



Your home for the Holidays

Organic Produce



ORGANIC ONIONS
- RED | 3LB BAG
\$4.99



ORGANIC CARROTS
| 2LB BAG
\$2.99



ORGANIC BROCCOLI -
BUNCHED
**\$4.99 or
2 for \$9**



ORGANIC LETTUCE
- GREEN/RED
2 for \$5



ORGANIC CELERY
2 for \$5



ORGANIC KALE
- GREEN/BLACK
2 for \$5

Mix & Match
2 FOR \$5



MCLEAN MEATS®
Oven Roast Turkey -
Sliced | 150 g

\$5.99



TOP GRASS
CATTLE COMPANY

Grass Fed Beef
Meatballs | 500 g

\$17.99



Flyer Valid December 10 - December 16, 2025 · Check out our digital flyer at goodnessme.ca/flyer · Find us on



Sales Not Limited To Flyer Content • While Quantities Last • See In Store For Details

Organic Produce



ORGANIC BERRIES -
BLUEBERRIES | 6OZ

\$5.99



ORGANIC GINGER

\$2.99/lb



ORGANIC KIWI
| 1LB BAG

\$5.99

ORGANIC TOMATOES
- CLUSTER VINE

\$2.99/lb



ORGANIC MANGO

2 for \$5



Organic Gluten
Free Dino Chicken
Nuggets | 600 g

\$19.99



Halibut Portions
| 340 g

\$24.99

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The
good
kitchen

All Pies

ON SALE!



GLUTEN FREE & VEGAN
OPTIONS AVAILABLE!

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Christmas Dinner

\$229.99

**SERVES 8
PEOPLE**

**FREE RUN
&
ANTIBIOTIC
FREE TURKEY**

**100%
ORGANIC
VEGGIES**

**CHOOSE
4 SIDES**

**FRESH
BAKED
PIE**

**ORDERS
OPEN
DEC 3 -
DEC 16**



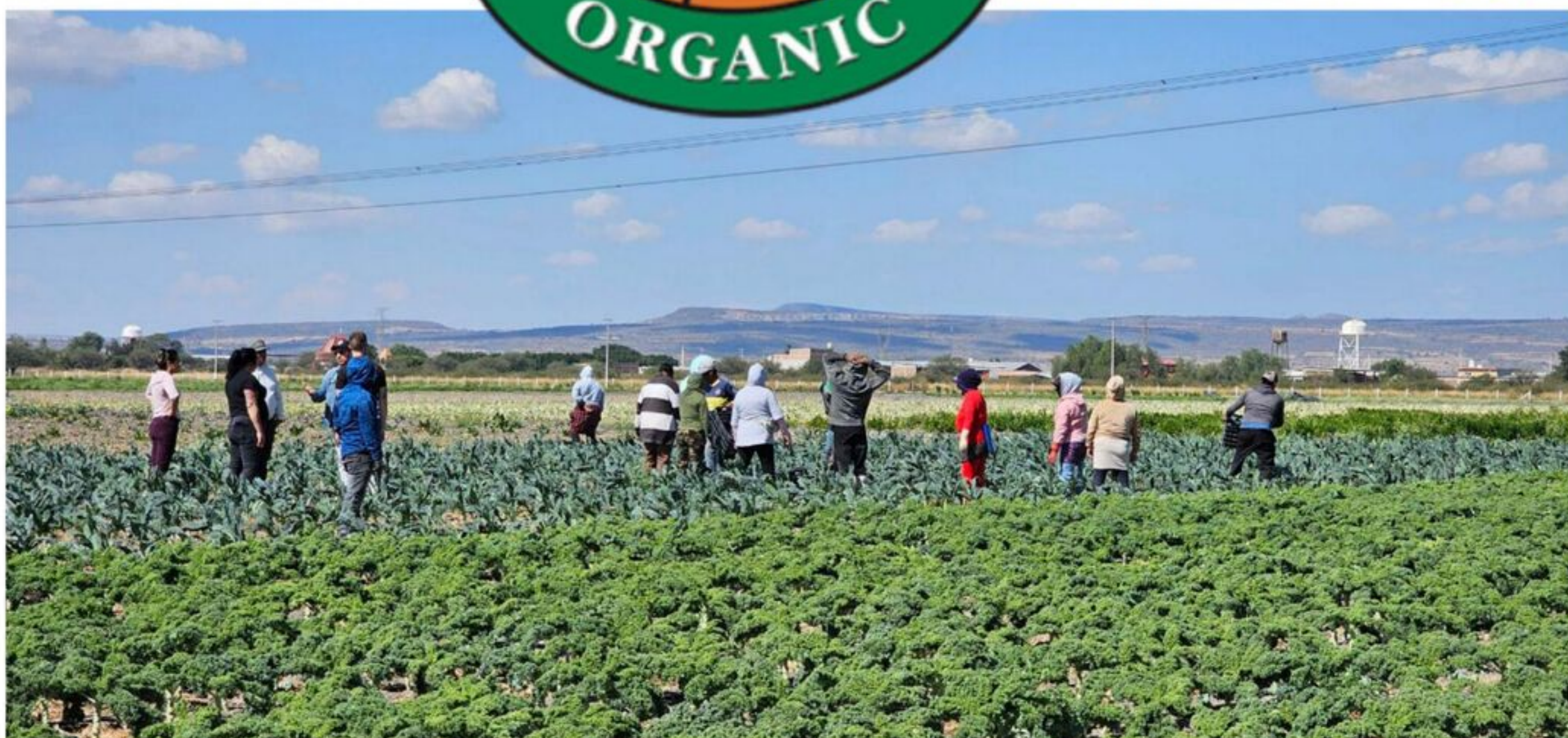
SCAN TO ORDER

Includes:

Free Run & Antibiotic Free Turkey • Rustic, Vegan, or Gluten Free Pie
• Cranberry Sauce • Gluten Free Gravy

Choose 4 Sides:

Buttery Mashed Potatoes • Sweet Potato Mash • Traditional Bread Stuffing • No Gluten Quinoa Stuffing • Apple Cider Glazed Carrots • House Salad • Butternut Squash • No Gluten Macaroni and Cheese



Pfenning's Organic Vegetables grows a wide variety of certified organic produce locally in Ontario and has recently partnered with a grower in Mexico to pack key items like broccoli, lettuces, and kale under their trusted brand. This program ensures Pfenning's quality and flavour are available year-round, even when local fields are resting. Their commitment to sustainability, integrity, and exceptional produce continues to guide everything they do.



**Fresh from the
Fridge or Freezer**



Let's Get This Bread



QUEEN STREET
Superfood Bagel Chia
& Flax | 464 g

10% OFF

KEFIRKULT
Coconut Kefir
Yogurt - Guava
10% OFF



TREE ISLAND
YOGURT
Cream Top Vanilla
Bean | 500 g
10% OFF



WALKER FARMS
A2 Protein Butter -
Salted | 454 g
\$2.00 OFF

Loyalty Saves An Extra
5% OFF

Loyalty Saves An Extra
5% OFF

Loyalty Saves An Extra
5% OFF

LOYALTY MEMBERS SAVE AN EXTRA 5% ON IN STORE SALE PRICES DAILY! SIGN UP IN STORE TODAY!

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Everyday Goodness

Love Good Fats

Granola Bars & Chewy Nutty Bars - 39g - 40g

Mix & Match - Any Flavours

4 for \$10.69

Reg. \$2.99



Truely Cereal

High Protein Cereal Cups - 40 g

Mix & Match - Any Flavours

3 for \$13.99

Reg. \$4.99



Cookin' Greens

Frozen Veggies and Veggie Fries

- 300 g - 500 g

Mix & Match - Any Flavours

2 for \$12.99

Reg. \$7.99



Beck's Broth

Bone Broth Protein Drink Mix

Mix & Match - Any Flavours

3 for \$27

Reg. \$9.99



Greenhouse Juice

Wellness Shots - 60 mL

Mix & Match - Any Flavours

4 for \$16.99

Reg. \$4.99



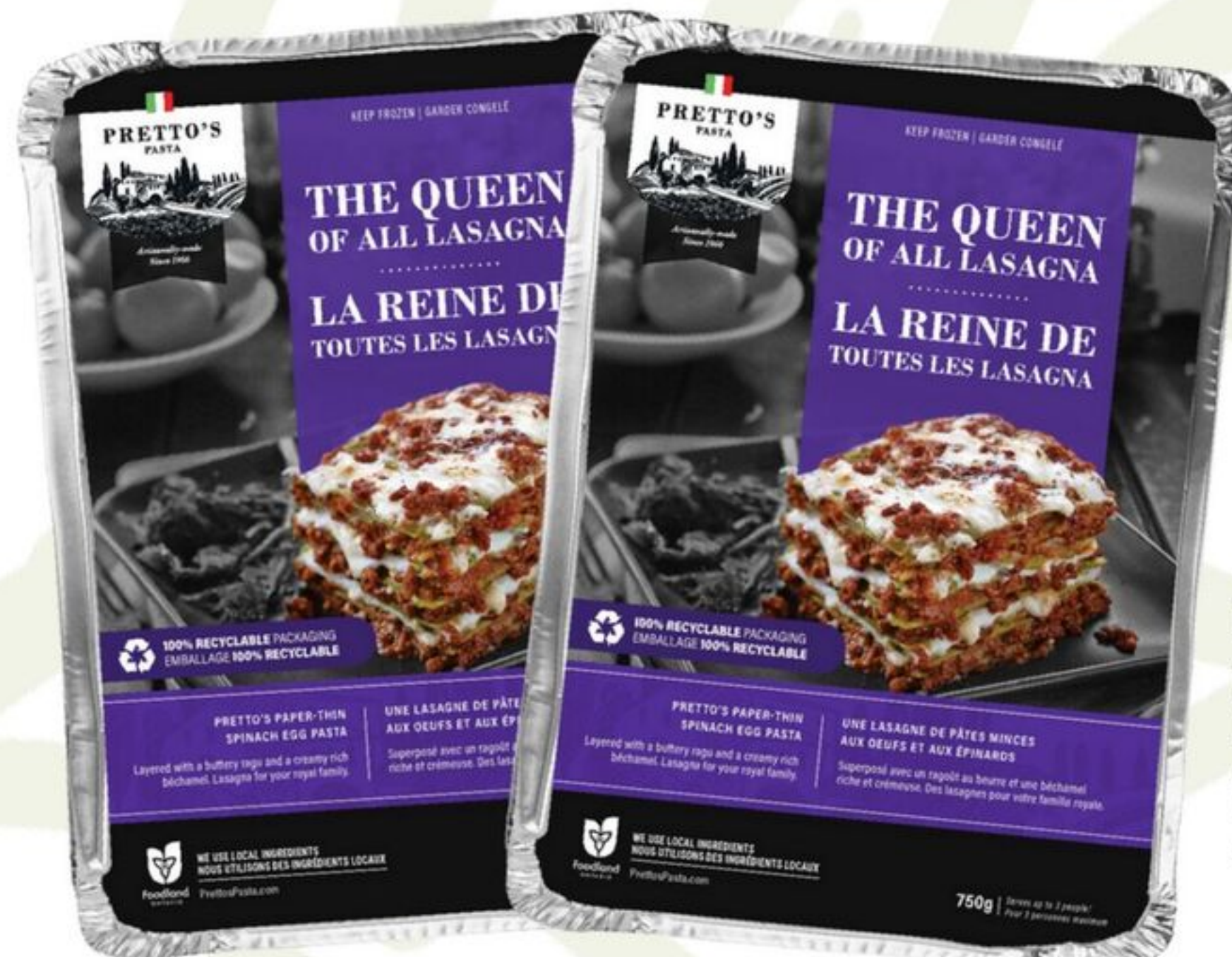
Pretto's Pasta

Lasagnas - 750 g

Mix & Match - Any Flavours

2 for \$27.99

Reg. \$15.99



Enjoy These Everyday Good Deals, Everytime You Shop

Good Groceries

Healthy Items for Every Shopper!

GLUTEN
FREE

PLANT
BASED

KETO

DAIRY
FREE

SUGAR
FREE

BLUME

Salted Caramel - Single Serve | 8 Count



10% OFF

Loyalty Saves An Extra
5% OFF

LOVE GOOD FATS

Protein Chocolate Caramel Bar | 4x55 g



10% OFF

Loyalty Saves An Extra
5% OFF

NORA'S

Mint Chip | 500 mL

10% OFF

Loyalty Saves An Extra
5% OFF



PHOEAPOLIS
Organic Extra Virgin
Olive Oil | 500 mL

10% OFF

Loyalty Saves An Extra
5% OFF



PULP & PRESS
Hulk | 355 mL

10% OFF

Loyalty Saves An Extra
5% OFF



REAL POPS
Hibiscus Lemonade
Popsicles | 3x72 mL

15% OFF

Loyalty Saves An Extra
5% OFF



SKINNY POP
Original Popcorn
| 125 g

10% OFF

Loyalty Saves An Extra
5% OFF

SMART SWEETS

Sour Melon Bites | 50 g

10% OFF

Loyalty Saves An Extra
5% OFF



**SOBER
CARPENTER**

Non-Alco Beer -
Organic IPA | 473 mL

10% OFF

Loyalty Saves An Extra
5% OFF



STELLAS
Onion & Garlic
Perogies | 520 g

10% OFF

Loyalty Saves An Extra
5% OFF

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Good Groceries

Healthy Items for Every Shopper!

GLUTEN
FREE

PLANT
BASED

KETO

DAIRY
FREE

SUGAR
FREE

STOKED OATS

Stoked Oats Stone Age | 500 g



10% OFF

Loyalty Saves An Extra
5% OFF

CELESTIAL SEASONINGS

Bengal Spice Tea | 20 Count

10% OFF

Loyalty Saves An Extra
5% OFF



SUNFLOWER KITCHEN

Classic Hummus Dip | 227 g

10% OFF

Loyalty Saves An Extra
5% OFF



THE GOOD CRISP

Original | 160 g

10% OFF

Loyalty Saves An Extra
5% OFF



TONICA

Peach Resolution
Kombucha | 355 mL

10% OFF

Loyalty Saves An Extra
5% OFF



TWO BEARS

Barista Oat Milk
- Unsweetened
| 946 mL

10% OFF

Loyalty Saves An Extra
5% OFF



WEDDERSPOON

Raw Manuka Honey
Kfactor 12 | 500 g

10% OFF

Loyalty Saves An Extra
5% OFF



WILDBRINE

Dill & Garlic
Sauerkraut | 500 g

10% OFF

Loyalty Saves An Extra
5% OFF

GRINDSTONE BLENDS

Wellness Rice Cereal Maple
Brown Sugar | 400 g

10% OFF

Loyalty Saves An Extra
5% OFF



STEFANO FAITA

Pizza - Mushroom & Bacon | 393 g

10% OFF

Loyalty Saves An Extra
5% OFF



HP JUNIPER

Floral Gin | 750 mL

20% OFF

Loyalty Saves An Extra
5% OFF

TRUE TASTE CAFÉ

Belgian Waffles Vanilla Protein | 450 g

10% OFF

Loyalty Saves An Extra
5% OFF



CRANK

Organic Coffee -
Crank it Up | 340 g

10% OFF

Loyalty Saves An Extra
5% OFF

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Good Groceries

Healthy Items for Every Shopper!

GLUTEN
FREE

PLANT
BASED

KETO

DAIRY
FREE

SUGAR
FREE

DANDIES

Marshmallows - Vanilla | 283 g



10% OFF

Loyalty Saves An Extra
5% OFF

DO MATCHA

Org Japanese Green Tea | 80 g



10% OFF

Loyalty Saves An Extra
5% OFF

ELAN BIO

Org Banana Chips | 135 g



10% OFF

Loyalty Saves An Extra
5% OFF

FARMER'S MARKET

Org Pumpkin Puree | 398 mL



10% OFF

Loyalty Saves An Extra
5% OFF

LA PRESSERIE

Pho Soup | 500 g



10% OFF

Loyalty Saves An Extra
5% OFF

LE PAIN DES FLEURS

Multi-Grain Glut Free Crispbrd | 150 g



10% OFF

Loyalty Saves An Extra
5% OFF

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Everyday Goodness

Green Beaver
Lip Balms - 10 mL

2 for \$8.99

Reg. \$4.99



More Than Lips

Lip Balms - 9 mL

2 for \$17.99

Reg. \$9.99



Attitude

Select Shampoos &
Conditioners - Liquid and Bars

Buy 2 Save 10%.



ITL Health

MAG365

Unflavoured - 4 g

5 for \$4

Reg. \$0.99

Natural Factors

Vitamin C 500 mg -

90 Chewables

Mix & Match - Any Flavours

2 for \$25

Reg. \$13.99



ITL Health

PrizMAG + with D3 &

K2 - 120 Capsules

2 for \$50

Reg. \$28.99



Nature's Way

Immune, Immune Kids, Less Stress
& Sleep Well - 60 Gummies

Mix & Match - Any Flavours

2 for \$40

Reg. \$20.99 - \$21.99



Nature's Way

Zinc Immune Support

& Vitamin D3 1000IU

- 60 gummies

Mix & Match - Any Flavours

2 for \$26

Reg. \$14.99



Enjoy These Everyday Good Deals, Everytime You Shop

The Goodness GIFT GUIDE

FOR THE PERSON WHO...
LOVES FITNESS & MOVEMENT



Good Protein
All-in-One Plant
Based Shake, Salted
Caramel - 880 g

21 g of Plant-Based
Protein, 7 g of Fibre, & 1 g
of Sugar per Serving

\$52.99



Vital Proteins
Bovine Collagen
Peptides - 567 g

10 g of Grass Fed &
Pasture Raised Bovine
Collagen

\$74.99



Vega
Plant-Based Protein
Shake, Creamy
Chocolate - 330 mL

21 g of Plant-based
Protein. Perfect for
On-the-Go

\$4.99



Active Green Pro
Daily Greens Boost,
Rasp Lemon - 400 g

14 Superfood
Ingredients to Support
Digestive Health and
Overall Vitality

\$41.99



Organika
Electrolytes, Wild
Raspberry - 210 g

Sugar Free
Electrolytes to
Accelerate Your
Hydration

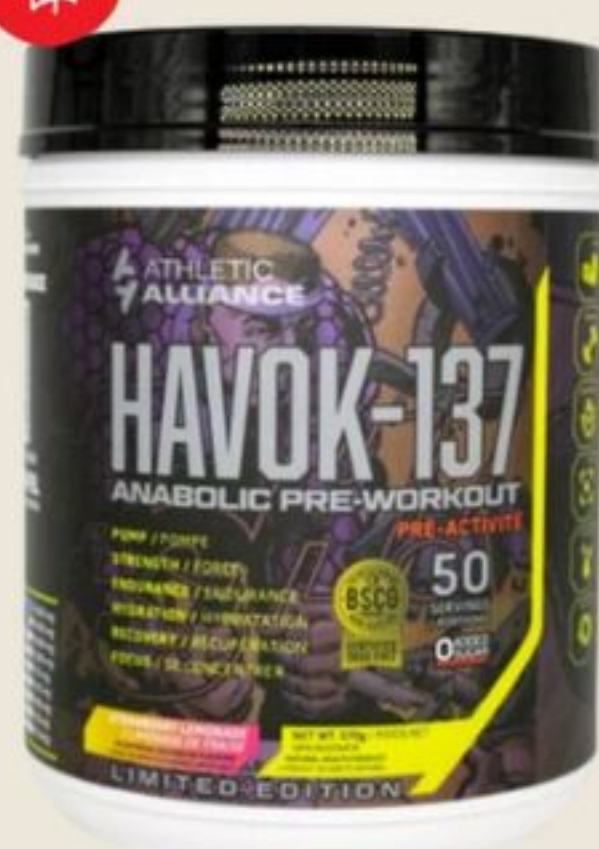
\$44.99



Nun
Sport Hydration
Tablets, Watermelon
- 55 g

Electrolyte Tablets,
Perfect for On-the-Go
& Travel

\$11.99



Athletic Alliance
Havok-137
Anabolic Pre-
Workout - 570 g

Complete Pre-Workout
that Combines Creatine,
BCAAs, and Electrolytes
to Maximize Performance
and Results

\$65.99



Sports Research
Creatine
Monohydrate,
Unflavoured - 454 g

Delivers 5 g of
Micronized Creatine per
Scoop to Boost Strength,
Speed Recovery, and
Enhance Performance

\$33.99



LeanFit
Whey Isolate
Chocolate - 916 g

A Smooth, Fast-Digesting
Whey Protein that
Delivers Pure, High-
Quality Nutrition for
Optimal Results

\$79.99

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

KAHA NUTRITION
Sports Supplements - Entire Line



15% OFF

Loyalty Saves An Extra
5% OFF

LANDISH
Marine Collagen Supplements - Entire Line



15% OFF

Loyalty Saves An Extra
5% OFF

ORGANIKA
Sports Supplements - Selected Varieties



10% OFF

Loyalty Saves An Extra
5% OFF

orange KIDS
NATURALS

The **fundamentals** for
growing up healthy.



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Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

ANS PERFORMANCE

KETOVITA - Pink Lemonade | 237 g

15% OFF

Loyalty Saves An Extra
5% OFF



ENZYMEDICA

Digestive Enzymes -
Entire Line

10% OFF

Loyalty Saves An Extra
5% OFF



CULTURED COCONUT

Organic Coconut Kefir Glass 460 mL

10% OFF



Loyalty Saves An Extra
5% OFF

CLEF DES CHAMPS

Selected Herbal Tonics

15% OFF

Loyalty Saves An Extra
5% OFF



GOODPHYTE

GoodPhyte IB Defense | 60 Capsules

15% OFF

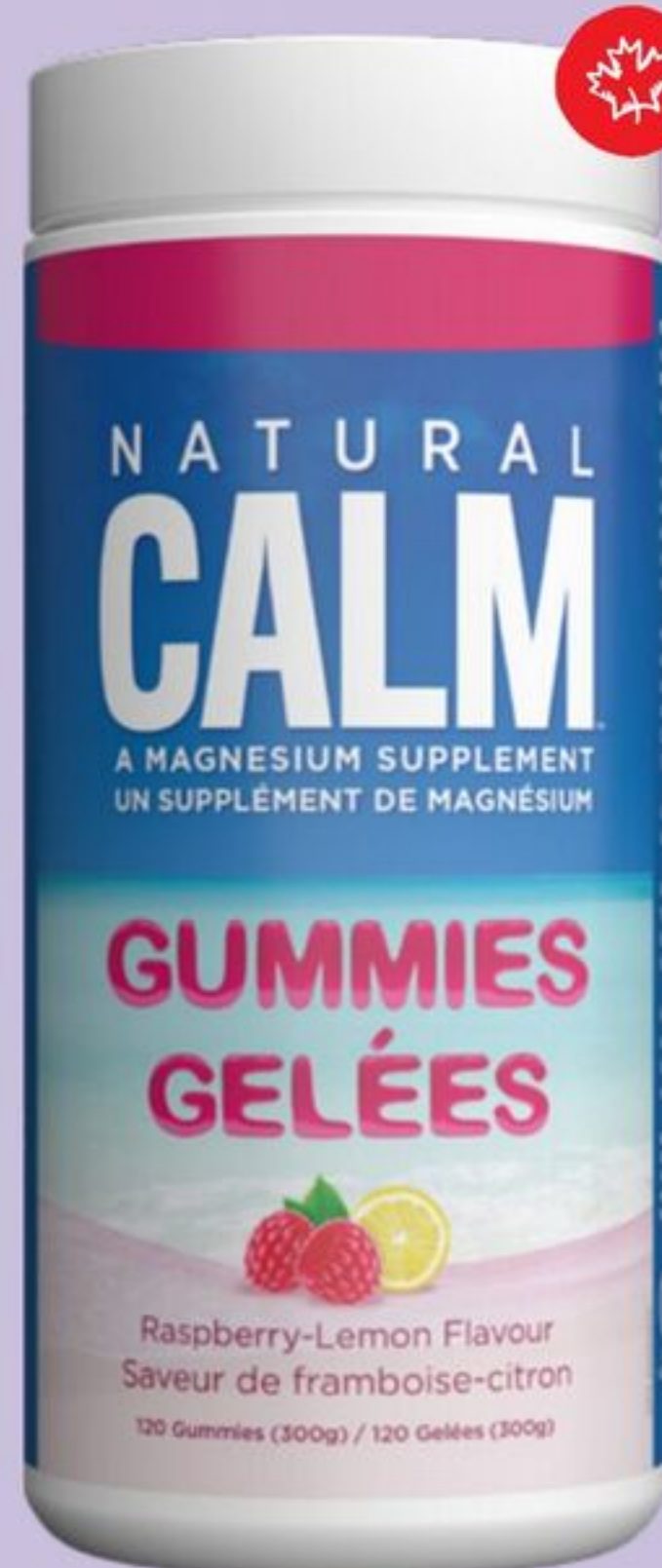
Loyalty Saves An Extra
5% OFF



NATURAL CALM

Calm Gummies - Raspberry | 120 Gummies

15% OFF



Loyalty Saves An Extra
5% OFF



NATRA
RESPIRfree |
60 Capsules

10% OFF

Loyalty Saves An Extra
5% OFF

NOW

Selected Natural Supplements

10% OFF

Loyalty Saves An Extra
5% OFF



VITALITY PRODUCTS

Power Iron + Organic
Spirulina | 30 VCAPS

15% OFF

Loyalty Saves An Extra
5% OFF



GREAT LAKES WELLNESS

Collagen Bovine
Unflavoured | 284 g

10% OFF

Loyalty Saves An Extra
5% OFF

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Home, Life AND Clean Beauty

ANDALOU NATURALS

Skincare Products – Entire Line



15% OFF

Loyalty Saves An Extra
5% OFF

BIOVERT

Dishwashing Liquid Green Apple | 700 mL



15% OFF

Loyalty Saves An Extra
5% OFF

BADGER

Badger Balm Unscented | 56 g

15% OFF

Loyalty Saves An Extra
5% OFF



EVERY MAN JACK

Deodorant - Sandalwood | 85 g

15% OFF

Loyalty Saves An Extra
5% OFF



EPSOM GEL

Epsomgel Pain Relief | 150 mL

15% OFF

Loyalty Saves An Extra
5% OFF



DUTCHMAN'S GOLD

Beeswax Cone Candles | 6 Count

15% OFF

Loyalty Saves An Extra
5% OFF

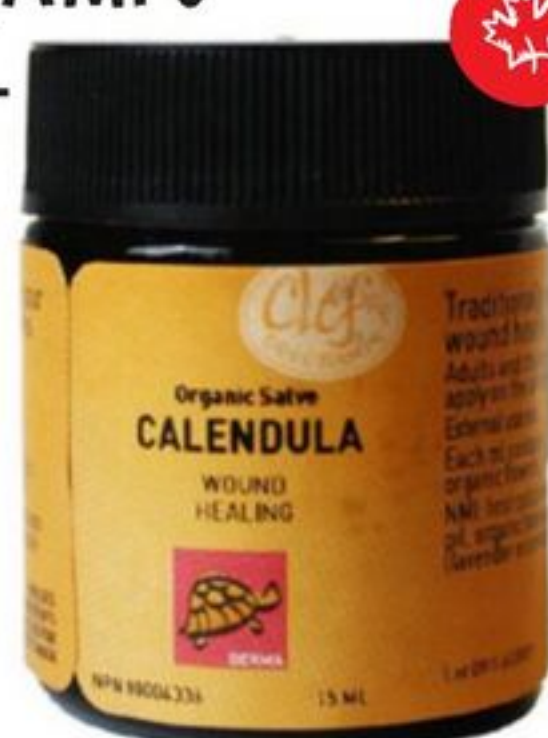
Loyalty Saves An Extra
5% OFF

CLEF DES CHAMPS

Calendula | 15 mL

15% OFF

Loyalty Saves An Extra
5% OFF



BUTTERFLY WEED

Eucalyptus Body Oil | 57 mL

15% OFF

Loyalty Saves An Extra
5% OFF

HOMEOCAN

Traumacare Sports Gel | 50G

15% OFF

Loyalty Saves An Extra
5% OFF



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We're More Than a Store...

We're Your Wellness Destination!

Who We Are & What We Do

At Goodness Me! Natural Food Market, we are here to inspire your healthiest life. We're your one-stop shop for all things healthy and natural. We offer a selection of organic and natural groceries, local dairy products, high-quality natural supplements, and a range of healthy lifestyle products.



Proudly A Canadian Business



SHOP ONLINE
goodnessme.ca

*Product availability varies by store.
See availability by store at goodnessme.ca*

Find Classes and Workshops

Education is at the core of what we do, which is why we offer a variety of workshops and classes for you to discover and enjoy. Scan the code below or go to goodnessme.ca/learning

Register Now!



Where To Find Us

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.

Waterloo

668 Erb St. W.

Guelph

36 Wellington St. W.

London

1735 Richmond S.

Barrie

79 Park Place Blvd.