

THE GARDEN BASKET

New Year!



til closing Wednesday, January 9 2008.

INTRODUCING: Eating Well with Canada's Food Guide

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 osteoporosis
- 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 10,000 copies! Get yours while supplies last.)

Majesta Bathroom Tissue

1/2 PRICE

1.98

8 Roll

Duncan Hines Cake Mixes

1/2 PRICE

.98

515g

Brand Name Groceries

Dole Pineapple Juice 1.36L 1.68	Mutti Passata Sauce with Basil 700ml .98	Oasis Health Break Fruit Juices 1.89L 1.98
Duncan Hines or Five Roses Flour 2.5kg 2.98	Martelli Gnocchi 500g 1.48	Betty Crocker Fruit Snacks 10 Pack 1.98

Shop Seafood

Aged for 28 Days Cut from Certified Angus Beef Boneless Beef Stewing Cubes

3.88

1 lb 8.55kg

Northern King, 41/50 Size Raw Easy Peel Shrimps

2/5.00

340g Bag

Fresh Tilapia Fillets

4.98

1 lb 10.98kg

SAVE \$4.00/LB

Melitta Premium Organic Coffee 283g 7.98	Orville Redenbacher Microwave Popcorn 3 Pack 1.98	Nature Valley Granola Bars 160g-230g 1.98
Skippy Peanut Butter 1kg 2.98	General Mills Cheerios Each 2.98	Italpasta Panettone 907g 1.98
Billy Bee Honey 375g Squeeze 2.48	Tetley Teas 20's-24's 1.98	16 piece Sushi Fresh, In-Store Made Daily 16 pcs. California Rolls 6.48

net-to-Go Oven Fresh Bakery

In Store Baked Artisan Sourdough Bread 1.98	Homestyle Mini Butter Tarts 12 Pack 2.88
The Snack Factory Pretzel Crisps 170g 1.98	Schaaf Foods Coffee Cakes • Marble • Cinnamon • Lemon 4.48

ed 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.

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