

# BASKET®

Since 1929  
Closing Wednesday, Dec. 10<sup>th</sup>, 2003.



**Rosemary's Health & 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](http://www.eatright.org)

The advertised price is the sale price!

<p>1/2 PRICE</p> <p>Coke, Sprite or Canada Dry <b>Soft Drinks</b> <b>.79</b> 2L Limit 6</p>	<p>1/2 PRICE</p> <p>Purex <b>Liquid Laundry Detergent</b> <b>3.99</b> 3.78L Limit 2</p>	<p>1/2 PRICE</p> <p>Nature Valley <b>Granola Bars</b> <b>4.99</b> 48 pk 1.1 kg Limit 2</p>
<p>1/2 PRICE</p> <p>Old South <b>Frozen Orange Juice</b> <b>.69</b> 355 ml Limit 6</p>	<p>1/2 PRICE</p> <p>McCain <b>Drinking Boxes</b> <b>.49</b> 3x250 ml Limit 6</p>	<p>1/2 PRICE</p> <p>Delissio <b>Thin Crust Pizza</b> <b>3.99</b> 615 g Limit 6</p>
<p>1/2 PRICE</p> <p>Nabob <b>Roast &amp; Ground Coffee</b> <b>1.99</b> 300g Limit 6</p>	<p>1/2 PRICE</p> <p>Imported from Italy <b>Divella Pasta</b> <b>.49</b> 500 g Limit 6</p>	<p>1/2 PRICE</p> <p>Sao <b>Espresso Coffee</b> <b>.99</b> 250 g Limit 6</p>
<p>1/2 PRICE</p> <p>Catelli <b>Whole Wheat Pasta or Noodles</b> <b>.85</b> 340g-375g Limit 6</p>	<p>1/2 PRICE</p> <p>Sacla <b>Pesto Sauce</b> <b>1.69</b> 185 ml Limit 4</p>	<p>1/2 PRICE</p> <p>Farm Rich <b>French Toast Sticks</b> <b>1.99</b> 500 ml Limit 4</p>
<p>1/2 PRICE</p> <p>Chocolate Hazelnut Spread <b>Nutella</b> <b>1.85</b> 400 g Limit 4</p>	<p>1/2 PRICE</p> <p>Palmolive <b>Liquid Dishsoap</b> <b>1.99</b> 1.1L Limit 4</p>	<p>1/2 PRICE</p> <p>Shopsy's <b>All Beef Wieners</b> <b>1.49</b> 450 g pack Limit 6</p>

VISIT WWW.THEGARDENBASKET.COM

SDAY 3:30 pm
FRIDAY 8 am - 9:30 pm
SATURDAY 7 am - 8 pm
SUNDAY 9 am - 6 pm

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