



at the Corner of Rte. 116 & Bay Rd.  
1150 West St., South Amherst, MA  
(413) 253-9528    www.atkinsfarms.com

OPEN DAILY 7AM - 7PM  
Bakery Drive-Thru: Open Daily 5am -1pm  
Pizza Shop: Open Daily 11am -7pm

## JANUARY NEWSLETTER

### NOTEWORTHY NUTRITION & WELLNESS

**Flax and Pumpkins Seeds** - These seeds are rich in omega-3 fatty acids that will keep your heart healthy and are also rich in fiber to keep your digestive system healthy. They also keep your skin and lungs healthy and keep your immune system strong.

**Citrus Fruits** - Vitamin C is a water soluble vitamin. This means you need it daily for optimum health. Citrus fruits like oranges, grapefruits, lemons and limes and even veggies like broccoli, cauliflower, green and red peppers have high amounts of vitamin C. Vitamin C aids in wound healing, collagen production, immune function. It also acts as an antioxidant to protect your cells from free radicals.



**Eating healthy made simple** - Follow the 80/20. Make 80 percent of your diet nutritious and healthful while leaving a little wiggle room, 20 percent of your calories, for something sweet or extra savory. Non-restrictive diets are easier to follow through with in the long run.

**Find relaxation** - Create a cue that can help ease your mind when you feel the sudden onset of stress or anxiety. It could be as simple as counting backwards from 10. When you hit 1 you should reach a calm state.




**Drink tea** - Drinking tea is associated with lower incident of heart disease and stroke. The polyphenols in tea can protect the bodies tissues from oxidative stress.

**Get enough good sleep** - There is a strong connection between sleep and the immune system as well as sleep and hunger cues. Adults who are sleep-



deprived tend to have higher ghrelin levels. Ghrelin is the hunger hormone. This means more hunger and less feeling of fullness compared to adults who get seven-to-nine hours of sleep.

**Hydrate with H2O** - Water is vital to many of the bodies functions. Water regulates body temperature, prevents infections, keeps joints lubricated, delivers nutrients to cells, keeps organs functioning properly and even helps improve sleep quality. 

As we welcome the New Year with appreciation for all that we are grateful for, all of us here at Atkins wish to extend to you good wishes for a happy, healthy and prosperous New Year!



# TASTINGS

in THE LOFT

Wine 🍷 Local Beer or Cider 🍺 Wine Slushies

Third Saturday of the Month  
1-3pm



January 18  
February 15  
March 15  
April 19  
May 17  
June 21

July 19  
August 16  
September 20  
October 18  
November 15  
December 20



Parking & entrance in upper lot near solar panels.  
Exclusive pricing on wine, beer and cider.

Dates and times subject to change.  
Follow Atkins Farms on Facebook & Instagram for updates.

# JANUARY 2025

Atkins Farms Country Market...  
Where the apple is just the beginning!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>January is National:</b> Retail Bakers Month Soup Month Oatmeal Month Eye Month Apple Month Hot Tea Month Get Organized Month Balance Your Life Month</p>	<p> CAPRICORN 12/22—1/19</p>	<p> AQUARIUS 1/20—2/18</p>	<p>1 </p>	<p>2 <b>Celebrate Soup Month</b> Warm up with a cup or bowl from our new soup bar!</p>	<p>3 <b>Hot Tea Month</b> Try sipping one of our many herbal teas we have to offer. Herbal tea is great for your immune system and for fighting inflammation.</p>	<p>4 <b>National Spaghetti Day</b> </p>
<p>5 <i>Help to keep your immune system strong with 7 servings of fruits &amp; vegetables everyday!</i></p>	<p>6 It's Retail Baker's Month! Celebrate with something sweet from our bakery! </p>	<p>7 <b>Beat winter colds with citrus fruits from our produce department!</b></p>	<p>8 <b>Senior Discount Day! 10% OFF</b> Every Wednesday! Some restrictions Apply.</p>	<p>9 <i>Stay active this winter. Try an outdoor winter sport or join a gym. Your body will thank you!</i></p>	<p>10 Let us shop for you! Atkins offers delivery or curbside pickup. Visit <a href="http://atkinsfarms.com">atkinsfarms.com</a> for more info!</p>	<p>11 Make a healthy diet and exercise part of 2025! Get outside for fresh air.</p>
<p>12 <b>National Hot Tea Day</b> </p>	<p>13 Family or friends under the weather? Send them a fruit basket or a Get Well Pack from Atkins!</p>	<p>14 It's Oatmeal Month! Oatmeal helps lower LDL cholesterol.</p>	<p>15 <b>National Bagel Day</b>  Grab one at Atkins drive-thru open daily 5am-1pm</p>	<p>16 <b>Hot &amp; Spicy Food Day</b> Cook up Something Delicious and Spicy Tonight! </p>	<p>17 <b>FUN FACT:</b> The world's largest snowball fight was held in Seattle, WA in 2013. It had over 5,800 participants!</p>	<p>18 Beer &amp; Wine Tasting in <b>THE LOFT</b> today from 1pm-3pm</p>
<p>19 <b>National Cheese Day</b> Check out our cheese case. Have an old favorite, or try something new!</p>	<p>20  Martin Luther King, Jr. Day (Observed)</p>	<p>21 It's Apple month! An apple a day keeps the doctor away! Stock up and enjoy apples to keep colds and the flu away!</p>	<p>22 Not sure about dinner tonight... How about Stopping in at Atkins for a Pizza and a Salad?</p>	<p>23 <b>National Pie Day</b> Pick up one of Atkins fresh baked pies to celebrate! </p>	<p>24 <b>National Peanut Butter Day</b> Have you tried Atkins fresh ground Peanut Butter??</p>	<p>25 <b>Irish Coffee Day</b> Maybe not on the breakfast menu but good for a wintery weekend!</p>
<p>26 <b>Ways to Beat the Winter Blues:</b> Stay active by walking every day, be sure to have plenty of vitamin D, get a hobby or join a local fitness class!</p>	<p>27 <b>Chocolate Cake Day</b> Pick up a piece of fresh homemade cake at Atkins </p>	<p>28 <b>Balance Your Life Month</b> Simplify your life, Take care of your health &amp; Surround yourself with high energy people.</p>	<p>29  <b>National Puzzle Day</b></p>	<p>30  Valentine's Day will be here soon... Order your fresh flowers, chocolates, baskets and bakery treats in advance!</p>	<p>31 <b>Hot Chocolate Day</b> So many ways to enjoy a mug of this delicious hot beverage! </p>	<p>Flower:  Carnation Birthstone:  Garnet</p>