ROUSES MARKETS

SPECIALTY SAVINGS

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

AMERICAN HEART HEALTH MONTH

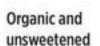
WILD CAUGHT **Bristol Bay**

Alaska Sockeye Salmon

lakewood PURE PINEAPPLE

Salmon contains heart healthy omega-3 fatty acids

32 OZ Lakewood Pineapple Juice



5 - 7.5 OZ Kooshy Croutons or Panko Crumbs

Croutons 70 mg sodium per serving; Panko is cholesterol free

Mariani Shelled Whole Walnuts

WALNUTS Walnuts are a rich source

of omega-3 fatty acids

8.5 OZ **Grand Aroma** Olive Oil

Cold pressed extra virgin olive oil

5 - 6.75 OZ Outer Aisle Plantpower

Cauliflower-based sandwich slices

4 OZ

POM Wonderful **Pomegranate** Arils

Source of anti-oxidants

10 - 12 OZ Al Dente Pasta

Add lean meat and vegetables to your pasta

24 PACK 10 OZ Rouses Spring or

Muir Glen

Canned Tomatoes

Drinking Water

25 OZ

Sal and Judy Heart Smart Pasta Sauce

115 mg sodium 1 gram fat per serving

12 OZ

Safe & Fair Cookie Dough

Cholesterol Free Contains ancient grains

12 OZ Rouses

Honey

HOCOLATE CHI COOKIE BOUGH

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.

PLANTPOWE

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 communit Visit www.heart.org to donate.

Visit your local Rouses February 3rd - 16th to

NATIONAL CANNED FOOD MONTH

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Hatch Green

Spice up your meal

Blue Runner

Bean Soup

4 0Z

Chilis

15 OZ

USDA

16 OZ Cadia Organic Refried Vegetarian Beans efried Vegetarial Beans

5 OZ Wild Planet Tuna

Fat free

Sustainable pole & line caught tuna



Perfect for making chili and stew recipes Reese Water Chestnuts



Non-GMO

15 OZ Annie's Canned Pasta Meal

No artificial flavors or synthetic colors

Cadia Organic

14.5 - 15 OZ

Non-GMO 14.5 OZ **Bar Harbor** Canned Stock

Canned Corn, Green Beans, or Peas



CADIA Sweet Peas

Small batch stock made Just heat, stir, and serve from wild-caught fish

BAR HARBO

Seafood Stock READY TO USE





LOUISIANA LOCAL

Convenient seafood option for appetizer dips and meals

Organic vegetables on the table in minutes

5 THINGS YOU MIGHT NOT HAVE KNOWN ABOUT CANNED GOODS

- 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.

f LIVE

COOKING WITH APRIL



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

NATIONAL SNACK FOOD MONTH

1.69 - 3.39 OZ **Crispy Green Crispy Fruit**



1.7 OZ Nick's Sticks **Beef Snacks**



Freeze dried fruit



Southern Recipe Pork Rinds

16 OZ Oat-ly **Frozen Dessert**

2 OZ 4505 **Butcher's Snack Stick**

No artificial colors



Low carb



Ideal for dipping in

your favorite dips

12 - 16 OZ Xochitl

Low carb



Non-gmo Some varieties organic 7 OZ Herdez Salsa Casera



Made with quality peppers

3 - 4.22 OZ **Plum Organics Baby Food**





Variety of veggie-forward blends

SPINACH DIP

1 10 ounce package of

artichokes, chopped

HTTPS://WWW.ROUSES.COM/COOKING/RECIPES/PARMESAN-SPINACH-DIP/

Directions

YOU CAN ALSO VIEW THIS RECEIPE AT

CARNIVAL TIME

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4.3 - 8 OZ G.H. Cretors Popcorn Varieties . . . CRETORS Handcrafted small batch

popcorn, perfect for the parade

3 OZ **Endangered Species Chocolate Bars** Fair-trade

15 - 16 OZ **Sticky Fingers** Scone Mix

A taste of artisanal scones

10.5 OZ **Durham Ellis** Taffy Perfect for

CHINESE NEW YEAR

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13.5 OZ Rouses Coconut Milk



Perfect for Asian coconutrice

Available in original, organic, and light unsweetened

12 OZ Melindas **Hot Sauce** Flavors include sweet thai, garlic, ghost pepper, and truffle 16 - 17 OZ Bachan's **Asian Sauces**



Great as a sauce or marinade with authentic flavor

13 OZ Natierra Himalayan PINK SALT **Pink Salt**

Unrefined, nothing added

10Z **Sunbird Egg Drop**



Just add egg, water, and soy sauce

23.5 OZ **Madhave Agave** Sweeteners

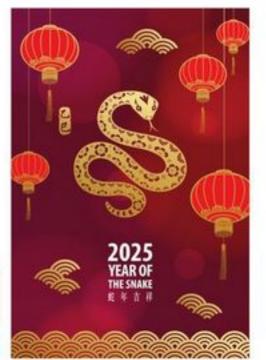
2 varieties: light agave and amber 16 OZ

Sugar in the Raw

carnival party treats



Non-GMO 2 lb turbinado and sweetener packets



2025: YEAR OF THE SNAKE

Chinese New Year lasts up to 16 days from January 29th to February 12th, 2025.

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