



Cook's  
**SMOKED  
HAM**  
Butt or Shank Half, Bone-In, 5.89/kg  
**267**  
lb.

Armstrong  
**CHEESE**  
Cheddar, Marble  
or Mozzarella  
Asst. Var.  
1.35 kg



**16<sup>98</sup>**



Maxwell House  
**COFFEE**  
Original Roast  
Asst. Var.  
925 g

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

Oasis  
**FRUIT JUICE  
OR JUICE  
BLENDS**  
Asst. Var.  
960 mL



**4/4<sup>98</sup>**  
+ dep

BC Grown  
**TOMATOES  
ON THE VINE**  
3.26/kg



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

International Delight  
**COFFEE  
CREAMER**  
Asst. Var.  
400 - 473 mL



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



# GROCERY

Everything you need

Western Family  
**VEGETABLES**  
Asst. Var.  
341 - 398 mL



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

Bush's  
**BAKED BEANS**  
Asst. Var.  
398 mL



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

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

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



Farkay  
**NOODLES**  
Steamed Fried  
or Chow Mein  
397 g



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

China Lily  
**SOY SAUCE**  
483 mL



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

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



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



Harvest Acres  
**LONG GRAIN WHITE RICE**

2 kg

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



Taipan  
**WATER CHESTNUTS**  
Whole or Sliced  
227 mL



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

Dragon King  
**BABY CORN**  
Cut  
398 mL



**1<sup>38</sup>**

Clover Leaf  
**SOCKEYE SALMON**  
Asst. Var.  
213 g



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

Hidden Valley  
**DRESSING**  
Asst. Var.  
473 mL



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

Stagg  
**CHILI**  
Asst. Var.  
425 g



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

Crisco  
**OIL**  
Canola or Vegetable  
946 mL



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

Hunt's  
**HEIRLOOM TOMATOES**  
Asst. Var.  
398 mL



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

Newman's Own  
**SALSA**  
Asst. Var.  
415 mL



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



# GROCERY

Everything you need



Kellogg's  
**CEREAL**  
All Bran, Vector or Special K  
Asst. Var., 317 - 525 g

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



Post  
**CEREAL**  
Sugar Crisp or  
Honeycomb  
Family Size  
550 - 595 g

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



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

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



Christie  
**COOKIES**  
Asst. Var.  
374 - 500 g

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



Oasis  
**FRUIT JUICE OR  
JUICE BLENDS**  
Asst. Var.  
960 mL

**4/4<sup>98</sup>**  
+ dep



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

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



Kraft  
**PURE FRUIT  
JAM**  
Raspberry or  
Strawberry  
500 mL

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



Dare  
**BRETON CRACKERS**  
Asst. Var.  
100 - 250 g

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



Maxwell House  
**COFFEE**  
Original Roast  
Asst. Var., 925 g

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



Christie  
**BITS & BITES  
OR CRISPERS**  
Asst. Var.  
145 g

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



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

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



Robin Hood  
**FLOUR**  
Asst. Var.  
2.5 kg

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



Robin Hoods  
**OATS**  
Asst. Var.  
1 kg

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



Hershey's  
**CHIPITS  
BAKING  
CHIPS**  
Asst. Var.  
835 g - 1 kg

**9<sup>98</sup>**



Fry's  
**PREMIUM  
COCOA**  
227 g

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





# GROCERY

Everything you need

Arm & Hammer

**CAT LITTER**  
6.4 kg

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



Whiskas

**DRY CAT FOOD**

Asst. Var.  
1.5 - 2 kg

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



Purina  
**BENEFUL DRY DOG FOOD**  
Asst. Var., 1.6 - 1.8 kg

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



Glad

**ZIPPER SANDWICH BAGS**

50 pk

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



Method

**LIQUID HAND WASH**

Asst. Var.  
300 - 354 mL Pump

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



Sunlight

**DISHWASHING LIQUID**

Asst. Var.  
562 - 800 mL

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



Sunlight  
**LAUNDRY LIQUID**  
Asst. Var.,  
1.47 - 1.84 L

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



Old Spice

**DEODORANT**

Asst. Var.  
85 g

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



Colgate

**TOOTHPASTE**

Total Whitening, Sensitive Pro  
or Optic White  
Asst. Var.  
73 - 170 mL

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



## 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.

Aspercreme

**RUB**

Extra Strength  
85 g

**8<sup>49</sup>**



healthOne

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

**7<sup>69</sup>-14<sup>49</sup>**



Vagisil

**WIPES, POWDER OR CREAM**

12 pk or  
30 - 227 g

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





Everything you need **GROCERY**

Christie  
**MINI COOKIES,  
ANIMAL CRACKERS  
OR TEDDY  
GRAHAMS**

Asst. Var.  
225 g



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

Dare  
**WAGON WHEELS**

Asst. Var.  
315 - 360 g



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

SunRype  
**FRUIT JUICE OR  
JUICE BLENDS**  
Asst. Var., 5 x 200 mL

**178**  
+ dep



Black Diamond  
**CHEESE  
STRINGS**

Asst. Var.  
168 g



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

Mott's  
**FRUITSATIONS**

Asst. Var.  
6 pk



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

Snapple  
**BEVERAGE**

Asst. Var.  
473 mL



**98¢** + dep

D'Italiano  
**ITALIAN STYLE SLICED  
BREAD OR BUNS**

Asst. Var., 600 - 675 g



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

Natural Bakery  
**CANADIAN RYE  
BREAD**

500 g



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

Dempster's  
**BAGELS**  
Asst. Var., 5 - 6 pk

**348**



**BAKERY**  
*Prepared with love*

Fresh Baked In-Store  
**RAISIN BREAD**

White or Whole Wheat

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



Fresh Baked  
**APPLE FRITTERS**

4 pk



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

Fresh Baked In-Store  
**KAISER BUNS**

6 pk



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

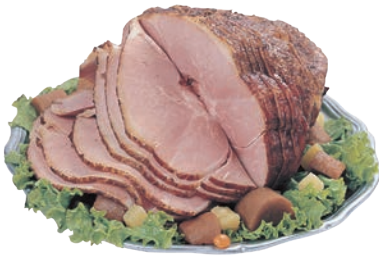
\*The appearance of fresh baked product may vary between stores.



# MEAT *Carefully sourced*

## Cook's SMOKED HAM

Butt or Shank Half  
Bone-In  
5.89/kg



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

## Fresh MEDIUM GROUND BEEF

Ground Fresh In-Store Daily  
Value Pack  
10.07/kg



**4<sup>57</sup>**  
lb.



## Fresh BC 63 ACRES AAA BEEF

Striploin Steak  
Boneless  
39.62/kg



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

## Fresh PORK TENDERLOIN

10.96/kg



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

## Frozen PORK BACK RIBS

10.96/kg



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



## Fresh Locally Grown CHICKEN THIGHS

Skinless  
Value Pack  
8.97/kg



**4<sup>07</sup>**  
lb.

## Askew's Own CHICKEN, KALE & FETA SAUSAGE

23.96/kg



**10<sup>87</sup>**  
lb.

## Armstrong MOZZARELLA CHEESE

Bulk  
Value Pack



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

## Freybe DRY SALAMI CHUBS

Asst. Var.  
250 g



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

## Freybe GOURMET PIZZA PEPPERONI

175 g



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

## Freybe PEPPERONI

Fresh Pack  
Asst. Var.  
500 g



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

## Johnsonville SMOKED SAUSAGE OR BRATS

Cheddar, Polish  
or Buffalo  
375 g



**5<sup>77</sup>**  
ea.

## Rocana SLICED SIDE BACON

500 g



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



Greek House  
**TZATZIKI OR  
HUMMUS**  
227 g



**4<sup>57</sup>**  
ea.

Greek House  
**POTATOES**  
500 g



**4<sup>57</sup>**  
ea.

# DELI

*Prepared with love*

Greek House

**PITA**

White or Whole Wheat, 400 g

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



Grimm's  
**OLD FASHIONED  
HAM**



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



Grimm's  
**HARVEST  
BOLOGNA**



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



Grimm's  
**PIZZA  
PEPPERONI**



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



Grimm's  
**PIZZA  
SALAMI**



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



Bulk  
**SHRIMP MEAT**  
Frozen

**3<sup>57</sup>**  
/100 g



**POTATO CRUSTED  
COD WITH CHIVES**

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



Frozen  
**SOCKEYE SALMON  
FILLETS**

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



# SEAFOOD

*Healthy & delicious*

Argentinian  
**RED SHRIMP**  
Wild Caught  
21 - 25 Count  
454 g Bag

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



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

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



≡ **FRESH fish FRIDAY** ≡

**FRESH SOLE FILLETS**



# DAIRY

From basics to deluxe

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



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

Saputo  
**CHEESE SHREDS**  
Mozza, Taco Nacho,  
4 Fromage or  
Triple Cheddar  
Asst. Var., 320 g



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

Armstrong  
**CHEESE**  
Cheddar, Marble or Mozzarella  
Asst. Var., 1.35 kg  
**16<sup>98</sup>**



Dairyland  
**SOUR CREAM**  
750 mL



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

Becel  
**MARGARINE**  
Asst. Var.  
680 - 907 g



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

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



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



International Delight  
**COFFEE CREAMERS**  
Asst. Var., 400 - 473 mL

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

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



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

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



**7<sup>48</sup>**

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



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

Saputo  
**MOZZARELLISSIMA**  
690 g



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

Dairyland  
**AEROSOL WHIPPING CREAM**  
400 g



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

Dairyland  
**CHOCOLATE MILK**  
1%  
4 L



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

Simply Fresh  
**ORANGE JUICE**  
Asst. Var.  
2.63 L



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

Danone  
**OIKOS GREEK STYLE YOGURT**  
Asst. Var.  
4 x 100 g



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



Most practical **FROZEN**

Dr. Oetker  
**PIZZA**  
Ristorante or  
Casa di Mama  
Asst. Var.  
320 - 410 g



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

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



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



Cheemo  
**PEROGIES**  
Asst. Var.  
815 - 907 g



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

Healthy Choice  
**GOURMET STEAMERS**  
Asst. Var.  
269 - 306 g



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

Morning Star  
**VEGGIE BURGERS**  
Asst. Var.  
268 g



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

Häagen-Dazs  
**ICE CREAM NOVELTIES**  
3 - 4 pk



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

Old Dutch  
**POTATO CHIPS OR DOUBLE DUTCH RIDGIES**  
Asst. Var., 200 - 235 g  
**3/7<sup>98</sup>**

Old Dutch  
**CHEESE PLEESERS OR CRUNCHYS**  
Asst. Var.  
265 - 290 g

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



Everything you need

**GROCERY**

Tostitos  
**TORTILLA CHIPS OR SALSA**  
Asst. Var.  
205 - 295 g or 416 - 423 mL  
**3<sup>98</sup>**

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

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



Pepsi, 7-Up or Schweppes  
**POP**  
Asst. Var.  
6 x 710 mL or  
8 x 355 mL  
Bottles

**2/9<sup>98</sup>**  
+ dep



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

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



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

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



Coke, Sprite or Canada Dry  
**POP**  
Asst. Var.  
6 x 222 mL  
Mini Cans

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





# WELLNESS

*Living life to the fullest*

## St. Francis Herb Farm STREST

50 mL  
**18<sup>98</sup>**  
60 vcap  
**34<sup>98</sup>**



Features ashwagandha PLUS 5 other key adaptogenic herbs (holy basil, rhodiola, siberian ginseng, milky oat seed, and Schisandra). Strest® makes for a powerful tonic that is vitally effective in helping you thrive in these modern times and cope with trials ranging from the pressures of your job, your daily commute, and pollution to a poor diet and a host of other factors. There is no pharmaceutical equivalent.

## Progressive VEGEGREENS

255 - 265 g  
**35<sup>98</sup>**



Contains a wonderful array of vegetables from around the world. Each small scoop makes a great tasting drink that offers the antioxidant equivalent of 6 to 8 servings of fresh veggies. It helps to increase energy, renew mental clarity, detoxify your body, and restore a healthy pH balance.

## MegaFood BLOOD BUILDER

30 tab  
**29<sup>98</sup>**  
90 tab  
**54<sup>98</sup>**



Clinically shown to increase iron levels and reduce fatigue without common gastrointestinal side effects. Made with nourishing, whole foods, like beets and organic oranges, plus folic acid and B12 for healthy red blood cell production, and vitamin C to support iron absorption.



## Living Alchemy PLANT BASED, PROBIOTICS, PREBIOTICS & ENZYMES

60 vcap  
**35<sup>98</sup>**



Whole food Probiotics, Prebiotics & Enzymes. Diverse strain kefir-kombucha fermentations that are powerful yet gentle, with targeted formulas. An range of fermented, plant-based supplement lines that include Activated Adaptogens and Herbal Synergy blends with mushrooms. Certified Organic, non-GMO, Vegan, Gluten-free, no isolates, no fillers. BC Product.

## Sisu MELATONIN

5 mg - 90 sublingual  
**14<sup>98</sup>**  
10 mg - 59 mL  
**14<sup>98</sup>**  
10 mg - 90 tab  
**23<sup>98</sup>**



Helping people with low melatonin levels fall asleep more easily, sleep longer and wake up less frequently by resetting an internal clock disrupted by jet lag, daylight savings time, or shift work.

## Honibe GUMMIE BEES MULTI VITAMIN

Multi - 70 gummies  
**14<sup>98</sup>**  
Omega-3  
60 gummies  
**16<sup>48</sup>**



Packed with essential vitamins to support your health. Vegetarian friendly and gelatin free. No unwanted additives. Made in Canada.



## Pure Potent WOW ESSENTIAL OIL

5 - 20 mL  
**10% OFF Regular Price**



Beautiful quality essential oils from around the world. Whenever possible oils are sourced from organic or wild sources. Not tested on animals, no animal by products used and no artificial additives. Made in Canada, Pure, organic, natural, and therapeutic.

## Ener-C ELECTROLYTE MULTI-VITAMIN

30 x 8 g Packets  
**15<sup>98</sup>**



Perfect for before, during and after exercise to support muscle function and re-hydration. Each packet contains less than 1g of sugar; all you need to get maximum absorption of all these essential electrolytes!

## Back to Earth PAIN BE GONE

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



Feel the power of our award-winning muscle rub as it digs deep into muscles with an icy-hot combination of 100% pure essential oils. Apply to chest, neck, and temples, massage onto the bottoms of your feet, calves, and thighs, or use for an invigorating body massage.



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.*



*Easter is just around the corner...*

Country Bakery treats are now at Askew's! Their famous **Easter Bunnies & Half Eggs** have become a tradition for kids of all ages. **Swiss-trained** pastry chef Manfred Gros founded Country Bakery, passing

the art of working with **chocolate** on to his daughter-in-law Heidrun. Their **elegant confectioneries** are still made by hand with careful attention, love and only the **finest ingredients**.



Natur-a  
**OAT BEVERAGE**  
Gluten Free, Asst. Var., 946 mL  
**238** ea. *Case of 12*  
**2598**

**natura**  
**OAT**  
GLUTEN FREE  
ORIGINAL  
unsweetened  
DAIRY FREE  
100% WHOLE GRAIN  
(per 100 mL serving)  
FORTIFIED GLUTEN FREE  
OAT BEVERAGE  
NOT A SOURCE OF PROTEIN  
946 mL 32 fl. oz.

Stash  
**TEA**  
Asst. Var.  
18 - 20 pk

**398**



**NATURALLY**  
*Good!*

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

**798**



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

**398**



Thai Kitchen  
**COCONUT MILK**  
400 mL

**248** *Organic Var.*  
**298**



Mid-Day  
**RAW ORGANIC SUPERFOOD SQUARES**  
Asst. Var.  
66 - 70 g

**298**



Spectrum  
**EXTRA VIRGIN MEDITERRANEAN OLIVE OIL**  
1 L

**1698**



Simply Organic  
**BOTTLED SPICES**  
Asst. Var.  
4 - 103 g

**25%** OFF Regular Price



Zevia  
**ZERO CALORIE NATURAL SODA**  
Asst. Var., 6 x 355 mL  
**498** + dep

Enlightened  
**KETO DESSERT**  
Frozen  
Asst. Var.  
473 mL

**598**



Stahlbush Island Farms  
**FRUIT**  
Frozen  
Asst. Var.  
283 - 300 g

**448**



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

**368**



Caboo  
**TREE FREE PAPER TOWEL**  
2 Roll

**398**



Seventh Generation  
**DISHWASHING LIQUID**  
Asst. Var.  
562 mL

**298**



Eco-Max  
**LAUNDRY LIQUID**  
Asst. Var.  
3 L

**1298**





# PRODUCE

Seasonal goodness & more

BC Grown  
**TOMATOES ON THE VINE**  
3.26/kg



**1.48**  
lb.

California Grown  
**BROCCOLI CROWNS**  
4.36/kg



**1.98**  
lb.



BC Grown  
**WHITE JUMBO MUSHROOMS**  
6.13/kg  
**2.78**  
lb.

US Grown  
**RUSSET POTATOES**  
5 lb Bag



**2.98**  
ea.

California Grown  
**SPINACH**  
Bunched



**1.48**  
ea.

California Grown  
**ORGANIC CELERY**  
2.16/kg  
**98¢**  
lb.



California Grown  
**ORGANIC LEMONS**  
2 lb Bag



**3.98**  
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.

LOOK FOR THE  
FRESH, HEALTHY & TASTY!



STICKER

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