

NATURAL MEAT MARKET

HARRIS RANCH CORNED BEEF BRISKET 2.99 lb.	ALL NATURAL BEEF LONDON BROIL 2.99 lb.
EVERY GREEN CABBAGE 3.99 lb.	TOP CREAMER POTATOES 1.99 lb.
ALL NATURAL BONELESS SKINLESS CHICKEN TENDERS 3.99 lb. family pack	FRESH GOURMET BEEF BURGERS assorted varieties 3.99 lb.
ALL NATURAL BONELESS PORK LOIN CHOPS 3.99 lb.	ALL NATURAL SUPER LEAN GROUND BEEF 3.99 lb. family pack
FRESH MARINATED CHICKEN SKEWERS 3.99 lb.	FRESH GOURMET BEEF PINWHEELS 4.99 lb.
HARRIS RANCH BEEF PATTIES 7.99 1 lb. pkg.	ALL NATURAL PORK BABY BACK RIBS 3.99 lb.
STUFFED BONELESS PORK CHOPS 4.99 lb.	BEEF CUBESTEAK 3.99 lb.

Fresh Seafood Market

KRAB SALAD 2.99 lb.	TILAPIA FILLETS 4.99 lb.	EXTRA LARGE TAIL-ON COOKED SHRIMP 6.99 2 lb. pkg.
CATFISH FILLETS 5.99 lb.	HONEY JALAPENO SHRIMP SKEWERS 2.99 lb.	

ORGANIC PRODUCE

ACORN SQUASH 99¢	FRESH DEVEINED CHARD 2.99 lb.	CRISP CELERY 99¢	BEST BAKING POTATOES 2.99 5 lb. bag	FRESH BLANCHED BROCCOLI 99¢
-------------------------	--------------------------------------	-------------------------	--	------------------------------------

EVERY WEDNESDAY OUR WEEKLY SALE FLYERS OVERLAP!

This means there are double the number of items on sale every Wednesday!
PLAN FOR SAVINGS...
 Now you can view both weeks' sale flyers on Tuesday, starting at 10 am!
www.SFMarkets.com

DOUBLE AD WEDNESDAYS

OREM STUDENT DISCOUNT!
 SAVE 20% OFF YOUR IN-STORE PURCHASE EVERY THURSDAY

Featured Event:
Eat More Greens Class
 Saturday, March 13th, 11am-2pm
 Learn how to add a little more "green" to your life. Enjoy a free sampling of green fruits and veggies.
MURRAY LOCATION ONLY

OREM 1275 SOUTH STATE STREET, SUITE 100, OREM, UT 84057
 MON-THU: 7:00AM - 10:00PM, FRI: 7:00AM - 10:00PM, SAT: 7:00AM - 10:00PM, SUN: 8:00AM - 10:00PM

MURRAY 6284 S. STATE ST., SUITE 100, MURRAY, UT 84053
 MON-THU: 7:00AM - 10:00PM, FRI: 7:00AM - 10:00PM, SAT: 7:00AM - 10:00PM, SUN: 8:00AM - 10:00PM

Sign up on-line to receive our weekly sale flyer. Visit us at WWW.SFMARKETS.COM. WE ACCEPT FOOD STAMPS.

SUNFLOWER FARMERS MARKET
 SERIOUS FOOD... SILLY PRICES®
 ORGANIC GREEN OR RED LEAF LETTUCE **77¢**

Nutritious Deals for Healthy Meals
 March is NATIONAL NUTRITION MONTH

FRESH RED RIPE STRAWBERRIES
2 for 3 1 lb. pkg.

FRESH FIBRAL SOUQUETS 2.10	FRESH BUNCHED BROCCOLI 88¢	EUROFRESH SUPER CHERRY TOMATOES 2.99 20 oz.	REMAINE OR ICEBERG LETTUCE 88¢
EDAHO GROWN RUSSET BAKING OR PREMIUM 'A' RED POTATOES 2.99	FRESH SWEET BLACKBERRIES AND BLUEBERRIES 2.99	COOL SUPER SELECT CUCUMBERS 2.99	NORTHWEST ANJOU OR BOSCH PEARS 99¢
WASHINGTON PREMIUM BRAEBURN OR FUJI APPLES 99¢	ORGANIC HASS AVOCADOS 99¢	ORGANIC OR CONVENTIONAL HOTHOUSE TOMATOES 1.88	ORGANIC JEWEL OR GARNET YAMS 99¢

ALACER EMERGEN-C 30-36 ct. select varieties 7.99	SUNFLOWER FARMERS MARKET GRANOLA 7 grain, raisin or almond 1.99	BLUE DIAMOND ALMOND BREEZE 32 oz. select varieties 2.99
--	---	---

Roast Sale!
BUY ONE FREE GET ONE

- BEEF TOP ROUND ROAST
- BONELESS PORK LOIN ROAST
- BEEF RUMP ROAST
- BEEF SLOW TIP ROAST
- BEEF CROSS RIB ROAST

DAIRY & FROZEN

MOO-RE SAVINGS WITH SILLY PRICES

HEAVEN'S SIDE DISHES

select varieties

2.49

14 oz.

ALEXIA POTATOES

select varieties

1.99

16-18 oz.

BIDEN'S RETURN ORGANIC BURRITOS

select varieties

2.3

6 oz.

ALL NATURAL SOUP

select varieties

2.49

10 oz.

HIGH COUNTRY ORGANIC KOMBUCHA TEA

select varieties

1.99

16 oz.

TROPICANA JUICES

select varieties

2.99

34 oz.

BOUQUET CREAM CHEESE & SOUR CREAM

select varieties

1.99

8-12 oz.

SPECIALTY CHEESE FROM AROUND THE WORLD

SUNFLOWER FARMERS MARKET

WHITE OR YELLOW MILD CHEDDAR CHEESE

2.99

10-12 oz.

IMPORTED KERRYGOLD IRISH CHEESE

select varieties

3.99

7 oz. pkg.

FRESH BASKET CHEESE

select varieties

3.99

9 oz.

PRESIDENT LE BŔIE SPREAD

select varieties

3.99

4.4 oz.

ROAST BEEF

select varieties

5.99

10-12 oz.

CORNED BEEF

select varieties

5.99

10-12 oz.

ROTISSERIE CHICKEN

select varieties

4.99

10-12 oz.

DELI SLICED ROAST BEEF

select varieties

5.99

10-12 oz.

ENTIRE LINE

25% OFF

BONE STRENGTH TAKE CARE

25% OFF

GROCERY SAVINGS

WE'RE BAGGIN' UP THE SAVINGS

LARABAR NUTRITION BARS

select varieties

10 for \$10

1.67 oz.

NEWMAN'S OWN ORGANICS ORGANIC FIG NEWMANS

select varieties

2.99

12 oz.

NATURAL SEA YELLOWFIN TUNA

regular or no salt

4.5

6 oz.

TRIVION ICED TEA

select varieties

99¢

16 oz.

OLD WENNESH IRISH STYLE OATMEAL

select varieties

1.99

14.5 oz.

RESTORED VEGETABLE BEANS

select varieties

4.5

15 oz.

ANNIE'S NATURALS ORGANIC SALAD DRESSING

select varieties

2.49

8 oz.

LEUNBERG RISOTTO

select varieties

4.5

5.5-5.9 oz.

BULK SAVINGS

BUYING IN BULK MAKES "CENTS"

WHOLE ROASTED CASHEWS

4.99

1 lb.

BROWN BASMATI RICE

99¢

1 lb.

BARK CHOCOLATE COVERED ALMONDS

4.99

1 lb.

SWEETENED MANGO SLICES

2.99

1 lb.

RAW BRAZIL NUTS

3.99

1 lb.

HOLLYWOOD TRAIL MIX

2.99

1 lb.

GREEN LENTILS

1.49

1 lb.

SOY NUTS

1.49

1 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 celiac 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 this 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 RYE OR MARBLE BREAD

1.99

16 oz.

SUNFLOWER FARMERS MARKET IRISH SODA BREAD

2.49

16 oz.

SUNFLOWER FARMERS MARKET SPROUTED WHEAT BAGELS

2.35

4 ct.

SUNFLOWER FARMERS MARKET HAND DECORATED SHAMROCK COOKIES

1.59

3.75 ct.

SUNFLOWER FARMERS MARKET CRÈME DE MENTHE FUDGE BROWNIES

3.99

16 oz.

SUNFLOWER FARMERS MARKET ST. PATRICK'S DAY CUPCAKES

2.99

4 ct.

DELI A GO-GO

EVERY SLICE IS NICE!

SUNFLOWER FARMERS MARKET PESTO CHICKEN OR PESTO PASTA SALAD

3.99

10-12 oz.

SUNFLOWER FARMERS MARKET FIRE ROASTED SALSAS

2.49

10-12 oz.

SUNFLOWER FARMERS MARKET CHICKEN POT PIE

2.5

10-12 oz.

CEBARI'S HUMMUS

2.99

8 oz.

SUNFLOWER FARMERS MARKET BBQ PORK RIBS

4.99

1/2 rack

SUNFLOWER FARMERS MARKET DESSERT PUDDINGS

2.49

10-12 oz.

BOAR'S HEAD

BLACK FOREST HAM

7.99

10-12 oz.

CAJUN TURKEY BREAST

7.99

10-12 oz.

PASTRAMI ROUND CAP-OFF

8.99

10-12 oz.

PASTRAMI ROUND

8.99

10-12 oz.

BABY SWISS CHEESE

7.99

10-12 oz.

NATURAL LIVING

SERIOUS SUPPLEMENTS... SILLY PRICES

NATURAL BALANCE FAST FOOD ENZYMES

20% OFF

BYLAND'S CALMS, CALMS FORTE & FORTE SLEEP

25% OFF

COUNTRY LIFE RESVERATROL PLUS ANTIOXIDANTS

25% OFF

RISBY FACE LIQUID SOAP, BAR SOAP & SHOWER GELS

20% OFF

NORDIC NATURALS ENTIRE LINE EFA'S

15% OFF

RENEW LIFE DIGEST MORE, DIGEST ULTRA

20% OFF

GREEN FOODS MAGMA PLUS, MAGMA PLUS USA

20% OFF

TEA TREE THERAPY ENTIRE LINE

25% OFF

MUENSTER CHEESE

4.99

10-12 oz.