

100% LOCALLY OWNED AND OPERATED

TRU VALUE FOODS

THINK LOCAL FIRST



Prices in effect: Oct 28th - Nov 3rd, 2026

BC Grown Halloween Jack-O-Lantern Pumpkins

HOT DEAL

$4.99 Ea



Island Farmhouse Chicken Legs

$7.70/kg

Island GOOD

$3.49 Lb



Grimm's Deli Sliced Roast Beef

Regular or Garlic

$3.99/100g



BC Grown Broccoli Crowns

$6.59/kg

$2.99 Lb



BC Grown Honeycrisp Apples

$5.05/kg

$2.29 Lb



Alberta 38 Striploin Steak

$41.87/kg

$18.99 Lb



Duso's Fresh Pasta or Pasta Sauce

Assorted Varieties

2/$13



Haas Premium Avocadoes

2/$4



Canadian Grown Bunched Leeks

$5.05/kg

$2.29 Lb



Harvest Bacon

500g

Assorted Varieties

$14.99 Ea



Balderson Royal Canadian 2 Year Aged Cheddar

280g

$10.99 Ea



Top Deals of the Week

Rogers Sugar

Yellow, Brown, Icing or Demerara

1kg

2/$7



Tribal Java Whole Bean Coffee

340-400g

$14.99 Ea

Assorted Varieties



Dempster's Whole Grain Bread

600g

$4.49 Ea Assorted Varieties



Tofino Probiotic Kombucha

355ml

Island GOOD

2/$6 + Deposit

Assorted Varieties



Classico Pasta Sauce

410-600ml

$4.99 Ea Assorted Varieties



Sunrype Fruit Juice

900ml

2/$5 + Deposit

Assorted Varieties



Dempster's Tortillas

10"

$4.49 Ea Assorted Varieties



Pepsi, Schweppes and Flavours

12x355ml

$7.49 Ea + Deposit

Assorted Varieties



Unico Pasta

900g

2/$5 Assorted Varieties



Natrel Lactose Free Milk

2L

$5.69 Ea + Deposit

Assorted Varieties



Jet Puffed Marshmallows

400g

2/$5 Assorted Varieties



Kettle Brand Kettle Chips

198g

2/$8 Assorted Varieties



Tostitos Tortilla Chips

215-295g

2/$8.50 Assorted Varieties



Island Farms Chocolate Milk

473ml

Island GOOD

2/$4 + Deposit



Hundreds of Manager's Specials featured in every location!

Mayne Island - Village Bay	Pender Island - Driftwood Centre	Quadra Island - Heriot Bay	Quadra Island - Quathiaski Cove
472 Village Bay Road	4605 Bedwell Harbour Road	1536 Heriot Bay Road	658 Harper Road
Phone 250-539-2548	Phone 250-629-8322	Phone 250-285-2436	Phone 250-285-3391

We reserve the right to limit quantities. Not all items available at all stores.

www.truvaluefoods.com