



# WINTER SAVINGS



Prices in effect: Jan 28th- Feb 3rd, 2026

**Armstrong Block or Shredded Cheese**  
500-600g

**\$9.99** **Ea**

**HOT DEAL**

Assorted Varieties



**Pork Side Ribs**  
\$8.80/kg

**\$3.99** **Lb**



**Summer Fresh Dips**  
227g

**2/\$8**

Assorted Varieties

**Extra Fancy Pink Lady Apples**  
\$3.51/kg

**\$1.59** **Lb**

Grown in BC

**Mangoes**  
Grown in Peru

**2/\$5**

**Island Farmhouse Chicken Drumsticks**  
\$7.39/kg

**\$3.49** **Lb**

Island GOOD



**Grimm's Deli Sliced Roast Beef**

**\$3.49** **/100g**

**Organic Green Kale**

**\$2.99** **Ea**

100% ORGANIC

**Organic Celery Hearts**

**\$3.99** **Ea**

100% ORGANIC

**Grimm's Sizzlin Smokies**  
450g

**\$7.99** **Ea**

Assorted Varieties



**Golden Home Ultra Thin Pizza Crusts**  
245-404g

**\$7.99** **Ea**

Assorted Varieties

**Top Deals of the Week**

**Tribal Java Whole Bean Coffee**  
340-400g

**\$14.99** **Ea**

Assorted Varieties

**Dempsters Whole Grain Bread**  
600g

**\$3.99** **Ea**

Assorted Varieties

**Dempsters Bagels**  
5 or 6 pack

**\$4.49** **Ea**

Assorted Varieties



**GT's Synergy or Alive Kombucha**  
480ml

**\$3.99** **Ea**

Assorted Varieties

**Bubly Sparkling Water**  
12x355ml

**\$6.99** **Ea**

Assorted Varieties

**Love Crunch Granola**  
300-325g

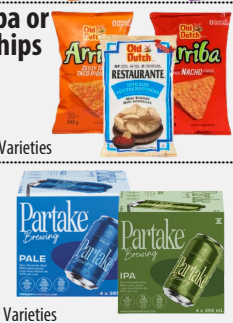
**\$6.99** **Ea**

Assorted Varieties

**Sunrype 100% Juice Blends**  
900ml

**2/\$5** **Ea**

Assorted Varieties



**Mr. Noodle Instant Noodles**  
85g

**4/\$2**

Assorted Varieties

**Old Dutch Arriba or Restaurante Chips**  
245-295g

**2/\$8**

Assorted Varieties

**Partake Non Alcoholic Beer**  
4x355ml

**\$7.99** **Ea**

Assorted Varieties



**Rogers Oats**  
1kg

**\$3.99** **Ea**

Assorted Varieties

**Island Farms Chocolate Milk**  
473ml

**2/\$4** **Ea**

Assorted Varieties

**Island Farms Chocolate Milk**  
473ml

**2/\$4** **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