



100% LOCALLY OWNED AND OPERATED

# TRU VALUE FOODS



Happy Victoria Day



Prices in effect: May 13<sup>th</sup> - 19<sup>th</sup>, 2026

**Alberta 38 Rib Eye Steak**  
\$44.08/kg



**\$19<sup>99</sup>** Lb




**Island Farmhouse Chicken Drumsticks**  
\$7.69/kg



**\$3<sup>49</sup>** Lb



**Grimm's Deli Sliced Black Forest Ham**

**\$1<sup>99</sup>** /100g



**Baby Seedless Watermelon**

**\$2<sup>99</sup>** Ea



**BC Grown New Crop Rhubarb**  
\$6.59/kg

**\$2<sup>99</sup>** Lb



**Hertel's Bone In Pork Chops**  
\$8.80/kg



**\$3<sup>99</sup>** Lb



**Saputo Sliced Cheese**  
160-180g

**\$4<sup>99</sup>** Ea

Assorted Varieties



**Long English Cucumbers**  
Grown in Canada

**\$1<sup>49</sup>** Ea



**Good Leaf Salad Mixes**  
Grown in Canada 113g



**\$3<sup>99</sup>** Ea

**Harvest Wieners**  
675g

**\$10<sup>99</sup>** Ea



**Napoli Pizza Made in BC**  
502-550g

**\$7<sup>99</sup>** Ea

Assorted Varieties



**Top Deals of the Week**

**Old Dutch Original or Ridgies Potato Chips**  
200-220g

**2/\$6<sup>50</sup>**

Assorted Varieties



**Pepsi, Schwepps and Flavours**  
12x355ml

**2/\$15** + Deposit

Assorted Varieties



**Armstrong Cheese**  
400g

**\$6<sup>99</sup>** Ea

Assorted Varieties



**Coke, Canada Dry and Flavours**  
6x222ml

**2/\$9** + Deposit

Assorted Varieties



**Island Farms Premium Ice Cream**  
1.65L



**\$6<sup>99</sup>** Ea

Assorted Varieties



**Silver Hills Sprouted Grain Bread**  
430-680g

**\$4<sup>99</sup>** Ea

Assorted Varieties



**Island Farms Sour Cream**  
500ml



**\$3<sup>29</sup>** Ea

Assorted Varieties



**Old Dutch Dutch Crunch Chips**  
200g

**2/\$8**

Assorted Varieties



**Phillips IOTA Non Alcoholic Beer**  
4x355ml



**\$7<sup>99</sup>** Ea

+ Deposit

Assorted Varieties



**Kraft Salad Dressing**  
425ml

**\$3<sup>99</sup>** Ea

Assorted Varieties



**Dempster's Original Hot Dog or Hamburger Buns**  
12 pack

**\$3<sup>99</sup>** Ea



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