

ISLAND GROCERS UNITE TO BRING HOPE CLOSER TO HOME

From Feb. 27 – March 20, proceeds from the sale of specially marked plant pots at participating grocers will help support the new BC Cancer – Nanaimo.

benefitting
BC CAN CER FOUNDATION



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

Island Farmhouse Boneless Skinless Chicken Breast
\$19.82/kg

\$8⁹⁹ Lb

Grimm's Deli Sliced Black Forest Ham

\$1⁹⁹ /100g

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BC CAN CER FOUNDATION

JOE & ROBERTA MANZINI
NANAIMO, BC
CANCER SURVIVORS

ISLAND GROCERS UNITE TO BRING HOPE CLOSER TO HOME

From Feb. 27 – March 20, Tru Value Foods locations will sell specially marked plant pots and hold other fundraising initiatives, with all proceeds going to support of the new BC Cancer Facility in Nanaimo.

AAA Black Angus Bottom Round Roast
\$22.02/kg

\$9⁹⁹ Lb

Alexis De Portneuf Brie or Camembert Cheese
125g

\$4⁹⁹ Ea

Assorted Varieties

Organic Haas Avocados
Grown in Mexico

3/\$3

Russet Potatoes
5lb bag
Grown in Canada

\$2⁹⁹ Ea

Lou's Shaved Beef or BBQ Pulled Pork
400g

\$12⁹⁹ Ea

English Bay Cookies - Baked InStore
12 pack
Assorted Varieties

\$5⁹⁹ Ea

Red or Green Cabbage
Grown on Vancouver Island
\$1.96/kg

89¢ Lb

Long English Cucumbers
Grown in Canada

\$1⁴⁹ Ea

Top Deals of the Week

Campbell's Chunky Soup
515ml

2/\$6

Assorted Varieties

Dempsters Whole Grain Bread
600g

\$3⁹⁹ Ea

Assorted Varieties

Kraft Salad Dressing
425ml

\$3⁴⁹ Ea

Assorted Varieties

Tofino Kombucha
355ml

2/\$6 + Deposit

Assorted Varieties

Tree Island Greek or Fruit Top Yogurt
350g

\$4⁴⁹ Ea

Assorted Varieties

Hardbite Potato Chips
150g

2/\$7

Assorted Varieties

Old Dutch Arriba or Restaurante Tortilla Chips
245-295g

2/\$8

Assorted Varieties

Bonterra Paper Towel or Bathroom Tissue

\$8⁹⁹ Ea

PT - 3 Roll BT - 9 Roll

Spinnakers Soda or Sparkling Water
4x473ml

\$6⁹⁹ + Deposit

Assorted Varieties

Dempsters Tortillas
10"

\$4⁴⁹ Ea

Assorted Varieties

Gathering Place Salt and Pepper Grinders
50-100g

\$6⁹⁹ Ea

Assorted Varieties - Excludes Rainbow

Island Farms Sour Cream
500ml

\$3²⁹ Ea

Assorted Varieties

McCain Diced Hashbrowns
800g

\$2⁹⁹ Ea

Island Farms Chocolate Milk
473ml

2/\$4 + Deposit

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