

**PICK OF THE WEEK**

**DID YOU KNOW??**  
The tomato not only thrills the taste buds and brightens the dinner table, it also helps fight disease. A review of 72 different studies showed consistently that the more tomatoes and tomato products people eat, the lower their risks of many different kinds of cancer. The secret may lie in lycopene, the chemical that makes tomatoes red, said Dr. Edward Giovannucci, Harvard School of Public Health, Cambridge, Massachusetts. Among the studies he reviewed, 57 showed that the more tomatoes one ate, the lower the risk of cancer. "The evidence for benefit was strongest for cancers of the prostate, lung, and stomach," he reported.

Product of Ontario  
No. 1 Grade  
Full of Flavour  
**Extra Large Field Tomatoes**  
**.78** lb  
1.72kg  
**SAVE .51/LB**

**GARDEN BASKET**  
Putting Quality & Freshness into

**Quality fresh Produce**

Product of Canada  
No. 1 Grade  
Fresh 'N Crisp  
**Romaine Lettuce**  
**.78** Each  
**SAVE .51**

Product of Ontario, No. 1 Grade  
NEW CROP  
Fresh 'N Tender  
**Green-Head Cabbage**  
**.98** Each  
**SAVE .51**

Product of Ontario  
No. 1 Grade  
Fresh 'N Crisp  
**Cubanelle & Green Peppers**  
**.78** lb  
1.72kg  
**SAVE .51/LB**

Product of Ontario  
No. 1 Grade  
Fresh 'N Tender  
**Leeks**  
**1.48** Bch.  
**SAVE \$1.01**

Product of Chile  
Can. No. 1 Grade  
Sweet 'N Juicy  
**Organic Kiwi Fruit**  
**.98** lb  
2.16kg  
**1/2 PRICE**

Product of USA  
Can. No. 1 Grade  
Fresh 'N Delicious  
**Black Figs**  
**5.98** Case  
**SAVE \$4.01**

Product of Ontario  
Can. No. 1 Grade  
Crisp 'N Sweet  
**Red Sheppard Peppers**  
**.98** lb  
2.16kg  
**SAVE .51/LB**

Product of Ontario  
No. 1 Grade  
New Crop  
**Carrots or Cooking Onions**  
**.98** Each  
2lb Bag  
**SAVE .51**

Harvest by the Bushel  
Product of Ontario, No. 1 Grade  
**Roma Tomatoes**..... **9.98** Bushel

**Red Sheppard Peppers**..... **12.98** Bushel

**Regular Eggplants, Large Pickles, Sweet & Hot Banana Peppers**..... **11.98** Bushel

Product of New Zealand  
Can. No. 1 Grade  
Crisp 'N juicy  
**Fuji Apples**  
**.98** lb  
2.16kg  
**SAVE .51/LB**

**Organic**  
Product of Can. or USA  
**Extra Large Organic Broccoli**  
**1.48** Bch.  
**SAVE .50**

**Bulk-Food**  
Dried Tunisian Dates  
**.98** Each  
200g pkg.  
**SAVE .50**

**The Flower-Garden**  
Ontario Grown  
Beautiful  
**Fresh Cut Sunflowers**  
**3.98** Bunch  
**SAVE \$2.01**

Fresh  
Air Chilled & Grain Fed  
**Family Pack Chicken Drumsticks**  
**1.24** lb  
2.73kg (Limit 3 Family Packs)  
**1/2 PRICE**

Aged for 21 Days,  
Cut from Canada AA or  
USDA Select Beef  
**Boneless Rump Oven Roasts**  
**2.98** lb  
6.57kg  
**SAVE \$2.00/LB**  
AGED FOR 21 DAYS

**The Butcher Shop**

Aged for 21 Days,  
Cut from Alberta Select Beef  
**Flank Marinating Steaks**  
**3.88** lb  
8.55kg  
**AGED FOR 21 DAYS**  
**1/2 PRICE**

Fresh  
**Boneless Pork Stewing Cubes**  
**2.98** lb  
6.57kg  
**SAVE .60/LB**

Schneiders  
**Mini Sizzler Sausages**  
**1.98** 500g Pkg.  
**SAVE \$1.70**

**The Delicatessen**

Maple Leaf  
**Original Wieners**  
**1.88** 450g pkg.

Schneiders  
**Heritage Turkey Breast**  
**1.68** /100g

Silani  
**Provolone Cheese**  
**1.68** /100g

San Daniele  
**Mortadella**  
**1.18** /100g

Gourmet  
Cooked Sev  
Times Daily  
Rosemary  
Chicken L  
Quarters  
**1.50**