



Prices in effect: Oct 29th - Nov 4th, 2025

Jack-O-Lantern Pumpkins

While Supplies last!

\$4.99 Ea

Grown in Canada



Chinese Mandarin Oranges

4LB Box

\$7.99 Ea



Little Potato Company Potatoes

1.5LB Bag

\$3.99 Ea

Grown in Canada



Island Farmhouse Bone in Chicken Thighs

\$11.00/kg

\$4.99 Lb



Grimm's Pepperoni Sticks

Assorted Varieties

3/\$3



Chinese Mandarin Oranges

4LB Box

\$7.99 Ea



Little Potato Company Potatoes

1.5LB Bag

\$3.99 Ea

Grown in Canada



AAA Black Angus Lean Ground Beef

\$19.82/kg

\$8.99 Lb



Grimm's Pizza Pepperoni or Salami

\$1.99 /100g



Bunch Celery

\$2.84/kg

\$1.29 Lb

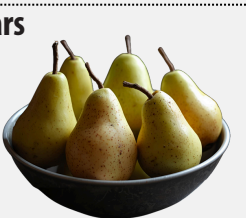


Bartlett Pears

\$5.93/kg

\$2.69 Lb

Grown in BC



Pork Tenderloin

\$13.21/kg

\$5.99 Lb



Saginaw Miniature Donuts

272-364g

14-16 in a tray

\$5.99 Ea

Assorted Varieties



Top Deal's of the Week

Island Farms 10% Cream

1L

\$3.49 Ea



Silver Hills Sprouted Grain Bread

430-680g

\$4.99 Ea

Assorted Varieties



Ruffles Chips

200g

2/\$8

Assorted Varieties



Coke, Canada Dry and Flavours

2L

2/\$6

Assorted Varieties



Rogers Sugar - Yellow, Brown, Icing or Demerara

1kg

3/\$10

Assorted Varieties



Clif Energy Bars

68g

2/\$4

Assorted Varieties



Island Farms Chocolate Milk

4L

\$8.99 Ea



Armstrong Block or Shredded Cheese

500-600g

\$8.99 Ea

Assorted Varieties



Paradise Island Lactose Free Cheese

400g

\$9.99 Ea

Assorted Varieties



Dempsters Tortilla's

10 inch

\$4.49 Ea

Assorted Varieties



Tenderflake Frozen Pie Shells & Puff Pastry

255-397g

2/\$9

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