

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...



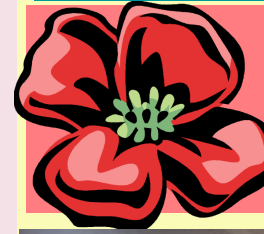
20% OFF COUPON 20% OFF

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.



Lest we Forget!

Remembrance Day - November 11

Meet the Cast & Crew of the Old Fashion Foods 'Support Group' TV Commercial



From left to right: Tyler Lukinski, Perry Hall, Hilee Taylor #59 of the Sask. Roughriders, Richelle Johnston, Pat Galenzoski, Janet Odnokon, Maria Fiorante, Floyd Odnokon, & Jay Meyer. (Inset Marla Ives)

OLD FASHION FOODS



Head Office - Regina (306) 352-8623

www.oldfashionfoods.com



OLD FASHION FOODS

HEAD OFFICE Ph. (306) 352- 8623

www.oldfashionfoods.com



CUSTOMER APPRECIATION DAYS 2014 & 2015



Mon., Nov. 3, 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



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

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

SUPPLEMENT of the Month

Old Fashion Foods Brand

Bromelain Pineapple Enzyme, 100 tabs

reg. price \$8.99 **Sale Price \$6.29** 100 tabs

Sale ends November 30, 2014. While supplies last.

No other discount applies.



Give the Gift of Health this Christmas!
Old Fashion Foods GIFT CERTIFICATES

Available in any denomination

Makes a great Stocking Stuffer!



OLD FASHION FOODS 5 Locations in Regina, 1 in Weyburn, www.oldfashionfoods.com

