



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

JANUARY 2026

FRI	SAT	SUN	MON	TUES	WED	THURS
2	3	4	5	6	7	8

TASTE of ITALY

LOOK INSIDE FOR MORE GREAT ITALIAN DEALS



**Unico
Pasta**
Select Varieties
900 g.

3 FOR 4⁹⁸




**Classico
Pasta Sauce**
Pesto or Pizza, Select Varieties
410-600 ml.

2 FOR \$8



**Lean
Ground Beef**
Value Pack, kg. 15.39

6⁹⁸
lb.



**Roma
Tomatoes**
Canadian or Mexican Grown
kg. 2.82

1²⁸
lb.



**Navel
Oranges**
California Grown
kg. 2.82

1²⁸
lb.



BUTCHER SHOPPE

Top Sirloin Steak

Value Pack, kg. 26.41

lb. **11⁹⁸**

Top Sirloin Roast

kg. 24.21

lb. **10⁹⁸**

Cross Rib Pot Roast

Boneless
kg. 17.59

lb. **7⁹⁸**

Pork Loin Chops

Boneless
kg. 10.98

lb. **4⁹⁸**

Pork Side Ribs

Value Pack
kg. 7.67

lb. **3⁴⁸**

Split Chicken Wings

Value Pack, kg. 13.18

lb. **5⁹⁸**

Boneless Skinless Chicken Thighs

Value Pack, kg. 19.80

lb. **8⁹⁸**

Boneless Skinless Chicken Breasts

Value Pack, kg. 17.59

lb. **7⁹⁸**

Centre Cut Pork Loin Roast

Boneless, kg. 9.88

lb. **4⁴⁸**



SMOKED & PACKAGED MEATS

Western Family Meatballs

Sirloin or Italian
Frozen, 680 g.

Each **8⁹⁸**



Olymel Wieners

Original
1 kg.

Each **8⁹⁸**



Grimm's Beef Sticks

Grass-Fed, Original
150 g.

Each **9⁹⁸**



Freybe Pepperoni

Select Varieties
500 g.

Each **12⁹⁸**



Western Family Thick Cut Bacon

1 kg.

Each **15⁹⁸**



Grimm's Beef Sticks

Grass-Fed, Original
15 g.

2 FOR \$2



Western Family Cabbage Rolls

Frozen, 908 g.

Each **10⁹⁸**



DELI

Grimm's Salami

Select Varieties

Per 100 g. **2⁴⁸**

Freybe Chorizo

Landjaeger or Farmer's Sausage

Per 100 g. **2⁹⁸**

SEAFOOD



Western Family Basa Fillets

Frozen, 680 g.

Each **6⁹⁸**



Clear Ocean Scallops

Bacon Wrapped, Frozen, 260 g.

Each **8⁹⁸**



Clear Ocean Pacific Scallops

Refresh, Frozen, 18 Count, 227 g.

Each **11⁹⁸**

Clear Ocean Salad Scallops

Cooked, Frozen
20 Count, 227 g.

Each **3⁹⁸**

HighLiner Battered Fish

English Style or Fish Sticks
Frozen, 500-700 g.

Each **8⁹⁸**

HOT DEALS FROM THE FREEZER



McCain Pockets

Frozen, Select Varieties
540-600 g.

6⁹⁸

HOT! DEAL

Western Family French Fries

Frozen, Select Varieties
750 g.

2 FOR \$7

Western Family Hashbrown Potatoes

Chunky Diced, Frozen
1.3 kg.

6⁹⁸

Tenderflake Pie or Tart Shells

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

2 FOR \$9

Chapman's Markdale Creamery Ice Cream

Select Varieties
4 litre

9⁹⁸



Green Giant Vegetables

or Valley Selections, Frozen
Select Varieties, 400-750 g.

2 FOR \$6

HOT! DEAL



Cheemo Perogies

Frozen, Select Varieties
907 g.

2 FOR \$7

HOT! DEAL



Chapman's Frozen Novelties

Select Varieties
8-28 Pack

5⁹⁸

Chapman's Markdale Creamery Ice Cream

Select Varieties, 2 litre

4⁹⁸

DAIRY DELIGHTS



**Cracker Barrel
Cheese**

Select Varieties, 600 g.

10⁹⁸

**Parkay
Margarine**
850 g.

4⁹⁸



**I Can't Believe
It's Not Butter!**
427 g.

2^{FOR} \$5



**Sunny D
Beverage**

Smooth or Tangy Original, Chilled
3.78 litre, *Plus Deposit

5⁹⁸

**Dairyland
Stirred Yogurt**

Select Varieties
175 g.

4^{FOR} \$5

**Danone Oikos
Smoothie**

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

2^{FOR} \$3

**Oikos Pro
Drinkable Yogurt**

Select Varieties, 300 ml.
*Plus Deposit

2⁹⁸

**Danone Danino
Drinkable Yogurt**

Select Varieties
6 x 93 ml.

2^{FOR} \$7

**Dairyland
Stirred Yogurt**

Select Varieties
175 g.

4^{FOR} \$5



**Dairyland
Sour Cream**

Select Varieties
250 ml.

1⁹⁸



**Olympic
Yogurt**

Select Varieties
1.75 kg.

10⁹⁸



**International Delight
Coffee Whitener**

Select Varieties, 946 ml.
*Plus Deposit

4⁹⁸



**Dairyland
Chocolate Milk**

1%, 4 litre
*Plus Deposit

7⁹⁸



**Dairyland
Old Fashioned
Chocolate Milk**

946 ml., *Plus Deposit

2⁹⁸



**Dairyland
Creamo**

or Fat-Free, 473 ml.
*Plus Deposit

2⁴⁸



BREAKFAST BUYS

**Western Family
Pure Jam**

Strawberry or Marmalade
500 ml.

4⁹⁸



**Nutella
Hazelnut Spread**

with Cocoa
725 g.

9⁹⁸



**Kraft
Peanut Butter**

Select Varieties
750 g.-1 kg.

6⁹⁸



**Western Family
Syrup**

Original or Butter Flavour
710 ml.

2^{FOR} \$9



**Western Family
Complete
Pancake Mix**

Original
905 g.

2^{FOR} \$8



**Only Goodness
Organic Flaxseed**

or Hemp Hearts
Select Varieties
300-500 g.

4⁹⁸



**Western Family
Cereal**

Select Varieties
580-775 g.

2^{FOR} \$11



**Parkway
Ready To Drink
Coffee**

or Tea, Select Varieties
4 x 355 ml., *Plus Deposit

10⁹⁸



**McCafé
Premium Roast
Coffee**

12 K-Cups

12⁹⁸



**Twinings
Superblends Tea**

Select Varieties
20 Bags

2^{FOR} \$11



**Nestlé Carnation
Hot Chocolate**

Rich or Marshmallow
400-450 g.

7⁴⁸



**Rogers
Oats**

or Porridge, Select Varieties
750 g.-1.1 kg.

2^{FOR} \$9

**Nestlé
Nesquik**

Syrup or Powder, Select Varieties
510-700 ml. or 540 g.

7⁹⁸

**Maxwell House
Instant Coffee**

Original
150 g.

7⁹⁸

**General Mills
Family Size
Cereal**

Select Varieties, 570-725 g.

6⁴⁸



ITALIAN!

Unico
Artichoke Hearts
398 ml. **3⁹⁸**

Western Family
Balsamic Vinegar
250 ml. **2^{FOR} \$7**

Western Family
Tomato Sauce
or Only Goodness
398 ml. **2^{FOR} \$3**

Annie's
Pasta
Select Varieties
149-170 g. **3^{FOR} 7⁹⁸**

Unico
Kalamata Olives
Whole
375 ml. **5⁴⁸**



Grissol
Croutons
Restaurant Style, 135 g.
2^{FOR} \$4



Unico
Passata Sauce
680 ml. **2^{FOR} \$7**



Kraft
Pizza Kit
850 g. **7⁹⁸**



Catelli
Whole Grains
Pasta
Spaghetti or Rotini
375 g. **2^{FOR} \$7**



Primo
Pizza Sauce
Select Varieties
213 ml. **4^{FOR} \$5**



Green Giant
Vegetables
Select Varieties
341-398 ml. **4^{FOR} \$9**



Manny's
Burrito Tortillas
482 g. **2^{FOR} \$5**



Habitant
Soup
Select Varieties
796 ml. **2^{FOR} \$7**



Clover Leaf
White Tuna
Flaked or Solid
Select Varieties, 170 g. **2^{FOR} \$6**



Frank's
Red Hot Sauce
Select Varieties
354 ml. **2^{FOR} \$9**



Western Family
Salsa
Select Varieties
650 ml. **2^{FOR} \$8**



Clover Leaf
Snacks
Hummus
99 g. **2^{FOR} \$4**

Maple Leaf
Vienna Sausage
113 g. **2⁴⁸**

Only Goodness
Organic White
Quinoa
1.36 kg. **9⁹⁸**

Western Family
Tapioca
Small Pearl
400 g. **2⁹⁸**

Hellmann's
Burger Sauce
325 ml. **4⁹⁸**

Crisco
Canola Oil
or Vegetable
1.18 litre **7⁹⁸**

Western Family
Pickles
Select Varieties
375-500 ml. **2^{FOR} \$5**

Western Family
BBQ Sauce
Original or Hickory
425 ml. **3⁷⁸**

Western Family
Worcestershire
Sauce
284 ml. **2⁹⁸**

Swiss Chalet
Sauce Mix
1 Pack **3^{FOR} 4⁹⁸**

China Lily
Soya Sauce
483 ml. **3⁹⁸**

BAKING BUYS



Betty Crocker
Angel Food
Cake Mix
Cookie or Brownie, Select Varieties
430-550 g. **2^{FOR} \$6**

Ocean Spray
Craisins
Original
340 g. **2^{FOR} \$8**



Betty Crocker
Brownie Mix
Oreo
372 g. **2^{FOR} \$7**



Christie
HoneyMaid Wafers
or Crumbs, Select Varieties
400 g. **5⁴⁸**



Western Family
All Purpose
Flour
or Unbleached
2.5 kg. **2^{FOR} \$7**



Nong Shim
Noodle Bowls
Select Varieties
86 g. **3^{FOR} 4⁹⁸**



Hellmann's
Mayonnaise
Select Varieties
340-445 ml. **3⁹⁸**



French's
Mustard
225 ml. **1⁷⁸**



Heinz
Ketchup
Select Varieties
750 ml.-1 litre **5⁹⁸**



SNACK ATTACK!



Western Family Fruit Cups
Select Varieties, 4 Pack

3 FOR \$7.98

HOT! DEAL

Smartfood Popcorn

Select Varieties
150-220 g.

4²⁸



Ruffles Potato Chips

Select Varieties
180-200 g.

4²⁸



Old Dutch Restaurant Tortilla Chips

Select Varieties
230-295 g.

3⁷⁸



Voortman Wafers

or Turnover Cookies
Select Varieties, 300 g.

2 FOR \$5



Nature Valley Granola Bars

Select Varieties
525-630 g.

SunRype Fruitsource

Select Varieties
1 Pack

Twizzlers Licorice

Nibs or Jolly Ranchers
Select Varieties, 283-454 g.

Mars King Size Chocolate Bar

Snickers or Twix
85-93 g.

Cadbury Chocolate Bars

Select Varieties
1 Pack

Pringles Mingles

Select Varieties
155 g.

Dutch Crunch Potato Chips

Select Varieties
200 g.

Hawkins Cheezies

640 g. or 14 Pack

Western Family Soda Crackers

Salted or Unsalted Tops
453 g.

2 FOR \$6



Kellogg's Town House Crackers

Select Varieties
247-391 g.

2 FOR \$7



Cheez-It Snap'd Crackers

Cheddar Sour Cream & Onion
or Double Cheddar
213-352 g.

2 FOR \$8



Nestlé Minis

Select Varieties
76-180 g.

5⁹⁸



8⁹⁸



THIRSTY?

Clausthaler Non-Alcoholic Beer

Original, 4 x 330 ml.
*Plus Deposit.

Corona Cero Alcohol-Free Beer

6 x 330 ml.
*Plus Deposit.

Sparkling Ice Beverage

Select Varieties, 503 ml.
*Plus Deposit.

Nanton Spring Water

12 x 500 ml.
*Plus Deposit.

Gatorade Zero G Sport Beverages

Select Varieties, 8 x 355 ml.
*Plus Deposit.

Dasani Water

1 litre
*Plus Deposit.

Glaceau Smart Water

1.51 litre
*Plus Deposit.

Body Armor Sports Beverage

Select Varieties, 473 ml.
*Plus Deposit.

Mott's Clamato Juice

Original or Extra Spicy
945 ml., *Plus Deposit

3 FOR \$7.98



Western Family Juice

Select Varieties
5 x 200 ml
*Plus Deposit

2 FOR \$5



Jones Soda

Select Varieties, 355 ml.
*Plus Deposit

4 FOR \$7



SunRype Juice

Select Varieties, 1.36 litre
*Plus Deposit

2 FOR \$7



Lipton Iced Tea

Select Varieties, 12 x 340 ml.
*Plus Deposit

6⁴⁸



Bubly or Montellier Sparkling Water

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

6⁴⁸



Western Family 2 Litre Pop

Select Varieties, *Plus Deposit

2 FOR \$3



Coke or Canada Dry Beverages

Select Varieties, 20 x 355 ml.
*Plus Deposit

13⁹⁸



Pepsi or 7Up Beverages

Select Varieties
6 x 710 ml. or 12 x 355 ml.
*Plus Deposit

7⁹⁸



HOUSEHOLD MUST HAVES

**Glade Plugin
Air Freshener**

Refill, Select Varieties
2 Pack

10⁹⁸

**Viva
Paper Towel**
Multi-Surface, 3 Pack

10⁹⁸

**Dawn Ultra
Dish Liquid**

Original
982 ml.

5⁹⁸



**Western Family
Auto Dish Pouches**

Citrus
30 Pack

6⁴⁸



**Fantastik
Bathroom Cleaner**

Original or with Bleach
650 ml.

5⁹⁸



**Drano
Liquid**

900 ml.

2^{FOR} \$8



**Scott
Bathroom
Tissue**

Rapid Dissolve
8 Roll

11⁹⁸



**Glad
Garbage Bags**

Select Varieties
20-40 Pack

12⁹⁸



**Arm & Hammer
Carpet & Room
Deodorizer**

Pet Fresh
700 g.

2^{FOR} \$7



**Borax
Laundry Booster**

1.84 kg.

8⁹⁸



**Oxi Clean
Stain Remover**

680 ml.

6⁹⁸



**Gain
Fabric Softener**

Original
120 Sheets

7⁹⁸



**Gain
Laundry
Detergent**

Original or Moonlight Breeze
61 Use

13⁹⁸

PERSONAL CARE

**Dove
Body Care**

Select Varieties
45 g. or 325-355 ml.
or 3 Pack

2^{FOR} \$11



**Aveeno
Lotion**

Select Varieties
97-227 ml.

8⁹⁸



**U by Kotex
Balance Pads**

Regular or Heavy
16-18 Pack

6⁹⁸



**Pepto
Bismol**

Cherry
230 ml.

7⁹⁸



**Vicks
VapoRub**

Original or Childrens
57 ml.

6⁹⁸



**Gerber Organic
Yogurt Melts**

Strawberry Banana
or Red Berry, 28 g.

5⁴⁸

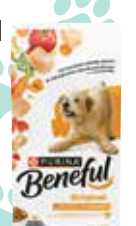


PET'S CORNER

**Purina Beneful
Dog Food**

Select Varieties
1.6-1.8 kg.

9⁹⁸



**Purina One
True Instinct
Dog Food**

Beef & Bison, 6.8 kg.

33⁹⁸



**Fancy Feast
Cat Food**

Select Varieties
85 g.

4^{FOR} \$5



MARKET FRESH PRODUCE



Red Potatoes

Canadian Grown, Canada #1 Grade
5 lb. Bag

Each **4⁴⁸**



Jumbo Red Onions

Washington Grown
kg. 3.26

lb. **1⁴⁸**



Field Carrots

U.S. Grown, #1 Grade
5 lb. Bag

Each **5⁹⁸**



Baby Long English Cucumbers

Canadian Grown
1 lb. Bag

Each **3⁹⁸**



Taylor Farms Chopped Salad Kits

Select Varieties, Product of U.S.A.
11.15-13.5 oz.

Each **4⁹⁸**



Romaine Lettuce

U.S. Grown

Each **2⁹⁸**



Gala Apples

Canadian Grown
Canada Extra Fancy, kg. 4.37

lb. **1⁹⁸**



Bartlett Pears

U.S. Grown
kg. 4.37

lb. **1⁹⁸**



Cara Cara Oranges

California Grown
kg. 4.37

lb. **1⁹⁸**



Green Seedless Grapes

Peruvian or Chilean Grown
#1 Grade, kg. 13.18



lb. **5⁹⁸**

ORGANICS

Organic Avocados

Mexican Grown
3 Pack

Each **4⁹⁸**



Organic Baby Peeled Carrots

Product of U.S.A.
1 lb. Bag

Each **2⁹⁸**



BAKERY BARGAINS

Multigrain Bread

or Italian, Unsliced

Each **2⁹⁸**



French Bread

Each **1⁹⁸**



Panini Buns

White or Herb
6 Pack

Each **2⁹⁸**



Byblos Bakery Naan Bread

White or Garlic
400 g.

Each **2⁹⁸**



Apple Fritters

2 FOR \$4



Sugarplum 6" Cheesecakes

Select Varieties
550 g.

Each **12⁹⁸**



Two-Bite Brownies

265 g.

Each **4⁹⁸**



Dempster's Bread

or Texas Toast, Select Varieties
567-675 g.

2 FOR \$7



Silver Hills Bread

Select Varieties
430-680 g.

2 FOR \$8

