



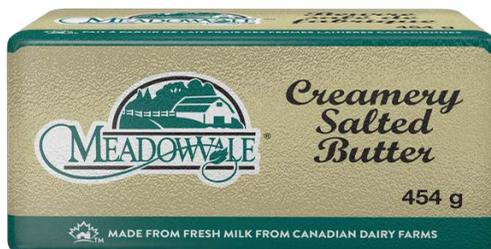
Locally Smoked
HAM
Butt & Shank Portions
Bone-In, 8.77/kg
3.98
/lb.



Meadowvale

SALTED BUTTER

454 g

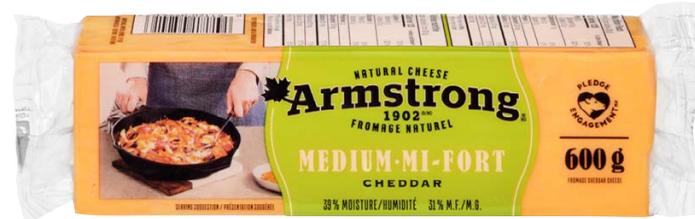


5.48

Armstrong

CHEESE

Cheddar, Marble, Mozza,
Monterey Jack, Havarti
600 g



8.48

Kellogg's

CEREAL

Asst. Var.,
Jumbo Packs
950 g - 1.05 kg



8.98

California Grown

BROCCOLI CROWNS

4.36/kg



1.98
/lb.

Christie

CRACKERS

Ritz, Wheat Thins
Sel. Var.,
175 - 180 g



2/4.98

GROCERY *Everything you need*

Kraft
DINNER
Specialty Varieties
Asst. Var.,
156 - 175 g



4/4⁹⁸

Campo Sur
EXTRA VIRGIN OLIVE OIL
1 L



10⁹⁸



Heinz
KETCHUP
Asst. Var., 750 mL - 1 L
4⁹⁸

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



1⁸⁸

Primo
BEANS
Asst. Var.,
540 mL



3/4⁹⁸

Riscossa
ITALIAN PASTA
Asst. Var.,
500 g



1⁶⁸



Kraft
MAYONNAISE & MIRACLE WHIP
Asst. Var., 650 - 890 mL
4⁹⁸

Ocean Spray
CRANBERRY SAUCE
Whole Berry or Jelly
348 mL



2⁴⁸

Stove Top
STUFFING MIX
Asst. Var.,
120 g



1⁶⁸

Farkay
NOODLES
Steam Fried or
Chow Mein
397 g



3⁹⁸

China Lily
SOYA SAUCE
483 mL



3⁶⁸

Knorr
CLASSIC SAUCE & GRAVY MIX
Asst. Var.,
26 - 34 g



1²⁸

Clover Leaf
WHITE TUNA
Asst. Var.,
170 g



2⁹⁸

Western Family
LONG GRAIN RICE
White or Brown
907 g



2⁹⁸

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



1⁶⁸

Everything you need **GROCERY**



Kellogg's
CEREAL
Jumbo Packs
Asst. Var., 950 g - 1.05 kg

8⁹⁸

Post
SHREDDIES & SHREDED WHEAT
Asst. Var., 425 - 525 g

3⁹⁸



Roger's
OATS
Asst. Var., 1 - 1.10 kg

3⁹⁸



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



2⁹⁸

Folger's
COFFEE
Asst. Var., 544 - 865 g



18⁹⁸

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



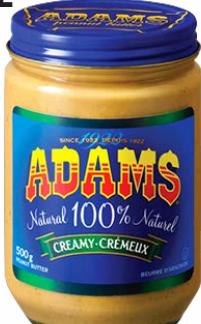
2⁹⁸ + dep

Elias
HONEY
Liquid or Creamed
1 kg



11⁹⁸

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



3⁹⁸

Christie
CRACKERS
Ritz, Wheat Thins
Sel. Var., 175 - 180 g

2/4⁹⁸



SunRype
FRUIT JUICE
Asst. Var., 900 mL



2²⁸ + dep

Western Family
PINEAPPLE
Asst. Var., 398 mL



2²⁸

Tenderflake
LARD
454 g



4⁹⁸

Kraft
JET-PUFFED MARSHMALLOWS
Asst. Var., 250 g



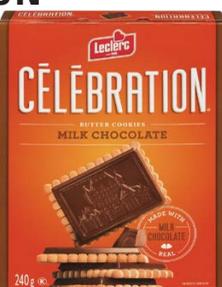
1⁷⁸

Carnation
HOT CHOCOLATE
Asst. Var., 400 - 450 g



6⁹⁸

Leclerc
CELEBRATION COOKIES
Asst. Var., 200 - 240 g



3⁴⁸

GROCERY *Everything you need*

Purina One Smartblend
DRY CAT FOOD
Asst. Var.,
1.8 kg



12⁹⁸

Cesar
DOG FOOD
Asst. Var.,
100 g



3/4⁹⁸

Purina One Smartblend
DRY DOG FOOD
Sel. Var., 1.72 - 1.81 kg

10⁹⁸



Method
HANDWASH
Asst. Var.,
300 - 354 mL
Pump



3⁹⁸

Gain
LAUNDRY DETERGENT
Asst. Var.,
1.36 L



6⁹⁸

Sponge Towel
ULTRA PRO PAPER TOWEL
6 Double Rolls



15⁹⁸



Purex
BATHROOM TISSUE
Asst. Var., 12 Triple Rolls

12⁹⁸

Herbal Essence
SHAMPOO OR CONDITIONER
Asst. Var.,
346 mL



3⁹⁸

Colgate
TOOTHPASTE
Sel. Var.,
70 - 120 mL



2⁹⁸

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.

Mueller
KINESIOLOGY TAPE BLACK



15²⁹
ea.

- + 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

Benzagel
5% ACNE Gel or Wash
30 g or 85 mL



7⁶⁹-7⁹⁹

Bausch + Lomb
TEAR-GEL
10 g



12³⁹

Everything you need **GROCERY**

Sun-Maid
RAISINS
750 g



7⁹⁸

Western Family
BAKING ALMONDS
Asst. Var.,
110 - 135 g



2⁴⁸



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

5⁴⁸

ED Smith
PURE PUMPKIN
796 mL



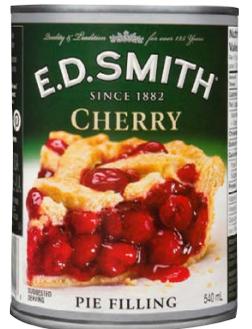
4⁴⁸

Western Family
COCONUT
260 - 405 g



4²⁸

ED Smith
PIE FILLING
Asst. Var.,
540 mL



5⁴⁸

Dempster's
HOT DOG & HAMBURGER BUNS
1 Dozen



3⁴⁸

Dempster's
7" TORTILLAS
Asst. Var.,
8 - 10 pk



3²⁸



Dempster's
ENGLISH MUFFINS
6 pk

2⁹⁸

BAKERY

Prepared with love

Fresh Baked In-Store
TRIFLE

14⁴⁸
ea.



Fresh Baked In-Store
WHITE BREAD
Unsliced
525 g



2⁴⁸

Fresh Baked In-Store
DINNER BUNS
1 Dozen



4²⁸

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

MEAT *Carefully sourced*

Locally Smoked

HAM
Butt & Shank Portions
Bone-In
8.77/kg



3⁹⁸
/lb.



Fresh

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



9⁹⁸
/lb.

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

19⁹⁸
/lb.



Fresh

EXTRA LEAN GROUND BEEF
Ground Fresh In-Store Daily
Value Pack
16.49/kg



7⁴⁸
/lb.

Fresh

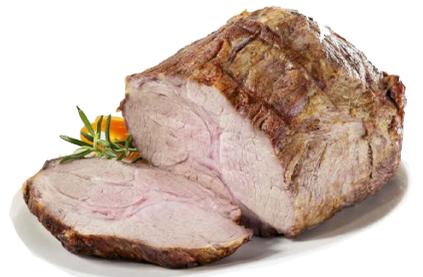
PORK SHOULDER BLADE STEAK
Bone-In, Value Pack
8.77/kg



3⁹⁸
/lb.

Fresh

PORK SHOULDER BLADE ROAST
Boneless
7.89/kg



3⁵⁸
/lb.

Fresh & Local
WHOLE FRYING CHICKEN
3 Per Bag, 6.57/kg
2⁹⁸
/lb.

Fresh

WHOLE PORK TENDERLOIN
13.18/kg



5⁹⁸
/lb.

Askew's Own

BREAKFAST SAUSAGE
22.00/kg



9⁹⁸
/lb.

Frozen

CORNISH GAME HENS
Grade A
10.98/kg



4⁹⁸
/lb.

Chop N Block

MEAL READY BRAISED MEATS IN SAUCE
Asst. Var.,
450 g



13⁹⁸
ea.

Country Classic

CHICKEN STRIPS, BURGERS & NUGGETS
Frozen
Asst. Var.,
1.36 kg



11⁹⁸
ea.

Askew's Own

MENNONITE SAUSAGE
375 g



8⁵⁸
ea.

Helmuts

GARLIC COIL
Old Fashioned
375 g



6⁹⁸
ea.

Helmuts

SMOKIES BAVARIAN
600 g



10⁹⁸
ea.

DELI

Prepared with love



Freybe
1844 SNACK SALAMI
 Vodka, Mimosa or Original
 56 g
3.97 ea.

Indian Life
WRAPS
 Asst. Var.,
 500 g

7.47 ea.



Alexis de Portneuf
BRISE DU MATIN OR LE CAENDOS
 125 g

3.99 ea.



Freybe
PATÉ
 Herb, Pepper or Cognac
 200 g



5.97 ea.

Freybe
LIVER
 Herb, Fine or Coarse
 Asst. Var.,
 125 g



3.37 ea.

Freybe
1844 SLICED SALAMI
 Fennel, Ghost Pepper + Tequila
 or Orange
 100 g
5.97 ea.



Frozen
SOCKEYE SALMON FILLETS
OCEAN WISE

4.98 /100 g



Frozen
BASA FILLETS
OCEAN WISE

1.28 /100 g



Frozen
MAHI MAHI FILLETS

3.98 /100 g



SEAFOOD

Healthy & delicious

Frozen
TORTILLA OR COCONUT CRUSTED TILAPIA

2.98 /100 g



Blue Water
ENGLISH STYLE BATTERED FISH
 Frozen
 725 g

14.98 ea.



fish FRIDAY
 FRESH ROCK FISH FILLETS

DAIRY

From basics to deluxe

Dairyland
EGG NOG
Original
946 mL



2⁶⁸
+ dep

Natrel
COFFEE CREAMERS
Made with Cream
1 L

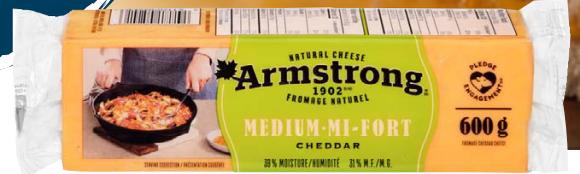


4⁹⁸

Armstrong
CHEESE

Cheddar, Marble, Mozza,
Monterey Jack, Havarti
600 g

8⁴⁸



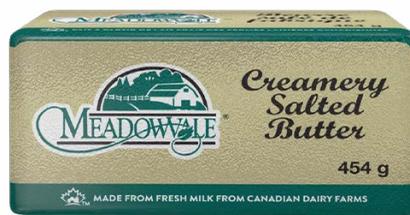
Broadview
FREE RANGE LARGE EGGS
1 Dozen



5⁴⁸



Meadowdale
SALTED BUTTER
454 g



5⁴⁸

Island Farms
SOUR CREAM
Asst. Var.,
500 mL



3²⁸



Dairyland
ORGANIC MILK

Asst. Var.,
1.89 L Carton

4⁹⁸
+ dep

Dairyland
LACTOSE FREE 10% CREAM
946 mL



3⁴⁸

Dairyland
ORGANIC 10% CREAM
946 mL



3⁹⁸

Kraft
CHEEZ WHIZ
Asst. Var.,
450 g



4⁹⁸

Imperial
MARGARINE
Quarters
or Soft Tub
1.28 - 1.36 kg



7⁹⁸

Dairyland
FLAVOURED MILK
Asst. Var.,
1 L Jug



2⁹⁸
+ dep

Black Diamond
CHEESE STRINGS
Asst. Var.,
336 g



6⁹⁸

Kozy Shack
RICE PUDDING
Asst. Var.,
624 g



2⁹⁸

Activia
YOGURT
Asst. Var.,
650 g Tubs



3²⁸

Most practical **FROZEN**

Green Giant
**VEGETABLES & VALLEY
SELECT VEGETABLE
BLENDS**

Asst. Var.,
400 - 750 g



3⁶⁸

Snowcrest
**PERFECTLY IMPERFECT
FRUIT**

1.75 kg



11⁹⁸

Island Farms
**FROZEN
YOGURT &
ICE CREAM**
Country Cream, Denali, Vanilla Plus
Asst. Var., 1.65 L

6⁴⁸



Bassili's
**MEAT LASAGNA WITH
3 CHEESE**

1.5 kg



11⁹⁸

Crave
ENTREES

Asst. Var.,
200 - 340 g



3⁹⁸

Cheemo
PEROGIES

Asst. Var.,
745 - 907 g



2/4⁹⁸

Tenderflake
PIE & TART SHELLS

Asst. Var.,
255 - 397 g



3⁹⁸

Old Dutch
**POTATO CHIPS
& RIDGIES**

Asst. Var., 200 - 220 g

3/9⁹⁸



Bubly
**SPARKLING FLAVOURED
WATER**

Asst. Var.,
12 x 355 mL

6⁶⁸ + dep



Doritos
**TORTILLA
CHIPS**

Asst. Var.,
235 g

2/8⁹⁸



Everything you need **GROCERY**

Lay's
POTATO CHIPS

Asst. Var., 235 g

4²⁸



Old Dutch
**RESTAURANTE TORTILLA
CHIPS**

Asst. Var.,
275 - 295 g

3⁹⁸



Old Dutch
**DUTCH CRUNCH POTATO
CHIPS**

Asst. Var.,
200 g

3⁹⁸



Jones
SODA
Asst. Var.,
355 mL

3/4⁹⁸ + dep



Pure Life
SPRING WATER
12 x 500 mL

3⁹⁸ + dep



WELLNESS

Living life to the fullest

Nature's Way
OMEGA-3
Plant-Based
30 Soft Gels



23⁹⁸

Supports eye, brain & cardiovascular health.

Boiron
RHINALLERGY
60 Tablets



13⁹⁸

Relieves seasonal allergies naturally.

Organika
MACA POWDER
Asst. Var.,



21⁹⁸ 200 g
36⁹⁸ 400 g

Supports stamina, mood & hormonal health.



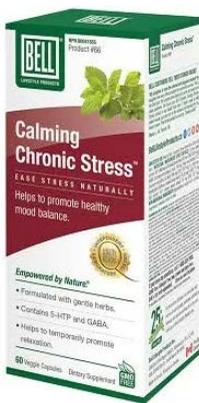
Back to Earth
PRO+ PAIN BE GONE
Asst. Var.,



11⁹⁸ 89 mL
16⁹⁸ 150 mL

Helps reduce soreness of muscles & joints.

Bell
CALMING CHRONIC STRESS
Asst. Var.,
60 Caps



34⁹⁸

Helps to promote healthy mood balance.

Routine
NATURAL DEODORANT
Asst. Var.,
53 g



22⁹⁸

Natural & effective deodorant.

Bach
RESCUE REMEDY
Asst. Var.,



10⁹⁸ - 19⁹⁸

Relieves stress, anxiety & promote calmness.

Homecan
KIDS 0-9 ALL ALLERGIES
25 mL



11⁹⁸

Helps alleviate allergy symptoms.

St Francis
4 SEASON DETOX
1 Kit



46⁹⁸

Supports pathways of detoxification.



Supports daily nutrition, muscle recovery & overall health.

** Not all products available at all locations.*



Easter is just around the corner...

Country Bakery treats are now at Askew's! Their famous **Easter Bunnies & Half Eggs** have become a tradition for kids of all ages. **Swiss-trained** pastry chef Manfred Gros founded Country Bakery, passing

the art of working with **chocolate** on to his daughter-in-law Heidrun. Their **elegant confectioneries** are still made by hand with careful attention, love and only the **finest ingredients**.

Natura
DAIRY FREE BEVERAGES
Rice, Oat, Almond, Soy
Asst. Var., 946 mL

328 + dep

3598 + dep
Case of 12



Hornby
ORGANIC ENERGY BARS
Asst. Var., 80 g



228



Kettle
POTATO CHIPS
Asst. Var., 198 g



348

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



898

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



2/498

Barbara's
CHEESE SNACKS
Asst. Var., 155 - 198 g



298

Vita Coco
COCONUT WATER
Asst. Var., 1 L



448 + dep

Sober Carpenter
NON-ALCOHOLIC BEER
Asst. Var., 473 mL



238 + dep

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

398



Perfect Chef
ORGANIC PASTA SAUCE
Asst. Var., 740 mL



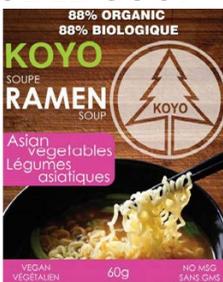
598

Perfect Chef
ORGANIC DRESSING
Asst. Var., 350 mL



498

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



3/398

Farmer's Market
ORGANIC PUMPKIN PUREE
398 mL



368

Healthy Hooch
ORGANIC KOMBUCHA
Asst. Var., 500 mL



298 + dep

Nature Clean
LAUNDRY LIQUID
Asst. Var., 3 L



1398

PRODUCE *Seasonal goodness & more*

California Grown
BROCCOLI CROWNS
 4.36/kg



1.98
 /lb.



Washington Grown
MEDIUM ONIONS
 3 lb Bag



1.68
 ea.



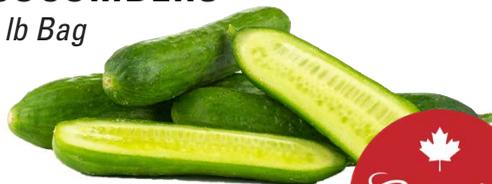
MANDARIN ORANGE

California Grown
YAMS & SWEET POTATOES
 3.26/kg



1.48
 /lb.

Canadian Grown
MINI LONG ENGLISH CUCUMBERS
 1 lb Bag



1.98
 ea.



Costa Rica Grown
HONEYGLOW PINEAPPLES



4.98
 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 "Canada" logo for products that are grown or manufactured here in Canada!

ALL STORES OPEN DAILY - FOR HOURS VISIT ASKEWSFOODS.COM