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Refer a Friend Contest Wrap-Up

Posted on [February 22, 2010](#) by [earthfare](#)

The [Refer a Friend Contest](#) is over, and we wanted to give a big SHOUT OUT to all who entered. We had 29 of our friends win a \$25.00 gift card for referring 10 of their friends to us. Here is a list of our winners (in no particular order)!

1. Daniel Billings
2. Heather Riecken
3. Christine Riggs
4. Marie Alcorn
5. Rebekah Jarrett
6. Lindy Harris
7. Jenny Melton
8. Emily Hamilton
9. Erin Widner
10. Tara Hogan
11. April Wallace
12. Christina Antone
13. Natalie Doherty
14. Dana Dyer
15. LaMurl Morris
16. DJ Sawyer
17. Karen Wissman

18. Jaim'e Sneed
19. Kim Doremus
20. Bill Doremus
21. Patricia Young
22. Ashley Peterson
23. Ashley Broadrick
24. Mariah Pate
25. Justine Liebana
26. Kimberly Morris
27. Laura Kathryn Marsh
28. Melissa Zayas
29. Donna Van Eerden

Thanks again to everyone who entered. And, happy shopping to our winners!

Missed this contest? No worries! Check out our [My Decade – My Health – My Journey Contest](#) to win BIG prizes!

This entry was posted in Uncategorized and tagged [contest](#), [Earth Fare](#), [healthy food](#), [supermarket](#). Bookmark the [permalink](#).

2 Responses to Refer a Friend Contest Wrap-Up



Maria Boyer says:

[February 23, 2010 at 2:23 pm](#)

Question, do you have recipes that you can share for people who can not tolerate casein in milk products and no carbs diet?

[Reply](#)



earthfare says:

[March 3, 2010 at 10:29 pm](#)

Hi Maria,

Thanks for your question! In terms of the special diet needs you inquired about, a dairy free diet would be appropriate. There is no such thing as a completely no carb diet. Low carb is definitely possible! To meet these needs, eat meat, lots of vegetables and few grains. Hope this helps!

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