



Certified Organic
Sustainably & Ethically Sourced
Supporting Canadian Farmers



Vancouver Island Family Business since 2003
www.gatheringplace.ca



FARMER TO FAMILY FOR LOVE OF THE EARTH

At Tru Value Foods we are proud to carry high quality, local products from companies like Gathering Place Spices.

Prices in effect: Dec 10th- 16th, 2025

Fernwood Coffee

454g

\$14⁹⁹



Assorted Varieties



AAA Black Angus Striploin Steak

\$48.49/kg

\$21⁹⁹

Lb



Grimms Black Forest Sliced Ham

\$1⁹⁹ /100g



Chinese Mandarin Oranges

4lb Box

\$8⁹⁹

Ea



Russet Potatoes

10lb bag
Grown in Canada

\$6⁹⁹

Ea



Island Farmhouse Split Chicken Wings

\$14.31/kg

\$6⁴⁹

Lb



Cathedral City English Cheddar

200g

\$5⁹⁹

Ea



Assorted Varieties

Acorn, Butternut, Kabocha or Spaghetti Squash

\$2.62/kg

Grown on Vancouver Island

\$1¹⁹

Lb



Haas Avocados

Bag of 4
Grown in Mexico

\$3⁴⁹

Ea



Grimms European Weiners & Bavarian Smokies

375-450g

\$7⁹⁹

Ea

Assorted Varieties



The Pastry Box 6" Cheesecake

600g

\$11⁹⁹

Ea



Assorted Varieties

Top Deals of the Week

Olympic Organic Yogurt

650ml

\$5⁹⁹

Ea



Assorted Varieties

Gathering Place Looseleaf Tea

100g Assorted Varieties

\$7⁹⁹

Ea



Dempsters Signature Bread

600g

\$3⁹⁹

Ea

Assorted Varieties



Blue Diamond Almond Breeze

946ml

2/\$7 + Deposit

Ea

Assorted Varieties



Dare Breton Crackers

200g

2/\$7

Ea

Assorted Varieties



Pepsi, Schwepps and Flavours

12x355ml

2/\$15

+ Deposit

Assorted Varieties



Classico Pasta and Alfredo Sauce

410-600ml

\$3⁹⁹

Ea

Assorted Varieties



Old Dutch Pretzels, Party Mix or Crunchys

240-400g

2/\$8

Ea

Assorted Varieties



Daiya Frozen Cheezecake

400g

\$6⁹⁹

Ea

Assorted Varieties



Miss Vickies Chips

200g

2/\$8

Ea

Assorted Varieties



Island Farms Chocolate Milk

473ml

2/\$4

Ea

Assorted Varieties



Silver Hills Sprouted Grain Bread

430-680g

\$4⁹⁹

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