



SunnyBridgeNaturalFood.com

130 Gallery Drive McMurray PA

724-942-5800

Cross the Bridge to a Healthier Lifestyle

Let's Get to the Heart of the Matter Together!

Amazing Heart Facts

We know you know how to steal hearts, win hearts, and break hearts...But how much do you really know about how your heart works?

Your heart beats around 100,000 times in one day and around 35 million times in one year. In an average lifetime the heart will beat more than 2.5 billion times!

Take a tennis ball, give it a good hard squeeze. You are using the same amount of force your heart uses to pump blood out to the body!

The heart pumps around 1 million barrels of blood during an average lifetime - that's enough to fill more than 3 super tankers!

Mark Your Calendars

- Thursday, Feb. 8 Healthy Body, Happy Heart
- Friday, Feb. 9 Winter Refresh Cleanse
- Thursday, Feb. 15 Cannabinoids and the Power of Natural Healing
- Saturday, Feb. 17 Winter Refresh Cleanse
- Thursday, Feb. 21 Preventing and treating the Flu!
- Thursday, Feb. 22 Happy Hormones
Balancing the Feminine



Nature's Path
Waffles
Pumpkin & Chocolate Chip

Reg. \$3.79

\$2.99



So Delicious
Unsweetened Coconutmilk
Reg. \$4.29

\$2.99

Save \$1.30!

Bulk Organic Chia Seed
Reg. \$4.19/lb



\$3.19/lb

Save \$1!

So Delicious
Coconutmilk Yogurt
4 Varieties
Reg. \$2.49



\$1.79

Bulk Raw Sunflower Seeds



\$2.89/lb

Reg. \$3.89/lb

Save \$1!

Flax 4 Life
Carrot Raisin Muffins



\$5.49

Reg. \$7.49

Save \$2!

Sale Runs February 1- 23, 2018

Cafe Special of the Month



Get your taste buds ready!

The Sunny Smash Burger

1/2 pound local Logan Family Farm's ground beef smashed onto shaved onions then seared.

Served on organic field greens, smeared with roasted garlic mayo and topped with a sunny-side up cage-free egg.



Good Health
Avocado Oil Sea Salt and Lime Ranch Kettle Chips

Reg. \$3.69

\$2.69

Save \$1!



Crunchmaster
Multi-Seed Crackers

3 Varieties

Reg. \$3.79

\$2.79

Save \$1!



Endangered Species

Chocolate Bars

9 Varieties

Reg. \$3.49

\$2.49

Save \$1!



Lundberg
Sea Salt and Pico de Gallo Rice Chips

Reg. \$3.49

\$2.49

Save \$1!



Nature's Path
Organic Cereals

2 Varieties

Reg. \$4.89

\$3.89

Save \$1!



Explore Cuisine

Organic Pasta

3 Varieties

Reg. \$4.89

\$3.49

Save \$1.40!

Sale Runs February 1- 23, 2018

Smoothie of the Month

Berry Chocolate Detox

Unsweetened Almond Breeze
Barleans Chocolate Greens
Strawberries
Blueberries
Cinnamon

A Tasty Way to Protect Your Heart



Sweetleaf
Liquid Stevia 2oz
7 Varieties
Reg. \$14.49
\$8.99
Save \$5.50!



Vita Coco
Lemonade Coconut Water
Reg. \$2.99
\$1.99
Save \$1!



Natural Sea
Premium Pink Salmon
Reg. \$4.79
\$3.49
Save \$1.30!



Aura Cacia
Skin Care Oil 4 oz
3 Varieties
35% Off!



Kiss My Face
Cool Mint Tooth Paste
5 Varieties
Reg. \$5.99
\$3.99
Save \$2!



Aura Cacia
Pure Essential Oils
5 Varieties
35% Off!



Nature's Gate
Shampoo
3 Varieties
Reg. \$8.29
\$5.29
Save \$3!



Thayers
Witch Hazel
4 Varieties
Reg. \$10.59
\$7.99
Save \$2.60!

Sale Runs February 1- 23, 2018



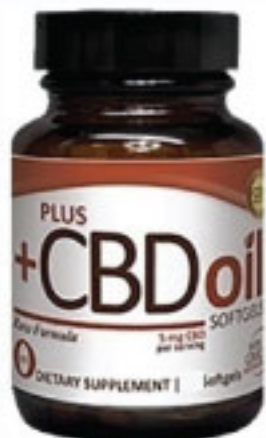
Kyolic
Cardio Formula
Reg. \$14.49

\$12.49
Save \$2!



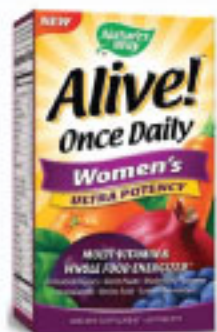
Nature's Way
Alive!
Men and Women's 50+
Gummy Vitamins
Reg. \$17.79

\$14.79 Save \$3!



Plus CBD Oil
60 Softgels 5 mg
Reg. \$35.99

\$29.99
Save \$6!



Nature's Way
Alive!
Once Daily
Ultra Potency
Reg. \$25.99

\$21.99
Save \$4!



Dr. Mercola
Digestive Enzymes
Reg. \$22.49

\$18.49
Save \$4!



Nordic Naturals
Ultimate Omega
180 Softgels
Reg. \$69.99

\$59.99
Save \$10!

Sales apply to in-store items only - 10% case discounts do not apply to sale items. Last day for sale case orders, including hair colors, is February 16.

Valentine's Day Heart-Shaped Caprese Salad

Instead of focusing on sweet treats this Valentine's Day, show your child how to make this tasty savory dish that's full of color, fresh flavors, and heart-healthy.



What You Need:

- Fresh mozzarella
- Tomatoes
- Fresh basil
- Heart-shaped cookie cutter
- Good quality extra virgin olive oil
- Good quality balsamic vinegar
- Sea salt
- Freshly ground black pepper

What You Do:

- Have your child cut the mozzarella into 1/4" thick slices. Use a cookie cutter to cut out heart shapes from each slice.
- Wrap and refrigerate the scraps of cheese for snacking on later.
- Slice the tomatoes into 1/4" thick slices.
- Try to use tomatoes that are about the same size around as the mozzarella for a more attractive presentation.
- Ask your child to layer the mozzarella, tomato, and basil on a platter.
- Drizzle with olive oil and balsamic vinegar.
- Sprinkle with sea salt and freshly ground black pepper. Enjoy!

Compliments of...

www.education.com/-caprese-salad-heart-shaped-mozzarella

Sale Runs February 1- 23, 2018