

GARDEN BASKET

... into your Basket Since 1929

... until closing Wednesday, April 6, 2005



1/2 PRICE

2.98 lb. 6.57 kg

1.68 lb. 3.70 kg

SAVE \$2.00 lb.

Fresh Extra Lean Ground Chicken

seafood



5.98 908g box

1.98 400-500 g

6.88 lb. 15.17 kg

SAVE \$4.00

SAVE \$2.00 /lb

Schneiders Chicken Fingers or Nuggets

Schneiders Mini Sizzlers or Meat Pies

Fresh Sole Fillets

Cap-Off Rib Steaks

Go-Go



2/5.00 450 g

1.68 500 g

3.48 Large 645 g pkg.

1.48 loaf

SAVE \$1.50

Pita Break Pitas

Muesli

Rye

Apple cinnamon Morning grain

In Store Baked Multigrain Bread

In Store Baked Oatmeal Cookies

Rosemary's healthy product of the week - Ataulfo mangoes

They are exotically sweet, juicy and have many health blessings. They contain an enzyme similar to papain in papayas, a soothing digestive aid. These proteolytic enzymes help break down proteins. The enzyme list continues with magneferin, catechol oxidase, and lactase that not only protect the mango from insects, but help humans by stimulating metabolism and purifying the intestinal tract.

Studies have shown that foods containing phenolic compounds have powerful antioxidant, anticancer, and antihypertensive abilities. Mangoes possess the phenols quercetin, isouquercetin, astragalol, fisetin, gallic acid, and methylgallat.

In India mangoes are used as blood builders. Because of their high iron content they are suggested for treatment of anemia and are beneficial to women during pregnancy and menstruation. People who suffer from muscle cramps, stress, and heart problems can benefit from the high potassium and magnesium content that also helps those with acidosis.

Selection & Storage: The Garden Basket's Mangoes are hand selected for excellent quality. Choose fruit that are firm and have unblemished skin. Since mangoes are usually sold firm, leave at room temperature for a few days to soften until they yield to gentle pressure. Once ripe, refrigerate for up to a week.

On Sale This Week In The Produce Department

Brand name groceries



2.98 400-430 g

1.98 700 ml

.68 398 ml

1.98 1 L

2/88 175 g cup

1.68 675's-8's

4.98 420 g

1.98 250 g

5.88 1 L

2.98 500 g

4.68 50's 593 g

1.78 455 ml

.88 1.5 L

2.88 454 g - 500 g

3.98

General Mills Cereal

Cinnamon Toast Crunch, Reese Peanut Butter Puffs, Nestle Quik, Honey Nut Chex

Ronzoni Pasta Sauce

Green Giant Canned Vegetables

Ceres Pure Fruit Juice

D'italiano Bread or Buns

Astro Yogurt

Del Maestro Thin Crust Pizza

Ronzoni Dry Filled Pasta

Bertolli Extra Virgin Olive Oil

Black Diamond Cheeseslices

Nestle Favourites Treat size Chocolate Bars

VH Dipping Sauces

Esker Natural Spring Water

Alexia Certified Organic or All Natural Potatoes or Fries

12 piece Sushi

12 Pcs. of Cucumber Rolls

Based on regular prices at conventional The Garden Basket Food Markets • Although we strive for accuracy to correct any errors • Specials only available while quantities last • Photos are representational only.