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Tuesday, May 7, 2019

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(5/21)



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(5/9)

(6/27)

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(5/7)

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(6/20)

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(5/16)

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(5/7)

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(5/7)



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(5/9)

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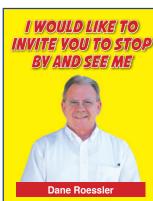
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(5/16)

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Tuesday, May 7, 2019

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4 LB. BAG

24 OZ. BOX (REG., HOT OR POLISH)

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LB.

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(GALLON) ASST. FLAVORS SUNNY SOUTH DRINKS	
.1323 OZ. ASST. FLAVORS UNSWEETENED KOOL-AID	5 _{FOR} \$1
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VALUTIME FAMILY TEA BAGS	4 _{FOR} \$5
IGA APPLE SAUCE	2 _{FOR} \$3
FOOD CLUB FRUIT CUPS	2 _{FOR} \$4
FOOD CLUB APPLE PIE FILLING	EA. \$ 1 79
8 OZ. (PIECES & STEMS) IGA MUSHROOMS1 16 OZ.	
16 02. HÄYES BABY LIMAS	5 FOR [*] 5

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32 OZ. STRAIGHT OR TJ FARMS CRINKLE CUT POTATOES	3 _{FOR} \$5
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Tuesday, May 7, 2019

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May 9th, 10th & 11th

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(GALLON) MT. OLIVE LARGE DILL PICKLESEA. \$600
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ALKALINE WATEREA.
10 CT, ASST, FLAVORS

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TEXAS PETE HOT SAUCE EA. \$1000

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Tuesday, May 7, 2019

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You might have a favorite cookie or brownie recipe - but did you know you could make it even better by adding a simple, familiar ingredient? With a few expert tips from Buddy Valastro, author and star of TLC's "Cake Boss," you can take your sweet treats from good to great in no time.

-Start with Quality Ingredients - When you start with better ingredients, you end up with a better cookie or brownie. Use real butter, high-quality vanilla and great tasting chocolate. Here, Buddy shares some of his favorite recipes that use M&M'S candies to add an extra special touch to family favorites - making them even better.

-Chill the Dough - Leaving cookie dough in the refrigerator gives it more body and results in a fuller and better tasting cookie. Plan ahead so you can refrigerate your dough at least one hour - or, even better, overnight.

-Keep It Uniform - Use a small ice cream scoop to keep your cookies the same size. This not only helps them look professional, but bake up evenly and consistently.

-Pans Matter - Bake cookies on light-colored, non-insulated cookie sheets without sides. Metal pans will cook brownies faster than glass pans, which means cooking times will vary. Start checking your brownies early to test if they're ready and prevent over baking.

You can find more sweet baking tips and recipes at www. facebook.com/mms.



ULTIMATE PEANUT BUTTER BROWNIES

Prep time: 10 to 15 minutes Bake time: 30 to 40 minutes Yield: 32 brownies

- 4 ounces semisweet chocolate 1 cup canola or vegetable oil
- 2 cups sugar
- 4 eggs
- teaspoon vanilla extract 1
- cups all-purpose flour 1 1/4 teaspoon baking powder
- 1 teaspoon salt
- 2 cups M&M'S Peanut Butter

Candies, divided

Preheat oven to 350∞F.

Lightly grease a rectangular 13 x 9 x 2-inch pan In 3-quart saucepan, gently combine the semisweet chocolate and oil over very low heat until melted. Remove from heat and allow to cool.

In separate bowl, combine sugar, eggs and vanilla extract until blended. Add in chocolate mixture. Slowly sift in remaining dry ingredients and mix until combined.

Fold in 1 1/2 cups candies.

Spread batter into pan. Sprinkle with remaining 1/2 cup candies and press lightly.

Bake until brownies begin to pull away from sides of pan, about 30 to 40 minutes.



AMAZING M&M'S COOKIES

Prep time: 10 to 15 minutes Chill time: 1 hour to overnight Bake time: 8 to 14 minutes Yield: 24 to 30 cookies

- 1 cup (2 sticks) butter
- 2/3 cup brown sugar
- 2/3 cup granulated sugar
- egg
- 1 1/2 teaspoons vanilla extract
- 2 cups flour
- 1 1/4 teaspoon baking soda
 - teaspoon salt
- cups M&M'S Milk Chocolate 1 3/4

Candies

Preheat oven to 350∞F.



portable buildings

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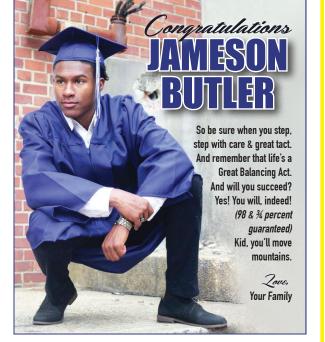
Includes a 3.4" x 2" color ad with your graduate's picture and a custom message from you.

> Other sizes available. *businesses excluded.

Deadline: Monday, June 3, 2019.

GRADUATION SECTION PUBLISHES JUNE 13TH







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Tuesday, May 7, 2019

In large bowl, cream butter and both sugars until well blended. Add egg and vanilla extract, and mix to combine. In separate bowl, sift flour, baking soda and salt together. Slowly add dry ingredients into butter mixture and stir until combined.

Fold in candies and chill dough for 1 hour or overnight. Drop dough by rounded tablespoons onto lightly greased tray, about 2 inches apart.

Bake for 8 to 10 minutes for chewy cookies, or 12 to 14 minutes for crispy cookies.



SIMPLY SWEET CANNOLI Prep time: 20 minutes Yield: 24

1	
1	cup Snickers Bars, finely
	chopped
1 1/2	cups part skim milk ricotta
1/3	cup sugar
1/2	teaspoon grated orange zest
1	resealable plastic bag
24	mini cannoli shells, unfilled
1/2	cup M&M'S Chocolate

Combine chopped candy bars with ricotta, sugar and orange

Candies

Spoon mixture into resealable bag and snip off a 1/2-inch corner. Fill cannoli shells by squeezing in filling from each

Decorate both ends with chocolate candies.



cup (2 sticks) butter, softened

cup firmly packed light

MILK CHOCOLATE MINIS COOKIES

Prep time: 10 to 15 minutes Chill time: 1 hour to overnight Bake time: 7 to 12 minutes Yield: 24 to 30 cookies

1

3/4

	brown sugar
1	cup granulated sugar
2	large eggs
1	teaspoon vanilla extract
2 1/4	cups all-purpose flour
1/3	cup cocoa powder
1	teaspoon baking soda
1/2	teasnoon salt

cups M&M'S Milk Chocolate 1 3/4 Minis Candies

cup chopped walnuts (optional) Preheat oven to 350∞F.

In large bowl, cream butter and both sugars until well blended. Add eggs and vanilla extract, and mix to combine. In separate bowl, sift flour, cocoa powder, baking soda and salt. Slowly add dry ingredients to butter mixture, and stir until combined.

Fold in candies and walnuts, if desired. Chill dough 1 hour,

Drop dough by rounded tablespoons onto lightly greased tray, about 2 inches apart.

Bake for 7 to 9 minutes for chewy cookies, or 10 to 12 minutes for crispy cookies. Source: M&M'S

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119 JONES CIRCLE - BISHOPVILLE



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*Not responsible for typographical errors

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May 6-10, 2019 Paint The Town Purple

> May 13, 2019 Bank Day Heritage Trust

Delay For Life



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\$3.19_{LB} **CAROLINA PRIDE**

SMOKED HAM SHANK PORTIONS S1.39 LB **BUTT PORTIONS**

ROLL SAUSAGE 2/\$3,00

HIGHER BONELESS CHUCK ROASTS

S3.19_{LB}

FRESH GROUND CHUCK

THIS WEEK'S GROCERY SPECIALS

KELLOGG'S

10.1 OZ APPLE JACKS 13.7 OZ HONEY NUT FROSTED FLAKES

13.5 OZ FROSTED FLAKES

12.5 OZ CORN POPS

2/\$5.00

PEPSI

6PK

16.9 OZ BOTTLES

5/\$11.00

CHARMIN

\$1.49 LB

DUNCAN HINES

CAKE MIX

BUTTER GOLDEN, CLASSIC YELLOW, **CLASSIC WHITE**

5/\$5.00

PIES

TURTLE, BANANA CREME, CHOCOLATE, KEY LIME, COCONUT CREAM, DUTCH APPLE, LEMON

LONG

GRAIN RICE 2/\$4.00

ULTRA STRONG TISSUE

\$6.99 12 ROLL **BOUNTY BIG TOWELS**

\$6.99 6 ROLL

FOOD CLUB

VEGETABLE OIL

2/\$4.00

RED BARON

2/S7.00





P: 843-549-2586 • F: 843-549-2446 • pressadvertising@lowcountry.com



Tuesday, May 7, 2019

ENCOURAGE HEALTHY EATING HABITS IN KIDS

As a parent, instilling healthy eating habits in your children at an early age can aid in proper growth and development. Eating well goes a long way toward maintaining a healthy weight, increasing energy levels and improving moods while also reducing risk of obesity and other chronic issues such as heart disease and diabetes later in life.

Set your children on a path to making lifelong nutritious choices with these tips:

Foster independence. Allowing your children to help with shopping and meal prep can aid in them taking ownership of what they're eating. Start by divvying up easier tasks such as setting the table then work toward creating snacks and meals on their own. These Rainbow Fruit Parfaits are simple for kids to assemble - just set the ingredients out and let them layer - and can serve as a healthful on-the-go breakfast or after-school snack.

Offer balanced options. Children require balanced diets made up of all three major food groups, including fruits and vegetables, for proper

logo next to nutritional, family-friendly items at the grocery store is an easy way to identify healthy food choices also supnorting local

nizations that help children and families in need

Be a role model. Typically, your children will follow your behaviors, which includes the types of foods they select at mealtimes. Eating a rainbow

of fruits and vegetables can help ensure your family is getting a complete range of nutrients. For example, a recipe like this Rainbow Buddha Bowl provides a combination of fresh and roasted vegetables that can be customized to meet your family's tastes. Thinking about how many colors you eat in a day may inspire your kids to do the same, which can foster a lifetime of healthy eating habits.

> To find more healthy meal inspiration, including more than 500 registered dietitianand family-tested recines visit produceforkids.com.

Rainbow Fruit Parfaits Recipe courtesy of Produce for Kids Prep time: 10 minutes Servings: 3

cup sliced strawberries mandarins, peeled and segmented 1/2 cup chopped pineapple kiwis, peeled and chopped 1/2

cup blueberries cup red seedless grapes cup vanilla Greek yogurt

In parfait glasses, layer strawberries, mandarins. pineapple, kiwis, blueberries and grapes.



Buddha Bowl ipe courtesy of Jodi of Create Kids Club on behalf of Produce for Kids Prep time: 30 minutes

Servings: 4

www.walterborolive.com

medium sweet potato, peeled and diced cun broccoli florets small purple cabbage, sliced 1/2

tablespoon olive oil salt, to taste pepper, to taste

cups guinoa, cooked according to package directions

cup red cherry tomatoes, quartered cup yellow cherry tomatoes, quartered

avocado, sliced tablespoons yogurt ranch dressing

Heat oven to 425 F.

Place sweet potatoes, broccoli and cabbage on baking sheet lined with parchment paper. Toss with oil and season with salt and pepper, to taste. Bake 15-20 minutes, or until potatoes are soft.

Divide cooked quinoa into four bowls. Top with roasted sweet potatoes, broccoli, cabbage, red tomatoes, yellow tomatoes and avocado.

Drizzle with dressing.







The Press and Standard is currently working on a special publication honoring Colleton County's top 10 leaders over the age of 40 and 10 leaders under the age of 40. Help us recognize "Colleton County's Local Leaders" by

RECOGNIZING TODAY'S

contributing a short story of individuals you feel deserve to be featured.

Who are Colleton County's top leaders? We invite you to ask your co-workers, friends, and family this question over the next 2 months. Consider civic and religious groups, local industry and retail, police educators, heath professionals - if you know anyone who is making Colleton County a better place, we want to hear about them.

Deadline for nominations is June 3, 2019; nominees must live in Colleton County and be in the age range. Email nomination to editor@lowcountry.com. Include the person's name, age, hometown, plus a paragraph of 400 or less on why we should include him or her.