

What is the Food Mill Food Farm`acy?

The Food Mill Food Farm`acy is a brand new type of health food store. We are a health food store on a mission to help people achieve and maintain their ideal weight and health levels for life. We support the Kaiser Permanente "Thrive" campaign and the idea that a healthy lifestyle and nutritious eating habits are paramount for weight control, health maintenance and the prevention of many chronic diseases.

The idea behind our store is that we have reviewed and consolidated the best dietary advice from the top health professionals, nutrition researchers and nutrition experts around. We have taken this information and used it to create guidelines for what we do and do not stock on our shelves. The Food Mill Food Farm`acy is glad to be setting the standard for health food stores just a little bit higher by only stocking nutritious and delicious foods that do NOT contain any trans-fats, hydrogenated oils or refined sugars.

We do carry fresh produce, bulk foods, organic foods, whole grain products, low sodium products, diabetic-friendly foods as well as nutritional supplements and personal care items. We also specialize in creating portion-controlled, ready-to-go meals that taste terrific, yet are low glycemic and low in saturated fat.

We believe strongly in fruits, veggies, fiber, antioxidants, lean proteins, omega fatty acids, monounsaturated fats and clean drinking water. We also emphasize a physically active lifestyle and encourage numerous forms of stress reduction. The Food Mill Food Farm`acy might be a new type of store, but we have been doing the health food thing for over 70 years.

We hope to see you soon at the Farm`acy.