




Marlene's<sup>™</sup>  
— NATURAL FOODS & DELI —

# SOUND OUTLOOK

August 2025



*One more scoop of summer!  
See what's fresh this month.*



Organic • Plant-Based • Gluten-Free • Non-GMO • Dairy-Free • Vegan • Locally Sourced  
Sustainable • Fair Trade • Ethical Sourcing • Fresh • Eco-Friendly • Whole Ingredients



# Events & Education

REGISTER @  
MARLENES.COM/CLASSES!



## THREE TIPS TO ENJOY A STRESS-FREE LIFE WITH YOUR PETS

with Lesia Alexander, MA – Founder of Heart and Soul with Animals; Animal Communicator; Certified Healing Touch for Animals Practitioner; Author of *What They Have to Tell Us: Messages from Animals*

**Tuesday, August 26 at 6 PM PDT 3 PM HST**



In this unique class, Lesia will explore the fascinating world of human-animal relationships. She will delve into the causes of stress and share practical ways to alleviate it, fostering a harmonious life for both humans and animals. Together, we'll shift perspectives, challenge attitudes, and apply effective strategies to strengthen the human-animal bond. This class is designed to be engaging, thoughtful, and transformative, offering a holistic approach to building a more compassionate and empathetic connection with the animals in our lives. Experience the joy of creating a more balanced, peaceful, and loving life—for all, humans and animals alike.

## HEALTHY AND THRIVING KIDS WITH HOLISTIC CARE

with Ryan Bland, DC

**Tuesday, September 9 at 6 pm PST 3 pm HST**



Join us for a powerful discussion on children's health from a holistic perspective. Dr. Ryan Bland will explore how natural, integrative care can support kids with chronic conditions, behavioral concerns, immune challenges, digestive issues, developmental delays, and more. You'll gain practical insights into how nutrition, nervous system support, and energy-based therapies can shift your child's health trajectory - even when standard care hasn't worked.

## Nutritious Foods and Supplements for Kids' Health

As kids head back to school, ensuring they receive balanced nutrition throughout their busy day is key to supporting their growth, energy, and focus. A well-packed lunchbox filled with wholesome foods can make a world of difference in their daily performance, and adding supplements can help fill in any nutritional gaps. Here are some healthy lunchbox ideas paired with kids' supplements to keep your child thriving all school day long.

### 1. Healthy Lunchbox Ideas for Kids

Creating a nutritious lunchbox doesn't have to be complicated. Focus on including a mix of protein, whole grains, fruits, and vegetables to give your kids sustained energy and essential vitamins. Here are some simple, balanced meal ideas:

Turkey and avocado wrap on a whole wheat tortilla, served with baby carrots and hummus, plus apple slices on the side.

Veggie pasta salad with cherry tomatoes, cucumber, and grilled chicken, drizzled with olive oil and lemon juice for flavor.

Hard-boiled eggs with whole-grain crackers, mixed berries, and a small portion of Greek yogurt.

These lunchbox staples provide a great balance of macronutrients, which are essential for keeping your kids full and focused during their day.

### 2. Kids Lunchbox Supplements

Even with a nutritious lunch, some key nutrients can be difficult to get through food alone. Pairing balanced meals with supplements can help support your child's immune system, cognitive development, and overall wellness.

Consider adding these ChildLife Essentials® supplements to your child's daily routine—perfect for on-the-go nutrition and easy to pack with lunch:

ChildLife Essentials® Multi Vitamin SoftChew Gummies: These delicious, sugar-free gummies are packed with essential vitamins and minerals to support your child's growth, energy, and immune function. Conveniently packaged



and easy to toss into lunchboxes, they're an effortless way to fill nutritional gaps with key vitamins like A, C, D, and E.

ChildBiotics® Immune & Digestive Support: With a child-specific probiotic blend to promote digestive health and boost immune function, ChildBiotics helps ensure your kids stay healthy during busy school days. Its easy-to-carry packaging makes it simple to slip into their lunch, giving them an extra layer of protection on-the-go.

ChildLife Essentials® Omega-3 DHA + Choline SoftChew Gummies: These soft chews deliver brain-boosting Omega-3 DHA and choline, essential for cognitive function and focus. Perfectly portable, these gummies are great for busy mornings and can easily be packed with lunch for a midday mental boost.

These convenient supplement options are not only nutritious but also practical, making it easy to support your child's health, even when life gets hectic. Just toss them into their lunchbox, and they'll be good to go!

### 3. Nutritious Foods for Back-to-School

When planning lunchboxes, remember to rotate foods to keep things interesting and ensure variety. Aim to include nutrient-rich foods like:

Whole grains for sustained energy: whole wheat bread, quinoa, and brown rice.

Lean proteins for muscle growth: grilled chicken, beans, tofu, or cheese.

Healthy fats for brain health: avocados, nuts, seeds, and olive oil.

Fruits and vegetables for fiber and essential vitamins: aim for colorful produce like berries, leafy greens, and peppers.

Packing a lunchbox filled with nutritious foods and pairing it with key supplements can help your kids stay focused, energized, and healthy throughout the school year. By incorporating wholesome meals and ChildLife Essentials® into your daily routine, you can be confident your kids are getting the nutrition they need, even during their busiest school days.



## CHILD LIFE

Multi Vitamin  
Softchew Gummies  
Orange

27 ct.

**\$14<sup>99</sup>**

**Also on sale:**

Liquid Zinc Plus Mango Strawberry, 4 oz. **\$8.99**



**Additional  
items on  
SALE!**

## GARDEN OF LIFE

Sprouted Barley  
Protein + Probiotics  
Powder Chocolate

564 g.

**\$34<sup>49</sup>**

**Also on sale:**

Sprouted Barley Protein + Probiotics Powder  
Vanilla Caramel, 540 g. **\$34.49**



## SUN WARRIOR

Organic Vegan  
Warrior Blend  
Protein Vanilla

750 g.

**\$39<sup>99</sup>**



**Additional  
items on  
SALE!**

## DR. BRONNER'S

Peppermint  
Fluoride-Free  
Toothpaste

5 oz.

**\$6<sup>49</sup>**

**Also on sale:**

Spearmint Fluoride-Free Toothpaste, 5 oz. **\$6.49**



## EVERYONE

Hand Soap  
Lavender  
+ Coconut

12.75 oz.

**\$4<sup>99</sup>**

**Also on sale:**

Hand Sanitizer Spray Ruby Grapefruit, 8 oz. **\$6.49**



**Additional  
items on  
SALE!**

## ANNIE'S HOMEGROWN

Shells &  
White Cheddar

6 oz.

**\$1<sup>49</sup>**



## SIMPLE MILLS

Fine Ground Sea Salt Crackers

4.25 oz.

**\$3<sup>99</sup>**



Only  
purposeful  
ingredients.

Nothing  
artificial,  
ever.

ALMOND FLOUR  
— CRACKERS —  
Fine Ground  
Sea Salt

NET WT 4.25OZ (120G)





## BARNEY BUTTER

Smooth  
Almond Butter  
10 oz.



**\$6<sup>89</sup>**



## ENVIROKIDZ

Cereal-Choco  
Chimps  
10 oz.



**\$4<sup>59</sup>**



## ONCE AGAIN

Organic Tahini  
Lightly Salted  
16 oz.



**\$7<sup>89</sup>**



## PORTLAND

Organic Ketchup  
14 oz.



**\$3<sup>99</sup>**



## PURELY ELIZABETH

Original Granola  
12.5 oz.



**\$5<sup>99</sup>**



## WOODSTOCK

Organic Ketchup  
20 oz.



**\$4<sup>19</sup>**



## COCOJUNE

Pure Coconut  
Organic  
Cultured  
Coconut  
16 oz.

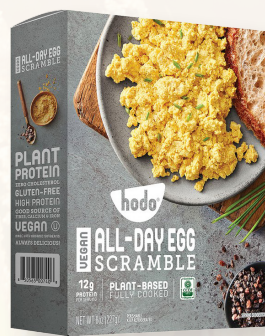
**\$7<sup>59</sup>**



## HODO SOY BEANERY

All-Day  
Egg  
Scramble  
8 oz.

**\$5<sup>49</sup>**



## SAMBAZON

Pure  
Smoothie  
4 Pack  
14 oz.



**\$5<sup>89</sup>**



## ALOHA

Chocolate Mint  
Protein Bar  
1.98 oz.

**\$2<sup>29</sup>**



## ANNIE'S HOMEGROWN

Cheddar  
Bunnies  
Crackers  
7.5 oz.

**\$3<sup>49</sup>**



## BEAR YOYO

Raspberry Fruit Rolls  
3.5 oz.

**\$3<sup>99</sup>**





## AWAKE

Peanut Butter Milk Chocolate  
Caffeine Bites

0.53 oz. Reg. \$1.29



Buy One, Get One  
**FREE**

## CLIF KIDS

Chocolate Chip  
Z Bars 6 Pack

7.62 oz.



**\$5<sup>99</sup>**



## GOMACRO

Peanut Butter  
Chocolate  
Chip Bar

2.4 oz.



**\$2<sup>69</sup>**



## JACKSONS CHIPS

Sweet Potato  
Chips Avocado Oil  
Sea Salt

5 oz.



**\$3<sup>69</sup>**



## NATURE'S BAKERY

Whole Wheat  
Raspberry Fig Bar

2 oz.



**¢99**



## NICK'S STICKS

Grass-Fed  
Beef Sticks

1.7 oz.

**\$2<sup>69</sup>**



## NOKA

Super Berry  
Superfood  
Smoothies  
+ Immune Support

4 Pack

**\$7<sup>89</sup>**





## OVER EASY

Peanut Butter Breakfast Bar

1.8 oz.



\$1<sup>99</sup>

## PERFECT FOODS BAR

Peanut Butter Bar Gluten Free

2.5 oz.



\$2<sup>39</sup>



## TRUBAR

Peanut Butter Bar

1 L



\$1<sup>69</sup>



## VEGAN ROBS

Cauliflower Puffs

3.5 oz.



\$3<sup>49</sup>

## VERMONT SMOKE AND CURE

Mini BBQ Beef Sticks

3 oz.



\$5<sup>99</sup>

## WANT-WANT

Apple Cinnamon Chickpea Crisps

2.12 oz.



\$2<sup>99</sup>

## C2O

Coconut Water Hydration 8 Pack

10.5 oz.



\$9<sup>49</sup>



## CASCADE MOUNTAIN WATER

Spring Water

28 fl oz.



\$2<sup>19</sup>

## CLEAN CAUSE

Lemon Lime Sparkling

16 oz.



\$2<sup>29</sup>

## SUN SIP

Root Beer

11.50 oz.



\$1<sup>89</sup>

## JUNI

Sparkling Peach

12 oz.



\$1<sup>99</sup>



## LACROIX

Pure Sparkling Water 8 Pack

12 oz.



\$3<sup>89</sup>



## ORGAIN

Vanilla Meal  
Replacement  
11 oz.



\$2<sup>99</sup>



## VITA COCO

Coconut Water  
16.9 oz.

\$2<sup>39</sup>



## ATORIAS FAMILY

Traditional Pita  
12 oz.



\$3<sup>19</sup>



## CANYON BAKEHOUSE

Gluten Free  
7-Grain Bread  
18 oz.

\$5<sup>89</sup>



## CARBONAUT

Gluten Free  
White Bread  
19 oz.



\$5<sup>99</sup>



## DAVE'S KILLER BREAD

21 Whole  
Grain Sliced  
Bread  
27 oz.

\$5<sup>69</sup>



## SCHAR

Deli-Style  
Gluten Free  
Bread  
8.5 oz.

\$4<sup>99</sup>



## LUCINI

Extra Virgin  
Olive Oil  
750 ml.

\$36<sup>89</sup>



## SAN J

Organic  
Wheat Free  
Tamari  
20 oz.

\$7<sup>39</sup>



## ONCE UPON A FARM

Tiny Wholesome  
Strawberry  
Pumpkin Bites  
5 Pack  
3.35 oz.

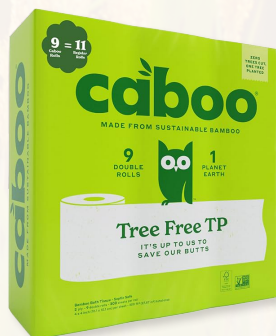
\$4<sup>79</sup>



## CABOO

Bath Tissue  
300 Sheet  
9 Pack

\$8<sup>89</sup>



## SEVENTH GENERATION

Bath Tissue  
240 Sheet  
12 Pack

\$11<sup>99</sup>





# Marlene's™

— NATURAL FOODS & DELI —

## FEDERAL WAY

2565 S. Gateway Center Place  
253.839.0933

Monday – Saturday 8 am – 8 pm  
Sunday Closed

### Deli Hours

Monday – Saturday 8 am – 8 pm  
Sunday Closed

Grab and go options available until closing.

## TACOMA

2951 S. 38th Street  
253.472.4080

Monday – Saturday 8 am – 8 pm  
Sunday Closed

### Deli Hours

Monday – Saturday 8 am – 8 pm  
Sunday Closed

Grab and go options available until closing.



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## COMMUNITY PLUS

### LOYALTY PROGRAM

Get rewarded for shopping with us!

- Exclusive promotions
- Hassle-free receiptless returns
- 10% off non-promo supplements and body care for seniors
- Earn 1% credit toward future purchases • & more!



Scan to sign up today!

## BODYWORK SCHEDULE

### Vitamin Shots with Physician Coach [yourphysiciancoach.com](http://yourphysiciancoach.com)

Tacoma Tuesday, 10 am - 2 pm  
Federal Way Wednesday, 11 am - 3 pm

When you arrive, text "HERE" to 401.217.9902. You will be notified when it is your turn. No appointment is necessary during designated times. Save time by completing the Pre-Waiver online ahead of time.

### Seated Massage with Erica Seter

Federal Way

Tuesday, 11 am – 2 pm | Thursday, 2 pm – 6 pm  
Friday, 1 pm – 6 pm | Saturday, 1 pm – 6 pm

### Have you tried these?!

Alden's Sea Salt Caramel Mini Squares are the perfect sweet-and-salty summer treat. Bite-sized, creamy, craveable!

### Francesca's pro tip:

Try pouring hot Illy Classico coffee over a Sea Salt Caramel Mini Square. The rich espresso melts the creamy treat into pure dessert magic.

