



Fresh  
**BEEF STRIPLOIN STEAKS**  
Cut from Canada Grade AA Beef or Higher,  
Boneless, Value Pack, 33.02/kg  
**14.98** lb.

Classico  
**PASTA SAUCE**  
Asst. Var.  
218 - 650 mL



**3.28**

Faith Farms  
**CHEESE**  
Cheddar, Marble, Mozza,  
Gouda, Harvarti or  
Monterey Jack  
Asst. Var.  
360 - 380 g



**5.48**

Voets  
**COFFEE**  
Whole Bean,  
Coarse or  
Drip  
300 g



**4.98**

California Grown  
**HEAD LETTUCE**



**1.88** ea.

Rogers  
**FLOUR**  
Asst. Var.  
2.5 kg



**2.98**

# GROCERY

Everything you need

Legh's  
**SOUP**  
Asst. Var.  
720 mL



**3<sup>98</sup>**

Catelli  
**PASTA**  
Healthy Harvest,  
Bistro or  
Smart  
Asst. Var.  
340 - 375 g  
**2/4<sup>98</sup>**



Classico  
**PASTA SAUCE**  
Asst. Var., 218 - 650 mL

**3<sup>28</sup>**



Clover Leaf  
**LIGHT TUNA IN WATER**  
Flaked or Chunk  
Asst. Var.  
170 g



**3/4<sup>98</sup>**

Harvest Acres  
**LONG GRAIN WHITE RICE**  
2 kg



**4<sup>48</sup>**

Golden Dragon  
**COOKING SAUCE**  
Asst. Var.  
455 mL



**2<sup>98</sup>**



San Remo  
**TOMATOES**  
Whole or Diced  
796 mL

**1<sup>98</sup>**



Western Family  
**EXQUISITA SALSA**  
Asst. Var.  
430 mL



**2<sup>98</sup>**

Lipton  
**SOUP MIX**  
Asst. Var.  
4 pk



**2<sup>98</sup>**

Clover Leaf  
**SOCKEYE SALMON**  
213 g



**5<sup>48</sup>**

Unico  
**VEGETABLE OIL**  
3 L



**11<sup>98</sup>**

Brunswick  
**SARDINE FILLETS**  
Asst. Var.  
100 g



**3/4<sup>98</sup>**

Money's  
**MUSHROOMS**  
Pieces & Stems  
Asst. Var.  
284 mL



**1<sup>48</sup>**

Ben's Original  
**BISTRO EXPRESS RICE BLENDS**  
Asst. Var.  
240 - 250 g



**3<sup>28</sup>**

VH  
**COOKING OR GRILLING SAUCE**  
Asst. Var.  
341 - 355 mL



**3<sup>48</sup>**

# GROCERY

Everything you need



General Mills  
**CHEERIOS**  
Family Size  
Asst. Var., 526 - 778 g  
**5<sup>98</sup>**

Quaker  
**CEREAL**  
Oat Squares,  
Corn Bran or  
Life  
Asst. Var.  
375 - 500 g



**3<sup>98</sup>**

Smucker's  
**PURE FRUIT  
JAM**  
Select Var.  
500 mL



**4<sup>98</sup>**

Christie  
**COOKIES**  
Asst. Var.  
374 - 520 g



**4<sup>98</sup>**

Adams  
**ALL NATURAL  
PEANUT  
BUTTER**  
Asst. Var.  
500 g



**3<sup>98</sup>**

Minute Maid or Five Alive  
**FRUIT JUICE OR  
JUICE BLENDS**  
Asst. Var.  
8 - 10 x 200 mL



**3<sup>98</sup>** + dep

Pepperidge Farms  
**GOLDFISH  
SNACKING  
CRACKERS**  
Asst. Var.  
156 - 227 g



**2<sup>98</sup>**

Dare  
**BRETON CRACKERS**  
Asst. Var.  
100 - 225 g



**3<sup>48</sup>**

Nescafe  
**INSTANT  
COFFEE**  
Asst. Var.  
100 - 170 g



**4<sup>98</sup>**

Maxwell House  
**COFFEE PODS**  
Asst. Var.  
109 - 126 g



**6<sup>98</sup>**



Voets  
**COFFEE**  
Whole Bean, Coarse or Drip  
300 g  
**4<sup>98</sup>**



Western Family  
**CANADA #1  
HONEY**  
Liquid or  
Creamed  
500 g



**5<sup>98</sup>**

SunRype  
**APPLE  
SAUCE**  
Asst. Var.  
625 mL



**2<sup>98</sup>**

Smucker's  
**SUNDAE  
SYRUP**  
Asst. Var.  
428 mL



**3<sup>98</sup>**

Cadbury  
**CHOCOLATE  
BARS**  
Asst. Var.  
33 - 60 g



**4/4<sup>98</sup>**

# GROCERY

Everything you need

Whiskas  
**PERFECT PORTION  
CAT FOOD**

Asst. Var.  
75 g

**1<sup>28</sup>**



Cesar  
**DOG FOOD**

Select Var.  
100 g

**1<sup>68</sup>**



Nature's Recipe  
**DRY  
DOG FOOD**  
Asst. Var., 1.8 kg

**14<sup>98</sup>**



Gain  
**LAUNDRY  
DETERGENT**

2x Concentrate  
Asst. Var.

1.36 L  
**6<sup>98</sup>**



Cascade  
**ACTION PACS**

Asst. Var.  
12 - 20 pk

**7<sup>98</sup>**



SpongeTowel

**ULTRA  
PAPER  
TOWEL**  
3 - 6 Roll

**7<sup>98</sup>**



Purex  
**BATHROOM  
TISSUE**  
Double or Triple Roll  
8 - 12 Roll

**7<sup>98</sup>**



Ziploc or Slide Loc  
**FREEZER OR  
STORAGE BAGS**

Asst. Var.  
10 - 28 pk

**4<sup>48</sup>**



Scotties  
**FACIAL TISSUE**

Asst. Var.  
81 - 126 pk

**1<sup>48</sup>**



## Askew's PHARMACY at Uptown



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.

Alcon  
**LID-CARE TOWELETTES**  
30 pk

**11<sup>49</sup>**



Allegra  
**24 HOUR  
ALLERGY  
RELIEF**  
6 - 12 pk

**7<sup>29</sup>-9<sup>99</sup>**



Biofreeze  
**MUSCLE  
PAIN RELIEF  
PRODUCTS**

Asst. Var.  
5 pk or  
4 oz

**9<sup>79</sup>-16<sup>99</sup>**



- + 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

Everything you need **GROCERY**

E.D. Smith  
**PURE PUMPKIN**  
796 mL



**4<sup>48</sup>**

Betty Crocker  
**SUPERMOIST CAKE MIX OR FROSTING**  
Asst. Var.  
340 - 450 g



**1<sup>98</sup>**

Hershey's  
**CHIPITS BAKING CHIPS**  
Asst. Var., 200 - 270 g  
**3<sup>98</sup>**



Sun•Maid  
**RAISINS**  
375 g



**3<sup>98</sup>**

Rogers  
**FLOUR**  
Asst. Var.  
2.5 kg



**2<sup>98</sup>**

Quaker  
**OATS**  
Asst. Var.  
900 g - 1 kg



**3<sup>98</sup>**

Venice  
**BREAD**  
Whole Wheat  
or White  
570 g



**2/4<sup>98</sup>**

Villaggio  
**ITALIAN STYLE SLICED BREAD OR BUNS**  
Asst. Var.  
510 - 540 g  
or 6 - 8 pk



**3<sup>48</sup>**

Dempster's  
**10" TORTILLAS**  
Asst. Var., 6 - 10 pk  
**3<sup>48</sup>**



**BAKERY**  
*Prepared with love*

Fresh Baked In-Store  
**PINEAPPLE UPSIDE DOWN CAKE**

**8<sup>48</sup>**  
ea.

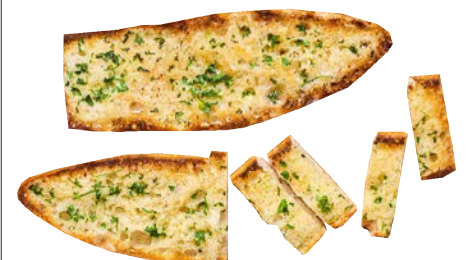


Fresh Baked In-Store  
**BUTTERFLAKE BUNS**  
1 Dozen



**4<sup>78</sup>**

Fresh Baked In-Store  
**GARLIC BREAD**



**3<sup>98</sup>**  
ea.

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

# MEAT *Carefully sourced*

Fresh  
**BEEF OUTSIDE ROUND ROAST**  
*Cut from Canada Grade AA Beef or Higher*  
 Boneless  
 Value Pack  
 17.59/kg

**7<sup>98</sup>**  
 lb.



Fresh  
**BEEF STRIPLOIN STEAKS**  
*Cut from Canada Grade AA*  
 Beef or Higher  
 Boneless  
 Value Pack  
 33.02/kg

**14<sup>98</sup>**  
 lb.



Fresh  
**PORK BLADE ROAST OR STEAK**  
*Roast - Boneless, Steak - Bone-In*  
 Value Pack, 8.77/kg  
**3<sup>98</sup>**  
 lb.



Fresh  
**EXTRA LEAN GROUND BEEF**  
*Ground Fresh In-Store Daily*  
 Value Pack  
 13.18/kg

**5<sup>98</sup>**  
 lb.



Fresh Whole  
**PORK TENDERLOIN**  
 10.98/kg

**4<sup>98</sup>**  
 lb.



Askew's Own  
**ITALIAN SAUSAGE**  
*Hot or Mild*  
 21.56/kg

**9<sup>78</sup>**  
 lb.



Olymel  
**SLICED SIDE BACON**  
*Regular or Maple*  
 375 g

**6<sup>98</sup>**  
 ea.



Fresh Local  
**WHOLE FRYING CHICKENS**  
*3 per Bag, 6.57/kg*  
**2<sup>98</sup>**  
 lb.

Olymel  
**WIENERS**  
*Original*  
 1 kg

**9<sup>98</sup>**  
 ea.



Olymel  
**DUO SLICED COOKED MEATS**  
*Asst. Var.*  
 250 - 300 g

**5<sup>68</sup>**  
 ea.



Pinty's  
**CHICKEN WINGS OR CHUNKS**  
*Frozen*  
*Asst. Var.*  
 780 g

**16<sup>78</sup>**  
 ea.



Pinty's  
**EATWELL CHICKEN**  
*Nuggets, Strips or Burgers*  
*Frozen*  
 765 - 790 g

**13<sup>98</sup>**  
 ea.



Johnsonville  
**SAUSAGES**  
*Asst. Var.*  
 375 - 500 g

**5<sup>98</sup>**  
 ea.



Rocky Mountain  
**PORK RIBS**  
*Sweet & Sour*  
 or Dry  
 Frozen  
 650 g

**9<sup>58</sup>**  
 ea.



Harvest  
**ALL BEEF FARMER'S SAUSAGE**  
 375 g

**7<sup>98</sup>**  
 ea.



Western Family  
**CHICKEN SPLIT WINGS**  
*Frozen*  
 3 kg

**25<sup>98</sup>**  
 ea.



Alexis de Portneuf  
**LE CALENDOS OR  
 BRISE DU MATIN**  
 125 g



**DELI**

*Prepared with love*

**5<sup>67</sup>**  
 ea.

Alexis de Portneuf  
**HALOUMI**  
 Plain or Mediterranean  
 160 g  
**6<sup>97</sup>**  
 ea.

Somerdale  
**CLADDAGH  
 BÓ**  
 200 g

**8<sup>37</sup>**  
 ea.



Askew's Own  
**GREEK  
 SALAD**

**1<sup>97</sup>**  
 /100 g



Fresh  
**SOLE FILLETS**

**1<sup>98</sup>**  
 /100 g



Frozen Wild  
**COHO SALMON  
 FILLETS**

**2<sup>98</sup>**  
 /100 g



**SEAFOOD**

*Healthy & delicious*

Smoked  
**SALMON TIP**  
 Original or  
 Pepper

**2<sup>98</sup>**  
 /100 g



Seven Seas  
**COOKED PRAWNS**  
 Frozen  
 21 - 25 count  
 340 g

**8<sup>68</sup>**  
 ea.



≡ *fish* **FRIDAY** ≡  
**LINGCOD FILLETS**

# DAIRY

From basics to deluxe

Saputo  
**BARI RICOTTA**  
500 g



**5<sup>48</sup>**

Saputo  
**SHREDDED CHEESE**  
Mozza, Taco Nacho,  
4 Fromage or  
Triple Cheddar  
320 g



**4<sup>98</sup>**

Faith Farms  
**CHEESE**  
Cheddar, Marble, Mozza, Gouda,  
Havarti or Monterey Jack  
Asst. Var., 360 - 380 g

**5<sup>48</sup>**



Danone  
**ACTIVIA YOGURT**  
Multipacks  
Asst. Var.  
12 x 100 g



**5<sup>48</sup>**

Dairyland  
**CREAM**  
Fat Free,  
10% or 18%  
473 mL



**2<sup>28</sup>**

Parkay  
**MARGARINE**  
Quarters or  
Soft Tub  
1.28 - 1.36 kg



**6<sup>48</sup>**



Earth's Own  
**DAIRY FREE BEVERAGE**  
Oat or Almond  
Asst. Var., 1.75 - 1.89 L

**3<sup>48</sup>**  
+ dep



Dairyland  
**WHIPPING CREAM**  
33%  
473 mL

**2<sup>68</sup>**



Silk  
**DAIRY FREE CREAMER**  
Asst. Var.  
473 mL

**2<sup>68</sup>**



Saputo  
**FETA**  
400 g

**5<sup>98</sup>**



Saputo  
**SHREDDED PARMESAN OR ROMANO PARMESAN BLEND**  
170 g

**3<sup>98</sup>**



HeluvaGood!  
**SOUR CREAM DIP**  
Asst. Var.  
250 g



**2<sup>28</sup>**

Kraft  
**SINGLES CHEESE SLICES**  
Asst. Var.  
825 g

**8<sup>98</sup>**



Kraft  
**CHEEZ WHIZ**  
Asst. Var.  
900 g

**7<sup>98</sup>**



Armstrong  
**CHEESE SNACKS**  
Asst. Var.  
210 g

**3<sup>98</sup>**





Most practical **FROZEN**

Cavendish Farms

**FRIES**  
Asst. Var.  
454 - 750 g



**3<sup>48</sup>**

Bassili's Best

**LASAGNA**  
Asst. Var.  
907 g



**6<sup>98</sup>**



Rustica  
**PIZZA**  
Asst. Var., 538 - 866 g

**6<sup>98</sup>**



Crave

**ENTREES**  
Asst. Var.  
200 - 340 g



**3<sup>98</sup>**

Michelina's

**ENTREES**  
Asst. Var.  
255 - 284 g



**1<sup>98</sup>**

Chapman's

**ICE CREAM BARS**  
Select Var.  
8 pk



**5<sup>98</sup>**

Chapman's

**PREMIUM ICE CREAM**  
Asst. Var.  
2 L Tub



**6<sup>98</sup>**



Old Dutch  
**POTATO CHIPS  
OR RIDGIES**  
Asst. Var., 200 - 235 g  
**3/9<sup>98</sup>**



Hawkins  
**CHEEZIES**  
210 g

**2<sup>98</sup>**



Humpty Dumpty  
**PARTY MIX**  
280 g

**3<sup>98</sup>**



Everything you need

**GROCERY**



Doritos  
**TORTILLA CHIPS**  
Asst. Var., 235 g

**4<sup>48</sup>**



Old Dutch

**PRETZELS**  
Asst. Var.  
250 - 400 g



**3<sup>98</sup>**

Old Dutch

**CHEESE PLEESERS OR CRUNCHYS**  
290 g

**3<sup>98</sup>**



Molson  
**EXEL**  
Non-Alcoholic Beer  
12 x 355 mL

**7<sup>98</sup>**  
+ dep



Pepsi, 7-Up or Schweppes

**POP**  
Asst. Var.  
6 x 222 mL

**3<sup>98</sup>**  
+ dep



# WELLNESS

*Living life to the fullest*

Salus  
**FLORADIX KINDERVITAL FORMULA**

250 mL  
**25<sup>98</sup>**  
500 mL  
**41<sup>98</sup>**



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  
**43<sup>98</sup>**



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

Routine  
**NATURAL DEODORANT**  
*Assorted scents available*

5 g  
**4<sup>98</sup>**  
58 g  
**23<sup>98</sup>**



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  
**24<sup>98</sup>**  
500 g  
**44<sup>98</sup>**



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

ITL Health  
**PRIZMAG**

120 vcap  
**20<sup>98</sup>**



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

Back to Earth  
**PAIN BE GONE**

60 mL  
**10<sup>98</sup>**  
200 mL  
**21<sup>98</sup>**



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  
**47<sup>98</sup>**



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  
**7<sup>98</sup>**



Whitens teeth & freshens breath naturally.

St. Francis Herb Farm  
**ALLERGY RELIEF**

50 mL  
**20<sup>98</sup>**



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



ASKEWS.COM/HOMECHEFS

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!**



Kashi  
**CEREAL**  
Asst. Var.  
340 - 460 g

**5<sup>48</sup>**



Nature's Path  
**ORGANIC HOT INSTANT OATMEAL**  
Asst. Var.  
320 - 400 g

**4<sup>68</sup>**



**NATURALLY**  
*Good!*

Clif  
**ENERGY BARS**  
Asst. Var.  
68 g



Box of 12  
**18<sup>98</sup>**

**1<sup>68</sup>**

Barbara's  
**CHEESE PUFFS**  
Asst. Var.  
155 - 198 g



**2<sup>88</sup>**

Annie's Homegrown  
**PASTA DINNER**  
Asst. Var.  
170 g

**1<sup>98</sup>**



Silver Hills  
**ORGANIC SPROUTED TORTILLAS**  
Asst. Var.  
255 g

**2<sup>78</sup>**



Silver Hills  
**ORGANIC SPROUTED BAGELS**  
Select Var.  
400 g

**4<sup>48</sup>**



Nature's Path  
**ORGANIC STEEL CUT OATS**  
Asst. Var.  
680 - 850 g

**4<sup>48</sup>**



Natur-a  
**DAIRY FREE BEVERAGE**  
Soy, Rice, Oat or Almond  
Asst. Var., 946 mL

**2<sup>68</sup>** + dep  
Case of 12  
**29<sup>98</sup>** + dep



Bragg  
**ORGANIC APPLE CIDER VINEGAR**  
946 mL

**8<sup>98</sup>**



Bragg  
**SAVOURY LIQUID SEASONING**  
473 mL

**6<sup>48</sup>**



Gardein  
**PLANT-BASED PROTEIN**  
Frozen  
Select Var.  
190 - 360 g

**6<sup>68</sup>**



Amy's  
**ENTREES**  
Frozen  
Select Var.  
241 - 284 g

**5<sup>98</sup>**



Caboo  
**TREE-FREE BATHROOM TISSUE**  
12 Roll

**8<sup>98</sup>**



Eco-Max  
**PLANT-BASED HOUSEHOLD CLEANER**  
Asst. Var.  
800 mL Trigger

**3<sup>98</sup>**



# PRODUCE

Seasonal goodness & more

California Grown  
**HEAD LETTUCE**



**1.88**  
ea.

Canada Grown  
**BABY LONG ENGLISH CUCUMBERS**

1 lb Pkg



**2.98**  
ea.



Canada Grown  
**BUTTERLEAF LETTUCE**  
Living  
**2.98**  
ea.

Washington Grown  
**YELLOW ONIONS**  
Medium, 3 lb Bag  
**2.98**  
ea.



Kids Club Item!  
SunRype fruit to go  
apple wildberry  
NET WT 8.50 Oz (240g) fruit strip  
gluten free • vegan  
**SUNRYPE FRUIT TO GO**

Imported  
**CANTALOUPE OR HONEY DEW MELONS**

3.26/kg

**1.48**  
lb.



Canada Grown  
**BABY POTATOES**  
Red, Yellow or Trio  
1.5 lb Bag

**2.98**  
ea.



California Grown  
**ORGANIC KALE**  
Red, Green or Black

**2.48**  
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 "Askew's Own" logo: these products are made by our suppliers specifically for Askew's!

ALL STORES OPEN DAILY - FOR HOURS VISIT [ASKEWSFOODS.COM](http://ASKEWSFOODS.COM)