



COMMUNITY
natural foods
nourishing our community since 1977

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

Shop In Store, Home Delivery & Curbside Pick Up



New Roots
**ORGANIC
CARDIAC HEART
TINCTURE**
100ml
\$35.99
SAVE \$6



Ancient
Nutrition
**BONE BROTH
COLLAGEN**
321g
\$42.39
SAVE \$7.60



Suro
**iSleep Extra
Strong**
60cap
\$23.99
SAVE \$5



Desert Essence
**Coconut Oil
Toothpaste**
176g
\$7.99
SAVE \$2



Wholly Veggie
Sweet and Spicy Chickpea Meal
325g
\$6.69
SAVE \$1.30



Community Naturals
Vegetable Barley Soup
700ml
\$5.89
SAVE \$1.10



Platinum Alberta
Ground Bison
450g
\$13.99
SAVE \$3.50



Meet Jessica,
Customer Care
Wellness Expert



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
Avocado
\$0.99
each



Organic
Heirloom Tomatoes
\$3.49/lb
\$7.68/kg



Organic
Rainbow Chard
\$2.29
bunch



Organic
Green Onions
\$1.49
bunch

Organic
Broccolini
\$4.99/lb
\$10.98/kg



Organic
Green Gabbage
\$1.49/lb
\$3.28/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.



Platinum Alberta
Ground Bison 450g **\$13.99**
SAVE \$3.50



Platinum Alberta
Pork Leg Roast 1.5kg **\$15.99**
SAVE \$4



Bone Brewhouse
Bone Broth Soup 600ml **20% OFF**

PLANT BASED FAVOURITE



Upton Naturals
Shredded Jackfruit 200g
16% 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 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.



Botanica Perfect Protein Powders

A sprouted plant-based protein blend packed with naturally occurring vitamins, minerals, antioxidants, healthy fats & fibre

20% OFF

Suro iSleep Extra Strong

60cap

Helps relieve restlessness and/or nervousness and aids sleep



\$23.99
SAVE \$5



Natural Factors CoQ10 & Ubiquinol Supplements

Vital for proper heart function, cellular energy production, immune health & more

15% OFF

Innotech Fasting Days Mixed Berry

360g

Support Intermittent Fasting with a balanced nutrient powder.



15% OFF

CanPrev Magnesium BisGlycinate 200 Gentle

120vcap

Deficiency can lead to symptoms such as restless legs, muscles cramps & migraines



\$24.59
SAVE \$4.40

Ancient Nutrition Bone Broth Vanilla Collagen Protein

321g

Get the health benefits of real beef bone broth in a nourishing collagen powder.



\$42.39
SAVE \$7.60



Sisu Ester-C Supplements

Gentle on the stomach and absorbs faster into your immune system

15% OFF

Natural Factors Bioactive Quercetin EMIQ 50mg

60vcap

May support healthy blood pressure and heart health



15% OFF



Botanica Herbal Supplements

Formulations are rooted in traditional plant medicine and incorporate the whole plant, not just parts of it

20% OFF



Innovite Cardiovascular Health Products

Products that support your cardiovascular health (heart, blood vessels, blood pressure & circulatory function)

15% OFF

New Roots Organic Cardiac Heart Tincture

100ml

Eight nutrients recognized for their therapeutic beneficial effects on cardiovascular wellness



\$35.99
SAVE \$6

Ki Immune Defence & Energy Formula

60tabs

Formulated to support the immune system & energy production



20% OFF

Desert Essence Coconut Oil Toothpaste

176g

Helps draw out impurities from teeth & gums, while freshening breath.



\$7.99
SAVE \$2



Iron Vegan Supplements for Athletes

Supplements designed to fuel the next generation of athletes and adventures

15% OFF



Wednesday February 17th
@ 7pm

HEART HEALTH
A Natural Approach to Wellness
with Dr. Ryan Best N.D &
Leanne Aitkenhead C.H.N.C

Join Leanne Aitkenhead, C.H.N.C and Dr. Ryan Best, N.D. for a discussion about Heart Health. Learn how to keep your ticker healthy and strong through lifestyle, diet, and supplementation recommendations.

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.



Highwood Crossing, Dwarf Stars & Rosso Coffee
Love the Locals

15-20% OFF



Organic Traditions
Line Drive
Assorted Sizes

15% OFF

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



Master Chocolat
Valentine's Collection
61g

\$13.89



Good To Go
Keto-Friendly Nut & Seed Snacks
100g

\$5.49
SAVE \$1

Western Mills
Organic Short Grain Brown Rice
2lb

\$5.99
SAVE \$1

Le Preferida
Organic Refried Black Beans
398ml

\$3.39
SAVE \$.60

Cocomels
Salted Coconut Caramels
100g

\$5.99
SAVE \$1

Stoked Oats
Mountain Maple Oats
500g

\$8.39
SAVE \$1.60

Naked Natural Foods
Vegan Oyster Sauce
296ml

\$7.59
SAVE \$1.90

Wholly Veggie
Sweet & Spicy Chickpea Meal
325g

\$6.69
SAVE \$1.30

Bottlegreen
Raspberry Presse Beverage
750ml

\$4.69
SAVE \$1.30

Avalon
Organic Butter
454g

\$10.29
SAVE \$1.20

Galerie Au Chocolat
Salted Almond Milk Chocolate Bar
100g

\$4.59
SAVE \$.90

Earth's Choice
Organic Coconut Milk
160ml

\$2.49
SAVE \$.50

Sunflower Kitchen
Pesto, Soup & Dip
227g & 925ml

12% OFF

Rise
Kombucha
414ml-1L

11% OFF



Ever Bamboo
Odour Neutralizer Products

A 100% natural product, it can be recycled into the ecosystem after its use

20% OFF



Honey Candles
100% Beeswax Candles

Sourced directly from beekeepers in western Canada

15% OFF

Freshly Prepared & Ready to Eat

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



Habibis
Chickpea Hummus
240g
15% OFF



Community Naturals
Organic Oat Flour
\$0.61/100g
Bulk



Community Naturals
Vegetable Barley Soup
700ml
\$5.89
SAVE \$1.10



Community Naturals
Organic Chick Peas
\$0.89/100g
Bulk



Community Naturals
Chocolate Cupcakes
4pack
\$5.09
SAVE \$.90



Community Naturals
Raw Walnut Pieces
\$4.99 180g
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!

Community Naturals
Organic Maple Syrup
1L



\$26.99

Suzie's Organic
Organic Hot Sauce
237ml



\$4.99

Prairie Harvest
Organic Lasagna Sheets
454g



\$3.99

Earth's Choice
Organic Canned Black Beans
398ml



\$2.49

Basic Roots
Zesty Nacho Cheeze Spread
180g



\$8.49

Avalon
Probiotic Vanilla Yogurt
650g



\$4.99

Spolumbo's
Mild Italian Sausage
450g



\$7.49

Avalon
Organic 1% Milk
4L



\$9.69

Rosstown
Whole Fryer Chicken



\$0.80/100g

Everyone
Lavender & Coconut Hand Soap
377ml



\$5.99

Natural Factors
Hi Potency Multivitamin
90tabs



\$12.99

Roots Organic
Clamshell Herbs
1oz (28g)



\$2.49

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

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!

Still time
to join!

Every 4th
Tuesday
@ 6:30pm
COOKING 101
with Melisa Centofani

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.



A Natural Approach to Wellness
with Dr. Ryan Best ND &
Leanne Aitkenhead, C.H.N.C.

Dr Ryan Best ND and Leanne Aitkenhead, C.H.N.C. address your top health concerns in this free monthly webinar series. They'll discuss lifestyle recommendations/supports like exercise, meditation, diet and supplements.

February 17th @ 7pm: Heart Health
March TBD @ 7pm: Healthy Ways to Detox

For these FREE ONLINE ZOOM events register at communitynaturalfoods.com/events



communitynaturalfoods.com

Sign up in-store for a free myCNF membership

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