



# Thank You For Celebrating Our 1929 75<sup>th</sup> Anniversary With Us 2004



## Quality Fresh Produce



**1/2 PRICE**

Fresh from the Tropics  
**Bananas**  
Equals .25 lb.

**3 lbs/.75**

55 kg

Excellent source of vitamin B-6 (helps the body use proteins and fats.) and a good source of fiber, potassium, folate and vitamin C.



**1/2 PRICE**

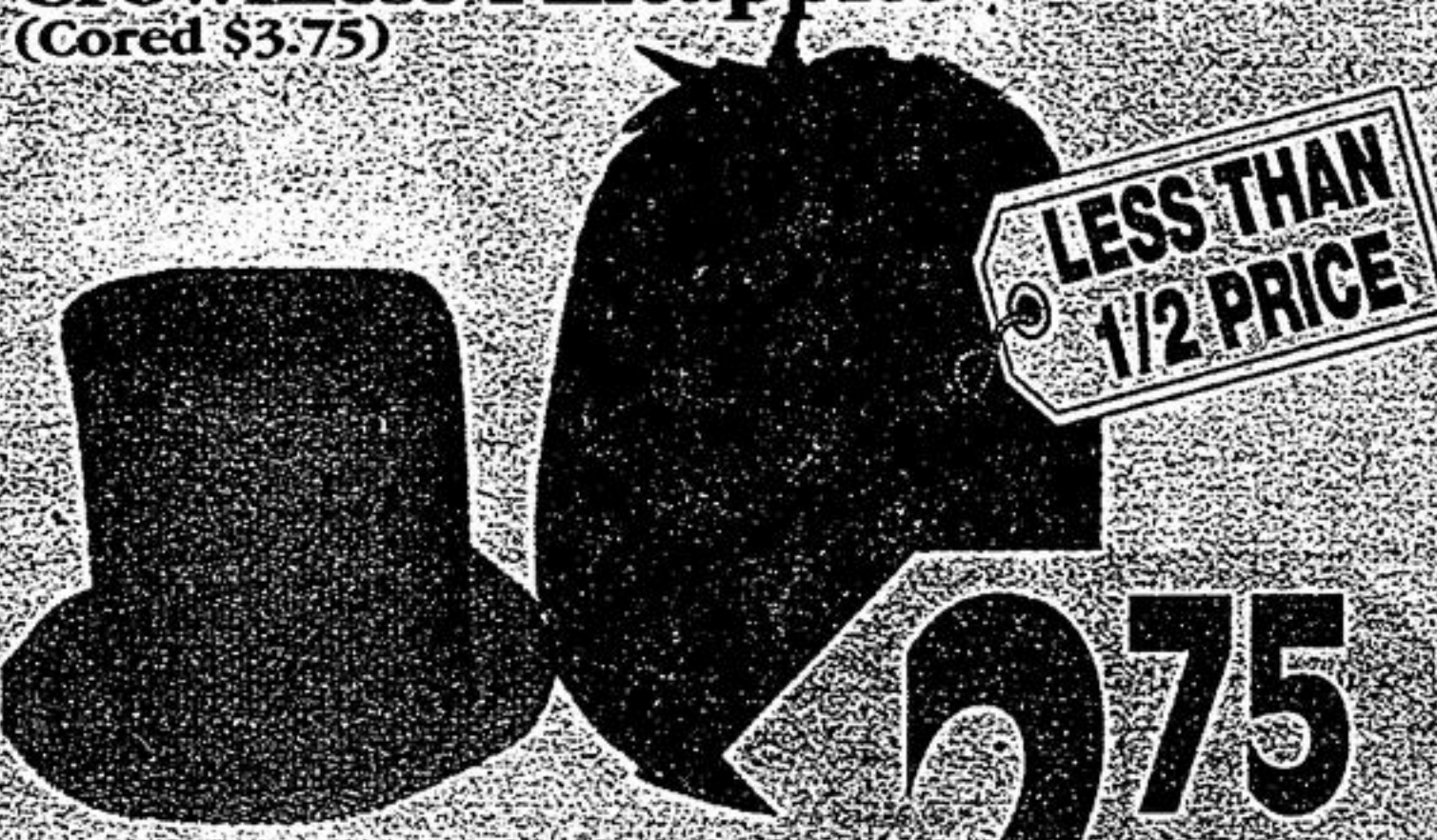
Product of U.S.A.  
Fresh 'N Crisp  
**Head Lettuce**  
(Wrapped)

**.75** each

1 cup (56 g) -  
Calories: 6.6

It's so BIG, they had to cut off the crowns.  
Jumbo, super-sweet

**Golden Ripe  
Crownless Pineapples**  
(Cored \$3.75)



**LESS THAN 1/2 PRICE**

**2.75** each

Excellent source of vitamin C



**25% OFF**

Product of U.S.A.  
Fresh, Sweet  
**Yams**

**.75** lb.

1.65 kg

Excellent source of potassium, vitamin C and vitamin B6  
Good source of Thiamine.



**25% OFF**

Fresh from Morocco or Spain  
Sweet 'N Juicy  
**Seedless  
Clementine's**

**4.75** 5 lb box

Excellent source of vitamin C and a good source of fiber and folate



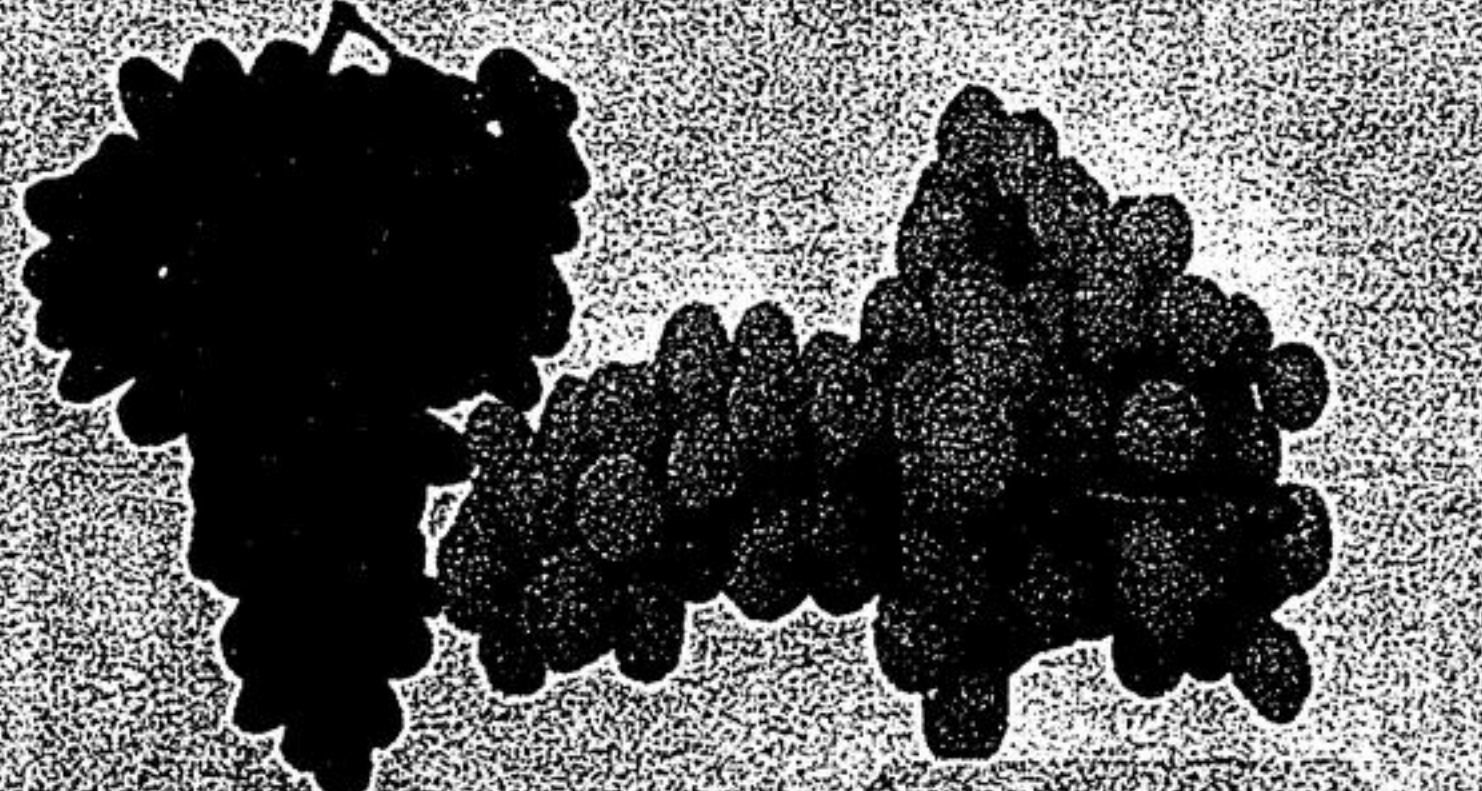
**25% OFF**

Ontario Fresh  
Crisp 'N Sweet  
**Golden  
Delicious  
Apples**

**.75** lb.

1.65 kg

Excellent source of fiber and a good source of vitamin C

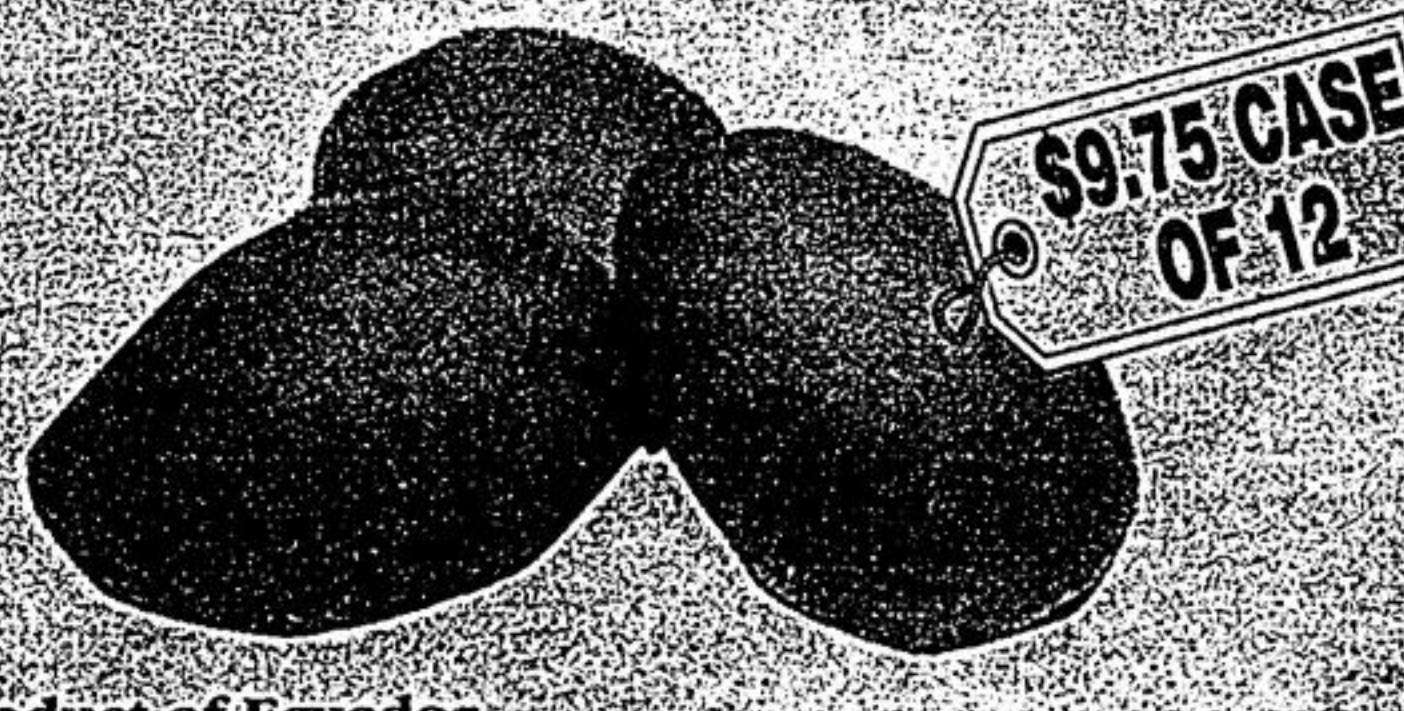


Fresh 'N Sweet  
**Seedless  
Black Grapes or  
Muscato Grapes**

**1.75** lb.

3.86 kg

Excellent source of vitamin C



**\$9.75 CASE OF 12**

Product of Ecuador  
Sweet 'N Juicy  
**Haden  
Mangoes**

**2/1.75**

Excellent source of vitamin C. They also contain useful amounts of thiamin, folate, vitamin B6, iron and magnesium and are a source of soluble fiber.



**1/2 PRICE**

Product of Ontario  
Sweet 'N Juicy  
**Bosc Pears or  
Anjou Pears**

**.75** lb.

1.65 kg

Pears contain about 4 grams of dietary fiber and are a good source of vitamin C, potassium, folate, iron and cellulose.

## Fresh Flowers



**SAVE OVER \$2.00**

**2/9.75** 6" Pot

"The Perfect Festive Season Decoration"  
**Poinsettias**  
(Single unit price \$5.75)

## Bulk Food



**ALL LESS THAN 1/2 PRICE**

Back by popular demand

**3/5.75** Starting at

**Emerald of California  
Shelled Peanuts,  
Cashews, Almonds,  
Mix Nuts & Glazed  
Blends**  
(Single units at sug. retail price)



**NEW CROP**

Product of Greece  
**Naturally Sundried  
Greek Figs**

**1.75** 250 g pkg

Excellent source of fiber. Minerals present in figs include potassium, calcium & iron. They also contain vitamin B6 and folate.