

THE GARDEN BASKET

Open Since 1929

3 until closing Tuesday, January 14th, 2003.

Rosemary's Weekly Health, Fitness & Nutrition News

Short Walks Help Cut Risk of Heart Disease

A recent study showed a 30% to 40% decrease in risk of heart disease in people who walk three hours or more per week. Calculating down, that's just 30 minutes a day, six days a week or 60 minutes three days a week!

Instead of plopping down in a cushy restaurant at lunch, brown-bag it to work with healthy fruit and yogurt or a salad with low fat dressing or a lean turkey sandwich on whole wheat. Slip into your walking shoes and walk your lunch hour away. Or, if that's not an option, walk 10 minutes at night. Another plan would be to set the old alarm clock for 30 minutes earlier and walk first thing in the morning. You don't have to do strenuous exercise to get heart healthy, just walk your way to health.

www.healthfitness.com

REMEMBER: YOUR BODY IS FOR LIFE TAKE CARE OF IT NOW AND IT WILL REWARD YOU IN THE FUTURE!

The Butcher Shop

Boneless, Skinless Chicken Breasts **3.99** lb. 8.80 kg

Boneless Tenderloin End Pork Loin Roasts **2.69** lb. 5.93 kg

Italian Style Pork Sausages **2.69** lb. 5.93 kg

Made Several Times Daily
Extra Lean Ground Beef **2.99** lb. 6.59 kg

Janes, Frozen
Pub Style Chicken Strips or Nuggets **7.99** 907 g

Fresh & Frozen Seafood

Fresh Canadian **Trout Fillets** **6.99** lb. 15.41 kg

Ocean Jewel Frozen **Pollock Fillets** **2.49** 400 g bag

The Delicatessen

Bitters Oven Roasted **Turkey** **7.99** lb. 1.76/100g

Mariposa **Black Forest Ham** **4.49** 99/100g

Salerno **Ricotta Tubs** **1.99** 454 g

Maple Lodge **Chicken Breast** **4.99** lb. 1.10/100g

Emma **Canadian Emmental Cheese** **6.99** lb. 1.54/100g

Brand Name Groceries

McCain Regular or Low Fat **Gold'n Crisp Waffles** **.99** 312 g

Five Alive or Fruittopia **Chilled Beverages** **1.77** 1.89 L

Quaker Instant Hot **Oatmeal Cereal** **1.99** 288 g - 470 g

Old South **Frozen Concentrated Orange Juice** **.99** 355 ml

Lactantia **Cream Cheese** **1.99** 250 g

Nescafe **Instant Coffee** **3.87** 150 g - 200 g

McCain **Superfries Supercrisps Superspirals or Wedges** **1.79** 750 g - 1 kg

Kraft **Mayonnaise** **2.47** 750 ml

Nesquik **Chocolate Syrup or Powder** **2.99** 700 g - 750 g

Bick's **Baby Dill Pickles** **2.99** 1 L

Yop **Drinkable Yogourt** **2/1.00** 200 ml

Welch's 100% **Juice Blends** **3.99** 1.89 L

Tostitos XL **Corn Snacks** **2.49** 340 g

Mott's **Fruitsations Fruitsnacks** **1.99** 6 x 113 g

DELICIOUS • FRESH • CONVENIENT
Made to order Party Platters.
Combinations available.
Just ask!

Combo Platter **Sandwich Platter** **Pastry Platter**

THURSDAY 8 am - 9:30 pm | FRIDAY 8 am - 9:30 pm | SATURDAY 7 am - 8 pm | SUNDAY 9 am - 6 pm

9275 Markham Rd. 905-471-0777 | 16th AVE. E. HWY. 7 | MARKHAM

Gourmet To Go

Maple Leaf Prime, Vegetable Grain Fed **Whole BBQ Chickens** **5.99** ea.

Based on regular prices at conventional The Garden Basket Food Markets. Although we strive for accuracy in print, any errors. *Specials only available while quantities last. *Some photos are representational.