



Prices in effect: Sept 9th - 15th, 2026

Tree Island Greek Yogurt
908g

\$7.99 Ea

Assorted Varieties

HOT DEAL
Island GOOD

Island Farmhouse Split Chicken Wings
\$15.41/kg

\$6.99 Lb

Island GOOD

Grimm's Deli Sliced Whisky Maple Thyme Ham
\$2.29/100g

BC Grown Gala or McIntosh Apples
3lb bag

\$4.99 Ea

Sweet Mandarin Oranges
Grown in Peru
2lb bag

\$4.99 Ea

Hertel's Bone-In Pork Chop
\$9.90/kg

\$4.49 Lb

Island GOOD

Woolwich Fresh Goat Cheese
113g

\$4.99 Ea

Assorted Varieties

BC Grown Mixed Colour Peppers
2lb bag

\$3.99 Ea

BC Grown Broccoli Crowns
\$5.93/kg

\$2.69 Lb

Harvest Bacon
500g

\$14.99 Ea

Assorted Varieties

Balderson Cheddar Cheese
250-280g
Select Varieties

\$8.99 Ea

Top Deals of the Week

Island Farms 10% Half & Half Cream
1L

\$3.49 Ea

Island GOOD

Gathering Place Assorted Spices
3-50g

15% OFF

Select Varieties

Earth's Own Oat Milk
946ml

2/\$7 + Deposit

Select Varieties

Northern Gold Granola
630-675g

2/\$7

Assorted Varieties

Lay's Potato Chips
220-235g

\$8.50 2/\$

Assorted Varieties

Dare Wagon Wheels
315g

\$4.49 Ea

McCain French Fries
800g

\$4.99 Ea

Select Varieties

Kraft Singles Cheese Slices
410g

\$5.99 Ea

Assorted Varieties

Villagio & Rustico Bread or Buns
510-540g

2/\$7

Assorted Varieties

Dempster's Protein or Fibre Bread, Bagels or Tortillas

\$4.99 Ea

Assorted Varieties

Western Family Granola Bars
156-172g

2/\$6

Assorted Varieties

Rogers Oats
750g-1kg

\$4.49 Ea

Assorted Varieties

Jones Soda
355ml

2/\$3 + Deposit

Assorted Varieties

Glaceau Vitamin Water
591ml

2/\$5 + 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