



Bonterra Market Offers High Quality Foods At Best Possible Value

Eating Right For The New Year

Now that we are in a fresh new year, many of us have promised to take better care of ourselves. One of the best ways to do this is through a diet incorporating organic and natural foods. Gone are the days of limited choices and bland taste. Today's natural and organic foods will wow your taste buds while offering you healthier choices than conventional supermarket foods. Bonterra Market has undoubtedly the best and freshest selection at the South Jersey Shore.

What exactly are "Natural and Organic Foods"?

Many people are unclear as to understanding the accurate concept of "Natural and Organic Foods". Natural foods are those

without artificial colors, preservatives, additives, and hopefully minimally processed. Organic is all of the above, but they have been grown without the use of artificial pesticides, hormones, fertilizers, etc. Meat, poultry, and eggs would be free roaming and much of the beef is grass fed *not corn fed*. Cows are not designed to consume corn, but grass. The corn fattens them up faster at the factory feedlots. Seafood is from producers who "sustainably" harvest with a close watch on not depleting fisheries. Needless to say when you choose organic, you are doing a good thing for yourself and family, but also the environment. The organic foods may cost a little bit more due to the added care and time that they require by the producer, but the payoff is huge. By choosing organic you not only get great tasting food, but you reduce toxins in your body and the environ-

ment. It is a win-win for everyone involved.

Do you offer alternatives to "white" foods?

Many of you have heard about the negative consequences of consuming "white" foods like bleached flour, white sugar, hydrogenated oils and more, but don't know about the alternatives. These white foods metabolize too fast, lack many important nutrients and enzymes, and cause many negative health consequences such as weight gain, diabetes, heart disease and even cancer. Choices abound with whole grain bread, cookies, pasta, and even great tasting soy pasta. Even flourless bread items are available that are made with sprouted grains that provide you with the best health benefits. The great thing today is the abundance of choices such as organic olive oil tortillas, flourless tortillas, wheat free etc. In tortillas alone, we give

you seven or eight healthy great tasting alternatives, more than a conventional supermarket. All of these as well as thousands of other items are available at Bonterra Market. The staff at Bonterra Market is always willing to help and is passionate about natural and organic food.

Can "Gourmet" food be healthy?

Healthy eating can surprisingly also include gourmet items for the "FOODIE" in all of us. Gourmet, organic, and natural have been blurred together to create some of the best tasting essential pantry items. Artisan cheese, jams, simmer sauces, tapenades, estate olive oils, and even exotic snack food and organic dark chocolate should keep everybody satisfied.

You no longer have an excuse for not getting healthier and living better in 2011. Visit Bonterra Market and see the difference!

Money Saving Coupon

\$5.00 Off

any order over \$50

Expires 2/28/2011

Not applicable on prior sales, special orders or sale items

Must be presented at the time of purchase.



Bonterra Market

3112 Fire Road
Egg Harbor Twp., NJ
(609) 484-1550

STORE HOURS

Mon. - Fri. 9am to 7:30pm

Sat. 9am to 6pm

Sun. 11am to 5pm

www.Bonterramarket.com

About Bonterra Market . . . we provide you with the finest quality fresh, natural, organic and whole foods, nutritional products, body care products and health information in a fun environment. We carry these products because we feel that food in a pure state is the best tasting and the healthiest for you and your family.

We stock our market with the highest quality foods and offer them to our customers at the best possible value.

- ◆ We search for and promote organically produced foods and products whenever possible.
- ◆ We promote locally grown organic foods
- ◆ We are committed to great tasting and safe foods for your family and the environment
- ◆ We have stringent standards for the products that we sell

Bonterra Market turns away many products due to unacceptable ingredients. Our buyers are passionate about offering you delicious, quality, fresh foods that are minimally processed. We hope you enjoy our store!



Visit us online for valuable information and money saving coupons: www.Bonterramarket.com