

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February 2017



*It's American Heart Month.
New Frontiers offers many healthy choices to help you take good care of your heart.*

Product Demo & Tasting

1 - 3 p.m.
Chicken wings
Blue Sky soda

1

Groundhog Day



2

Product Demo & Tasting

12 - 2 p.m.
StarLite Cuisine
Taqitos
La Croix water

3

National Homemade Soup Day
Our soup is homemade every day just for you!

4

Super Bowl LI
We've got all the snacks and goodies for the big game



6

*Our bakers are cooking up a treasure trove of Valentine's goodies!
Stop by our Bakery case to see what delectable treats are available today.*

7



8

Festival of Chocolate!

1 - 4 p.m.
Sample all things chocolate! Featuring our beloved chocolate fountain.

9



Full Moon

10

11

Product Demo & Tasting

11 a.m. to 1 p.m.
Glutino Toaster Pastries

12

13



14

Product Demo & Tasting

11 a.m. to 1 p.m.
Think Thin Bars

15

Product Demo & Tasting

12 - 2 p.m.
Fresh celery with Once Again Almond Butter and raisins

16

5% Friday

To benefit Santa Ynez Valley Cottage Hospital Foundation

17

18

February is Potato Lovers Month

Potatoes are fat free, sodium free, high in vitamin C, a good source of fiber and high in potassium.

19



Presidents' Day

20

Product Demo & Tasting

11 a.m. to 1 p.m.
Pacific Foods soups

21

Product Demo & Tasting

1 - 3 p.m.
Chocolate Day #2
We're sampling more chocolate!

22



Product Demo to celebrate Chili Day

12 - 2 p.m.
Amy's Chili with Food Merchants
Polenta

23

National Tortilla Chip Day

Enjoy New Frontiers Organic Tortilla Chips with salsa made fresh from our deli

24

25

One medium potato (5.3 ounces) has 100 calories.



26

27

Product Demo & Tasting

1 - 3 p.m.
Kind Bar
Reed's Kombucha

28

*"The only thing we should scream into the world is love."
— Jill Telford*

New Frontiers Events & Information

A Change in Our Sales Flyer!

available digitally or in-store

As leaders in sustainability, we have made the ecological choice to no longer insert our sales flyer in the newspaper. You can still get them in-store, on our website, or by email.

To sign up to receive our flyer via e-mail, as well as exclusive offers, news and tips, go to NewFrontiersMarket.com or register in our store.

Festival of Chocolate!

Everyone's favorite New Frontiers event

Thursday, Feb. 9 • 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!

Fantastic Fridays!

every Friday

This year celebrates our 20th year of offering naturally delicious high-quality foods and other choices for healthy living in the Santa Ynez Valley. To help mark this milestone we're offering YOU the gift of savings. Every Friday you'll get 10% off your entire purchase when you spend \$50, and 15% off a purchase of \$100 or more.

It's our way of saying THANK YOU for 20 wonderful years of community partnership and healthy living.

New Frontiers 5% Day

To benefit Santa Ynez Valley Cottage Hospital Foundation

Friday, February 17

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 patient.
- 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.

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. Delight them with **aromatherapy bath salts or bath scrubs**. 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.

Healthy Eating Guidelines

February is Heart-Health Month, so with that in mind, we offer these general guidelines for a healthy eating lifestyle.

- Make half your plate, fruits and vegetables, varying your vegetables to include a variety of colors, and focusing on whole fruits;
- Make half your grains whole grains. Whole grains should be listed first or second on the ingredient list;
- Vary your protein routine;
- Drink and eat less sodium, saturated fat, and added sugars.

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.



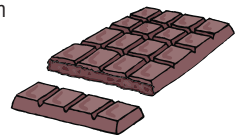
2. Salmon is a great source of protein and packed with heart healthy omega-3 fatty acids. Salmon is versatile, easy to cook and tastes great.

3. Soy Protein - an inexpensive, high-quality protein that contains fiber, vitamins, and minerals—ingredients for a heart-healthy meal.

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



New Frontiers
natural
marketplace

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