

ROUSES MARKETS

SPECIALTY SAVINGS

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

THANKSGIVING CHARCUTERIE

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HOW TO BUILD A *Charcuterie Board*



5.3 OZ
2's Company
Apricot and
Macadamia Crisp
\$6.99



4 OZ
Salumi Italiani
Milano
\$8.49
Imported from Italy.



4.9 OZ
Reypenaar
1 Year Gouda
\$9.99



4 OZ
DaneKo
Blue Cheese
\$4.49



4.4 OZ
Fresh Pack Italian
Olive Mix
\$5.49



SCAN HERE TO SEE HOW!



14 OZ
Anthony &
Son's Bakery
Rosemary
Focaccia
\$4.99



Perfect for family gatherings

16 OZ
Weeber Sandwich
Pal Horseradish
Spread
\$2.19



Flavorful charcuterie pairing

10 OZ
Tabasco
Pepper Jelly
\$3.99



14.1 OZ
Dvash Date
Nectar
\$4.99



Paleo

9 - 10 OZ
Durham Ellis
Trail Mixes
\$4.99



Add to a crunchy snack board

8 OZ
Black Mission
Figs
\$4.99



Yes, it's fig season!

9 OZ
4th & Heart
Ghee
\$8.99



16 OZ
Cleveland Kitchens
Kim Chi Pickles
\$5.99



Add a burst of flavor to your board

DIABETES AWARENESS MONTH

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9.52 OZ
It's Skinny
Pasta
\$2.99



Low calorie and low carb

6.25 OZ
Good Health Veggie
Sticks And Straws
\$3.49



Crunchy snack with added veggies

3.53 OZ
Colmans
Original Mustard
\$2.99



Made from a rare blend of white and brown mustard seeds

12 OZ
A1C
Teas
2/\$6



Made with cinnamon and aloe vera

8 IN - SUGAR FREE
Apple
Pie
\$9.99



In our bakery!

3 OZ
SafeCatch
Pink Salmon
\$2.49



Salmon contains healthy omega-3's!

16 OZ
Hint
Water
\$1.49



NO ADDED SUGAR

9 OZ
Lily's Baking
Chocolates
\$5.99



Made with Stevia

9.3 - 11.4 OZ
Swerve
Cake Mixes
\$6.49



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 added sugar content.
- Shopping at Rouses where there are a host of sugar free, low carbohydrate, and reduced sugar products.
- More information about diabetes can be found on www.diabetes.org.

COOKING WITH APRIL

Join Rouses Dietitian, April, LIVE every Tuesdays at 10 am for nutritious recipes and tips.



