

NEW YEAR'S RESOLUTIONS!

Top 10 Healthiest New Year's Resolutions

This year, pick one of these worthy resolutions, and stick with it. Here's to your health!

- *Lose weight *Stay in touch
- *Quit smoking *Save money
- *Cut your stress *Volunteer
- *Go back to school
- *Cut back on alcohol
- *Get more sleep
- *Travel

OLD FASHION FOODS

HAPPY NEW YEAR!!

Welcome 2015

Another year has come and gone and we want to take this time to wish all our customers, friends & family a Happy New Year and the best of health and happiness in 2015.



OLD FASHION FOODS

HEAD OFFICE Ph. (306) 352- 8623

FREE Delivery on orders over \$25.00
weekday afternoons in Regina.

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www.oldfashionfoods.com



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CUSTOMER APPRECIATION DAYS 2015

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, Mon., Dec. 7

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

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

**TEAS!
TEAS!
TEAS!**

Old Fashion
Label TEAS
Select
Varieites

50% OFF

reg. price while
supplies last.

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 January, February,
March & April 2015.

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

See our TV Commercial every 2nd. Weekday afternoon on
Dr. Oz on Global TV . On the other days we have a
commercial with **Natural Factors** on Dr. Oz.

SUPPLEMENT of the Month

OLD FASHION FOODS BROMELAIN 500 mg.

Buy 1 for **20% OFF** reg. price, and buy 2 for

30 % OFF reg. price

- * Natural Enzyme found in Pineapple Roots & Stems
- * Helps reduce swelling & inflammation
- * Helps reduce arthritis & sinus pain

While supplies last. Sale ends Jan. 31, 2015. No other discount applies.



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

