

Happy Valentine's Day!

100% LOCALLY OWNED AND OPERATED
TRU VALUE FOODS

WINTER SAVINGS



Prices in effect: Feb 11th - 17th, 2026

Tree Island Cream Top Yogurt
 1.5kg
\$9⁹⁹ Ea

HOT DEAL
HOT DEAL

Island GOOD

Assorted Varieties

AAA Black Angus NY Striploin Steak
 \$44.08/kg
\$19⁹⁹ Lb

Grimm's Sliced Smoked Turkey
\$3⁴⁹ /100g

Strawberries
 1lb
\$6⁹⁹ Ea

Fuji Apples - Extra Fancy
 \$2.84/kg
 Grown in BC
\$1²⁹ Lb

Island Farmhouse Split Chicken Wings
 \$15.41/kg
\$6⁹⁹ Lb

Island GOOD

Saputo Sliced Cheese
 160-180g
\$4⁹⁹ Ea

Assorted Varieties

Red or Green Seedless Grapes
 \$8.80/kg
 Grown in Peru
\$3⁹⁹ Lb

Roma Tomatoes
 \$3.95/kg
\$1⁷⁹ Lb

Grimm's Garlic Sausage
 300g
\$5⁹⁹ Ea

Snowdonia Cheese
 150-200g
\$9⁹⁹ Ea

Assorted Varieties

Top Deals of the Week

Fernwood Coffee
 454g
\$15⁹⁹ Ea

Island GOOD

Assorted Varieties

Coke, Canada Dry and Flavours
 2L
2/\$6 + Deposit
 Assorted Varieties

Old Dutch Original or Ridgies Chips
 235g
2/\$7
 Assorted Varieties

Silver Hills Sprouted Grain Bread
 430-680g
\$4⁹⁹ Ea

Assorted Varieties

Free Range Eggs - Island Gold or Farmer Bens
 1 doz
\$6⁹⁹ Ea

Island GOOD

Brand Varies By Location

Phillips iOTA Non Alcoholic Beer
 4x355ml
\$6⁹⁹ + Deposit
 Assorted Varieties

Hawkins Cheezies
 210g
2/\$7

Daiya Dairy Free Frozen Pizza
 363-550g
\$8⁹⁹ Ea

Assorted Varieties

Classico Pasta Sauce
 410-600ml
\$3⁹⁹ Ea

Assorted Varieties

Hellmann's Mayonaise
 340-445ml
\$3⁹⁹ Ea

Assorted Varieties

Gathering Place Loose Leaf Tulsi Tea
 50-100g
\$8⁹⁹ Ea

Island GOOD

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