## ROUSES MARKETS

# SPECIALTY SAUNGS

Prices good October 23rd thru November 27th 2024. Supplies may be limited.

#### THANKSGIVING CHARCUTERIE



14 OZ Anthony & Son's Bakery Rosemary Focaccia

Perfect for family gatherings

9 - 10 OZ **Durham Ellis Trail Mixes** 



16 OZ

Woeber Sandwich Pal Horseradish Spread

Flavorful charcuterie pairing

8 OZ Black Mission Figs

10 OZ

9 OZ

Ghee

4th & Heart

Tabasco Pepper Jelly



KETO

Dvash Date Nectar

14.1 OZ



Paleo

16 OZ Cleveland Kitchens Kim Chi Pickles







### **DIABETES AWARENESS MONTH**

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board

9.52 OZ It's Skinny Pasta



Low calorie and low carb

12 OZ A1C Teas



Made with cinnamon and aloe vera

16 OZ Hint Water



More information about diabetes can be found on www.diabetes.org.

6.25 OZ

Good Health Veggie Sticks And Straws

Crunchy snack with added veggies

8 IN - SUGAR FREE Apple Pie

In our bakery!









3.53 OZ Colmans Original Mustard



Made from a rare blend of white and brown mustard seeds

3 OZ SafeCatch Pink Salmon



Salmon contains healthy omega-3's!

9.3 - 11.4 OZ Swerve Cake Mixes

COOKING WITH APRIL

Join Rouses Dietitian, April, LIVE every Tuesdays at 10 am for

nutritious recipes and tips.

Sweets with less carbs

Diabetes Awareness Month is an opportunity for us to remember to pay attention to our health and learn about the risks and symptoms associated with diabetes. Here are some tips for shopping:

- Reading food labels and ingredients can help us become more aware of the food that we eat. Looking for some products that have replaced the sugar with alternative sweeteners to help lower the
- Shopping at Rouses where there are a host of sugar free, low carbohydrate, and reduced sugar products.



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#### **COZY COMFORT FOODS**

11.5 OZ Katz Frozen **Gluten Free Pies** 

14 OZ Blackbird Frozen Pizzas



24 - 27 OZ Rao's Frozen Entrees



1/2 GALLON

Louisburg

Apple Cider



8.8 - 13 OZ

Bonne Maman Preserves

Bonne Maman

red Berries Presa

6 OZ Alessi Soups

**Green Chilie Burritos** 

6 OZ

No preservatives, no

artificial flavors or colors

Portable comfort snack

with tea

Warm up

Perfect for fall comfort flavors

20 CT

**Twinings** Tea

TWININGS

23 varieties

Made with real fruit

8.5 OZ



16 OZ

Crown Maple Pancake Mix

CROWN Nuggets of pure

Premium comfort food

12.7 OZ Torani Syrups

Flavor your hot coffee

4.3 - 8 OZ G.H. Cretors Popcorn



14 - 14.7 OZ Amy's Soups



Syrups

Crown Maple





ORGANIC





20 - 24 OZ **Bob Evans Mashed Potatoes** 



#### CHICKEN NOODLE SOUP

2 tablespoons vegetable oil

1 medium onion. chopped

2 medium carrots,

peeled and chopped 3 stalks celery, chopped

with leaves

1/4 cup parsley, chopped

1 pound rotisserie chicken, pulled, with skin, bone and cartilage removed

2 quarts chicken stock (if storebought, simmer the scraps from the onion, carrot, celery, and parsley with it in a pot for 30 minutes)

Salt and pepper to taste

#### **Directions**

- In a saucepan, heat the vegetable oil over medium heat and "sweat" the onion, carrot and celery until tender. Be careful to not to overbrown the vegetables.
- 2. Add the parsley and pulled rotisserie chicken, and toss with the vegetables.
- 3. Strain the stock through a fine mesh strainer, and add it to the pot.
- 4. Bring the soup to a simmer, and then leave it alone for 30 minutes.
- 5. Add the egg noodles to the pot, and cook for 8 to 12 minutes (until the pasta is tender).a
- Season the soup with salt and pepper to taste.
- Ladle the soup into warmed bowls, and serve.

### **VITAMINS & WELLNESS**

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32 OZ Lifeway Kefir



1.7 OZ So Good So You Shots

Elderberry Blood Orange and Turmeric Cinnamon

14 flavors including

12 OZ Zyn

**Tumeric Drinks** 

Made with curcumin



ZŸN TURMERIC 1-100 CT Nature's **Bounty** 

**Vitamins** 





12 OZ **Big Easy** 

Pop

for gut nutrition



Plus prebiotics and probiotics

#### **WELLNESS AT ROUSES**

Rouses. One of the most popular topics of conversation lately is based around probiotics.

TURMERIC

Probiotics promote a healthier gut with good bacteria. Food products such as fermented foods, yogurt, kefir, kombucha contain probiotics.