



CRFT  
Local Non-Alcoholic  
Beer  
473ml

**\$2.99**  
SAVE \$.50



**NEW**

Eversio Wellness  
Focus: Lion's Mane  
60vcap

**10%  
OFF**



Sonoma Creamery  
Cheese Crisps  
64g

**\$5.69**  
SAVE \$.80



**NEW**

Mclean  
Cervelat Mini  
Chub Org  
180g

**\$11.49**

**myCNF**

**FLASH SALE**

**30%  
OFF**

select products

**May 22nd & 23rd**

Organic  
Cantaloupe  
\$1.49/lb \$3.28/kg

**40%  
OFF**



Community Cafe  
12 inch Pizzas  
(10th Ave location only)



**20%  
OFF**



Organic  
Broccoli  
\$1.98/lb \$4.36/kg

**50%  
OFF**





**GREAT  
PRICE**  
EVERY DAY

Look for the Great Price Every Day logo for the best deal on some of our favourite grocery staples.



Vital Green Dairy  
**Locally Fermented Kefir**  
1L **\$4.49**  
SAVE \$1.50



Rock Ridge Dairy  
**Jersey Milk**  
2L **\$8.99**

McKenzie's  
**Raw Honey**  
3kg **15% OFF**



Pierogie Polish Foods  
**Organic Pierogies & Cabbage Rolls**  
**15% OFF**



Organic Traditions  
**Organic Superfoods**  
Select Products  
**15% OFF**

Let's Do Organic  
**Ice Cream Cones**  
Assorted Sizes



**15% OFF**

Kite  
**Sparkling Adaptogenic Beverages**  
355ml



**\$2.39**  
SAVE \$0.60

Stahlbush  
**Frozen Fruits**  
283g



**\$5.69**  
SAVE \$0.80

Hornby Organic  
**Energy Bars**  
80g



**\$2.99**  
SAVE \$0.50



Kettle  
**Potato Chips**  
220g **\$3.39**  
SAVE \$0.60



Canadian  
Nuts to You  
**Organic Pumpkin Seed, Sunflower Seed Butters & Tahini**  
250-500g

**15% OFF**



Low Sugar  
Lily's  
**Line Drive**  
Assorted Sizes

**15% OFF**

Queen Street Bakery  
**Superfood Bread**  
425-500g



**15% OFF**

Kartheins  
**Fermented Kimchi & Kraut**  
375-750ml



**15% OFF**



## What does RWA Mean?

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.

## PLANT BASED FAVOURITES

Tofurky  
**Plant Based Sausage**  
397g



**\$5.89**  
SAVE \$1.10



Just Egg  
**Plant Based Egg**  
227-340g

**15% OFF**



Platinum Alberta  
**Nitrate Free, Double Smoked Bacon 450g**  
**\$15.99**



Spolumbo's Fine Foods  
**Fresh Pork & Frozen Chicken Sausage 450g**  
**20% OFF**

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



Community Cafe  
**12 inch Pizzas**  
**20% OFF**

Weekly Savings May 19th - 25th

Available in-stores, curbside pick up & home delivery



Tree Island Yogurt  
**Cream Top Yogurt**  
500g



**\$5.29**  
SAVE \$1

Nouvelle Fromagerie  
**Sheep Milk Yogurt**



**10% OFF**

Avalon Dairy  
**Probiotic Yogurt**  
1.75kg



**GREAT PRICE**  
EVERY DAY  
**\$10.99**

Little Northern Bakehouse  
**Sandwich Buns, Dinner Rolls & Hot Dog Buns**  
200-260g



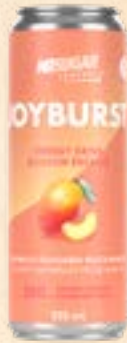
**15% OFF**

Sambazon  
**Frozen Acai Puree**  
4x100g



**\$9.29**  
SAVE \$1.40

No Sugar Co.  
**Joyburst Sugar-Free Energy Beverages**  
355ml



**\$3.49**  
SAVE \$.50

Ecomax  
**Dishwashing Products**  
Select Products



**15% OFF**

Aisle  
**Reusable Feminine Hygiene Products**



**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



hOMegrown Living Foods  
**Organic Sprouted Brazil Nuts 100g**  
**15% OFF**



hOMegrown Living Foods  
**Organic Spiced Nuts 100g**  
**15% OFF**



hOMegrown Living Foods  
**Candied CranApple Sprouted Walnuts 100g**  
**15% OFF**

  
**FLASH SALE**  
**30% OFF**

select products

**May 22nd & 23rd**

in stores  
and online



**Megafood Whole Food Supplements**  
Assorted

Made with farm fresh whole foods to provide essential vitamins and minerals.

**20% OFF**



**Natural Factors CurcuminRich Theracurmin**  
Assorted

More bioavailable than other leading forms of curcumin

**15% OFF**



**Smart Solutions CycleSmart**  
Entire Line on Sale

Helps stabilize menstrual cycle irregularities

**20% OFF**



**Botanica Herbal Supplements**  
Select Products

Formulations are rooted in traditional plant medicine and incorporate the whole plant, not just parts of it.

**20% OFF**



**Vega Sport Performance Protein**

Help build and repair your muscles post-workout

**15% OFF**



**AOR Therapeutic Supplements**  
Select Products

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

**15% OFF**

WomenSense  
**MenoSense Bonus**  
240vcap



For the reduction of hot flashes, night sweats

**15% OFF**

Progressive  
**Vege Greens Pineapple Coconut**  
265g



Helps to increase energy, renew mental clarity, detoxify your body

**15% OFF**

Efamol  
**Beautiful Skin Evening Primrose Oil**  
180sgel



Improves skin moisture, elasticity and firmness

**15% OFF**

Bach  
**Rescue Remedy**  
Assorted



Helps to relax, get focused and get the needed calmness on stressful days

**15% OFF**

myCNF Verified  
Clean Beauty



**BASD Body Care Products**  
Assorted

**25% OFF**



Heritage Store  
Rosewater Collection  
**Rosewater Facial Supplements**

**20% OFF**

Weekly Savings May 19th - 25th

Available in-stores, curbside pick up & home delivery





Organic  
Cantaloupe  
**\$1.49/lb**  
\$3.28/kg



Organic  
Field Cucumber  
**\$1.49/lb**  
\$3.28/kg



Organic  
Rainbow Chard  
**\$2.49**  
bunch



Organic  
Russet Potatoes  
**\$1.49/lb**  
\$3.28/kg



Organic  
Brussel Sprouts  
**\$3.99/lb**  
\$8.78/kg



**GREAT PRICE EVERY DAY**  
Organic Girl  
Assorted Salad Mixes  
**\$5.49**  
4/5oz Clamshells



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



# Free EVENTS

Register for online at:  
[communitynaturalfoods.com/events](http://communitynaturalfoods.com/events)



**Mitochondria Dysfunction:  
When the Powerhouse  
Powertrips**  
June 1st at 7-8pm

Mitochondria are essential to optimal health. They are the little organelles that were derived from ancient bacteria that produce energy. Without them, we would not be able to build our body bigger than a few cells. Recently it has been discovered that they are the source of nearly every disease/disorder on the planet and this is because they do FAR more than just make energy.



**Kid's Club: Gardening 101**  
May 29th at 11am  
@ Crowfoot Market

Come sit down for a relaxed morning chat with Marcella and all her tips and tricks to starting a garden and maintaining it. This is a chance to listen and learn from a passionate plant lover and ask any questions or provide any tips and tricks you may have.

Maximum 15 registrants.



**Kid's Club: Mini Gardens**  
June 12th at 11am  
@ Crowfoot Market

We want to encourage the children to come out and learn to plant their own mini garden and learn to care for it. If you have an empty 2L pop bottle or 4L milk jug, which would work best, please cut it in half and bring the bottom with you.

Maximum 15 registrants.



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.