



Ontario Organic Produce



ORGANIC RED BEETS – BUNCHED
\$2.99 ea or 2 for \$5



ORGANIC LEEKS – BUNCHED
\$3.79 ea



ORGANIC PARSNIPS | 2LB BAG
\$4.99 ea

Mix & Match
2 FOR \$8



ORGANIC RAINBOW CARROTS | 2LB BAG
\$4.49 ea



Riz
WAGYU
Breakfast Sausages & Meatballs | 375 g
\$15.99 ea
Burgers & Dinner Sausages | 450 g
\$16.99 ea



Organic Produce



ORGANIC BERRIES -
BLUEBERRIES | 1 PINT
\$7.99

ORGANIC LETTUCE - ROMAINE
\$3.99 ea or 2 for \$6



ORGANIC
BROCCOLI
\$4.99 ea



ORGANIC APPLES -
AMBROSIA | 3LB BAG
\$5.99



Chicken Sausage -
Honey Garlic, Salt &
Pepper, Spicy Italian |
4 x 114 g

\$9.99 ea



GUSTA
ARTISANAL • VEGAN

Veggie Ground -
Mexican & Original |
340 g

\$4.79 ea



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

The good kitchen

Offering healthier meals with a focus on fresh, nutritious ingredients, organically grown fruits & vegetables, and humanely raised meats.

Specialty Diet Options



Vegetarian



Plant Based



Gluten Free



Keto Friendly



Dairy Free



No Added Sugar

Try Our New Menu

Take and Bake

Croissants
- 6 Pack

\$11.99

Chocolatines
- 6 Pack

\$12.99

Cinnamon
Buns - 6 Pack

\$12.99

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



Warm, golden, and made with all-natural Canadian ingredients, Lazy Daisy's Bake-Your-Own Buttermilk Biscuits deliver farm-to-table quality straight from the Lazy Daisy kitchen in Toronto to yours. Inspired by generations of baking traditions, they're the perfect easy addition to any meal, or a delicious gift to share this holiday season.



Fresh from the Fridge or Freezer



Let's Get This Bread

LAZY DAISY'S
Classic Buttermilk
Biscuit | 510 g

10% OFF



L'ANCETRE
Org Old Chedd
Cheese Unpast | 200 g
10% OFF

BEST BAA DAIRY
Ontario Sheep Milk Yogourt | 500 mL

10% OFF

5% OFF



5% OFF

5% OFF



SILK
Cold Foam - Cinnamon
Caramel | 369 g
10% 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



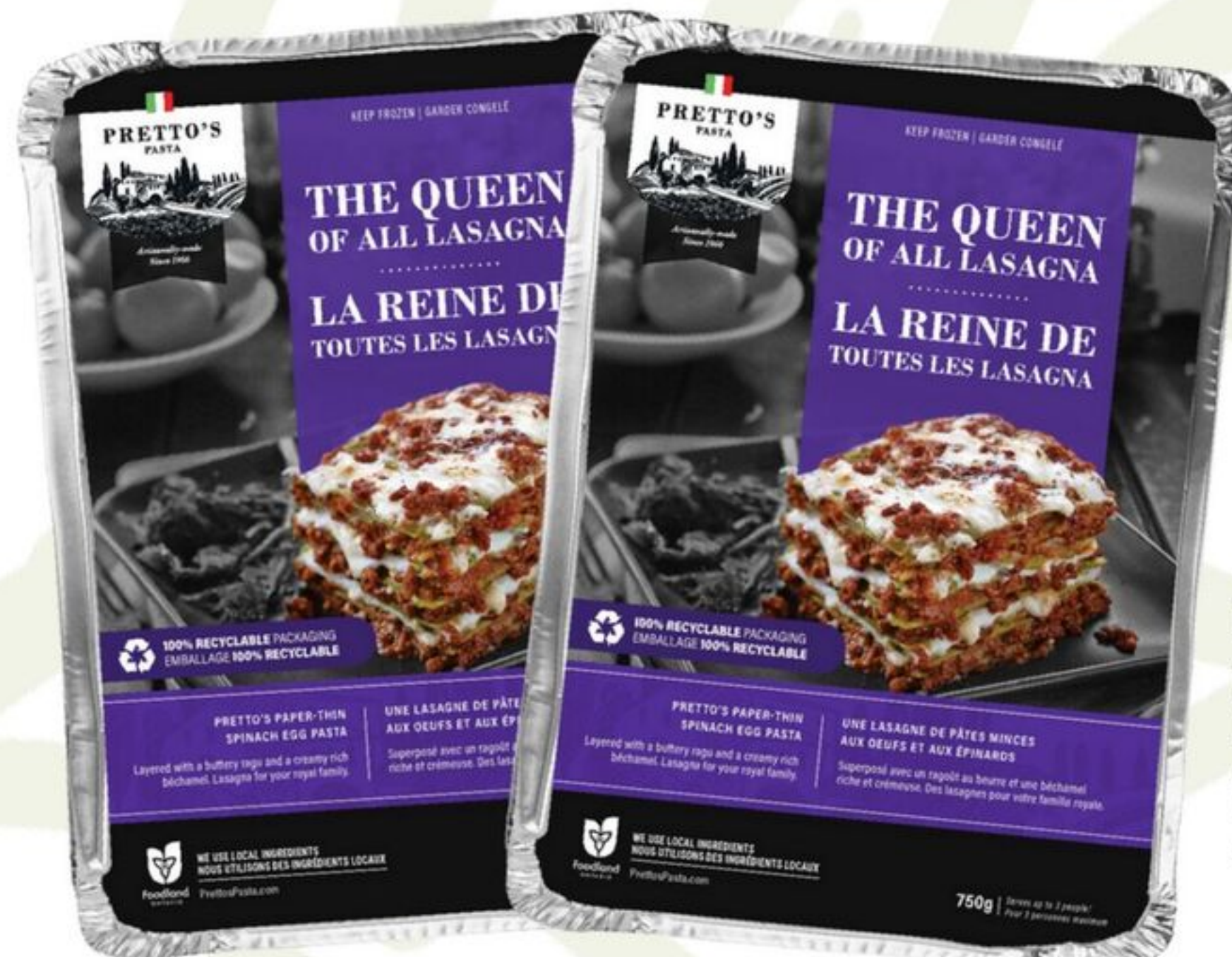
Pretto's Pasta

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

PRETTO'S PASTA

Traditional Lasagna Bolognese | 750 g



15% OFF

Loyalty Saves An Extra
5% OFF

PUR GUM

Gum Bag - Spearmint | 77 g



10% OFF

Loyalty Saves An Extra
5% OFF

ACAI ROOTS

Org Açai Smoothie Pouch Puree | 400 g

10% OFF



Loyalty Saves An Extra
5% OFF



MINOR FIGURES

Organic Barista Oat Milk | 946 mL

15% OFF

Loyalty Saves An Extra
5% OFF

PITAYA FOODS

Organic Dragon Fruit Bite | 340 g

10% OFF

Loyalty Saves An Extra
5% OFF



SEASNAX

Seaweed Snack - Original | 10 g

10% OFF

Loyalty Saves An Extra
5% OFF

STASH

Decaf Vanilla Chai Tea | 18 Count

20% OFF

Loyalty Saves An Extra
5% OFF



SUZIE'S ORGANICS

Organic Ketchup | 499 mL

10% OFF

Loyalty Saves An Extra
5% OFF



SWEET LEAF

Water Enhancer - Rasp Lemonade | 48 mL

10% OFF

Loyalty Saves An Extra
5% OFF

BRAGG

Org Apple Cider Vinegar | 946 mL

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

RISE KOMBUCHA

Mint Chlorophyll Green Tea | 1 L



10% OFF

Loyalty Saves An Extra
5% OFF

UPTON'S

Traditional Seitan
Vegan Chunks | 227 g

15% OFF

Loyalty Saves An Extra
5% OFF



LIVIVA
Shirataki Pasta -
Fettuccine | 400 g

10% OFF

Loyalty Saves An Extra
5% OFF

JUMPING BEAN

Screech Pod | 12 Count

10% OFF

Loyalty Saves An Extra
5% OFF



THE BETTER BUTCHERS
Italian Plant-Based
Ground | 300 g

10% OFF

Loyalty Saves An Extra
5% OFF

BITCHIN' SAUCE

Almond Dip - Chipotle | 227 g

10% OFF

Loyalty Saves An Extra
5% OFF



STASH

Holiday Chai
Tea | 18 BAGS

20% OFF

Loyalty Saves An Extra
5% OFF



CHA'S ORGANICS

Ground Turmeric | 150 g

10% OFF

Loyalty Saves An Extra
5% OFF



CWENCH
Sports Hydration -
Berry Crush | 500 mL

15% OFF

Loyalty Saves An Extra
5% OFF

earth's choice
- organic - biologique -



EARTH'S CHOICE

Coconut Milk Guar
Gum Free | 400 mL

10% OFF

Loyalty Saves An Extra
5% OFF



GNUBEE'S

Mango Tango
| 190 mL

10% OFF

Loyalty Saves An Extra
5% OFF



GREENHOUSE JUICE

Fiery Ginger | 60 mL

20% OFF

Loyalty Saves An Extra
5% OFF

MATCHA NINJA

Matcha Ninja Single
Servings | 10x1.5 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

TRUELY CEREAL

S'mores | 40 g



10% OFF

Loyalty Saves An Extra
5% OFF

WESTPOINT NATURALS

Superfood Creamer - Cinnamon | 228 g



10% OFF

Loyalty Saves An Extra
5% OFF

RED CAP HOT SAUCE CO.

Hot Sauce - Peppa Sauce | 148 mL

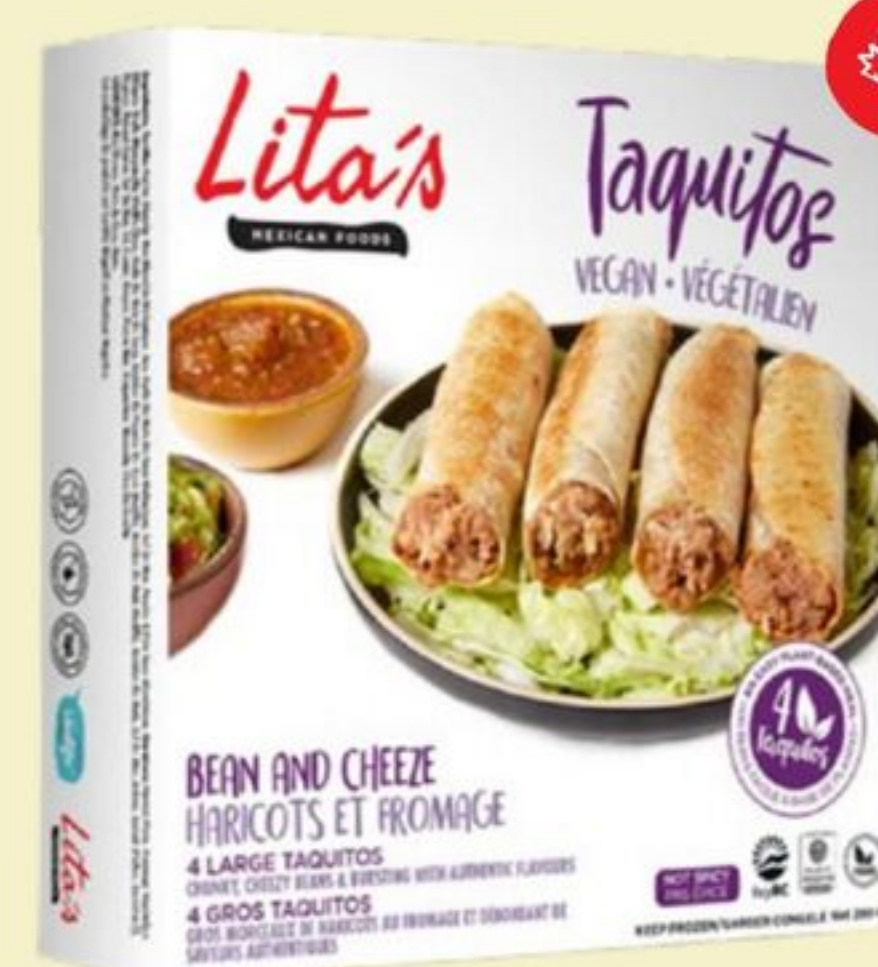


10% OFF

Loyalty Saves An Extra
5% OFF

LITA'S MEXICAN FOODS

Taquito - Bean & Cheese | 280 g



10% OFF

Loyalty Saves An Extra
5% OFF

REMIX SNACKS

Beanies Vegan Chedd'r | 110 g



10% OFF

Loyalty Saves An Extra
5% OFF

EATLOVE

Org Almond Butter Cup | 51 g



10% OFF

Loyalty Saves An Extra
5% OFF

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The Goodness GIFT GUIDE

FOR THE PERSON WHO...
LOVES PREMIUM WELLNESS



AOR
Advanced B Complex
- 180 Veg Caps

Support for Metabolism
and Red Blood Cell
Production

\$57.99



Good Protein
High Protein
Plant-Based
Shake, Chocolate
Milk - 940 g

32 g of Plant-Based
Protein, 5g of
BCAAs, & 0g of
Sugar per Serving

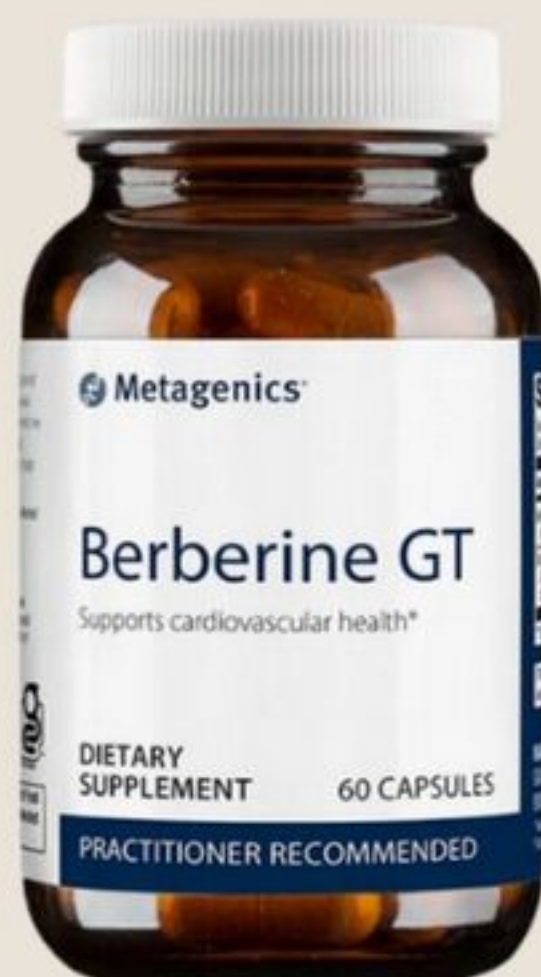
\$66.99



Landish
Marine Collagen
Beauty Blend - 300 g

Packed With Body Loving
Nutrients That Promote
Healthy, Radiant Skin,
Shiny Hair, and Strong Nails

\$59.99



Metagenics
Berberine GT -
60 Caps

Promotes Healthy
Blood Sugar and
Insulin Metabolism

\$48.75



Organika
Creatine - 500 g

Promotes Lean
Muscle Growth and
Helps in Gaining
Muscle Mass More
Effectively

\$33.99



Purica
Zensations,
Mindful Balance
- 150 g

Perfect for Energizing
Your Day with Improved
Focus and Endurance

\$33.99



Natural Factors
RegenerLife
Resveratrol
- 60 Veg Caps

Provides an
Antioxidant & Protects
Cells and Tissues From
Oxidative Damage

\$40.99



Kaha
New Zealand
Whey Isolate,
Vanilla - 720 g

Contains a Full Range of
Amino Acids Involved in
Muscle Protein Synthesis
& Assists in the Building
of Lean Muscle Mass

\$69.99



Flora
Organic Red Beet
Crystals - 200 g

A Nutritious & Energizing
Superfood Pressed from
the Juice of Freshly
Harvested Organic Beets

\$28.99

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

ATP

Sports Supplements - Entire Line



20% OFF

Loyalty Saves An Extra
5% OFF

LIVING ALCHEMY

Probiotics - Entire Line



15% OFF

Loyalty Saves An Extra
5% OFF

NIN JIOM MEDICINE MANUFACTORY

Herbal Supplements - Entire Line



15% OFF

Loyalty Saves An Extra
5% OFF

SALUS

Natural Remedies - Entire Line



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



Nin Jiom Medicine

Herbal Candy - 60g

Mix & Match - Any Flavours

Buy 2 Save 10%.

Reg. \$8.99



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

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday



AERYON WELLNESS
Women's
Supplements -
Selected Varieties
15% OFF

Loyalty Saves An Extra
5% OFF



CAN-I WELLNESS
Fast-Acting Supplements
- Entire Line
15% OFF

Loyalty Saves An Extra
5% OFF

LEAFSOURCE
Herbal Supplements - Entire Line



15% OFF

Loyalty Saves An Extra
5% OFF



BOIRON
Homeopathic
Remedies -
Selected Varieties
15% OFF

Loyalty Saves An Extra
5% OFF



FRESHFIELD
Black Seed Oil |
237 mL
15% OFF

Loyalty Saves An Extra
5% OFF

FLORA
Herbal Supplements - Selected Varieties



20% OFF

Loyalty Saves An Extra
5% OFF



INTIMAE
Women's
Supplements -
Selected Varieties
15% OFF

Loyalty Saves An Extra
5% OFF



NATURE'S WAY
Sambucus Immune |
60 GUMMIES
10% OFF

Loyalty Saves An Extra
5% OFF

PAIN PUNCH
Pain Punch Anti-Inflam Caffeine | 236 mL
10% OFF



RENEW LIFE
Digestive Support -
Selected Varieties
10% OFF

Loyalty Saves An Extra
5% OFF

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The Goodness GIFT GUIDE

FOR THE PERSON WHO...
LOVES RELAXATION



Soy Harvest Hand Poured Holiday Scented Candles

High Quality, Hand Poured,
Natural Soy Wax Candles.
Made with Premium
Fragrances and Proudly
Made in Canada.

\$16.89 - \$19.49
Reg. \$25.99 - \$29.99



Pacha Soap Co Holiday Bath Bombs & Whipped Soap Scrubs

Handcrafted, Ethical
Products That
Nourish the Skin &
Delight the Senses

\$14.99 - \$19.99



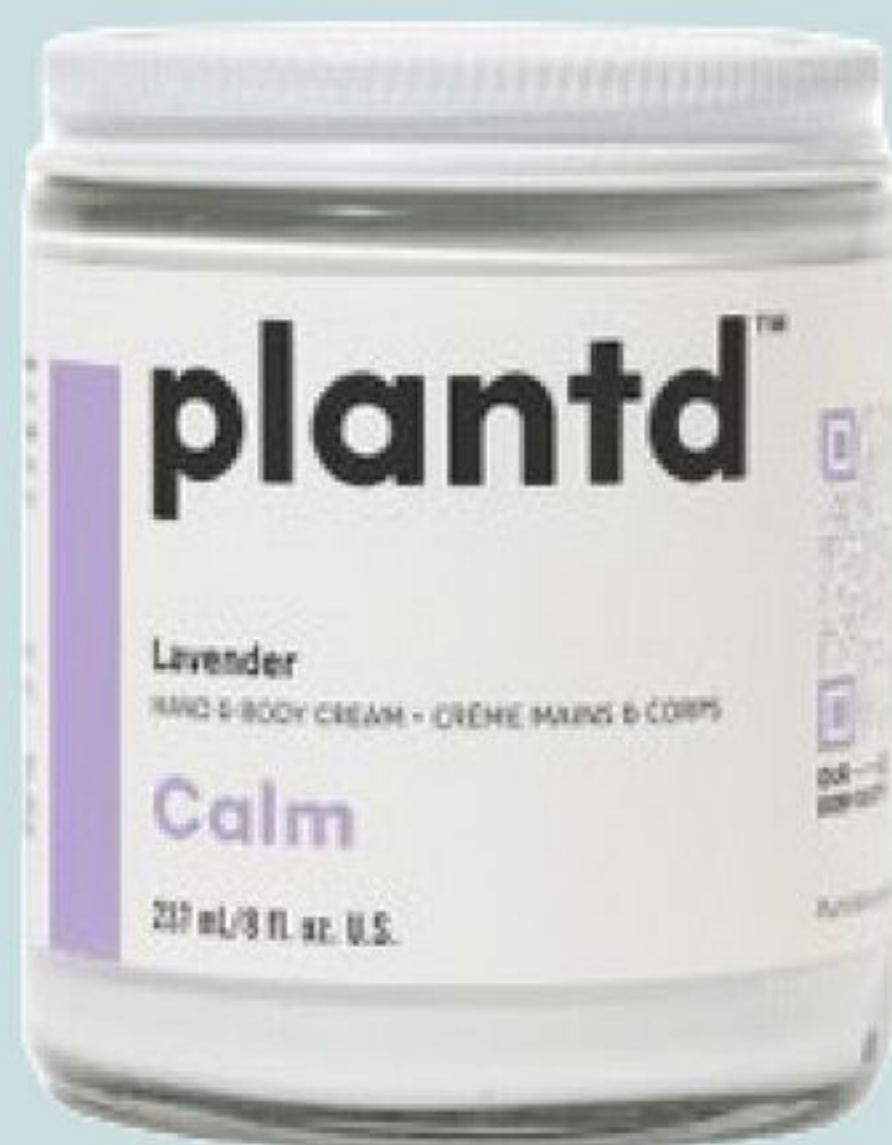
Urban Spa Personal Care Products **\$6.99 - \$16.99**

High-Performing, Natural Beauty and
Wellness Products with Sustainable,
Plastic-Reducing Packaging

Home, Life AND Clean Beauty

PLANTD SKINCARE

Calm - Lavender | 237 mL



15% OFF

Loyalty Saves An Extra
5% OFF

SANTEVIA

Glass Water System | Each



15% OFF

Loyalty Saves An Extra
5% OFF

RICINIOL

Essential + Extra Strength | 15 mL

15% OFF

Loyalty Saves An Extra
5% OFF



ST. FRANCIS

Organic Castor Oil | 500 mL

15% OFF

Loyalty Saves An Extra
5% OFF



REDMOND TRADING CO.

Earthpaste - Wintergreen | 113 g

15% OFF

Loyalty Saves An Extra
5% OFF

IF YOU CARE - ENVIRO FRIENDLY

Large Baking Cups (60) | EACH

15% OFF

Loyalty Saves An Extra
5% OFF



Loyalty Saves An Extra
5% OFF

ARTESTILE

ArteStile Slant Tip Tweezers SS | 1 Count

15% OFF

Loyalty Saves An Extra
5% OFF



ESSENCE OF LIFE ORGANICS

Natural Bamboo Bandages | 20 Count

15% OFF

Loyalty Saves An Extra
5% OFF



BOIRON

Arnica Gel | 75 g

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.