

100% LOCALLY OWNED AND OPERATED

TRU VALUE FOODS

THINK LOCAL FIRST



Prices in effect: Nov 18th - 24th, 2026

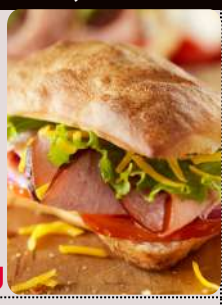
Dempster's Bagels
5-6pk
HOT DEAL
$3.99 Ea
Assorted Varieties



Island Farmhouse Chicken Drumsticks
Island GOOD
$6.59/kg
$2.99 Lb



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



BC Grown Large Red Beets
$3.29/kg
$1.49 Lb



Good Leaf Salad Mixes
113g
Assorted Varieties
$4.99 Ea



Australian Rib Eye Steak
$44.08/kg
$19.99 Lb



Cathedral City English Cheddar
200g
$6.49 Ea
Assorted Varieties



New Zealand Green Kiwis
1Lb Bag
$5.99 Ea



BC Grown Carrots
5lb Bag
$4.99 Ea



Hertel's Bone In Pork Chop
Island GOOD
$9.90/kg
$4.49 Lb



Soupetc! Soups
700ml
$6.99 Ea
Assorted Varieties



Top Deals of the Week

Classico Pasta Sauce
410-600ml
$3.99 Ea
Assorted Varieties



Armstrong Cheese
400g
$7.99 Ea
Assorted Varieties



Dempster's Signature Bread
600-680g
$4.49 Ea
Assorted Varieties



Level Ground Coffee
300g
Whole Bean or Ground
$13.99 Ea
Assorted Varieties



Old Dutch Arriba or Restaurante Chips
235 - 295g
2/$9
Assorted Varieties



Takis Rolled Tortilla Chips
198-260g
$3.99 Ea
Assorted Varieties



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



Adams Peanut Butter
1kg
$9.99 Ea
Assorted Varieties



Ristaurante or Casa Di Mama Frozen Pizza
320-410g
$6.99 Ea
Assorted Varieties



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



Kind Fruit and Nut Bars
40g
2/$4
Assorted Varieties



Olympic Organic Yogurt
1.75kg
$11.99 Ea
Assorted Varieties



Daiya Dairy Free Frozen Pizza or Flatbread
331-550g
$8.99 Ea
Assorted Varieties



Island Farms Chocolate Milk
750ml
Island GOOD
$2.49 Ea + Deposit



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