

# IN BASKET®

**OPEN CIVIC MONDAY,  
AUGUST 4<sup>th</sup>, 2003  
9:00 a.m. - 6:00 p.m.**

*Business Since 1929*™

2003 until closing Wednesday, August 6<sup>th</sup>, 2003.



**Rosemary's Health & Nutrition News**  
**THE CORNERSTONES OF HEALTHY LIVING**  
 The three main principles of the "total diet" approach are:

- Balance
- Variety
- Moderation

The fourth principle is not connected to what you eat, but it is as important - physical activity. Together, these principles can help you make the best possible choices in the food you eat and the energy you use up.

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

**st. ~ The advertised price is the sale price!**

 Imported from Italy <b>Divella Pasta</b> .49 500 g Limit 6	 Humpty Dumpty <b>Potato Chips</b> .75 170 g Limit 6	 Minute Maid <b>Premium Orange Juice</b> 1.49 1.89 L Limit 4
 Good Humour <b>Creamsicle Floats</b> 2.99 24 x 50 ml Limit 3	 Kellogg's <b>Cereals</b> Raisin Bran (775 g) Bran Flakes (775 g) 2.25 Limit 4	 Naya <b>Spring Water</b> 1.99 12 x 500 ml Limit 6
 Florentina <b>Frozen Pasta Entrees</b> .75 Limit 6	 Catelli <b>Healthy Harvest Whole Wheat Pasta</b> .85 375 g Limit 6	 Cosmos <b>Serviettes</b> .99 200's Limit 6
 White Swan <b>Bathroom Tissue</b> 1.49 8 roll Limit 6	 Kraft <b>Dinner</b> .49 225 g Limit 6	 Carapelli <b>Extra Virgin Olive Oil</b> 3.99 750 ml Limit 4
 Ocean's <b>Flaked White Albacore Tuna</b> 1.49 184 g Limit 6	 Imported from Italy <b>Marcella's Fruit Jams</b> 1.49 350 g Limit 6	 Buitoni <b>Risotto</b> 1.15 155 g - 175 g Limit 6
		 <b>Pasta Sauces</b> 1.49 400 ml Limit 6

VISIT WWW.THOSARCOMBASKET.COM

**WEDNESDAY 9:30 pm**      **FRIDAY 8 am - 9:30 pm**      **SATURDAY 7 am - 8 pm**      **SUNDAY 9 am - 6 pm**

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