



**COMMUNITY**  
**natural foods**  
nourishing our community since 1977

Bring Your Own Bag and  
Support Local Charities.

Shop In Store, Home Delivery & Curbside Pick Up



Nature's Way  
**CALCIUM  
MAGNESIUM  
WITH K2 &  
COLLAGEN**  
500ml  
**\$23.99**  
**SAVE \$5**



Innovite  
**ALLERGYTRYP**  
60ct  
**\$27.99**  
**SAVE \$4**



Genuine Health  
**FERMENTED  
VEGAN PROTEIN**  
600g  
**\$41.99**  
**SAVE \$8**



CanPrev  
**VITAMINS**  
Select Products  
**20% off**



See back page to  
learn more about  
our Change  
For The Earth  
program



Community Naturals  
**Grab & Go Lasagna**  
480-600g

**15% OFF**



Top Grass  
**Frozen Top Sirloin Steak**  
340g

**15% OFF**



Habibi's  
**Family Sized Hummus**  
450g

**15% OFF**





### GET GARDENING!

We've got what you need to get your garden growing

- Start your seeds indoors now! Choose from a variety of organic and non-GMO herbs, fruits and vegetable seeds from our trusted seed sources.
- Grow your own sprouts and microgreens year round with Mumm's organic seeds and sprouters.
- Sea Soil medium for Gardens and Pots, containing abundant amounts of macro-nutrients, micronutrients and trace elements to produce healthy plants with good growth, strong roots.
- Amend your soil with earthworm castings and Organic all-purpose produce plant and flower fertilizers to feed your garden throughout the summer.
- Bedding out flowers, fruit, vegetables and herb plants arrive in early May.



Organic  
**GREEN KALE**  
**\$1.99**  
bunch



Organic  
**GREEN ANJOU PEARS**  
**\$1.49/lb**  
\$3.28/kg

Organic  
**GREEN ONIONS**  
**\$1.29**  
bunch



Organic  
**RED ONIONS**  
**\$4.99**  
3lb Bag

Organic  
**CAULIFLOWER**  
**\$1.99**  
\$4.38/kg



Organic  
**MINI SWEET PEPPERS**  
**\$3.49**  
1lb Bag

## What Makes our Pork Different

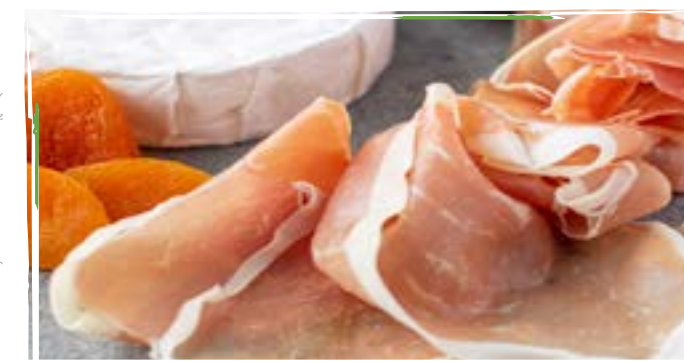
- All of the animals are humanely raised, free of antibiotics and hormone free
- We monitor all levels of production from farmer, to crafter and packer
- Alberta Raised
- Heritage Breeds
- No growth stimulants
- No animal by products
- Natural, non-GMO feed
- Deli meats are organic and nitrite/nitrate free; free of celery extract; gluten, soy and dairy
- Sugar free bacon and sausage options



Top Grass  
**Frozen Top Sirloin Steak 340g 15%OFF**



Rosdown  
**Boneless Skinless Chicken Drum & Thigh 15%OFF**



Marc Angelo  
**Prosciutto 200g 15%OFF**

## PLANT BASED FAVOURITE



Habibi's  
**Family Sized  
Hummus 450g**

**15%OFF**



# WE'RE WELLNESS EXPERTS

For 43 years you've trusted our Wellness Experts with your health. Whether it is a dietary change, health concern, questions about immune health or just the desire to improve your health and vitality, we've got experts in store that can help you take that next step.



**Meet Bethany**  
Customer Engagement  
@ Crowfoot Market

**Favourite product:**  
MegaFood Blood Builder

**Why:**  
This is a vegan, whole food iron supplement that can be taken without food and won't cause constipation.



NON-GMO

## Dr. Bronner's Pure Castile Soap

946ml

Face, body, hair & dishes, laundry, mopping, pets - clean your house and body with no synthetic preservatives, detergents or foaming agents-none!

**20% OFF**

## Natural Factors Ubiquinol 100mg

120sgel



Reduces the risk of cardiovascular disease and improves mental sharpness

**15% OFF**



NON-GMO

## Botanica Superfoods & Supplements

Achieve your best health through a natural, mindful approach to wellness

**20% OFF**

## Biosil Advanced Collagen Generator



Supports hair, skin, and nail health

**15% OFF**

## Flora Floressence with Turkey Tail

500ml



Offers gentle yet potent support to the detoxification, digestive and immune systems of the body

**\$29.99**  
**SAVE \$6**

## Nature's Way Calcium Magnesium with K2 & Collagen

500ml



Contains bone-friendly ingredients Collagen, Manganese, Boron, Vitamin K2 and Vitamin D3

**\$23.99**  
**SAVE \$5**



## Purica Recovery 3.0

120vcap

Great for athletes whose bodies are exposed to ongoing stress and inflammation, but also for those with chronic inflammatory diseases such as arthritis

**12% OFF**

## Prairie Naturals Red Superfoods

210g

Natural food-source antioxidants protect, heal, energize and restore.



**\$37.29**  
**SAVE \$6.70**



NON-GMO

## Genuine Health Fermented Vegan Protein

600g

A more digestible protein with a balanced amino acid profile - and gut health benefits!

**\$41.99**  
**SAVE \$8**



NON-GMO

## CanPrev Vitamins

Select Products

Supplements to help you on your journey to optimum health and well being

**20% OFF**

## Innovite AllergyTryp

60ct



Blocks the function of histamine-releasing trypsin, clinically proven, so you can breathe easy this season

**\$27.99**  
**SAVE \$4**

## CanPrev OmegaPro Balance

200ml



Beneficial for brain and eye health, supports healthy cardiovascular, metabolic, and inflammatory responses

**\$44.99**  
**SAVE \$5**

## Basd Body Care Products

227ml



Made from plant-based and organic ingredients

**15% OFF**



NON-GMO

## Bodylogix Whey & Vegan Protein Powders

Line Drive

Delivers superior performance-driven nutrition to athletes for real results

**15% OFF**



In partnership with Alvéole, the Urban Beekeeping company and as proud planet protectors, we installed beehives at each of our three store locations- on our rooftops at our 10th Ave and Chinook stores, and in our Crowfoot store's backyard. Now we have thousands of new buzzing colleagues that will pollinate the urban flora that surrounds us during the summer. At the end of the season, we'll harvest their honey and share it with our community.



# WE'RE PLANET PROTECTORS

We operate with environmental sustainability prioritized. From waste reduction and energy efficient equipment to being the first to stop using plastic bags, we're constantly looking at how to best protect our planet.

[communitynaturalfoods.com/sustainability](http://communitynaturalfoods.com/sustainability)



**Manitoba Harvest  
Hemp Hearts**  
Assorted Sizes

**20% OFF**



**Native Forest & San J  
Canned Vegetables and Sauces**  
Assorted Sizes

**15% OFF**



Follow us on Instagram @mycnf in April as we tell the stories of how our vendors are protecting the planet: from food waste diversion, to up-cycling and the reduction in packaging waste, our vendors are working hard to make a difference.



**Patience Fruit & Co  
No Sugar Added  
Dried Cranberries**

**\$4.99  
SAVE \$1**



**Lundberg  
Organic Rice  
Cakes**  
Assorted Sizes

**15% OFF**

**Love Good Fats  
Keto-Friendly Snack  
Bars**  
40g



**\$2.49  
SAVE \$.50**

**Sapsucker  
Organic Sparkling  
Maple Water**  
355ml



**\$2.49  
SAVE \$.50**

**Wildly Organic  
Organic Coconut Oil**  
414ml



**\$18.89  
SAVE \$3.10**

**Kalso Sourdough  
Classic Sourdough  
Spaghetti**  
500g



**\$8.79  
SAVE \$1.20**

**Lakanto  
Classic Monk Fruit  
Sweetener**  
235g



**\$9.29  
SAVE \$1.70**

**Organic Traditions  
Organic Cashew  
Milk Powder**  
150g



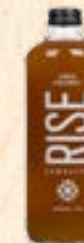
**\$11.89  
SAVE \$2.10**

**Ecoideas  
Organic Cacao Nibs**  
227g



**\$8.89  
SAVE \$1.60**

**Rise  
Kombucha**  
1L



**\$7.79  
SAVE \$1**

**Four O'Clock  
Organic Japanese  
Green Tea**  
16ct



**\$5.19  
SAVE \$1.30**

**Do Matcha  
Single Matcha  
Packets**  
1.5g



**\$1.69  
SAVE \$.30**

**Silver Hills  
Sprouted Grain  
Bread**  
430-360g



**15% OFF**

**Duso's  
Organic Fresh Pasta**  
250-360g



**15% OFF**



**Biobag  
Compostable Small  
Kitchen Bags 10L**  
20ct

These bags are highly breathable which allows waste to dry without leaving an unpleasant smell

**\$3.59  
SAVE \$1.20**



**Nature Clean  
Household & Personal  
Products**

Naturally-derived, hypoallergenic and biodegradable household products including laundry care, cleaning and personal care products

**15% OFF**



# Freshly Prepared & Ready to Eat

Enjoy our healthy and convenient options for all dietary preferences, made fresh daily.



Community Naturals  
**Grab & Go Lasagna**  
480-600g

**15% OFF**



Community Naturals  
**Organic Quinoa 100g**  
**12% OFF**  
Bulk



Community Naturals  
**Date Square**  
175g

**15% OFF**



Community Naturals  
**Organic Crystallized Ginger**  
**\$6.99** 150g  
Repack



Community Naturals  
**Beet Orange Walnut Salad**  
285g

**15% OFF**



Community Naturals  
**Organic Roasted Salted Pumpkin Seeds**  
**\$7.49** 165g  
Repack

**BUY IN BULK & SAVE**

Fill up on bulk items like herbs and spices and pantry essentials like nuts and seeds, and pastas and flours. We also have bulk liquids honey and maple syrup.

# GREAT PRICE EVERY DAY

We are about wellness for all, and to us wellness includes effective, quality products at an affordable price. We've taken several of our most popular products and priced them at very low prices to guarantee you the best deal on some of your every day favourite items.

Look for this tag in-store!

Blue Diamond  
**Almond Breeze**  
946ml



**\$2.99**

San Zenone  
**Gluten-Free Fusili**  
340g



**\$2.99**

Community  
Naturals  
**Breakfast Blend Coffee**  
340g



**\$11.99**

Late July  
**Jalapeno Lime Tortilla Chips**  
156g



**\$3.99**

Basic Roots  
**Truffle Brie**  
130g



**\$9.99**

Avalon  
**Vanilla Probiotic Yogurt**  
650g



**\$4.99**

Spolumbo's  
**Maple Breakfast Sausage**  
450g



**\$7.49**

Nature's Farm  
**Free Range Egg**  
30ct



**\$13.99**

Rosstown  
**Whole Fryer Chicken**



**\$0.85/100g**

Everyone  
**Spearmint + Lemongrass Hand Soap**  
377ml



**\$5.99**

Natural Factors  
**Vitamin C 500mg Tangy Chewables**  
180tabs



**\$13.99**

White Button  
**Mushrooms Org**



**\$4.49/lb 9.88/kg**





# CHANGE FOR THE EARTH

Help us reduce waste, and help your local community  
by shopping with your reusable bags.

**x1 reusable bag = 2¢ credit**  
**CNF Matches every 2¢ credit**



Learn more about our monthly charity at  
[communitynaturalfoods.com/change-for-the-earth](http://communitynaturalfoods.com/change-for-the-earth)

Store Hours:  
Monday-Saturday 9am-9pm  
Sunday 9am-7pm

**10th Ave Market & Cafe**  
1304 10th Ave SW

**Crowfoot Market**  
850 Crowfoot Cres. NW

**Chinook Market**  
202 61st Ave SW

**Home Delivery &  
Curbside Pick Up**



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nourishing our community since 1977

[communitynaturalfoods.com](http://communitynaturalfoods.com)

Sign up in-store for a free myCNF  
membership

Flyer pricing reflects member pricing.  
Non-members add 10% to all sale prices