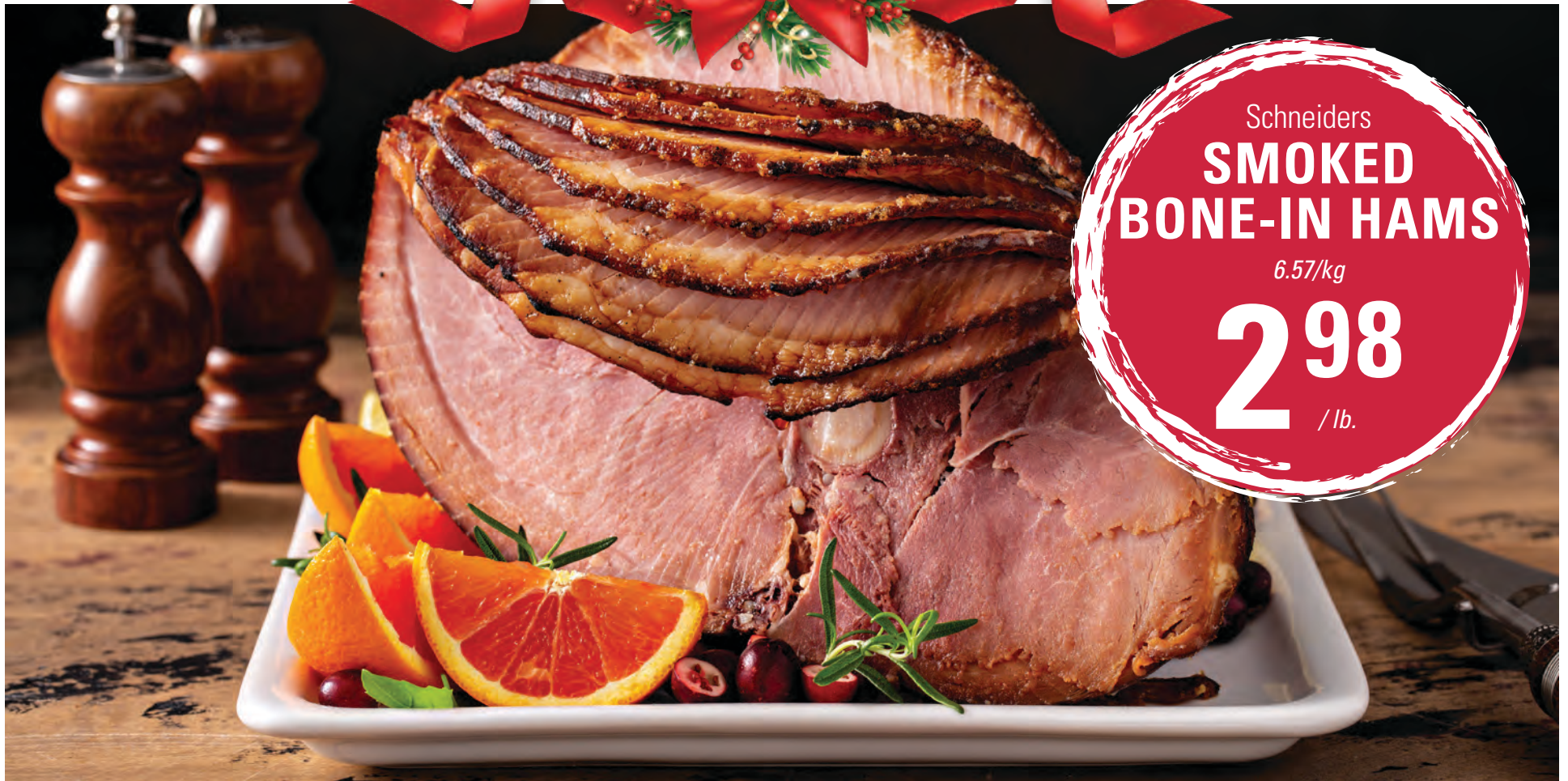




Schneiders
**SMOKED
BONE-IN HAMS**

6.57/kg

298
/lb.

Primo
PASTA
Asst. Var.,
900 g



198



Armstrong
CHEESE
Cheddar, Marble,
Mozzarella
1.35 kg

1998

Folger's
COFFEE
Asst. Var.,
544 - 865 g



1698

Okanagan Grown
GALA APPLES
5 lb Bag



298

Primo
BEANS
Asst. Var.,
540 mL



148



GROCERY *Everything you need*

Western Family
TOMATOES
Asst. Var.,
796 mL



1⁹⁸

Hunt's
TOMATO SAUCE
Asst. Var.,
398 mL



3/4⁹⁸



Primo
BEANS
Asst. Var.,
540 mL



1⁴⁸

Primo
PASTA SAUCE
Asst. Var.,
680 mL



1⁹⁸

Hellmann's
MAYONNAISE
Asst. Var.,
710 - 890 mL



5⁹⁸



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



2/2⁹⁸

VH
COOKING & GRILLING SAUCES
Asst. Var.,
341 - 355 mL



3⁶⁸

Bick's
PICKLES
Specialty Varieties
Asst. Var.,
1 L



5⁴⁸

Green Giant
VEGETABLES
Asst. Var.,
341 - 398 mL



1⁸⁸

Knorr
SOUP MIX
Asst. Var.,
40 - 83 g



3/4⁹⁸

Western Family
SMOKED OYSTERS
Asst. Var.,
85 g



3/4⁹⁸

Ben's Original
BISTRO EXPRESS RICE MIXES
Asst. Var.,
240 - 250 g



3²⁸

McCormick's International
SAUCE & GRAVY MIXES
Asst. Var.,
20 - 38 g



1⁶⁸



Kellogg's
CEREAL
Raisin Bran, Mini Wheats, Corn Flakes, Frosted Flakes, 269 - 525 g

4⁴⁸



SunRype
FRUIT JUICE & JUICE BLENDS
Asst. Var.,
900 mL

1⁸⁸
+ dep



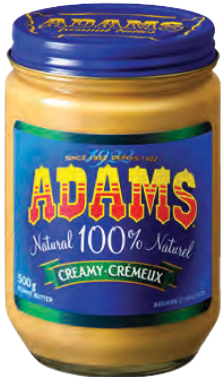
Kellogg's
TOWN HOUSE CRACKERS
247 - 391 g

3⁴⁸



Adam's
PEANUT BUTTER
Asst. Var.,
500 g

3⁹⁸



Minute Maid & Five Alive
JUICE BLENDS
Asst. Var.,
8 - 10 x 200 mL

3⁹⁸
+ dep



Arnott's
TIM TAM COOKIES
Asst. Var.,
175 - 200 g

3⁹⁸



Elias
HONEY LIQUID OR CREAMED
1 kg

11⁹⁸



Western Family
FRUIT
Asst. Var.,
398 mL

2⁷⁸



Corona
CERO NON-ALCOHOLIC BEER
Asst. Var.,
6 x 330 mL

11⁹⁸
+ dep



Sparkling Ice
BEVERAGES
Asst. Var.,
503 mL

2/2⁹⁸
+ dep



Orville Redenbacher
MICROWAVE POPCORN
Asst. Var.,
340 - 492 g

5⁴⁸



Hershey's
CHOCOLATE BARS
Asst. Var.,
34 - 58 g

2/2⁹⁸



Everything you need **GROCERY**

Quaker
CEREAL
Harvest Crunch, Corn Bran, Life, Oat Squares
Asst. Var.,
350 - 510 g

4⁴⁸



Kashi
GRANOLA BARS
Asst. Var.,
165 - 200 g

2⁹⁸



Folger's
COFFEE
Asst. Var.,
544 - 865 g

16⁹⁸



GROCERY *Everything you need*

Milk-Bone
**DOG
BISCUITS**
2 kg



7⁹⁸

Whiskas
**PERFECT PORTION
CAT FOOD**
Asst. Var.,
75 g



4/4⁹⁸

Purina
CAT CHOW
Asst. Var., 1.6 - 2 kg
9⁹⁸



Nellie's
LAUNDRY SODA
1.5 kg



17⁹⁸

Finish
**DISHWASHER
POWDER OR GEL**
1.8 kg or 1.6 L



6⁹⁸

Sponge Towel
**ULTRA PAPER
TOWEL**
Asst. Var.,
3 Roll



6⁹⁸



Purex
**BATHROOM
TISSUE**
12 Double Roll or 8 Triple Roll
6⁹⁸

Listerine
MOUTHWASH
Asst. Var.,
1 L



7⁹⁸

Scotties
FACIAL TISSUE
Asst. Var., 98 - 126 pk



1²⁸

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.

Aveeno
**FACIAL
PRODUCTS**
Asst. Var.,
140-195 g or
120 - 200 mL



12⁷⁹-25⁴⁹

Webber
FIBRE 4
195 g



23⁷⁹

Duracore
VINYL EXAM GLOVES
Asst. Var.,
100 pk



11⁸⁹

- + 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**

Betty Crocker
CAKE MIXES & FROSTING

Asst. Var.,
340 - 450 g

2²⁸



Robin Hood
OATS
Asst. Var.,
1 kg

3⁹⁸



Western Family
BAKING ALMONDS
Asst. Var.,
110 - 135 g

2/4⁹⁸



Western Family
THOMPSON SEEDLESS RAISINS
620 g

5⁴⁸



Western Family
BAKING CRUMBS
Graham, Chocolate
400 g

2⁴⁸



Natural Bakery
CANADIAN RYE BREAD
900 g

3⁹⁸



Villaggio
ITALIAN STYLE BREAD & BUNS
510 - 540 g
or 6-8 pk

2⁹⁸



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

BAKERY
Prepared with love

Fresh Baked In-Store
LIGHT RYE BREAD



4⁴⁸
ea.

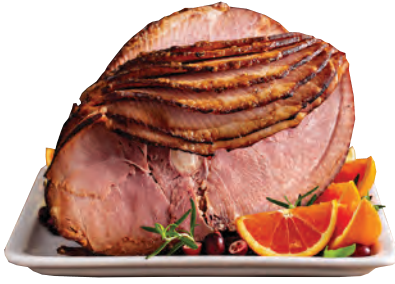
Fresh Baked In-Store
SUB BUNS
4 pk



3²⁸
ea.

MEAT *Carefully sourced*

Schneiders
**SMOKED BONE-IN
HAMS**
6.57/kg



2⁹⁸
/lb.

Fresh
BEEF SIRLOIN TIP ROAST
Grade AA Beef
Boneless
Value Pack
22.00/kg



9⁹⁸
/lb.

Fresh
**BEEF RIB
GRILLING STEAK
OR ROAST**
Bone In, Grade AA, Value Pack
44.05/kg
19⁹⁸
/lb.



Fresh
**EXTRA LEAN GROUND
BEEF**
Ground Fresh In-Store Daily
Value Pack
16.49/kg



7⁴⁸
/lb.

Fresh & Local
**CHICKEN
DRUMSTICKS**
Value Pack
5.47/kg



2⁴⁸
/lb.

Canadian
PORK BACK RIBS
Frozen, 8.77/kg



3⁹⁸
/lb.

Askew's Own
ITALIAN SAUSAGES
Mild, Hot
22.00/kg



9⁹⁸
/lb.



Fresh & Local
**CHICKEN
THIGHS**
Bone-In, Value Pack, 8.77/kg
3⁹⁸
/lb.

Freybe
**CORNMEAL BACK
BACON CHUNKS**
24.21/kg



10⁹⁸
/lb.

Harvest
**FINE GARLIC
RING**
500 g



8⁷⁸
ea.

Freybe
**PEPPERONI
SNACKERS**
Asst. Var.,
125 g



3⁹⁸
ea.

Freybe
LIVER SAUSAGE
Asst. Var.,
250 g



4⁹⁸
ea.

Freybe
**COOKED OR SMOKED
SAUSAGES**
Asst. Var.,
375 g



8⁷⁸
ea.

Freybe
SLICED HAM
Asst. Var.,
175 g



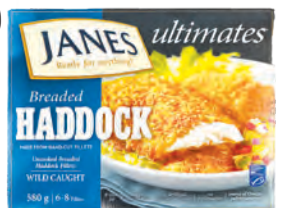
4⁸⁸
ea.

Marc Angelo
**SLICED
MEATS**
Asst. Var.,
100 g



7⁵⁸
ea.

Janes
**BATTERED
FISH**
Asst. Var.,
580 - 610 g



16⁹⁸
ea.



Summer Fresh
**DIPS &
HUMMUS**
Asst. Var., 227 g

477

Summer Fresh
TOPPERS
Asst. Var.,
255 g

5⁹⁷
ea.

DELI 
Prepared with love



Indianlife
WRAPS
Asst. Var.,
500 g



7⁸⁷
ea.

Indianlife
NAAN
Asst. Var.,
350 - 500 g



6⁹⁷
ea.

Alexis de Portneuf
BELLE CRÈME
Brie D'Alexis, Camembert
300 g
887
ea.



Frozen
**WILD SILVERBRITE
SALMON FILLET**



1⁹⁸
/100 g



**SMOKED SALMON
NUGGETS**
Asst. Var.



5⁹⁸
/100 g

Fresh
SABLEFISH FILLETS
Skin On

2⁹⁸
/100 g



IMITATION CRAB

1²⁸
/100 g



SEAFOOD 
Healthy & delicious



fish FRIDAY
**REFRESHED SOCKEYE
SALMON FILLET**



DAIRY

From basics to deluxe

International Delight
**COFFEE
CREAMERS**
Asst. Var.,
946 mL



4⁹⁸

Dairyland
**ORIGINAL
EGG NOG**
946 mL



2⁶⁸ + dep



Armstrong
CHEESE
Cheddar, Marble, Mozzarella
1.35 kg

19⁹⁸



Keenan
**MEDIUM FREE RANGE
EGGS**
1 dozen



3⁹⁸



Dairyland
SOUR CREAM
Fat Free, Light,
14%, 18%
450 - 500 mL



2⁹⁸

Dairyland
**COTTAGE
CHEESE**
Fat Free, Light,
2%, 4%
500 g



3⁴⁸



Tre Stelle
**CREAM
CHEESE**
Asst. Var., 200 g

3⁶⁸



Tre Stelle
FETA
200 g



3⁹⁸

Dairyland
SALTED BUTTER
454 g



5⁹⁸

Becel
MARGARINE
Asst. Var.,
850 g



6⁹⁸

Cracker Barrel
**CHEESE
SHREDS**
Asst. Var.,
300 - 320 g



6⁹⁸

Milk 2 Go
**CHOCOLATE
MILK 1%**
6 x 220 mL



4⁹⁸ + dep

Kraft
SINGLES CHEESE SLICES
Asst. Var.,
825 g



7⁹⁸

Dairyland
**AEROSOL
WHIPPING
CREAM**
400 g



5⁴⁸

Western Family
**ORANGE
JUICE**
1.54 L



6⁹⁸ + dep

Most practical **FROZEN**

Madalea Farms
BLUEBERRIES
1 kg



6⁹⁸



Western Family
VEGETABLE BLENDS
Asst. Var.,
500 g

2⁴⁸



Breyer's
CREAMERY STYLE ICE CREAM
Asst. Var., 1.41 L

3⁹⁸



Michelina's
ENTREES
Asst. Var.,
227 - 284 g

3/4⁹⁸



Dr Oetker
PIZZAS
Ristorante
or Casa di
Mama
Asst. Var.,
320 - 410 g

4⁹⁸



Chapman's
SUPER PREMIUM ICE CREAM
Asst. Var.,
500 mL

3⁴⁸



Chapman's
YUKON NOVELTIES
Asst. Var.,
5 - 8 pk

3⁴⁸




Old Dutch
DUTCH CRUNCH POTATO CHIPS
Asst. Var., 200 g
3⁹⁸



Old Dutch
ARRIBA TORTILLA CHIPS
Asst. Var.,
235 - 245 g
3⁹⁸



Everything you need **GROCERY**

Doritos
TORTILLA CHIPS
Asst. Var., 235 g
2/8⁹⁸



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

3⁹⁸



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

3⁹⁸



Cheetos
CHEESY SNACKS
Asst. Var.,
260 g

2/8⁹⁸



Pepsi, 7-Up, Schweppe's
POP
Asst. Var.,
6x710 mL

7⁹⁸
+ dep





WELLNESS *Living life to the fullest*

Living Alchemy
**PROBIOTIC
FAMILY**
60 V Caps



39⁹⁸

Helps promote favorable gut flora.

New Roots
**ULTRA B
COMPLEX**
90 V Caps



29⁹⁸

Helps metabolize nutrients.

Sukin
**GLOW
ACTIVE C
BRIGHTENING
MIST**
125 mL



15⁹⁸

Soothing & hydrating for the skin.

Healthology
**GUT FX
POWDER**
180 g



31⁹⁸

Soothes irritation of the gastrointestinal tract.

Prairie Naturals
BONE BROTH
Asst. Var.
300 g



39⁹⁸

Gluten & dairy free tasty bone broth.

Back to Earth
**TRANQUILITY
BATH
SALTS**
Asst. Var.
1 kg



19⁹⁸

Naturally relaxing bath salts.

Suku
**BUH BYE
STRESS**
60 Gummies



21⁹⁸

Helps promote relaxation & reduce stress.

A Vogel
**ECHINAFORCE
JUNIOR**



18⁹⁸ 90 chews

29⁹⁸ 180 chews

Supports immune system to fight off colds.

Essentials
**AROMATHERAPY
IONIZING
DIFFUSER &
HUMIDIFIER**
1.3 L



37⁹⁸

Multi-coloured diffuser for dry air relief.

Organika
**ORGANIC
PLANT PROTEIN
POWDER**
Asst. Var., 740 g

44⁹⁸



Organika Organic Plant Protein
Healthy protein plus Probiotics
for good health.

** Not all products available at all locations.*



*Custom
platters & trays!*

DID YOU KNOW?

Our Askew's **Delis & Bakeries** will happily create that custom tray of special **baked treats** or platter of **meat & cheese**, veggies & dip or savoury snacks.

Creativity takes a little time, so please allow us **24 hours' notice** to make that **perfect tray** that everyone in your household will enjoy!





Fresh is Best
TORTILLA CHIPS OR SALSA
Asst. Var., 250 - 300 g or 375 mL
2/8⁹⁸

Local

FRESH IS BEST
SALSA & CO.
TRI-FLAVOUR
CORN, CHILI & JALAPEÑO
Trois saveurs : maïs, piments & jalapeño
TORTILLA CHIPS
CROUSTILLES
300g

NATURALLY 
Good!

One Coffee
COMPOSTABLE ORGANIC COFFEE PODS
Asst. Var., 132 g



8⁹⁸

Kiju
ORGANIC JUICE
Asst. Var., 1 L



3⁹⁸ + dep

Annie's
PASTA DINNERS
Asst. Var., 149 - 170 g



2/4⁹⁸

Only Goodness
ORGANIC BROTH
Asst. Var., 946 mL



2/4⁹⁸

Hardbite
HANDCRAFTED-STYLE POTATO CHIPS
Sel. Var., 150 g



2/4⁹⁸

GT's
RAW KOMBUCHA
Asst. Var., 480 mL



4⁴⁸ + dep

Casalinga
SOUP
Chilled 700 mL



5⁹⁸

Daiya
CHEEZECAKE
Frozen, Gluten Free, Dairy Free, 400 g



6⁹⁸

Righteous
GELATO OR SORBETTO
Asst. Var., 473 mL



6⁹⁸

Farmer's Market
ORGANIC PURE PUMPKIN
398 mL



3⁹⁸

Four O'Clock
ORGANIC TEA Fair Trade
Asst. Var., 16 pk



4⁹⁸

Melt
ORGANIC PLANT BASED BUTTER STICKS
Asst. Var., 454 g



5⁹⁸

Eco-Max
DISHWASHING LIQUID
Plant Based
Asst. Var., 740 mL



4⁹⁸

Roger's
ORGANIC ALL PURPOSE FLOUR
5 kg
13⁹⁸





PRODUCE *Seasonal goodness & more*

Okanagan Grown
GALA APPLES
5 lb Bag



2⁹⁸
ea.

California Grown
SATSUMA MANDARINS
5.91/kg



2⁶⁸
/ lb.



B.C. Grown
SMALL POTATOES
Red, Yellow, or Russet
5 lb Bag



2⁹⁸
ea.

Mexico Grown
HOTHOUSE BEEFSTEAK TOMATOES
2.82/kg



1²⁸
/ lb.

Fresh Express
CELLO SPINACH
8 oz. Bag



2⁶⁸
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.



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THE PERFECT GIFT

Order now, pick up in 24 hrs!
Only at your Askew's Deli.



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