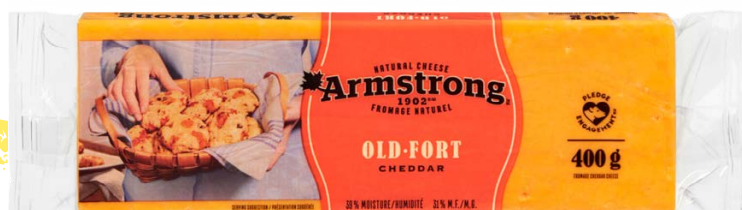




Fresh & Local
CHICKEN THIGHS
Value Pack
8.77/kg
3.98 / lb.



Armstrong
CHEESE
Cheddar, Marble, Mozza,
Havarti, Monterey Jack
Asst. Var.,
400 g



5.48



Armstrong
CHEESE SHREDS
Asst. Var.,
500 g

8.48

Philadelphia
CREAM CHEESE
Asst. Var.,
227 - 250 g



3.98

Mexico Grown
AVOCADOS



98¢ ea.

Christie
CRACKERS
Asst. Var.,
175 - 200 g



2.98

GROCERY

Everything you need

French's
KETCHUP
750 mL - 1 L



3⁹⁸

Bull's-Eye
BARBECUE SAUCE
Asst. Var.,
425 mL



3²⁸



Golden Dragon
COOKING SAUCES
Asst. Var.,
455 mL



2⁶⁸

Tropic Isle
COCONUT MILK
400 mL



1⁹⁸

Western Family
LONG GRAIN RICE
White or Brown
907 g



2⁶⁸



Clover Leaf
LIGHT TUNA IN WATER
Asst. Var.,
170 g



1⁹⁸

Club House
SEASONING & GRAVY MIX
Asst. Var.,
20 - 47 g



98¢

Bush's
BAKED BEANS
Asst. Var.,
398 mL



1⁹⁸

Western Family
BROTH
Asst. Var.,
946 mL



1⁹⁸

Stagg
CHILI
Asst. Var.,
425 g



2⁹⁸

Crisco
OIL
Vegetable or Canola
1.18 L



7⁹⁸

Unico
KALAMATA OLIVES
Asst. Var.,
375 mL



3⁹⁸

Clover Leaf
SMOKED OYSTERS
Asst. Var.,
85 g



2²⁸



Kellogg's
CEREAL
Jumbo Pack
Asst. Var., 700 g - 1.05 kg

8⁹⁸

Everything you need **GROCERY**

Post
CEREAL
Honeycomb
or Sugar Crisp
Family Size
525 - 550 g

4⁹⁸



Kellogg's
NUTRI-GRAIN CEREAL BARS
Asst. Var.,
295 g

2⁹⁸



Nabob
COFFEE
900 - 915 g

25⁹⁸



Roger's
SUGAR
Old Fashioned, Berry,
Golden Yellow, Icing
1 kg

2⁹⁸



Kellogg's
CHEEZ-IT CRACKERS
Asst. Var.,
191 - 200 g

2⁹⁸



Smucker's
PURE FRUIT JAM
Sel. Var.,
500 mL

5⁹⁸



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

3⁶⁸



Christie
CRACKERS
Asst. Var., 175 - 200 g

2⁹⁸



Western Family
THOMPSON SEEDLESS RAISINS
620 g

5⁹⁸



Roger's
DEMERARA SUGAR
1 kg

3²⁸



Western Family
HOT CHOCOLATE
Asst. Var.,
500 g

5⁴⁸



Red Lobster
CHEDDAR BAY BISCUIT MIX
322 g

2⁹⁸



Quaker
CHEWY BARS & DIPPS
Asst. Var.,
120 - 156 g

2⁸⁸



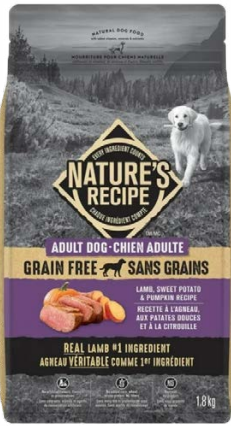
Hershey's
CHOCOLATE BARS
Asst. Var.,
24 - 58 g

3/3⁹⁸



GROCERY *Everything you need*

Nature's Recipe
**DRY DOG
FOOD**
Asst. Var.,
1.8 kg



14⁹⁸

Tidy Cats
CAT LITTER
Asst. Var.,
2.72 kg



12⁹⁸

Friskies
DRY CAT FOOD
Asst. Var., 1.4 - 1.5 kg

6⁹⁸



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



6⁹⁸

Sponge Towel
**ULTRA PRO
PAPER
TOWELS**
6 Double Rolls



15⁹⁸

Tru Earth
LAUNDRY STRIPS
Asst. Var.,
32 Loads



10⁹⁸



Purex
**BATHROOM
TISSUE**
Asst. Var., 12 Triple Rolls

12⁹⁸

Colgate
TOOTHPASTE
Asst. Var.,
70 - 150 mL



3⁹⁸

Old Spice
**HAIR & BODY
WASH**
Asst. Var.,
532 mL



5⁹⁸

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.

Sebcur
SHAMPOO
Asst. Var.,
120 - 240 mL



9⁹⁹ - 23⁷⁹

Mueller
**KINESIOLOGY TAPE
BLACK**



15²⁹
ea.

Amosan
**ORAL ANTISEPTIC
RINSE**
1.7 g



13²⁹

- + 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**

Pure Life
SPRING WATER
12 x 500 mL

3⁹⁸
+ dep



Western Family
EXQUISITA SALSA
Asst. Var.,
430 mL

3⁴⁸



Christie
BITS & BITES OR CRISPERS
Asst. Var.,
145 g

2⁹⁸



Mott's
CLAMATO JUICE
Asst. Var.,
1.89 L

2⁹⁸
+ dep



La Cocina
TORTILLA CHIPS
Asst. Var.,
300 - 400 g

2⁹⁸



Dempster's
SIGNATURE BUNS HAMBURGER OR SAUSAGE
Asst. Var.,
6 - 8 pk

3⁹⁸



Dempster's
10" TORTILLAS
Asst. Var.,
6 - 10 pk

3⁸⁸



BAKERY *Prepared with love*

Fresh Baked In-Store
MACAROON MADNESS SQUARES
6 pk

4⁹⁸



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

Fresh Baked In-Store
BAGEL BUNS
6 pk

3⁴⁸



Fresh Baked In-Store
SOURDOUGH ROUNDS

3⁴⁸
ea.



MEAT *Carefully sourced*

Fresh & Local

CHICKEN THIGHS
Value Pack
8.77/kg

3⁹⁸
/lb.



Fresh

BEEF INSIDE ROUND ROAST
Cut from Canadian Grade AA Beef
Value Pack
22.00/kg

9⁹⁸
/lb.



Fresh

LEAN GROUND PORK & BEEF
Ground Fresh In-Store Daily
Value Pack
13.18/kg

5⁹⁸
/lb.



Askew's Own

BOEREWORS SAUSAGE
22.00/kg

9⁹⁸
/lb.



Fresh & Local

CHICKEN DRUMSTICKS
Value Pack
5.47/kg

2⁴⁸
/lb.



Olivieri

STUFFED PASTA
Asst. Var.,
600 - 700 g

9⁹⁸
ea.



M&M

MOZZARELLA STICKS
Frozen
454 g

16⁹⁸
ea.



Maple Leaf Prime

CHICKEN STRIPS, NUGGETS, BURGER & CORDONS
Frozen, Asst. Var.,
568 - 700 g

11⁹⁸
ea.



Schneiders

CHICKEN & BEEF PIES
Asst. Var.,
400 g

3⁹⁸
ea.



Schneiders

SLICED BACON
Asst. Var.,
375 g

7⁵⁸
ea.



Mitchell's

GARLIC SAUSAGE
750 g

9⁴⁸
ea.



Schneiders

CHICKEN WINGS
Asst. Var.,
615 g

10⁸⁸
ea.



Janes

BREADED FISH
Frozen
Asst. Var.,
450 - 545 g

16⁹⁸
ea.





Greek House

ASSORTED DIPS & HUMMUS

Asst. Var., 227 g

4⁹⁷ ea.



DELI

Prepared with love

Castello

AGED CHEESE COLLECTION

Asst. Var., 200 g

8²⁷ ea.



Antica Macelleria

ASSORTED PACKAGED SALAMI

Asst. Var., 100 - 125 g

10⁹⁷ ea.



Saputo

PROVOLONE

2⁸⁷ / 100 g



Freybe

SWISS FARMER SAUSAGE

4⁹⁷ / 100 g



Frozen

SOCKEYE SALMON FILLETS

4⁹⁸ / 100 g



OCEAN WISE

Fresh

SOLE FILLETS

2⁴⁸ / 100 g



Frozen

POTATO CRUSTED COD

3⁵⁸ / 100 g



SEAFOOD

Healthy & delicious

7 Seas

PEELED SHRIMP

Frozen

31 - 40 Raw or 41 - 50 Cooked

340 g

8⁶⁸ ea.



Bluewater

BREADED FISH

Frozen

Asst. Var., 450 - 600 g

8⁹⁸ ea.



≡

fish

≡

FRIDAY

FRESH STEELHEAD FILLETS

DAIRY *From basics to deluxe*

Armstrong
CHEESE SHREDS
Asst. Var.,
500 g



8⁴⁸

Dairyland
SOUR CREAM
250 mL



1⁴⁸

Armstrong
CHEESE
*Cheddar, Marble, Mozza,
Havarti, Monterey Jack*
Asst. Var., 400 g

5⁴⁸



Dairyland
BUTTER
454 g



5⁴⁸

Dairyland
CREAMO
Fat Free, 10%
473 mL



1⁹⁸

Liberte
**GREEK STYLE
YOGURT**
Asst. Var.,
650 - 750 g



5⁹⁸



Philadelphia
CREAM CHEESE
Asst. Var., 227 - 250 g

3⁹⁸



Dairyland
18% CREAM
473 mL



2⁶⁸

Tre Stelle
FETA
200 g



3⁹⁸

Dairyland
**WHIPPING
CREAM**
473 mL



2⁹⁸

Dairyland
**LACTOSE FREE
MILK WITH
PROTEIN**
1.89 L



4⁹⁸ + dep

Dairyland
**AEROSOL
WHIPPING
CREAM**
400 g



5⁴⁸

Heluva
GOOD DIPS
Asst. Var.,
250 g



2²⁸

Silk
**DAIRY FREE
CREAMERS**
Asst. Var.,
890 mL



4⁴⁸

Yoplait
YOGURT TUBES
Asst. Var.,
8 pk



2⁹⁸

Most practical FROZEN

Cheemo
PEROGIES

Asst. Var.,
745 - 907 g



2/4⁹⁸

Western Family
VEGETABLES

Asst. Var.,
750 g

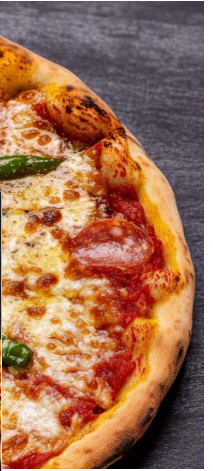


2⁶⁸

Red Baron
**PIZZA
CLASSIC CRUST**

Asst. Var., 584 - 665 g

5⁹⁸



Western Family
HOMESTYLE LASAGNA

Asst. Var.,
850 - 907 g



6⁴⁸

Kellogg's
EGGO WAFFLES

Asst. Var.,
280 g



3⁴⁸

Chapman's
SUPER NOVELTIES

Asst. Var.,
12 - 20 pk



6⁴⁸

Chapman's
**PREMIUM
ICE CREAM**

Asst. Var.,
2 L Tub



6⁴⁸

Lay's
POTATO CHIPS
Asst. Var., 235 g

2/6⁹⁸

Doritos
**TORTILLA
CHIPS**

Asst. Var.,
235 g

2/8⁹⁸



Old Dutch
PRETZELS

Asst. Var.,
240 - 400 g

3⁹⁸



Everything you need GROCERY

Old Dutch
**POTATO CHIPS
& RIDGIES**
Asst. Var., 200 - 235 g

2/6⁹⁸

Monster
**ENERGY
DRINKS**

Asst. Var.,
444 - 473 mL

2⁹⁸
+ dep



Coke, Sprite, Canada Dry

POP

Mini Cans
Asst. Var.,
6 x 222 mL

4⁹⁸
+ dep



Old Dutch
**CHEESE
PLEESERS &
CRUNCHYS**

Asst. Var.,
200 - 290 g

3⁹⁸



Old Dutch
**RIP-L
VEGGIE
CRISPS**

Asst. Var.,
200 g

2/6⁹⁸



WELLNESS

Living life to the fullest

Nature's Way
IMMUNE KID'S GUMMY
60 Gummies



19⁹⁸

Helps to relieve symptoms of cold, flu & sore throat.

Om Naturale
HAND & BODY LOTION
Asst. Var.,
200 g



15⁹⁸

A light soothing and moisturizing lotion.

New Roots
MORINGA SEED OIL
Asst. Var.,
30 mL



11⁹⁸

Works wonders for face, hair & skin.

Prairie Naturals
LEAN WHEY PROTEIN POWDER
Asst. Var.,

28⁹⁸ 454 g
51⁹⁸ 908 g

Salus
TEENS BOY'S MULTI-VITAMIN
60 Gummies



21⁹⁸

Great tasting multivitamin for growing boys.

Elderberry Grove
ELDERBERRY SHRUB
250 mL



25⁹⁸

Provides powerful amounts of antioxidants and nutrients.

Harmonic Arts
LION'S MANE
50 mL



17⁹⁸

Boosts concentration & uplifts mood.

Organika
ENHANCED COLLAGEN PROTEIN



24⁹⁸ 250 g
47⁹⁸ 500 g

Healthy skin & joint support.

Martin & Pleasance
KI COLD & FLU ATTACK FORMULA
30 Tabs



17⁹⁸

Relief for cold & flu.

ITL Health
MAG 365 MAGNESIUM POWDER
Asst. Var.,
300 g



23⁹⁸

Your everyday magnesium.



Lose fat, gain lean muscle.

** Not all products available at all locations.*



JOIN US FOR OUR 6TH YEAR HOSTING C.N.O.Y.!

Coldest Night of the Year is a fun, family-friendly, community-building walking fundraiser in hundreds of towns and cities across Canada. Here, CNOY supports the work of **Shuswap Food Action Society**, so funds raised stay right here in the Shuswap. Join us on **Feb. 28, 2026** and help us take **ACTION** to nourish our community!

SASCU

eat Local.
Shuswap Food Action Society

For more info, visit:
cnoy.org/location/salmonarm



Nature's Path
ORGANIC LOVE CRUNCH GRANOLA
Asst. Var., 284 - 325 g

5⁴⁸

Nature's Path
ORGANIC HOT INSTANT OATMEAL
Asst. Var., 320 - 400 g

4⁸⁸



Healthy Hooch
ORGANIC KOMBUCHA
Asst. Var., 500 mL

3⁶⁸ + dep



Hardbite
HANDCRAFTED-STYLE RUGGED POTATO CHIPS
Asst. Var., 275 g

5⁴⁸



Knudsen
JUST JUICE
Cranberry, Blueberry, Pomegranate, Black Cherry
946 mL

9⁹⁸ + dep



Hornby
ORGANIC O'SNACK ENERGY BARS
Asst. Var., 45 g

3/4⁹⁸



Pacific
ORGANIC SOUP
Asst. Var., 946 mL - 1 L

5⁶⁸



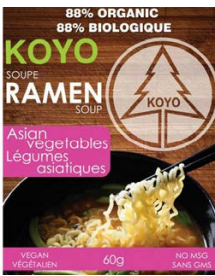
Plumm Good
ORGANIC RICE CAKE THINS
Asst. Var., 95 g

2⁹⁸



Koyo
RAMEN NOODLE SOUP
Asst. Var., 57 - 60 g

3/4⁹⁸



Fresh is Best
SALSA
Asst. Var., 375 mL

4⁴⁸



Fresh is Best
TRI-COLOUR TORTILLA CHIPS
700 g

6⁹⁸



Bragg
ORGANIC APPLE CIDER VINEGAR
946 mL

8⁹⁸



Cedar Valley
PITA CHIPS
Asst. Var., 180 g

4⁴⁸



Made Good
ORGANIC GRANOLA BARS
Asst. Var., Nut Free & Gluten Free
120 g

3⁹⁸



Caboo
BATHROOM TISSUE
Tree Free
12 Rolls

8⁹⁸



PRODUCE *Seasonal goodness & more*

Mexico Grown
AVOCADOS

98¢
ea.



Canadian Grown
MINI CUCUMBERS
1 lb Bag

3⁸⁸
ea.



Canadian Grown
BUTTER LETTUCE
Clamshell
2⁹⁸
ea.



Okanagan Grown
AMBROSIA APPLES
1.94/kg
88¢ / lb.



Kids Club Item!

AMBROSIA APPLE

Canadian Grown - Up Vertical
MIXED GREENS
Asst. Var., 5 oz

3⁶⁸
ea.



BC Grown
RUSSET POTATOES
5 lb Bag

2⁹⁸
ea.



California Grown
ORGANIC NAVEL ORANGES
4 lb Bag

7⁹⁸
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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We reserve the right to limit quantities.



SPOT THE LABEL!

Look for our "BC" logo for products that are grown or manufactured here in BC!

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