

At Community Natural Foods we favor Organic with over 3000 products available.

Shop In Store, Home Delivery & Curbside Pick Up



Purica Lion's Mane 120cap \$46.95 SAVE \$6.04



Manitoba Harvest
Hemp Hearts
Assorted Sizes
20%OFF



MAXIMUM Banda Stradouth RxOmega 3 900 mg tradou market and and market and ma

Natural Factors
RxOmega 3 Triple
Strength
150sgel
\$29.97
SAVE \$28.02



Routine
Bodycare & Candles
20% off



Organic **Kiwi**

\$3.99 11b bag



Santevia
Alkaline Water System
Line Drive

10%OFF



BC Organic Red Peppers

\$4.99/lb \$10.98/kg



Forrest Nelson - Cawston, BC Forrest Nelson grew up in Cawston in a family of long-term orchardists. The Nelson family are well known orchardists and is well known in the Similkameen valley. When Forrest moved off onto his own farm, he decided to focus on ground crops as a means of differentiation. He has successfully run the farm for 20 years and we have been partnered over all those years. We are one of his only retail direct customers. Forrest mainly grows field tomato, peppers of many varieties,







Organic

\$4.49/lb

\$9.88/kg

BRUSSEL SPROUTS









Meet Sunworks Farm

Sunworks Farm is the home of Ron and Sheila Hamilton is located near Armena, Alberta. They run their farm in a manner which is environmentally friendly and economically and socially sound. And they have been raising Certified Organic Animals since 1997. Here are their core values:

- We believe that we are stewards of the land and that we should leave it in a better state than when we got it.
- We believe that our children and grandchildren have the right to be raised in a healthy environment.
- We believe that animals should be treated kindly, humanely, and ethically, and have access to fresh air, clean water and sunshine.
- We believe that a healthy environment and low stress, grows healthy animals, which reduces disease and the need for medications.
- We want to grow good, healthy food for our customers.
- We guarantee that you will not taste better meat than our pasture-raised products.



Mclean Meats Black Forest Ham & Sliced & Smoked Turkey



Sunwork Farm Sliced Deli Meats

15%**OFF**



Gidney Fisheries MSC Certfied Raw Split Lobster with Claw 200g

\$21.49

PLANT BASED FAVOURITE



Califia Farms Plant Based Milk Alternatives 1.4L \$5.79 Save \$1.10

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 Chanone Crowfoot Market Customer **Engagment Manager**

Favourite Product:

Rhoziva Rhodiola, is also known as Golden Root and considered a powerful adaptogen that is grown right here in Alberta. It is combined with a few other nutrients needed in the production of energy and immune support and is a great one stop supplement to support the body in times of mental, physical, emotional and environmental stress. When we are not in the fight or flight mode, our bodies are able to maintain balance and Rhoziva has helped me accomplish this.



150sgel

Host Defense

Progressive

VegeGreens

Helps to

increase energy.

clarity & detoxify

renew mental

your body

\$35.59

MycoShield Spray

New Earth Organics Super Herbs & Medicinal Mushrooms

Facilitates your journey into whole-food wholistic herbalism with the finest Earth offerings available.

5%OFF





15% **OFF**

Ester-C Supplements Assorted

Clinical studies show that Ester-C® increases vitamin C levels in the body for up to 24 hours

15%**OFF**



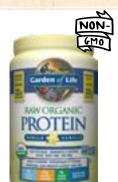


Purica Lion's Mane

120cap

Provides memory support and boosts

\$46.95 **SAVE \$6.04**



Garden of Life Raw Organic Protein Powders

Select Products

Perfect for helping to build and repair muscle while satisfying your taste buds

15%**OFF**

Routine



AOR Therapeutic Supplements

Select Products

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

15%OFF



Thirsty Naturals Skin Čare



Designed specifically to help balance oil prone, sensitive & changing



15%

OFF

natural

Bodycare & Candles Life changing





New Chapter Wholefood 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



September 21st @ 7pm Raising Healthy Kids: Ways to Support Your Child's Immune Health With Dr. Stephanie Rubino ND

Join our Naturopathic Doctor to learn which key immune health tips, along with foods and nutrients, can help to keep your kids feeling their best this year and beyond.



September 30th @ 7pm

Protection, Relief, Recovery: **Build Your Resilience Against** Winter Illness With Dr. Kate Rhéaume ND

Join our Naturopathic Doctor to learn how to best support and strengthen immunity to prevent seasonal illness, what to do if you get sick, and the best ways to bounce back to health after catching a bug.



We prioritize organics in all of our purchasing and carry over 3000 organic products in store. Look for the Organic certification logos.



GoGo Quinoa Quinoa Pasta 227g

20%OFF



Fody Food Co Line Drive Assorted Sizes

15%OFF



Traditional Medicinal Herbal Teas



250ml

\$5.19

Bremner's Frozen Blueberries



\$7.19

Earth's Choice Maison Orphee Guar Gum-Free Caesar Dressing Coconut Milk



Wildly Organic Organic Coconut Flour 454g



\$10.19

Eve's Crackers Black Sesame Keto Crackers



\$7.59

\$3.79

SAVE \$.70



Manitoba Harvest

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

New World Organic Smooth **Unsalted Peanut** Butter



\$9.69 **SAVE \$1.30**

Riviera **Set Style Petit Pots**



Okanagan Rawesome Super Greens Crackers



\$8.49 **SAVE \$1.50**

Greenhouse **Cold Pressed Juices**



Silver Hills **Sprouted Grain** Bread 430-680g



AVE \$1

Five Reasons to Go Organic

- 1) Organic products meet stringent standards.
- 2) Organic food tastes great!
- 3) Organic production reduces health risks.
- 4) Organic farms respect our water resources.
- 5) Organic farmers build healthy soil.



Eco-Max Natural Household Cleaners & Laundry

Made of 100% plant based ingredients derived from renewable and sustainable resources.

20%OFF



Santevia **Alkaline Water System** Line Drive

Restore your body's natural pH level with the alkaline water filter system

10%OFF

Freshly Prepared & Ready to Eat

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



Community Café Salads & Grain Bowls

(10th Ave Location Only)

15%**OFF**



Community Naturals Organic Red Lentils 100g \$0.69 Bulk



Happy Belly **Locally Crafted** Kombucha

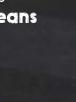
355ml

\$3.19 **SAVE \$.80**



Community Naturals Organic Red Kidney Beans 100g \$0.62

Bulk



\$7.99 Repack **BUY IN BULK & SAVE**

Community Naturals **Dark Chocolate** Covered Espresso

Beans 150a

Community Naturals Tuna & Egg Salad Sandwich

> each 15%**OFF**

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.



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!

Everland **Organic Coconut**



\$2.99

Earth's Choice Organic Chickpeas



\$2.49

Suzie's Organic Organic Yellow Mustard



\$2.99

Chosen Foods Pure Avocado Oil



\$16.99

Old Country Sausage Shop Fresh Bison Pepperoni



\$4.39/100g

L'Ancetre Mild Marble **Cheddar Cheese**



\$9.99

Basic Roots Plant Based Jalapeno Cream **Cheeze Spread**



\$8.49

Avalon **Probiotic** Strawberry Yogurt



\$4.99

Spolumbo's Spicy Italian Sausage



\$7.49

Evervone Apricot + Vanilla Hand Soap



\$5.99

Natural Factors Hi Potency Multi Vegetarian Formula



Organic Girl Organic Clamshell Salads





FROM CNF FAMILY FARMS

WHY CHOOSE LOCAL?

- Produce is fresher
- Produce is nutrient rich
- Reduces carbon footprint
- Supports your local economy

CNF Family Farms includes Alberta and BC organic farmers.

WHAT ARE MICROGREENS?

- Not another form of cannabis
- Nutrient dense and sprouted from the seed
- Sprinkle on salads, dress up tacos or add to a smoothie

YYC Microgreens is a Calgary-based supplier CNF has worked with since 2015

WHAT IS CNF FAMILY FARMS?

- Family farm directLocal and organic
- Farmer relationships that span decades
- Annual farm visits



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 Îyâxe Nakoda Nations, the Métis Nation (Region and all people who make their homes in the Treaty 7 region of Southern Alberta.

Store Hours: Monday-Saturday 9am-9pm Súnday 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