



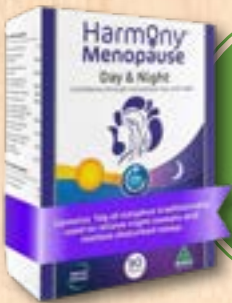
COMMUNITY
natural foods
 nourishing our community since 1977

Got questions?
 Need help with your order?
 Try our LIVE CHAT
 communitynaturalfoods.com

Shop In Store, Home Delivery & Curbside Pick Up



Meet Jessica,
 Customer Care
 Wellness Expert



Harmony
MENOPAUSE
DAY & NIGHT
 90tab
\$36.99
SAVE \$7



Alpha
SUPREME
MCT OIL
 500ml
\$21.99
SAVE \$4



Wedderspoon
K12 MANUKA
HONEY
 250g
\$20.99
SAVE \$5



Weleda
FACIAL &
BODYCARE
PRODUCTS
20% off



Lakanto
Classic Monkfruit Sweetener
 235g
\$9.29
SAVE \$1.70



Smart Sweets
No Sugar Added Sweet
Fish 50g
\$3.39
SAVE \$.60



Winter's Turkey
Frozen Ground Turkey
Variable Weight
20% OFF



We are committed to independent family farmers that choose certified organic and other growing methods that ensure the soil and planet health is of first consideration.

One CNF family farm is Leffer's Farm, owned and operated by the Leffers brothers, Howard and Cornelius. It is located north of Coaldale and 10-15 km northeast of Lethbridge. Acre by acre the farm has been converted to organic. The Leffers started down the organic road in 2002 and had their first organic field in 2005. All the vegetables they grow are certified organic which includes the carrots that Community Natural Foods carries. And if you've ever had a Leffer's carrot, you know how great they are. Many of us can't wait for September when these sweet treats come through our doors.



Organic
ITALIAN PARSLEY
\$1.98
bunch



Organic
MINI SWEET PEPPERS
\$3.99
1lb bag

Organic
BLACK KALE
\$1.98
bunch



Organic
AVOCADO
\$0.99
each

Organic
ROMA TOMATOES
\$1.98/lb
\$4.36/kg



Organic
BROCCOLI
\$1.98/lb
\$4.36/kg



SUSTAINABLE SEAFOOD

The Ocean Wise seafood program logo on seafood items makes it easier for consumers to pick out sustainable seafood options.

Sustainable seafood can be defined as species that are caught or farmed in a way that ensures the long-term health and stability of that species, as well as the greater marine ecosystem.

An Ocean Wise recommended species is:

- 1 Abundant and resilient to fishing pressures.
- 2 Well managed with a comprehensive management plan based on current research.
- 3 Harvested in a method that ensures limited bycatch on non-target and endangered species.
- 4 Harvested in ways that limit damage to marine or aquatic habitats and negative interactions with other species.

We prioritize the purchase of sustainable seafood and we clearly label all Ocean Wise products so you can make the best choice for the health of our oceans. Community Natural Foods is an Ocean Wise partner retailer.



Winter's Turkey
Frozen Ground Breast

20% OFF



Winter's Turkey
Frozen Ground Thigh

20% OFF



High Vibe Health
Local Organic Bone Broth

15% OFF

PLANT BASED FAVOURITE



Earth Balance
Plant-Based Buttery Spread
1.3kg

\$13.49
Save \$2.20

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 Anne
Customer Engagement Manager
@ Chinook Market

Favourite product:
Anne Marie Borlind's BB Cream

Why:
A little bit of morning magic that makes the day ahead a little more "radiant" "reflective" "refreshed" while being infused with "Botanical Hyaluronic Acid" to help you be a little more fine wrinkle and synthetic free.



New Roots Natural Health Supplements

A selection of their best selling products on sale!

15% OFF

Suro Kids Elderberry Syrup

236ml



Use it when you have a cough, sore throat, fever or congestion

\$16.89
SAVE \$3.10



AOR Stress & Relax Supplements

Select Products

Supports temporary relief from tension, stress and anxiety and supports a better sleep

15% OFF

Living Alchemy Your Flora Series

Made with diverse strains of microorganisms to help you balance & protect your own unique microbiome



15% OFF

Carlson Fish Oil

All Varieties



Supports heart, brain, vision & joint health

15% OFF

Preferred Nutrition Berberine 500mg

120caps



Helps maintain healthy glucose metabolism and cardiovascular health

\$29.99
SAVE \$6



New Chapter Whole Food Supplements

New Chapter's natural vitamins, minerals & herbal health products are whole-food complex - something your body recognizes & absorbs

15% OFF

Bach Rescue Pastilles

50g



Ideal for coping with stress and high pressure environments

\$8.39
SAVE \$1.60



Renew Life Cleansing Kits

Herbal Cleanses help get rid of the waste and built-up toxins in your system

15% OFF



Acure Facial & Bodycare Products

The perfect combination of super nutrients for powerful products that take skin & hair from blah to brilliant

20% OFF

Harmony Menopause Day & Night

90tab



Helps relieve night sweats, sleeplessness & restless disturbed sleep

\$36.99
SAVE \$7

Alpha Supreme MCT Oil

500ml



Provides energy for workouts, weight management & body building

\$21.99
SAVE \$4

Weleda Facial & Bodycare Products



Nourish your skin with rich plant oils that brighten your spirit & calm your mind

20% OFF



CanPrev Beauty Supplements

Select Products

Products to help promote healthy hair, skin and Nails

15% OFF



March 17th @ 7pm
Which Type Of Detox Is Right For You?
with **Dr. Terry Willard**
FREE ONLINE ZOOM EVENT

Dr. Willard will explain how you can get maximum benefit from cleansing with Wild Rose. He will dive into the importance of detoxing and discuss which Wild Rose D-Tox - Herbal D-Tox (classic), Liver D-Tox or Gentle D-Tox -is right for you.

Register at communitynaturalfoods.com/events

Why Fair Trade Matters

Fair Trade is based on the simple idea that the products bought and sold every day are connected to the livelihoods of others. Prioritizing Fair Trade products is a way that Community Natural Foods makes a conscious choice for a better world. When you choose a Fair Trade Certified™ good you are making the choice to support responsible companies that make sure their workers and farmers get a fair pay for their work and can support their families.

myCNF Verified

In our grocery products you'll never find:

- Artificial flavours, sweeteners and preservatives
- Artificial colours
- toxic substances
- Hydrogenated and partially hydrogenated oils
- Packaged products without ingredients listed on their labels
- Products from companies that conduct animal testing or contain ingredients currently tested on animals.
- Environmentally destructive chemicals

communitynaturalfoods.com/Mycnf-Verified



Yogi Tea
Organic Herbal Teas
16ct

\$5.89
SAVE \$1.10



Kettle
Potato Chips
170g-220g

15% OFF



ORGANIC

Peace River
Organic Honey
Assorted Sizes

15% OFF



GLUTEN FREE

Love Good Fats
Keto-Friendly
Snack Bars
39-40g

\$2.49
SAVE \$.50

Enjoy Life
Mini Chocolate
Chips
283g

\$5.89
SAVE 1.10

Pukka
Organic Turmeric
Gold Tea
20ct

\$6.29
SAVE \$1.20

Smart Sweets
No Sugar Added
Sweet Fish
50g

\$3.39
SAVE \$.60

ANS Performance
Chocolate Keto
Pancake Mix
454g

\$19.69
SAVE \$2.30



ORGANIC

Cookie Pal
Dog Treats

The most natural treat for your pet that you don't have to make yourself!

\$9.99
SAVE \$2

Beanfields
Nacho Cheese Bean
Chips
156g

\$4.29
SAVE \$.70

Eve's Crackers
Black Sesame Keto
Crackers
108g

\$7.89
SAVE \$1.10

Wedderspoon
K12 Manuka Honey
250g

\$20.99
SAVE \$5

Avalon
Organic Milk
1.89L

12% OFF

Lotus Foods
Millet Brown Rice
Ramen
425g

\$3.09
SAVE \$.40

Lakanto
Classic Monkfruit
Sweetener
235g

\$9.29
SAVE \$1.70

Daiya
Plant-Based Cream
Cheese & Cheesecake
227g-400g

12% OFF

Happy Planet
Juice
325ml

13% OFF



SUSTAINABLE

Naturezway
Paper & Waste
Products

Made from sustainable, ethically sourced materials that are compostable and safe for the earth

15% OFF

Freshly Prepared & Ready to Eat

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



Habibis
Cashew Hummus
200g

15% OFF



Community Naturals
Organic Red Fife Wheat Flour
\$0.61/100g
Bulk



Community Naturals
Muffin Singles & 4Packs
100-400g

18% OFF



Community Naturals
Organic Brown Flaxseed
\$0.45/100g
Bulk



Community Naturals
Brownie
145g
\$2.39
SAVE \$.60



Community Naturals
Organic Rolled Oats
\$0.48/100g
Bulk

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!

Community Naturals
Peru Andes Gold Coffee Beans
340g



\$11.99

Everland
Organic Light Coconut Milk
400ml



\$2.99

Earth's Choice
Organic Extra Virgin Olive Oil
1L



\$14.99

San Zenone
Organic Four Grain GF Penne
340g



\$2.99

Basic Roots
Truffle Brie
130g



\$9.99

Rosstown
Whole Fryer Chicken



\$0.80/100g

Avalon
Probiotic Plain Yogurt
650g



\$4.99

L'ancetre
Mozzarella 15%
325g



\$9.99

Avalon
2% Milk
4L



\$9.69

Everyone
Unscented 3 in 1 Lotion
946ml



\$11.99

Natural Factors
Acidophilus & Bifidus
180cap



\$19.99

Organic Girl
Organic Girl Salads
4/5oz Packs



\$4.99

Reset YOUR HEALTH

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



Every 3rd
Tuesday
@ 6:30pm

NUTRITION 101
with Michal Ofer

Still time
to join!

Every 4th
Tuesday
@ 6:30pm

COOKING 101
with Melisa Centofani

Join us for what will likely be a refresher for many, but new information for others. Each month Michal Ofer, will give you simple nutrition knowledge that she'll break down into easy to implement steps that you can do right away to make 2021 your healthiest year yet!

Melissa Centofani, holistic nutrition consultant, mom of 4 and former CNF employee, will teach you the cooking basics to go with the nutrition information you learned the week before. Learn how to prep, prepare, and use whole foods in delicious recipes the whole family will love.

Topics include: nutritional benefits of eating local; root vegetables 101; nutrition and Fair Trade; superfood chocolates; bone broth, soups and stews; importance of knowing where your meat comes from, along with some tasty recipes; healthy fats and oils; salad dressings and sauces; cravings and sugar; healthy treats; fibre basics and how to up your daily fibre intake.



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COMMUNITY
natural foods
nourishing our community since 1977

communitynaturalfoods.com

Sign up in-store for a free myCNF
membership

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