

## OLD FASHION FOODS - EXPO Prize Winners

Vitamins for a Year\* - Courtesy NOW & Old Fashion Foods—Shawn L.

ipad—Courtesy Preferred Nutrition - Leah K.

BMX Bike—Courtesy Organika - Valerie T.

Quattro Grill—Courtesy Prairie Naturals—Sandy W.

Aussie BBQ—Courtesy Old Fashion Foods—Cheryl M.

40 Gifts, Gift Bags and Gift Baskets were given out courtesy the following suppliers: Old Fashion Foods, Herbasante, Hylands, Sage Valley, Organika, True North, Flora, Swiss Naturals, Nature's Aid, AOR, Avena Foods, Tropic, Lorna Vanderhaeghe, Progressive, Eco -Trends, Sisu, A.Vogel, Renew-Life, Christmas Naturals, Vega, Nature's Way/Enzymatic, Natural Factors & Naka.

*Thank You to all our Suppliers who donated Prizes to help make our Health Expo such a Huge Success!*

*Congratulations to all the Prize Winners!*



## OLD FASHION NEWSLETTER

November 2012—Edition 11—a



*Thank you Regina and area!*



## OLD FASHION FOODS

### *'PICTURE OF HEALTH' EXPO*

**was a huge success thanks to all our awesome suppliers, guest speakers and the fantastic amount of people that turned out for a**

***'Day designed to help you be the best you can be'***

Christmas is Coming! See us for Gift Certificates in different denominations!

***Give the Gift of Health this Year!***

**They make great stocking Stuffers!**



# CUSTOMER APPRECIATION DAYS 2012 & 2013



**Mon., Nov. 5, Mon., Dec. 3, 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**

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**Natural Factors of**  
the **Dr. Oz TV show**  
on  
CTV weekdays.



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11:40 a.m. to the  
**Daily Dose with**  
**Dr. Oz** on 620  
CKRM. We are proud sponsors.



## 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.

