



**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



**ORGANIC**

Smartypants  
**Organic Kids**  
**Multivitamin Formula**  
 120ct  
**20% off**



Sisu  
**Ester-C**  
**Supplements**  
 Assorted  
**15% off**



Natural Factors  
**Melatonin 10mg**  
**Peppermint**  
 180tab  
**\$21.97**  
**SAVE \$15.02**



Naturtint  
**Natural Hair Colour**  
**15% off**

**ORGANIC**



hOMegrown Living Foods  
**Keto Baking Mixes**  
 Assorted Sizes  
**20% OFF**



Pioneer Butchery & Charcuterie  
**Local & Artisanal**  
**Pork Sausages**  
 450g  
**\$10.79**  
**SAVE \$2.70**

**ORGANIC**



Naked Natural Foods  
**Line Drive**  
 Assorted Sizes  
**20% OFF**





**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.



Organic  
**LEMONS**  
**\$4.99**  
 2lb bag



BC Organic  
**GREEN BARTLETT PEARS**  
**\$4.99**  
 3lb bag



BC Organic  
**ROMA & ORANGE TOMATOES**  
**\$1.98/lb**  
 \$4.36/kg



Organic  
**BROCCOLI**  
**\$2.49/lb**  
 \$5.48/kg

Organic  
**CAULIFLOWER**  
**\$2.49/lb**  
 \$5.48/kg



Organic  
**NAPA CABBAGE**  
**\$1.98/lb**  
 \$4.36/kg



# 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.



Platinum Alberta  
**Locally Raised Pork Belly 450g** **\$7.49**  
 SAVE \$2.50



Pioneer Butchery & Charcuterie  
**Local & Artisanal Pork Sausages 450g** **\$10.79**  
 SAVE \$2.70



Gidney Fisheries  
**MSC Certified Split Lobster with Claw 200g** **\$21.49**

## PLANT BASED FAVOURITE



Earth Balance  
**Plant Based Butters & Spread**  
 425-500g

**15% OFF**



# 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.



**LOVE LOCAL**

**New Earth Organics Super Herbs & Medicinal Mushrooms**

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

**15% OFF**

**Smarty Pants Organic Kids Multivitamin Formula**

120ct Includes Omega-3, probiotics and 14 essential nutrients.



**20% OFF**

**NON-GMO**

**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**

**Ener-C Effervescent Vitamins**

Assorted

Helps to increase and maintain your energy levels.



**15% OFF**

**St. Francis Deep Immune**

50ml

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



**\$21.19**  
**SAVE \$3.80**

**Natural Factors Melatonin 10mg Peppermint**

180tab

Helps you fall asleep faster, increasing the quality and duration of sleep



**\$21.97**  
**SAVE \$15.02**

**Purica Lion's Mane**

120cap

Provides memory support and boosts brain health



**\$46.95**  
**SAVE \$6.04**

**Natural Factors Real Easy Whey Meal Replacement**

940g

A convenient low-calorie solution to help your body lose weight in a healthy way



**\$49.97**  
**SAVE \$13.02**

**Garden of Life Raw Organic Protein Powders**

Select Products

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



**15% OFF**

**LOVE LOCAL**

**AOR Therapeutic Supplements**

Select Products

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



**15% OFF**

**Naka Vital Greens**

500ml

Contains chlorophyll to detoxify and deodorize



**\$33.99**  
**SAVE \$5**

**Nourish Organic Clean Skin Care**

Healthy, concern-free, eco-friendly skin care products that really work.



**20% OFF**

**Naturtint Natural Hair Colour**

Permanent hair colour, free of ammonia and featuring plant-based active ingredients




**15% OFF**

**NON-GMO**

**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.



Simply Organic  
**Spices & Gravy Mixes**  
Select Products

**20% OFF**



Farmer's Market, One Degree & Wholesome Sweeteners  
**Thanksgiving Essentials** Assorted Products

**10-15% OFF**

## 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.



hOMegrown Living Foods  
**Keto Baking Mixes**  
Assorted Sizes



**20% OFF**



Naked Natural Foods  
**Line Drive**  
Assorted Sizes



**20% OFF**

Guru  
**Organic Energy Drink**  
355ml



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

Elan  
**Organic Raw Walnuts**  
150g



**\$7.99**  
SAVE \$1.50

New World  
**Organic Almond Cashew Granola**  
908g



**\$9.19**  
SAVE \$1.30

Kaslo Sourdough  
**Sourdough Pasta**  
560g



**\$7.89**  
SAVE \$1.10

Seasnax  
**Original Seaweed Snacks**  
5g



**\$1.59**  
SAVE \$.40

Stahlbush  
**Frozbush Blueberries**  
283g



**\$5.49**  
SAVE \$1

Lakanto  
**Classic Monk Fruit Sweetener**  
235g



**\$9.29**  
SAVE \$1.70

La Chaudiere  
**Bingo Gouda Cheese Sticks**  
168g



**\$8.19**  
SAVE \$1.50

Harvest Sun  
**Organic Low Sodium Bouillon Cubes**  
6ct



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

Food for Life  
**Flax Cereal**  
454g



**\$9.29**  
SAVE \$1.70

Earth Balance  
**Plant Based Butter & Spread**  
425-500g



**15% OFF**

Avalon Dairy  
**Organic Eggs**  
12ct



**11% 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**

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  
**Burrito Bar** each  
*(10th Ave Location Only)*  
**15% OFF**



Community Naturals  
**Beef, Turkey & Squash Lasagna**  
480-600g  
**15% OFF**



Community Naturals  
**White Basmati Rice 100g**  
**\$0.88**  
Bulk



Community Naturals  
**Organic Black Chia Seeds**  
100g  
**\$0.99**  
Bulk



Tree Island Yogurt  
**Greek & Fruit Yogurt**  
325g-350g  
**15% OFF**



Community Naturals  
**Chocolate Covered NY Espresso Beans**  
**\$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!

Community Naturals  
**Espresso Roast Coffee**  
340g



**\$11.99**

Earth's Choice  
**Organic Canned Garbanzo Beans**  
398ml



**\$2.99**

Late July  
**Sub Lime Tortilla Chips**  
156g



**\$3.99**

Organic Traditions  
**Organic Cacao Powder**  
227g



**\$8.99**

Spolumbo's  
**Mild Italian Sausage**  
450g



**\$7.49**

Rock Ridge Dairy  
**Goat Milk Feta**  
200g



**\$4.99**

Basic Roots  
**Artisanal Feta Cheeze in Olive Oil with Sundried Tomato**  
150g



**\$9.99**

Avalon  
**Organic 2% Milk**  
4L



**\$9.99**

Natures Farm  
**Free Run Eggs**  
30ct



**\$13.99**

Green Beaver  
**Frosty Mint Toothpaste**  
75ml



**\$3.99**

Organic Traditions  
**Maca X-6 Powder**  
150g



**\$9.99**

Yellow Bananas  
**Organic**



**\$1.19/lb 2.62/kg**





# 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](http://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