



100% LOCALLY OWNED AND OPERATED

TRU VALUE FOODS



Happy Easter

Prices in effect: Apr 1st - 7th, 2026

Old Dutch Original or Ridgies Potato Chips
200-220g

2/\$6.50

Assorted Varieties



Island Farmhouse Boneless Skinless Chicken Breast
\$19.82/kg

\$8.99 Lb



Grimm's Deli Sliced Roast Beef
Regular or Garlic

\$3.69 /100g



Bengard Cauliflower
#1 Grade

\$4.99 Ea



Broccoli Crowns
\$6.59/kg

\$2.99 Lb



Boneless Pork Loin Roast
\$9.90/kg

\$4.49 Lb



Woolwich Fresh Goat Cheese
113g log

\$4.99 Ea



Assorted Varieties

Jumbo Yams or Sweet Potatoes
\$3.95/kg

\$1.79 Lb



Red Seedless Grapes
\$6.59/kg

\$2.99 Lb



Grimm's Old Fashioned or Honey Maple Ham
700g

\$14.99 Ea



Golden West English Muffins
390g

2/\$4



Top Deals of the Week

Tenderflake Pie Shells or Puff Pastry
255-397g

2/\$9



Assorted Varieties

Coke, Canada Dry and Flavours
6x222ml

2/\$9 + Deposit
Assorted Varieties



Armstrong Cheese
400g

\$6.99 Ea



Assorted Varieties

Classico Pasta Sauce
410-600ml

\$3.59 Ea



Assorted Varieties

Christie Crackers
162-180g

2/\$6



Select Varieties

Dempsters Signature Bread
600g

\$3.99 Ea



Assorted Varieties

Paradise Island Lactose Free Cheese
400g

\$10.99 Ea



Assorted Varieties

Island Farms Sour Cream
500ml

\$3.29 Ea



Assorted Varieties

Corona Cero Non Alcoholic Beer
6x330ml

\$11.99 Ea



+ Deposit

Dempsters Bagels
5 or 6 pack

\$4.49 Ea



Assorted Varieties

Heinz Picnic Trio
3x375ml

\$5.99 Ea



Ketchup, Mustard and Relish

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