



New Years ~~Re~~Solutions



Organic Produce

ORGANIC
MANGOES
| 12 CT



**\$2.99 ea
or 2 for \$5**

ORGANIC CELERY

**\$2.99 ea or
2 for \$5**



ORGANIC
CARROTS
| 5LB BAG



\$6.99 ea

ORGANIC RUTABAGA

\$1.99/lb



ORGANIC ONIONS -
RED/YELLOW | 3LB BAG

\$4.99 ea

Loyalty Members

SPEND \$99 ON SUPPLEMENTS

Enjoy

\$20 OFF YOUR NEXT PURCHASE

In store only. Offer valid until January 16, 2026. Receive \$20 off when you spend \$50 or more after taxes and promotional discounts. Coupon will be loaded onto your loyalty card 24 hours after issuance and expires January 31, 2026. Loyalty Card must be scanned to redeem coupon. No physical coupon required. This is not a coupon and cannot be used to redeem any discount. Cannot be transferred, combined with any other offers, discounts, or promotions. No cash value. One-time use only.

Flyer Valid January 7 - January 13, 2026 · 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

WE'VE GOT New Year's ~~RESOLUTIONS~~



New Chapter
Multivitamins - Select Varieties

10% OFF

Nutramin
Sleepy Time Vitamin -
90 Vegan Gummies

Better Sleep zzz

15% OFF



Take Your Vitamins

Now
Psyllium Husk,
500 mg - 200 Vcap

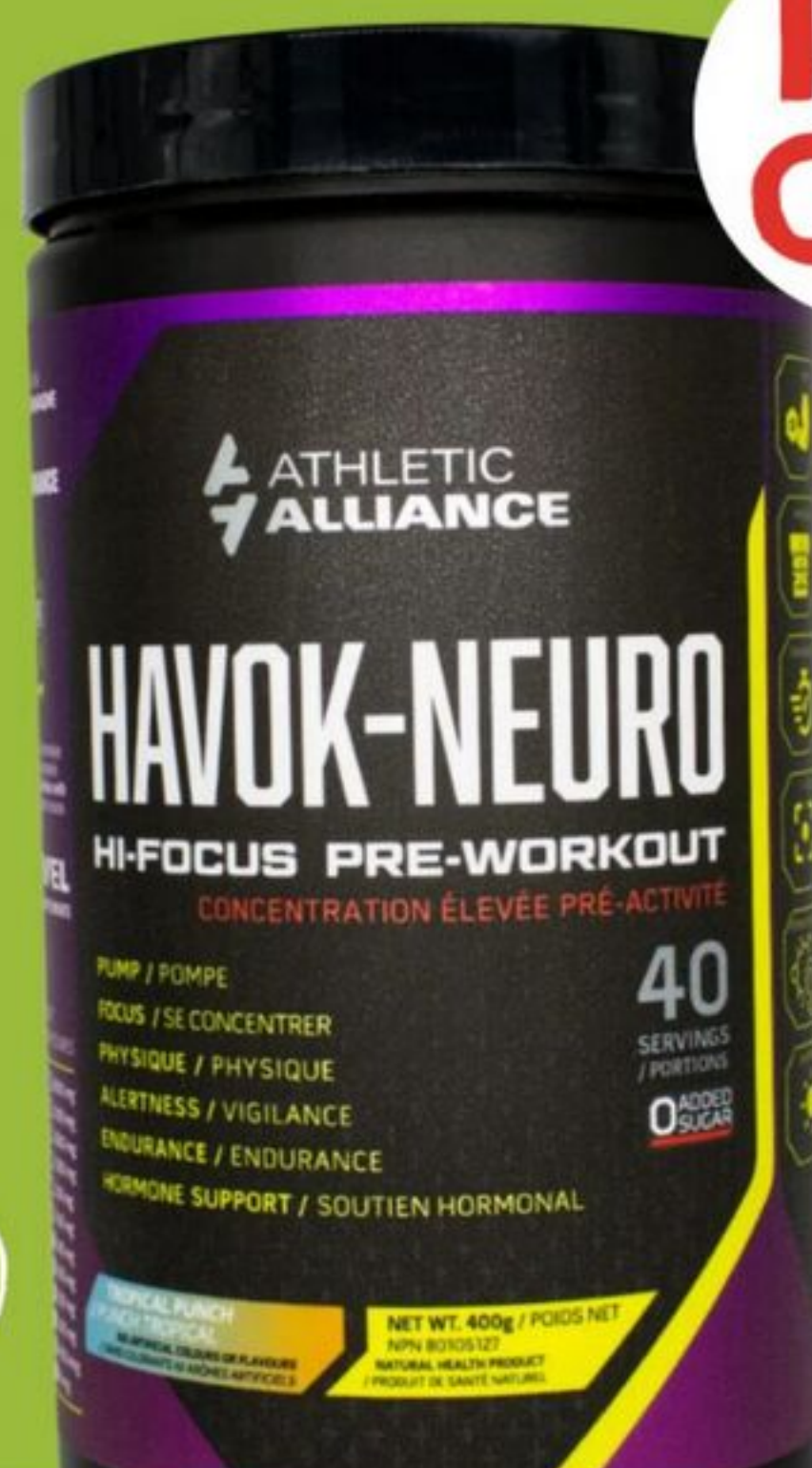
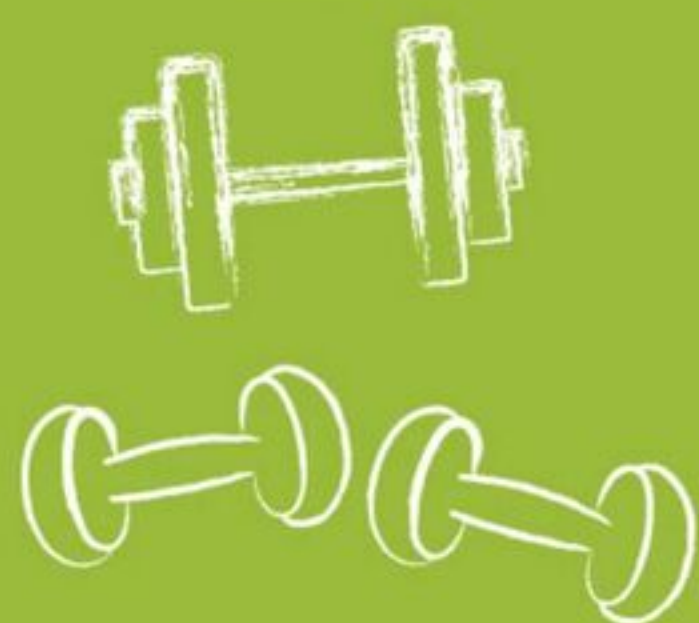
Get More Fibre



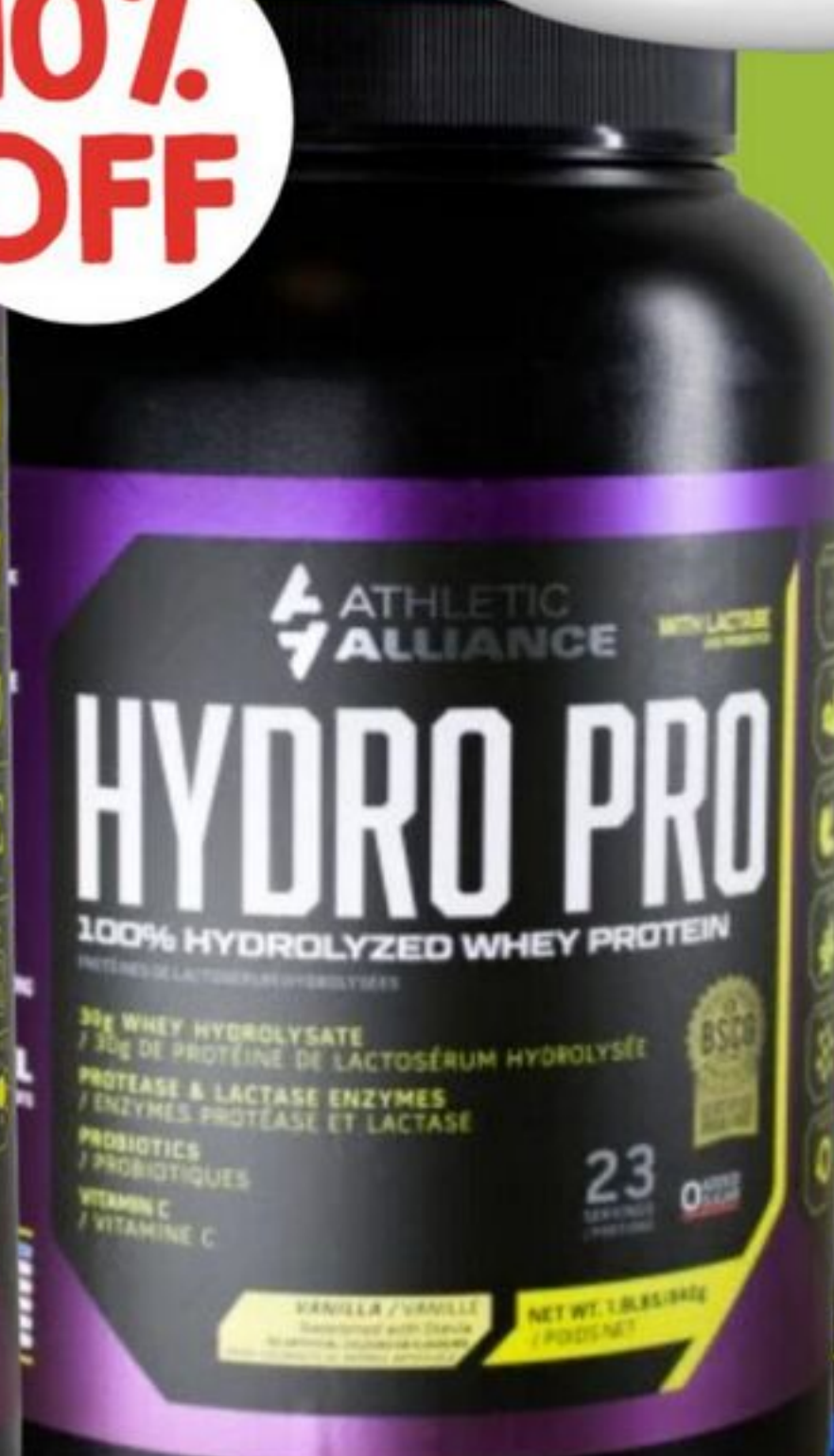
15% OFF

Athletic Alliance
Sports Nutrition - Entire Line

Hit The Gym



10% OFF



10% OFF

Bio-K +
Dairy & Plant-Based
Probiotic Shots - Entire Line

Prioritize Gut Health

TRY *New* THINGS!

**New
Product**

**Yorkshire
Valley Farms**

Organic Dino Nuggets
600 g

\$21.99



**New
Product**

Activ-X
Performance Electrolytes
6 x 20.5 g

\$27.99



**New
Product**

bettermoo(d)
Moodrink Barista
946 mL

\$5.99



**New
BRAND**

Gummy Gainz

Protein Gummies

- High in Protein
- Naturally Flavoured
- No Artificial Sweeteners
- Gluten & Soy free

\$4.69



**New
BRAND**

**Ariana
NATURALS**

**Superfood
Saffron Tea**

- Loose Leaf Tea
- Supports Overall Vitality
- Fairtrade

\$12.99



Organic Produce



ORGANIC APPLES
- GALA/GRANNY
SMITH/LADY ALICE/
PINK LADY | 2LB BAG

\$5.99 ea



ORGANIC GARLIC/GINGER/
TURMERIC/SHALLOTS | 150 G

\$3.99 ea



ORGANIC KIWI
| 1LB BAG

\$5.99 ea



ORGANIC
WATERMELON
- MINI | 11 CT

**\$4.99 ea or
2 for \$8**



Raw Argentina
Shrimp | 340 g

\$11.99



Org Chicken
Tenders | 1 kg

\$34.19



- 100% Real Fruit & Veggies
- Perfect for Busy Days
- Great Post-Workout Boost

Regular..... \$8.49

Large \$10.49

We Eat
resolutions
For Breakfast,
Lunch, & Dinner

Tropical
Warrior

Mango
Lassi

Runners
Express

Chocolate
Monkey

Green
Energy

Skinny
Berry

The
good
kitchen

Capella Meadows is a small, family-run organic goat farm in Huron County, crafting cheese with care, tradition, and biodynamic principles. Their goats graze on lush summer pasture, enjoy high-quality farm-grown hay, keep their natural horns, follow natural breeding seasons, and raise their kids, contributing to healthier animals and exceptional milk. The result is clean, additive-free cheese made the natural way, with a focus on soil health, biodiversity, and true farm-to-table flavour.



**Fresh from the
Fridge or Freezer**



**Wrap It
Up**

EGGLIFE
Original Egg White
Wraps | 168 g

10% OFF



YOGGU!
Non Dairy Yogurt -
Original | 450 g

15% OFF

Loyalty Saves An Extra
5% OFF

**ORGANIC
MEADOW**
Mozz Cheese
Stick | 168 g

10% OFF

Loyalty Saves An Extra
5% OFF



GOLDEN DAWN
Unsalted Butter | 454 g
\$0.50 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

LIFEWATCHERS

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

ENJOY A
FREE
PRODUCT
EVERY WEEK
OVER \$200 IN VALUE

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 • ONLINE

REGISTER NOW

→
goodnessme.ca/learning



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

AASANA

Berry Berry Blast | 25 g

Loyalty Saves An Extra
5% OFF



15% OFF

GOOD VIBES

Sick Day | 50 mL



Loyalty Saves An Extra
5% OFF

10% OFF



HEALTEA

Peppermint &
Dandelion | 355 mL

Loyalty Saves An Extra
5% OFF

10% OFF

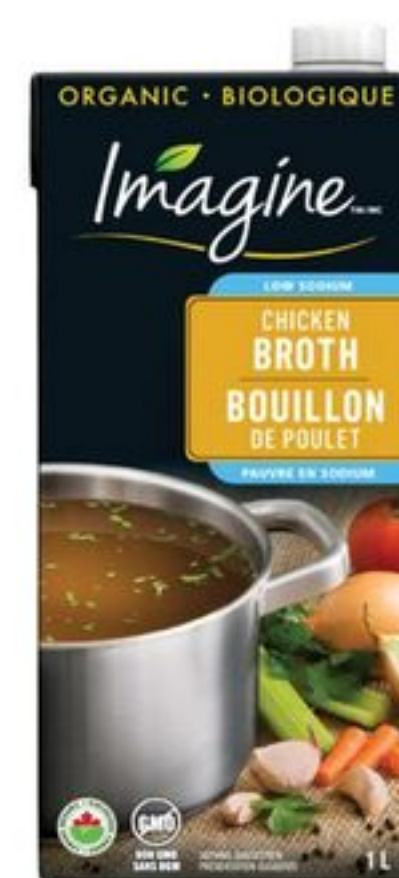
HEALX FOODS

Cauliflower French Fries - Herbs | 280 g



Loyalty Saves An Extra
5% OFF

10% OFF



**IMAGINE
FOODS**

Organic L/S Chicken
Broth | 1 L

Loyalty Saves An Extra
5% OFF

10% OFF

KONSCIOUS KITCHEN

Vegan Pistachio Bars | 180 g



Loyalty Saves An Extra
5% OFF

10% OFF

LITA'S MEXICAN FOODS

Taquitos - Bean & Cheese | 280 g



Loyalty Saves An Extra
5% OFF

10% OFF

MITSOH

Maple Blueberry
Pemmican Strips | 23 g



Loyalty Saves An Extra
5% OFF

10% OFF



NOBLE JERKY

Plant Based Jerky - Sweet BBQ | 70 g

10% OFF

Loyalty Saves An Extra
5% OFF



NUDEFRUIT

Scrumptious
Antioxidant On | 540 g

Loyalty Saves An Extra
5% OFF

15% OFF

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

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Good Groceries

Healthy Items for Every Shopper!

GLUTEN
FREE

PLANT
BASED

KETO

DAIRY
FREE

SUGAR
FREE

ONTARIO RAVIOLI
Cheese Tortellini | 454 g



Loyalty Saves An Extra
5% OFF

10% OFF

ALDERWOOD
French Fries - Waffle Cut | 400 g



Loyalty Saves An Extra
5% OFF

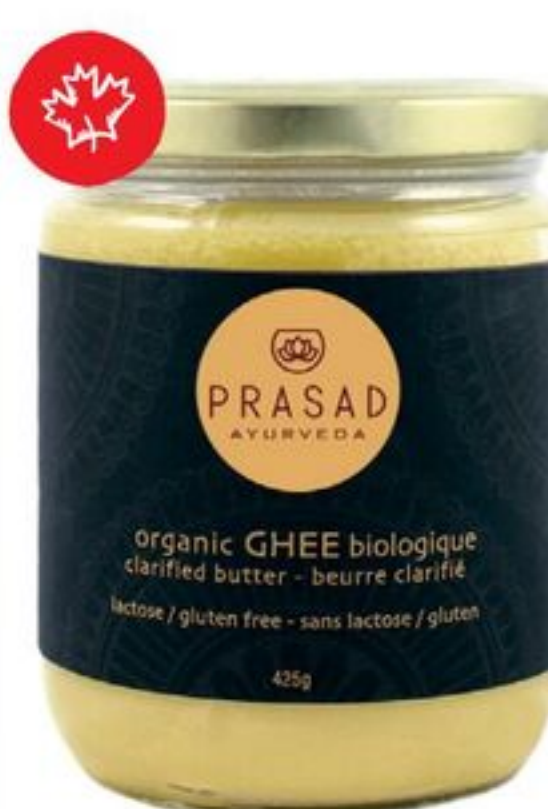
15% OFF

OOME
Maple Soy Smoked Tofu | 220 g

10% OFF



Loyalty Saves An Extra
5% OFF



PRASAD AYURVEDA
Organic Ghee Clarified Butter | 425 g

Loyalty Saves An Extra
5% OFF

10% OFF

SAY WHEN BEVERAGES
Spicy Chai Latte | 946 mL

15% OFF

Loyalty Saves An Extra
5% OFF



SKINNY POP
Original Popcorn | 125 g

Loyalty Saves An Extra
5% OFF

10% OFF

TEECCINO CAFFE INC
Org French Roast Chicory Coffee | 300 g



Loyalty Saves An Extra
5% OFF

10% OFF



THAI KITCHEN
Coconut Milk | 400 mL

Loyalty Saves An Extra
5% OFF

10% OFF

TRUE TASTE CAFÉ
Belgian Waffles Vanilla Protein | 450 g



Loyalty Saves An Extra
5% OFF

10% OFF



WHOLESOME SWEETENERS
Org Dark Brown Sugar Ft | 681 g

Loyalty Saves An Extra
5% OFF

10% OFF

MUSH
Apple Cinnamon Overnight Oats | 148 mL

10% OFF



Loyalty Saves An Extra
5% OFF



OATLY
Oat Drink - Extra Creamy | 946 mL

Loyalty Saves An Extra
5% OFF

10% OFF



ANNIE'S
Mac & Cheese - Classic | 170 g

Loyalty Saves An Extra
5% OFF

10% OFF

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Good Groceries

Healthy Items for Every Shopper!

GLUTEN
FREE

PLANT
BASED

KETO

DAIRY
FREE

SUGAR
FREE



**BELICIOUS
BEVERAGES**
Honey Infused
Sparkling - Mojito |
355 mL

Loyalty Saves An Extra
**5%
OFF**

15% OFF

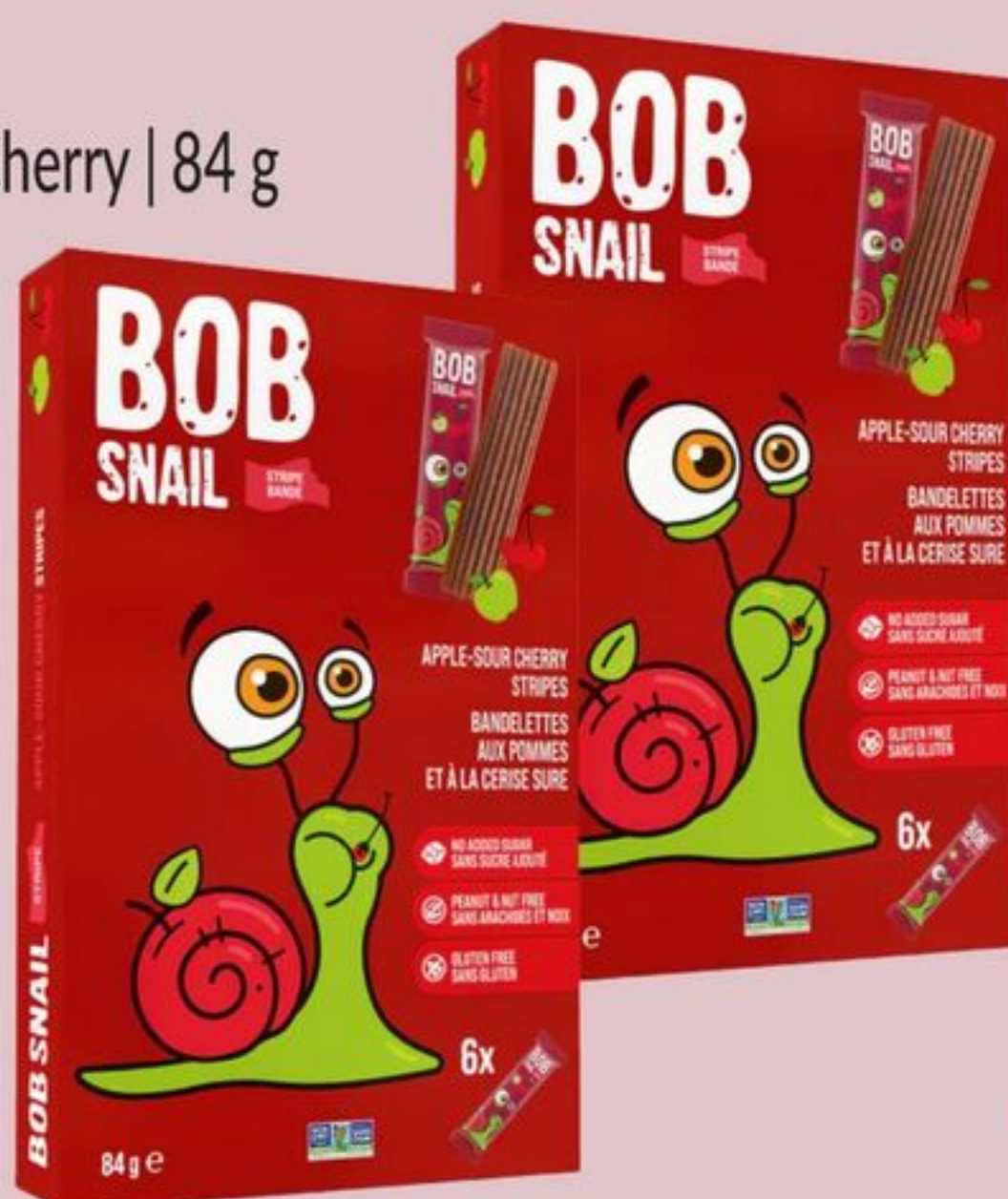
BITCHIN' SAUCE
Almond Dip - Chipotle | 227 g



Loyalty Saves An Extra
**5%
OFF**

10% OFF

BOB SNAIL
Stripes - Apple-Sour Cherry | 84 g



Loyalty Saves An Extra
**5%
OFF**

10% OFF

BUBBIES
Kosher Dill Pickles | 1 L



Loyalty Saves An Extra
**5%
OFF**

10% OFF

CANADIAN HERITAGE ORGANICS
Grade A Amber Maple Syrup | 500 mL



Loyalty Saves An Extra
**5%
OFF**

10% OFF

FOUR O'CLOCK
Earl Grey Tea | 16 Count



Loyalty Saves An Extra
**5%
OFF**

10% 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

PREFERRED NUTRITION Berberine | 120 VCAPS



Supports healthy
blood sugar,
cholesterol, and
cardiovascular health.

20% OFF

JOY OF THE MOUNTAIN Organic Oil Of Oregano | 30 mL



High-potency,
certified organic oil
of oregano for
immune support.

15% OFF



NOW Kids Probiotic 2 Billion | 60 Count

Kids probiotic with
10 strain-verified
cultures to
support gut and
immune health.

15% OFF

NUTRAMIN Kids Multivitamin Gummies - Entire Line



Plant-based,
allergy-safe gummies
to support kids'
immunity, growth, and
brain development.

15% OFF

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

COLLAGEN THIS *PURE*?



Must be Canadian 🍁

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

ATHLETIC ALLIANCE

Sports Nutrition - Entire Line



10% OFF

Loyalty Saves An Extra
5% OFF



BIO-K +

Dairy & Plant-Based
Probiotic Shots -
Entire Line

Loyalty Saves An Extra
5% OFF

10% OFF



ECOIDEAS

Organic Moringa |
227g

Loyalty Saves An Extra
5% OFF

15% OFF

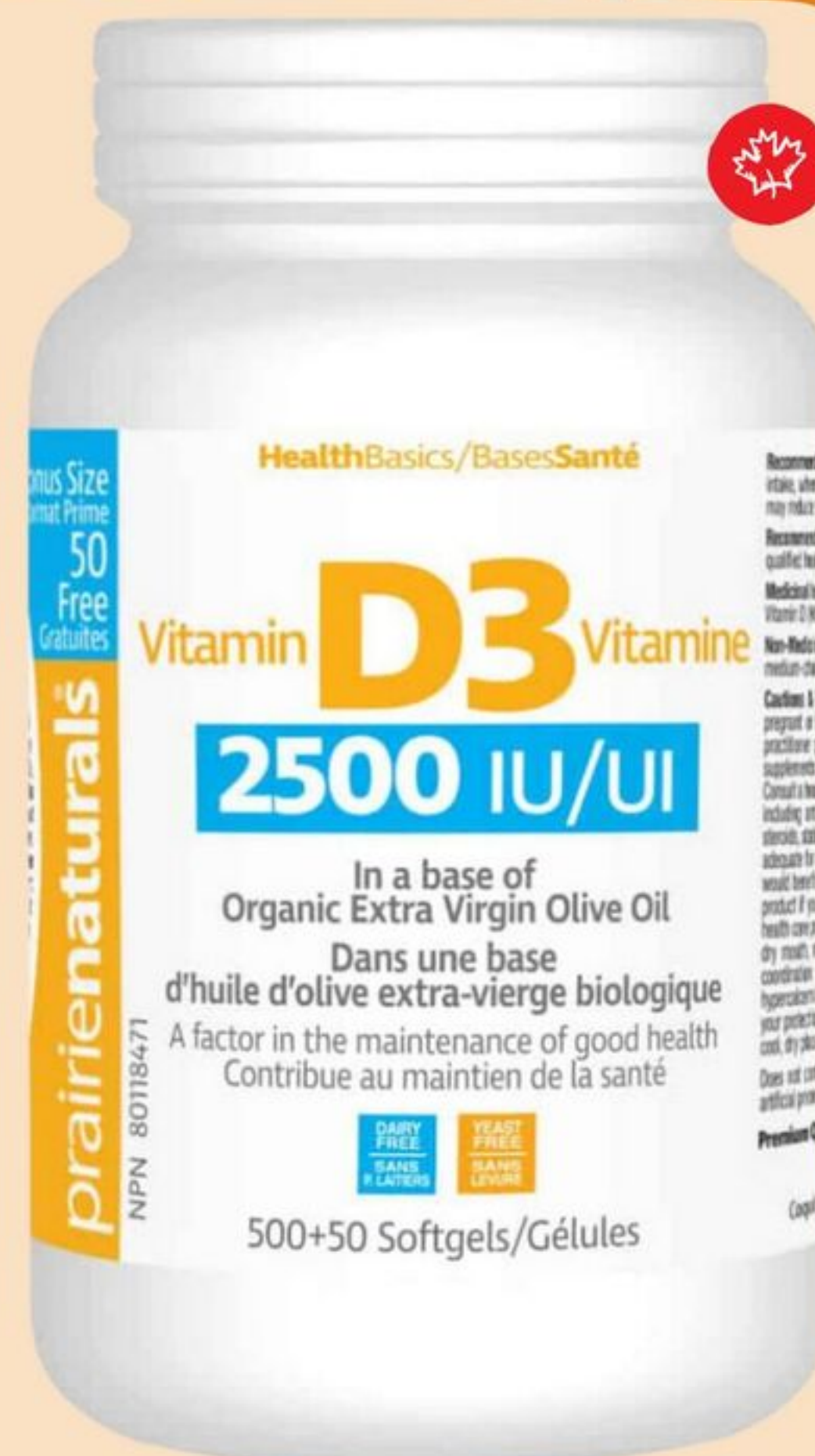


ENEREX

Herbal Supplements
- Selected Varieties

Loyalty Saves An Extra
5% OFF

10% OFF



PRAIRIE NATURALS

Vitamin D3 2500 IU | 500 + 50 SG

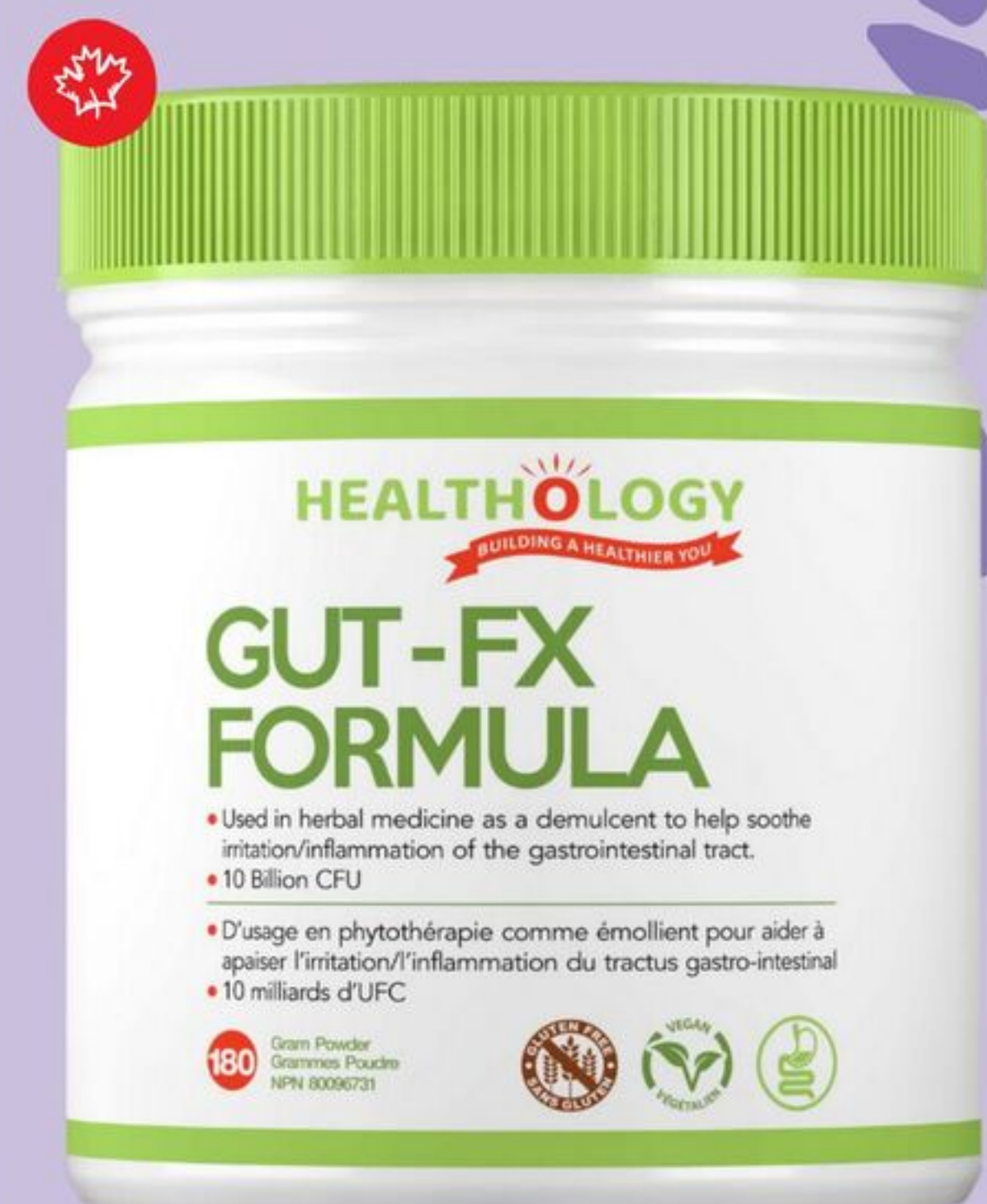
Highly absorbable
vitamin D3 in organic
olive oil to support bone
health, immunity, and
overall wellbeing.

Loyalty Saves An Extra
5% OFF

15% OFF

HEALTHOLOGY

Digestive Supplements - Entire Line



Advanced gut support
formula to repair the
intestinal lining, reduce
inflammation, and
restore overall
digestive and
immune health.

20% OFF



LIVING ALCHEMY

Probiotic
Supplements -
Selected Varieties

Loyalty Saves An Extra
5% OFF

15% OFF



METAGENICS INC

Omega Supplements -
Selected Varieties

Loyalty Saves An Extra
5% OFF

10% OFF



NEW CHAPTER

Turmeric Force | 30
Vcaps

Loyalty Saves An Extra
5% OFF

10% OFF



ZEOLITE

Detox & Cleanse
Supplements - Entire
Line

Loyalty Saves An Extra
5% OFF

10% OFF

Home, Life AND Clean Beauty

DR. BRONNER'S
Castile Soap - Entire Brand

15% OFF



Loyalty Saves An Extra
5% OFF

LEMON AIDE
Lemon Dish Washing Liquid | 1 L

15% OFF



Loyalty Saves An Extra
5% OFF

ONEKA ELEMENTS
Personal Care Products - Entire Brand

15% OFF



Loyalty Saves An Extra
5% OFF

ANDALOU NATURALS
Personal Care Products - Entire Brand

Loyalty Saves An Extra
5% OFF

15% OFF



SKIN ESSENCE ORGANICS
Skin Care - Entire Brand

Loyalty Saves An Extra
5% OFF

15% OFF

BIOVERT
Dishwashing Liquid
Green Apple | 700 mL

Loyalty Saves An Extra
5% OFF

15% OFF



Loyalty Saves An Extra
5% OFF

BADGER
Personal Care Products - Entire Brand

Loyalty Saves An Extra
5% OFF

15% OFF



DESERT ESSENCE
Natural Toothpaste & Oral Hygiene - Entire Brand

Loyalty Saves An Extra
5% OFF

15% OFF



REDFEATHER
Pain Spray - Entire Brand

Loyalty Saves An Extra
5% OFF

15% OFF



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

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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.