



JANUARY

What does wellness

mean for you? As we begin a brand new calendar year, there is often a big pressure on how we will reset and recreate ourselves in the new year. *This is the year I will finally _____!* Fill in that blank with exercise, vegetables, hydration, meditation, or any number of self improvement techniques, but the common theme is the hope of a new beginning, and the wide open possibility of a fresh start.

But there's a dark side to resolutions. We set goals on the first of the year, and if, in those first weeks, we don't live up to the goals we've set, it can be tempting to see it as a failure, or to be hard on ourselves because once again we just couldn't do the thing we felt we should. But what if the idea of wellness always came with a dose of kindness? What if our wellness goals included giving ourselves more support, more comfort, more joy? We asked our wellness team at Guido's for some tips on how to approach the new year, and those recommendations are getting the spotlight in this month's newsletter. Read them with a big glass of water in your hand and your feet tucked into an end-of-day-foot bath!

Read on for the best of January in our stores!

JANUARY RECIPE: Orange Zinger Smoothie

Citrus season has arrived at Guido's, and we are here for every minute of it! Try this delicious winter smoothie for a sun-filled morning pick-me-up
Recipe from Marketing & Communications Director Alana Chernila.

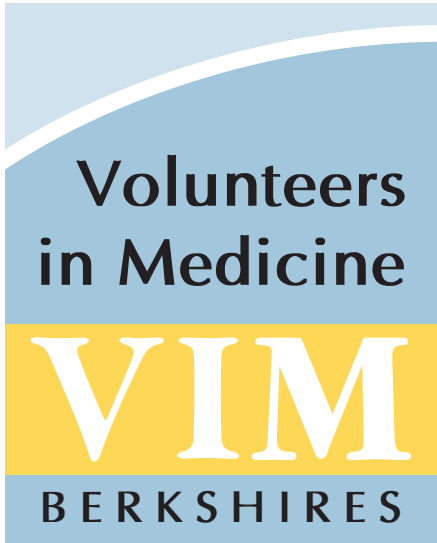
- Serves 1
- 1 large Cara Cara orange, peeled
 - 1 frozen banana
 - 2 ice cubes
 - One 1-inch slice of fresh ginger, or more to taste
 - One 1½ inch slice of fresh turmeric, or ½ teaspoon dried
 - 2 pitted Deglet dates
 - ½ cup coconut milk

Blend all the ingredients in a high-performance blender. (If you're using a regular blender, simply chop the ingredients before blending.)

ROUND UP! This month, please join us in supporting VIM!

Volunteers in Medicine Berkshires (VIM) provides free, comprehensive health care for uninsured or underinsured people in the Berkshire region. They envision a society in which everyone has an equal opportunity to achieve good health. At VIM, about 70 volunteer health care professionals, 100 volunteer interpreters, receptionists, drivers, and more, along with a small paid staff, treat more than 1,300 patients in more than 6,500 patient visits per year. But there's a lot more to VIM than free health care. The VIM model embraces the whole person, understanding that health isn't just about one medical issue or another. When a patient comes into VIM, they have access to everything from behavioral health to housing resources. The volunteers and staff at VIM will help connect someone with healthy food, transportation to specialist visits, translators, and much more. When a client enters the doors of VIM, they become part of a community.

To get involved, donate, or learn how you can utilize VIM's services, head to vimberkshires.org



GROCERY GREAT 8 for January

There are over **300 products** on sale in our stores in January, and each month we choose our favorites.



Safe + Fair
POPCORN
all varieties
\$2.99



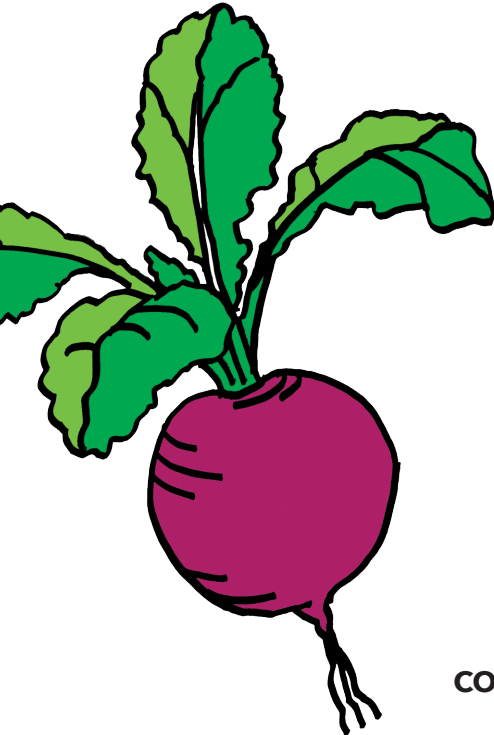
Culture Pop
PROBIOTIC SODA
select varieties
2/\$3



Westbrae
CANNED BEANS
all 15 oz varieties
2/\$5



DARK CHOCOLATE COVERED ALMONDS
bulk variety only
\$7.99/lb



Vital Proteins
COLLAGEN SUPPLEMENTS
select varieties
25% off



High Lawn Farm
ICE CREAM
all varieties
\$5.49



Michael's of Brooklyn
PASTA SAUCE
all 32 oz varieties
\$6.99



SideHill Farm
YOGURT
select 32 oz varieties
\$3.69

START THE NEW

Rejuvenate your wellness routine with some of our current favorites. It's a great time to start a new calming night routine, to bring a gentle moment of self care into your day, or to start a new supplement. Looking for more ideas? Come into the store and chat with one of our wellness team members!



Urban Moonshine Bitters
Urban Moonshine digestive bitters formulas can help relieve bloating, gas, and occasional heartburn. Take bitters directly on the tongue before or after meals.



Guido's Sinus Blaster
Blast away winter colds with our favorite herbal sinus formula.



Himalaya Neem & Pomegranate Toothpaste
Neem is a tropical plant from Asia whose twigs have been used as toothbrushes by native populations for thousands of years, while pomegranate adds antioxidant properties and plaque-fighting ability.



Nettle Leaf



Traditional Medicinals Nettle Tea
Nettles create a wonderful tonic that can really kickstart your body when you are feeling stagnant. Drink it from now through the spring to support your system.

Terry's Naturally Extra-Strength Curamin
We love this formula for natural, effective pain relief. Curcumin is more easily absorbed than turmeric, and can provide relieve for headaches, aches, and pains.



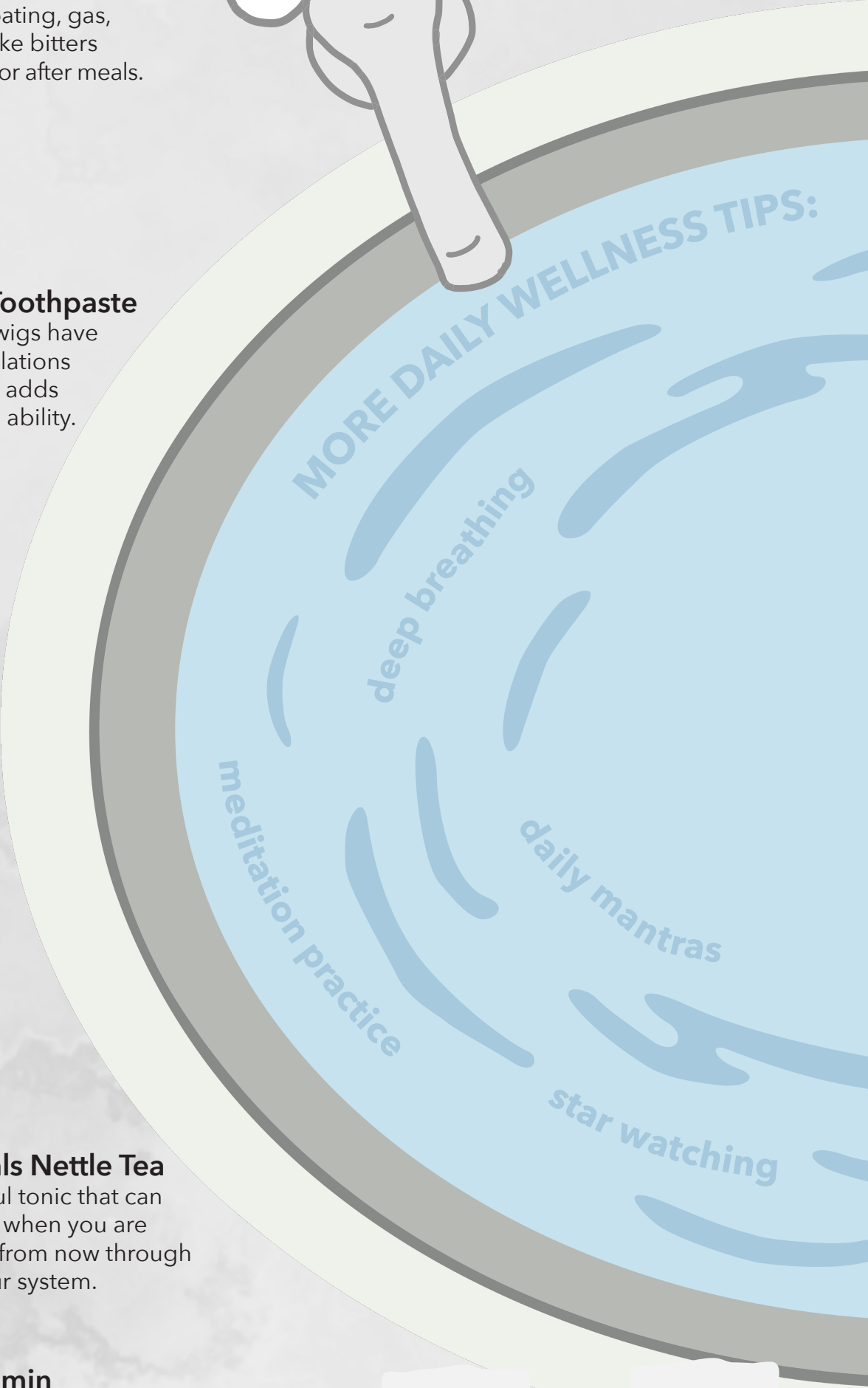
Andalou 1000 Roses Lip Sleeping Mask
This deeply nourishing and luxurious sleep mask locks in moisture overnight or anytime your lips need extra care.



Andalou 1000 Roses Perfecting Lip Sugar Scrub
We love this sweet blend of upcycled pomegranate seeds with sugarcane, and organic rosehip oil that buffs, smooths, and nourishes dry, flaky winter lips.



The Seaweed Bath Co. Unscented Shampoo and Conditioner
Unscented, paraben free, and dye free! This gentle hair care line leaves hair super soft.



YEAR RIGHT

Gaia Herbs Adrenal Health Nightly Restore

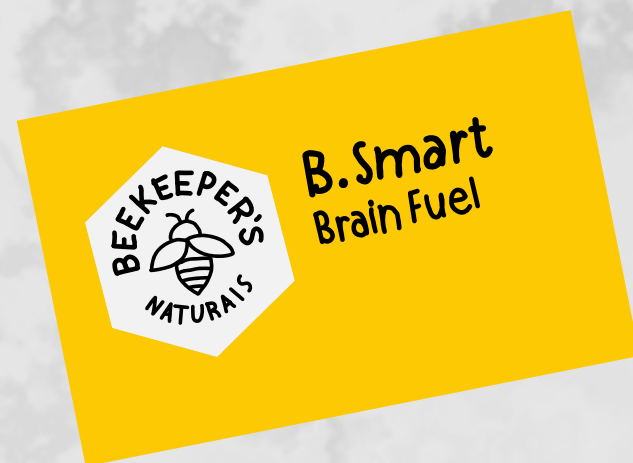
This herbal supplement contains ashwagandha, cordyceps, magnolia bark, and lemon balm to nourish the adrenals while you rest.

St. John's Wort

This mood lifting herb is just the thing for the winter doldrums.

Vitamin D

When the days are shorter, make up for lost sunlight with a vitamin D supplement to support everything from immunity to muscle function to brain cell activity.



Weleda Arnica Muscle Massage Oil

Combat winter tension with this warm and wonderful arnica massage formula. Use for nightly foot rubs and back massages for a more relaxed sleep.

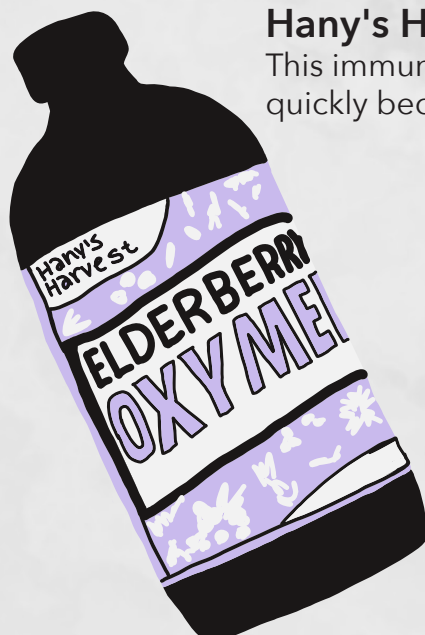
BeeKeeper's Naturals B.Smart Brain Fuel

This adaptogenic formula combats brain fog and brings on clarity and focus.



Vega Sports Vanilla

Up your smoothie game with this creamy and delicious protein powder with 30 grams of plant-based protein with every serving.



Hany's Harvest Elderberry Oxymel

This immune-boosting, warming blend has quickly become a staff and customer favorite.



Soothing Touch Bath Salts

Make yourself a warm foot bath after a long day to destress and ready your body for rest.

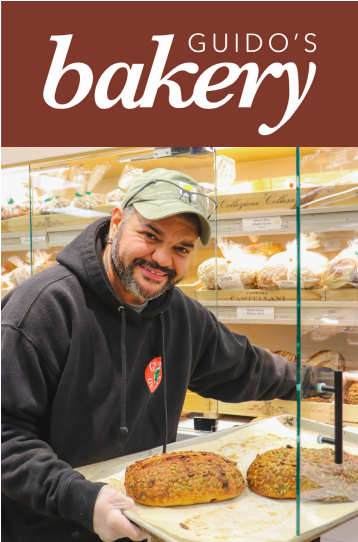
SAVE!
Mazzeo's
monthly specials

NATURAL, FREE RANGE
 BONE-IN CHICKEN BREAST
 \$4.99/lb

"OSSO BUCO"
 PORK SHANKS
 \$6.99/lb

BUY IN BULK AND SAVE!
 86% lean ground Sirloin \$3.99/lb
 when you buy 5 lbs or more

January 1–31, 2023



**This month, save
 on our Cranberry
 Pumpkin Seed
 Sourdough loaf!**

Made fresh daily in our GB Bakery.
 It pairs beautifully with your favorite
 goat cheese from La Grotta, or toast
 it and top with salted butter.

\$6.99, save \$1

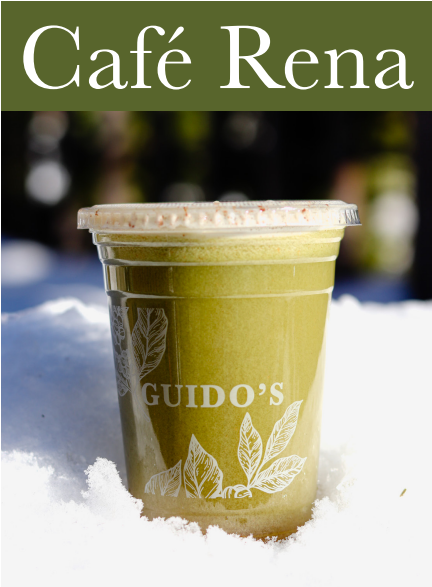
ONLY IN GB



WE'VE GOT DINNER COVERED

Cozy up with your favorite bowl of
 Guido's Kitchen soup, chowder, or chili.

Save \$1 on all packaged soups



Give your body
 a boost with our new
**SMART MOUTH
 JUICE**

a zingy combination
 of apple, cucumber,
 fennel, and cinnamon.

Save 50¢

ONLY IN PITTSFIELD



**We have officially
 moved into our new
 home in Guido's GB!**

To celebrate, we're giving away
 a **free Victorinox serrated or
 straight-edged paring knife**
 to the first 50 customers who
 spend \$50 or more.

We love these knives! They
 have colorful handles, are
 dishwasher safe, and have a
 super-sharp Swiss-made edge.
 (A \$12 value with any \$50+
 purchase.)

ONLY IN GB

Cannot combine with other discounts.
 While supplies last. Prior sales excluded.

HERE
 WE
 GROW

**GB! RENOVATION
 UPDATE**

**Have you checked out what's new
 in our Great Barrington location?**

Be sure to visit Guido's Kitchen as it grows- you can
 now get made-to-order sandwiches and a full line-up
 of prepared foods. More to come soon!

Are you a craft beer fan? Our new selection of
 local and craft beers is a beer-lovers dream. Ask an
 Enoteca staff member for recommendations.



GUIDO'S FAVORITE
 CHEESES &
 PROVISIONS
 from near and far

la grotta

JANUARY JUICY DEALS

From Famiglia Busti Tuscany

Pecorino Roncione

\$26.99/lb, save \$3/lb

One of the most representative cheeses of the
 Italian dairy tradition, processed raw so that the flora
 is preserved

Pecorino di Siena

\$19.99/lb, save \$3/lb

Delicate and savory, with a thin red rind

Pecorino Toscano DOP

\$19.99/lb, save \$3/lb

Sweet and mild, this pure ewe's milk cheese
 is one of the most famous Tuscan cheeses

From Switzerland

Vacherin Fribourgeois AOP

\$24.99/lb, save \$3/lb

This buttery and nutty cow's milk cheese
 has a strong and grassy aroma

Red Devil

\$17.99/lb, save \$5/lb

Named for a local legend involving a devil living in
 a nearby cave, this cheese gets its flavor from aging
 more than 6 months in a brine wash



**WINE DEPARTMENT
 VINE & DINE SELECTION**



**CLOS DE LOS
 SIETE RED**

Mendoza, Argentina

\$17.99, save \$3

Clos de los Siete is a vineyard oasis at the foot of
 the Andes Mountains in Mendoza. The wine captures
 the essence of this generous land and its most noble
 varietal, the Malbec grape. This complex blend also
 encompasses Merlot, Syrah, Cabernet Sauvignon,
 Petit Verdot & Cabernet Franc.

Clos de los Siete has a beautiful deep red color
 with hints of ruby. The nose is characterized by intense
 aromatic expression with dark fruit scents of blackberry
 and blueberry. The blend presents a remarkable balance
 between well-rounded tannins, robust fruit, and good
 concentration. Pair with grilled lamb chops, sausage,
 or grilled veggies.



BELLA FLORA

