



DEDICATED TO SERVICING
Sooke and surrounding
communities

WESTERN FOODS

YOUR **COMMUNITY** FOOD STORE



EVERGREEN CENTRE, 6660 SOOKE ROAD, SOOKE, BC • (250) 642-4134 • OPEN 7:00AM - 9:00PM DAILY
HOT DELI FOODS 9:00AM - 8:00PM • FRESH PRODUCE, MEAT & BAKERY • **THURSDAYS** ARE SENIORS' DAY

PRICES EFFECTIVE NOV./DEC. 2025							
FRI	SAT	SUN	MON	TUES	WED	THURS	
28	29	30	1	2	3	4	

Season's Greetings

**Prime Rib
Premium
Oven Roast**

kg. 48.46

21⁹⁸

lb.



CANADIAN BEEF



**Primo
Pasta Sauce**

Select Varieties
680 ml.

2 FOR \$4



**Western Family
Sparkling Water**

Select Varieties, 12 x 355 ml.
*Plus Deposit

2 FOR \$10



**Mandarin
Oranges**

Product of China
4 lb. Box

6⁹⁸

Each



**Little Potato
Company
Potatoes**

Red, Yellow or Trio
Canadian or U.S. Grown, 1.5 lb. Bag

2⁹⁸

Each



BUTCHER SHOPPE



Rib Grilling Steak

Value Pack, kg. 50.66

lb. **22⁹⁸**

Beef Inside Round Oven Roast

kg. 18.70

lb. **8⁴⁸**

Beef Sirloin Tip Oven Roast

kg. 22.00

lb. **9⁹⁸**



Split Chicken Wings

Value Pack, kg. 13.18

lb. **5⁹⁸**

Boneless Skinless Chicken Thighs

Value Pack, kg. 19.80

lb. **8⁹⁸**



Whole Pork Tenderloin

in a Bag, kg. 10.98

lb. **4⁹⁸**



Pork Back Ribs

kg. 10.98

lb. **4⁹⁸**



Pork Loin Centre Cut Chops

kg. 8.77

lb. **3⁹⁸**



Boneless Skinless Chicken Breasts

Value Pack, kg. 17.59

lb. **7⁹⁸**



SMOKED & PACKAGED MEATS



Western Family Chicken Wings

Frozen, Select Varieties, 750 g.

Each **14⁹⁸**



Western Family Cabbage Rolls

Beef, Frozen 908 g.

Each **10⁹⁸**



Western Family Bacon

Regular or Thick 375 g.

Each **5⁹⁸**



Western Family Guacamole

Mild 227 g.

Each **3⁹⁸**



Grimm's Pepperoni Bites

Select Varieties 375 g.

Each **6⁹⁸**



Freybe Pepperoni

Select Varieties 500 g.

Each **9⁹⁸**



Buddig Sliced Meats

Select Varieties 55 g.

2 FOR \$3



SEAFOOD



Ocean Jewel Shrimp
Raw, Easy Peel, Deveined, Frozen
31-40 Count, 340 g.

7⁹⁸
Each



Mussel King PEI Mussels
Garlic & Butter or Wine & Herbs
Frozen, 454 g.

5⁹⁸
Each



AquaStar Wild Fish Fillets
Lemon Pepper Sole or Savoury Herbs Cod, Frozen, 400 g.

10⁹⁸
Each



AquaStar Tempura Shrimp
Frozen, 500 g.

11⁹⁸
Each

DELI



Grimm's Deli Sausage
Select Varieties

1⁹⁸
Per 100 g.

HOT DEALS FROM THE FREEZER



Cavendish Farm Fries
Frozen, Select Varieties, 800 g.

2 FOR \$6



McCain Hashbrowns
Frozen, 800 g.

2 FOR \$6



Western Family Vegetables
Frozen, Select Varieties, 500 g.

2 FOR \$5



Western Family Edamame Beans
Frozen, 500 g.

2 FOR \$6



Dr. Oetker Suprema Pizza
Frozen, Select Varieties, 487-520 g.

8⁹⁸



Bassili's Best Meat Lasagna
Frozen, 1.5 kg.

12⁹⁸



Chapman's Super Premium Plus Ice Cream
or Frozen Novelties, Select Varieties, 500 ml. or 5-8 Pack

2 FOR \$7



Island Farms Ice Cream
Country Caramel Explosion or Fudge Tracks, 1.65 litre

7⁴⁸



Farm Market Fresh Blueberries
Frozen, 2 kg.

12⁹⁸

DAIRY DELIGHTS

Western Family Grated Parmesan Cheese

100% Italian or Blend
250 g.

6⁹⁸

Western Family Shredded Cheese

Select Varieties, 320 g.

4⁹⁸

HOT!
DEAL

Kraft Shredded Parmesan Cheese

200 g.

6⁹⁸

Earth's Own Beverage

Chilled, Select Varieties
1.75-1.89 litre, *Plus Deposit

2^{FOR} \$9

Dairyland Butter

Salted
454 g.

5⁹⁸

Black Diamond Cheese

Select Varieties
400 g.

6⁴⁸

Kraft Cheez Whiz

or Singles, Select Varieties
825-900 g.

8⁹⁸

Imperial Margarine

850 g.

5⁹⁸

Dairyland Chocolate Milk

1%, 4 litre
*Plus Deposit

7⁹⁸

Starbucks Coffee Creamer

Chilled, Select Varieties
828 ml., *Plus Deposit

Kraft Cool Whip

Original
225 g. Aerosol

Siggi's Icelandic Skyr Yogurt

Select Varieties
650-750 g.

Olympic Yogurt

Select Varieties
1.75 kg.

IÖGO Multipack Yogurt

Select Varieties
16 x 100 g.

Western Family Orange Juice

with Pulp or No Pulp, Chilled
1.54 litre, *Plus Deposit

Tropicana Orange Juice

Some Pulp, Chilled
325 ml., *Plus Deposit

Danone Oikos Drinkable Yogurt

or Activia, Select Varieties
190 ml., *Plus Deposit

Dairyland Organic Cream

473 ml.
*Plus Deposit

Olympic Sour Cream

Organic
500 ml.

7⁴⁸

3⁷⁸

6⁴⁸

11⁹⁸

7⁹⁸

6⁹⁸

2^{FOR} \$4

2^{FOR} \$3

2⁴⁸

4⁹⁸

RISE & SHINE

E.D. Smith Lemon Spread

500 ml.

Nestlé Coffee-Mate

Select Varieties
425-450 g.

Nescafé Instant Coffee

or Taster's Choice, Select Varieties
100-170 g. or 18 Pack

Western Family Orange Pekoe Tea

72 Bags

Post Family Size Cereal

Sugar-Crisp
550 g.

Robin Hood Quick Oats

or Large Oat Flakes
1 kg.

Maxwell House Coffee

Original Roast
864 g.

21⁹⁸

E.D. Smith Triple Fruits Jam

Select Varieties
375-500 ml.

2^{FOR} \$9

Elias Honey Bear

375 g.

5⁹⁸

Nestlé Carnation Hot Chocolate

Select Varieties
7-10 Pack

4⁹⁸

Kraft Hazelnut Spread

with Cocoa
725 g.

6⁹⁸

Tim Hortons Coffee

Select Varieties
30 K-Cups

22⁹⁸

Kraft Peanut Butter

Select Varieties
750 g.-1 kg.

6⁹⁸

Kellogg's Cereal

Select Varieties, 340-460 g.

2^{FOR} \$11

McCafé Premium Coffee

Medium Roast
12 K-Cups

12⁹⁸

Stök Cold Brew Coffee

Sweet-ish or Unsweetened
Chilled, 1.42 litre
*Plus Deposit

7⁹⁸

GROCERY ESSENTIALS

Kraft Dinner Specialty Pasta

Select Varieties, 175 g.

2 FOR \$3

HOT! DEAL



Club House La Grille Seasoning

or Rub, Select Varieties 148-203 g.

5⁹⁸



Hellmann's Mayonnaise

Select Varieties 710-890 ml.

6⁴⁸



Heinz Ketchup

or Pickle Flavour 375 ml.

2⁹⁸



Bick's Pickles

Select Varieties 1 litre

5⁴⁸



Minute Rice Cups

Select Varieties 250 g.

3 FOR 7⁹⁸



Western Family Pasta Sauce

Select Varieties 700 ml.

2 FOR \$7



Berio Olive Oil

Extra Virgin 1 litre

16⁹⁸



Betty Crocker Potatoes

Select Varieties 141-215 g.

3 FOR 7⁹⁸



OXO Bouillon

Select Varieties 225 g. or 16 Pack

2 FOR \$6

Western Family Tomatoes

or Only Goodness Select Varieties, 796 ml.

3 FOR 6⁹⁹

Western Family Beans

Chick Peas or Lentils Select Varieties, 540 ml.

3 FOR 6⁹⁹

Catelli Whole Grains Pasta

Spaghetti or Rotini 375 g.

2 FOR \$7

Western Family Long Grain Rice

White or Brown 907 g.

2 FOR \$6

Western Family White Vinegar

2.5 litre

2⁹⁸

Only Goodness Organic Apple Cider Vinegar

473 ml.

2⁹⁸

Western Family Balsamic Vinegar

250 ml.

2⁹⁸

Western Family Olives

Pitted or Stuffed 375 ml.

3⁹⁸

Primo Pizza Sauce

Select Varieties 213 g.

4 FOR \$5

P.F. Chang's Cooking Sauce

Select Varieties 350 ml.

5⁴⁸

Cholula Hot Sauce

Extra Hot 150 ml.

2 FOR \$11

Western Family Mustard

or Dijon 325-400 ml.

2 FOR \$5

FESTIVE HOSTING

Corona Cero Alcohol-Free Beer

6 x 330 ml.
*Plus Deposit

11⁹⁸



Dare Breton Crackers

Vinta, Select Varieties 135-225 g.

2 FOR \$7



Christie Ritz Crackers

or Toppables 350-454 g.

5⁴⁸



Western Family Smoked Oysters

or Mussels 85 g.

3 FOR 4⁹⁸



E.D. Smith Mint Jelly

250 ml.

3⁹⁸

Western Family Artichoke Hearts

Marinated 170 ml.

2⁹⁸

Maple Leaf Vienna Sausage

113 g.

2⁴⁸

Clover Leaf Red Sockeye Salmon

Flaked 142 g.

4⁹⁸

MacLaren's Imperial Cheese

Cheddar 230 g.

6⁹⁸

Perrier Sparkling Water

Select Varieties, 8 x 330 ml.
*Plus Deposit.

9⁹⁸

BAKING

Western Family All Purpose Flour

or Whole Wheat 2.5 kg.

2 FOR \$7



Western Family Dates

Select Varieties 500-640 g.

4⁹⁸

Western Family Tapioca

Small Pearls 400 g.

2⁹⁸

Rogers Flour

Select Varieties 10 kg.

13⁹⁸

Western Family Baking Crumbs

Honey Graham 400 g.

2 FOR \$5



Realemon Lemon Juice

or Realime 125 ml.

78¢



SNACK ATTACK!



**Old Dutch
Restaurante
Tortilla Chips**

or Arriba, Select Varieties, 230-295 g.

2 FOR \$8



**Skittles
or Starburst**

Select Varieties
130-170 g.

2 FOR \$5



**LeClerc
Celebration
Cookies**

Select Varieties
200-240 g.

4²⁸



**Kraft
Caramels**

Original
269 g.

2 FOR \$8

**Dentyne
Gum**

Select Varieties
12 Pack

4 FOR \$5

**Skittles
or Starburst**

Select Varieties
1 Pack

2 FOR \$3

**Mars or M&M's
Chocolate**

Select Varieties
1 Pack

2 FOR \$3



**Christie
or Dad's Cookies**

Select Varieties
285-520 g.

6⁴⁸



**Corn Nuts
Corn Snacks**

Original or BBQ
48 g.

98¢



**Hawkins
Cheezies**

285 g.

2 FOR \$8



**Ruffles
Potato Chips**

Select Varieties
180-200 g.

2 FOR \$9



**Western Family
Tortilla Chips**

Yellow Corn
300 g.

2 FOR \$5



**Dutch Crunch
Potato Chips**

Select Varieties
200 g.

2 FOR \$8



**Orville Redenbacher
Popcorn**

Buttery or Extra Butter
246 g.

2 FOR \$8



DRINK IT UP!

**Sparkling Ice
Beverage**

Select Varieties, 503 ml.
*Plus Deposit

2 FOR \$3



**Pure Life
Water**

Sport Cap, 710 ml.
*Plus Deposit

4 FOR \$3



**Kool-Aid
Jammers**

Select Varieties, 10 x 180 ml.
*Plus Deposit

2 FOR \$9



**Gatorade
Sports Drink**

Select Varieties, 6 x 591 ml.
*Plus Deposit

7⁹⁸



**Gatorade
Drink Crystals**

Select Varieties
560 g.

6⁹⁸



**Pepsi or 7Up
Minis**

Select Varieties, 6 x 222 ml.
*Plus Deposit

4²⁸



**Pepsi or 7Up
Beverages**

Select Varieties, 12 x 355 ml.
*Plus Deposit

7⁹⁸



**Mott's
Clamato Juice**

Original, 2.54 litre, *Plus Deposit

5⁹⁸



**SunRype
Pure Apple Juice**

1 litre, *Plus Deposit

2 FOR \$5



HOUSEHOLD MUST HAVES

**Purex
Bathroom Tissue**
or Ultra, Triple 12 Roll

12⁹⁸



**Finish
Dishwasher
Detergent**

Gel or Powder
1.6 litre or 1.8 kg.

6⁹⁸



**Scrubbing Bubbles
Bathroom Cleaner**

Grime Fighter or with Bleach
946-950 ml.

5⁹⁸



**Drano
Max Gel**

900 ml.

5⁹⁸



**Arm & Hammer
Carpet & Room
Deodorizer**

Pet Fresh
700 g.

2^{FOR} \$7



**Brita
Filter**

1 Pack

10⁹⁸



**Gain
Laundry Detergent**

Original or Moonlight Breeze
61 Use

12⁹⁸



**Western Family
Freezer Bags**

Zipper
14 Pack

2^{FOR} \$4



**Glad
Garbage Bags**

Small or Tall
30-48 Pack

7⁹⁸



**Blue Label
Bleach**

Concentrated
1.89 litre

4⁴⁸



**Dawn
Dish Liquid**

Select Varieties
366-443 ml.

2^{FOR} \$8



**Sponge Towel
Ultra Pro**

Double 6 Roll

15⁹⁸



**Elastoplast
Bandages**

Select Varieties
20-80 Pack

2^{FOR} \$11

**Colgate
Toothpaste**

Sensitive Pro-Relief
Select Varieties, 75 ml.

5⁴⁸

**Colgate Extra Clean
Toothbrush**

Select Varieties
1 Pack

2^{FOR} \$4

**Irish Spring
Bar Soap**

Original
6 Pack

8⁹⁸

**Halls
Lozenges**

Select Varieties
1 Pack

3^{FOR} 4⁹⁸

**Huggies
Wipes**

Fragrance Free, Select Varieties
56-64 Pack

4⁹⁸

PERSONAL CARE

**Pantene
Shampoo**

Conditioner or 2 in 1
Select Varieties, 308-355 ml.

2^{FOR} \$11



**Old Spice
High Endurance
Hair & Body Wash**

Select Varieties, 532 ml.

5⁹⁸



PET'S CORNER

**Purina Dentalife
Dog Treats**

Medium or Small Breed
193-248 g.

2^{FOR} \$8

**Purina
Beggin' Strips**

Select Varieties
170 g.

2^{FOR} \$9

**Purina
Cat Chow**

or Kitten
18-2 kg.

10⁹⁸

**Friskies
Cat Treats**

Select Varieties
170 g.

2^{FOR} \$7

**Meow Mix
Cat Food**

Chicken & Tuna
or Salmon & Tuna, 78 g. ...

3^{FOR} 3⁴⁸

**Purina
Dog Chow**

or Puppy, 2 kg.

8⁹⁸



MARKET FRESH PRODUCE

Gala Apples

Canadian Grown, Canada Fancy Grade
3 lb. Bag

Each **4⁹⁸**

Each



Honeydew Melon

Mexican Grown, #1 Grade
kg. 4.37

Lb. **1⁹⁸**



Fresh Avocados

Mexican Grown

Each **98¢**



Bartlett Pears

U.S. Grown, Fancy Grade
kg. 4.27

Lb. **1⁹⁸**



Fresh Pomegranates

California Grown

Each **3⁴⁸**



Red Seedless Grapes

California Grown, #1 Grade
kg. 8.77

Lb. **3⁹⁸**



Green Cabbage

Canadian Grown, #1 Grade
kg. 1.94

Lb. **88¢**



Hot House Mini Sweet Peppers

Canadian Grown
1 lb. Bag

Each **5⁹⁸**



Baby Long Long English Cucumbers

Canadian Grown, 1 lb. Bag

Each **3⁹⁸**

Each



ORGANICS

Organic Baby Rainbow Carrots

Product of U.S.A.
12 oz. Container

Each **3⁴⁸**



Earthbound Farms Organic Salad

Select Varieties
Product of U.S.A.
5 oz. Container

Each **3⁹⁸**



Hot House Tomatoes on the Vine

Canadian or Mexican Grown
#1 Grade, kg. 6.57

Lb. **2⁹⁸**



Whole Portabella Mushrooms

Canadian Grown
170 g.

Each **4⁹⁸**



Taylor Farms Chopped Salad Kit

Select Varieties
Product of U.S.A.
11-12.6 oz.

Each **5⁴⁸**



BAKERY BARGAINS

Alpine Grain Bread

Each **2⁹⁸**



Crusty Buns

White or Whole Wheat
6 Pack

Each **2⁴⁸**



Portuguese Buns

6 Pack

Each **2⁹⁸**



Sausage Rolls

4 FOR \$5



Natural Bakery Canadian Rye Bread

500 g.

Each **2⁹⁸**



Cake Donuts

Plain or Chocolate
6 Pack

Each **3⁹⁸**



Fruit Filled Turnovers

Select Varieties
4 Pack

Each **3⁹⁸**



Two-Bite Cupcakes

Vanilla or Chocolate
12 Pack

Each **5⁹⁸**



Byblos Bakery 7" Naan Bread

White or Garlic
400 g.

Each **2⁹⁸**



Dempster's Bagels

Select Varieties
5-6 Pack

2 FOR \$8

