

Dierbergs

SAVE BIG WITH OUR

FREE Event

**BUY ONE
GET ONE
FREE**

All Natural No Antibiotics EVER, 100%
Vegetable Fed, Raised Cage Free,
Perdue Fresh Chicken Thighs
Reg. \$2.49/lb.



**BUY ONE
GET ONE
FREE**

Doritos Tortilla Chips
6-10.75 oz. bags
Reg. \$4.29



Naturesweet
Cherub Tomatoes
10 oz. pkgs.
Reg. \$3.99



Grimmway Farms
Carrot Chips,
Shredded, and Sticks
10-16 oz. pkgs.
Reg. \$2.39



**BUY TWO
GET ONE
FREE**

Weight Watchers
Smart Ones
Entrees
4.4-10.5 oz. pkgs.
Selected varieties
Reg. \$2.69



**BUY ONE
GET ONE
FREE**

BodyArmor Sports
Drinks or Water
28-33.8 oz. btl.
Reg. retail \$2.19



Romaine Hearts
3 pk.
Reg. \$2.99



**BUY ONE
GET ONE
FREE**

Nabisco Teddy
Grahams, Ritz
Chips or Cheese
Crispers
7-10 oz. pkgs.
Selected varieties
Reg. \$3.69-\$3.89



**BUY ONE
GET ONE
FREE**

Rio Briati Fresh
Mozzarella
Ciliegini Cups
8 oz. pkgs.
Reg. \$4.99



**BUY ONE
GET ONE
FREE**

Arizona Tea
23 oz. cans
Reg. retail 99¢



**BUY ONE
GET ONE
FREE**

Kellogg's
Cereal
11-18 oz. boxes
Selected varieties
Reg. \$3.69-\$3.99



**BUY ONE
GET ONE
FREE**

La Bonne Vie
Artisan Goat Logs
10.5 oz. pkgs.
•Original •Garlic Herb
Reg. \$10.99



**BUY ONE
GET ONE
FREE**

Cameron's
Coffee
10-12 oz. bags or 12 ct. boxes
Reg. \$8.49



**BUY ONE
GET ONE
FREE**

Betty Crocker
Fruit Snacks
8 oz. pkgs.
Selected varieties
Reg. \$2.99



**BUY ONE
GET ONE
FREE**

Cheez-its or Keebler
Sandwich Crackers
3.6-11 oz. pkgs.
Selected varieties
Reg. \$2.79-\$3.19



**BUY ONE
GET ONE
FREE**

Bolthouse Juices,
Smoothies, Protein,
or Keto Beverages
15.2 oz. pkgs.
Reg. \$3.49-\$3.99



**BUY ONE
GET ONE
FREE**

Ben & Jerry's Ice
Cream or Novelties
6-16 oz. ctrs. or 3 ct. pkgs.
Selected varieties
Reg. \$5.49-\$5.79

HOT SUMMER Savings

\$1 OFF
Tippins Pies
8 inch

\$2.99
ea.
Blueberries
1 pint

99¢
ea.
80% Lean
Quarter Pound
Chuck Patties
4 oz. ea.
Sold in a 4 pack for \$3.96,
5 pack for \$4.95 or
10 pack for \$9.90.

\$1.99
lb.
Sweet Georgia
Peaches

\$3.99
ea.
Seedless
Watermelon

\$6.99

Hormel Premium
Marinated Pork
Tenderloins
& Loin Fillets
1.15-1.50 lb. pkg.
All varieties

\$2.99

Driscoll's
Strawberries
1 lb. pkg.

Driscoll's

Prices good Tuesday, June 8, through Monday, June 14, 2021.

READY FOR THE GRILL

2/\$6

Dierbergs Signature
Loaded Beef
Patties
5 oz. Handmade
All Varieties

\$7

Dierbergs Signature
Handmade Beef &
Vegetable Kabobs
8 oz. All Varieties

\$6

Dierbergs Signature
Handmade Chicken
& Vegetable
Kabobs
8 oz. All Varieties

**\$7.99
lb.**

Dierbergs Signature
Bacon Wrapped
Stuffed Peppers
Jalapeno, Sweet
or Poblano

2/\$6

Dierbergs Signature
Bacon Wrapped
Lemon Pepper
Asparagus
Try with your favorite steak
8 oz.

2/\$7

Dierbergs Signature
Fresh Marinated
Boneless Skinless
Chicken Breasts
6 oz. All Varieties

2/\$3

Dierbergs Signature
Loaded Beef Sliders
3 oz. Handmade
All Varieties

**\$9.99
lb.**

Chef Creations
Seasoned or Marinated
Family Pack Atlantic
Salmon Fillets
Choose from several
varieties

\$8.49

UCBC
4 pk. 16 oz. cans
Selected varieties only

**DIERBERGS
EXCLUSIVE!**

\$4.99

Dierbergs Signature
Artisan Blends
Pork Bratwurst
& Sausages
20 oz. pkg.

NEW! SPECIAL RECIPE
URBAN UNDERDOG
BEER BRATWURST



Sippable Summer SAVINGS



\$3.99
LaCroix
Sparkling Water
12 pk. 12 oz. cans

69¢
Powerade
Sports Drinks
28 oz. btl.

\$4.99
Lipton Tea
12 pk. 16.9 oz. btl.

3/\$5
Tropicana Tropical
Drinks or Pure
Leaf Tea
52-59 oz. btl.
selected varieties

10/\$10
Nestle Pure
Life Splash
6 pk. 16.9 oz. pkgs.

4/\$5
Eternal
Water
1 ltr. btl.

\$10.99
Hint Variety
Pack
12 pk. 16 oz. btl.

98¢
Bubly, BUBBLR,
Life Water,
Schweppes
or Rockstar
12-33.8 oz. pkgs.

3/\$10
Nestle Pure
Life Water
24 pk. 16.9 oz. btl.

3/\$5
Bang Energy
Drink
16 oz. cans

88¢
When you buy 3 or \$2.29 each
7-Up, Dr. Pepper,
A&W, or Sunkist
2 ltr. btl.

2
GROCERY

BUY ONE GET ONE FREE

Mid's Pasta Sauce
32 oz. jars
Reg. \$5.29

BUY ONE GET ONE FREE

Mori-Nu Tofu
12 oz. pkgs.
Reg. \$2.99

BUY ONE GET ONE FREE

Langers 5 Calorie Fruit Juice Cocktail
64 oz. bts.
Selected varieties
Reg. \$2.69

BUY ONE GET ONE FREE

Dei Fratelli Pasta Sauce
24 oz. jars
Reg. \$3.29

BUY ONE GET ONE FREE

Near East Side Dishes
4.8-10 oz. pkgs.
Selected varieties
Reg. \$2.79

4/\$5

Cervasi Pasta
16 oz. pkgs.
Selected varieties

10/\$10

Country Bob's Barbecue Sauce
18 oz. bts.

10/\$10

Bumble Bee Chunk Light Tuna or Tuna Kit
2.5-3.5 oz. pkgs.
Selected varieties

79¢

Starkist Chunk Light Tuna
5 oz. can

79¢

Bumble Bee Chunk Light Tuna in Water
5 oz. can

2/\$4

Del Monte Fruit To Go
2-4 ct. pkgs.

2/\$5

Juicy Juice 100% Juice
•48-64 oz. bts.
•8 ct. pkgs.

2/\$5

Nonni's Biscotti or Cookies
4.4-6.88 oz. pkgs.
Selected varieties

2/\$4.50

Bunny Honey Wheat or Ultra Soft Whole Grain Bread
20 oz. loaves

2/\$5

Nature's Own Honey Wheat Bread
20 oz. loaves

2/\$5

Post Cereal or Cereal Snack Bags
6-20 ct. pkgs.
Selected varieties

2/\$6

Post Cereal
11-29 oz. pkgs.
Selected varieties

2/\$5

Better Oats Oatmeal
8-10 ct. boxes
Selected varieties

2/\$7

Dove Shampoo or Conditioner
12 oz. pkgs.
4 Selected Varieties

\$9.99

Every Man Jack Beard Care
1-6.7 oz. pkg.
3 Selected Varieties

\$6.49

Sparkle Paper Towels
6 giant roll

\$6.49

Angel Soft Bath Tissue
•12 double
•6 mega roll

\$1.97

Kontos Flatbread, Pita Pockets, Rustic Naan or Gyro Bread
8.8-24 oz. pkg.
Selected varieties

2/\$7

Entenmann's Little Bites, Mini Cakes or Mini Donuts
7-15 oz. pkgs.
Selected varieties

2/\$5

Ortega Taco Dinner Kits, Cauliflower Taco Shells, Salsa or Taco Sauce
3.8-16 oz. pkgs.
Selected varieties

WHOLE LIFE

2/\$6

Organic Annie's Bunny Grahams, Crackers or Cookies
5.5-7.5 oz. pkgs.
Selected varieties

BUY ONE GET ONE FREE

Non GMO Love Corn Snacks
4 oz. bags
Reg. \$3.69

4/\$5

High Protein Clif Builder Protein Bars
1 ct. bars
Selected varieties

10/\$10

Organic Honey Stinger Waffle Bars
1-1.06 oz. pkgs.

2/\$5

All Natural Pirate's Booty Snacks
4-5 oz. pkgs.

\$3.99

Gluten Free Hail Merry Cookies or Tarts
3-3.5 oz. pkg.

\$3.99

Organic Stonyfield Yogurt
32 oz. ctn.

\$3.99

Made with Free Range Meats Evol Bowls
7.5-9 oz. pkg.

2/\$7

Organic Blue Bottle Cold Brew Coffee
8 oz. cans

2/\$6

Cold Pressed Watermelon Water
12 oz. bts.
Located in the Produce Juice Case

2/\$5

Gluten Free Beanitos Chips
4.5-5 oz. bags

Rosalita's CANTINA
BORN IN TEXAS

NOW AVAILABLE EXCLUSIVELY AT DIERBERGS

- HOUSE-MADE TORTILLA CHIPS
- SALSA
- QUESO
- JALAPEÑO RANCHERO DIP

WE ♥ LOCAL

DAIRY MONTH DEALS!

10/\$10
Prairie Farms
Flavored Milk
Singles
14 oz. btl.

2/\$4
Prairie Farms
Cottage
Cheese, Sour
Cream or Dips
12-16 oz. ctns.



10/\$10
Prairie Farms
Cottage Cheese
Singles
5 oz. cups

2/\$4
Prairie Farms
Aerosol
Whipped Cream
7 oz. cans

3/\$5
Prairie Farms
Cream Cheese or
Spreadables
3.5-8 oz. pkgs.
Selected varieties

CLICK FOR MORE ABOUT
DAIRY HEALTH BENEFITS

FROZEN & DAIRY

\$3.49
Turkey Hill
Ice Cream or
Novelties
16-48 oz. pkg.
Selected varieties

2/\$6
De Wafelbakkers
Frozen Pancakes
18-60 ct. pkgs.

2/\$5
Eggo Waffles
10 ct. pkgs.

2/\$7
Chobani
Creamers,
Greek Yogurt
Multipacks, Oat
Milk or Probiotic
Shakes
24-52 oz. or 4 ct. pkgs.
Selected varieties

\$3.99
Lucia's or
Edwardo's
Thin Pizza
17.25-24 oz. pkg.
Selected varieties

\$5.99
Brew Pub
Pizza
22.75-31.6 oz. pkg.

2/\$6
Dierbergs
Cottage Cheese
24 oz. ctns.

2/\$7
Coffeemate
Flavored
Creamers
32 oz. btl.

\$2.99
Blue Diamond
Almond Breeze
Milk or Coffee
Creamer
32-64 oz. ctn.

2/\$5
Sargento
Shredded
Cheese
5-8 oz. pkgs.

\$5.99
Buitoni
Family Size
Pasta
20 oz. pkg.

\$5.99
Bibigo
Fried Rice, Mini
Wontons or
Crunchy Chicken
18-24 oz. pkg.

2/\$4
Yoplait
GoGurt or Oui
Yogurt
2-8 ct. pkgs.

\$5.99
Uncle Matt's
Orange Juice
52 oz. btl.

BUY TWO GET TWO FREE
Coke, Diet Coke
or Sprite*
2 hr. btl. Reg. \$2.29

BUY TWO GET ONE FREE
7-UP, Dr. Pepper,
A&W or Sunkist*
12 pk. 12 oz. cans
or 8 pk. 12 oz. btl.
Reg. \$5.89

2/\$7
1907 Artisan
Water
67.6 oz. btl.

10/\$10
Poland Origin
Spring Water
30.4 oz. btl.

4/\$10
when you buy 4
or \$3.39 ea.
Pepsi Products
or Mtn Dew*
6 pk. 16.9 oz. btl.
or 6 pk. 7.5 oz. cans

4/\$5
when you buy 4
or \$2.29 ea.
Pepsi Products
or Mtn Dew*
2 hr. btl.

\$14.99
Budweiser,
Bud Light or
Bud Select
20 pk. 12 oz. btl.
or 18 pk. 12 oz. cans

\$8.49
4 Hands
6 pk. 12 oz. cans or
4 pk. 16 oz. cans
or UCBC
4 pk. 16.9 oz. btl.
or 4 pk. 16 oz. cans
Selected varieties

\$12.99
Miller Lite or
Coors Light
18 pk. 12 oz. btl.

\$9.97
Noble Vines
337 Cabernet or
667 Pinot Noir
750 ml. btl.
All Discounts Included
in this Price

\$19.99
Seagram's
7 Crown
1.75 ltr. btl.

\$21.99
Michelob Ultra
24 pk. 12 oz. pkgs.

\$14.99
Sam Adams, New Belgium,
Goose Island, Kona, Corona, Stella
Artois, Michelob Ultra Pure Gold,
Amber Max or Lime Cactus
12 pk. 11.2-12 oz. pkgs.

PARTY CENTER

*Only selected varieties available. We reserve the right to limit.

**Bakehouse
Italian Bread**
•Regular •Thin Sliced
Whole **\$2.99**
Half **\$1.79**

\$1.99
Bakehouse Garlic Toast
4 ct. pkg.

\$2.99
Bakehouse
Twin Italian
Bread
16 oz. pkg.

\$3.99
Bakehouse
Brownies
8 ct. pkg.

\$1 OFF
REGULAR RETAIL
Uncle Harry's
Ice Cream Cakes
All varieties

\$1 OFF
REGULAR RETAIL
Original Macarons or
Lawler Cheesecake Bites
•Macarons 12 ct. pkg.
•Cheesecake Bites 15 ct. pkg.

BAKEHOUSE

2lbs./\$5
Red or Green
Seedless
Grapes

2lbs./\$4
No Waste, Only The Best
Broccoli
Crowns

\$3.99 lb.
California Grown
Tree-Ripened Yellow Peaches
or Nectarines

\$4.99 lb.
Sweet Red Cherries

PRODUCE

BASE 4
BUTCHER SHOP

\$4.49 lb.
All Natural
Hand Cut, No Antibiotics Ever, 100% Vegetable Fed, Raised Cage Free
Perdue Boneless Skinless Chicken Breast Fresh Cuts
•Diced •Strips

2/\$8
Holmes Sliced Smoked Sausage
12 oz. pkgs.
All varieties

2/\$7
El Monterey Enchiladas or Beef Bowl
9-10.25 oz. pkgs. Select varieties

\$3.79
All Natural
No Antibiotics EVER, 100% Vegetable Fed, Raised Cage Free
Perdue Fresh Ground Chicken or 93% Lean Ground Turkey
16 oz. pkg.

BUY ONE GET ONE FREE
Perdue Fully Cooked Fresh Chicken Short Cuts
9 oz. pkgs. All varieties
Reg. \$5.59 ea.

DELI

\$6.99 lb.
Hot Case Special 11a.m.-7p.m.
3pc. Chicken Tender Dinner
Try them tossed in a variety of our Signature Sauces.
2 lb. Chicken Tender Party Pack...\$12.49

\$4.99
House Made
Specialty Wrapped Sandwiches
10-11 oz. pkg. All varieties

\$2.99
Panera Soups
10 oz. pkg.
All varieties

\$7.99 lb.
Pulled Bbq Pork or Bbq Chicken Breast
Plain, without sauce \$9.99lb.

\$17.99
Crispy Chicken Tender Family Meal
(includes 1.5 lb. Chicken Tenders and two 1 lb. deli sides)

Buy MORE, Save MORE!

15% OFF DELI SALADS AND SIDES
ANY 24 OZ. OR MORE ALL VARIETIES Discount taken at register.

\$5.99 lb.
House Made
Bacon & Cheddar Twice Baked Potato Salad

\$5.99 lb.
House Made
Cauliflower Crunch Salad

\$6.99 lb.
House Made
Greek Veggie Pasta Salad

\$4.49 lb.
House Made
Baked Beans

\$4.99 lb.
House Made
Cheesy Texas Potatoes

DIERBERGS SIGNATURE MEATS & CHEESES

Our Deli PROMISE
✓ PREMIUM QUALITY
✓ PURE WHOLE CUTS
✓ GLUTEN FREE & MSG FREE
✓ NO BINDERS & NO FILLERS

USDA Choice 95% Fat Free Angus Roast Beef	\$10.99 lb.
98% Fat Free Oven Browned Turkey Breast	\$8.99 lb.
95% Fat Free, Natural Juice Off the Bone Ham	SAVE \$2 lb. \$7.99 lb.
99% Fat Free Premium All White Breast Meat	SAVE \$2.50 lb. \$7.49 lb.
Oven Roasted Chicken Breast	SAVE \$1.50 lb. \$5.99 lb.
Dierbergs Signature Pepper Jack Cheese	

Jennie-O
\$7.49 lb.
99% Fat Free
Jennie-O Hickory Honey Turkey Breast

\$7.99 lb.
Dierbergs Signature
Traditional Hard Salami

SEAFOOD

WE COOK WHILE YOU SHOP

\$15.49 lb.
ULTRA Chem Free EZ PEEL Colossal Shrimp
10-12 ct. pkg.

\$7.99 lb.
Fresh Jumbo Tilapia Fillets

\$7.99
Ultra Chem Free Salad Shrimp
12 oz. pkg.

\$5.50 ea.
Chef Creations Salmon Kabobs With Veggies
8 oz.
Handmade fresh by our own Seafood Chefs.

SHRIMP BOIL KITS
AT DIERBERGS.COM
3 Varieties: Traditional, Seafood Mix or Mexican
48 HR. NOTICE REQUIRED

Double Coupons Every Day!
Limit 3 identical coupons and 15 total coupons doubled. Value 40¢ or less. Details in stores.

We reserve the right to limit. Prices and availability may vary on Shipt.com

CHECK OUT OUR DIGITAL AD AT DIERBERGS.COM/AD

Ad good Tues., June 8 - Mon., June 14, 2021. Good only in St. Louis Metro area.

MORE DEALS THIS WEEK

GROCERY



2/\$4
True Lemon
Lemonade or
Energy Sticks
.57-1.1 oz. pkgs.



2/\$4
Kellogg's
PopTarts, Rice
Krispies Treats
Bars or Cereal
Bars
6-8 ct. boxes
Selected varieties



\$5.49
Folgers
1850 Coffee
12 oz. bag or 10 ct. box
Selected varieties



\$6.49
Gevalia or
Maxwell House
Coffee
10-12 oz. bag
or 6-12 ct. box
Selected varieties



2/\$6
Popcornopolis
Popcorn Pouch
7.5 oz. pkgs.



2/\$6
Bahlsen
Cookies
4.4 oz. pkgs.



2/\$6
Kashi Cereal
or Bars
6.1-16.3 oz. pkgs.
Selected varieties



\$4.99
Dove's Men
Body Wash
13.5 oz. btl.



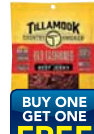
2/\$8
Dial Bar Soap or
Body Wash
8 ct. bars or
16-18 oz. btl.



10/\$10
Soft Soap
Flip Top Hand
Soap
7.5 oz. btl.



\$2.98
Arm & Hammer
Laundry
Detergent
62.5-75 oz. btl.



**BUY ONE
GET ONE
FREE**
Tillamook
Jerky
2.2-2.5 oz. pkgs.
Reg. \$5.99



15% OFF
REGULAR RETAIL
Tillamook

Ice Cream, Cream Cheese,
Butter, Chunk Cheese,
Cheese Shreds, Cheese
Slices or Snack Cheese
48 oz. ctn. or 7-16 oz. pkg.
Selected varieties



2/\$5
Pictsweet
Simple Harvest
Vegetables
24 oz. pkgs.
Selected varieties



\$7.99
Bellatoria
Gluten Free
Pizza
15.45-18 oz. pkg.
Selected varieties



2/\$4
Lender's
Refrigerated
Bagels
6 ct. pkgs.

FROZEN & DAIRY



2/\$4
Wevaka
Pizza, Pastry
or Flatbread
Dough
7.8-14.1 oz. pkgs.



\$3.49
Land O'Lakes
Spreadable
Butter
13-15 oz. pkg.



2/\$6
Kozy Shack
Pudding
4-6 ct. or 22 oz. pkgs.



**BUY ONE
GET ONE
FREE**
La Colombe
Draft Latte
9 oz. cans
Reg. \$2.79



3/\$11
Louisa
Pre-Cooked Pasta
or Toasted
Ravioli
14-22 oz. pkgs.



2/\$5.98
when you buy 2 or \$3.39 ea.
Coke, Diet Coke
or Sprite*
6 pk. 7.5 oz. cans
AHA
Sparkling Water
8 pk. 12 oz. cans



3/\$10
when you buy 3
or \$4.49 ea.
7-Up, Dr Pepper,
A&W or Sunkist*
6 pk. 16.9 oz. btl.
or 10 pk. 7.5 oz. cans



2/\$4
Lipton
Pure Leaf Tea
64 oz. btl.

BEVERAGE



\$3.99
Coke, Diet Coke
or Sprite*
10 pk. 7.5 oz. cans
or 6 pk. 16.9 oz. btl.



3/\$5
Snapple
Iced Tea
64 oz. btl.



2/\$10
Snapple
Iced Tea
6 pk. 16-18.5 oz. btl.

*Only selected varieties available. We reserve the right to limit.

MORE DEALS THIS WEEK

BUTCHER SHOP DELI



\$2⁹⁹
Kentucky Legend Ham Steak
8 oz. pkg.



\$5⁴⁹
Land O'Frost Premium Sliced Deli-Style Lunchmeat
1 lb. pkg. All varieties



\$3⁹⁹
Odyssey Crumbled Feta Cups
6 oz. pkg. All varieties



\$7⁹⁹
Dierbergs Signature Meat N Cheese Party Tray
12 oz. pkg.



\$4.99
Old Wisconsin Summer Sausages
8 oz. pkg.
•Original •Beef •Turkey



\$4.49
LaClare Farms Artisan Goat Logs
4 oz. pkg.
All varieties



2/\$5
Sabra Grab N Go Snack Hummus with Pretzels
2.8-4.56 oz. pkgs.



2/\$7
BelGioioso Presliced Fresh Mozzarella Log or Fresh Mozzarella Ball
8 oz. pkgs.



\$6.99 lb.
Max German Natural Casing Braunschweiger



\$5.99 lb.
Lorraine Swiss Cheese
•Original •Reduced Fat

BODY & HOME



\$2⁹⁹
Crest Complete Toothpaste
5.4 oz. pkg.
3 selected varieties



\$2⁹⁹
Oral B Advanced Mint Floss Picks
75 ct. pkg.



\$10.99
Slim Fast Keto Bars or Fat Bombs
7.4-8.4 oz. pkg.
3 selected varieties



2/\$5
Q-Tips Cotton Swabs
375 ct. pkgs.



35% OFF
REGULAR RETAIL
Libman Cleaning Products



\$3.99
Clear Eyes Eye Drops
.5 oz. pkg.
4 selected varieties



2/\$5
Pampers Sensitive Baby Wipes
56 ct. pkgs.



\$7.49
Vaseline Lotion
20.3 oz. pkg.
4 selected varieties



\$5.99
Kellogg's Special K Protein Bars & Shakes
4-6 ct. pkg.



\$6.99
Muscle Milk RTD Protein Shakes
4 pk. 11 oz. btl.
•Chocolate •Vanilla



\$9.99
Glucerna Hunger Smart Shakes
6 pk. 11 oz. btl.

Save \$2
with any 2-card purchase

Cards must be greater than \$1.99 each. Offer valid: 5/24/21 - 6/20/21
Visit the greeting card department today.

**Dad's not playing video games...
He's spending time with me.**

Show DAD you noticed.
All it takes is a CARD.

american greetings

#StayConnected

CELEBRATE DAIRY MONTH



**WE ARE CELEBRATING DAIRY
PRODUCTS & THE LOCAL
FARMERS THAT MAKE THEM!**

DID YOU KNOW?



MILK

A GLASS OF MILK IS A SIMPLE
SOURCE OF IMMUNE-BOOSTING
NUTRIENTS LIKE VITAMIN A,
VITAMIN D, AND PROTEIN



CHEESE

CHEESE IS A GOOD SOURCE
OF CALCIUM, PROTEIN AND
PHOSPHORUS; THREE NUTRIENTS
IMPORTANT TO HELP BUILD
AND MAINTAIN HEALTHY BONES



YOGURT

YOGURT'S HEALTH BENEFITS
INCLUDE REDUCED
INFLAMMATION AND
IMPROVED DIGESTIVE HEALTH

IN LESS THAN 60 SECONDS...

LEARN HOW YOU CAN MAKE A REFRESHING
SMOOTHIE USING ONLY 6 INGREDIENTS,
INCLUDING NUTRIENT-RICH MILK.



[CLICK HERE TO WATCH](#)

INTERESTED IN LEARNING MORE ABOUT
WHERE YOUR DAIRY COMES FROM?

LEARN MORE