

DEN ET.



WARM UP TO FALL
WITH OUR
SIZZLING HOT
**1/2 PRICE
SALE**
STARTING
THURS. OCT. 23RD
~ **WED. OCT. 29TH**

til closing Wednesday, October 22, 2008.

Rosemary's Healthy-Product-Feature

Why should a person take vitamin or whole food supplements?

- 1) Most people (Adults and Children) simply don't always select very nutritious foods. Do you eat the recommended minimum five servings of fruit and vegetables every day? According to researchers at the University of California, Berkeley, only an estimated 9 percent of people do.
- 2) Extensive food handling and processing reduces vitamin levels from the farm to the fork. Several years ago, U.S. Department of Agriculture researchers found that conventional fertilizers reduced vitamin C levels in food crops by as much as one-third. Further nutrient losses have been documented during the transportation and storage of produce. So even if your intentions are good, it's hard to get all the recommended vitamins and minerals from the foods we consume to sustain health and prevent disease. That's why supplements are so important!

Progressive supplements are of high quality and only use the finest quality raw materials to ensure that you and your children receive the nutrients you need with the most effective formulas possible!

Progressive
Multi-Vitamins
for Adult
Men & Women

SAVE UP TO
\$8.00



11.99
60's

Brand-Name-Groceries

Beatrice
Yogourt

LESS THAN
1/2 PRICE



3/99
175g Cups

Imported from Italy
Trieste
Spelt or Egg
Pasta

SAVE
\$1.50



1.98
454g

Kellogg's
Raisin Bran

1/2 PRICE



1.98
475g

Nutella
Chocolate
Hazelnut
Spread

SAVE
\$2.50



3.98
750g

Majesta
Bathroom
Tissue

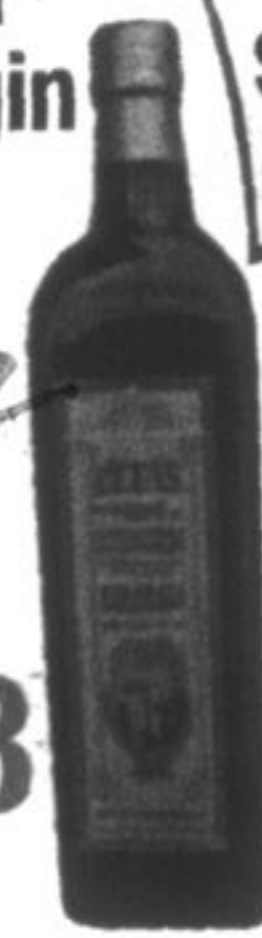
SAVE
\$2.50



3.98
Double 8's

Lefas Kalamata
Extra Virgin
Olive Oil

SAVE
\$5.00



6.98
1L

Hellman's
Mayonnaise

SAVE
\$2.00



2.48
710ml

Lesser Evil
Gourmet
Popcorn

1/2 PRICE



1.98
103g

Top-Seafood

Kerr Farms, Naturally Raised
Angus Beef Stewing Cubes

SAVE
\$2.00/LB

- Hormone Free
- Antibiotic Free
- Grass & Corn Fed
- Homegrown Ontario Cattle

4.78
lb
10.54kg

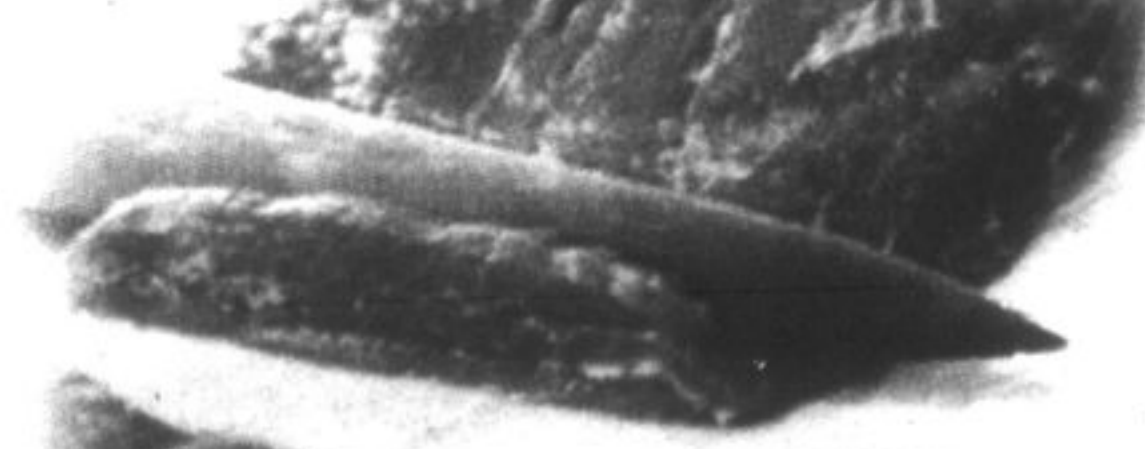
Fresh
Trout
Fillets

SAVE
\$2.00/LB

6.98
lb
15.39kg

Aged for 28 Days
Cut from Alberta Select Beef
Flank Marinating
Steaks

AGED FOR
28 DAYS



3.48
lb
7.67kg

1/2 PRICE

net-To-Go® Oven-Fresh-Bakery

SAVE
.40

In-Store Baked
Artisan
6 Grain & Honey
Bread

1.98
Loaf

SAVE
\$1.30

Classic Café
Selected Varieties
Jumbo Premium
Muffins

1/2 PRICE

1.98
4 Pack

Sha Sha Bakery
Cocoa Snaps

4.68
340g Tub

SAVE
\$1.30

Schaaf Foods
Coffee
Cakes

4.98
600g

SAVE
.70

Higgins & Burke
Gourmet
Teas

SAVE
\$1.00



1.98
20's

Healthy Choice
Pasta
Sauce

SAVE
\$1.00



1.98
700ml

Allen's
Drinking
Boxes

SAVE
.90



1.78
8X200ml

Nature Valley
Granola
Bars

SAVE
\$1.00



1.98
175-230g

Betty Crocker
Fruit
Shapes

SAVE
\$1.00



1.98
10 Pack

Royale
Dinner
Napkins

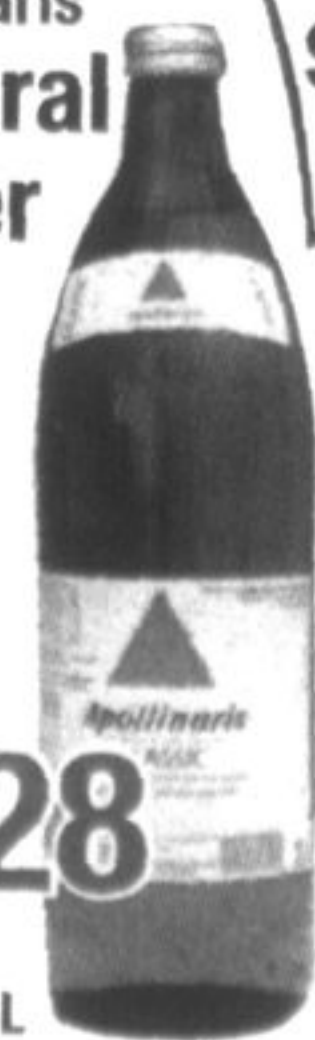
SAVE
.80



1.68
3 Ply 40's

Apollinaris
Mineral
Water

SAVE
.60



1.28
1L

Old El Paso
Salsa or
Picante

SAVE
\$1.00



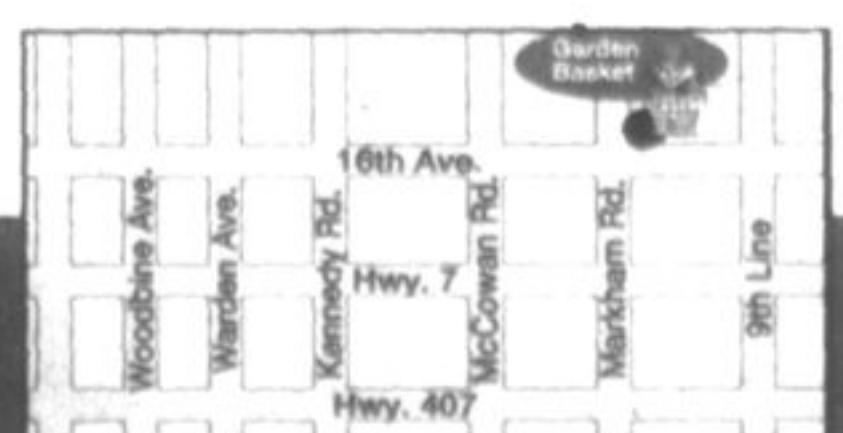
2.98
650ml

Old El Paso
Taco Kits

SAVE
\$1.00



3.48
275-510g



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.

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