



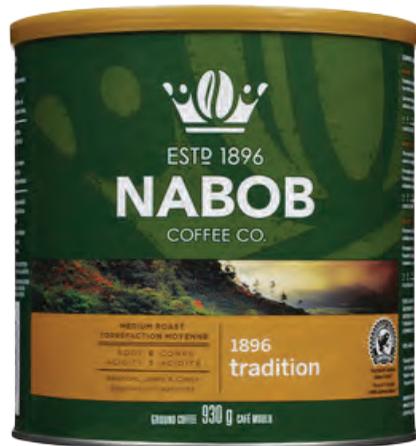
CASELOT SALE!

Campbell's
SOUP
Cream of Mushroom, Tomato,
Chicken Noodle, Vegetable
284 mL

1.18

CASE OF 12 11.98

Nabob
COFFEE
Tradition or Full City Dark
915 - 930 g



18.98



Armstrong
CHEESE
Asst. Var.,
Cheddar, Marble,
Mozzarella
1.35 kg

19.98

Fresh & Local
WHOLE FRYING CHICKENS
3 Per Bag
6.57/kg



2.98 /lb.

Kraft
DINNER
Original
12 x 200 g



9.98

USA / Mexico Grown
STRAWBERRIES
1 lb Pack



3.98 ea.

GROCERY *Everything you need*

Hunt's
TOMATO SAUCE
Original Only
398 mL



CASE OF 12 **15⁹⁸**
1⁴⁸

Hunt's
TOMATO PASTE
Asst. Var.,
156 mL



98¢



CASE OF 12 **11⁹⁸**



Aylmer
TOMATOES
Whole or Diced
8 x 796 mL



15⁹⁸

Green Giant
VEGETABLES
Asst. Var.,
341 - 398 mL



CASE OF 12 **19⁹⁸**
1⁷⁸

Heinz
BAKED BEANS
Asst. Var.,
398 mL



3/4⁹⁸



Mr Noodles
INSTANT NOODLE SOUP
Asst. Var.,
85 g



CASE OF 24 **9⁹⁸**
2/98¢

Western Family
MUSHROOMS
Pieces & Stems
284 mL



CASE OF 12 **12⁹⁸**
1²⁸

Kühne Barrel
SAUERKRAUT
796 mL



3⁶⁸

Bick's
DILL PICKLES
Sel. Var.,
1 L



4⁴⁸

Canola
HARVEST PURE CANOLA OIL
3 L



12⁹⁸

Allen's
VINEGAR
White or Pickling
4 L



3⁴⁸

Frank's
RED HOT SAUCE
Asst. Var.,
354 mL



4⁴⁸

Old El Paso
THICK & CHUNKY SALSA
Asst. Var.,
650 mL



4⁶⁸

Everything you need **GROCERY**



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

8⁹⁸

General Mills
CEREAL
Jumbo
Asst. Var.,
825 g - 1.3 kg

8⁹⁸



Folger's
K-CUPS
Asst. Var.,
12 pk

8⁹⁸



Western Family
PINEAPPLE
Asst. Var.,
398 mL

CASE OF 12 **24⁹⁸**
2²⁸



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

3⁴⁸



Minute Maid
FRUIT JUICE
Asst. Var.,
1 L

CASE OF 12 **17⁹⁸** + dep
3/4⁹⁸ + dep



Western Family
FRUIT
Asst. Var.,
398 mL

2/4⁹⁸



Western Family
MANDARIN ORANGE SEGMENTS IN JUICE
284 mL

CASE OF 12 **11⁹⁸**
1¹⁸



Nabob
COFFEE
Tradition or Full City Dark
915 - 930 g

18⁹⁸



Smucker's
PURE FRUIT JAM
Strawberry or Raspberry
1 L

11⁹⁸



Christie
PREMIUM PLUS CRACKERS
Asst. Var.,
900 g

8⁴⁸



Pepperidge Farms
GOLDFISH SNACKING CRACKERS
Asst. Var.,
156 - 227 g

2⁹⁸



Snack Pack
PUDDING CUPS
Asst. Var.,
12 pk

5⁴⁸



Nature Valley
GRANOLA BARS
Asst. Var.,
525 - 630 g

7⁹⁸



San Pellegrino
SPARKLING MINERAL WATER
Asst. Var.,
750 mL - 1 L

2²⁸ + dep



GROCERY *Everything you need*

Milk-Bone
DOG BISCUITS
Asst. Var.,
2 kg



6⁹⁸

Meow Mix
DRY CAT FOOD
Original Only
1.42 kg



6⁹⁸

Fancy Feast or Friskies
CAT FOOD
Asst. Var., 85 - 156 g

5/5⁹⁸



Tru Earth
LAUNDRY STRIPS
Asst. Var.,
32 Loads



10⁹⁸

Gain
LAUNDRY DETERGENT
Asst. Var.,
1.36 L



5⁹⁸

Sponge Towel
ULTRA PRO PAPER TOWEL
6 Rolls



15⁹⁸



Purex
BATHROOM TISSUE
Asst. Var., 12 Triple Rolls

12⁹⁸

Q-Tips
COTTON SWABS
400 pk



4⁹⁸

Listerine
MOUTHWASH
Asst. Var.,
1 L



7⁹⁸

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.

Buckley's
COUGH SYRUP
Asst. Var.,
100 - 250 mL



9³⁹ - 16⁹⁹

Ex-Lax
SENNA PRODUCTS
Asst. Var.,
18 - 48 pk



6³⁹ - 13⁹⁹

Tiger
BALM PRODUCTS
Asst. Var.,
18 - 50 g
or 4 pk



6³⁹ - 13⁵⁹

- + 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**

Quaker
OATS
Asst. Var.,
709 g - 1 kg



3⁴⁸

Eagle Brand
SWEETENED CONDENSED MILK
Asst. Var.,
300 mL



3⁹⁸



Roger's
FLOUR
Asst. Var.,
5 kg



4⁹⁸

Hershey's
CHIPITS CHOCOLATE CHIPS
835 - 925 g



15⁹⁸

Pacific
EVAPORATED MILK
Asst. Var.,
354 mL



CASE OF 12 19⁹⁸
1⁸⁸

Villaggio
ITALIAN STYLE BREAD & BUNS
Asst. Var.,
510 - 540 g
or 6 - 8 pk



2⁹⁸

Dempster's
BAGELS
Asst. Var.,
5 - 6 pk



3⁶⁸



BAKERY
Prepared with love



Fresh Baked In-Store
CALIFORNIA RYE BREAD



3⁹⁸
ea.

Fresh Baked In-Store
PANINI BUNS
6 pk



3²⁸

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

MEAT *Carefully sourced*

Fresh & Local
WHOLE FRYING CHICKENS
 3 Per Bag
 6.57/kg



2⁹⁸
 /lb.

Fresh
BEEF SIRLOIN TIP ROAST
 Cut from Canadian Grade AA Beef
 Value Pack
 22.00/kg



9⁹⁸
 /lb.

Fresh
EXTRA LEAN GROUND BEEF
 Ground Fresh In-Store Daily
 Value Pack, 16.49/kg
7⁴⁸
 /lb.



Fresh
BEEF STRIPLOIN GRILLING STEAK
 Cut from Canadian Grade AA Beef
 Value Pack
 44.05/kg



19⁹⁸
 /lb.

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



3⁹⁸
 /lb.

Fresh
PORK SHOULDER BLADE ROAST
 Boneless
 7.89/kg



3⁵⁸
 /lb.



Fresh
PORK SIDERIBS
 Value Pack, 8.77/kg
3⁹⁸
 /lb.

Western Family
CHICKEN WINGS SPLIT
 3 kg



25⁹⁸
 ea.

Olivieri
STUFFED PASTA
 Asst. Var.,
 700 g



9⁹⁸
 ea.

Chop N Block
CURED SAUSAGE
 Asst. Var.,
 225 - 300 g



8⁹⁸
 ea.

Grimm's
PEPPERONI BITES
 Asst. Var.,
 375 g



6⁹⁸
 ea.

Lou's Kitchen
BBQ RIBS
 Asst. Var.,
 610 g



13⁸⁸
 ea.

Grimm's
BAVARIAN SMOKIES OR EUROPEAN WIENERS
 Family Pack
 Asst. Var.,
 500 - 750 g



11⁷⁸
 ea.

Harvest
SLICED BACON
 Asst. Var.,
 500 g



13⁸⁸
 ea.

McSweeney's
BEEF JERKY
 Asst. Var.,
 70 - 85 g



6⁹⁸
 ea.

DELI

Prepared with love



Askew's Own
**TURKEY
CRANBERRY
CROISSANT**
6⁹⁷ ea.



Yucatan
**SQUEEZE
GUACAMOLE**
Mild or Medium
Asst. Var.,
340 g



11⁹⁷ ea.

Saputo
FETA



2⁹⁷ /100 g

Alexis de Portneuf
**BRIS DU MARTIN
OR LE CALENDOS**
125 g



5⁶⁷ ea.

Askew's Own
**BROCCOLI
SALAD**

1⁹⁷ /100 g



Frozen
**SOCKEYE SALMON
FILLETS** **OCEAN WISE**



4⁹⁸ /100 g

Fresh
STEELHEAD FILLETS



3⁹⁸ /100 g

**SMOKED
SALMON TIP**
Asst. Var.,



2⁹⁸ /100 g

Frozen
SCALLOP MEDALLIONS



2²⁸ /100 g

Blue Water
**ENGLISH STYLE
BATTERED FISH**

Frozen
725 g



15⁹⁸ ea.

SEAFOOD

Healthy & delicious



fish FRIDAY

FRESH ROCKFISH FILLETS

DAIRY *From basics to deluxe*

Tre Stelle
FETA
Asst. Var.,
375 g



6⁹⁸

Armstrong
CHEESE SLICES
Asst. Var.,
220 - 240 g



4⁹⁸



Armstrong
CHEESE
Cheddar, Marble, Mozzarella
Asst. Var., 1.35 kg

19⁹⁸



Dairyland
COTTAGE CHEESE
Light, 2%
750 g



5⁴⁸

Dairyland
SOUR CREAM
750 mL



4⁹⁸

Siggi's
ICELANDIC SKYR YOGURT
Asst. Var.,
650 - 750 g



5⁹⁸

International
Delight
COFFEE CREAMERS
Asst. Var., 946 mL

4⁹⁸

French Vanilla
Vanille Française

Milk 2Go
1% CHOCOLATE MILK
6 x 200 mL



4⁹⁸
+ dep

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



3⁹⁸
+ dep

Kraft
SINGLES CHEESE SLICES
Asst. Var.,
410 g



4⁹⁸

Kraft
CHEEZ WHIZ
900 g



7⁹⁸

Armstrong
CHEESE SNACKS
Asst. Var.,
210 g



4⁴⁸

Oasis
SMOOTHIES
Asst. Var.,
1.6 L



4⁹⁸
+ dep

Oikos
GREEK STYE YOGURT
Asst. Var.,
4 x 100 g



3⁶⁸

Broadview
FREE RANGE LARGE EGGS
1 Dozen



5⁴⁸



Most practical **FROZEN**

Pillsbury
PIZZA POPS

Asst. Var.,
760 g



5⁹⁸

Swanson
MEAT PIES

Asst. Var.,
200 g



4/4⁹⁸



Chapman's
ICE CREAM

Asst. Var., 4 L

8⁹⁸

Bassili's
LASAGNA

Asst. Var.,
907 g



7⁴⁸

Chapman's
SUPER NOVELTIES

Asst. Var.,
8 - 18 pk



6⁹⁸

Tenderflake
PIE & TART SHELLS

Asst. Var.,
340 - 397 g



3⁹⁸

Kellogg's
EGGO WAFFLES

Asst. Var.,
280 g



3⁴⁸

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

2/8⁹⁸

Coke, Sprite, Canada Dry
POP

Asst. Var.,
12 x 355 mL

7⁹⁸
+ dep



Everything you need **GROCERY**

Old Dutch
**RESTAURANTE
TORTILLA
CHIPS**

Asst. Var.,
275 - 295 g

3⁹⁸



Old Dutch
**DUTCH CRUNCH
POTATO CHIPS**
Asst. Var., 200 g

3⁹⁸

Smart Food
POPCORN

Asst. Var.,
200 g

2/8⁹⁸



Doritos
**TORTILLA
CHIPS**

Asst. Var.,
235 g

2/8⁹⁸



Old Dutch
**ARRIBA
TORTILLA
CHIPS**

Asst. Var.,
235 - 245 g

3⁹⁸



Pure Life
SPRING WATER

12 x 500 mL

3⁹⁸
+ dep



WELLNESS

Living life to the fullest

Naka
**MAGNESIUM
BISGLYCINATE**



21⁹⁸ 150 V Caps
33⁹⁸ 300 V Caps

Helps maintain muscle function.

Joy of Mountain
OREGANO



26⁹⁸ 30 mL
31⁹⁸ 90 Caps

Helps relieve runny nose & cough.

TrueHope
EMPOWER
120 V Caps



57⁹⁸

Vitamins & minerals to promote mental well-being.



Good Protein
**PROTEIN
POWDER**
Asst. Var.,
31⁹⁸ 440 g
49⁹⁸ 880 g

Living Alchemy
MILK THISTLE



31⁹⁸ 60 V Caps
55⁹⁸ 120 V Caps

Supports liver function.

Prairie Naturals
AQUAGREENS
Asst. Var.,
200 g



44⁹⁸

Supports over all well-being.

Organika
**ENHANCED
COLLAGEN**



24⁹⁸ 250 g
47⁹⁸ 500 g

Healthy skin & joint support.

Carina Organics
**SHAMPOO OR
CONDITIONER**
360 mL



12⁹⁸

Gently cleanses and moisturizes.

Kidstar-
STARMULTI VITAMIN
Asst. Var.,
60 Tablets



31⁹⁸

Sugar free chewable tablets for active children

HydraLyte
ELECTROLYTES
Asst. Var.,
20 Tablets



19⁹⁸

Rehydrates faster than water.



A delicious natural, nutrient dense plant-based shake.

* Not all products available at all locations.



Our local food banks need your help!

The need for non-perishable food items is **year round** and every little bit helps.

If you can, please **donate non-perishable food items or cash** at your nearest food bank or Askew's location. It's a simple act of kindness that stays right here in our community.





Terra Breads
**SMALL BATCH
ARTISAN
GRANOLA**

Asst. Var., 800 - 850 g

14⁹⁸



NATURALLY Good!

Four O'Clock
**ORGANIC
TEA**
Fair Trade
Asst. Var.,
16 pk



4⁹⁸

Roger's
**ORGANIC
ALL
PURPOSE
FLOUR**
5 kg



13⁹⁸

Annie's
**HOMEGROWN
PASTA DINNERS**
Asst. Var.,
4 pk



8⁹⁸

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



5⁴⁸



Kind
**HEALTHY
GRAIN BARS**
Asst. Var.,
5 pk



4⁹⁸

Nuts to You
**ORGANIC
PEANUT
BUTTER**
Asst. Var.,
750 g



8⁴⁸

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



3/4⁹⁸



Knudsen
JUST JUICE

Cranberry, Blueberry,
Pomegranate, Black Cherry
946 mL

9⁹⁸
+ dep



Clearly Canadian
CARBONATED BEVERAGES
Asst. Var.,
6 x 355 mL



7⁹⁸
+ dep

Zevia
**ZERO SUGAR NATURAL
SODAS**
Asst. Var.,
6 x 355 mL



6⁴⁸
+ dep

Cedar Valley
PITA CHIPS
Asst. Var.,
180 g



4⁴⁸

Raincoast Trading
WILD PINK SALMON
160 g



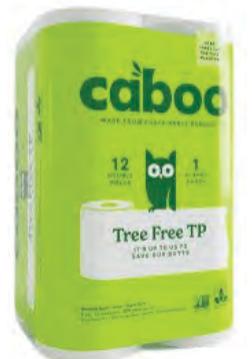
4⁹⁸

Caboo
**PAPER
TOWEL**
Tree Free
2 Rolls



3⁹⁸

Caboo
**BATHROOM
TISSUE**
Tree Free
12 Rolls



8⁹⁸

PRODUCE *Seasonal goodness & more*

USA / Mexico Grown

STRAWBERRIES

1 lb Pack

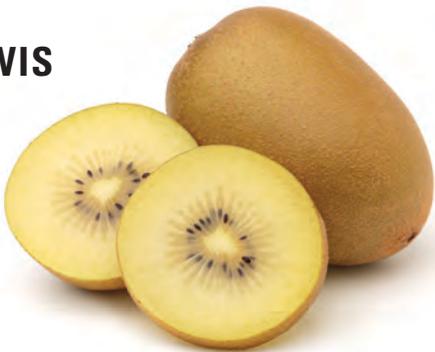


3⁹⁸
ea.

Italy Grown

GOLDEN KIWIS

1 lb Bag



5⁹⁸
ea.

California Grown
BROCCOLI CROWNS

6.57/kg

2⁹⁸
/ lb.



USA Grown
HEAD LETTUCE

2⁴⁸
ea.



Kids Club Item!

GALA APPLE

USA / Mexico Grown

ORGANIC STRAWBERRIES

1 lb Pack



5⁴⁸
ea.



BC Grown

BEETS

5 lb Bag



3²⁸
ea.



California Grown

NAVEL ORANGES

5 lb Bag



4⁹⁸
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.



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**