



Heart Healthy Sale

All February long the Mobile Market will be sharing resources on maintaining a healthy heart as well as heart healthy focused recipes. Each week throughout February, the Mobile Market will also be hosting a sale on different items. Check out the menu below and mark your calendars!

Week 1 (Feb 5-6) | Whole Grains

Whole Wheat Bread	1 LOAF	\$2.75 \$2.00
Brown Rice	1 LB	\$1.00 \$0.75
Whole Wheat Penne Pasta	1 LB	\$1.00 \$0.75
Old Fashioned Oats	18 OZ	\$1.50 \$1.00

Week 2 (Feb 12-13) | Heart Healthy Fats/Low-Fat

Salmon Filets, Frozen ★	1 LB	\$8.00 \$7.00
Avocados ★	EACH	\$1.50 \$1.00

Week 3 (Feb 19-20) | Lean Proteins

Quinoa ★	12 OZ	\$3.50 \$3.00
Canned Beans (Black, Garbanzo, Canellini)	15 OZ	\$1.00 \$0.75
Dry Beans (Black, Garbanzo, Pinto, Red Kidney, Blackeye Peas)	16 OZ	\$1.00- \$1.25 \$0.75
Baby Lima Beans, Dry	16 OZ	\$3.00 \$2.25
Lentils, Dry ★	16 OZ	\$1.50 \$1.00

Week 4 (Feb 26-27) | Fruits and Vegetables

All Fruits And Vegetables | **Buy 2, Get 1 Free**

Herbs and Spices Are Not Included

*Discount only applies to the same items

Examples:

Buy 2 Cabbages, Get 1 Cabbage Free ✓

Buy 6 Bananas, Get 2 Bananas Free ✓

Buy 2 Apples, Get 1 Banana Free ✗