

# COMMUNITY NATURAL FOODS

NOURISHING OUR COMMUNITY SINCE 1977



NOVEMBER 21 – DECEMBER 25, 2024

APP EXCLUSIVE



PLATINUM ALBERTA Double Smoked Nitrite Free Bacon 450G

25% OFF



December 12 – 18

LILLYBEAN Gluten-Free Gingerbread Tiny House Baking Kit 286G

\$24.99

\* GLUTEN FREE \*



CANPREV Nutritional Supplements SELECT PRODUCTS

10% OFF

+ EARN 10% BONUS CASH



Organic AB Green Peppers

DECEMBER 12 – 18

\$4.99 /LB 10.98/KG

+ EARN 10% BONUS CASH



GARDEN OF LIFE Sport Whey & Plant Based Protein Powders ASSORTED

15% OFF



ROSSDOWN NATURAL FOODS Whole Chicken DECEMBER 12 – 18

CALGARY ONLY

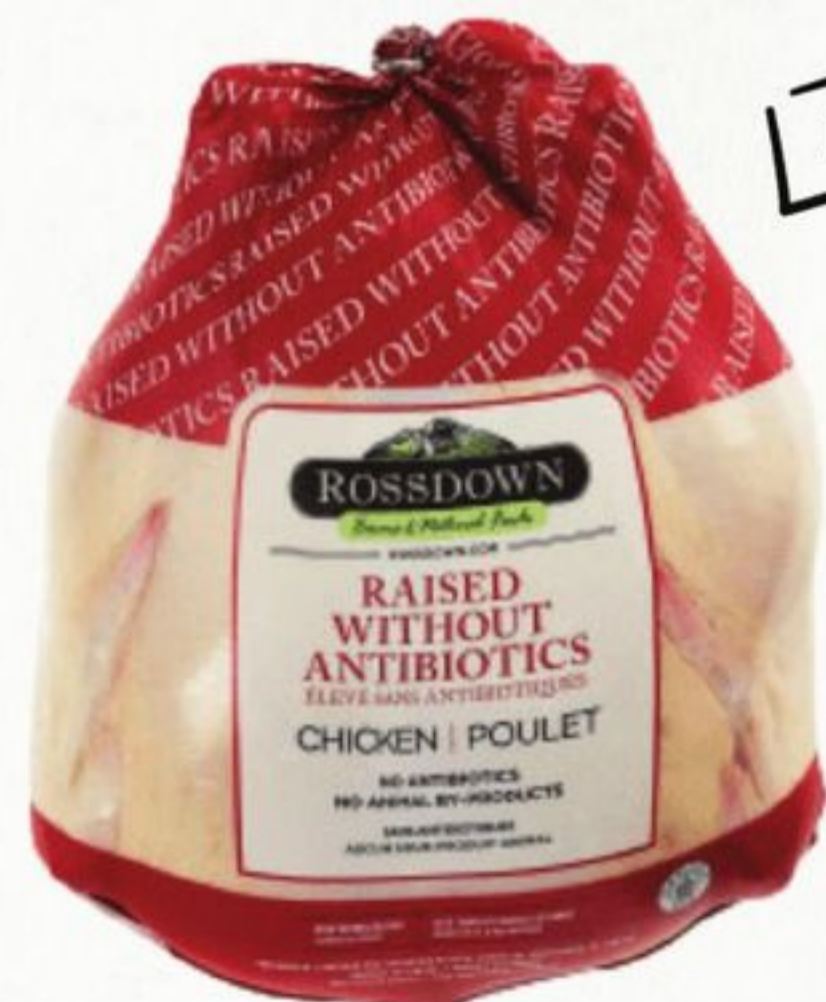
FRESH ASSORTED WEIGHT

99¢ /100G

EDMONTON ONLY

FROZEN 1.2-1.6KG

\$14.99



Flash Sale December 13-14 select products SHOP

30% OFF APP EXCLUSIVE

Community Natural Foods App download and registration required. Visit [communitynaturalfoods.com/policies](https://communitynaturalfoods.com/policies) for additional terms and conditions.

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



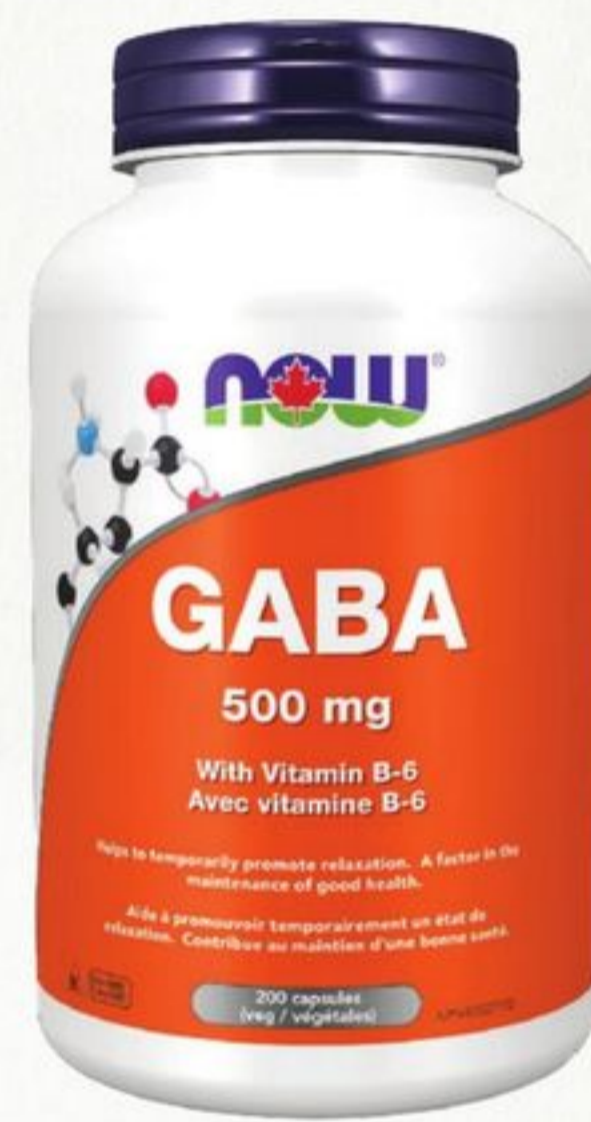
RENEW LIFE  
Digestive  
Support  
Products  
SELECT PRODUCTS

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



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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



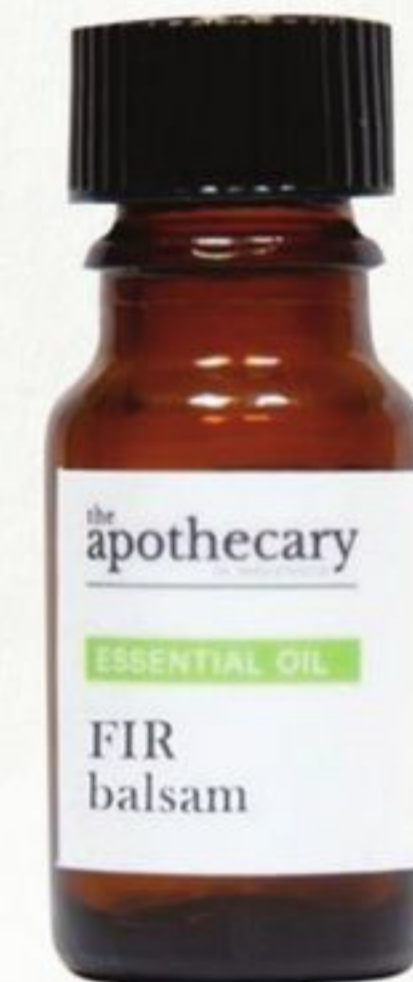
**15%  
 OFF**

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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**DECEMBER 12 – 18**

**\$2.99 EACH**

**Organic Green Kale**  
BUNCH

**\$1.99 /LB 4.38/KG** + **EARN 10% BONUS CASH**

**Organic BC Red Delicious Apples**

**\$5.49 EACH**

**Organic Kiwi**  
1LB BAG

**EARN 40% BONUS CASH**

**Organic Purple Top Turnips**

**\$4.99 /LB 10.98/KG** + **EARN 10% BONUS CASH**

**Organic AB Green Peppers**

**9.99 /LB 21.98/KG**  
**MEMBERS SALE**

**Organic AB Shitake Mushrooms**

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

\$4<sup>99</sup>



CHOCXO  
Line Drive  
ASSORTED SIZES

LOW SUGAR

15%  
OFF  
MEMBERS  
SALE

EARN  
5%  
BONUS  
CASH



YUM EARTH  
Organic  
Candy Canes  
140G

ORGANIC

\$10<sup>99</sup>



LILLYBEAN  
Gluten-Free  
Gingerbread  
Tiny House  
Baking Kit  
286G

\* GLUTEN \*  
FREE

\$24<sup>99</sup>



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

**10% OFF**



PLANT  
 BASED



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**

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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**



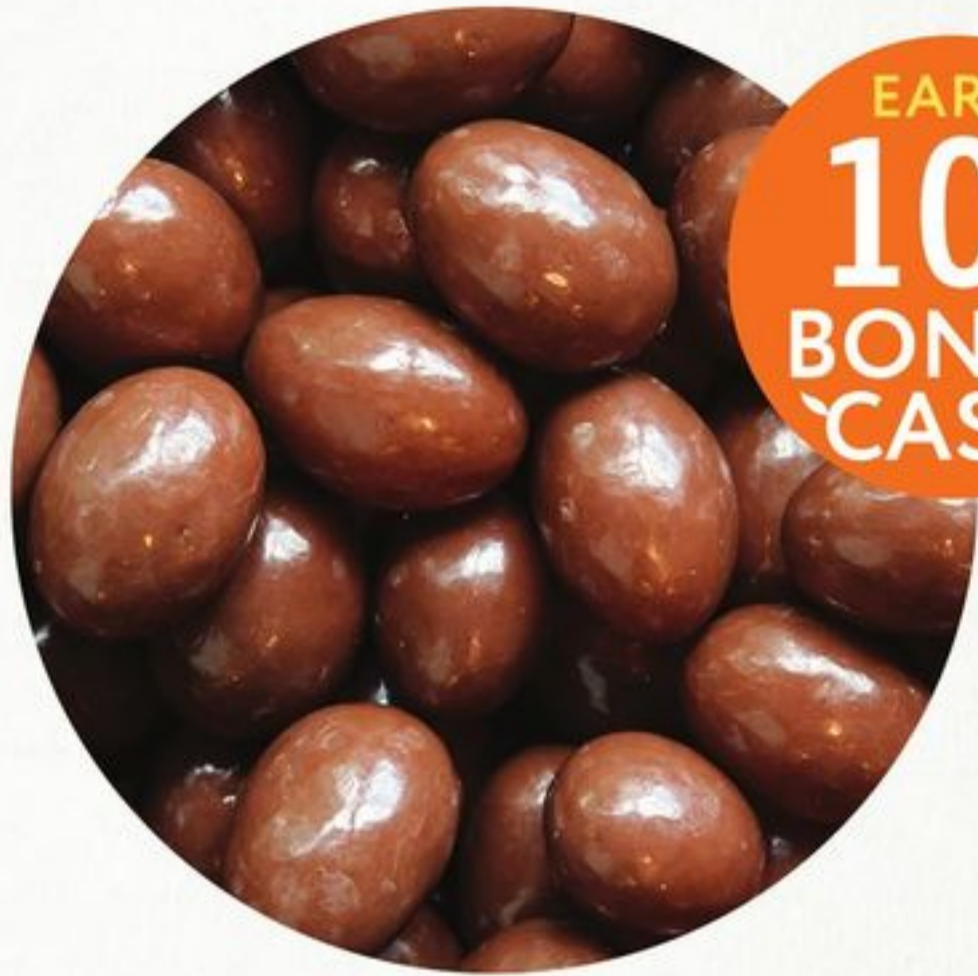
MADE FOODS  
**Holy Fudge Brownie**  
200G  
**\$9.29**

**Root Vegetable  
Crumble**

[RECIPE HERE](#)

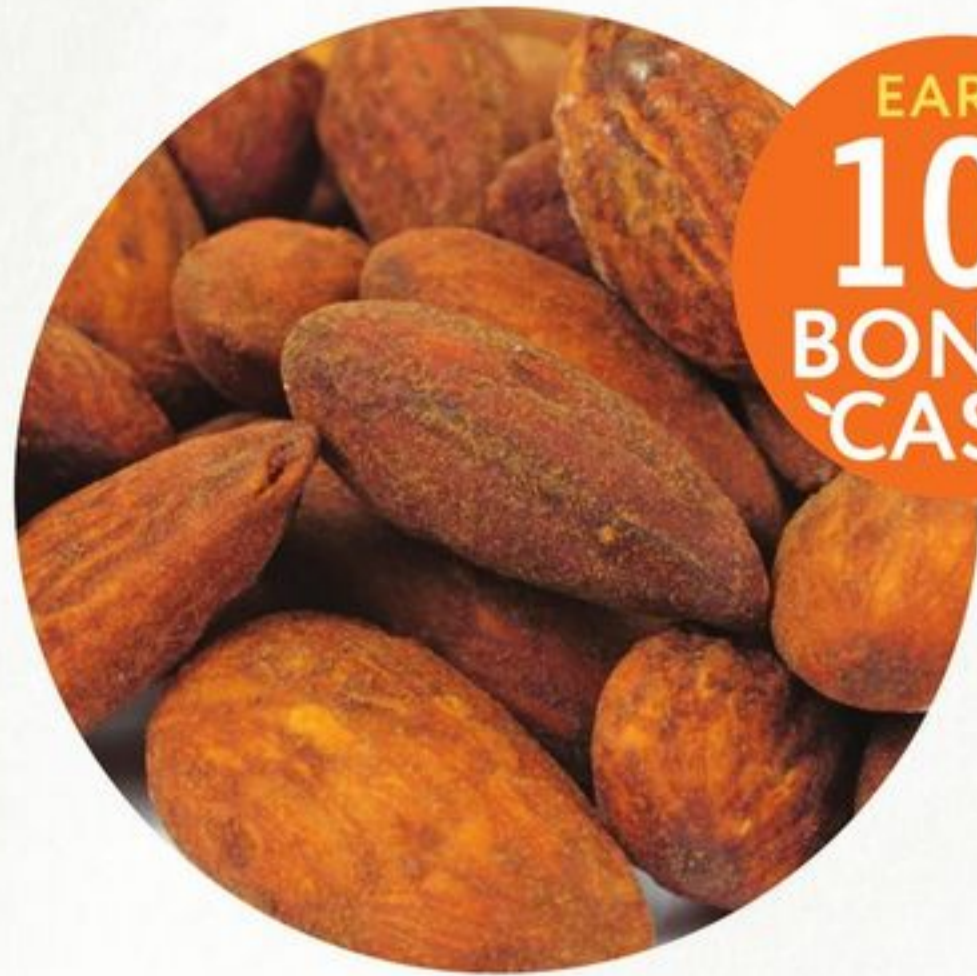


GRAB AND GO



EARN 10% BONUS CASH

COMMUNITY NATURALS Organic Chocolate Almonds



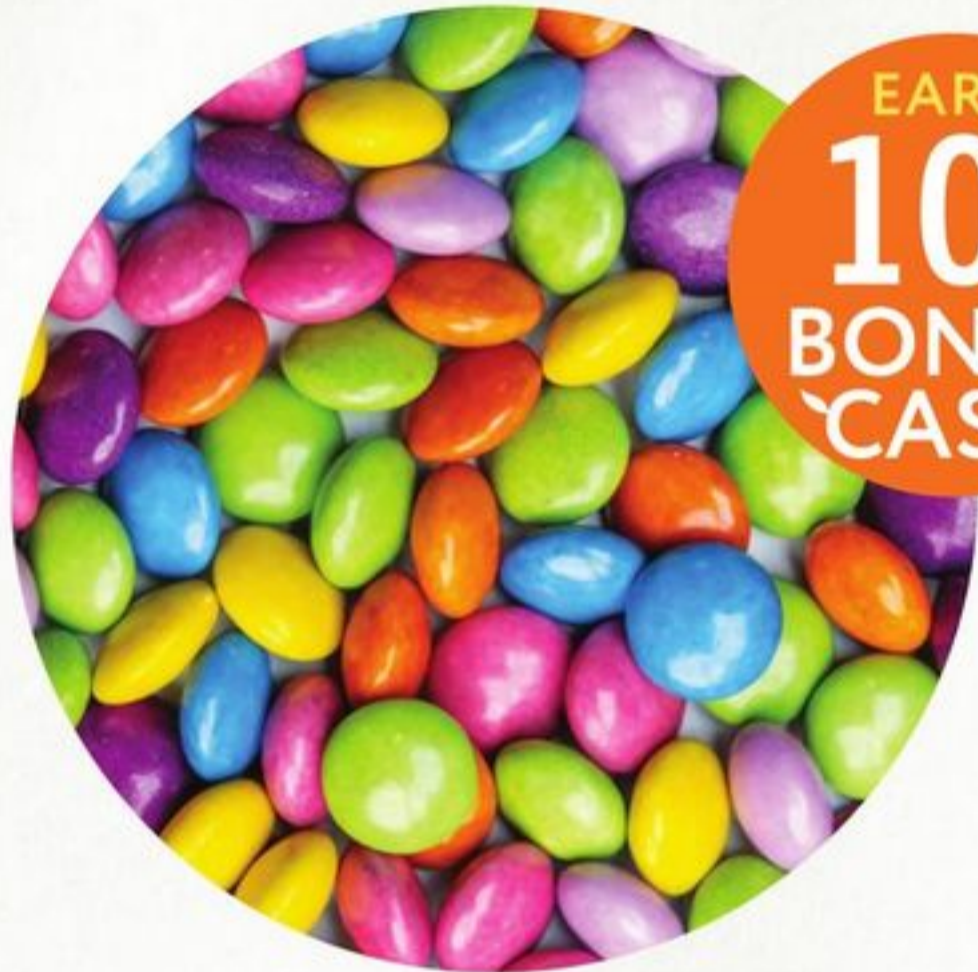
EARN 10% BONUS CASH

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%

# BYOC

BULK SUNDAYS

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](http://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](http://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.