

Shop In Store, Home Delivery & Curbside Pick Up

Bring your own containers and reusable bags and you can donate your 2 cent credit to Calgary Poppy Fund in November.

CNF matches all donations.



CanPrev
Nutritional Supplements
Assorted
15% off



Bodylogix
Whey & Vegan Protein
Assorted
15% off



Botanica
Perfect Greens
Assorted
20% off



Harmonic Arts
Superfood Elixir Mixes
Assorted Sizes
20% off



Silver Hills
Sprouted Grain Bagels
400g
\$4.99
SAVE \$.90



Master Chocolat, Earth's Own & SkinnyPop
Seasonal Favourites
\$3.99-\$19.59



Holy Kraut
Locally Fermented Krauts & Salts
100-500ml
15% OFF



SUSTAINABLE SEAFOOD

The Ocean Wise seafood program logo on seafood items makes it easier for consumers to pick out sustainable seafood options.

Sustainable seafood can be defined as species that are caught or farmed in a way that ensures the long-term health and stability of that species, as well as the greater marine ecosystem.

An Ocean Wise recommended species is:

- 1 Abundant and resilient to fishing pressures.
- 2 Well managed with a comprehensive management plan based on current research.
- 3 Harvested in a method that ensures limited bycatch on non-target and endangered species.
- 4 Harvested in ways that limit damage to marine or aquatic habitats and negative interactions with other species.

We prioritize the purchase of sustainable seafood and we clearly label all Ocean Wise products so you can make the best choice for the health of our oceans. Community Natural Foods is an Ocean Wise partner retailer.



Top Grass **Frozen Tenderloin 340g** **\$31.39**
SAVE \$5.60



Winter's Turkey **Ground Turkey Breast Various Weight** **\$2.39/100g**



Winter's Turkey **Ground Turkey Thigh Various Weight** **\$2.60/100g**

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!

Community Naturals **Peru Andes Coffee**
340g



\$11.99

Blue Diamond **Unsweetened Original Almond Breeze**
946ml



\$2.99

Organic Traditions **Organic Black Chia Seeds**
454g



\$10.99

Camino **80% Dark Chocolate Bar**
100g



\$4.99

Natures Farm **Free Run Eggs**
30ct



\$14.99

Old Country Sausage Shop **Fresh Bison Pepperoni**
Assorted Weight



\$4.59/100g

L'Ancetre **15% Mozzarella Cheese**
325g



\$9.99

Avalon Dairy **Plain Probiotic Yogurt**
650g



\$4.99

Foothills Creamery **Lightly Salted Butter**
454g



\$6.29

Everyone **Hand Soap - Spearmint + Lemongrass**
377ml



\$5.99

Natural Factors **Vitamin D3 1000IU**
90tab



\$3.99

Organic Girl **Organic Clamshell Salads**
4/5oz



\$4.99

PLANT BASED FAVOURITE



Habibi's **Family Sized Hummus**
450g

\$6.29
SAVE \$1.20

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 Shirley:
10th Ave Market Customer Engagement Manager

Favourite Product:
Harmonic Arts Concentrated Mushroom Powder. Lions' Mane - known as the smart mushroom, has excellent antioxidant properties that support brain and neurological health. Easy to use Harmonic Arts concentrated mushroom powder 1/4 tsp (1g) p/day, eaten as is or added to your morning brew. Lion's mane pairs well with ashwagandha (an adaptogen) in supporting stress and mood.



NON-GMO

Natural Factors Stress Relax Supplements

Select Products

Sleep and Stress Solutions

15% OFF

Ener-C Effervescent Vitamins

Assorted

Helps to increase and maintain your energy levels



15% OFF



NON-GMO

CanPrev Nutritional Supplements

Assorted

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

15% OFF

Carlson Cod Liver Oil

Assorted



Promotes cardiovascular, cognitive, and joint function

15% OFF

Flora Floressence with Turkey Tail

500ml

Gentle yet potent support to the detoxification, digestive and immune systems of the body



\$29.99
SAVE \$6

Nature's Plus Animal Parade Kids Immune Booster

90tab

Supplies zinc and vitamins A, C & E, and herbal supports



\$14.99
SAVE \$3



NON-GMO

Bodylogix Whey & Vegan Protein

Assorted

Delivers superior performance-driven nutrition to athletes for real results

15% OFF

Salus Floradix Formula

500ml



Energize With Floradix Iron

\$39.99
SAVE \$8



NON-GMO

New Chapter Whole Food Supplements

Assorted

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

15% OFF



ORGANIC

Botanica Perfect Greens

Assorted

Meet your daily greens quota!

20% OFF

St. Francis Deep Immune

Assorted



Supports and fortifies the immune system by restoring the body's innate balance

20% OFF

OctoVie Skincare Face Brush

Assorted



FACE Cleansing BEAUTY Brush has soft massage points for gentle cleansing

20% OFF

Weleda Skin Food

Entire Line on Sale



Hydrate and nourish with the Skin Food experience

20% OFF



Renew Life Digestive Support Products

Entire Line on Sale

Optimum health begins with a properly functioning digestive system

15% OFF

myCNF Verified Clean Beauty

We believe that what you put on your body is as important as the food you put into your mouth, so we've created the myCNF Verified Clean Beauty standards. Every ingredient is vetted through this program before it hits our shelves.

We have identified over 675 ingredients that we will never allow in our body care products.

Some of the top toxic chemicals you'll never find in our health and body care products are:

- Coal Tar Dyes*
- Petrolatum
- Triclosan
- BHA & BHT
- DEA DBP (Dibutyl Phthalate)
- Formaldehyde-Releasing Preservatives
- PEG Compounds 150+
- Siloxanes
- Parabens
- Parfum*

No animal testing. Most items are gluten-free and many are vegan.

*If a product at our store says parfum, look for the asterisk to take you to the bottom of the label for source of ingredients, ie organic essential oils.

*Community Natural Foods allows certain identified ingredients of concern, or "cautionary" ingredients due to inherent issues such as cross contamination and the lack of better ingredient options in products. These concerns include:

- Synthetic colors in hair colour
- Widely used and approved substances considered safe for use, such as fluoride in toothpaste
- Lower-risk surfactants and emulsifiers in hair colouring products

myCNF Verified Clean Beauty:
Effective Products that are safe for you and the environment.

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.

**\$3.99-
\$19.59**

Master Chocolat, Earth's Own & SkinnyPop
Seasonal Favourites Assorted Sizes

20% OFF

Better Than Foods
Konjac Noodles & Rice
Assorted Sizes

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

VEGAN

Harmonic Arts
Superfood Elixir Mixes
Assorted Sizes

20% OFF

NON-GMO

Pukka Tea
Herbal Teas
20ct

**\$6.39
SAVE \$1.10**

That's It
Fruit Truffles
142g

**\$5.89
SAVE \$1.10**

Snack Conscious
Peanut Butter & Jam Bites
425g

**\$3.39
SAVE \$.60**

Lakanto
Monk Fruit Sweeteners
Assorted Sizes

15% OFF

Galerie Au Chocolat
Line Drive
Assorted Sizes

15% OFF

Blissful Living
Organic Ghee
500ml

**\$22.89
SAVE \$4.10**

Giddy Yo
Raw Chocolate Bars
62g

**\$4.79
SAVE \$.70**

Paradise Mountain
Organic Coffee Beans
454g

**\$13.59
SAVE \$3.40**

Silver Hills
Sprouted Grain Bagels
400g

**\$4.99
SAVE \$.90**

Hagensborg
Creamy Cashew Butter Truffle Bar
40g

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

Lotus Foods
Line Drive
Assorted Sizes

12% OFF

Avalon Dairy
Organic Milk
1.89L

11% OFF

Holy Kraut
Locally Fermented Krauts & Salt
100-500ml

15% OFF

Attitude
Household Cleaning Supplies
Select Products

Leave your home sparkling clean and free of harmful contaminants

15% OFF

Honey Candles
Premium Handmade Candles
Assorted

100% pure beeswax candles, expertly hand crafted in small batches from Canadian sourced beeswax and carefully selected natural fibre wick.

15% OFF

Freshly Prepared & Ready to Eat

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



Community Café
Fresh Made Salads & Grain Bowls each

**Select menu items
(10th Ave Location Only)*

15% OFF



Community Naturals
Organic Popping Corn
100g
\$0.65

Bulk



Community Naturals
Beef, Turkey & Squash Lasagna's 480-600g

15% OFF



Community Naturals
Nutritional Yeast
100g
\$1.70

Bulk



Community Naturals
Beet Walnut & Orange Salad 285g

15% OFF



Community Naturals
Organic Rolled Oats
100g

\$0.49

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.

#BYOC IS BACK!



With an updated look at our 10th Ave Market & Cafe



- 1) Pre-weigh container at a till
- 2) Fill container
- 3) Take note of product #
- 4) Pay at till
- 2) Donate 2 cent credit to the featured local charity and CNF will match it.



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 Îyāxe 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

Customer Care
403-930-6363

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