

HAPPY NEW YEAR

100% LOCALLY OWNED
AND OPERATED

TRU VALUE FOODS



Prices in effect: Dec 31st - Jan 6th, 2025

Fyffes
Bananas
\$2.18/kg

99¢
Lb



Canadian
Grown Gala
Apples
\$3.06/kg

1.39
Lb



Vancouver
Island Grown
Beets
5lb Bag

3.99
Ea



Island
Farmhouse
Whole Frying
Chicken
\$8.80/kg

Island
GOOD!
3.99
Lb



Boursin
Gourmet
Cheese
150g

6.99
Ea



Assorted Varieties

Vancouver
Island Grown
Nante Carrots
3lb Bag

2.99
Ea



Whole
Cauliflower
\$4.39/kg

1.99
Lb



AAA Black
Angus Lean
Ground Beef
19.82/kg

8.99
Lb



Balderson Royal
Canadian 1 Year
Aged Cheddar
280g

8.99
Ea



Top Deals of the Week

Bassili's Best
Lasagna or
Shepard's Pie

907g
8.99
Ea



Assorted Varieties

Dempsters Whole
Grain Bread
600g

3.99
Ea



Island Farms
Chocolate Milk
4L

8.99
Ea + Deposit



Old Dutch Arriba or
Restaurante Chips
245-295g

2/\$8
Assorted Varieties



Paradise
Island
Lactose Free
Cheese

400g
9.99
Ea



Assorted Varieties

Stagg Chili
425g

2/\$7
Assorted Varieties



Cavendish
Fries
540-750g

2/\$8
Assorted Varieties



Dempsters
Bagels
5 or 6 Pack

4.49
Ea
Assorted Varieties



Smartfood
Popcorn
150-200g

2/\$8



Assorted Varieties



Unico
Pasta
900g

3.29
Ea



Western Family
Sparkling Water
2L

2/\$4
+ Deposit
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