



COMMUNITY
natural foods
nourishing our community since 1977

Community Café
is back June 25th at our
10th Ave Market

Shop In Store, Home Delivery & Curbside Pick Up



CanPrev
**Joint Pro
Concentrate**
500ml

15% off



Nature's Aid
**True Natural
Skin Gel**
All Varieties

15% off



Andalou Naturals
**Facial & Body Care
Products**

20% off



Alberta Natural
Products
**Organic Tea Tree Essential
Oil**
30ml

15% off



Violife
Plant-Based Cheese
150g-227g

15% OFF



Rvita
Royal Blackberry Energy Tea
355ml

\$3.99
SAVE \$1



Happy Belly Kombucha
Kombucha on Tap

16oz - 64oz
20% OFF



Meet Paul Henderson
Produce Manager at 10th Ave
Market

Favourite Product:
Organic BC Cherries

Why:
These usually arrive in the stores
mid to late June, and after a
long Alberta winter they are a
welcome sight that everyone
gets excited about! My favourite
cherries are deep dark red ones
we get from George Zebroff
who has supplied us with the
tastiest cherries and plums from
the very beginning! When not
snacking on these red beauties
I love to make 3 or 4 cans of
homemade brandy cherries for
the winter months. Then get
some vanilla ice cream and pour
the brandied cherries over for an
amazing dessert!



Organic
LIMES
\$2.49/lb
\$5.48/kg



Organic
MANGOES
\$1.49
each

Organic
CILANTRO
\$1.49
bunch



Organic
COLLARD GREENS
\$2.29
bunch

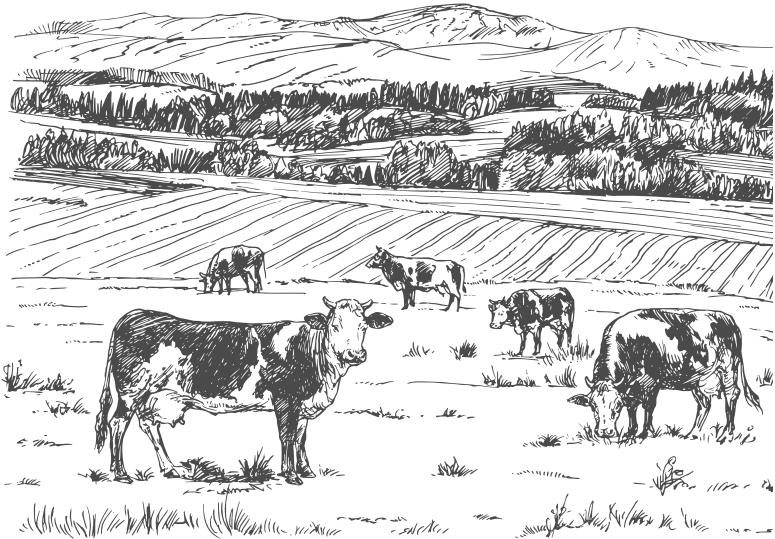
Organic
CAULIFLOWER
\$2.29/lb
\$5.04/kg



Organic
GREEN BEANS
\$2.99/lb
\$6.58/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.



Pioneer
Locally made Pork Sausage 450g **20%OFF**



Platinum Alberta
Raised without Antibiotic Pork Tenderloin **\$10.99**



Rosstown
Split Chicken Wings **\$1.69/100g**

PLANT BASED FAVOURITE



Field Roast
**Plant Based Sausage
& Burgers**
368g
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 Sally
Wellness Expert at our 10th Ave Market

Favourite Product:
Sunwarrior Liquid Light Fulvic Minerals

Why:
It is a highly absorbable source of fulvic minerals. Fulvic minerals come from organic matter decomposing into Himalayan soil or in deep water soil beds.



Naturtint Natural Hair Colour

Permanent hair colour, free of ammonia and featuring plant-based active ingredients

25% OFF

New Roots Prostate Perform 60sgel



Reduces Difficulty and Frequency of Urination. Daytime and Nighttime

15% OFF



New Chapter Whole Food Supplements

Entire Line on Sale

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

15% OFF

Whole Earth & Sea Super Mushroom



Enhances immune, antioxidant, and cognitive health

15% OFF

Flora CircuVein 60vcap



Clinically proven to reduce the visible signs of varicose veins

\$22.99 SAVE \$5

Life Choice Fiery Male 90vcap



Designed for men to balance their hormones and raise their testosterone levels

15% OFF



Bodylogix Whey & Vegan Protein

All Varieties

Delivers superior performance-driven nutrition to athletes for real results

15% OFF

CanPrev Joint Pro Concentrate 500ml



A complete joint pain relief formula

15% OFF



Nature's Way Nutraseda/Nutraveg Omega 3

From brain development to cardiovascular health, there's lots to love about omega-3.

15% OFF



Sisu Nutritional Supplements

Line Drive

Helping Canadians live a healthy, happy and balanced life

15% OFF

Nature's Aid True Natural Skin Gel

All Varieties



A must-have for your beauty care, skin care and skin wellness needs

15% OFF

Andalou Naturals Facial & Body Care Products



Unique, innovative ingredients to target your specific skincare needs

20% OFF

Alberta Natural Products Organic Tea Tree Essential Oil 30ml



Well known for its antibacterial, anti-microbial and antiseptic qualities

15% OFF



Natural Calm Magnesium Citrate Powder

Line Drive

Fast-acting, to relieve stress, improve sleep, reduce pain, promote heart health and more

15% OFF



In partnership with Alvéole, the Urban Beekeeping company and as proud planet protectors, we installed beehives at each of our three store locations- on our rooftops at our 10th Ave and Chinook stores, and in our Crowfoot store's backyard. Now we have thousands of new buzzing colleagues that will pollinate the urban flora that surrounds us during the summer. At the end of the season, we'll harvest their honey and share it with our community.

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.



Only Oats, Maison Orphee & Prairie Harvest
Celebrate Canadian Businesses



Organic Traditions
Line Drive
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



ORGANIC
Que Pasa
**Organic Salted
Tortilla Chips**
350g

\$3.99
SAVE \$.50



GLUTEN FREE
That's It
**Dark Chocolate
Fig Truffles**
142g

15% OFF

Made Good
**Sea Salt Star Puffed
Crackers**
121g



\$4.19
SAVE \$.80

The Good Crisp
**Outback BBQ
Potato Chips**
160g



\$3.79
SAVE \$.70

Holos
**Cacao Overnight
Museli**
90g



Overnight Oats -
Buy two, Get an
Overnight Oats jar
Free (\$5.49 Value -
while supplies last)

\$4.99
SAVE \$1.20

Oso Negro
**Chocolate Cake Dark
Roast Coffee**
454g



\$15.99
SAVE \$3

Little Tucker
Snickaroo Bites
35g



\$2.99
SAVE \$.50

Rvita
**Royal Blackberry
Energy Tea**
355ml



\$3.99
SAVE \$1

Rawcology
**Blueberry Raw
Crunch Granola**
200g



\$8.49
SAVE \$1.50

Violife
Plant-Based Cheese
150g-227g



15% OFF

Kite
**Ashwagandha
Orange Sparkling
Tea**
355ml



\$2.49
SAVE \$.50

Nuts to You
**Organic Smooth
Almond Butter**
250g



\$9.79
SAVE \$1.20

Field Roast
**Plant-Based Chao
Slices**
200g



15% OFF

Tree Island
**Greek & Fruit
Yogurt**
325g-350g



15% OFF



Cookie Pal
**Human Grade
Organic Dog Treats**

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

\$9.99
SAVE \$2



Biovert
**Dish Washing
Products**

*Inspired by Nature, Created for the
Environment*

10% OFF

Freshly Prepared & Ready to Eat

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



Happy Belly Kombucha
Kombucha on Tap
16oz-64oz
20% OFF



Community Naturals
Raw Almonds 100g
\$1.39
Bulk



Community Naturals
Ginger Molasses Cookies
Single & 12pack
15% OFF



Community Naturals
Roasted Salted Pumpkin Seeds 165g
\$6.69 Repack
SAVE \$.80



Community Naturals
Coronation Chicken Sandwich
each
15% OFF



Community Naturals
Wild Rice Sticks 100g
10% OFF
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!

Blue Diamond
Original Almond Breeze
946ml



\$2.99

Community Naturals
Breakfast Blend Coffee
340g



\$11.99

Chosen Foods
Italian Herb Oil Spray
134g



\$8.99

Late July
White Corn Tortilla Chips
227g



\$4.99

Basic Roots
Truffle Brie
130g



\$9.99

Spolumbo's
Mild Italian Sausage
450g



\$7.49

Avalon
Probiotic Vanilla Yogurt
450g



\$4.99

L'ancetre
Mild Marble Cheese
325g



\$9.99

Rock Ridge
Goat Feta Cheese
200g



\$4.99

Everyone
Soap 3 in 1 Citrus + Mint
946ml



\$11.99

Organic Traditions
Turmeric Powder
200g



\$6.99

Roots Organic
Organic Clamshell Herbs
Various



\$2.49



Our 10th Ave Market **Community** **Café**

Is Back June 25th

**3 DAY
SALE**

**June 25th-27th
@ 10th Ave
Market & Café**



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