



Schneiders  
**HAM**  
Butt & Shank Portions  
Cooked, Bone-In, 6.57/kg  
**2.98**  
/ lb.

Faith Farms

**CHEESE**

Cheddar, Marble, Mozza, Monterey  
Jack, Gouda, Havarti  
Asst. Var.,  
320 - 340 g



**5.48**



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

**3.68**  
+ dep

Classico

**PASTA SAUCE**

Asst. Var.,  
410 - 600 mL



**2.98**

BC Grown

**PINK LADY APPLES**

5 lb Bag



**3.98**  
ea.

Kraft

**DINNER**

Original  
12 x 200 g



**9.98**

# GROCERY

Everything you need

Kraft  
**DRESSING**  
Asst. Var.,  
425 mL



**2<sup>98</sup>**

San Remo  
**EXTRA VIRGIN OLIVE OIL**  
1 L



**13<sup>98</sup>**

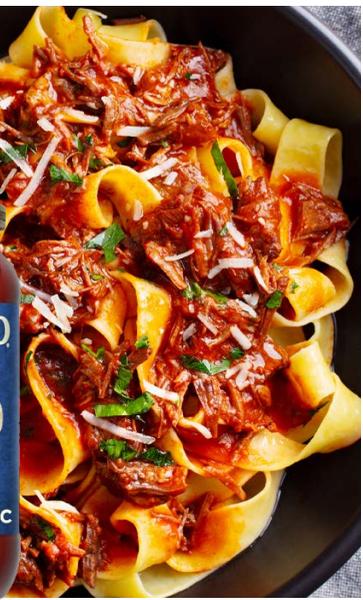


Classico  
**PASTA SAUCE**  
Asst. Var., 410 - 600 mL

**2<sup>98</sup>**



600 mL



Heinz  
**BAKED BEANS**  
Asst. Var.,  
398 mL



**3/4<sup>98</sup>**

Kraft  
**DINNER**  
Original  
12 x 200 g



**9<sup>98</sup>**

San Remo  
**BEANS**  
540 mL



**1<sup>88</sup>**



Primo  
**PASTA**  
Asst. Var., 900 g

**2<sup>68</sup>**



Primo  
**LASAGNA NOODLES**  
Asst. Var.,  
375 - 500 g



**3<sup>28</sup>**

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



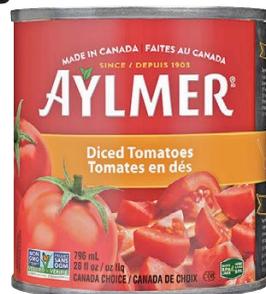
**4/4<sup>98</sup>**

Hellmann's  
**MAYONNAISE**  
Asst. Var.,  
340 - 445 mL



**3<sup>98</sup>**

Aylmer  
**TOMATOES**  
Asst. Var.,  
540 - 796 mL



**2<sup>28</sup>**

Ocean's  
**WHITE TUNA IN WATER**  
Asst. Var.,  
170 g



**2<sup>98</sup>**

Clover Leaf  
**PINK SALMON**  
Asst. Var.,  
213 g



**3<sup>98</sup>**

Old El Paso  
**REFRIED BEANS**  
398 mL



**2<sup>98</sup>**

Western Family  
**SALSA**  
Asst. Var.,  
650 mL



**3<sup>98</sup>**

Everything you need **GROCERY**

General Mills  
**CHEERIOS**  
Family Size  
Asst. Var., 516 - 725 g

**5<sup>48</sup>**

Kellogg's  
**CEREAL**  
Asst. Var.,  
210 - 525 g



**4<sup>48</sup>**

Folger's  
**COFFEE PODS**  
Asst. Var.,  
12 pk



**7<sup>98</sup>**

Western Family  
**APPLE JUICE FROM CONCENTRATE**  
1 L



**1<sup>48</sup>**  
+ dep

Kraft  
**PEANUT BUTTER**  
Asst. Var.,  
750 g - 1 kg



**4<sup>98</sup>**

SunRype  
**FRUIT JUICE**  
Asst. Var.,  
5 x 200 mL



**2<sup>68</sup>**  
+ dep

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



**3<sup>48</sup>**

Christie  
**COOKIES**  
285 - 520 g



**5<sup>48</sup>**

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

**18<sup>98</sup>**



Nescafe  
**INSTANT COFFEE**  
Asst. Var.,  
100 - 170 g



**6<sup>98</sup>**

Elias  
**HONEY**  
Creamed or Liquid  
500 g



**6<sup>98</sup>**

Lara  
**FRUIT & NUT BARS**  
Asst. Var.,  
48 g



**4/4<sup>98</sup>**

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



**2<sup>98</sup>**

Sparkling Ice  
**BEVERAGES**  
Asst. Var.,  
503 mL



**3/4<sup>98</sup>**  
+ dep

Cadbury  
**CHOCOLATE BARS**  
Asst. Var.,  
33 - 50 g



**2/2<sup>98</sup>**

# GROCERY *Everything you need*

Tidy Cats  
**CAT LITTER**  
Asst. Var.,  
2.72 kg



**11<sup>98</sup>**

Meow Mix  
**DRY CAT FOOD**  
Original Only  
1.42 kg



**6<sup>98</sup>**



Royale  
**FACIAL TISSUE**  
Asst. Var.,  
82 - 126 pk



**1<sup>68</sup>**

Bonterra  
**BATHROOM TISSUE**  
9 Triple Rolls



**6<sup>98</sup>**

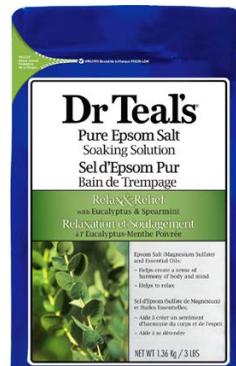
Bonterra  
**PAPER TOWEL**  
3 Mega Rolls



**6<sup>98</sup>**



Dr Teal's  
**EPSOM SALTS**  
Asst. Var.,  
1.36 kg



**7<sup>98</sup>**

U by Kotex  
**TAMPONS & PADS**  
Asst. Var.,  
13 - 50 pk



**5<sup>98</sup>**

## **Askew's PHARMACY** *at Uptown*

- + 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



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.

Ozonol  
**OINTMENT**  
Asst. Var.,  
30 g



**8<sup>99</sup> - 9<sup>79</sup>**

Oro Naf  
**RINSE**  
500 mL



**11<sup>89</sup>**

Icy Hot  
**PAIN RELIEF CREAM OR PATCH**  
Asst. Var.,  
73 mL, 85 g or 3 - 5 pk



**6<sup>79</sup> - 10<sup>69</sup>**

Everything you need **GROCERY**

Ocean Spray  
**CRAISINS**  
Asst. Var.,  
170 g



**2<sup>48</sup>**

Fleischmann's  
**YEAST**  
Asst. Var.,  
113 g



**4<sup>98</sup>**



Robin Hood  
**ALL PURPOSE FLOUR**  
10 kg

**11<sup>98</sup>**

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



**3<sup>98</sup>**

Western Family  
**RAISINS**  
Golden or Sultana  
640 g



**6<sup>98</sup>**

Dr Oetker  
**PIE FILLING & DESSERT MIX**  
Asst. Var.,  
105 - 164 g



**3/4<sup>98</sup>**

Natural Bakery  
**CANADIAN RYE BREAD**  
900 g



**3<sup>98</sup>**

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



**3<sup>68</sup>**



Dempster's  
**BREAD**

Wholegrain or Signature  
Asst. Var., 600 - 680 g

**3<sup>48</sup>**



**BAKERY**  
*Prepared with love*

Fresh Baked In-Store  
**FRUIT TOPPED CHEESECAKE**

**10<sup>48</sup>**  
ea.



Fresh Baked In-Store  
**HOT DOG BUNS**  
6 pk



**2<sup>98</sup>**

Fresh Baked In-Store  
**SOURDOUGH LOAF**



**3<sup>48</sup>**  
ea.

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

# MEAT *Carefully sourced*

Schneiders  
**HAM**  
*Butt & Shank Portions*  
*Cooked, Bone-In*  
6.57/kg



**2<sup>98</sup>**  
/lb.

Fresh  
**BEEF OUTSIDE ROUND ROAST**  
*Cut from Canadian Grade AA Beef*  
*Boneless, Value Pack*  
22.00/kg

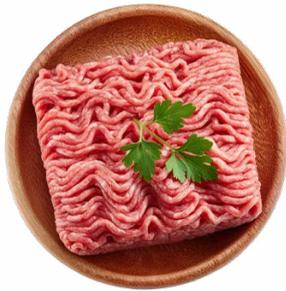


**9<sup>98</sup>**  
/lb.

Fresh  
**BEEF TOP OR BOTTOM SIRLOIN STEAK**  
*Cut from Canadian Grade AA Beef*  
*Boneless, Value Pack, 28.62/kg*  
**12<sup>98</sup>**  
/lb.



Fresh  
**LEAN GROUND BEEF**  
*Ground Fresh In-Store Daily*  
*Value Pack*  
15.39/kg



**6<sup>98</sup>**  
/lb.

Fresh  
**PORK CHOPS**  
*Bone-In, Center Cut, Value Pack*  
8.77/kg



**3<sup>98</sup>**  
/lb.

Fresh  
**PORK BACK RIBS**  
*Cry-O-Vac*  
13.18/kg



**5<sup>98</sup>**  
/lb.

Askew's Own  
**CHICKEN, KALE & FETA SAUSAGE**  
22.00/kg



**9<sup>98</sup>**  
/lb.



Fresh & Local  
**CHICKEN BREASTS**  
*Boneless, Skinless, Value Pack*  
15.39/kg  
**6<sup>98</sup>**  
/lb.

Fresh & Local  
**CHICKEN THIGHS**  
*Boneless, Skinless, Value Pack*  
17.59/kg



**7<sup>98</sup>**  
/lb.



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



**13<sup>88</sup>**  
ea.

Mitchell's  
**GARLIC SAUSAGE**  
750 g



**9<sup>98</sup>**  
ea.

Mitchell's  
**MEAT PIES**  
*Asst. Var.,*  
190 g



**2<sup>38</sup>**  
ea.

Schneiders  
**JUICY JUMBOS**  
*Asst. Var.,*  
375 - 450 g



**8<sup>58</sup>**  
ea.

Mitchell's  
**HERITAGE THICK BACON**  
1 kg



**15<sup>98</sup>**  
ea.

Mitchell's  
**TOUPIE HAM**  
1.5 kg



**17<sup>98</sup>**  
ea.

M&M  
**SPANAKOPITA**  
*Frozen*  
340 g



**10<sup>98</sup>**  
ea.



Askew's Own  
**GREEK SALAD**  
**1.97** / 100 g



# DELI

*Prepared with love*

Alexis de Portneuf  
**CARONZOLA BLUE CHEESE**  
 125 g



**6.77** ea.

Freybe  
**1844 SLICED SALAMI**  
*Black Olives, Herb, Ghost Pepper*  
 Asst. Var.,  
 100 g



**6.69** ea.

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



**3.29** ea.

Alexis de Portneuf  
**LACTOSE FREE BRIE**  
 125 g  
**5.87** ea.



Frozen  
**WILD PINK SALMON FILLETS**



Fresh  
**STEELHEAD FILLETS**

**1.98** / 100 g



**3.98** / 100 g



Frozen  
**AHI TUNA STEAK**

**2.28** / 100 g



Frozen  
**PRAWN SKEWERS**  
 4 Per Pack

**4.98** ea.



# SEAFOOD

*Healthy & delicious*



**fish FRIDAY**

**REFRESHED SOCKEYE SALMON FILLETS**

# DAIRY *From basics to deluxe*

Silk  
**DAIRY FREE BEVERAGES**  
*Oat, Almond, Soy, Cashew, Coconut*  
Asst. Var.,  
1.75 - 1.89 L

**3<sup>98</sup>**  
+ dep



Armstrong  
**CHEESE SNACKS**  
Asst. Var.,  
210 g

**4<sup>48</sup>**



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

**5<sup>48</sup>**



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

**2<sup>98</sup>**



Tre Stelle  
**CREAM CHEESE**  
Asst. Var.,  
200 g

**3<sup>98</sup>**



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

**6<sup>48</sup>**

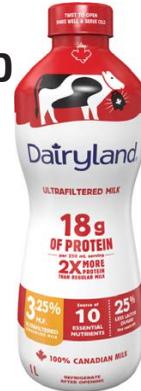


Dairyland  
**MILK**  
*Skim, 1%, 2%, Homo*  
2 L Carton

**3<sup>68</sup>**  
+ dep

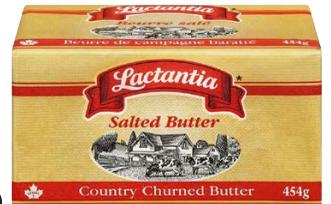
Dairyland  
**ULTRA-FILTERED MILK**  
Asst. Var.,  
1 L

**3<sup>98</sup>**  
+ dep



Lactantia  
**SALTED BUTTER**  
454 g

**6<sup>48</sup>**



Cracker Barrel  
**CHEESE SHREDS**  
Asst. Var.,  
320 g

**6<sup>98</sup>**



Tre Stelle  
**FETA**  
375 g

**6<sup>98</sup>**



Yoplait  
**YOGURT TUBES**  
Asst. Var.,  
8 pk

**3<sup>28</sup>**



Olympic  
**ORGANIC SOUR CREAM**  
500 mL

**4<sup>48</sup>**



Dairyland  
**AEROSOL WHIPPING CREAM**  
400 g

**5<sup>48</sup>**



Imperial  
**MARGARINE**  
*Quarters or Soft Tub*  
1.28 - 1.36 kg

**7<sup>48</sup>**



Most practical **FROZEN**

Madalea Farms  
**BLUEBERRIES**

1 kg



**6<sup>98</sup>**

Kellogg's  
**EGGO WAFFLES**

Asst. Var.,  
280 g



**3<sup>48</sup>**



Western Family  
**VEGETABLE BLENDS**

Asst. Var.,  
500 g



**2/4<sup>98</sup>**

Cavendish Farms  
**FRIES**

Straight Cut, Crinkle, Shoestring  
800 g



**2<sup>98</sup>**

Western Family  
**HOMESTYLE LASAGNA**

Asst. Var.,  
850 - 907 g



**6<sup>48</sup>**

Pillsbury  
**PIZZA POPS**

Asst. Var.,  
760 g



**6<sup>48</sup>**

Old Dutch  
**POTATO CHIPS & RIDGIES**  
Asst. Var., 200 - 235 g  
**3<sup>48</sup>**

La Cocina  
**TORTILLA CHIPS**  
Asst. Var.,  
300 - 400 g  
**2<sup>98</sup>**

Everything you need **GROCERY**

Miss Vickie's  
**POTATO CHIPS**  
Asst. Var., 200 g  
**4<sup>48</sup>**

Old Dutch  
**RIP-L VEGGIE CRISPS**  
Asst. Var.,  
200 g  
**3<sup>48</sup>**

Ruffles  
**POTATO CHIPS**  
Asst. Var.,  
200 g  
**2/8<sup>98</sup>**

Cheetos  
**CHEESE FLAVOURED SNACKS**  
Asst. Var.,  
260 g  
**2/8<sup>98</sup>**

Nanton  
**SPRING WATER**  
24 x 500 mL  
**4<sup>98</sup>** + dep

# WELLNESS

*Living life to the fullest*

TrueHope  
**EMPOWER PLUS**  
120 Caps



**57<sup>98</sup>**

Vitamins & minerals to promote mental well-being.

Purica  
**IMMUNE 7**



**31<sup>98</sup>** 60 V Caps  
**47<sup>98</sup>** 120 V Caps

Powerful immune support.

Botanica  
**PERFECT GREENS**  
Asst. Var.,  
216 g



**33<sup>98</sup>**

Provides fibre & key minerals.



Iron Vegan  
**PROTEIN POWDER**  
Asst. Var., 1 kg

**65<sup>98</sup>**

Organika  
**ELECTROLYTES WITH ENHANCED COLLAGEN**



Asst. Var.,  
360 g

**33<sup>98</sup>**

Delicious electrolyte drink with collagen.

Martin & Pleasance  
**ORGANIC FORMULATIONS SHAMPOO**



Asst. Var.,  
500 mL

**19<sup>98</sup>**

Restores & strengthens hair.

AllKidz  
**PROBIOTIC CHILDREN'S GUMMIES**



80 g

**23<sup>98</sup>**

Promotes daily digestive & immune health.

Prairie Naturals  
**TONGKAT ALI**  
60 V Caps



**44<sup>98</sup>**

Promotes testosterone.

Prairie Naturals  
**CURCUMIN 95**  
60 Caps



**29<sup>98</sup>**

Antimicrobial & anti-inflammatory.

Flora  
**ORGANIC UDO'S OIL**



**17<sup>98</sup>** 250 mL  
**30<sup>98</sup>** 500 mL  
**47<sup>98</sup>** 941 mL

An organic source of daily omegas.



Supports muscle growth & speeds recovery.

*\* Not all products available at all locations.*



*At Your Service!*

## Our Meat Cutters are at your Service!

At Askew's, our meat cutters are highly skilled butchers dedicated to making your home cooking experience easier and more enjoyable. With years of expertise, they are committed to providing personalized service tailored to your culinary needs.

Can't find exactly what you want? No problem! Our team will gladly provide custom cuts to match your specific requirements, ensuring you get exactly what you need.

Explore our wide selection of in-house prepared delicious starters and mains crafted by our team ready for you to take home and either grill or bake with ease—perfect for busy weeknights or weekend gatherings.

Prana  
**GRANOLOVE ORGANIC GRANOLA**  
Asst. Var., 300 g

**4.48**

Kiju  
**ORGANIC JUICE**  
Asst. Var., 1 L



**3.98** + dep

Four O'Clock  
**ORGANIC TEA**  
Sel. Var., 16 pk



**4.48**

Rise  
**ORGANIC KOMBUCHA**  
Asst. Var., 414 mL



**2.98** + dep

NoochPOP  
**POPCORN**  
Asst. Var., 120 g



**3.28**

Lundberg  
**SUSTAINABLE LONG GRAIN RICE**  
White or Brown Basmati, White Jasmine  
907 g



**7.98**

RX  
**PROTEIN BARS**  
Asst. Var., 52 - 55 g



**1.98**

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



**2.98**

Kicking Horse  
**ORGANIC GROUND COFFEE**  
Fair Trade  
Asst. Var., 284 g

**11.98**



Stahlbush Island Farms  
**FROZEN VEGETABLES**  
Sel. Var., 198 - 350 g



**2.98**

Ozery Bakery  
**ONEBUN SANDWICH BUNS**  
Asst. Var., 600 g



**3.98**

Honey Stinger  
**ENERGY CHEWS**  
Asst. Var., 50 g



**2.28**

Nellie's  
**LAUNDRY SODA**  
1.5 kg Tin



**15.98**

Eco-Max  
**SPRAY CLEANERS**  
800 mL  
Trigger



**3.98**

Eco-Max  
**LAUNDRY STRIPS**  
32 pk



**7.98**

# PRODUCE *Seasonal goodness & more*

BC Grown  
**PINK LADY APPLES**  
5 lb Bag



**3<sup>98</sup>**  
*ea.*

Mexico / USA Grown  
**RASPBERRIES & BLACKBERRIES**  
6 oz



**2<sup>98</sup>**  
*ea.*

USA Grown  
**ORGANIC MANDARIN ORANGES**  
2 lb Bag  
**3<sup>98</sup>**  
*ea.*



BANANA

Mexico Grown  
**ORGANIC ASPARAGUS**  
10.98/kg



**4<sup>98</sup>**  
*/lb.*

Mexico Grown  
**GREEN ONIONS**



**68¢**  
*ea.*

Mexico / USA Grown  
**BRUSSELS SPROUTS**  
3.26/kg



**1<sup>48</sup>**  
*/lb.*



**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**