



PLANET ORGANIC

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December 18, 2007

Planet Organic Market Announces Green Christmas Contest Winners

(Victoria, BC) - Planet Organic Market, Canada's largest national chain of organic supermarkets, is pleased to announce the winners of their "Tell us how to keep your Christmas green and win!" contest. Congratulations to Shelly Buckler, Rene Ulrich, B. Wik, Joanne LaFrance and Linda West. They're all lucky winners of a \$100 Planet Organic Market gift card for participating in this contest.

The holidays are a joyful time, but it's always important to consider how our gifts and practices impact our environment, add to our collective ecological footprint, and affect the sustainability of our world. At Planet Organic Market, we are always looking for new ways to reduce our ecological footprint and be good to the Earth. It was wonderful to see how many people incorporate green practices into their holiday plans. Here are a few of our favourite suggestions:

"We made a tree skirt out of our daughter's out-grown clothes: they stitched together into a pretty funky pattern. The tree itself is artificial and was picked up at a garage sale."

"My kids and I use Christmas cards from the previous year to make gift tags. We use cookie cutters to trace shapes and then cut them out. We use "to and from" stamps on the back. They look great! We wrap gifts in brown Kraft paper, which can be recycled. Since I knit, I save all the leftover yarn to tie together and use as ribbon!"

For more innovative ideas on how to make your holiday celebrations more environmentally responsible, please visit our website at www.planetorganic.ca

Thank you to everyone who contributed!

About Planet Organic Market

Planet Organic Market operates natural food supermarkets in Edmonton, Victoria, Calgary, Port Coquitlam, Halifax, Port Credit and plans to open a store in Vaughn, Ontario in the spring of 2008. Planet Organic Market sells only 100% certified organic produce, all-natural groceries, healthy deli selections, organic meats and fair trade coffee in addition to all-natural supplements and body care products. We just say 'no' to trans fats, preservatives, food colouring and artificial flavours. Log onto www.planetorganic.ca to learn more.



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About Planet Organic Health Corp.

Planet Organic Health Corp. (TSX-V: POH) is a natural products industry company, comprising manufacturing, distribution and retail. Recognized as one of the Top 50 Companies on the TSX Venture Exchange, where it is listed as a Tier One company, Planet operates eight natural food supermarkets throughout Canada under the Planet Organic Market banner. The company also operates 50 natural health outlets under the Sangster's Health Centre banner and 7 natural health outlets under the Healthy's banner. Another Planet Organic Health Corp. company, Trophic Canada, is the country's leading manufacturer of natural supplements. The Company has a total of 64 stores throughout the country.

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For More Information, Please Contact

Mike Pepperdine
Suburbia Advertising
Phone: 250-744-1231 x 238
Email: mike@suburbiaadvertising.com