

We get comments

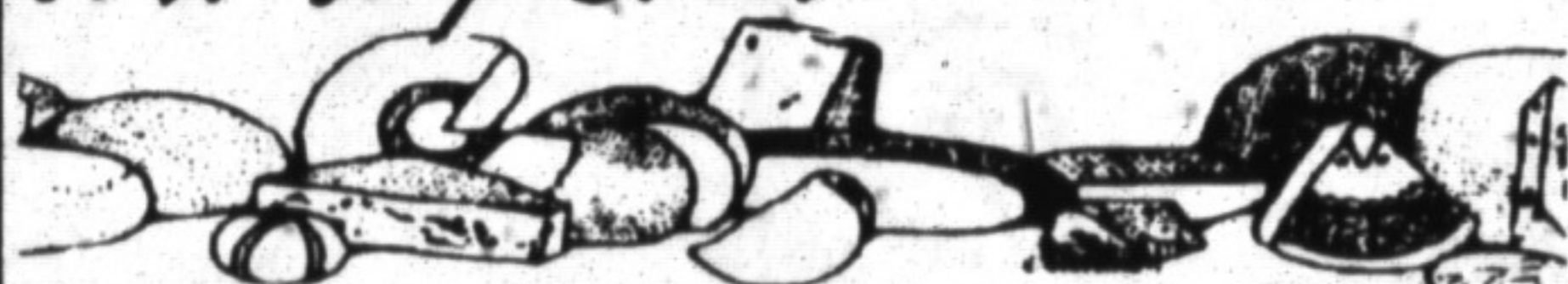
Just wanted to let you know I think your store is absolutely great concept!

ALTERNATIVES market

has a delicious solution to your summer adventures!

Come visit us and see the changes... new prices, new layout, new salad bar!
 Thanks to all who participated in our survey
We're listening to you!

Just Say Cheese...



In the rush to eliminate fat from their diet, many folks have eliminated the delicious tastes and healthy nutrients found in cheese.

Cheese, particularly organic cheese, is a deliciously wonderful food that can enhance your diet and delight your palate.

There are more than 2,000 kinds of cheese, many named after the locale from which they originated. It can take as much as 10 pints of milk to make 1 pound of cheese. This makes cheese a concentrated source of calcium, protein, vitamin A, and riboflavin.

Remember: Cheddar cheese on a whole wheat bun with tomato and lettuce, with a side of scrumptious Taste Adventure Minestrone Soup and a glass of After the Fall Georgia Peach Juice is only 33% fat calories, not to mention a deliciously filling lunch. (If you choose our new 18% cheddar lunch will only be 23% fat calories)

When you are watching fat calories... take the whole meal into account. And enjoy cheese once in a while, it's so-o-o good!

August Days are lazy days... Summer fun....

Lifestream Crackers

Enjoy the delicious whole grain flavor AND they are low in fat **2.59** 200g



18% Cheddar (white or color)

What a delicious compromise, 18% cheddar means that there is enough fat to give it a great taste but it is a full 14% lower in fat than our regular cheddar. **1.29** /100g

Little Bear Licorice

This is a great treat for kids, it won't melt in their hands, so it is tidy treat for car or shopping. And Little Bear Licorice is made the old fashioned way with real molasses and Anise seed. It's delish!



Red or Black Pieces **2.49** 198g



After the Fall Juices

100% fruit juice in family-size 946 ml bottles. Unique flavors that will delight young imaginations and tickle grown-up fancies and palates. **2.69**

946 ml

Taste Adventure Soup

Experience the quality of homemade with the convenience of precooked. Just add water and follow the simple directions. Its low fat too!

Curry Lentil **1.99**
 Minestrone
 Black Bean
 Navy Bean
 Split Pea



Astro Yogurt 175g

A cool refreshing snack, a nutritious dessert in summer. Have great taste today! **99¢/2**

Organic spinach

This delicious source of iron and naturally occurring folic acid is a wonderful choice. We are partial to raw spinach instead of or with lettuce in our summer salads. **1.49** ONT bunch

Watermelons

Sweet, succulent watermelons are the perfect thirst quencher after a summer baseball game, at the beach or on the patio. These are delicious! **3.99** USA ca

Kid's Fest Aug 3-17

We are offering a calendar of entertainment and cooking classes just for kids for 2 whole weeks in August.

Look for our calendar when you shop. Come in soon---events are filling up

Where is Curious George. Aug 3-17

We are all looking for Curious George, when you find him, get a prize and fill out an entry for our Curious George draw---you may just be able to take him home on August 17!

Salmon BBQ Aug 17 (one day only)

Come for a scrumptious salmon sandwich. To taste them is to love them! Some folks are known to have them for lunch AND supper.

Taste Adventure Raffle All

during August. Drop in and enter our Taste Adventure Raffle. Win an Eagle Creek, Sierra Back Pack filled with delicious Taste Adventure Soups and Chilis. A \$90.00 value!

Something for Summer--- Simple & Scrumptious!

Oh-So-Easy Pesto Bean Salad

- 1 can Eden Kidney Beans
- 2 cans Eden Salad Beans
- 1 bulb Alternatives Roasted Garlic
- 1/2 container Alternatives Basil Walnut Pesto
- 1/2 cup Nature's Impulse Mayonnaise

Remove all cloves of garlic from their skins and mash. Mix well with mayo, add thawed pesto and mix well. Add beans and stir to coat. Chill thoroughly. This keeps well and is delicious!

Meet one of our Organic Growers!...



Meet Ted Thorpe one of our organic growers. Ted, Laurie and his 3 children live on an Ontario Farm. Ted believes that organic is the only way to farm. He doesn't believe in using sprays and other things that harm our earth. Ted wants a clean earth and healthy food for his family and he enjoys sharing it with you. Ted's Farm is OCIA certified and his vegetables are beautiful!

Lunch is a natural at Alternatives...

When you are looking for a quick lunch or supper, our deli is waiting.

Try our Focaccio Sandwich

We cut unbeatable ACE Focaccio bread in half and layer it with rounds of mild bocconcini (fresh mozzarella), basil leaves, summer-ripe tomatoes and our own walnut pesto. It is my very favorite lunch!

Many folks are partial to our Garden Sandwich

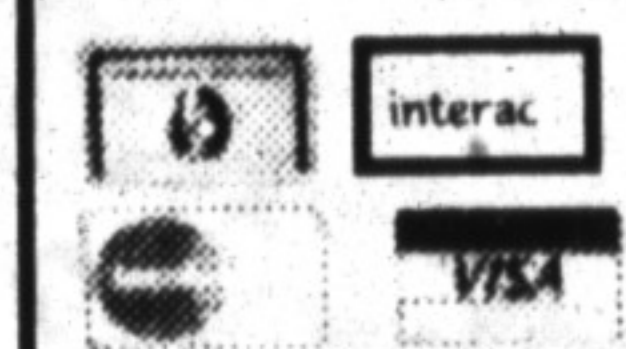
ACE Calabrese Bread filled with creamy Havarti, ripe avocado, crisp lettuce, vine-ripened tomatoes, mild red onion, sweet grated carrot, and slathered with all natural mayo. Have it with a side of our signature Gazpacho. What a treat!

While you are in, pick up a big, plump Roasted chicken, some Parmesan Mashed Potatoes, and a crisp Family-sized salad (from our salad bar) and supper is happily, a no-brainer!



Pick up your Free Delicious Dispatch for great information and terrific recipes!

For your Grocery Shopping Convenience, use your card. Hours
 9-9 Mon-Fri
 9-6 Sat 10-5 Sun



ALTERNATIVES market

The fun and friendly food market with thousands of top quality items all fresh, delicious and affordable. Specials effective Aug 3-16 1996 while quantities last

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