



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 NOVEMBER 2025							
FRI	SAT	SUN	MON	TUES	WED	THURS	
21	22	23	24	25	26	27	

BAKING FESTIVAL



**Snowcrest
Perfectly
Imperfect Fruit**
Frozen, Select Varieties, 1.75 kg.

8⁹⁸



**E.D. Smith
Pie Filling**
or Pure Pumpkin, Select Varieties
540-796 ml.

2^{FOR} \$9



**Pork
Loin Chops**
Boneless, Value Pack, kg. 7.67

3⁴⁸
lb.



**Green
Seedless Grapes**
California Grown, #1 Grade
kg. 6.57

2⁹⁸
lb.



**Hot House
Mixed Colour
Peppers**

Canadian or Mexican Grown
2 lb. Bag

3⁹⁸
Each



BUTCHER SHOPPE

Lean Ground Beef

Value Pack, kg. 15.39

lb. **6⁹⁸**

Striploin Grilling Steak

Value Pack
kg. 37.44

lb. **16⁹⁸**

Cross Rib Pot Roast

Boneless
kg. 19.80

lb. **8⁹⁸**

Cross Rib Simmering Steak

Value Pack
kg. 22.00

lb. **9⁹⁸**

Whole Frying Chicken

Value Pack
kg. 8.77

lb. **3⁹⁸**

Chicken Drumsticks

Value Pack
kg. 8.77

lb. **3⁹⁸**

Janes Pub Style Chicken

Frozen, Select Varieties
700 g.

Each **10⁹⁸**



Pork Cutlet

Value Pack, kg. 9.88

lb. **4⁴⁸**

Diced Pork

Sweet & Sour Cut, kg. 8.77

lb. **3⁹⁸**

Chicken Legs

Back Attached, Value Pack
kg. 7.67

lb. **3⁴⁸**

Chicken Thighs

Value Pack, kg. 10.98

lb. **4⁹⁸**



SMOKED & PACKAGED MEATS

Olymel Ham & Turkey Pack

or Submarine Trio
250-300 g.

Each **4⁹⁸**

Marc Angelo Sliced Meats

Select Varieties
100 g.

Each **6⁴⁸**

Freybe Liver Sausage

Select Varieties
125 g.

Each **2⁴⁸**

Freybe Sliced Salami

Select Varieties
125 g.

2^{FOR} \$9

McSweeney's Pep n' Cheds

Select Varieties
90 g.

Each **3⁴⁸**

Western Family Mozzarella Cheese Sticks

or Jalapeño Poppers
Frozen, 226-500 g.

Each **8⁹⁸**

Every day is
TACO DAY

Old El Paso Crunchy Taco Shells

or Stand n' Stuff
125-133 g.

2^{FOR} \$4

Old El Paso Crunchy Shells

191 g.

2^{FOR} \$8

Old El Paso Dinner Kits

Select Varieties
153-510 g.

2^{FOR} \$9

Old El Paso Soft Tortillas

297-334 g.

2^{FOR} \$6

Old El Paso Tortilla Bowls

Regular
189 g.

Old El Paso Thick N Chunky Salsa

Mild or Medium
650 ml.

Old El Paso Green Chilies

Chopped
113 ml.

Old El Paso Refried Beans

Jalapeños or Enchilada Sauce
Select Varieties, 250-398 ml.

Old El Paso Taco Sauce

Medium or Mild
243 ml.

Old El Paso Seasoning Mix

Select Varieties
1 Pack

2^{FOR} \$7

Old El Paso Thick N Chunky Salsa

Mild or Medium
650 ml.

Old El Paso Green Chilies

Old El Paso Refried Beans

Jalapeños or Enchilada Sauce
Select Varieties, 250-398 ml.

Old El Paso Taco Sauce

Medium or Mild
243 ml.

Old El Paso Seasoning Mix

Select Varieties
1 Pack

2^{FOR} \$9

2^{FOR} \$7

2^{FOR} \$9

2^{FOR} \$4

2^{FOR} \$6

2^{FOR} \$7

4^{FOR} \$5

DELI



Freybe Deli Ham

Select Varieties

Per 100 g. **2⁴⁸**

SEAFOOD



Ocean Jewel Shrimp

Easy Peel, Uncooked, Frozen
31-40 Count, 340 g.

Each **7⁹⁸**



Western Family Basa Fillets

Frozen, 680 g.

Each **6⁴⁸**



Western Family Butterfly Crunchy Shrimp

Frozen, 680 g.

Each **12⁹⁸**

HOT DEALS FROM THE FREEZER



Tenderflake Pie or Tart Shells

or Puff Pastry, Frozen
Select Varieties, 255-397 g.

2 FOR \$8



Cavendish Farms Fries

Frozen, Select Varieties
540-750 g.

2 FOR \$8



Chapman's No Sugar Added Ice Cream

Frozen Yogurt, Sorbet or Frozen Novelties
Select Varieties
1-2 litre or 6 Pack

6⁴⁸



Popsicle Frozen Novelties

Fudgsicle or Creamsicle
12 Pack

5⁴⁸



Rustica Pizza

Frozen, Select Varieties
665-867 g.

7⁹⁸



Pillsbury Pizza Pops

Frozen, Select Varieties
380 g.

2 FOR \$8



McCain Deep'n Delicious Cake

Frozen, Select Varieties
510 g.

6⁴⁸



Breyers Family Classic

Frozen Dessert, Select Varieties
1.41-1.66 litre

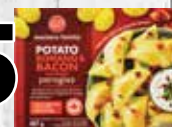
5⁴⁸



Western Family Perogies

Frozen, Select Varieties
907 g.

2 FOR \$5



Pogo Corn Dogs

Original or All Beef
Frozen, 600-750 g.

9⁹⁸



Bassili's Best Lasagna

or Shepherd's Pie, Frozen
Select Varieties, 907 g.

6⁹⁸

HOT! DEAL



BAKING FESTIVAL

**Robin Hood
Flour**

All Purpose
10 kg.

16⁹⁸



**Western Family
Large Brown Eggs**

Canada Grade A
12 Pack

4⁹⁸



**Philadelphia
Cream Cheese**

Original
450 g.

8⁹⁸



**Kraft Jet-Puffed
Marshmallows**

Select Varieties
400 g.

2^F \$4



**Western Family
Quick Oats**

1 kg.

2^F \$7



**Crisco
Shortening**

All Vegetable
454 g.

2^F \$8



**Lactantia
Butter**

Salted
454 g.

6⁹⁸



**Fleischmann's
Corn Starch**

454 g.

3⁹⁸



**Daltons Deluxe
Fruit Mix**

225 g.

3⁹⁸

**Daltons
Cherries**

Select Varieties
225 g.

4⁹⁸

**Daltons
Maraschino Cherries**

or Cocktail
250-375 ml.

4⁴⁸

**Betty Crocker
Birthday Candles**

13 Pack

2^F \$7

**Betty Crocker
Candles**

or Decorating Icing
Select Varieties
12-24 Pack or 19-120 g.

2^F \$5

**Betty Crocker
Cookie Icing**

Decorating Tips
or Candy Eyeballs
Select Varieties, 28-200 g.
or 8 Pack

2^F \$7

**Betty Crocker
Sprinkles**

or Decorating Sugars
92-113 g.

2^F \$9

**Western Family
Lemon Juice**

946 ml.

2⁹⁸

**Magic
Baking Powder**

450 g.

5⁹⁸



**Western Family
Melting Wafers**

Milk Chocolate or Dark
300 g.

2^F \$8



**Western Family
Evaporated Milk**

354 ml.

2^F \$4



**Dairyland
Whipping Cream**

33%, 237 ml.
*Plus Deposit

1⁹⁸



**Western Family
Golden Raisins**

640 g.

6⁹⁸



**Bird's
Custard Powder**

340 g.

5⁴⁸



**Kraft
Minit Tapioca**

225 g.

2^F \$7



DAIRY DELIGHTS



**Armstrong
Shredded Cheese**

Select Varieties, 500 g.

9⁹⁸



**Simply
Lemonade
or Limeade**

Chilled, Select Varieties
1.54 litre, *Plus Deposit

2^F \$9



**Siggi's Icelandic
Skyr Yogurt**

Vanilla or Strawberry
4 x 100 g.

2^F \$8



**I Can't Believe
It's Not Butter!**

Original
850 g.

4²⁸



**Kraft
Parmesan**

Grated
250 g.

9⁹⁸

**Becel
Margarine**

Select Varieties
850 g.

7⁹⁸

**Sunny D
Beverage**

Smooth or Tangy Original
1.89 litre, *Plus Deposit

2^F \$7

**Activia
Yogurt**

Select Varieties
650 g.

2^F \$8

**Danone Danino
Drinkable Yogurt**

Select Varieties
6 x 93 ml.

2^F \$8



**International Delight
Coffee Whitener**

or Baileys, Select Varieties
400-425 ml., *Plus Deposit

2^F \$6



**Dairyland
Cream**

Select Varieties
946 ml., *Plus Deposit

3²⁸



GROCERY ESSENTIALS

Western Family Condensed Soup
Select Varieties
284 ml. **2 FOR \$3**

Nong Shim Noodle Bowls
Select Varieties
86 g. **3 FOR \$4⁹⁸**

Gold Seal Mackerel
in Olive Oil or Mediterranean Style
115 g. **2 FOR \$7**

Western Family Vegetables
Select Varieties
341-398 ml. **2 FOR \$4**

Only Goodness Beans
or Chick Peas, No Salt Added
Select Varieties, 540 ml. **2 FOR \$4**

Western Family Tomatoes
Select Varieties
398 ml. **3 FOR \$3⁹⁹**

Cheetos Mac'n Cheese
Cheesy Jalapeño
170 g. **3 FOR \$7⁹⁸**

Barilla Lasagne Noodles
454 g. **2 FOR \$9**

Western Family Jasmine Rice
Basmati or Medium Grain
907 g. **2 FOR \$7**

Kraft Dressing
Select Varieties
710 ml. **5⁴⁸**

Kraft Miracle Whip
Original
650 ml. **4⁴⁸**

Western Family Hot Sauce
Cayenne
354 ml. **2 FOR \$6**



Knorr Sidekicks
Select Varieties, 120-162 g.

4 FOR \$7

HOT! DEAL

Del Monte Fruit

Select Varieties
540 ml. or 4 Pack

2 FOR \$9



Barilla Pasta

Select Varieties
340-410 g.

2 FOR \$6



Ben's Original Fast & Fancy Rice

Select Varieties
132 g.

4 FOR \$7



Classico Pasta Sauce

Pizza or Pesto
Select Varieties
410-600 ml.

2 FOR \$8



Clover Leaf Light Tuna

or Flavoured, Select Varieties
85-170 g.

2 FOR \$4



Lipton Soup Mix

or Knorr, Select Varieties
2-4 Pack

3 FOR \$4⁹⁸



Club House Seasonings

Select Varieties
120-144 g.

5⁴⁸



Bick's Baby Dill Pickles

or Yum-Yum Sweet
500 ml.

2 FOR \$7



Canola Harvest Canola Oil

946 ml.

4⁹⁸

Gallo Extra Virgin Olive Oil

1 litre

12⁹⁸

Western Family White Vinegar

1 litre

1⁹⁸

Western Family Capers

Non-Pareilles
100 ml.

2⁴⁸

Heinz Mustard

or Dijon
265-380 ml.

2 FOR \$5

Western Family Ketchup

1 litre

2 FOR \$8

Hunt's Manwich

398 ml.

2 FOR \$5

Western Family Tomato Sauce

or Pasta, Select Varieties
680 ml.

3 FOR \$6⁹⁹

Knorr Gravy Mix

or Sauce, Select Varieties
1 Pack

3 FOR \$4⁹⁸

Kraft Miracle Whip

Original
890 ml.

6⁴⁸

Kraft Miracle Whip

Original
890 ml.



BREAKFAST BUYS



Adams Natural Peanut Butter

Crunchy or Creamy, 1 kg.

6⁹⁸

HOT! DEAL

E.D. Smith Triple Fruits

Select Varieties
500 ml.

2 FOR \$9



Nestlé Carnation Hot Chocolate

Rich or Marshmallow
450 g.

7⁴⁸



Folgers Coffee

Select Varieties
12 K-Cups

8⁹⁸



We Love Canada Honey

500 g.

7⁹⁸



Only Goodness Pure Maple Syrup

Organic
250 ml.

6⁹⁸



Only Goodness Organic Protein Pancake Mix

400 g.

8⁹⁸



Celestial Seasonings Tea

Sleepy Time or Bengal Spice
20 Bags

2 FOR \$9

General Mills Chex Cereal

or Oatmeal Crisp
Select Varieties, 340-437 g.

2 FOR \$11

Kashi Cereal

Select Varieties
349-501 g.

7⁹⁸

Western Family Puffed Wheat Cereal

400 g.

4⁹⁸

Nabob Coffee

Select Varieties
340 g.

10⁹⁸

Nabob Coffee

Medium Organic
or Tradition, 915-930 g.

25⁹⁸

SNACK ATTACK!



**Miss Vickie's
Potato Chips**

Select Varieties, 190-200 g.

4²⁸

**Doritos
Tortilla Chips**

Select Varieties
210-280 g.

2^{FOR} \$9



**Smartfood
Popcorn**

Select Varieties
150-220 g.

4²⁸



**Old Dutch
Potato Chips**

Select Varieties
220 g.

2^{FOR} \$8



**Western Family
Popcorn**

Select Varieties
3 Pack or 850 g.

2^{FOR} \$5



**Christie
Ritz Crackers**

Wheat Thins or Sociables
Select Varieties
175-180 g.

3⁷⁸



**Dare Wagon Wheels
Cookies**

Original, Family Pack
630 g.

6⁹⁸



**Dare Ultimate
Cookies**

Simple Pleasure or Viva Puffs
Select Varieties, 210-300 g.

2^{FOR} \$8

**Voortman
Cookies**

or Wafers, Select Varieties
210-320 g.

3^{FOR} 9⁹⁹

**Quaker
Yogurt Bars**

Vanilla or Strawberry
175 g.

2^{FOR} \$7

**SunRype
Fruitsource**

Select Varieties
1 Pack.

5^{FOR} \$5

**Nestlé
Minis**

or Bites, Select Varieties
76-203 g.

5⁹⁸

**We Love Canada
Cashews**

Salted
454 g.

10⁹⁸

**We Love Canada
Almonds**

Unsalted
454 g.

8⁹⁸

**We Love Canada
Walnuts**

Unsalted
300 g.

6⁹⁸

**Hawkins
Cheezies**

210 g.

3^{FOR} 9⁹⁹

**Western Family
Pretzel Sticks**

or Twists
200 g.

2^{FOR} \$4

**Nestlé
Chocolate Bars**

Select Varieties
1 Pack

2^{FOR} \$3



**Pepperidge Farm
Goldfish Crackers**

Select Varieties
168-227 g. or 6 Pack

3^{FOR} 9⁹⁹



**San Pellegrino
Sparkling
Beverages**

Select Varieties, 6 x 330 ml.
*Plus Deposit

6⁴⁸

**Heineken
Non-Alcoholic Beer**

6 x 330 ml.
*Plus Deposit

11⁹⁸



**Heinz
Tomato Juice**

1,36 litre
*Plus Deposit

4⁹⁸



**Nanton
Spring Water**

12 x 500 ml.
*Plus Deposit

2^{FOR} \$5



**Gatorade Sports
Drink Powder**

or Electrolyte
Select Varieties
10 Pack

2^{FOR} \$11



**Bubly or Montellier
Sparkling Water**

Select Varieties
10-12 x 355 ml.
*Plus Deposit

6⁴⁸



**Lipton
Iced Tea**

Select Varieties
12 x 340 ml.
*Plus Deposit

6⁴⁸



**Coke or Canada Dry
Beverages**

Select Varieties
12 x 355 ml.
*Plus Deposit

8⁴⁸



**Pepsi or 7Up
Beverages**

Select Varieties
24 x 355 ml.
*Plus Deposit

14⁹⁸



**Pepsi or 7Up
Beverages**

Select Varieties
8 x 355 ml.
*Plus Deposit

6⁴⁸



THIRSTY?

**Western Family
Juice**

Select Varieties, 5 x 200 ml.
*Plus Deposit

2^{FOR} \$5



HOUSEHOLD MUST HAVES

Charmin Ultra Bathroom Tissue

Soft or Strong, Triple 8 Roll

8⁹⁸

Clorox Bleach
1.27 litre

3⁴⁸



Dawn Ultra Dish Liquid
Original
982 ml.

5⁹⁸



Cascade ActionPacs Dishwasher Detergent
Select Varieties
30-48 Pack

18⁹⁸



Windex Glass Cleaner
Original or Vinegar
765 ml.

2^{FOR} \$11



Liquid Plumr
Urgent Clear
502 ml.

5⁹⁸



Swiffer Duster Kit
1 Pack

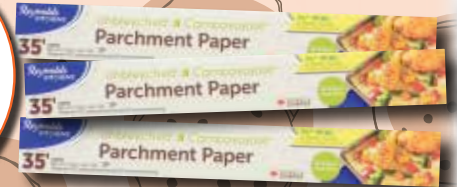
6⁹⁸



BAKING BASICS

Reynolds Parchment Paper
1 Roll

2^{FOR} \$7



Reynolds Large Baking Cups
White or Rainbow
50 Pack

4^{FOR} \$5



Alcan Aluminum Foil
Classic
12" x 50'

2^{FOR} \$9



Gain Laundry Detergent

Select Varieties, 32 Use

7⁹⁸



Febreze Air Freshener
Select Varieties
250 g. Aerosol

2^{FOR} \$9



Glad Scented Garbage Bags
Cherry Blossom or Lavender
Extra Small
52 Pack

7⁹⁸



PERSONAL CARE

One Step Hand Sanitizer
236 ml.

3⁴⁸

Alka-Seltzer Antacid
Lemon Lime
24 Tablets

2^{FOR} \$8

Gerber Baby Cereal
Banana Wheat
208 g.

6⁴⁸

Pampers Swaddlers Diapers
Select Varieties
16-32 Pack

17⁹⁸

Pampers Baby-Clean Wipes
216 Pack

10⁹⁸

Live Clean Shampoo or Conditioner
with Argan Oil
350 ml.

6⁹⁸



Degree Deodorant
or Antiperspirant, Select Varieties
48-85 g.

2^{FOR} \$8



PET'S CORNER

Purina One Dog Food
Lamb & Rice
or Turkey & Venison
1.72-1.81 kg.

11⁹⁸



Purina One True Instinct Dog Food
Select Varieties
368 g.

2^{FOR} \$5



Nutri-Choice Advantage Cat Food
Salmon & Pea
6 kg.

18⁹⁸



Friskies Cat Food
Variety Pack, Select Varieties
24 x 156 g.

27⁹⁸



MARKET FRESH PRODUCE



**Pink Lady
or Gala Apples**
Canadian Grown, Canada Extra Fancy
kg. 4.37

lb. **1⁹⁸**

CANADIAN GROWN

**Cantaloupe
Melons**
Mexican Grown, #1 Grade
kg. 3.26

lb. **1⁴⁸**



**Kiwi
Fruit**
California Grown

4⁹⁸ FOR \$5




**Sweet Mandarin
Oranges**
California Grown, 2 lb. Pack

Each **4⁹⁸**



**Sweet
Mangos**
Product of Brazil

Each **2⁴⁸**

**Green
Onions**
Mexican Grown
Per Bunch

Each **88¢**



**Assorted
Squash**
Select Varieties
Canadian Grown
kg. 2.82

lb. **1²⁸**




**Hot House
Beefsteak
Tomatoes**
Canadian or Mexican Grown
#1 Grade, kg. 5.47

lb. **2⁴⁸**



**Long
English
Cucumbers**
Canadian or Mexican Grown
#1 Grade

Each **2⁴⁸**

ORGANICS

**Organic
Avocados**
Mexican Grown
3 Pack

Each **4⁹⁸**



**Organic
Celery Hearts**
Product of U.S.A.
2 Pack

Each **3⁹⁸**



**Green
Zucchini**
Mexican Grown
kg. 4.37

lb. **1⁹⁸**



**Fresh Express
Chopped Salad Kit**
Product of U.S.A.
10.6-11.7 oz

Each **4⁹⁸**



BAKERY BARGAINS

**60% Whole
Wheat Bread**
60%, Unsliced

Each **1⁹⁸**

Fresh Baked



**Multigrain
Italian Bread**

Each **2⁹⁸**

Fresh Baked



**Cheddar
Buns**
6 Pack

Each **4⁹⁸**

Fresh Baked



**Portofino
Sourdough Loaf**
585 g.

Each **6⁹⁸**



**Two-Bite
Tarts**
Select Varieties
12 Pack

Each **6⁹⁸**



**Sugarplum
6" Cakes**
Select Varieties
550-660 g.

Each **13⁹⁸**



**Silver Hills
Bread**
Select Varieties
430-680 g.

2 FOR \$8



**Villaggio
Italian Style Bread**
or Buns, Select Varieties
510-540 g. or 6-8 Pack

2 FOR \$7



**Oroweat
7" Keto Tortillas**
Original
6 Pack

2 FOR \$8

