



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

Got questions?  
 Need help with your order?  
 Try our LIVE CHAT  
[yyc.communitynaturalfoods.com](http://yyc.communitynaturalfoods.com)

Shop In Store, Home Delivery & Curbside Pick Up



Organic  
 Roma  
 Tomatoes  
**\$2.49/lb**  
 5.48/kg



Meet Jessica,  
 Customer Care  
 Wellness Expert

Deepwater  
 Farms  
 Greens  
**\$4.49**  
 All Varieties



Organic  
 Broccoli  
**\$2.49/lb**  
 5.48/kg



Maison Orphee  
**Gourmet Cooking Oils**  
 Select Products

**20% OFF**



Filsinger's  
**Organic Apple Cider Vinegar**  
 946ml-3.78L

**15% OFF**



Abokicki  
**Chili Miso Sauce**  
 125ml

**\$7.59**

**SAVE \$1.40**



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. As much as possible we buy farm direct produce. There are years of trust and good will in the products we provide. In fact, Frank Sarro, our lead produce buyer, has 23 consecutive years of farm visits with producers, working with them to bring CNF customers the best product possible. We are proponents of organics and regenerative agriculture. Our produce department is all organic with a handful of wild, seasonal items.



**Meet Frank.**  
CNF produce category manager and CNF employee for 23 years.  
**Favourite produce item:** onions, because they are my most used item almost everyday. His heart answer is Nectarines! The richest, best tasting fruit that says summer.

Organic  
**Red Chard**  
**\$2.49**  
bunch



Deepwater Farms  
**Greens (all varieties)**  
**\$4.49**  
113g clam

Organic  
**Bok Choy**  
**\$1.49/lb**  
\$3.28/kg



Organic  
**Cauliflower**  
**\$1.98/lb**  
\$4.36/kg

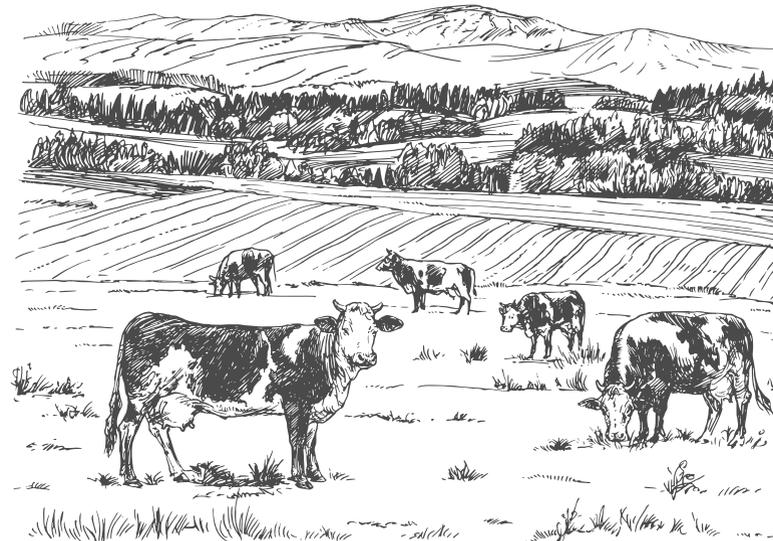
Organic  
**Roma Tomatoes**  
**\$2.49/lb**  
\$5.48/kg



Organic  
**Broccoli**  
**\$2.49/lb**  
\$5.48/kg

# WHAT MAKES OUR MEAT DIFFERENT?

- 1 We know the farmers and have toured the facilities.
- 2 Animal welfare is paramount. Animals get to be animals, with room to roam.
- 3 Antibiotic and hormone free.
- 4 Organic options, where possible
- 5 Our grass fed beef is Alberta-raised; grassfed on free range pasture free of pesticides and insecticides; and handled with care.



Top Grass  
**Frozen Beef Stew 454g** **15% OFF**



High Vibe  
**Local & Organic Bone Broth 710ml** **15% OFF**



Top Grass  
**Frozen Stir Fry 454g** **15% OFF**

# PLANT BASED FAVOURITE



Hodo Soy  
**Artisan Tofu Products**  
227g-284g

**15% OFF**

# WE'RE WELLNESS EXPERTS

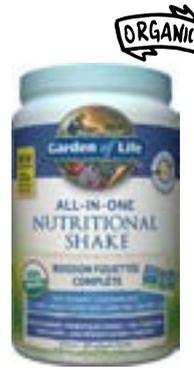
For 43 years you've trusted our Wellness Experts with your health. Whether it is a dietary change, health concern, questions about immune health or just the desire to improve your health and vitality, we've got experts in store that can help you take that next step.



**Meet Shirley**  
Customer Engagement Manager  
@ 10th Ave Market

**Favourite product:**  
Smart Solutions Vitamin D3

**Why:**  
It is tasteless, odourless and easy-to-use. Each droplet contains 1000 IU of D3 and is free from artificial preservatives, colours or sweeteners, dairy, soy, corn, wheat or yeast.



## Garden of Life All-In-One Nutritional Shake

A convenient, organic shake that's packed with 44 superfoods

**15% OFF**

## Bio-K Probiotics Liquid

Supports intestinal functions & the immune system



**15% OFF**



## MegaFood Whole Food Supplements

Made with farm fresh whole foods to provide essential vitamins & minerals

**20% OFF**

## Herbaland Sleep Plus Gummies 90ct



Improve your sleep quality with these delicious & sugar-free sleep gummies!

**\$12.69**  
SAVE \$3.30

## Natural Factors Elderberry Extract 100mg 60sgel



Traditionally used to relieve symptoms of cold & flu

**\$13.47**  
SAVE \$2.52

## VitaDay Women's Multi 60caps



Features greens, coenzyme B vitamins, cranberry, rhodiola & green tea.

**\$19.97**  
SAVE \$13



## Botanica Perfect Protein

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

**20% OFF**

## Organika Enhanced Collagen

Helps maintain healthy cartilage in the joints & reducing symptoms of joint pain.



**15% OFF**



## Garden of Life Protein & Greens

Green energy from raw, organic greens & green juices

**15% OFF**



## Smart Solutions Women's Supplements

Provides effective solutions to common health concerns

**15% OFF**

## Naka Liposomal Vitamin C 250ml



Fat soluble vitamin C that allows for better absorption

**\$19.99**  
SAVE \$3

## St. Francis Ashwagandha 60caps



Reduces anxiety & stress, improving stamina and brain function

**\$23.99**  
SAVE \$6

## Mad Hippie Advanced Skin Care



Cutting edge actives. Clean, safe ingredients

**15% OFF**



## Bulletproof High-Performance Food, Drinks & Supplements

Power your life!

**15% OFF**



Starting January 19th @ 6:30pm  
**NUTRITION 101**  
with Michal and Melisa  
ONLINE ZOOM EVENTS

If you feel overwhelmed with nutrition information and don't know where to start, creating a solid foundation will allow you to build your own healthy diet. If you are a veteran, wondering why things are not working as well as you'd like, revisiting the fundamentals will put you in a better place to learn and incorporate more advanced information. Twice each month our Nutrition 101 class will give you simple, easy steps that you can do right away (with information, recipes and how-to's) to make 2021 your healthiest year yet!

Register at [communitynaturalfoods.com/events](https://communitynaturalfoods.com/events)

# WE'RE THE TRUSTED SOURCE

We carefully research every product we sell and help you make informed choices through our myCNF-verified ingredients program, verified by a third party to maintain the latest research backed ingredient standards in Calgary.



**15% OFF**

Filsinger's  
**Organic Apple Cider Vinegar**  
946ml-3.78L



**20% OFF**

Maison Orphee  
**Gourmet Cooking Oils**  
Select Products

# 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 sourced using unfair trade practices

[communitynaturalfoods.com/Mycnf-Verified](https://communitynaturalfoods.com/Mycnf-Verified)



**ORGANIC**  
Amy's  
**Organic Canned Soups**  
398ml

**13% OFF**

Fody Food Co.  
**FODMAP Friendly Marinara Sauce**  
550g



**\$4.99**  
**SAVE \$1**

Abokicki  
**Chili Miso Sauce**  
125ml



**\$7.59**  
**SAVE \$1.40**

Kinnikinnick  
**Gluten-Free Chocolate Cookies**  
220g



**\$4.59**  
**SAVE \$0.90**

Good to Go  
**Keto Snack Bars**  
40g



**\$2.49**  
**SAVE \$0.50**

One Degree  
**Organic Sprouted Quick Oats**  
680g



**\$7.59**  
**SAVE \$1.40**

Do Matcha  
**Organic Matcha Tea Powder**  
80g



**\$35.19**  
**SAVE \$6.30**

Now  
**Xylitol Zero-Calorie Sweetener**  
455g



**\$9.49**  
**SAVE \$2.50**

GT's  
**Adaptogen Tea**  
480ml



**15% OFF**



**ORGANIC**  
Nature's Path  
**Organic Boxed Cereals**  
Assorted Sizes

**15% OFF**

Bobo's  
**Chocolate Chip Peanut Butter Oat Bar**  
71g



**\$2.99**  
**SAVE \$0.50**

Wildly Organic  
**Organic Coconut Oil**  
414ml



**\$18.59**  
**SAVE \$3.40**

Ripple  
**Plant-Based Milk**  
1.42L



**\$6.99**  
**SAVE \$1**

Earth Island  
**Plant-Based Products**  
Assorted



**12% OFF**



Aspenclean  
**Household Cleaning Products**

100% natural, ecocert certified,  
100% vegan, not tested on animals and  
made in Canada

**15% OFF**



Tru Earth  
**Laundry Detergent Eco-Strips**  
32ct

An eco-friendly laundry detergent, that's  
as sensitive on your skin, as it is to the  
environment

**15% OFF**

# Freshly Prepared & Ready to Eat

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



Community Naturals  
**Tuna Nicoise Salad**  
340g  
**15% OFF**



Community Naturals  
**Roasted Squash & Apple Soup**  
700ml  
**15% OFF**



Community Naturals  
**Veggie Chili**  
680g  
**15% OFF**



Community Naturals  
**Organic Dandelion Leaf**  
**\$8.90/100g**  
Bulk



Community Naturals  
**Organic Popping Corn**  
**\$0.65/100g**  
Bulk



Community Naturals  
**Organic White Chia Seeds**  
**\$3.29/100g**  
Bulk



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

# 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  
**Community Blend Coffee**  
340g



**\$11.99**

San Zenone  
**Organic Gluten-Free Spaghetti**  
454g



**\$2.99**

Community Naturals  
**Organic Whole Wheat Flour**  
2kg



**\$10.99**

Suzie's Organic  
**Organic Soy Sauce**  
296ml



**\$5.99**

Avalon  
**Probiotic Plain Yogurt**  
650g



**\$4.99**

Basic Roots  
**Artisanal Feta Style Cheese in Olive Oil with Sundried Olive**  
150g



**\$9.99**

Old Country  
**Bison Pepperoni**



**\$4.39/100g**

L'Ancetre  
**Mozzarella 15%**  
325g



**\$9.99**

Spolumbo's  
**Spicy Italian Sausage**  
450g



**\$7.49**

Everyone  
**3in1 Soap Lemon Coconut**  
946ml



**\$11.99**

Natural Factors  
**Acidophilus & Bifidus Probiotic**  
180cap

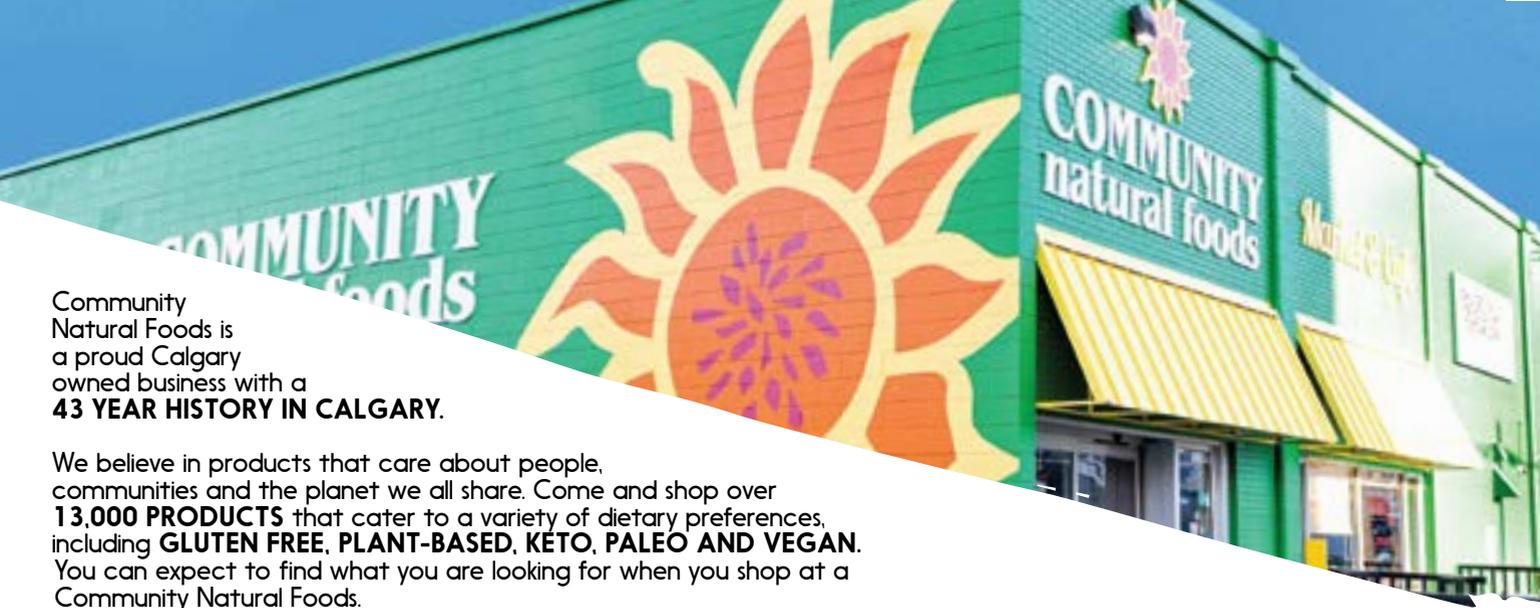


**\$19.99**

**White Button Mushrooms Org**



**\$3.99/lb 8.78/kg**



Community Natural Foods is a proud Calgary owned business with a **43 YEAR HISTORY IN CALGARY.**

We believe in products that care about people, communities and the planet we all share. Come and shop over **13,000 PRODUCTS** that cater to a variety of dietary preferences, including **GLUTEN FREE, PLANT-BASED, KETO, PALEO AND VEGAN.** You can expect to find what you are looking for when you shop at a Community Natural Foods.

And we know our producers. From deli to dairy, our shelves are packed with organic, locally-sourced, fruit, vegetables, fish, meat, supplements, body and home care products. We strive to provide the highest standard of products for our customers, supporting the **FAIR TRADE, LOCAL, REGENERATIVE AND ORGANIC INDUSTRIES** – because we want you to have the very best there is to offer!

From our **KNOWLEDGEABLE AND PASSIONATE STAFF**, to our free to attend online expert talks, you can expect an experience like no other when you shop with Community Natural Foods.

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



YYC Home Delivery



Curbside Pick up



National Delivery

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



Sign up in-store for a free myCNF membership

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