



ALL NATURAL BEEF ROUND UP!

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

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

ORGANIC PRODUCE

RED OR GREEN ONIONS 2.4 1 lb. bag	FRESH GREEN CABBAGE 77¢ 1 lb.	BABY PEELED CARROTS 2.3 1 lb. bag	SHREDDED ANCHOV OR BOSCH PEARS 1.77 1 lb.	CELERY OR ROMAINE HEARTS 2.4 1 lb.
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BEER & WINE SAVINGS

Iris Hills 3.10 12 oz.	Black Oak 2.9 12 oz.	Pine & Post 2.10 12 oz.
Abita 6.99 12 oz.	Flying Dog 6.99 12 oz.	New Belgium 12.99 12 oz.

Featured Event: Game Day Sampling

Saturday, March 6th, 11am-2pm
 Have a ball this season with our game-time favorites. Sample simple appetizers that will make your team do a happy dance!
 TEMPE, BELL RD., SCOTTSDALE, BROADWAY, SPEEDWAY & MARANA LOCATIONS

Featured Event: Dos Cabezas Wine Sampling

Saturday, March 6th, Noon-3pm
 Take time to taste their fabulous red wines and learn more about this winery located in Willcox, AZ.
 1ST AVE. LOCATION ONLY

Featured Event: Organic Recipe Contest

This is your chance to win a Sunflower Farmers Market Shopping Sreel. Log on to www.sfmfarmers.com and see if your original organic recipe wins the big prize!
 ALL ARIZONA LOCATIONS



1ST OF THE SEASON CHAMPAGNE MANGOS



2.1 for

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¢

EE OF FRESH FARMS CLUSTER TOMATOES
1.47

LARGE FANCY NAVEL ORANGES & TANGY MINNEOLA TANGELOS
88¢

TEXAS BIG 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
2.5

FRESH & DELICIOUS MARADOL PAPAYA OR JICAMA
99¢

FRESH STRAWBERRIES
2.99

TROPICAL PINEAPPLES
2.4

FANCY BARTLETT OR COMICE PEARS
1.49

ANY'S ENCHILADAS, TAMALES & ENCHILADA & TAMALES MEALS
2.99

SMOOTHIE JUICES
2.5

SUNFLOWER BOUQUETS
3.99

NORTH ARIZONA LIVING BASIL PLANT
2.99

ALL NATURAL NEW YORK STEAK SURF & TURF
4.97
 lb.
 JUMBO E-Z PEEL RAW SHRIMP
16/20 ct.

SCOTTSDALE: 4801 N. MILL RD. (CANTON CENTER) 480-210-1000
 TEMPE: 1901 S. GILBERT RD. (CANTON CENTER) 480-210-1000
 NORTH PHOENIX: 4700 N. GILBERT RD. (CANTON CENTER) 480-210-1000
 TUCSON: 4700 N. GILBERT RD. (CANTON CENTER) 480-210-1000
 TUCSON: 1415 S. UNIVERSITY AVE. (CANTON CENTER) 480-210-1000
 TUCSON: 1415 S. UNIVERSITY AVE. (CANTON CENTER) 480-210-1000
 MARANA: 1415 S. UNIVERSITY AVE. (CANTON CENTER) 480-210-1000
 WE ACCEPT FOOD STAMPS

AD EFFECTIVE WED. 3/3/10 THRU WED. 3/10/10

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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 5 1.75 lit.
SERIES ENTREES select varieties 2.99 11 oz.	ORGANIC VALLEY ORGANIC HALF & HALF select varieties 2.99 23 oz.
FRESH MEADOW NATURAL ENTREES select varieties 3.49 12 oz.	BROWN COW ALL NATURAL YOGURT 1/2 gallon, 1/2 gallon & 1/2 gallon 6.99 6 oz.

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 PAID ORGANIC OPTIMUM CEREAL select varieties 2.99 11-14 oz.
MUIR GLEN VEGETABLE SOUP select varieties 1.79 14.4-14.9 oz.	89¢ 1.85-2.4 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.		BACK TO NATURE FUDGE MINT STRIPED COOKIES select varieties 2.99 8-12 oz.
CRUNCHMASTER MULTI-SEED CRACKERS select varieties 1.99 4.5 oz.	METROMINT FLAVORED MINT WATER select varieties 99¢ 900 ml.	TERRA EXOTIC CHIPS select varieties 1.99 5 oz.
MIL KRISPERS BAKED RICE KRISPS select varieties 1.79 12 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 1.49 lb.	BLUEBERRY FLAX GRANOLA 2.49 lb.
CHUNKY OR VINNY COVERED RAISINS 2.49 lb.	LENEBERG COUNTRY WILD RICE 1.99 lb.
RAW DELICIOUS MIXED NUTS 5.99 lb.	ORGANIC BROWN FLAX SEED 1.49 lb.

SPECIALTY CHEESE FROM AROUND THE WORLD

SUNFLOWER FARMERS MARKET HOT PEPPER JACK CHEESE 2.99 10 oz.	SUNFLOWER FARMERS MARKET BLUE MARBLE JACK CHEESE 4.99 10 oz.
IRISH RIVER CHEDDAR CHEESE 6.49 lb.	
SOCIETE ROQUEFORT 3.49 3.5 oz. average	FRESH MOZZARELLA CUPS 3.99 8 oz. cup

smart weight smart tags program

smallest CALORIE PROTEIN winner

Smallest Winner Weight Loss Challenge At Home 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

www.SFmarkets.com

smallest winner

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!

BAKERY SPECIALS

BAKED TO PERFECTION!

SUNFLOWER FARMERS MARKET 9 GRAIN BREAD 2.99 16 oz.	SUNFLOWER FARMERS MARKET SIGNATURE FOCACCIA assorted varieties 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 assorted varieties 2.97 16 oz.	SUNFLOWER FARMERS MARKET ORANGE CRANBERRY LOAF CAKE whole or sliced 3.99 16 oz.

DELI A GO-GO

EVERY SLICE IS NICE!

SUNFLOWER FARMERS MARKET MACARONI OR POTATO SALAD select varieties 2.99 lb.	SUNFLOWER FARMERS MARKET DIPS choose from: spinach, dll, veggie & ranch 3.99 lb.
FIORECCI ITALIAN MEATS pre-sliced 3.99 4-6 oz. (10)	SUNFLOWER FARMERS MARKET BUFFALO CHICKEN WINGS 3.99 lb.
FIORECCI PROSCIUTTO 5.99 4 oz.	SUNFLOWER FARMERS MARKET HUMMUS assorted flavors 2.99 lb.
	SANTA BARBARA SALSAS 16-18 oz. assorted flavors 2.50 for 5

BOAR'S HEAD

BLACK FOREST HAM 7.99 lb.
CAJUN TURKEY BREAST 7.99 lb.
PASTRAMI ROUND CAP-OFF 8.99 lb.
PASTRAMI ROUND 8.99 lb.

NATURE'S WAY ENTIRE LINE

25% OFF ZIN 25% OFF
25% OFF EAGLE EYE SUNGLASSES 25% OFF

NATURAL LIVING SERIOUS SUPPLEMENTS... SILLY PRICES

HERBS ETC. ALLERGY RELIEF SYSTEM 360 ct. 25% OFF	SALA SOUND SLEEP 3060 ct. 25% OFF	JARROW ANTIOXIDANT POMEGRANATE JUICE 12 oz. select varieties 25% OFF	DR. HONNOR'S HAND & BODY SOAP 12 oz. or 24 oz. 25% OFF
HIMALAYA LIVER CARE 30/180 ct. 25% OFF	PURE ESSENCE CANDEX & LIVING FLORA 40 ct. 17.99	QUANTUM SUPER LYSINE TABLETS, CREAM OR COLD STICKS select varieties 20% OFF	GIYOVANI SHAMPOO, CONDITIONER, BODY LOTION select varieties 20% OFF

BABY SWISS CHEESE 7.99 lb.
MUNSTER CHEESE 4.49 lb.