



100% LOCALLY OWNED AND OPERATED
TRU VALUE FOODS



Prices in effect: Apr 22nd - 28th, 2026

Island Farms Classic Ice Cream
1.65L

\$5.99 Ea

Assorted Varieties

HOT DEAL
HOT DEAL
HOT DEAL

Island GOOD



Island Farmhouse Chicken Drumsticks

\$7.69/kg

\$3.49 Lb

Island GOOD



Grimm's Deli Sliced Black Forest Ham

\$1.99 /100g



Baby Seedless Watermelon

\$3.99 Ea



Medium Yellow Onions
3lb bag

\$2.49 Ea



Pork Back Ribs

\$14.31/kg

\$6.49 Lb



Grimm's 10" Tortillas and Wraps
360-600g

\$3.99 Ea



Broccoli Crowns

\$6.59/kg

\$2.99 Lb



Vancouver Island Grown Bunched Kale

\$2.49 Ea

Island GOOD



Grimm's Sizzlin' Smokies
450g

\$7.99 Ea



Celebrity Goat Cheese
113g

\$4.99 Ea



Top Deals of the Week

Smartfood Popcorn or Sunchips
150-205g

2/\$8

Assorted Varieties



Coke, Canada Dry and Flavours
12x355ml

\$9.49 + Deposit Ea

Assorted Varieties



Island Farms Chocolate Milk
750ml

\$2.29 Ea

+ Deposit

Island GOOD



Barbara's Cheese Puffs
155-198g

3/\$10

Assorted Varieties



Del Monte Fruit Nectar or Oasis Juice
960ml

2/\$5

+ Deposit

Assorted Varieties



Dempsters Protein Bread, Bagels or Tortillas

\$4.99 Ea

Assorted Varieties



Bush's Baked Beans
398ml

3/\$7

Assorted Varieties



Fancy Feast Cat Food
85g

2/\$3

Assorted Varieties



Hellmann's Mayonaisse
890ml

\$7.99 Ea

Assorted Varieties



McCain Premium Fries
454-650g

2/\$9

Assorted Varieties



Guayaki Yerba Mate
458ml

2/\$7

+ 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