

ROUSES MARKETS

SPECIALTY SAVINGS

Prices good January 29th thru February 26th 2025. Supplies may be limited.

AMERICAN HEART HEALTH MONTH

AMERICAN HEART HEALTH MONTH • AMERICAN HEART HEALTH MONTH • AMERICAN HEART HEALTH MONTH • AMERICAN HEART HEALTH MONTH • AMERICAN HEART HEALTH MONTH • AMERICAN HEART HEALTH MONTH

WILD CAUGHT
Bristol Bay Alaska Sockeye Salmon



\$14.99 LB

Salmon contains heart healthy omega-3 fatty acids

12 OZ
Mariani Shelled Whole Walnuts



\$5.99

Walnuts are a rich source of omega-3 fatty acids

4 OZ
POM Wonderful Pomegranate Arils



\$5.99

Source of anti-oxidants

25 OZ
Sal and Judy Heart Smart Pasta Sauce



\$6.99

115 mg sodium
1 gram fat per serving

32 OZ
Lakewood Pineapple Juice



\$7.99

Organic and unsweetened

8.5 OZ
Grand Aroma Olive Oil



\$7.99

Cold pressed extra virgin olive oil

10 - 12 OZ
Al Dente Pasta



\$2.99

Add lean meat and vegetables to your pasta

12 OZ
Safe & Fair Cookie Dough



\$5.99

Cholesterol Free
Contains ancient grains

5 - 7.5 OZ
Kooshy Croutons or Panko Crumbs



\$3.49

Croutons 70 mg sodium per serving; Panko is cholesterol free

5 - 6.75 OZ
Outer Aisle Plantpower



\$5.99

Cauliflower-based sandwich slices

24 PACK 10 OZ
Rouses Spring or Drinking Water



2/\$7

12 OZ
Rouses Honey



\$4.99

HEART HEALTH MONTH

A heart healthy diet can be important to help manage blood pressure and cholesterol levels. Selecting and preparing food with less sodium content can be good place to start.

Here are a few tips for cooking with less salt:

- Seasoning Blends:** Choose seasonings without salt or make your own seasoning flavor combinations with ground powders such as garlic, onion, cumin, and paprika.
- Citrus Flavors:** Add a squeeze of lemon or other citrus fruits.
- Fresh Herbs:** Add fresh herbs such as basil, rosemary, or thyme.
- Onions, Bell Pepper, & Celery:** Of course, the cooking staples of Louisiana!



All donations to the American Heart Association fund lifesaving research & educational programs in our community. Visit www.heart.org to donate.

Visit your local Rouses February 3rd - 16th to donate to the American Heart Association and help make difference in our community!

For more information on heart health, ask your healthcare provider and please visit www.heart.org

NATIONAL CANNED FOOD MONTH

NATIONAL CANNED FOOD MONTH • NATIONAL CANNED FOOD MONTH • NATIONAL CANNED FOOD MONTH • NATIONAL CANNED FOOD MONTH • NATIONAL CANNED FOOD MONTH • NATIONAL CANNED FOOD MONTH

16 OZ
Cadia Organic Refried Vegetarian Beans



\$1.69

Fat free

8 OZ
Reese Water Chestnuts



\$1.79

Non-GMO

28 OZ
Muir Glen Canned Tomatoes



\$3.29

Non-GMO

4 OZ
Hatch Green Chilis



\$1.89

Spice up your meal

5 OZ
Wild Planet Tuna



\$3.99

Sustainable pole & line caught tuna

15 OZ
Annie's Canned Pasta Meal



2/\$6

No artificial flavors or synthetic colors

14.5 OZ
Bar Harbor Canned Stock



\$2.99

Small batch stock made from wild-caught fish

15 OZ
Blue Runner Bean Soup



\$2.79

LOUISIANA LOCAL
Just heat, stir, and serve

15 OZ
Cadia Organic Canned Beans



2/\$3

Perfect for making chili and stew recipes


14.5 - 15 OZ
Cadia Organic Canned Corn, Green Beans, or Peas



2/\$5

Organic vegetables on the table in minutes

6 OZ
Bumble Bee Crabmeat or Tiny Shrimp



2/\$6

Convenient seafood option for appetizer dips and meals

5 THINGS YOU MIGHT NOT HAVE KNOWN ABOUT CANNED GOODS

- Requires zero refrigeration energy to store.
- Maintains peak freshness until you are ready to eat it.
- Built-in portion control to reduce waste.
- Steel Cans can be recycled.
- Want to reduce sodium? Buy no added salt vegetables or rinse the vegetables to reduce the sodium.

COOKING WITH APRIL

Join Rouses Dietitian, April, LIVE every Tuesdays at 10 am for nutritious recipes and tips.



