

# KEEPIN' IT FRESH



## QUICK PICKLED CUCUMBERS

Get ready for a crisp, tangy crunch. These quick-pickled cucumbers come together in minutes and disappear even faster.



Scan the code for recipe!

### INGREDIENTS

- 3 cups Vinegar — *distilled white vinegar or white wine vinegar will work*
- 2 ¼ cup Cold Water
- 2 ½ Tbsps Kosher Salt
- 3 Tbsps Mustard Seed
- 3 Tbsp Coriander Seed
- 3 Tbsp Peppercorn
- 3 Star Anise
- 1 ¼ lb Cucumbers, *sliced into half-inch rounds*
- 1 small Onion, *sliced thin*
- 6 Garlic Cloves, *sliced thin*
- ½ Lemon, *sliced thin*

### STEPS

In a saucepan, combine the vinegar, water, salt, mustard seed, coriander seed, star anise, and peppercorns. Bring to a boil over high heat. Lower heat and let simmer for 10 minutes. Remove from heat and let cool. ♦ Pack the cucumbers, onions, garlic, and lemon tightly in jars. ♦ Ladle the brine into the jars to cover the cucumbers. Give the jars a couple of taps to release any air bubbles and allow the cukes to settle. ♦ Cover the jars tightly with their lids and refrigerate overnight.

### ORGANIC CUCUMBERS

Crisp, cool, and refreshingly hydrating, our organic cucumbers are perfect for snacks, salads, and pickling. Their mild flavor and satisfying crunch make them perfect for dipping, slicing, pickling, or sipping in infused water.



98¢ each



## STAY DRY, STAY HAPPY!

### CHEERS TO CRUSHING DRY JANUARY!

BEST DAY BREWING NON-ALCOHOLIC BEER • BREWED LOCALLY IN SAUSALITO!

Best Day's West Coast IPA is a tribute to their backyard in Northern California — smooth and drinkable with classic Cascade Hop aromas of citrus and pine.

Pairs well with:  
Road Trips, Picnics,  
Beach Days

**\$9.48** BEST DAY BRWEWING®  
West Coast IPA  
Non-Alcoholic Beer  
6 Pack/12 oz Cans +CRV



Best Day's Kölsch is light, crisp, and easy drinking with a nice toasty malt character. The combination of malts and hops create a refreshingly complex Kölsch-style ale.

Pairs well with:  
Sunshine, Trailheads,  
Fish Tacos

**\$9.48** BEST DAY BRWEWING®  
Kölsch  
Non-Alcoholic Beer  
6 Pack/12 oz Cans +CRV

**United**  
Home Grown In Marin.

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SCAN HERE  
TAKE THE DEALS WITH  
YOU WHILE YOU SHOP!



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## NAVEL ORANGES

Bursting with that succulent, juicy, tangy-sweet taste only found in California-grown citrus! Oranges provide a quick burst of energy and are excellent tossed in a green salad for a refreshing twist of flavor.

**98¢**  
pound



## PINK LADY APPLES

Great for slicing, juicing, or pairing with your favorite cheeses, our Pink Lady apples deliver a perfect balance of tart and sweet.

**78¢**  
pound



## BLACKBERRIES AND BLUEBERRIES

Deep in color and bursting with exceptional flavor, these berries are such a special treat! Bake into pies, tarts or muffins, or simply pile atop your morning cereal. **6 oz Basket**

**\$2.98**  
each



## LEAF LETTUCES

Red, green, and romaine lettuce each bring a unique crunch and color to any salad bowl. They're crisp, refreshing, and perfect for healthy meals.

**\$1.48**  
each



## ORGANIC AVOCADOS

Prized for their creamy texture and rich, buttery flavor, you can't beat these amazing avocados! They're a versatile ingredient that elevates dishes from salads to sandwiches to tacos and more.

**98¢**  
each

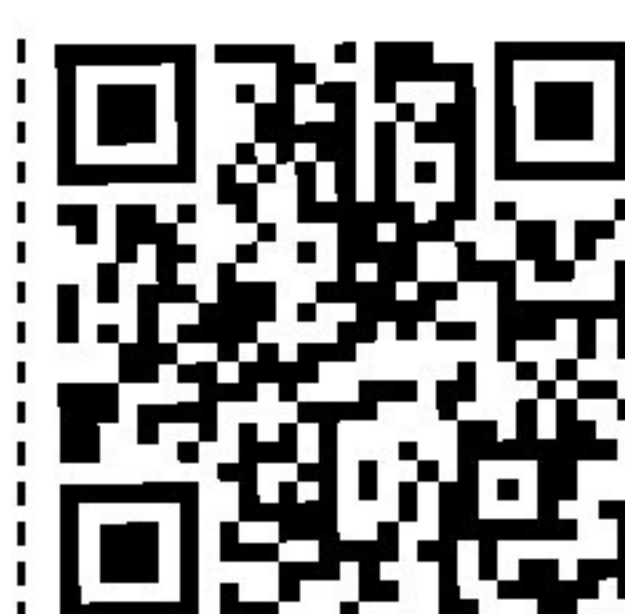
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## FLANK STEAK

**USDA CHOICE** – United loves featuring flank steak because it's leaner than other cuts and packed full of meaty flavor. Plus, it's incredibly versatile! After cooking, slice against the grain into thin strips and it's ready for tacos, salads, grain bowls and more.

**\$11.98**  
pound

SAVE  
**\$2**



## CHICKEN THIGHS

**ROCKY** – Boneless chicken thighs couldn't be easier to prepare for a hungry crowd. These tasty chicken thighs are versatile and enjoyed by everyone! Whether on top of a salad, in a sandwich, or prepared as the main dish, you're sure to impress.

**\$5.98**  
pound

SAVE  
**\$2**



## RED SNAPPER

**WILD-CAUGHT** – Red snapper is a lean, meaty fish that is perfect for pan searing. Its tender texture and subtle sweetness make every bite an exquisite culinary experience! For a delightful dish, serve with couscous, lemon, and fresh herbs.

**\$8.98**  
pound

SAVE  
**\$1**



pork

## CENTER CUT BONE-IN PORK CHOPS

**100 % NATURAL PORK** – Making perfect bone-in pork chops is simple! First, sear in a very hot pan for about three minutes, then flip and cook the rest of the way in the oven. Preparing them this way ensures they're cooked through, because no one wants tough, dry chops.

**\$3.98**  
pound

SAVE  
**\$1**



SAVE  
**\$1.30**

## TILAPIA FILLET

Freshwater, white fish is popular with our shoppers because it is easy to prepare. If you are looking for a weeknight dinner that comes together quickly, we have you covered! Pan-seared tilapia couldn't be simpler to make in 15 minutes.

**\$6.98**  
pound

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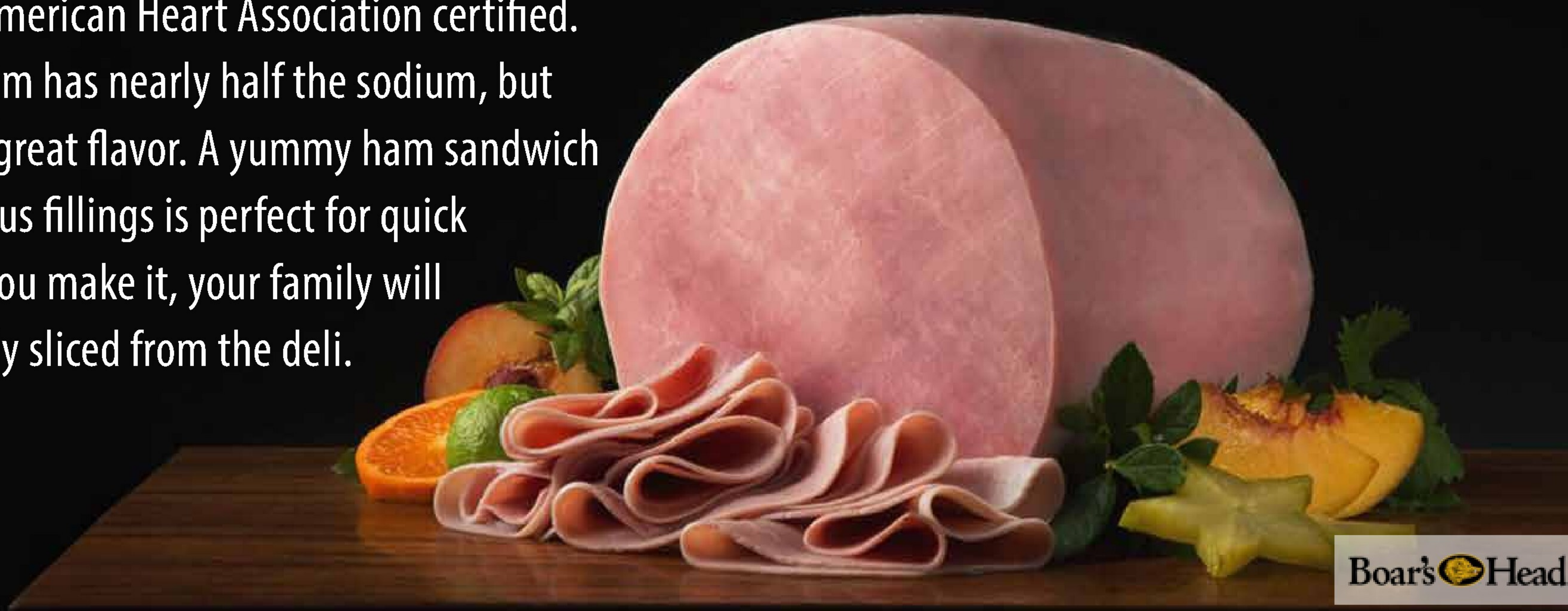
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## LOW SODIUM DELUXE HAM

**BOAR'S HEAD** – American Heart Association certified. Reduced sodium ham has nearly half the sodium, but maintains all of its great flavor. A yummy ham sandwich packed with delicious fillings is perfect for quick lunches. However you make it, your family will love it! Order freshly sliced from the deli.

**\$12<sup>98</sup>**  
pound



### LOW SALT TURKEY BREAST

**BOAR'S HEAD** – Oven roasted and delicately browned, this turkey is your complete lunch meat. Indulge in a twist on tradition with a zesty olive, artichoke, and bell pepper spread. Order it freshly-sliced from our deli counter!

**\$13<sup>98</sup>**  
pound

### CHOPPED KALE SALAD

**UNITED'S OWN** – Made fresh in our kitchen, this hearty kale makes a delicious green salad with mandarin, pecans & cranberries. A crunchy detox salad that is colorful, creative, and over the top deliciously healthy!

**\$7<sup>98</sup>**  
pound



**SAVE**  
**\$2**



### ROTISSERIE COOKED CHICKENS

**ROCKY** – Locally raised free range in Sonoma County. Getting dinner on the table ASAP can absolutely be a weeknight reality. With a tender, juicy rotisserie chicken on hand, you can make soups, casseroles, and pasta dishes that taste like they have been cooking all day, but come together in a fraction of the time.

**\$7<sup>98</sup>**  
each

### CALIFORNIA VEGGIE SANDWICH

**UNITED'S SPECIALTY SANDWICH** – Made fresh to order with cream cheese, avocado, sprouts, cucumber, lettuce, and tomato on the bread of your choice. Whether you're vegetarian or not, this ultimate Veggie Sandwich is so packed with flavor you won't even miss the meat!

**\$10<sup>98</sup>**  
each

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## MINI FRUIT TARTS

**UNITED'S OWN** – Made fresh in our bakery with a buttery shortbread crust, luscious vanilla custard, and a vibrant mix of fresh fruits. It's a simple yet elegant treat for any occasion.

4-inch

**\$6<sup>48</sup>**  
each



## AUSSIE BITES & ENERGY BARS

**BEST EXPRESS FOODS** – These super-popular bars and bites are filled with healthy ingredients and are perfect for that hiking, biking, camping on-the-go snack! **10 oz**

**\$4<sup>98</sup>**  
each



## RUSTIC 8 GRAIN LOAF

**LA BREA BAKERY** – This whole wheat, multigrain bread is slightly sweetened with honey and malt. A healthy and nutritious loaf. **18 oz**

**\$5<sup>98</sup>**  
each



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# WINE & SPIRITS



**LINE 39®**  
Cabernet Sauvignon, Merlot, Pinot Noir,  
Chardonnay, Sauvignon Blanc, or Pinot Grigio  
750 ML +CRV

**\$9.98**

**SAVE  
\$2**



**ARIEL NON-ALCOHOLIC WINES®**  
Cabernet Sauvignon or Chardonnay  
750 ML +CRV

**\$8.98**

**SAVE  
\$3**



**TEXTBOOK®**  
Cabernet Sauvignon  
750 ML +CRV

**\$25.98**

**SAVE  
\$4**

**TEXTBOOK®**  
Merlot or Chardonnay  
750 ML +CRV

**\$19.98**

**SAVE  
\$4**



**SMIRNOFF VODKA®**  
Original  
750 ML+CRV

**\$11.98**

**SAVE  
\$4**



**SMIRNOFF VODKA®**

Citrus  
750 ML+CRV

**\$10.98**

**SAVE  
\$4**

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# WISE BUYS



**STASH®  
Tea**  
Assorted Varieties  
18 Count

**2/\$6**



**KELLOGG'S®  
Special K Cereal**  
Assorted Flavors  
9-13 oz

**\$5.78**



**QUAKER®  
Life Cereal**  
Original or  
Cinnamon  
13 oz

**\$5.48**



**CLOVER®  
Organic Yogurt**  
Low Fat  
Assorted Flavors  
5.3 oz

**\$1.28**



**FAGE®  
Greek Yogurt**  
Assorted Flavors  
5.3 oz

**2/\$3**

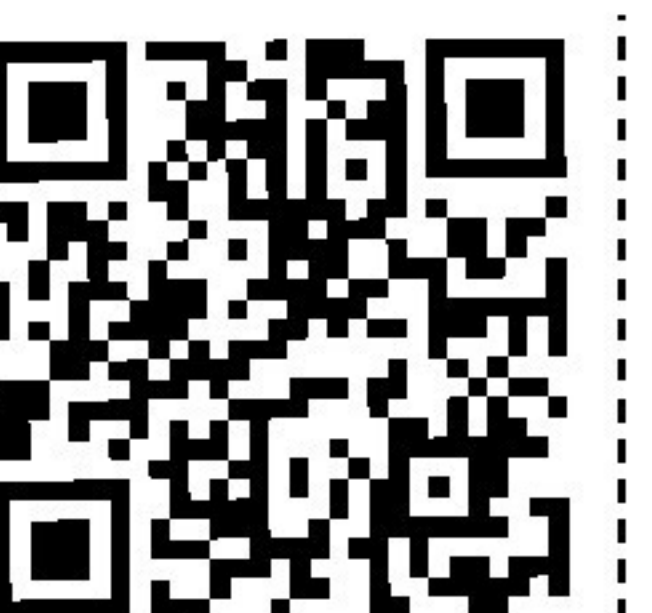
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# WISE BUYS



**DE LA CALLE®**  
**Tepache Beverage**  
Assorted Flavors  
12 oz +CRV  
**2/\$5**



**BOBO'S®**  
**Protein Bars**  
Assorted Flavors  
3oz  
**\$2.48**



**NATURE VALLEY®**  
**Protein Granola**  
Oates & Honey  
11 oz  
**\$4.78**  
**SAVE \$1.50**



**MAMMA CHIA®**  
**Fruit Squeeze**  
with Chia Seeds  
Assorted Flavors  
3.5 oz  
**2/\$4**

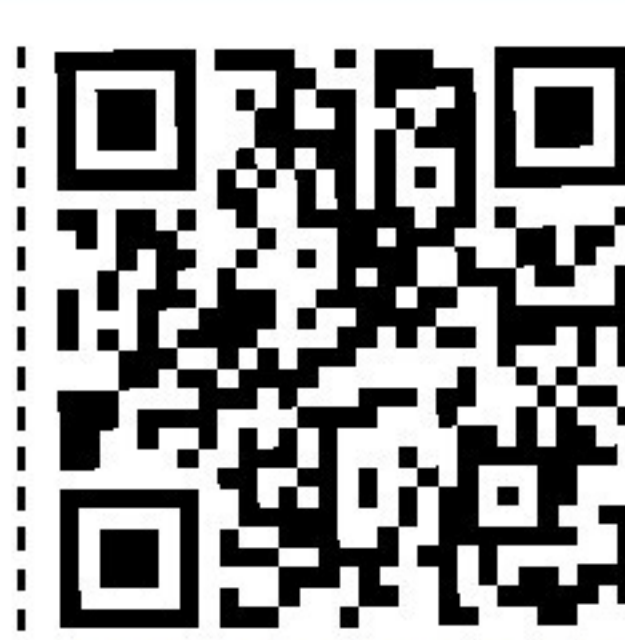


**JELL-O®**  
**Gelatin Cups**  
Assorted Flavors  
4 Pack  
**\$3.48**  
**SAVE \$1.50**

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# WISE BUYS



**ZOUP!®**  
Broth  
Assorted  
Varieties  
32 oz

**\$5.98**

**SAVE  
\$2**



**HORMEL®**  
Chili with Beans  
Original or Hot  
15 oz

**2/\$5**



**SAVE  
\$3**



**PRIMAL  
KITCHEN®**  
Dressing  
Assorted  
Varieties  
8 oz **\$6.98**

**PROGRESSO®**  
Soup  
Assorted Varieties  
18.5 oz

**2/\$7**



**PERRIER®**  
Mineral Water  
Assorted Flavors  
8 Pack +CRV

**\$8.48**

**SAVE  
\$1.50**



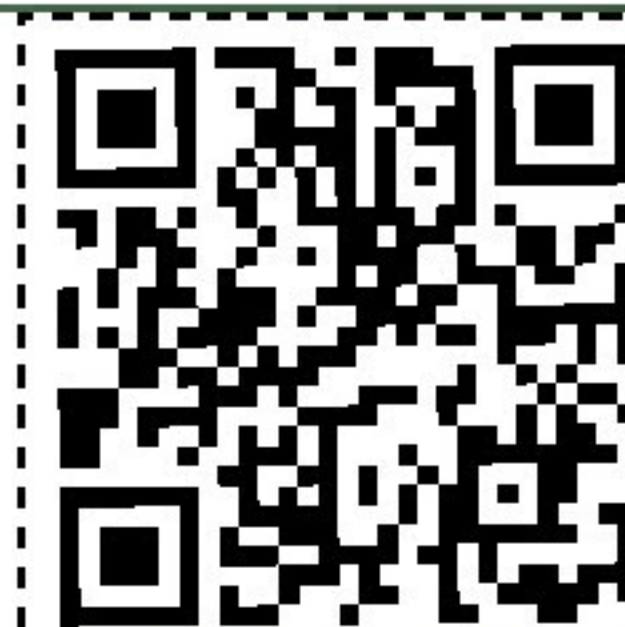
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# WISE BUYS



NuTRAIL®  
Nut Granola  
Assorted Varieties  
8 oz

**\$7.98**

**SAVE  
\$2**



HINT®  
Flavored Water  
Assorted Flavors  
16 oz +CRV

**2/\$3**



FRESH STEP®  
Cat Litter  
7 LB

**\$4.78**

**SAVE  
\$1**



BOULDER  
CANYON®  
Potato Chips  
Assorted Flavors  
6 oz

**\$3.98**

**SAVE  
\$1**



PARM CRISPS®  
Parmesan Crisps  
Assorted Flavors  
1.75 oz

**\$3.98**

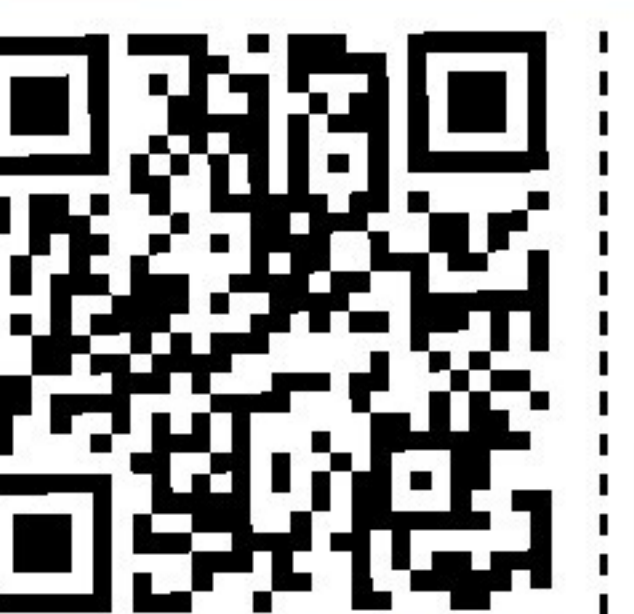
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# WHERE DO YOUR NICKELS GO?



# wildcare



WildCare delivers world-class medical care in our open admission wildlife hospital, together with exceptional environmental education, community engagement, and effective advocacy for the protection of wildlife and our shared habitat.

WildCare is a wildlife hospital, nature education center and wildlife advocacy organization located in San Rafael, California. Each year they treat nearly 3,500 ill, injured, and orphaned wild animal patients in the Wildlife Hospital, reach over 13,000 children and adults through their Terwilliger Nature Education Programs, and help thousands of people everywhere to live well with wildlife.



WildCare envisions a future in which humans are committed stewards of the natural world and transform conflict with wildlife into coexistence. As human habitation continues to expand into the wild places that surround us, people and wildlife increasingly find themselves calling the same places home. Everyone wants to do the right thing for wildlife, WildCare is here to help!

WildCare extends immense gratitude to United Markets for being chosen as the January Nickel Jar Recipient. Your donation not only promotes their mission to live well with wildlife but raises vital funds for WildCare's full cycle of programs.

**DISCOVERWILDCARE.ORG**



**EACH TIME YOU USE YOUR REUSABLE SHOPPING BAGS, YOU GET A NICKEL TO DONATE!**

**United**  
Home Grown In Marin.