



COMMUNITY
natural foods
 nourishing our community since 1977

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



Natural Factors
**RxOmega 3 Triple
 Strength**
 150sgel

\$29.97

SAVE \$28.02



Routine
Bodycare & Candles

20% off



ORGANIC

Organic
Kiwi

\$3.99

1lb bag



Santevia
Alkaline Water System

Line Drive

10% OFF



ORGANIC

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, melons among other specialties.



BC Organic
BLACK KALE
\$2.49
 each



Organic
KIWI
\$3.99
 1lb bag



BC Organic
FIELD CUCUMBERS
\$2.49/lb
 \$5.48/kg



Organic
BRUSSEL SPROUTS
\$4.49/lb
 \$9.88/kg



Organic
YELLOW ONIONS
\$3.49
 3lb bag



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:

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



Mclean Meats
Black Forest Ham & Sliced & Smoked Turkey **15% OFF**



Sunwork Farm
Sliced Deli Meats **15% OFF**



Gidney Fisheries
MSC Certified 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 Engagement 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.



New Earth Organics Super Herbs & Medicinal Mushrooms

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

15% OFF

Nature's Plus Animal Parade Kid's Immune Booster

90tab



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

15% OFF



Sisu Ester-C Supplements

Assorted

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

15% OFF

Natural Factors RxOmega 3 Triple Strength

150sgel



Improves cognition, mood, and symptoms of depression and ADHD

\$29.97
SAVE \$28

3 Brains Memory Boost

120vcap



Enhances memory & promotes mental sharpness and concentration

\$29.97
SAVE \$4

Carlson Cod Liver Oil

500ml



Promotes cardiovascular, cognitive, and joint function

15% OFF



Purica Lion's Mane

120cap

Provides memory support and boosts brain health

\$46.95
SAVE \$6.04

Host Defense MycoShield Spray

30ml



5 powerful mushroom species: Agarikon, Red Reishi, Chaga, Birch Polypore

15% OFF



Garden of Life Raw Organic Protein Powders

Select Products

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

15% OFF



AOR Therapeutic Supplements

Select Products

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

15% OFF

Progressive VegeGreens

255g



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

\$35.59
SAVE \$6.40

Thirsty Naturals Skin Care



Designed specifically to help balance oil prone, sensitive & changing skin

15% OFF

Routine Bodycare & Candles



Life changing natural deodorants and more made at the base of the Canadian Rocky Mountains.

20% OFF



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.



15% OFF

Enjoy Life
Chewy Bars, Breakfast Ovals & Lentil Chips Assorted Sizes



20% OFF

Manitoba Harvest
Hemp Hearts Assorted Sizes

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.

Traditional Medicinal
Herbal Teas 16ct



\$5.19
SAVE \$.80

Bremner's
Frozen Blueberries 600g



\$7.19
SAVE \$.80

Hagensborg
Truffle Pig Bars 40g



\$2.99
SAVE \$.50

Okanagan Rawesome
Super Greens Crackers 145g



\$8.49
SAVE \$1.50



GoGo Quinoa
Quinoa Pasta 227g



20% OFF

Maison Orphee
Caesar Dressing 250ml



\$4.39
SAVE \$1.10

Earth's Choice
Guar Gum-Free Coconut Milk 400ml



\$3.79
SAVE \$.70

New World
Organic Smooth Unsalted Peanut Butter 1kg



\$9.69
SAVE \$1.30

Greenhouse
Cold Pressed Juices 300ml



\$7.19
SAVE \$1



Fody Food Co
Line Drive Assorted Sizes



15% OFF

Wildly Organic
Organic Coconut Flour 454g



\$10.19
SAVE \$1.80

Eve's Crackers
Black Sesame Keto Crackers 108g



\$7.59
SAVE \$1.40

Riviera
Set Style Petit Pots 4x120g



12% OFF

Silver Hills
Sprouted Grain Bread 430-680g



15% OFF

Eco-Max
Natural Household Cleaners & Laundry



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

20% OFF

Santevia
Alkaline Water System



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
each
(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



Community Naturals
Tuna & Egg Salad Sandwich

each
15% OFF



Community Naturals
Dark Chocolate Covered Espresso Beans 150g
\$7.99
Repack

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!

Everland
Organic Coconut Milk
400ml



\$2.99

Earth's Choice
Organic Chickpeas
398ml



\$2.49

Suzie's Organic
Organic Yellow Mustard
237ml



\$2.99

Chosen Foods
Pure Avocado Oil
500ml



\$16.99

Old Country Sausage Shop
Fresh Bison Pepperoni
Assorted Weight



\$4.39/100g

L'Ancetre
Mild Marble Cheddar Cheese
325g



\$9.99

Basic Roots
Plant Based Jalapeno Cream Cheeze Spread
180g



\$8.49

Avalon
Probiotic Strawberry Yogurt
650g



\$4.99

Spolumbo's
Spicy Italian Sausage
450g



\$7.49

Everyone
Apricot + Vanilla Hand Soap
377ml



\$5.99

Natural Factors
Hi Potency Multi Vegetarian Formula
90tab



\$14.99

Organic Girl
Organic Clamshell Salads
4/5oz



\$4.99



FROM CNF FAMILY FARMS *To your table*

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 direct
- Local 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 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



**COMMUNITY
natural foods**
nourishing our community since 1977

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