

Fresh

Tilapia Fillets

SAVE

\$2.00/LB

8 Roll

Aged for 28 Days

Cut from Certified

Boneless Beef

Stewing Cubes

Angus Beef

Northern King,

hop & Seafood

INTRODUCING: Eating Well with Canada's Evod Guid

Health Canada recently released the updated version of Canada's Food Guide. The new Food Guide:

Helps meet your needs for vitamins, minerals and other nutrients

Helps reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporos

Now applies to anyone over the age of two

Provides recommendations that are specific to a person's age and gender

Incorporates more ethnic food choices

Places a greater emphasis on vegetables and fruit and whole grain products

Recommends a small amount of oils and fats on a daily basis

Recommends vitamin-mineral supplementation for certain groups (e.g. women of childbearing age and men and woman over 50)

To receive your FREE copy of Canada's Food Guide, visit our store Starting January 3rd. (We're giving out







Orville Redenbacher

Microwave\

SAVE



SAVE

\$1.00







Squeeze

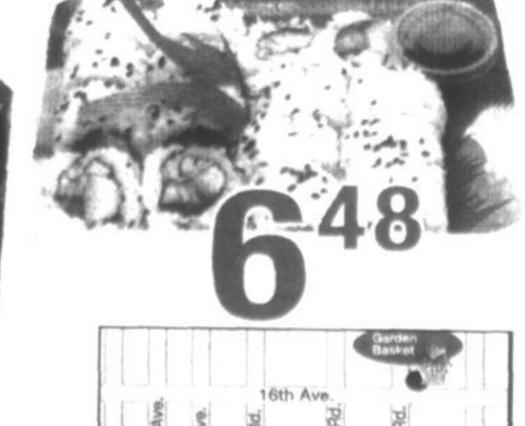
Tetley Teas SAVE Green, \$1.00 Herbal & Specialty

Tetley

GREEN

20's-24's

16 piece Sushi Fresh, In-Store Made Daily 16 pcs. California Rolls



41/50 Size \$2.98 Raw Easy Peel **Shrimps** SAVE \$4.00/LB Juen Fresh Bakery In Store Baked Homestyle SAVE Mini .80 Sourdough **Butter** \$1.00 **Tarts** Bread The Snack Factory **Schaaf Foods** SAVE Pretzel Coffee Cakes .50 Crisps Marble Cinnamon Lemon § 00 ed on regular prices at conventional The Garden Basket Food Markets . Although we strive for accuracy in

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