

The GARDEN BASKET®

"Quality & Freshness Since 1929"

Prices in effect Wednesday, January 15th, 2003 until closing Tuesday, January 21st, 2003.

Rosemary's Weekly Health & Fitness Nutrition News

VITAMIN K

Studies have found that women who consume more Vitamin K have 30 percent fewer fractures.

To increase your Vitamin K intake, include the following in your diet:

- dark green leafy vegetables - one cup of spinach will provide a healthy dosage
- choose more whole grains and beans
- eat at least five servings of fruits and vegetables each day and
- don't forget the dairy group, which gives you Vitamin K, calcium, Vitamin D and phosphorus.

www.eatright.org

"FRESH FROM OUR GARDEN TO YOUR BASKET"

VISIT WWW.THEGARDENBASKET.COM

Quality Fresh Produce

WOW! The Chilean heat makes them Juicy & Sweet!

Nectarines .99 lb. 2.18 kg

Product of California

Head Lettuce .99 ea.

Product of China

Seedless Chinese Mandarines 3.88 5 lb. case

Fresh from the Tropics

Bananas .39 lb. 86 kg

California Fresh (or Florida)

Strawberries 2.99 heaping pint

Ontario Fresh

Golden Delicious Apples .79 lb. 1.74 kg

Product of Mexico & Brazil

Mangoes & Avocados .99 ea.

California Fresh

T & A Brand Pre-Cut & Washed Garden Salad 1.49 1 lb. bag

Ontario Greenhouse Grown

Tulips, Daffodils & Hyacinths 4.99 6 pot

SAVE \$1.00!

Yoplait Fruit Bottom YOGURT

HOT PRICE

1.19 175 g cup

The Butcher Shop

Fresh Ontario

Whole Pork Shoulder or Leg of Pork .99 lb. 2.18 kg

Please add 30¢/lb for de-boning or grinding.

Fresh Ontario

Chicken Drumsticks or Thighs .99 lb. 2.18 kg

Fresh Ontario

Boneless Centre Cut Pork Loin Chops or Roasts 3.88 lb. 8.55 kg

Aged for 21 Days, Cut from Canada AAA Beef

Beef Leg Cutlets 4.88 lb. 10.76 kg

Fresh Ontario

Veal Leg Cutlets 6.88 lb. 15.17 kg

Fresh & Frozen Seafood

Fresh Canadian

Sole Fillets 6.99 lb. 15.41 kg

Ocean Jewel, 51/60 Size

Raw Black Tiger Shrimps 5.99 300 g bag

Delicatessen

San Daniele **Mortadella** 4.49 1.10/100g

Mariposa **Roast Beef** 4.99 1.10/100g

Cuddy **Smoked Turkey Breast** 6.99 1.50/100g

Fayma **Dry Cured Prosciutto** 8.99 1.50/100g

Pillars **Mustard Seed Salami** 6.99 1.50/100g

Brand Name Groceries

Minute Maid Premium

Orange Juice or Cocktails 1.77 1.89 L

Maxwell House

Instant Coffee 2.99 200 g

White Swan

Bathroom Tissue 1.99 8 roll

Humpty Dumpty

Potato Chips .99 170 g

Nestle Legend or Confectionary Ice Cream 4.99 2L

McCain Pizza Pockets or Deep 'n' Delicious Pizza 2.29 385 g - 425 g

Lipton **Chicken Noodle Soup** 2.29 4 pk

Carnation **Hot Chocolate** 1.99 (10 x 28 g)

Hawaiian **Punch Fruit Punch** 2.29 2.54 L

Vitale **Balsamic Vinegar** 2.49 500 ml

Bravo **Spaghetti Sauce** .99 680 ml

Sealtest **Chocolate Milk** 1.19 1 L

Kraft **Peanut Butter** 3.49 1 kg

Sole **Mineral Water** .79 750 ml

Over Fresh Bakery

In Store Baked **Multigrain Bread** 1.49 loaf

In Store Baked **Croissants** 6/1.99

Homestyle **Crostatas Tortes** 4.49

Our Very Own **Apple Pies** 2.99 6 pie

REGULAR BUSINESS HOURS

MONDAY 8 am - 9 pm TUESDAY 8 am - 9 pm WEDNESDAY 8 am - 9 pm 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. 16th AVE. 905-471-0777

We reserve the right to limit quantities. No rainchecks. Savings based on regular prices at conventional The Garden Basket Food Markets. Although we strive for accuracy in both copy and illustrations, errors may occur. We reserve the right to correct any errors. Specials only available while quantities last. Some photos are representational.