



100% LOCALLY OWNED AND OPERATED

# TRU VALUE FOODS



Happy Spring



Prices in effect: Apr 8<sup>th</sup> - 14<sup>th</sup>, 2026

**Sunkist Navel Oranges**  
\$2.18/kg

**99¢** Lb

**HOT DEAL**



**AAA Black Angus Top Sirloin Steak**  
\$33.05/kg

**\$14.99** Lb

**Grimm's Deli Sliced Pizza Pepperoni or Salami**

**\$1.79** /100g

**Mexican Grown Avocados**

**2/\$3**

**Hot House Bell Peppers**  
Grown in BC  
\$8.80/kg  
Red, Orange, Yellow or Green

**\$3.99** Lb

**Island Farmhouse Whole Frying Chicken**  
\$9.90/kg

**\$4.49** Lb

Island GOOD

**Boursin Spreadable Gourmet Cheese**  
150g

**\$6.99** Ea

Assorted Varieties

**Long English Cucumbers**  
Grown in Canada

**\$1.49** Ea

**Tomatoes on the Vine**  
Grown in BC  
\$6.59/kg

**\$2.99** Lb

**Grimms Pepperoni Sticks**  
600g

**\$11.49** Ea

Assorted Varieties

**Leslie Stowe Raincoast Crisps**  
150g

**\$6.49** Ea

Assorted Varieties

**Top Deals of the Week**

**Northern Gold Granola**  
630-675g

**2/\$7**

Assorted Varieties

**Tree Island Cream Top Yogurt**  
500g

**\$4.99** Ea

Assorted Varieties

Island GOOD

**Old Dutch Arriba or Restaurante Style Tortilla Chips**  
245-295g

**2/\$8**

Assorted Varieties

**Gathering Place Assorted Spices**  
3-50g

**15% OFF**

Assorted Varieties

Island GOOD 100% ORGANIC

**Adams Peanut Butter**  
500g

**\$4.99** Ea

Assorted Varieties

**Blue Monkey Pure Coconut Water**  
330ml

**3/\$5** + Deposit

**Nature's Path EcoPac Cereal**  
675-907g

**\$9.99** Ea

Assorted Varieties

100% ORGANIC

**Amy's Organic Refried Beans**  
398ml

**\$4.99** Ea

Assorted Varieties

100% ORGANIC

**Ocean Spray Cranberry Cocktail**  
1.89L

**\$4.99** Ea

Assorted Varieties

+ Deposit

**Ristorante or Casa Di Mama Frozen Pizza**  
320-410g

**\$6.49** Ea

Assorted Varieties

**Island Farms Chocolate Milk**  
473ml

**2/\$4** + Deposit

Island GOOD

**Island Farms Chocolate Milk**  
473ml

**2/\$4** + Deposit

Island GOOD

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