

Choice

Choice

HEALTHY INFORMATION

















**Why eat junk?
Why go out to dinner?
There are perfectly
convenient and healthy
options available at the
supermarket; if you have
healthy information.**

MAKE THE RIGHT CHOICE.

VEGETABLES {5 SERVINGS}

	Large Artichokes California 2 pcs 2/\$3		Green Beans 2 lb \$3.99		Green Asparagus 1 lb \$1.29
	Fresh Horseradish Root 1 lb \$1.99		Fresh Bunched Beets 2 bunches 2/\$3		Collards, Kale, Mustard or Turnip Greens 2 lb \$1
	Green Onions Imported 1 bunch 3/\$2		Brussels Sprouts 10 oz \$2.99		Iceberg Lettuce California 1 pc \$.99
	Tropical Yam 1 lb \$.79		Idaho Potatoes Baking 5 lbs \$1.99		Red Onions Crisp 1 lb \$.69
	Tropical Yuca 1 lb \$.49		Tomatoes on The Vine 1 lb \$2.99		Green Zucchini 1 lb \$1.49
	Whole White Mushrooms Giorgio Sliced 8 oz 2/\$3		White Cauliflower 1 pc \$2.99		Regular Eggplant 1 lb \$2.49
	Bunched Watercress 7 oz \$1.49		Washed Spinach Farm Fresh 10 oz \$1.69		Green Giant Vegetables Green Beans, Corn or Peas 14.5-15.25 oz 10/\$10

	Lindsay Pitted Ripe Olives 6 oz 3/\$5		Ragu Pasta Sauce or Classic Alfredo 26/16 oz 2/\$3
	Green Cabbage 1 lb \$.29		Dole Salads Greener Selection, or Classic Romaine 10-12 oz 3/\$5
	Red Potatoes U.S. No. 1 A Size 1 lb \$.99		Grape Tomatoes Sweet Crunchy 1 pint \$2.99
	La Rouge Red Peppers 1 lb \$2.99		Hot House Cucumbers Canadian 2 pcs 2/\$5
	Broccoli Crowns California 1 lb \$1.99		Celery Hearts California 2 pkgs 2/\$5
	Baby Peeled Carrots Green Giant 1 lb 2/\$3		House Foods Tofu Shintaki, Cutlet, or Premium 8/12-14/6 oz 2/\$3
	Yellow Corn 5 pcs 5/\$2		Andy Boy Romaine Hearts California 3 pcs \$3.99

WILTED SPINACH WITH OLIVES



Serves 6






















cooking spray
3 tbsp. olives, kalamata, pitted, about 12
8 cups spinach
1 ounce cheese, feta, crumbled

Coat a large nonstick skillet with nonstick cooking spray. Preheat over medium heat. Add olives. Cook for 3 minutes, stirring occasionally. Remove olives from skillet; set aside. Increase heat to medium-high. Add spinach and/or mustard greens to skillet, adding gradually if necessary. Cook for 1 to 2 min. or just until wilted, tossing occasionally with tongs or 2 wooden spoons. Transfer to a serving platter. Top with olives and feta cheese.

Preparation Time: 20 min

“ Preserve the nutrients and colors in veggies. Cook them quickly by steaming or stir-frying. ”

FRUIT {4 SERVINGS}

	Golden Ripe Pineapple 1 pc \$2.99		Honeydew Melon 1 pc \$2.99		Granny Smith Apples 1 lb \$1.69
	Yellow Bananas Imported 2 lbs \$1		Seedless Watermelon Imported 1 lb \$.79		Kiwi Fruit Imported 5 pcs 5/\$2
	Sweet Mangos Imported 1 pc \$.99		Papayas Imported 1 pc \$1.29		Blackberries California .5 pint 2/\$4
	Black Plums 1 lb \$3.49		Tropicana Mandarins Seedless 3 lb \$3.99		Bartlett Pears 1 lb \$1.69
	Green Plantains 1 lb \$1.49		Del Monte Fruit Cocktail 30 oz \$2.39		Sunsweet Pitted Prunes 9 oz \$3.99
	Cascadian Farm Sweet Cherries 10 oz \$4.79		Deerfield Dried Fruit Tropical Mix 5 oz 2/\$1		Sun-Maid Raisins Snack Size 6 Pack 9 oz \$2.09
	Dole Frozen Fruit Assorted 12 oz \$5.49		Dole Fruit Bowls 4 Pack 16 oz \$3.09		Mott's Natural Style Apple Sauce 6 Pack 24 oz \$2.79

	Red Delicious Apples 1 lb \$.99		Jumbo Cantaloupes Imported 3 pcs 3/\$5
	Strawberries 1 lb 2/\$4		Jumbo Naval Oranges California 3 pcs 3/\$3
	Forrelle Pears Northwest 1 lb \$1.99		Jumbo Grapefruits Florida 3 pcs 3/\$3
	Organic Blueberries 4.4 oz \$3.99		Organic Avocados Calavo 2 pcs 2/\$4
	Lemons California 3 pcs 3/\$1		Green Limes 10 pcs 10/\$1
	Seedless Grapes Red or Green 1 lb \$1.99		Nectarines & Peaches Imported 1 lb \$1.99
	Dole Pineapple In Juice or Syrup 20 oz 3/\$4		Dole Fruit 16 oz \$2.29

APPLE PANCAKES



Serves 4

1 cup plain flour
3 eggs
1 tbsp. olive oil
1 cup skimmed or semi-skimmed milk
2 apples
½ tsp. salt

Blend together the flour, eggs, milk and a pinch of salt until you have a creamy batter. Leave to stand for a few minutes. Remove the cores from 2 medium sized, apples. Slice the apples into thin rings. Wipe some oil around a non-stick frying pan and heat. Pour in a thin layer of batter. As it starts to set, drop on a few apple slices, then pour over more batter to cover. Flip the pancake over, and cook until the other side is set.

Preparation Time: 15 min

“ A smoothly can cover a multitude of needs. Throw a banana into your blender along with frozen berries, kiwi or other fruit, some orange or other juice, some fat-free or low-fat yogurt and protein powder. You can get 4–5 servings of fruit in one glass of yummy shake. ”

BREAD, CEREAL, RICE, & PASTA {11 SERVINGS}

FEATURES



Quaker Rice Cakes
White Cheddar

4 oz
\$2.59



Near East Original
Long Grain &
Wild Rice

60 oz
\$1.99



Arnold Bread
Country, Whole
Grain, Grains &
More, or Natural

20–24 oz
\$2.99



Nature's Path
Leapin' Lemurs
Peanut Butter

10 oz
\$3.99



Kashi
GoLean
Cereal
Assorted

15 oz
\$3.99



Velveeta Shells
& Cheese

12 oz
\$2.99



Bionaturae
Organic Pasta
Assorted

16 oz
\$2.99



Kellogg's
Nutri-Grain
Cereal Bars
Assorted

Varied
\$3.89



Carolina
Rice
Extra Long Grain

2 lb
\$2.69



Home Pride
Wheat Bread

20 oz
\$3.19



Post Cereal
Cocoa Pebbles

17 oz
\$5.19



Quaker
Honey Oh's
Cereal

12 oz
\$2.99



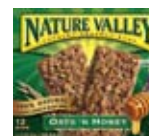
Kraft
Macaroni
& Cheese
Dinner

7.25 oz
10/\$10



De Cecco
Fusilli

16 oz
\$2.29



Nature Valley
Granola Bars
Oat & Honey
6 Pack

8.9 oz
\$3.69



Lundberg Rice
White Arborio

2 lb
\$3.99



Uncle Ben's
Converted Rice

5 lb
\$6.99



Farina Mills
Farina
Regular

27.5 oz
2/\$5



Kellogg's
Frosted Flakes

9–12.6 oz
\$4.39



Barilla Plus
Pasta

14.5 oz
2/\$4



Thomas'
Bagels
Assorted

15–22 oz
2/\$5



Jiffy Corn
Muffin Mix

8.5 oz
10/\$4



Knorr Rice
Sides

6–8.5 oz
5/\$5



Dutch
Country
Bread

20–24 oz
2/\$4



General
Mills Cereal
Chex/Coco Puffs

14.25/11.8 oz
2/\$5



Kellogg's
Pop Tarts
Assorted

8 pcs
2/\$4



Ronzoni
Pasta
Assorted

16 oz
5/\$5



Pepperidge
Farm Swirl
Bread
Assorted

16 oz
2/\$4



Kellogg's
Mini Wheats

16 oz
2/\$5



Knorr Pasta
Sides

6–8.9 oz
5/\$5

RICE PACKETS



Serves 6

3 cups hot cooked rice
1/2 cup margarine
1 cup cherry tomatoes red or yellow
1/2 chopped onion
1 cup thinly sliced red pepper
1/2 cup BBQ sauce
Foil















Combine rice and margarine; toss lightly. Add tomatoes, onion, red peppers and BBQ sauce; mix them well. Place individual servings of mixture on squares of foil, bring corners together and twist. Grill or bake at 350 F for 20 minutes.

Preparation Time: 30 min

“ Prepare muffins and quick breads with less saturated fat and fewer calories. Use three ripe, very well-mashed bananas, instead of 1/2 cup butter, lard, shortening or oil or substitute one cup of applesauce per one cup of these fats. ”

DAIRY {3 SERVINGS}

	Axelrod Nonfat Blueberry Yogurt 6 oz \$.59		Stonyfield Farm Organic Plain Yogurt 32 oz \$3.99		Dannon Yogurt Assorted 6 oz 5/\$3
	Farmland Milk Assorted .5 gallon \$2.29		Parmalat Stay Fresh Whole Milk 32 oz \$3.19		Horizon Organic Chocolate Milk 8 oz \$1.33
	Cheddar Cheese 1 lb \$5.99		Boar's Head Lacey Swiss Cheese, Sliced 1 lb \$7.99		Boar's Head Colby Jack Cheese, Sliced 1 lb \$6.99
	Kraft Singles American Cheese 16 Slices 16 oz \$2.99		Organic Valley Sour Cream 12 oz \$3.19		Friendship Sour Cream 16 oz 3/\$5
	Jello-O Snack Pack Pudding 4 Pack 14 oz \$1.79		Hunt's Snack Pack Vanilla Pudding 4 Pack 14 oz \$1.89		Swiss Miss Chocolate Pudding 6 Pack 24 oz \$2.99
	Axelrod Cottage Cheese Assorted 16 oz \$2.49		Organic Valley Low Fat Cottage Cheese 16 oz \$4.59		Breakstone's 2% Small Curd Cottage Cheese 4 Pack 4 oz \$3.59
	Breyers Ice Cream Assorted 16 oz \$2.19		Ben & Jerry's Ice Cream Assorted 16 oz \$3.89		Häagen-Dazs Ice Cream Assorted 14 oz \$3.99

	Yoplait Yogurt Assorted 4-6 oz 6/\$3		YoCrunch Yogurt Assorted 6 oz 10/\$6
	Carnation Coffee-mate Assorted 16 oz 2/\$4		Yoo Hoo Chocolate Milk Cans or Bottles 9 oz 6 pack 2/\$5
	Polly-O Mozzarella Assorted 16 oz \$4.99		Sargento Mozzarella Classic 8 oz \$3.99
	Breakstone's Sour Cream Assorted 16 oz 2/\$3		Nancy's Cultured Sour Cream Organic 24 oz 2/\$6
	Kozy Shack Pudding Assorted 22 oz 2/\$5		Jell-O Pudding Assorted 1 oz \$.89
	Friendship Cottage Cheese Assorted 8 oz \$1.29		Hood Cottage Cheese Assorted 24 oz \$1.49
	Turkey Hill Ice Cream Vinice Ice, Duetto, or Mouse Tracks 16 oz 3/\$5		Ed's Ice Cream Assorted 48 oz 2/\$7

YOGURT POPS



Serves 2

8 ounces low-fat plain or flavored yogurt
6 ounces concentrated unsweetened fruit juice, such as mixed berry flavor
dash of vanilla extract or honey

In a medium bowl, combine the yogurt, juice, and vanilla extract or honey. Pour into four 3-ounce paper cups and partially freeze for 1 hour. Insert wooden sticks into each cup and freeze for 4 hours, or until solid.

Preparation Time: 8 min

“ A way to decrease the amount of fat and calories in your recipes is to use fat-free milk or 1% milk instead of whole or reduced-fat (2%) milk. For extra richness, try fat-free half-and-half or evaporated skim milk. ”



**Mom,
french fries
aren't really
vegetables**

Choice



**Dude,
I'm totally
craving some
organic chicken
right now**

Choice

MEAT, BEANS, EGGS, & NUTS {3 SERVINGS}

	Planters Mixed Nuts Assorted 9.25-11.5 oz \$.99		Blue Diamond Almonds Assorted 6 oz 4/\$10	 FEATURES  Perdue Bourbon Chicken  Brunswick Sardines In Mustard Sauce
	Goya Chick Peas Assorted 15.5 oz \$1.19		B&M Baked Beans 16 oz 10/\$10	
	Pork Spare Ribs 1 lb \$1.69		SPAM Luncheon Meat 12 oz 2/\$5	
	Sabrett Beef Frans Skinless or Regular 16 oz 2/\$6		Flanken Beef USDA Choice Beef 1 lb \$5.99	
	Rotisserie Chicken Assorted Allen's or Perdue 1 pc \$5.99		Perdue Chicken Thighs Grade "A" 1 lb \$1.39	
	Shady Brook Meatballs 12 oz \$3.99		Oscar Mayer Deli Creations Assorted 5.15 oz \$2.49	
	Oscar Mayer Meat Bologna Assorted 16 oz 2/\$6		Johnsonville Grilling Sausage 19.5 oz \$4.99	

	Goya Dominican Beans 1 lb \$1.59		Goya Cento-americanos Beans 16 oz \$2.59
	Center Cut Pork Loin Boneless 1 lb \$1.99		Italian Style Pork Sausage Hot or Sweet 1 lb \$1.99
	Center Cut Pork Chops Boneless 1 lb \$1.99		Rib Steaks USDA Choice Beef 1 lb \$7.99
	Round Roast of London Broil USDA choice beef 1 lb \$2.79		Cubed Steaks USDA Choice Round Beef 1 lb \$3.99
	Chicken Legs w/Thighs Produce Grade "A" 1 lb \$.79		Bumble Bee Tuna Chunk Light In Oil or Water 1 lb \$2.99
	Shoulder Lamb Chops USDA Choice Fresh American 1 lb \$2.99		Shoulder Lamb Chops USDA Choice Fresh American 3 lb 2/\$5
	Boar's Head Honey Turkey 1 lb \$6.99		Boar's Head Virginia Ham 1 lb \$6.99

WHITE BEAN & CHEDDAR SOUP



Serves 6






















- 1 14 ounce chicken broth
- 1 cup water
- 6 cups broccoli crowns, chopped
- 1 14 ounce can cannelloni beans, rinsed
- ¼ tsp. salt
- ¼ tsp. ground white pepper
- 1 cup shredded Cheddar cheese















Bring broth and water to a boil in a medium saucepan over high heat. Add broccoli, cover and continue cooking until tender, about 8 min. Stir in beans, salt and pepper and continue cooking until the beans are heated through, about 1 min. Transfer half the mixture to a blender with half the cheese and puree. Transfer to a bowl. Repeat with the remaining broccoli mixture and cheese.

Preparation Time: 20 min

“ Use your time and your freezer wisely. When you cook once, make it last longer by preparing enough for several meals. Freeze it and have a ready-made healthy treat for the next time you are simply too tired to bother. ”

SNACKS & CONDIMENTS

	Equal Sweetener Sugar Substitute Packets-100 pack 3.5 oz \$4.59		Roland Rough Cut Sugar Cubes 17.5 oz \$3.19		Domino Sugar Golden Brown or Confectioners 32 oz \$1.99
	Newman's Own Dressing Assorted 8 oz \$2.29		Ken's Dressing Assorted 8 oz 4/\$5		Hellmann's Mayonnaise Assorted 30 oz \$2.99
	Heinz Distilled White Vinegar 32 oz \$1.79		Heinz Ketchup 14 oz \$1.99		Mrs. Dash Seasoning Assorted 2.5 oz \$3.19
	Nabisco Teddy Grahams Chocolate Graham Cookies 10 oz \$3.69		Keebler Chips Deluxe Cookies 18 oz \$3.19		Pepperidge Farm Milano Cookies 6 oz \$3.39
	Snyder's Organic Oat Bran Sticks Pretzels 8 oz \$2.89		Lay's Potato Chips Assorted 11 oz \$3.89		Kettle Chips Assorted 9 oz \$3.19
	Black Forest Gummy Strawberries 5 oz \$1.59		Peeps Yellow Marshmallow Chicks 1.5 oz 2/\$1		M&M's Peanut Candies Assorted 12.6 oz 2/\$4
	Pop Secret Microwave Popcorn Assorted 10.5 oz 3 pack \$3.49		Smartfood Popcorn White Cheddar Cheese 5 oz 2/\$3		Newman's Own Microwave Popcorn All Natural 10.5 oz 3 pack \$2.99

	Diamond Crystal Salt Sense Assorted 13 oz \$.99		Morton Salt Plain or Iodized 29 oz \$.59
	Wish Bone Dressing Assorted 8 oz 4/\$5		Kraft Salad Dressing Assorted 14-16 oz 2/\$4
	Goya Adobo Assorted 16.5 oz 2/\$4		Adams' Ground Black Pepper 3.13 oz \$2.99
	Nabisco Single Serve Crackers or Chips 9-25.2 oz \$4.99		Nabisco Oreo Assorted Cookies 9.6-18 oz \$2.99
	Doritos Tortilla Chips Assorted 11.75-12.5 oz 2/\$6		Rold Gold Pretzels 10-16 oz 2/\$5
	Jelly Belly Jelly Beans 7 oz 2/\$5		Joyva or Manhattan Ring Jells 9 oz 2/\$4
	Entenmann's Baked Goods Assorted 12 oz 12 pack 3/\$5		Orville Redenbacher's 4.8-10.5 oz 2/\$5

TOMATO-CHIVE VINAIGRETTE



Serves 6

1 container of tomato based veg. juice
2 tbsp. of tomato paste
2 tbsp. of olive oil
2 tbsp. of course-ground mustard
2 tbsp. of red-wine vinegar
1 tbsp. of pure maple syrup
¼ cup of cut fresh chives
¼ tsp. of salt
2 tbsp. fresh, minced garlic















Pour a container of tomato-based vegetable juice into a shaker container. Add the remaining ingredients. Shake the ingredients and pour over a fresh salad.

Preparation Time: 5 min

“ Prepared seasonings can have high salt content and increase your risk for high blood pressure. Replace salt with herbs and spices or some of the salt-free seasoning mixes. Use lemon juice, citrus zest or hot chilies to add flavor. ”

BEVERAGES

	Cascadian Farm Organic Orange Juice 12 oz \$3.99		RW Knudsen Organic Orange Carrot Juice 32 oz \$3.19		Minute Maid Orange Juice 64 oz \$2.99
	Martinelli's Gold Medal Apple Juice 128 oz \$7.99		Mott's Apple Juice 64 oz \$3.49		Ocean Spray Cranberry Juice Assorted 46 oz \$3.59
	Vitasoy All Natural Vanilla Soy Milk 32 oz \$2.79		WestSoy Organic Soy Milk 32 oz \$1.99		8th Continent Soy Milk Assorted 64 oz \$3.79
	POM Pomegranate White Tea 16 oz 4/\$12		Nestea Iced Tea Assorted 16.9 oz 12 pack \$4.99		Snapple Teas Assorted 16 oz \$.69
	Perrier Sparkling Mineral Water 25 oz \$1.59		San Pellegrino Natural Mineral Water 25.3 oz \$1.69		Vintage Original Seltzer 1ltr 12 pack \$7.99
	A & W Root Beer 12 oz 6 pack \$2.19		Orangina 1.75 ltr \$2.99		Dr Pepper 12 oz 12 pack \$4.19
	Miller Lite Beer 12 oz 6 pack \$5.99		Samuel Adams Beer 12 oz 6 pack \$10.99		Bud Light Beer 12 oz 6 pack \$6.49

	Tropicana Orange Juice Assorted 64 oz 2/\$6		Dole Juice Blends Pineapple or Assorted 64 oz 2/\$5
	Apple & Eve 100% Juice Assorted 64 oz \$2.99		Minute Maid Punch Lemonade or Assorted 64 oz 3/\$5
	Silk Soy Milk Assorted 64 oz \$2.99		Pearl Organic Soy Milk 32 oz \$2.59
	CapriSun Drinks Assorted 2 pkgs 2/\$4		Hi-C Drinks 6.75 oz 10 pack 2/\$4
	Poland Spring Water Sports Bottles 23.7 oz 6 pack 2/\$5		Dasani Water .5 ltrs 24 pack \$4.99
	Pepsi or Sierra Mist Assorted 2 ltrs 2/\$3		Canada Dry or 7 Up Assorted 2 ltrs 3/\$4
	Heineken Beer or Imported Amstel Light 12 oz 12 pack 3/\$5		Coors Beer Original or Light Beer 12 oz 18 pack \$12.99

GET JUICED SMOOTHY



Serves 4

- 1 medium banana
- 1 cup of passion fruit
- 1 cup of pineapple juice
- 1 cup of frozen orange juice concentrate
- ¼ cup of water
- 1 cup of ice
- Squirt of lime juice (optional)

Put all of the ingredients in a blender and mix until all the ice is crushed.

Preparation Time: 5 min

“Water fills you up and lessens your appetite, it prevents those “hungry horrors” we all encounter when our blood sugar drops and we reach for cookies, fries or other high-calorie treats. Water also flushes out the system, rids the body of bloat and toxins and rosies up the complexion.”

OTHER

	Sun Light Dish Liquid Assorted 28 oz \$2.49	<div style="text-align: center; background-color: #008080; color: white; padding: 5px;">SALE SPECIALS</div>  <p>Kleenex Facial Tissues Assorted 75-100 pcs 3/\$5</p>		Hefty Trash Bags Assorted 25-45 pcs \$5.99
	Dawn Dishwashing Liquid Assorted 12 oz \$2.49			Glad Trash Bags Tall Kitchen 40 pcs \$5.69
	Kotex Maxi Pads Assorted 64 pcs \$2.99			Tampax Tampons 40 pcs \$7.69
	Always Ultra Thin Pads 40 pcs \$6.99			Playtex Sport Tampons Unscented Regular 16 pcs \$6.29
	Dial Body Wash 12 oz \$3.49			Scope Mouthwash Peppermint or Original 16.9 oz \$3.39
	Olay Body Wash 12 oz \$4.99			St. Ives Lotion Assorted 18 oz \$4.99
	Colgate Toothpaste Assorted 6.4 oz \$1.99			Aquafresh for Kids Toothpaste Bubble Mint 4.6 oz \$2.39
	Angel Soft Bath Tissue 9 Mega 12 Double 24 Single 1 pkg \$5.99			

	Charmin Big Rolls Bath Tissue 24 rolls 11/\$7		Cottonelle Bath Tissue Double Rolls, Regular, w/Aloe 12 rolls \$7.99		Quilted Northern Bathroom Tissue 4 rolls \$4.19
	Scott Napkins Jumbo Pack White 250 pcs 2/\$5		Bounty Everyday Napkins 180-200 pcs 2/\$7		Brawny 2-Ply Paper Towels 1 roll \$2.29
	Downy Fabric Softener 41-51 oz \$5.99		Tide 2X Liquid Laundry Detergent 75-100 oz \$11.99		Ajax Laundry Detergent Assorted 50 oz \$2.99
	Huggies Diapers Assorted Jumbo Pack Size 1-6 22-56 pcs \$9.99		Huggies Baby Wipes Assorted 64-80 pcs \$3.49		Pull Ups Training Pants Assorted 11-29 pcs \$9.99
	Tylenol Extra Strength Assorted 80-100 pcs \$7.99		Tums Antacid Tablets Assorted Varied \$3.99		Band Aid Bandages Assorted Varied 2/\$5
	Fantastic Cleaner Assorted w/ Trigger 26-32 oz 2/\$5		Carbona Carpet Cleaner 27.5 oz \$4.99		Green Works Cleaner Assorted 24-32 oz 2/\$5
	Scrubbing Bubbles Bathroom Cleaner 22 oz \$2.99		Scrubbing Bubbles Shower Foamer 20 oz \$3.99		2000 Flushes 3.5 oz \$2.99