



Happy Holidays



Happy Holidays from all of us at Tru Value Foods. Thank you for shopping local!

Prices in effect: Dec 17th- 24th, 2025

Island Farms Premium Ice Cream

\$5⁹⁹ Ea 1.65L

HOT DEAL

Assorted Varieties

We have Turkeys for your Holiday meal! Check with your local store for availability

Grimms Sliced Honey Ham

\$1⁷⁹ /100g

Brussel Sprouts

\$6.59/kg

Grown in Canada

\$2⁹⁹ Lb

Vancouver Island Russet Potatoes

10lb bag

\$5⁹⁹ Ea

AAA Black Angus Prime Rib Roast

\$55.10/kg

\$24⁹⁹ Lb

Alexis De Portneuf Brie or Camembert

125g

\$4⁹⁹ Ea

Assorted Varieties

Jumbo Yams or Sweet Potatoes

\$3.73/kg

\$1⁶⁹ Lb

Dole Celery

\$3.95/kg

\$1⁷⁹ Lb

Grimms Honey Maple or Old Fashioned Ham

700g

\$13⁹⁹ Ea

Two Bite Butter Tarts

12pk

\$6⁹⁹ Ea

Pecan or Raisin

Top Deals of the Week

Armstrong Shredded or Block Cheese

500-600g

\$9⁹⁹ Ea

Assorted Varieties

Bubly Sparkling Water

12x355ml

2/\$13 + Deposit

Assorted Varieties

Coke, Canada Dry and Flavours

12x355ml

\$8⁹⁹ Ea + Deposit

Assorted Varieties

Dempsters English Muffins

6pk

2/\$7

Assorted Varieties

Tribal Java Organic Ground Coffee

300g - \$16.99 reg price

Buy one, Get One Free

Assorted Varieties

Ocean Spray Cranberry Sauce

348ml

2/\$5

Assorted Varieties

Island Farms 33% Whipping Cream

473ml

\$3⁴⁹ Ea

Phillips iOTA N/A Beer

4x355ml

\$6⁹⁹ Ea + Deposit

Assorted Varieties

Stove Top Stuffing Mix

120g

2/\$3

Assorted Varieties

Green Giant Frozen Vegetables

750g

\$3⁹⁹ Ea

Assorted Varieties

Lays Potato Chips

220-235g

2/\$8

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