

The Gentle Rain

Stratford's health food store since 1979

SALE! SUNDAY JANUARY 21ST - WEDNESDAY FEBRUARY 4TH

FEATURED PRODUCT OF THE MONTH

vega™

Go to www.mystratfordnow.com for more information



Instant Noodle Packages

- rice noodles
- wheat free
- gluten free
- egg free

\$1.29



save 30c

Thai Kitchen Curry Pastes

- aromatic herbs
- stir fry seasoning
- soup base
- add to marinades

\$4.29 All flavours



save \$1

Simply Organic Ginger

- adds intense flavour
- use in gingerbread, biscuits
- chutneys & marmalades
- use in meat & veggie dishes

\$6.59 50ml



save \$1.60

NEW - Iconic Protein Drinks

- 20g of protein
- 4g of fiber
- 8g of carbs
- 3g of sugar

\$5.29 All flavours



save 60c

Y&Y Rice Paper

- gluten free
- perfect for spring rolls
- can be eaten uncooked or fried for a crispier texture

\$3.29



save 70c

Brown Rice Noodles

- 180 calories per serving
- gluten free
- excellent for quick meals
- low sodium

\$2.59 400g



save 60c

Derma E Sunscreen

- helps shield skin from harmful UVA/UVB rays, oxidative damage & premature signs of aging.

\$21.99 Adult, Baby & Face



save \$5

Now Diffuser & Oil Kit

- perfect for dreary winter months!
- comes with essential oils: "Clear The Air" oil for colds & "Smiles for Miles" oil.

\$59.99



save \$10

Brad King Male Energy

- restore testosterone to optimal levels and reduce excess body fat!
- maintain good health
- source of antioxidants

\$42.99 Bonus Bottle



save \$7

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Jan's Veggie Wraps



rice paper
organic carrot, julienned
organic cucumber, julienned
avocado, cut into slices
sweet pepper, julienned
cooked brown rice noodles of your choice
organic greens (mixed greens or lettuce of your choice)

Fill a bowl with hot water to soften the rice paper in. Working one at a time, submerge rice paper into the hot water for about 5-10 seconds, or until it is just starting to soften.

Place a small bed of greens in the middle of the softened rice paper, and top with small amounts of your other ingredients. Do not over fill the rolls as it will make it difficult to roll up.

Roll rice paper, tucking the sides in, and roll to close.

Serve as is, or with a tamari sauce for dipping.

Level Ground Cane sugar

New!

Grown in Colombia, this unrefined sugar is made from three varieties of sugarcane. Farmers harvest cane & deliver it to the local press where the juice is evaporated!

500g - \$3.79

2kg - \$13.59



Living Alchemy

New!

Introducing the Next Generation of Probiotics: **A Fermented Living Culture Symbiotic**

- * Canadian company
- * a complete living ecosystem
- * 35 beneficial strains
- * certified organic
- * suitable for vegetarians & vegans



Did You know...

Fun fact

lemon ginger tea is rich in vitamin C and antioxidants?

*helps keep skin health, young, and moisturized!

*stimulates good digestion!

*boosts your immune system!

*has anti-inflammatory properties

Simply add sliced lemon & 1" slice of ginger to boiling water; steep for 30 minutes. Strain & enjoy!



DOWNTOWN STRATFORD - 30 REBECCA STREET
MON-FRI 9AM-7PM, SAT 9AM-6PM, SUN 10AM-5PM
519-271-0388 - www.thegentlerain.ca

*Sale items available while supplies last. Some restrictions may apply.

