

100% LOCALLY OWNED AND OPERATED

TRU VALUE FOODS

THINK LOCAL FIRST



Prices in effect: Nov 4th - 10th, 2026

Island Gold Large Organic Eggs
1 Dozen
HOT DEAL
$7.99 Ea



Island Farmhouse Boneless Skinless Chicken Breast
Island GOOD
$22.03/kg
$9.99 Lb



Grimm's Deli Sliced Smoked Turkey
$3.99/100g



Chinese Mandarin Oranges
4Lb Box
$8.99 Ea



Canadian Grown Bell Peppers
Green, Red, Yellow or Orange
$5.93/kg
$2.69 Lb



Lean Ground Beef
$19.82/kg
$8.99 Lb



Grimm's Deli Sliced Beer Sausage
$1.99/100g



BC Grown Gala Apples
3Lb Bag
$4.99 Ea



Inspired Living Lettuce
Grown in Canada
$3.49 Ea



Grimm's Pepperoni
600g
Assorted Varieties
$11.99 Ea



Woolwich Fresh Goat Cheese
113g
$4.99 Ea
Assorted Varieties



Top Deals of the Week

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



Villagio or Rustico Bread or Buns
510-540g
Assorted Varieties
2/$7



Paradise Island Cow's Milk Feta Cheese
200g
Island GOOD
$5.99 Ea



Only Goodness Organic Broth
946ml
2/$6
Assorted Varieties



Pringles Chips
148 - 156g
2/$7
Assorted Varieties



Coke, Canada Dry and Flavours
6x222ml
2/$9 + Deposit
Assorted Varieties



Yogi Herbal or Medicinal Tea
16ct
$5.99 Ea
Assorted Varieties



Berio Extra Virgin Olive Oil
500ml
$12.99 Ea



Campbell's Ready to Serve Soup
515ml
2/$7
Assorted Varieties



Blue Diamond Almond Breeze
946ml
2/$7 + Deposit
Assorted Varieties



Green Giant Frozen Vegetables
750g
2/$8
Assorted Varieties



Natural Bakery Rye Bread
900g
$4.99 Ea



Barbara's Cheese Puffs
155-198g
3/$10
Assorted Varieties



Dempster's Protein or Fibre Bread, Bagels or Tortillas
Assorted Varieties
$4.99 Ea



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