



# BLACK FRIDAY

UP TO  
**40% OFF**

**OUR BIGGEST SALE YET!**

**ORGANIKA**  
Collagen - Select Varieties & Sizes  
**40% OFF**



**A. VOGEL**  
Echinaforce - Select Varieties & Sizes  
**30% OFF**



**GIOVANNI**  
Smoothing Castor Oil - Entire Line  
**40% OFF**



**BADGER**  
Badger Balm Unscented | 56 g  
Creamy Cocoa Lip Balm | 7 g  
Pregnant Belly Oil | 118 mL  
**40% OFF**



**VEGA**  
Protein Made Simple - Vanilla & Dark Chocolate | 259 g - 271 g  
**30% OFF**



**November 29 - December 2**

Flyer Valid November 27 - December 3 2024 · Black Friday Deals Valid November 29 - December 2 · Find us on

While Quantities Last - No Rain Checks - Black Friday Deals are Excluded from Loyalty



## NATURE'S WAY

Sambucus - Select Varieties & Sizes

**30% OFF**



## NATURAL FACTORS

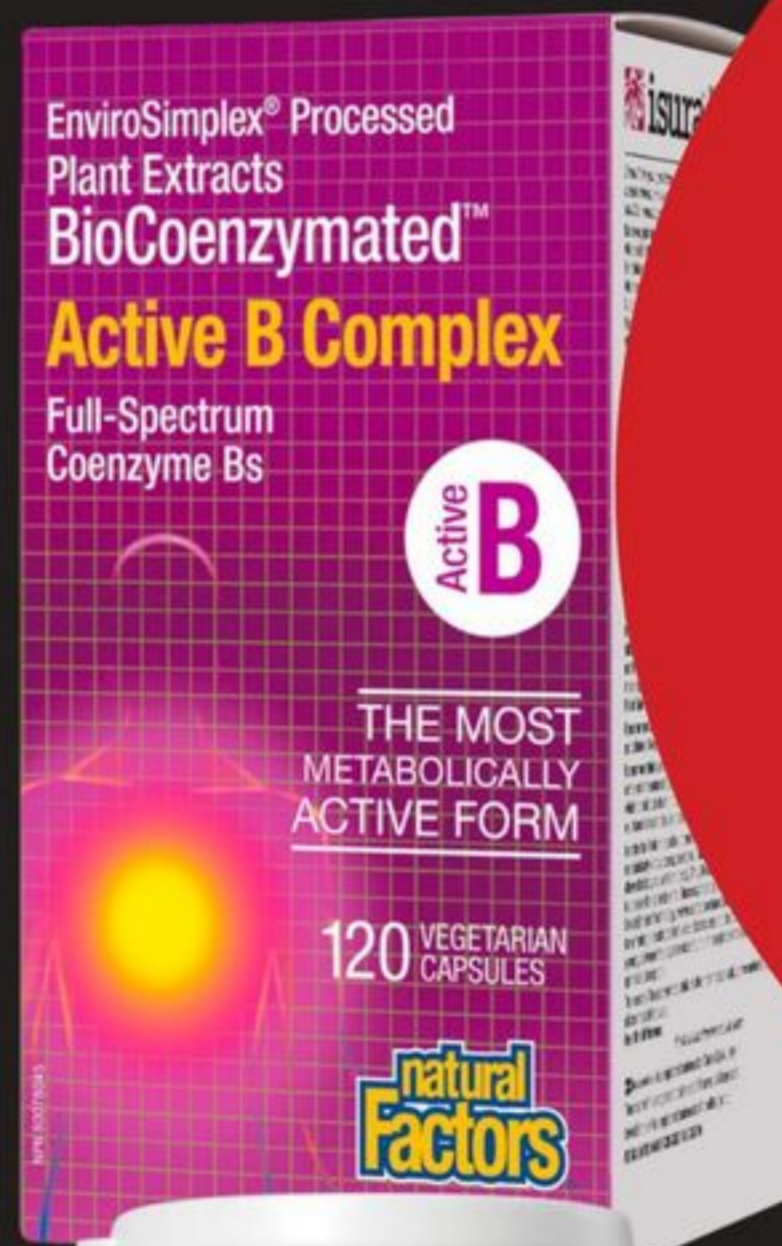
Magnesium Bisglycinate Pure | 250 VCAPS

Active B Complex | 120 VCAPS

Coenzyme Q10 100mg | 120 SG

Vitamin D 2500IU | 500 SG

**40% OFF**



UP TO  
**40% OFF**

GIOVANNI  
Kids - Entire Line

**40% OFF**



## NORDIC NATURALS

Baby DHA | 60 mL

**30% OFF**



## NORDIC NATURALS

Prenatal DHA | 90 Soft Gels

**30% OFF**



## GENUINE HEALTH

Electrolytes+ - Strawberry Kiwi | 95 g

Enhanced Hydration - Raspberry Lemonade | 100 g

**40% OFF**

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### VITALITY

Trace Minerals + Org  
Chlorella | 30 Vcaps  
Power Iron+ Organic  
Spirulina | 60 Vcaps

**30% OFF**



### GIOVANNI Men - Entire Line

**40% OFF**



### GENUINE HEALTH All-in-One Vanilla | 675 g

**30% OFF**



UP TO  
**40% OFF**

### GIOVANNI Curl Defining - Entire Line

**40% OFF**



### SPADES BRAND Entire Line

**40% OFF**



### ENER-LIFE

Ener-B+ - Select  
Flavours | 30 Pack  
Ener-C - Select  
Flavours | 30 Pack  
Ener-D - Select  
Flavours | 24 Pack

**30% OFF**

**Black Friday Deals · November 29 - December 2**

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**SPEND \$75**

get a

**FREE**



**ADVENT  
CALENDAR**



Reg.  
**\$19.99**

**November 30th  
&  
December 1**

**ONLY**

**Holiday Cheer For All**

Vegan, All Natural, Dairy Free, Milk Free, Lactose Free, Peanut Free, Tree Nut Free, Egg Free, Soy Free, Wheat Free, Gluten Free, Sesame Free

While Supplies Last. Must spend \$75 before taxes to be eligible. Valid from November 30th - December 1st, 2024 only. Valid for in-store purchases only. No cash value. Limit 1 per customer.



**PURE LAB VITAMINS**  
Vitamins & Minerals -  
Select Varieties & Sizes

**20% OFF**



**Loyalty Members  
Get An Extra  
5% off**

**VEGAIN**  
Plant-Based Protein &  
Creatine - Entire Line

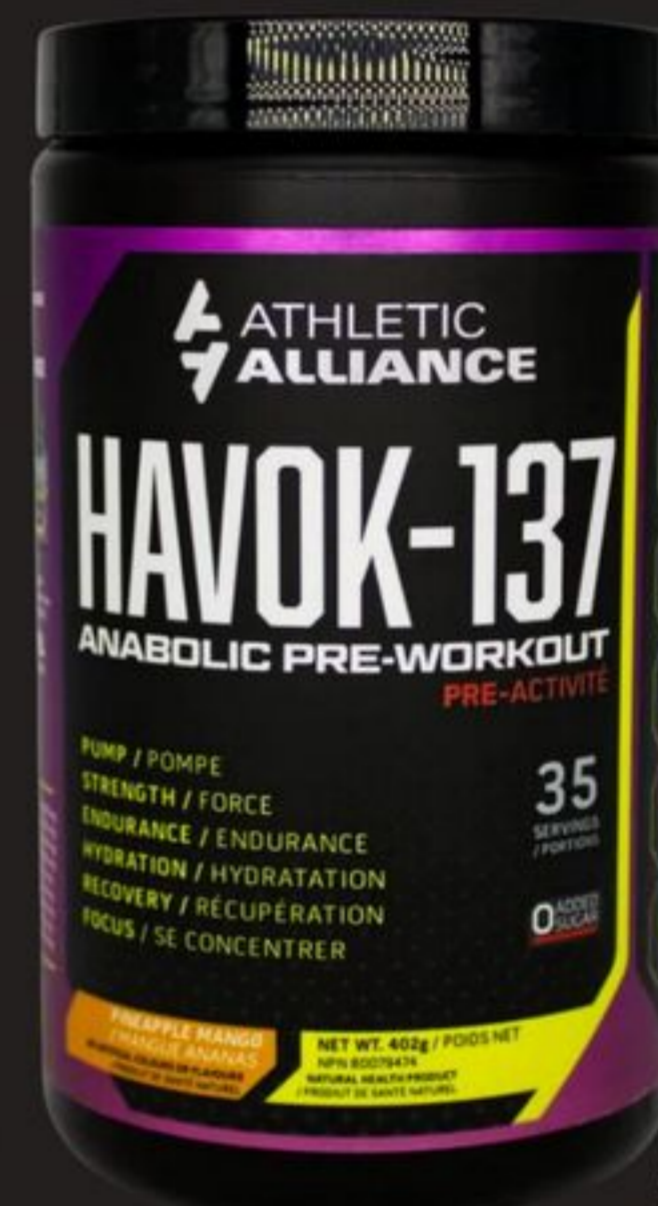
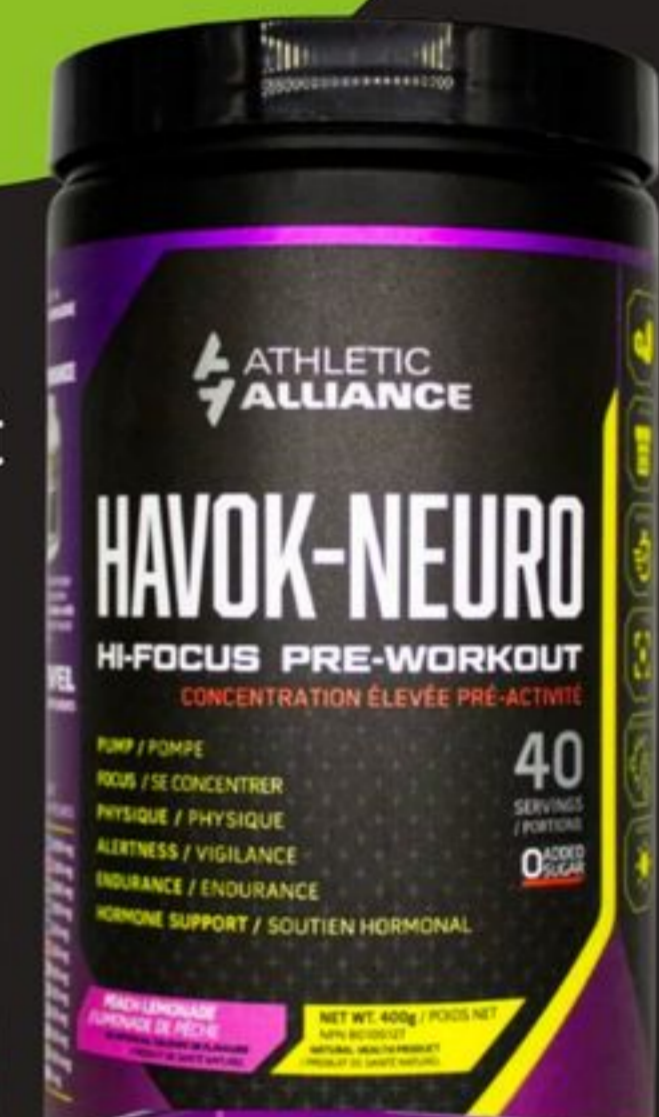
**20% OFF**

**Up To  
20%  
OFF**

**Select  
Supplements**

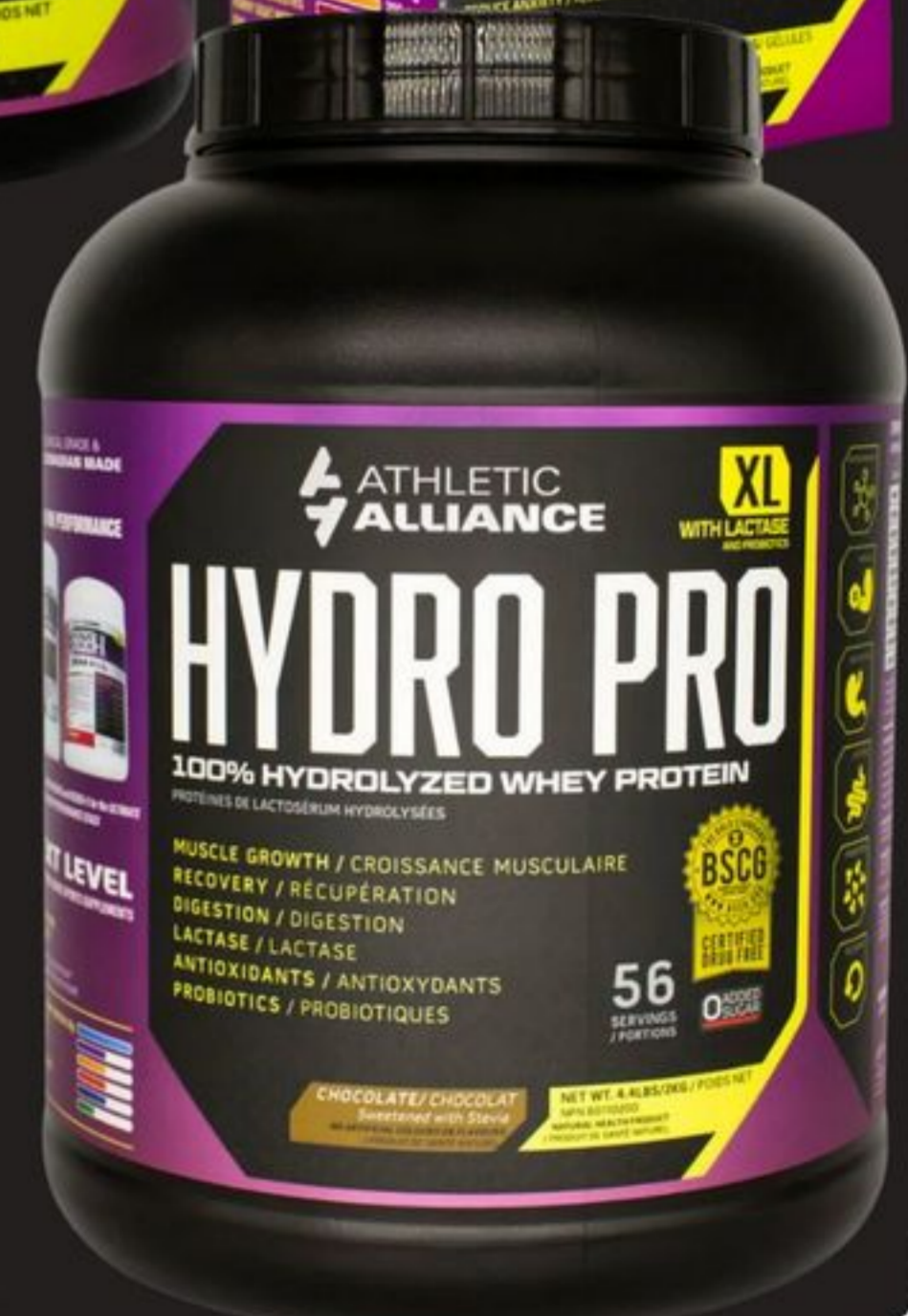
**ATHLETIC ALLIANCE**  
Sports Nutrition - Select  
Varieties & Sizes

**20% OFF**



**VITAMIN ME**  
Multi Vitamins -  
Entire Line

**15% OFF**



**All Week Long · November 27 - December 3**

**While Quantities Last - No Rain Checks**



**KIDSTAR**  
Children's Supplements - Entire Line

**10% OFF**



**CLEF DES CHAMPS**  
Herbal Supplements -  
Select Varieties & Sizes

**10% OFF**

**ORGANIKA**  
Natural Supplements -  
Select Varieties & Sizes

**10% OFF**



**NUTRA MELTZ**  
Natural Supplements -  
Entire Line

**15% OFF**

**MSPREBIOTIC**  
Prebiotic Resistant Starch  
| 200 g - 454 g

**10% OFF**



**4 EVER FIT**  
Sports Nutrition -  
Entire Line

**30% OFF**



**Save On**  
Select  
Supplements

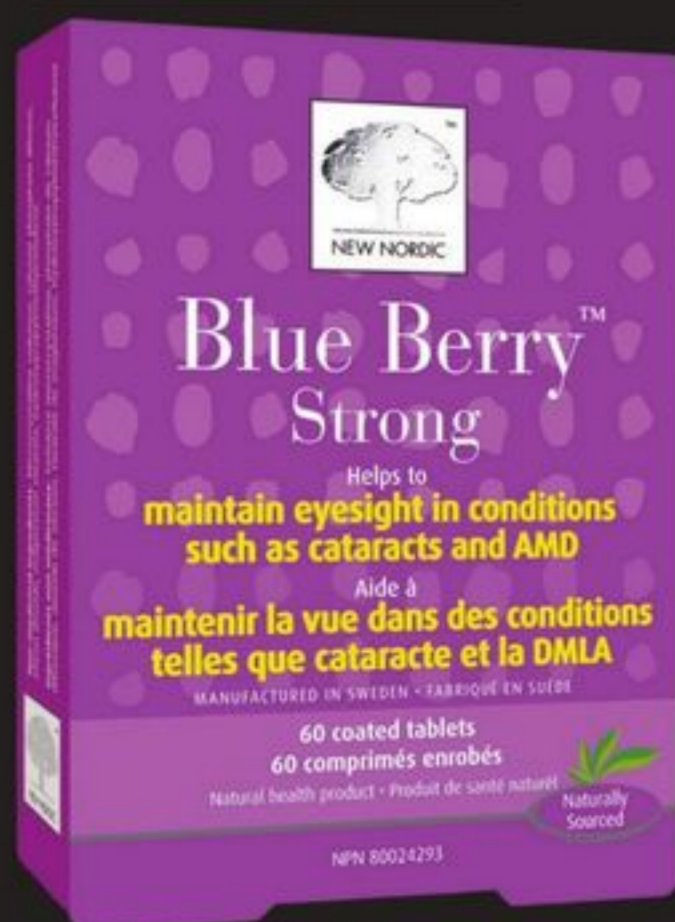
**PREFERRED NUTRITION**  
Natural Supplements - Select  
Varieties & Sizes

**10% OFF**



**NEW NORDIC**  
Natural Supplements -  
Select Varieties & Sizes

**10% OFF**



**OMEGA NUTRITION**  
Plant-Based Pumpkin Seed  
Protein | 600 g

**10% OFF**



**NOW**  
Natural Supplements - Select Varieties & Sizes

**15% OFF**



**Loyalty**  
Members  
Get An Extra  
**5% off**

**All Week Long · November 27 - December 3**

**While Quantities Last - No Rain Checks**



**SKIN ESSENCE ORGANICS**

Organic Skin Care - Select Varieties & Sizes

**20% OFF**



**AROMAFORCE**  
Essential Oils - Select Varieties & Sizes

**10% OFF**

**LA LUNE** Salt Lamps & Oil Warmers - Select Varieties & Sizes

**20% OFF**



**PLUMPP**

Face Rollers & Gua Sha - Select Varieties

**10% OFF**



**Up To 20% OFF**



**ORANGE A PEEL**  
Orange-a-peel Bottle | 473ml

**20% OFF**

**THE UNSCENTED COMPANY**

Natural Personal Care - Select Varieties & Sizes

**15% OFF**



**URBAN SPA**  
Personal Care Products - Entire Line

**20% OFF**



**WELEDA**

Personal Care - Select Varieties & Sizes

**20% OFF**



**Loyalty Members Get An Extra 5% off**

**All Week Long · November 27 - December 3**

**While Quantities Last - No Rain Checks**



# Organic Produce

ORGANIC  
CARROTS - RAINBOW | 2 LBS  
**\$3.99 ea**

GROWN  
IN  
ONTARIO



GROWN  
IN  
ONTARIO

ORGANIC  
MUSHROOMS - WHITE &  
BROWN CREMINI | 227 G  
**\$2.99 ea**



ORGANIC  
ONIONS -  
YELLOW | 2 LBS  
**\$2.99 ea**



GROWN  
IN  
ONTARIO

ORGANIC  
APPLES - MCINTOSH | 3 LBS  
**\$5.99 ea**



ORGANIC  
PINEAPPLE  
**\$5.99 ea**



ORGANIC  
GRAPEFRUIT | 4 LBS  
**\$7.99 ea**



ORGANIC  
ORANGES - CLEMENTINE  
**\$3.49 / lb**



Org Fresh BLSL  
Chicken Breast

- ✓ Non GMO Grain Fed
- ✓ Pesticide & Herbicide Free
- ✓ Seasonal Outdoor Access

**\$18.54/lb**



**ACME**  
SMOKED FISH™

Smoked Atlantic  
Salmon & Sockeye  
Salmon Trim | 227 g

- ✓ GSSI Certified
- ✓ MSC & BAP Certified
- ✓ Sourced from responsible farms and fisheries

**\$7.99 ea**

While Quantities Last



# Organic Produce

Everyday Low Prices

ORGANIC  
GARLIC  
\$8.99 / lb



ORGANIC  
APPLES - AMBROSIA  
| 3 LBS  
\$5.99 ea



ORGANIC  
BANANAS  
\$1.29/ lb



ORGANIC  
APPLES - GALA  
| 3 LBS  
\$5.99 ea



ORGANIC  
YAMS | 3 LBS  
\$6.99 ea



duBreton

Org Ground Pork -  
85% Lean | 454 g

- ✓ Organic
- ✓ Certified Humane
- ✓ Non-GMO

\$10.66 ea



duBreton

Org Ground Pork -  
Extra Lean | 454 g

- ✓ Organic
- ✓ Certified Humane
- ✓ Non-GMO

\$10.66 ea

While Quantities Last



# Christmas Dinner

**\$219.99**  
SERVES 8  
PEOPLE

FREE RUN  
&  
ANTIBIOTIC  
FREE TURKEY

100%  
ORGANIC  
VEGGIES

CHOOSE  
4 SIDES

Includes a  
Fresh Baked  
Pie



Scan to Order

ORDER  
BEFORE  
DEC 12

## Includes:

Free Run & Antibiotic Free Turkey • Rustic, Vegan, or Gluten Free Pie  
• Cranberry Sauce • Gluten Free Gravy

## Choose 4 Sides:

Buttery Mashed Potatoes • Sweet Potato Mash • Traditional Bread Stuffing • No Gluten Quinoa Stuffing • Apple Cider Glazed Carrots • House Salad • Butternut Squash • No Gluten Macaroni and Cheese



# The good kitchen

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

## Take & Bake **SAVE \$0.50**



**Croissants | 6 Pack**

**Chocolatines | 6 Pack**



## 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



# Bulk Buying Value



**10% OFF**

**SOLAR GOLD DRIED FRUIT**  
Dried Mango | 120 g



**10% OFF**

**SOLAR GOLD DRIED FRUIT**  
Dried Bananatang | 150 g



**10% OFF**

**SOLAR GOLD DRIED FRUIT**  
Dried Pineapples | 120 g



**10% OFF**

**SOLAR GOLD DRIED FRUIT**  
Tropical Mix | 120 g



# Fresh from the Fridge or Freezer



**10% OFF** **EBY MANOR GOLDEN GUERNSEY**  
10% Guernsey Cream Glass | 500 mL



**10% OFF** **EBY MANOR GOLDEN GUERNSEY**  
2% Guernsey Milk | 1 L



**10% OFF** **EBY MANOR GOLDEN GUERNSEY**  
4.8% Guernsey Milk | 1 L



**10% OFF** **NUTS FOR CHEESE**  
Smokey Gouda | 120 g



**10% OFF** **NUTS FOR CHEESE**  
Chipotle Cheddar | 120 g



**10% OFF** **NUTS FOR CHEESE**  
Black Garlic Cashew Cheese | 120 g



**10% OFF** **NUTS FOR CHEESE**  
Dairy Free Spread - Garlic | 210 g



**10% OFF** **BEST BAA DAIRY**  
Ontario Sheep Milk Yogourt | 500 mL



**10% OFF** **BEST BAA DAIRY**  
Sheep Kefir | 1 L

While Quantities Last



# Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

## CEDAR VALLEY

Pita Chips - All Flavours | 180 g



**20% OFF**

On Sale For \$4.79  
Save \$1.20

## REDMOND TRADING CO.

Sea Salt - Select Varieties & Sizes



**20% OFF**

On Sale For \$3.99 - \$12.79  
Save \$1.00 - \$3.20

## HIPPIE FOODS

Cauliflower Crisps  
Classic Ran | 70 g



**10% OFF**

On Sale For \$5.84  
Save \$0.65

## LA PRESSERIE

Pho Soup | 500 g



**10% OFF**

On Sale For \$10.79  
Save \$1.20

## LOVE GOOD FATS

Lemon Mousse Snack Bar | 4x39 g



**10% OFF**

On Sale For \$10.34  
Save \$1.15

## HERBION

Sugar Free Orange Cough Loz | 18 Lozenges



**10% OFF**

On Sale For \$3.41  
Save \$0.38

## MARTY'S PICKLES

Marty's Pickles



**10% OFF**

On Sale For \$13.49  
Save \$1.50

## PLUMPP

Plumpp - Irish Sea Moss Gold | 120 g



**10% OFF**

On Sale For \$28.79  
Save \$3.20

## RIGHTEOUS

Gelato - Mint Stracciatella | 473 mL



**10% OFF**

On Sale For \$8.99  
Save \$1.00

## NUD FUD

Cheezy Crackers | 66 g



**10% OFF**

On Sale For \$6.74  
Save \$0.75

While Quantities Last



# Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

## CAFÉ WILLIAM

Whole Bean Coffee | 300 g - 340 g



**15% OFF**

On Sale For \$13.59  
Save \$2.40



## RVIITA ENERGY TEA

Energy Tea Speachless Peach | 355 mL

**10% OFF**

On Sale For \$4.49  
Save \$0.50



## TRADITIONAL MEDICINALS

Org Dandelion Root Tea | 16 Bags

**10% OFF**

On Sale For \$5.39  
Save \$0.60



## SAY WHEN BEVERAGES

Spicy Chai Latte | 946 mL

**15% OFF**

On Sale For \$6.79  
Save \$1.20



## FARM GIRL

Honey O's Cereal 280 g

**10% OFF**

On Sale For \$13.49  
Save \$1.50



## SPECTRUM NATURALS INC.

Org Safflower Oil | 473 mL

**15% OFF**

On Sale For \$14.44  
Save \$2.55



## THEO

Peanut Butter Cups | 38 g

**10% OFF**

On Sale For \$3.86  
Save \$0.43



## WHOLLY VEGGIE

Vegan Buffalo Cauliflower Wing | 375G

**15% OFF**

On Sale For \$7.64  
Save \$1.35

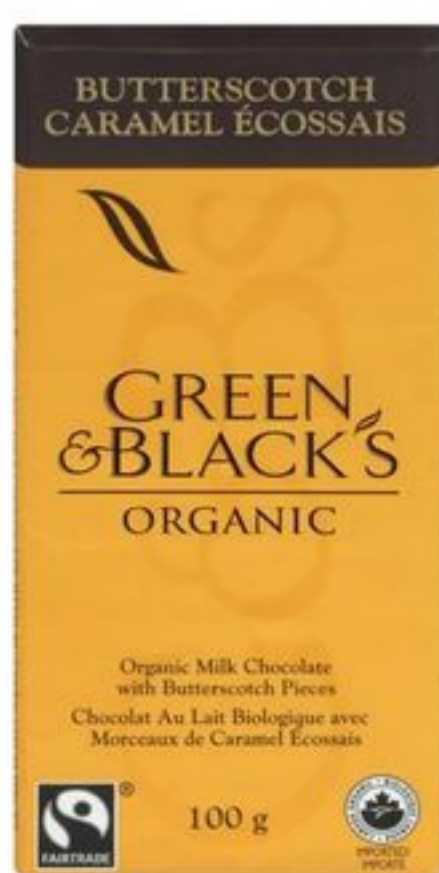


## BARBARA'S BAKERY

Original Cheese Puffs | 198 g

**10% OFF**

On Sale For \$4.49  
Save \$0.50



## GREEN & BLACK'S ORGANIC

Org Milk Chocolate -Butterscotch | 90 g

**15% OFF**

On Sale For \$5.94  
Save \$1.05



## GIMME

Rstd Seaweed Snacks - Sea Salt | 6x5 g

**10% OFF**

On Sale For \$8.09  
Save \$0.90



## GT'S ORGANIC KOMBUCHA

Gingerade | 1.47L

**10% OFF**

On Sale For \$11.24  
Save \$1.25



## HEALX FOODS

Cauliflower French Fries - Herbs | 280 g

**15% OFF**

On Sale For \$6.79  
Save \$1.20

While Quantities Last



# Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

## JUSTIN'S

Org Peanut Butter Cups - Select Varieties & Sizes



**15% OFF**

On Sale For \$3.39 - \$8.49  
Save \$0.60 - \$1.50

## LACROIX

Sparkling Water | 355 mL

**8 for \$5.99**

**15% OFF**

On Sale For \$1.27  
Save \$0.22



## NEAL BROTHERS

Salsa | 410 mL



**15% OFF**

On Sale For \$5.09 - \$5.52  
Save \$0.90 - \$0.97

## NEAL BROTHERS

Org Tortilla & Corn Chips | 276 g - 300 g

**15% OFF**

On Sale For \$5.09 - \$5.94  
Save \$0.90 - \$1.05



## OKAZU

Miso & Miso Soup - Select Varieties & Sizes



**15% OFF**

On Sale For \$7.64 - \$11.89  
Save \$1.35 - \$2.10

## EARTH'S OWN

Plant-Based Milks | 946 mL

**15% OFF**

On Sale For \$3.82 - \$6.37  
Save \$0.67 - \$1.12



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.



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Canadian Business

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