

Sunday

Monday

Tuesday

Wednesday

Thursday











Friday

Saturday

# March 2015

New Frontiers owns our own organic farm, Nojoqui Farms, located in Buellton just 12 miles from our store. It is our belief that growing and supporting organics is one of the best things we can do for ourselves, our children and the earth. Look for the "Grown on our Farm" label - to know that you're getting the freshest produce, direct from our fields, to our shelves, to your table.



1	2	<b>Product Demo &amp; Tasting</b> 11 am to 3 pm Yulu yogurt with GT's Synergy Kombucha.	<b>Product Demo &amp; Tasting</b> 11 am to 3 pm Sample Gardenburger veggie burgers with Boulder Canyon chips.	 <b>Full Moon</b>	3	4
 Daylight Savings Time begins	<b>Get ready for St. Patrick's Day!</b> Our deli can help bring out the Irish in you with traditional St. Pat's Day favorites.	<b>Nutrition Nonsense</b> <i>Dr. Greg Anderson</i> 1 pm Learn the truth about common nutritional beliefs.	5	<b>Product Demo &amp; Tasting</b> 11 am to 3 pm Sample deliciously fresh salad greens with Annie's dressings.	<b>Product Demo &amp; Tasting</b> 12 - 4 pm Enjoy Horizon organic cheese shapes with toasted Ezekiel bread.	<b>Celebrate Potato Chip Day</b> 
<b>It's Peanut Butter Lover's Day!</b> Celebrate by grinding your own from our bulk department. Ooh, try the honey roasted!	<b>March is National Flour Month</b> We carry flours in our bulk department you won't find anywhere else. Get creative.	<b>SHINE for ADD and ADHD</b> <i>Drs. Kendyl and Adam Pollenz</i> • 1 pm St. Patrick's Day	Celebrate <b>National Ag Day</b> with fresh organic produce from the <i>New Frontiers Farm</i> .	<b>Senior Discount Days - Save 10%</b> Seniors get 10% off on Tuesdays and Thursdays.	<b>5% Friday</b> To benefit <i>Stuart C. Gildred Family YMCA</i> Help the Y build healthy bodies, minds, spirits and community.	6
 <b>World Water Day</b> Drink to your health!		<b>Leaky Gut Syndrome</b> <i>Dr. Greg Anderson</i> 6:30 pm Learn what it is and how to control it.	<b>National Waffle Day</b> 11 am to 3 pm Nature's Path frozen waffles with syrup and iced coffee.	<b>National Spinach Day</b> Sample fresh spinach salad, and get local, organic spinach here!		7
	<b>It's Frozen Food Month -</b> Stock up on breakfast items, appetizers, a side dish, a full entree or dessert.			May the road rise up to meet you. May the wind always be at your back. May the sun shine warm upon your face, and rains fall soft upon your fields. And until we meet again, May God hold you in the palm of His hand. — <i>Irish Prayer</i>		8

# New Frontiers Events & Information

## Your Choices Matter

with *Gabriella Valsecchi*

**Tuesday, March 3 • 1 pm**

Master B.E.S.T. Practitioner Gabriella Valsecchi will teach us that the choices we make in the Six Essential Areas (eating, drinking, exercising, resting, breathing and thinking) determine our overall health and lead to either wellness or dis-ease. Gabriella offers simple, straightforward guidelines to help you feel better.

## Nutritional Nonsense; the Scientific Truth about Nutritional Beliefs

with *Dr. Greg Anderson, D.C.*

**Tuesday, March 10 • 1 pm**

In his ongoing educational series, Dr. Anderson will dispel several nutritional myths, including: Carbs Should Be Your Biggest Source of Calories; Eggs Are Bad for Your Heart (Avoid Egg Yolks); Vegetable Oils Are Good for You; Sugar is Sugar; Fat Makes You Fat; Weight Loss Is All About Your Calories In and Calories Out; Too Much Salt is Bad; Soy is a Health Food; and, Eating Flax Seeds is Like Eating Fish Oils.

## SHINE for ADD and ADHD

with *Drs. Kendyl and Adam Pollenz, D.C.*

**Tuesday, March 17 • 1 pm**

This program, developed by Dr. Edward Hallowell, views ADD/ADHD not as a deficit or a disorder that needs to be “fixed,” but rather a set of traits that can be viewed as a gift. Like Dr. Hallowell,

Adam and Kendyl, both of whom are certified in this world-renowned program, help people, adults and children alike, identify, develop, and celebrate their talents. Join them in our Community Room for an overview of this empowering program.

## New Frontiers 5% Friday

To benefit *Stuart C. Gildred Family YMCA*

**Friday, March 20**

On the third Friday of each month, New Frontiers donates 5% of sales to a local non-profit organization to help support community endeavors. This month’s recipient is the Stuart C. Gildred Family YMCA. Our local “Y” enriches kids, adults, families and our community through health, well-being and fitness programs, camps, family time, education and leadership, sports and recreation, and other activities for people of all ages, incomes and abilities. They are more than a local health and fitness club with a gym and a pool; they’re helping build healthy bodies, minds and spirits in our community. Since the donation is based on a percentage of sales, you can help by shopping on this day.

## Leaky Gut Syndrome

with *Dr. Greg Anderson, D.C.*

**Tuesday, March 24, 6:30 pm**

Dr. Anderson explains what Leaky Gut is, what causes it, what the symptoms are, what are the dangers if left untreated, how is it diagnosed, and he will offer natural solutions. Join him in our Community Room to find out more.

## We’re Hot on Frozen Food

Many of us who shop natural food stores do so because we are passionate about quality and freshness, but even the most ardent fresh food lovers among us get pressed for time every now and then. On those occasions, you’ll want to have options on hand so you can conveniently serve up delicious and nutritious snacks or meals. Whether it’s breakfast, appetizers, a side dish, a full entree or dessert, we’ve got a great selection of frozen food that is sure to please.

Fruits and vegetables are never out of season in the frozen food aisle, because they were picked and naturally preserved at the peak of their ripeness, when the flavor is at its best.

Our frozen food differs from what you’ll find in conventional grocery stores, in that it is free of artificial preservatives, sweeteners and colorings, and generally has a lower sodium content.

So for taste, quality, convenience and good health, shop our frozen aisles and learn why We’re Hot on Frozen Food.

## Celebrate St. Patrick’s Day!

We’re always looking for reasons to celebrate, so when a holiday comes around, our deli makes the food to help you make it more special. This year, our deli case will be stocked with plenty of traditional favorites, including:

- Corned beef and cabbage
- Colcannon with croquettes
- Irish champ
- Irish stew.

Along less traditional lines, our bakery will feature green-themed goodies including Green Velvet Cake, shamrock and leprechaun sugar cookies, and our famous Irish Oatmeal Cake.

As always, our food is prepared lovingly, on site, from scratch - delicious and nutritious, for the body and soul.

## It’s National Nutrition Month

In celebration of National Nutrition Month we encourage you to make informed eating choices to help you achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health. We recommend the following:

- Eat more plant foods such as vegetables, beans, fruits, whole grains and nuts.
- Fill more than half your plate with fruits and vegetables at every meal.
- Eat a variety of vegetables, especially dark green, red and orange vegetables;
- Avoid highly processed foods.
- Replace protein foods that are higher in solid fats with choices that are lower in solid fats, and choose a variety of proteins, including seafood (8 - 12 ounces a week), lean meat, poultry, eggs, beans and peas, nuts and seeds.
- Limit sugar, and avoid artificial sweeteners.
- Drink half your weight in ounces of water each day (150 lbs. = 75 oz. water).
- Eat breakfast, snack throughout the day, and consume fast food less often.

## Art in the Deli

Each month, we present a new art show, giving local artists a chance to show and sell their creative works. This month we feature paintings by Cherie Adams.

**New Frontiers**  
natural  
marketplace

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