

Marlene's™

— MARKET & DELI —

shop local, eat organic

# SOUND OUTLOOK

April 2022

*Earth Day*  
& 46<sup>th</sup> Anniversary  
Celebration

Reusable, zero waste products

Local, sustainable body care

Upcycled foods and protecting pollinators

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## A Letter From Us

April is a promise that May is bound to keep.

– Hal Borland

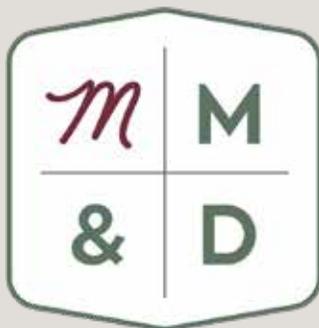
This month marks our 46th year serving you and our community! We are so thankful for your support over the years. And here we are, still meeting all the challenges to provide an excellent variety of quality natural foods and goods. Here's to many, many more years together.

It's time to turn over some dirt. For those of us who have limited or no garden space, have you considered joining your nearest local community garden? It's so very good for us to connect with nature and experience the simple pleasures of nurturing plant life. It's an investment that gives back to us in every way. Particularly good for the little ones.

We are looking forward to bees and the green things springing up and flourishing this Earth Day and all season long. Come celebrate Spring with us! Treat yourself to a refreshing juice or nourishing smoothie while you shop, and let us know how we can assist you in your wellness journey.

There's always something fresh at Marlene's!

*Lisa*



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[marlenesmarket-deli.com](http://marlenesmarket-deli.com)

# CARROT CAKE OATMEAL

If you're a fan of carrot cake, this is one of the most delicious ways to get a serving of vegetables in at the beginning of the day! There is as much shredded carrot as oats in this recipe. It's sweet, flavorful, fast and easy, and a surprisingly hearty way to kick off your morning. Some bunny is going to love this!



- 1 large carrot
- 1 pinch sea salt
- 1 cup rolled oats
- ½ tsp vanilla extract
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- pinch of nutmeg
- ¼ cup raisins
- 2 Tbl brown sugar or maple syrup
- 1 Tbl coconut oil
- 2 Tbl walnuts, coarsely chopped
- 1 Tbl pumpkin seeds
- 2 Tbl shredded coconut
- plain or vanilla yogurt (optional)

Makes 2 servings.

Peel the carrot and grate it into a small saucepan. Add 1 ½ cups of water and a pinch of salt. Bring to a boil over high heat. Stir in the oats, vanilla, cinnamon, ginger, nutmeg and raisins. Adjust the heat to maintain a steady simmer and cook, stirring frequently, until the oats and carrot are tender, about 7 minutes. (If the mixture is getting thick too quickly, add more water 1 tablespoon at a time while simmering until desired consistency is reached.)

Take the pan off the heat. Stir in the brown sugar, coconut oil, walnuts, pumpkin seeds and coconut. Transfer into 2 bowls. Top each with a dollop of yogurt or a splash of milk of your choosing. Serve hot.



Join Jennifer Rasp-Bickerton DC, MS online!  
**Live Brighter** - Tuesday, April 19 at 5 pm  
 Details at [marlenemarket-deli.com/classes](http://marlenemarket-deli.com/classes)

# LIVE BRIGHTER.

Customize Your Cognitive Health.

by Solaray®

**K**eeping up with an avalanche of daily tasks like emails, texts, calls, and to-do lists, while coordinating personal and professional priorities can be exhausting and deplete our mental and physical energy.

Transitioning from fight or flight to a state of rest and digest, requires balanced communication between the brain and the body. Optimally, the body moves easily between engaging in activity and relaxing. Staying motivated and capable of keeping up with life and its demands is the quest, and supporting a resilient nervous system is the key. Imagine not only feeling good when your head hits the pillow at night, but waking up refreshed and ready to face the challenges of a new day.

Incorporating nootropics into a daily regimen can encourage this resiliency and optimal living. A nootropic is a substance that supports cognitive health and emotional wellbeing. They are designed to help facilitate healthy sleep, energy, focus and mood while giving us a foundation to deal with occasional stress. Mental, emotional, and physical wellness are interconnected which means stressful days can lead to sleepless nights, bringing about a lack of energy and focus while ultimately affecting mood.



**The right nootropic supplements can help maintain balance between the activation and relaxation of our nervous system.**

If you work long shifts, need to study for exams, are on the go all day, or just want to catch some zzzz's, try a supplement that is designed to help support mental and emotional wellbeing so you can keep up with life and *Live Brighter*.

Solaray SharpMind™ products combine clinically studied nootropic ingredients with adaptogenic herbs and fermented mushrooms to help the brain and body adapt and respond appropriately to daily needs. Customize your own regimen by taking one or incorporating all into your mind-body routine.

## Clinically Studied SHARPMIND™ Ingredients

- » **Shoden® Ashwagandha** has been clinically observed to support a healthy sleep cycle, a calm mind, and occasional stress.\*
- » **enXtra® Alpinia galangal** is a caffeine-free, clinically observed ingredient to sharpen alertness and focus for up to five hours.\*
- » **Cognizin® Citocoline** has been clinically observed to support clear thinking and cognitive function.\*
- » **Zembrin® Sceletium tortuosum** is clinically observed to deliver an alert serenity that impacts mood and overall sense of wellbeing.

\*Shoden is a registered trademark of Arjuna Natural Pvt. Ltd. \*enXtra is a U.S. trademark of Enovate Biolife Pvt Ltd. \*COGNIZIN is a registered trademark of Kyowa Hakko Bio Co., Ltd. \*Zembrin is a registered trademark of HG&H Pharmaceuticals (Pty) Limited. U.S. Patents #6,288,104, #8,552,051 and #8,980,339 B2. \*These statements have not been reviewed by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.



**50% OFF** SHARPMIND™  
 Advanced Nootropic Formulations

THROUGH APRIL

In store prices reflect discount. No additional discount at register.



# Happy Earth Day from LastObject

by LastObject



It's safe to say many of us have felt a relentless shift in the world in the past two years. The challenges of the world and our dependence on certain systems in place have been brought to light from the pandemic. However, with that light has come a beautiful opportunity for change!

No matter how we look at it, the pandemic has placed us in a unique position to make changes shifting from living against the earth to living with it. And what better way to kick those changes into gear than on this year's Earth Day?

Since the first Earth Day in 1970, people all over the world have come to recognize April as a month to reflect on the impact our daily routines are making on the planet. 52 years later, over a billion people now mobilize each year to get involved!

## At LastObject, our mission is

**simple:** we create reusable, eco-friendly alternatives to wasteful single-use items. All of our products are 10x better for the environment and are fun and easy to use. Based out of Denmark, LastObject is helping to change our wasteful habits, one product at a time.

An invention of the 19th century, single use items now represent one of the biggest challenges facing our planet. 550 billion cotton swabs are sold each year costing the environment and estimated 220 million kilos of CO2. An estimated 2%-5% of all plastic found in the ocean are cotton swabs. Making the switch to reusable alternatives can have a dramatic impact on our planet.

Companies like LastObject make it easier to choose sustainable changes in your life. Here are some of the tips to get the ball rolling on making sustainable shifts:

Question the products we use every day. Changing the products we use (like cotton swabs, straws, water bottles, or even tissues) is relatively simple. It also adds up over time in terms of the literal waste we save, as well as how our mindset shifts towards viewing other habits in our lives.

Actually, question everything! Do your research and investigate claims and facts. Greenwashing is everywhere, whether it is intentional or not. We alone are responsible for acting in the best way possible.



In a society that is increasingly isolated and polarized, it's time to come together! We haven't come this far as a species by doing things alone. Many of the problems that exist in today's world are here because of our separation from the natural world and from each other. For us to make real change we have to do it together.

We can all agree that something hasn't felt right about the world for quite some time, but only recently we've had to face our problems directly. We can either turn away and return to a false illusion of normal, or we can come together this Earth Day and all future days to make changes for a more beautiful world. That's something we can all feel more passionate about and proud of!



*Based out of Denmark, LastObject is helping to change our wasteful habits, one product at a time.*





# Elemental Superfood Bars are Now at Marlene's! *Healthy ingredients rooted in love.*

## WHO WE ARE

At Elemental Superfood, we believe in the power of elemental goodness. It is within each of us. We have the power to nourish our bodies and spirits to unlock our potential to do good. Little choices make a big difference. From the snacks we choose to deciding to smile at a stranger, every moment holds opportunity to nourish goodness. Every small choice adds up and together, we can change our lives and our world.

## WHAT WE DO

We believe in the power of real food to heal the body and nourish goodness. That is why we provide the highest quality, best tasting nutritional products on the market using organic, raw, gluten-free, non-GMO, dairy-free ingredients. Our nutrient-rich superfoods are high in omega-3s and omega-6s, high in fiber and protein, with no genetically modified organisms, sweetened with organic raw honey, and with no refined sugar, as a pick-me-up, snack or meal replacement for people who are active, on the go, or simply want something naturally delicious.

## WHY WE DO WHAT WE DO

Our founder, Nicole, began making food at home years ago because of her daughter's allergies to wheat, dairy and sugar. If a product doesn't have one of these allergens, it usually has the other, so her options of what could be bought in a store were close to none. Being a mother of a child with autism, she realized first-hand the effects that these foods would have on her daughter's wellbeing. She made it her mission to research nutrition and food and the impact it has on the body. After seeing dramatic changes in her daughter as a result of a clean diet, she became passionate about creating foods that everyone can enjoy and benefit from.



## OUR MISSION

Our mission is to nourish goodness through creating nutrient-dense superfoods that delight body and spirit, harnessing the power of real foods to enable each of us to unlock our potentials.

## EVERY BAR GIVES

Elemental Superfood makes products with intention and integrity to support the health and wellbeing of people living with autism. A percentage of the proceeds for every Elemental bar supports autism research.





# NATURE'S SUPER PLANT Supports Land and Communities

by Melora

Manuka has soared in popularity over the past decade, underscoring the importance of sustainable practices within the industry. Melora® Manuka Honey and Melora® Manuka Honey & Oil Skincare were born when a Māori landowner asked our founder, then-retired industry pioneer Phil McCaskey, to help bring ethics and transparency to what many deemed the New Zealand gold rush. We continue to set the highest standards of quality and environmental and social responsibility. Melora® delivers products that are good for you, good for the environment, and good for local communities. We hope to inspire others to do the same.

## Why is Manuka so popular?

It's nature's most powerful super plant! First discovered by the ancient Māori, Manuka is highly prized for its medicinal properties. The resurgence of natural wellness in today's culture put a global spotlight on this potent healer, a native

New Zealand bush plant that flourishes in the island country's remote coastal regions when left to grow wild. Manuka honey has gained the most notoriety, though Manuka oil and hydrosol contain the same anti-microbial, anti-inflammatory, and antioxidant properties. We use all three premium-grade ingredients in our full range skincare line.

## What does sustainability look like in the Manuka industry?

Manuka has deep local and cultural roots. Sustainability goes beyond eco-friendly packaging – though that's part of it. A commitment to sustainability must include a commitment to the land, the bees, and the people who make up your teams and surrounding communities.

### Commitment to the land.

We manage all aspects of our harvest activities to minimize our environmental footprint. Manuka oil is steam distilled from the leaf and twig in a chemical-free, no waste process using pure New Zealand spring water. We use a portable processing system for remote locations to minimize our use of fossil fuels.

We nurture new plants with residual mulch and raw seaweed, engage in wetland restoration and erosion preventions, and plant and care for more than 9 million trees through our annual planting program.

### Commitment to the bees.

We own all of our own hives, each monitored daily by our beekeepers to ensure the wellbeing of the bees. Our hives are strategically placed to minimize the distance bees have to travel to collect Manuka flower nectar.



Eddie Matchitt & Grandson, James Landowner, East Cape, NZ  
"New Zealand Mānuka Group has made sure we get a fair return, and I can live more comfortably. The honey industry is booming for us now."

We are a Trees for Bees New Zealand sponsor, promoting and organizing smart planting for healthy bees.

### Commitment to the community.

We maintain fair share agreements with all our local landowners and beekeepers, using a fair share benchmark that is 25%-35% above industry standard. We partnered with the Māori Land Trust to provide education, training, and employment opportunities to the local communities, enabling them to maintain control of their land.

Manuka has been a source of health and wellness for centuries, and we want it to be around for centuries to come. Together we can build an exciting future for all of us.



"When spring hits, you go from a colony of 3-4 frames to a full box in a matter of weeks! That's my favorite part of the year."



Manuka trees growing on the banks of a pristine coastal stream.



# Moon Valley Organics

Bringing you the purest botanical products fresh from the farm, right here in our own backyard!

We are a Pacific Northwest herb farm on a mission to preserve the health of pollinators. Bees, butterflies, and hummingbirds power the organic ingredients we grow to bring you the purest skin care under the moon. We start by following the highest organic standards and by creating a 4-acre pollinator sanctuary on our own farm. All sales help preserve pollinator habitat. In fact, we devote 10% of our profits to help protect pollinators through direct action and contributions to pollinator-supporting non-profit organizations.

Every growing season, we host a handful of volunteers from the WWOOF program (Worldwide Opportunities on Organic Farms) to share hands-on learning with the next generation of organic farmers and grassroots activists.



## What You Can Do to Help

The more we all do, the greater the positive impact we will have.

You can start with 4 simple steps:

- Plant a pollinator garden at home.
- Avoid pesticides and herbicides.
- Support organic farms and products.
- Spread the word in your community!

Moon Valley Organics goal is to support organic farms and the people who farm on them by providing a source for high quality, organic personal care products that promote a healthy way of caring for our bodies and the world. We believe in using simple ingredients from our farm, packaged in environmentally friendly containers, free of any artificial ingredients. We are committed to self-sustaining and eco-friendly lifestyle and we carry that belief into our business practices.



# HEALTH IS Energy!

by Becca Duskin,  
RN, Certified Health Coach

Do you wake up in the morning and jump out of bed excited to take on the day? Do you have left over energy at the end of the day to enjoy time with your family and friends?



A large majority of people do not experience this kind of energy. They wake up and hit snooze a zillion times, then drag themselves out of bed to a percolating coffee pot and hope that will wake them up. When the end of the day comes, it is spent zoning out in front of the TV or on a cellphone waiting for bedtime.

This lack of energy affects our sense of joy in life, our relationships, our physical health, and our mental health. The chaos

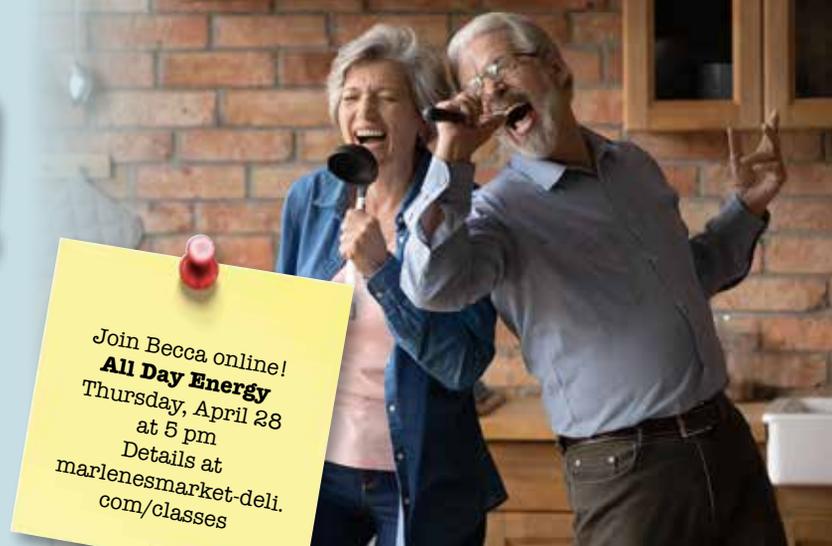
of life and constant stress of the nonstop barrage of “need to do” is wrecking-havoc on our bodies and our minds.

Google “how to get more energy” and you are given an endless list of miracle pills, drinks, diet do’s and don’ts, exercise plans, etc. These things may work in the short term, but they are not the solution to the underlying cause of why your energy is in the dumpster, and they may even be causing more harm to your body.

The stress of our lives, the quality of our food, the lack of “time” for ourselves, poor-quality sleep, and the lack of true connection with people is causing a huge shift in the microbiome of our guts and leading to a state of chronic inflammation in our bodies. This chronic inflammation and gut breakdown affects the body’s ability to fight illness and disease and to make the hormones needed to stabilize mood. It even affects the ability to get nutrients from the foods we eat which powers our cells, and it weakens the cells that produce energy in the body.

“Health is not just about eating. It is about living your best life full of energy and joy.”

The path to all day energy is through the gut. Healing the gut allows our body to do what it was designed to do- to be healthy and live with vitality! Healing our gut is about nourishing our microbiome, finding ways to become stress resilient, getting good



Join Becca online!  
**All Day Energy**  
Thursday, April 28  
at 5 pm  
Details at  
[marlenemarket-deli.com/classes](http://marlenemarket-deli.com/classes)

quality sleep, nurturing ourselves as a priority, and strengthening the connections in our lives.

If our gut is healthy, our bodies are healthy, and we have an abundance of energy to do ALL THE THINGS that bring us joy and happiness. We have energy to make amazing memories with our kids, have strong passionate relationships with our partners, enjoy time with our friends that enhances our connectedness, and have energy for ourselves to fill our lives with the things that give us purpose, meaning, and pure joy!



*Becca is a registered nurse and certified health coach. As a proud mother of teenage daughters, she is passionate about changing the face of healthcare in the world! She works with women who suffer from digestive issues to make lasting changes towards healthy, energetic and joy-filled lives with less pain and discomfort. Reach out to her at [livetothrive.com](http://livetothrive.com).*

# April Events & Education

All April classes will be held online. Register at: [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes)

## HEALING OUR DIGESTIVE HEALTH EPIDEMIC

with Julia Craven, VP of Education for Enzymedica

**Tuesday, April 5 at 5 pm**



Could it be that you don't "just have a bad stomach?" At least 1 in 4 Americans suffer from poor digestive health. Far more live with painful symptoms without realizing weakened digestion is to blame! Learn about new

solutions for occasional heartburn and slow digestion, as well as foundational lifestyle habits to support digestive happiness.

## PRANIC HEALING

with Eduardo Sztokbant, Associate Pranic Healer

**Thursday, April 7 from 5 pm - 7 pm**



You have the power to improve your and your loved ones' lives with Pranic Healing! Learn the principals of no-touch, energy based Pranic Healing. Build on the basics of energetic anatomy and

discuss techniques to boost energy, release energy drains and accelerate the body's ability to heal itself. Eduardo will lead a guided meditation for inner peace, stillness and bliss.

## BIOTIC BRANDS: FERMENTING A SUSTAINABLE FUTURE

with Ryan Johnston, CEO of Biotic Brands

**Saturday, April 9 at 10 am**



Family-owned and B Corp certified BIOTIC BRANDS' mission is to regenerate living systems, starting with the human microbiome. Learn about fermented foods, gut health, and how BIOTIC's products are made with 100%

renewable energy, carbon neutral water and zero food waste produced!

## SIMPLE, SENSATIONAL SAUERKRAUT & OTHER FERMENTED VEGETABLES

with Cathy Raymer, Holistic Health Coach and Chef

**Saturday, April 9 at noon, \$25**



After the growing season has finished, fermentation is an age-old tradition used around the world for preserving. Not only does this method extend the life of food, it can actually maximize its digestibility

and nourishment! This class is for anyone, whether you are a first-time sauerkraut maker or a seasoned fermenter. Cathy will cover the basics and then encourage you creatively with a variety of vegetables, herbs and spices to create delicious combinations. Support great gut health with excellent flavors!

## INTRO TO CLEANSING

with Jennea Wood, ND

**Tuesday, April 12 at 7 pm**



Join Dr. Jennea Wood for an evening of enlightenment, information, and inspiration.

We'll discuss:

- The organs of detoxification and elimination and how to support them
- Foods that support cleansing
- At home self-care therapies
- Dietary and environmental sources of toxicity
- Therapies to support cleansing
- Supplement support for cleansing
- Please bring your questions!

## DIGESTIVE COMPETENCE - BETTER DIGESTION & G.I. HEALTH

with Neil Edward Levin, CCN, DANLA, Senior Nutrition Education Manager and Product Formulator for NOW®

**Thursday, April 14 at 5 pm**



Food nourishes us, but only if we can properly digest and absorb it. Otherwise, eating can be unpleasant, immunoreactive and health-challenging. How does digestion normally work?

And how can we change diet, supplements and other lifestyle factors when it doesn't? Join us to learn:

- What factors influence digestive competence
- How healthy digestion, immunity and maintenance of G.I. tissues are interrelated topics
- How to select types of enzymes, probiotics and botanicals to support optimal G.I. health

### LIVE BRIGHTER

with Jennifer Rasp-Bickerton DC, MS, the Director of Education for Nutraceuticals  
**Tuesday, April 19 at 5 pm**



Imagine not only feeling good when your head hits the pillow at night, but waking up refreshed and ready to face the challenges of a new day. Dr. Jennifer will show you how to incorporate clinically studied nootropics into your day to encourage cognitive health and emotional wellbeing!

### ECO-FRIENDLY LIVING

with Phillip Tran, King County Waste Management  
**Thursday, April 21 at 5 pm**



Join Waste Management's Federal Way Recycling Education & Outreach Coordinator to discuss and share ways to be more sustainable and live an Eco-friendly life! Get a refresher on how you can reduce your waste, reuse what you already have, and recycle just a little more to minimize your impact to our planet.

### HERB GARDENING IN CONTAINERS

with Sue Goetz, CPH, Horticulturist, Garden Designer, Author  
**Saturday, April 23 at noon**



Cultivate herbs successfully in any size space! From window sills to balconies, potted herbs can create a feast of flavorings to place near outdoor kitchens, medicinal herbs for mini healing gardens, tea herbs in a sanctuary space, or aromatherapy with fragrant plants near outdoor seating areas. Find out which herbs do best in potted gardens and how to harvest them. You'll learn some tried-and-true potted herb garden designs, recipes and other uses for the herbs you grow!

### INTUITIVE NUTRITION WITH AYURVEDA

with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor  
**Tuesday, April 26 at 5 pm**



Making healthy food choices shouldn't be complicated. What if you could reduce your dependence on food labels and yet eat food that makes you feel better? Learn how Ayurveda uses the qualities and tastes of food to determine which is most appropriate for different individuals and how making healthy food choices can become a more intuitive process through Ayurveda.

### ALL DAY ENERGY

with Becca Duskin, RN, Health Coach  
**Thursday, April 28 at 5 pm**



Do you find yourself reaching for a sugary latte or an energy drink to get you through the day? Do you get to the end of the day and just want to collapse into bed? Do you wish you had more energy to enjoy your kids, partner, or friends? The human body was made to have all the energy it needs to make it through the day and have something left in the tank in the evening. Learn what affects your energy levels and natural ways to increase it so that you can live the life you want with energy and joy!

### VEGAN CREAM, BUTTER & ALFREDO SAUCE

with Gina Erskine, owner of Stirring Vegan  
**Saturday, April 30 at noon, \$25**



As we move away from dairy, some struggle with the thought of giving up butter and cream. Fortunately, you don't need to! Join Gina from Stirring Vegan as she shows how easy it is to make cashew cream and vegan butter. Then learn how to turn your magical homemade cashew cream into thick, smooth and creamy alfredo sauce that everyone will love. Yum!

Please pre-register.



### BEER & WINE TASTING

**Tacoma Location**  
3 pm - 5 pm

Friday, April 1  
Friday, April 15  
Friday, April 29

**Federal Way Location**  
3 pm - 5 pm

Friday, April 8  
Friday, April 22

# HiBAR sets the Bar High: Salon-quality Hair Care and No Plastic Packaging!

by HiBAR

We are four friends who one day realized we were all thinking the same thing: plastic sucks.

The catalyst was visiting a plastic-strewn beach. It left us angry and wanting to eliminate plastic from our own lives. One thing we had a hard time with was hair care. Why was there no salon-quality plastic-free shampoo or conditioner? After all, in the USA half a billion shampoo and conditioner bottles get tossed every year.

Three years of formulation later, we launched HiBAR; salon-quality performance and experience, natural ingredients, and of course, beautiful plastic-free packaging.

We didn't want our shampoo and conditioner bars to look like soap (because they're not), and we wanted them to be visually striking. Again, nature was our muse. On the North Shore of Lake Superior, we found some river rocks and realized that they held the answer. Smooth, connected to water, and when you pick up that perfect rock, it just feels right. Not to mention, the shape is a joy to hold, saves space in the shower, and sheds moisture quickly!

We're super picky about the products we bring into our lives, which pretty much dictates

what we put into everything we make. It isn't always easy finding safe, quality, sustainable ingredients that also work, but that's what we think it will take to get more people to abandon plastic. To spell it out, we mean no soaps, sulfates, phthalates, silicones or parabens, and absolutely no cruelty.

Our packaging is plastic-free, of course, and either compostable or easily recyclable or both. Even the packaging we use to ship to Marlene's is 100% plastic-free! So, no bubble wrap, and no plastic tape either. And we'll keep looking for ways to cut back on packaging, too. Our whole reason for existing is to use as little as possible while still providing a salon-quality product.

Got hair? There's a bar that's right for you. And in further good news, all of our bars are kind to color-treated hair.

**Maintain Shampoo Bar:** Great for normal hair, or if you wash your hair less frequently, because it gently removes any build-up. It's our go-to everyday shampoo bar.

**Maintain Conditioner Bar:** Great for normal hair, giving a light conditioning. With honeyquat and shea butter for added shine.

**Volumize Shampoo Bar:** For thin, fine, or lifeless hair, this is the solid shampoo bar for you. Adds definition to waves and curls.

**Volumize Conditioner Bar:** With African dates and B5 for frizz control, body and bounce. Conditions without weighing your tresses down.

**Moisturize Shampoo Bar:** If you have thicker or dryer hair, look no further than this truly hydrating shampoo bar. Also available in Fragrance-Free.

**Moisturize Conditioner Bar:** With coconut oil and rice protein for extra hydration and nourishment. Also available in Fragrance-Free.

**Soothe Shampoo Bar:** A solid shampoo bar formulated specifically for itchy, flaky scalps.

**Soothe Conditioner Bar:** Helps soothe a touchy scalp and leaves your hair feeling soft and manageable with the help of white willow bark extract and kukui nut oil.

We want to save the world and look good doing it. If you're into a plastic free planet and beautiful hair, then come meet your HiBAR at Marlene's!



# Healthy Digestion Makes a Balanced Body

by NOW Foods



Our digestive systems work hard every day to break down the foods we eat into nutrients and waste for delivery to the appropriate areas. These important tasks are a lot easier with the support of a healthy, nutritious diet and regular exercise.

Even if you do exercise often and enjoy a healthy diet, you may still be missing out on specific nutrients that support normal, healthy digestive functions. Many of the foods we eat today have reduced nutrient content, in addition to preservatives, additives, artificial flavors, colors, and a host of other unnatural chemicals that can tax your digestive system to its limit and beyond on a daily basis.

Think cumulatively, and it's no wonder digestive complaints are so prevalent these days. We're just not doing a very good job taking care of our digestive systems.

## A healthy helping of digestive support

Guess what? There's a supplement for that. Actually, lots of supplements including enzymes, probiotics, vitamins and other specialized nutrients that can help keep you healthy and your digestive system doing what it does best.\*

What nutrients should you get from your diet and your digestive supplements to maintain healthy digestive function?

**Enzymes** – Even if you're eating a healthy diet you may still be missing out on important nutrients. While the body typically makes sufficient enzymes to digest the foods we eat, the additives, preservative and other compounds found in our foods can upset digestive balance, so quality digestive enzyme supplements are one of the easiest and most effective ways to maintain a good balance of digestive enzymes and normal digestive function.\*

**Probiotics** – Most of us don't realize that the digestive system, specifically the intestinal tract, is home to trillions of beneficial bacteria called probiotics or probiotic organisms. They assist in the digestion of food and are believed to support healthy immune system function as well. Probiotic supplements are a great way to support healthy digestive function.\*

**Vitamins** – Vitamins are essential for all bodily functions, so it's no surprise they're needed to maintain a healthy digestive tract. B vitamins play a supporting role by virtue of their essential functions in the generation of energy from the foods we eat. Vitamin

C is an important nutrient for all tissues, including those found in the digestive tract.\*

Vitamin supplements also represent a concentrated source of essential nutrients in a form that is easy for the body to absorb and utilize.

**Minerals** – There are a number of dietary minerals that are important for healthy, normal digestive function. Potassium and other electrolyte minerals are necessary for smooth muscle contraction and relaxation, which is how the intestines eliminate waste. Other minerals play important roles in digestion as well.\*

**Herbs** – Throughout history, traditional herbalists have sworn by the digestive benefits of bitter herb. Essentially, these are herbs with a bitter, mouth-puckering flavor. They're believed to stimulate production of various digestive secretions such as bile, which can help speed up digestion and keep things progressing smoothly and comfortably through the digestive tract. Gentian and dandelion are two bitter herbs that may help support normal digestion.\*

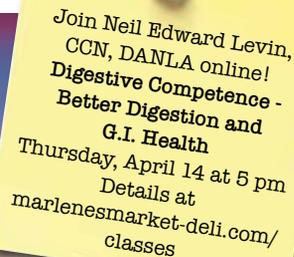
**Aloe Vera** - Aloe is a succulent plant that's commonly used topically for skin discomfort. Aloe gel and juice are also

believed to help soothe occasional digestive discomfort.\*

**Dietary Fiber** - The main role of fiber in the diet is to feed the bacteria in the gut, which keep the cells healthy through numerous mechanisms, including the production of butyrate, which fuels the cells of the intestinal lining. Fiber also stimulates peristalsis, keeping everything moving along.

A strong digestive system is a must for overall health. Consider incorporating some of these supplements into your daily regimen, and see if it makes a difference for you!

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Join Neil Edward Levin,  
CCN, DANLA online!  
**Digestive Competence -  
Better Digestion and  
G.I. Health**  
Thursday, April 14 at 5 pm  
Details at  
[marlenesmarket-deli.com/  
classes](http://marlenesmarket-deli.com/classes)



# Biotic Kuass: Next Gen Probiotic Nutrition Rooted in Ancient Traditions

by Biotic

Family owned and family made, Biotic is a Certified B Corp run by a father and sons team based in Northern California. Marlene's now offers five flavors of our probiotic kvass (pronounced kah-voss) and we're excited to share what makes this nourishing beverage so unique.

## What is Kuass?

Dating back to 900AD, beet kvass is a traditional fermented drink native to eastern Europe. It has supported digestive health for generations, including our ancestor from Poland. Made by culturing sliced beets in brine – think beet sauerkraut – its distinctive flavor is a hearty mix of sweet, salty, and earthy.

## Tradition + Innovation

Biotic makes a more traditional beet kvass, but we're best known for our innovative "west coast" kvass which uses sliced carrots (instead of beets) plus cold-pressed juices to impart lively flavors. West coast kvass is inspired by the culinary creativity and health-consciousness of our region.

We use 100% certified organic ingredients, most of which arrive fresh to our fermentory where we slice and juice them to deliver unmatched quality. All our beverages are craft fermented with scientifically backed vegan probiotic species which are also commonly found in leading probiotic supplements.

Light, bright, and refreshingly tart, we believe the healthy choice should be a pleasure to enjoy!

## How Does Biotic Kuass Differ from Kombucha?

Kombucha is most commonly made from a base of refined sugar and tea. By using sliced carrots or beets instead of refined sugar our kvass has about 70% less Total Sugar (from juices) than leading kombuchas. The negative impacts of excessive sugar consumption, especially from beverages which are quick to go into the bloodstream, are well documented. One bottle of leading kombuchas contain about 30% of your Daily Value of sugar – we wanted to offer an alternative.

Kombucha is fermented by a symbiotic culture of yeast and bacteria (a SCOBY). Biotic uses a blend of just probiotic bacteria that does not contain yeast. No yeast means no alcohol and the culture doesn't create the strong vinegar flavor that many find off-putting about kombucha. Additionally, since we don't use tea, our kvass is naturally caffeine-free.

## Elevating Health and Human Potential

Biotic exists to regenerate living systems, starting with the human microbiome – because we can't be our best when this system is out of balance. We are a category leader in better social and environmental practices. Eighty-five percent of our ingredients are grown in California and we're building a growing number of farm-direct sourcing relationships focused on regenerative agriculture and upcycling. As a company we're committed to Net Zero carbon

emissions by 2030. Currently, our manufacturing is powered by 100% renewable energy and 100% of the food byproducts from production are upcycled to animal feed for local farms using carbon farming practices. Our bottles, caps, and labels are all manufactured in the US to reduce transport and invest in regional economies...and we're just getting started!

Thanks for checking out Biotic. We hope you'll join us on this journey. Cheers to your health!

Join Ryan Johnston, CEO of Biotic Brands online! **Biotic Brands: Fermenting a Sustainable Future** Saturday, April 19 at 10 am Details at [marlenesmarket-deli.com/classes](http://marlenesmarket-deli.com/classes)



Ryan Johnston is the co-founder and CEO of Biotic Brands. A regenerative designer by training, he is passionate about improving how we eat to improve how we live on the planet. As an avid gardener and adventurous cook, he loves nothing more than sharing good food with friends. Biotic is an expression of that love.



# What is **Upcycling** & Why Does It Matter?

by Take Two

**Upcycling is nature-positive. Upcycling is a food system solution that is also a climate change solution. Upcycling is a movement.**

Take Two uses upcycled, nutrient-rich grain to create delicious, nourishing plant-based barley milk. We're on a mission to help upcycle the billions of pounds of spent grain that go to waste every year, as part of beer brewing. We are so excited to be partnering with Marlene's Market & Deli to grow our impacts together!

## What is upcycling?

Upcycling is not a new practice, it's an ancient one! Upcycling's 'roots' are the wonderful, creative food preservation practices from across the globe and across cultures: canning, jarring, pickling, salting, fermenting, dehydrating, and even simply eating leftovers. In modern times, these practices aren't necessarily always used as strategies for avoiding or reducing food waste, but they certainly are powerful food waste solutions!

Here's the definition of upcycled food, as created and formalized by the Upcycled Food Association:

"Upcycled foods use ingredients that otherwise would not have gone to human consumption, are procured and produced using verifiable supply chains, and have a positive impact on the environment."

Did you know that over 1/3 of the food grown, produced, and manufactured globally goes to waste? It ends up in landfills or incinerators, is used for industrial purposes, or goes to feed livestock. But these are not the highest and best solutions for food that could feed humans!

## Our partners and the process

The barley Take Two (eventually) uses in our barley milk is grown all over the world by a global network of dedicated malt barley growers: small, local farmers, regional cooperatives, and larger producers. These growers specialize in producing the world's top malt barley varieties for use in commercial beer production.

During beer-brewing, only the grain's carbohydrates/sugars are extracted and used to make the beer. What is leftover post-beer-making is the nutrient-dense protein and fiber that barley naturally contains. Historically, this nutrient-dense protein and fiber has been deemed simply a "byproduct" and discarded – sent either to landfills, or to feed livestock, both of which produce greenhouse gas

emissions and require additional energy and resources that create further unsustainable impacts.

But with the increase of food technology innovations, especially technology innovations in upcycling, 'spent' grain can now be given a second life! Take Two has partnered with sustainable ingredient company called EverGrain. Following the highest food manufacturing and quality standards, EverGrain extracts the protein and fiber from the spent grain and dries it into sustainable protein and fiber powders. Take Two proudly uses this upcycled barley protein in our barley milk.

## Why does upcycling matter?

The simple answer is: IMPACT!

Imagine the resources needed to grow barley from seed on a single plot of land. For example, there is the energy and water required to work the land and grow the barley, and there are the greenhouse gas emissions that processing the barley will generate.

By using upcycled barley protein, Take Two is avoiding re-creating these impacts. And here are examples of specific, positive impacts we are creating!

By using spent grain, every gallon of Take Two Barley Milk (based on averages across sizes and flavors):

- Saves about 3lbs of spent grain
- Diverts over 8 lbs of CO2eq emissions, which is the same as driving over 9 miles in a car
- Saves nearly 300 gallons of water, which is the same as about 17 showers.

Since launching in March 2020, Take Two has:

- Saved over 370,000 lbs of spent grain;
- Diverted about 500 tons of CO2eq emissions, which is the same as driving over 1.1 million miles in a car;
- Saved over 35 million gallons of water, which is the same as about 56 Olympic-size swimming pools.

By the end of 2022, Take Two is on track to more-than-double our impacts, and save over 1 million lbs of spent grain! We hope you'll join us on our journey! Simply by using We hope you'll join us on our journey!



We continue to do our best to make sale priced items available all month. Due to currently uncertain supply and delivery chains, availability and promotional pricing are not guaranteed. Thank you for understanding.



**SUKIN**  
**Hair, Skin & Body Care**  
 Assorted sizes and varieties

**30% off**

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**WILD CARROT**  
**Skin & Body Care for Adults & Children**  
 Assorted sizes and varieties

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**DR. BRONNER'S**  
**Castile Soap**  
 Assorted varieties  
 8 or 32 oz

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**NORTH AMERICAN HERB & SPICE**  
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**LASTOBJECT**  
**Reusable Cotton Swabs, Rounds & Tissue**  
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*Locally Made!*

**MOON VALLEY ORGANICS**  
**Pure Organic Skin Care**  
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CASCADIAN FARM  
**Organic Cereal  
& Bars**  
Assorted sizes  
and varieties

**2 \$7**  
for



WASA  
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MAXINE'S  
HEAVENLY  
**Cookies**  
7.2 oz  
Reg. \$7.49

**4<sup>99</sup>**



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**Organic Banana  
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**Gummy Candy**  
Assorted varieties  
2.75 oz.  
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12 oz.  
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**5<sup>99</sup>**



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Acai Drinks  
& Smoothie  
Packs**  
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and varieties

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off**

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**EVIVE  
Smoothie  
Cubes**  
Assorted varieties  
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Reg. \$7.55

**5<sup>39</sup>**



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Organic Banana  
Milk, Oat Milk &  
Creamer**  
Assorted sizes  
and varieties

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off**

In-store prices reflect discount. No additional discount at register.

*Non-GMO Project Verified!*



**TAKE TWO  
Barley Milk**  
Assorted varieties  
40 oz  
Reg. \$5.99

**4<sup>39</sup>**



**GREEN VALLEY  
CREAMERY  
Lactose Free  
Yogurt & Butter**  
Assorted sizes  
and varieties

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Cultured Vegan  
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Supplements**

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and varieties

30% off

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HIMALAYA  
**Ayurvedic  
Herbal  
Supplements**

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**T-Relief  
Topicals &  
Supplements**

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Herbal Tinctures  
& Supplements**

Assorted sizes  
and varieties

*Quality seasonal  
support from Marlene's!*



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Products

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at Marlene's in April!

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## INTRODUCING HOST DEFENSE® MYCOBREW® LION'S MANE DRINK MIXES!

MYCOBREW® COFFEE, MATCHA, COCOA, and MOCHA are specially-crafted, flavor-forward formulations that offer a premium taste experience. After years of development, MycoBrew® provides exceptional flavors available in both convenient grab-and-go packets and bulk canisters.

Whether you want a burst of energy to start your morning, a midday indulgence to keep you going, or a relaxing treat at the end of the day, MycoBrew® has a beverage blend for you. Try all four MycoBrew® beverages for an upgrade to your everyday routine!

While each beverage is distinct in flavor and experience, they are all reinforced with USA-grown, certified organic Lion's Mane mushroom mycelium. The highly sought-after "Smart Mushroom," Lion's Mane is a well-known superfood.

Our mushroom mycelium is grown on an organic brown rice substrate, fermented to peak efficacy, and freeze-dried. By freeze-drying the mushroom mycelium and fermented substrate, we are able to ensure a concentrated serving in each beverage.



### OUR CHOICES MATTER

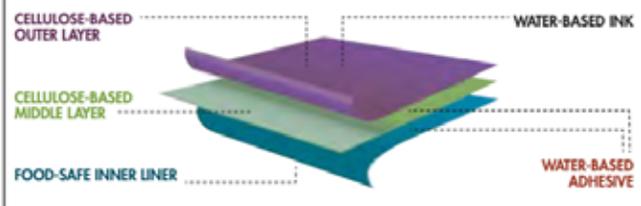
After years of pioneering development work, we're proud to say that our MycoBrew® beverage packets are made from cutting-edge, custom-crafted material and are in alignment with our sustainability goals.

Our packets offer excellent:

- Oxygen barrier protection
- Shelf life
- Moisture barrier protection
- Seal strength



### OUR SINGLE-SERVE PACKETS: A LOOK AT THE LAYERS



Learn about our packaging and sustainability story at [hostdefense.com](https://hostdefense.com).

# April

## Calendar of Events

Class Registration at  
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Marlene's Market &amp; Deli 46th Anniversary</b> <b>Beer &amp; Wine Tasting</b> Tacoma 3 pm - 5 pm <b>1</b>	<b>2</b>
<b>Super Senior Sunday!</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above! <b>3</b>		<b>Enzymedica</b> with Julia Craven Enzymedica educator 5 pm, Online <b>4</b>		<b>Pranic Healing</b> with Eduardo Sztokbant, Associate Pranic Healer 5 pm - 7 pm, Online <b>5</b>	<b>Beer &amp; Wine Tasting</b> Federal Way 3 pm - 5 pm <b>6</b>	<b>Biotic Brands: Fermenting a Sustainable Future</b> with Ryan Johnston, CEO of Biotic Brands 10 am, Online <b>Simple, Sensational Sauerkraut</b> with Cathy Raymer, Holistic Health Coach and Chef Noon, Online, \$25 <b>7</b>
	<b>Uniform Monday!</b> 10% off to all firefighters, police, and military! <b>10</b>	<b>Intro to Cleansing</b> with Jennea Wood, ND 7 pm, Online <b>11</b>		<b>Digestive Competence</b> with Neil Edward Levin, CCN, DANLA, Senior Nutrition Education Manager and Product Formulator for NOW® 5 pm, Online <b>12</b>	<b>Beer &amp; Wine Tasting</b> Tacoma 3 pm - 5 pm <b>13</b>	<b>Full Moon</b> <b>14</b>
		<b>Live Brighter</b> with Jennifer Rasp-Bickerton DC, MS, the Director of Education for Nutraceuticals 5 pm, Online <b>15</b>		<b>Eco-Friendly Living</b> with Phillip Tran, King County Waste Management 5 pm, Online <b>16</b>	<b>Earth Day</b> <b>Beer &amp; Wine Tasting</b> Federal Way 3 pm - 5 pm <b>17</b>	<b>Herb Gardening in Containers</b> with Sue Goetz, CPH, Horticulturist, Garden Designer, Author Noon, Online <b>18</b>
		<b>Nutrition and Ayurveda</b> with Ariane Chenard, B.Sc., M.A., Ayurveda Health Counselor 5 pm, Online <b>19</b>		<b>All Day Energy</b> with Becca Duskin, RN, Health Coach 5 pm, Online <b>20</b>	<b>Arbor Day</b> <b>Beer &amp; Wine Tasting</b> Tacoma 3 pm - 5 pm <b>21</b>	<b>Vegan Cream, Butter &amp; Alfredo Sauce</b> with Gina Erskine, owner of Stirring Vegan \$25 Noon, Online <b>22</b>
						<b>23</b>
						<b>24</b>
						<b>25</b>
						<b>26</b>
						<b>27</b>
						<b>28</b>
						<b>29</b>
						<b>30</b>

### BODYWORK SCHEDULE

#### TACOMA

Vitamin B and glutathione shots  
 with Voda Health  
 Tuesday, 10 am - 2 pm  
 253.225.6679

Iridology & Sclerology  
 with Nancy Seals  
 4th Sunday, 11 am - 4 pm  
 360.556.3556

#### FEDERAL WAY

Vitamin B and glutathione shots with Voda Health  
 Wednesday, 11 am - 3 pm  
 253.225.6679

Seated Massage with Erica Seter  
 Tuesday, 11 am - 2 pm  
 Thursday, 2 pm - 6 pm  
 Friday, 2 pm - 7 pm  
 Saturday, 2 pm - 7 pm

Reservations may be required.



### FEDERAL WAY

2565 S. Gateway Center Place  
Federal Way 98003  
253.839.0933

Monday - Saturday 8 am - 8 pm  
Sunday 9 am - 7 pm

#### Deli Hours

Monday - Saturday 8 am - 6 pm  
Sunday 9 am - 6 pm

Grab and go options available until closing.

### TACOMA

2951 S. 38th Street  
Tacoma 98409  
253.472.4080

Monday - Saturday 8 am - 8 pm  
Sunday 9 am - 7 pm

#### Deli Hours

Monday - Saturday 8 am - 6 pm  
Sunday 9 am - 6 pm

Grab and go options available until closing.

**We value your suggestions and feedback! Write to us at:**  
feedback@marlenesmarket-deli.com



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APRIL 2022

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# Earth Day & 46<sup>th</sup> Anniversary Celebration

This April, join us to celebrate with samples, savings and gift basket giveaways!

