



# ALL NATURAL BEEF ROUND UP!

<b>ALL NATURAL EXTRA LEAN GROUND BEEF</b> <b>2.99</b> lb. family pack	<b>ALL NATURAL BEEF SIRLOIN TIP ROAST</b> <b>3.99</b> lb.	<b>ALL NATURAL BEEF LONDON BROIL</b> <b>3.99</b> lb.
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<b>ALL NATURAL NEW YORK STYLE SIRLOIN STEAK</b> <b>5.99</b> lb.	<b>ALL NATURAL BEEF RIBEYE STEAK</b> <b>6.99</b> lb.	<b>ALL NATURAL BONELESS BEEF CHUCK ROAST</b> <b>3.99</b> lb.	<b>ALL NATURAL BONELESS NEW YORK STEAK</b> <b>6.99</b> lb.
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<b>ALL NATURAL SUPER LEAN GROUND BEEF</b> <b>3.99</b> lb. family pack	<b>ALL NATURAL TOP SIRLOIN STEAK</b> <b>4.99</b> lb.	<b>ALL NATURAL BONELESS RIBEYE STEAK</b> <b>8.99</b> lb.
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<b>FRESH BEEF MEATBALLS</b> <b>3.99</b> lb.	<b>FRESH POLLO ASADO</b> <b>2.99</b> lb.	<b>ALL NATURAL BONELESS SKINLESS CHICKEN THIGHS</b> <b>2.49</b> lb. family pack
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### Centen Seafood Favorites

<b>STUFFED CLAMS</b> <b>99¢</b> lb.	<b>ALASKAN COD FILLETS</b> <b>6.99</b> lb.	<b>AHI TUNA FILLETS</b> <b>8.99</b> lb.
<b>MUTATION KRAB MEAT</b> <b>1.99</b> lb.	<b>TERNAKI SALMON BURGERS</b> <b>6.99</b> lb.	<b>JUMBO KING CRAB LEGS</b> <b>12.99</b> lb.

## ORGANIC PRODUCE

<b>RED OR GREEN ONIONS</b> <b>2.4</b> 3 lb. bag	<b>FRESH GREEN CABBAGE</b> <b>77¢</b> 1 lb.	<b>BABY PEELED CARROTS</b> <b>2.3</b> 1 lb. bag	<b>ANTHONY ANJOU OR BOSCO PEARS</b> <b>1.77</b> 1 lb.	<b>CELERY OR ROMAINE HEARTS</b> <b>2.4</b> 1 lb.
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**EVERY WEDNESDAY OUR WEEKLY SALE FLYERS OVERLAP!**

This means there are double the number of items on sale every Wednesday!

**NEW - PLAN FOR SAVINGS...**

Now you can view both week's sale flyers on Tuesday, starting at 10 am!

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

**OREM STUDENT DISCOUNT!**

SAVE 20% OFF YOUR BULK PURCHASE EVERY THURSDAY

**Featured Event: Game Day Sampling**

Saturday, March 6th, 11am-2pm

Have a ball this station with our game-time favorites. Sample simple appetizers that will make your team do a happy!

**ALL UTAH LOCATIONS**

**Featured Event: Organic Recipe Contest**

This is your chance to win a Sunflower Farmers Market Shopping Spree! Log on to [www.sfm.com](http://www.sfm.com) and see if your original organic recipe wins the big prize!

**ALL UTAH LOCATIONS**

<b>OREM</b> 1215 SOUTH STATE STREET MON-THU: 10:00AM-7:00PM FRI-SAT: 10:00AM-7:00PM PHONE: 801-434-1501	<b>MURRAY</b> 6254 S. STATE ST. MON-THU: 10:00AM-7:00PM FRI-SAT: 10:00AM-7:00PM PHONE: 801-956-9566
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Sign up on line to receive our weekly sale flyer. Visit us at [www.SFMarkets.com](http://www.SFMarkets.com) WE ACCEPT FOOD STAMPS

1ST OF THE SEASON **CHAMPAGNE MANGOS** **2\$1** for

**SUNFLOWER FARMERS MARKET**  
 SERIOUS FOOD... SILLY PRICES®

**Nutritious Deals** for Healthy Meals

March is **NATIONAL NUTRITION MONTH**

**RICH & CREAMY**

# HASS AVOCADOS

**3\$1** for

**FRESH CRISP RED OR GREEN LEAF LETTUCE**

**88¢**

**EUROFRESH FARMS CLUSTER TOMATOES**

**1.47**

**LARGE FANCY NAVAL ORANGES & TANGY MINNEOLA TANGELOS**

**88¢**

**TEXAS RIO RED GRAPEFRUIT & ZESTY LEMONS**

**3\$1**

**MIX & MATCH**

IDAHO RUSSET POTATOES, BABY PEELED CARROTS, SEEDLESS MINI CUCUMBERS, YELLOW ONIONS, ROMAINE HEARTS, CARROTS, LARGE ARTICHOKE & SUPER CHERRY TOMATOES

**2\$4**

**SALAD FAVORITES GREEN ONIONS, RADISHES, CILANTRO, PARSLEY & CARROTS**

**2\$1**

**FRESH EXPRESS SALAD BLENDS**

5-12 oz. select varieties

**2\$5**

**FRESH & DELICIOUS MARADOL PAPAYA OR JICAMA**

**99¢**

**FRESH STRAWBERRIES**

**2.99**

**TROPIC 11 PINEAPPLES**

**2.4**

**FANCY BARTLETT OR COMICE PEARS**

**1.49**

**ANY'S ENCHILADAS, TAMALES & ENCHILADA & TAMALES MEALS**

**2.99**

**SIMPLY JUICES**

1.75 oz. select varieties

**2\$5**

**SUNFLOWER BOUQUETS**

**3.99**

**NORTH HOLE LIVING BASIL PLANT**

**2.99**

**ALL NATURAL NEW YORK STEAK**

**JUMBO E-Z PEEL RAW SHRIMP**

**SURF & TURF**

**YOUR CHOICE 4.97** lb.

# DAIRY & FROZEN

MOO-RE SAVINGS WITH SILLY PRICES

ANNIE'S ENCHILADAS, TAMALES & ENCHILADA & TAMALES MEALS

select varieties  
**2.99**  
9-10 oz.

SMOOTH JUICES

select varieties  
**2.50** for  
1.75 lb.

SERIES ENTREES

select varieties  
**2.99**  
11 oz.

ORGANIC VALLEY ORGANIC HALF & HALF

select varieties  
**2.99**  
32 oz.

FRESH MEADOW NATURAL ENTREES

select varieties  
**3.49**  
12 oz.

BROWN CORK ALL NATURAL YOGURT

select varieties  
**6.99**  
6 oz.

## SPECIALTY CHEESE FROM AROUND THE WORLD

SUNFLOWER FARMERS MARKET HOT PEPPER JACK CHEESE  
**2.99**

SUNFLOWER FARMERS MARKET BLUE MARBLE JACK CHEESE  
**4.99**

CHEESE OF THE MONTH! IRISH SWISS CHEDDAR CHEESE  
**6.49**

MOZZARELLA CHEESE FRESH MOZZARELLA CUPS  
**3.99**

TRUFFLE CHEESE SOCIETE ROQUEFORT  
**3.49**

MOZZARELLA CHEESE FRESH MOZZARELLA CUPS  
**3.99**

SUNFLOWER FARMERS MARKET ROTISSERIE CHICKEN  
**4.99**

DELI SLICED JENNIE-O TURKEY BREAST  
**5.99**

# GROCERY SAVINGS

WE'RE BAGGIN' UP THE SAVINGS

ANNIE'S HOME GROWN ORGANIC MACARONI & CHEESE

select varieties  
**1.49**  
6 oz.

CLIF & MOJO BARS

select varieties  
**89¢**  
1.85-2.4 oz.

NATURE'S PATH ORGANIC OPTIMUM CEREAL

select varieties  
**2.99**  
11-14 oz.

MUIR GLEN VEGETABLE SOUP

select varieties  
**1.79**  
14.4-14.9 oz.

BACK TO NATURE COOKIES

select varieties  
**2.49**  
8-12 oz.

MUIR GLEN VEGETABLE SOUP WITH MEAT

select varieties  
**2.19**  
14.4-14.9 oz.

METROMINT FLAVORED MINT WATER

select varieties  
**99¢**  
900 ml.

BACK TO NATURE FUDGE MINT STRIPED COOKIES

select varieties  
**2.99**  
11 oz.

CRUNCHMASTER MULTI-SEED CRACKERS

select varieties  
**1.99**  
4.5 oz.

MIL KRISPERS BAKED RICE KRISPS

select varieties  
**1.79**  
12 oz.

TERRA EXOTIC CHIPS

select varieties  
**1.99**  
5 oz.

# BULK SAVINGS

BUYING IN BULK MAKES "CENTS"

WHOLE ROASTED ALMONDS

salted or unsalted  
**4.99**  
lb.

GOODY GOODY TRAIL MIX

salted or unsalted  
**2.99**  
lb.

BANANA CHIPS

EVERYDAY LOW PRICE  
**1.49**  
lb.

BLUEBERRY FLAX GRANOLA

**2.49**  
lb.

CHUNKY HEY YOGURT COVERED RAISINS

**2.49**  
lb.

LENDBERG COUNTRY WILD RICE

**1.99**  
lb.

RAW DELICIOUS MIXED NUTS

**5.99**  
lb.

PINEAPPLE RINGS

**1.99**  
lb.

ORGANIC BROWN FLAX SEED

**1.49**  
lb.

## smart weight smart tags program

To start the new year, we wanted to create a way for you and your family to choose healthier options. Our all new Smart Tags Program was designed by a registered dietitian with a focus on making shopping for healthy foods simple. We guarantee there is no manufacturer influence, just the facts.

Look for the colored tags in our stores and get smart in 2010 with Smart Tags!

smart cellac smart heart smart carb  
GLUTEN FREE FAT SODIUM SUGAR FIBER

## Smallest Winner Weight Loss Challenge At Home Program

You can be a Smallest Winner too! Join in our nationwide effort to help our shoppers lose weight. We made it easy for you to follow along at home with our brochures. Each piece offers helpful tools like calorie equations, exercise tips, nutrition information and more! You can do it and we are here to help. Pick up the information in the store and get started. Good luck!

There's no excuse not to reconnect to the healthier, smaller YOU!

www.SFmarkets.com

## BAKERY SPECIALS

BAKED TO PERFECTION!

SUNFLOWER FARMERS MARKET 9 GRAIN BREAD  
**2.99**  
16 oz.

SUNFLOWER FARMERS MARKET SIGNATURE FOCACCIA  
**2.30**  
16 oz.

GIVE & GO TWO-BITE CINNAMON ROLLS  
**2.99**  
12 oz.

SUNFLOWER FARMERS MARKET WHEAT OR WHITE HOAGIE ROLLS  
**2.40**  
16 oz.

SUNFLOWER FARMERS MARKET COOKIES  
**2.70**  
16 oz.

SUNFLOWER FARMERS MARKET ORANGE CRANBERRY LOAF CAKE  
**3.99**  
16 oz.

## DELI A GO-GO

EVERY SLICE IS NICE!

SUNFLOWER FARMERS MARKET MACARONI OR POTATO SALAD  
**2.99**  
16 oz.

SUNFLOWER FARMERS MARKET DIPS  
**3.99**  
16 oz.

FIORECCI ITALIAN MEATS  
**3.99**  
4-6 oz.

SUNFLOWER FARMERS MARKET BUFFALO CHICKEN WINGS  
**3.99**  
16 oz.

FIORECCI PROSCIUTTO  
**5.99**  
4 oz.

SUNFLOWER FARMERS MARKET HUMMUS  
**2.99**  
16 oz.

## BOAR'S HEAD

BLACK FOREST HAM  
**7.99**  
16 oz.

CAJUN TURKEY BREAST  
**7.99**  
16 oz.

PASTRAMI ROUND CAP-OFF  
**8.99**  
16 oz.

PASTRAMI ROUND  
**8.99**  
16 oz.

BABY SWISS CHEESE  
**7.99**  
16 oz.

MUNSTER CHEESE  
**4.49**  
16 oz.

## NATURAL LIVING

SERIOUS SUPPLEMENTS... SILLY PRICES

NATURE'S WAY ENTIRE LINE  
**25% OFF**

EAGLE EYE SUNGLASSES  
**25% OFF**

HERBS ETC. ALLERGY RELIEF SYSTEM  
**25% OFF**

HIMALAYA LIVER CARE  
**25% OFF**

SOUND SLEEP  
**25% OFF**

PURE ESSENCE CANDEX & LIVING FLORA  
**17.99**

JARBON ANTI-OXIDANT POMEGRANATE JUICE  
**25% OFF**

QUANTUM SUPER LYSINE TABLETS, CREAM OR COLD STICKS  
**20% OFF**

DR. HONNER'S HAND & BODY SOAP  
**25% OFF**

GHIVANI SHAMPOO, CONDITIONER, BODY LOTION  
**20% OFF**