

Naturally

the best



HUCKLEBERRY'S

NATURAL MARKET



926 S. MONROE • 624-1349 • OPEN 7AM-10PM DAILY • WWW.HUCKLEBERRYSNATURALMARKET.COM

RESOLUTIONS MADE SIMPLE

A new year brings thoughts of starting over. Here are some ways to make some resolutions.

1. Start over. You've made resolutions, such as sticking to a diet and exercising more, but never kept them. Admit that you failed to meet those goals; nobody's perfect. Just try again.
2. Resolve to be happy. Make resolutions that will help you be happy, not ones that will impress others.
3. Write it down. Write down however long you plan to stick with your resolution, be it six months or six days. Pat yourself on the back when you do well and forgive yourself when you don't.
4. Don't go it alone. You can make resolutions with others. For example, you can resolve to spend more time with your kids by going to their school plays or by going to the movies on Friday nights.
5. Get help. If you want to break an unhealthy pattern, seeking professional advice could help you attain your resolution.



This week's specials:

Effective dates 1/4 - 1/10/12.

Grocery Department

**R.W. Knudsen
Simply Nutritious Juice**
32-oz.
Selected Varieties
\$2.69 Ea.

**Andean Dream
Quinoa Pasta**
8-oz.
Selected Varieties
\$3.59 Ea.

**Pyure
Organic Stevia**
40-ct.
2/\$7

Balance Bars
1.76-oz.
Selected Varieties
99¢ Ea.

Natural Living

**Genuine Health
Go 4 Trim Products**
Selected Sizes & Varieties
30% Off

**Vega
Whole Food
Health Optimizer**
Selected Varieties

461-gm. to 501-gm. - **\$29.99** Ea.
988-gm. - **\$51.99** Ea.

**Vega
Shake and Go
Smoothies**
300-gm.
Selected Varieties
\$17.99 Ea.

**New Chapter
Supplements**
Selected Sizes & Varieties
30% Off

Produce Department

**Organic
Navel Oranges**
\$1.19 Lb.

**Grape
Tomatoes**
1 Pint Package
\$2.89 Ea.

**Organic
Bananas**
89¢ Lb.

**Organic
Cameo Apples**
89¢ Lb.

**Organic
Carrots**
\$1.49 Bunch

**Organic
Gala or Braeburn Apples**
3-lb.
\$3.19 Ea.

**Organic
D'Anjou Pears**
\$1.09 Lb.

Bulk Department
**Fusion Flours
Baking Mixes**
\$2.89 Lb.

9th Street Bistro
**Turkey Apple
Foccacia Sandwich**
\$5.49 Ea.

Meat Department

**Country Natural
Boneless New York Steaks**
25% Off

January Wine Specials:

Effective dates 1/4 - 1/31/12.

Spokane Wine Co.

**Rene Barbier
Mediterranean Red or White**
750-ml.
Selected Varieties
\$3.99 Ea.

DON Macabeo or Tempranillo
750-ml.
Selected Varieties
\$4.79 Ea.

**Cottonwood
Organic Red or White
Mont Pellier Chardonnay,
Merlot, Pinot Noir,
Syrah or Viognier**
750-ml.
Selected Varieties
\$5.59 Ea.

**Weather Report Cabernet
Robert Mondavi
Private Selection
Cabernet or Chardonnay**
750-ml.
Selected Varieties
\$7.39 Ea.

**40 Nights Red or White
Mayne Vieil Buisson Redon**
750-ml.
Selected Varieties
\$7.99 Ea.

**St. Francis Red
Four Vines Naked Chardonnay
Four Vines Old Vines Zinfandel
Monte De Capela Adega de Pias**
750-ml.
Selected Varieties
\$8.69 Ea.

**Axial Penelope Syrah
Saviah The Jack Syrah
Zero One Red Sauce**
750-ml.
Selected Varieties
\$9.49 Ea.



Upcoming Events

**Saturday
1/7, 7pm**

LIVE MUSIC

Todd Milne

A glass of wine, your favorite chair, and of course local musicians playing live for you in our bistro every Saturday at 7pm. Come early to get your dinner at our Pasta Bar and choose from the Inland Northwest's largest selection of micro-brews and wines to accompany your meal!

**Saturday
1/14**

ONE DAY SALE

**35% OFF
NATURAL LIVING**

- Homeopathic Remedies
- Baby Care
- Aromatherapy, Vitamins & Minerals
- Body Care Products
- Natural & Cruelty-Free Beauty Aids
- Books

**Saturday
1/14, 7pm**

LIVE MUSIC

Doug Porter

Original and collaborative guitar compositions, surreal singer songwriters and weirdly wonderful musical acts. Come and enjoy great music, food, wine & micros in our 9th Street Bistro.

Huckleberry's Expert's Corner

**Monica Hampton
Huckleberry's Manager**

Our Store Manager, Monica Hampton, who has been with Huckleberry's since 1996, strives to continue our mission of carrying fresh, diverse, natural, local and organic products for our customers. She endeavors to support the community by carrying local items from local farmers, bakeries and vendors. She creates a fun and unique atmosphere with wine tastings, live music and great people.

