



# Nourishing November



## Organic Produce

ORGANIC CUCUMBER - ENGLISH  
**\$2.99 ea**



ORGANIC RADISH - WATERMELON  
**\$3.99 / lb**



ORGANIC BLUEBERRIES | 6 OZ  
**\$4.99 ea**



ORGANIC LEEKS - BUNCHED  
**\$4.49 ea**



ORGANIC POTATOES - PURPLE | 2 LBS  
**\$4.99 ea**



**ROCK HARBOUR SEAFOOD**

**Fresh Verlasso Salmon Fillet**

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

**\$21.31/lb**

**ROCK HARBOUR SEAFOOD**

**Prev Frozen Verlasso Salmon**

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

**\$21.31/lb**

Flyer Valid November 20 - November 26 2024 · Check out our digital flyer at [goodnessme.ca/flyer](https://goodnessme.ca/flyer) · Find us on



While Quantities Last

# Organic Produce

ORGANIC  
TOMATOES - GRAPE  
| 1 PINT  
**\$3.49 ea**



ORGANIC  
POTATOES - RUSSET  
& YELLOW | 10 LBS  
**\$11.99 ea**



*Everyday Low Prices*

ORGANIC  
GARLIC  
**\$8.99 / lb**

**GROWN  
IN  
ONTARIO**



ORGANIC  
BANANAS  
**\$1.29/ lb**



ORGANIC  
APPLES - GALA &  
AMBROSIA | 3 LBS  
**\$5.99 ea**



**Mark's**  
Pepperoni & Pork  
Pepperettes | 100g -  
150 g

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

**\$8.69<sub>ea</sub>**



**MCLEAN MEATS®**  
Org Mini Cerve-  
lat Salami | 180 g

- ✓ No Preservatives Added
- ✓ No Celery Extract Nitrite
- ✓ No Antibiotics

**\$8.99<sub>ea</sub>**

# Christmas Dinner

**\$219.99**

**SERVES 8  
PEOPLE**

**FREE RUN  
&  
ANTIBIOTIC  
FREE TURKEY**

**100%  
ORGANIC  
VEGGIES**

**CHOOSE  
4 SIDES**

**Includes a  
Fresh Baked  
Pie**



**ORDER  
BEFORE  
DEC 12**

**Scan to Order**

## **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.

## Goodness Soups

**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

# Bulk Buying Value



**20% OFF** KING SOLOMON DATES  
Dates Medjool | 1 kg



**20% OFF** KING SOLOMON DATES  
Dates Medjool | 500 g



**10% OFF** PRANA  
Org Extaze Salted Cashews | 150G



**10% OFF** PRANA  
Org Hazelnuts | 250G



## Fresh from the Fridge or Freezer



**10% OFF** EARTH BALANCE  
Soy-Free Buttery Spread | 425 g



**10% OFF** EARTH BALANCE  
Buttery Sticks | 454 g



**10% OFF** EARTH BALANCE  
Buttery Spread | 425 g



**10% OFF** EARTH BALANCE  
Organic Buttery Whipped Spread | 368 g



**15% OFF** RIVIERA  
Coconut Milk Kefir Raspberry | 946 mL



**15% OFF** RIVIERA  
Mango Passionfruit Veg Delight | 4x120 g



**15% OFF** RIVIERA  
Lemon Coconut Milk Veg Delight | 4x120 g



**15% OFF** THORNLOE  
Unsalted Grass Fed Butter | 250 g



**15% OFF** THORNLOE  
Grass Fed Salted Butter | 250 g

# Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

**HUMBLE**

The Original | 135 g



**20% OFF**

On Sale For \$3.99  
Save \$1.00

**GOOD EATS**

Almond Meal Flour | 454 g



**15% OFF**

On Sale For \$16.14  
Save \$2.85



**DANDY BLEND**

Instant Herbal Bev w/  
Dandelion | 400 g

**10% OFF**

On Sale For \$37.79  
Save \$4.20



**CAMINO**

Almonds Chocolate  
Bar | 100 g

**10% OFF**

On Sale For \$7.19  
Save \$0.80



**BOMBAY DINE**

Org Black Beans |  
540 mL

**20% OFF**

On Sale For \$3.19  
Save \$0.80



**MOUNTAIN GEMS**

Bumblebee Blend  
Whole Bean | 454 g

**15% OFF**

On Sale For \$16.14  
Save \$2.85



**KARTHEIN'S ORGANIC**

Carrot & Ginger  
Sauerkraut | 750 mL

**10% OFF**

On Sale For \$11.69  
Save \$1.30



**CELESTIAL SEASONINGS**

Bengal Spice Tea | 20  
BAGS

**10% OFF**

On Sale For \$4.49  
Save \$0.50



**COVE**

Cola | 355 mL

**10% OFF**

On Sale For \$2.69  
Save \$0.30



**FROM THE GROUND UP**

Cauliflower Cracker  
Cheddar | 113 g

**10% OFF**

On Sale For \$5.39  
Save \$0.60

While Quantities Last



**JACK 59**  
Shampoo & Conditioner  
95 g



**LAST OBJECT**  
LastRound & LastSwab



**NELSON NATURALS**  
Crush & Brush Toothpaste Tablets  
60 g

# Stocking Stuffers

Eco-Friendly



**KIIMA**  
Applicator -  
Vert Forillon



**MORE THAN LIPS**  
Blood Orange  
90 mL



**THE DIVA CUP**  
Diva Cup 1

**URBAN SPA**  
The All Natural Sea  
Sponge



**CRATE 61**  
Oatmeal  
Shea Soap  
110 g



# Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

**KIJU**  
Org Apple Juice | 1 L



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



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

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



**CHA'S ORGANICS**  
Ground Turmeric |  
150 g

**15% OFF**  
On Sale For \$10.19  
Save \$1.80



**NATUR-A**  
Unsweetened Soy  
Beverage | 946 mL

**10% OFF**  
On Sale For \$3.41  
Save \$0.38



**NUMMY CREATIONS**  
Coffee Alternative -  
Caramel | 150 g

**15% OFF**  
On Sale For \$15.29  
Save \$2.70



**NUTS TO YOU NUT BUTTER INC**  
Cashew Butter -  
Smooth | 365 g

**10% OFF**  
On Sale For \$8.09  
Save \$0.90



**WEDDERSPOON**  
Org Manuka Lemon  
Honey Drops | 120 g

**10% OFF**  
On Sale For \$9.89  
Save \$1.10



**PLANTROPY**  
Jackfruit Chicken  
Dumplings | 280 g

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



**STOKED OATS**  
Stoked Oats Stone  
Age | 500 g

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



**THE OAT COMPANY**  
Peanut Butter Cup  
Bar | 55 g

**10% OFF**  
On Sale For \$2.96  
Save \$0.33



**GOGO QUINOA**  
Org White Quinoa  
Royal Ft | 500 g

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



**PACIFIC FOODS**  
Org Cashew Carrot  
Ginger Soup | 1 L

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



**UPTON'S**  
Jackfruit - In Bbq  
Sauce | 200 g

**15% OFF**  
On Sale For \$5.94  
Save \$1.05

While Quantities Last



# Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

**CHICKAPEA PASTA**  
Organic Pasta Spirals | 227 g



**15% OFF**  
On Sale For \$5.52  
Save \$0.97

**SKINNY POP**  
Original Popcorn | 125 g



**15% OFF**  
On Sale For \$4.67  
Save \$0.82

**MAISON ORPHEE**  
Fresh Mayonnaise Olive Oil | 440 mL



**15% OFF**  
On Sale For \$6.79  
Save \$1.20

**TONICA**  
Blueberry Kombucha | 1.1 L



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

**PULP & PRESS**  
Rinse & Rebeet | 355 mL



**15% OFF**  
On Sale For \$5.94  
Save \$1.05

**PRASAD AYURVEDA**  
Organic Ghee Clarified Butter | 425 g



**10% OFF**  
On Sale For \$39.59  
Save \$4.40

While Quantities Last

# IRON UP, ENERGY UP!



"My iron levels went from 3 to 26 in 3 months. VITALITY works!"

Linda Jefferson, RNCP  
Owner, New Roads Consulting



Ultimate blood builder  
with 45 mg of Iron  
Bisglycinate



Boosts brain function  
and focus



Enhances energy and  
mood, with vitamin B12  
and spirulina



Your award-winning natural iron supplement, now enhanced with active folate! Experience a powerful boost in both energy and iron levels, helping you feel your best every day. Proudly made in Canada. Guaranteed results.



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Vitamins, Supplements,  
and Natural Remedies  
for Everyday

**DR. KLEIN'S**  
Entire Line



**10% OFF**

**NAKA PLATINUM**  
Immune Supplements - Select Varieties & Sizes



**10% OFF**

**SCHINOUSSA**  
Proteins - Select Varieties & Sizes



**10% OFF**

**BIO-K +**  
Entire Line



**10% OFF**

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# Super Supplements

Herbs & Supplements  
to support your  
everyday health



**NATURE'S WAY**  
Zinc Immune Support  
| 60 GUMMIES

**10% OFF**



**ITL HEALTH**  
Entire Line

**10% OFF**



**MANITOBA HARVEST**  
Proteins and Oils -  
Select Varieties &  
Sizes

**10% OFF**



**SUBI FOODS INC.**  
Entire Line

**10% OFF**

**ST. FRANCIS**  
Immune Supplements - Select Varieties & Sizes



**10% OFF**

**SURO**  
Entire Line



**10% OFF**



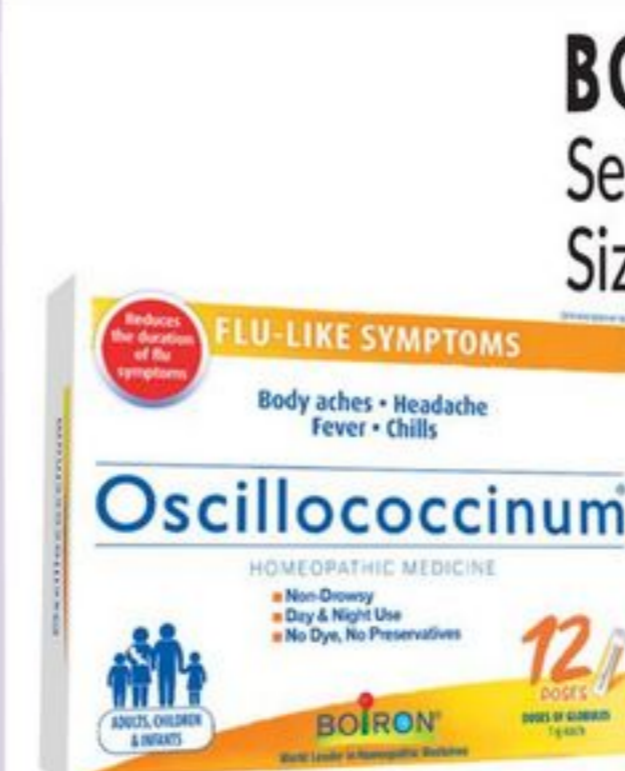
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**10% OFF**



**LEAFSOURCE**  
Entire Line

**10% OFF**



**BOIRON**  
Select Varieties &  
Sizes

**10% OFF**



**JOY OF THE MOUNTAIN**  
Entire Line

**10% OFF**

While Quantities Last

# Home, Life AND Clean Beauty

## GREEN BEAVER

Foaming Hand Wash Cranberry & Lavender | 250 mL



**15% OFF**

On Sale For \$6.79  
Save \$1.20

## NATURE CLEAN

Laundry Liquid Unscented & Lavender | 3 L



**20% OFF**

On Sale For \$13.59  
Save \$3.40



## EVANHEALY

Butter for Lips  
Whipped Shea | 1.9 oz

**15% OFF**

On Sale For \$11.04  
Save \$1.95



## EARTH WISE

Sportplus Natural  
Deodorant | 75 g

**20% OFF**

On Sale For \$5.59  
Save \$1.40



## THE UNSCENTED COMPANY

Floor Cleaning Tabs |  
22 Count

**10% OFF**

On Sale For \$13.49  
Save \$1.50



## LIQUID EARTH

Multi-Surface Cleaner  
Rosemary | 473 mL

**15% OFF**

On Sale For \$11.89  
Save \$2.10

Don't Miss  
A Week!



## EPSOM GEL

Natural Epsom Salt |  
750 g

**20% OFF**

On Sale For \$15.19  
Save \$3.80



## THURSDAY PLANTATION

Tea Tree Oil | 25 mL

**15% OFF**

On Sale For \$11.89  
Save \$2.10



## ONEKA ELEMENTS

Lotion - Cedar And  
Sage | 475 mL

**10% OFF**

On Sale For \$26.99  
Save \$3.00

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.



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