

The Family Wellness Center 2017 *Real Food* Partners

For Pick up Monday-Thursday



SPIRAL PATH FARMS CSA

(www.spiralpathfarm.com) - We are your pick up site for locally grown certified organic produce each Wednesday, with an affordable CSA membership! The best way to eat in season, local, organic food.

RIJUICE . . . Life in a bottle

The absolute best cold-pressed organic juice from Lancaster County. Order by Thursday 6 p.m. for delivery the following week or stop by and try any of the six amazingly delicious flavors we keep in stock. Buy a dozen and get one free on your first order.

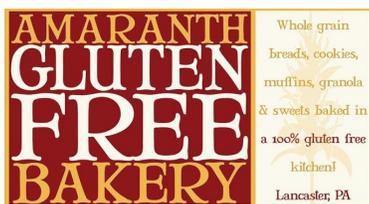


BHealthy Meals

(bhealthymeals.com) - Delicious nutrition and easy meals prepared for you. Simply reheat! You can choose gluten free, dairy free, sugar free! Lebanon County's best kept secret for truly Gourmet clean eating. Order by 5 p.m. Sunday for Monday pick-up at the Center.

THRIVE MARKET

(<https://thrv.me.com/realfoodreset>) - Organic brands you love for a lot less. Save 30-50% off name brands. Use our link and receive a free months trial subscription, plus 15% off. If you like their services you can join with an online subscription service. Deb saved \$70.00 off on her first purchase! Use **realfoodreset referral** above for extra savings!



AMARANTH GLUTEN-FREE BAKERY

Delicious Lancaster County handmade, truly tasty gluten-free breads, rolls, cookies, cakes and more. Baked from scratch. Preorder by Monday 4 p.m. for Thursday pick up at the Center.

RX BARS

Nutrient-rich protein bars made with only 5 *real* food ingredients. A variety of flavors available. No Sugar, No Dairy, No Gluten, No Junk, No B.S.! Only \$2.50.



HUNGRY ROOT

(<https://www.hungryroot.com/promo=WJ7TPI>)

From breakfast to dessert, fill your days with paleo and vegan feel good foods. Bundled to save you time and money. Most meals take about 3-5 minutes to prepare on your stove top. Deb's favorite new company makes it so easy to eat clean. Give us your email and we will send you a coupon!

GREEN'S FIRST & DREAM PROTEIN

Welcome to the world of whole food plant nutrition! Developed by a chiropractor, our favorite nutrient drink has 15 servings of fruits & vegetables and 54 superfoods! Use them alone or add to our organic Protein Powders and you have a meal. New Kid's Formula and New Menopause Formula too! See our website for 1st time buyer's coupon.



STANDARD PROCESS & MEDI-HERB

SUPPLEMENTS (www.standardprocess.com)

These whole-food nutrients and superior herbal products are grown on organic farms, right here in the U.S., not synthetically manufactured in labs. We are committed to safe, effective whole food supplementation. Schedule a consultation with Deb to determine your individual nutritional requirements. Visit our website for 1st time buyer's coupon.

LANCASTER FARMACY

Reclaim your health with certified organic medicinal herbs, organic produce and flowers, all grown locally. Teas include Strong Heart, Lemon lift, Cold Care, Nourishment and Chaga Chai. Formulas include White Willow Bark, Di-Stress Elixir and Hot Breath Fire Cider. Enjoy Healing Salves, Bath soaks and Sun Shields. All organically grown and ethically wildcrafted; these great products are coming soon to the Center!



CATHY'S GINGER SPICE

A delicious way to spice up real food making it even more delicious. Cathy starts by drying and grinding most of her herbs and then hand mixes in just the right amounts for the best ever spice mixes - all based on ginger. We have a full list of Cathy's products. Deb's favorite is Pumpkin Ginger Spice and Sarah loves Ginger Garlic with Shallots. Makes ordinary real food taste like gourmet food!



Place Your Orders Today

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