



Healthy Deals HOLIDAY SPECIAL

Spreading
Holiday
Cheer

LE COMPTOIR AROMA
Escale Ultrasonic Diffuser | EACH



15% OFF
On Sale For \$42.49
Save \$7.50

NOW
Essential Oils - Select Varieties & Sizes



20% OFF
On Sale For \$6.39 - \$41.59
Save \$1.60 - \$10.40



SOBER CARPENTER **10% OFF**
Non-alco Beer & Cider -
Select Varieties & Sizes
On Sale For \$2.24 - \$3.14
Save \$0.25 - \$0.35

HIMALAYA
Party Smart | 6 Pack



20% OFF
On Sale For \$15.99
Save \$4.00



STASH
Bagged Tea - Select
Varieties & Sizes
10% OFF
On Sale For \$5.39
Save \$0.60

ALTER ECO
Organic Dark Chocolate
| 75 g - 80 g
10% OFF
On Sale For \$4.94
Save \$0.55



Three Week Special

Flyer Valid December 18 - January 7 2025 · Check out our digital flyer at goodnessme.ca/flyer · Find us on



While Quantities Last - No Rain Checks

Organic Produce

Everyday Low Prices

ORGANIC
YAMS | 3 LBS
\$6.99 ea



ORGANIC
BANANAS
\$1.29/lb



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



HOLIDAY HOURS

Tuesday, December 24, 2024 - 8am - 5pm

Wednesday, December 25, 2024 - **CLOSED**

Thursday, December 26, 2024 - **CLOSED**

Tuesday, December 31, 2024 - 8am - 5pm

Wednesday, January 1, 2025 - **CLOSED**



**VISIT US IN
STORE TO
FIND GREAT
DEALS ON
ORGANIC
PRODUCE!**

Naturally Raised MEAT

When it comes to our meat, we can assure you we have carefully partnered with farmers that have the same set of values that we do!

December 18 - December 24, 2024



ROCK HARBOUR
Fresh Verlasso Salmon
Fillet

\$20.99/lb



MCLEAN
Org Prosciutto - Sliced
| 85 g

\$8.99ea



ACME
Smoked Atlantic
Salmon & Smoked
Sockeye Salmon Trim
| 227 g

\$7.99ea

December 25 - December 31, 2024



ROCK HARBOUR
Fresh Verlasso Salmon
Fillet

\$20.99/lb



MCLEAN
Org Prosciutto - Sliced
| 85 g

\$8.99ea



YORKSHIRE VALLEY FARMS
Org Frozen Chicken Drum | 1 kg

\$15.99ea



YORKSHIRE VALLEY FARMS
Org Frozen Chicken
Wings | 1 kg

\$16.99ea

January 1 - January 8, 2025



NORPAC BEEF
Beef Tallow | 454 g

\$7.49ea



ROWE BEEF
No Bone Pork Chops

\$8.49/lb



CRAIG SEAFOOD
Virginia Wild Dry
Scallops U10 | 227 g

\$26.99ea

The good kitchen

Good food, made by good people, and mindful of the earth.



**SAVE
\$0.50**



Samosas & Pakoras

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**

The good kitchen

Good food, made by good people, and mindful of the earth.

Pies & Crumbles



Blueberry Pie



**Apple Crumble -
Original, Vegan &
Gluten Free**

**Pumpkin Pie - Vegan &
Gluten Free**



Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

THORNLOE

Unsalted Grass Fed Butter & Unsalted | 250 g



\$5.99

Save \$1.00

NOW

Better Stevia Sweeteners - Selected Varieties & Sizes



10% OFF

On Sale For \$11.69 - \$19.79
Save \$1.30 - \$2.20

GOGO QUINOA

Puff - Dill Pickle | 113 g



10% OFF

On Sale For \$3.59
Save \$0.40

COVERED BRIDGE

Creamy Dill Kettle Chips | 170 g



10% OFF

On Sale For \$3.86
Save \$0.43

DAIYA FOODS

Homestyle Ranch | 237 mL



10% OFF

On Sale For \$6.29
Save \$0.70

EVIVE

Smoothie Cubes - Asana | 405 g



10% OFF

On Sale For \$11.69
Save \$1.30

FEVER TREE

Ginger Beer | 4x200 mL



10% OFF

On Sale For \$7.19
Save \$0.80

FILLO'S

Tex-Mex Pinto | 284 g



10% OFF

On Sale For \$5.39
Save \$0.60

FODY FOOD CO

Premium Arrabbiata Sauce | 550 g



10% OFF

On Sale For \$9.89
Save \$1.10

GOGO QUINOA

Org White Quinoa Royal Ft | 500 g



10% OFF

On Sale For \$8.09
Save \$0.90

While Quantities Last

EGG FREE
DAIRY FREE



EARTH'S OWN
Oat Nog
946 mL

NON GMO



STASH
Herbal Tea & Black Tea
- Holiday Flavours
18 Tea Bags

PLANT BASED

Holiday Flavours

SILK
Festive Nog
946 mL



CAFFEINE FREE
LOW SUGAR

BLUME
Superfood Latte -
Gingerbread & Nut Nog
100 g



NO GELATIN
NO GLUTEN

DANDIES
Vegan Peppermint
Marshmallows
142 g



Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

MARANATHA NATURAL FOODS

Almond and Peanut Butters - Selected Varieties & Sizes



10% OFF

On Sale For \$8.54 - \$11.69
Save \$0.95 - \$1.30

NOVO MEL
Wildflower Honey
| 500 g



10% OFF

On Sale For \$10.79
Save \$1.20

HUMBLE
Honey Mustard |
135 g



10% OFF

On Sale For \$4.49
Save \$0.50

PHOEAPOLIS
Organic Extra Virgin
Olive Oil | 500 mL



10% OFF

On Sale For \$13.49
Save \$1.50

LA TOURANGELLE
Grapeseed Oil | 500 mL



10% OFF

On Sale For \$13.49
Save \$1.50

Breakfast Essentials

HAPPY PLANET

Organic Juice | 1.75 L



10% OFF

On Sale For \$5.84 - \$7.19
Save \$0.65 - \$0.80

FLOURISH

Protein Pancake Mix - Entire Line | 430 g



10% OFF

On Sale For \$10.79
Save \$1.20

NAMASTE

Gluten Free Muffin & Scone Mix -
Selected Varieties & Sizes



10% OFF

On Sale For \$8.09
Save \$0.90

BARBARA'S BAKERY

Puffins Cereal - Selected Varieties &
Sizes



10% OFF

On Sale For \$5.66
Save \$0.63

While Quantities Last

PROVISIONS.

FOOD COMPANY

ELEVATE YOUR CHARCUTERIE

20%
OFF

“When I host, everyone always ends up in the kitchen - until I found Provisions Cocktail Jams...Now, it's wherever I put the charcuterie board!”



VISIT PROVISIONSFOODCOMPANY.COM FOR PAIRING RECOMMENDATIONS AND RECIPES!

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

Snacks for All

MARY'S ORGANIC
Kookies & Crackers - Selected Varieties & Sizes

Gluten Free



Plant Based

10% OFF

On Sale For \$6.74 - \$8.09
Save \$0.75 - \$0.90

CEDAR VALLEY
Pita Chips - Entire Line | 180 g

Plant Based



10% OFF

On Sale For \$5.39
Save \$0.60

WHOLLY VEGGIE
Vegan Apps - Selected Varieties & Sizes

Plant Based



10% OFF

On Sale For \$8.09
Save \$0.90

NEAL BROTHERS
Salsa - Entire Line | 410 mL

Plant Based



10% OFF

On Sale For \$5.39 - \$5.84
Save \$0.60 - \$0.65

Plant Based

CHOOSE LIFE FOODS
Beefless Lovers's Spicy Patty | 130 g



10% OFF

On Sale For \$3.99
Save \$0.50

SAVOR
Crackers - Multigrain | 170 g



10% OFF

On Sale For \$2.51
Save \$0.28

PULP & PRESS
Hulk | 355 mL



10% OFF

On Sale For \$6.29
Save \$0.70

Gluten Free

SIETE
Grn-Free Tortilla Chips - Salt | 142 g



10% OFF

On Sale For \$8.09
Save \$0.90

MARTY'S PICKLES
Original Brine Pickles | 1 L



10% OFF

On Sale For \$13.49
Save \$1.50

BRAGG
Coconut Seasoning | 296 mL



10% OFF

On Sale For \$10.79
Save \$1.20

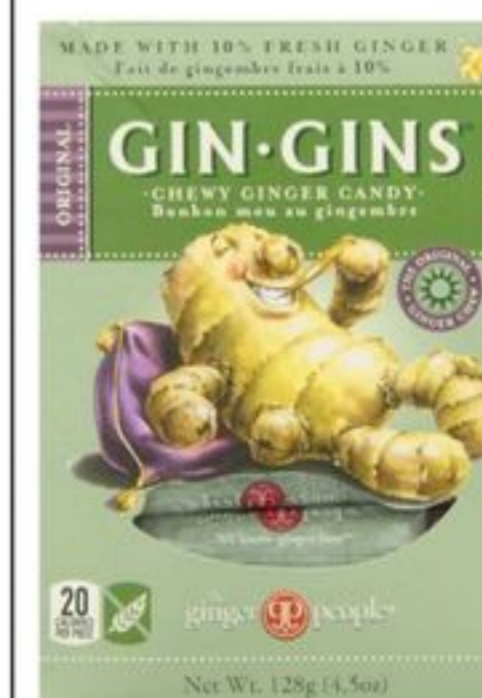
ANTHONY'S GOODS
Cassava Flour | 908 g



10% OFF

On Sale For \$16.19
Save \$1.80

THE GINGER PEOPLE
Gingins Orig Ginger Chews | 128 g



10% OFF

On Sale For \$6.74
Save \$0.75

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

TWO BEARS

Oat Milk & Lattes - Selected Varieties & Sizes



Plant Based

10% OFF

On Sale For \$3.41 - \$4.49
Save \$0.38 - \$0.50

ZAZUBEAN ORGANIC CHOCOLATE

Organic Chocolate - Selected Varieties & Sizes

Plant Based



10% OFF

On Sale For \$5.39
Save \$0.60

WILDBRINE

Sauerkraut & Kimchi - Selected Varieties & Sizes



10% OFF

On Sale For \$9.71 - \$11.69
Save \$1.08 - \$1.30

BLUE DIAMOND

Almond Breeze - Selected Varieties & Sizes

Plant Based



10% OFF

On Sale For \$3.59
Save \$0.40

COVE

Zero Sugar Soda | 355 mL



10% OFF

On Sale For \$2.69
Save \$0.30

CHA'S ORGANICS

Coconut Cream & Milk - Selected Varieties | 400 mL

Plant Based



10% OFF

On Sale For \$4.49 - \$5.84
Save \$0.50 - \$0.65

While Quantities Last

SOLENZI[®]
DELICIOUS FREE-FROM FOOD

Gourmet Italian Meal Makers

Award-winning artisan pasta, sauces, pesto and antipasto, all made better for you. Enjoy your favorite comfort food, free from GMOs, added sugar and top allergens.

**10%
OFF**



TOP EIGHT
ALLERGEN
FREE

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

NATURAL FACTORS

Natural Supplements - Selected Varieties & Sizes



15% OFF

ORGANIKA

Electrolytes - Selected Varieties & Sizes



10% OFF

HARMONIC ARTS

Mushroom Supplements - Selected Varieties & Sizes



15% OFF

ENEREX

Natural Supplements - Selected Varieties & Sizes



15% OFF

While Quantities Last

SOMETIMES LIFE CAN BE STRESSFUL

Our products can help you cope with occasional and chronic stress as well as promote sound and healthy sleep. These supplements provide a comprehensive approach for calmer days and restful nights.



isura
VERIFIED CLEAN | TESTED NON-GMO

natural Factors

Boost Energy - *Fast!*



Guaranteed Results in 90 days*

Gentle on the stomach. Non-constipating

Made with 45mg of gentle iron bisglycinate

Includes Active Folate, B12, and Vitamin C

Vegan friendly

NON GMO

Gluten Free



*Money Back Guarantee. Scan to learn more
1.888.855.7776 | vitality.ca



now
essential oils

Make the Holidays
Scentsational



Choose the magnesium that's right for you.

Our comprehensive line of magnesium supplements are formulated to support your specific health goals. From maintaining proper bone, muscle and nerve function, to energy production and quality sleep, magnesium is an essential co-factor for over 800 enzymatic reactions in the body. Now that's one busy mineral.



CanPrev
PREMIUM NATURAL HEALTH PRODUCTS

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

NAKA

Natural Supplements - Selected Varieties & Sizes



15% OFF

SALUS

Natural Supplements - Selected Varieties & Sizes



10% OFF

ST. FRANCIS

Tinctures & Supplements - Selected
Varieties & Sizes



15% OFF

PREFERRED NUTRITION

Natural Supplements - Selected Varieties & Sizes



10% OFF

SUKU VITAMINS

Gummy Vitamins - Selected Varieties & Sizes



10% OFF

VEGAIN

Plant-Based Protein & Creatine - Selected Varieties & Sizes



10% OFF

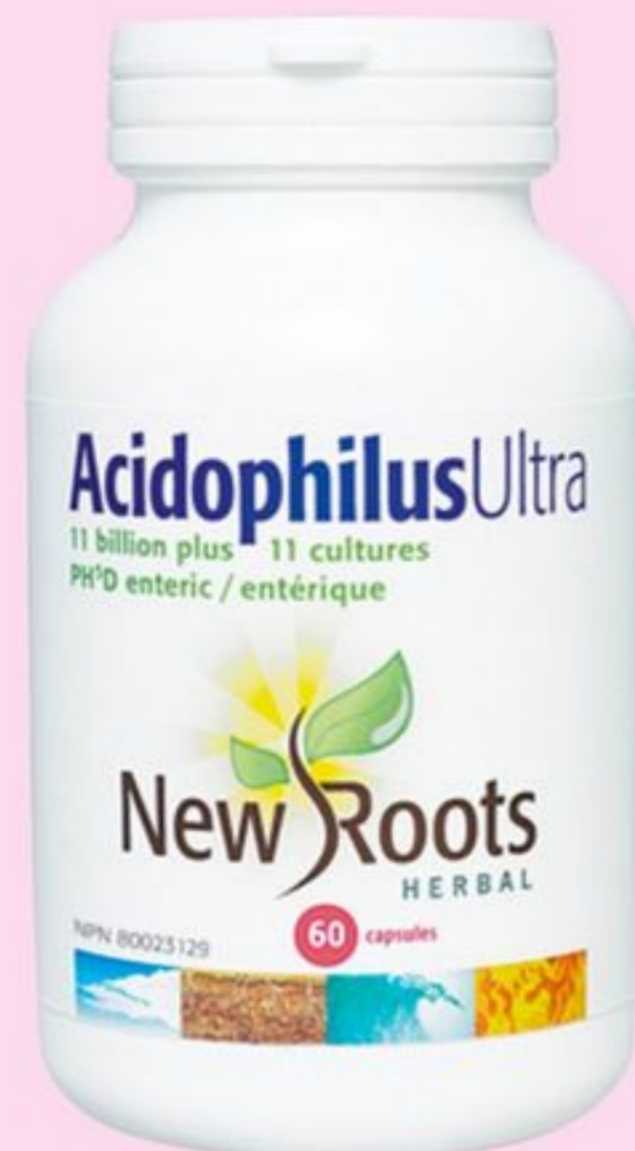
While Quantities Last

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

NEW ROOTS HERBAL

Probiotics - Selected Varieties & Sizes



15% OFF

NATURE'S WAY

NutraSea Omega-3 - Selected Varieties & Sizes



15% OFF

SCHINOUSSA

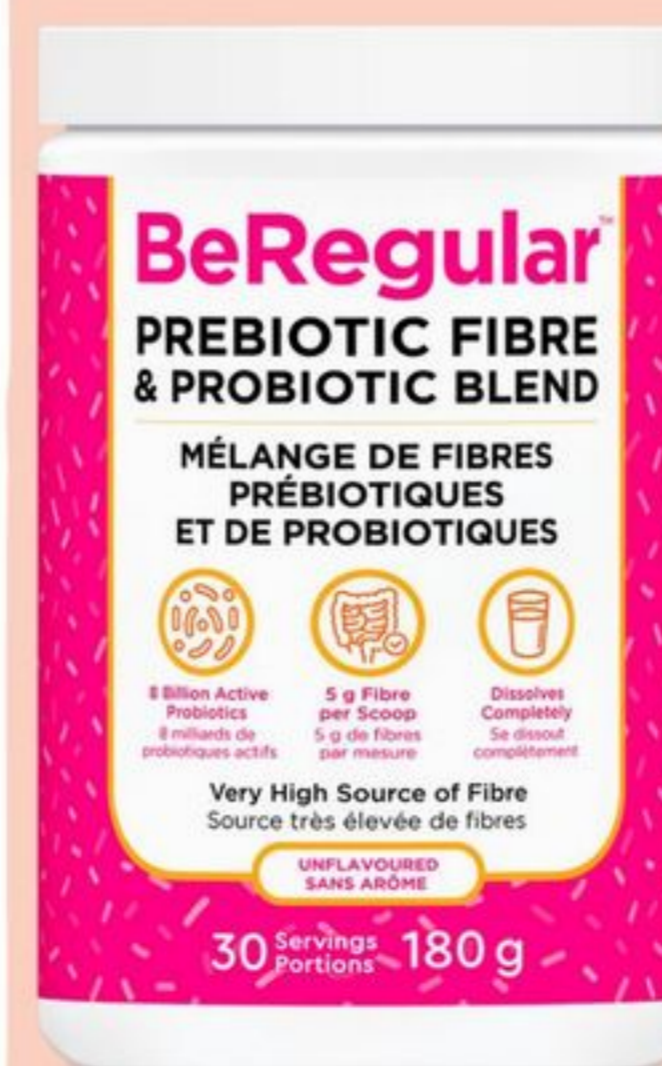
Whey Protein - Selected Varieties & Sizes



10% OFF

KIDSTAR NUTRIENTS

Children's Supplements - Selected Varieties & Sizes



10% OFF

While Quantities Last

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

VITALITY PRODUCTS

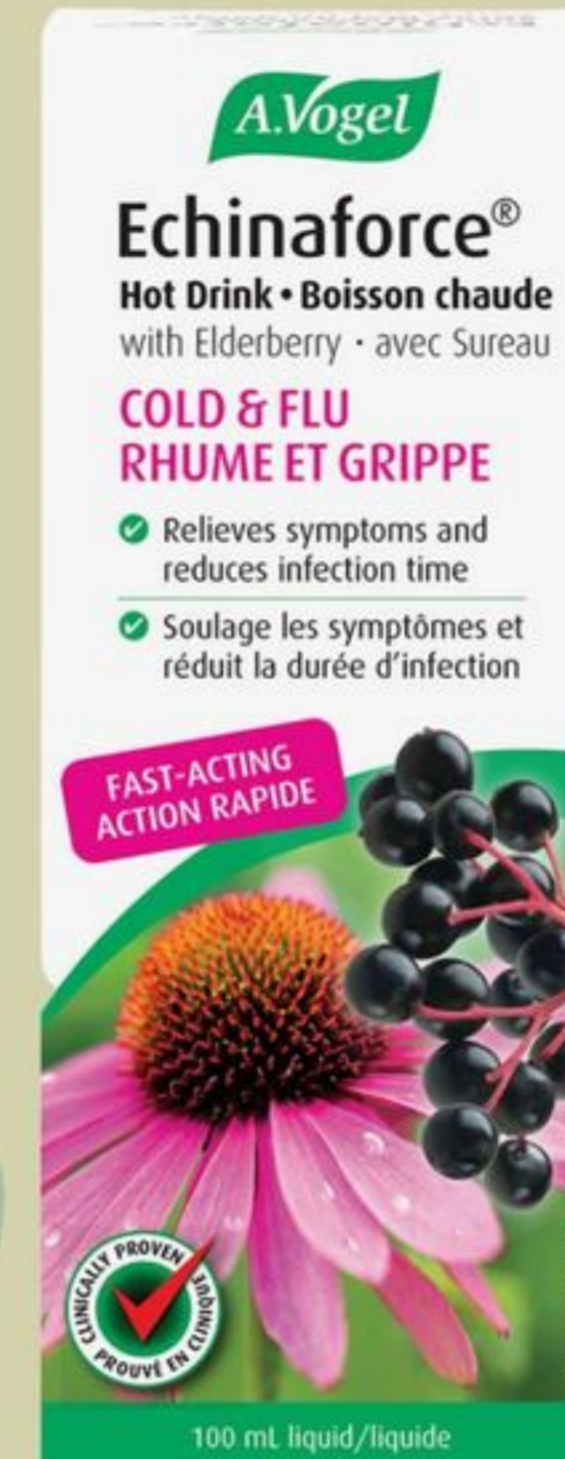
Natural Supplements - Selected Varieties & Sizes



20% OFF

A.VOGEL

Immunity Supplements - Selected Varieties & Sizes



10% OFF

GENUINE HEALTH

Superfood Drink Mixes - Selected Varieties & Sizes



10% OFF

LEANFIT

Bone Broth & Collagen - Selected Varieties & Sizes



15% OFF

While Quantities Last

Personal Care AND Clean Beauty

CRATE 61

Handmade Soap - Select Varieties & Sizes



20% OFF

On Sale For \$3.99
Save \$1.00

MAD HIPPIE

Skin Care - Select Varieties & Sizes



20% OFF

On Sale For \$19.99 - \$37.59
Save \$5.00 - \$9.40



DESERT ESSENCE

Coconut Shampoo - Dry Hair | 236 mL

20% OFF

On Sale For \$11.19
Save \$2.80



EPIC BLEND PREMIUM LIP BALM

Vegan Pineapple Mint | 4.2 g

20% OFF

On Sale For \$3.99
Save \$1.00



HERBATINT

Chestnut | 135 mL

10% OFF

On Sale For \$17.99
Save \$2.00



NATURE'S AID

True Nature Aches-Eczema Gel | 125 mL

20% OFF

On Sale For \$14.39
Save \$3.60



DR. SQUATCH

Natural Soap - Select Varieties & Sizes

20% OFF

On Sale For \$9.59
Save \$2.40



EVERYONE

Everyone Lavender Aloe Lotion | 946 mL

20% OFF

On Sale For \$14.39
Save \$3.60



THURSDAY PLANTATION

Tea Tree Face Wash Foam | 150 mL

20% OFF

On Sale For \$11.99
Save \$3.00



NOW

Magnesium Flakes | 1,531 g

20% OFF

On Sale For \$25.59
Save \$6.40

While Quantities Last

Personal Care AND Clean Beauty

DR. BRONNER'S
Castile Soap - Select
Varieties & Sizes



15% OFF

On Sale For \$5.94 - \$24.64
Save \$1.05 - \$4.35

BADGER

Oils & Balms - Select Varieties & Sizes



15% OFF

On Sale For \$5.94 - \$26.77
Save \$1.05 - \$5.22

PENNY LANE ORGANICS

Deodorant - Select Varieties & Sizes



10% OFF

On Sale For \$10.79 - \$15.29
Save \$1.20 - \$1.70

ANDALOU NATURALS

Face & Body Personal Care - Select Varieties & Sizes



10% OFF

On Sale For \$4.49 - \$33.29
Save \$0.50 - \$3.20

SKIN ESSENCE ORGANICS

Face Care - Select Varieties & Sizes



20% OFF

On Sale For \$13.59 - \$34.39
Save \$3.40 - \$8.60

AROMAFORCE

Tea Tree | 15mL - 30 mL



15% OFF

On Sale For \$8.92 - \$14.44
Save \$2.07 - \$2.55

SCHMIDT'S DEODORANT

Natural Deodorant | 75 g



15% OFF

On Sale For \$12.74
Save \$2.25

ONEKA ELEMENTS

Hair & Body Care - Select
Varieties & Sizes



20% OFF

On Sale For \$3.99 - \$35.99
Save \$1.00 - \$9.00

While Quantities Last



**20%
OFF**



98% Natural Dish Soap

As you tidy up after Holiday meals, choose products that are as kind to your dishes as they are to the planet—nasty chemical-free since 1963, for a cleaner today and a greener tomorrow.

Home AND Life

NATURE CLEAN

Natural Cleaning Products - Select Varieties & Sizes



20% OFF

On Sale For \$3.19 - \$26.33
Save \$0.80 - \$6.66

WAX + FIRE

Soy Candles | 8 OZ



20% OFF

On Sale For \$23.19
Save \$5.80

NAKA PLATINUM

Essential Oils - Select Varieties & Sizes



20% OFF

On Sale For \$9.44 - \$30.59
Save \$1.55 - \$3.40

ORANGE-A-PEEL CLEANER

Orange-a-peel Bottle | 473 mL



20% OFF

On Sale For \$23.99
Save \$6.00

SANTEVIA

Water Filter Systems - Select Varieties & Sizes



15% OFF

On Sale For \$17.84 - \$212.49
Save \$3.15 - \$37.50

THE UNSCENTED COMPANY

Dish Tabs | 30 Count



20% OFF

On Sale For \$11.99
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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