

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		Island Farmhouse Whole Frying Chicken \$8.80/kg \$3.99 Lb		Boursin Gourmet Cheese 150g \$6.99 Ea Assorted Varieties	
Canadian Grown Gala Apples \$3.06/kg \$1.39 Lb		Vancouver Island Grown Beets 5lb Bag \$3.99 Ea		AAA Black Angus Lean Ground Beef 19.82/kg \$8.99 Lb	
Vancouver Island Grown Nante Carrots 3lb Bag \$2.99 Ea		Whole Cauliflower \$4.39/kg \$1.99 Lb		Harvest Thick Sliced Bacon 500g \$14.99 Ea Assorted Varieties	
Grimm's Classic Sliced Ham \$1.89 /100g		Top Deals of the Week			
Bassili's Best Lasagna or Shepards Pie 907g \$8.99 Ea Assorted Varieties		Dempsters Whole Grain Bread 600g \$3.99 Ea Assorted Varieties		Island Farms Chocolate Milk 4L \$8.99 Ea + Deposit	
Imperial Margarine 850g \$5.99 Ea		Old Dutch Dutch Crunch Chips 200g 2/\$8 Assorted Varieties		Last Mountain Berry Farm Jam 454g \$5.99 Ea 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	
Smartfood Popcorn 150-200g 2/\$8 Assorted Varieties		Unico Pasta 900g \$3.29 Ea Assorted Varieties		Dempsters Bagels 5 or 6 Pack \$4.49 Ea Assorted Varieties	
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

We reserve the right to limit quantities. Not all items available at all stores.

www.truvaluefoods.com