

Be-Lo FOODS

Sale thru Mar. 14, 1987
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Be-Lo's Consumer Corner
By Marie Cox

Nutrition: A Personal Choice

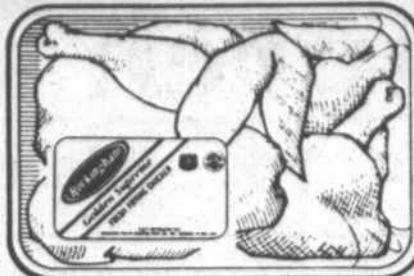
March Is National
Nutrition Month

Join In The Fight For Your Life By
Cutting Down On Fats In Your
Daily Food Intake. Here Are Some
Ways To Help Remove Fats From
The Foods You Eat:

- Broiling
- Roasting
- Boiling
- Stewing



WERE FIGHTING FOR YOUR LIFE
American Heart
Association



Mixed Fryer Parts

Pick of the Chick
2 Breasts-2-Thighs
2 Drumsticks

1 lb. **98¢** 1 lb. **48¢**



From The Sea

Pan Size Sea Bass or
Pan Spots 1 lb. **\$1.49**
Tidewater's Favorite Pan
Croaker & Trout 1 lb. **\$1.29**
Love'em
Flounder Fillet 1 lb. **\$2.29**
For Salads or Crab Cakes
Claw Crab Meat 1 lb. **\$2.29**

"Hot To Go" Service Deli

Deli Sliced
Turkey Breast 1 lb. **\$2.99**
Sliced Virginia
Baked Ham 1 lb. **\$1.99**
Deli Sliced
Swiss Cheese 1 lb. **\$2.99**
Fluffy
Rice Pudding 1 lb. **99¢**

Southern Fried Chicken (ea. 49¢) or (3/*1.29)
Thighs & Drumsticks 12 Pc. Bucket
6 of Each **\$4.89**



Gwaltney TRUCK SALES

Sliced

Great Bologna

1 lb. Pkg. **89¢**

Boneless Buffet Ham
2-3 lb. **\$2.29**
Avg. 1 lb.

Philadelph Smoked Sau
1 lb. Pkg. **\$1.29**

Cut From Spare Rib Briskets Fresh Pork Riblets

"Great" On The Grill 1 lb. **99¢**

**Dawn
Dew
Fresh**

Thompson
White or Red
**Seedless
Grapes**



1 lb. **99¢**



Fresh Ripe
**Golden
Bananas**

3 lbs. **\$1.00**

Fresh Green Tipped
Asparagus 1 lb. **\$1.49**
Fresh
Green Cabbage 4 lbs. **\$1.00**
Firm New!
Red Potatoes 3 lbs. **\$1.00**

Juicy Sweet
Florida Oranges

5 lb. Bag **\$1.49**

Florida Seedless
White Grapefruit

3 For **\$1**



Camellia

Margarine

3 1 lb. Qtrs. **\$1.00**



**American Singles
Camellia Cheese**

12 oz. Pkg. **\$1.19**



Camellia

**Cut Green Beans
Peas, Mixed Veggies.**

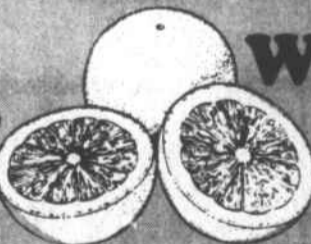
Cut Corn
3 1 lb. Cans **\$1**

Serve Chilled
Apple Juice 50 oz. Jar **99¢**



Aqua Net
20 oz. Shampoo or
Conditioner-12 oz. Hair Spray

Each **\$1.29**



Laundry
Detergent
Ajax
36 oz. Box



Liquid Dish
Detergent
Sunlight
22 oz. Btl.

99¢ **99¢**



Fabric
Softener
Downy
33 oz. Btl.

99¢



Valuable Coupon
Plain or Selfrising
**Pillsbury
Flour**



5 lb. Bag **69¢**

Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru Mar. 14, 1987. This Coupon is Good At All Be-Lo Food Stores.

Valuable Coupon



Valuable Coupo
**Camellia Fluffy
Shortening**

3 lb. Can **99¢**

Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru Mar. 14, 1987. This Coupon is Good At All Be-Lo Food Stores.

Valuable Coupon



Valuable Coupon
**Camellia Liquid
Bleach**

1 Gal. Jug **49¢**

Limit one per customer with \$7.50 or more other purchases and this coupon. Good thru Mar. 14, 1987. This Coupon is Good At All Be-Lo Food Stores.

Valuable Coupon