIC BROTH
Asst. Var.,
946 mL - 1 L



4.98

Hornby

ORGANIC O SNACK ENERGY BARS

Asst. Var.,
45 g



3/4.98

Knudsen

JUST JUICE

*Cranberry, Blueberry,
Pomegranate, Black Cherry,
Tart Cherry*
946 mL



9.98 + dep

Kettle

POTATO CHIPS

Asst. Var.,
368 g



4.98

Filsinger's

ORGANIC APPLE CIDER VINEGAR

945 mL



8.48

Koyo Ramen

NOODLE SOUP

Asst. Var.,
57 - 60 g



3/4.98



Kicking Horse
ORGANIC GROUND COFFEE
Asst. Var., 284 g
12.98



Maison Orphee

ORGANIC EXTRA VIRGIN OLIVE OIL DELICATE

750 mL



19.98

Nuts to You

ORGANIC TAHINI

Fair Trade
500 g



7.88

Casbah

COUSCOUS & RICE PILAFS

Sel. Var.,
127 - 340 g



3.48

Free Yumm

OAT BARS

Allergy Friendly
Asst. Var.,
135 g



3.28

Plumm Good

ORGANIC RICE CAKE THINS

Asst. Var., 95 g



2.98

Nature's Path

ORGANIC STEEL CUT OATS

Asst. Var.,
680-850 g



4.68

PRODUCE *Seasonal goodness & more*

POINSETTIAS
6" Pot

7⁹⁸
ea.



U.S. Grown
**CELLO HEAD
LETTUCE**

2⁹⁸
ea.



BC Grown
**SWEET
ONIONS**
2.16/kg
98¢
/lb.



Kids Club Item!

**AMBROSIA
APPLE**

U.S. Grown
**BABY PEELED
CARROTS**
1 lb Bag

1⁶⁸
ea.



Okanagan Grown
**AMBROSIA
APPLES**
5 lb Bag
2⁹⁸
ea.



Brazil Grown
**RED ROUND OR
ATAULFO
MANGOES**

1⁹⁸
ea.



California Grown
**ORGANIC
CLEMENTINE
MANDARINS**
2 lb Bag

5⁸⁸
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.



SUPPORT THE SALMON ARM
TOY DRIVE!

Sun NOV 30th - Sat DEC 6th & enter to WIN!



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