



100% LOCALLY OWNED AND OPERATED

TRU VALUE FOODS



WINTER SAVINGS

Prices in effect: Feb 18th - 24th, 2026

Avocados Grown in Mexico

2/\$3

HOT DEAL



Bone-In Pork Shoulder Butt Steak

\$8.80/kg

\$3.99 Lb



Grimm's Sliced Black Forest Ham

\$1.99 /100g

Cara Cara Oranges

\$4.39/kg

\$1.99 Lb

Ambrosia Apples

3lb Bag Grown in BC

\$3.99 Ea

Island Farmhouse Bone-in Chicken Thighs

\$11.00/kg

\$4.99 Lb

Island GOOD



Grimm's 10" Tortillas and Wraps

360-600g

\$3.99 Ea

Assorted Varieties

Inspired Living Lettuce

Grown in Canada

\$2.99 Ea

Red Beets

5Lb Bag Grown in BC

\$4.49 Ea

Grimm's Pepperoni Sticks

450g

\$8.99 Ea



Napoli Pizza - Made in BC

502-550g

\$7.99 Ea

Assorted Varieties

Top Deals of the Week

Rise Kombucha

1L

\$7.99 Ea + Deposit

Assorted Varieties

Armstrong Cheese

400g

\$6.99 Ea

Assorted Varieties

Paradise Island Lactose Free Cheese

400g

\$9.99 Ea

Assorted Varieties

Island GOOD



Blue Diamond Almond Breeze

1.89L

\$4.99 Ea + Deposit

Assorted Varieties

Adams 100% Natural Peanut Butter

500g

\$4.99 Ea

Assorted Varieties

Tostitos Tortilla Chips

215-295g

2/\$8.50

Assorted Varieties

Pepsi Mini Cans

6x222ml

2/\$8 + Deposit

Assorted Varieties



Natural Bakery Rye Bread

500g

\$3.49 Ea

Dempsters Bagels

5 or 6 pack

\$4.49 Ea

Assorted Varieties

Unico Canned Tomatoes

796ml

2/\$4

Assorted Varieties

Lindt Excellence Chocolate Bars

100g

\$6.99 Ea

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