

WEEKLY SAVINGS FLYER



FREE 21 Day
Kick Sugar Program
with Michal Ofer

January 18-February 15
Tuesdays at 7pm

Register for free online:
communitynaturalfoods.com/events



Swerve
Zero Calorie
Sweeteners
340g

\$9.19
SAVE \$2.30



NEW

BLIS PROBIOTICS
Throat Guard Pro
30oz

**15%
OFF**



NEW

Palmini
Heart of Palm Pasta
338g

\$4.89
SAVE \$.90



GREENHOUSE JUICE
Greenhouse Juice &
Shakes
300ml

\$7.09
SAVE \$.90

Organic
Romaine Lettuce
\$2.99 each



Community Naturals
Freshly Made Soups 700ml
\$6.99-\$8.99



BC Organic
Honey Crisp
\$2.49/lb
\$5.48/kg





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

Flora Fromage
Plant Based Cheese
127g
\$14.99 - \$15.39



SUSTAINABLE

Manitoba Harvest
Line Drive
Assorted Sizes
15-20% OFF

ORGANIC

Organic Traditions
Select Products
Assorted Sizes
11% OFF

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; grass fed on free range pasture free of pesticides and insecticides; and handled with care.



Rosstown Natural Foods
Split Chicken Wings Variable Weight **20% OFF**



Sunworks Farm
Organic Extra Lean Grassfed Ground Beef 435g **15% OFF**



Holy Kraut
Fermented Sauerkrauts
500ml **\$9.99**

Made Good
Line Drive
Assorted Sizes



15% OFF

Earthbound Farm
Frozen Vegetables
300-350g



13% OFF

SUSTAINABLE

Raincoast
Canned Salmon & Salmon Jerky
Assorted Sizes
15% OFF



Califia
Plant Based Beverage
1.4L

11% OFF

PLANT BASED FAVOURITES

Earth Balance
Plant Based Peanut Butter, Buttery Spreads & Sticks
227-284g



11% OFF



Daiya
Cutting Board Shreds
200g

\$4.89
SAVE \$.60

10th Ave & Crowfoot Community Cafés



Community Cafe
16oz Smoothies Select Drinks **15% OFF**

Waisamama
Organic Guayusa Beverage
355ml **\$3.99**
SAVE \$.70



Chosen Foods
Ranch House Dressing
237ml



GREAT PRICE EVERY DAY
\$7.99

Nutiva
Coconut Manna
425g



\$11.49
SAVE \$2

KETO

Love Good Fats
Keto-Friendly Snack Bars
39g
Restore your body's natural pH level with the alkaline water filter
\$2.49
SAVE \$.50



Rolling Meadow
Just Cream
473ml

11% OFF

Dwarf Stars
Pumpkin Seed Butter Cups
42g **\$4.19**
SAVE \$.80



Weekly Savings Jan 20th - 26th

Available in stores, curbside & home delivery

Silver Hills
Squirrely, Macks Flax, Little Big Bread, Big 16 & Steady Eddy Bread
 430-615g

Little Northern Bakehouse
Wide Loaves
 567g

Chaeban
Marscapone Cheese
 500g

Big Mountain Foods
Plant Based Grounds and Linkns
 300-350g



12% OFF



\$6.49
 SAVE \$.80



\$10.19
 SAVE \$1.80



\$6.99
 SAVE \$1

Mate Libre
Sparkling Mate Tea
 250ml

New World
Organic Granola
 908g



\$2.79
 SAVE \$.70



\$9.19
 SAVE \$1.30

Caboo
Household Paper Products
 Assorted



10% OFF

Good JuJu
Laundry Detergent Eco-Strips
 Assorted



20% OFF



Salus
Floradix Formula Liquid Iron
 Assorted

Eases symptoms of low iron, including fatigue

15% OFF



Natural Factors
Factors All In One Immunity Start Up Kit

\$19.97



AOR
Therapeutic Supplements
 Select products

Transform health through evidence-based, natural and therapeutic products offered by AOR

15% OFF



Vega
Protein & Greens Vanilla
 614g

20g complete, plant-based protein and two servings of greens

\$29.99
 SAVE \$8



Renew Life
Cleansing Kits
 Entire Line on Sale

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

15% OFF



CanPrev
Premium Natural Health Products
 Select Products - Canadian

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

15% OFF

Buy in BULK & SAVE

We carry over 200 bulk items including:

- Baking Essentials
- Cooking Essentials
- Personal Care Liquids
- Sweeteners
- Cleaning Liquids
- Snacks
- Culinary Herbs & Spices
- Therapeutic herbs



Community Naturals
Organic Chick Peas 100g
12% OFF



Community Naturals
Organic Wild Rice 100g
12% OFF



Community Naturals
Organic Turmeric Powder 100g
12% OFF



Meet Vee
 Customer engagement, Crowfoot Market

Favourite Product:
 Botanica Perfect Greens. Perfect greens are a perfect way to start your day! The rich green powder mixes well in water, or juice, or in a morning smoothie, to provide an excellent source of energy and help support a healthy immune system. I prefer the unflavored option that is loaded with concentrated greens, as well as, a fruit and herb antioxidant blend. We can also benefit from the detoxifying and alkalinizing properties of this 100% organically grown product. Botanica Perfect Greens are also gluten free, dairy free, sugar free, and vegan.

Garden of Life
mykind Organics Plant Calcium
 90tab



Promotes bone strength

15% OFF

Suro
Elderberry Syrup
 Assorted



Fight colds, flu, cough and sore throat with SURO® syrup

15% OFF

Boiron
Oscillococinum
 12ct



For the relief of flu-like symptoms

\$18.99
 SAVE \$4

Enerex
Greens
 250g



For increased energy, vitality and stamina

\$46.99
 SAVE \$8

myCN Verified
 Clean Beauty

BASD
Body Care Products
 Assorted

20% OFF



Heritage Store
Rosewater Facial Mist
 237ml

15% OFF



Organic Cilantro
\$1.89 each



Organic Red Cabbage
\$1.49/lb
\$3.28/kg



Organic Romaine Lettuce
\$2.99 each



BC Organic Honey Crisp
\$2.49/lb
\$5.48/kg



Organic Mini Sweet Peppers
\$4.99 1lb bag



GREAT PRICE EVERY DAY

Roots Organic Organic Clamshell Herbs
\$2.49 Various



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

FREE EVENTS

FREE 21 Day Kick Sugar Program
January 18-February 15
Tuesdays at 7pm



with Michal Ofer

Heal your metabolism and conquer cravings!
January 27th @7pm



with Dr. Kate Rhéaume

Cooking 101 Series
Starting January 25th @7pm



with Melisa Centofanti

To register for our free events go to: communitynaturalfoods.com/events



In the spirit of reconciliation, we acknowledge that we live, work and play on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut'ina, the Iyāxe Nakoda Nations, the Métis Nation (Region 3), and all people who make their homes in the Treaty 7 region of Southern Alberta.

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

10th Ave Market & Cafe
1304 10th Ave SW

Chinook Market
202 61st Ave SW

Crowfoot Market
850 Crowfoot Cres. NW



communitynaturalfoods.com

Sign up in-store for a free myCNF membership
Flyer pricing reflects member pricing. Non-members add 10% to all sale prices

We reserve the right to limit purchases to retail quantities. Not all items may be available at all stores. Items advertised may not be exactly as illustrated. Prices do not include tax, deposit, environmental handling charges or levies.