



**Celebrating**  
**92 YEARS!**  
*Proudly Serving You*  
**SINCE 1929**

**RANDOM DAILY PRIZES TO BE GIVEN AWAY**

**INSTORE AT ALL 4 ASKEW'S LOCATIONS!**

**PROMOTION RUNS NOVEMBER 7 - NOVEMBER 13**

Campbell's  
**CHUNKY SOUP**  
Asst. Var.  
540 mL



**1.98**



Quaker  
**CEREAL**  
Oat Squares, Life,  
Corn Bran or  
Harvest Crunch  
Asst. Var.  
375 - 510 g

**2/4.98**

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



**4.98**

Western Family  
**LARGE WHITE EGGS**  
1 Dozen



**2/4.98**

Dairyland  
**MILK**  
Skim, 1%, 2%  
or Homo  
2 L Carton



**2.98**



# GROCERY

Everything you need

Ben's  
**FAST & FANCY  
RICE MIX**

Asst. Var.  
132 g

**98¢**



Hellmann's  
**MAYONNAISE**

Asst. Var.  
710 - 890 mL

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



Campbell's  
**CHUNKY SOUP**  
Asst. Var., 540 mL

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



Heinz  
**KETCHUP**

Asst. Var.  
750 mL - 1 L

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



Kraft  
**DRESSING**

Asst. Var.  
475 mL

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



Primo  
**PASTA**

Asst. Var.  
900 g

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



Campbell's  
**BROTH**

Asst. Var., 900 mL

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



Kraft  
**DINNER**

Specialty Varieties  
Asst. Var.  
156 - 225 g

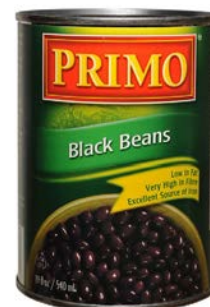
**2/2<sup>98</sup>**



Primo  
**BEANS**

Asst. Var.  
540 mL

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



Knorr  
**SIDEKICKS**

Asst. Var.  
116 - 167 g

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



Money's  
**MUSHROOMS**

Whole or Sliced  
284 mL

**1<sup>88</sup>**



Primo  
**LASAGNA NOODLES**

Asst. Var.  
375 - 500 g

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



French's  
**MUSTARD**

Specialty Varieties  
Asst. Var.  
325 mL

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



Clover Leaf  
**WHITE TUNA**

Chunk or Flaked  
Asst. Var.  
170 g

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



Club House  
**SEASONING OR  
GRAVY MIX**

Asst. Var.  
21 - 47 g

**98¢**





Everything you need

# GROCERY



Quaker  
**CEREAL**  
Oat Squares, Life, Corn Bran  
or Harvest Crunch  
Asst. Var., 375 - 510 g  
**2/498**



Western Family  
**PANCAKE MIX  
OR SYRUP**  
Asst. Var.  
905 g or  
750 mL

**2/498**



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

**4/498** + dep



Mott's  
**CLAMATO  
JUICE**  
Asst. Var.  
1.89 L

**298** + dep



Keebler  
**TOWN HOUSE  
CRACKERS**  
Asst. Var.  
260 - 391 g

**198**



Nature Valley  
**GRANOLA BARS**  
Trail Mix or Lunch Box  
Asst. Var.  
130 - 210 g

**198**



Western Family  
**FRUIT**  
Asst. Var.  
398 mL

**2/298**



Western Family  
**MANDARIN ORANGE  
SEGMENTS**  
Asst. Var.  
284 mL

**78¢**



Best Gourmet  
**WHOLE BEAN  
COFFEE**  
Asst. Var., 907 g  
**1098**



Quaker  
**RICE CAKES OR  
CRISPY  
MINIS**  
Asst. Var.  
90 - 199 g

**198**



Jif  
**PEANUT  
BUTTER**  
Asst. Var.  
1 kg

**548**



Voortman  
**WAFER  
COOKIES**  
Asst. Var.  
300 g

**198**



Sparkling Ice  
**SPARKLING  
FLAVOURED  
WATER**  
Asst. Var.  
503 mL

**2/298** + dep



Sun-Maid  
**RAISINS**  
Mini Packs  
Plain or  
Yogurt  
10 - 14 pk

**298**



Nestle's  
**CHOCOLATE  
BARS**  
Asst. Var.  
36 - 55 g

**5/498**





# GROCERY

Everything you need

Purina  
**BEGGIN' STRIPS  
DOG TREATS**

Asst. Var.  
170 g

**2/6<sup>98</sup>**



Purina  
**FRISKIES  
PARTY MIX  
CAT TREATS**

Asst. Var.  
170 g

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



Purina  
**FRISKIES  
DRY CAT FOOD**

Asst. Var., 1.42 - 1.5 kg

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



Tork  
**BIG ROLL  
PAPER  
TOWEL**

210 Sheets  
Single Roll

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



Gain  
**LAUNDRY  
LIQUID**

2 x Concentrate  
Asst. Var.

1.36 - 1.47 L  
**4<sup>98</sup>**



Cascade  
**ACTION PACS**

Asst. Var.  
16 - 20 pk

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



Purex  
**BATHROOM  
TISSUE**

Triple Roll, Asst. Var., 12 Roll

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



Tampax  
**TAMPON  
PEARL**

Asst. Var.  
18 pk

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



Polident  
**TABLETS OR PASTE**

Asst. Var.  
40 pk or  
90 mL

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



## 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.

Vick's  
**VAPO  
PRODUCTS**

Asst. Var.  
.2 - 115 mL

**3<sup>99</sup>-9<sup>49</sup>**



Diovol  
**PREPARATIONS**

Asst. Var.  
50 pk or  
350 mL

**7<sup>99</sup>-9<sup>49</sup>**



Vagisil  
**PRODUCTS**

Asst. Var.  
12 pk or  
30 - 227 g

**4<sup>99</sup>-5<sup>99</sup>**





Everything you need **GROCERY**

Western Family  
**PURE VANILLA EXTRACT**  
125 mL



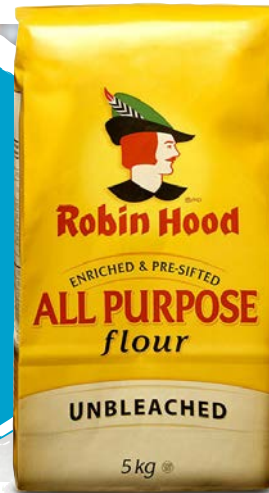
**8<sup>98</sup>**

Ocean Spray  
**CRAISINS**  
Asst. Var.  
170 g



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

Robin Hood  
**FLOUR**  
Asst. Var., 5 kg  
**7<sup>98</sup>**



Western Family  
**CHOCOLATE BAKING CHIPS**  
Asst. Var.  
270 - 350 g



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

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



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

Sun-Maid  
**RAISINS**  
750 g



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

Baker's Choice  
**INSTANT YEAST**  
454 g



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

Dempster's  
**10" TORTILLAS**  
Asst. Var.  
6 - 10 pk



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

Country Harvest  
**BREAD**  
Asst. Var., 500 - 600 g  
**1<sup>98</sup>**



**BAKERY**  
*Prepared with love*

Fresh Baked In-Store  
**ALPINE BREAD**

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



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

Fresh Baked In-Store  
**ALPINE BUNS**  
6 pk

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



Fresh Baked In-Store  
**APPLE STRUDEL**

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





# MEAT *Carefully sourced*

## BEEF SIRLOIN STEAKS

Cut from Canada Grade AA Beef or Higher  
Boneless, Top or Bottom  
Value Pack  
17.57/kg

**7<sup>97</sup>**  
lb.



Fresh

## MEDIUM GROUND BEEF

Ground Fresh In-Store Daily  
Value Pack  
12.06/kg

**5<sup>47</sup>**  
lb.



## BEEF INSIDE ROUND ROASTS

Cut from Canada Grade AA Beef of Higher  
Boneless, Value Pack, 13.16/kg

**5<sup>97</sup>**  
lb.



## BEEF STRIPLOIN STEAKS

Cut from Canadian AAA Beef  
Boneless  
28.59/kg

**12<sup>97</sup>**  
lb.



Fresh Whole

## PORK LOINS

Boneless  
6.55/kg

**2<sup>97</sup>**  
lb.



Fresh

## PORK LOIN CHOPS

Centre Cut, Boneless  
Value Pack  
10.96/kg

**4<sup>97</sup>**  
lb.



## Frozen CHICKEN BREASTS

Boneless, Skinless, 4 kg Box

**32<sup>97</sup>**  
ea.

Fresh Locally Grown

## CHICKEN WINGS

Split  
Value Pack  
12.06/kg

**5<sup>47</sup>**  
lb.



Askew's Own

## CHORIZO SAUSAGE

16.91/kg

**7<sup>67</sup>**  
lb.

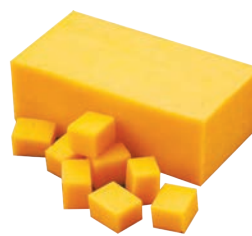


Armstrong

## AGED CHEDDAR CHEESE

Bulk  
Value Pack

**1<sup>87</sup>**  
/100 g



Rocana

## SLICED SIDE BACON

500 g

**9<sup>97</sup>**  
ea.



Olivieri  
**FILLED  
PASTA**  
Asst. Var.  
250 - 300 g

**4<sup>47</sup>**  
ea.



Askew's  
**MENNONITE OR  
BRATWURST  
SAUSAGE**

454 g

**8<sup>97</sup>**  
ea.



Helmuts

## GARLIC RING

1 kg

**7<sup>97</sup>**  
ea.



Helmuts

## WIENERS

Regular or BBQ  
1 kg

**7<sup>27</sup>**  
ea.





Saputo  
**CHEESE SLICES**  
180 g

**5<sup>87</sup>**  
ea.



*Saputo*

Woolwich  
**GOAT CHEESE LOGS**  
Asst. Var.  
113 g

**4<sup>97</sup>**  
ea.



**DELI**

*Prepared with love*



Alexis de Portneuf  
**LE CALENDROS  
CAMEMBERT**



**4<sup>97</sup>**  
ea.



Alexis de Portneuf  
**COCONUT  
BRIE**



**3<sup>27</sup>**  
/100 g



Natural Pastures  
**AGED  
FARMHOUSE**

**5<sup>77</sup>**  
/100 g



Frozen  
**CRUSTED TILAPIA  
FILLET**  
Coconut or  
Tortilla

**2<sup>67</sup>**  
/100 g



Ocean Wise  
**WILD COHO  
SALMON  
FILLET**  
Frozen

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



Ocean Wise  
**POLLOCK  
FILLET**  
Frozen

**1<sup>17</sup>**  
/100 g



**SEAFOOD**

*Healthy & delicious*

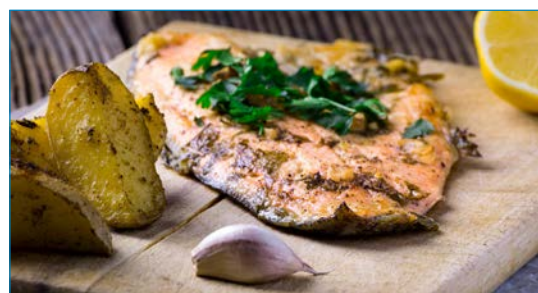
Ocean Wise  
**SHRIMP MEAT**  
Individually Quick Frozen

**3<sup>67</sup>**  
/100 g



Blue Water  
**BATTERED FISH  
FILLET**  
Frozen  
Asst. Var.  
450 - 600 g

**9<sup>27</sup>**  
ea.



**FRESH fish FRIDAY**

**FRESH STEELHEAD FILLETS**



# DAIRY

From basics to deluxe

Natrel  
**BUTTER**  
Salted or  
Unsalted  
454 g



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

Black Diamond  
**CHEESTRINGS**  
Asst. Var.  
336 g



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

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

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



Cracker Barrel  
**CHEESE SHREDS**  
Asst. Var.  
250 - 320 g



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

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



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

Western Family  
**LARGE WHITE EGGS**  
1 Dozen



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

Dairyland  
**MILK**  
Skim, 1%, 2% or Homo  
2 L Carton

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

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



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

Tre Stelle  
**FETA**  
Asst. Var.  
400 g



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

Dairyland  
**COTTAGE CHEESE**  
Light or 2%  
750 g



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

Dairyland  
**SOUR CREAM**  
750 mL



**3<sup>68</sup>**

Dairyland  
**FLAVOURED MILK**  
Asst. Var.  
1 L Jug



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

Yoplait  
**YOGURT TUBES**  
Asst. Var.  
8 x 56 g



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

Liberte  
**MEDITERRANEE GREEK STYLE YOGURT**  
Asst. Var.  
500 g



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

Tropicana  
**ORANGE JUICE**  
Asst. Var.  
2.63 L



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



Most practical **FROZEN**

Green Giant  
**VALLEY SELECT  
VEGETABLES**  
Asst. Var.  
400 - 500 g



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

Western Family  
**FRUIT**  
Asst. Var.  
600 g



**2/6<sup>98</sup>**



Breyer's  
**CREAMERY  
STYLE  
ICE CREAM**  
Asst. Var., 1.66 L

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



Dr. Oetker  
**PIZZA**  
Giuseppe or  
Rising Crust  
Asst. Var.  
439 - 785 g



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

Pillsbury  
**PIZZA POPS**  
Asst. Var.  
400 g



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

Cavendish Farms  
**FRIES**  
Asst. Var.  
540 - 750 g



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

Western Family  
**DICED HASH BROWNS**  
1 kg



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

Munchies  
**SNACK MIX**  
Asst. Var., 272 - 300 g  
**2/6<sup>98</sup>**

La Cocina  
**TORTILLA  
CHIPS**  
Asst. Var.  
300 - 400 g



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

Old Dutch  
**CHEESE PLEESERS  
OR CRUNCHYS**  
265 - 290 g



**2/6<sup>98</sup>**

Everything you need

**GROCERY**



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

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



Nanton  
**SPRING WATER**  
24 x 500 mL



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

Pepsi, 7-Up or Schweppe's  
**POP**  
Asst. Var.  
6 x 222 mL  
Mini Cans



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

Miss Vickie's  
**POTATO  
CHIPS**  
Asst. Var.  
200 g



**2/6<sup>98</sup>**

Coke, Sprite or Canada Dry  
**POP**  
Asst. Var.  
2 L



**99¢**  
+ dep



# WELLNESS

*Living life to the fullest*

## Naka Platinum MAGNESIUM BISGLYCINATE

150 vcap  
**21<sup>98</sup>**  
300 vcap  
**34<sup>98</sup>**



A highly absorbable magnesium supplement! Enable faster, more efficient absorption and more usable magnesium for your body's needs. Helps to maintain proper muscle function. Helps in the development and maintenance of bones and teeth.

## TrueHope EMPOWER PLUS

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



A superior, broad spectrum micronutrient supplement, designed to provide you with essential cofactors of life that you rely upon daily to maintain mental and physical well being.

## New Roots Herbal WILD OMEGA 3

90 softgel  
**19<sup>98</sup>**  
180 softgel  
**36<sup>98</sup>**



EPA 660 mg DHA 330 mg. Helps to support cardiovascular and cognitive health. Helps to reduce serum triglycerides. A source of omega3 fatty acids for the maintenance of good health.



## Flora PROBIOTICS



Super 8 - 30 vcap  
**22<sup>48</sup>**  
Senior's - 30 vcap  
**29<sup>98</sup>**

Customized for your condition and age-specific needs. Complete multi-strain formulas benefit the whole intestinal tract. Human adapted live strains used resistant to stomach acid & bile reaching the intestinal tract at full potency. Formulated with colonizing strains lasts longer in the body. Non-GMO, gluten free, vegetarian, made in Canada.

## Prairie Naturals AQUAGREENS

180 vcap  
**25<sup>98</sup>**  
200 g  
**37<sup>98</sup>**



This perfect SuperFood duo is an equal ratio blend of organic chlorella and organic spirulina powders. Rich in natural antioxidant phytonutrients, chlorophyll, carotenes, protein, and essential fats.

## Elderberry Grove ORGANIC ELDERBERRY Syrup, Shrub or Juice

250 mL  
**23<sup>98</sup>**



Syrup is loaded with organic elderberries, sweetened with organic BC honey plus a little bit of organic lemon juice. Shrub is a perfect blend of organic elderberries, organic apple cider vinegar, and a dash of organic BC honey. A delightful mix of tartness and sweetness. Juice is fresh-squeezed elderberries from our farm and a smidgin' of citric acid to correct the sourness. All grown local.

## Purica IMMUNE 7

60 vcap  
**25<sup>98</sup>**  
120 vcap  
**45<sup>98</sup>**



144 vcap  
**46<sup>98</sup>**  
*\*Bonus while quantities last\**

A blend of the highest quality therapeutic grade, full spectrum, organic mushrooms, micronized for superior absorption, plus grape seed, and green tea. Helping your body protect itself by providing immunity optimizing support.

## Boiron INFLUENZINUM

5 pk  
**13<sup>98</sup>**



Homeopathic relief that is targeted to your symptoms. The pellets are unflavored and melt in your mouth. Easy to take, this homeopathic medicine is suitable for the whole family, adults, and children.

## Bäsd LOTIONS

240 mL  
**11<sup>98</sup>**



This moisture-rich, non-greasy, plant-basd body lotion is made with a blend of organic moisturizers that provide long-lasting hydration for soft, smooth, and nourished skin. Helps soothe and target acne, stretch marks, and cellulite. Non-greasy formula suitable for all skin types.



Vega Sport's Prepare, Sustain, and Recover stages are dedicated to fueling better recovery, before, during, and after your workout.

Prepare – Get in the zone with energy to burn.  
Sustain – Push harder, last longer, take it to the next level.  
Recover – Recover faster, train again sooner, perform better.

*\* Not all products available at all locations.*

Images courtesy of the Salmon Arm Museum at R.J. Haney Heritage Village.



## ASKEW'S LOOKS BACK

The **Municipal Hall** was designed by Kamloops architect E.T. Brown and built by well-known Salmon Arm contractor William Reader in **1928**. Prominently placed on the corner of Shuswap and Hudson Streets, it was Salmon Arm's **first constructed** government building.





Lundberg  
**NUTRA-FARMED RICE**  
 White or Brown Basmati,  
 White Jasmine, 907 g  
**5<sup>98</sup>**



One Coffee  
**ORGANIC COFFEE PODS**  
 100% Compostable  
 Asst. Var.  
 132 g

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



Prana  
**ORGANIC TRAIL MIX**  
 Asst. Var.  
 150 g

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



**NATURALLY**  
Good!

La Preferida  
**ORGANIC REFRIED BEANS**  
 Asst. Var.  
 398 mL

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



Nuts to You  
**ORGANIC FAIR TRADE TAHINI**  
 500 g

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



Califia Farms  
**NON-DAIRY BEVERAGE**  
 Almond, Coconut or Oat  
 Asst. Var.  
 1.4 L

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



Muir Glen  
**FIRE ROASTED TOMATOES**  
 Asst. Var.  
 796 mL

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



Olympic  
**ORGANIC SOUR CREAM**  
 500 g

**3<sup>88</sup>**



Voet's  
**TRIBAL JAVA ORGANIC WHOLE BEAN COFFEE**  
 Asst. Var., 454 g  
**7<sup>98</sup> Decaf. 8<sup>98</sup>**



Rise  
**RAW ORGANIC KOMBUCHA**  
 Asst. Var.  
 414 mL

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



Earthbound Farm  
**ORGANIC FRUIT**  
 Frozen  
 Asst. Var.  
 300 g

**4<sup>28</sup>**



Kind  
**HEALTHY SNACK BARS**  
 Asst. Var.  
 40 g

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



Tazo  
**ORGANIC CHAI LATTE CONCENTRATE**  
 946 mL

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



Peacock  
**BROWN RICE PASTA**  
 Asst. Var.  
 200 g

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



Raincoast Trading Co.  
**WILD SKIPJACK TUNA**  
 Asst. Var.  
 142 g

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





# PRODUCE

*Seasonal goodness & more*

California Grown  
**RED OR GREEN  
SEEDLESS  
GRAPES**

5.46/kg



**2<sup>48</sup>**  
*lb.*

Baby Nugget  
**POTATOES**  
*Red, Yellow or Trio*  
1.5 lb Bag



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



Mexican Grown  
**LARGE  
AVOCADOES**

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

California Grown  
**ROMAINE  
LETTUCE**  
**2<sup>48</sup>**  
*ea.*



California Grown  
**BUNCHED SPINACH**

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



Florida Grown  
**RUBY RED  
GRAPEFRUIT**

**88¢**  
*ea.*



California Grown  
**ORGANIC  
CARROTS**  
2 lb Bag

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



**Askew's**

SA Downtown: 250-832-2064  
SA Uptown: 250-832-7622  
Armstrong: 250-546-3039  
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.



**Askew's**

**URNS 92 THIS YEAR!**

And we are celebrating!  
*Proudly serving you since 1929.*

ALL STORES OPEN DAILY - FOR HOURS VISIT **ASKEWSFOODS.COM**