ARDEN ASKET

Readers' Choice Award Winner 2005 Economist & Sun

Consumers' Choice Award 1997 - 2005 For Business Excellence

ool Savings!

il closing Wednesday, September 7, 2005.

Rosemary's healthy product feature

NATURES PATH Granola & Crispy Rice Bars

A portable, tasty, and nutritioussnack!

Organic Granola Bars:
- Comes in 4 delicious flavours: Apricot & Nut, Cranberry Soy, HempPlus & Pumpkin FlaxPlus.
- Made from all natural ingredients (organic rolled oats & organic brown rice flour) are the 2 main ingredients.
- Low in Sodium, High in Fibre, Zero Trans Fats & Vegetarian.
- No additives or preservatives
- Good Source of Omega-3 & Omega-6 fats.

EnviroKidz Organic Crispy Rice Bars:
- Comes in 2 tasty flavours: Cheetah Berry & Koala Chocolate.
- Made from all natural organic brown rice flour.
- Low in fat, gluten free, low in sodium, zero trans fats, vegetarian, nothing artificial!

GREAT SCHOOL SNACK!

Available in aisle # 2

ed Citrus, topia OR emonade — 1/2 PRICE — 1.89 L

Nestle Fruit Licks (12 x 50 ml), Itzakadoozie (6 x 98 ml), Fat Free Mini Sherbet (14 x 45 ml), Fruit Shivers (10 x 50 ml) — 1/2 PRICE — 1.98 (Limit 4 of each)

Brand Name Groceries

Humpty Dumpty Potato Chips .98 150 g

Pepsi, 7 Up or Schweppes Ginger Ale .98 2 L

Ice Age Premium Glacial Water 1.48 1.5 L

Mazola Corn Oil — SAVE $1.80 — 3.88 2 L

Hunts Snack Pack Puddings — SAVE .80¢ — .98 4 x 99 g

Maple Leaf Albacore Tuna — Healthy Product — 1.48 170 g — 1/2 PRICE

op & Seafood

Store Made ork ausages — SAVE .60¢/LB — 2.98 lb. 6.57 kg — Great on the grill!

Fresh Tilapia Fillets — SAVE $2.00/LB — 6.88 lb. 15.17 kg — Great on the grill!

Fresh, Ontario Boneless Veal Shoulder Roasts — 2.98 lb. 6.57 kg — SAVE $2.00/LB.

Snuggle Ultra Fabric Softener — 90 Loads — 2.7 L — 4.98 — 1/2 PRICE

McCain Frozen Punches — .68 355 ml

Motts Clamato — SAVE .80¢ — 2.98 1.89 L

Cheerios — General Mills Cherrios or Honeynut Cheerios — 2.98 525 g - 575 g — SAVE $2.00

Imported from italy Buitoni Pasta — .68 500 g

urmet To-Go®

d Salads
tato
leslaw
acaroni

1.88 500 g tub

Oven Fresh Bakery

In Store Baked European Style Artisan Tuscany Bread — SAVE $1.00 — 1.98 loaf

In Store Baked White Bread — 1.18 loaf

Schaaf Foods Twin Pack Loaf Cakes — 4.48 2 x 325 g

Homestyle Butter Tarts — 3.28 6 pack

Coronation Relish — .68 375 ml — 1/2 PRICE

ReaLemon Lemon Juice — Healthy Product — 1.88 945 ml

11 piece Sushi — 6 pcs. of California Rolls & 5 Pcs. of Futo Maki — Healthy Product — 5.98

ased 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.

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