



Fresh
**BEEF CROSS
RIB POT ROAST**
Boneless, Grade AA Beef, Value Pack
22.00/kg
9.98
/ lb.

Dairyland
MILK
Skim, 1%, 2%, Homo
2 L



3.48
+ dep

Faith Farms

CHEESE
*Cheddar, Marble, Mozza,
Monterey Jack, Gouda, Havarti*
320 - 340 g



5.48

Kraft
DINNER
Original
12 x 200 g



9.98

California Grown
NAVEL ORANGES
5 lb Bag



5.88

Dairyland
BUTTER
454 g



5.48

GROCERY Everything you need

Campbell's
**SIGNATURE
SOUP**
Asst. Var.,
284 mL



2¹⁸

Hunt's
**THICK & RICH
PASTA SAUCE**
Asst. Var.,
680 mL



2⁴⁸



Riscossa
**ITALIAN
PASTA**
Asst. Var., 500 g

1⁶⁸



Delizie
PASSATA
Asst. Var.,
660 mL



2¹⁸

Aylmer
TOMATOES
Asst. Var.,
540 - 796 mL



2²⁸

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



3²⁸



Kraft
DINNER
Original, 12 x 220 g
9⁹⁸

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



2/2⁹⁸

Clover Leaf
WHITE TUNA
Asst. Var.,
170 g



2⁹⁸

Lipton
SOUP MIX
Asst. Var.,
4 pk



3⁴⁸

Clover Leaf
PINK SALMON
Asst. Var.,
213 g



3⁹⁸

Allen's
VINEGAR
White or Pickling
4 L



3⁴⁸

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



3⁴⁸

China Lily
SOYA SAUCE
483 mL



3⁶⁸

Western Family
SALSA
Asst. Var.,
650 mL



3⁹⁸



General Mills
CEREAL
Cheerios, Oatmeal Crisp, Chex
Asst. Var., 300 - 437 g

4⁹⁸

Everything you need **GROCERY**

Quaker
HOT INSTANT OATMEAL
Asst. Var., 232 - 344 g

3⁶⁸



Snack Pack
PUDDING CUPS
Asst. Var., 4 pk

1⁹⁸



Nature Valley
GRANOLA BARS
Trail Mix, Lunch Box, Crunchy
Asst. Var., 130 - 210 g

3⁴⁸



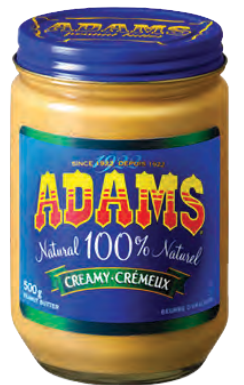
Quaker
RICE CAKES & CRISPY MINIS
Asst. Var., 100 - 199 g

3²⁸



Adams
ALL NATURAL PEANUT BUTTER
Asst. Var., 500 g

4⁴⁸



Christie
PREMIUM PLUS CRACKERS
Asst. Var., 450 - 481 g

4⁴⁸



Kellogg's
TOWN HOUSE CRACKERS
Asst. Var., 247 - 391 g

3⁴⁸



Voets
COFFEE
Whole Bean, Coarse Grind, Drip Grind, Decaf, Dark Roast
300 g

7⁹⁸



SunRype
FRUIT JUICE
Asst. Var., 1.36 L

3⁴⁸ + dep



Voortman's
WAFER COOKIES
Asst. Var., 300 g

2/4⁹⁸



Sun-Maid
RAISINS MINI-PACKS
Plain or Yogurt Covered
10 - 14 pk

3⁴⁸



Sparkling Ice
BEVERAGES
Asst. Var., 503 mL

2/2⁹⁸ + dep



Nanton
SPRING WATER
12 x 500 mL

2⁹⁸ + dep



Elias
HONEY
Liquid or Creamed
500 g

6⁹⁸



GROCERY *Everything you need*

Beneful
**DRY DOG
FOOD**
Asst. Var.,
1.6 - 1.8 kg

8⁹⁸



Fancy Feast
CAT FOOD
Asst. Var.,
85 g

4/4⁹⁸



Friskies
**DRY CAT
FOOD**

Asst. Var., 1.4 - 1.5 kg

6⁹⁸



Scotties
FACIAL TISSUE
Asst. Var.,
81 - 126 pk

1⁴⁸



Arm & Hammer
**LAUNDRY
DETERGENT**
Asst. Var.,
1.42 - 1.63 L

6⁹⁸



Sponge Towel
**ULTRA PAPER
TOWEL**
Asst. Var.,
3 Double Rolls

7⁹⁸



Purex
**BATHROOM
TISSUE**
Asst. Var.,
12 Double Rolls & 8 Triple Rolls
7⁹⁸

Sensodyne
TOOTHPASTE
Asst. Var.,
70 - 100 mL

5⁹⁸



OGX
**SHAMPOO OR
CONDITIONER**
Asst. Var.,
385 mL

7⁹⁸



Askew's 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.

Anusol
PRODUCTS
Asst. Var.,
12 - 24 pk
or 30 g

9³⁹ - 20³⁹



George's
**SPECIAL DRY SKIN
CREAM**
Asst. Var.,
30 - 450 g

3⁸⁹ - 18⁶⁹



Biofreeze
**MUSCLE
PAIN RELIEF
PRODUCTS**
Asst. Var.,
4 oz or 5 pk

9⁹⁹ - 16⁹⁹



- + 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**

Ocean Spray
CRAISINS
Asst. Var.,
170 g



2⁴⁸

Kraft
**JET-PUFFED
MARSHMALLOWS**
Asst. Var.,
400 g



2²⁸



Roger's
FLOUR
Asst. Var., 5 kg
4⁹⁸



Christie
**HONEY MAID
GRAHAM
WAFERS OR
CRUMBS**
400 g



5⁴⁸

Sun-Maid
RAISINS
375 g



3⁹⁸

Hershey's
CHIPITS BAKING CHIPS
Asst. Var.,
200 - 270 g



5⁶⁸

Natural Bakery
CANADIAN RYE BREAD
900 g



3⁹⁸

Dempster's
**ORIGINAL
BREAD**
Asst. Var.,
570 - 675 g



2⁷⁸



Silver Hills
**SPROUTED
WHOLE GRAIN
BREAD**
Asst. Var., 430 - 980 g
3⁹⁸



BAKERY *Prepared with love*

Fresh Baked In-Store
**TIRAMISU
1/2 BAR CAKE**
12⁴⁸
ea.



Fresh Baked In-Store
PANINI BUNS
6 pk



3²⁸

Fresh Baked In-Store
**MULTIGRAIN
ITALIAN BREAD**



3⁴⁸
ea.

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

MEAT *Carefully sourced*

Fresh
BEEF CROSS RIB POT ROAST
Boneless, Grade AA Beef, Value Pack
22.00/kg



9⁹⁸
/lb.

Fresh
BEEF BLADE SIMMER STEAK
Boneless, Grade AA Beef, Value Pack
33.02/kg



14⁹⁸
/lb.

Fresh
**PORK
SHOULDER
BLADE ROAST**
Boneless, 7.89/kg
3⁵⁸
/lb.



Fresh
LEAN GROUND CHUCK
Ground Fresh In-Store Daily
Value Pack
16.05/kg



7²⁸
/lb.

Fresh
**PORK SHOULDER
BLADE STEAK**
Bone-In, Value Pack
8.77/kg



3⁹⁸
/lb.

Fresh
PORK SIDERIBS
Value Pack
8.77/kg



3⁹⁸
/lb.

Fresh & Local
CHICKEN BREASTS
Back-On, Value Pack
10.98/kg



4⁹⁸
/lb.

Fresh & Local
**CHICKEN HIND
QUARTERS**
Value Pack, 6.57/kg
2⁹⁸
/lb.



Olymel
**ORIGINAL
WIENERS**
1 kg



10⁹⁸
ea.

Freybe
SLICED HAM
Asst. Var.,
175 g



4⁸⁸
ea.

Freybe
**PIZZA
PEPPERONI**
175 g



4⁹⁸
ea.

Cattleman's
JERKY
Asst. Var.,
230 g



15⁹⁸
ea.

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



3⁹⁸
ea.

Freybe
PEPPERONI
Asst. Var.,
500 g



9⁹⁸
ea.

M&M
SHEPERD'S PIE
Frozen
300 g



6⁹⁸
ea.

Olivieri
**FILLED
PASTA**
Asst. Var.,
350 g



5⁹⁸
ea.



Askew's Own
BEAN SALAD
99¢ / 100 g

DELI

Prepared with love

McSweeney's
**ASSORTED
 PEP N' CHED**
 Asst. Var.,
 90 g



4⁴⁷
 ea.

Grimm's
**PIZZA SALAMI OR
 PEPPERONI**



2⁵⁷
 / 100 g

Grimm's
SUMMER SAUSAGE



2⁵⁷
 / 100 g

Grimm's
BEER SAUSAGE



2⁵⁷
 / 100 g

Reser's
**LARGE
 ASSORTED
 SALADS**
 Asst. Var., 1.25 kg
12⁶⁷
 ea.



Frozen
**SOCKEYE SALMON
 FILLETS**



4⁹⁸
 / 100 g

Frozen
BASA FILLETS



98¢
 / 100 g

Frozen
COD FILLETS



2²⁸
 / 100 g

Frozen
POTATO CRUSTED COD



3⁵⁸
 / 100 g

SEAFOOD

Healthy & delicious



fish **FRIDAY**

**FRESHED
 ROCK FISH FILLETS**

DAIRY *From basics to deluxe*

Armstrong
CHEESE SLICES

Asst. Var.,
220 - 240 g

4⁹⁸



Imperial
MARGARINE

Quarters or Soft Tub
Asst. Var.,
1.28 - 1.36 kg

6⁹⁸



Faith Farms
CHEESE
*Cheddar, Marble, Mozza,
Monterey Jack, Gouda, Havarti*
320 - 340 g

5⁴⁸



Dairyland
BUTTER
454 g

5⁴⁸



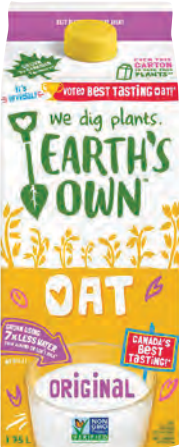
International Delight
COFFEE CREAMERS
Asst. Var.,
400 - 425 mL

2⁶⁸



Earth's Own
DAIRY FREE BEVERAGES
Oat, Almond
Asst. Var.,
1.75 - 1.89 mL

3⁸⁸ + dep



Dairyland
MILK
Skim, 1%, 2%, Homo
2 L

3⁴⁸ + dep

Joyya
ULTRA-FILTERED MILK
Asst. Var.,
1 L

3⁹⁸ + dep



Island Farms
CREAM CHEESE
500 g

6⁹⁸



Saputo
FETA
Asst. Var.,
200 g

3⁹⁸



Dairyland
AEROSOL WHIP CREAM
225 g

3⁹⁸



Milk 2Go
CHOCOLATE MILK
6 x 200 mL

4⁹⁸ + dep



Armstrong
CHEESE SNACKS
Asst. Var.,
210 g

4⁹⁸



Yoplait
YOGURT TUBES
Asst. Var.,
8 pk

2⁹⁸



Activia
YOGURT Multipacks
Asst. Var.,
12 x 100 g

5⁹⁸



Most practical FROZEN

Red Baron CLASSIC CRUST PIZZA

Asst. Var.,
584 - 665 g



5⁹⁸

Chapman's SUPER PREMIUM ICE CREAM

Asst. Var.,
500 mL



4⁴⁸

Green Giant VEGETABLES & VALLEY SELECT VEGETABLE BLENDS

Asst. Var., 400 - 750 g

2⁹⁸



Crave ENTREES

Asst. Var.,
283 - 340 g



4⁴⁸

Cheemo PEROGIES

Asst. Var.,
2 kg



5⁴⁸

Kellogg's EGGO WAFFLES

Asst. Var.,
270 - 330 g



3⁴⁸

Tenderflake PIE & TART SHELLS

Asst. Var.,
255 - 397 g



3⁹⁸

Old Dutch POTATO CHIPS & RIDGIES

Asst. Var., 200 - 235 g

3/9⁹⁸



Bubly SPARKLING FLAVOURED WATER

Asst. Var.,
12 x 355 mL

6⁴⁸ + dep



Pepsi, 7-Up, Schweppes POP

Asst. Var.,
12 x 355 mL

7⁹⁸ + dep



Everything you need

GROCERY

Ruffles POTATO CHIPS

Asst. Var., 200 g

4²⁸



Old Dutch RIP-L VEGGIE CRISPS

Asst. Var.,
200 g

3/9⁹⁸



Old Dutch CHEESE PLEESERS & CRUNCHYS

Asst. Var.,
250 - 300 g

3⁹⁸



Old Dutch PRETZELS

Asst. Var.,
240 - 400 g

3⁹⁸



Smart Food POPCORN

Asst. Var.,
200 g

4²⁸



WELLNESS

Living life to the fullest

Naka
**PLATINUM
RESPIRATORY
ESSENTIALS**

15⁹⁸ 250 mL
27⁹⁸ 600 mL



Relieves coughs, irritations & excess mucus.

St Francis
**HERB FARM
STREST**

20⁹⁸ 50 mL
38⁹⁸ 90 V Caps



Promotes a calm state of mind.

Progressive
**MULTI-VITAMINS
FOR WOMEN**

Asst. Var.,
60 V Caps

23⁹⁸



A great multi for modern lifestyles.

Good Protein
**ALL-IN-ONE
PROTEIN POWDER**

Asst. Var.,
31⁹⁸ 440 g
49⁹⁸ 880 g

Platinum Naturals
D3 2500 IU'S

11⁹⁸ 180 Soft Gels
24⁹⁸ 550 Soft Gels



Helps maintain good health through the winter.

Homeocan
**0-9 KID'S
NIGHT COUGH
SYRUP**

8⁹⁸



Helps cough & cold symptoms.

Living Alchemy
FAMILY PROBIOTICS

Asst. Var.,
60 V Caps

38⁹⁸



Pre+Pro+Postbiotic for good gut health.

Borion
**ARNICARE
GEL**

75 g



14⁹⁸

Relief from muscle & joint pain.

Natra
**GUTPRO
POWDER**

195 g



36⁹⁸

Gluten & dairy free digestive support

Green Beaver
**WHITENING
TOOTHPASTE**

Asst. Var.,
100 g

7⁹⁸



Contains hydroxyapatite for natural whitening.



All-in-one plant-based delicious protein powder.

** Not all products available at all locations.*



*Perfect
Winter meal!*

HAVE YOU TRIED?

Askew's Own Sausages are made **in-house** and **from scratch** by our talented team at Askew's **Armstrong**, with their signature seasoning recipes and freshly ground meat. Pick **your favourite side dish**, and **PRESTO!**



Prana Granolove
GRANOLA
Plant-Based
Asst. Var., 300 g

4⁹⁸

Ozery Bakery
**MORNING
ROUNDS
FRUIT &
GRAIN BUNS**
Asst. Var.,
450 g



4⁴⁸

Tazo
TEA
Asst. Var.,
20 pk



5⁴⁸

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



2⁶⁸

Amy's
ORGANIC SOUP
Asst. Var.,
398 mL



3⁹⁸

Bioitalia
**ORGANIC SEMOLINA
ITALIAN PASTA**
Asst. Var.,
500 g



2⁸⁸

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



4⁴⁸
+ dep

Olympic
ORGANIC YOGURT
Asst. Var.,
1.75 kg



10⁹⁸

Amy's
**ORGANIC
REFRIED
BEANS**
Asst. Var.,
398 mL



4⁹⁸

Bragg
**SAVOURY
SEASONING**
473 mL



5⁹⁸



Kettle
POTATO CHIPS
Asst. Var., 198 g

3⁴⁸



Gomacro
**MACROBAR NUTRITION
BARS**
Asst. Var.,
65 g



3⁶⁸

Lundberg
**ORGANIC THIN STACKERS
RICE & GRAIN
CAKES**
Asst. Var.,
167 g



5⁴⁸

Raincoast Global
WILD SKIPJACK TUNA
Asst. Var.,
142 g



3⁹⁸

Eco-Max
**LAUNDRY
WASH**
Asst. Var.,
3 L



14⁹⁸

PRODUCE *Seasonal goodness & more*

BC Grown
WHITE AND BROWN MUSHROOMS
8.11/kg

3⁶⁸
/lb.



California Grown
NAVEL ORANGES
5 lb Bag

5⁸⁸
ea.



BC Grown
GREEN CABBAGE
1.50/kg
68¢
/lb.



Kids Club Item!

ORGANIC BANANAS

BC Grown
YELLOW AND RED POTATOES
5 lb Bag

3⁹⁸
ea.



California Grown
CARROTS
2 lb Bag

1⁹⁸
ea.



Earthbound Farm
ORGANIC MIX GREENS
5 oz clam

2⁹⁸
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.



@askewsfoods | askewsfoods.com
We reserve the right to limit quantities.



KIDS GO BACK JAN 5th!
Please heed the
30km speed limit in school
& playground zones.



ALL STORES OPEN DAILY - FOR HOURS VISIT **ASKEWSFOODS.COM**