

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.

benefiting
BC CANCER
FOUNDATION



Prices in effect: June 3rd - 9th, 2026

Chapman's Yukon Ice Cream Multi-Packs
5-8 pack

\$5.99 **Ea**

HOT DEAL

Assorted Varieties



Island Farmhouse Boneless Skinless Chicken Breast
\$22.03/kg

\$9.99 **Lb**

Island GOOD



Grimm's Deli Sliced Roast Beef
Regular or Garlic

\$3.69 **/100g**



Warba Nugget Potatoes
Grown in Canada
\$4.39/kg

\$1.99 **Lb**



Red, Yellow or Orange Bell Peppers
Grown in BC
\$5.49/kg

\$2.49 **Lb**



Alberta 38 Striploin Steak
\$44.08/kg

\$19.99 **Lb**

38



Golden Home 12" Ultra Thin Pizza Crust
3pk - 404g

\$7.99 **Ea**



Romaine Lettuce
Grown on Vancouver Island

\$2.79 **Ea**

Island GOOD



Long English Cucumbers
Grown in Canada

\$1.49 **Ea**



Hertel's Sausages or Bratwurst
400g
Assorted Varieties

\$5.99 **Ea**



Apple Valley 8" Take n' Bake Fruit Pie
680g
Assorted Varieties

\$8.99 **Ea**



Top Deals of the Week

Island Farms Classic Ice Cream
1.65L

\$5.99 **Ea**

Assorted Varieties

Island GOOD



Pepsi, Schweppes and Flavours
12x355ml

\$7.49 **Ea** + Deposit

Assorted Varieties



Campbell's Chunky Soup
515ml

2/\$8

Assorted Varieties



Sunrype Fruit Juice
900ml

3/\$7 + Deposit

Assorted Varieties



Cavendish French Fries
800g

2/\$7

Assorted Varieties



Zevia Sugar Free Soda
6x355ml

\$6.99 **Ea** + Deposit

Assorted Varieties



Island Farms Chocolate Milk
750ml

\$2.29 **Ea** + Deposit

Island GOOD



Olympic Organic or Crema Yogurt
650g

\$5.99 **Ea**

Assorted Varieties



Cheetos or Doritos Chips
235-285g

2/\$9

Assorted Varieties



Villagio or Rustico Bread
510-540g

\$3.49 **Ea**

Assorted Varieties



Quaker Rice Cakes or Crispy Minis
90-199g

2/\$8

Assorted Varieties



Cloverleaf Skipjack Tuna
170g

2/\$4

Assorted Varieties



Blue Diamond Almond Breeze
946ml

2/\$7 + Deposit

Assorted Varieties



Northern Gold Granola
630-675g

2/\$7

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