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JANUARY 7, 2020

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CARFAX ADVANTAGE DEALER

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 <p>2015 CHEVROLET CRUZE LS \$9,800 Flex, 55k Miles</p>	 <p>2014 FORD MUSTANG \$12,995 2d Coupe, 58k Miles</p>	 <p>2018 FORD FOCUS SE \$12,995 17k miles, 4d Sedan</p>	 <p>2013 CADILLAC ATS 2.0T \$13,995 4d Sedan, 6 Speed, 31k Miles</p>	 <p>2003 CHEVROLET SUBURBAN \$4,995 1500, LS, Flex, 4d SUV RWD</p>
 <p>2005 CHEVROLET SUBURBAN \$6,995 Flex Fuel, 4d SUV RWD</p>	 <p>2006 FORD EXPLORER \$6,995 Eddie, Bauer, 4d SUV 4wd</p>	 <p>2010 FORD EDGE \$7,995 Limited, 111k miles, 4 Door</p>	 <p>2012 DODGE JOURNEY SXT \$7,995 4d SUV FWD</p>	 <p>2009 FORD EXPLORER \$8,995 Eddie Bauer Edition, 4d SUV RWD</p>
 <p>2010 HONDA CRV \$9,995 4d SUV FWD, 89k Miles</p>	 <p>2014 CADILLAC SRX LUXURY \$16,800 79k miles, 4d SUV FWD</p>	 <p>2008 CHEVROLET SILVERADO \$21,500 2500, LT, Diesel, Crew CAB 4wd</p>	 <p>2014 GMC SIERRA 1500 \$27,500 Denali, Crew CAB AWD, Flex</p>	 <p>2015 DODGE RAM 3500 \$34,500 Tradesman, Diesel, Crew CAB 4wd</p>

10577 Cottageville Hwy. | Cottageville, S.C. 29435 | 843-835-2777 | cottagevillefinance@gmail.com

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is not just a saying in business.

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 <p>2013 HYUNDAI TUCSON \$9,900</p>	 <p>2015 CHEVROLET CRUZE LTZ Loaded \$10,500</p>	 <p>2011 NISSAN ALTIMA \$6,500</p>

WE CAN CUSTOM BUILD YOU A HOUSE ON YOUR LAND OR OURS!

ARCHDALE

LOTS AVAILABLE! Silver Hills, Forest Hills, Round O

311 WINTERGREEN
COMING SOON! - 1,700 SQ. FT. - SILVERHILLS SUBDIVISION - WALTERBORO, SC
The home will have 9 foot ceilings and very large master bath, the home features lots of storage and a very spacious kitchen. We have other floor plans and lots that are available in this sub-division.

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Virginia Roessler, President
Ernie Hughes

TODD LAND AGENCY

102 PANSY STREET
Investor! First time home buyer! here is a 2 bedroom, 2 bath home with room there for 3rd bedroom. Family room with fireplace. Wood floors. Attic storage, Outside workshop. Close to town & schools. Call today **\$85,000**

221 LAFAYETTE LANE
A beautiful, well maintained, two bedroom, two bath, mobile home with 0.7 lot located in Lafayette Mobile Home Park. All appliances in kitchen and the two work sheds and two car carports convey. **\$70,000**

5360 JEFFERIES HIGHWAY
LOOK AT THIS NEW HOME!!! This 3 bedroom, 2 bathroom, and mudroom. House is 1,500 sq ft, with granite counter tops in the kitchen and bathrooms. Double vanity in master bath, vaulted ceiling in master bedroom, huge master closet, very nice open floor plan. A must see!! **\$215,000**

90/96 TAYLOR STREET - VARNVILLE
Newly renovated duplex that would make a great starter home for a new family needing help with mortgage. Great for a family with elderly parents in need of care. Great investment if you are looking into property management! Larger side has master suite and 2 additional bedrooms with bathroom in between. Smaller side has 2 bedrooms and 1 bath. *Both sides come with refrigerator, stove, dishwasher and washer/dryer connection. Tenants are in place and under yearly lease. **\$166,500**

130 CALLOH DRIVE
Very well maintained mobile home located just outside of town in Lafayette Park subdivision. New metal roof. All new doors & windows throughout. Renovated with a cozy, cabin feel. Custom cabinets in kitchen. Open floor plan with 3 bedrooms & 2 baths. Master bedroom has new carpet. Master bath has large garden tub, stand up shower and a double vanity. Sheds & carport will convey. *Very motivated seller. **\$135,500**

123 WINTERGREEN ROAD
Silverhill! One of the best neighborhoods in Walterboro. Beautiful brick home with 2484 sq ft. with 4 bedrooms & 4 baths. Beautiful kitchen with granite counters. Dual masters, one upstairs & one downstairs. All bedrooms have their own bath. It has a formal living room & spacious family room with a fireplace. Bonus room over the garage can be used for a private office or another bedroom. Unfinished basement with indoor & outdoor access. Drive thru garage. Outdoor storage. Come see today! **\$220,000**

Lots And Land Available For Sale!

*Not responsible for typographical errors

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Check Out

page 7 for a great subscription offer

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2 MAJOR AUCTIONS!

WE ARE OPEN MONDAY - FRIDAY!

JANUARY 25, 2020

6TH ANNUAL DORCHESTER ACADEMY AUCTION
9AM AT 234 ACADEMY ROAD - ST. GEORGE

FEBRUARY 8, 2020

ODAC (PERMANENT FACILITY IN WALTERBORO)
9AM AT 3825 BELLS HIGHWAY - WALTERBORO

Live Online Bidding Powered By: **proxibid**

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CONTACT
Mike Ulmer (Owner) 843-538-9799
SCAL #2882
odacauctions@gmail.com

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Small Equipment
Farm Equipment
Truck Load of Home Depot
Construction
Miscellaneous Row
Tractors
Remainder of Equipment

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CONSIGNMENTS NOW ACCEPTED FOR BOTH AUCTIONS

ALL ITEMS SOLD AS IS, WHERE IS. Our auction yard and parts store is open Monday through Friday, 7:30 to 5 in Walterboro. Our auctions are advertised throughout the Southeast. We simulcast our auctions live to buyers across the United States, Mexico and Canada. This ability gives the seller a better opportunity to maximize the return on their equipment. We buy and sell equipment on a daily basis. Please contact us for your next equipment purchase or liquidation. **Auctioneers Note - We are currently working on several auctions in the sate, if these dates and locations are not convent, let us know we may have one coming up that will be.

CLASSIFIED

RATES

Personal Items for Sale Under \$500: FREE!
(25 words or less)

Personal Ads: \$10.00
(25 words or less)

Business Ads: \$25.00
(25 words or less)

Add'l Words: 20¢ per word

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The Rockin' Shopper:
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EMPLOYMENT

General Laborer with a valid drivers license and must be able to read a tape measure, starting pay \$10.00. For more information call (843)538-1400. (1/7)

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- **CNA's**
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is **HIRING** honest, compassionate caregivers to help seniors remain independent in their own homes. Please call 843-832-3222 immediately to join our team where we pay competitively and have been serving South Carolinians since 2002.


SERVICES

MISCELLANEOUS

We Will Do All Honey-Do Lists & More

- * All Wood Replacement
- * Remodeling
- * Roofing
- * Painting
- * Yard Work
- * Just About Anything

For Free Estimates, Call David at 843-584-1266

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REPAIR/MAINTENANCE

A+ Stephens Do All Painting & all home improvements, re-roofs/metal, pressure washing
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Tree Trimming & Removal Services. Flexible & Reliable. Call Tim at 843-908-2793

Splinter Wood Works Refinishing, minor repairs & caneing. Tom Whitacre - Operator
843-542-4260.


REAL ESTATE FOR SALE

HOMES

HOME FOR SALE 2,200 sf, LR, DR, Den, eat in Kitchen, 4 BR, 2 BA, 2 out Buildings, 2 Lots on Corner, Forest Hills Neighborhood, \$249,000. Call 843-893-6825 (1/9)

2 HOMES FOR SALE ON SAME PROPERTY. One is 3 BR, 2BA, other is 1 BA, 1 BA. List price \$80,000. In Town. 843-538-7887. (1/9)

HOME FOR SALE 1500 sq ft. Living room, dining room, kitchen, 4 bedroom 2 bath, 2 out buildings. Quiet neighborhood. \$169,000. Call 843-909-3937 (1/23)

MOBILE HOMES FOR SALE

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Come See Why Our Highest Quality-Build Wind Zone 3 Homes Protects Your Family Better & Saves You Money!

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Take I-26 East to Exit 205A (78 West) Then Go 3.2 Miles (1/3/21)


REAL ESTATE FOR RENT

APARTMENT

STUDIO APARTMENT W/ GARAGE FOR RENT. Cottageville, SC in a peaceful, safe secure neighborhood. \$500 per month with \$500 deposit. Call 202-607-9126. (1/7)

EDISTO TERRACE APTS: 2 BR Units Available NOW! Section 8 vouchers accepted. Units designed for persons with disabilities subject to availability. Only a \$25 application fee! Stop by the office located at 180 Mabel T. Willis Blvd. Mon. - Thurs., between the hours of 9am-2pm., or call (843) 538-5657 for more info. You'll love to call Edisto Terrace HOME! Credit and background check required. Equal Housing Opportunity. Professionally managed by Partnership Property Management, an equal opportunity provider and employer. Apply Today! (1/9)

HOUSE

For Rent
2 BR 1 BA. 1st month's rent + deposit required. No pets. Call 843-835-5734 or 843-835-8561. (2/20)

MOBILE HOMES FOR RENT

FOR RENT:
NICE 2BR MH.
Call: 843-538-5112 or 843-898-9080. (TFN)

MOBILE HOME 2BR, 2BA SINGLE WIDE FOR RENT. \$700 per month with \$700 deposit. Fireplace, clean. Call 202-607-9126. (1/7)


MERCHANDISE

MISCELLANEOUS

COKE COOLER 2 door, glass front. Needs compressor? \$490. 843-898-4118. (1/30)

WALK BOARD/ WALK WAY All aluminum. \$490. 843-898-4118. (1/30)



LIFE TIME KAYAK FOR SALE Seat backs for 3 people, paddles, two life jackets (adult) included Asking \$400. Call 843-539-6283


AUTOMOTIVE

BOATS

FREE FIBERGLASS BOAT 15 foot long 4 foot wide. Center console, no trailer and no motor. 843-898-4118. (1/30)

TRYING TO SELL A VEHICLE, BOAT OR CAMPER? Call 843-549-2586

MISCELLANEOUS

15,000/22,500 Generac Generator. 60 hours run time \$2,000.00 call 843-844-2201 (1/14)

CARS/ TRUCKS/ SUV'S

I WOULD LIKE TO INVITE YOU TO STOP BY AND SEE ME



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We have clean CarFax vehicles starting as low as \$4,990 and up. Our rates are as low as 0% on new and 2.9% on used with extended terms offered W.A.C. We finance everyone and help rebuild credit! Ask for details. We offer \$1,000 above Kelly Blue Book for your trade. We also deliver to Walterboro and can sign the paperwork at your home!

Call or text me at **843-729-6982** or email me at greatdane@lowcountry.com

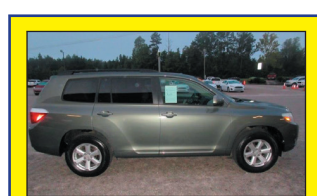
WE BUY USED CARS AND TRUCKS



2010 TOYOTA CAMRY LE Local Trade, Extra Clean \$7,995

FAMILY

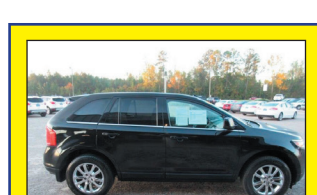
We Buy used cars and trucks Call Dane @ 843-729-6982



2010 TOYOTA HIGHLANDER SE Local Trade, Leather, Sunroof, Extra Clean \$11,990

FAMILY

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2011 FORD EDGE LIMITED Only 80k Miles, Fully Loaded with all the Extras \$10,990

FAMILY

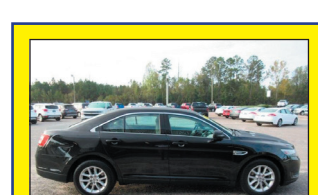
We Buy used cars and trucks Call Dane @ 843-729-6982



2011 GMC TERRAIN SLT 2 Fully Loaded, Local Trade, Excellent Shape \$9,990

FAMILY

We Buy used cars and trucks Call Dane @ 843-729-6982



2014 FORD TAURUS SE Fully Loaded, All The Accessories, Must See \$10,990

FAMILY

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2016 TOYOTA COROLLA LE 67k Miles, One Owner, Local Trade \$11,990

FAMILY

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MONEY IN MINUTES WITH WESTERN UNION WIRE TRANSFERS & MONEY ORDERS



Truckload Sale
January 9th, 10th & 11th

GENERAL



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601 WICHMAN STREET
WALTERBORO, SC

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with these great specials!

PRICES EFFECTIVE
JANUARY 8 - JANUARY 14, 2020

WE RESERVE THE RIGHT TO LIMIT QUANTITIES AND TO CORRECT PRINTER'S ERRORS.

Check out our ad online at
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(8-12 CHOPS)
ASSORTED PORK CHOPS
99¢ LB.

FAMILY PACK USDA SELECT BONELESS
BOTTOM ROUND STEAKS ..LB. **\$3.49**

FAMILY PACK
TENDER CUBED BEEF STEAK..LB. **\$3.69**

FAMILY PACK THIN SLICED
BREAKFAST STEAKLB. **\$3.99**

FAMILY PACK WAFER THIN
CENTER CUT PORK CHOPS ..LB. **\$2.49**

FAMILY PACK SLICED
SMOKED PICNICSLB. **\$1.49**

(2 LB. BAG) (41-50 CT.) I.Q.F.
WHITE SHRIMPEA. **\$10.99**

5 LB. BAG AGROSUPER
PARTY WINGSEA. **\$12.99**

FAMILY PACK FRESH
PORK FINGER RIBSLB. **\$2.49**

(SLICED FREE)
WHOLE SMOKED PICNICS
\$1.19 LB.

USDA SELECT BONELESS BOTTOM
ROUND ROAST
\$2.99 LB.

FAMILY PACK FRESH BONELESS
FRYER BREAST
\$1.49 LB.

FAMILY PACK
CENTER CUT LOIN CHOPS
\$1.99 LB.

24 OZ. (REG., HOT OR POLISH)
ROGERWOOD SMOKED SAUSAGE
3 FOR \$10

FAMILY PACK FRESH
PORK SPARE RIBSLB. **\$1.99**

12 OZ. PACK (REG. OR THICK)
CAROLINA PRIDE SLICED BOLOGNA .. **5 FOR \$5**

DELI SPECIALS

- 40 OZ. ASST. FLAVORS
GLAZED CREAM CAKESEA. **\$9.99**
- 16 OZ. PLAIN OR
NEW YORK STRAWBERRY SWIRL CHEESECAKE ..EA. **\$4.99**
- 4 PACK ASST. FLAVORS
FRENCH TWIRLS.....EA. **\$1.99**
- (SLICED IN DELI) HONEY OR
KRETSCHMAR OFF THE BONE TURKEY ..LB. **\$4.99**

24 OZ. BOX
SWAGGERTY PORK LINK SAUSAGE EA. **\$5.49**

FAMILY PACK
SMOKED PICNIC CHUNKSLB. **\$1.69**

48 OZ.
CRISCO VEGETABLE OIL
3 FOR \$6

10 LB. BAG
OUR FAMILY SUGAR
WOW!
\$4.75 EA.

14.5-15 OZ. GREEN BEANS OR
OUR FAMILY WHOLE KERNEL CORN
10 FOR \$5

64 OZ.
OLD ORCHARD APPLE JUICE
5 FOR \$5

2 LB. BAG REGULAR OR
JIM DANDY QUICK GRITS
5 FOR \$5

100 OZ. ASST. SCENTS LIQUID
GAIN 2X LAUNDRY DETERGENT
\$8.99 WOW! EA.

12 PACK/12 OZ. ASST. FLAVORS COKE &
COKE PRODUCTS
3 FOR \$11
Limit 6, please.

24 OZ. ITALIAN OR
FOOD CLUB RANCH DRESSING **2 FOR \$4**

10-12 OZ. ASST. VARIETIES COCKTAIL SAUCE, CHILI SAUCE OR
IGA STEAK SAUCE **2 FOR \$3**

18 OZ. ASST. FLAVORS
FOOD CLUB BBQ SAUCE **3 FOR \$4**

64 OZ. ASST. VARIETIES
FOOD CLUB CRANBERRY JUICE **3 FOR \$5**

16 OZ. SWEET RELISH OR
MT. OLIVE SWEET SALAD CUBES **2 FOR \$3**

10 PACK ASST. FLAVORS
CAPRI SUN DRINKS **2 FOR \$4**

24 PACK/8 OZ.
NIAGARA DRINKING WATER **2 FOR \$5**

12 CT. K-CUPS FOLGERS, GEVALIA, MCCAFE OR 24-28 OZ.
MAXWELL HOUSE COFFEEEA. **\$5.99**

48 CT. GREEN TEA OR 24 CT.
IGA FAMILY SIZE DECAF TEA BAGS **2 FOR \$4**

4 PACK ASST. VARIETIES
FOOD CLUB FRUIT CUPS **2 FOR \$4**

15 OZ.
FOOD CLUB EARLY JUNE PEAS **5 FOR \$4**

15.2 OZ. PINTO BEANS, GREAT NORTHERN OR
FOOD CLUB BLACK EYE PEAS **5 FOR \$4**

20 OZ.
IGA BEEF STEWEA. **\$1.99**

14-24 OZ. ASST. VARIETIES PASTA OR
PREGO SPAGHETTI SAUCE **2 FOR \$4**

32 OZ. REG. OR THIN SPAGHETTI OR
FOOD CLUB ELBOW MACARONI **2 FOR \$3**

9.5 OZ.
SPECIAL K PROTEIN BARSEA. **\$5.99**

11-13 OZ. ASST. VARIETIES
KELLOGG'S SPECIAL K CEREAL BARS .. **2 FOR \$5**

13.5-14 OZ. ASST. FLAVORS
KELLOGG'S POP TARTS **2 FOR \$4**

10.4 OZ. ASST. FLAVORS
KELLOGG'S NUTRI-GRAIN BARS **2 FOR \$5**

9-12 OZ. ASST. VARIETIES ZESTA, CLUB OR
KEEBLER TOWN HOUSE CRACKERS .. **2 FOR \$5**

25 OZ. ASST. VARIETIES
THAT'S SMART CREAMS **3 FOR \$5**

18 PACK/12 OZ. COORS, COORS LIGHT, MILLER LITE,
BUD OR BUD LIGHT BEEREA. **\$14.49**

4.7 OZ. ASST. VARIETIES
FOOD CLUB POTATOES **5 FOR \$5**

22-25 CT. ASST. SIZES
PAMPERS EASY UPSEA. **\$7.99**

56 CT.
PAMPERS SENSITIVE WIPESEA. **\$2.49**

13 LB. BAG
PAWS CLASSIC CAT FOODEA. **\$5.99** WOW!

6 BIG ROLLS
BOUNTY PAPER TOWELSEA. **\$6.99**

12 ROLL SOFT OR
CHARMIN ULTRA STRONG BATH TISSUE ..EA. **\$5.99** WOW!

25-50 CT. ASST. VARIETIES
SIMPLY DONE FOAM PLATES **2 FOR \$3**

20 CT./16 OZ.
SIMPLY DONE FOAM CUPS **5 FOR \$5**

12-35 CT. TRASH OR
SIMPLY DONE TALL KITCHEN BAGS .. **2 FOR \$5**

64 OZ. REGULAR
GAIN FABRIC SOFTENEREA. **\$2.49**

28-25 CT. ACTION PAKS OR
CASCADE COMPLETEEA. **\$4.99**

Frozen Food & Dairy

4 QUART PAIL ASST. FLAVORS
IGA ICE CREAMEA. **\$4.99**

10 PACK ASST. FLAVORS
PET NUTTY ROYALE CONESEA. **\$3.99**

6 CT.
GREEN GIANT MINI CORN ON THE COB .. **2 FOR \$4**

10 OZ. ASST. VARIETIES
BIRDSEYE STEAM FRESH VEGETABLES .. **2 FOR \$4**

32 OZ.
IGA CRINKLE CUT POTATOES .. **2 FOR \$4**

16 OZ.
MR. DEE'S SWEET POTATO FRIES ..EA. **\$2.49**

10 OZ. ASST. FLAVORS
MR. DEE'S SMASH POTATOESEA. **\$1.29**

2 PACK ASST. VARIETIES
EASE BREAKFAST SANDWICHES **2 FOR \$5**

9-11 OZ. ASST. VARIETIES
TAI PEI CHINESE ENTREES **2 FOR \$5**

12-21 OZ. POPCORN SHRIMP, FISH STICKS OR
FOOD CLUB BREADED FISH PORTIONS .. **2 FOR \$5**

25-30 OZ. SUPREME OR
FRESCHETTA PEPPERONI PIZZA ..EA. **\$4.99**

9-12 OZ. ASST. VARIETIES LEAN CUISINE OR
STOUFFER'S ENTREES **2 FOR \$5**

57-76 OZ. MAC & CHEESE OR
STOUFFER'S FAMILY SIZE LASAGNA ..EA. **\$9.99**

11 OZ.
TYSON BUFFALO HOT WINGSEA. **\$3.99**

8-12 OZ. ASST. VARIETIES CHUNKS, SHREDS OR
KRAFT CHEESE SINGLES **2 FOR \$5**

32 OZ. SHREDS OR
FOOD CLUB CHUNK CHEESEEA. **\$6.99**

6 OZ. ASST. FLAVORS
FOOD CLUB YOGURT **10 FOR \$5**

5.3 OZ. STRAWBERRY BANANA TWIRL OR
FRUIT LOVE HARVEST BERRY **2 FOR \$3**

128 OZ. ASST. FLAVORS
TAMPICO PUNCHESEA. **\$1.99**

59 OZ. ASST. FLAVORS
MINUTE MAID PUNCHES **2 FOR \$3**

52 OZ. ASST. VARIETIES
SIMPLY ORANGE ORANGE JUICEEA. **\$3.49**

16 OZ.
IMPERIAL MARGARINE QUARTERS ..EA. **\$8.99**

4 PACK HOMESTYLE OR
FOOD CLUB BUTTERMILK BISCUITS ..EA. **\$1.99**

3 OZ. ASST. VARIETIES
JUST CRACK AN EGG **2 FOR \$4**

Farm Fresh Produce

FRESH
YELLOW SQUASHLB. **99¢**

(2 LB. BAG) FRESH
CRISP CARROTSEA. **\$1.29**

SEEDED
RED GLOBE GRAPESLB. **\$1.99**

(10 PER BAG) JUICY
FLORIDA ORANGES

2 FOR \$5

10 LB. BAG
RUSSET POTATOES

\$3.50 EA.

(LOOSE) LARGE
BAKING POTATOESLB. **79¢**

(8 PACK TRAY) EASTERN RED OR
GOLDEN DELICIOUS APPLESEA. **\$3.00**

12 OZ.
FRESH EXPRESS GARDEN SALAD .. **2 FOR \$3**

NO CARD REQUIRED...SAVE EVERYDAY AT GENERAL IGA...NO CARD REQUIRED...SAVE EVERYDAY AT GENERAL IGA

NO CARD REQUIRED...SAVE EVERYDAY AT GENERAL IGA...NO CARD REQUIRED...SAVE EVERYDAY AT GENERAL IGA

Truckload Sale

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REFRESH YOUR CHILD'S DIET WITH LOW-SUGAR OPTIONS

(Family Features) Many families look to the new year as a time to reset their eating habits and focus on making healthier choices. However, adults aren't the only ones who could use a menu refresh as children may also need to focus on healthier food choices.

A study by the Centers for Disease Control and Prevention revealed children consume an unhealthy amount of added sugar every day. Researchers found nearly all of the toddlers in their study ate an average of 7 teaspoons of added sugar daily - the equivalent of a candy bar. Additionally, according to the American Academy of Pediatrics, excess sugar consumption can lead to an increased risk of obesity and type 2 diabetes.

"Small children have small stomachs," said Courtney Hines, a nutritionist for KinderCare Learning Centers, which care for more than 165,000 children around the country every day. "You want them to fill up on nutrient-dense foods, not empty calories in the form of added sugar. When children consume lots of sugar, their palates get used to overly sweet flavors. They may not accept other, less sugary flavors or learn to appreciate the natural sweetness of a piece of fresh fruit."

The American Academy of Pediatrics recommends against the consumption of added sugar for children under the age of 2. Children ages 2-18 should aim for less than 25 grams, or 6 teaspoons, of added sugar per day.

For families that want to cut down on the amount of added sugar in their diets, Hines recommends cooking more at home, relying less on processed, packaged foods and serving only water or milk for beverages.

Consider these low-sugar ideas for meal and snack times to help control the amount of added sugar you and your family consume.

Dip Smart

Herbs, spices, citrus and fresh fruit add flavor without relying on the added sugars found in many popular sauces and dips. Consider making your own low-

sugar alternatives at home so your family can still enjoy favorite flavors like these:

- * Ranch Dressing - In a bowl, combine mayonnaise, buttermilk, parsley, garlic powder, onion powder, salt and pepper for a kid-tested, nutritionist-approved take on a favorite dip. Serve over salad or as vegetable dip.
- * Honey Mustard - Popular on a variety of sandwiches and as a dip or salad dressing, combining plain yogurt with milk, honey and regular or Dijon mustard can create a more family-friendly version.
- * Teriyaki Sauce - Perfect for serving with healthier options like lo mein, chicken wraps or fried rice, a homemade version can be created using water, soy sauce, honey, ginger, garlic powder and cornstarch slurry.

Swap Out Syrup

Pancakes are a popular breakfast option at KinderCare centers and in many homes, but even the healthiest whole-grain pancake becomes a plateful of sugar if it's doused in syrup. Hines recommends these toppings that are sweet and savory without the added sugar:

- * Nut butter or seed butter (such as peanut, almond or sun) and banana slices
- * Warm fruit compote (mix of warmed berries)
- * Applesauce (no-sugar-added variety) and cinnamon
- * Nut butter swirled into plain yogurt; mix in 1-2 teaspoons vanilla extract to add a sweet flavor

Snack Sweet

Opting for less added sugar doesn't mean avoiding sweet snacks altogether. These alternatives can still help satisfy those cravings:

- * Applesauce with baked cinnamon pita triangles for dipping
- * Toast topped with nut or seed butter, smashed banana and sprinkle of cinnamon
- * Frozen fruit smoothies
- * Plain yogurt topped with granola, nuts, seeds or fruit
- * Apple slices with nut or seed butter

For more ideas to introduce your children to healthy habits from a young age, visit kindercare.com.



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