

Dearly loved customers and community members,

Our prayers are with our nation, our community and our families for protection and wisdom. COVID-19 has given and will continue to give us unique and difficult challenges. Yet, we must focus on the good, come together and persevere through it. As with other difficult times we've gone through as a nation, there are always positives we can look to, like what we are learning that will help in the future, how our nation is pulling together and how we see countless people putting their own interests aside to serve others.

At Nature's Pantry, we are working hard to do everything in our power to protect our community and our team, and to enable us to continue serving our communities health needs in powerful ways.

Our team is committed to facing the challenges of this outbreak bravely, safely and responsibly. In our meeting this morning, team members expressed their dedication, courage and desire to continue serving you in the safest and most effective ways possible.

Below is a list of some of the operational adjustments we are making in order to protect our team and our customers. Please know we are keeping close watch on the rapidly changing outbreak and we are following the guidance of government officials and industry experts. All of the operational adjustments below are subject to change at any time without notice. Thank you for your patience and understanding during this difficult time.

- We have shortened store hours allowing time for stringent cleaning and stocking in demand product.
- We have increased daily and hourly sanitization and cleaning of all surfaces and commonly touched objects.
- We are being vigilant with continual hand washing and sanitizing.
- We are offering complimentary shopping services and curbside pickup for anyone who is sick or at higher risk.
- We are educating our team, customers and community on how nutrition, supplementation and healthy living choices can strengthen our natural defenses and help protect us against health issues and viruses like COVID-19.
- We are raising money to buy food and essentials for families in need during this time.
- We have closed the customer seating area. Grab and Go, Take Out and Delivery ONLY from the Juice Tree. Use the My Town 2 Go app for delivery.
- For the protection of the public health we will not accept any returns until further notice. All sales are final. Thank you for your understanding.
- For the protection of our team and community we will not be accepting cash or check until further notice. Card only.
- We are limiting some in demand product to 2 per customer. This will ensure that more people get the essential items they need each week.

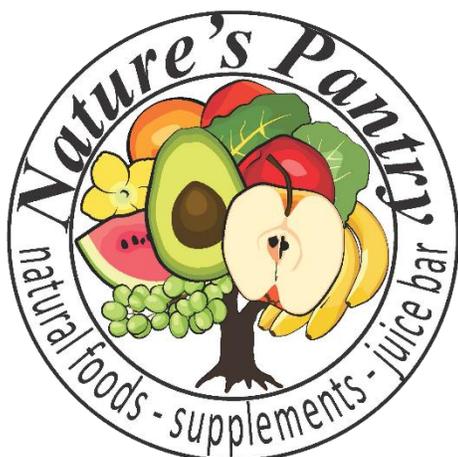
For brevity, we will end the list here, but know there is much more we are doing and working on to do our jobs even better and to create a safe environment for you to come and shop.

# Defend Yourself against CORONAVIRUS by Strengthening Your Own Natural Defenses



## STRENGTHEN YOUR NATURAL DEFENSES with DAILY HABITS and LIFESTYLE

- DRINK WATER – half your body weight in ounces each day.
- ADD more whole, plant nutrition – fruits and vegetables, dark leafy greens, garlic, and more.
- JUICES and SMOOTHIES – a delicious way to load up on vitamins and minerals.
- AVOID processed foods, especially refined sugar, which wreaks havoc on the immune system.
- GET Sleep – 7+ hours per night. Too little sleep can short circuit mental and physical health.
- GET fresh air and full sunlight!
- REDUCE Stress – too much stress can destroy the immune system.
- GET Moving – regular exercise boost the immune system in several ways.
- SUPPLEMENTS – there are a number of supplements that have been shown to strengthen the body's own natural defenses . . . come in to the store and we can help you find the right supplements for you.



Healthy daily habits and adding in the right supplements can put you in a strong immune stance to help protect you against illnesses like COVID-19 and can improve your overall long-term health. Remember, small habits lead to big change and we're here to help. We consider it an honor and a privilege and to help in any way we can and we'd be happy to talk with you on the fly or in a scheduled, free consultation. At Nature's Pantry, caring for you and your health needs is our mission because you are worth it!

*We will be offering curbside pickup and delivery during this difficult time. Call us at 541-963-7955 to place your order.*

Nature's Pantry 1907 4th St La Grande, OR.