

Walter's PRODUCE

USDA
ORGANIC

What's Cooking at
Super BI-LO

A FREE Cooking and Nutrition Program Saturdays at the Columbia Super BI-LO Store
Clemson Road
From 11 a.m. - 2 p.m.

FEATURING:
Cooking Demonstration
Nutritional Advice
Recipe Sampling
YOU WILL RECEIVE:
Food Samples
Nutritional Handouts
Recipe Cards

Dates and Topics:

May 12

Snack Attack

May 19

Where's the Fiber?

May 26

Feeding the Flock,
While Saving the Clock

June 2

Instead of Super size,
Let's HEALTH-i-Size

June 9

Health Benefits & Colors
of Fruits and Vegetables

June 16

Healthy Eating:
It makes good CENTS

June 23

Outta Sight, Outta Mind



1.49
lb.

Save up to 50¢ lb.
WITH YOUR CARD

**Jumbo
Cameo Apples
or Packham
Pears**



Organic Red Delicious Apples or
Organic D'Anjou Pears

1.59
lb.
SAVE 40¢ &
WITH YOUR CARD

Available in Select Stores.

2 for \$5

Save 1.78 on 2
WITH YOUR CARD

**Fresh Express
Premium
Salad Blends**
6-12 oz.
Select Varieties



2.99
lb.

Save 1.00 lb.
WITH YOUR CARD

**Fresh
Asparagus**



2 for \$3

Save 1.58 on 2
WITH YOUR CARD

**Fresh Foxy
Cut Vegetables**
Select Varieties



2.49
lb.

Save 1.50 lb.
WITH YOUR CARD

**Red Cluster
Tomatoes**



Hoan San Toku Knife **9.99**
CASH PRICE

2 for \$5

Save up to 98¢ on 2
WITH YOUR CARD

**Jumbo
Cantaloupes**



8.99
ea.

Save up to 1.00 ea.
WITH YOUR CARD

**Country Fresh
Fruit Tray**
32 oz. or
Apple Cheese Tray
28 oz.

