



WINTER SAVINGS



Prices in effect: Jan 7th-13th, 2025

Rise Kombucha
414ml



2/\$7

+ Deposit Assorted Varieties



Island Farmhouse Chicken Legs
\$7.69/kg



\$3.49 Lb



Saputo Sliced Cheese
160-180g

\$4.99 Ea



Assorted Varieties

Roma Tomatoes
\$4.39/kg
Grown in BC/Mexico

\$1.99 Lb



Long English Cucumbers
Grown in BC/Mexico

2/\$4



AAA Black Angus Inside Round Roast
19.82/kg

\$8.99 Lb



Soupetcl Soups
700ml

\$6.99 Ea



Assorted Varieties

Vancouver Island Red or Green Cabbage
\$2.18/kg

99¢ Lb



Earthbound Organic Lettuce Mixes
142g

\$3.99 Ea



Assorted Varieties

Pork Tenderloin
\$11.00/kg

\$4.99 Lb



Grimm's Black Forest Sliced Ham

\$1.99 /100g



Top Deals of the Week

Tree Island Greek Yogurt
908g

\$7.99 Ea



Gathering Place Organic Looseleaf Tea
100g

\$7.99 Ea



Assorted Varieties

Cloverleaf Skipjack Tuna
170g

2/\$4



Assorted Varieties

Silver Hills Sprouted Grain Bread
430-680g

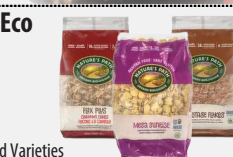
\$4.99 Ea



Assorted Varieties

Nature's Path Eco Pack Cereal
650-907g

\$9.99 Ea



Assorted Varieties

Kraft Peanut Butter
1kg

\$8.99 Ea



Snowcrest Frozen Fruit
400-600g

\$4.99 Ea



Assorted Varieties

Lays Potato Chips
220-235g

2/\$8



Assorted Varieties

Wasa Crispbread
230-275g

2/\$7



Assorted Varieties

Buttercup Bread
570g

\$2.99 Ea



Assorted Varieties

Motts Clamato Juice
945ml

\$2.99 Ea



Assorted Varieties

Island Farms Chocolate Milk
750ml

\$2.29 Ea



+ Deposit

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