



Prices in effect: Oct 7th - 13th, 2026

Stove Top Stuffing Mix
120g



3/\$5



Assorted Varieties

Island Farmhouse Boneless Skinless Chicken Breast
\$22.03/kg

\$9.99 Lb



We have Turkeys!

Selection varies by location, see in store for details on pricing and availability



BC Grown Brussel Sprouts
5.49/kg

\$2.49 Lb



Vancouver Island Grown Russet Potatoes
10lb Bag

\$7.99 Ea



Hertel's Bone In Pork Butt Roast
\$9.90/kg

\$4.49 Lb



8" Pumpkin Pie
520g

\$7.99 Ea



Jumbo Yams or Sweet Potatoes
\$6.59/kg

\$2.99 Lb



Canadian Grown Broccoli or Cauliflower
\$6.59/kg

\$2.99 Lb



Hertel's Nitrite Free Bacon
500g

\$13.99 Ea



Alexis De Portneuf Brie or Camembert Cheese
125g

\$4.99 Ea



Top Deals of the Week

Island Gold Free Run Eggs
1 Dozen

\$5.99 Ea



Island Farms 18% Cream
1L

\$4.89 Ea



Villaggio & Rustico Bread or Buns
510-540g

2/\$7 Assorted Varieties



Armstrong Block or Shredded Cheese
500-600g

\$9.99 Ea Assorted Varieties



Bubly Sparkling Water
12x355ml

\$6.99 Ea



Phillips iOTA Non Alcoholic Beer
4x355ml

\$6.99 Ea + Deposit Assorted Varieties



Tree Island Cream Top Yogurt
1.5kg

\$10.99 Ea Plain or Vanilla



Daiya Frozen Dairy Free Cheezecake
400g

\$6.99 Ea Assorted Varieties



Island Gold Free Run Eggs
1 Dozen

\$5.99 Ea



Old Dutch Original or Ridgies Potato Chips
200-220g

2/\$8 Assorted Varieties



Ocean Spray Cranberry Sauce
348ml

2/\$6 Assorted Varieties



Gathering Place Seasonal Spice Blends
40g

20% OFF Assorted Varieties



E.D. Smith Pie Filling
540-796ml

\$5.99 Ea Assorted Varieties



Natrel Lactose Free Milk
2L

\$5.69 Ea + Deposit Assorted Varieties



Dempster's Protein or Fibre Bread, Bagels or Tortillas

\$4.99 Ea 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