

Joseph's Pick-of-the-Week

HEALTH BENEFITS OF BROCCOLI

Broccoli and Cancer

Broccoli helps fight cancer, especially breast, colon and lung. Broccoli contains antioxidants and a substance called sulforaphane, which research is showing to be a powerful cancer fighter and preventer.

Broccoli and Heart Disease

There is strong evidence that broccoli may reduce the risk of heart disease. It is an antioxidant and helps with stress.

More Broccoli Nutrition Facts

Broccoli also lowers the incidence of cataracts.

Product of USA
Tender N' Fresh
Broccoli

1/2 PRICE

.98 Bch



Prices in effect Friday, January 2, until

Quality-Fresh-Produce

Fresh from South America or Mex.
Plump N' Sweet

1/2 PRICE

Blueberries or Blackberries

1.98 Pkg

Product of Canada or Mex.
Fresh
English Cucumbers

SAVE \$1.00

2/3.00

Product of USA or Mex.
Super Sweet
Grape Cherry Tomatoes

SAVE \$1.00

1.98 Pint

Product of USA
Fresh
Sweet Peeled Mini Carrots

SAVE .30

.98 12 oz Bag

Fresh from South America
Sweet N' Juicy
Mangoes

SAVE \$1.00

2/3.00

Product of USA
Fresh
Radicchio OR Anise (Fennel)

1/2 PRICE

2/3.00

Product of Italy
Fresh
Roasting Chestnuts

SAVE \$1.00/LB

2.98 lb 6.57kg

Organic
Sunview Thompson Seedless Organic
Snack Pack Raisins

1/2 PRICE

1.98 14X14g Bag

Made Fresh Several Times Daily
Extra Lean Ground Beef or Pork

SAVE \$2.00/LB

2.48 lb 5.47kg

Fresh
Atlantic Salmon Fillets

SAVE \$4.40/LB

5.55 lb 12.24kg

Fresh
Boneless Pork Sirloin Roasts

2.48 lb 5.47kg

SAVE \$1.50/LB

Naturally Raised Angus Stewing Beef Cubes

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

4.98 lb 10.98kg

In-Store Made
Pork Sausages

SAVE \$1.00/LB

2.98 lb 6.57kg

The-Delicatessen

Shopsy's
Roast Beef or Corned Beef

1.18 /100g

Parma
Hot or Mild Capicola

1.18 /100g

Olivieri
Fresh
Lasagna

2.48 360g

SAVE \$1.50

Bittner's
Oven Roast Turkey Breast

1.88 /100g

Gourmet

Cooked Several Times Daily
White M Chicken

4.99 20

Juice-Bar

Bennet's
Fresh
Apple Cider

3.98 3L Jug

The-Flower-Garden

Ontario Greenhouse Grown
Potted Tulips

2/10.00 6" Pot

SAVE \$2.00

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

6.98



Regular Hours: Mon.-Wed. 8am-9pm; Thurs.-Fri. 8am-9:30pm; Sat. 7am-8pm; Sun. 8am-7pm

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