



# Your home for the Holidays

Spreading  
Holiday  
Cheer

3-WEEK SPECIAL



NON  
ALC

HP JUNIPER -  
NON ALCOHOLIC  
SPIRITS | 750 ML  
**\$32.99**



TOFURKY - PLANT  
BASED ROAST  
**\$24.99**

TOFURKY - PLANT  
BASED HAM  
STYLE ROAST  
**\$27.99**



STASH HOLIDAY TEAS  
**2 for \$10**  
Mix & Match

**2 FOR  
\$10**





# The Goodness GIFT GUIDE

## STOCKING STUFFER EDITION



**Tallow Twins**  
Lip Balm, Honey Lips  
- 0.3 oz

Tallow-based lip  
balm that protects  
and softens lips

**\$13.99**



**La Luna**  
Ibiza Orange  
Grapefruit  
Candle - 56 g

Bring summer vibes  
indoors with citrus  
and lounge scents

**\$8.99**



**Three Ships**  
Fresh Start - 100 mL

Daily plant-based acids for  
brighter, smoother,  
healthier-looking skin

**\$32.99**



**Pacifica**  
Activist Volume &  
Curl Mascara - 7 g

Voluminous, lifted  
lashes with 96%  
natural, vegan  
ingredients

**\$37.99**



**Every Man Jack**  
Beard Oil,  
Sandalwood - 30 mL

Moisturizes and  
softens beard while  
nourishing the skin  
underneath

**\$17.99**



**The Holmstead**  
Soap, Candy  
Cane - 4.2 oz

Festive peppermint  
goat milk soap for cozy  
winter cheer

**\$10.99**



**Cheers Ahoy**  
Seasonal Reusable  
Towels - 8 Count

Eco-friendly reusable  
towels for all your  
everyday messes

**\$24.99**



**ESW Beauty**  
Detox Sheet Mask  
- Activated  
Charcoal - Each

Detox and purify  
pores with  
activated charcoal  
sheet mask

**\$8.49**



**NuRish**  
Lip Scrub - 20 g

Natural pomegranate  
scrub for soft, smooth,  
and nourished lips

**\$31.99**





# Organic Produce

ORGANIC  
LETTUCE -  
GREEN/RED/  
ROMAINE

**\$3.49 or  
2 for \$6**



ORGANIC  
CRANBERRIES | 250 G

**\$5.49 or 2 for \$10**



ORGANIC YAMS

**\$1.79/lb**

ORGANIC POTATOES - RED/  
RUSSET/YELLOW | 10LB BAG

**\$10.99**



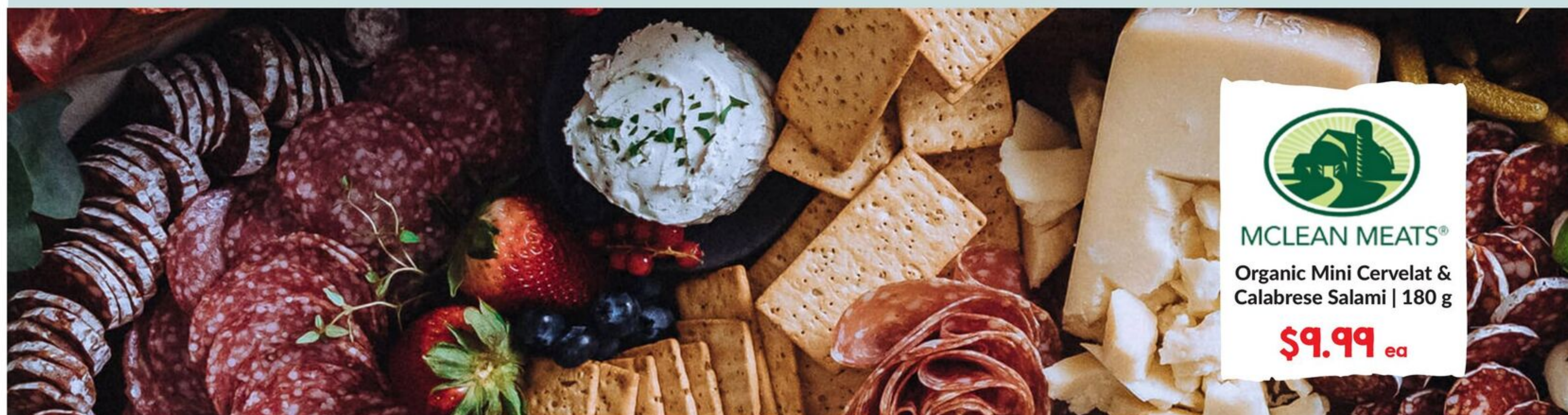
ORGANIC LEEKS - BUNCHED

**\$3.49**



ORGANIC ONIONS  
- YELLOW | 3LB BAG

**\$4.99**



MCLEAN MEATS®

Organic Mini Cervelat &  
Calabrese Salami | 180 g

**\$9.99 ea**



# LIFEWATCHERS

Join Lifewatchers, our 8-week journey to a happier and fuller life through food and nutrition.



## Here's What You Can Expect:

### Less Pain, Less Inflammation:

Experience meaningful relief from joint and muscle discomfort as simple, nourishing changes help calm inflammation throughout the body.

### A Noticeable Lift in Energy:

One of the first benefits people report is a clear, consistent increase in energy, often within the first weeks.

### Cravings Fade Naturally:

With balanced, satisfying meals, cravings diminish on their own. No dieting, no willpower, just a healthier metabolism at work.

### Brighter Mood & Better Stress Response:

Feel more grounded, positive, and resilient, even on busy days. Many find their mood improves naturally as their body is better supported.



## What Past Lifewatchers Students Are Saying:



"Since taking Lifewatchers, I don't sit at home and miss out on life, family, and friends. I'm the one calling and making plans, having fun, and finally enjoying life!"

- Lifewatchers Student



"At first I thought I knew what I needed to do, but I soon learned that I had a limited knowledge. Lifewatchers has made me realize that healthy eating can be delicious, and all things can be enjoyed! I actually feel excited at the prospect of continuing with my new knowledge."

- Lifewatchers Student



"I thought I had a working knowledge about nutrition. Not so! The information I received was truly life changing. I am now converting my family and friends. Our instructor was absolutely amazing."

- Lifewatchers Student



**CLASSES START  
JANUARY 2026**

**GUELPH • LONDON • WATERLOO**

**REGISTER  
NOW**



[goodnessme.ca/learning](https://goodnessme.ca/learning)





# Organic Produce

ORGANIC LEMONS  
| 1LB BAG

**\$3.99**



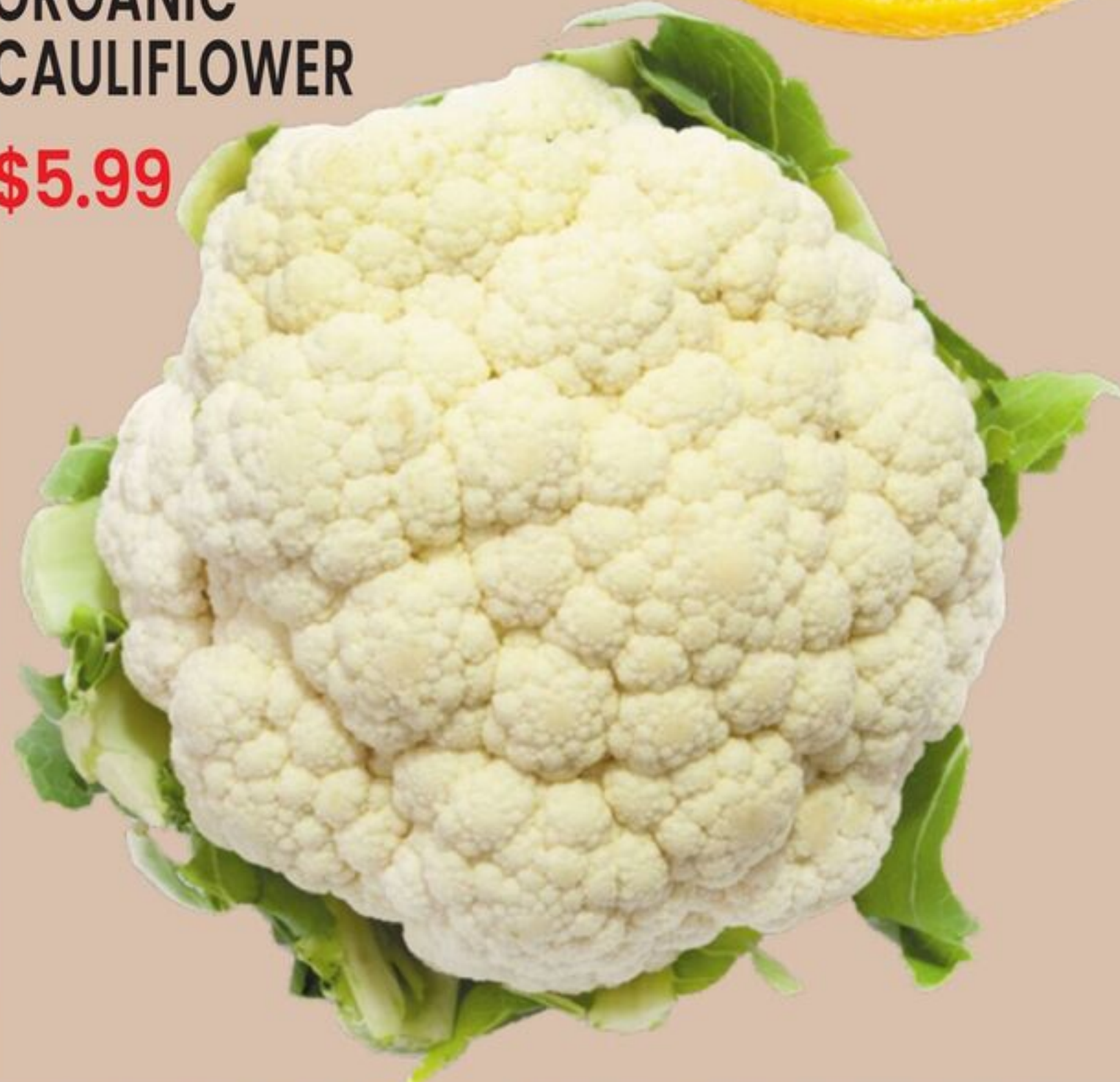
ORGANIC HERB -  
ITALIAN PARSLEY  
- BUNCHED

**\$1.99**



ORGANIC  
CAULIFLOWER

**\$5.99**



ORGANIC  
GINGER

**\$2.99/lb**

ORGANIC CLEMENTINES  
| 4LB BOX

**\$13.99**



Organic Chicken Pot  
Pie & Turkey  
Tourtiere | 700g

**\$16.99 ea**



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



# Gather AND Graze



Nuts for Cheese  
Plant Based Cheese



Woolwich  
Goat Cheese



Bitchin' Sauce  
Almond Dips



Mclean Organic Foods  
Organic Salami Sticks



Taza Chocolate  
Stone Ground Chocolate



Elan  
Brazil Nuts

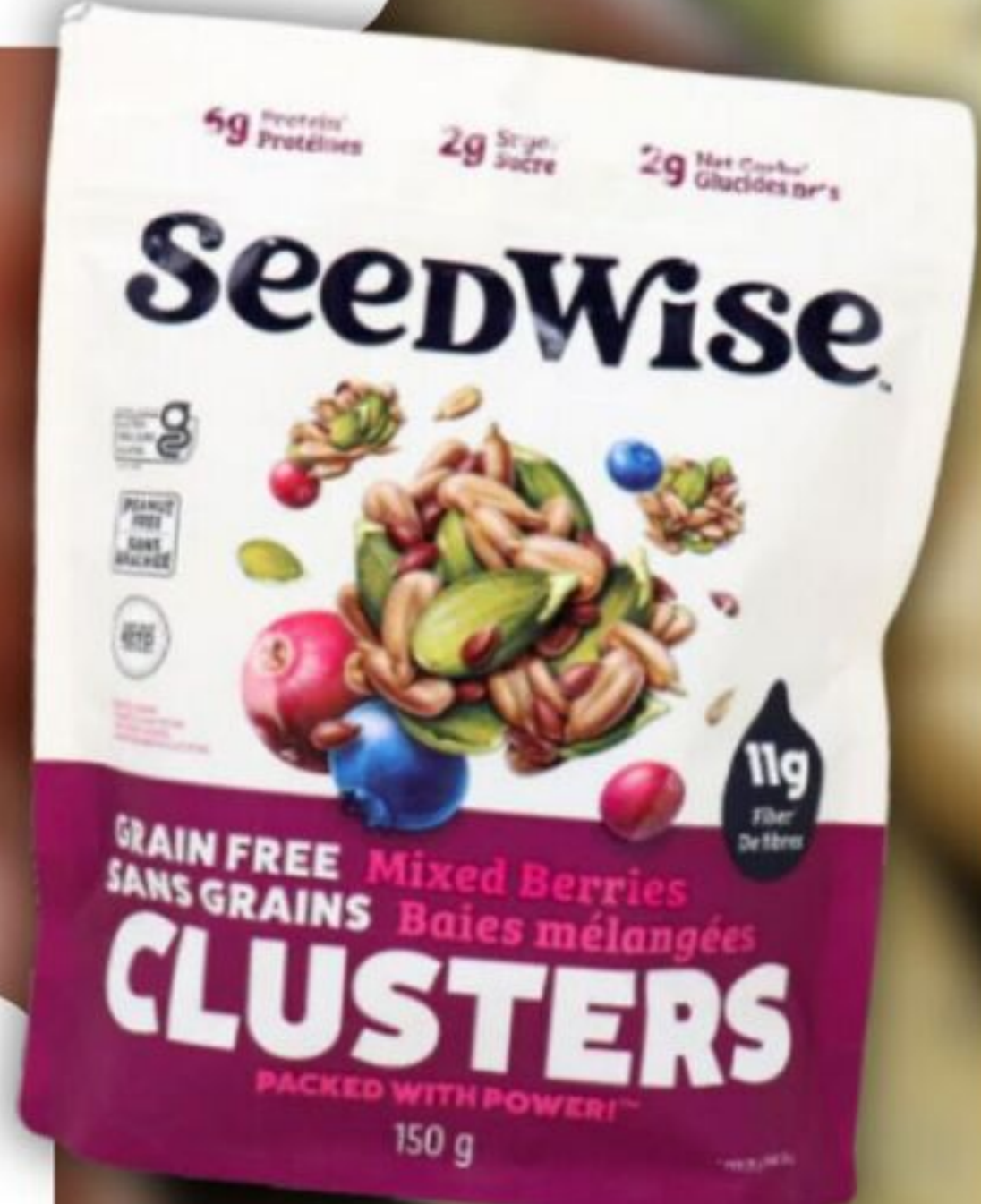


Simply Goodness  
Organic Pickles



Prana  
Maple Sea Salt Nuts

SeedWise  
Grain Free Clusters





# Say It with Flowers



PAPER  
PROTÉGÉ

# Say It with Goodness





# 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



## Pakoras

\$8.49

## Ginger Molasses Cookie

\$2.99



## Samosas

\$8.49





HOPE Eco is a **collective** of more than **30 small-scale Amish farms in Aylmer**, working together to grow and produce sustainable, organic food. They supply Goodness Me! with **goat, sheep, and water buffalo dairy and cheeses—all naturally 100% A2**—as well as seasonal produce like squash, pumpkins, and melons. Their animals are **fully grass-fed**, and the farms use no synthetic fertilizers, pesticides, or herbicides, staying true to clean, **regenerative farming practices**.



**Fresh from the Fridge or Freezer**



**Let's Get This Bread**

**STICKLING'S BAKERY LTD**  
Stollen | 450 g



**\$16.99**



**SIMPLY GOODNESS**

Pasture Raised Eggs - Medium | 30 Count

**\$16.99**

Loyalty Saves An Extra  
**5% OFF**



**SAVOR**

NZ Grass Fed Butter - Salted | 227 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**WOOLWICH DAIRY**

Chevrai Mini Logs | 113 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



Loyalty Saves An Extra  
**5% OFF**



**EBY MANOR**

A2 Guernsey Cheddar and Havarti | 300 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

**NUTS FOR CHEESE**

Sharp Cheddar | 120 g

**10% OFF**

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

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



# Rise AND Shine



Simply Goodness  
Free Run & Pasture Raised Eggs



Goodness Me!  
Organic Maple Syrup



Flourish  
Protein Pancake &  
Waffle Mix



duBreton  
Organic Bacon

Liberte  
Plain Greek Yogurt



Stash  
Christmas Morning Black Tea



Dear Grain  
Super Seeded Sourdough



Beyond Meat  
Plant-Based Breakfast Sausage



Muskoka Roastery  
Coffee Co.  
Organic Aki Blend





# 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



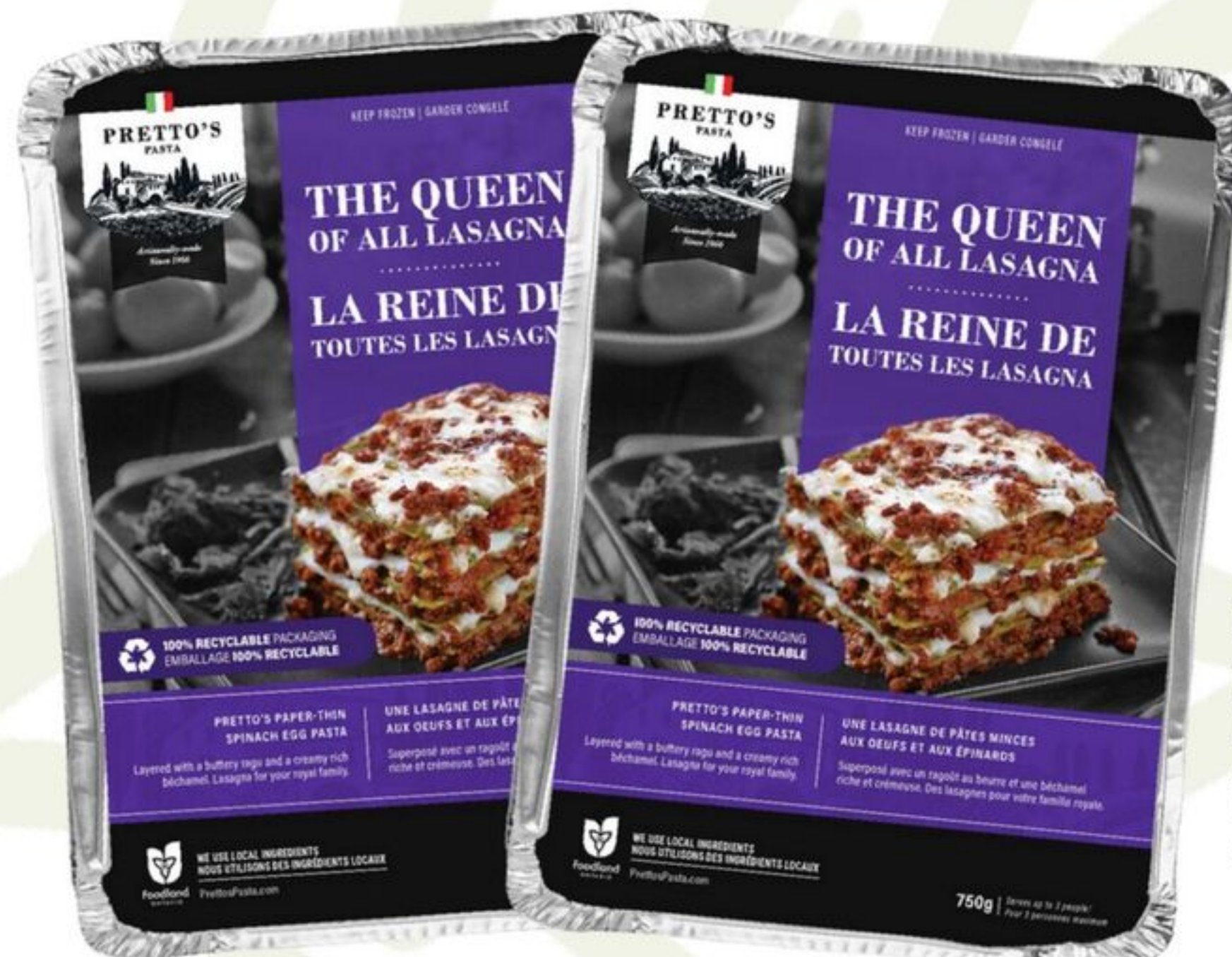
## Pretto's Pasta

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

## BECK'S BROTH

Protein - Mint Hot Chocolate | 36 g

Loyalty Saves An Extra  
**5% OFF**



**10% OFF**

## GIMME

Rstd Seaweed Snacks - Sea Salt | 6x5 g

Loyalty Saves An Extra  
**5% OFF**



**10% OFF**



## GUAYAKI

Enlighten Mint  
Mate | 458 mL

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

## HARMONIC ARTS

5 Mushroom Cacao  
Herbal Latte 125 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



## HENRY'S TEMPEH

Original Tempeh | 250 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



## LESLEY STOWES

Cranberry Hazelnut  
Crisps | 150 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



## LEVEL GROUND TRADING LTD.

Peru Medium & Smooth  
- Ground | 300 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

## MID-DAY SQUARES

Peanut Butta Squares | 33 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



## DUFOUR

Puff Pastry - Classic All Butter | 397 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



## NAIRN'S

Org Oat  
Crackers | 250 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



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

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





# simply Goodness

BRING A  
LITTLE  
*brine*  
TO YOUR  
HOLIDAY  
TABLE







# FESTIVE FLAVOUR, ZERO ALCOHOL.



ADAPTOGENIC  
ELIXIRS

NON-ALC  
BEER

ZERO PROOF  
COCKTAILS

VISIT IN-STORE OR SHOP ONLINE AT  
**GOODNESSME.CA**





# Good Groceries

Healthy Items for Every Shopper!

GLUTEN  
FREE

PLANT  
BASED

KETO

DAIRY  
FREE

SUGAR  
FREE

## NEAL BROTHERS

Org Nacho Cheese Tortillas | 255 g



**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

## BETTER ACRES CRAFT ICE CREAM

Caramel Cream | 473 mL

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



## NEW MOON KITCHEN

Oatmeal Goldies Cookies | 250 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



## PAMELA'S PRODUCTS

Baking & Pancake  
Mix | 680 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

## REDMOND TRADING CO.

Granular Salt  
Pouch | 737 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



## SAY WHEN BEVERAGES

Spicy Chai Latte | 946 mL

**15% OFF**

Loyalty Saves An Extra  
**5% OFF**



**ST. DALFOUR**  
Deluxe Strawberry  
Spread | 225 mL

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

## SWERVE

Sugar Replacement - Icing Sugar | 340 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



## UNBUN

Unpizza Brooklyn Pepperoni | 288 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**NUTIVA**  
Liquid Mct  
Oil | 473 mL

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**EARTH'S OWN**  
Oat - Barista | 946 mL

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

## TEECCINO CAFFE INC

Dandelion  
Dark Roast |  
10 Count

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**CLEVER  
MOCKTAILS**  
Margarita Non-Alco  
Zero Calorie | 355 mL

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

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



# Good Groceries

Healthy Items for Every Shopper!

GLUTEN  
FREE

PLANT  
BASED

KETO

DAIRY  
FREE

SUGAR  
FREE

## COLLECTIVE ARTS

Botany Balance Blueberry Mango | 355 mL



**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

## COOL & SIMPLE

French Fries Cooked W/ Duck Fat | 500 g



**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

## DODJIVI

4 Protection | 58 g



**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

## ELMHURST

Oat Creamer - Unsweetened | 473 mL



**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

## FEVER TREE

Ginger Ale | 4x200 mL



**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

## FLOW

Organic Strawberry Rose | 500 mL



**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

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



# 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



**Nin Jiom Medicine**

Herbal Candy - 60g

Mix & Match - Any Flavours

**Buy 2 Save 10%.**

Reg. \$8.99

**Enjoy These Everyday Good Deals, Everytime You Shop**



# ORGANIKA<sup>®</sup>

Electrolytes + Enhanced  
Collagen, Wildberry - 360 g



**BUY ONE  
GET ONE  
FREE**

While Supplies Last



# Super Supplements

Vitamins, Supplements,  
and Natural Remedies  
for Everyday

## ENER-LIFE

Vitamin powders - Entire Line



**20% OFF**

Loyalty Saves An Extra  
**5% OFF**

## GOOD PROTEIN

Plant-Based Protein - Selected Varieties



**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



# One mineral, 800 functions.

Loyalty Saves An Extra  
**5% OFF**



## NATURAL FACTORS

Natural Supplements - Selected Varieties



**15% OFF**

Loyalty Saves An Extra  
**5% OFF**

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

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



# MEET YOUR GUT'S LITTLE HELPERS

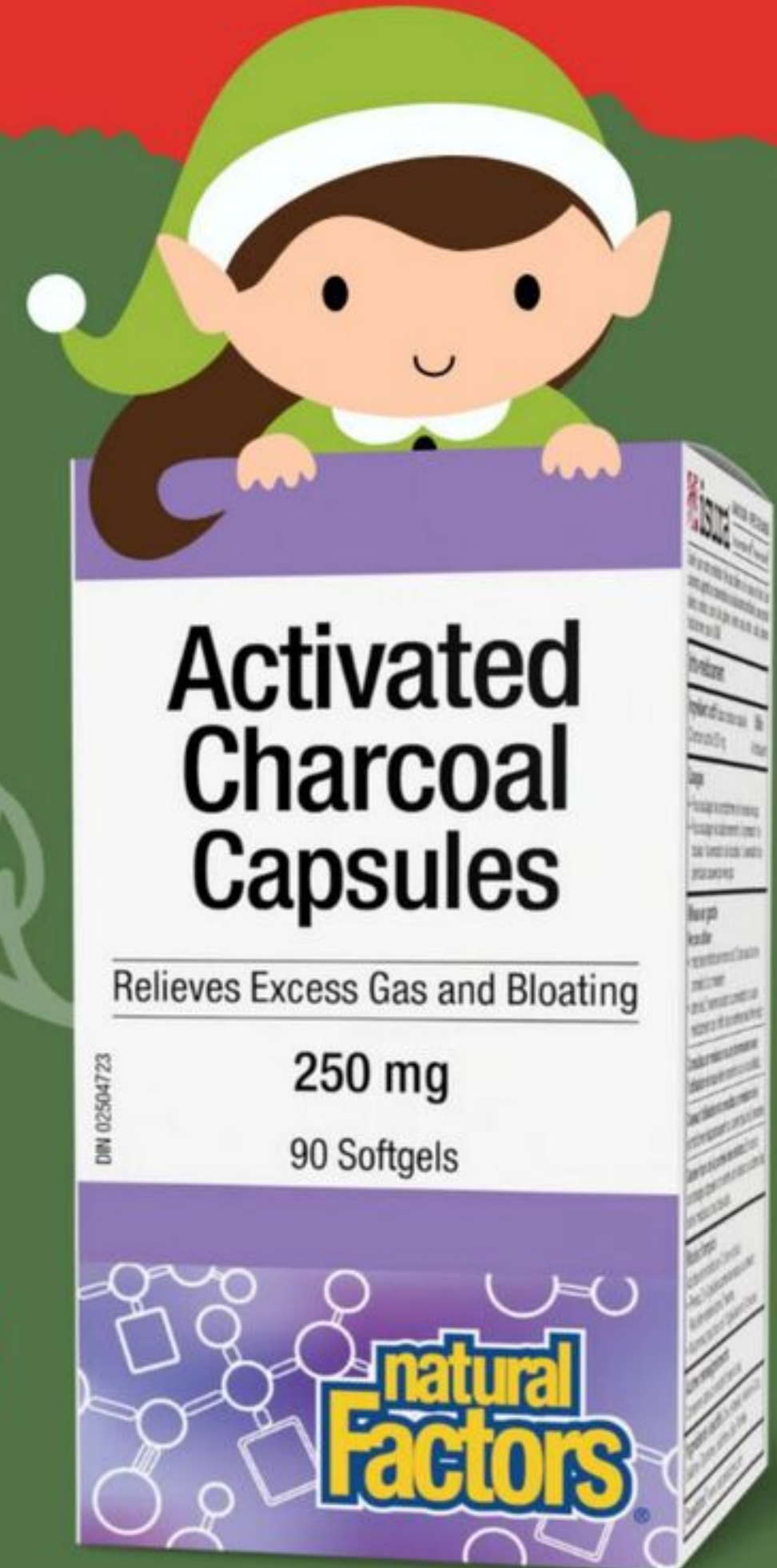


## Healthology Gut-FX - 180 g

Ultimate formula to repair your intestinal tract lining, heal inflammation, support healthy gut flora, and restore your gut health.

## Natural Factors Activated Charcoal, 250 mg - 90 SG

Relieves bloating, gas, and discomfort after meals for fast, effective digestive support.



## New Roots Herbal Plant Digestive Enzymes - 60 Caps

Supports digestion naturally with plant-based enzymes that help break down cooked and processed foods, working early in the digestive process for greater ease and comfort.



## Atrantil IBS Relief - 90 Caps

Relieves bloating and supports healthy digestion for those with IBS or SIBO.



## Prairie Naturals Bile-Force Bile Salt with Lipase - 60 Caps

Helps your body efficiently digest fats, reducing digestive discomfort and supporting nutrient absorption.



## Organic Traditions Psyllium Whole Flakes - 340 g

Easily add to any recipe to boost fibre intake and support healthy bowel regularity.



## Flora Immediate Relief Enzyme - 120 Caps

Supports digestion of heavy meals, beans, grains, and dairy while reducing gas, bloating, and post-meal fullness.



# Super Supplements

Vitamins, Supplements,  
and Natural Remedies  
for Everyday



**ST. FRANCIS**  
Herbal tonics -  
Selected Varieties  
**15% OFF**

Loyalty Saves An Extra  
**5% OFF**

**FLORA**  
Natural Supplements  
- Selected Varieties  
**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**NEW ROOTS HERBAL**  
Natural Supplements - Selected Varieties



**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

**HARMONIC ARTS**  
Mushroom Supplements  
- Selected Varieties  
**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**NATURE'S WAY**  
Plant-Based & Fish Oil Omega -  
Selected Varieties  
**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**VEGA**  
Plant-Based Protein - Selected Varieties



**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

**ORGANIC TRADITIONS**  
Superfoods - Entire Line  
**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**PLATINUM NATURALS**  
Multivitamins - Selected Varieties  
**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**PURICA**  
Natural Supplements -  
Selected Varieties  
**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**SUKU VITAMINS**  
Vitamin gummies -  
Entire Line  
**15% OFF**

Loyalty Saves An Extra  
**5% OFF**



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



 HARMONIC ARTS

# Find Calm in The Chaos

When our fast-paced world has you feeling unsteady, build stress resilience, combat emotional and physical fatigue with our Herbalist-formulated products.

Cultivate  
Rest + Relaxation

Promote  
Energy + Vitality





# ORGANIKA<sup>®</sup>



## All the Right Protein.

Packed with grass-fed whey for strength and hydrolyzed collagen for recovery, our All-in-One Whey Protein delivers a complete blend that's third party tested for quality you can trust.



With Canada's #1  
collagen powder



Smooth  
texture



Easy on your  
stomach



# Home, Life AND Clean Beauty

## MAD HIPPIE

Triple C Night Cream | 60 g



**15% OFF**

Loyalty Saves An Extra  
**5% OFF**

## LA LUNA

Inner Strength Reed Diffuser | 200 mL



**15% OFF**

Loyalty Saves An Extra  
**5% OFF**



**SKIN ESSENCE  
ORGANICS**  
Glow Serum | 30 mL  
**15% OFF**

Loyalty Saves An Extra  
**5% OFF**



**AURA CACIA**  
Jojoba Skin Care  
Oil | 118 mL  
**15% OFF**

Loyalty Saves An Extra  
**5% OFF**



**URBAN SPA**  
Stimulating Body  
Brush | Each  
**15% OFF**

Loyalty Saves An Extra  
**5% OFF**

## LE COMPTOIR AROMA

Cascade Ultrasonic Diffuser | Each

**15% OFF**

Loyalty Saves An Extra  
**5% OFF**



Loyalty Saves An Extra  
**5% OFF**

**WELEDA**  
Skin Food | 30 mL

**15% OFF**

Loyalty Saves An Extra  
**5% OFF**



**ROUTINE NATURAL  
DEODORANT**

Deodorant Stick - Sexy Sadie | 50 g

**15% OFF**

Loyalty Saves An Extra  
**5% OFF**



## ATTITUDE

Baby Diapers  
Size 4 | 23 Count

**15% OFF**

Loyalty Saves An Extra  
**5% OFF**



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

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



# **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](http://goodnessme.ca)

*Product availability varies by store.  
See availability by store at [goodnessme.ca](http://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](http://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.