

MAYNE ISLAND • PENDER ISLAND • QUADRA ISLAND

TRU VALUE FOODS

Where Community & Quality Meet



Thanks for Supporting Our Island Businesses.

*Prices in effect Date: Jan 25-31 2023

MEAT

Maple Leaf Pork Tenderloin

\$4.99
LB 11.00 kg



Island Farmhouse Split Chicken Wings

\$5.99
LB 13.20 kg



Duso's Fresh Pasta and Sauces

\$6.49
EA assorted varieties



PRODUCE

Florida Red Grapefruit

\$4.99
EA 3lb bag



California Snap Top Carrots

99¢
LB 2.18 kg



DELI

Balderson Championship 1 year Cheddar 280g

\$9.49
EA



Grimm's Sliced Roast Beef plain or garlic

\$2.99
/100g



Soup Etc! 700ml

\$5.49
EA assorted varieties



Garlic Breadmade in-store

2/\$6.00



B.C. Ambrosia Apples

99¢
LB 2.18 kg



California Green Leaf Lettuce

2/\$3.50



50 jobs will be created for every 1% increase in island products sold.

Support Island Products.

Keep an eye out for island products in our stores.

- Good for jobs.
- Good for our economy.
- Good for sustainability.
- Good for us all.

Grocery

Rogers Flour

10 kg
\$9.99
EA assorted varieties



Earth's Own Oat or Almond Beverage 1.75-1.89 L

\$3.99
EA +dep assorted varieties



Paradise Island Lactose Free Cheese 400g

\$7.99
EA assorted varieties



Island Farms Buttermilk 1 L

\$2.79
EA +dep



Dempster's Whole Grain Bread 600g

\$3.99
EA assorted varieties



Daiya Frozen Pizza dairy & gluten free • 444g-550g

\$6.99
EA assorted varieties



Bush's Best Baked Beans 398 ml

2/\$4.00
assorted varieties



Unico Canned Tomatoes

796 ml
2/\$4.00
assorted varieties



Clover Leaf Flaked or Chunk Light Tuna 170g

2/\$4.00
assorted varieties



Thai Kitchen ORGANIC Coconut Milk 400ml

\$2.99
EA assorted varieties



Purex Double Roll Bathroom Tissue 12 roll

\$6.99
EA



E.D. Smith Triple Fruit Spread 500ml

\$3.99
EA assorted varieties



Zevia Natural Soda 6 pack

\$4.99
EA +dep assorted varieties



Dempster's Tortillas 10 inch

\$3.99
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

