

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2014

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**Cooking & Baking  
Gluten Free**

2-4pm  
with  
Courtney Coleman

2

3

Mardi Gras



4

5

**Financial Wellness  
for Women**

11-1pm  
with  
Andrea Wasko, MBA  
& Meaghan Gilbert

6

**Celebrate National  
Cereal Day**

11am-2pm  
FREE Sampling Event

7

**It's Peanut Month!**  
New Frontiers Organic  
Grind-Your-Own  
Peanut Butter is on  
sale this week.



Daylight Savings  
Time begins

9

10

**Financial Wellness  
for Women**

5-6pm  
with  
Andrea Wasko, MBA  
& Meaghan Gilbert

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*Our Delis are cooking up a treasure trove of St. Patrick's goodies!  
Irish Stew, Shamrock Cookies, Colcannon, Irish Oatmeal Cake, Shamrock  
Limeade are just a few of the tasty choices.*

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**Antioxidant  
Scanning**  
1-4pm

15

**How to Culture Your  
Favorite Veggies**

2-4pm  
with Courtney Coleman

16

St. Patrick's Day



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18

**5% Wednesday  
to benefit:**  
The Family Care  
Network

19

**Monthly Cheese  
Tasting**

11am-2pm  
Cheddars

20

First Day of Spring

**Enjoy Baguette Day**

With some hot-from-  
the-oven Alexia Garlic  
Baguette, on sale now.



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**Cooking with  
Sea Vegetables**

2-4pm  
with  
Courtney Coleman

23

24

It's Frozen Foods Month  
*Did you know frozen fruits  
and veggies contain as  
much or more nutrition as  
their fresh counterparts?*

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*"Spring is nature's way of saying, 'Let's party!'" ~Robin Williams*



# New Frontiers Events & Information

## Cooking & Baking Gluten Free

with Courtney Coleman

Sun., Mar. 2 • 2-4pm

Learn everything you need to know about gluten-free cooking and baking. You'll get tons of wonderful recipes and enjoy many gluten free treats. Class is \$35/person. RSVP to Courtney at 805-528-8837 or [cookwell@kcbx.net](mailto:cookwell@kcbx.net).

## Financial Wellness for Women

Andrea Wasko, MBA & Meaghan Gilbert

Thurs., Mar. 6 • 12-1pm &

Tues., Mar. 11 • 5-6pm

At some point, 90 percent of women become totally responsible for their own financial welfare. Are you prepared? Learn the steps you can take today to a better financial tomorrow. A must attend FREE talk from the delightful ladies of The Economics of Being a Woman.

## Celebrate National Cereal Day

FREE Sampling Event

Fri., Mar. 7 • 11am-2pm

Cereal, what a delicious way to start your day or enjoy for an anytime snack. Join us for a free sampling event celebrating cereal and try some of the many varieties New Frontiers offers from granola to corn flakes to gluten-free options.

## Antioxidant Scanning

Sat., Mar. 15 • 1-4pm

Get a free body composition evaluation at this free fitness event. Knowing the level of antioxidants in your body can help you live a longer, healthier life.

## How to Culture Your Favorite Veggies

with Courtney Coleman

Sun., Mar. 16 • 2-4pm

You'll learn how to make sauerkraut, a spicy kimchee, and beet kvaas. These ferments are an inexpensive way to supplement those all important probiotics. You'll receive several handouts for reference. Class is \$35/person with advance reservations required. RSVP to Courtney at 805-547-9073 or [courtney@cookwell.org](mailto:courtney@cookwell.org).

## Monthly Cheese Tasting: Cheddars

FREE Sampling Event

Thurs., Mar. 20 • 11am-2pm

This month our Cheese Shop will be featuring one of the world's most popular cheese varieties: cheddar. Stop by and sample some delicious gourmet cheddar cheeses: Irish cheddar, goat-milk cheddar, sharp, mild, cheddar cheddar cheddar!

## Cooking with Sea Vegetables

with Courtney Coleman

Sun., Mar. 23 • 2-4pm

Learn how to cook flavorfully with various types of sea vegetables. Together with Courtney you'll prepare: black beans and seasonal veggies with wakame and hijiki sea vegetables to enjoy. Class is \$35/person with advance reservations required. RSVP to Courtney at 805-547-9073 or [courtney@cookwell.org](mailto:courtney@cookwell.org).

## March is... National Nutrition Month

It's time to get your plate in shape with these simple guidelines:

- Eat at least five servings of vegetables and fruits each day. Try filling half of your plate with them.



- Choose whole-grain foods, such as brown rice and oats, whenever possible.

- Include two servings of milk products – low fat (1%) or fat-free – each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

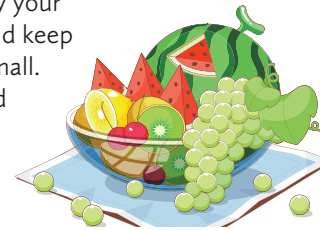


- Have 2 teaspoons of healthy oils (olive oil, organic canola, sunflower, safflower or flaxseed) each day.

- Ensure that you are getting enough protein by choosing at least a serving or two of lean meats, skinless poultry, fish, beans, soy products, nuts and lentils. Vary your choices, and keep portions small.

- Limit added sugar.
- Drink at least 6 8-ounce glasses of liquid a day. Water is the best choice.
- Take a multiple vitamin-mineral supplement each day.
- Enjoy your food.

Find more healthy eating tips at [www.eatright.org](http://www.eatright.org).



## We're Hot on Frozen Food!

There are occasions when even the most passionate fresh food lovers don't have time to go into the kitchen and prepare a nutritious and delicious meal. At those times, you discover the treasures of our frozen food aisle.

You'll find natural and organic versions of your favorite frozen foods – the difference is in the flavor (restaurant-quality, chef-prepared meals) and also the quality of the ingredients (if you read the labels, you'll notice that the natural products are free of artificial preservatives and lower in sodium).

So for taste, quality and convenience, we're hot on frozen food.

## New Frontiers 5% Day

To benefit The Family Care Network

Wednesday, March 19

Established in 1987 for the purpose of creating family-based treatment programs as an alternative to group home or institutional care for children and youth, the Family Care Network operates multiple programs designed to strengthen and preserve families and individuals. Shop Wednesday, March 19th and 5% of your total purchases' value will be donated to this local non-profit.

New Frontiers  
natural marketplace

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[www.NewFrontiersMarket.com](http://www.NewFrontiersMarket.com)