

Food 4 THOUGHT

PAQ, INC. 100% EMPLOYEE OWNED

SEPTEMBER 2026

NOW OPEN!

MANTECA!

Food 4 LESS

THE NEW STORE Features

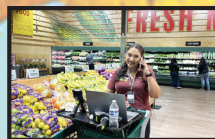
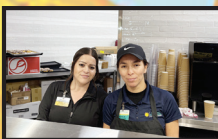
- Full-Service Meat & Seafood Dept.
- Authentic International Foods
- Grab & Go
- Tamales – Made Fresh Daily
- Handcrafted Sushi
- Artisan Cheese Shop
- Organic & Natural Favorites
- Fresh Juice & Smoothies Bar

AND MUCH MORE!

CHECK US OUT TODAY!

2301 W. ATHERTON DR. MANTECA, CA

Discover our newest store, featuring a fresh design, exciting new offerings, and a shopping experience unlike any of our other locations—all at **EVERYDAY LOW PRICES** you know and love.



Coming in October – Health Evaluations

Food 4 Less

FOOD 4 LESS / RANCHO SAN MIGUEL MARKETS
Health Evaluations for Employees



RANCHO SAN MIGUEL
100% EMPLOYEE OWNED MARKETS

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Health Evaluations are generally from 6 am to 10:50 am. See your location flyer for exact details.			1 #22 RSM Lodi	2 #4 Weston Ranch #7 Los Banos	3
4	5 RSC Lodi	6 #9 Ceres #11 San Luis Obispo #23 Merced	7	8 #12 Paso Robles	9 #2 Wilson Way	10
11	12	13 #13 Arroyo Grande	14 #24 Madera RSC Lodi	15 #16 Rancho Cordova	16 #1 March Lane	17
18	19 #14 Mack Rd	20	21 #3 Lodi F4L #27 Livingston	22 #15 Rio Linda	23 #28 Broadway	24
25	26 #6 Manteca #18 Atherton	27 #17 Fairfield #25 Greenfield	28 #8 Salinas #10 Atascadero #21 RSM Stockton	29 #29 RSM Hammer Lane Lathrop Warehouse	30 #5 Hammer Lane	31

Earn Money Each Paycheck to Reduce Your Benefits Costs!
Register at:

paqhealthy4life.com

or

use this QR Code



or call
(888) 708-8807
and use
reference code 'PAQ'

BACK TO BASICS

As owners of our company, please remember to pay attention to these items regularly:

- Is the store fresh and alive at 5:00?
- Is the store and your work area organized and ready for customers?
- Are we getting our customers checked out accurately and quickly?
- Are all employees who can cashier available on a register when lines become long?
- Are all product gaps filled overnight so the store is ready for our customers in the morning?
- Are we ensuring our restrooms are clean and in good repair?
- Are carts gathered throughout the day, and are our parking lots free of trash?

What other areas can we improve so our customers have a GREAT shopping experience?

Remember, every little bit helps generate customer loyalty and increase our ESOP share value.

Life Assistance

*Juggling all the responsibilities in life can feel overwhelming.
It's important to have tools and resources to help you in every situation.*

EMPLOYEE ASSISTANCE PROGRAM (EAP)

The Employee Assistance Program (EAP) provides 24/7 confidential support to guide you through any issue - from everyday matters to more serious problems.

Experienced representatives can help you in every area of life:

- Three (3) sessions per year (per issue) conducted by either face-to-face* counseling or video telehealth via a secure, HIPAA compliant portal
- Emotional/psychological issues
- Marital or family conflicts
- Child care and elder care concerns
- Stress, anxiety, depression, grief, and other emotional issues
- Alcohol and drug abuse
- Legal questions or concerns
- Personal and life improvement
- Financial problems

Mutual of Omaha EAP

Phone: (800) 316-2796

Website: Mutualofomaha.com/eap

ADDITIONAL EAP SERVICES

You don't have to handle anything alone. Should you need it, the EAP also provides short-term counseling in person and on the phone. You can also access:

- Legal resources, including a consultation with a legal professional
- Financial resources, including a consultation with a financial planner
- Work/life resources
- Online will preparation

Don't hesitate to reach out to EAP with any questions or concerns.

Stay connected by downloading our new app and help spread the word by sharing it with your family and friends.

DOWNLOAD OUR NEW APP



SIGN UP TODAY AND RECEIVE
\$10 OFF
YOUR FIRST IN-STORE PURCHASE OR
ONLINE ORDER OF \$50 OR MORE

CHECK OUT OUR REFRESHED WEBSITE
MyFood4Less.com

DESCARGA NUESTRA NUEVA APLICACIÓN



REGISTRESE HOY Y RECIBA
\$10 DE DESCUENTO
EN SU PRIMERA COMPRA DE \$50 O MAS
EN LA TIENDA O EN LINEA

VISITE NUESTRA NUEVA PAGINA RENOVADA DE WEB
RanchoSanMiguelMarkets.com



HAPPY

LABOR DAY