



WAYS TO \$AVE



In addition to the great savings you will find on products in each monthly Market Report, don't forget to check out our weekly **Seed Specials!** Available on our website, www.mustardseedmarket.com, or in our stores, it will let you in on some great deals from our produce, meat, market kitchen, and bulk departments. You'll also find plenty of unadvertised in-store specials each week, so there are always bargains to be found!

Coupons, coupons, coupons! Pick up a **Mambo Sprouts** booklet at our customer service desk while supplies last to find dozens of great coupons for products in our stores. You can also **download valuable coupons** directly from our website by clicking on the health-e-savers link at www.mustardseedmarket.com!

Stock up and save gas! Purchase a full case of an item and we'll knock **10% off of the case price** (excludes everyday value and sale items). This could save you a ton on energy bars, baby food, yogurt, juice, or bottled water!

Did you know that **we'll give you 5¢ for every bag you bring in and re-use?** If you're a weekly shopper, that could add up by the end of the year. Whether you choose to recycle your paper or plastic, bring a canvas bag, or invest in one of our 99¢ "Mustard Seed Shopper" bags, you can save money – and our environment – by bringing bags to shop!

Let's not forget that **Golden Buckeye discount.** Every Wednesday, your Golden Buckeye card saves you 10% off of all the regularly-priced items in your cart, as long as you present it to your cashier before paying. What a deal! It can add up quickly, so don't forget your card next Wednesday!

Every **January, April, July, and October**, our supplements departments put the **vitamins on sale.** That means you **save 15%** – if not more – on your supplements, including vitamins, herbs, minerals, and homeopathy!

Last, but certainly not least, flip to the back page of the Market Report for this month's **Bonus Buys.** For every \$20 you spend, we'll give you an even better deal on a sale item. We have a few from which to choose, so pick what you want and stock up!

Pick your ways to save – it's worth it!

Mustard Seed Market & Café Grocery • Restaurant • Catering

Montrose: 3885 W. Market St. Akron, OH 44333 / 330.666.7333 • Solon: 6025 Kruse Dr. Solon, OH 44139 / 440.519.3663

www.mustardseedmarket.com