



Healthy Deals!

ZEVIA
Natural Cola | 355
mL



15% OFF
On Sale For \$1.27
Save \$0.22

SO DELICIOUS
Cashew Milk Dessert
- Slted Car | 500 mL



15% OFF
On Sale For \$8.07
Save \$1.42



Organic Produce

ORGANIC GREEN
ONIONS
\$1.29 ea



ORGANIC GREEN KALE
\$2.49 ea



ORGANIC GREEN
ZUCCHINI
\$2.49/ LB



ORGANIC CARROTS | 2
LBS **\$3.79 ea**



ORGANIC SHIITAKE
MUSHROOMS BULK
\$12.99/ LB



ORGANIC SQUASH
BUTTERNUT
\$1.79/ LB



ORGANIC YAMS
\$2.29/ LB



ORGANIC RED
RADSIIH BUNCHED
\$2.29 ea



While Quantities Last

Flyer Valid May 15 - May 21 2024 · Check out our digital flyer at goodnessme.ca/flyer · Find us on



Naturally Raised **MEAT**

When it comes to our meat, we can assure you we have carefully partnered with farmers that have the same set of values that we do!

ORG FROZEN CHICKEN
WINGS | 1 KG



\$16.99

ORG FROZEN CHICKEN
DRUM | 1 KG

\$14.99



FRESH ORGANIC
ATLANTIC SALMON
\$26.97 / LB



CHICKEN SAUSAGE SALT
& PEPPER, HONEY GARLIC
AND ITALIAN | 454 G



\$8.99

While Quantities Last

The good kitchen

Good food, made by good people, and mindful of the earth.

GLUTEN FREE AND VEGAN MUFFINS - 6 PACK
ON SALE FOR \$14.49



The good kitchen

Offering healthier meals with a focus on fresh, nutritious ingredients, organically grown fruits & vegetables, and humanely raised meats.

Specialty Diet Options



Try Our New Menu

While Quantities Last

Get your
Milk and Butter



10% OFF

A2 MILK COMPANY
3.25% Homogenized
Milk | 2 L



10% OFF

A2 MILK COMPANY
2% Partly Skimmed
| 2 L



10% OFF

GOLDEN DAWN
Salted Butter | 454 g



10% OFF

GOLDEN DAWN
Unsalted Butter |
454 g



Fresh from the
Fridge or Freezer



10% OFF O'DOUGHS
Gf Original Flatbread
| 405 g



10% OFF THORNBURY
Gf Chia Crumbs |
400 g



10% OFF THORNBURY
Gf Chia Baguette |
375 g



10% OFF O'DOUGHS
Gf Garlic Naan Style
Dippers | 210 g



15% OFF LEFT COAST
ORGANICS
Org Dried Mango |
125 g



15% OFF LEFT COAST
ORGANICS
Org Dried Mango |
400 g



10% OFF TRULY GRASS FED
Grass Fed Mature
Cheddar | 198 g



15% OFF NUTS FOR CHEESE
Black Garlic Cashew
& Chipotle Cheddar
Cheese | 120 g



20% OFF BLENDER BITES
Green D-Tox | 360 g

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

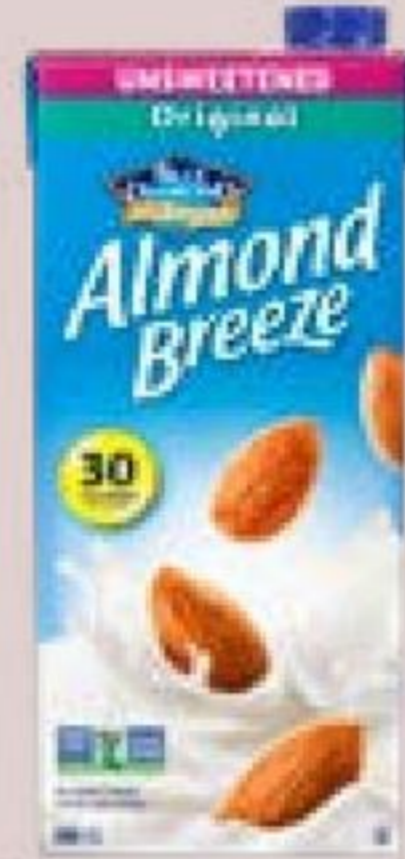
SUGAR FREE

CALIFIA
Cold Brew Mocha |
1.47 L



20% OFF
On Sale For \$7.19
Save \$1.80

BLUE DIAMOND
Almond Breeze -
Original Unsw | 946
mL



20% OFF
On Sale For \$3.19
Save \$0.80

MARTY'S PICKLES
Marty's Pickles



20% OFF
On Sale For \$11.99
Save \$3.00

MOUNTAIN GEMS
Bumblebee Blend
Whole Bean | 454 g



15% OFF
On Sale For \$16.14
Save \$2.85

SUNFLOWER KITCHEN
Org Hummus | 227 g



10% OFF
On Sale For \$4.49
Save \$0.50

BOB'S RED MILL
Org Regular Rolled
Oats | 907G



15% OFF
On Sale For \$9.34
Save \$1.65

PAMELA'S PRODUCTS
Baking & Pancake
Mix | 680g



15% OFF
On Sale For \$12.74
Save \$2.25

ACAI ROOTS
Org Acai Juice |
946ML.



20% OFF
On Sale For \$8.79
Save \$2.20

URBAN REMEDY
Square Crispy Rice &
Cocoa Nibs | 28 g



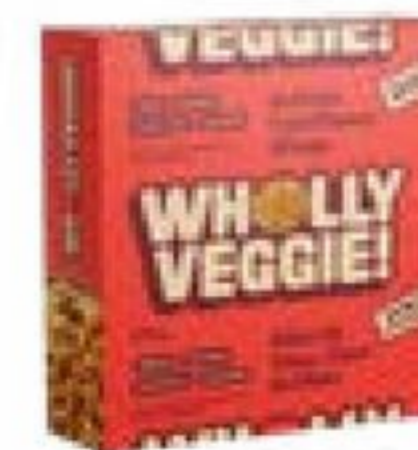
15% OFF
On Sale For \$2.80
Save \$0.49

THE GOOD CRISP
Original | 160 g



20% OFF
On Sale For \$4.39
Save \$1.10

WHOLLY VEGGIE
Vegan Buffalo
Cauliflower Wing |
375G



20% OFF
On Sale For \$6.39
Save \$1.60

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE



GREEN & BLACK'S ORGANIC
Org Milk Chocolate & Sea Salt | 90 g

20% OFF

On Sale For \$4.79
Save \$1.20



YUM EARTH
Organic Gummy Bears | 10x20 g

15% OFF

On Sale For \$12.74
Save \$2.25



THEO
Peanut Butter Cups | 38 g

15% OFF

On Sale For \$3.65
Save \$0.64



CANADIAN HERITAGE ORGANICS
Grade A Very Dark Maple Syrup | 1L

20% OFF

On Sale For \$27.99
Save \$7.00



MARY'S ORGANIC
Kookies - Graham Style Honey | 142 g

15% OFF

On Sale For \$6.62
Save \$1.17



ST. DALFOUR
Deluxe Red Raspberry Spread | 225ML

15% OFF

On Sale For \$5.94
Save \$1.05



GO MACRO BARS
Peanut Butter Choc Chip Bar | 57G

10% OFF

On Sale For \$3.86
Save \$0.43



ROAR ORGANIC
Georgia Peach | 532ML

20% OFF

On Sale For \$2.79
Save \$0.70



SUZIE'S ORGANICS
Organic Ketchup | 499 ML

15% OFF

On Sale For \$8.49
Save \$1.50



DANDIES
Marshmallows | 283 g

20% OFF

On Sale For \$5.59
Save \$1.40



DR. SEUSS
Date Bites - Strawberry Banana | 150 g

15% OFF

On Sale For \$5.94
Save \$1.05



BARBARA'S BAKERY
Peanut Butter Puffins | 312 g

10% OFF

On Sale For \$5.66
Save \$0.63



SOBER CARPENTER
Non-alco Beer - Irish Red | 473 mL

15% OFF

On Sale For \$2.97
Save \$0.52



NUPASTA
Org Gf Knjc Fettuccine Pasta | 210 G

10% OFF

On Sale For \$4.49
Save \$0.50



KOOP'S ORGANIC
Org & Gf Mustard - Dijon | 325ML

15% OFF

On Sale For \$4.67
Save \$0.82



LAIKI
Black Rice Crackers | 100 g

20% OFF

On Sale For \$4.79
Save \$1.20

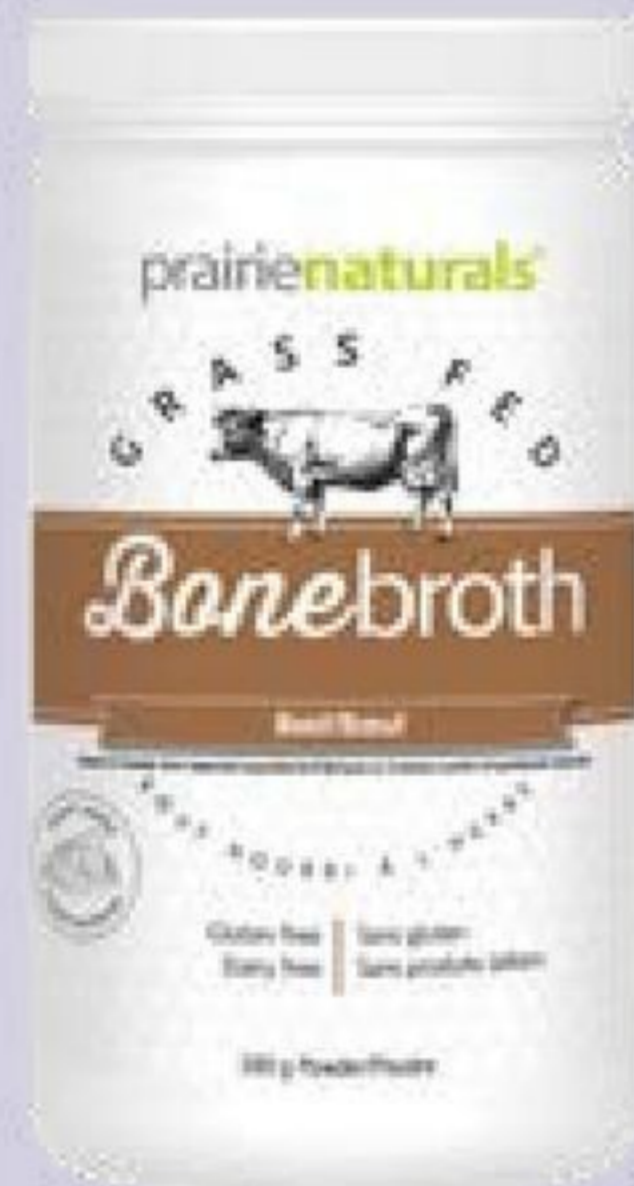
While Quantities Last

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday



PRAIRIE NATURALS
Bone Broth Beef |
300 g



20% OFF

4EVERFIT
Hydro Clear 100% Whey
Peach Ring | 500 g



10% OFF



SMART SOLUTIONS
Active Collagen -
Raspberry | 220 g



10% OFF



BELL
Joint Relief | 100 CAPS



15% OFF

While Quantities Last

Super Supplements

Herbs & Supplements
to support your
everyday health



**ORANGE
NATURALS**
Seasonal Allergies |
100 mL

10% OFF



UDO'S CHOICE
Daily Maintenance
Enzyme | 120 CAPS

10% OFF

CERTIFIED NATURALS
Plant Source Cal Mag +
K2 - Cherry | 450 mL



20% OFF



NAKA PLATINUM
Instant Sleep Spray |
100ml

20% OFF



NEW NORDIC
Hair Volume
Gummies | 60 Count

10% OFF

BOTANICA
Perfect Greens
Berry | 216g



15% OFF

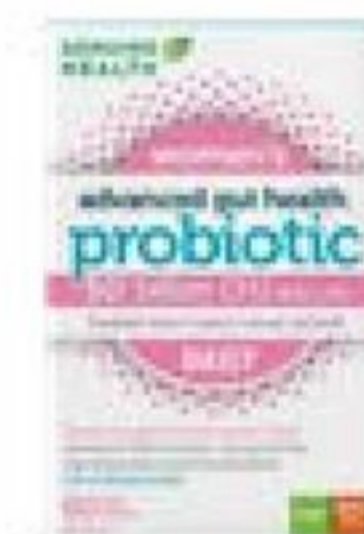


ALPHA HEALTH
Organic Flax Seed
Oil | 1L



15% OFF

GENUINE HEALTH
Woman's Daily
Probiotic | 60 Vcap



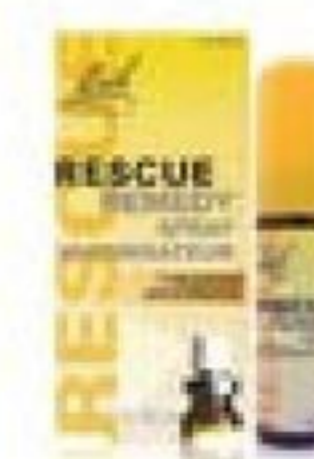
15% OFF

AOR
Advanced B
Complex | 180 VCAPS



15% OFF

**BACH ORIGINAL
FLOWER REMEDIES**
Rescue Remedy
Spray | 20ml



10% OFF

While Quantities Last

Home, Life & Clean Beauty

OIAMIGA
Pearl Blonde | 120 mL



20% OFF
On Sale For \$15.19
Save \$3.80

AURA CACIA
Sweet Almond | 118ML



20% OFF
On Sale For \$7.19
Save \$1.80

CLEF DES CHAMPS
Calendula - Salve |
50 mL



20% OFF
On Sale For \$18.39
Save \$4.60

**ANDALOU
NATURALS**
Lift & Firm Cream -
Hyaluronic | 50ML



\$28.99

BADGER
Spf 35 Clear Zinc
Face Stick | 18.4 g



20% OFF
On Sale For \$13.99
Save \$3.50

NUTRAVITE
Joint Cream | 120 g



10% OFF
On Sale For \$23.39
Save \$2.60

*Don't Miss
A Week!*

**LE COMPTOIR
AROMA**
Cascade Ultrasonic
Diffuser | EACH



20% OFF
On Sale For \$39.99
Save \$10.00

**IF YOU CARE -
ENVIRO FRIENDLY**
Parchment Paper 70
SQ. FT. | EACH



20% OFF
On Sale For \$8.39
Save \$2.10

**DUTCHMAN'S
GOLD**
Beeswax Brick
Candle | EACH



20% OFF
On Sale For \$15.99
Save \$4.00

Creamy, Dreamy & Dairy-Free!

- Crafted with 100% Organic Cashews
- Fermented & Rich in Probiotics
- No Starches, Gums, or Fillers



Who We Are:

Food is not just about satisfying our hunger; it holds the power to nourish our bodies, uplift our spirits, and bring people together in a shared experience of joy and connection.

The impact of food plays a vital role in our overall health and well-being. By understanding the nutritional value of different foods and making mindful choices, we can fuel our bodies with the energy and nutrients they need to thrive.

Exploring the power of food involves recognizing the diverse array of ingredients available to us and learning how they can support our health goals.

From colorful fruits and vegetables packed with vitamins and antioxidants to whole grains and lean

proteins that provide essential nutrients, each food group offers unique benefits. By incorporating a variety of foods into our diet and experimenting with new recipes, we can create delicious and nutritious meals that nourish both our bodies and our souls.

Embracing the power of food also means being mindful of how our food choices impact the environment and our communities. By supporting local farmers, choosing sustainably sourced ingredients, and minimizing food waste, we can contribute to a more sustainable food system that benefits both present and future generations. Through education, exploration, and a spirit of curiosity, we can unlock the full potential of food as a source of health, happiness, and unity.

10 Locations in Ontario

Hamilton Mountain
1000 Upper Gage Ave.

Hamilton West
176 Locke St. S.

Burlington
2300 Fairview St.

Waterdown
74 Hamilton St. N.

Brantford
605 West St.

Cambridge
525 Hespeler Rd.

Guelph
36 Wellington St. W.

Waterloo
668 Erb St. W

London
1735 Richmond St.

Barrie
79 Park Place Blvd.



Proudly a
Canadian Business

Follow Us



SHOP ONLINE
goodnessme.ca

Product availability varies by store.
See availability by store at goodnessme.ca