

ISLAND GROCERS UNITE TO BRING HOPE CLOSER TO HOME

From Feb. 27 – March 20, proceeds from the sale of specially marked plant pots at participating grocers will help support the new BC Cancer – Nanaimo.

benefiting
BC CANCER FOUNDATION

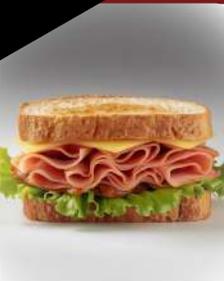


Prices in effect: Mar 18th - 24th, 2026

Island Farmhouse Split Chicken Wings
\$15.41/kg
\$6⁹⁹ Lb



Grimm's Deli Sliced Whisky Maple Thyme Ham
\$1⁹⁹ /100g



JOE & ROBERTA MANZINI
NANAIMO, BC
CANCER SURVIVORS

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From Feb. 27– March 20, Tru Value Foods locations will sell specially marked plant pots and hold other fundraising initiatives, with all proceeds going to support of the new BC Cancer Facility in Nanaimo.

Pork Side Ribs
\$8.80/kg
\$3⁹⁹ Lb



Greekhouse Potatoes or Rice Pilaf
454-500g
\$3⁹⁹ Ea Assorted Varieties



Fyffes Bananas
Grown in Guatemala
\$2.18/kg
99¢ Lb



Dole Celery #1 Grade
\$4.39/kg
\$1⁹⁹ Lb



AAA Black Angus Chuck Roast
\$22.03/kg
\$9⁹⁹ Lb



Arbutus Foods Deluxe Potato & Egg Salad
\$1⁴⁹ /100g



Ataulfo Mangoes
Grown in Mexico
\$1⁹⁹ Ea



Red or Green Seedless Grapes
Grown in Peru
\$8.80/kg
\$3⁹⁹ Lb



Top Deals of the Week

Paradise Island Cheese
400g
\$8⁹⁹ Ea



Phillips Craft Soda
4x355ml
\$5⁹⁹ Ea Assorted Varieties + Deposit



Unico Pasta
900g
\$3²⁹ Ea Assorted Varieties



Old Dutch Dutch Crunch Chips
200g
2/\$8 Assorted Varieties



Island Farms 10% Cream
1L
\$3⁴⁹ Ea



Green Giant Frozen Vegetables
750g
\$3⁹⁹ Ea Assorted Varieties



Silver Hills Sprouted Grain Bread
430-680g
\$4⁹⁹ Ea Assorted Varieties



Gallo Extra Virgin Olive Oil
1L
\$12⁹⁹ Ea



Olympic Organic Yogurt
1.75kg
\$12⁹⁹ Ea Assorted Varieties



Hellmann's Mayonaise
750-890ml
\$6⁹⁹ Ea Assorted Varieties



Buttercup Bread
570g
\$2⁹⁹ 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