

**KEEP YOUR
NEW YEAR'S
RESOLUTION ALL
YEAR LONG!**
SEE ROSEMARY'S
WEEKLY HEALTH
FITNESS AND
NUTRITION NEWS



THE GARDEN

Quality & Fresh

Prices in effect Wednesday, January 8th, 2003

FRESH FROM THE GARDEN TO YOUR BASKET

Quality Fresh Produce

Product of Peru
Tender Fresh
Asparagus 2⁹⁹
lb. 6.59 kg

Product of Ontario
Arriving Fresh Daily
White Mushrooms .99
8 oz. pkg

Fresh from the Tropics
Tasty
Bananas .39
lb. .86 kg

Florida Fresh
Sweet 'N Juicy
Ruby Red Grapefruit .39
lb. .86 kg

Product of California
Tender Fresh
Lettuce .99
Green or Red Leaf ea.

Product of Spain or Mexico
Tasty
Hot House Tomatoes 2⁹⁹
lb. 6.59 kg

Product of USA
Sweet 'N Juicy
Anjou Pears .99
lb. 2.18 kg

Fresh from the Tropics
Super Sweet
Golden Ripe Pineapples 4⁹⁹
ea. whole

California Fresh
Sweet 'N Juicy
Seedless Oranges 7⁹⁹
(13 lb. case)

Fresh from China
Sweet 'N Juicy
Seedless Chinese Mandarins 4⁸⁸
5 lb. case

Ontario Fresh
Crisp 'N Sweet
Golden Delicions Apples .99
lb. 2.18 kg

Product of Mexico & Brazil
Sweet & Tasty
Mangoes & Avocados .99
ea.

Product of California
Diamond Brand Mix Nuts (in shell) 1⁹⁹
1 lb. bag

HOT PRICE
Fresh Whole Pork Shoulder or Leg of Pork
.99 lb. 2.18 kg
Please add 30lb. for de-boning or grinding

HOT PRICE
Kellogg's
Corn Flakes.....750 g
Mini Wheats.....725 g
Crispix.....350 g
Corn Pops.....375 g
1⁸⁷

Oven Fresh Bakery

In Store Baked
100% Whole Wheat Bread 1²⁹
loaf

Stonemill Bakehouse
Fat Free Multigrain Bread 2⁴⁹
loaf

Tradition
Low Fat Muffins 1⁹⁹
4 pack

Schaaf Foods
Twin Pack Loaf Cakes 4⁴⁹
700 g
Contains 1 Marble & 1 Golden Loaf

Fruit Platter **Vegetable Platter** **Cheese Platter**

Proud supporter of The Markham Stouffville Hospital
REGULAR BUSINESS HOURS
MONDAY 8 am - 9 pm
TUESDAY 8 am - 9 pm
WEDNESDAY 8 am - 9 pm
We reserve the right to limit quantities * No rainchecks * Savings based both copy and illustrations, errors may occur. We reserve the right to correct