



PenguinPickUp

Promotion
Period from
Jan 9th to
29th

ONLINE GROCERY

SHOP AT PENGUINFRESH.COM

Eat Healthy
& Feel
Awesome

Jan 2019

PROUDLY



\$12.99

N'oats Paleo Cereal,
Apple Sunrise (350G)

REG. \$15.99

Nut Free
& Vegan



\$8.99

Novo Mel 100% Raw
Organic Honey, Tropical
Flower(500G)

REG. \$ 10.99



\$6.99

Green Table Foods
Organic Kim Chi and
Sauerkraut (490ML)

REG. \$ 7.99



\$5.99

Miski Organics
Canihua Grains
(454G)

REG. \$ 7.99



\$5.99

Organic Traditions
Black Sesame Seeds
(227G)

REG. \$ 6.99



\$3.99

Bill Deep Sea Fish
Oil, 1000mg (100
Softgels)

REG. \$ 4.99



\$3.99

Ecoideas Organic
Jackfruits – Cubes /
Shreds (200G)

REG. \$ 4.99



\$14.99

Country Fresh All
Natural Laundry
Detergent (50 Loads)

REG. \$ 18.99

Eco & Kid Friendly



Free pick up at 23 locations • Home Delivery Available.

Order today. Pick up the next business day.

PenguinFresh.com



PenguinPickUp

ONLINE GROCERY

SHOP AT PENGUINFRESH.COM

Jan 2019

PROUDLY



Tips for Clean Eating in the New Year

Load Up on
Fruits &
Vegetables



Eat Less
Meat



Limited
Added
Sugar

Go Whole
Grain Go



Keep an Eye
on Sodium



Watch Out
for Highly
Processed
Foods



Consider the
Environment

Free pick up at 23 locations • Home Delivery Available.

Order today. Pick up the next business day.

PenguinFresh.com