

Save More!
Rewards Card &

TRIPLE COUPONS
up to 39 cents
DOUBLE COUPONS
up to 50 cents
(See store for details)

Village Foods

We make it easy to eat better

Jim's Corner

Howdy,

How are you doing with your New Year's Resolutions?

Did you resolve to eat better and to exercise this year? Those are the most popular resolutions.

As for eating better; Village Foods offers more natural and organic options than any store in the county - and the surrounding counties.

You will find these "cleaner" options in just about every aisle. They are on the shelves that have a green stripe behind the price tags.

We also have a team of employees available to help you make selections. Just ask for a member of our Naturals Team or email natural@villagefoods.com.

On the exercise front, I'm afraid we are not much help. Parking is easier and our store is smaller than the giant chain stores. The good news is that you save a LOT of time because you can get in and out of Village Foods so much faster. The bad news is that you won't wear yourself out navigating the store. Sorry.

Thank you for shopping at Village Foods.
- Jim Lewis



\$1.39 LB.

Fresh Assorted Pork Chops

Limit 2 Family Packs with \$10 or more additional purchase.
(Additional or Smaller Pkgs. ... \$1.69LB.)

small serving suggestion

\$2.99 LB.

Fresh Boneless Beef Top Sirloin Steaks

Limit 2 Family Packs with \$10 or more additional purchase.
Additional or Smaller Pkgs. \$3.69LB.



small serving suggestion



\$5.99

Coke Brands and select Coke Products
20 Pack 12 oz. Cans.



2 FOR \$6
Dreyer's Ice Cream
1.5 Qt.



small serving suggestion

\$2.49 LB.

Boneless Beef Sirloin Tip Roast
Limit 2 with \$10 or more additional purchase
(Additional Roast \$3.29 LB.)



small serving suggestion

\$1.99 LB.

Tilapia Fillets
Farm Raised. Limit 10 Lbs.
(Additional Fillets... \$2.99LB.)



\$2.99

Doritos and Flavors
11-11.5 oz.



38¢ EA.
Creamy Hass Avocados



\$7.99 EA.

E & J Gallo
1.5 Ltr.
Select Varieties

Prices Effective
Jan. 11-17, 2012

Research online at www.villagefoods.com

Open Mon.-Sat. 7 am - 10 pm • Sunday 8 am - 9 pm

1760 Briarcrest Drive (corner of E 29th St.) • Bryan, Texas 77802 • 979.846.9600



Village Foods Pharmacy 979.846.8199

Most Prescriptions Filled In Less Than 15 Minutes. • Most Insurance Companies Accept, Now Including...



Shop Our
Farmers Market
Every
Wednesday
from 4 PM to 7 PM
in Front of Village Foods

GROCERY - FROZEN & DAIRY - HEALTH & BEAUTY



2 FOR \$3

Betty Crocker Tuna or Chicken Helper 4.8-6.5 oz.



99¢ EA.

Hunt's Snack Pack Pudding or Gelatin 4 Pack



99¢ EA.

Del Monte Spaghetti Sauce 26.5 oz.



2 FOR \$1

Parade Canned Vegetables 14.5-15.25 oz. Corn, Green Beans or Mixed Vegetables



2 FOR \$4

Oak Farms Milk 1/2 Gallon



4 FOR \$5

Sunny Delight Punch 64 oz.



2 FOR \$4

Imperial Spread 45 oz. Tub



2 FOR \$4

Tree Top Apple Juice or Cider 64 oz.



89¢ EA.

Skinner Pasta 12 oz. Select Varieties



2 FOR \$4

Peter Pan Peanut Butter 16.3 oz.



2 FOR \$7

Folgers Coffee 10.3-11.3 oz. Excludes Decaf. and Columbian



2 FOR \$5

Lean Cuisine Entrees 7-10 oz.

Save More With a Village Foods Rewards Card

\$1 Purchase = 1 Point • 350 Points = \$10 Rewards

Blue Bell Bullets 24 Pack **2 FOR \$5**

Oak Farms Fruit Drinks Gallon **4 FOR \$5**

Oak Farms Sour Cream 16 oz. **2 FOR \$3**

Parade Macaroni & Cheese 6-7 oz. **2 FOR 88¢**

Parade Canned Vegetables 14-15.5 oz. Select Varieties **5 FOR \$3**

Banquet Dinners 5-9 oz. **5 FOR \$5**

Pillsbury Pancakes 14.5-16.4 oz. **2 FOR \$3**

Kraft Soft Cream Cheese 8 oz. Select Varieties **\$1.79**

\$1.69 EA. Wolf Brand Chili 19 oz. Plain

Windex Spray Cleaner 26 oz. **\$2.99**



\$12.99 EA.

Purina Cat Chow Cat Food 16 Lb.



\$12.99 EA.

Kibbles N Bits Dog Food 16-17.6 Lb.



\$3.99 EA.

All 2X Liquid Laundry Detergent 28-32 Load



\$6.99 EA.

Angel Soft Bathroom Tissue 24 Roll



We make it easy to eat better

PRICES EFFECTIVE - Jan. 11-17, 2012

MEAT



59¢ LB.

servicing suggestion

Chicken Leg Quarters 10-lb. Bag
(Tray Pack Leg Quarters... 79¢LB.)



servicing suggestion

\$1.99 LB.

Boneless Skinless Chicken Breast Market Wrapped
(Boneless Chicken Thighs Market Wrapped ... \$1.89LB.)



99¢ EA.
Rath Hot Dogs
12 oz.

Rath Sliced Bacon \$2.69 EA.
12 oz. Regular or Maple

Rath Bologna or Salami 12 oz. \$1.39 EA.

Bar-S Cooked Ham \$2.89 EA.
16 oz.

Bar-S Corn Dogs \$4.99 EA.
3-Lb. Box

Blue Ribbon Sliced Bacon \$6.99 EA.
24 oz. Hickory Smoked or Peppered

Purnell Breakfast Sausage \$2.89 EA.
16 oz. "Old Folks"

Purnell Sausage Patties "Old Folks" \$7.49 EA.
24 ct. 38 oz. Mild or Hot

Gourmet Dinner Entrees \$4.99 EA.
28-32 oz.

Tyson Buffalo Wings \$6.99 EA.
32 oz.

Thorn Apple Valley Cooked Ham 16 oz. \$2.99 EA.



\$2.59 EA.
Hillshire Farm Little Smokies
13-14 oz. Regular or Beef



servicing suggestion

\$2.99 LB.

Fresh Ground Round
(Fresh Ground Sirloin... \$3.29LB.)



servicing suggestion

\$5.99 LB.

Boneless Beef New York Loin Strip Steak



servicing suggestion

\$2.99 LB.

Tenderized Beef Cube Steaks



servicing suggestion

\$2.29 LB.

Fresh Center Cut Pork Loin Chops
(Thin Cut Pork Breakfast Chops... \$2.49LB.)

SEAFOOD



\$5.99 LB.
Large Shrimp
Farm Raised. EZ Peel
31-40 ct.

Cooked Salad Shrimp \$4.99 LB.
200-300 ct.

Extra Large Shrimp \$6.99 LB.
Farm Raised. EZ Peel 26-30 ct.

Jumbo Shrimp \$7.99 LB.
Wild 16-20 ct.

Flounder Fillets \$2.79 LB.
West Coast. Wild

Red Snapper Fillets \$7.99 LB.
Wild



BEER



\$14.79 EA.

Budweiser
Bud Light or Bud Select
18 Pack 12 oz. Cans



\$14.79 EA.

Miller Lite or Coors Light
18 Pack 12 oz. Cans



\$6.99 EA.

Dos Equis
Regular, Amber or Sol
6 Pack 12 oz. Bottles



\$15.99 EA.

Michelob Ultra
18 Pack 12 oz. Cans

WINE



\$9.99 EA.

Franzia Box Wine
5 Ltr. Box. Crisp White, Refreshing
White, Blush, Fruity Red, Sangria
or Chillable Red



\$7.99 EA.

Stella Organics
750 ml.

FROM THE PHARMACY

Nutrients for Life

L-carnitine

L-carnitine is a substance found in the mitochondria. Mitochondria are the "energy factories" that are in every cell of the body. Mitochondria produce the energy that we live on. L-carnitine is important because it transports fatty acids into the mitochondria to be used as fuel for energy metabolism.

The body synthesizes L-carnitine but it is available in significant amounts in our diet with beef, pork and tempeh (a whole soy product) having the most abundance. L-carnitine is available as nutritional supplement and is used to prevent or treat many disease states. It is primarily used to treat chronic heart conditions like congestive heart failure and angina where L-carnitine levels are low. L-carnitine increases heart energy, blood low and reduces swelling.

L-carnitine has been found to reduce oxidative stress in aging brains and helps to slow age related cognitive impairment. In addition, studies have shown that it improves glucose disposal in diabetics. The usual adult dosage is 500 mg. one or twice daily.

James Killingsworth R. Ph.



Village Foods is locally owned, not a chain • We live right here in the Brazos Valley with you.

BAKERY & DELI

serving suggestion	serving suggestion	serving suggestion	serving suggestion
\$2.99 EA.	\$6.99 EA.	\$2.99 EA.	\$1.99
Freshly Baked Assorted Danish 4 Pack	Coconut Cakes Single Layer (Double Layer... \$12.99)	Jumbo Lemon Muffins 4 Pack	Organic Baguettes

STOVER BROS. CAFE

STOP BY THE CAFE AND TRY OUR NEW "MEALS TO GO" SELECTION

PRODUCE

"We Have A Wide Selection of Organic Produce..."
JUSTIN, PRODUCE MANAGER - "If you can't find it, ask and I'll get it."

Sweet Crunchy Jazz or Cameo Apples \$1.59 LB.		Sweet Braeburn or Fuji Organic Apples \$1.69 LB.	
	Large White Cauliflower 2 FOR \$5		Fresh Large Tomatoes 99¢ LB.
	Organic Baby Carrots 1-Lb. 2 FOR \$3		Crisp Green Peppers 3 FOR 99¢
			Sweet Red Onions 69¢ LB.
			Fresh Express Harvest Peach Kit 6 oz. Strawberry Fields Kit 7.2 oz. Pear Gorgonzola Kit 6.4 oz. 2 FOR \$5

NATURALS

SEE THE GREEN SHELVES IN EVERY AISLE

GLUTEN FREE

BELOW THE HUGE SIGN IN AISLE 9

	Earth Balance Peanut Butter 16 oz. Assorted \$3.99		Arrowhead Mills Cereal 10-13 oz. Assorted \$3.99		Rocky Mountain Popcorn 2.13-4.5 oz. Assorted \$1.25		Bhuja Mixes 7 oz. Assorted \$2.99
	Garden of Eatin' Pico De Gallo Chips 9 oz. \$2.99		Amy's Lasagna 9.5-10.3 oz. Assorted \$3.99		Glutenfreeda Burritos 4-4.5 oz. Assorted 2 FOR \$5		Kinnikinnick Muffins 11 oz. Assorted \$4.39



E-mail Questions and Requests to...

meat@villagefoods.com ★ produce@villagefoods.com ★ wine@villagefoods.com ★ natural@villagefoods.com
glutenfree@villagefoods.com ★ pharmacy@villagefoods.com ★ manager@villagefoods.com

