

Tri-Lakes Area Business Profiles

NORI'S WHOLE FOODS

70 Broadway, Saranac Lake
891-6079

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NORI'S FOODS

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* Specialty Foods * Homeopathic Remedies
* Homebrew Supplies *

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Have you been to Nori's Whole Foods lately? Have you ever? If you answered no to these questions perhaps you are due for a visit. Located at 70 Broadway, in Saranac Lake, Nori's Whole Foods has seen many changes in the four years they have been in operation. The most recent change has involved the transfer of ownership from Lenore Wright to Amy Kohanski. With education in culinary arts and nutrition Amy has the right kind of background to continue to run Nori's with success.

BULK FOODS
At Nori's you will find over 350 different items sold in bulk. Selections range from specialty foods such as shiitake mushrooms and passilla chiles to staples including grains, flours, beans, nuts, dried fruits, pastas, nut butters, oils, baking supplies, candies, sweeteners and spices. Also included are shampoos, laundry and dish soap.

Buying foods in bulk have advantages such as lower costs and waste reduction. When buying bulk you can take as little or as much of a food item as you want and still pay the same price per pound. You are not penalized with increased unit prices for purchasing small quantities as you would be with a prepackaged item. Lower advertising and packaging costs also help to keep prices down. Bringing in your own containers and bags for bulk items is encouraged. This is also beneficial for the environment since eliminating excess packaging creates less waste for our landfills.

PREPACKAGED ITEMS
You can also find a large assortment of prepackaged items as there are some things that are not available in bulk.

Nori's stocks its shelves with a conscience. The foods for the store are selected with a certain criteria in mind. The quality of food is of utmost importance. The foods chosen are free from harmful preservatives, colorings and other additives. You'll even find foods that are made with organic ingredients because the manufacturers care about their impact on the environment and economy.

SPECIAL DIETARY NEEDS
People who have special diets including diabetics and those who have food allergies will find that their special needs can be met at Nori's. People with wheat and/or milk allergies will find the variety of other options refreshing. Lactose free milk made from soy and



New Owner Amy Kohanski offers expertise in a variety of natural products

rice are delicious alternatives to cow's milk. For those interested in lowering their cholesterol, dairy free cheeses and frozen desserts can be wonderful.

FRESH PRODUCE
Nori's is one of the only sources of organic produce in the area. If you are concerned with the amount of pesticides and herbicides in your food, as well as the impact conventional agriculture has on the environment, eating organically grown produce is a viable alternative. A fresh produce delivery is made every Saturday. Most of the produce is organically grown. In the summer months, local produce is supplied. Fresh greens such as spinach, kale, collards and bro-

coli are among the selection. Sweet organic carrots and a variety of fruits are also available.

VITAMINS • HERBS FOOD SUPPLEMENTS HOMEOPATHIC REMEDIES
For those who desire other than conventional western medicine, Nori's carries a line of homeopathic remedies and herbal products that can prove to be beneficial. Natural vitamins, minerals and food supplements are also available for those wishing to maintain or optimize nutrition in order to sustain lasting health.

HOME BREW SUPPLIES
The latest addition to the product line is that of homebrew supplies. Whether you are just a beginner or an old pro, you'll find everything

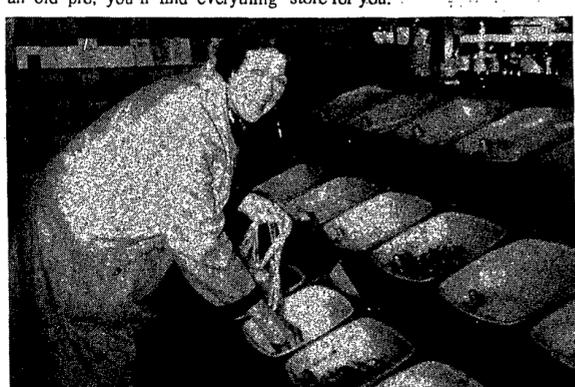
you need to brew a fine batch of ale, stout, pilsner or whatever you desire. The raw ingredients are there, liquid and dry malts, grains, hops, yeasts and the equipment. So if you have been mail ordering or driving long distances for your supplies, come in and see what's available locally.

Future plans for Nori's include the addition of a take-out deli counter. The menu will include a variety of vegetarian sandwiches, soups and salads. Fruit Smoothies and some baked goods will also be available in the near future. Keep your eyes open.

For all your other health needs stop by at Nori's, 70 Broadway in Saranac Lake and see what is in store for you.



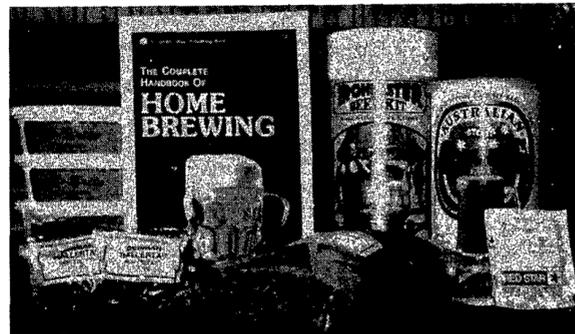
Bulk Nut Butters Honey & Soy Sauces



Buy In Bulk-Lower Costs-Less Waste



Fresh Organic Produce



Homebrew Supplies



Amy assists Mary Janeway and daughter Sophie



Lactose Free Milk-Dairy Free Cheese

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