

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2017

New Frontiers Solvang • 1984 Old Mission Dr.
NewFrontiersMarket.com



It's Frozen Foods Month
Did you know frozen fruits and veggies contain as much or more nutrition as their fresh counterparts?

It's Peanut Butter Lover's Day!
Celebrate by grinding your own from our bulk department. Ooh, try the honey roasted!

Product Demo & Tasting
12 - 2 p.m.
Chocolate. Need we say more?

Product Demo & Tasting
12 - 2 p.m.
To celebrate Noodle Month, we're serving pasta with red sauce.

March is National Flour Month
We carry many types of flours you won't find anywhere else. Get creative.

National Cheese Doodle Day
Our favorites are Barbara's and Pirate's Booty.

National Frozen Food Day

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

Product Demo & Tasting
12 - 2 p.m.
To celebrate Frozen Food Month - Alexia oven fries with ketchup

Product Demo & Tasting
12 - 2 p.m.
Kinnickinnick donuts (great tasting gluten free) with Simply OJ

Product Demo & Tasting
1 - 3 p.m.
Carrots and celery with Ranch dressing

Johnny Appleseed Day
Try a different variety of apple!



Daylight Savings Time begins

National Ginger Ale Day
Celebrate with Hansen's or Natural Brew Ginger Ale from New Frontiers

Celebrate Potato Chip Day



Product Demo & Tasting
1 - 3 p.m.
To celebrate Noodle Month, we're serving pasta with red sauce.

5% Friday
To benefit Stuart C. Gildred YMCA

St. Patrick's Day



First Day of Spring



California Strawberry Day
Celebrate with fresh, sweet ORGANIC strawberries

Product Demo & Tasting
1 - 3 p.m.
Alden's Ice Cream!

National Chips and Dip Day
We LOVE our chips and dip, and we've got so many varieties of both!



Product Demo & Tasting
11 a.m. to 1 p.m.
Nature's Path waffles with Shady Maple syrup

National Waffle Day
We love Nature's Path and Van's frozen waffles, and we've got mixes too!



Product Demo & Tasting
11 .m. to 1 p.m.
Taste Larabar

Product Demo & Tasting
12 - 2 p.m.
Michael Angelo's frozen Italian entrees

Product Demo & Tasting
1 - 3 p.m.
Tandoor Chef Naan Pizza with Steaz sodas

Spring is nature's way of saying, "Let's party!"— Robin Williams



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.

Fantastic Fridays! every Friday all day long

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

Art in the Deli

paintings by Marcia Kortas

Tuesday, March 3 • 1 pm

"I never conceived of being an artist. Growing up in private schools in the 50's and 60's I had no formal art training of any kind. I longed to do something creative so I became a hairdresser. After 13 years I switched careers and became a chef. It wasn't until I approached my 50's that I could no longer ignore my desire to paint. I felt that if I was given such a strong desire that somewhere within me was the ability to fulfill it." - Marcia Kortas

New Frontiers 5% Friday

To benefit Stuart C. Gildred Family YMCA

Friday, March 17

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 Stuart C. Gildred Family YMCA.

Our local "Y" enriches kids, adults, families and our community through health, well-being and fitness programs, camps, child care and afterschool programs, sports and recreation, and other activities for people of all ages, incomes and abilities. They are more than a local health and fitness club with a gym and a pool; they're helping build healthy bodies, minds and spirits in Santa Ynez, Solvang, Ballard, Buellton, Los Olivos and Los Alamos. The Y has been here for 28 years, and is part of the Channel Islands YMCA Association.

Currently, there are 6,500 people in the Valley participating in YMCA programs, including 5,600 members of the facility at Refugio Road and Highway 246.

Last year, the YMCA provided more than \$150,000 in financial assistance to 336 children from low-income families through licensed before and after school care and summer day camp programs. This year's goal is \$160,000.

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

We're Hot on Frozen Food

Many of us who shop natural food stores do so because we are passionate about quality and freshness, but even the most ardent fresh food lovers among us get pressed for time every now and then. On those occasions, you'll want to have options on hand so you can conveniently serve up delicious and nutritious snacks or meals. Whether it's breakfast, appetizers, a side dish, a full entree or dessert, we've got a great selection of frozen food that is sure to please.

Fruits and vegetables are never out of season in the frozen food aisle, because they were picked and naturally preserved at the peak of their ripeness, when the flavor is at its best.

Our frozen food differs from what you'll find in conventional grocery stores, in that it is free of artificial preservatives, sweeteners and colorings, and generally has a lower sodium content.

So for taste, quality, convenience and good health, shop our frozen aisles and learn why We're Hot on Frozen Food.

Taste the Difference!

For 25 years, New Frontiers has partnered with Caffe Ibis to bring you exceptional custom roasted organic and shade grown coffee. Thier mission is "unbeatable quality and freshness, while supporting social and environmental responsibility."

Caffe Ibis uses only the top grades of 100 percent shade-grown Arabica beans, a superior variety of coffee grown only at higher elevations. Shade grown (in contrast to the "sun varieties" of coffee, where the canopy of trees is stripped away) is the traditional and sustainable method of farming that uses little or no chemical fertilizers, pesticides or herbicides. Since the coffee beans mature more slowly in the shade, natural sugars increase and enhance the flavor of the

coffee. These beans are purchased at a fair price from small family farmers, further ensuring a sustainable coffee future.

After roasting, our friends at Caffe Ibis air-cool the coffee beans, unlike most roasters who "water quench" their coffee to add weight, reduce cooling time, and to provide a fudge factor for sloppy roasting. Added water affects cup quality and cuts shelf life from 27 days down to six.

We're honored to partner with Caffe Ibis in presenting our New Frontiers Coffee bins and barrels in the bulk department; together we are committed to providing you with the best coffee possible, while making sound environmental and social choices.

It's National Nutrition Month

In celebration of National Nutrition Month we encourage you to:

- Eat more plant foods, including beans and nuts;
- Fill more than half your plate with fruits and vegetables at every meal;
- Include protein at each meal. Choose healthy proteins such as fish, nuts, beans and other legumes, eggs, and lean cuts of meat and poultry;
- Avoid foods with artificial preservatives, colors, sweeteners, and flavorings;
- Limit sugar and sugary drinks, and;
- Drink half your weight in ounces of water each day (150 lbs. = 75 oz. water).

New Frontiers
natural
marketplace

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www.NewFrontiersMarket.com