



















Butcher Shop

In-Store Butchers to Provide That Perfect Custom Cut!









Certified Organic



















From The Sea

Seafood Steamer Pots – perfect for dinner or a party! Starting at \$39

Sea Cove 60/90 ct Large **Broken Cooked Salad Shrimp**Sold in 2 lb bag









Deli & Prepared Meals







Fresh Sliced Deli Meat & Cheese **Kretschmar Smoked Ham Off The Bone**

Eckrich **Hawaiian Ham**

Dietz & Watson **Havarti Cheese** Cooper Sharp

American Cheese Dietz & Watson

Dietz & Watson Honey BBQ Chicken or Honey Maple Ham

Beef Bologna

\$899











Available in Seafood Dept.

Tuna, Chicken & Shrimp

Freshly Store Prepared

Salad Trio



Beef or Turkey Meatloaf

With cream cheese icing

Stuffed Brownies

Assorted Varieties













Earthy • Nourishing • Soulful **RELAX & RESTORE HERBAL BATH SALTS** Perfect for teachers, coworkers, clients and friends who need stress release. Ingredients (makes 1 jar):

1 cup Epsom salt

- 1/2 cup pink Himalayan salt
- 1 tbsp dried lavender
- 1 tbsp dried chamomile
- 10 drops lavender essential oil • 5 drops frankincense essential oil
- Optional: a pinch of dried rose petals or favorite
- flower essence

Directions:

- 1. Mix all salts in a bowl.
- 2. Add herbs and blend.
- 3. Drop in essential oils and stir well.
- 4. Pour into a glass jar and add ribbon or twine. **Gift Tag Idea:** "Relax • Soothe • Renew — Sprinkle 1/2 cup into a warm bath."

FIVE FLOWER FORMULA

(Star of Bethlehem, Cherry Plum, Clematis, Impatiens, Rock Rose)

Benefits:

- Rapid stress relief
- Helps settle panic, overwhelm, emotional shock
- Creates immediate centering and grounding

Bach Rescue Remedy/Stress Relief 0.35 oz



The Grandpa Soap Co. Deep Cleanse **Epsom Salt**

4.25 oz

Judy's Corner

Wellness Manager - Holistic Nutritionist - Es-

sential Oil Coach - RYT Yoga Instructor

Have wellness questions? Contact me at: natu-

ral@greenvalleymarketplace.com

\$ 299

beef, beans, rice, corn &

cheese sauce



Better Shea Butter Chamomile Flowers

\$1699



doTERRA Lavender Essential Oil 15 ml



doTERRA Lavender Sample Pack 0.25 ml





8" French Apple Pie





Domina



Duke's Mayonnaise

30 oz **Light or Regular**



Pepsi

1.25 ltr **Assorted Varieties**



Coke or Pepsi 6 pk/16.9 oz btls **Assorted Varieties**

Nature Valley Granola Bars





Essential Everyday Pasta 12-16 oz





Bumble Bee Tuna Nabisco Family Size Oreo 5 oz . /// In oil or water

Cookies 11.78-18.71 **Assorted Varieties**

Campbell's Chunky Soups













Quaker Instant Oatmeal



On The Border Tortilla Chips



Kraft Easy Mac or Velveeta &







Bertolli Pasta Sauce



Wish-Bone Salad Dressing 15 oz

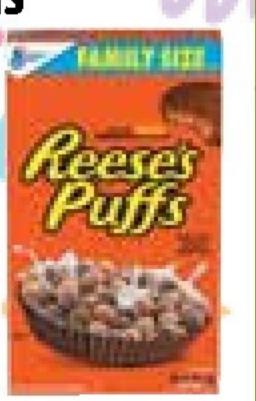


Utz Multipack Snacks 10 ct



General Mills Cereals





Hershey's Syrup 22-24 oz



Essential Everyday Honey



Tide Simply Laundry Detergent

Assorted Varieties

31-32 oz







Turkey Hill Teas or Drinks 64 oz **Assorted Varieties**

Pillsbury Ready To Bake



Chobani Fruit On The Bottom, Less Sugar or **Zero Sugar Yogurt**



Red Baron Frozen Pizza

Frozen



Marie Callender's Frozen Meals





Minute Maid Zero Sugar Drinks







Breakstone's Sour



Hot Pockets Snacks



Pillsbury Frozen Biscuits



Essential Everyday Frozen Potatoes

19.05-32 oz **Assorted Varieties**

ARNOLD - 6AM-10PM 1238 Bay Dale Drive Arnold, MD 21012 410-757-0505

Elkridge, MD 21075 410-579-4646

LAKE SHORE - 7AM-9PM 4681 Mountain Road

Pasadena, MD 21122 410-255-6800

PASADENA - 6AM-10PM 8095 Edwin Raynor Blvd. Pasadena, MD 21122

410-255-0070

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