

Celebrate Mother's Day!

FRESH THYME
MARKET™



Strawberries 1 lb, Blueberries Pint or Blackberries 6 oz

21⁹⁹ \$5



Thomas Farms Whole Beef Tenderloin
sold in bag only, limit 2 per household with additional item(s)
\$25 min purchase requirement

9⁹⁹ ea

grass fed, grass finished



Dozen Rose Bouquet
14⁹⁹



Best Mom Bouquet
12⁹⁹



10 Stem Fresh Cut Tulips
6⁹⁹



Dozen Rose or Beautiful Mom Bouquet with Glass Vase and Bag
29⁹⁹



Chunknut Cheesecake
7 in
18⁹⁹



All Bulk Candy
27 items to choose from, sold by lb
30% OFF



Kendall-Jackson Chardonnay
750 ml
17⁹⁹



Koko Candles
20% OFF

biodegradable, plantable, seed-infused packaging!



Jumbo Red or Green Seedless Grapes
2⁹⁹LB



Rockit Apples
3 lb shuttle
4⁹⁹



Red, Yellow or Orange Bell Peppers
4/5



Sweet Corn
6/2



Fresh Atlantic Salmon Fillets
9⁹⁹LB



Colossal 12/15 ct Raw Easy Peel Shrimp or Jumbo 16/20 ct Cooked Shrimp
Sold in 2 lb bag only, equal or lesser value free
save at least \$22*



All-Natural Boneless Skinless Chicken Breast
2⁹⁹LB
Boneless Skinless Chicken Tenderloins... 3⁹⁹
at market prices



Thomas Farms Pasture Raised Beef Patties, 80% Lean
sold in 10 pack of 10 for \$10
10/10



Chobani Greek or Less Sugar Yogurt
serving varieties, 5.3 oz
10/10



Vital Farms Large Pasture-Raised Eggs
1 dozen
5⁹⁹



Spindrift Sparkling Water
8 pk, 12 oz
5⁹⁹



When you buy 2 or more Skinny Pop Popcorn
4.4-5.3 oz, quantities less than 2 are regular retail
2/5

Shop Boar's Head



Boar's Head Cracked Peppermill Turkey
11⁹⁹LB



Boar's Head Sweet Slice Ham
8⁹⁹LB



Boar's Head Pre-Sliced All Natural Roasted Turkey or Applewood Smoked Ham 7 oz
7⁹⁹



Boar's Head Sliced American or Colby Jack Cheese
8 oz
5⁹⁹



Beauty Care
facial care or cosmetics, select varieties.
Get that glow with facial care that's equal parts luxurious and effective. Tone, brighten, exfoliate and moisturize with clean ingredients your skin will love.



BUY ONE GET ONE FREE
Vicolo
Pizza
14-15 oz
save at least \$9.99



La Terra Fina
Quiche
2.3 oz
9⁹⁹



Elegant Rose Lily
18⁹⁹



Brighten Her Day Bouquet
22⁹⁹



FREE
Farm Promise
Uncured Bacon Applewood or
Hardwood
12 oz
4⁹⁹



FREE
Honest Turkey
93% Lean Honest Turkey
Ground Turkey
16 oz
2/10
99% Lean Ground Turkey ^{16 oz} 6⁹⁹



Regal
King Smoked Salmon
maple, beech wood, hot beech wood or
cranberry wood, 3.5-4 oz
8⁹⁹



MILD FLAVOR
Sea Legend
Colossal U10 Dry Sea Scallops
17⁹⁹LB



Jumbo Cara Cara or Navel
Oranges
99⁹⁹LB



Red Dragon Fruit
3⁹⁹LB



Cauliflower
99⁹⁹LB



ORGANIC
Organic Rainbow Baby or Petite
Baby Carrots
12 oz
1⁹⁹



NON GMO
Kodiak
Power Waffles or Flapjacks
10.72-15.37 oz
5⁹⁹



Califa Farms
Creamer or Oat Barista Blend
25.4 or 32 oz
2/8



Starbucks
Creamer or Oat Coffee or Cold Brew
40-48 oz
5⁹⁹



Cameron's
Coffee
10-12 oz or 12 ct
7⁹⁹



NON GMO
Poppi
Prebiotic Pop
12 oz, quantities less than 3 are regular
cost
3/5



ORGANIC
Fresh Thyme
Organic Lemonade
64 oz
2/6



FREE
Bobo's
Stuffed Oat Bites
6.5 oz
3⁹⁹



PALEO
HU
Chocolate Bar
2.1 oz
3⁹⁹



ORGANIC
Alden's
Organic Ice Cream
8⁹⁹



BUY ONE GET ONE FREE
Honey Mamas
Cocoa Truffle Bars
2.5 oz in the refrigerated section
save at least \$4.99



Tru Fru
Frozen Novelties
6⁹⁹



White Claw, Topo Chico, Vizzy,
Mighty Swill or Truly
Hard Seltzer
select varieties, 12 pt, 12 oz
18⁹⁹

Prices valid 5/8/24-5/14/24 at our Ohio locations

MY TRYME **LIBER EATS**
We reserve the right to limit quantities. All sale items are while supplies last and subject to availability. We reserve the right to correct pricing errors. Not all items available in all stores. Prices and Green performance are subject to local state laws. 30% and 40% available in Shop & Green Super store locations only. 10% off items up to \$200. Not all items and \$200. Not all items can be purchased any time.

Celebrate Mother's Day

BREAKFAST IN BED ☀️



Bays
English Muffins
6 ct, 12 oz
2/7



Uncle Matt's
Organic Juice
52 oz
7⁹⁹



TOST
Non-Alcoholic Sparkling Beverage
select varieties, 750 ml
6⁹⁹



Just Egg
Folded Plant-Based Egg
4 ct
5⁹⁹



Mr. Dell's
Frozen Hashbrowns
24-32 oz
3⁹⁹



Fresh Thyme
Coffee Grounds or Cups
10-12 oz or 12 ct
8⁹⁹

GIFTS FOR MOM 🎁



Fresh Thyme
Chocolate Covered Strawberries
4 pk
4⁹⁹



Simple Joys Bakery
Loaf Cakes
14 oz
6⁹⁹



Mother's Day Cards
3⁹⁹



Kobo
Candles
entire line on sale
20% OFF



Owala
Water Bottles
select varieties
27⁹⁹



Inesscents
Bath Salts
select varieties
20% OFF



Pacha
Bath Bombs
select varieties
4⁹⁹



Burt's Bees
Gift Sets
select varieties
9⁹⁹

10 for \$10 mix and match!



Hass Avocados



Jumbo Red Mangos



Hot House Cucumbers



Fresh Express Garden Salad 12 oz, Coleslaw 14 oz or Shredded Lettuce 8 oz



Organic Whole Carrots
1 lb bag



Lemons

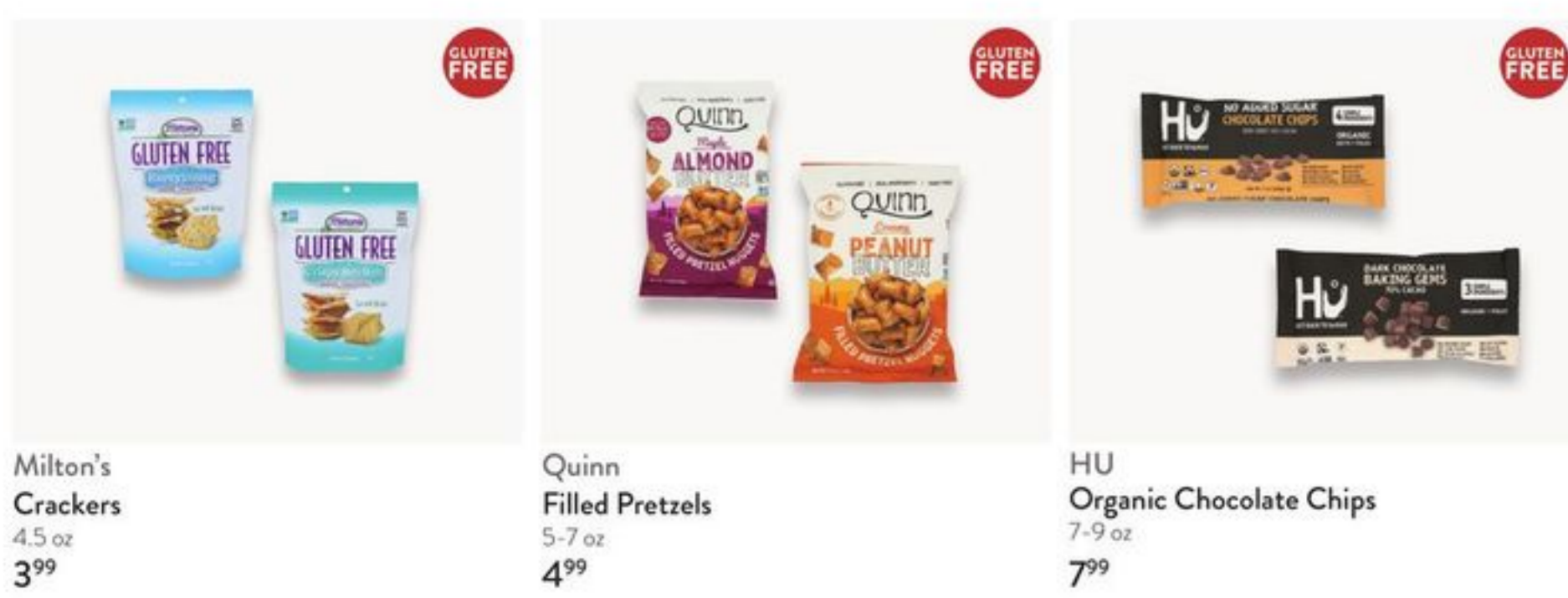
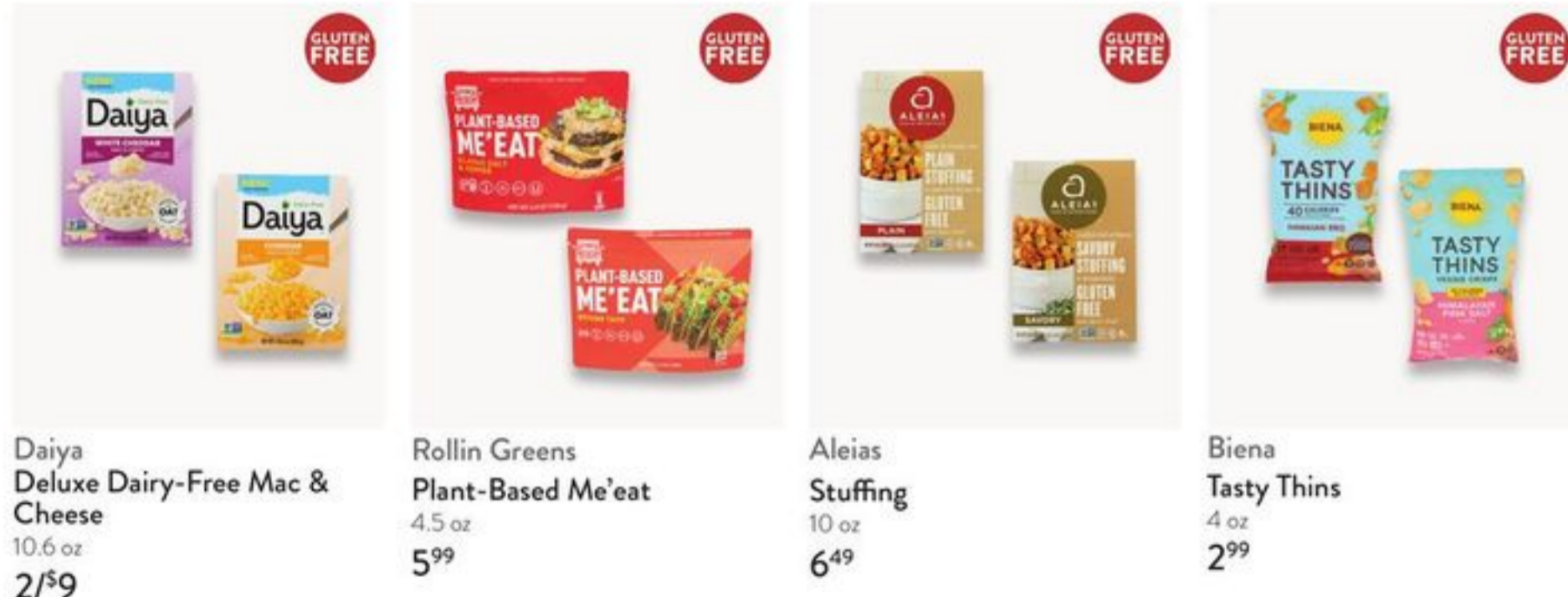
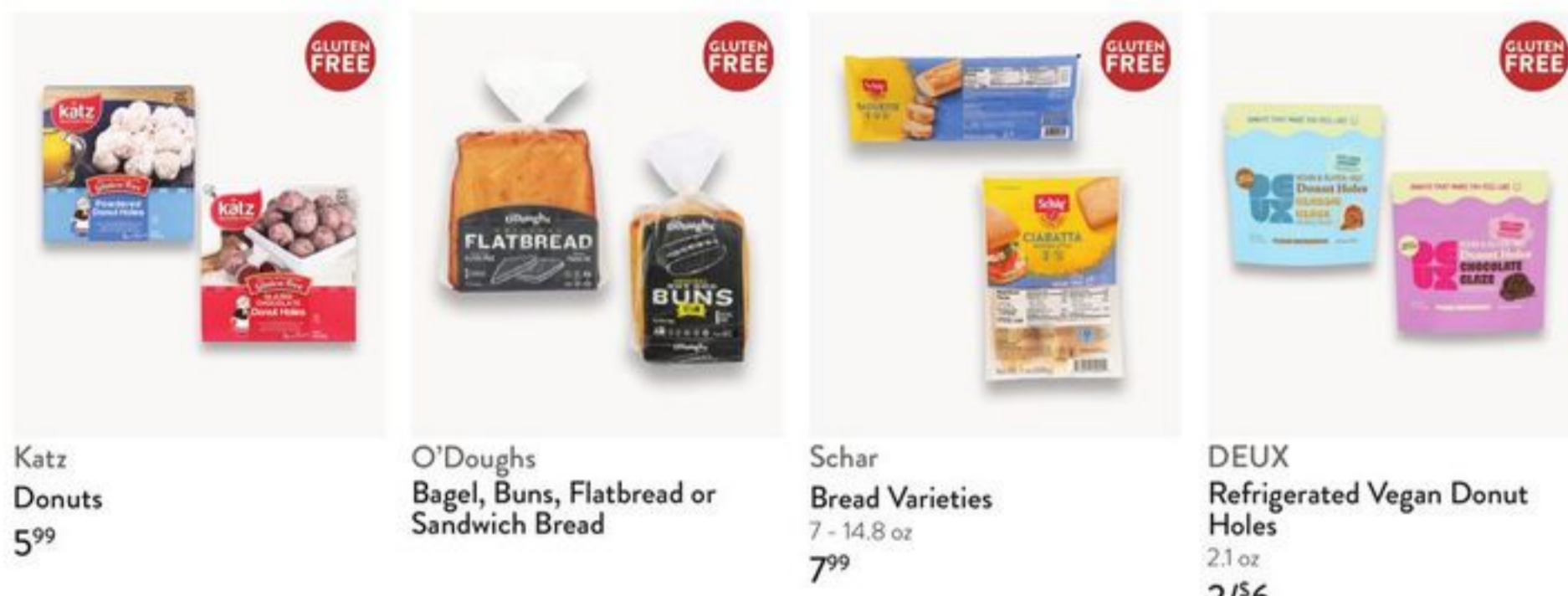
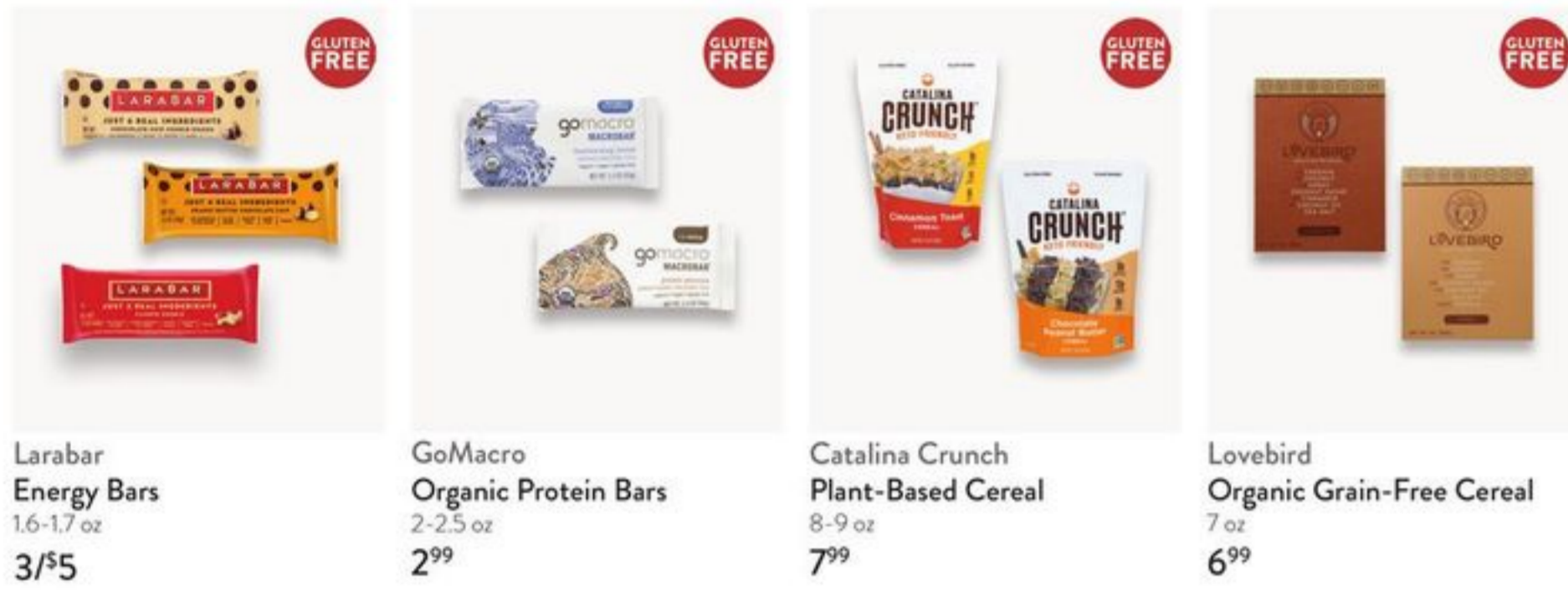
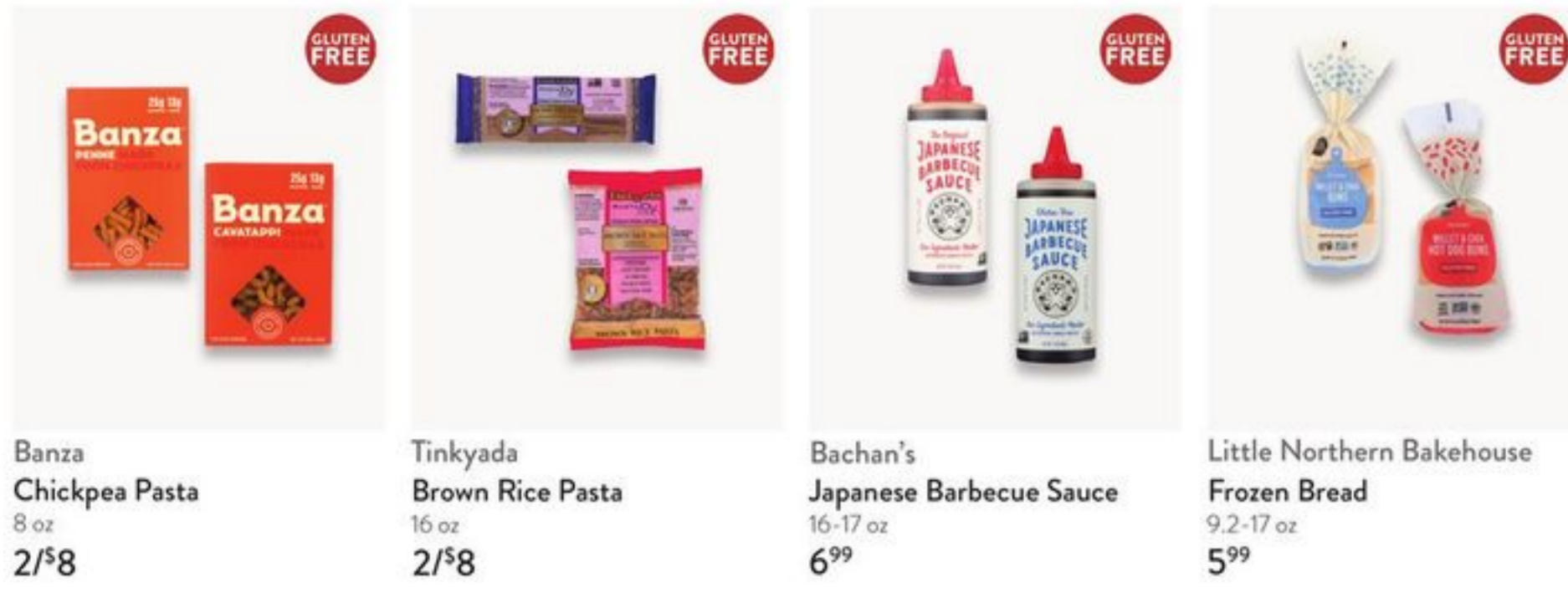


Jumbo Green Bell Peppers



Organic Whole White Mushrooms
8 oz

Celiac Awareness Month



TRY THIS ESSENTIAL OIL RECIPE TODAY!!

ADD THE DIRECTED AMOUNT OF DROPS TO YOUR DIFFUSER FOR A SCENTPLOSION

May Flowers

3



3



3



killer brownie®

Strawberry Sweetness in Every Bite

Strawberry Shortcake Killer Brownie®





Thank you!



OVER 6 MILLION LIVES CHANGED

Since the first store opened in 2015, Fresh Thyme has supported Vitamin Angels' mission to improve health and nutrition for pregnant women and young children in underserved communities. For every Fresh Thyme brand vitamin or supplement purchased year-round, we make a 1-for-1 donation to Vitamin Angels to help provide life-changing vitamins for women and children in need.

Thank you for your help!

based a Vitamin Angels' blended cost of 25¢ per nutrition intervention

MEET MEGHAN

Fresh Thyme's Registered Dietitian

Send your nutrition questions to nutrition@freshthyme.com for a chance to be featured!

I take Vitamin D in the winter but now that Spring is here do I need to keep taking it?

Becki, Canton

The sun is a key source of vitamin D but most of us work inside preventing adequate vitamin D intake from the sun. Only a few foods contain Vitamin D such as salmon, tuna, milk and mushrooms. The best way to know if you are getting enough vitamin D is to get your blood work done. Based on your personal results and age, taking 400 to 800 IU of vitamin D3 per day may help to ensure you are getting your daily of Vitamin D.

