

# BAKE... The Old Fashion Way!

- \*Flours – over 30 varieties
- \*Flavourings – Natural & artificial
- \*Spices – Fresh, large selection
- \*Fruits – Dried & Glazed
- \*Nuts – Over 50 varieties
- \*Specialty – Carob powder, chips, stevia, Gluten Free and so much more...



**20% OFF COUPON 20% OFF**

With this coupon receive **20% OFF** any six items of Old Fashion Label Spices, Dried Fruits,



**Nuts, Specialty items & Empire Flavourings**

*One coupon per person, per day. 6 items per coupon. No other discount applies. Coupon expires Dec. 31, 2014.*



## OLD FASHION FOODS



Head Office - Regina (306) 352-8623

[www.oldfashionfoods.com](http://www.oldfashionfoods.com)



## OLD FASHION FOODS

Merry Christmas & Happy New Year!

Another year is coming to a close and a New Year will soon begin. OLD FASHION FOODS would like to Thank all of our friends and customers for their friendship and patronage. We are continually learning and growing to benefit the most important people to us...

*Our family, our friends and our customers.*

We hope the new year finds you healthy & happy!

**Happy New Year! 2015**



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# CUSTOMER APPRECIATION DAYS 2014 & 2015

Mon., Dec. 1, Mon., Jan. 5, Mon., Feb. 2, Mon., March 2,  
Mon., April 6, Mon., May 4, Mon., June 1, Mon., July 6,  
Tues., Aug. 4, Tues., Sept. 8, Mon., Oct. 5, Mon., Nov. 2



Receive **15% OFF\*** Everything in the store

*\*Unless otherwise marked. Some exceptions apply* **Great chance to stock up on Supplements & so much more...**

Stop in to see our large selection of **Stocking Stuffers** for that hard to buy for person \*Card Safes \*TEAS

- \*Gift Certificates
- \*Salt Lamps
- \*Essential Oils
- \*Bracelets
- \*Perfumes, Books, Make-up, Mistifiers, Massagers & so much more...



Be sure to catch our **Old Fashion Foods 'Support Group' TV Commercial**



on CITY TV - Sask. Weekdays on Price is Right, Lets Make a Deal, Modern Family, Extra Late, Hell's Kitchen and many more shows in November and December.

**Thanks to our suppliers in the TV commercial;** Natural Factors, NOW, New Roots Herbal, Renew Life, Garden of Life, SISU & Swiss Naturals.

## SUPPLEMENT of the Month

**OLD FASHION FOODS Evening Primrose Oil**

90's reg. price \$7.84 Sale \$5.49

180's reg. price \$13.99 Sale \$9.79

Source of essential fatty acids for the maintenance of good health.

While supplies last. Sale ends Dec. 31, 2014.

