



BETTER For You SALE

Better Living Thru

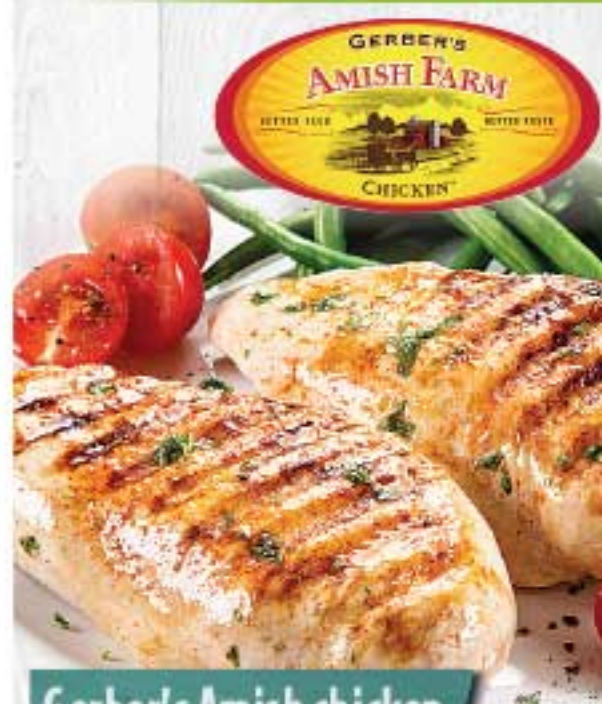
Better Eating



Free Samples
Saturday, Jan. 11th
10 am-2 pm

January 8th - January 14th

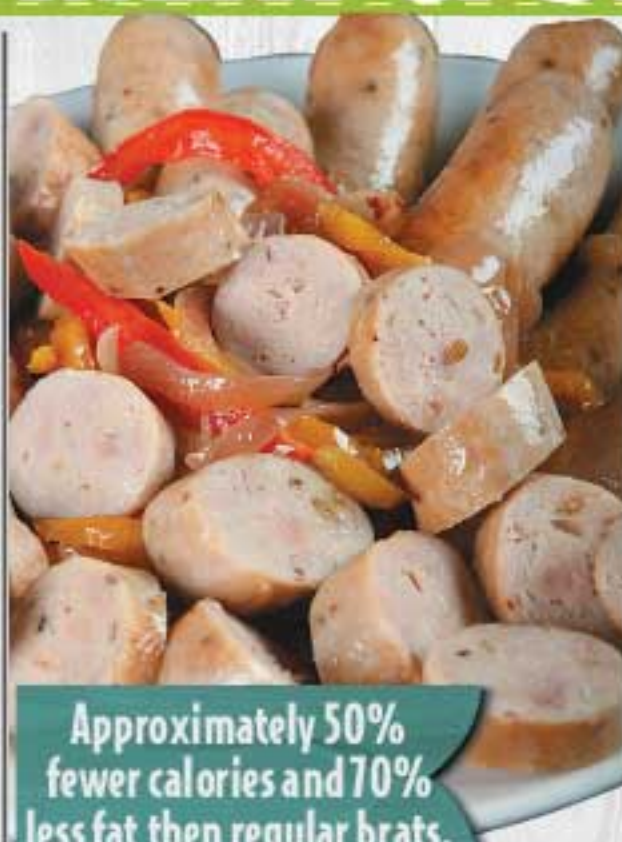
BETTER FOR YOU MEAT & SEAFOOD



Gerber's Amish Farm - Fresh
Boneless/Skinless
Chicken Breast
or Tenderloins

4.99 lb.

Gerber's Amish chicken has no antibiotics, hormones or steroids



Approximately 50% fewer calories and 70% less fat than regular brats.



Fox Bros.
Original
Chicken Brats

2.99 lb.



Fresh
Atlantic
Salmon Fillets

8.99 lb.

Salmon is rich in long-chain Omega-3 fatty acids, which have been shown to reduce inflammation, lower blood pressure, and help prevent against heart disease.



Shrimp is low in fat, low in calories, zero carbohydrates, and high in protein.

16-20 ct - 1-lb Bag
Wholey
Cooked Shrimp

7.99

WITH CARD



1 lb Package - Goodness Graze-cious
Grass-Fed Organic
85% Lean
Ground Beef

5.99

The better animal diet creates a leaner choice of beef and has a more favorable ratio of Omega fatty acids which helps reduce the risk of heart disease, stroke and cancer



Gerber's Amish Farms
Fresh
Ground Chicken

3.99 lb.

Compared to beef, chicken is a better source of protein and lower in fat and calories

Fresh GROWN PRODUCE



Pint
Blueberries

1.99

Blueberries are low in calories and high in nutrients and may boost heart health, improve vision, skin health and memory.



6 oz
Blackberries

1.99

Blackberries are high in fiber, which promotes digestive health, an excellent source of Vitamin C, essential for immune function, and may improve cognitive function, regulate blood sugar levels, and contribute to heart health.



8 oz
Whole White
Mushrooms

1.99

White mushrooms may stimulate the immune system, lower cholesterol, promote healthy digestion, and help to regulate blood pressure.



3 lb Bag - California Sweet
Seedless Navel
Oranges

2.99

Oranges are an excellent source of Vitamin C, which boosts the immune system, repairs tissues, and promotes healthy skin.



Green
Seedless
Grapes

2.99 lb.

Grapes can help regulate blood pressure, boost the immune system, and improve bone health, eye health, and cognitive function.



2 lb Bag
Organic Pink
Lady Apples

2.99

Pink lady apples are low in calories and high in fiber for heart, bone, and digestive health.

BETTER FOR YOU ADULT BEVERAGES



8 pk, 12 oz Cans
Variety Packs
Carbliss Cocktails

18.99

No Carbs. No Sugar



6 pk, 12 oz Cans - Non Alcoholic
Blue Moon Belgian
White Wheat

8.99

SAVE \$3 WHEN YOU BUY (1) 3LB BAG ORANGES & ONE 6PK BLUE MOON CRAFT.



6 pk, 11.2 oz Bottles
0.0% Non-Alcoholic
Peroni Nastro
Azzurro

7.99



BETTER For You SALE

Better Living Thru Better Eating.



January 8th - January 14th

Free Samples
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8-11.5 oz - Select
Lean Cuisine
Entrees

4 \$10

WITH CARD

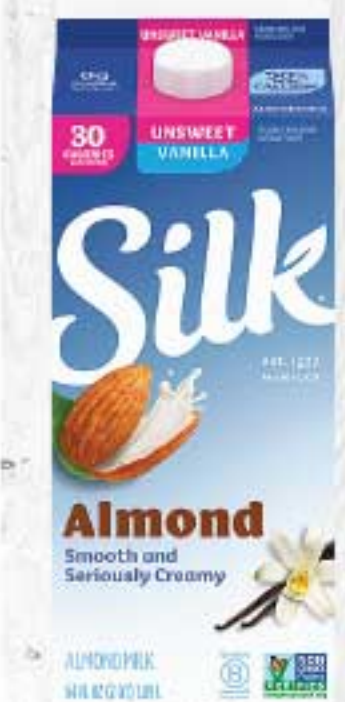


WHEN YOU BUY MULTIPLES
OF 3 OR 4.49 EA

9.6-12.6 oz
Kellogg's
Special K Cereal

3 \$6

WITH CARD



64 oz
Silk Almond
Milk

2 99

WITH CARD



32 oz
Lifeway
Low Fat Kefir

3 99



5.3 oz
Siggi's Non Fat
Icelandic Yogurt

2 \$3



32 oz
Full Circle
Organic Broth

2 \$4



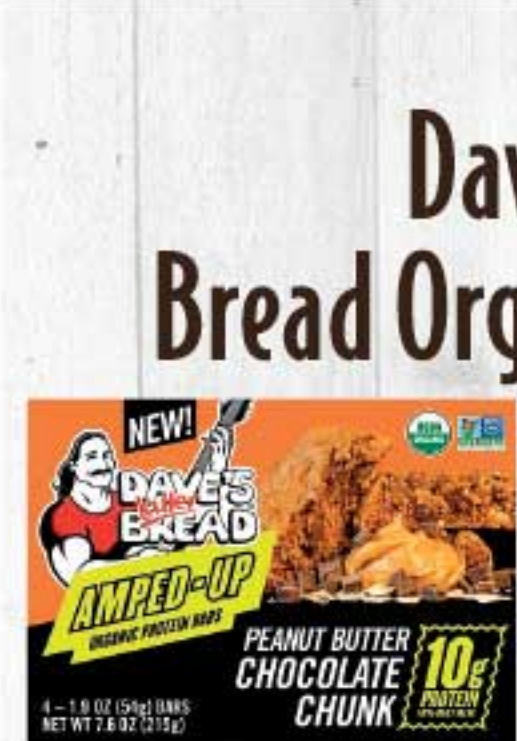
4 pk, 12 oz Cans
Poppi Prebiotic
Soda

5 99



12 oz
Zoa
Energy Drinks

2 \$3



4 ct
Dave's Killer
Bread Organic Bars

4 99



11 oz
Purely Elizabeth
Cookie Granola

5 99

Gluten
FREE



11.5 oz - Select Varieties
Nature's Path
Organic Granola

3 99



No Sugar
Added

16 oz Bottle
Ketchup
Please

2 \$9



From Our Bakery!
6.4 oz - Gluten Free
Emily Kate's Vanilla
or Carrot Cake Slices

3 99

Gluten
FREE

8.7 oz - Gluten Free
Double Chocolate Brownies... 799



8 ct
Tumaro's Carb
Wise Wraps

2 \$5



6 oz - The Daily Crave
Veggie Chips
or Sticks

2 \$7



10.5 oz - Gluten Free
Gratify Everything
Pretzel Thins

4 99



1.8 oz - Only 70 Calories Per Bag
Shameless Snacks
Gummy Snacks

2 99



4 oz - Select Varieties
Like Air
Puffcorn

1 99



4 oz - Select Varieties
Hippeas Chickpea
Puffs

2 \$7



5 oz - Select Varieties
Biena Chickpea
Snacks

3 99