

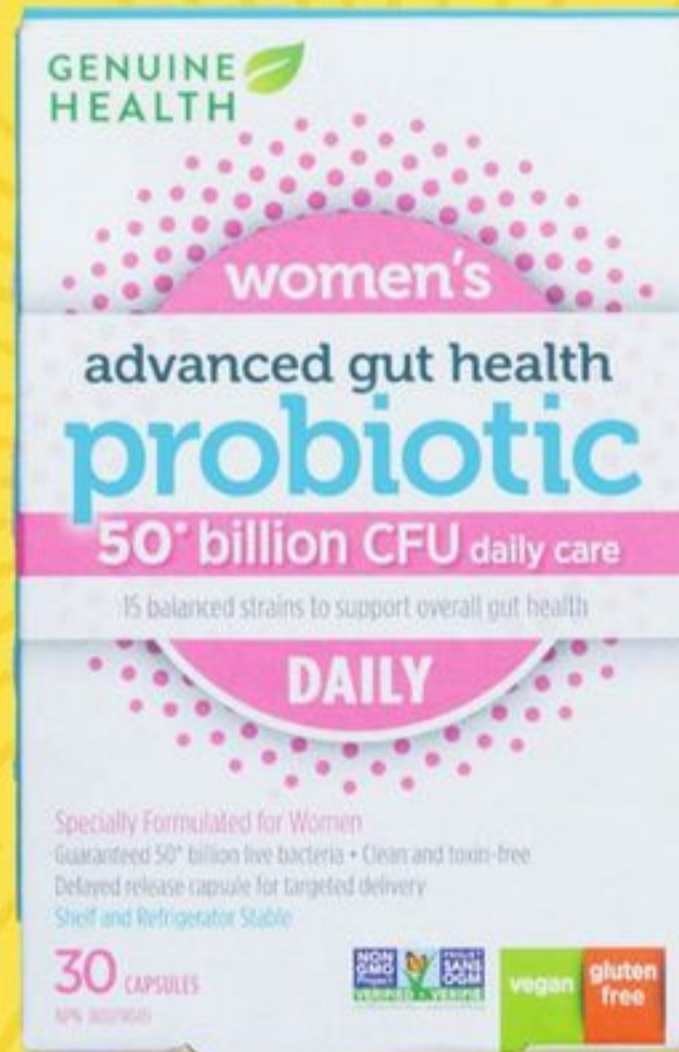
COMMUNITY NATURAL FOODS

NOURISHING OUR COMMUNITY SINCE 1977



NOVEMBER 21 – DECEMBER 25, 2024

APP EXCLUSIVE



GENUINE HEALTH
Probiotics
ASSORTED

December 5 – 11

30%
OFF

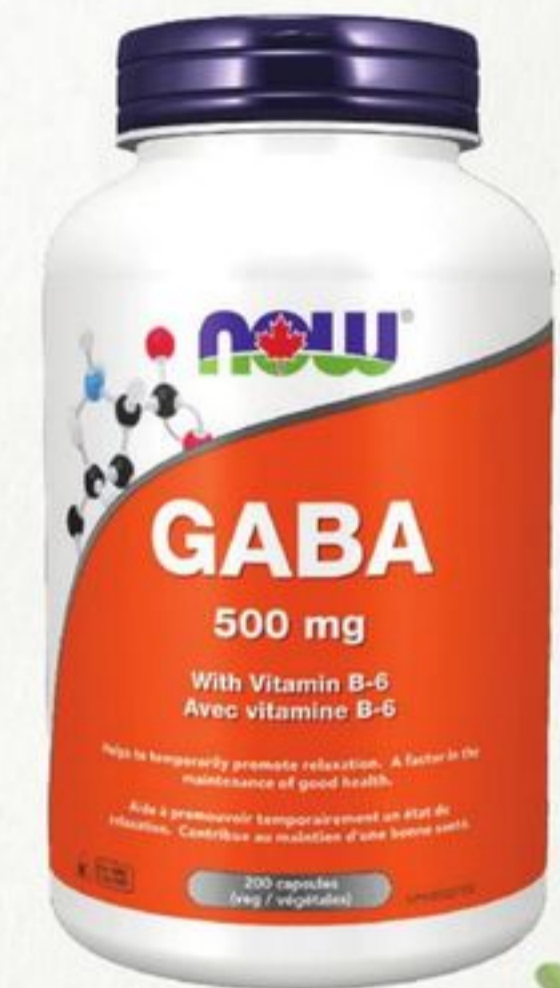
YUM EARTH
Organic Candy Canes
140G



\$10⁹⁹



NOW
Nutritional Supplements
SELECT PRODUCTS



15%
OFF



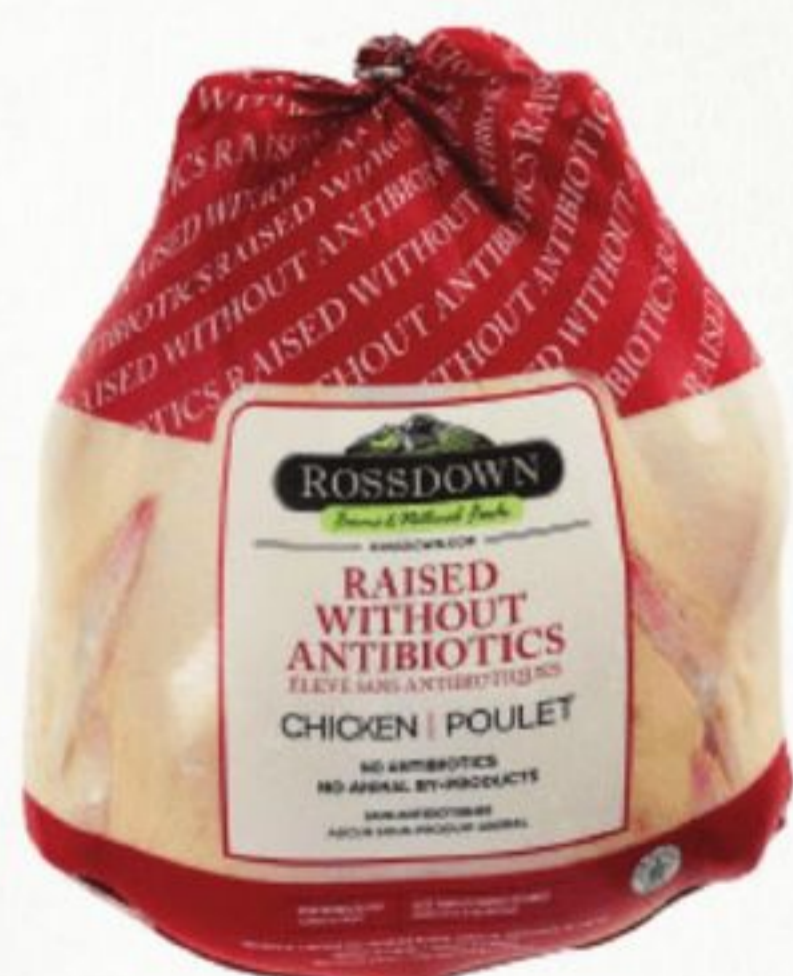
Organic BC Pink Lady Apples
DECEMBER 5 – 11

\$1⁹⁹
/LB
4.38/KG



PROGRESSIVE
Nutritional Supplements
ASSORTED

10%
OFF
+ EARN
5%
BONUS
CASH



RWA

ROSSDOWN NATURAL FOODS
Whole Chicken
DECEMBER 5 – 11

CALGARY ONLY
FRESH
ASSORTED WEIGHT
99¢
/100G

EDMONTON ONLY
FROZEN
1.2-1.6KG
\$14⁹⁹



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



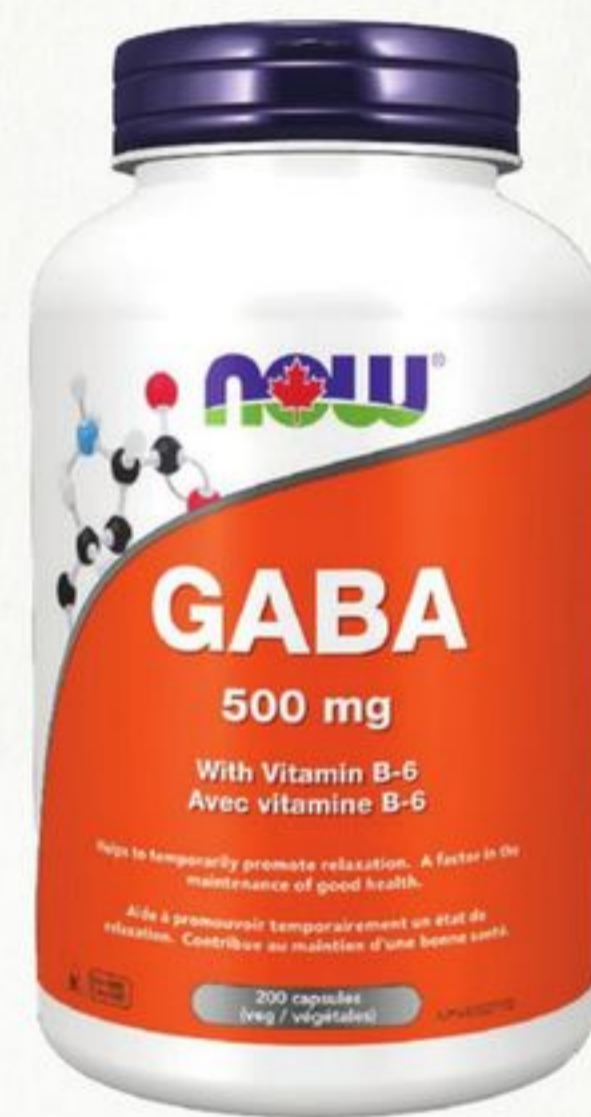
RENEW LIFE
Digestive
Support
Products
SELECT PRODUCTS

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



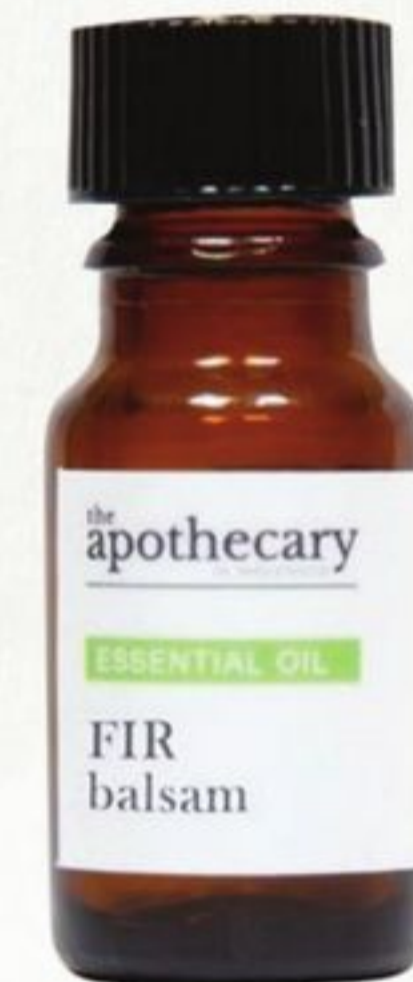
**15%
 OFF**

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



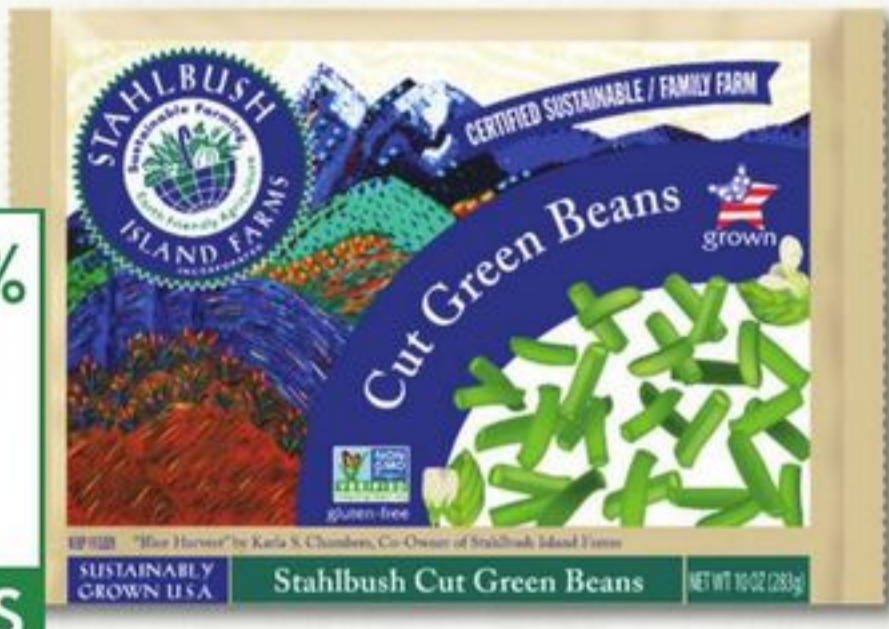
CHIMES
Ginger Chews
 ASSORTED SIZES

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

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

DECEMBER 5 - 11



2.99
EACH
MEMBERS SALE

Organic Black Kale
BUNCH



\$3.99
/LB
8.78/KG
+ EARN **10% BONUS CASH**

Organic Baby Bok Choy



\$1.99
/LB
4.38/KG

Organic BC Pink Lady Apples



EARN **\$2 BONUS CASH**

Organic AB Red Onions
3LB BAG



1.99
/LB
4.38/KG
MEMBERS SALE + EARN **10% BONUS CASH**

Organic AB Green Cabbage



\$1.99
/LB
4.38/KG

Organic AB/BC Squash
ALL VARIETIES

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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 for additional terms and conditions.

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



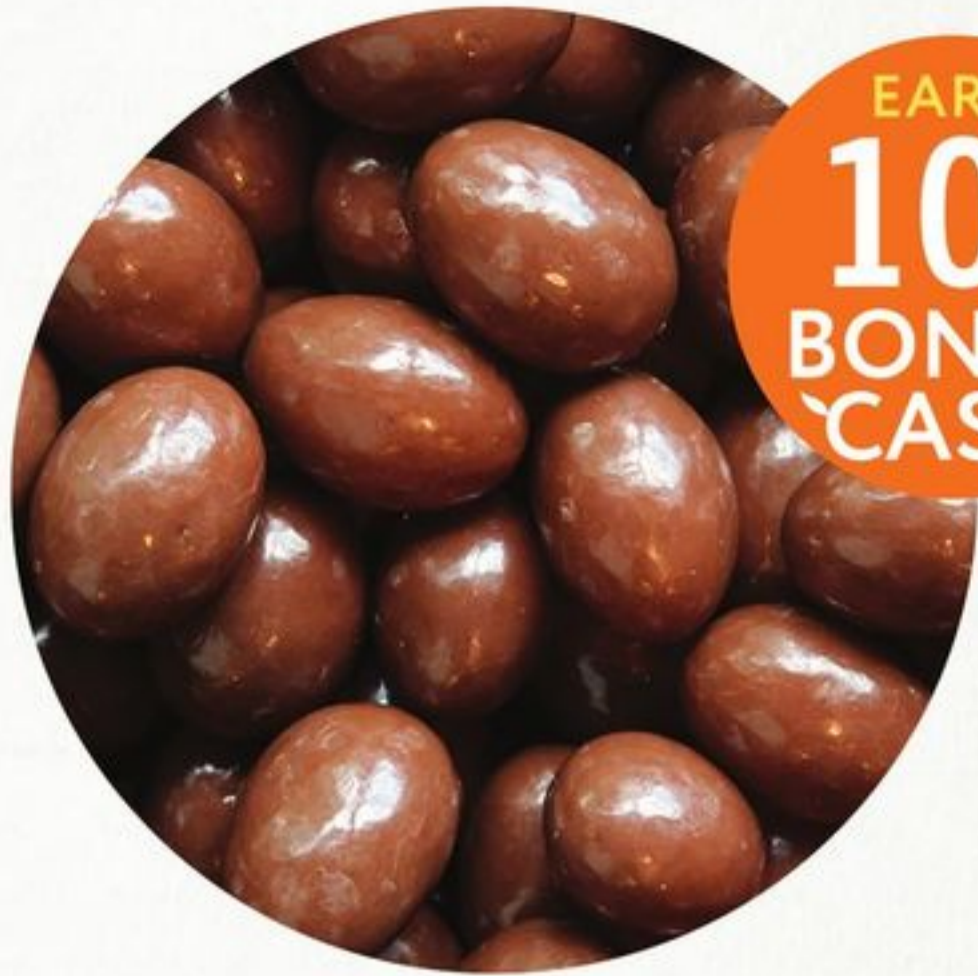
MADE FOODS
Holy Fudge Brownie
200G
\$9.29

**Root Vegetable
Crumble**

[RECIPE HERE](#)



GRAB AND GO



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Chocolate
Almonds**



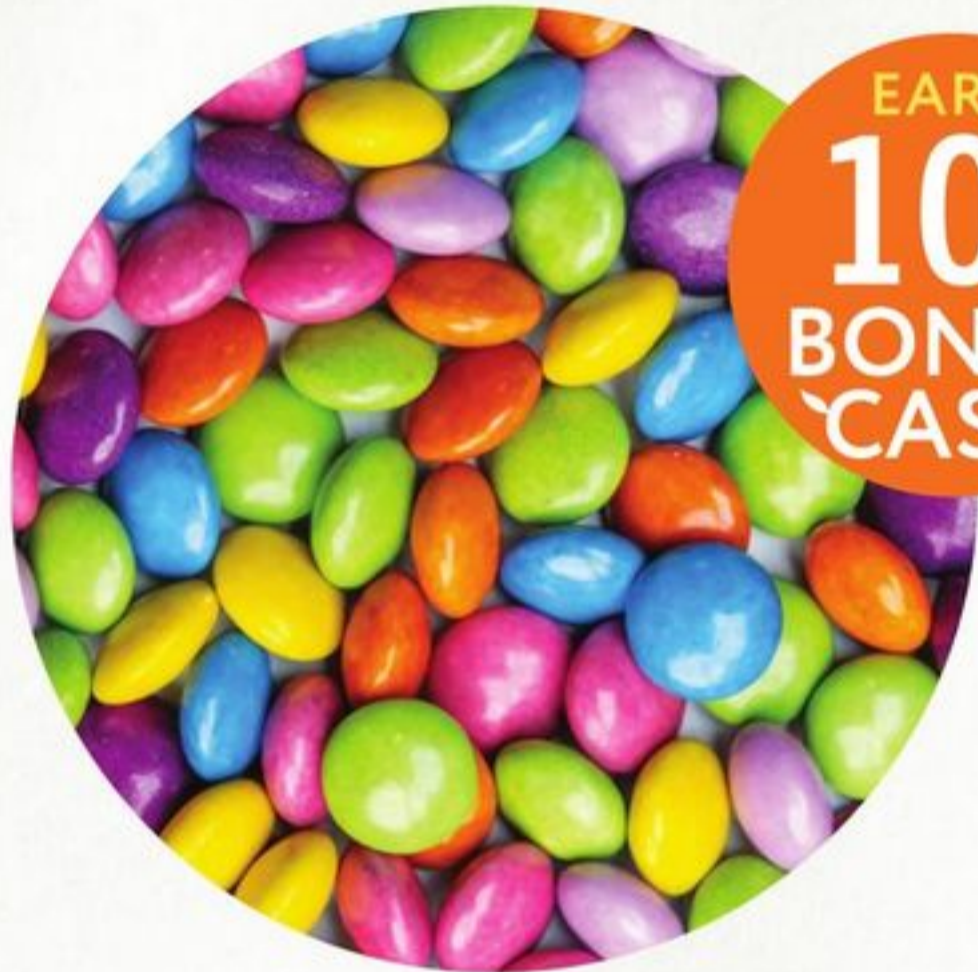
EARN
10%
BONUS
CASH

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

OC

**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.