



Cathy Says... Many of us will gather with friends and families to celebrate the 4th of July. The event is always star-studded with everyone's favorite picnic foods. Food, fun and fireworks have taken center stage of the celebration; we shouldn't forget that our independence from excessive rule was fought for and won.

As Americans we have the freedom to choose from an abundance of choices on how we live our lives. We have the ability to choose to live as healthy as we can; beginning with the food we eat every day. We have the right to know how our food was grown, processed and packaged. Natural and Certified Organic labels should mean that the food we are eating is free of chemicals that may harm us or the environment. If you choose animal products, these animals should be feed appropriately and treated humanely. Choosing organic, local and cleaner food sources can add up to healthier lives. You have the right to choose healthy; let Harvest Health Foods show you the many healthy options available to you. So start planning a healthier summer celebration and we'll help you save with these great choices in our July sale flyer.

