

Rosemary's Health & Nutrition News

GRAPEFRUITS

Grapefruits are an excellent source of Vitamin C and A. Minerals in grapefruits include folate, iron, calcium and potassium. Grapefruits' high fiber content satisfies hunger with fewer than 100 calories per serving. They are also high in pectin, a soluble fiber that may help lower blood cholesterol.

"Remember, your body is for life take care of it now and it will reward you in the future!"



The GARDEN

"Quality"

Prices in effect Thursday

"FRESH FROM OUR GARDEN TO YOUR BASKET"

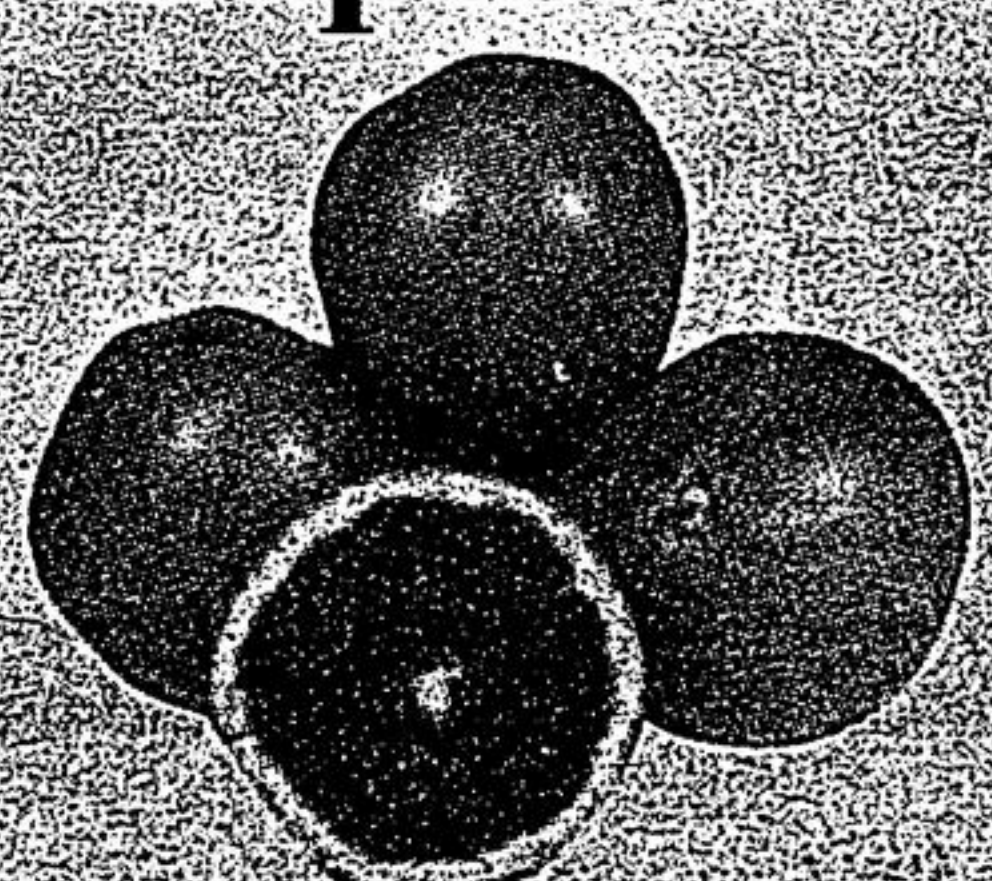
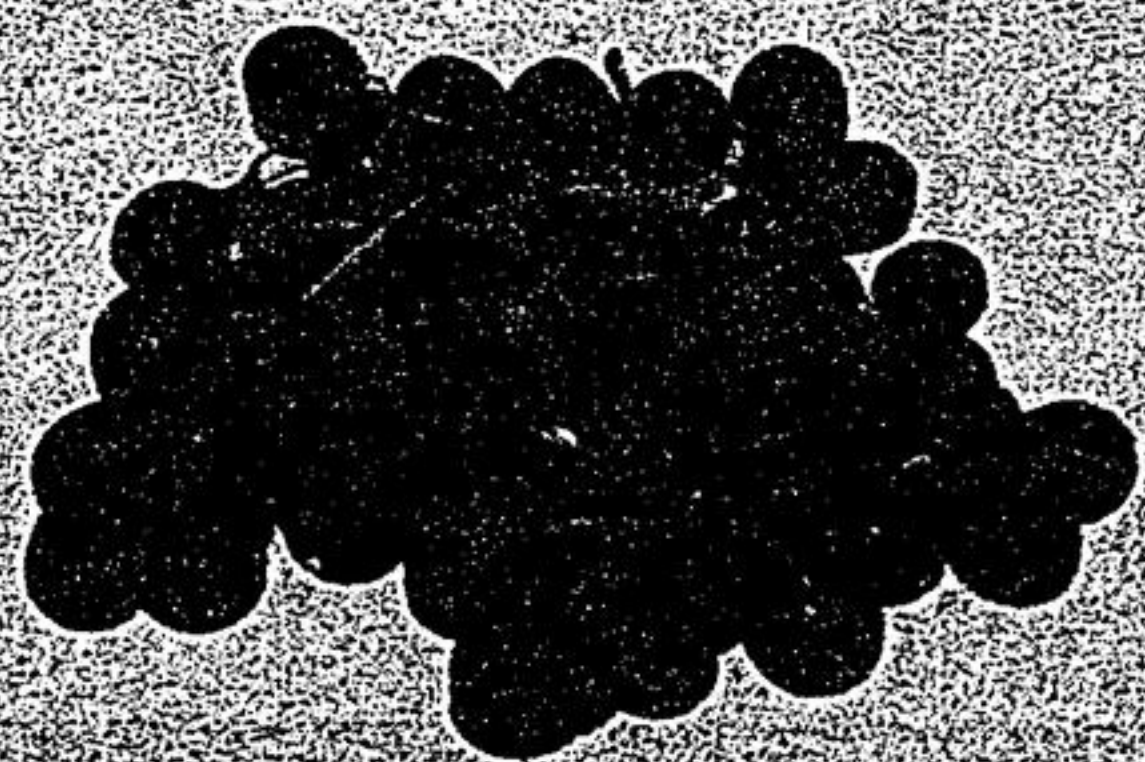
Quality Fresh **Produce**

Product of Morocco
Sweet 'N Juicy
Seedless Clementines **4.98**
5 lb. case



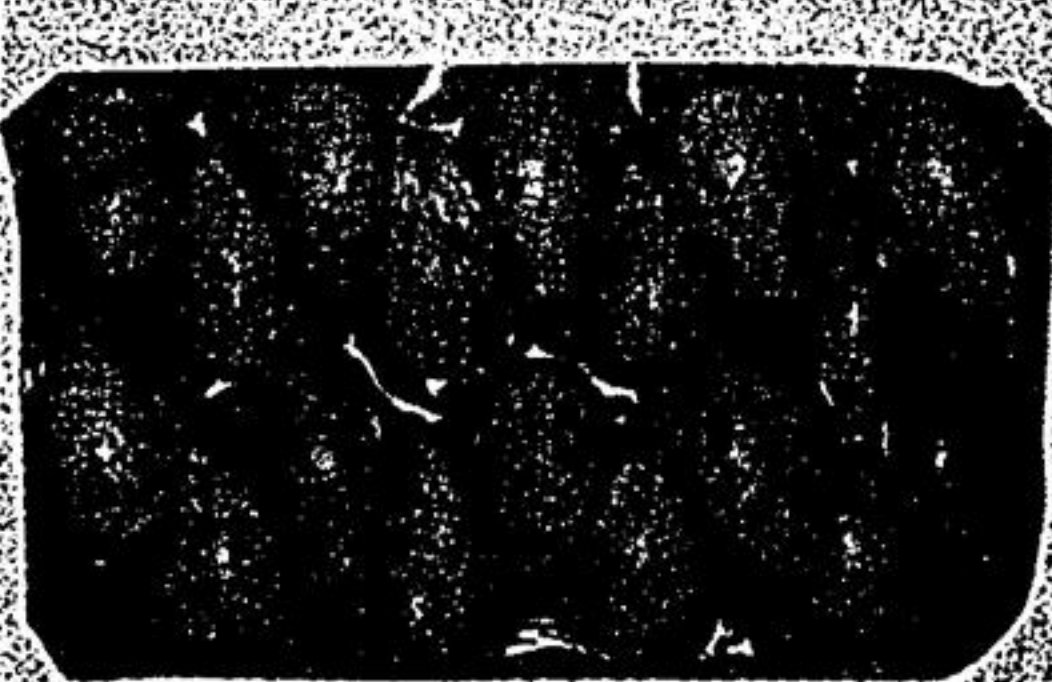
Ontario Fresh, Fall Harvest
Extra Large
Green Head Cabbage **.68**
ea.

Product of U.S.A.
Extra Large, Plump 'N Sweet
Red Globe Grapes **1.48**
lb. 1.36 kg



Florida Fresh
Indian River Sweet
Ruby Red Grapefruit **.68**
lb. 1.50 kg

Product of U.S.A.
Tender Fresh
Eggplants **.98**
lb. 2.16 kg



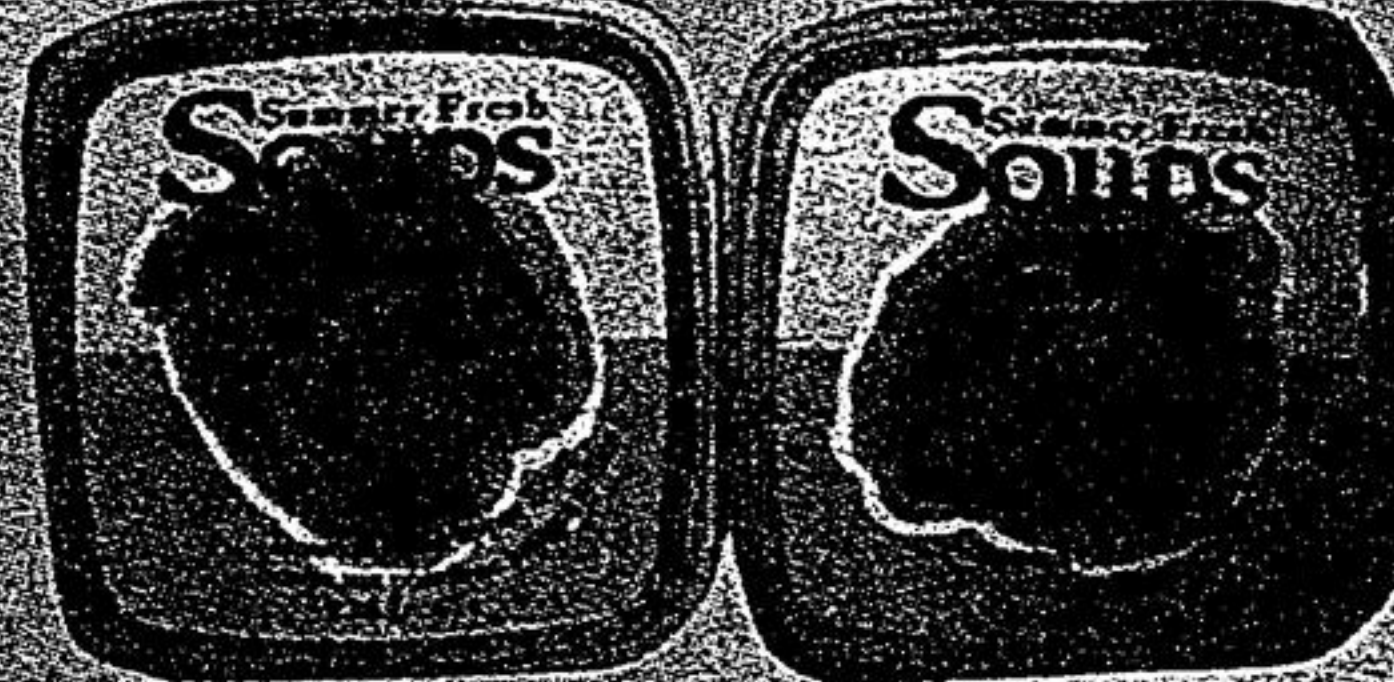
Fresh from Italy
Sweet & Tasty
Cactus Pears **9.98**
case

California Fresh
Sweet & Tasty
Andy Boy
Fennel (Anise) (Finocchio) **.98**
ea.



Fresh from Florida Greenhouses
Assorted Varieties
Tropical Plants **6.98**
6" pot

Summerfresh, Ready to Serve
HOT PRICE Gourmet Soups **1/2 PRICE SAVE \$2.50**



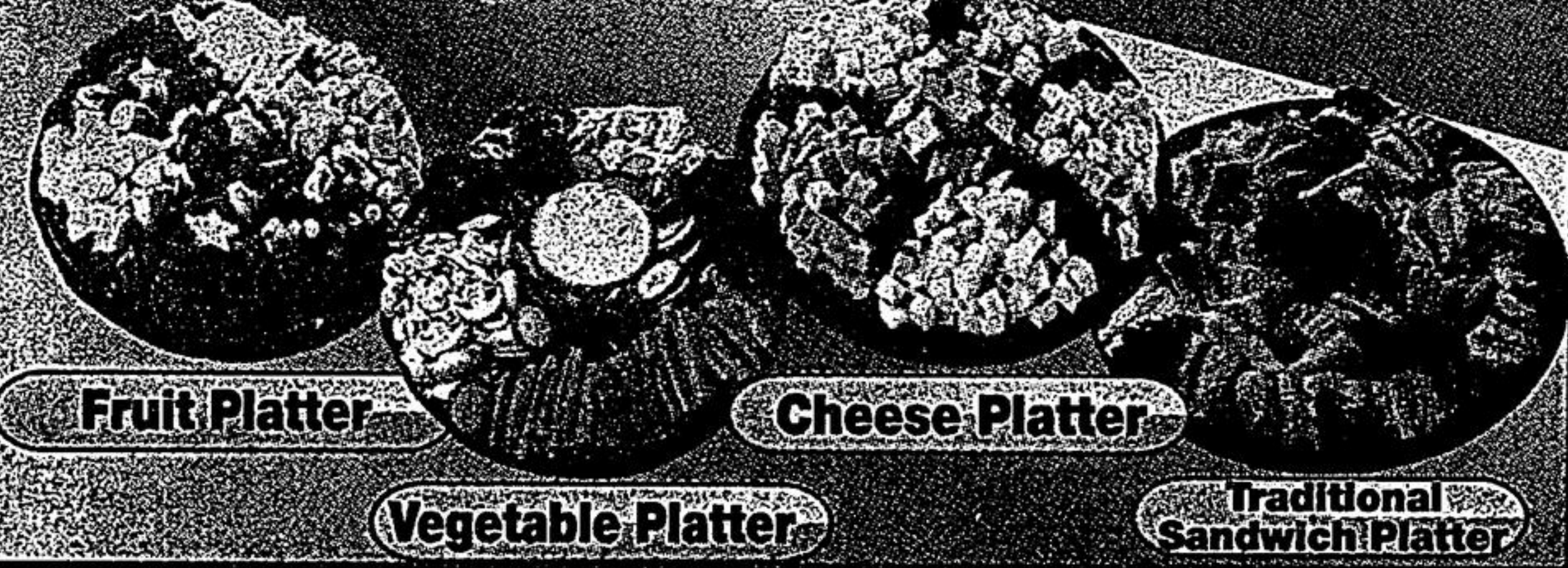
2.47
large 1.36L

HOT PRICE Minute Maid Premium Orange Juice



* Calcium Original
* Homestyle Squeezed
1.33
Limit 4 1.89L

DELICIOUS • FRESH • CONVENIENT
Made to order Party Platters.
Many more combinations available. Just ask!



Oven Fresh **Bakery**

In Store Baked Daily
Sourdough Bread **1/2 PRICE SAVE \$1.00** **.99**
loaf

In Store Baked
Mini Croissants **2.49**
16 pack

Gourmet
Oatmeal Raisin Cranberry Cookies **3.99**
large 650 g

Homestyle
Two Bite Brownies **2.49**
300 g bag

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
THURSDAY 8 am - 9:30 pm

* We reserve the right to limit quantities. No rain checks. Savings based on regular price both copy and illustrations, errors may occur. We reserve the right to correct any error.