

Naturally

the best



HUCKLEBERRY'S

NATURAL MARKET



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

GLUTEN FREE LIVING



Gluten is a protein found in all forms of wheat (including durum, semolina, and spelt), rye, oats, barley and related grain hybrids such as triticale and kamut. Living and eating with gluten intolerance requires a knowledge of both the diet and ingredients. **Just because you skip the gluten, doesn't mean you need to lose the taste or convenience!**

When people with gluten intolerance consume gluten, the absorptive villi in the small intestine are damaged, preventing the absorption of many important nutrients. The long-term effect of untreated celiac disease can be life-threatening. However, with a completely gluten-free diet, the intestinal lining will heal completely, allowing most patients to live a normal, healthy life as long as they remain free of gluten in their diet. Even a small amount of gluten can cause symptoms to reoccur.

www.foodchoices.com

This week's specials:

Effective dates 1/25 - 1/31/12.

• Grocery Department •

Fusion Flours Baking Mixes
13.9-oz. to 23.2-oz.
Selected Varieties
20% Off



Celestial Seasonings Tea
18-ct. to 20-ct.
Selected Varieties
2/\$5



Celestial Seasonings Wellness Tea
20-ct.
Selected Varieties
2/\$6



• Bulk Department •

Fusion Flours Baking Mixes
\$3.29 Lb.



• Spokane Wine Co •

Crispin Cider
12-oz.
Selected Varieties
\$1.69 Ea.



Lakefront New Grist Gluten Free Beer
12-oz.
\$1.19 Ea.



• Produce Department •

Organic Navel Oranges
89¢ Lb.



Organic Grapefruit
99¢ Ea.

Organic Cauliflower
\$1.79 Lb.



Organic Mini Peeled Carrots
2-lb. Bag
\$2.59 Ea.



Organic Celery
\$1.09 Lb.



Organic Minneolas
99¢ Lb.



Organic Lemons
\$1.19 Lb.



Organic Spring Mix
\$3.89 Lb.



• Meat Department •

Country Natural Extra Lean Ground Beef
25% Off



• Boulangerie •

Vermont Creamery Crème Fraîche
8-oz.
\$4.99 Ea.



Karoun Dairies Braided Mozzarella String Cheese
5-oz.
2/\$7



• 9th Street Bistro •

Broccoli Salad
\$5.99 Lb.



• Natural Living •

Desert Essence Lotion
8-oz.
Selected Varieties
\$6.99 Ea.



Pioneer Nutritional Formulas
30-ct. to 120-ct.
Selected Varieties
25% Off



Zuzu Luxe Makeup
Selected Sizes & Varieties
25% Off



Upcoming Events

Saturday 1/28, 7pm

LIVE MUSIC

Harmony Neely Clayton

Ahhhhh. It's time to relax, and you know what that means. 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.

Saturday 2/4

ONE DAY SALE

20% Off All Beer!

That's right! It's almost time to stock up for the big game. Select from Spokane's largest selection of microbrews.



Saturday 2/4, 7pm

LIVE MUSIC

Bill Bosley

Join us for an evening of great music by Bill Bosley. Go on, indulge yourself. A glass of wine, your favorite chair, and a delicious dinner from the 9th Street Bistro. Pasta Bar anyone?

Northwest Vendor Corner

This week's vendor:
Fusion Flours
Spokane, WA

Fusion Flours creates bakery-quality gluten-free products that you make fresh in your own kitchen! Are you or someone that you love living a gluten-free lifestyle? If you are desperately seeking affordable gluten-free breads, pizzas, and desserts with a great texture and wonderful taste, you are going to love Fusion Flours baking mixes!

Fusion Flours is different than other typical gluten-free products on the market today. They have just raised the bar for all gluten-free products, by successfully making baked goods that are comparable to wheat based products in taste and texture.

Fusion Flours' promise to you is 100% gluten-free ingredients, the highest quality starches and flours available on the market, no contamination, no GMO's, and no more grit! Change your life one gluten-free bite at a time!

