

Thank you for your support!

During the recent fundraiser, Local Island grocers, including Tru Value Foods, raised a total of \$49,219 to help support the new BC Cancer - Nanaimo.

benefitting
**BC
CANCER**
FOUNDATION



Prices in effect: May 20th - 26th, 2026

Honeydew or Cantaloupe Melon
\$2.84/kg

\$1.29 Lb

HOT DEAL

Island Farmhouse Split Chicken Wings
\$15.41/kg

\$6.99 Lb

Island GOOD

Grimm's Deli Sliced Montreal Smoked Beef

\$2.99 /100g

Organic Haas Avocados
100% ORGANIC

2/\$3

Vancouver Island Grown Leeks
\$4.39/kg

\$1.99 Lb

Island GOOD

Alberta 38 Inside Round Steak
\$22.03/kg

\$9.99 Lb

38

Soupetc! Soups
700ml

\$6.99 Ea

Assorted Varieties

HotHouse Round Eggplant
Grown in Canada

\$2.99 Ea

Ambrosia Apples
\$4.39/kg

\$1.99 Lb

Pork Sirloin Roast or Steak
\$8.80/kg

\$3.99 Lb

Greekhouse Rice Pilaf or Greek Potatoes
454-500g

\$3.99 Ea

Top Deals of the Week

Hardbite Potato Chips
150g

2/\$7

Assorted Varieties

Lays Potato Chips
220-235g

2/\$8.50

Assorted Varieties

Dempsters Signature Bread
600g

\$3.99 Ea

Assorted Varieties

McCain French Fries
800g

2/\$7

Assorted Varieties

Perrier Sparkling Water
1L

3/\$8

+ Deposit Assorted Varieties

Bassilli's Best Lasagna or Shepards Pie
907g

\$9.99 Ea

Assorted Varieties

Bush's Best Baked Beans
398ml

2/\$5

Assorted Varieties

Dempsters Bagels
5-6pk

\$4.49 Ea

Assorted Varieties

Natrel Lactose Free Milk
2L

\$5.69 Ea

+ Deposit Assorted Varieties

Rogers Oats
1kg

\$3.99 Ea

Assorted Varieties

Spongetowel Ultra Paper Towel
128 sheet, 3 roll

\$9.99 Ea

Paradise Island Lactose Free Cheese
400g

\$10.99 Ea

+ Deposit Assorted Varieties

Island GOOD

Kind Granola
312g

\$5.99 Ea

Assorted Varieties

Nonny Non-Alcoholic Beer
4x355ml

\$9.99 Ea

+ 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