



BOGO MEAT SALE!

Fresh
**LEAN
GROUND
BEEF**
Ground Fresh In-Store Daily

**BUY ONE
GET ONE
FREE**

Kraft
**MAYONNAISE OR
MIRACLE WHIP**

Asst. Var.
650 - 890 mL



4⁹⁸

Philadelphia
CREAM CHEESE

Asst. Var.
227 - 250 g



3⁹⁸

Heinz
KETCHUP

Asst. Var.
750 mL - 1 L



4⁹⁸

California Grown
NAVEL ORANGES

8 lb Bag



8⁹⁸ ea.

Fresh Whole
PORK TENDERLOIN

**BUY ONE
GET ONE
FREE**



GROCERY

Everything you need

Campbell's
CHUNKY SOUP
Asst. Var.
515 mL



2⁹⁸

Primo
PASTA SAUCE
Asst. Var.
680 mL



1⁷⁸

Pastificio Liguori
ITALIAN PASTA
Asst. Var., 454 g

1⁹⁸



Kraft
MAYONNAISE OR MIRACLE WHIP
Asst. Var.
650 - 890 mL



4⁹⁸

Heinz
KETCHUP
Asst. Var.
750 mL - 1 L



4⁹⁸

Bick's
DILL PICKLES
Asst. Var.
1 L



4⁴⁸



Primo
BEANS

Asst. Var., 540 mL

1⁶⁸



Clover Leaf
PINK SALMON
213 g

3⁴⁸



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

3⁴⁸



Gold Seal
SOCKEYE SALMON
Asst. Var.
213 g

4⁹⁸



Knorr
SOUP MIX
Asst. Var.
40 - 83 g

1⁴⁸



French's
YELLOW MUSTARD
400 mL

2⁴⁸



Old El Paso
TORTILLAS
Asst. Var.
297 - 334 g

2/4⁹⁸



Old El Paso
REFRIED BEANS
Asst. Var.
398 mL

2/4⁹⁸



Old El Paso
THICK N' CHUNKY SALSA OR PICANTE
Asst. Var., 650 mL

3⁹⁸



GROCERY

Everything you need



General Mills
CHEERIOS
Asst. Var., 300 - 430 g

4⁴⁸

Kellogg's
CEREAL
Asst. Var.
247 - 525 g

4⁴⁸



Quaker
HOT INSTANT OATMEAL
Asst. Var.
232 - 344 g

3⁶⁸



Kellogg's
CHEEZ-IT SNACK CRACKERS
Asst. Var.
191 - 200 g

2⁶⁸



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

5⁹⁸



Peek Freans or Dad's
COOKIES
Asst. Var.
275 - 350 g

3⁹⁸



Christie
CRISPERS
Asst. Var.
145 g

2⁹⁸



Elias
CANADA #1 HONEY
Liquid or Creamed
500 g

6⁹⁸




Nabob
COFFEE
Asst. Var., 340 g

6⁹⁸



Kellogg's
NUTRI GRAIN CEREAL BARS
Asst. Var.
295 g

2⁹⁸



Red Rose
ORANGE PEKOE TEA
144 pk

7⁹⁸



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

2⁹⁸



Gatorade
BEVERAGES
Asst. Var.
6 x 591 mL

6⁹⁸ + dep



Y&S
TWIZZLERS
Asst. Var.
311 - 454 g

3⁴⁸



Lindt
SWISS CLASSIC CHOCOLATE BARS
Asst. Var., 100 g

2⁹⁸



GROCERY

Everything you need

Tidy Cats
CAT LITTER
Asst. Var.
2.72 kg



12⁹⁸

Fancy Feast
CAT FOOD
Asst. Var.
85 g



10/9⁹⁸

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



Cascade Platinum
AUTO DISH PACS
Asst. Var.
12 - 20 pk



7⁹⁸

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



9⁹⁸

Palmolive
ULTRA DISHWASHING LIQUID
Asst. Var.
591 mL



2⁹⁸



Tru Earth
LAUNDRY STRIPS
Asst. Var., 64 Load

19⁹⁸



Method
HAND WASH
Asst. Var.
300 - 354 mL
Pump



3⁹⁸

Nellie's
LAUNDRY SODA
1.5 kg
Tin



18⁹⁸

Askew's 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.

One A Day
VITAMINS
Asst. Var.
90 pk



13⁹⁹ - 15⁹⁹

Combogesic
TABLETS
30 pk



14⁴⁹

Betadine
5% ANTISEPTIC SPRAY OR CREAM
100 mL or
15 g



7²⁹

GROCERY

Everything you need

Jello
INSTANT PUDDING
Asst. Var.
99 - 113 g



4/4⁹⁸

Crisco
ALL VEGETABLE SHORTENING
454 g



3⁶⁸



Hershey's
BAKING CHIPS
Asst. Var., 200 - 270 g

398



Quaker
OATS
Asst. Var.
709 g - 1 kg



3⁹⁸

Eagle Brand
SWEETENED CONDENSED MILK
Asst. Var.
300 mL



3⁴⁸

Bakers
BAKING CHOCOLATE
Asst. Var.
170 - 225 g



4⁹⁸

Natural Bakery
CANADIAN RYE BREAD
900 g

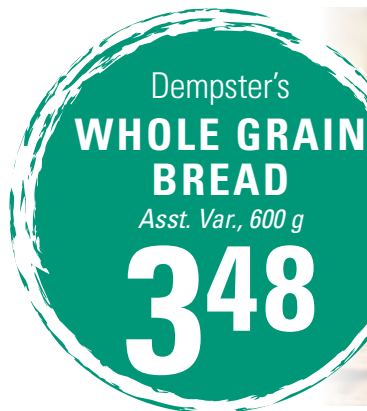


3⁹⁸

Dempster's
SIGNATURE BREAD
Cinnamon Raisin,
Whole Wheat or
White
600 - 680 g



3⁴⁸



Dempster's
WHOLE GRAIN BREAD
Asst. Var., 600 g

348



BAKERY

Prepared with love

Fresh Baked In-Store
TRIFLE
Asst. Var.

13²⁸
ea.



Fresh Baked In-Store
CROISSANTS
4 pk



3⁷⁸

Fresh Baked In-Store
ALPINE BREAD



2⁹⁸
ea.

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

MEAT *Carefully sourced*

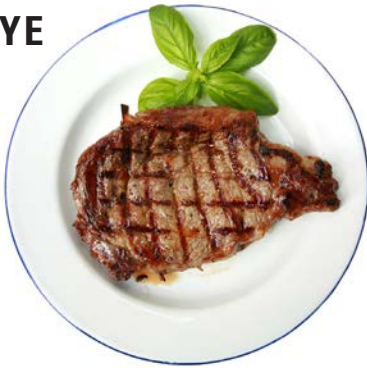
Fresh
LEAN GROUND BEEF
Ground Fresh In-Store Daily

**BUY ONE
GET ONE
FREE**



Fresh
**BEEF RIBEYE
STEAKS**
*Ungraded
Boneless*

**BUY ONE
GET ONE
FREE**



Fresh
**CHICKEN
BREASTS**
Bone-In, Skin-On

**BUY ONE
GET ONE
FREE**



Fresh Whole
PORK TENDERLOIN

**BUY ONE
GET ONE
FREE**



Fresh
BEEF LIVER
*Regular or Select
Sliced*

**BUY ONE
GET ONE
FREE**



Fresh
PORK LOIN CHOPS
*Smoked
Bone-In
Cooked*

**BUY ONE
GET ONE
FREE**



Askew's Own
SAUSAGE MEAT
*Frozen
Bulk*



**BUY ONE
GET ONE
FREE**



**BUY ONE
GET ONE
FREE**

Fresh
**STUFFED
PORK LOIN
CHOPS**
*Center Cut
Boneless*



Chop N Block
**BIERBEISSER,
CHORIZO OR
PEPPERONI**
*Asst. Var.
225 g*

**BUY ONE
GET ONE
FREE**



Grimm's
PEPPERONI
*Asst. Var.
450 g*

**BUY ONE
GET ONE
FREE**



Grimm's
**SIZZLIN' SMOKIES OR
WIENERS**
*Asst. Var.
450 g*

**BUY ONE
GET ONE
FREE**



Schneiders
CHICKEN WINGS
*Frozen
Asst. Var.
615 g*

**BUY ONE
GET ONE
FREE**



Maple Leaf
TOP DOGS WIENERS
*BBQ
900 g*

**BUY ONE
GET ONE
FREE**



Maple Leaf
COOKED HAM
600 g

**BUY ONE
GET ONE
FREE**



Freybe
**EUROPEAN
FRANKFURTERS
OR WIENERS
OR BAVARIAN
SMOKIES**
500 - 600 g

**BUY ONE
GET ONE
FREE**



Olymel
SAUSAGE
*Maple & Black Pepper
or Pork
Frozen
375 g*

**BUY ONE
GET ONE
FREE**



Cooked
BACK BACON CHUNKS

**BUY ONE
GET ONE
FREE**



Belmont
BURGERS
*Frozen
852 g*

**BUY ONE
GET ONE
FREE**



Olivieri
**FILLED
PASTA**
350 g

**BUY ONE
GET ONE
FREE**



Freybe
**HONEY
HAM**

Freybe
EST. 1844

DELI

Prepared with love



267
/100 g



Freybe
EST. 1844



Freybe
**MEDLEY
SALAMI**

Freybe
EST. 1844

Freybe
CAPICOLLI
*Lean
Hot*

Freybe
EST. 1844

457
/100 g



327
/100 g



Askew's Own
**BROCCOLI
SALAD**

197
/100 g



Seven Seas
**PEARLMARK
BASA FILLETS**

Frozen
907 g



SEAFOOD

Healthy & delicious

Highliner
**ENGLISH
FISH AND CHIPS**

Frozen
550 g



DAIRY

From basics to deluxe

Becel
MARGARINE

Asst. Var.
637 - 850 g



6⁹⁸

Dairyland
ORGANIC CREAM

10%
946 mL



3⁹⁸



Philadelphia
CREAM CHEESE

Asst. Var., 227 - 250 g

3⁹⁸



Tre Stelle
FETA

200 g



3⁹⁸

Dairyland
COTTAGE CHEESE

Fat Free, Light,
2% or 4%
Asst. Var., 500 g

3⁴⁸



Dairyland
SOUR CREAM

Fat Free, Light,
14% or 18%
500 mL

2⁶⁸



Armstrong
CHEESE SHREDS

Asst. Var., 500 g

7⁹⁸



Armstrong
CHEESE SLICES

Asst. Var.
220 - 240 g

4⁶⁸



Tre Stelle
MOZZA BALLS

340 g

4⁴⁸



Dairyland
AEROSOL WHIPPING CREAM

225 g

3²⁸



Silk
DAIRY FREE BEVERAGE

Oat, Soy, Cashew,
Almond or Coconut
1.75 - 1.89 L

4²⁸ + dep



Aberdeen Poultry
LARGE FREE RUN EGGS

1 Dozen



5⁴⁸

Olympic
ORGANIC SOUR CREAM

500 mL

4⁴⁸



Yoplait
YOGURT TUBES

Asst. Var.
8 pk

2⁹⁸



Danone
ACTIVIA YOGURT

Asst. Var.
12 x 100 g

6⁴⁸



Most practical **FROZEN**

Grandma's
PEROGIES
Asst. Var.
600 g



3⁴⁸

McCain
FRIES
Red Bag ONLY
Asst. Var.
800 g



2⁶⁸

Green Giant
VEGETABLES
Asst. Var., 750 g

3⁴⁸



Cavendish Farms
HASHBROWN PATTIES
600 g



2/4⁹⁸

Nestle
NOVELTIES
Asst. Var.
4 - 10 pk

5⁹⁸



Nestle
REAL DAIRY ICE CREAM OR FROZEN DESSERT
Asst. Var.
1.5 L

5⁹⁸



Tenderflake
PIE OR TART SHELLS
Asst. Var.
255 - 397 g

3⁹⁸



Old Dutch
POTATO CHIPS
Asst. Var.
220 g Box

3/9⁹⁸



Old Dutch
RESTAURANTE TORTILLA CHIPS
Asst. Var.
275 - 295 g

3⁹⁸



Snack Factory
PRETZEL CRISPS
Asst. Var.
200 g

3⁴⁸



Everything you need

Hawkins
CHEEZIES
210 g

2⁹⁸



Old Dutch
ARRIBA TORTILLA CHIPS
Asst. Var.
235 - 245 g

3⁹⁸



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

3⁹⁸



Pure Life
SPRING WATER
12 x 500 mL

3⁹⁸ + dep



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

5⁹⁸ + dep

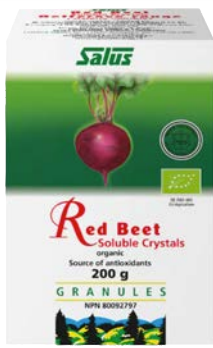


GROCERY

WELLNESS

Living life to the fullest

Salus
RED BEET CRYSTALS



200 g
21⁹⁸

To protect cells from free radicals & support healthy ageing.

Prairie Naturals
SUPERFOODS
Greens



150 g
31⁹⁸

Mineralizes & alkalizes the body & increases energy.

NaturesPlus
ANIMAL PARADE KIDS CHEWABLE
Multi-Vitamin



90 tab
31⁹⁸

Nutrition in disguise with fun animal shapes & delicious flavours. Kids won't know it's good for them.

Vega
ALL-IN-ONE PROTEIN POWDER
827 - 876 g
25% OFF
Regular Price

Platinum Naturals
EASY MULTI-VITAMIN



60 softgel
23⁹⁸
120 softgel
43⁹⁸

A combination of essential vitamins & minerals to support your immunity & overall health.

Purica
L-LYSINE



300 g
15⁹⁸
180 cap
18⁹⁸

Helps to reduce the occurrence of herpes simplex virus infection.

Honibe
MELATONIN SLEEP SUPPORT



70 gummies
15⁹⁸

Helps you to fall a sleep faster and sleep better.

Andalou Naturals
SHOWER GEL
Asst. Var.



251 mL
11⁹⁸

This gentle shower gel will leave you feeling refreshed & nourished. Assorted scents.

Naka Platinum
NUTRI PROBIOTIC



75 vcap
35⁹⁸

Contributes to a natural healthy gastrointestinal flora & immunity.

Himalaya Botanique
TOOTHPASTE



150 g
6⁹⁸

A trusted natural formula that helps fight plaque. Assorted flavours.



Start your day with protein, vitamins, minerals, probiotic, antioxidants, and omega-3s, all sourced from the power of plants.

** Not all products available at all locations.*

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](https://www.asks.com/homechefs)

La Croix
**SPARKLING
FLAVOURED
WATER**
Asst. Var., 8 x 355 mL
4⁹⁸
+ dep

Nuts to You
**ALMOND
BUTTER**
735 g



12⁹⁸

Spectrum
**ORGANIC
COCONUT
OIL**
414 mL



9⁹⁸

NATURALLY
Good!

Kettle
**POTATO
CHIPS**
Asst. Var.
368 g



4⁹⁸

Bioitalia
**ORGANIC
ITALIAN
SEMOLINA
PASTA**
Asst. Var.
500 g



2⁹⁸

Hornby Organic
ENERGY BARS
Asst. Var.
80 g



2⁶⁸



San-J
**COOKING
SAUCE**
Select Var.
296 mL



5⁶⁸

Amy's
**ORGANIC
SOUP**
Asst. Var.
398 mL



3⁹⁸

Pacific
ORGANIC BROTH
Asst. Var., 946 mL - 1 L

3⁹⁸



Happy Planet
**CHILLED
SOUP**
Asst. Var.
500 - 650 mL



5⁸⁸

Amy's
BURRITOS
Frozen
Asst. Var.
170 g



3⁶⁸

Bob's Red Mill
**GLUTEN FREE
OATS**
Asst. Var.
794 - 907 g



8⁹⁸

Traditional Medicinal
**WELLNESS
TEA**
Asst. Var.
16 pk



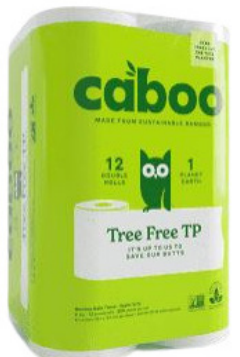
4⁹⁸

Spectrum
**ORGANIC
EXTRA VIRGIN
MEDITERRANEAN
OLIVE OIL**
946 mL



19⁹⁸

Caboo
**TREE FREE
BATHROOM
TISSUE**
12 Roll



9⁹⁸

PRODUCE

Seasonal goodness & more

California Grown
NAVEL ORANGES
8 lb Bag



8⁹⁸
ea.

California Grown
BROCCOLI CROWNS
5.47/kg



2⁴⁸
lb.



Mexico Grown
ROMA TOMATOES
2.16/kg
98¢
lb.

Mexico Grown
MIXED PEPPERS
2 lb Bag
4⁹⁸
ea.



Kids Club Item!

ORGANIC BANANA

Mexico Grown
AVOCADOES
4 pk

3⁹⁸
ea.



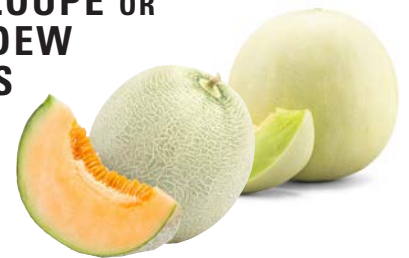
California Grown
SNAPTOP CARROTS
5 lb Bag

4⁹⁸
ea.



Mexico or Central America Grown
CANTALOUPE OR HONEYDEW MELONS
3.26/kg

1⁴⁸
lb.



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.



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



SPOT THE LABEL!

Look for our "Askew's Own Made Right Here" logo for products that are created in house at Askew's!

ALL STORES OPEN DAILY - FOR HOURS VISIT ASKEWFOODS.COM