

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

TRU VALUE
FOODS

Where Community & Quality Meet



SUMMER SAVINGS



*Prices in effect Date: July 16-22, 2024

MEAT



Island Farmhouse
Chicken Legs

\$3.49
LB 7.69/kg



AAA Black Angus
Lean Ground Beef

\$8.99
LB 19.82/kg



AAA Black Angus Top Sirloin Steak

\$14.99
LB 33.05/kg

PRODUCE

Red, Yellow and
Orange Peppers
Grown in BC



\$2.49
5.49/kg

Russet Potatoes
Grown in Canada



\$3.49
5lb bag

DELI

Woolwich Fresh
Goat Cheese
assorted varieties

\$4.99
EA 113g log



Grimms Old
Fashioned Ham

\$1.89
/100g



Grimms 10" Tortillas
assorted varieties

\$4.99
EA 600g



Arbutus Farms
Dill Pickle Salad

\$1.79
/100g



New Zealand Kiwi's



3/\$4.00

Tomatoes on the Vine
Grown in Canada



\$1.49
LB 3.29/kg



50 jobs will be created for every 1% increase
in island products sold.

Support Island Products.

Keep an eye out for island products
in our stores.

- ☒ Good for jobs.
- ☒ Good for our economy.
- ☒ Good for sustainability.
- ☒ Good for us all.

Grocery

Armstrong Cheese
400g block



\$6.99
EA assorted varieties

Tribal Java Organic
Ground Coffee
300g

\$10.99
EA assorted varieties



Villagio Bread
510-540g

\$3.49
EA assorted varieties



Tofino Kombucha
355ml

2/\$6.00
assorted varieties



Hawkins Cheezies
210g

2/\$7.00



Dempsters Bagels
5 or 6 pack

2/\$8.00
assorted varieties



Yes! Salad Dressings
350ml

\$5.99
assorted varieties



Island Farms
10% Cream
1L



\$3.49
Island GOOD

Doritos and Cheetos Chips
235-285g

2/\$9.00
assorted varieties



Coke, Canada Dry and
Flavours - mini cans
6x222ml

2/\$9.00
assorted varieties



Kraft Singles Cheese Slices
410g

\$4.99
EA assorted varieties



Island Farms Chocolate Milk
2L

\$5.49
Island GOOD



Gallo Extra Virgin Olive Oil
500ml

\$9.99
EA



Post Shreddies or Shredded Wheat
440-525g

\$4.49
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

