

**ideal**  
FOOD BASKET

We have the ideal price!

Find Our Specials Online at [www.afbasket.com](http://www.afbasket.com)

*Picnic on the Beach*

August Sale Starts 2017

FRIDAY 18 SAT 19 SUN 20 MON 21 TUES 22 WED 23 THUR 24

Farm Fresh  
Boneless • Skinless  
**Chicken Breast**

Also Available in Thin Sliced  
Chicken Cutlets • 2.99 lb.

**1.99**  
Lb.

**FAMILY PACK!**

It's the **ideal Price!**

**2.99** Lb. **First Cut Thick Beef Chuck Steak**

Great American Seafood  
**Extra Large Raw Shrimp**

26/30 ct. • 16 oz. Bag

**5.99** Ea.

*Lowest Price of the Year*

Center Thick Cut  
**Rib Pork Chops**

**1.99** Lb.

**FAMILY PACK!**

Fresh  
**Chicken Drums & Thighs Combo Pack**

**89¢** Lb.

**2.99** Lb. **Fresh Large Dark Cherries**

**1.49** Lb. **Locally Grown Yellow Peaches**

**2.99** Ea. **Fresh Honeydew Melons**

**1.29** Lb. **Hot House Cluster Tomatoes On The Vine**

**4.99** Lb. **Russer Virginia Ham**  
Sliced to Order

**4.99** Lb. **Great Lakes White or Yellow American Cheese**  
Sliced to Order

**7.99** Lb. **Dietz & Watson Swiss Cheese**  
Sliced to Order

**5.99** Lb. **Dietz & Watson Beef Bologna**  
Sliced to Order

**2.96** For **Simply Orange, Grapefruit or Apple Juice**  
All Varieties 59 oz.

**5.95** For **Tropicana Punch or Ales**  
All Varieties 59 oz.

**19.99** **Mazola Corn Oil**  
2.5 Gallon

**7.99** **Carolina 20 lb. Rice**  
White or Parboiled  
**WITH AN ADDITIONAL \$40 PURCHASE LIMIT 1 OFFER 9.99 FREE SALE**

**10.96** For **Yoplait Yogurt**  
Original Only All Varieties 4-6 oz.

**2.95** For **Kraft American Cheese Singles**  
White or Yellow • 16 ct., 12 oz. or Shredded • Chunk Cheese All Varieties • 6.67-8 oz.

**2.94** For **Barilla Pasta Sauce**  
All Varieties 14.5-24 oz.

**5.95** For **Barilla Pasta**  
All Varieties 12-16 oz.

**2.95** For **Turkey Hill Ice Cream**  
All Varieties • 48 oz. or Novelties All Varieties • 18.4-24 oz. Excluding All Natural  
**2.97** For **Turkey Hill All Natural Ice Cream**  
All Varieties • 48 oz.

**2.95** For **Kellogg's Eggo Waffles, French Toast Sticks or Pancakes**  
All Varieties 9.7-16.4 oz.

**2.94** For **Wish-Bone Salad Dressing**  
All Varieties 15 oz.

**2.99** **Hellmann's Real Mayonnaise**  
Jar or Squeeze All Varieties 15-30 oz.

**5.95** For **Kraft BBQ Sauce**  
All Varieties 17.5-18 oz.

**2.94** For **Heinz Ketchup or Yellow Mustard**  
20 oz. Squeeze  
*Mix & Match!*

**5.95** For **Gatorade Thirst Quenchers**  
All Varieties 32 oz.

**5.99** **Tide 2X Liquid Detergent**  
All Varieties • 46-50 oz. or Tide Pods All Varieties • 1.5-17 ct.

## More value in the Grocery Aisle!



**1.99** Essential Everyday Granulated Sugar  
4 lb. Bag

### Green Giant Canned Vegetables

Corn, Green Beans or Sweet Peas  
14.5-15.25 oz.

**5 For \$5**



**2 For \$5** Essential Everyday Oil  
Canola, Vegetable, or Blended Oil • 48 oz.



**5 For \$1** Nissin Top Ramen Noodles  
All Varieties • 3 oz.

**Pompeian Extra Virgin Olive Oil**  
16 oz.

**3.99**

**Mrs. Cubbison's Croutons or Strips**  
All Varieties  
4.5 oz.

**5 For \$5**

**Mt. Olive Pickles**  
All Varieties  
16-24 oz.

**2 For \$4**

**Rice-A-Roni or Pasta Roni**  
All Varieties • 4.3-7.2 oz. or Cups 1.97-2.25 oz.

**5 For \$5**

**Betty Crocker Hamburger, Chicken or Tuna Helper**  
All Varieties • 4.7-12.2 oz.

**5 For \$5**

**Lipton Tea Bags**  
Regular • 100 ct.

**2 For \$6**

**Capri-Sun 100% Juice 10 Pack**  
All Varieties • 60 oz.

**2 For \$6**

**Kool-Aid, Tang or Country Time Drink Mix**  
All Varieties  
18-20 oz.

**2 For \$5**

**Jif Peanut Butter**  
All Varieties  
15.5-16 oz.

**2 For \$5**

**Smucker's Jam, Spread or Fruit Preserves**  
Strawberry Jam, Preserves or Natural Spread or Orange Marmalade  
17.2-18 oz.

**2 For \$5**

**Maxwell House Coffee**  
All Varieties • 10.5-11.5 oz. Excludes Decaf

**2 For \$6**

**Juicy Juice**  
All Varieties • 64 oz. or 8 Pack  
All Varieties • 54 oz.

**2 For \$6**

**Sun-Maid Raisins**  
6 Pack • 6 oz.

**3 For \$5**

**Kellogg's Cereal**  
Frosted Mini Wheats Maple Brown Sugar, Strawberry or Blueberry 15.5 oz., Original 18 oz., Touch of Fruit Raspberry 15 oz. or Little Bites 15.2 oz.  
Raisin Bran with Cranberries 13.5 oz., Original 18.7 oz., Crunch 18.2 oz., Omega 3 14.3 oz., Crunch Apple Strawberry 14.5 oz.

**2 For \$7**

**Essential Everyday Quick or Old Fashioned Oats**  
42 oz.

**2 For \$5**

**Del Monte Fruit Bowls 4 Pack**  
All Varieties  
14-18 oz.

**2 For \$5**

**Idahoan Mashed Potatoes**  
All Varieties  
3.25-4.1 oz.

**5 For \$5**

**Post Fruity or Cocoa Pebbles**  
23 oz. Big Box

**4.99**

**Lipton Onion Soup Mix**  
All Varieties  
1.8-2.4 oz.

**4 For \$5**

**Essential Everyday Macaroni & Cheese**  
All Varieties  
5.5-7.25 oz.

**10 For \$5**

### BETTER LIFESTYLE

**Rice Select Jasmati or Texmati Rice**  
32 oz.

**6.99**

**Bob's Red Mill Chia Seeds**  
16 oz.

**9.99**

**Justin's Peanut Butter**  
Classic or Honey • 16 oz.

**4.99**

**Once Again Honey Bear**  
12 oz.

**4.99**

**Coco Libre Organic Coconut Water**  
11 oz.

**3 For \$5**

**Wild Harvest Organic Lemonade**  
64 oz.

**2 For \$4**

**Wild Harvest Organic Apple Juice**  
64 oz.

**2 For \$5**

**Wild Harvest Organic Microwave Popcorn**  
All Varieties  
9-10.5 oz.

**2 For \$4**

**Wild Harvest Organic Spaghetti**  
Original or Whole Wheat • 12 oz.

**2 For \$3**

**Wild Harvest Organic Pasta Sauce**  
All Varieties  
24 oz.

**2 For \$4**

### FRESH DAIRY

**Sunny D Drinks**  
Tangy Original or Smooth • 64 oz.

**4 For \$5**

**Horizon Organic Milk**  
All Varieties  
64 oz.

**4.99**

**Land O Lakes Cage Free Large Brown Eggs** Dozen

**2.99**

**Sargento Sliced Cheese**  
All Varieties  
6.3-8 oz.

**2 For \$6**

**Breakstone's Sour Cream**  
Original, Lite or Fat Free  
16 oz.

**2 For \$4**

**Smart Balance Spread**  
All Varieties  
13-15 oz.

**2 For \$5**

**Heluva Good! Dips**  
All Varieties  
12 oz.

**3 For \$5**

**Gold Peak Teas**  
All Varieties  
59 oz.

**2 For \$4**

**Essential Everyday Whipped Topping**  
Original or Extra Creamy  
6.5 oz. Aerosol Can

**1.49**

**International Delight Creamer**  
All Varieties  
16 oz.

**1.99**

**Stonyfield Organic Yogurt**  
All Varieties • 32 oz. or YoBaby Yogurt 6 Pack  
All Varieties • 24 oz.

**2 For \$7**

**Dannon Activia Yogurt 12 Pack**  
All Varieties • 48 oz.

**4.99**

**Yoplait Go-Gurt**  
All Varieties  
16 oz.

**2 For \$4**

**Ideal Queso Blanco or Freir**  
10 oz.

**2 For \$5**

**Ideal Orange Juice**  
59 oz.

**2 For \$5**

### HOUSEHOLD • HEALTH & BEAUTY • PETS

**Angel Soft Bath Tissue 18 Double Rolls**  
4752 ct.

**8.99**

**Suavitel Fabric Softener**  
All Varieties  
135 oz.

**5.99**

**Wild Harvest Tall Kitchen Trash Bags**  
12 ct. 13 Gallon

**2 For \$7**

**Sparkle Paper Towels 8 Roll**  
816-856 ct.

**7.99**

**Beneful Wet Dog Food**  
All Varieties • 9-10 oz.

**3 For \$5**

**Purina Friskies Canned Cat Food**  
All Varieties  
5.5 oz.

**10 For \$6**

**Tidy Cats Scoop Litter**  
All Varieties  
14 lb. Jug

**5.99**

**Gain Ultra Dish Liquid**  
Original or Honey Berry Hula  
40 oz.

**2 For \$6**

**Kleenex Facial Tissues**  
3 Pack • 480 ct.

**3.99**

**Irish Spring 3 Bar Soap**  
All Varieties • 11.25 oz.

**2 For \$4**

**Aim Toothpaste**  
All Varieties  
5.5-6 oz.

**4 For \$5**

**Airwick Freshmatic Ultra**  
All Varieties • 6.17 oz. or Velvet Candles & Oil Refills  
All Varieties • 1.34 oz.

**4.99**

**Softsoap Hand Foam**  
All Varieties • 8 oz. or Hand Soap Pump  
All Varieties • 11.25 oz.

**2 For \$4**

**Clean & Clear Acne Cleanser**  
All Varieties  
5 oz.

**3.99**

**Dove or Degree Ultra Deodorant**  
All Varieties • 2.6-2.7 oz.

**4.99**

# We have the ideal price for you!



**99¢** Ideal Giant White Bread  
22 oz.

**Tostitos Chips**  
All Varieties • 9-13 oz.  
**Tostitos Salsa**  
Excluding Cheese Dips  
All Varieties • 15.5 oz.  
**Doritos, Cheetos, Simply Lays**  
All Varieties • 7.5-8.5 oz.

**2 \$5** For



**3.99** Aquafina  
24 Pack Water  
16.9 oz.

*Mix & Match!*

**Coca-Cola, Sprite or Dr. Pepper**  
2 Liter  
Full Line

**3 \$3** For

WITH AN ADDITIONAL \$20 PURCHASE  
LIMIT 1 OFFER  
2/\$3 FREE SALE

**Nature's Own Honey or Whole Wheat Bread**  
20 oz.

**2 \$5** For

**Arnold's Whole Grain Classics**  
All Varieties • 24 oz.

**2.99**

**Stroehmann Dutch Country**  
All Varieties • 22-24 oz. or  
**Sara Lee Artesano Bread**  
All Varieties • 20 oz.

**2 \$5** For *Mix & Match!*

**Chips Ahoy! Cookies**  
All Varieties • 7-13 oz.

**2 \$5** For

**Belvita Breakfast Snacks**  
All Varieties • 8.8-8.81 oz. or  
**Nilla Wafers**  
11 oz.

**2 \$6** For

**Snapple Drinks**  
All Varieties  
64 oz.

**2 \$4** For

**Core Natural Water**  
30.4 oz.

**2 \$3** For

**Core Organics**  
All Varieties • 18 oz.  
**2 for \$4**

**Canada Dry, 7-Up or Sunkist**  
12 Pack 12 oz. Cans or  
8 Pack 12 oz. Bottles

**3 \$12** For *Mix & Match!*

**Pepsi, Schweppes, Mist Twist, Mountain Dew, Crush, Hawaiian Punch, Brisk or Mug**  
12 Pack • 12 oz. Cans

**2 \$9** For *Mix & Match!*

**Pepsi, Schweppes or Crush 8 Pack**  
7.5 oz. Cans

**3.99**

**Crush or Hawaiian Punch 2 Liter**  
All Varieties

**4 \$5** For

**Coca-Cola, Sprite Fanta or Seagram's**  
10 Pack, 7.5 oz. Cans or  
6 Pack, 16.9 oz. Bottles

**3 \$10** For *Mix & Match!*

**Smart Water 1 Liter**  
Regular or Sparkling

**4 \$5** For

**Vitamin Water**  
All Varieties • 20 oz.

**5 \$5** For

**Beer Corner**

**Corona**  
6 Pack Bottles  
12 oz.

**8.99**

**Natural Light**  
12 Pack Cans • 12 oz.

**6.99**

**Bud Light Rita**  
12 Pack Cans • 8 oz.

**12.99**

**Pringles Crisps**  
All Varieties  
4.9-6.42 oz.

**2 \$3** For

**Hostess Multi-Pack Snacks**  
All Varieties • 8-15.23 oz.

**2 \$5** For

**INTERNATIONAL**

**Diana Chips and Snacks**  
All Varieties  
1.83-5.89 oz.

**3 \$5** For

**KLIM Powdered Milk**  
3.52 lbs.

**15.99**

**Nescafé Clásico**  
7 oz.

**5.99**

**El Yucateco Habanero Sauce**  
Red or Green  
8 oz.

**2 \$5** For

**La Morena Sliced Jalapeños**  
13.13 oz.

**2 \$3** For

**Goya Yellow Rice Mix**  
Regular or Low Sodium  
7-8 oz.

**2 \$3** For

**La Fe Pigeon Peas**  
15 oz.

**5 \$5** For

**Caribbean Rhythms Coconut Water**  
with Pulp • 16.9 oz.

**5 \$5** For

**Caribbean Rhythms Coconut Milk**  
13.5 oz.

**89¢**

**Iberia Olive Oil Blend**  
68 oz.

**6.99**

## FROZEN SELECTIONS

**Marie Callender's Dinners**  
All Varieties  
12.3-15 oz. or  
**Pot Pies**  
All Varieties • 16 oz.

**2 \$5** For

**Essential Everyday Whipped Topping**  
Light, Regular or Extra Creamy  
8 oz.

**99¢**

**Essential Everyday Whole Strawberries**  
16 oz.

**2 \$5** For

**Ellio's Pizza 6 or 9 Slice**  
All Varieties  
14.76-19.64 oz.

**2 \$6** For

**McCain Fries or Potatoes**  
All Varieties  
19-32 oz.

**2 \$6** For

**José Olé Taquitos or Chimichangas**  
All Varieties  
18-22.5 oz.

**4.99**

**Banquet Boneless Chicken**  
Patties, Nuggets, Strips or  
Tenders • 24 oz. Bag

**3.99**

**New York Dip 'N Sticks**  
All Varieties • 12-16 oz. or  
**Texas Toast**  
with Cheese • 13.5 oz.

**2 \$6** For

**SeaPak Crunchy Shrimp**  
Butterfly 9 oz. or  
Popcorn 18 oz.

**4.99**

**Smart Made Entrees**  
All Varieties  
9-10 oz.

**2.99**

**Outshine Yogurt Bars**  
All Varieties • 4 ct. or  
**Fruit Bars**  
All Varieties • 6 ct. or 12 ct.

**3 \$10** For

**Philly Swirl**  
Icee Mixt-Ups, Swirl Sticks  
or Swirl Cups with Spoon  
19.8-21 oz.

**2 \$5** For

**Green Giant Steamers Vegetables**  
Selected Varieties  
11-12 oz.

**3 \$5** For

**Goya Yuca Bites**  
Chipotle or Garlic Mojo  
16 oz.

**3 \$10** For

## PACKAGED MEAT

**Erich Smoked Sausage or Polka Kielbasa**  
13 oz.

**2 \$4** For

**Oscar Mayer Turkey Franks**  
16 oz.

**2 \$5** For

**Oscar Mayer Turkey Bologna or Turkey Salami**  
16 oz.

**2 \$4** For

**Bar S Franks**  
Turkey, Chicken or Meat  
12 oz.

**89¢**

Also Available in Beef  
12 oz. • 2/\$5

**Stahl-Meyer Hot Dogs**  
Meat, Chicken or Turkey  
3 lb.  
Family Size

**3.99**

**Buddig Premium Sliced Lunch Meat**  
All Varieties  
16 oz. Tub

**4.99**

**All Natural Al Fresco Chicken Sausage Links**  
All Varieties Available  
12 oz.

**3.49**

**Bar S Sliced Bacon**

**Jennie-O Ground Turkey Breakfast Links**  
12 oz.

**2.99**

**Sugardale Pre-Sliced Genoa or Hard Salami or Sandwich Pepperoni**  
8 oz.

**2 \$5** For

**Perdue Whole Grain Breaded Chicken**  
Nuggets or Strips or Homestyle, Italian  
or Regular Cutlets • 12 oz.

**2.99**

**Bar S Sliced Pork Bacon**  
12 oz.

**3.99**

Also Available in Turkey  
12 oz. • 2/\$5

**Armour Frozen Meatballs**  
Original or Italian  
14 oz.

**2.49**

**Stefanos Stromboli**  
Sausage & Peppers or  
Pepperoni & Cheese  
15 oz.

**4.99**

**Steak-umm Steaks**  
21 oz.

**7.99**

**Sabrett 100% Beef Burgers**  
32 oz.

**9.99**

## Fresh Meats



**4.99** Lb.

USDA Choice  
**Boneless Sirloin Steaks**  
Beef Loin



**3.99** Lb.

Fresh  
**Baby Back Pork Ribs**



**3.99** Lb.

USDA Choice • Oven Ready  
**Beef Eye Round Roast**  
Also Available in  
Eye Round Steaks • \$5.99 lb.



**2.99** Lb.

**Beef Shoulder London Broil**



**3.99** Lb.

**Mutton Meat Cut Up for Stew**



**3.99** Lb.

Fresh  
**Whole Pork Tenderloins**



**1.99** Lb.

Fresh  
**Country Style Cut Pork Ribs**



**2.99** Lb.

**Honeycomb Beef Tripe**



**1.29** Lb.

**Smoked Pork Hocks or Neck Bones**



**4.99** Ea.

Smithfield Anytime  
**Smoked Boneless Pork Chops** 11.5 oz.  
Also available in Bone-In Pork Chops, 16 oz. • \$6.99



**2.99** Ea.

Jennie-O 85% Lean  
**Ground Turkey** 16 oz.  
Also available in 99% Ground Turkey Breast, 20 oz. • \$4.99



**1.29** Lb.

USDA Grade A  
**Springer Mt. Farms Whole Chicken**  
Also available in Chicken Wings • 2.49 lb.  
No Steroids or hormones, no antibiotics, fed all vegetable diet, cage free, 100% Natural. American Humane Certified

### from the SEA



**9.99** Ea.

Great American Seafood  
**Wild Pacific Salmon Fillets**  
Skinless & Individually Vacuum Packed • 32 oz.



**6.99** Lb.

"Wild Thawed"  
**Flounder Fillet**  
Previously Frozen



**7.99** Lb.

Previously Frozen  
**Tuna Steaks**  
Great Smoked or in Salads



**3.99** Ea.

Great American Seafood  
**Flounder Fillets**  
1 Lb. Bag  
Skinless, Boneless and Individually Vacuum Packed



**5.99** Ea.

PanaPesca  
**Calamari Rings**  
16 oz.  
Also Available in Mussels in the Shell 16 oz. • \$3.49



**2.50** For

Arctic Blue  
**Boneless Salted Pollock Fillets**  
12 oz.

## JERSEY FRESH

As Fresh As Fresh Gets



**2.50** For

Super Select  
**Cucumbers**



**5.50** For

White, Yellow or Bi-Color  
**Corn**



**49¢** Lb.

Fresh  
**Green Cabbage**



**1.49** Lb.

Your Choice  
**Green Beans**  
Fancy  
**Eggplant**  
Jumbo  
**Green Bell Peppers**  
Yellow Summer or Green  
**Zucchini Squash**



**10.50** For

Puerto Rico  
**Large Slicing Mangoes**



**2.99** Ea.

Fresh  
**Strawberries** 16 oz.  
**Raspberries** 6 oz.  
**Blueberries** 1 pt.  
**Blackberries** 6 oz.



**2.49** Lb.

Fresh  
**Seedless Grapes**  
Red, Green or Black



**69¢** Lb.

Seedless  
**Watermelon**  
Cut in Half or Quarters



**2.49** Ea.

Fresh Express  
**Romaine Hearts**  
3 Pack



**99¢** Ea.

Green Giant  
**Baby Carrots**  
16 oz. or  
**Sleeved Celery**



**2.50** For

Green Giant  
**Yellow Onions**  
3 Lb. Bag



**2.50** For

Green Giant  
**White Potatoes**  
5 Lb. Bag

### Organic & Natural



**79¢** Lb.

USA  
**Batata Roots**  
Boniato



**2.50** For

Bolthouse  
**Fresh Juices**  
All Varieties  
15.2 oz.



**5.99** Ea.

Naked  
**Fresh Juices**  
All Varieties  
32 oz.



**2.99** Ea.

Hampton Farms  
**Peanuts**  
All Varieties  
24 oz.



**1.99** Ea.

Grimmway Farms  
**Rainbow Baby Carrots**  
12 oz.



**3.50** For

Organic  
**Navel Oranges**



**1.99** Lb.

Fresh Organic  
**Fuji Apples**



**3.29** Ea.

Earthbound Farm  
**Organic Fresh Salads**  
All Varieties  
5 oz.

## READY TO EAT • SLICED TO ORDER

### Deli Salads



**2.99** Lb.

**Three Potato Salad**



**3.99** Lb.

**Rotini Pasta & Shrimp Salad**



**6.99** Lb.

**Homestyle Chunky Chicken Salad**



**7.99** Lb.

**Seafood Deluxe Shrimp Salad**



**5.99** Lb.

Dietz & Watson  
**Cooked Beef Salami**



**6.99** Lb.

Dietz & Watson  
**Hard or Genoa Salami**



**2.99** Lb.

Wunderbar  
**German Bologna**



**5.99** Lb.

Great Lakes  
**Muenster Cheese**



**5.99** Lb.

Hormel  
**Maple Turkey Breast**



**7.99** Lb.

Dietz & Watson  
**Mortadella with Pistachio**

### FROM OUR BAKERY



**3.99** Ea.

Kimberley's  
**Cupcakes**  
All Varieties  
11.5-11.7 oz.



**2.99** Ea.

Lofthouse  
**Cookies**  
All Varieties • 15 oz.



**2.99** Ea.

Rich  
**Single Serve Tres Leche**  
Crumb or Strawberry  
5.1-5.5 oz.



**9.99** Ea.

Royal  
**8" Double Layer Cake**  
All Varieties • 36 oz.

2036 Bedford Ave. Brooklyn, NY 11226 Phone: 718-228-0770	1488 Pitkin Ave. Brooklyn, NY 11212 Phone: 718-385-3265	1086 Brooklyn Ave. Brooklyn, NY 11203 Phone: 718-693-3790	1410 St. John's Place Brooklyn, NY 11213 Phone: 718-604-2008	4806 Church Ave. Brooklyn, NY 11203 Phone: 718-284-9333	169-85 137th Rochdale Village Jamaica, NY 11434 Phone: 718-276-4100
175-35 Hillside Ave. Jamaica, NY 11432 Phone: 718-523-1770	830 Lafayette Ave. Brooklyn, NY 11238 Phone: 718-455-3407	720 Washington Ave. Brooklyn, NY 11238 Phone: 718-638-7500	631 Gates Ave. Brooklyn, NY 11221 Phone: 718-453-6032	210 Rt. 9W Haverstraw, NY 10927 Phone: 845-429-6192	6716 Myrtle Ave. Glendale, NY 11385 Phone: 718-228-0780

**DELIVERY SERVICE AVAILABLE**

**We Sell Hot Spanish Food & BBQ Chicken**

**We Gladly Accept WIC & FOOD STAMPS**

**MONEY ORDERS MONEY TRANSFER AVAILABLE**

**Pay Utility Bills Here 24 Hour Posting**

**STATE LOTTERY & INSTANT GAMES AVAILABLE**

# 5% SENIOR CITIZEN DISCOUNT EVERY WEDNESDAY