

# GARDEN BASKET

**GARDEN CENTRE OPENING FRIDAY APRIL 27<sup>TH</sup>**

Into your Basket Since 1929



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

**SAVE \$3.01**

**998** Glass Bottle

**healthy product feature**

**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.

**Breyer's Premium Confectionary Ice Cream**

**1/2 PRICE**

- Snickers
- M&M's
- Dairy Milk

**375** 1.89L (Limit 6)

**Sabatini Gourmet Meat or Vegetable Lasagna**

**SAVE \$5.00**

**998** 5lb (Limit 4)

**Brand Name Groceries**

**Kikkoman Soy or Teriyaki Sauce**

**1/2 PRICE**

**198** 591ml

**Guiltless Gourmet Baked Tortilla Chips**

**SAVE \$1.00**

**198** 198g

**Tsuru Mal Brown Rice**

**SAVE \$2.00**

**398** 2kg

**All Natural Peanut Butter & Co. Gourmet Peanut Butter**

**1/2 PRICE**

- Cinnamon/Raisin
- White Chocolate
- Dark Chocolate
- Heat is On

**298** 500g

**Tide Ultra 2 Laundry Detergent**

**SAVE \$3.00**

**598** 2.4kg-37 use

**Seafood**

**Aged for 21 Days, Cut from Canada AA, AAA Beef Boneless Beef Stewing Cubes**

**SAVE \$1.00/LB**

**398** 1lb 8.77kg

**Fresh Tilapia Fillets**

**SAVE \$2.00/LB**

**688** 1lb 15.17kg

**Great on the GRILL!**

**Fresh Pork Tenderloins**

**Great on the GRILL!**

**398** 1lb 8.77kg

**SAVE \$3.00/LB**

**Lancia Pasta**

**.98** 900g

**Jordans All Natural Cereals**

**SAVE \$1.50**

**398** 500g

**Ragu Pasta Sauce**

**1/2 PRICE**

**.98** 700ml

**Over Fresh Bakery**

**1/2 PRICE**

**In-Store Baked Jumbo Blueberry or Raisin Bran Muffins**

**SAVE \$1.00**

**248** 4 pack

**In-Store Baked Apple Pie**

**SAVE \$1.00**

**298** 8" Pie

**Homestyle Two-Bite Brownies or Banana Bread**

**248** 250g-300g

**Caterer's Secret Molten Lava Cakes**

**SAVE .70**

**328** 2 Pack

**McCain Deep 'N Delicious or Triple Chill Cakes**

**SAVE \$1.00**

**248** 510g-530g

**Kellogg's Nutri Grain or Sweet & Salty Bars**

**198** 195g

**Divella Passata Sauce**

**.98** 680ml

**Colgate Toothpaste**

**.68** 75ml

**14-piece Sushi**

8 Pcs. California Rolls & 6 Pcs. Salmon Rolls

**598**

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.

**9275 Markham Rd. 905-471-0777**