

**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](http://communitynaturalfoods.com/events)



Swerve  
Zero Calorie  
Sweeteners  
340g

**\$9.19**  
SAVE \$2.30



**NEW**

BLIS PROBIOTICS  
Throat Guard Pro  
30loz

**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







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



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

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



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

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.



**SUSTAINABLE**  
Manitoba Harvest  
**Line Drive**  
Assorted Sizes  
**15-20% OFF**



**ORGANIC**  
Organic Traditions  
**Select Products**  
Assorted Sizes  
**11% OFF**

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**



Rolling Meadow  
**Just Cream**  
473ml

**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

## 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.



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



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

## 10th Ave & Crowfoot Community Cafés



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

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



**12%  
 OFF**

Little Northern Bakehouse  
**Wide Loaves**  
 567g



**\$6.49**  
 SAVE \$.80

Chaeban  
**Marscapone Cheese**  
 500g



**\$10.19**  
 SAVE \$1.80

Big Mountain Foods  
**Plant Based Grounds and  
 Links**  
 300-350g



**\$6.99**  
 SAVE \$1

Mate Libre  
**Sparkling Mate Tea**  
 250ml



**\$2.79**  
 SAVE \$.70

New World  
**Organic Granola**  
 908g



**\$9.19**  
 SAVE \$1.30

Caboo  
**Household Paper Products**  
 Assorted



**10%  
 OFF**

Good JuJu  
**Laundry Detergent  
 Eco-Strips**  
 Assorted



**20%  
 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**



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 evi-  
 dence-based, natural and  
 therapeutic products offered by  
 AOR

**15% OFF**



**VEGAN**  
 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**



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  
**Oscillococcinum**  
 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**

Weekly Savings Jan 20th -26th

Available in stores, curbside & home delivery





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](http://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](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

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.