



100% LOCALLY OWNED AND OPERATED  
**TRU VALUE FOODS**



Prices in effect: June 24<sup>th</sup> - 30<sup>th</sup>, 2026

**Island Farms Classic Ice Cream**  
 1.65L  
**\$5.99** **Ea**  
 Assorted Varieties

**HOT DEAL**



**Lean Ground Beef**  
 \$19.82/kg  
**\$8.99** **Lb**



**Grimm's Deli Sliced Black Forest Ham**  
**\$1.99** /100g



**BC Grown New Crop Cherries**  
 \$13.21/kg  
**\$5.99** **Lb**



**BC Grown Warba Nugget Potatoes**  
 \$3.95/kg  
**\$1.79** **Lb**



**Rosdown Marinated Chicken Skewers**  
 350g  
**\$9.99** **Ea**  
 Assorted Varieties



**Saputo Sliced Cheese**  
 160-180g  
**\$4.99** **Ea**  
 Assorted Varieties



**Bi-Colour Corn on the Cob**  
**4/\$5**



**Ataulfo Mangoes**  
 Grown in Mexico  
**\$1.99** **Ea**



**Hertel's Nitrite Free Bacon**  
 500g  
**\$13.99** **Ea**



**Little Qualicum Island Brie**  
 200g avg.  
**\$8.99** **Ea**



**Top Deals of the Week**  
**Heinz Picnic Trio**  
 3x375ml  
**\$5.99** **Ea**



**Dempster's Signature Sausage or Hamburger Buns**  
 6-8 pack  
**\$4.49** **Ea**  
 Assorted Varieties



**Armstrong Block or Shredded Cheese**  
 500-600g  
**\$9.99** **Ea**  
 Assorted Varieties



**Dempsters Bagels**  
 5-6pk  
**\$4.49** **Ea**  
 Assorted Varieties



**Old Dutch Original or Ridgies Potato Chips**  
 200-220g  
**2/\$7**  
 Assorted Varieties



**Gallo Extra Virgin Olive Oil**  
 1L  
**\$12.99** **Ea**



**Unico Canned Tomatoes**  
 796ml  
**3/\$7**  
 Assorted Varieties



**Tofino Probiotic Kombucha**  
 355ml  
**2/\$5**  
 Assorted Varieties



**Coke, Canada Dry and Flavours**  
 12x355ml  
**\$9.49** **Ea**  
 Assorted Varieties



**Laid Back Snacks Snack Mixes**  
 130-140g  
**\$5.49** **Ea**  
 Assorted Varieties



**Island Farms Chocolate Milk**  
 473ml  
**2/\$4**  
 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