

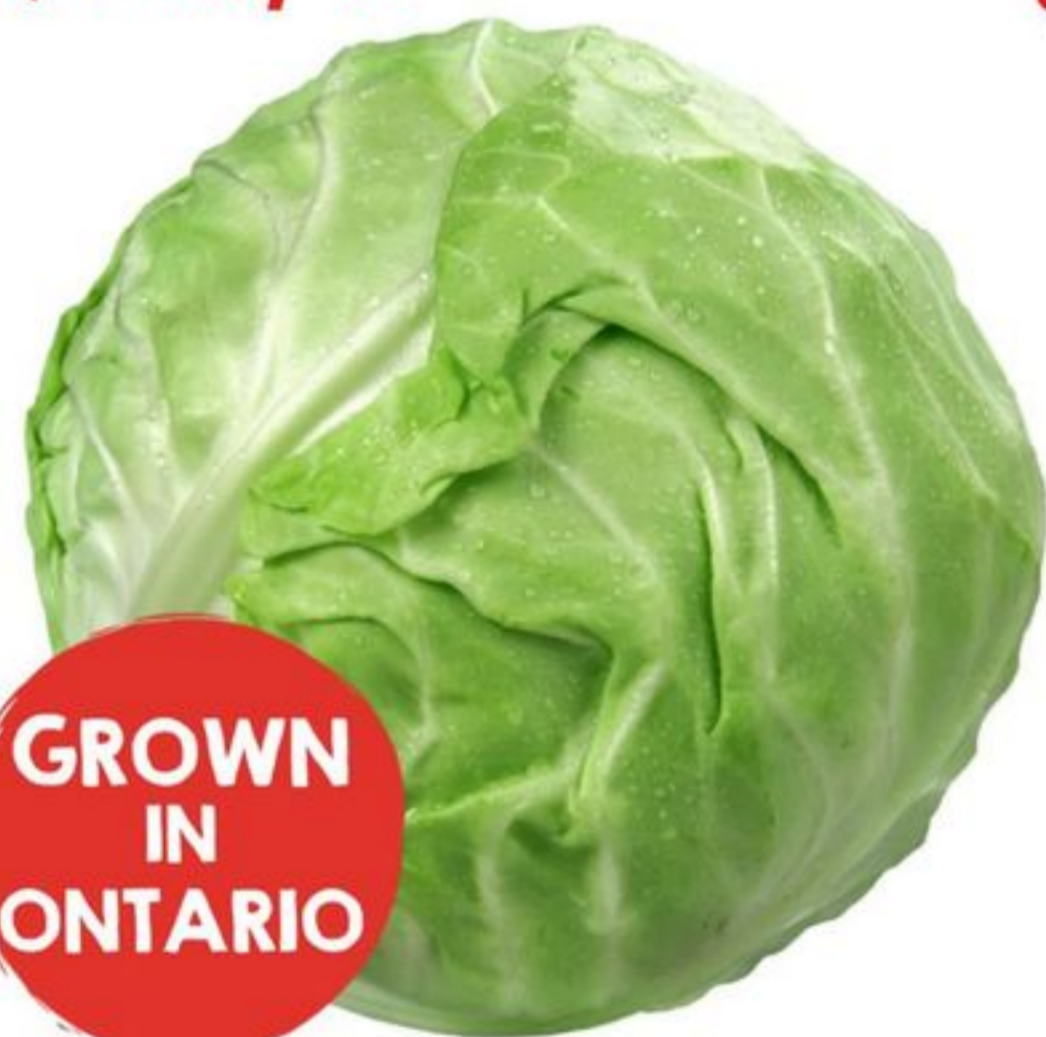


Healthy Deals!

Don't Let Your Health Ghost You

Organic Produce

ORGANIC CABBAGE - GREEN
\$1.49 / lb



GROWN IN ONTARIO

ORGANIC KALE - BLACK
\$2.49 ea



GROWN IN ONTARIO



ORGANIC CELERY
\$1.99 ea

ORGANIC CANTALOUPE & MINI WATERMELON
\$4.99 ea



Rock Harbour Seafood
Fresh Organic Atlantic Salmon

- ✓ BAP Certified
- ✓ Ethically & Responsibly Sourced
- ✓ Hormone & Antibiotic Free

\$29.09/lb



McLean Meats
Org Sliced Chorizo Salami | 70 g

- ✓ No Preservatives Added
- ✓ No Celery Extract Nitrite
- ✓ Posk Raised Cage Free
- ✓ No Antibiotics

\$2.49 ea

Flyer Valid October 23 - October 29 2024 · Check out our digital flyer at goodnessme.ca/flyer · Find us on



While Quantities Last

Organic Produce



**GROWN
IN
ONTARIO**

**ORGANIC
CARROTS - RAINBOW**
\$2.49 / lb
\$3.99 / 2lbs



**GROWN
IN
ONTARIO**

**ORGANIC
POTATOES - RED |
3 LBS**
\$4.99 ea



**ORGANIC
GRAPES - RED**
\$3.99 / lb



**ORGANIC
APPLES -
GRANNY SMITH**
\$2.49 / lb



**GROWN
IN
ONTARIO**

**ORGANIC
CAULIFLOWER**
\$3.99 ea



**ORGANIC
ORANGES | 3LBS**
\$6.99 ea

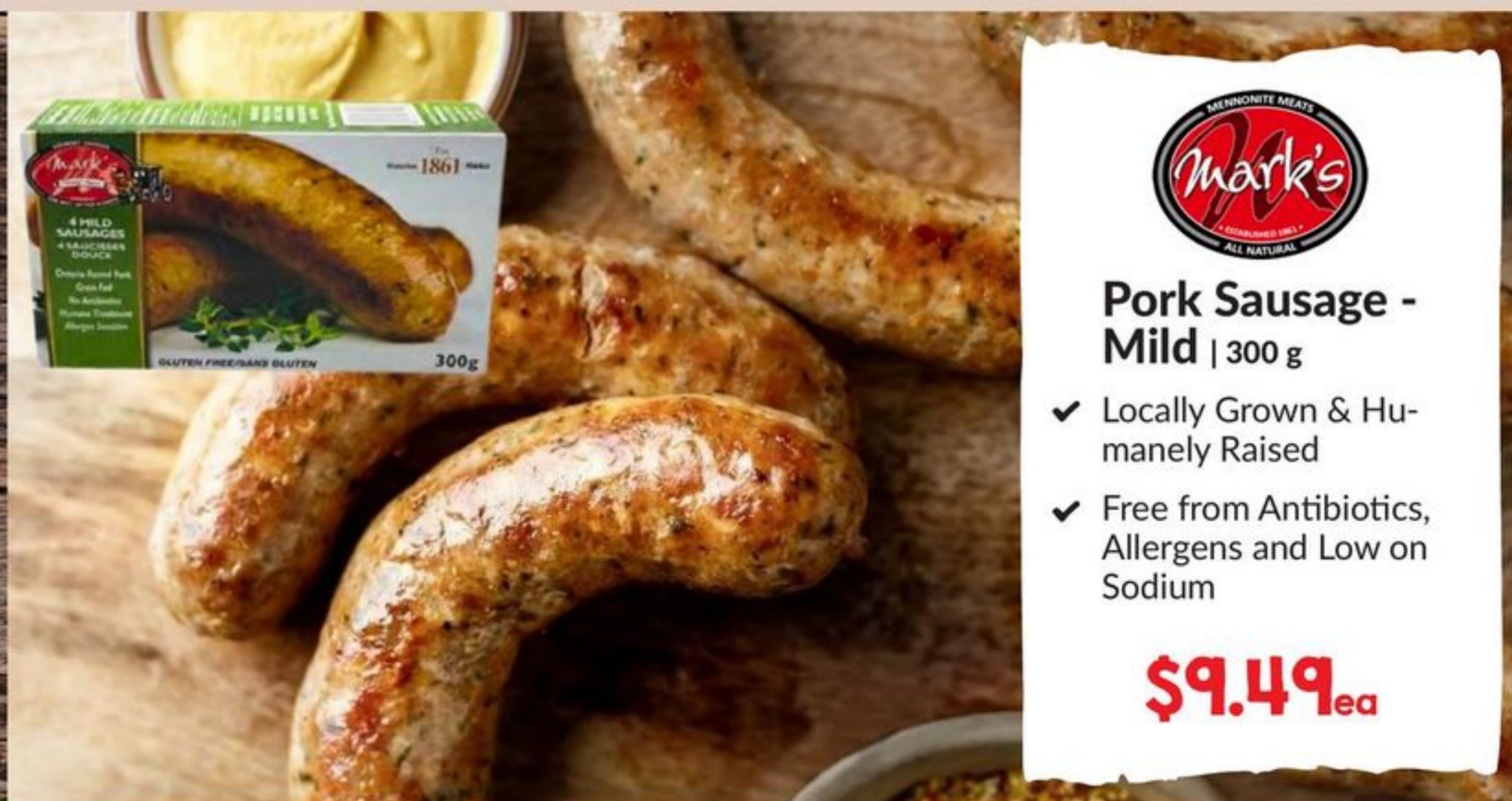


**ROCK
HARBOUR
SEAFOOD**

**Previously Frozen
Org Atlantic
Salmon**

- ✓ BAP Certified
- ✓ Ethically & Responsibly Sourced
- ✓ Hormone & Antibiotic Free

\$29.00/lb



Mark's
**Pork Sausage -
Mild | 300 g**

- ✓ Locally Grown & Humanely Raised
- ✓ Free from Antibiotics, Allergens and Low on Sodium

\$9.49 ea

The good kitchen

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

New

Salad Dressings

SAVE \$0.50



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

Gluten Free Goodness



10% OFF

O'DOUGHS
Thin Bagels - Original
| 300 g



10% OFF

O'DOUGHS
Hamburger Original
Buns | 400 g



10% OFF

O'DOUGHS
Thin Bagels - Sesame
| 300 g



10% OFF

O'DOUGHS
Thinbagels -
Everything | 300 g



Fresh from the Fridge or Freezer



10% OFF GREENHOUSE JUICE
Almond Milk
Unsweetened Gbl Top
| 946 mL



10% OFF GREENHOUSE JUICE
Oat Coffee Creamer
Gable Top | 473 mL



10% OFF GREENHOUSE JUICE
Zero Sugar Oatmilk
Gable Top | 946 mL



15% OFF HUMBLE SEEDZ
Vegan Cream Cheese
Original | 190 g



15% OFF HUMBLE SEEDZ
Vegan Cream Cheese
Garlic & Herb | 190 g



10% OFF L'ANCETRE
Org Old Chedd
Cheese Unpast | 200 g



10% OFF L'ANCETRE
Org Butter Unsalted
84% | 250 g



10% OFF L'ANCETRE
Org Pasture Salted
Butter | 250 g



10% OFF L'ANCETRE
Org Ched Cheese 3 Yr
Old Unpas | 200 g

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

THREE FARMERS

Roasted Fava Beans - Jalap Lime | 140 g



20% OFF

On Sale For \$3.99
Save \$1.00

NORA'S

Mint Chip | 500 mL



15% OFF

On Sale For \$7.64
Save \$1.35

COYOTE

Buttermilk Pancake | 900 g



20% OFF

On Sale For \$4.63
Save \$1.16

GOBIO

Organic Gelatin Powder | 150 g



20% OFF

On Sale For \$14.39
Save \$3.60

GOGO QUINOA

Puff - Dill Pickle | 113 g



10% OFF

On Sale For \$3.59
Save \$0.40

HIPPIE FOODS

Cauliflower Crisps Classic Ran | 70 g



15% OFF

On Sale For \$5.52
Save \$0.97

HUMBLE

Honey Mustard | 135 g



20% OFF

On Sale For \$3.99
Save \$1.00

MID-DAY SQUARES

Cookie Dough | 33 g



10% OFF

On Sale For \$2.69
Save \$0.30

NEAL BROTHERS

Org Basil Tomato Bliss | 680 mL



15% OFF

On Sale For \$8.49
Save \$1.50

NUTS TO YOU NUT BUTTER INC

Org Smooth Tahini | 500 g



10% OFF

On Sale For \$9.89
Save \$1.10

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

BETTER BEARS
Variety Pack | 50 g



15% OFF
On Sale For \$3.39
Save \$0.60



GREENHOUSE JUICE
Fiery Ginger Shot Box
| 1.26 L

15% OFF
On Sale For \$25.49
Save \$4.50



TATES BAKE SHOP
Cookies - Gf
Chocolate Chip |
198 g

10% OFF
On Sale For \$7.64
Save \$0.85



TEECCINO CAFFE INC.
Org French Roast
Chicory Coffe | 300 g

10% OFF
On Sale For \$15.29
Save \$1.70



THIRSTY BUDDHA
Coconut Water | 1 L

10% OFF
On Sale For \$5.84
Save \$0.65



PUR GUM
Gum - Peppermint | 9
PIECES

15% OFF
On Sale For \$1.69
Save \$0.30



REDMOND TRADING CO.
Granular Salt Pouch |
737 g

15% OFF
On Sale For \$13.59
Save \$2.40



SHADY MAPLE FARMS
Org Maple Syrup -
Dark Robust | 500 mL

10% OFF
On Sale For \$21.59
Save \$2.40



TALIA DI NAPOLI
Margherita Pizza |
400 g

20% OFF
On Sale For \$7.99
Save \$2.00



TRADITIONAL MEDICINALS
Org Nettle Leaf Tea |
16 Bags

10% OFF
On Sale For \$5.39
Save \$0.60



WILDBRINE
Dill & Garlic
Sauerkraut | 500 g

20% OFF
On Sale For \$10.39
Save \$2.60



YUMI ORGANICS
Overnight Oats -
Blberry Vanilla | 250 g

15% OFF
On Sale For \$7.64
Save \$1.35



FIELD ROAST
Veg Frankfurter |
340 g

10% OFF
On Sale For \$8.99
Save \$1.00

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

BLUE DIAMOND

Almond Breeze - Original Unsw | 946 mL



15% OFF

On Sale For \$3.39
Save \$0.60

CELESTIAL SEASONINGS

Bengal Spice Tea | 20 BAGS



10% OFF

On Sale For \$4.49
Save \$0.50

CHOSEN FOODS

100% Pure Avocado Oil | 500 mL



15% OFF

On Sale For \$15.29
Save \$2.70

DAIYA FOODS

Pizza - Cheeze Lovers | 413 g



10% OFF

On Sale For \$9.89
Save \$1.10

THE OAT COMPANY

Peanut Butter Cup Bar | 55 g



10% OFF

On Sale For \$2.96
Save \$0.33

ANNIE'S

Bunny Crackers - Cheddar | 213 g



10% OFF

On Sale For \$5.39
Save \$0.60

While Quantities Last

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

ST. FRANCIS Select Varieties



10% OFF

SCHINOUSSA Whey Isolate - Select Varieties



10% OFF

ALLMAX ESSENTIALS Creatine & Glutamine - Select Varieties



10% OFF

CANPREV Collagen - Select Varieties



10% OFF

While Quantities Last

Super Supplements

Herbs & Supplements
to support your
everyday health



SCHUESSLER
Menstrual Pain |
125 Tabs

10% OFF



HONIBE
Complete Immune
Boost-Kids | 70
GUMMIES

10% OFF

ORANGE NATURALS
All Kids Products | Assorted Sizes



10% OFF



ALPHA HEALTH
Organic Flax Seed Oil
| 500 mL

10% OFF



**ORGANIC
TRADITIONS**
Camu C Powder |
100 g

10% OFF

ENEREX
Black Seed Oil | 240 mL



10% OFF



**SUBI FOODS
INC.**
Subi Super Juice |
264 g

10% OFF



ECOIDEAS
Organic Moringa |
227 g

10% OFF



**JOY OF THE
MOUNTAIN**
Organic Oil Of
Oregano | 30 mL

10% OFF



NIYAMA
Immune Warrior
Orange Pineapple |
180 g

10% OFF

While Quantities Last

Home, Life AND Clean Beauty

NATURE CLEAN

Foaming Hand Soap - Lavender M | 415 mL



20% OFF

On Sale For \$5.99
Save \$1.50

DUTCHMAN'S GOLD

Beeswax Cone Candles | 2 Count



20% OFF

On Sale For \$8.79
Save \$2.20



SPADES BRAND

Organic Wash | 200 mL

20% OFF

On Sale For \$29.59
Save \$7.40



ROUTINE NATURAL DEODORANT

Baking Soda Free
Sexy Sadie | 58 mL

20% OFF

On Sale For \$21.59
Save \$5.40



WELEDA

Baby Calendula
Shampoo & Wash |
200 mL

15% OFF

On Sale For \$19.54
Save \$3.45



LEMON AIDE

Lemon Multi Surface
Cleaner | 750 mL

15% OFF

On Sale For \$8.49
Save \$1.50

Don't Miss
A Week!



SPRY

Cool Mint Oral Rinse
| 473 mL

15% OFF

On Sale For \$13.59
Save \$2.40



SUBSTANCE

Nappy Ointment |
113 g

15% OFF

On Sale For \$15.29
Save \$2.70



LODGE

Cast Iron Mpl Leaf
Skillet 12"

20% OFF

On Sale For \$55.99
Save \$14.00

While Quantities Last

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.

9 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.

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