

# LOCAL VENDOR SPOTLIGHT

## Wholesome bakery



United Markets is proud to announce that Wholesome Bakery's delicious and sustainable baked goods are now available in our stores! Founded 15 years ago by Chef Mandy Harper in her apartment kitchen, Wholesome Bakery was inspired by Mandy's upbringing with a Native American mother who prioritized nourishing, natural ingredients. Mandy's passion for creating treats that are both delicious and good for you has grown into a mission-driven bakery that champions health, community, and the planet.

Wholesome Bakery is dedicated to crafting baked goods that are as ethical as they are tasty. They carefully select ingredients for their quality and positive environmental impact, setting a new standard in the baked goods industry.

Their mission extends beyond the kitchen, with a pledge to give back through one percent for the planet, supporting organizations like Farming Hope, Greener Pastures Farm Sanctuary, and Tewa Women United.

Stop by United Markets today to experience the perfect blend of indulgence and sustainability. Wholesome Bakery is redefining what it means to enjoy baked goods, and we are carrying their amazing almond teacakes, fudge brownies, kitchen sink and chocolate chip cookies!



**ENJOY & VISIT  
WHOLESOMEBAKERY.COM**

**United**  
Home Grown In Marin.

SAN RAFAEL  
515 Third Street | (415) 454-8912  
SAN ANSELMO  
100 Redhill Avenue | (415) 456-1271  
Store Hours: Everyday 7:00am - 8:00pm  
Visit us at [www.unitedmarkets.com](http://www.unitedmarkets.com)



**UnitedToGo.com**  
Delivery or Pick-Up



SCAN HERE!  
TAKE THE DEALS WITH  
YOU WHILE YOU SHOP!

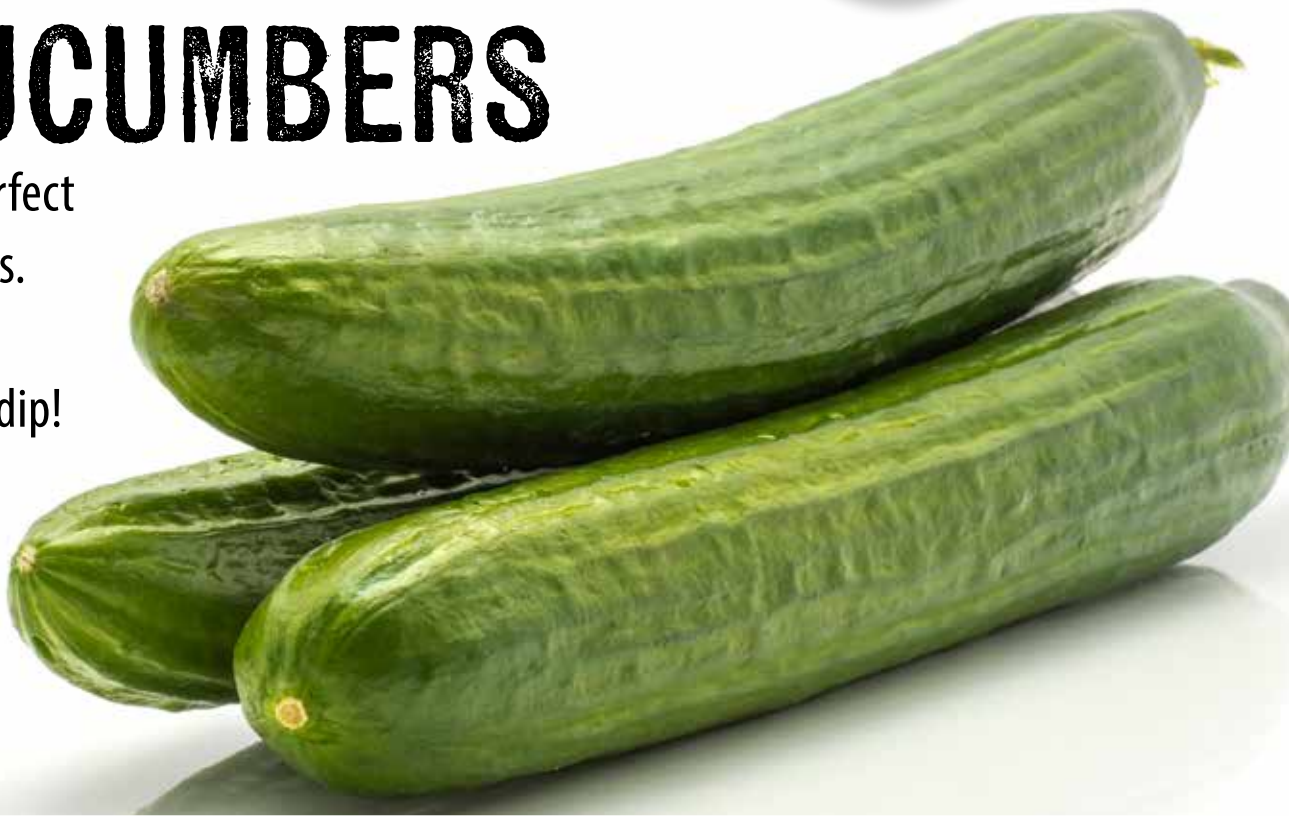


# KEEPIN' IT FRESH



## HOT HOUSE CUCUMBERS

Fresh and crisp, hot house cucumbers are perfect for snacking or adding a cool crunch to salads. Slice them into sandwiches, toss them in a refreshing salad, or enjoy with your favorite dip!



**98¢**  
each



### SUGARBEE APPLES

Sweet and bursting with honeyed flavor, SugarBee apples are a delicious treat. Enjoy them fresh, sliced into salads, or baked into warm, golden pies!

**\$1.38**  
pound

### ORGANIC ASPARAGUS

Flavorful and packed with nutrients, organic asparagus is a delicious winter favorite. Roast, sauté, or add to soups and stir-fries for a fresh, vibrant dish!

**\$4.98**  
pound



### ORGANIC GALA AND FUJI APPLES

Sweet, crisp, and organically grown, Fuji and Gala apples are perfect for any occasion. Enjoy them fresh or baked into delicious desserts!

**\$1.48**  
pound

### ORGANIC ROMAINE HEARTS

Crunchy, vibrant, and organically grown, romaine lettuce hearts bring great flavor to any meal. Chop them for salads, layer in sandwiches, or grill for a delicious twist!! **3/Package**

**\$1.98**  
each

**United**  
Home Grown In Marin.

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# KEEPIN' IT FRESH



## FLANK STEAK

**USDA CHOICE** – United loves featuring flank steak because it is leaner than other cuts of beef and packed full of meaty flavor. Plus, it's incredibly versatile. After cooking, slice against the grain into thin strips and it's ready for tacos, salads, burrito bowls, and more.

**\$10.98**  
pound

SAVE  
**\$2**



## ANGUS CARNE ASADA STEAK

**USDA CHOICE** – The perfect steak when you want the best of both worlds. A juicy and flavorful carne asada starts with a delicious carne asada marinade. Whether you serve it as tacos or as a salad topping, this will be the best carne asada you've ever experienced

**\$13.98**  
pound

SAVE  
**\$2**



## TILAPIA FILLET

Freshwater white fish is one of the most popular types of fish because it is easy to prepare. If you are looking for an easy weeknight dinner that comes together quickly, we have you covered. Pan-seared tilapia couldn't be simpler to make in 15 minutes.

**\$5.98**  
pound

SAVE  
**\$2**



## PORK BABY BACK RIBS

**100% ALL NATURAL PORK** – Yes, you can get lip-smackin', finger-lickin'-good ribs that fall off the bone from the oven. Baking low and slow is the secret. Come down to United Markets and grab a bunch from the meat department and let the fun begin!

**\$5.48**  
pound

SAVE  
**\$2**



## WILD PRAWNS

**ARGENTINIAN PRAWNS** – Try whole prawns cooked in butter and garlic with a few squeezes of lemon juice to brighten the dish. Does it get any better? **21/25 Count**

**\$14.98**  
pound

SAVE  
**\$2**



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# KEEPIN' IT FRESH

Freshly SLICED to order



Boar's Head



Fratelli Beretta 1812

SAVE \$2

## LOW SALT TURKEY BREAST

**BOAR'S HEAD** – Oven Roasted and delicately browned, this turkey is your complete lunch meat. Make sandwiches, make a salad with low-fat cheese, hard-boiled egg and veggies, make a pasta salad with it. Make it your go to weekly meal! Order freshly sliced from the deli counter.

**\$13.98** pound

## ITALIAN STYLE SAMPLER PLATTER

**FRATELLI BERETTA** – Savor the authentic taste of calabrese, the boldness of Italian dry salame, and the delicate essence of prosciutto. Perfect for entertaining guests or elevate your charcuterie board with this premium selection of Italian meats. **Select from 6 or 12 oz. Sizes**

**\$6.98 – \$12.98** each



McCadam Quality Cheese Since 1876

## NEW YORK SHARP CHEDDAR

**MCCADAM** – New York sharp cheddar is highly underrated. Get inspired! From mac 'n cheese, to stuffed burgers, to cheese-crisp pizza to grilled cheese, you won't be disappointed

**\$11.98** pound



## SAN FRANCISCO POTATO SALAD

Fresh, thinly-sliced potatoes mixed with mayonnaise, onions, carrots, and spices. A classic recipe that checks all the boxes, perfectly zesty and creamy, and always a crowd fave!

**\$6.98** pound



CAMBOZOLA

## CAMBOZOLA

**CHAMPIGNON** – Imported from Germany. Indulge in the luxurious taste of Cambozola, a triple-cream, brie-style blue cheese. As the temperatures drop, let every bite of this rich and creamy delight reignite the warmth and excitement of the season. Cozy up and savor the magic!

**\$18.98** pound



CABOT

## SERIOUSLY SHARP CHEDDAR

**CABOT VERMONT** – Cheddar is great but when it is seriously sharp Cheddar, OMG! Seriously Sharp cheddar cheese has a bold flavor with a creamy texture, that is perfect for grilled cheese.

**\$11.98** pound

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## APPLE STRUDEL

**UNITED'S OWN** – Made Fresh in our bakery, a sweet puff-pastry with apple filling. A delicious, amazing treat that is just perfect with that hot cup of coffee. A truly delicious winter treat. **Serves 6-8**

**\$7.98**  
each

SAVE  
**\$2**



## COUNTRY WHITE SOURDOUGH LOAF

**LA BREA BAKERY** – Mildly tart. This signature bread has a subtly sour flavor, a hearty crumb, and a beautiful golden crust. A delicious choice for a classic grilled cheese or club sandwich. **14.5 oz.**

**\$3.98**  
each

# United

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# WINE & SPIRITS



HIGHWAY 12®  
Cabernet Sauvignon  
or Sauvignon Blanc  
750 ML +CRV

**\$13.98**

SAVE  
**\$3**

HIGHWAY 12®  
Pinot Noir or Chardonnay  
750 ML +CRV

**\$11.98**

SAVE  
**\$3**



**LOCAL  
PRODUCT  
MADE IN  
SONOMA**



MacROSTIE®  
Sonoma Coast  
Pinot Noir  
750ML +CRV  
**\$38.98**

SAVE  
**\$3**

MacROSTIE®  
Sonoma Coast  
Chardonnay  
750ML +CRV  
**\$29.98**

SAVE  
**\$3**

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# WINE & SPIRITS



HANSON OF SONOMA®  
Organic Vodka or  
Organic Cucumber Vodka  
750 ML +CRV

**\$29.98**

SAVE  
**\$5**

FAMILY OWNED  
**LOCAL  
PRODUCT  
MADE IN  
SONOMA**



STELLA ARTOIS®  
Lager  
12 Pack/12oz. Cans +CRV

**\$19.98**

SAVE  
**\$3**



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# WISE BUYS



**KELLOGG'S®  
Nutrigrain Bars**  
Apple Cinnamon,  
Blueberry, or  
Strawberry  
8 Pack  
**\$4.58**

**PEET'S®  
Coffee**  
Whole Bean or Ground  
10.5oz.

**\$7.98**

**SAVE  
\$6**



**QUAKER®  
Life® Cereal**  
Original or  
Cinnamon  
18oz.  
**\$5.38**

**BIZZY®  
Cold Brew**  
Assorted Varieties  
48oz. +CRV

**\$7.78**

**SAVE  
\$1.50**



**DON FRANCISCO®  
Coffee K-Cups**  
Vanilla Nut  
or Kona  
12 Count  
**\$7.48**

**SAVE  
\$3**

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# WISE BUYS

SELECTED  
JUST FOR  
*You*



**ZATARAIN'S®  
Rice Mixes**  
Assorted Varieties  
7-8 oz.  
**2/\$5**



**TILLAMOOK®  
Cheese**  
Assorted Varieties  
8 oz.  
**\$4.98**  
**SAVE  
\$1**



**TILLAMOOK®  
Cheddar Cheese Loaf**  
Medium or Sharp  
2 LB.  
**\$16.48**  
**SAVE  
\$1.50**



**TIDE®  
Laundry Pods**  
Spring Meadow, 3-in-1, or Ultra Oxi  
32-42 Count  
**\$12.98**  
**SAVE  
\$4**



**PILLSBURY®  
Crescent Rolls**  
Original or Butterflake  
8 oz.  
**\$3.68**  
**SAVE  
\$2**

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# WISE BUYS



SCOTT®  
Bath Tissue  
Comfort Plus  
12 Count

**\$6.98**

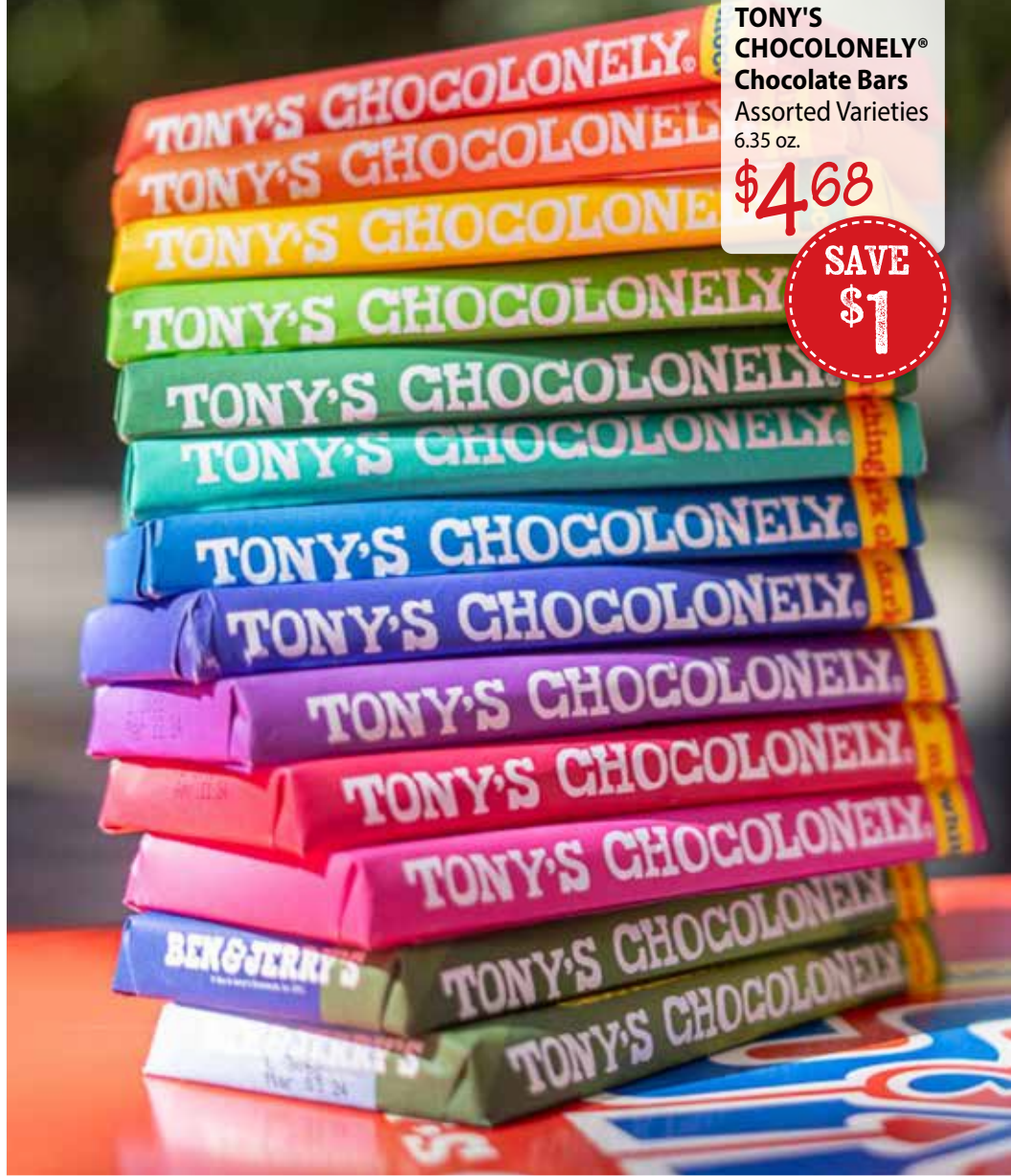
SAVE  
**\$1.50**



TONY'S  
CHOCOLONELY®  
Chocolate Bars  
Assorted Varieties  
6.35 oz.

**\$4.68**

SAVE  
**\$1**



SCOTT®  
Paper Towels  
Select-A-Size  
6 Count

**\$9.78**

SAVE  
**\$1**



CHOCOLOVE®  
Chocolate Bars  
Assorted Varieties  
3.2 oz.

**\$2.98**



TEMPTATIONS®  
Cat Treats  
Assorted Varieties  
3 oz.

**\$2.68**

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# WISE BUYS



**MRS. MEYER'S CLEAN DAY®  
Laundry Detergent  
Concentrate**  
Lemon or Lavender Scent  
64 oz.

**\$22.98**

**SAVE  
\$4**



**KLEENEX®  
Facial Tissue**  
With Lotion,  
Everyday, or  
Super Soft  
4 Pack

**\$10.98**

**SAVE  
\$4**



**SCOPE®  
Outlast  
Mouthwash**  
1 Liter

**\$6.28**

**SAVE  
\$1.50**



**HERBAL ESSENCES®  
Shampoo & Conditioner**  
Coconut Milk, Argan Oil,  
or White Grapefruit  
13.5oz.

**\$10.48**

**SAVE  
\$2**



**SENSODYNE®  
Toothpaste**  
Assorted Varieties  
3-4 oz.

**\$8.98**

**SAVE  
\$1**



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# WHERE DO YOUR NICKELS GO?



Little Wishes<sup>™</sup>  
Bringing Moments of Joy

Little Wishes makes a big difference for seriously ill, hospitalized children facing difficult journeys.

A non-profit founded by two local pediatric oncology/PICU nurses in 2003, Little Wishes helps prevent patients from losing their identity to illness by tapping into their passions. Young patients may identify what makes them happy and wish for something that will fill their hearts and brighten their darkest days.

What makes Little Wishes unique is that a patient may wish for something every two weeks giving them a positive event to look forward to. Some children spend hours searching online for their wish, providing them a sense of control and healing distraction from pain. Receiving wishes also helps little patients replace anxiety and fear with hope and joy.

All wishes take place in the hospital and are delivered with fanfare by hospital staff. Milestones spent in the hospital are also celebrated including birthdays, graduations, and completion of treatment, creating a sense of community. In addition, Little Wishes provides comfort in a child's final days, surrounding them with their most cherished belongings and providing memory making kits and keepsake lockets for the family to hold on to forever.



Little Wishes has granted over 30,000 wishes to date. Little Wishes continues to deliver wishes every day, bringing much needed delight to both hospital staff and young patients.

**LEARN MORE AT [LITTLEWISHES.ORG](http://LITTLEWISHES.ORG)**

**EACH TIME YOU USE YOUR REUSABLE SHOPPING BAGS, YOU GET A NICKEL TO DONATE!**

United  
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