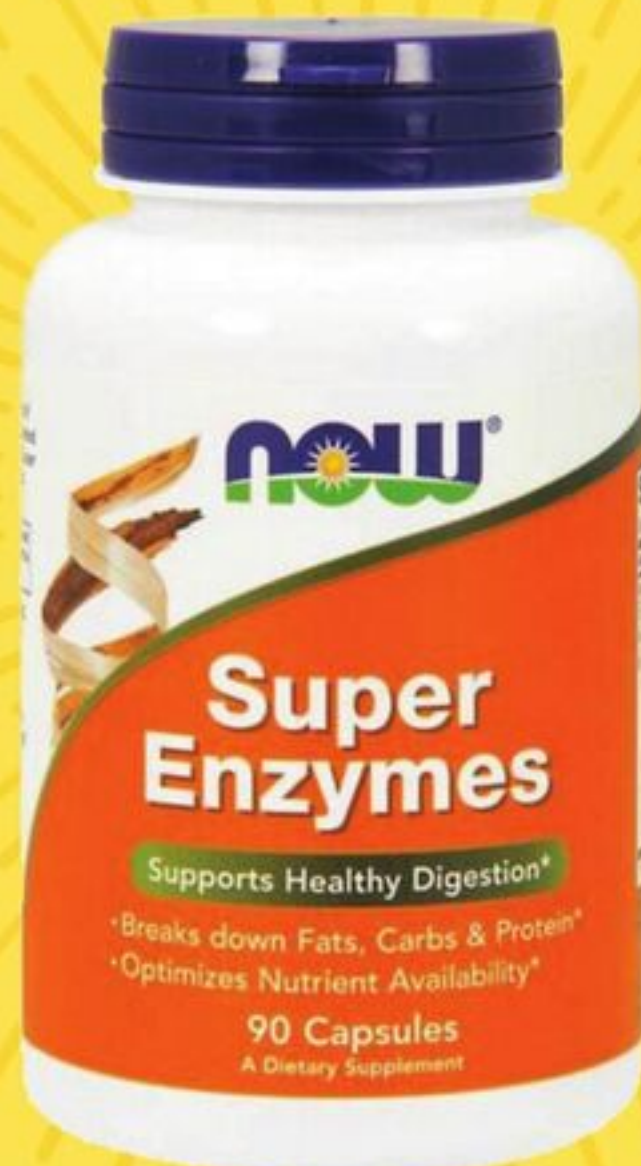


COMMUNITY NATURAL FOODS

NOURISHING OUR COMMUNITY SINCE 1977

DECEMBER 4 – 31, 2025

APP EXCLUSIVE



NOW
Super
Enzymes
90CAP

30%
OFF

DECEMBER 11 – 17

SIMPLY ORGANIC
Line Drive
ASSORTED SIZES



15%
OFF



BELL LIFESTYLE
PRODUCTS
Nutritional
Supplements



15%
OFF



Organic Long English
Cucumbers

DECEMBER 11 – 17



\$3.99
EACH

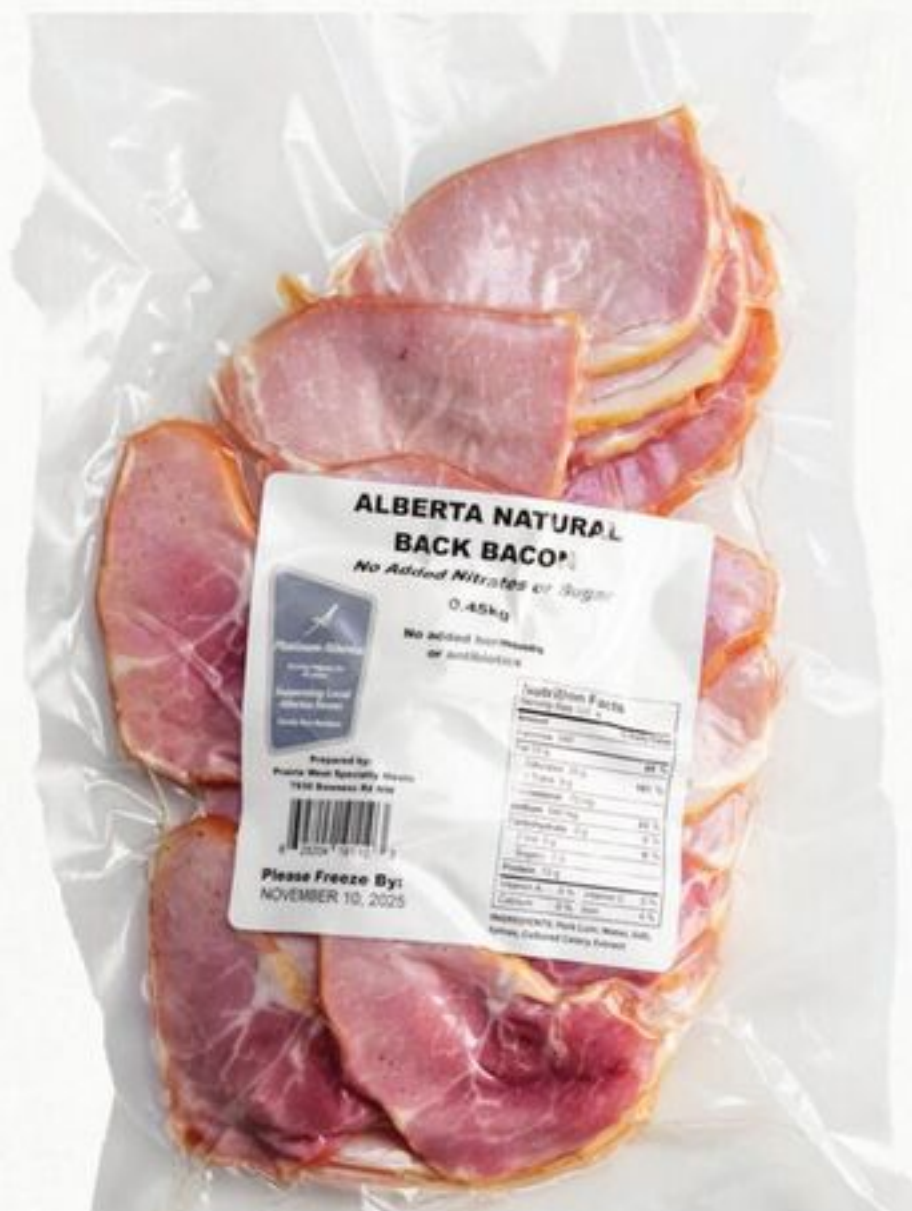
+ EARN
20%
BONUS
CASH

LIVING ALCHEMY
Your Flora
Probiotic
Immune
ENTIRE LINE ON SALE



10%
OFF

+ EARN
10%
BONUS
CASH



PLATINUM ALBERTA
Pork Back Bacon

454G
DECEMBER 11 – 17

RWA

\$18.99

Holiday
Gift Ideas

shop now



PLAY & WIN

SAVE MONEY

BONUS CASH

BE INSPIRED

Unlock Wellness
GET THE APP

This month members can earn over

\$120 BONUS CASH*

December 4th - 31st
 *Community Natural Foods App download and registration required.
 Visit communitynaturalfoods.com/policies for additional terms & conditions.

DECEMBER 11 – 17



**Organic
BC Honeycrisp Apples**
3LB BAG



**Organic
Kiwi**
1LB BAG



**Organic
AB Red Cabbage**



**Organic Long English
Cucumbers**



**Organic
Green Leaf Lettuce**



**Organic
AB Yellow Onions**
3LB BAG

NEW CHAPTER
Whole Food
Supplements
ASSORTED

B CORP



10%
OFF

+ EARN
5%
BONUS
CASH

CANPREV
Nutritional
Supplements
SELECT PRODUCTS



15%
OFF



BELL LIFESTYLE
PRODUCTS
Nutritional
Supplements
ASSORTED



15%
OFF



LIVING ALCHEMY
Your Flora
Probiotic
Immune
ENTIRE LINE ON SALE



10%
OFF

+ EARN
10%
BONUS
CASH



HONEY CANDLES
100% Pure
Beeswax
Candles
ENTIRE LINE ON SALE

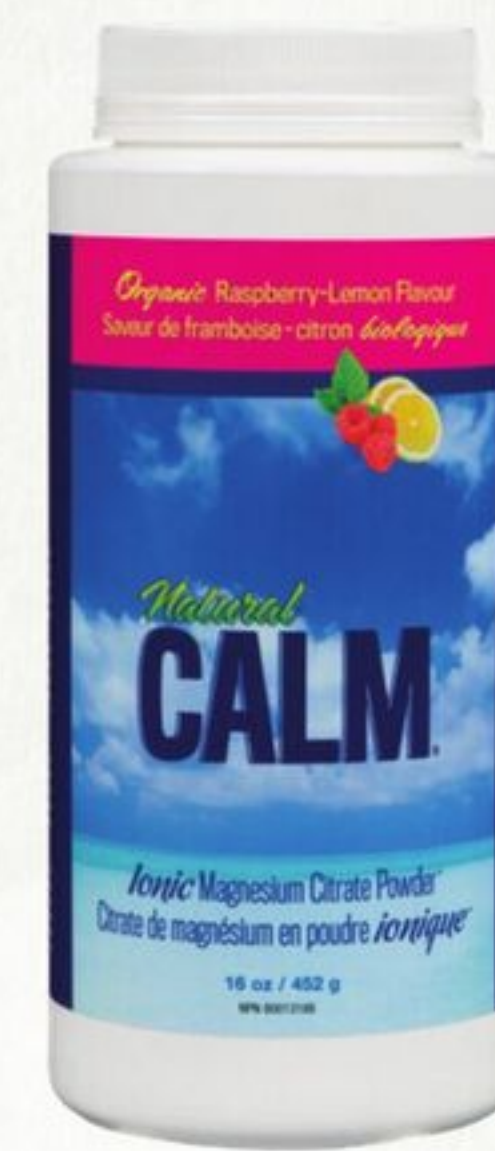


15%
OFF



NATURAL CALM
Magnesium
Citrate
Powder
ASSORTED VARIETIES

EARN
15%
BONUS
CASH



HIGH-DOSE VITAMIN C & L-LYSINE



Reduces the
frequency
of cold sores



Bones and
cartilage



Collagen
formation



Immune system
support

20%
OFF



HEALTH & BODY CARE

HIMALAYA
Party Smart
ASSORTED SIZES

10% OFF
+ EARN
10% BONUS CASH



PREFERRED NUTRITION
Berberine
500mg
120CAPS



EARN
15% BONUS CASH



EVERSIO WELLNESS
Medicinal Mushrooms
ASSORTED VARIETIES



SAVE \$10.00
\$57.99



NATURAL FACTORS
N-Acetyl-L-Cysteine
600 mg
180VCAP

SAVE \$6.00
\$29.99



SMART SOLUTIONS
Nutritional Supplements
ASSORTED



10% OFF
+ EARN
5% BONUS CASH



PRAIRIE NATURALS
Hair Care
ASSORTED VARIETIES



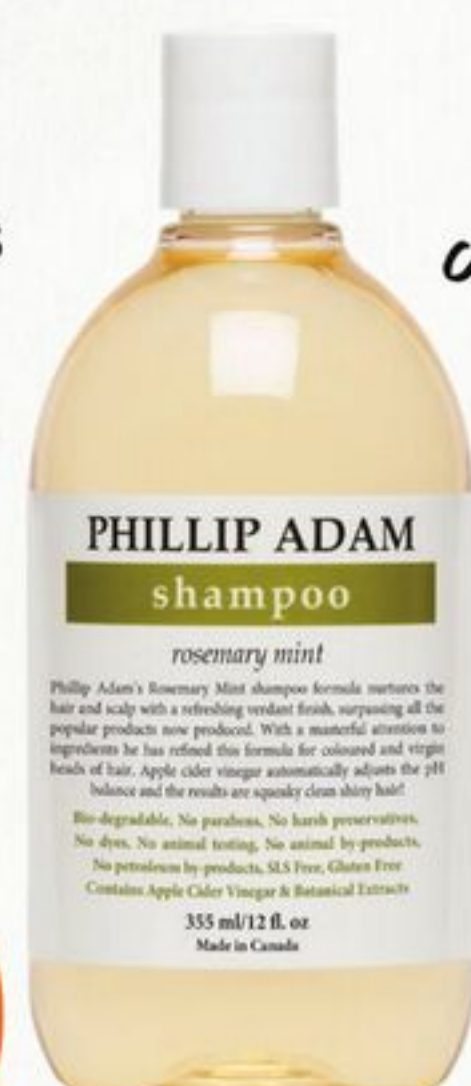
10% OFF
+ EARN
5% BONUS CASH



PHILLIP ADAM
Hair & Body Care Products
ASSORTED VARIETIES



10% OFF
+ EARN
5% BONUS CASH



WELEDA
Skin Food Face Care
ENTIRE LINE ON SALE

15% OFF



DR. SQUATCH
Personal Care Products
ASSORTED VARIETIES

10% OFF
+ EARN
5% BONUS CASH



TOP GRASS CATTLE CO.
Extra Lean Fresh
Ground Beef

454G

GRASS FED



15%
OFF

ROSSDOWN FAMILY FARMS
Marinated Chicken
Wings

400G

\$8⁹⁹

RWA



ODD SAUSAGE
Locally Made
Assorted Frozen
Pork Sausage

500G

\$15⁹⁹



CALGARY
ONLY



LEARN MORE ABOUT
Winter's
Turkey Farm
[HERE](#)



Pineapple
& Maple
Ham
[RECIPE HERE](#)



NOW
Essential
Oils
ASSORTED VARIETIES

15%
OFF



URBAN SPA
Bath & Body
Accessories
SELECT PRODUCTS

15%
OFF



PACIFIC FOODS
Broths
946ML - 1L

SAVE \$1.30

\$7¹⁹



SIMPLY ORGANIC
Line Drive
ASSORTED SIZES



15%
OFF

CHOCXO
Crème Brûlée &
Pistachio Truffles
ASSORTED SIZES



15%
OFF

+ EARN
5%
BONUS
CASH

SMART SWEETS
Seasonal Merry
Mix & Sour
Snowflakes
50G

\$4⁷⁹

LOW SUGAR



Booja-Booja, Natural
Candy Co., Summerdown
Seasonal Sweets

\$2⁴⁹ - \$1⁹²

ASSORTED SIZES



STAHLBUSH
Frozen Fruits &
Vegetables
ASSORTED SIZES



NUTS TO YOU
Smooth Pistachio
Butter
250G



DJ&A
Veggie Crisps
& Snacks
ASSORTED SIZES



EVERLAND
Salsa &
Condiments
ASSORTED SIZES



JUST JUICE
Natural &
Organic Juices
946ML-1L



ZAZUBEAN
Chocolate Bars
80-85G



NEAL BROTHERS
Tortilla
Chips
255-300G



BOTTLEGREEN
Sparkling
Beverages
& Cordials
750ML



ANITA'S ORGANIC MILL
Organic Flours
ASSORTED SIZES



GROCERY

WELL JUICERY
Cold Pressed Juice,
Hydrators & Elixirs
60-333ML

15%
OFF
+ EARN
10%
BONUS
CASH



HUMBLE SEEDZ
Dip &
Hummus
190-227G

15%
OFF



RISE
Kombucha
1L

10%
OFF



NUTS FOR CHEESE
Plant Based
Cheese & Dip
120-210G

10%
OFF



SHAW

'Tis the SZN

CHOCOLATE

Peppermint Bark

By Local Chocolatier Ian Shaw

HAPPY BELLY
**Locally Crafted
Kombucha**

333ML

SAVE \$0.60

\$3³⁹



AREPA BOSS
**Locally Made
Condiments**

355ML

\$12²⁹



WILD FOLK
**Locally Crafted
Non-Alcoholic
Cocktails**

250ML



**15%
OFF**

SHAWZ
**Peppermint Bark
Chocolate Bar**

50G

\$7⁶⁹



**15%
OFF**



EAT LOVE
**Almond, Peanut &
Coconut Cups**

51G



\$10⁹⁹

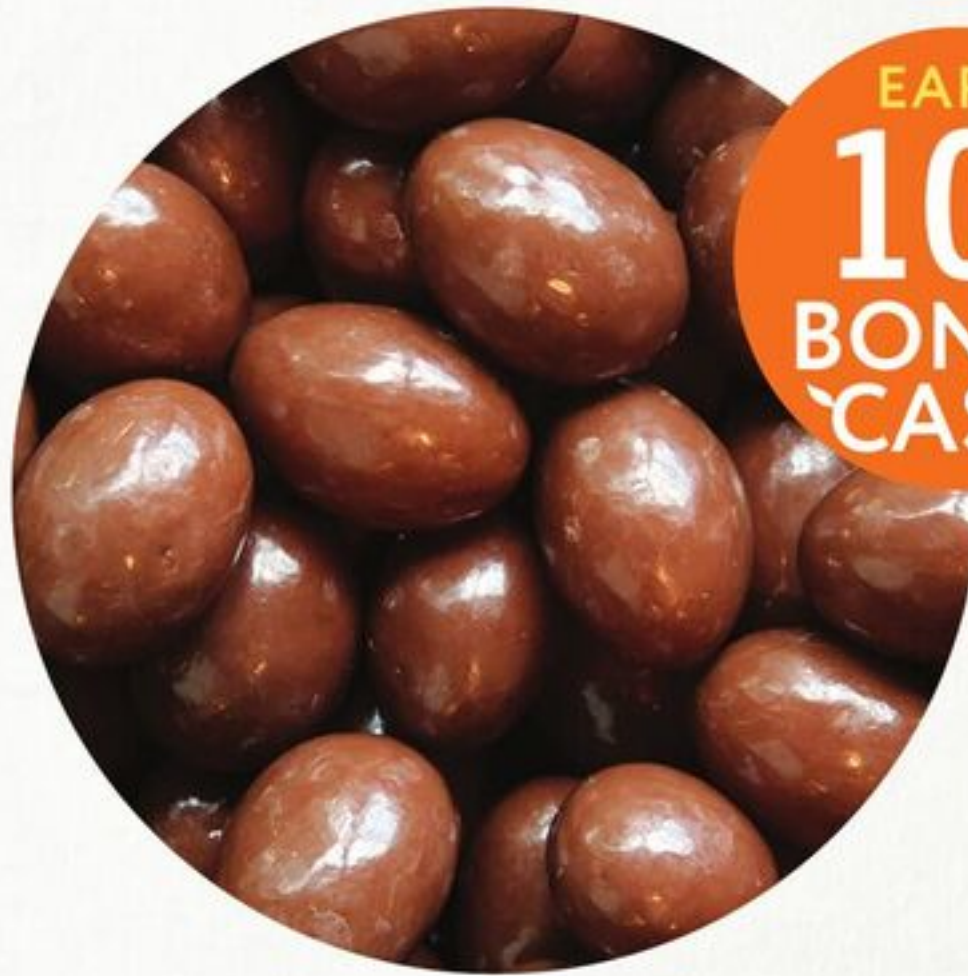
COMMUNITY CAFE
**Green Sweep Smoothie w/
Bontanica Perfect Greens**

160Z

**Grilled
Broccolini
Caesar Salad**

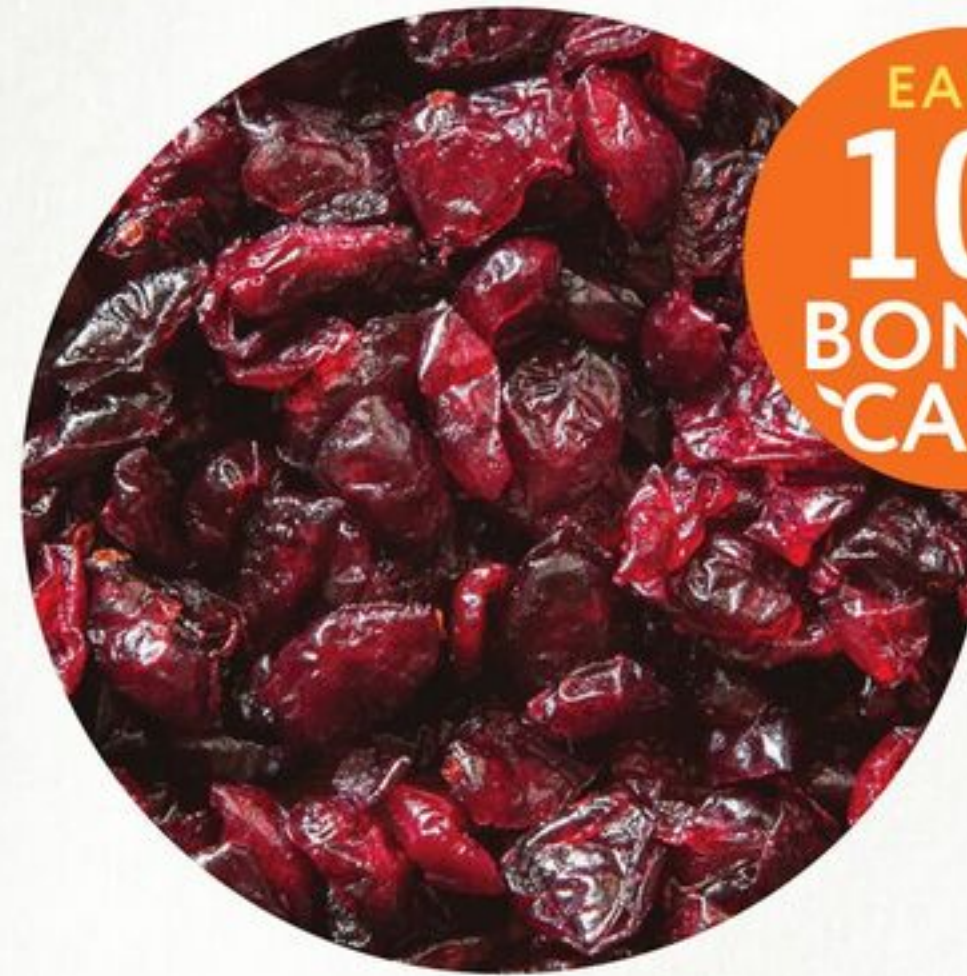
[RECIPE HERE](#)





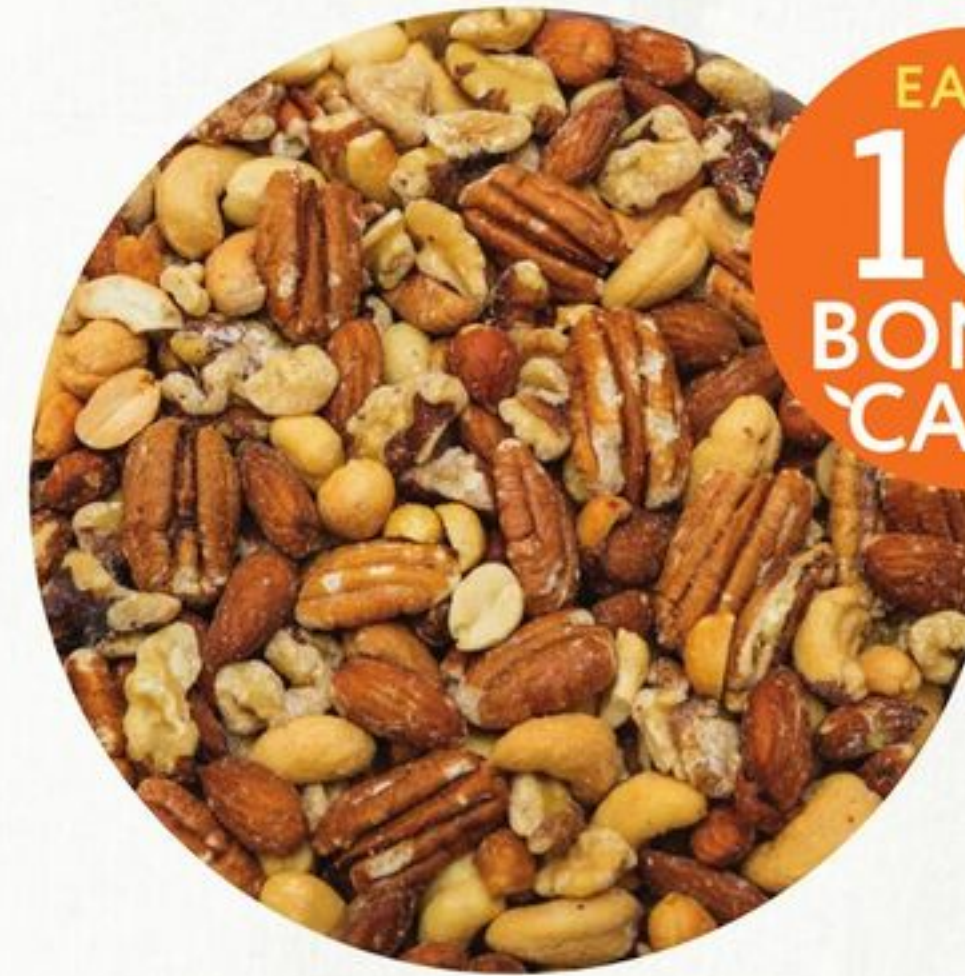
EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Chocolate
Covered Almonds**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Dried Sweetened
Cranberries**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic
Deluxe Nut Mix**



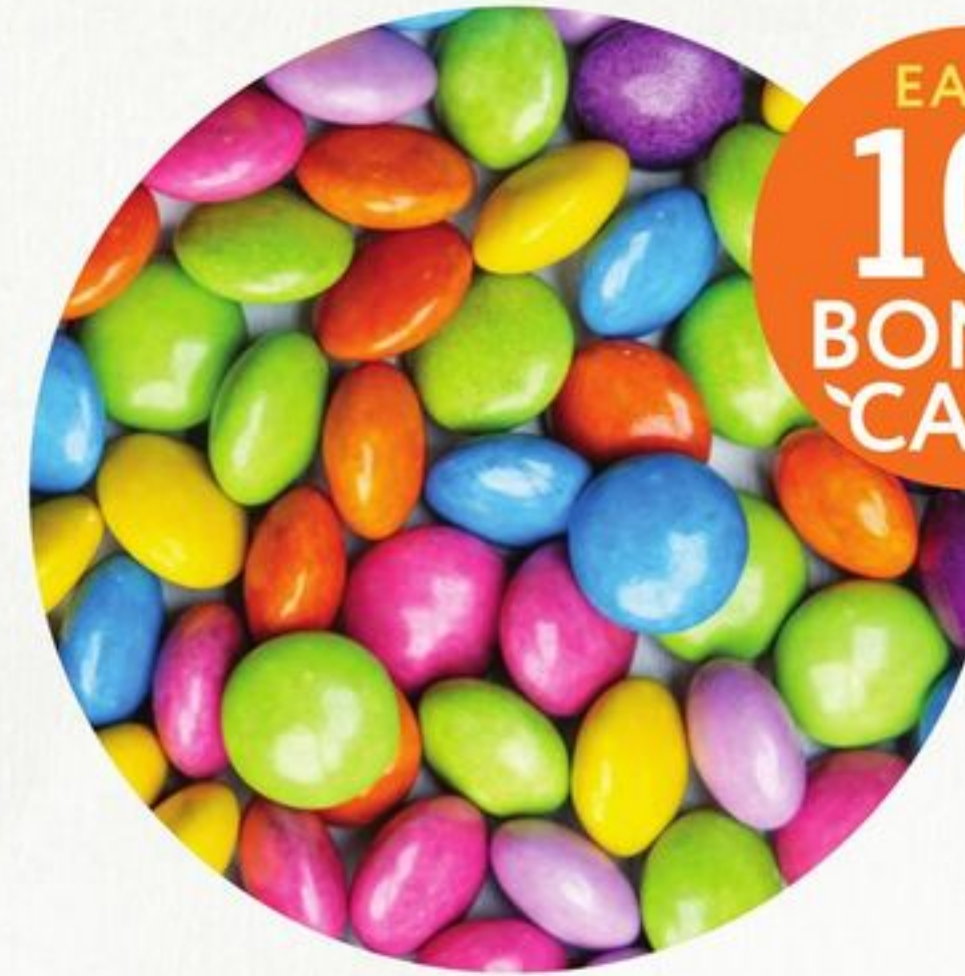
EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic
Wine Gums**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Roasted
Salted Cashews**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Milk Chocolate
Rainbow Drops**

SAVE
15%

BYOC

**BULK
SUNDAYS**

Bring your own container & fill up on Bulk on Sundays *for cnf members, on regular priced items



HONEY CANDLES®

100% Pure Beeswax



Canadian family owned and operated; Honey Candles has been handcrafting pure beeswax candles for over 30 years.

We're proud that every drop of beeswax we use comes from Alberta apiaries!



From our family to yours -

Thank you!!

15% Off!



★ Celebrate the season with Honey Candles ★

Festive EVENTS

HOLIDAY ARRANGEMENT WITH PLOTT & BUBBLES WITH PHOEBE MARINAKIS

DATE: DECEMBER 4TH TIME: 6-8PM

Attendees will be treated to a fun evening as our host, PloTT & Bubbles guides you to curate a stunning holiday arrangement.
Cost is \$60 per person

SOLD OUT



YOU'RE THE BOMB! BATH BOMB MAKING WORKSHOP WITH KATIE MAEDEL

DATE: DECEMBER 6TH TIME: 11AM-12:30PM LOCATION: 10TH AVE

Join our friends from The Apothecary in Inglewood for an hour and a half of fun as we teach you how to make bath bombs!



GLUTEN-FREE HOLIDAY BAKING & BEYOND WITH MARNEY YIP

DATE: DECEMBER 6TH TIME: 6-7:30PM LOCATION: SETON

Join us in honoring Gluten-Free Awareness Month with an enriching session featuring Marney Yip. Marney will lead you through the essentials of gluten-free holiday baking, demonstrating how to create delicious recipes that you can enjoy with confidence.



YOU'RE THE BOMB! BATH BOMB MAKING WORKSHOP WITH KATIE MAEDEL

DATE: DECEMBER 13TH TIME: 11AM-12:30PM LOCATION: CHINOOK STATION MARKET

Join our friends from The Apothecary in Inglewood for an hour and a half of fun as we teach you how to make bath bombs!



Register at communitynaturalfoods.com/events

GET THE APP

Search
Community Natural Foods in
Google Play or App Store and
receive \$5 Community
Bonus Cash* for signing up
for these in-store
events.

*Community Natural Foods App download and registration required.
Community Bonus Cash will be deposited in your Bonus Cash bubble on the day of the event.

**Give hope where it
is needed most.**

**Support individuals
and families in need
with a holiday
meal hamper.**

THE
MUSTARD
SEED

**Donate to
spread cheer this
holiday season.**



Holiday Dinner Giving

November 12 – December 24, 2025

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

Seton Market
3975 Market Street SE
Calgary

shop.communitynaturalfoods.com

STORE HOURS CGY:
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

STORE HOURS EDM:
Sunday-Friday 9am–9pm
Saturday 8am–9pm

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.