



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 · 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_{ea}



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

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

\$8.99_{ea}

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

Super Supplements

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

While Quantities Last

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



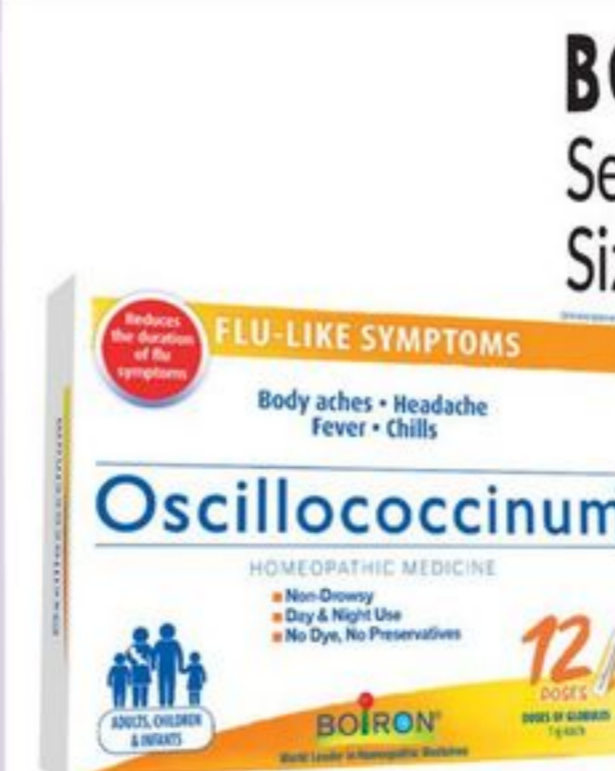
OM MUSHROOM
Entire Line

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

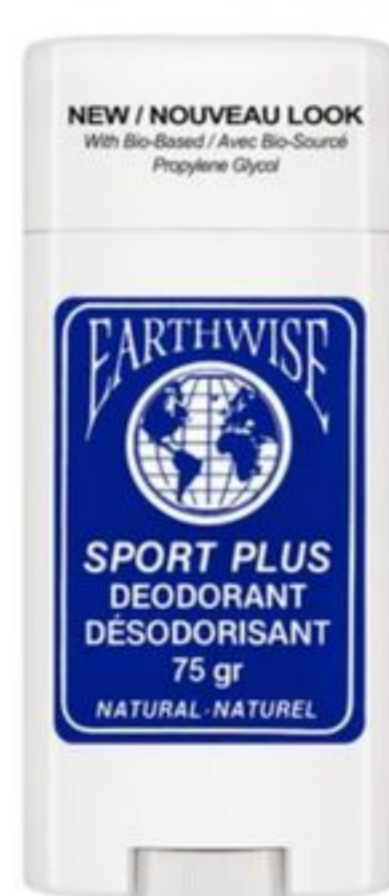


EVANHEALY

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.



Proudly a
Canadian Business

Follow Us



SHOP ONLINE

goodnessme.ca

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