

For Father's everywhere!!!

**Top 20 Things my Dad use to do or say.....**

- 1.) He used to say "There are 2 people in life, ones that work from the shoulder up and ones that work from the shoulders down."
- 2.) He would fix a flat tire in the pouring rain.
- 3.) He would shovel the snow every winter.
- 4.) He would shake his head!
- 5.) He would eat supper without doing much talking.
- 6.) He would give us "travelling expenses" to go to the corner store.
- 7.) He would plant bulbs every spring!
- 8.) He was Mr. Fix it!
- 9.) He was the driver! Sunday drives were great!
- 10.) He was the disciplinarian!
- 11.) He always helped with moving.
- 12.) He was always called upon to kill spiders & other horrid bugs.
- 13.) He would build lots of things and did lots of yard work.
- 14.) He played Santa for the family every Christmas by handing out the presents!
- 15.) He kept everyone's vehicles running.
- 16.) He would fall asleep in his easy chair!
- 17.) He watched Hockey Night in Canada every Saturday night.
- 18.) He would always yell " Who turned up the thermostat?"
- 19.) *He would work very hard every day without complaint for his family.*
- 20.) *He loved his family with all his heart!*

**Happy Father's Day**

to all the Father's out there  
from all of your friends at  
**OLD FASHION FOODS**



# OLD FASHION NEWSLETTER

June 2012—Edition 6



**Father's Day Gift Bag**

**Supplier**

for June is **NOW Products**

## HAPPY FATHER'S DAY!

**BLOW-OUT COUPON 50 % Off** reg. price



**JOINT RELIEF & BUILD:** May help build and maintain healthy cartilages.

- May have anti-inflammatory properties to help decrease joint stiffness
- May be effective at reducing joint pain in osteoarthritis
- May improve joint mobility and function

**50 % OFF**  
reg. Price with Coupon

**OLD FASHION**

Reg. \$14.95 90's Sale \$7.48

*No Limits. While Supplies Last. No Other Discounts Apply. Expires June 30, 2012*

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

## OLD FASHION FOODS

Your Health Food Store & so much more...

**6 Locations ( Regina & Weyburn)**

**Free Delivery on orders over \$25.00**

**Weekday afternoons**





# CUSTOMER APPRECIATION DAYS 2012

**Mon., June 4 , Mon., July 2, Tues., Aug.7,**

**Tues., Sept. 4, Mon., Oct. 1 , Mon., Nov. 5, Mon., Dec. 3.**

**15 % OFF Everything in the Store\*** *Unless otherwise marked,*

*June is a time to think about Men's Health;*

*Father's , Uncles, Grandfathers,*

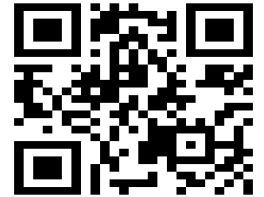
*Brother's, Sons , Friends....*

**Old Fashion Foods** has supplements for all ages of men and all needs. Come in and talk to our knowledgeable staff today.

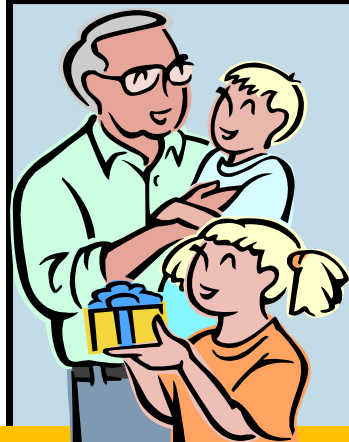


OLD FASHION FOODS IS A PROUD SPONSOR OF the *Dr. Oz TV PROGRAM ON CTV* WEEKDAYS AND ON 620 CKRM RADIO WEEKDAYS AT 11:40 a.m.

Listen for us every Wed. on the John Tesh Radio program on MY92.1 .



*Scan QR code for Specials*



Celebrate your Dad by entering his name in a Draw for an awesome Gift bag filled with all kinds of products just for Dad from **NOW** and **OLD FASHION FOODS**

**Basket includes:** Superseeds, MCT Oil, Sugar-Free Drink Sticks, **NOW** Prostate Support, **NOW** CoQ10, **NOW**

Zinc Picolinate, **NOW** Vitamin D-3, **NOW** Melatonin and a \$50.00 Gift Certificate, 5—\$2.00 Vita-Man Coupons, 1- 10th.

Supplement Free Card, 2 Vita-Man Stress relief footballs in a large **Old Fashion Foods** re-useable bag. Draw made July 3, 2012

**20% OFF** regular price

**Old Fashion Herbal Energy**

May help to increase alertness. May boost memory function. While supplies last. Exp. June 30, 2012. No other discount

Applies. **20 % OFF reg. Price with Coupon**



**COUPON Savings Corner**



✦ **OLD FASHION LABEL Wild Salmon Oil**

✦ May help with skin conditions such as inflammation or dry skin. May improve hair & nails.

✦ May help wrinkled, scaly skin improve

✦ May help with internal moisturizing

✦ May help with joint health , many more benefits.

While supplies last.

Exp. June 30, 2012. No other discount

**20% OFF regular price with Coupon**

