



WEEKLY SAVINGS FLYER

myCNF
FLASH SALE
up to
30% OFF
select products
July 1st & 2nd



Righteous
Locally-Crafted
Gelato
562ml

15% OFF



Natural Factors
Total Body Collagen
Total Meal Replacement
855g

\$55.97
SAVE \$7.02



Kite
Sparkling Adaptogenic
Teas
355ml

20% OFF



Green Ocean
Bay Scallops 40/60
300g

\$8.99

Organic
Ataulfo Mango
\$0.99 each

50% OFF



Community Cafe
Freshly Made Grain Bowls
\$10.39 Save \$2.60



Organic
Lemons
\$3.99 per 2lb bag

40% OFF





Well Juicery
**Superfood
Lemonade**
355ml **\$2.99**



Chinook Cheese Co
**Locally Made
Haloumi Cheese**
330g **\$9.49**



Parch
**Locally-Made
Chinese Herbal Tea**
355ml **15% OFF**



Worthy Jams
Locally-Made Jams
235ml **15% OFF**



As a 45 year old local business, we believe strongly in supporting local producers, manufacturers and non-profits. We carry over 1,000 Alberta local products in-stores and online?



Go Macro
Line Drive
65g **15% OFF**



Iwon & From the
Ground Up
Snacks **15% OFF**
Assorted Sizes



Raised Without Antibiotic Meat

RWA stands for RAISED WITHOUT ANTIBIOTICS - RWA animals have NEVER received an antibiotic. Antibiotic-free, on the other hand, means that animals are weaned off any antibiotics for a time before they are sent to slaughter.

Only RWA animals have never had contact with antibiotics and are only fed a vegetarian diet that contains no animal by-products.

We are very proud of the unique arrangement with Spolumbo's in that they specially procure meat from certified RWA farmers for all of the Spolumbo's sausage we sell in our stores.



Spolumbo's
Locally Made Sausage 450g **20% OFF**



Winter's Turkey
Turkey Thigh or Breast Patties **\$3.09/100g**
SAVE \$.60/100g

Calgary Heritage
Roasting Co.
**Locally Roasted
Coffee**
340g



15% OFF

Honey Stinger
Line Drive
Assorted Sizes



20% OFF



Omega Nutrition
**Organic Coconut
Oils**
Assorted Sizes

15% OFF

Sunflower Kitchen
Pesto's & Baba Ghanouj
227g



10% OFF

L'ancetre
15% Mozzarella
325g



**GREAT
PRICE
EVERY DAY**
\$11.29

PLANT BASED FAVOURITES

Habibi's
Mediterranean Dips & Sauces
200-450g



15% OFF



Big Mountain
Foods
**Plant Based
Burger**
400g **15% OFF**

**only @ 10th Ave Market
Community Cafe**



Community Cafe
Freshly Made Grain Bowls **\$10.39**
SAVE \$2.60

Weekly Savings June 30th - July 6th

Available in-stores, curbside pick up & home delivery

Sweets from the Earth
All Natural Baked Sweets
75-680g



15% OFF

Humble
Organic Potato Chips
150g



15% OFF

L'Ancetre
Snack Size Mild Cheddar
8x21g



15% OFF

Flow
Alkaline Water
Assorted Sizes



15% OFF

Wild Brine
Wild Creamery Dip
241g



\$9.69

Naturezway
Household Paper & Waste Supplies
Assorted



15% OFF

Wild Tea Kombucha
Locally Crafted Kombucha
355ml



15% OFF

Attitude
Pet Grooming Products
Assorted



20% OFF

SUSTAINABLE
Nature's Way
Nutrasea/Nutraveg Omega-3
Assorted



15% OFF

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

NON-GMO
Whole Earth & Sea
Whole Food Supplements & Superfoods



15% OFF

Offers You Real Nutrition from Real Whole Foods

Prairie Naturals
Red Superfoods
210g



15% OFF

Natural food-source antioxidants protect, heal, energize and restore

CANADIAN
Canprev
Melatonin Liposomal Chocolate Brownie
450ml



15% OFF

Promotes relaxation, preparing the body to drift off as soon as your head hits the pillow

Salus
Magnesium
Entire Line on Sale



15% OFF

Supports a healthy circulatory system and helps relax the arteries and muscles

Lily of the Desert
Aloe Vera Products
Assorted



20% OFF

The Original Super Juice

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



Lovingly Made
Textured Pea Protein 100g

15% OFF



Community Naturals
Organic Maple Syrup 100g

15% OFF



Community Naturals
Raw Almonds 100g

15% OFF



Meet Shirley
Customer Engagement Manager
at 10th Ave Market

Favourite Product:
Botanica Lion's Mane Iced Tea A refreshing, delicious way to add Lion's Mane mushroom to your day. Organic whole food ingredients that is naturally high in electrolytes, perfect on a hot summer's day.

Flora
Immediate Relief Enzymes
60vcap



15% OFF

Laying the foundation for optimal digestion & regular bowel movements

SierraSil
Joint Formula 14
180caps



\$52.99
SAVE \$10

Supports joint, cartilage and muscle function

Canprev
Healthy Bones
240vcap



15% OFF

Complete bone building blend with critical calcium, magnesium, D3, K2, and trace minerals

Hyland
Leg Cramps
100tabs



\$11.99
SAVE \$3

For fast-acting relief of leg, calf and foot cramps

myCN Verified
Clean Beauty



Attitude
Tinted Mineral Sunscreen Face Stick
30g

\$10.99
SAVE \$3



Green Beaver
Natural Mineral Sunscreen Spray SPF 27
90ml

\$17.99
SAVE \$4

Weekly Savings June 30th - July 6th

Available in-stores, curbside pick up & home delivery



Organic
Ataulfo Mango
\$0.99
each



Organic
Celery
\$1.89/lb
\$4.16/kg



Organic
Lemons
\$3.99
2lb bag



Organic
Red Bulk Beets
\$2.49/lb
\$5.48/kg



Organic
Green Onions
\$1.49
bunch



Organic
Fennel
\$3.89/lb
\$8.56/kg

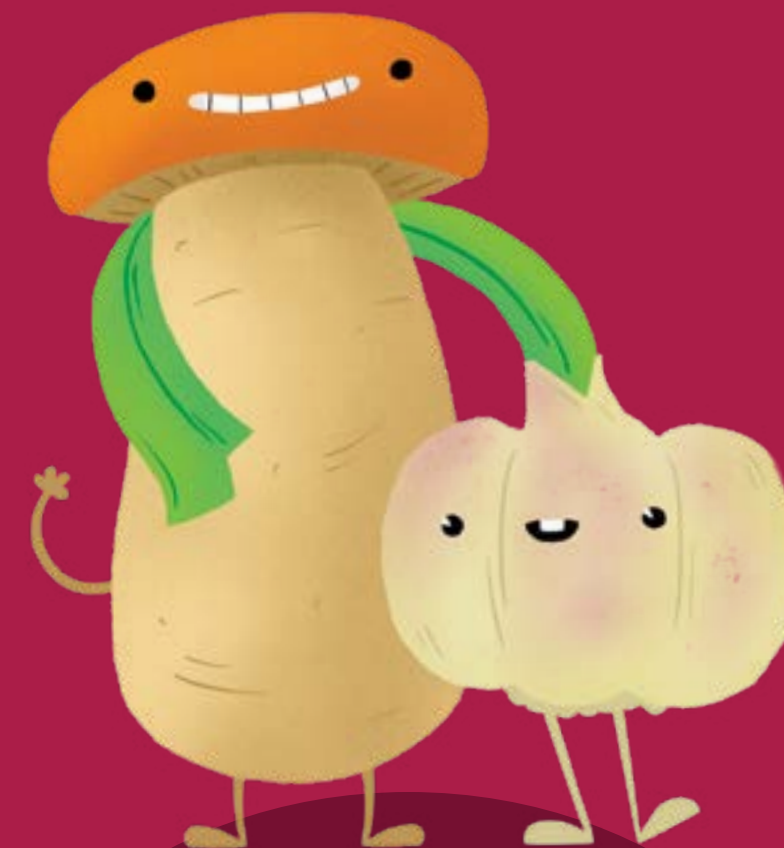


**GREAT
PRICE**
EVERY DAY

Roots Organic
Organic Clamshell Herbs
\$2.49
Various



for the
LOVE
of **LOCAL**



For the love
of the earth



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.