

# Healthy EATING MADE SIMPLE WITH SYMBOLS!

At The Garden Basket, We understand that it's hard to make healthy food choices with so many different options and selections to pick from.

That's why we've decided to make healthy eating easier for you!

- Just look for our... **Healthy Product Symbol CHECKMARK**
- When you see this symbol beside a product it indicates that the product is a healthy food choice and the product contains important nutritional information and health benefits i.e.: all natural ingredients, low fat, trans fat free, high in fibre and/or sugar free etc...
- We encourage you to read the labels on these "Healthy Products" to familiarize yourself with the ingredients & what "makes up" a Healthy Product
- This symbol will help you immediately distinguish which products are healthy food choices without having to search for it yourself.



# GARDEN BASKET

Putting Quality & Freshness in Prices in effect Thursday, July 7, until

## Quality fresh Produce

Product of U.S.A. or Mex. Sweet 'N Crunchy **Green Seedless Grapes** **SAVE \$1.00/LB** **1.98** lb. 4.37 kg

Product of Ontario Tender 'N Fresh **Zucchini** **1/2 PRICE** **.75** lb. 1.65 kg

Product of Ontario or U.S.A. Tender 'N Fresh **Broccoli** **SAVE \$1.00** **1.48** bunch

California Fresh Lusciously Sweet **Strawberries** **SAVE \$1.00** **1.98** pint

Product of Ontario Fresh 'N Crisp **Field Pickles** **NEW CROP** **1/2 PRICE** **68** lb. 1.50 kg **OR 2.98** 3 L Basket

Product of U.S.A. Extra Fancy Crisp 'N Sweet **Red Delicious Apples** **SAVE .50/LB** **.78** lb.

**NEW CROP** **SAVE \$2.00** Ontario Tender 'N Fresh **White Potatoes** **3.98** 3 L Basket

Product of Mexico "Great for Drinks!" Fresh **Juicy Limes** **SAVE \$1.00** **1.98** Pkg. of 12

**Bulk Food** **SAVE \$1.00** Compass Pitted Prunes **2.98** 3.75 g pkg

**The Flower Garden** Tropical & Colorful "They love the heat!" **Hybiscus Plants** **SAVE \$4.00** **8.98** 2 1/2 pot

**The Garden Centre** Colourful Shade Impatient Hanging Baskets **SAVE \$4.00** **6.98** 10 1/2 pot (While Quantities Last)

**12 piece** 6 Pcs. of Salmon Rolls & 6 Pcs. of California Rolls **5.48**

Aged for 21 Days, Cut from Canada AA, AAA Beef **Boneless Top Sirloin Grilling Steaks** **SAVE \$3.00/LB** **4.88** lb. 10.76 kg

• 150 cal / 3oz cooked serving  
• Only 2g Saturated Fat  
• 26g Protein

Great on the grill!

**Fresh Boneless Pork Sirloin** **170 cal / 3oz cooked**  
**Only 2g Saturated Fat**  
**26g Protein**

Great on the grill!

## The Butcher Shop

Fresh **Bone-In Chicken Breasts** **2.58** lb. 5.69 kg

Great on the grill!

**SAVE 37% OFF REG. PRICE**

Fresh Ontario **Veal Leg Cutlets** **5.48** lb. 12.08 kg

Janes Family Foods **Pub Style Chicken Strips & Nuggets** **SAVE \$2.70**

## The Delicatessen

**Silani Provolone Cheese** **6.98** lb. 1.54/100 g

**Stella Asiago Cheese** **7.98** lb. 1.76/100 g

**Siena Porchetta** **6.98** lb. 1.54/100 g

**Mastro Genoa Salami** **6.98** lb. 1.54/100 g