

Organic & Natural Grocery Items • Snacks • Beverages • Household Supplies

HEALTH TIPS

1. EAT YOUR FRUITS AND VEGETABLES.

Fruits and vegetables are great for snacking. They can calm your craving for sweet or crunchy, plus they are good for you! Fruits and vegetables are excellent sources of fiber, vitamins, minerals, and phytonutrients. They can also help prevent diseases such as cancer.

Try to get 5-9 servings daily!

2. KEEP MOVING.

Incorporate activity into your daily routine. Does this mean going to the gym for an hour each day? NO! Keep busy by taking the stairs instead of the elevator, walk instead of taking the bus, get up to change the TV station and do sit-ups and jumping jacks during TV commercials. Being more active throughout the day may help increase your metabolic rate. An increase in metabolic rate will help you burn more calories during normal daily activities.

3. GIVE YOUR FOOD THE ATTENTION IT DESERVES.

Take time during meals and truly taste every bite you eat. Eat slowly and have meal times be a time of relaxation and enjoyment. Recharge mentally while you refuel physically!

4. ADDRESS EMOTIONS.

Eating to soothe your stress is not the way to go. Try other ways to relax: talk with a friend, take a hot shower, go for a walk, meditate or do some yoga.

5. THERE IS NO SUCH THING AS "NOW I'VE BLOWN IT COMPLETELY."

An indulgent treat or a day without exercising is OKAY. It is better to satisfy a craving than to be consumed by the thought of it. Treats are acceptable - remember that all foods can fit into your eating plan. The guideline for aerobic exercise is 3-5 times per week for 20-60 minutes. Taking a few days off throughout the week is okay!

6. TAKE THINGS SLOWLY.

The best way to lose weight and keep it off is to lose it slowly, by making lifestyle changes. Rapid weight loss may feel good in the short term, but usually that weight comes back - plus some. Focus on healthy living and feeling good versus losing weight!

CARDINI'S Dressing

Parmesan Ranch or Original Caesar

\$2.69

12 oz. Sugg. Retail: \$3.89-\$3.99



INES ROSALES Sweet Olive Oil Tortas

\$3.19

6.34 oz. Sugg. Retail: \$4.79



JUNGLE Organic Oil

Extra Virgin Coconut or Red Palm

\$10.69

16 oz. Sugg. Retail: \$15.89-\$15.99



LOTUS Rice

Red Bhutanese, Black Forbidden, Kalijira or Brown Kalijira

\$2.99

15 oz. Sugg. Retail: \$4.49

Organic White or Brown Jasmine.....**\$3.89**

32 oz. Sugg. Retail: \$5.79



STACY'S Pita Chips

All Varieties

\$2.19

5.5-6.5 oz. Sugg. Retail: \$3.19



OOGIE'S Gourmet Popcorn

All Varieties

\$2.39

5 oz. Sugg. Retail: \$3.59



LESSER EVIL Kettle Corn

Original or Black & White

\$2.39

5-6.5 oz. Sugg. Retail: \$3.49



AYALA Organic Herbal Water

All Varieties

\$1.19

16 oz. Sugg. Retail: \$1.79



METROMINT Mint Water

All Varieties

\$1.19

16.9 oz. Sugg. Retail: \$1.79



R.W. KNUDSEN Spritzer

All Varieties

6/12 oz. Sugg. Retail: \$7.69

\$5.19

VOLVIC Spring Water

\$1.69

33.8 oz. Sugg. Retail: \$2.49



PENTA Purified Drinking Water

\$1.49

16.9 oz. Sugg. Retail: \$2.19



R.W. KNUDSEN Very Veggie Juice

Low Sodium, Original, Spicy or Untomato

\$2.79

32 oz. Sugg. Retail: \$4.19

Organic Low Sodium or Original**\$3.19**

32 oz. Sugg. Retail: \$4.59



OREGON FRUIT Berries In Syrup

Blackberries, Blueberries or Cherries

\$3.19

15 oz. Sugg. Retail: \$4.69

Tart Cherries In Water.....**\$3.19**

14.5 oz. Sugg. Retail: \$4.69



TASTY BITE Indian Entrees

All Varieties

2 for \$4

10 oz. Sugg. Retail: \$3.69



NATURAL SEA Sardines

Skinless Boneless in Oil, Brisling in Soybean Oil or Brisling Salt or No Salt in Water

4.4-3.75 oz. Sugg. Retail: \$2.99-\$3.29

Skinless Boneless in Water.....**\$1.69**

4.4 oz. Sugg. Retail: \$2.49

Chopped Clams.....**\$2.39**

6.5 oz. Sugg. Retail: \$3.49

REAL SALT Organic Real Salt

Garlic, Onion or Season

\$2.79

4.10-4.75 oz. Sugg. Retail: \$4.19



MODERN Spike Magic Seasoning Shakers

Garlic, Hot-N-Spicy, Lemon Pepper, Onion, Original, Tenderizer, Vege Sal or Vegit

\$1.99

2-4 oz. Sugg. Retail: \$2.99

New Vegit in Box, Salt Free Spike or Spike Seasoning in Box.....**\$4.29**

4-7 oz. Sugg. Retail: \$5.99



WIZARD'S Vegan Worcestershire Sauce

\$3.69

10 oz. Sugg. Retail: \$5.49



BACK TO NATURE Granola

All Varieties

\$4.19

7.5-13.5 oz. Sugg. Retail: \$5.59



HAPPY BABY Organic Happy Bellies Cereal

Oat, Brown Rice or Multigrain

\$3.49

7 oz. Sugg. Retail: \$5.19



NATURE'S PATH Organic Flax Plus Cereal

Original, Berry, Raisin Bran, Maple Pecan or Pumpkin

\$3.69

10.5-13.25 oz. Sugg. Retail: \$5.29-\$5.39

35.3 oz. Flax Plus Original**\$6.39**

Sugg. Retail: \$9.59

Optimum Power**\$6.79**

35.3 Sugg. Retail: \$9.99



GREEN FOREST Paper Towels

White

\$1.49

ea. Sugg. Retail: \$2.19

3 Pack.....**\$3.99**

3/65 ct. Sugg. Retail: \$5.99

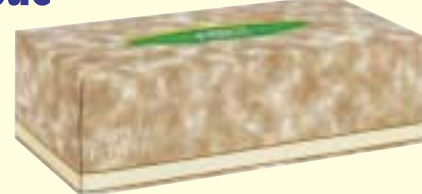


GREEN FOREST Facial Tissue

White

\$1.89

175 ct. Sugg. Retail: \$2.79



GREEN FOREST Bath Tissue

White 2-Ply

12 pack. Sugg. Retail: \$14.19

4 Pack.....**\$1.89**

Sugg. Retail: \$2.79

\$9.59

\$1.89



Green Forest environmentally friendly household paper products are widely available in grocery and natural products stores throughout the United States. All Green Forest products are:

- Made from 100% recycled paper
- Whitened without chlorine - Processed Chlorine Free (PCF)
- Made from a minimum of 90% post-consumer recycled paper
- Hypo-allergenic, no dyes, no fragrances
- Safe for use in septic systems
- Safe for use in microwave ovens

But the real difference with Green Forest is that we have discovered state-of-the-art paper making technology that allows us to create products that are environmentally friendly, as well as:

- Bright and white
- Soft, strong and absorbent
- Economically priced

And that's why Green Forest is the most widely distributed environmentally friendly green paper brand in the United States!

HEALTHY HARVEST Fruit & Veggie Wash

\$3.59

18 oz. Sugg. Retail: \$5.39

4 oz. Refill.....**\$2.49**

Sugg. Retail: \$3.69



BIOKLEEN Oxygen Bleach Plus

\$4.99

2 lb. Sugg. Retail: \$7.19



BIOKLEEN Liquid Laundry

Citrus, Energy Saver or Free & Clear

\$9.49

64 oz. Sugg. Retail: \$13.99



ECOVER Dishwashing Liquid

Lemon/Aloe

\$3.59

32 oz. Sugg. Retail: \$5.29



ECOVER Laundry Detergent Liquid

\$11.89

100 oz. Sugg. Retail: \$17.39

