

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2015

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"Winter's done, and April's in the skies,
Earth, look up with laughter in your eyes."
—dCharles G.D. Roberts

April Fool's Day

Product Demo & Tasting
12 - 4 p.m.
Amy's Frozen Meals

Passover
begins at sundown
Good Friday



Full Moon

Easter Sunday



National Caramel Popcorn Day

Product Demo & Tasting
11 am to 3 pm
Rumiano Cheese,
Mary's Gone Crackers,
Florida Orange Juice

Product Demo & Tasting
12 - 4 p.m.
Late July crackers,
Blue Monkey coconut water

Product Demo & Tasting
12 - 4 p.m.
Kozy Shack pudding,
Guayaki Yerba Maté

National Grilled Cheese Sandwich Day



April is National Pecan Month
Buy 'em fresh, a little or a lot, in our Bulk Department, and save on packaging.

Antioxidants:
Dr. Greg Anderson
1 pm
Learn about free radicals and antioxidants

Shop our Meat Department for the best meat, poultry, lamb and seafood.

Tax Day

Senior Discount Day - Save 10%
Tuesdays and Thursdays are Senior Discount Days. Seniors get 10% off.

5% Friday
To benefit Solvang Arts & Music (SAM)
Shop today to help support arts and music education in Solvang

Buy in Bulk and Save
Buy a little or a lot. Bulk food costs less, and reduces the amount of waste going to landfills.

National Garlic Day



SHINE for ADD and ADHD
Drs. Kendyl and Adam Pollenz
1 pm
An overview of this empowering program

Earth Day



Community Health Screening
9 a.m to Noon
Safe, accurate, low-cost health screenings, with results in 10 minutes.

Product Demo & Tasting
11 am to 3 pm
Food Should Taste Good tortilla chips with Frontera salsa

National Pretzel Day

Our Core Values are: Customer Delight, Education, Quality Natural Food, Creating Abundance, Taking Care of Our Team Members, Supporting Our Communities, Supporting Our Earth

National Oatmeal Cookie Day
We bake 'em fresh, with love.

New Frontiers Events & Information

Antioxidants: Beyond the Hype The Truth About Free Radicals & Antioxidants

with Dr. Greg Anderson, D.C.

Tuesday, April 14 • 1 p.m.

Topics in this lecture include:

- What is a free radical, and what damage can they do?
- What is an antioxidant?
- How do free radicals and antioxidants interact?
- The hype about ORAC values.
- How mega-antioxidants can act as free radicals.
- Antioxidants in food.
- Antioxidant supplements.
- Keap-Nrf2 cycle and your antioxidant factories.
- Priming the Nrf2 pump.

New Frontiers 5% Friday

To benefit Solvang Arts & Music

Friday, April 17

Solvang Arts & Music (SAM) supplements the Solvang School's educational budget by raising funds from the community for arts and music education. They fund a fully integrated music and arts curriculum for grades pre-K through 8 to ensure that these classes are a regular part of students' school day. There is no charge to the students.

Currently, SAM funds four teachers - two music, one drama and one art, along with all program costs. Since the donation is based on a percentage of sales, you can help by shopping on this day.

SHINE for ADD and ADHD

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

April 21, 1 p.m.

This program, developed by Dr. Edward Hallowell, views ADD/ADHD not as a deficit or a disorder, but rather as a set of traits that can be viewed as a gift. Adam and Kendyl, both of whom are certified in this world-renowned program, help adults and children identify, develop and celebrate their talents. Join them in our Community Room for an overview of this empowering program.

Community Health Screening

West Coast Health Services

Thursday, April 23 • 9 a.m. to Noon

WCHS is a certified laboratory specializing in safe, accurate, low-cost public health screenings. They will be offering Cholesterol, Lipid Profile, Liver Function, Glucose and Hemoglobin A1c for Diabetes, Bone Density tests, and Allergy Screening, and Body Composition Screening. All but the Allergy Screening will have results within 10 minutes, and these are reviewed individually, and a physician review is recommended as needed.

Art in the Deli

with Gina Bilwin

"A Lifetime of Paintings in a Traditional Manner;" Gina uses paints, canvas and brushes to give homage to the beauty of the earth in form, color and light. Her paintings will be displayed all month long.

Earth Day Every Day

Earth Day, April 22, is a day to increase awareness and appreciation for the Earth's natural environment. At New Frontiers we celebrate Earth Day Every Day by providing you products and information that promote healthy living and sustainability.

Since 1991, we have owned and operated our own organic farm, Nojoqui Farms, located on the Central Coast of California. We partner with several other small, independent organic farmers to provide fresh local and organic produce to our store. We believe that growing and supporting organics is one of the best things we can do for ourselves, our children, our customers, our communities and our Earth. We encourage, and try to educate people, to go green by:

- Giving discounts and prizes to our customers who use reusable shopping bags.
- Serving our to-go food in recycled and recyclable containers.
- Selling and serving organic, shade-grown coffee.
- Offering earth friendly cleaning supplies and paper products.
- Offering "Green Tips" each month.
- Having an extensive Bulk Department, thereby reducing packaging.

At New Frontiers, we embrace the opportunity to improve the quality of life, in our relationships, in our community, and in our world – on Earth Day and every day.



EWG'S 2015



The Dirty Dozen: The 12 most contaminated fruits and veggies that are best to buy organic:

Apples	Sweet Bell Peppers
Peaches	Cucumbers
Nectarines	Cherry Tomatoes
Strawberries	Snap Peas (imported)
Grapes	Potatoes
Celery	+Hot Peppers
Spinach	+Kale/Collard Greens

The Clean 15: These have the least contamination and are a better bet when choosing conventionally grown produce:

Avocado	Papayas
Sweet Corn	Kiwi
Pineapples	Eggplant
Cabbage	Grapefruit
Sweet Peas (frozen)	Cantaloupe
Onions	Cauliflower
Asparagus	Sweet Potatoes
Mangoes	

The Plus (+) category highlights crops that did not meet traditional Dirty Dozen™ criteria, but were commonly contaminated with highly toxic organophosphate insecticides. These insecticides are toxic to the nervous system and have been largely removed from agriculture over the past decade, but they are not banned and still show up on some food crops. For more info, go to www.FoodNews.org.

New Frontiers
natural marketplace

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