

GIFT CERTIFICATES

We have Gift Certificates in any denomination. They make great stocking stuffers and fit easily into Christmas Cards. *'Give the Gift of Health this Season!'*



Seasons Greetings...

On Behalf of management and staff of OLD FASHION FOODS in Regina and Weyburn, we would like to THANK YOU for your support, loyalty and friendship over the past year! We wish you and yours a very Merry Christmas and a wonderful, Happy and Healthy NEW YEAR!



OLD FASHION FOODS

Head Office (306) 352-8623 www.oldfashionfoods.com

OLD FASHION NEWSLETTER December 2012— Issue 12



MERRY CHRISTMAS & HAPPY NEW YEAR

*From your Health Food Store
and so much more...*

OLD FASHION FOODS

VALUABLE COUPON

OLD FASHION Label HERBAL ENERGY

25% OFF reg. price

with coupon. 90's , Reg. \$9.99



***May help to increase alertness & mental clarity**

***May boost memory function * May help to relieve stress**

While supplies last. No other discount applies.

One bottle per coupon. One coupon per person. Exp. Dec. 31 , 2012.

Online at www.oldfashionfoods.com or follow us on Facebook

CUSTOMER APPRECIATION DAYS 2013



**Mon., Jan. 7, Mon., Feb. 4, Mon., March 4,
Mon., April 1, Mon., May 6, Mon., June 3,
Tues., July 2, Tues., Aug. 6, Tues., Sept. 3,
Mon., Oct. 7, Mon., Nov. 4, Mon., Dec. 2**

15 % OFF Everything in the Store* Unless otherwise marked, Some Exceptions apply*

See us for all your Baking needs this *Christmas Season*



We have over 30 varieties of Flours to choose from. We carry specialty products such as Carob Powder, Chips, Stevia, Gluten Free mixes and much more. We have low prices & a large selection of Spices. We have a huge selection of Flavourings, Fruit & Nuts. Stop in for all your baking supplies.

We are a proud sponsor with Natural Factors of Dr. Oz TV show weekdays on CTV Regina and we also sponsor The Daily Dose with Dr. Oz weekdays at 11:40 a.m. on 620 CKRM.

Be sure to see Vita-Man at intermission at the Regina Pats Hockey Games reffing Sumo wrestlers on the ice on the following dates:
Mon., Dec. 10, Sat., Jan. 26, Friday, Feb. 1,
Thurs., Feb. 7 & Fri., Feb. 15. Very Entertaining!

