

New Frontiers Events & Information

Festival of Chocolate!

Everyone's favorite New Frontiers event

Thursday, Feb. 11 • 1 - 4 p.m.

In honor of February and Valentine's Day, we invite you to our annual Festival of Chocolate.

- FREE samples of all things chocolate, including cookies, candy, brownies, ice cream, yogurt, milk, and so much more.
- Dip into our sumptuous chocolate fountain.
- Win exciting prizes.
- It's fun for all chocolate lovers!
- And best of all, it's FREE!

Gout: New Information, New Hope

with Dr. Greg Anderson, D.C.

Friday, Feb. 19 • 12:30 p.m. FREE

Dr. Anderson will present information on diet and lifestyle to give hope to sufferers of gout.

New Frontiers 5% Day

To benefit Santa Ynez Valley Cottage Hospital Foundation

Friday, February 19

On the third Friday of each month, New Frontiers donates 5% of sales to a local non-profit organization. This month, in observance of Heart Health Month, we have chosen, as the recipient of these funds, the Santa Ynez Valley Cottage Hospital Foundation.

Since 2002, with strong community support, the foundation completed an \$8 million drive to establish an Endowment Fund for long term needs and a \$7 million rebuilding campaign, which have transformed our hospital into a vibrant center for healing and care that's unusual for a rural community of this size. The hospital now includes:

- Advanced equipment for heart monitoring and imaging;
- An expanded Emergency Department;
- An infusion suite for cancer patients; and
- Modern patient rooms and healing gardens.

A focus for the future is to bolster The Patient-Care Equipment & Technology Fund, to help replace, upgrade and acquire needed equipment and technology.

Since our donation is based on a percentage of sales, you can help by shopping with us on this day.

Art in the Deli

by Marianne Minor

Jan. 31 - Feb. 27

Our featured artist is Marianne Minor, who has been painting since she moved to the Valley in 2000. Marianne paints in the style of German Expressionism, in acrylic, large format, bright colors.

She said, "After working for years in Silicon Valley as a management consultant, it is extremely rewarding to live on a hill in paradise, and look out at the colors of the Valley."

Heart Healthy Foods

Add these "super-foods" to boost nutritional goodness while eating your way to a healthier heart.

1. Blueberries top the list as one of the most powerful disease fighting foods.

These delicious jewels are packed with fiber and vitamin C.



2. Salmon is a great source of protein and packed with heart healthy omega-3 fatty acids. Salmon is versatile, easy to cook and tastes great.

3. Nuts - A handful of healthy nuts such as almonds or walnuts will satisfy your hunger and help your heart.

4. Oatmeal - Oats are nourishing whole grains and are a great source of vitamins, minerals and cholesterol-lowering fiber.

5. Spinach is a powerhouse in the vegetable kingdom. Its rich, dark color comes from the multiple phytochemicals, vitamins, and minerals (especially folate and iron).

6. Broccoli - Crisp, fresh broccoli florets dipped in hummus are a terrific heart-healthy snack with a whopping list of nutrients, including vitamins C and E, potassium, folate, calcium and fiber.

7. Dark Chocolate (65% or higher cocoa content) is rich in antioxidants and good for your heart.

National Snack Food Month!

When some of us hear the phrase "snack food," we think "junk food;" but not at New Frontiers. We've got a huge assortment of healthier snacks for the big game, the special occasion, or for everyday; from Non-GMO corn chips, to great-tasting potato chips that are lower in sodium and fat, to delicious cookies without artificial colors, sweeteners or

preservatives, to the highest quality chocolate to frozen delights.

We all love to snack, so why not make it a little healthier snack - at New Frontiers.

Gift Ideas for Valentine's Day

Pamper your loved ones with the gift of natural health and beauty care this Valentine's Day. We've got many wonderful choices available to delight their senses.

Give light, warmth, and nature's scents with our quality **aromatherapeutic candles**. Discover our great selection in a variety of colors, scents and shapes.

We offer **scented body sprays** or oils made from exotic premium flower or plant essences. We have a large selection of luxurious body care items - come see for yourself. Locally-made **jewelry** is another great choice and often a one-of-a-kind gift.

Don't forget the favorite and classic gift of decadent chocolate. New Frontiers has a fantastic selection of **artisan gourmet chocolate** for you to choose from, made by companies known for the highest standards of chocolate-making and the **freshest all-natural ingredients**, including Bissinger's, Lake Champlain, Long Grove Confectionery, Fran's, and more.

Whether it's body wash, exotic lotions, or organic confections, New Frontiers has what it takes to please your special one's senses.

New Frontiers
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marketplace

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