SAFEWAY

REAL BIG DEALS EVERY WEEK WITH YOUR CARD

GREAT PRICES on Summer Produce!

1.79 lb. Club Price!
Pork Loin Half Sliced Rib
Bone-In. Or Pork Loin Center Cut Chops, $2.99 lb.
Bone-In. Extreme Value Pack. SAVE up to $3.20 lb.
natural pork
ENJOY with ERATH
See store for details

3.99 lb. Club Price!
Sweet Red Cherries

1-lb. Strawberries
Club Price: $2.50 ea.
SAVE up to 98¢ on 2
2 for $5 Club Price!

Foster Farms
88¢ lb. Club Price!
Foster Farms Fresh Whole Fryer
Locally Grown. Or Safeway Drumsticks, Thighs or Leg Quarters. 99¢ lb.
SAVE up to 81¢ lb.

RANCHER'S Reserve
2.99 lb. Club Price!
Rancher's Reserve® Boneless Beef Bottom Round Steak
Or Boneless Beef Chuck Cross Rib Steak. Extreme Value Pack. SAVE up to $3.00 lb.

Wild Caught
4.99 lb. Club Price!
Wild Alaskan Cod Fillets
Previously frozen.
SAVE up to $4.00 lb.

In the Deli
5.99 lb. Club Price!
Primo Taglio® Black Forest Ham or Provolone Cheese
SAVE up to $3.00 lb.

3.88 Club Price!
Dave's Killer Bread Wide Pans
Selected sizes and varieties.
SAVE up to $1.61

1.25 Club Price!
Ragú or Francesco Rinaldi Pasta Sauce
16 to 24-oz. Selected varieties.

dairy
2 for $4 Club Price!
Sargento Cheese

99¢ ea.
Red, Orange, Yellow or Green Bell Peppers

2.59 Club Price!
Pantry Essentials™ Milk
Gallon. 2%, 1% or Fat Free

Healthy Choice
4 for $10 Club Price!
Marie Callender's or Healthy Choice Meals

Cheetos Fritos
BUY 1 GET 1 FREE Club Price!
Fritos or Cheetos
SAVE up to $3.49 on 2

Tomatoes on the Vine
SAVE up to 82¢ lb.
1.67 lb. Club Price!

Newtons fat free
Chips Ahoy!
BUY 1 GET 1 FREE Club Price!
Nabisco Chips Ahoy! or Newtons
SAVE up to $4.99 on 2

6.99 Club Price!
Safeway SELECT® Coffee
10 to 12-oz. Selected varieties.

BUD LIGHT
16.97 Club Price!
24-Pack Coors, Bud, Miller or 15-Pack Coors Light or Miller Lite

2 for $1 Club Price!
Sweet Corn
Club Price: 50¢ ea.
SAVE up to 58¢ on 2

Low prices. Large selection.
Compare us to warehouse stores.
SAVE $3 each*
When You Buy Any 2 or More with Card
*Offer valid with Safeway Club Card thru 6/5/12. Items must be purchased in a single transaction. Online and in-store prices, discounts and offers may differ.

Bounty Tide all QUILTED NORTHERN

MAY/JUNE 30 WED 31 THUR 1 FRI 2 SAT 3 SUN 4 MON 5 TUES

Prices on this page are effective
Wednesday, May 30 thru Tuesday, June 5, 2012.
ALL LIMITS ARE PER HOUSEHOLD, PER DAY.
Selection varies by store.

ALL LIMITS ARE PER HOUSEHOLD, PER DAY.
Prices in this ad are effective 6 AM Wednesday, May 30 thru Tuesday, June 5, 2012 in all Safeway stores in Oregon (except Milton-Freewater) and S.W. Washington stores serving Wahkiakum, Cowlitz, Clark, Skamania and Klickitat Counties. Items offered for sale are not available to other dealers or wholesalers. Sales of products containing ephedrine, pseudoephedrine or phenylpropanolamine limited by law. Quantity rights reserved. SOME ADVERTISING ITEMS MAY NOT BE AVAILABLE IN ALL STORES. Some advertised prices may be even lower in some stores. On Buy One, Get One Free ("BOGO") offers, customer must purchase the first item to receive the second item free. BOGO offers are not 1/2 price sales. If only a single item purchased, the regular price applies. Manufacturers' coupons may be used on purchased items only — not on free items. Limit one coupon per purchased item. Customer will be responsible for tax and deposits as required by law on the purchased and free items. No liquor sales in excess of 52 gallons. No liquor sales for resale. Liquor sales at licensed Safeway stores only. © 2012 Safeway Inc. Availability of items may vary by store. Online and in-store prices, discounts and offers may differ.
PO-SK

Healthy Food

Foods that Soothe Headaches

Headaches are the response of nociceptive areas of scalp and brain to a stimulus, howver there are thousands of causes of such stimuli. Most foods seem to have some medicinal property as well as just having energy. In connection with headaches various foods have effects that have now been researched by chemistry.

Headache-Fighting Foods

1. **Hydration** by eating water-rich foods like watermelon will counteract dehydration , a major cause of headaches. And just drinking more water fixes that too.

2. Foods rich in **magnesium** relax blood vessels: spinach, oatmeal, wheat, garlic; almonds, bananas, dried apricots, avocados, almonds, cashews, brown rice, legumes and seeds.

3. Foods can help raise **serotonin** levels to remove headaches. Your body makes serotonin from tryptophan which is found in turkey, black eyed-peas, English walnuts, almonds, sesame or pumpkin seeds, whole grains like rice and in a glass of warm milk,

4. Foods rich in **calcium** are needed for your brain to function efficiently: spinach, broccoli, kale; fat-free plain yogurt with beneficial probiotics and no added sugars.

5. **Spicy** food, if your ache is from sinus congestion, help open the airways and decrease pressure: try cayenne pepper, ginger, salsa and hot peppers.

6. **Sesame Seeds** are rich in vitamin E which helps to stabilize estrogen levels, improves circulation. Also Sesame is rich in magnesium, a headache-preventing element.

7. **Spinach** helps decrease blood pressure, try using spinach leaves instead of lettuce in salads.

8. **Caffeine** is a vasoconstrictor: it will reduce the size of those blood vessels that you expanded last night with alcohol! However too much coffee makes matters worse since it is also a diuretic, increasing dehydration.

9. And foods rich in **potassium** can help alleviate hangover headaches: a baked potato with the skin left on contains 721 mg potassium. A banana is 467 mg potassium.

Headache Missing Foods

A low-carbohydrate diet depletes glycogen the main source of brain energy, and also causes fluid loss by dehydration. So fix that with the **healthy carbohydrates** in whole-wheat bread, oatmeal, fruit or yogurt.

Skipping meals and fasting are headache triggers because falling **blood sugar levels** may contribute to symptoms. So avoid drastic changes in your diet. Whatever you try, ease into it.

Headache Triggering Foods

a. Foods containing **tyramine** can trigger headaches: a - ged and smoked products like aged cheese. salami, sauerkraut and pickles. Fermented soy products like soy sauce and MSG contain tyramine. It is also present in nuts, and beans like peanuts, fava beans, broad or Italian green beans.

b. Foods with **tannins** can bring on headaches: red wine, black walnuts, chocolate, vanilla and raspberries. Also tea if you don't put milk in it.

COLDWELL BANKER
SEAL
503-471-3449 - Direct
503-804-8781 - Mobile
503-534-7798 - Fax
earlinepenson@cbseal.com
www.citysmart.typepad.com
Earline Penson
Principal Broker
Uptown
2275 W Burnside
Portland, OR 97210
PUT OUR KNOWLEDGE ON YOUR SIDE™