

*Marlene's*<sup>™</sup>

— MARKET & DELI —

shop local, eat organic

# SOUND OUTLOOK

December 2021



Sustainable gift giving • Digestive health  
Deli catering menu • Seasonal treats

- 2 A Letter from Us
- 3 Vegan Scalloped Potatoes with Riced Cauliflower
- 4-5 Holiday Catering at Marlene's
- 6 Sustainable Gift Giving
- 7 Nourishment for a Whole and Vibrant Life
- 8 Quick Guide to Storing and Preparing Winter Squash
- 9 Lose Weight by Eating Fat
- 10 Events & Education
- 11 Better Protein Digestion
- 12 Holiday Goodies from Body Care
- 13 Fresh & Frosty Fare
- 14 Delightful Treats to Fill Your Cart with Joy
- 15 Festive Sips for Eco-Minded Lips
- 16-19 In-store Sales
- 20 Obsessed with Cheese? This is for You!
- 21 How to Settle Down for a Long Winter's Nap
- 22 Decreased Risk of Tooth Decay with Vivos Devices
- 23 December Calendar of Events

## A Letter From Us

December has arrived!

We're here to help your holidays go as smoothly as possible, so be sure to check out our gift ideas and specials for those Marlene's fans on your list. We would also like to take this opportunity to sincerely thank you for another wonderful year serving our community. Taking care of each other is so important, and we are grateful to be a trusted part of your wellness journey.

Wishing you all a healthy and happy New Year!

*Lisa*

P.S.

As we look toward 2022, we are asking Sound Outlook readers to consider switching to the email edition of Sound Outlook. If you already receive a printed copy and would like to switch to the email edition of Sound Outlook (and save \$5 off your next \$25 purchase), there is a coupon on the back page of this issue. Check the email box, fill in your email address and redeem the coupon next time you shop. If you would like to stay on our physical mailing list, please check the print edition option and return the form to the store. If we don't hear from you, this month will be the last mailed print edition that you receive.



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

# VEGAN SCALLOPED POTATOES

## with Riced Cauliflower

by Primal Kitchen

Traditional scalloped potatoes provide an easy, farmhouse-rustic side dish that stands up to decadent proteins at the center of holiday tables. To bring everyone together around food at the table, we created a vegan scalloped potato recipe that's arguably easier to make than the classic one.

Get ready to make a nutritious side dish that satisfies like the best of comfort foods!

### Ingredients:

- 2 lbs organic yukon gold potatoes
- 1 cup riced cauliflower
- 1 small yellow or white onion, diced
- 1 tsp salt
- ½ tsp black pepper
- 1 jar Primal Kitchen No Dairy Alfredo Sauce or Garlic Alfredo Sauce

Primal Kitchen Avocado Oil Spray



### Directions:

Preheat the oven to 350°F.

Use a mandolin to slice even potato coins, or very carefully slice potatoes into the thinnest coins you can by hand.

Place potatoes, diced onion and riced cauliflower into a large bowl. Season with salt and pepper and add  $\frac{3}{4}$  of the jar of Primal Kitchen No Dairy Alfredo Sauce. Stir to combine.

Spray a casserole dish with avocado oil spray. Stack the sauced potatoes into three horizontal rows in the dish.

Pour the remaining  $\frac{1}{4}$  jar of sauce on top of the potatoes.

Bake for 1 hour and 30 minutes, or until potatoes are tender.

Turn the oven to broil and place the dish underneath the broiler for 2–3 minutes, or until the top of the casserole is lightly browned.



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# Enjoy the holidays

## Enjoy a little bit of what with our special ho

### Holiday Catering at Marlene's

Place your order in-store or give us a call.

Federal Way 253.839.0933

Tacoma 253.472.4080

Holiday orders must be paid in advance and are on a first come-first served basis. Supplies are limited. Please note that we will sell out quickly!

Holiday orders are available for pick up after 10 am on December 23 and December 24 before 4 pm. We are closed Christmas day.

No changes or additional orders may be placed after Wednesday, December 16. Sorry, no substitutions on ingredients.



### Meat and Cheese

All natural roast beef, ham and turkey are freshly sliced for you to create your own sandwich. A variety of cheeses included.

Small \$45.99 Serves 6-8

Large \$79.99 Serves 12-16



## Party prep is a breeze

### Crudités

This platter is prepared with fresh, organic vegetables including broccoli, cauliflower, baby carrots, celery, cucumber and tomatoes. Served with our exceptional homemade ranch dip.

Small \$29.99 Serves 6-8

Large \$54.99 Serves 12-16

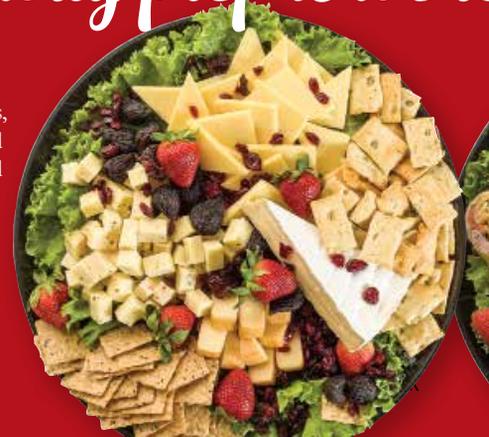


### Cheese & Crackers

Our cheese selection includes Swiss, white cheddar, Brie and smoked provolone. Served with assorted crackers.

Small \$45.99 Serves 6-8

Large \$79.99 Serves 12-16



# and leave the cooking to us.

## Delicious goodness

## Holiday desserts!

**Enjoy our fabulous made-from-scratch pies! Most can be made gluten free!**

Apple	Peach
Banana Cream	Pumpkin
Blackberry	Raspberry
Blueberry	Triple Berry
Chocolate Cream	Black Bottom*
Coconut Cream	Key Lime*
Lemon Sour Cream	Peanut Butter*

\* not available in gluten free



### Cheese and Fruit

Freshly diced fruits and berries served with bite-size morsels of savory cheeses.

**Small \$39.99 Serves 6-8**  
**Large \$75.99 Serves 12-16**

### Sandwich Platter

A deli favorite - sandwiches cut into halves, so everyone can try our popular turkey, ham, roast beef and chicken salad sandwiches.

**Small \$55.99 Serves 6-8**  
**Large \$99.99 Serves 12-14**



## Share with our platters!



### Pinwheel Platter

Tortillas filled with an assortment of premium, all natural meats and cheeses, rolled and sliced.

**Small \$35.99 Serves 6-8**  
**Large \$65.99 Serves 12-16**

### Cookies and Brownies

An assortment of our freshly baked bars, cookies and brownies.

**Small \$24.99 Serves 12-15**  
**Large \$45.99 Serves 25-30**





# SUSTAINABLE GIFT GIVING

Elizabeth Purington, Food Waste Prevention Specialist (Americorps) –  
City of Tacoma Office of Environmental Policy and Sustainability

Holidays and the associated gift-giving cost people a lot of money and generate a lot of waste. If you're looking to adopt more sustainable gift-giving behaviors – for the benefit of both the planet and your wallet – consider some of these ideas:



**HOMEMADE GIFTS** – If you have crafting or cooking skills, showcase them in your gifts. Sewing, knitting, photography, painting, woodworking, baking, canning, gardening –the possibilities are endless. Putting together a book of favorite recipes or an album of cherished family photos is also a thoughtful gift.

**THRIFTED/RE-GIFTED** – A gift doesn't have to be brand new. Are there items in your house or wardrobe that someone you know would appreciate? You can also hunt around at thrift stores, garage sales, flea markets, antique stores

and used book stores. Items found here are often still in great condition and are more unique than something you would find at the mall.

**TIME/EXPERIENCES** – Instead of a material gift, give them a fun experience. There are so many great options, like tickets to the theater, a museum pass, a spa day or a baseball game, that there is something to suit any recipient.

**DONATION** – If you know of a cause or organization near and dear to their heart, consider making a donation in their name.

**LOCALLY MADE** – Buying locally sourced gifts is a great way to cut down on environmental impact. Check out local stores, craft fairs and farmers' markets for gifts.

**ECO-FRIENDLY OPTIONS** – Consider gifting items that will make their everyday life more sustainable. A notebook made from recycled paper or pretty reusable shopping bags. Be mindful about battery-operated items, as these are not good for the planet, although rechargeable batteries are a friendlier option. Think about buying gifts with minimal packaging, as excess boxes and bags generate a lot of waste.

**WRAPPING GIFTS** – Don't forget to think sustainably while wrapping gifts as well. Maybe you can reuse the same gift bags every year. Give old newspapers or kids' art new life as wrapping paper.

No matter, which option you choose, a great idea mentioned by one source was to add a little note that says something like “We know you care about the environment, and this gift came to you without impacting the planet.”

*Elizabeth Purington works with the Office of Environmental Policy and Sustainability to prioritize environmental awareness and facilitate sustainable choices that reduce the city's environmental impacts, particularly greenhouse gas emissions. Learn more at [www.cityoftacoma.org/sustainability](http://www.cityoftacoma.org/sustainability).*



# Nourishment for a Whole *and Vibrant Life*

by Denise Frakes, Certified Home and Life Coach

When we feel nourished, we bring kindness and support to ourselves and to the world around us.  
Start practicing self-nourishment and watch your natural joy start to rise!

## 9 Ways to Practice Nourishment

Join Denise online!  
**Creating Cozy Pockets in  
the Fabric of Your Life**  
Thursday, December 16  
at 5 pm  
Details at [marlenesmarket-  
deli.com/classes](http://marlenesmarket-deli.com/classes)



**1. Nourish with beauty.** If you want more beauty in your life, then spend time in beauty. Try “forest bathing” and immerse yourself in nature and fresh air.

**2. Tidy up.** Since clutter and disorder heighten our stress levels, the simple act of cleaning and simplifying can naturally relax your nervous system and refresh your life.

**3. Move with fluidity.** When stressed, intentionally move smoother. Stand tall, relax your face and shoulders. Move with ease and confidence. Your mind will follow what your body does.



**4. Play.** Happiness, laughter and play are powerful antidotes for stress. When we were kids, we were taught to work – as adults, we need to be taught to play again! We remember how to, right?

**5. Eat to nourish.** Eat beautiful, colorful, organic, local fruits and vegetables for vitality and health. Fast food, sugar, processed foods, empty calories and too much caffeine will stress out our systems.

**6. Breathe.** Practice breathing during your daily actions, such as driving or doing the dishes. When you feel tension rising, breathe in like you are smelling a flower, breathe out like you are blowing out a candle and relax.

**7. Nourishing time.** Create nourishing morning routines that set the tone for the day. You don't always have time or resources for big vacations, so daily TLC is like a micro-vacation and a vitamin for the soul.

**8. Sleep.** Sleep is crucial! Wind down with a relaxing cup of chamomile tea, unplug from your electronics and reflect on the best moments of your day. Then settle in for a good night's sleep.

**9. Practice acts of beauty.** By being kind to others, connecting and acting beautifully, we are naturally nourished.

We can't wait for our lives to be perfect to take care of ourselves. Self-nourishment is not a selfish act, but an act of love. Consistency and persistency create powerful habits.

*Denise Frakes is a Home and Life Coach and Facilitator of the Puget Sound Asthma Coalition. She specializes in vibrant living, clutter clearing, healthy homes and practices that uplift your life. Visit Denise's website and blog at [www.DeniseFrakes.com](http://www.DeniseFrakes.com) or email her at [dfbluesky@yahoo.com](mailto:dfbluesky@yahoo.com)*





# Quick Guide to Storing and Preparing Winter Squash

All members of the squash family are from the genus *Cucurbita* and are indigenous to Central America. From there, the practice of cultivating squash migrated north at least 8,000 years ago. It has been an important staple food for the indigenous tribes of North America ever since.

Winter squash is versatile, nutrient-rich and stores well for long periods of time. If you're not eating squash, you're missing out! Even well into winter, gorgeous squashes keep rolling into our markets, so we encourage you to come in and try something new.

While a storage temperature of 45-55 degrees is ideal for virtually all squashes, the length of time different varieties can be kept varies quite a bit. Some squashes actually need time to mature or 'cure' after they're picked (to maximize flavor and texture) while others are ready for eating straight off the vine.

## ACORN

The fruits of acorn types will have a dark-orange "ground spot" when mature. Fruits can be consumed at harvest, and eating quality is best within about 10 weeks.

## SPAGHETTI SQUASH

Spaghetti squash can be consumed right away after harvest and will store only about 10 weeks. So when you see these tasty, butter yellow beauties in our markets, snatch them up while you can!

A note about prep: Spaghetti squashes hold a lot of moisture, so they are best baked or roasted rather than steamed. Slice squash in half either lengthwise or vertically, and scoop out and discard the inner seeds and pulp. Rub olive oil lightly around the interior and roast cut side down until a fork easily pierces the skin. Cool and separate the spaghetti-like strands before using in a recipe.

## DELICATA & DUMPLING

The fruits of these types, like acorn squash, often have an orange ground spot when mature. Fruits can be consumed fresh from the vine, and eating quality is best within 3 months of harvest.

A note about prep: When preparing delicatas, don't bother peeling them. They are one of the few winter squashes that have skins that are both edible and delicious!

## RED-SKINNED HUBBARDS & SMALL KABOCHA

Hubbard varieties such as Red Kuri can be consumed at harvest, and will store up to 4 months. Dry, corky stems are a good indication of fruit maturity.

## BUTTERCUP & LARGE KABOCHA

Fruits are best after 1-1½ months of storage, but will also store 4-6 months. Dry, corky stems are a good indication of fruit maturity.

## HUBBARD & BUTTERNUT

Fruits are best after 1-2 months of storage, and will keep 4-6 months.

A note about prep: If your hubbard or large kabocha seems too difficult to cut, simply drop them onto a hard surface until they split, and then roast or steam the pieces!

## To Bake or Roast Winter Squash:

Using a whole 1 to 1 ½ pound winter squash, pierce the rind with a fork and bake in a preheated 350° oven for about 45 minutes.

Squashes larger than 1 ½ pounds should be halved and cleaned, lightly coated with olive oil, and placed cut side down on a baking sheet. Squash is ready when the flesh can be easily pierced with a fork.

Squashes can also be peeled and cut into ½ inch cubes, lightly coated in oil or butter and spread evenly across a baking sheet to roast in a 400° oven for about 15-20 minutes until tender.

## To Boil or Steam Winter Squash:

Cut into quarters or rings and steam 20 minutes or until tender, checking every 10 minutes. Boil or mash winter squash just as you would potatoes. Add peeled squash cubes to your favorite soups, stews, beans, gratins and vegetable ragouts.

Visit our 100% organic produce department and get the best of what's fresh and locally grown right here in the Pacific Northwest!



# Lose Weight by Eating Fat

by Nikita Austen, Zhou Educator

Lots of us have it, most of us hate it, and all of us love to eat it. We already know we can have our fat and eat it too, but can we eat our fat and lose it too?! Guess what... we can!

It sounds crazy now, but millions of people have been successful adopting a diet that allows them to eat fat and burn it at the same time. Not only can you burn the fat you are consuming, but you can also burn the kind that you just can't seem to get rid of. If you are wondering what I am talking about, then let's talk keto.

## The History of Keto

In the early 1900s, doctors were experimenting to help patients with epilepsy and seizures based around fasting. However, fasting is only temporary, so that's when doctors started to dissect proper nutrition. Many realized keeping diets low in starches and sugars, rather than restricting all calories, could still give similar effects to fasting. It was Dr. R. Wilder from the Mayo Clinic who discovered the connection between lowered blood sugar and a high fat diet. Thus, the ketogenic diet was born.

## How Keto Works

The keto diet is a high fat, low protein and lower carb diet. This means that fat is the core of your diet. This might sound opposite of what we have learned in the past, but it was soon found out that fat is what our brain is made of, so we actually really need it!

Normally our bodies break down carbohydrates, turning them into sugar or energy. However, with the keto diet, our bodies will break down fat and convert it into a much different energy – ketones to be exact. Once the body has been able to consistently use our fat for fuel, a state of ketosis is achieved. At this point, our energy levels will be more stable, our blood sugar more balanced and our minds much clearer than we could have imagined.



*Nikita Austen, a former gymnast and competitive body builder, is a passionate health enthusiast educated in biochemistry and marketing. Born in Europe and having travelled extensively, Nikita brings an inspiring millennial point of view to health food retailers nationwide.*

# December Events & Education

All December classes will be held online. Register at: [marlenesmarketdeli.com/classes](http://marlenesmarketdeli.com/classes)

## NUTRITION IN THE GOLDEN YEARS



with **Cathy Hains, Registered Dietitian** and special guests **Karen and Heather of Earthy & Wise™** Thursday, December 2 at noon

As we get older our bodies have changing needs but good nutrition remains vitally important to staying active and independent into your best years! This can be especially true if you are dealing with chronic health issues. Join senior nutrition expert Cathy Hains to learn how to tailor your diet to your needs.

The group will be joined by Karen and Heather of Earthy & Wise™, an organization that promotes the empowerment of the wise generations. Attend to learn more about getting involved.

## VEGANUARY WORKSHOP



**A 30 Day Group Vegan Experience** with **Laura King** Thursday, December 2 at 5 pm

Learn more about a 30-day group vegan experience that starts January 1st to kick off

the New Year!

Have you ever wanted to try out a vegan or plant-based lifestyle but didn't know where to start? Maybe you felt ready but didn't have the support you needed to build those new routines. This workshop highlights what to expect from the Veganuary group program and how to prepare for it, including a shopping list, recipes, group support via weekly video calls, and other educational resources to help guide your experience.

Let's get creative and try something new!

## PRANARŌM AROMATHERAPY: SUSTAINABLE SOURCING, SUSTAINABLE HEALTH



with **Liza Docken, Pranarōm National Educator** Tuesday, December 7 at 5 pm

Aromatherapy has always been about balance. When

we source things in a sustainable way, including organic growing practices, we are sourcing the best quality and quantity of essential oils possible -- not to mention keeping the planet more in balance by being mindful of the earth upon which we live, the water we drink, and the air we breathe. It's all connected and represented in the high quality oils that Pranarōm offers. Join Pranarōm's National Educator, Liza Docken, to learn more about sustainability and what essential oils can do for you.

## ECO-FRIENDLY WASTE MANAGEMENT AT HOME



with **Philip Gates, King County Waste Management** Thursday, December 9 at 5 pm

Join Waste Management's Federal Way Recycling Education & Outreach

Coordinator to discuss and share ways to be more sustainable during the holiday season! 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.

## VITAMIN SUPPLEMENTS: WHEN DIET IS NOT ENOUGH



with **Neil Levin, CCN, DANLA, Senior Educator for NOW Foods** Tuesday, December 14 at 5 pm

Though healthy diets theoretically provide all of the nutrients we

need, many of us fall short by not eating perfectly. Age and lifestyle factors affect nutritional requirements, nutrition labels may overestimate the nutrient content of foods, and special diets (paleo, keto, vegan, gluten-free, etc.) restrict food options that promote certain nutrient deficiencies. Learn how common nutrition shortfalls and potential deficiencies caused by strict dietary limitations support the use of multivitamins to assure adequate nutrient intake.

## CREATING COZY POCKETS IN THE FABRIC OF YOUR LIFE



with **Denise Frakes, Certified Transformational Life Coach** Thursday, December 16 at 5 pm

Join Denise to learn about creating ritual, time pockets and clutter clearing to create a nourishing and delightful December. Take some simple and profound steps to finish this year nourished, present and happy!

## GLUTEN FREE & VEGAN HOLIDAY COOKING



with **Chef Tyrone Brown, Owner of Tasteful Joy** Saturday December 18 at noon - \$15

Are you out of fresh ideas for gluten free and vegan foods? Make holiday cooking your all-time

favorite once again! Chef Brown is on a mission to create and share delicious, healthful foods for every day and every occasion. You don't have to miss out or compromise! With just a little pre-planning and a few staple goods, you'll be on your way to a great celebration this holiday season.

## BOWSPRING-INSPIRED YOGA FOR HOLIDAY STRESS RELIEF



with **Dee Escobedo, RYT-200, Yoga Alliance Registered Yoga Teacher** Tuesday, December 21 at 5 pm and Thursday, December 23 at 5 pm

Based on the new Global Bowspring method, we will explore poses and movements in new ways to respect the curves of the spine. This entirely new focus on the spine will move your body in new ways. The class will be a basic practice introducing some of the benefits and introducing basic movements of Global Bowspring.

# Better Protein Digestion

By Kari Barron for Positive Power Nutrition

Do you need a nap after big holiday meals? You aren't alone. An American study conducted in November of 2009 found that of those surveyed, a whopping 58% of adults will nap on autumn and winter holidays! Why is there so much napping going on? All of that feasting needs energy for digestion.

About 10% of your body's daily expenditure of energy is for digestion. "Protein takes the most energy to digest (20-30% of total calories in protein eaten go to digesting it). Next is carbohydrates (5-10%) and then fats (0-3%)." You may not be eating meat but digestion of any protein takes a lot of energy. There are a few things you can do to help preserve energy for more than just digestion. Soaking seeds and nuts prior to eating them, properly chewing your food, and taking enzymes to aid in the breakdown of food can protect your energy reserves.

Nuts, grains and legumes contain phytic acid and enzyme inhibitors. "When eating nuts that haven't been soaked, the phytic acid binds to minerals in the gastrointestinal tract and cannot be absorbed in the intestine and too many bound minerals can lead to mineral deficiencies." Soaking nuts, grains and legumes breaks down the phytic acid and allows the enzymes to do their jobs.

Chewing your food completely is vitally important for proper digestion. Chewing does a number of things. It breaks down



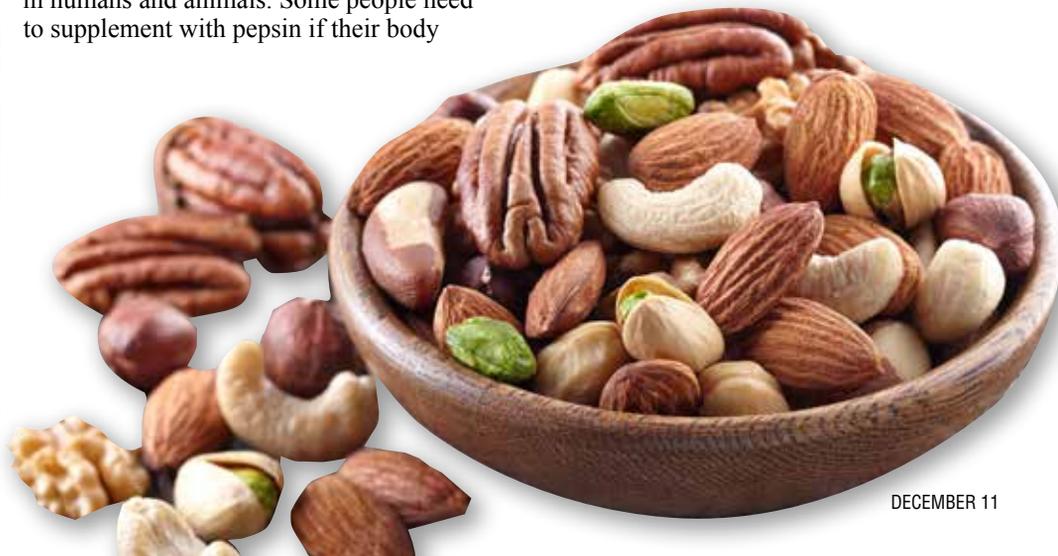
the food into smaller particles. It gets the salivary glands engaged and the stomach enzymes prepared to disintegrate your food so the cells of your body can absorb and utilize the various nutrients. Many people use a blender to breakdown nuts, veggies and fruit to drink them. The food is definitely broken into smaller particles but without chewing, salivary glands and stomach enzymes aren't engaged completely. Try chewing your smoothies for maximum digestion.

Taking enzymes is another way to maximize digestion. Enzymes break down food particles through chemical reaction. Different enzymes are utilized by the body to break down different types of food. When you are sitting down to a big meal that contains a lot of protein, your body needs to utilize pepsin. This specific enzyme is produced by the stomach lining in humans and animals. Some people need to supplement with pepsin if their body

isn't producing enough for the amount of protein they are consuming think high protein ketogenic diets. The heavy protein load may not be broken down enough and might enter the bloodstream prior to complete digestion. Small amounts of pepsin enter the bloodstream, where it breaks down some of the larger, or still partially undigested, fragments of protein that may have been absorbed by the small intestine.

Remember to soak your seeds and nuts, chew your food, and stock up on pepsin now. Enjoy your holiday meals and keep these simple tips in mind so you aren't forced to sleep your holiday away.

*Positive Power Nutrition seeks to empower every person to reach the level of health and wellness they desire, by providing the most powerful products, resources, and education.*



# Holiday Goodies from Body Care

**Badger** - The folks at Badger blend the finest organic plant extracts, exotic oils, beeswax, and minerals to make the safest, most effective products possible to soothe, heal and protect. Feel good from head to toe with a **Badger Balm Mini Sampler**, a beautifully packaged collection of three popular balms. It includes one .75oz tin each of **Badger Balm**, **Sleep Balm**, and **Sore Muscle Rub**.

Treat yourself or a friend to the ultimate gift of relaxation and rejuvenation! The Aromatherapy Travel Kit containing one 0.15oz stick each of **Cheerful**, **Focus**, **Stress Soother**, **Headache Soother**, and **Yoga & Meditation Mind Balm** can be applied to pulse points for a relaxing, refreshing and renewing experience anytime. Every classic lip balm by Badger contains certified organic ingredients including extra virgin olive oil, beeswax, aloe, seabuckthorn, and rosehip that moisturize, protect, and leave your lips feeling hydrated and happy.

The green pack features .15oz sticks of **Lavender Orange**, **Highland Mint** and **Unscented**, and the red pack includes .15oz sticks of **Tangerine Breeze**, **Vanilla Madagascar** and **Pink Grapefruit**.

**Zum by Indigo Wild** - A unique ingredient, goat's milk, is a naturally homogenized, silky-soft moisturizer full of the good fats that help your skin's pH levels and lock in extra hydration. The **Holiday Zum Mini 3 Bar Box** includes three perfect little bars, each of which is full of festive **Zum Bar** favorite scents. Don't miss the liquid soaps for those who prefer their heavenly whiffs from a pump bottle!

One for the home, one for the car, one for a purse or gym bag. This gift pumps up some great scents anywhere and everywhere with the most popular **Zum Mist** whiffs! The **Mini Zum Mist Trio Pack** is made simply with pure essential oil blends and natural ingredients that make each spray a mood lifter!

### **Zum holiday scents:**

**Joy** - Fresh and energizing peppermint pairs with woody fir needle for a merry mojo unlike any other.

**Yule** - Nutty almond combines with warm clove spice for a relaxing sweetness.

**Frankincense and Myrrh** - Frankincense brings a woody scent and myrrh adds a darkly fruity scent with a rich sweetness.

**Burt's Bees** - The festive **Kissable Color Holiday Gift Set** features either warm-tone lip shimmers or cool-tone lip shimmers with a hint of mint and a smooch of luminescent color.

Or let your lips fall in love with the rich cocoa flavor and kiss of mint that **Mint Cocoa Moisturizing Lip Balm** serves up.

Spoil them (or yourself!) with a classic holiday gift set of Burt's Bees perennial favorite beauty indulgences to pamper the skin from head to toe with the **Essential Burt's Bees Kit**. Contains Soap Bark and Chamomile Deep Cleansing Cream, Hand Salve, Milk & Honey Body Lotion, Coconut Foot Cream and Beeswax Lip Balm. There's a little something for everyone!



# Fresh and Frosty Fare!

## Alden's Organic Ice Cream

**Peppermint Twist:** Made with swirls of peppermint and white chocolate ice cream and sprinkled with organic peppermint candies, this refreshing Alden's Organic flavor will be sure to spread a festive cheer!

**Peppermint Twist Bars:** Peppermint and white chocolate ice cream dipped in dark chocolate with crushed organic peppermint candies, these bars are heaven on a stick.



**Daiya Cheezecakes** They're free of dairy, soy, gluten and common allergens, but taste like a dream! With four scrumptious flavors to choose from, there's something super yummy here for everyone. From the rich temptation of decadent, creamy filling to the hint of sweetness in the artisan crust... well, let's just say you're about to have a very delicious and indulgent holiday!

## Seattle Shortbread

Having a challenge finding delicious, gluten free cookies? You have got to try Seattle Shortbread! Their frosted shortbread cookies use an ingenious blend of organic coconut flour and non-GMO sweet, brown and white rice flours for a decadent, gluten-free treat. Their bakery uses only 100% natural food coloring and butter from cows raised free of antibiotics and hormones in the green pastures of the Northwest.



## Organic Apples

If you have not had the pleasure of visiting our produce section in the autumn and winter months, you are in for an epic treat! For quality and selection, our heirloom apple varieties are first class. Because they are largely grown on small family orchards, availability is limited and we sell out quickly. When you find the apples you love, stock up!

Here is a partial list of those mouth-watering fruits:

- |                   |              |
|-------------------|--------------|
| Crimson Crisp     | Keepsake     |
| Opal              | Spartan      |
| Sister of Fortune | Winesap      |
| Arkansas Black    | Autumn Glory |
| Granny Smith      | Honeycrisp   |
| Smitten           | Jazz         |
| King David        | Pink Lady    |



## Marlene's Gift Basket Service

Marlene's has developed a reputation for beautiful gift baskets. Let us help you package your gift choices for a personalized and polished look.

When you purchase items for your gift basket, let your cashier know you would like to add Marlene's Gift Basket Service to your order. Prepared gift baskets will be ready for pick-up within 48 hours! Marlene's Gift Basket Service is \$15. Price includes the basket, raffia, cellophane, bow, and assembly.



## Bakery Catering

Marlene's has the treats! Pre-order a pan of scratch-made cupcakes for this year's gathering, and wow your friends and family without even lifting a finger. How easy is that?

Choose from several luscious cake and pie recipes, brownies and blondies, muffins, cupcakes and more; most are available for customization with gluten free or vegan options upon request. Stop in or give us a call!



## Marlene's Gift Cards

Having a tough time deciding what to get a certain someone? When in doubt, gift card it out! After all, the best gift is the one they actually want, right? With all the options that Marlene's has to offer, they'll have a hard time choosing too!

# Delightful Treats to Fill Your Cart with Joy!

What's your favorite holiday? The one with the amazing snacks? Yes! Us, too!



**Boom Chicka Pop** goes above and beyond this holiday season by providing creative flavors of gourmet popcorn that can be mixed and matched to your tummy's content.

**Hammond's Candies** has been making sweet confections since 1920. We are so happy to bring their organic candy canes to our stores this season! With festive flavors like traditional mint, butterscotch, cherry, root beer and strawberry, there's a flavor for everyone on your list.



Women owned, locally made and fabulously decadent, **Seattle Chocolate** has the finest truffles and truffle bars imaginable! We're not sure these will make it into anyone's stocking. Wink, wink.



The folks at **Theo Chocolate** are here to make life a little sweeter for all of us. Not only has the Seattle-based company made delicious bars in festive flavors, you can find pillowy chocolate covered marshmallows and a beautiful collection of mouth-watering caramels! Joy to the world, indeed.

# Festive Sips for Eco-Minded Lips



## Eaglemount

These award-winning ciders and meads make wonderful hospitality gifts! For over two decades, Eaglemount Winery | Cidery has been producing hard ciders and meads, sourced from heirloom apple trees in their homestead orchard and from other homestead orchards on the Olympic Peninsula. Their original orchard was planted in 1883 and is still producing strong, without use of chemicals or fertilizers!

Honey and fruit juice (apples, quince, pear, rhubarb, cranberry) enhance each other in the fermentation process, so instead of making a traditional mead from water and honey, Eaglemount fermenters add local Olympic Peninsula honey to freshly pressed juice and then add more honey to sweeten before bottling.

## Klean Kanteen

From water bottles to insulated tumblers, coffee mugs to food canisters and lunch boxes, steel straws to kid and baby bottles, the folks at Klean Kanteen offer reusable stainless steel solutions for everyday life.

It's hard to imagine, but back in the early 2000s, you couldn't buy reusable stainless steel water bottle in the United States! Plastic was just about the only option. Since they first began producing their BPA-free bottles in 2004, Klean Kanteen has become an international brand that has inspired dozens of other companies to make reusable stainless steel products. Innovative and eco-minded from the beginning, Klean Kanteen is still family and employee owned and operated.



## The Republic of Tea

The time is perfect for a little cup of cheer. Cozy up with a cup of premium holiday tea from the folks at The Republic of Tea and discover your new favorite tradition! Sip delicious holiday flavors like Peppermint Bark, Gingerbread and Cardamon Cinnamon. Fill your kettle with Comfort and Joy or heat things up and make it a Red Hot Holiday. Can't decide? The Holiday Assortment box is here for you!



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.



**MORGAN COSMETICS**  
**Authentic Moroccan Body Care**  
 Assorted sizes and varieties

**20% off**

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



**NOW**  
**Aromatherapy and Carrier Oils**

Assorted sizes and varieties

**30% off**

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



**BORLIND**  
**Skin Care**  
 Assorted sizes and varieties

**30% off**

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



**HUMBLE**  
**All Natural Deodorant**  
 Assorted sizes and varieties

**20% off**

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



**MEDITERRA**  
**CBD Supplements & Topicals**

Assorted sizes and varieties

**20% off**

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



**ISLAND THYME**  
**All Natural Body Care**  
 Assorted sizes and varieties

**15% off**

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



**JOHN MASTERS ORGANICS**  
**Hair Care**  
 Assorted sizes and varieties

**15% off**

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



**ACURE  
Skin Care**  
Assorted sizes  
and varieties

**25% off**

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



**SHIKAI  
Body Lotion &  
Body Wash**  
Assorted sizes  
and varieties

**35% off**

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



**AURA CACIA  
Aromatherapy**  
Assorted sizes  
and varieties

**30% off**

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



**NORTH AMERICAN  
HERB & SPICE  
Body Care with  
Oregano Oil**  
Assorted sizes  
and varieties

**30% off**

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



**EVAN HEALY  
Skin Care**  
Assorted sizes  
and varieties

**20% off**

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

*Fair Trade!*



**DR. BRONNER'S  
Organic Whole  
Kernel Virgin  
Coconut Oil**  
Assorted sizes  
and varieties

**25% off**

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



**RXSUGAR  
Plant-Based  
Sweetener**  
Assorted sizes  
and varieties

**25% off**

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



**FELICETTI  
Pasta**  
Assorted varieties  
16 oz.  
Reg. \$4.19

**\$2.99**



EQUAL EXCHANGE  
**Organic  
Chocolate, Tea  
& Coffee**  
Assorted sizes  
and varieties  
**30% off**

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



GOOD CULTURE  
**Simply Sour  
Cream Squeeze  
Pouch**  
12 oz.  
Reg. \$3.49

*Classic and Lactose Free!*

**\$2.49**



HI BALL  
**Energy Seltzer**  
Assorted varieties  
16 oz  
Reg. \$3.29

**\$2.39**



ENDANGERED  
SPECIES  
**Oat Milk  
Chocolate Bars**  
Assorted varieties  
3 oz  
Reg. \$3.75

**\$2.69**



PACIFIC FOODS  
**Organic Broth  
& Soup**  
Assorted sizes  
and varieties

**25% off**

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

**WellBetX® Berberine**  
**For blood sugar and beyond!**

*Supports gut, immune, cardiovascular,  
and liver health*

**ON SALE NOW!**  
WellBetX & PGX® Products

\*WellBetX Berberine 500 mg 60 vcap ranks #1 selling Berberine based on unit sales, Herbal Singles category, US Natural Channel, SPINS data 52-week period ending 4/19/2020.

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.



**#1  
SELLING  
BERBERINE!**



DR. MERCOLA  
**Supplements**  
Assorted sizes  
and varieties

**25% off**

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



YERBA PRIMA  
**Digestive &  
Cleansing  
Supplements**  
Assorted sizes  
and varieties

**30% off**

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



**CARLSON  
Vitamin D  
Supplements**  
Assorted sizes  
and varieties

**30%  
off**

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



**SOURCE NATURALS  
Wellness  
Supplements**  
Assorted sizes  
and varieties

**30%  
off**

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



**BOIRON  
Cold Calm**  
Assorted sizes  
and varieties

**30%  
off**

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

## PARKING LOT PICK UP

Let us do the shopping!  
Swing by and we will bring  
your order out to you.

**Federal Way:** orders-federalway@marlenesmarket-deli.com  
or 253.839.0933

**Tacoma:** orders-tacoma@marlenesmarket-deli.com  
or 253.472.4080

## Experience Marlene's CBD!



Marlene's is happy to be bringing you our own top-quality line of CBD! Available in liquid or soft gels in a broad range of concentrations, we're confident we have an effective solution for your CBD needs.

The quality of our CBD begins with plants, soil and farming techniques involved in its production. All of our hemp is sourced from organic farms exclusively. You won't have to worry about ingesting unnecessary or potentially toxic chemicals or contributing to destructive commercial farming practices! We have done our homework.

Hemp flowers designated for our CBD products are picked at their peak state of ripeness and flash frozen within 2 hours of harvesting. The plants are then processed with a low temperature and low-pressure hydrocarbon extraction method that beautifully preserves the integrity of terpenes and cannabinoids and ensures that these beneficial components are present in our

products in an easily absorbable form. The resulting product is called LIVE OIL™, and it is the highest quality and most potent concentrate available.

Third-party tested LIVE OIL™ is made using only USDA Certified Organically grown hemp that has been extracted, manufactured and tested in the U.S. Every batch is stringently tested by an Oregon-licensed, third-party laboratory to ensure:

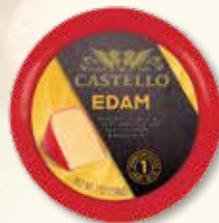
- Highest quality**
- Potency and purity**
- No toxins**
- No pesticides**
- No heavy metals**
- No microbial contaminants**

We are so excited to be able to bring this fantastic product to you!

Call or stop by Marlene's today and experience the difference of top quality CBD.



# Obsessed with Cheese? This is for you!



**Castello Edam Cheese** is a pleasantly mild and creamy cheese with a slightly nutty, buttery flavor. With a relatively low fat content, it has a softer texture than many cheeses. As Edam ages, its flavor becomes sharper and its texture firmer. Enjoy with pears and pinot noir.

**Kerrygold Blarney Castle Cheese** is an Irish cheese of historical proportions! A mild and creamy cow's milk cheese with rich and velvety undertones. It both feels and tastes similar to a young Dutch Gouda cheese and makes a perfect complement to fresh fruit and a glass of crisp wine such as Sauvignon Blanc.



**Kerrygold Reserve Cheddar** is for lovers of intense flavors! Its sharp, strong flavor comes from an extra year of aging. While the flavors are concentrated, the finish is still rich and smooth. Like every Kerrygold cheese, it comes from the finest milk of Ireland's grass-fed cows.

**Kerrygold Dubliner** is complex, worldly, somewhat sweet and somewhat nutty. A robust aged cow's milk cheese with a bit of a hard texture similar to a Cheddar. In one bite you can taste a diversity of flavors well served alongside a full-bodied wine or melted between a few slices of crusty brown bread!

**Miyoko's** organic cashew milk artisan cheese wheels are crafted with traditional cheese making techniques such as culturing and aging. These award-winning vegan cheeses are a revolution the gourmet cheese world!



**Mountain Lodge Farm** is a place that moves in step with nature and the timeless rhythms of rural life. Their Knapsack variety of goat milk cheese is an approachable salty, feta-style cheese with leading lemon and floral flavors. Crumble on pasta or vegetable dishes for an exciting burst of flavor!



**Beehive Cheese Teahive** is a "feel good" cheese. The soothing qualities of tea and the relaxing bergamot combine to produce a sweet and creamy cheese with a rich, complex fragrance. Serve with toasted nuts, on scones or baked into shortbread biscuits.



**Cypress Grove** Fresh Cheeses are tangy, bright and ready to groove. These fresh goat cheeses range in taste from fresh cream and citrus to lavender and wild fennel pollen, with unexpected and delightful flavors running the gamut in between. Look for PsycheDillie, Sgt. Pepper and Purple Haze.



**Good Planet** savory, snackable, keto-friendly plant-based wedges are here! Full of flavor and individually wrapped for tasty on-the-go convenience. They are a creamy and delicious addition to a charcuterie board or lunchbox!



**Daniel's Artisan Bonneville** is a decadent double cream cheese, washed in Syrah over several weeks. The extra cream is added to an already rich milk, lending to the fudgy texture and deep yellow color. This cheese is a cheese for every occasion! Serve atop crostini with baked apples topped with a little honey.

# How to Settle Down for a Long Winter's Nap

by Herbs Etc.

**Some of us have an occasional night of restlessness, while others have chronic sleep issues.**

**When we don't get the sleep we need, it impacts our days in ways we might not even be aware. We just know we didn't get the deep, restful, rapid eye movement (REM) sleep that we know we need to heal our body and mind.**

**Here are some ways to get some rest – naturally.**

**Calm your busy mind** – Try this the next time you can't turn off your mind. Write whatever your busy mind won't stop thinking about down on a piece of paper and place it on your nightstand. The simple act of writing it down can remove it from your mind for the night.

**Get on a sleep schedule** – If at all possible, go to bed at the same time, every night including weekends, holidays and vacation. Try to wake up at the same time every day. Oh – and don't think sleeping in during the weekend will offset any sleep deprivation you endured during the week. Unfortunately, it won't.

**Eat lightly in the evening** – Eat a small dinner and watch the spice. Too much of a good thing can keep you up at night.

**Drink this, not that** – Drinking alcohol close to bedtime can keep you up. Also drinking coffee, tea and hot chocolate after 3 p.m. can be a bad idea. Some people are more sensitive to caffeine and need to stop drinking caffeinated drinks

earlier. Remember, if switching to decaf is your plan, don't forget that decaffeinated beverages still contain some caffeine.

Consider a small glass of tart cherry juice, a half of a mug of warm milk or chamomile tea as your pre-bedtime drink of choice. These beverages help you relax.

**Exercise several times a week** – Exercising, even if it's only a 20-minute walk, provides enough physical exertion over time to relax you in the evening. It is best if exercising in the evening to not do so within a few hours of bedtime.

**Relax before bedtime** – Burn aromatherapy candles, take a warm bath or listen to soft music to get you ready to sleep.

**Keep it dark and cool** – Close the drapes in your bedroom. Even better, buy some blackout drapes and keep them closed at night. Don't forget to turn down the thermostat to a cool 60-65 degrees Fahrenheit.

**Turn off your devices** – Tell your brain it is time for bed. So, turn off the devices (smart phones, tablets, laptops), since the blue light it emits tells your brain the opposite. Consider taking it one step further by removing all electronics from your bedroom. Your bedroom is for sleep, not work, working out or watching television. Those activities belong in another part of your home, so you can get your shut-eye.

**Use herbs** – Herbs have been used for centuries to help people sleep. Chamomile decreases anxiety and provides relaxation. Lemon balm decreases sleep-type issues. Valerian root releases stress and anxiety. Passionflower, when used for sleep problems, increases the levels of gamma-aminobutyric acid (GABA) in the brain, which calms excessive brain cell activity. Drinking these herbs in a tea is one way to get herbal sleep support.

Another way to get sleep-supporting herbs is with an herbal formulation, such as Deep Sleep®. It helps you fall asleep, stay asleep and wake up refreshed. Deep Sleep® is the 2018 Vity Award winner in the Natural Sleep Remedy category.



# Decreased Risk of Tooth Decay with Vivos Devices

by Carla Yamashiro, DDS

We've all heard the top tips for dealing with and preventing cavities and have told them to our kids; avoid sugary drinks, limit snacking, and keep bacteria levels in your mouth to a minimum by practicing good oral hygiene (i.e., brushing twice a day and flossing).



In addition to steps you can take to help little ones prevent cavities, their bodies are also working to combat cavities, too!

Saliva is key to helping maintain good oral health. Not only does saliva begin the digestion process, it also acts to protect teeth from cavities in several crucial ways. Saliva helps to dilute acids and sugars in the mouth that can eat away at enamel. It helps wash away food and other substances from the surfaces of teeth. In addition, saliva carries high levels of vital nutrients and minerals that act to strengthen and reinforce teeth. Its antimicrobial properties also help to protect the mouth and tooth enamel from damage.

*Fun fact: your body can produce up to 3 pints of saliva every day!*

## The Connection Between Mouth Breathing and Tooth Decay

Good breathing technique is important for proper developmental and overall health, and oral health is no exception. Breathing should be deep and profound through the nose. If the upper airway is obstructed due to an underdeveloped jaw, individuals may begin breathing through their mouth to compensate, leading to a host of issues.

Persistent mouth-breathing, particularly while sleeping, has been tied to decreased levels of saliva production. Decreased salivation can leave adults and children alike at an increased risk for cavities (tooth decay) and infection. That translates to more dental visits, more money, and more pain and suffering for you and your little one(s).

Mouth breathing also activates the upper lobes of the lung which in turn activates the sympathetic fight or flight nervous system. By breathing with the nose, the lower lobes of the lung are utilized, letting the body enter a state of rest, digestion and repair. Our teeth are part of the digestive system and therefore, mouth breathers may not be getting the nutrients and oxygen to the teeth which are essential for healthy teeth and for the prevention of cavities.

*Vivos designs custom oral appliances for proper tooth positioning and palatal expansion.*

## The Study

The independent study conducted by Dr. Toshi Hart, DDS, sought to assess the ability of Vivos guides to reduce the risk and incidence of cavities in children by converting children studied from mouth-breathers to nose-breathers. Hart hypothesized that if the Vivos appliances

could help correct breathing and increase salivary production, then the incidence of tooth decay would decrease.

The 80 children studied, aged 4 to 12, were split into a control and a treatment group. The data produced at the end of the study showed that risk for cavities in the treatment group after 6 months of using the Vivos Guide had reduced by 76.4% compared to the control, and a 57.9% reduction after 12 months.

Proper airway development and nasal breathing has been cited as possibly the only surefire way to treating OSA by the late Dr. Christian Guillenminault MD, who was a leader in identifying the connection between OSA and learning issues in children.

If your child suffers from frequent cavities, OSA or other breathing disturbances may be to blame. Use of Vivos Craniofacial solutions for children may be a great option to address OSA, reduce tooth decay risk, and help open up your child's upper airway. Vivos appliances are gentle and non-surgical. They focus on guiding the jaw towards its genetic potential, opening up the upper airway in the process and allowing oxygen to flow freely.

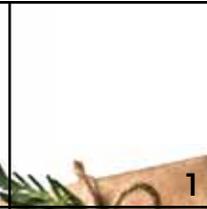
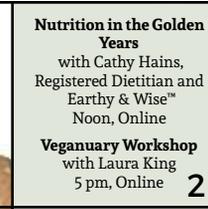
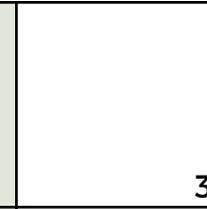
*For more information on Vivos Craniofacial appliances join our bi-monthly free online presentation GROW, BREATHE, SLEEP, THRIVE! For your invitation, email us at [Grow@EcologicDentistry.com](mailto:Grow@EcologicDentistry.com) or call us at (253) 863-7005. We are located at 8412 Myers Rd E. Ste. 301, Bonney Lake, WA 98391.*



# December

## Calendar of Events

Class Registration at  
marlenesmarket-deli.com/classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<b>Super Senior Sunday!</b> 10% off all purchases and free 8 oz. carrot juice for those 65 and above!		<b>Pranarom Aromatherapy: Sustainable Sourcing, Sustainable Health</b> with Liza Docken, Pranarom National Educator 5 pm, Online		<b>Nutrition in the Golden Years</b> with Cathy Hains, Registered Dietitian and Earthy & Wise™ Noon, Online <b>Veganuary Workshop</b> with Laura King 5 pm, Online		
5	6	7	8	9	10	11
	<b>Uniform Monday!</b> 10% off to all firefighters, police, and military!	<b>Vitamin Supplements: When Diet is not Enough</b> with Neil Levin, CCN, DANLA, Educator for NOW Foods 5 pm, Online		<b>Creating Cozy Pockets in the Fabric of Your Life</b> with Denise Frakes, Transformation Life Coach and Healthy Home Specialist 5 pm, Online		<b>Gluten Free &amp; Vegan Holiday Cooking</b> with Chef Tyrone Brown, Owner of Tasty Joy \$15 Noon, Online
12	13	14	15	16	17	18
		<b>Bowspring-Inspired Yoga for Holiday Stress Relief</b> with Dee Escobedo, RYT-200 Yoga Alliance Registered Yoga Teacher 5 pm, Online		<b>Bowspring-Inspired Yoga for Holiday Stress Relief</b> with Dee Escobedo, RYT-200 Yoga Alliance Registered Yoga Teacher 5 pm, Online	<b>Christmas Eve</b> Open 8 am – 4 pm Both locations	<b>Christmas Day</b> Both locations closed
19	20	21	22	23	24	25
					<b>New Year's Eve</b> Open 8 am – 6 pm Both locations	<b>New Year's Day</b> Both locations closed
26	27	28	29	30	31	JAN 1

### 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**

Please call for current deli counter service hours.

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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## Holiday Hours

Christmas Eve 8 - 4 pm | Christmas Day Closed  
New Year's Eve 8 - 6 pm | New Year's Day Closed