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Your Family of Independent Grocers  
servicing Atlantic Canada

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### SHOP Online

- FREE shipping to your store.
  - Pay only at your store.
  - Financing plans available
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### Your Local Valufoods

**Supporting Your Community**  
A portion of the proceeds from every bag of Tostitos Tortilla Chips (240g - 350g excluding Baked products) and every jar Tostitos Salsa (400ml - 645ml) sold between May 20th and September 8th will be donated to your local food bank.

## Recipe of the week

- Spinach
- Steak
- Strawberries



Try it today!

Welcome **NAME\_HERE** to **STORE\_NAME** weekly eFlyer. Please feel free to forward **STORE\_NAME** weekly eFlyer to your family friends and co-workers. It only takes a second to stay informed. [www.valufoods.ca](http://www.valufoods.ca)

### This week's online featured item



### CLEARANCE

- 9000 BTU Air Conditioner**
- Horizontal window air conditioner
  - 9,000 BTU cooling capacity
  - Cools areas up to 350 sq. ft.
  - Removable air filter is easy to clean
  - Quiet operation
  - Warranty: 18 months parts and labour

Regular Price: \$369.99

**ON SALE**  
**\$249.99**

**SHOP NOW**

Item # 3117926

### Recipe of the Week



### Spinach Salad with Steak and Strawberries

This salad, using barbecued or leftover steak or roast beef, is an excellent way to host a do-ahead barbecue for those weeknight get-togethers.

[View the recipe](#)

**SPREAD THE WORD**  
[Forward to a friend.](#)



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### Question of the week

Does your home have air conditioning?

- a) [Yes](#)
- b) [No](#)

### Results from last week

Do you enjoy reading the country gardening tips in the eFlyer?  
78% Yes  
22% No

Total # of responses: 306

[NAME HERE click here](#)  
for this week's flyer specials.

**Digital 4" Prints**  
19¢ ea.  
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### HealthyLiving

#### Looking for the perfect seasoning?

The pungent flavour and aroma of yellow onions never disappoints. Add to stews, casseroles, sandwiches, dips and salsas. You may even feel better, as yellow onions contain a potent antioxidant that aids the immune system.

[For more eat smart tips, click here.](#)



9000 BTU Air  
Conditioner  
**CLEARANCE**  
**ONLY \$249.99**  
[Click](#)  
to **BUY NOW**

#### Country Gardening Tip

##### Thinning your garden

Plants that are allowed to grow too thickly have the same effect as weeds. Thinning should be done while plants are small. This is important. Small plants are difficult to thin, but large ones are practically impossible to pull without damaging the rest of the plants.



#### Computer Tip

##### Microsoft WORD

How do I tell the Office Assistant to go

**away?**

1. Click on the Office Assistant, then click on Options.
2. Clear the Use Office Assistant check box.

You can also customize the behaviour of the Office Assistant by checking or clearing the checkboxes on the Options tab. If you want to learn how to customize the Office Assistant, but it's not currently visible, choose Show the Office Assistant from the Help menu.