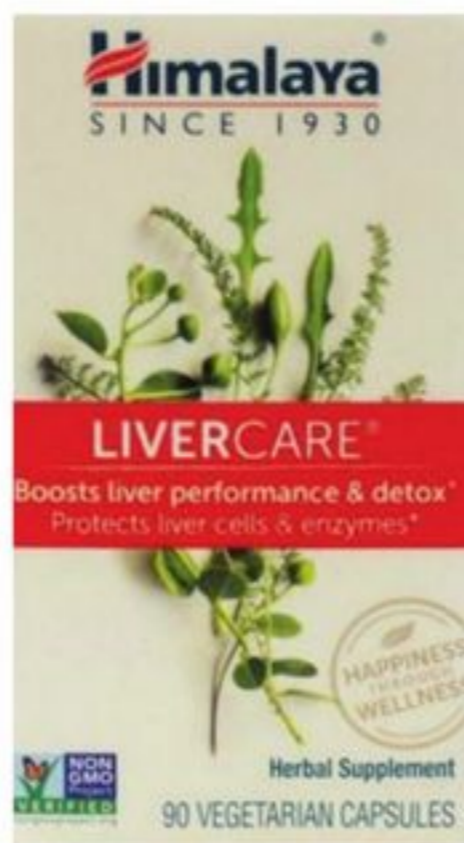


DEAL of the WEEK
30% OFF
NATURAL FACTORS
Magnesium Bisglycinate 200mg
250vcap

April 18 - 24



Himalaya
Herbal Supplements
entire line on sale

**15%
OFF**



Manitoba Harvest
Hemp Hearts,
Hemp Oil &
Granola
assorted sizes

**15%
OFF**



Organic
Red Bell Peppers
\$3.49/lb \$7.69/kg

April 18 - 24



Nature's Way
NutraSea/
NutraVeg Omega
3 Supplements
assorted

**15%
OFF**



Odd Sausage
Sausage
500g
April 18 - 24

\$15.99



**POP UP
BOTANICA
40% OFF**
April 20th



Community Naturals
Organic Green Lentils



10% OFF

Community Naturals
Organic Ultimate
Nut Mix



10% OFF

Community Naturals
Organic Black
Turtle Beans



10% OFF

Community Naturals
Organic Raw
California Almonds



10% OFF

Community Naturals
Organic Grain Free
Vanilla Almond Granola



10% OFF

Community Naturals
Organic Mountain
Munchie Mix



10% OFF

BULK

Learn more
about the
Baugher Ranch
Organics Family
Farm
here



Community Naturals
Organic Kidney Beans



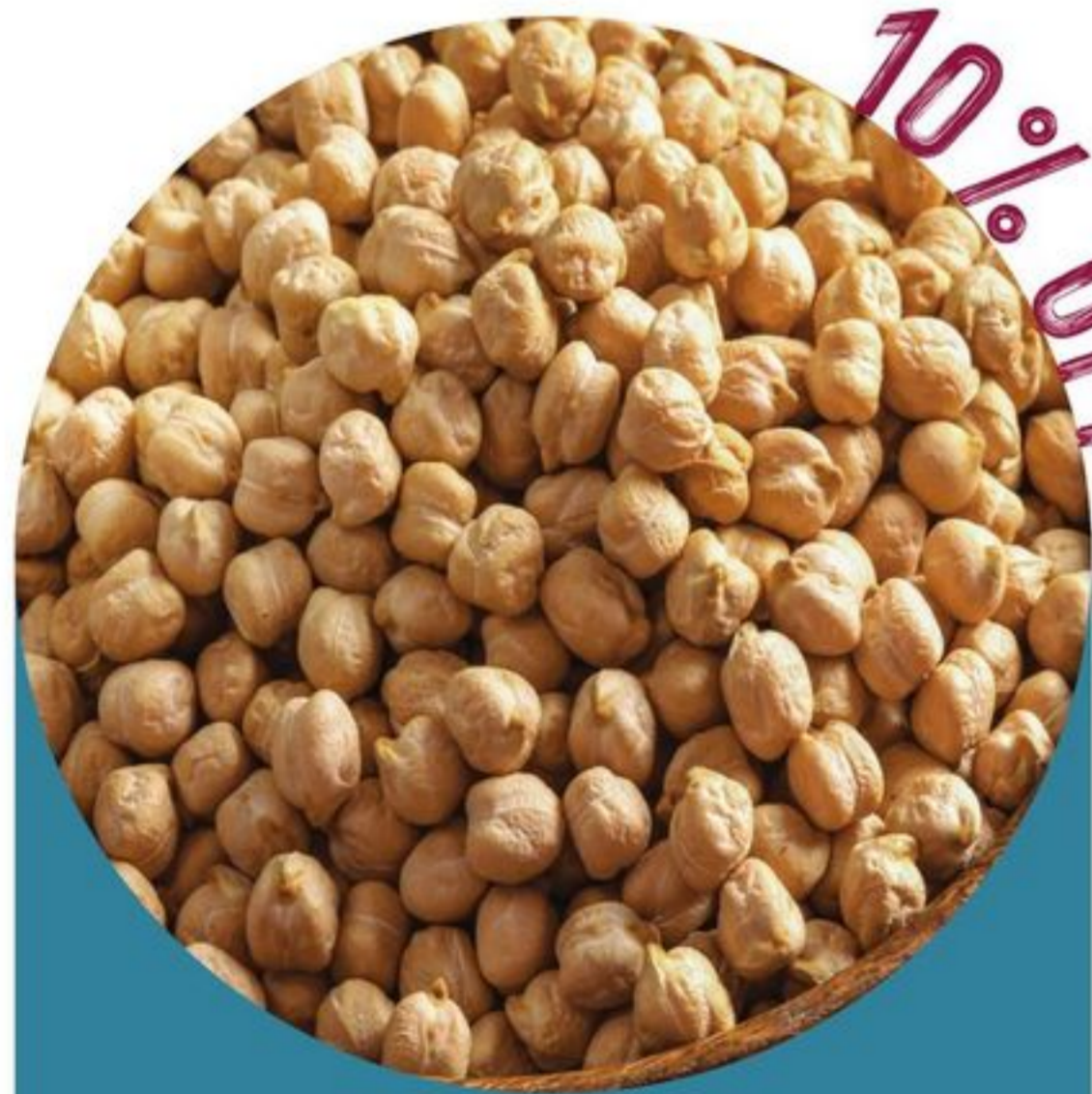
Community Naturals
Organic Psyllium Husk



Community Naturals
Organic Choco Nut Trail Mix



Community Naturals
Organic Chickpeas



Community Naturals
Organic Berry Granola



Community Naturals
Organic Hulled Millet



Learn more
about the
Chickplease
Organic Family
Farm
here



ORGANIC PRODUCE

April 18 - 24

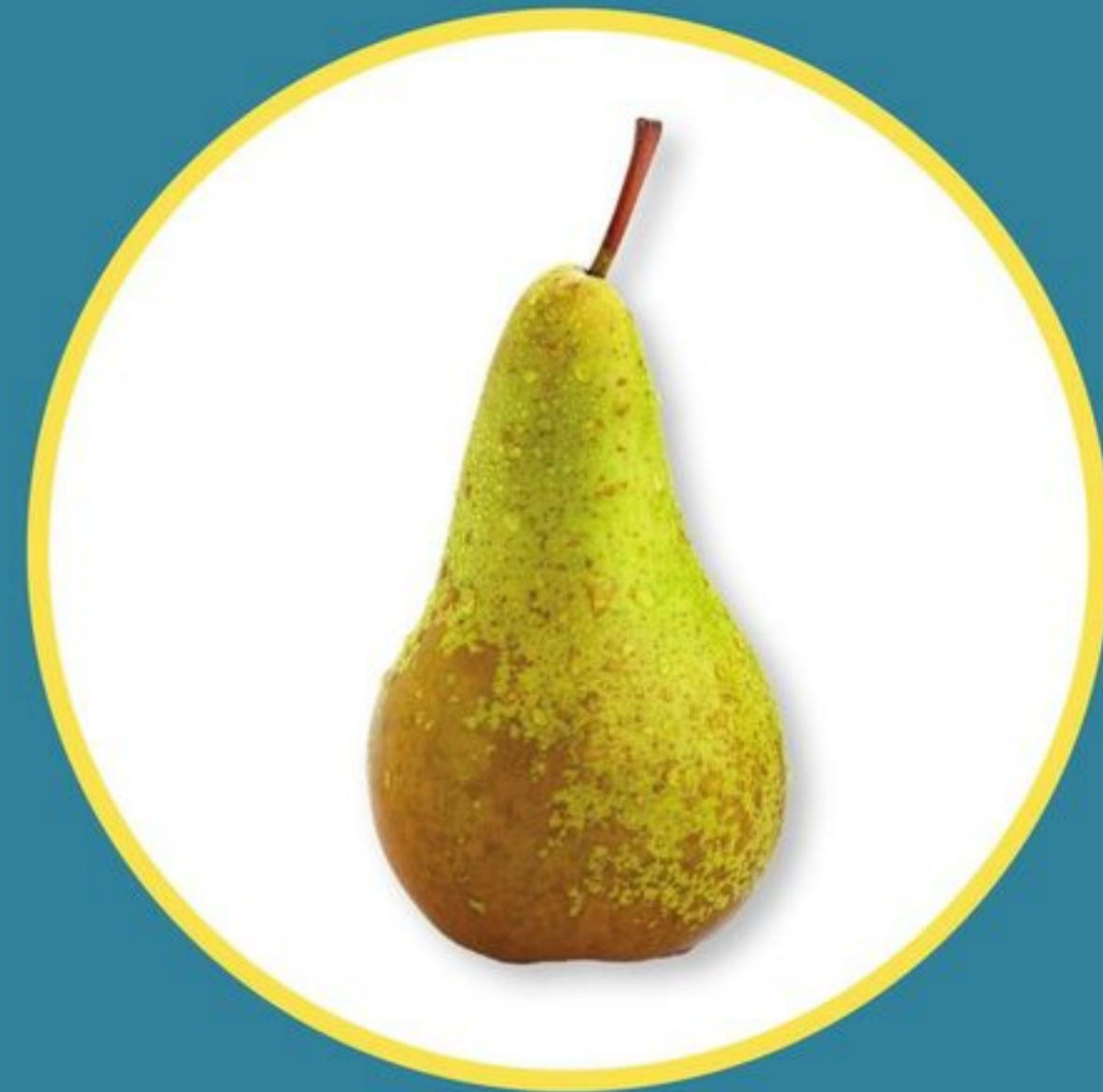
Organic Cilantro
\$1.99
bunch



Organic Mandarins
\$5.98
2lb bag



Organic Durondeau Pears
\$2.79/lb
\$6.14/kg



Organic Tomatoes on the Vine
\$3.99/lb
\$8.78/kg



Fair Trade Organic Green Beans
\$2.99/lb
\$6.58/kg



Organic Red Bell Peppers
\$3.49/lb
\$7.69/kg



15% OFF

Top Grass Cattle Co
Grassfed Lean
Ground Beef 454g

* Fresh Calgary * Frozen Edmonton



\$3.59 /100g

Gemstone Farm
Grassfed Beef Sausage
various



\$3.79 /100g

Lambtastic Farm
Ground Lamb
approx 450g

learn more
about
LAMBTASTIC
FARM
here



CINNAMON
INFUSED
BRAISED LAMB
RECIPE
here



Good Juju
Laundry Strips -
Summer Rain &
Unscented
36ct

\$11.99
SAVE
\$3.00



Caboo
Bamboo Paper
Products
assorted

15%
OFF

NEW WORLD
Peanut & Almond
Butter

365g-2kg

15% OFF



Start your day by
spreading some nuttiness



1%

1% of the proceeds from our
nut butters are donated to local
and global community initiatives



Lakewood
Organic Juices
370ml-946ml

10%
OFF



Manitoba Harvest
Hemp Hearts, Hemp
Oil & Granola
assorted sizes

15%
OFF



Nature's Path
Line Drive
assorted sizes

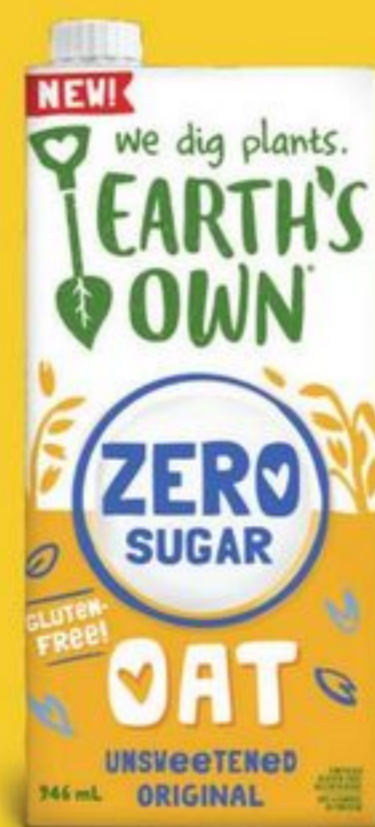
15%
OFF

Dip Dip Hooray!

Purchase 1 MadeGood Crunchy Cookies and 1 Earth's Own Oat M*lk for just \$8.†
+200g Crunchy Cookies and 946ml Oat Beverages



+



= \$8





Teccino
Herbal Coffee & Tea
Alternatives
assorted sizes

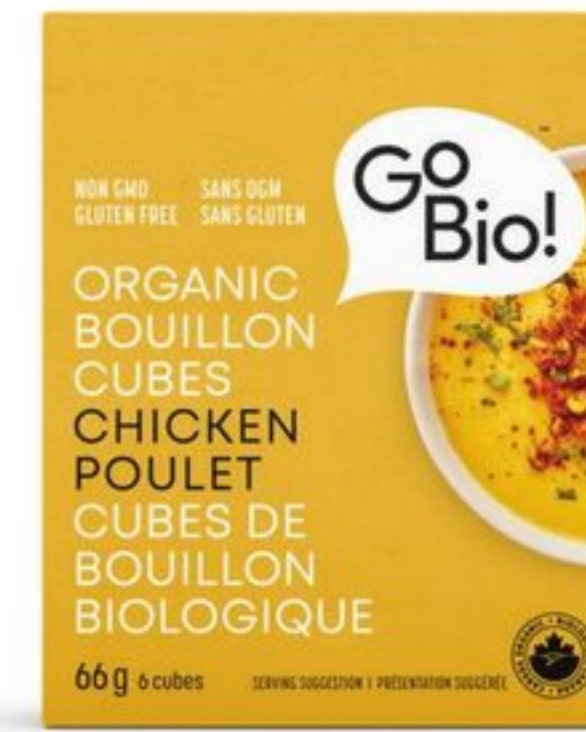
15%
OFF



Everland
Organic Canned
Coconut Milk
400ml

SAVE \$0.50

\$2.49



Gobio
Organic Bouillon
Cubes
assorted sizes

SAVE \$0.50

\$3.99



Kettle
Potato Chips
198g

SAVE \$0.50

\$3.89



Lunaberg
Rice Cakes,
Thin Stackers &
Rice Cake Minis
assorted sizes

SAVE \$1

\$5.99



Stahlbush
Frozen Fruits &
Vegetables
assorted sizes

15%
OFF



Organic Traditions
Coffee, Tea & Latte
Mixes
100g-200g

15%
OFF



Patience
Sourcran Dried
Cranberries
60g

SAVE \$0.50

\$2.99



Sweetmonk
Liquid Monk Fruit
50ml

SAVE \$3.20

\$17.79

GROCCERY



Rock Ridge Dairy
Locally Made Feta Cheese
200g



\$5.69



Hear Me Raw
Superfood Treats
46-120g



15% OFF

Highwood Crossing
Granola, Rolled Oat Flakes, Steel Oats & Museli
assorted sizes



10% OFF



Pierogerie
Organic Perogies & Cabbage Rolls
assorted



15% OFF



\$1 from every drink goes to Calgary/Edmonton Food Bank



\$5.49

Community Cafe
Yerba Mate Breakfast Tea
12oz

GRAB AND GO



15% OFF

Community Naturals
Chocolate & Vanilla Cupcakes
4pk



Mushroom Noodle Soup
recipe here

GROCCERY



Well Juicery
**Local Fresh
Pressed Juice,
Elixirs & Lemonade**
60-333ml

**25%
OFF**



Taste Republic
**Fresh Gluten Free
Pasta**
225-340g

**15%
OFF**



Wildbrine
**Fermented
Vegetables &
Sauces**
241ml-500g

**25%
OFF**



Silver Hills
**Select Loaves
& Bagels**
400-615g

**15%
OFF**



Spread Em
**Cashew Based
Cheese**
200g

**\$8.59
SAVE
\$2.20**



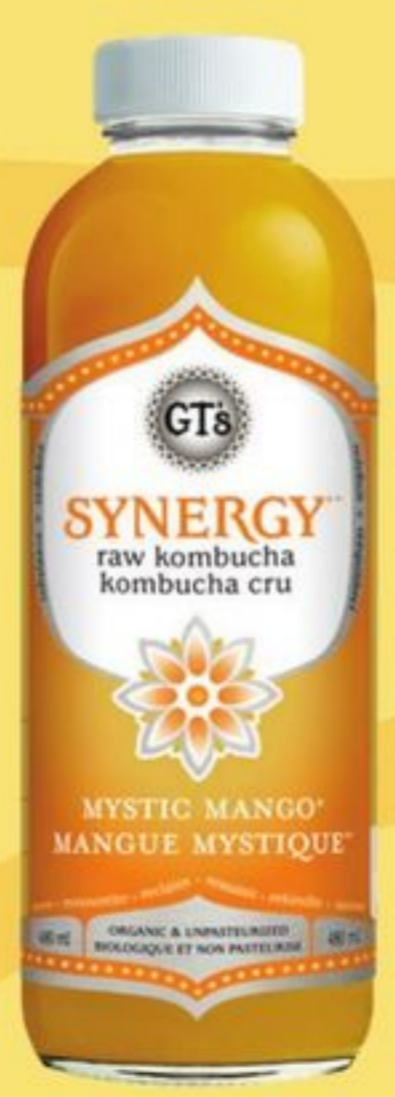
Wild Tea
**Kombucha
& Low Sugar
Soda** 355ml

**15%
OFF**



Maison Riviera
**Vegan Delight
Yogurt**
500-650g

**10%
OFF**



GT's
Kombucha
480ml & 1.4L

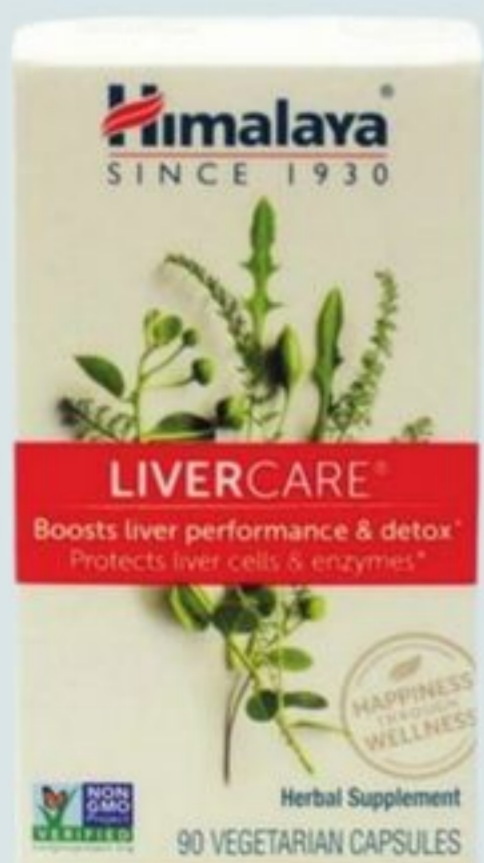
**10%
OFF**



O'Dough's
**Bagels &
Muffins**
300-340g

**15%
OFF**

HEALTH & BODY CARE



Himalaya
**Herbal
Supplements**
entire line on sale

15%
OFF



Nature's Way
NutraSea/NutraVeg
**Omega 3
Supplements**
assorted

15%
OFF



CanPrev
**Nutritional
Supplements**
select products on sale

15%
OFF



Organika
**Essential Aminos
Enhanced Collagen
Protein**
250g

15%
OFF



AOR
**Therapeutic
Supplements**
select products on sale

15%
OFF



Iron Vegan
**Athlete's Blend
Protein Powder**
entire line on sale

15%
OFF



Reset

TURN THOSE WINTER BLUES
GREEN



Garden of Life
**Sport Whey Protein
Powders**
assorted

**15%
OFF**



St. Francis
**Allergy Relief with
Deep Immune**
entire line on sale

**15%
OFF**



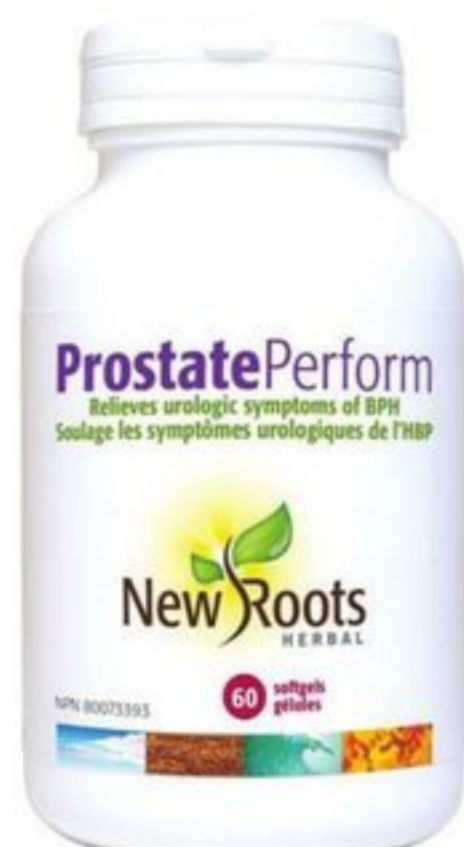
Flora
**Flor-Essence Herbal
Cleanse**
941ml

**15%
OFF**



Genuine Health
**Fermented Organic
Vegan Proteins+**
assorted

**15%
OFF**



New Roots Herbal
Prostate Perform
60sgel

**15%
OFF**



Living Alchemy
Women's Daily+
entire line on sale

**20%
OFF**



Natural Factors
**Vitamin K2 100mcg
Bonus Size**
360vcap

**15%
OFF**



Womensense
PCOSense
129g

**15%
OFF**



Natural Factors
**Regenerlife
Berberine**
90sgel

**15%
OFF**

HEALTH & BODY CARE

HEALTH & BODY CARE



AnneMarie Borlind
Skin Care &
Cosmetics
assorted

15%
OFF



Routine
Natural
Body Care
assorted

20%
OFF



Acure
Facial & Body Care
Products
assorted

20%
OFF



Organyc
Organic Cotton
Menstrual Products
assorted

15%
OFF



The Unscented Company
Natural Household
Cleaners &
Laundry Care
select products

15%
OFF



Dr. Bronner's
Pure Castile Soap
946ml

\$22.99

SAVE \$5



COMMUNITY
natural foods

nourishing our community since 1977

Local & Organic Produce, Meat &
Dairy, Bulk, Grocery & Vitamins

home delivery

\$20
OFF

YOUR FIRST
3 ORDERS

NEW ACCOUNTS ONLY
ON ORDERS \$75 OR MORE

shop.communitynaturalfoods.com

STRENGTH FROM NATURE

PURITY FROM SEED TO BOTTLE

15% OFF
IN-STORE
& ONLINE



NEED A VEGAN & GLUTEN-FREE OPTION?
Try Floravit Liquid Iron

FLORADIX & FLORAVIT LIQUID IRON GUARANTEED TO ENERGIZE

- Clinically proven to quickly raise iron levels (serum ferritin) in the body, thereby restoring energy and well-being
- Formulated for those with low iron or anemia
- Easily absorbed, non-constipating formula
- Contains B-Vitamins and naturally occurring Vitamin C for enhanced absorption
- Vegetarian, Kosher, no additives, preservatives, added sugar, or alcohol



CALCIUM-MAGNESIUM LIQUID

- Salus Calcium-Magnesium gives your body what it needs for strong and healthy bones and to maintain proper muscle function. Helps with bone and muscle recovery
- Contains easily absorbed forms of calcium and magnesium along with zinc, vitamin D, whole food concentrates, and digestive herbs for enhanced absorption



KINDERVITAL KIDS MULTIVITAMIN

- Give your kids what they need to be their best. Salus Kindervital Liquid Multivitamin contains core vitamins and minerals needed daily for optimal health
- Kindervital provides the essential building blocks to build healthy muscles, strong bones, enhance vision, and boost immunity



MAGNESIUM LIQUID

- Helps to relax muscles, lower blood pressure, and reduce feelings of stress and anxiety
- Reduces the risk of heart disease, hardening of the arteries, and restless leg syndrome and cramping



EPRESAT MULTIVITAMIN LIQUID

- Age well with Salus Epresat Multivitamin. Epresat helps support eye health and vision, improves immune system function, and reduces risk of memory or cognitive decline
- Increases intake of key vitamins for healthy aging and vitality



spend \$150

get:



a CNF Thermal Bag OR Jute Bag

spend \$200

get:



a CNF Cloth Bag

spend \$275

get:



a CNF Tumbler OR Smoothie Cup

April 22

In store only
No cash value
Cannot be combined with any other offer

Store Hours:
Monday-Saturday 9am-9pm
Sunday 9am-7pm

10th Ave Market & Cafe
1304 10th Ave SW,
CGY

Chinook Market
202 61st Ave SW,
CGY

Crowfoot Market
850 Crowfoot Cres. NW,
CGY

Strathcona Market
7914 104 St NW,
EDM



shop.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.