



Fresh
BEEF SIRLOIN STEAKS
Cut from Canada Grade AA Beef or Higher
Top or Bottom, Boneless
Value Pack, 22.00/kg
9⁹⁸
lb.

Kraft
DRESSING
Asst. Var.
425 mL



2⁹⁸



Armstrong
CHEESE SHREDS
Asst. Var.
450 - 500 g

7⁹⁸

Shuswap Coffee Co.
ORGANIC FAIR TRADE COFFEE
Asst. Var.
Whole Bean
454 g



12⁹⁸ **13⁹⁸**
Decaf.

California Grown
NAVEL ORANGES
2.16/kg



98^c
lb.

Philadelphia
CREAM CHEESE
Asst. Var.
227 - 250 g



3⁹⁸

GROCERY

Everything you need

Prego
PASTA SAUCE
Asst. Var.
645 mL
Jar



2/4⁹⁸

Kraft
DINNER
Specialty Var.
Asst. Var.
175 - 200 g



4/4⁹⁸



Western Family
TOMATOES
Select Var.
398 mL



98¢

Western Family
LONG GRAIN RICE
White or Brown
907 g



1⁹⁸

Western Family
MUSHROOMS
Pieces & Stems
284 mL



98¢



Clover Leaf
PINK SALMON
Asst. Var.
213 g



3⁴⁸

Bick's
DILL PICKLES
Asst. Var.
1 L



3⁹⁸

Ben's Original
FAST & FANCY RICE
Asst. Var.
132 g



2/2⁹⁸

Campbell's
SIGNATURE SOUP
Asst. Var.
284 mL



2²⁸

Kraft
GRATED PARMESAN CHEESE
Asst. Var.
250 g



7⁹⁸

Knorr
SOUP MIX
Asst. Var.
40 - 83 g



3/4⁹⁸

Hellmann's
MAYONNAISE
Asst. Var.
340 - 445 mL



3⁹⁸

French's
MUSTARD
Asst. Var.
325 - 550 mL



2⁹⁸

GROCERY

Everything you need



General Mills
CEREAL
Cheerios, Golden Grahams or
Cinnamon Toast Crunch
Asst. Var., 297 - 430 g
3⁴⁸



Post
CEREAL
Honey Bunches of Oats,
Sugar Crisp or
Honeycomb
Asst. Var.
311 - 400 g



3⁹⁸

Quaker
HOT INSTANT OATMEAL
Asst. Var.
240 - 344 g



3⁶⁸

Minute Maid or Five Alive
FRUIT JUICE OR JUICE BLENDS
Asst. Var.
1 L

3/4⁹⁸ + dep



Christie
COOKIES
Asst. Var.
224 - 303 g

3⁴⁸



Kraft
PEANUT BUTTER
Asst. Var.
750 g - 1 kg

5⁹⁸



Nature Valley
GRANOLA BARS
Lunch Box, Crunchy,
Sweet & Salty
or Protein
175 - 210 g

3⁴⁸



Pearl Milling
PANCAKE MIX OR SYRUP
Asst. Var.
905 g or
710 mL

4⁴⁸



Nabob
COFFEE
Asst. Var., 340 g
6⁹⁸



Christie
CRISPERS
Asst. Var.
145 g

2⁹⁸



Leclerc
CELEBRATION COOKIES
Asst. Var.
240 g

3⁴⁸



Sun•Maid
RAISINS
Mini Packs, Plain
or Yogurt Covered
Asst. Var.
10 - 14 pk

3⁶⁸



Snack Pack
PUDDING CUPS
Asst. Var.
4 pk

1⁹⁸



Sparkling Ice
BEVERAGE
Asst. Var.
503 mL

2/2⁹⁸ + dep



Orville Redenbacher
MICROWAVE POPCORN
Asst. Var.
248 - 492 g

5⁹⁸



GROCERY

Everything you need

Milk Bone
DOG BISCUITS
Asst. Var.
450 - 500 g



2⁹⁸

Friskies
PARTY MIX CAT TREATS
Asst. Var.
170 g



2⁹⁸

Friskies
DRY CAT FOOD
Asst. Var., 1.4 - 1.5 kg
6⁹⁸



Fleecy
FABRIC SOFTENER
Asst. Var.
1.36 L or
80 pk



5⁴⁸

Tide
LAUNDRY DETERGENT
2x Concentrate
Asst. Var.
2.72 L



16⁹⁸

Bounty
PAPER TOWEL
Asst. Var.
4 Roll



7⁹⁸



Charmin
BATHROOM TISSUE
Triple Roll
Asst. Var., 8 Roll
8⁹⁸



Method
HOUSEHOLD CLEANER
Asst. Var.
828 mL
Trigger



3⁹⁸

Pantene
SHAMPOO OR CONDITIONER
Asst. Var.
308 - 355 mL



5⁴⁸



PHARMACY at Uptown

- + Prescription Services
- + Compliance Packaging
- + Private Medication Reviews
- + Injections
- + Free Prescription Delivery

- + Health and Medication information
- + Custom Orders welcome
- + A wide selection of front store OTC products



The staff at Askew's Uptown Pharmacy want to work with you to improve and maintain your good health.

Call us at 250-832-7655

Open 9 am - 6 pm Monday to Saturday.
Closed Sundays and Statutory Holidays.

Tylenol
ARTHRITIS PAIN MEDICATION
24 - 170 pk



6⁷⁹ - 26³⁹

RepaGyn
VAGINAL SUPPOSITORY
2 g
10 pk



27⁶⁹

Bausch + Lomb
OCUVITE ADULT 50+
Vision Supplement
50 pk



18⁶⁹

GROCERY

Everything you need

Fry's
**PREMIUM
COCOA
POWDER**

Asst. Var.
454 g



8⁹⁸

Crisco
**ALL VEGETABLE
SHORTENING**

Select Var.
454 g



3⁴⁸



Jello
JELLY POWDER

Asst. Var.
9 - 85 g



88^c

Baker's
BAKING CHOCOLATE

Asst. Var.
170 - 225 g



4⁹⁸

Kraft
JET-PUFFED MARSHMALLOWS

Asst. Var.
250 g



1⁴⁸

Natural Bakery
**CANADIAN
RYE BREAD**

900 g



3⁹⁸

Dempster's
**ORIGINAL
BREAD**

570 - 675 g



3⁴⁸



BAKERY

Prepared with love



Fresh Baked In-Store
PORTUGUESE BUNS

6 pk



3⁹⁸

Fresh Baked In-Store
FOCACCIA BREAD



5²⁸ ea.

*The appearance of fresh baked product may vary between stores.

MEAT *Carefully sourced*

Fresh
BEEF SIRLOIN STEAKS
Cut from Canada Grade AA Beef or Higher
Top or Bottom
Boneless
Value Pack
 22.00/kg
9⁹⁸
lb.



Fresh
BEEF INSIDE ROUND ROAST
Cut from Canada Grade AA
Beef or Higher
Boneless
Value Pack
 17.59/kg
7⁹⁸
lb.



Fresh
LEAN GROUND BEEF
Ground Fresh In-Store Daily
Value Pack, 12.08/kg
5⁴⁸
lb.



Frozen
PORK BACK RIBS
 9.88/kg
4⁴⁸
lb.



Fresh
BEEF TRI-TIP STEAKS
Cut from Canada Grade AA Beef or Higher
 24.21/kg
10⁹⁸
lb.



Fresh
CHICKEN DRUMSTICKS
Value Pack
 6.57/kg
2⁹⁸
lb.



Fresh
CHICKEN THIGHS
Bone-In, Skin-On
Value Pack, 9.44/kg
4²⁸
lb.

Askew's Own
BEEF & ONION OR BEEF SAUSAGE
 21.56/kg
9⁷⁸
lb.



Freybe
EUROPEAN WIENERS
Regular or Cheddar
 375 g
7⁹⁸
ea.



Freybe
GOURMET PIZZA PEPPERONI
Gourmet
 175 g
4⁹⁸
ea.



Freybe
POWER STICK
Salami Stick Original
 250 g
7⁹⁸
ea.



Freybe
A TASTE OF EUROPE
Asst. Var.
 100 g
4⁵⁸
ea.



Freybe
SMOKIES
Asst. Var.
 450 g
8⁹⁸
ea.



Mina
MOZZARELLA CHICKEN CORDON
 568 g
10⁹⁸
ea.



Olivieri
FILLED PASTA
Asst. Var.
 350 g
5⁷⁸
ea.



Olivieri
PASTA SAUCE
Asst. Var.
 300 g
4⁹⁸
ea.



Schneiders
CHICKEN STRIPS
Frozen
 600 g
8⁹⁸
ea.



Summer Fresh
**DIPS & HUMMUS
 VARIETY PACK**
 500 g



DELI

Prepared with love

847
 ea.



Nana's Kitchen
SAMOSAS
427
 ea.



Summer Fresh
DIPS
 227 g

487
 ea.



Summer Fresh
HUMMUS
 227 g

487
 ea.



Fresh
**LINGCOD
 FILLETS**

428
 /100 g



Frozen
**SILVERBRITE
 SALMON
 FILLET**

198
 /100 g



**OCEAN
 WISE**

SEAFOOD

Healthy & delicious

Fresh
**IMITATION
 CRAB**

128
 /100 g



Frozen
**ALASKAN
 POLLOCK
 FILLETS**
 680 g

958
 ea.



fish FRIDAY
**FRESH SABLEFISH FILLETS
 SKIN ON**

DAIRY

From basics to deluxe

International Delight
COFFEE CREAMER
Asst. Var.
946 mL



4⁹⁸

Silk
DAIRY FREE BEVERAGE
Oat, Soy, Cashew,
Almond or Coconut
Asst. Var.
1.75 - 1.89 L

4⁴⁸ + dep



Armstrong
CHEESE SHREDS
Asst. Var., 450 - 500 g
7⁹⁸



Simply Orange
JUICE
Asst. Var.
2.63 L



5⁹⁸ + dep

Dairyland
SOUR CREAM
750 mL

3⁹⁸



Dairyland
COTTAGE CHEESE
Light or 2%
750 g

4⁹⁸



Philadelphia
CREAM CHEESE
Asst. Var., 227 - 250 g
3⁹⁸



Liberté
MÉDITERRANÉE GREEK STYLE YOGURT
Asst. Var.
500 g

3⁹⁸



Dairyland
AEROSOL WHIPPING CREAM
225 g

3⁴⁸



Kraft
CHEEZ WHIZ
450 g

3⁹⁸



Kraft
SINGLES CHEESE SLICES
Asst. Var.
410 g

3⁹⁸



Becel
MARGARINE
Asst. Var.
427 g

3⁹⁸



Dairyland
OLD FASHIONED CHOCOLATE MILK
3.25%
946 mL

2⁴⁸ + dep



Yoplait
YOGURT TUBES
Asst. Var.
8 pk

2⁹⁸



Danone
ACTIVIA YOGURT
Asst. Var.
650 g

3⁴⁸



FROZEN

Most practical

Madalea Growers
BLUEBERRIES
1 kg



6⁹⁸

Cavendish Farms
POTATO PATTIES
Asst. Var.
1.2 kg



5⁹⁸

Green Giant
**VEGETABLES OR
VALLEY SELECT
BLENDS**

Asst. Var., 400 - 750 g

2⁹⁸



Cheemo
PEROGIES
Asst. Var.
815 - 907 g



3⁴⁸

Michelina's
ENTREES
Asst. Var.
255 - 284 g



1⁹⁸

Chapman's
**FROZEN YOGURT
OR SORBET**
Asst. Var.
2 L



6⁴⁸

Ben & Jerry's
ICE CREAM
Asst. Var.
473 mL



5⁹⁸

Old Dutch
**RESTAURANTE
TORTILLA CHIPS**

Asst. Var., 275 - 295 g

2/6⁹⁸



Bubly
**SPARKLING
FLAVOURED
WATER**

Asst. Var.
12 x 355 mL

5⁹⁸
+ dep



Coke, Sprite or Canada Dry
POP

Asst. Var.
12 x 355 mL

7⁴⁸
+ dep



Everything you need

GROCERY

Old Dutch
POTATO CHIPS

Asst. Var., 220 g Box

3/9⁹⁸



Munchies
**SNACK
MIX**
Asst. Var.
250 g



2/8⁹⁸

Cheetos
**CHEESE
SNACKS**
Asst. Var.
260 g



2/8⁹⁸

Pepsi, 7-Up or Schweppes
POP
Asst. Var.
12 x 355 mL



7⁴⁸
+ dep

Old Dutch
**DUTCH
CRUNCH
POTATO
CHIPS**
Asst. Var., 200 g



2/6⁹⁸

WELLNESS

Living life to the fullest

Salus
FLORADIX KINDERVITAL FORMULA

250 mL
25⁹⁸
500 mL
41⁹⁸



A delicious food supplement for children providing vital calcium & vitamin D which are needed for normal growth & bone formation.

Prairie Naturals
UT CRAN-BIOTIC
Urinary Tract Support Kit

60 vcap
43⁹⁸



Combining high-quality probiotics with organic cranberry for urinary tract protection.

Routine
NATURAL DEODORANT
Assorted scents available

5 g
4⁹⁸
58 g
23⁹⁸



An incredibly effective natural deodorant made with only clean & wholesome ingredients. Each 58g jar contains a 3-6-month supply.

Organika
ORIGINAL ENHANCED COLLAGEN

250 g
24⁹⁸
500 g
44⁹⁸



A flavourless, odourless collagen that lends itself well to being mixed in drinks, smoothies & baking recipes.

ITL Health
PRIZMAG

120 vcap
20⁹⁸



Combines magnesium & glycine to help promote restful, uninterrupted sleep. Award-winning for Best Sleep Aid.

Back to Earth
PAIN BE GONE

60 mL
10⁹⁸
200 mL
21⁹⁸



A plant-based icy-hot natural muscle rub that relieves sore muscles, swollen calves and feet, headaches, growing pains & achy leg syndrome.

Purica
POWER VEGAN PROTEIN ISOLATE

8 Mushrooms
Asst. Var.
630 g
47⁹⁸



This unique mushroom protein powder delivers a distinct mix that's both nutritious and delicious, even with water.

Green Beaver
TOOTHPASTE
Assorted Flavours

75 mL
7⁹⁸



Whitens teeth & freshens breath naturally.

St. Francis Herb Farm
ALLERGY RELIEF

50 mL
20⁹⁸



Non drowsy natural relief of itchy eyes, sneezing, congestion & other symptoms associated with allergies.



Fuel your healthy, clean eating diet with these nutrient dense plant-based protein powders.

** Not all products available at all locations.*



Askew's

HOME CHEFS



Show us





YOUR COOKING SKILLS FOR A CHANCE TO WIN!

Pick up a **Recipe of the Week**, document yourself or family buying the ingredients and **making the dish**, follow the instructions to **share on social media**, and you could be the proud winner of a **\$100 gift card!**

ASKEWS.COM/HOMECHEFS







Nature's Path
ORGANIC CEREAL
Eco Packs, Select Var.
750 - 907 g
8⁹⁸



LaraBar
FRUIT & NUT BARS

Raw
Asst. Var.
45 - 48 g



1⁸⁸

NATURALLY
Good!

Crofter's
PREMIUM FRUIT SPREAD

Asst. Var.
383 mL

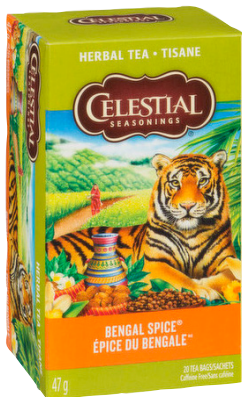


6⁶⁸

Celestial Seasonings

TEA

Asst. Var.
20 pk



3⁸⁸

Stahlbush Island Farms

VEGETABLES

Frozen
Select Var.
198 - 397 g



2⁹⁸

GT's

KOMBUCHA

Asst. Var.
480 mL



3⁹⁸ + dep

Spectrum

ORGANIC COCONUT OIL

414 mL



9⁹⁸

Spectrum

ORGANIC EXTRA VIRGIN MEDITERRANEAN OLIVE OIL

946 mL



19⁹⁸

Shuswap Coffee Co.

ORGANIC FAIR TRADE COFFEE

Whole Bean, Asst. Var., 454 g

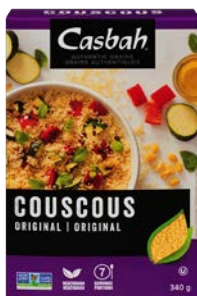
12⁹⁸ Decaf. **13⁹⁸**



Casbah

COUSCOUS & RICE PILAF

Asst. Var.
180 - 340 g



3⁴⁸

Shuswap Coffee Co.

ORGANIC FAIR TRADE COFFEE

Ground, Asst. Var.
284 g

Decaf.

8⁹⁸ **9⁴⁸**



Made Good

ORGANIC GRANOLA MINIS

Asst. Var.
100 g Pouch

3⁹⁸



Manitoba Harvest

HEMP HEARTS

227 g

7⁸⁸



Gimme

ORGANIC ROASTED SEAWEED SNACKS

Asst. Var., 9 - 10 g

2²⁸



Eco-Max

PLANT-BASED DISHWASHING LIQUID

Asst. Var.
740 mL

3⁹⁸



PRODUCE

Seasonal goodness & more

California Grown
NAVEL ORANGES
2.16/kg



98¢
lb.

Costa Rica Grown
PINEAPPLES
Large



3⁹⁸
ea.



South America Grown
GRAPES
Red or Green, Seedless
8.77/kg
3⁹⁸
lb.

BC Grown
**ORGANIC
AMBROSIA APPLES**
3 lb Bag
3⁹⁸
ea.



Italy Grown
ORGANIC KIWI
1 lb Bag



3⁹⁸
ea.



California Grown
ROMAINE HEARTS
3 pk

3⁹⁸
ea.



Washington Grown
RUSSET POTATOES
10 lb Bag

3⁹⁸
ea.



Askew's

SA Downtown: 250-832-2064
SA Uptown: 250-832-7622
Armstrong: 250-546-3039
Enderby: 250-838-6064
Sicamous: 250-836-4899

To reduce our environmental impact our flyer is printed on unbleached recycled fibres using soy-based inks.



@askewsfoods | askewsfoods.com
We reserve the right to limit quantities.



SPOT THE LABEL!

Look for our "Local" logo for products that are manufactured or grown in the Thompson, North Okanagan, & Shuswap!

ALL STORES OPEN DAILY - FOR HOURS VISIT ASKEWSTOFOODS.COM