



Love Starts with a Healthy Heart



Organic Produce

ORGANIC ASPARAGUS
\$6.99 / lb



ORGANIC APPLES - SPARTAN | 2 LBS
\$4.99 ea



GROWN IN QUEBEC

ORGANIC CARROTS | 5 LBS
\$7.49 ea



GROWN IN ONTARIO



GROWN IN ONTARIO

ORGANIC PARSNIPS | 2 LBS
\$4.49 ea



GROWN IN ONTARIO

ORGANIC POTATOES - MINI YELLOW | 2 LBS
\$3.49 ea



Fresh Cod Fillet

\$19.18/lb



Org Fresh BLSL Chicken Breast

\$18.59/lb

Flyer Valid February 26 - March 4 2025 · Check out our digital flyer at goodnessme.ca/flyer · Find us on



While Quantities Last



Organic Produce



ORGANIC
CELERY
\$2.99 ea



ORGANIC
ZUCCHINI
\$1.99 / lb



ORGANIC
CARROTS -
RAINBOW | 2 LBS
\$3.99 ea



ORGANIC
STRAWBERRIES
| 1 LB
\$8.49 ea



ORGANIC
PEPPERS - RED
SWEET
\$4.49 / lb




Yorkshire Valley
Farms
Org Fresh Whole
Chicken
\$7.25/lb




EST. 2005
ROWE BEEF
Striploin Steak
Canada AAA
\$37.19/lb

The good kitchen

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

Grabs
AND
Go

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

Samosas & Pakoras

SAVE \$0.50

While Quantities Last

Bulk Buying Value



15% OFF ORG APRICOTS - TURKISH



15% OFF ORG GOJI BERRIES



33% OFF ORG MEDJOOl DATES



10% OFF ORG TURKISH FIGS



Fresh from the Fridge or Freezer



10% OFF BEST BAA DAIRY
Sheep Kefir | 1 L



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



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



10% OFF L'ANCETRE
Org Pasture Salted Butter | 250 g



10% OFF L'ANCETRE
Org Butter Unsalted 84% | 250 g



10% OFF L'ANCETRE
Org Pasture Unsalted Butter | 250 g



10% OFF RIVIERA
Riviera Plain Goat Yogurt | 500 g



10% OFF RIVIERA
Vegan Delight Coconut Milk - Van | 650 g



10% OFF RIVIERA
Yogurt - Plain | 750 g

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

HEALTHY HIPPO
Swedish Hippo | 50 g



15% OFF

On Sale For \$3.39
Save \$0.60

SUNFLOWER KITCHEN
Smoky 3 Bean Chili | 956 mL



15% OFF

On Sale For \$9.34
Save \$1.65



BREMNER'S
Org Mango Chunks |
300 g

20% OFF

On Sale For \$6.23
Save \$1.56



GREEN TABLE
Organic Kimchi |
500 mL

10% OFF

On Sale For \$12.14
Save \$1.35



HERBARIA
Milk Thistle Tea | 25
Count

10% OFF

On Sale For \$4.49
Save \$0.50



HIPPIE FOODS
Avocado Crisps
Guacamole | 70 g

10% OFF

On Sale For \$5.84
Save \$0.65



LEVEL GROUND TRADING LTD.
Peru Medium &
Smooth - Ground |
300 g

15% OFF

On Sale For \$13.59
Save \$2.40



MADE GOOD
Granola Mini -
Chocolate Chip |
5x24 g

10% OFF

On Sale For \$4.49
Save \$0.50



MANITOBA MILLING COMPANY
Flax Beverage -
Unswtnd Original
| 1 L

15% OFF

On Sale For \$5.94
Save \$1.05



MARANATHA NATURAL FOODS
Raw Almond Butter
No Salt | 340 g

15% OFF

On Sale For \$11.04
Save \$1.95

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

WAKEWATER

Blackberry Sparkling Water | 355 mL



10% OFF

On Sale For \$2.24
Save \$0.25



NUMMY CREATIONS

Coffee Alternative - Caramel | 150 g

10% OFF

On Sale For \$16.19
Save \$1.80



PAW PLUS

Chicken Heart Treats | 100 g

10% OFF

On Sale For \$14.39
Save \$1.60



THIRSTY BUDDHA

Cream Soda | 335 mL

10% OFF

On Sale For \$2.69
Save \$0.30

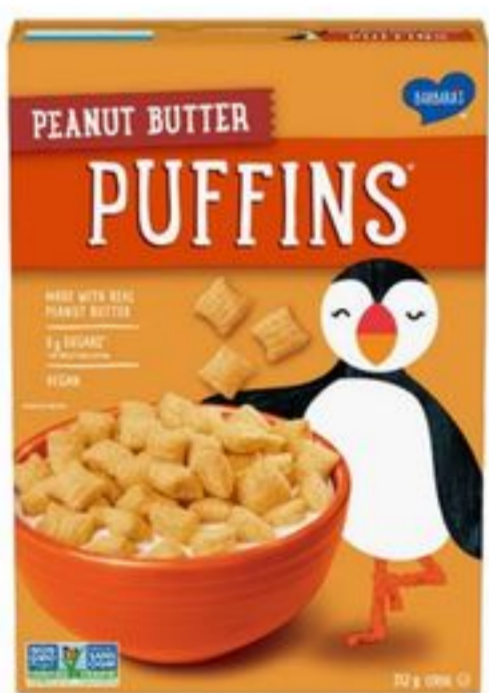


WHOLESOME SWEETENERS

Org Dark Brown Sugar Ft | 681 g

15% OFF

On Sale For \$7.64
Save \$1.35



BARBARA'S BAKERY

Peanut Butter Puffins | 312 g

15% OFF

On Sale For \$5.35
Save \$0.94



REAL POPS

Hibiscus Lemonade Popsicles | 3x72 mL

15% OFF

On Sale For \$6.79
Save \$1.20



STEAZ

Peach Mango Iced Green Tea | 473 mL

10% OFF

On Sale For \$3.14
Save \$0.35



SWEETS FROM THE EARTH

Keto Brownies | 132 g

10% OFF

On Sale For \$7.01
Save \$0.78



HARMLESS HARVEST

Org Coconut Water | 473 mL

10% OFF

On Sale For \$7.64
Save \$0.85



PACIFIC FOODS

Org Cashew Carrot Ginger Soup | 1 L

20% OFF

On Sale For \$6.39
Save \$1.60



NUMMY CREATIONS

Coffee Alternative - Vanilla | 300 g

10% OFF

On Sale For \$22.49
Save \$2.50



CHOSEN FOODS

100% Pure Avocado Oil | 500 mL

15% OFF

On Sale For \$15.29
Save \$2.70

While Quantities Last

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

COCO NATURA

Coconut Sweetener | 454 g



10% OFF

On Sale For \$11.69
Save \$1.30

EARTHBOUND FARM

Org Green Peas | 300 g



10% OFF

On Sale For \$5.84
Save \$0.65



EATLOVE

Org Coconut Cup | 51 g



10% OFF

On Sale For \$4.49
Save \$0.50

ENJOY LIFE

Chocolate Chips - Dark Chocolate | 255 g



10% OFF

On Sale For \$6.74
Save \$0.75



FEVER TREE

Ginger Ale | 4x200 mL



15% OFF

On Sale For \$6.79
Save \$1.20

GREEN & BLACK'S ORGANIC

Org Milk Chocolate Butterscotch | 90 g



10% OFF

On Sale For \$6.29
Save \$0.70



While Quantities Last

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

ATP

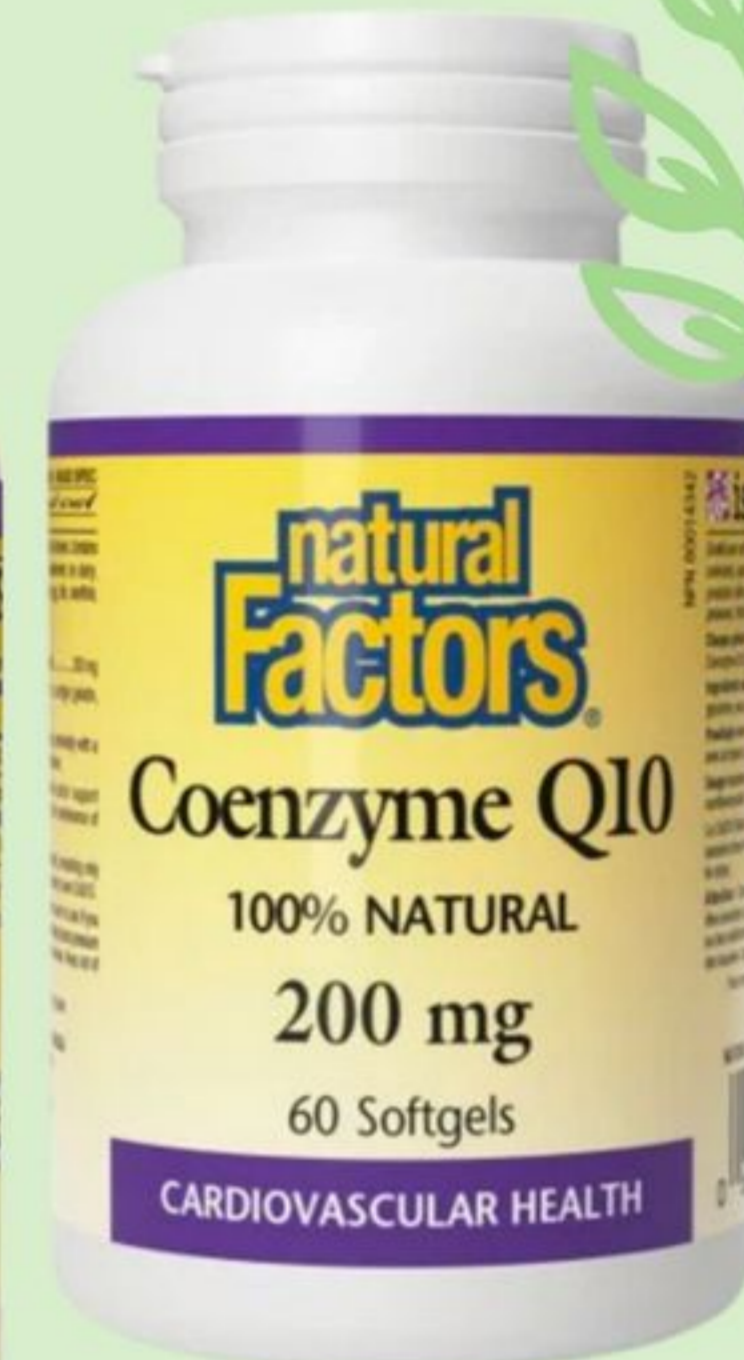
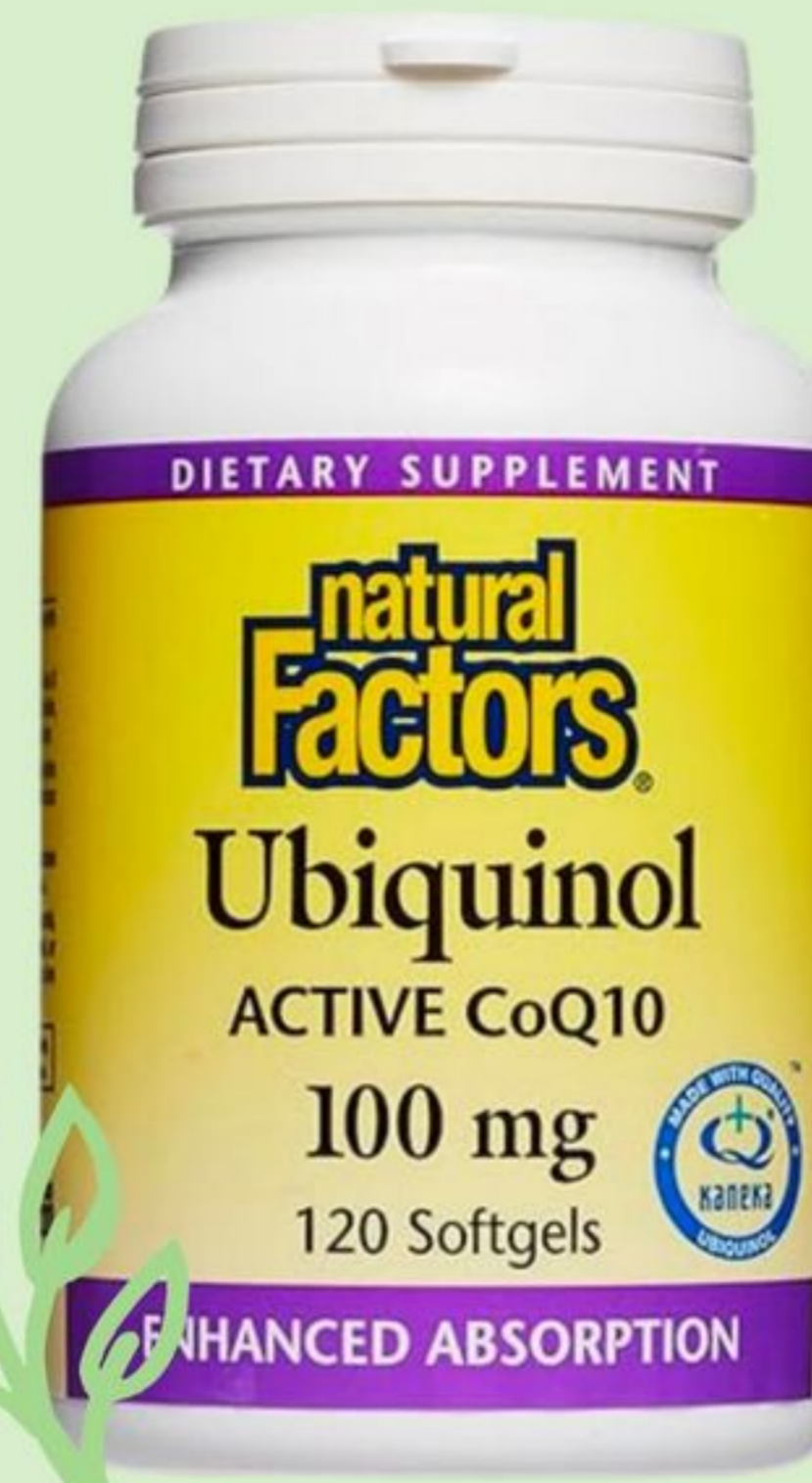
Sport Nutrition Supplements - Selected Varieties & Sizes



15% OFF

NATURAL FACTORS

Antioxidants - Selected Varieties & Sizes



20% OFF

BELL

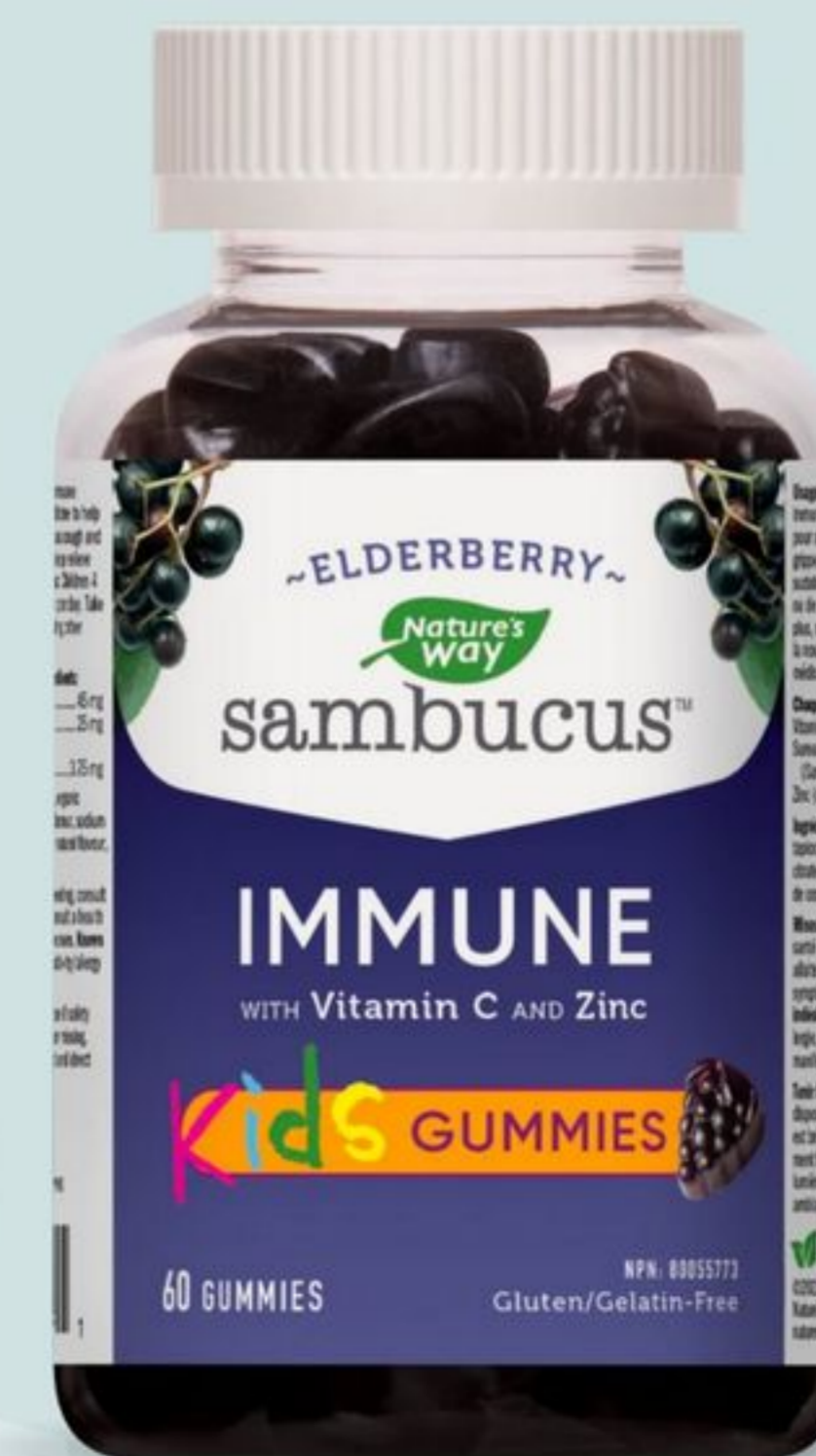
Blood Pressure Formulation | 60 Caps



20% OFF

NATURE'S WAY

Sambucus and Zinc Supplements - Selected Varieties & Sizes



20% OFF

While Quantities Last

Super Supplements

Herbs & Supplements
to support your
everyday health



A. VOGEL
Herbal Supplements-
Entire Line

15% OFF



**PLATINUM
NATURALS**
Total Vision Care -
Selected Varieties &
Sizes

15% OFF



AQUAOMEGA
Soft Gel Fish and
Plant Based Oils -
Selected Varieties &
Sizes

15% OFF



THRIVE PLANT
Vegan Protein -
Selected Varieties &
Sizes

10% OFF

GENUINE HEALTH
Greens+ - Selected Varieties & Sizes



15% OFF

SPORTS RESEARCH
Sport Nutrition Supplements - Entire Line



10% OFF



**LIVING
ALCHEMY**
Natural Supplements
- Selected Varieties &
Sizes

10% OFF



**NEW ROOTS
HERBAL**
Cardiovascular
Health Supplements
- Selected Varieties &
Sizes

15% OFF



**NAKA
PLATINUM**
Colloidal Silver -
Selected Varieties &
Sizes

10% OFF



**CLEF DES
CHAMPS**
Single Herbs -
Selected Varieties &
Sizes

15% OFF

While Quantities Last

Home, Life AND Clean Beauty

AROMAFORCE
Patchouli | 15 mL



10% OFF

On Sale For \$16.19
Save \$1.80

MAMAS LIFE PRODUCTS
Cocoa Shea Butter | 177 mL



10% OFF

On Sale For \$15.29
Save \$1.70



LEMON AIDE
Lemon Toilet Bowl
Cleaner | 750 mL



10% OFF

On Sale For \$8.99
Save \$1.00



ASPENCLEAN
Oxygen Bleach Stain
Remover | 700 g



10% OFF

On Sale For \$17.99
Save \$2.00



REVOL CARES
Bikini Brief Black
XL/1X | Each

10% OFF

On Sale For \$22.49
Save \$2.50



KIIMA
Applicator - Blanc
Cotton | Each



15% OFF

On Sale For \$14.44
Save \$2.55

Don't Miss
A Week!



GOOD JUJU
Shampoo Bar - Dry/
Curly Hair | 65 g



10% OFF

On Sale For \$19.79
Save \$2.20



REDMOND TRADING CO.
Earthpaste -
Peppermint | 113 g

10% OFF

On Sale For \$11.69
Save \$1.30



URBAN SPA
The Body Therapy
Brush | 1 UNIT



10% OFF

On Sale For \$24.29
Save \$2.70

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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