

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# March 2014

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.



**Product Demo & Tasting**

Santa Cruz Juice  
Made in Nature  
Dried Fruits  
Pro Bar

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3

Mardi Gras



4

5

**It's Peanut Month!**

New Frontiers Organic  
Grind-Your-Own  
Peanut Butter is on  
sale this week.



7

**National Cereal Day**

11:30-2pm  
Try our newest  
varieties and flavors

8

**Gluten Free Tasting**

11:30-2pm



Daylight Savings  
Time begins

9

10

11

**Free Cheese Tasting**  
5:30-7:30pm

12

13

**Celebrate  
Potato Chip Day**  
with Boulder Chips -  
on sale this week.



14

**Product Demo & Tasting**

Corned Beef Brisket

15

St. Patrick's Day



16

17

18

**5% Wednesday**  
to benefit  
Sun Sounds of  
Arizona

19

**Cheese and  
Wine Tasting**  
at Vino Loco  
6-8pm

20

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



22

**Product Demo & Tasting**

El Burrito Soy Taco

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**Chair Massage**  
available most days.  
See schedule posted  
on the bulletin board  
near the store exit

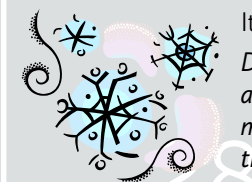
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26

**Free Seminar:**  
Functional Blood  
Chemistry Analysis  
6pm

27

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

## National Cereal Day Tasting

Friday, March 7 • 11:30-2:00pm

Try our newest cereals, including gluten-free, vegan and sprouted varieties. Also try new versions of old friends.

## Gluten Free Tasting

with Alex Ramsey

Saturday, March 8 • 11:30-2pm

Sample quick and easy gluten-free foods fit for a meal or a snack during our free tasting. Discover delicious foods you and your family can eat without stomach distress.

## Free Cheese Tasting

with Mindy DeGraff & Maggie Carillo

Wednesday, March 12 • 5:30-7:30pm

King Henry II declared Cheddar cheese to be the best in Britain and most Brits continue to agree. Cheddars often have a characteristic sweet, nutty flavor with a very long finish. The British Cheese Board recommends trying before you buy any Cheddar. Join us and find out which Cheddar is your new favorite!

## New Frontiers 5% Day

To benefit Sun Sounds of Arizona

Wednesday, March 19

Sun Sounds provides audio access to information for people in Flagstaff who can not read due to a disability. Funds from this 5% Wednesday will pay for Sun Sounds broadcasts and subscriptions to publications read on the air.

## Cheese and Wine Tasting

at Vino Loco Wine Bar • 22 E. Birch Ave.

March 20 • 6-8:00pm • \$10

Join us for a cheese and wine tasting at Vino Loco Wine Bar, where Mindy DeGraff and Maggie Carillo will be serving up five delicious cheeses from New Frontiers Natural Marketplace, along with five Vino Loco wines, for \$10.

## Functional Blood Chemistry Analysis

with Kristin McGary,

Holistic Healthcare Practitioner

Thursday, March 27 • 6:00pm

Learn about Functional Blood Chemistry Analysis and how it differs from the tests ordered by your doctor. Discover why FBCA could be the more valuable biomedical tool in preventing and diagnosing disease patterns.

## Guardian Angel and Others

paintings by Elaine Dillingham

Monday, April 26<sup>th</sup> • 6:00pm

New Frontiers Natural Marketplace invites you to view the paintings of Elaine Dillingham. Elaine enjoys sharing a passion for looking at, thinking about, talking about, and creating art.

"All painting, no matter what the subject or style...is composition. It's about balance, supported by love. Surprise, delight, and mystery spice it up," says Dillingham.

## 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.

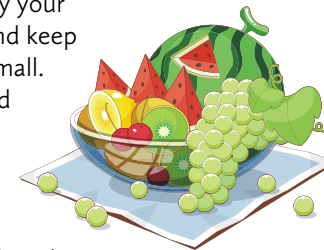
- Ensure that you are getting enough protein by choosing at least a serving or two of lean meats, skinless poultry, fish, beans, soy products, nuts and lentils. Vary your choices, and keep portions small.

- 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.)

The fruits and vegetables in the frozen case are picked and frozen at the peak of their ripeness, when the flavor is at its best.

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

**New Frontiers**  
natural marketplace

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