



Nourishing November



Organic Produce

ORGANIC SALAD MIX - ARUGULA, BABY ROMAINE, SPRING MIX, SUPER CRUNCH, SWEET PEA | 120 G - 42 G

\$3.99 ea



GROWN IN ONTARIO

ORGANIC SPINACH - BUNCHED

\$2.49 ea



ORGANIC ONIONS - YELLOW | 2 LBS

\$2.99 ea



Organic Lean Ground Beef
| 400 g

- ✓ Canadian Beef
- ✓ Pasture Raised
- ✓ Raised without the use of Antibiotics

\$14.99 ea



Virginia Wild Caught Dry Scallops U10
| 227 g

- ✓ Wild Caught
- ✓ All Natural with No Moisture Added

\$26.99 ea

Flyer Valid November 13 - November 19 2024 · Check out our digital flyer at goodnessme.ca/flyer · Find us on



While Quantities Last

Organic Produce



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



**ORGANIC
TOMATOES - MINI
APERIO | 250 G**
\$3.99 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



	<p>Fresh Rainbow Trout Fillets</p> <ul style="list-style-type: none"> ✓ BAP Certified ✓ Ethically & Responsibly Sourced ✓ Hormone & Antibiotic Free <p>\$21.31/lb</p>		<p>Previously Frozen Rainbow Trout Fillets</p> <ul style="list-style-type: none"> ✓ BAP Certified ✓ Ethically & Responsibly Sourced ✓ Hormone & Antibiotic Free <p>\$20.41/lb</p>
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While Quantities Last

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

Goood Treats



10% OFF CIRCLE OF LIFE
Energy Explosion | 6 Pk



10% OFF CIRCLE OF LIFE
Gf Maracoons | 6 Pk



10% OFF CIRCLE OF LIFE
Seed Bar | 260 g



10% OFF CIRCLE OF LIFE
GF Chocolate
Macaroons | 222 g



Fresh from the Fridge or Freezer



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



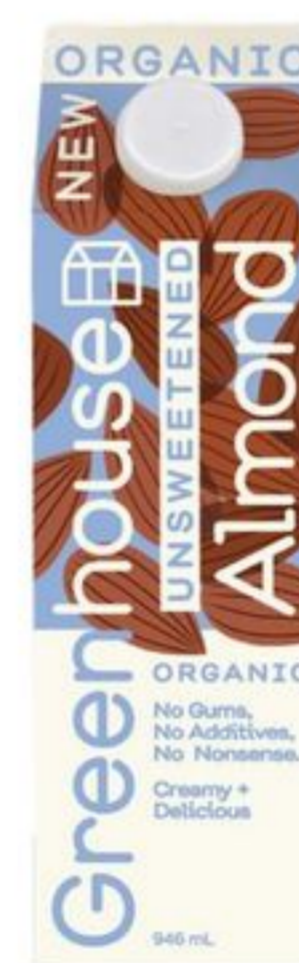
10% OFF BEST BAA DAIRY
Sheep Kefir | 1 L



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



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



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



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



10% OFF MYLKO INC
Coconut Drink | 1 L



10% OFF SIMPLA
Coconut Yogurt -
Original | 450 g



10% OFF SIMPLA
Coconut Yogurt -
Lemon | 450 g

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

FOUR SIGMATIC

Instant Organic Coffee & Cacao With Benefits - Select Varieties & Sizes



10% OFF

On Sale For \$2.24 - \$38.69
Save \$0.25 - \$4.30

HOLY NAPOLI

Neapolitan Pizza & Dough - Select Varieties & Sizes



10% OFF

On Sale For \$4.49 - \$11.69
Save \$0.50 - \$1.30

HONIBE

Honey Lozenges -
Lemon | 10 Lozenges



10% OFF

On Sale For \$5.84
Save \$0.65

BOB'S RED MILL

Gf Baking Flour 1 To 1
| 1.81 kg



15% OFF

On Sale For \$19.54
Save \$3.45

MARANATHA NATURAL FOODS

Org Smooth Peanut
Butter | 500 g



10% OFF

On Sale For \$8.54
Save \$0.95

NAKED AND SAUCY

Coconut Seasoning
Sauce | 296 mL



15% OFF

On Sale For \$8.49
Save \$1.50

INARI FOODS

Org Chick Peas |
500 g



10% OFF

On Sale For \$3.86
Save \$0.43

NATIVE

Crystal Cane Sugar |
1 kg



10% OFF

On Sale For \$6.20
Save \$0.69

BLUE DIAMOND

Almond Breeze
- Original Unsw |
946 mL



10% OFF

On Sale For \$3.59
Save \$0.40

PRETTO'S PASTA

Traditional Lasagna
Bolognese | 750 g



15% OFF

On Sale For \$13.59
Save \$2.40

While Quantities Last

PRACTICE
SAFE SEX



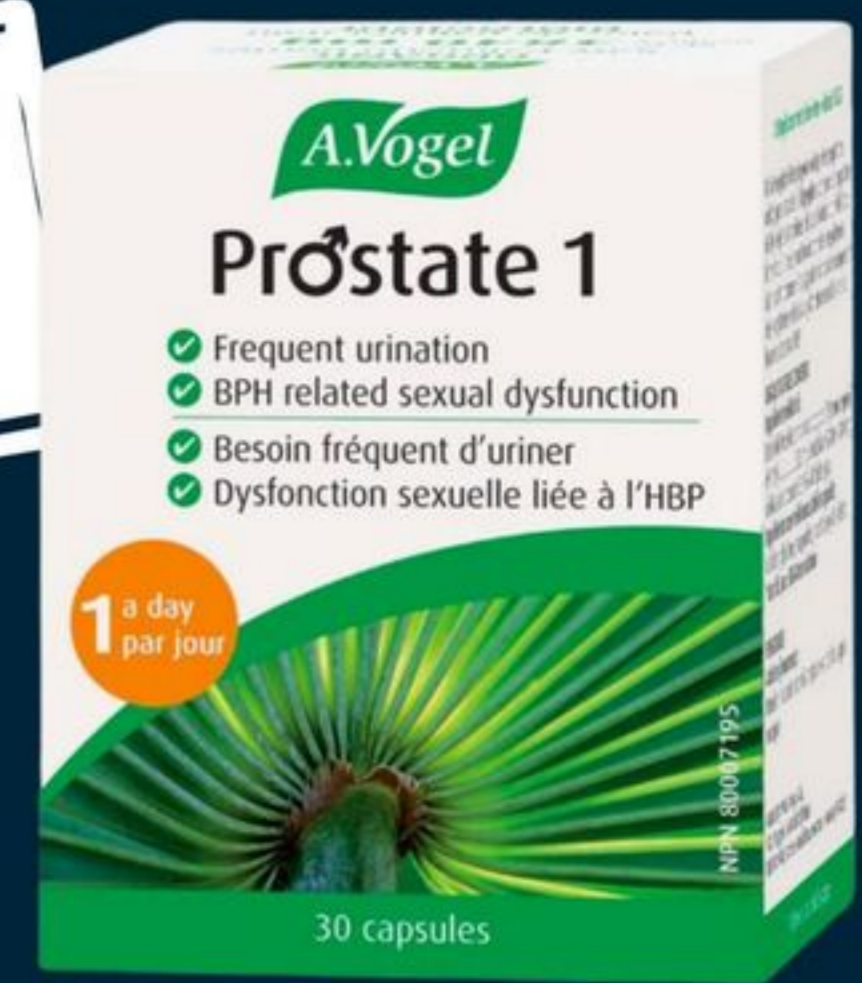
JEMS
Natural Latex
Condoms
12 Pack

PROMOTING STRENGTH,
SHINE, AND HEALTHY
GROWTH.



BADGER
Beard Oil
1 oz

REDUCES SYMPTOMS OF
ENLARGED PROSTATE



A. VOGEL
Prostate 1
30 Caps

HELPS TO BOOST
THE BODY'S LIBIDO



ULTIMATE
Performance
90 Veg Caps

ALUMINUM FREE



DR. SQUATCH
Men's Natural Deodorant -
Fresh Falls
75 g

Movember

Healthier Men &
Healthier World

SUPPORTS
TESTOSTERONE
PRODUCTION



PRAIRIE NATURALS
Test Force
60 Veg Caps

EVERY MAN JACK
Face Cleanser & Beard Butter
5 oz / 4 oz



BUTTER UP THAT
'STACHE

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

MOON CHEESE

Cheese Snacks - Select Varieties | 57 g



10% OFF

On Sale For \$4.94
Save \$0.55

NOW

Better Stevia Extract
Packets | 100 packets



10% OFF

On Sale For \$11.69
Save \$1.30

NUTIVA

Refined Coconut Oil
| 860 mL



10% OFF

On Sale For \$14.39
Save \$1.60

SPRAGUE

Org Soup Quebec-
Style Split Pea |
398 mL



20% OFF

On Sale For \$3.99
Save \$1.00

SIMPLY ORGANIC
Taco Seasoning Mix
| 32 g



20% OFF

On Sale For \$2.23
Save \$0.56

STASH

Double Spice Chai
Black Tea | 18 Bags



10% OFF

On Sale For \$5.39
Save \$0.60

AMANO FOODS

Organic Shiro White
Miso Paste | 400 g



10% OFF

On Sale For \$8.09
Save \$0.90

DARYL'S

Chocolate Caramel
Pecan Perfor | 58 g



10% OFF

On Sale For \$2.96
Save \$0.33

DO MATCHA

Org Japanese Green
Tea | 80 g



15% OFF

On Sale For \$38.24
Save \$6.75

FITBITE

Cassava Chips - Sea
Salt | 100 g



15% OFF

On Sale For \$4.67
Save \$0.82

FLOW

Alkaline Spring Water
| 1 L



15% OFF

On Sale For \$2.97
Save \$0.52

BOB'S RED MILL

Almond Flour | 453 g



15% OFF

On Sale For \$15.29
Save \$2.70

BIOTTA

Beetroot Juice |
500 mL



10% OFF

On Sale For \$7.19
Save \$0.80

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

GREENHOUSE JUICE

Organic Juices - Select Varieties & Sizes



10% OFF

On Sale For \$4.49 - \$26.99
Save \$0.50 - \$3.00

NO WHEY

Vegan Chocolate and Candy - Select Varieties | 39 g - 45 g



15% OFF

On Sale For \$2.97
Save \$0.52

ROAR ORGANIC

Electrolyte Drinks - Select Varieties & Sizes



15% OFF

On Sale For \$1.69 - \$2.97
Save \$0.30 - \$0.52

NORA'S

Plant Based Frozen Dessert - Select Varieties | 500 mL



15% OFF

On Sale For \$7.64
Save \$1.35

FELICETTI

Org Pastas | 340 g - 500 g



15% OFF

On Sale For \$2.97 - \$4.24
Save \$0.52 - \$0.75

CALIFIA

Dairy Free Cold Brew & Holiday Nog - Select Varieties | 1.4 L



10% OFF

On Sale For \$8.09 - \$8.99
Save \$0.90 - \$1.00

While Quantities Last

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

GENUINE HEALTH

Protein - Selected Varieties & Sizes



10% OFF

ORGANIKA

Collagen & Bone Broth- Select Varieties & Sizes



10% OFF

ULTIMATE

Male Supplements - Entire Line



10% OFF

NATURE'S WAY

Fish & Plant-Based Oils - Entire Line



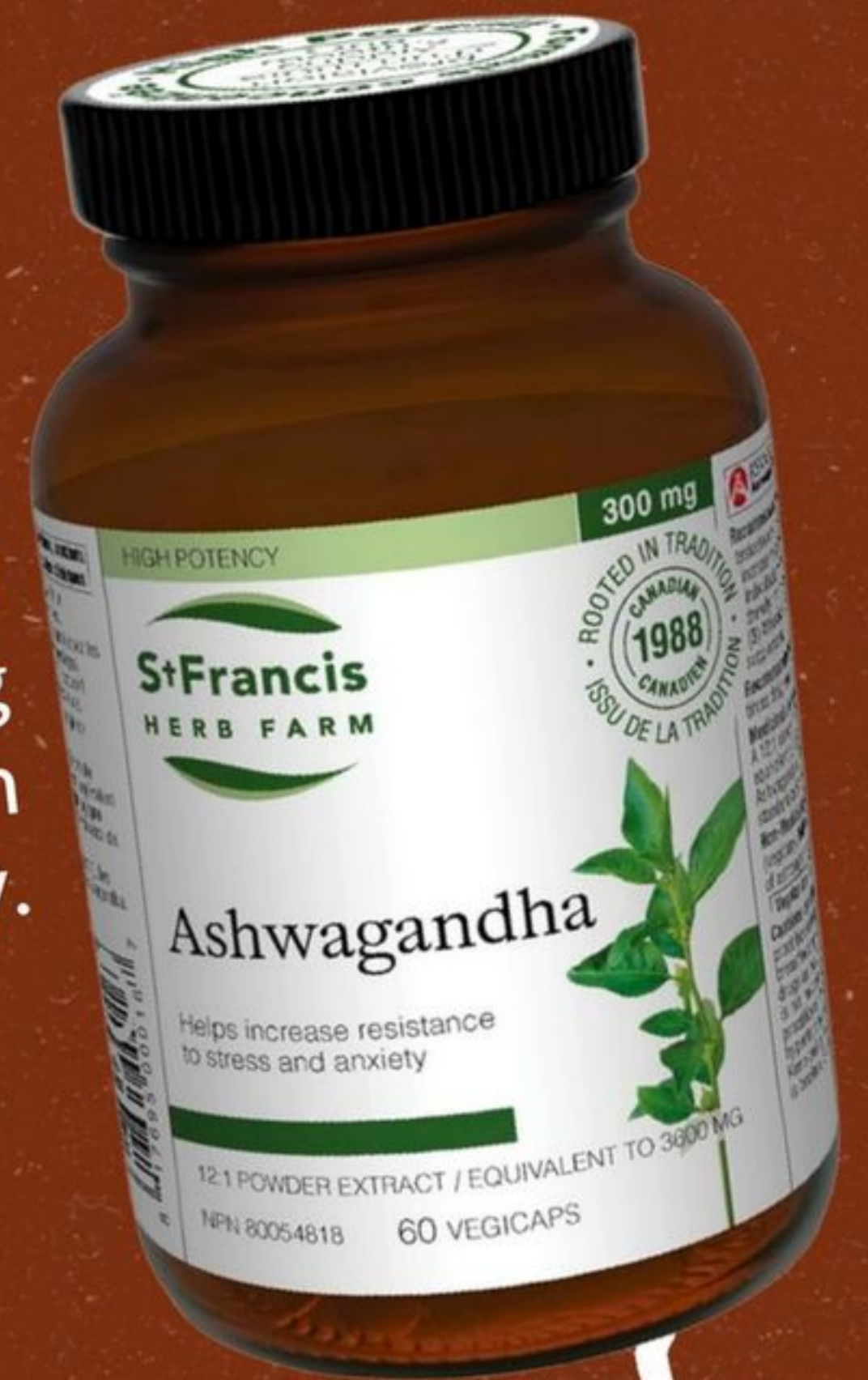
10% OFF

While Quantities Last



Protects the nervous system and boosts antioxidant defences in the brain.

Helps reduce stress and anxiety while improving cognitive function and mental clarity.



Nourish Your Mind



Saffron's antioxidants and mood-boosting effects help protect brain cells, enhance neurotransmitters, and support memory and cognitive function.

Improves short- and long-term memory and reduces the effects of aging on the brain.



Super Supplements

Herbs & Supplements
to support your
everyday health



**LIVING
ALCHEMY**
Your Flora Probiotics -
Entire Line

10% OFF



HEALTHOLOGY
Entire Line

10% OFF

VEGA

All-in-One Plant-Based Shakes - Select Varieties & Sizes



10% OFF



**NATURAL
FACTORS**
Vitamin D & C -
Selected Varieties
& Sizes

10% OFF



**PURE-LE
NATURAL**
Selected Varieties &
Sizes

10% OFF

How do you pack 8 exotic
superfruits into your day?

Try **Immuno Berry**. An ultra-potent berry blend
plus adaptogen herbs for respiratory, flu & joint
support. Consider it a dose of wild nutrition to
help tame those symptoms to blame.

NEW



Acerola
Acai fruit
Amla fruit
Camu-camu
Maqui berry
Cranberry extract
Elderberry extract
Pomegranate fruit



A.VOGEL
Echinaforce -
Selected Varieties
& Sizes

10% OFF



KI
Immunity Supplements
- Entire Line

10% OFF



ENEREX
Entire Line

10% OFF



**DUTCHMAN'S
GOLD**
Honey & Propolis
Throat Spray | 30 mL

10% OFF

While Quantities Last

Home, Life AND Clean Beauty

JASON

Shower Body Wash - Select Varieties | 887 mL



20% OFF

On Sale For \$12.79
Save \$3.20

NATURE CLEAN

Natural Dishwashing Products - Select Varieties & Sizes



20% OFF

On Sale For \$3.19 - \$26.33
Save \$0.80 - \$6.58



MAD HIPPIE
Vitamin C Serum |
30 mL

20% OFF

On Sale For \$37.59
Save \$9.40



PENNY LANE ORGANICS
Patchouli Sandalwood
Deodorant | 120 g

20% OFF

On Sale For \$9.59
Save \$2.40



NOW
Peppermint Oil 118ml
| 118 mL

10% OFF

On Sale For \$30.59
Save \$3.40

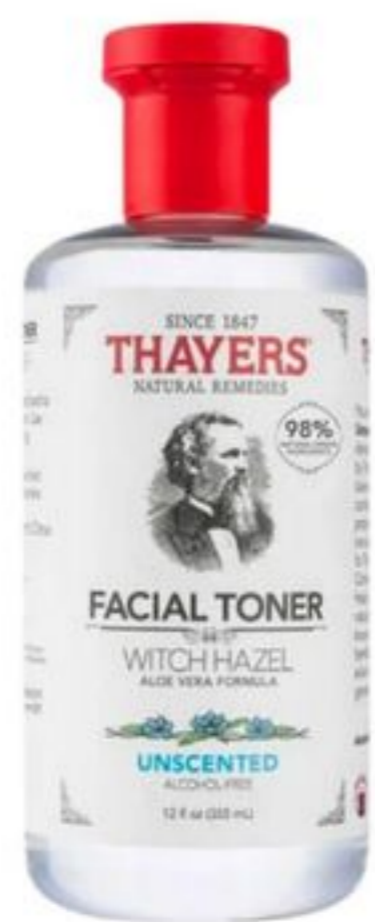


WAX + FIRE
Palo Santo Soy Candle
| 8 OZ

10% OFF

On Sale For \$26.09
Save \$2.90

Don't Miss
A Week!



THAYERS
Af Witch Hazel -
Unscented | 355 mL

15% OFF

On Sale For \$16.99
Save \$3.00



CABOO
Bamboo Baby Wipes
| 30 Wipes

15% OFF

On Sale For \$3.39
Save \$0.60



BOIRON
Arnica Gel | 75 g

20% OFF

On Sale For \$15.19
Save \$3.80

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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