

Did you know? The more involved and engaged your child is in selecting healthy food at the grocery store and then helping prepare their own lunch box snacks and meals, the more likely they are to eat it.

Hey, they eat it!  
Cut sandwiches into diamonds, triangles, rectangles, or other fun shapes. Kids seem to think they taste better this way!

Add variety!  
Vary the bread offerings from plain sliced bread to raisin bread, pita pockets, dinner rolls, flour tortillas, or mini-bagels.

Make it Fun!  
Slice it! Dice it! Skewer it! Did you know kids are more likely to eat fruits and veggies if they are sliced, diced or skewered than if left whole?

School days are here again!



Certified Angus Beef  
**LONDON BROIL or SIRLOIN STEAKS** \$9.79 lb.



Tyson IQF Boneless/Skinless  
**CHICKEN BREASTS** \$11.99 40 oz.

Jennie-O Turkey Burgers \$10.49 3 lb. box

Banquet Chicken Nuggets \$4.27 15 oz. box

Bays English Muffins \$3.59 All varieties - 6 ct./tray



Hot Pockets Meatball & Mozzarella, BBQ Chicken, Ham & Cheese Cheeseburger, Chicken/Cheddar/Broccoli 9 oz. box \$3.87

Green Giant Valley Fresh Steamers Farmer's, Market, Nature, Valley 11 oz. bag \$3.47



Aunt Jemima Waffles Homestyle, Blueberry, Buttermilk 10 ct./box \$3.09

Wyman's Mixed Berries Blend 15 oz. bag \$4.63

Freshly sliced the way you like it  
Dietz & Watson BLACK FOREST HAM \$11.15 lb.

Sara Lee HONEY ROASTED TURKEY BREAST \$8.49 lb.

Certified Angus Beef ROAST BEEF \$12.25 lb.

Esskay HONEY HAM \$7.25 lb.

Tropicana Pure Premium Orange Juice \$6.89 6 pack - cartons

Hillshire Farm Deli Meats Ultra Thin, Thick Cut All varieties - 9 oz. pkg. \$4.59

Dannon Danimals Yogurt \$6.29 4 pack - cups/box

Kraft American Cheese Slices \$4.75 16 slice - 12 oz.

Oscar Mayer Lunchables Flatbread Sandwich with Fruit Turkey & Cheddar, Ham & American 13.5 oz. pkg. \$5.15

Nestle Toll House Cookie Dough Chocolate Chip 16.5 oz. pkg. \$5.07



Here's an original that will never go out of style.  
Just add ground beef or turkey and you're minutes away from an easy one-pan dinner—for meals as nutritious as they are tasty. Natural source of Vitamins A & C and Lycopene, a powerful antioxidant. No artificial flavors.



NEW!  
Del Monte Sloppy Joe Sauce 15 oz. can \$1.55

Skippy Natural Peanut Butter \$3.85 15 oz. jar

Smuckers Seedless Strawberry Jam \$3.69 12 oz. jar

Hunts Snack Pack Puddings \$1.79 All varieties - 4 ct./box

Herr's Kettle Chips Jalapeno, Regular, BBQ, Reduced Fat 6 oz. bag \$2.89

Welch's Juice Boxes Grape, Fruit Punch 10 ct./box \$4.35

Planters Trail Mix Nuts, Seeds & Raisins 6 oz. pkg. \$2.95

Nestle Cheerios Cereal \$4.59 397 gm. box

Quaker Chewy Granola Bars All varieties - 6.7 oz. box \$3.75

Quaker Cap'n Crunchberry Cereal 13 oz. box \$3.95

Betty Crocker Fruit Snacks Shark Bites, Thomas & Friends, Penguins of Madagascar 8 oz. pkg. \$4.10

Minute Maid Juice Boxes All flavours 10 ct./box \$6.30

Nabisco Go-Paks Mini Oreos, Nutter Butter, Ritz Bits Cheese, Mini Chips Ahoy 3 to 4 oz. cups \$2.29

Keebler Animal Crackers Variety Pack - 12 ct. 4 Frosted Cookies 4 Animal Crackers 4 Iced Animal Cookies \$12.29

Musselman's Applesauce All flavours 4 oz. cups/6 ct. \$4.15



Glad Zipper Sandwich Bags \$2.99 50 ct./box



Purex Detergent All types - 50 oz. jug \$5.25

Oxi Clean Stain Remover 3 lb. tub \$6.15

Pepsi - Diet or Reg., Cherry Pepsi - Diet or Reg., Mug Root Beer - Diet or Reg., Sierra Mist, Pepsi Max, Mug Cream Soda, Mountain Dew - Diet or Reg., Sierra Mist Cranberry 2 litre bottle \$3.18  
Coke, Diet Coke, Sprite 1 litre bottle \$2.10  
Loda Pop



Listerine Smartrinse Mint, Berry 500 ml bottle \$6.85

Aquafresh Kids Toothpaste Bubble Mint 4.6 oz. pump \$3.29



L'Oréal Kids Shampoo All types 9 oz. bottle \$4.55



Irish Spring Body Wash All types 15 oz. bottle \$6.09

Lindo's MARKET

LINDO'S MARKET  
4 Watlington Road East, Devonshire  
Tel: 236-5623  
PHARMACY:  
t: 236-7732 f: 236-4055  
email: pharmacy@lindos.bm

Lindo's FAMILY FOODS

LINDO'S FAMILY FOODS  
128 Middle Road, Warwick  
Tel: 236-1344  
PHARMACY:  
t: 236-0010 f: 236-0009  
email: rxd@lindos.bm

Why Go Anyplace Else?  
STORE HOURS:  
Mon., Tues. & Thurs. 8am to 7pm  
Wed., Fri. & Sat. 8am to 8pm  
web: www.lindos.bm