

COMMUNITY NATURAL FOODS

NOURISHING OUR COMMUNITY SINCE 1977



NOVEMBER 21 – DECEMBER 25, 2024

APP EXCLUSIVE



KOUKLA Line Drive
120-150G

November 28 – December 4
In store only

30% OFF

CHOCXO Line Drive
ASSORTED SIZES

15% OFF
MEMBERS SALE

EARN **5% BONUS CASH**



NEW CHAPTER Whole Food Supplements
ENTIRE LINE ON SALE

10% OFF

EARN **5% BONUS CASH**



Organic AB Bulk Red Beets
NOVEMBER 28 – DECEMBER 4

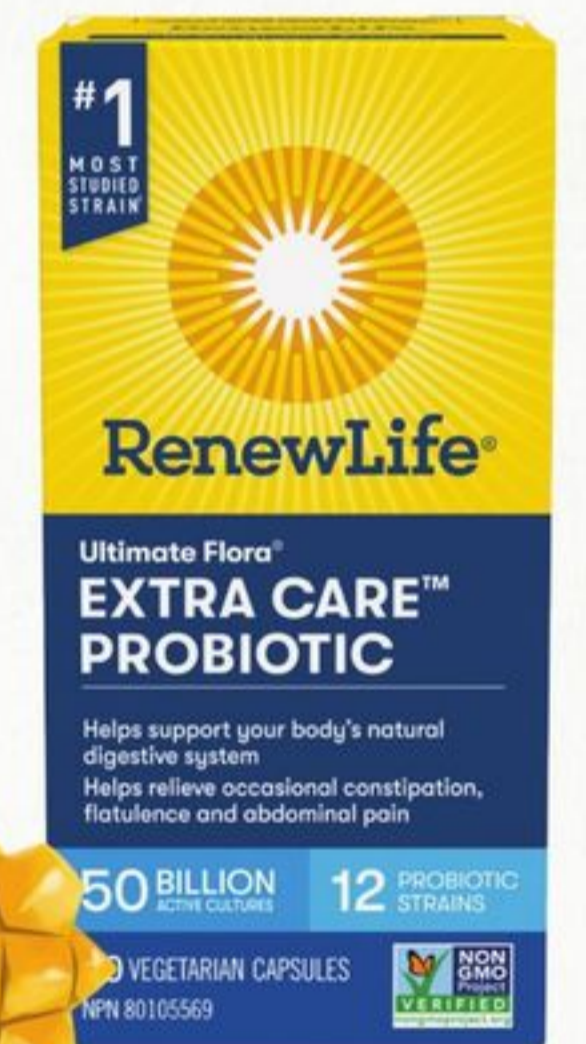


\$249
/LB
5.48/KG



RENEW LIFE Digestive Support Products
SELECT PRODUCTS

EARN **15% BONUS CASH**



GEMSTONE Frozen Ancestral Blend Ground Beef
EACH
NOVEMBER 28 – DECEMBER 4

\$11⁹⁹

Holiday goodness
shop now

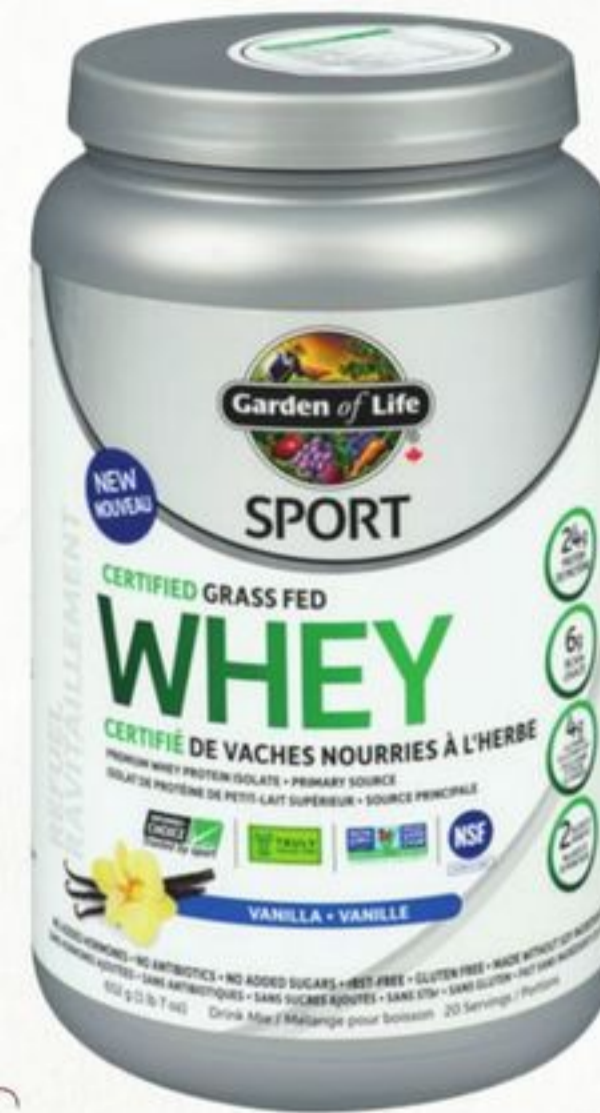
CANPREV
Nutritional
Supplements
SELECT PRODUCTS

10% OFF
+ EARN
10% BONUS CASH



GARDEN OF LIFE
Sport Whey
& Plant Based
Protein
Powders
ASSORTED

15% OFF



NEW CHAPTER
Whole Food
Supplements
ENTIRE LINE ON SALE

10% OFF
+ EARN
5% BONUS CASH



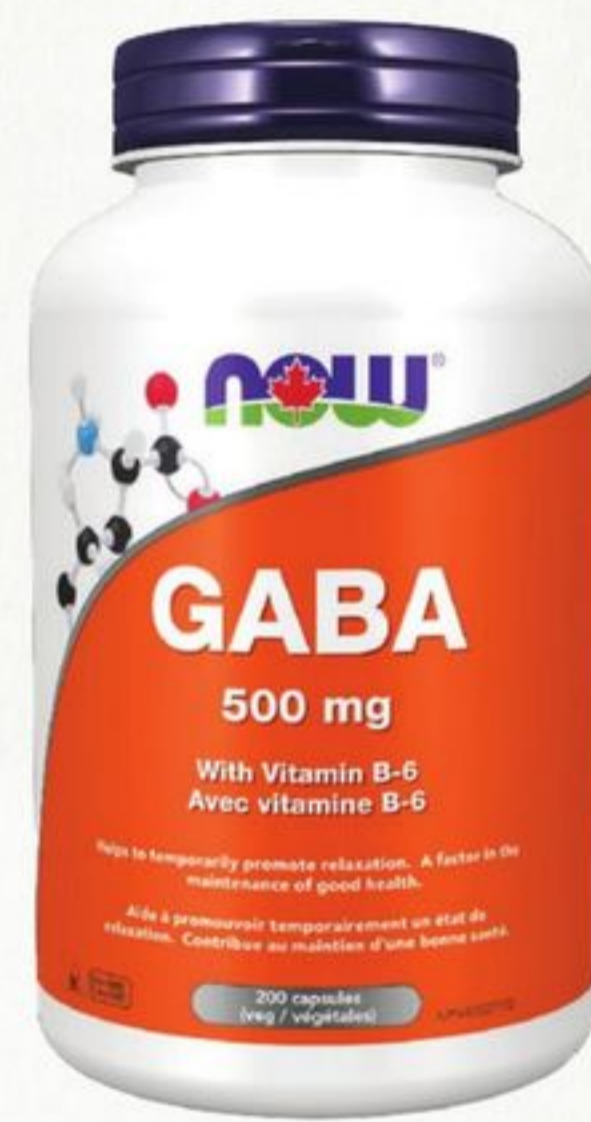
RENEW LIFE
Digestive
Support
Products
SELECT PRODUCTS

EARN
15% BONUS CASH



NOW
Nutritional
Supplements
SELECT PRODUCTS

15% OFF



PROGRESSIVE
Nutritional
Supplements
ASSORTED

10% OFF
+ EARN
5% BONUS CASH



ANNEMARIE
BÖRLIND
NATURAL BEAUTY

10% OFF + 10% BONUS CASH

ALL ANNEMARIE
BÖRLIND PRODUCTS



*Community Natural Foods App download and registration required. Visit communitynaturalfoods.com/policies for additional terms and conditions.

ULTIMATE
Starch & Fat
Metabolizer
90CAP



15%
OFF



CANPREV
Digestive
Enzymes
90VCAP



15%
OFF

SALUS
Gellixier
Herbal
Bitters
Liquid
500ML



15%
OFF

A. VOGEL
Echinaforce -
Immune System
Support
50ML



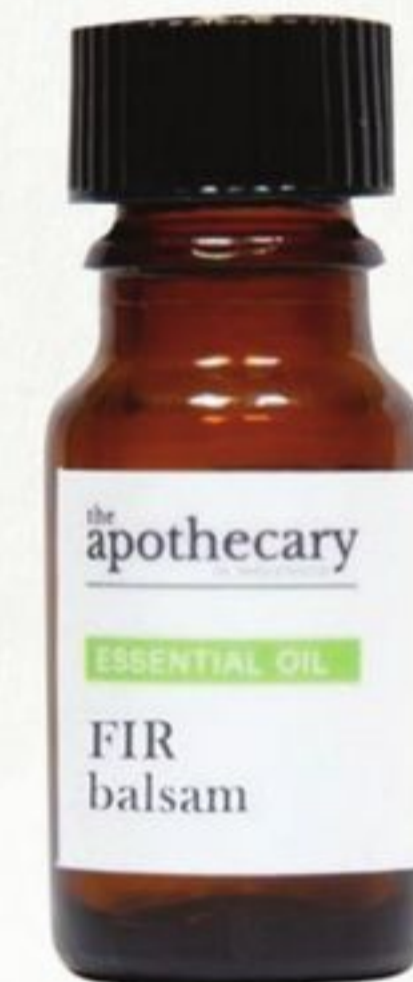
15%
OFF

HIMALAYA
Party Smart
ASSORTED SIZES



EARN
20%
BONUS
CASH

THE APOTHECARY
Essential Oils
ASSORTED



15%
OFF

LA LUNA
Eclipse Pre-Infused
Reed
Diffuser



EARN
15%
BONUS
CASH

NATURTINT
Permanent Ammonia
Free Hair Colour
ASSORTED



15%
OFF

+ EARN
15%
BONUS
CASH

ANNEMARIE BORLIND
Natural Skin Care &
Cosmetics
ASSORTED



10%
OFF

+ EARN
10%
BONUS
CASH



HAGENSBORG
Truffle Pig Bars
 40G

SAVE \$0.60

\$2.99



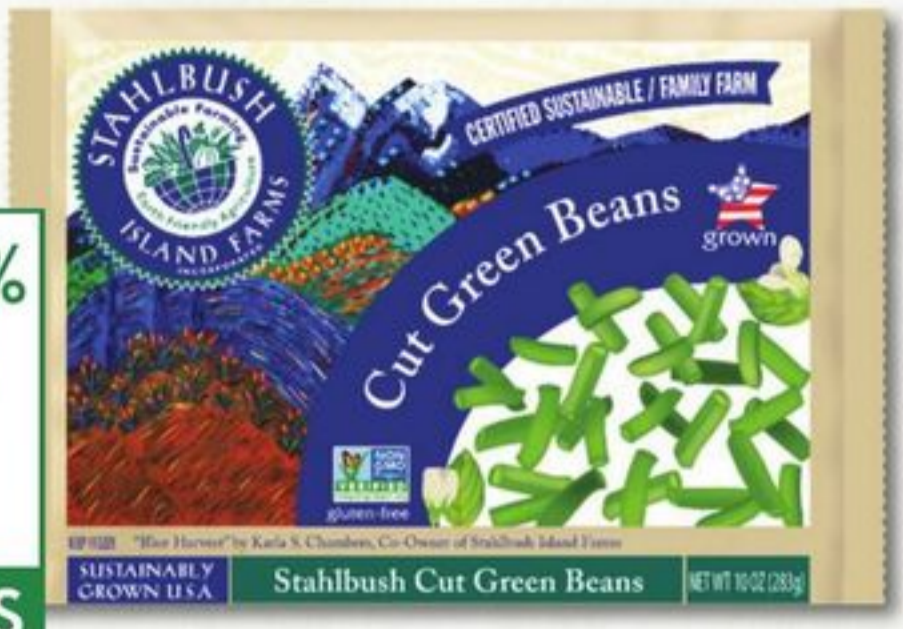
CHIMES
Ginger Chews
 ASSORTED SIZES

10% OFF + EARN 10% BONUS CASH



STAHLBUSH
Frozen Fruits and Vegetables
 ASSORTED SIZES

15% OFF MEMBERS SALE



SO DELICIOUS
Frozen Desserts and Whipped Topping
 ASSORTED SIZES

10% OFF



TRADITIONAL MEDICINALS
Organic Herbal Teas
 16 CT

10% OFF + EARN 5% BONUS CASH



ZAZUBEAN
Fair Trade Chocolate Bars
 80-85G

EARN 10% BONUS CASH



BLUME
Latte Mixes
 ASSORTED SIZES

10% OFF



MASTER CHOCOLAT
Dark and Milk Chocolate Christmas Spice Bars
 80G

15% OFF MEMBERS SALE



KANEL
Spices (Excludes Gift Packs)
 ASSORTED SIZES

15% OFF



BE INSPIRED

PLAY & WIN

SAVE MONEY

BONUS CASH

Unlock Wellness
GET THE APP

This month members can earn over

\$100 BONUS CASH

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NOVEMBER 28 – DECEMBER 4



2.99
EACH
MEMBERS SALE

Organic Collard Greens
BUNCH



5.99
EACH
MEMBERS SALE

EARN **10%**
BONUS CASH

Organic BC Anjou Pears
3LB BAG



99¢
EACH

EARN **10%**
BONUS CASH

Organic Persimmons Fuyu



\$2.49
/LB
5.48/KG

Organic AB Bulk Red Beets



EARN **\$2**
BONUS CASH

Organic Oyster Mushrooms
200G



\$2.99
/LB
6.58/KG

Organic Beef Steak Tomatoes

TOP GRASS CATTLE CO.

Extra Lean Ground Beef Fresh

454G

GRASS FED



10% OFF

+ EARN 5% BONUS CASH

MCLEAN MEATS

Organic Sliced Salami

70G

\$5.69



PLATINUM ALBERTA

Double Smoked Bacon

450G

\$15.99



LEARN MORE ABOUT Winter's Farm [HERE](#)



Lamb and Pork Meat Balls

[RECIPE HERE](#)



ECOMAX Natural Household Cleaners SELECT PRODUCTS



15% OFF MEMBERS SALE

IF YOU CARE Kitchen & Household Products ASSORTED



EARN 20% BONUS CASH



BETTER THAN BOUILLON Organic Soup Base 227G



EARN 10% BONUS CASH

MEAT

HOUSEHOLD

EARTH'S OWN
Holiday
Oat Nog
946ML

VEGAN

\$4⁹⁹



CHOCXO
Line Drive
ASSORTED SIZES

LOW SUGAR

15%
OFF
MEMBERS
SALE

EARN
5%
BONUS
CASH



YUM EARTH
Organic
Candy Canes
140G

ORGANIC

\$10⁹⁹



LILLYBEAN
Gluten-Free
Gingerbread
Tiny House
Baking Kit
286G

* GLUTEN *
FREE

\$24⁹⁹



Simply Organic &
Pacific Foods Organic
Broths & Spices

ASSORTED SIZES

10%
OFF

EARN
5%
BONUS
CASH



GROCERY

WELL JUICERY
**Fresh Pressed Juice,
 Lemonade & Elixirs**
 60-300ML

15% OFF
 + EARN
10% BONUS CASH



RISE
Kombucha
 1L



10% OFF



NUTS FOR CHEESE
**Plant Based
 Cheese**
 120G

PLANT
 BASED



10% OFF



VIOLIFE
Vegan Cheese
 150-227G



10% OFF
 + EARN
5% BONUS CASH



The Preferred choice for
Healthy
 Blood  Sugar
 & Cholesterol



AVAILABLE
**IN-STORE
 & ONLINE**

15% BONUS CASH

NOVEMBER 21 – DECEMBER 25, 2024

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COMMUNITY
NATURALS
**Apple Spice
Kombucha**
355ML



EARN
**10%
BONUS
CASH**



WORTHY
**Locally-Made
Jams**
235ML



8.99
EACH
SAVE \$1.00
MEMBERS
SALE

COMMUNITY
NATURALS
**Bone
Broths**
750ML



\$12.99



CALGARY HERITAGE
ROASTING CO.
**Locally-Roasted
Coffee**
340G



EARN
**15%
BONUS
CASH**



CARRIAGE HOUSE BAKERY
9 Inch Pie
\$16.99



VIENNA BAKERY
Ginger Cookies
6 PACK
\$14.99



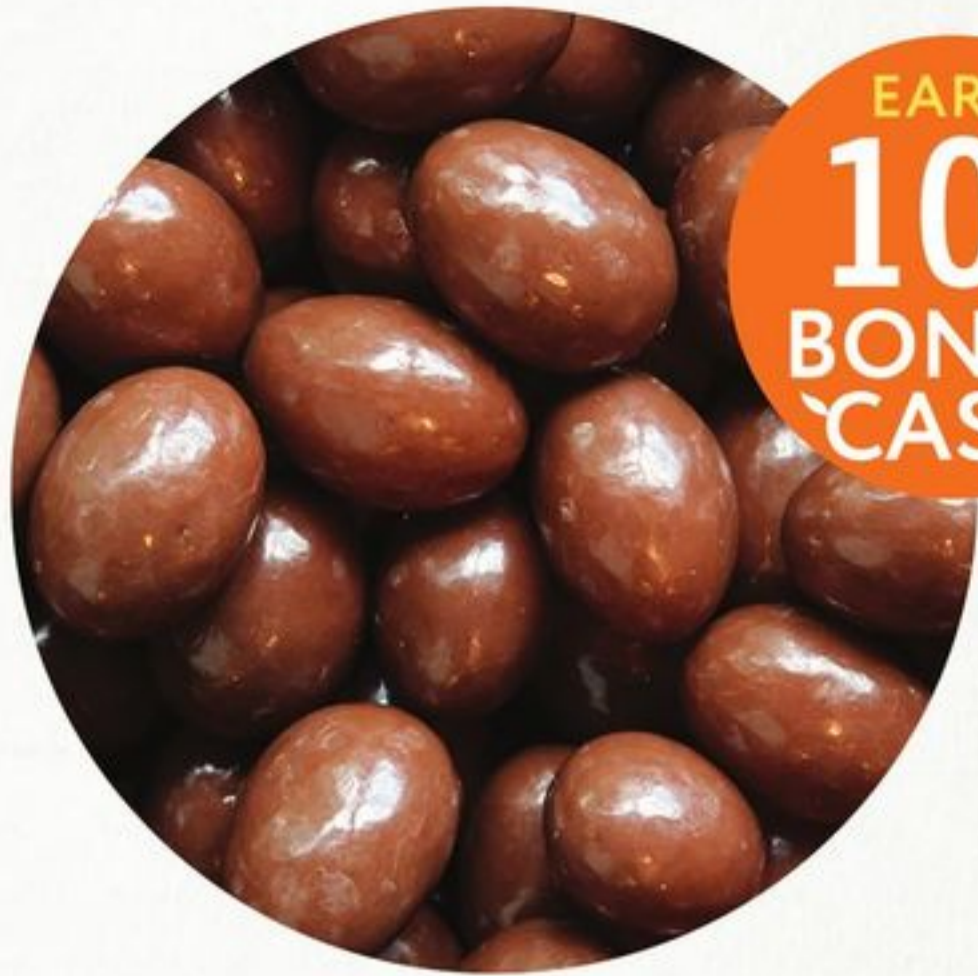
MADE FOODS
Holy Fudge Brownie
200G
\$9.29

**Root Vegetable
Crumble**

[RECIPE HERE](#)



GRAB AND GO



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Chocolate
Almonds**



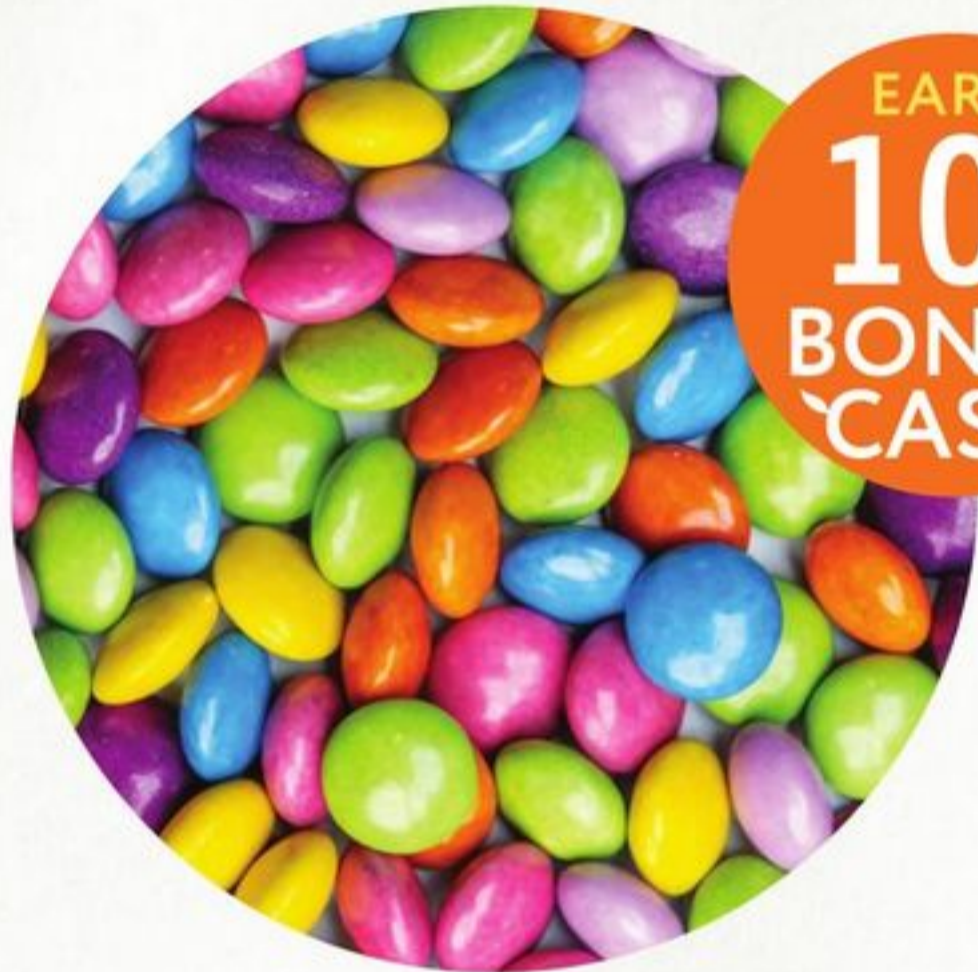
EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Tamari
Almonds**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Roasted
Salted Cashews**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Milk Chocolate
Rainbow Drops**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Roasted Salted
Pistachios**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Ultimate
Nut Mix**

SAVE
15%

BY

Y

**BULK
SUNDAYS**

C

Bring your own container, fill up on bulk every Sunday, and save 15%

**for cnf members, on regular priced items*

ENZYMEDICA®

FOR YOUR DIGESTIVE HAPPINESS

15%
OFF



All Enzymedica Products

**DONATE \$1 OR MORE
AT CHECKOUT.**

**Donations will go to
The Mustard Seed in
Calgary and Edmonton.**


**THE
MUSTARD
SEED**

**Every \$5.38 you donate
provides a meal for
someone in need.**

 **Holiday Dinner Giving**

TRY COMMUNITY NATURAL FOODS DELIVERY & CURBSIDE PICK UP TODAY

LEARN MORE



**COMMUNITY
NATURAL FOODS**
NOURISHING OUR COMMUNITY SINCE 1977

10th Ave Market & Cafe
1304 10th Ave SW
Calgary

Crowfoot Market
850 Crowfoot Cres. NW
Calgary

STORE HOURS:
Monday to Saturday 9am—9pm
Sunday 9am—7pm

**Register for the new membership program and
download the app at communitynaturalfoods.com**

Chinook Market
202 61st Ave SW
Calgary

Strathcona Market
7914 104 St NW
Edmonton

All advertised limits are applicable per household, while supplies last. No rainchecks. During a sale, Community Natural Foods Stores make every effort to supply sufficient advertised merchandise to meet your needs. Because of circumstances beyond our control, some items may be out of stock. Also, due to the size of some Community Natural Foods Stores, a complete line of advertised items may not be carried. We apologize for any inconvenience caused by these shortages. Although we strive for complete accuracy in our advertising, errors sometimes can occur. When an error is discovered, a correction notice will be posted in Stores to bring the error to your attention. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. GST is extra where applicable. Certain items may be subject to additional recycling or deposit fees.

*Community Natural Foods app download and registration required for bonus cash and app exclusive items. All items with a percentage bonus offer apply to the purchase price paid excluding deposit, environmental and taxes where applicable. App offers and game redemptions available in store only. For eCommerce, earned Community Natural Foods Bonus Cash is based on your fulfillment date. Visit calgarycoop.com for contest rules and additional terms and conditions.

We reserve the right to limit purchases to retail quantities. Not all items may be available at all stores. Items advertised may not be exactly as illustrated. Prices do not include tax, deposit, environmental handling charges or levies.