

GARDEN BASKET



your Basket Since 1929

Van Dyke's healthy product feature

Van Dyke's 100% Pure Wild Blueberry Juice
(Not from Concentrate)

Van Dyke's Wild Blueberry Juice
Van Dyke's 100% pure (Not From Concentrate) Wild Blueberry Juice is a delicious way to improve your diet.

Some of the Major Health Benefits of Blueberries are:

- #1 in Antioxidants - USDA research has proven that blueberries contain the highest level of Antioxidants.
- Anti-Aging - Studies show that blueberries improve motor skills and reverse short-term memory loss.
- Cancer Prevention - Wild Blueberries contain significant levels of resveratrol, a natural compound that has been found to inhibit cancer.
- Vision Health - Blueberries have been shown to improve night vision & prevent tired eyes.
- Urinary Tract Health - Like cranberries, blueberries may help prevent urinary tract infection.
- Healthy Heart - Resveratrol, naturally found in Wild Blueberries has cardiovascular protective qualities.
- Glycemic Index - Blueberries score a very low 13 on the Glycemic index a numerical index given to a carbohydrate-rich food that is based on the average increase in blood glucose levels occurring after the food is eaten. It uses a scale of 0 to 100 to measure how carbohydrates affect blood sugar levels. The lower the level, the better in fighting weight gain.

Wild Blueberry Juice 473ml Bottle **12.98** **SAVE \$2.00**

Lysol Disinfectant Scrubbing Wipes

1/2 PRICE

1.98 30's (Limit 4)

Nestle Minis Ice Cream Bars & Pops ... 14x65ml OR Real Dairy Ice Cream Sandwiches ... 6x100ml

1/2 PRICE

2.48 Each (Limit 6 of Each)

Brand Name Groceries

- Kellogg's Vector Meal Replacement Cereal** 400g **2.98** **SAVE \$1.00**
- Ram Cooking Spray** 400g **4.88** **SAVE \$2.00**
- Lifestream Frozen Waffles** 312g **2.98** **SAVE \$1.50**
- McCain Pizza Pockets** 400g **1.98** **SAVE \$1.50**
- Red Rose Orange Pekoe Tea** 72's **2.98** **SAVE \$1.50**
- Majesta Bathroom Tissue** 16 roll **3.98** **SAVE \$2.00**

Meat & Seafood

Maple Leaf, Heat 'N Serve Meat Entrees 550g-600g **7.98** **SAVE \$2.00**

Fresh Pacific Snapper Fillets 15.17kg **6.88** **SAVE \$2.00/LB**

Fresh Pork Side Rib

2.88 lb (6.35kg)

Great on the GRILL!

FEATURE

General Mills Cereal **SAVE \$2.00**

- Cheerios
- Multigrain
- Honeynut Cheerios
- Apple Cinnamon

2.98 450g-525g

Genos Frozen Pasta

- Lasagna Rolls
- Jumbo Shells

4.88 Each 1.13kg pkg. **SAVE \$1.00**

met-To-Go®

Chicken **6.88** Each

Oven-Fresh Bakery

- Artisan Potato Scallion Bread** 2.28 Loaf
- Flax Bread** 1.48 Loaf **SAVE \$1.00**
- Schaaf Foods Loaf Cakes** 2.68 390g
- Homestyle Mini Tarts** 2.88 12 pack **SAVE .80**

Sifto Salt Shakers 250g **.68**

Betty Crocker Fruit by the Foot 128g **1.98**

Mott's Fruitsations & Applesauce 796ml **1.88** Each

Kellogg's All Bran Bars 180g (6 bars) **2.48**

Humpty Dumpty Whole Grain, Baked & Less Salt Cheezstix **1.98** 275g **SAVE \$1.00**

12 piece Fresh, In Store Made 12 pcs Variety Rolls **4.48**

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