

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

April 2016

April Fool's Day

The first of April is the day we remember what we are the other 364 days of the year. - Mark Twain

1

2

We're celebrating Frozen Food Week - with free samples of exciting frozen food products

3

Product Demo & Tasting

12 - 2 p.m.

Annie Chun's Chicken and Vegetable Potstickers

4

Product Demo & Tasting

1 - 3 p.m.

Rising Moon Butternut Squash Ravioli

5

It's Fresh Tomato Day! Enjoy delicious organic tomatoes



6

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8

April is National Pecan Month

Buy 'em fresh, a little or a lot, in our Bulk Department, and save on packaging.

9



It's National Garden Week - get seeds for fruits, vegetables and flowers in our Produce department

10

11

National Grilled Cheese Sandwich Day



12

Product Demo & Tasting

11 a.m. to 1 p.m.

Cascadian Farm granola bars with GT's Kombucha

13

Product Demo & Tasting

12 - 2 p.m.

Envirokids Rice Crispy Bars with Ceres juice

14

5% Friday

To benefit Veggie Rescue

Help provide food to youths and seniors.

Free lecture on supplements by Dr. Anderson - 1 p.m.

15

16

It's Stress Awareness Month - use meditation to get in touch with and relieve stress

17

18

National Garlic Day



19

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

20

Senior Discount Days - Save 10%

Seniors get 10% off on Tuesdays and Thursdays.

21

Earth Day



22

It's National Picnic Day. Our deli and Grab N' Go case have everything you need.



23

Passover begins

It's Fresh Zucchini Bread Day - we make it fresh in our deli-bakery

24

25

Product Demo & Tasting

12 - 2 p.m.

Lily's Chocolate

26



Full Moon

27

Product Demo & Tasting

12 - 2 p.m.

For Soyfoods Month, we're serving Silk Vanilla with Udi's muffins

28

Product Demo & Tasting

12 - 2 p.m.

Endangered Species and Chocolve chocolate

29

National Oatmeal Cookie Day

We bake 'em fresh, with love.

30



There is no fragrance in April breezes till breathed with joy as they wander by. - William Cullen Bryant

New Frontiers Events & Information

Three Supplements You Shouldn't Be Without

with Dr. Greg Anderson, D.C.

Friday, April 15 • 1 pm

In this installment of his ongoing educational series, Dr. Anderson will discuss nutritional supplements.

The main points he will touch on are:

- Current information about U.S. nutritional deficiencies;
- The one essential nutrient that almost 100% of Americans are deficient in;
- Understanding vitamin supplements;
- Herbal supplements: Buyer beware;
- Why are there so many nutritional deficiencies today?

This informative talk will be held in the conference room of the New Frontiers Home Office, Suite A-7.

New Frontiers 5% Friday

To benefit Veggie Rescue

Friday, April 15

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 Santa Ynez Valley Fruit and Vegetable Rescue, or as its known by Valley locals, "Veggie Rescue."

Veggie Rescue is a non-profit organization which "gleans" the second harvest from local farmers, delivering good nutrition free of charge to local community organizations. They have created a wonderful collaboration between local

farmers, local volunteers, and local organizations seeking to provide healthy food to seniors, youth, and others in need. The organization's volunteers glean five different farms plus the farmers markets in Solvang and Goleta. That produce is then delivered to Solvang School, SYV Charter School, Solvang Senior Center, Buellton Senior Center, Friendship House, People Helping People and the Food Bank of Santa Barbara County.

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

Art in the Deli

by Lynn Andrews.

March 27 - April 30

This month, we are pleased to present "Captivating Frontiers - Near and Far," photographic works by award-winning photographer Lynn Andrews.

This breathtaking exhibit features photos shot in Italy (Rome, Orvieto, Sorrento, Tivoli Gardens), Greece (Athens), Spain (Barcelona), and California (Big Sur, Carrizo, Figueroa Mountain, Buellton and Lompoc.)

Andrews has lived on the Central Coast for more than 40 years, and is a member of the Lompoc Art Association, the Professional Photographers of California, and the Gold Coast Professional Photographers.

Except for two limited editions, all photos in the exhibit are available framed, or on canvas, metal or acrylic.

Earth Day Every Day

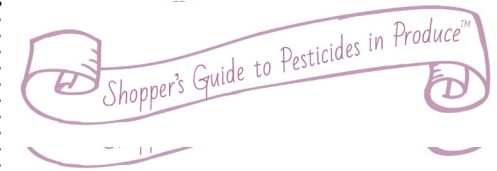
Earth Day was first celebrated in 1970. It is observed April 22 as a day to increase awareness and appreciation for the Earth's natural environment, and our role in preserving it. At New Frontiers, we celebrate Earth Day Every Day by providing you with products and information that promote healthy living and sustainability.

Since 1991, we have owned and operated our own certified organic farm, Nojoqui Farms, located on the Central Coast of California. In addition to growing our own, 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.

In our store, 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" to our customers;
- Having an extensive Bulk Department, thereby reducing packaging;
- Incorporating green design features into our stores; and
- Conducting a large-scale composting operation on our farm.

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.



Each year, the **Environmental Working Group (EWG)** provides us with information about pesticide levels in fruits and vegetables to help us make more informed choices about the produce we buy. "**The Dirty Dozen**" lists the most contaminated fruits and vegetables. It is best to buy the organic variety of the items on this list. "**The Clean 15**" have the least contamination, and are relatively safer, if buying conventional. (They have yet to release the list for 2016, but here's the most recent list.)

The Dirty Dozen:

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:

Avocado	Asparagus
Sweet Corn	Mangoes
(* buy organic corn if you wish to avoid GMOs)	Papayas
Pineapples	Kiwi
Cabbage	Eggplant
Sweet Peas (frozen)	Grapefruit
Onions	Cantaloupe
	Cauliflower
	Sweet Potatoes

New Frontiers
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