



FALL SAVINGS

Prices in effect: Dec 3rd - 9th, 2025

Perfectly Imperfect Frozen Fruit

1.75kg

\$9.99 Ea



Assorted Varieties



Island Farmhouse Boneless Skinless Chicken Breast

\$22.03/kg

\$9.99 Lb



Grimms Classic Sliced Ham

\$1.79 /100g



Inspired Living Lettuce

Red, Green or Trio

\$2.99 Ea

Grown in Canada



Bluejay Large Navel Oranges

\$4.39/kg

\$1.99 Lb



Pork Tenderloin

\$11.00/kg

\$4.99 Lb



Balderson 2 Year Aged Cheddar

280g

\$9.99 Ea



Tomatoes on the Vine

\$3.95/kg

Grown in Canada/Mexico

\$1.79 Lb



Red or Green Cabbage

\$2.18/kg

Grown on Vancouver Island

99¢ Lb



Hertels Deli Sliced Bacon

300g

\$8.99 Ea



Goldenwest English Muffins

390g

2/\$4

Assorted Varieties



Top Deals of the Week

Island Farms Half & Half Cream

1L

\$3.49 Ea

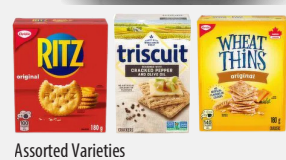


Christie Crackers

180-200g

2/\$8

Assorted Varieties



Pepsi Mini Cans

6x222ml

2/\$8

+ Deposit

Assorted Varieties



Old Dutch Dutch Crunch Chips

200g

2/\$8

Assorted Varieties



Tenderflake Frozen Pie Shells & Puff Pastry

255-397g

2/\$9

Assorted Varieties



Jet Puffed Marshmallows

400g

\$2.29 Ea

Assorted Varieties



Buttercup Bread

570g

\$2.99 Ea

Assorted Varieties



Zevia Sugar Free Soda

6x355ml

\$6.99 Ea

+ Deposit

Assorted Varieties



ED Smith Pie Filling

540-796ml

\$4.99 Ea

Assorted Varieties



Gallo Extra Virgin Olive Oil

500ml

\$9.99 Ea



Bubbies Pickles or Sauerkraut

750ml-1L

\$10.99 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