

January 2017

Celebrate National Hot Tea month with one of the many varieties of unique and comforting tea we offer.



New Frontiers is closed today.



National Pizza Week
Pizza is delicious, easy, and can be quite healthy.

Our soups are loved far and wide. Come in and enjoy a bowl, or take home some for later, in honor of National Soup Month.

*National Pie Day
Come see what's baked fresh in our Bakery case today.*



Product Demo & Tasting
11 a.m. to 1 p.m.
Iconic Protein Drink Lenny & Larry's cookies

It's Bittersweet Chocolate Day
Our favorites are from Alter Eco, Green & Black's, and Chocolove.

Product Demo & Tasting
12 - 2 p.m.
Wolfgang Puck soup

National Peanut Butter Day
Grind your own - try our honey roasted!



Product Demo & Tasting
1 - 3 p.m.
Boulder Canyon Coconut Oil Chips, Brew Dr. Kombucha

National Spaghetti Day
We have an amazing selection of pastas, including gluten-free varieties.

Product Demo & Tasting
12 - 2 p.m.
Taste Glutino gluten-free toaster pastries

National Gourmet Coffee Day
Try New Frontiers' 100% Arabica coffee. Hand roasted and air-cooled for exceptional flavor.

Product Demo & Tasting
11 a.m. to 1 p.m.
Hope hummus with Milton's crackers and La Croix water.

Product Demo & Tasting
12 - 2 p.m.
Nature's Path Oatmeal Cadia Almond Milk

Full Moon


Product Demo & Tasting
1 - 3 p.m.
For National Popcorn Day we have Skinny Pop and La Croix

Green Juice Day
Order a fresh made green juice from our deli.

"What the New Year brings to you will depend a great deal on what you bring to the New Year"

- Vern McLellan



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New Frontiers Events & Information

New Frontiers 5% Day

To benefit the Ballard School PTA
Friday, January 20

On the third Friday of each month, New Frontiers donates 5% of sales to a local non-profit organization. This month's recipient is the Ballard School Parent Teacher Association (PTA). Ballard is the oldest school and was also the first public building in the Santa Ynez Valley. It currently teaches students from Kindergarten through sixth grade. The PTA has provided funds to enrich the children's education in many ways: through technology, special assemblies, arts and music programs, and many more. Since our donation is based on a percentage of sales, you can help by shopping with us on this day.

Add Enjoyment to Your Life

with gourmet artisan cheese

Tuesday, Jan. 17 - Monday, Jan. 23

Eating gourmet artisan cheese is a pleasure that adds enjoyment to life. At New Frontiers, we have a great selection of gourmet artisan cheeses, including cow, goat and sheep varieties, fresh, bloomy, washed-rind, semi-soft, firm, hard and blue cheeses.

To help celebrate National Cheese Lover's day, we're offering great savings on some of our most exciting and most popular varieties and styles, and a free tasting on Friday, Jan. 20.

Cheese is high in protein and calcium, as well as other nutrients such as phosphorus, zinc, vitamin A, riboflavin,

and vitamin B12. Many cheeses, particularly aged cheeses, contain little or no lactose, making cheese a great source of calcium and other nutrients for people who have trouble digesting milk sugar. For individuals monitoring or reducing fat in their diet, goat cheese and sheep cheese are lower in fat and calories. For people watching their cholesterol, numerous studies have shown that women who eat a small amount of cheese each day have higher levels of HDL (good cholesterol) than women who don't eat cheese. Many hard cheeses, such as Parmigiano or Pecorino Romano, are very low in cholesterol. As always, moderation is the key. We say - add enjoyment to your life, with gourmet artisan cheese from New Frontiers!

Art in the Deli

with Petti Pfau
all month long

New Frontiers is pleased to feature the paintings of Santa Ynez Valley artist Petti Pfau in our deli throughout the month of January.

Pfau, a longtime educator at Solvang School, and coordinator of Danish Days "Kid's Korner," will be exhibiting beautiful Valley landscapes, vibrant florals, and other colorful watercolor images.

For the only organic salad bar in the Valley and delicious hot soups made fresh, with love, each day, come to New Frontiers - open during construction.

Steps to a Healthier You

Healthy eating is not about strict dietary limitations, staying unrealistically thin, or depriving yourself of the foods you love. It's about feeling great, having more energy, and stabilizing your mood. By using these simple tips, you can create a tasty, varied, and healthy diet.

1. Eat smaller portions.
2. Slow down. Chew your food slowly. Savor every bite. Reconnect with the joy of eating.
3. Fill up on fruits and vegetables. They are low in calories and nutrient dense, meaning they're full of vitamins, minerals, and antioxidants. Try to eat a rainbow of fruits and vegetables with every meal—the brighter the better.
4. Eat high-quality protein. Consider replacing red meat with fish, chicken, or plant-based protein such as beans and nuts. At snack time, choose nuts and seeds instead of chips.
5. Choose healthy carbohydrates and fiber sources, especially whole grains, for long lasting energy. Whole grains are delicious and satisfying, and rich in phytochemicals and antioxidants
6. Eat breakfast, and eat smaller meals throughout the day. A healthy breakfast can jump start your metabolism, and eating small, healthy meals throughout the day keeps your energy up and your metabolism going.
7. Avoid eating at night.
8. Drink enough water. Drink half your body weight in ounces of water each day.



National Soup Month

We invite you to celebrate with our healthy, heartwarming soups made fresh from scratch daily in our deli. We feature two or three soups each day, including a chicken soup and a vegan selection every day. Order a cup or a bowl - it comes with chips or veggies. We post our featured soups every day on our specials board in the deli, and also on our Facebook page. Find us at Facebook.com/newFrontiersSolvang.

Hot Tea Month

Drinking hot tea can be a wonderful ritual of contemplation and conversation, and is also a delicious way to refresh the mind and warm the body.

Most tea is rich in powerful antioxidants, which impart many health benefits such as supporting cardiovascular health and boosting the body's immune defense.

We have sales this month on Celestial Seasonings traditional, herbal, chai and wellness teas, and Yogi herbal teas - created from the finest herbs and spices from around the world.

Check out our grocery department for the huge selection of brands and flavors to choose from.

New Frontiers
natural marketplace

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