

COMMUNITY NATURAL FOODS

NOURISHING OUR COMMUNITY SINCE 1977



DEAL OF THE WEEK



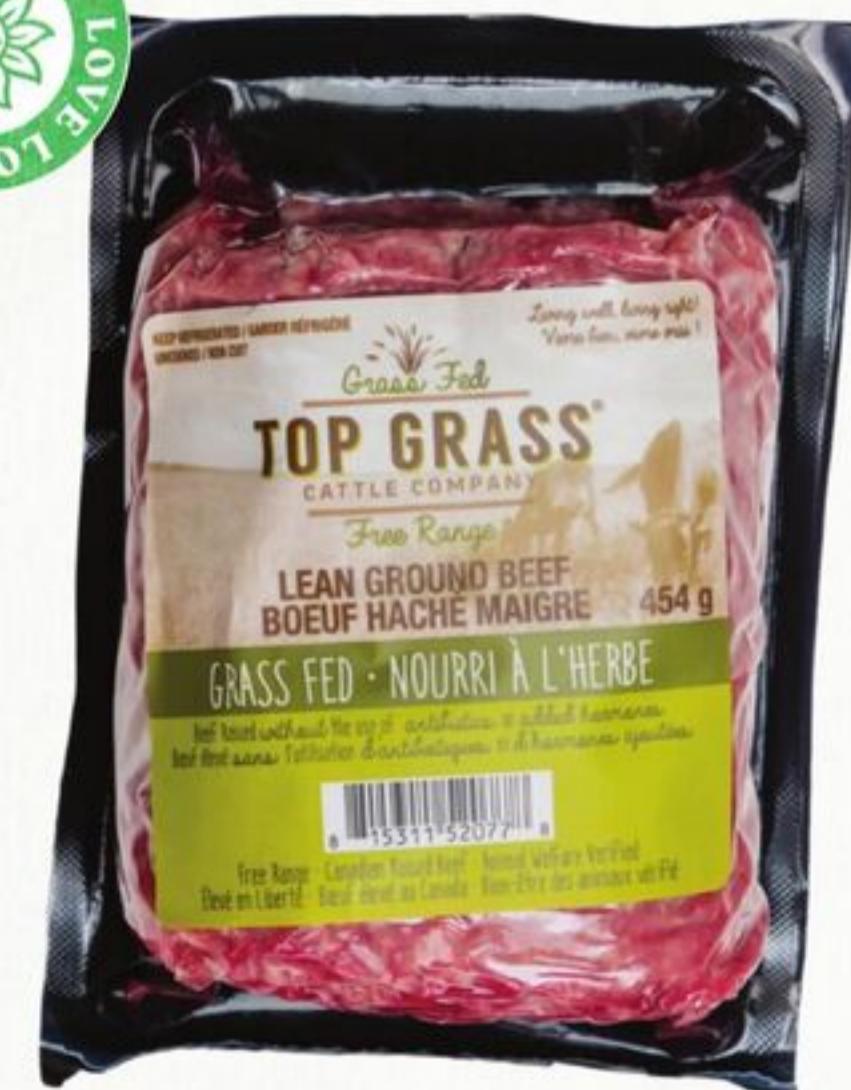
SUKIN Facial Care ASSORTED

25% OFF

EARN 5% BONUS CASH

JANUARY 1 - 7

TOP GRASS CATTLE CO.
Grass Fed Lean
Ground Beef
454G



\$14.39

EARN 5% BONUS CASH

JANUARY 1 - FEBRUARY 4, 2026

FEATURED ITEMS * FEATURED SALE ITEMS * FEATURED SALE ITEMS * FEATURED SALE ITEMS *

PROPOP
Protein
Sparkling
Water
355ML

EARN
15%
BONUS
CASH



NEW!

PROTEIN CANDY
Assorted
Flavours
50-55G

EARN
15%
BONUS
CASH



TRENDING

Organic Lemons

2LB BAG
JANUARY 1 - 7



\$5.99
EACH

WILD ROSE
Detox Kits
ASSORTED

CANADIAN



30% OFF



DON'T
FORGET
TO
CLIP
YOUR
OFFERS



This month
members
can earn over

\$110
BONUS
CASH*

January 1st - February 4th

*Community Natural Foods App download and registration required.
Visit communitynaturalfoods.com/policies for additional terms & conditions.

Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

Organic Produce

Turkey & Carrot Breakfast Patties

[RECIPE HERE](#)



JANUARY 1 - 7

Organic BC Fuji Apples



Organic Lemons 2LB BAG



Organic Green Kale



Organic Green Zucchini



Organic AB Leffers Juice Carrots 25LB BAG



Organic AB Ginger



Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

YOGGU!
Coconut
Yogurt
450G

PLANT BASED

10%
OFF



DUSO'S
Fresh Pasta & Sauces
ASSORTED SIZES

CANADIAN

10%
OFF



GT'S
Kombucha
480ML

SAVE \$0.60

\$5.19



RISE
Kombucha
414ML

CANADIAN

10%
OFF



WILDBRINE
Fermented
Vegetables
241ML 500-567G

10%
OFF



TOFURKY
Deli Slices &
Veg Roast

156G & 737G

PLANT BASED

10%
OFF

+ EARN
5%
BONUS
CASH

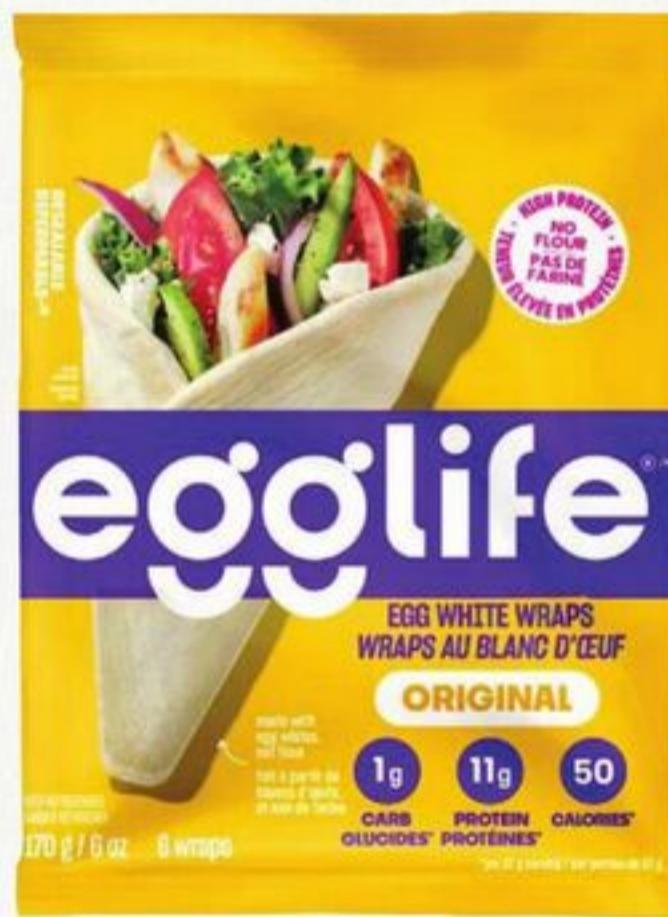


EGGLIFE
Egg Protein
Wraps

168-170G

SAVE \$1.10

\$9.89



TOP GRASS
Lean Grassfed
Ground Beef &
Pelmeni

454G & 680G

LOVE LOCAL

10%
OFF

+ EARN
5%
BONUS
CASH



COMMUNITY CAFÉ
Sunshine
Immunity
Shot

20Z

\$3.99



Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

Health & Body Care

GREAT LAKES WELLNESS Collagen Peptides ASSORTED

10%
OFF
+ EARN
10%
BONUS
CASH



WILD ROSE Detox Kits ASSORTED

30%
OFF



CANADIAN

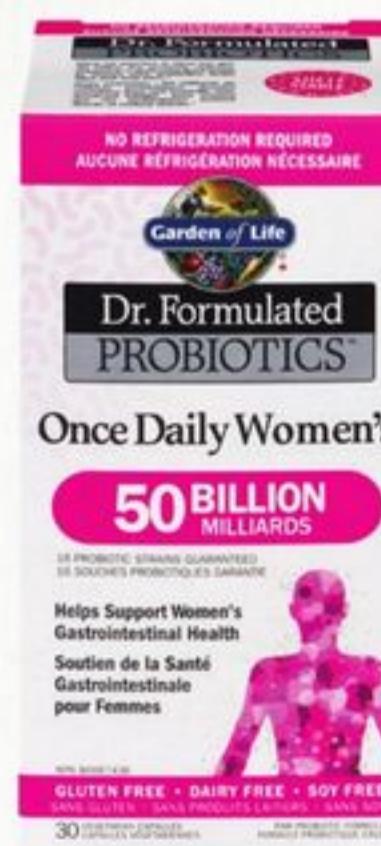
NORDIC NATURALS Omega 3 Supplements

15%
OFF



GARDEN OF LIFE Dr. Formulated Probiotics ASSORTED

EARN
10%
BONUS
CASH



BULLETPROOF High-Performance Supplements ASSORTED

15%
OFF



ST. FRANCIS Castor Oil ENTIRE LINE ON SALE

10%
OFF
+ EARN
5%
BONUS
CASH

CANADIAN



ANDALOU NATURALS Facial & Body Care Products ASSORTED

15%
OFF



THE CULTURED COCONUT Fermented Organic Coconut Milk

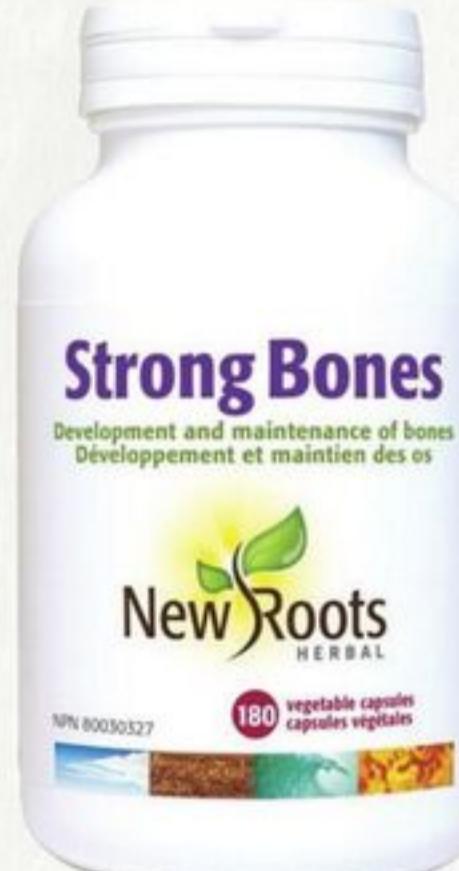
CANADIAN

SAVE \$5.00
\$21.99



NEW ROOTS Strong Bones 180CAPS

CANADIAN



A. VOGEL Echinaforce Sore Throat Spray 30ML

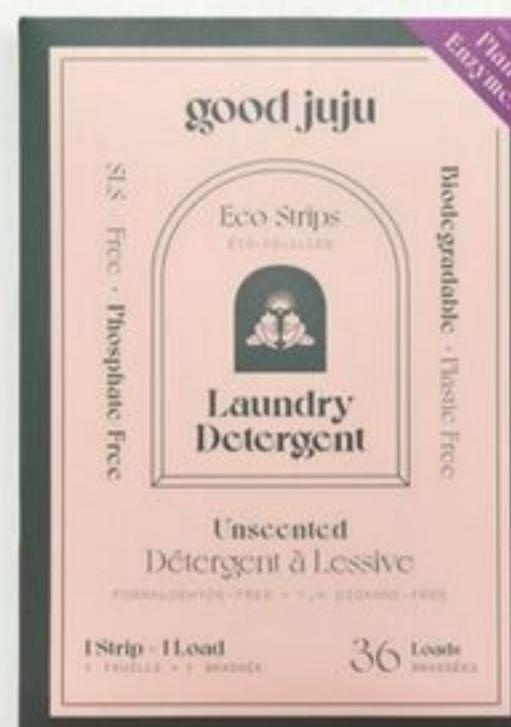
15%
OFF
+ EARN
5%
BONUS
CASH



GOOD JUJU Laundry

SAVE \$3.00
\$11.99

CANADIAN



SURO Organic Elderberry Syrup 236ML

CANADIAN



Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

Health & Body Care

MEGAFOOD
Whole Food
Supplements
SELECT PRODUCTS

**15%
OFF**



PREFERRED NUTRITION
Omega-3 Plant
Sterols with
CoQ10
120SGEL

SAVE \$6.52
\$37.47

CANADIAN



NATURE'S WAY
NutraSea/
NutraVeg Omega
3 Supplements
ASSORTED

SUSTAINABLE

**15%
OFF**



NATURAL FACTORS
SunVitamin D3
2500 IU
500SGEL

SAVE \$11.52

\$18.47

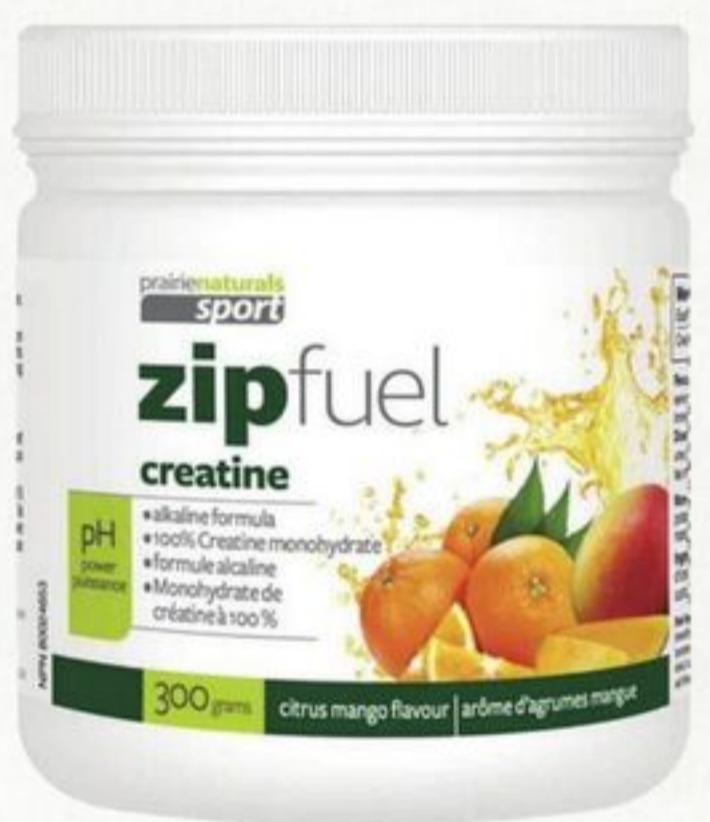
CANADIAN



PRAIRIE NATURALS
Nutritional
Supplements
ASSORTED

CANADIAN

**15%
OFF**



LEANFIT
Protein Powder
ASSORTED

CANADIAN

**20%
OFF**



now®
Live Happy. Live Healthy. Live NOW.



We perform **31,000 quality**
tests every month.



**15%
OFF**

**PACKAGED
IN CANADA**

Over 1500 Items on Sale Monthly

**SHOP
HERE**

WEEKLY FRESH DEALS!

Bulk

COMMUNITY NATURALS
**Organic Psyllium
Husks**



COMMUNITY NATURALS
**Raw Organic
Pumpkin Seeds**



COMMUNITY NATURALS
**Organic Berry
Granola**



COMMUNITY NATURALS
**Raw Organic
California Almonds**



COMMUNITY NATURALS
**Raw Organic Walnut
Pieces**



HOMEGROWN LIVING FOODS
**Sprouted Nuts and
Seeds**



Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

New Products

EXPLORE NEW!

PROPOP
Protein
Sparkling
Water
355ML



EARN
15%
BONUS
CASH

ALLFAT
Beef Tallow
ASSORTED SIZES



10%
OFF
+ EARN
5%
BONUS
CASH

PLATINUM ALBERTA
Pork Back Bacon
454G
\$18.99



KIDFRESH
Frozen Kids
Meals
206G

SAVE \$2.10
\$6.39



CAFEZIA
Coffee with
Functional
Herbs
340G

15%
OFF



A2
Half & Half
Creamer
473ml
\$5.99



WELLTH FOODS
High
Protein
Pasta
340G

EARN
15%
BONUS
CASH



LOVE GOOD
Protein
Bars
60G

EARN
15%
BONUS
CASH



SENSIBLE
Soap Bars
ASSORTED

SAVE \$0.50
\$4.49



Over 1500 Items on Sale Monthly

SHOP
HERE

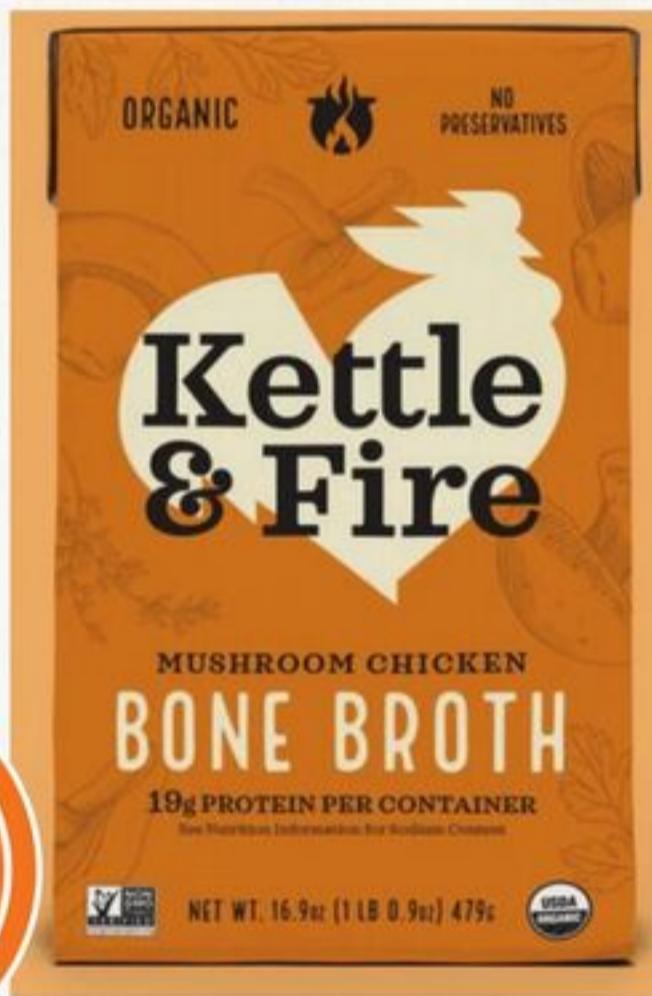
WEEKLY FRESH DEALS!

TRENDING NOW!

PROTEIN CANDY
Assorted Flavours
50-55G



KETTLE & FIRE
Bone Broth
454ML



NUTS TO YOU
Organic Smooth Peanut Butter
500G

CANADIAN



RXBAR
Protein Bars
ASSORTED SIZES



STOKED OATS
Oatmeal & Granola
ASSORTED SIZES



TREE ISLAND
Greek Plain Yogurt 0%
908G

\$9.99



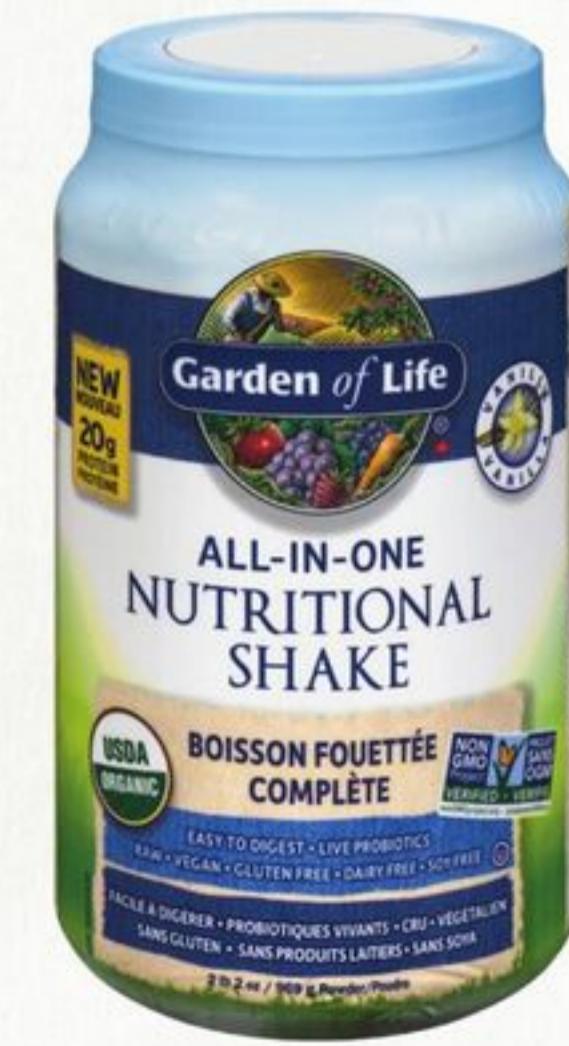
ORGANIC TRADITIONS
Fibre Flow
ASSORTED



LUNDBERG
Regenerative Organic Rice
ASSORTED SIZES



GARDEN OF LIFE
All In One Nutritional Shake
ASSORTED



Over 1500 Items on Sale Monthly

SHOP HERE

WEEKLY FRESH DEALS!

High Protein & High Fibre

JANUARY EVENTS

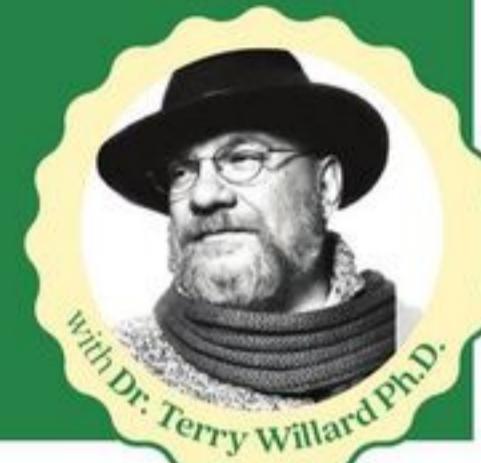


January Reset and Weight Loss

January 8th, 7-8pm

Webinar

Join Terry Willard for his time-tested tips on cleansing, longevity and living well. Give your body a reset with the right foods and herbal helpers to nourish you this winter season.



with Dr. Terry Willard Ph.D.



Gluten Free Living 101

January 13th, 6-9pm

Old Strathcona

Registered Dietitian will lead a workshop on Celiac Disease and Gluten-related conditions. Followed by a tour of the grocery store to read labels and recommend products.



with Erin Guevarra



The Meal Prep Reset: Plan with Purpose, Cook with Intention

2 PART SERIES

January 13th, 6-6:45pm

Webinar

Plan Like a Holistic Chef Webinar

Learn how to bring structure and ease into your weekly cooking routine. Chef Tasmina shares her signature approach to meal prep that turns planning from stressful to simple.

January 17th, 12:30-1:30pm

10th Ave Market

Join Chef Tasmina at Community Natural Foods for an immersive live session that brings holistic cooking to life. Tasmina will demonstrate prepared dishes, showcasing how simple, prepped ingredients can transform into vibrant, nourishing meals using her favourite CNF staples.



with Chef Tasmina Begum



Strong Over Skinny

January 14th, 7-8pm

Webinar

Learn how muscle mass contributes to overall health, improves metabolic function, longevity and enhances physical performance.



with Aeryon Ashlie



SCAN TO REGISTER

Register at communitynaturalfoods.com/events

Sign up for the Community Natural Foods app (search Community Natural Foods in the google or apple app store) and receive \$5 in Community Bonus Cash for signing up for these in-store events.

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

DON'T
FORGET
TO
CLIP
YOUR
OFFERS



This month
members
can earn over

\$110
BONUS
CASH*

COMMUNITY CAFÉ
Buy 5 get the
6th Free
SINGLE SERVE
DRIP COFFEES
& 16 OZ
JUICE &
SMOOTHIES



STAMP CARD

NEW!

PURICA
Immune 7
120VCAP

SAVE \$7.50

CANADIAN



CLIPPED OFFER

FRESH LEAF
Organic AB
Sprouts

ALL VARIETIES
JANUARY 1 - 14

25%
OFF

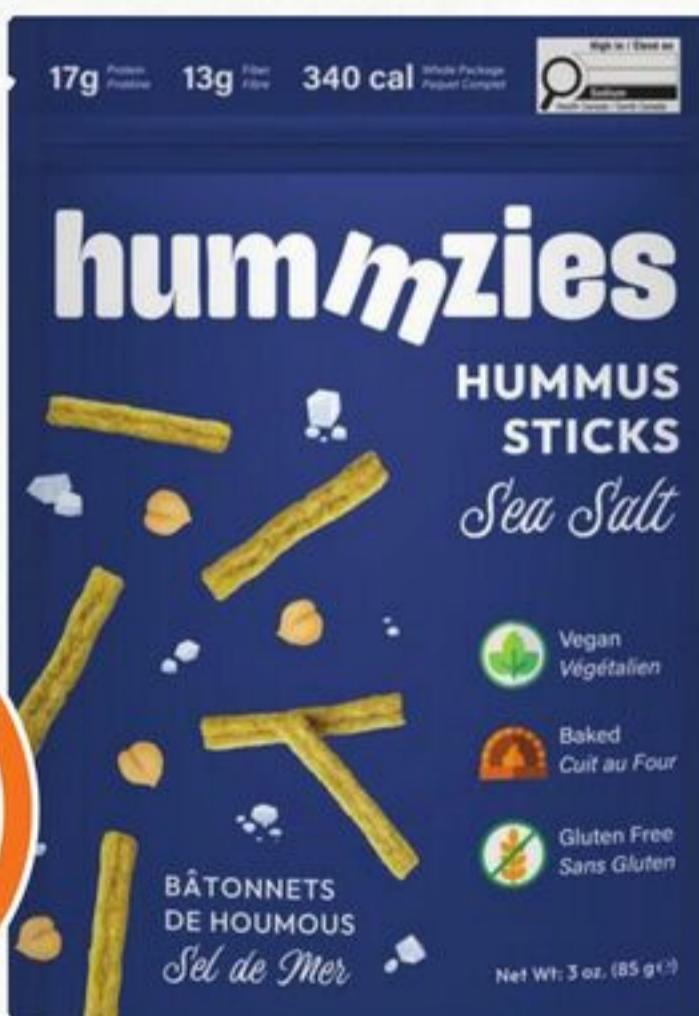


CLIPPED OFFER

HUMMZIES
Hummus
Sticks
85G

NEW!

EARN
20%
BONUS
CASH



HAPPIEATS
Sport Pasta
350G

NEW!

EARN
20%
BONUS
CASH



HOMEGROWN LIVING FOODS
Organic
Sprouted
Walnuts

CANADIAN



EARN
20%
BONUS
CASH

Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

Featured App Exclusives

Discover More Goodness

WITH EVERY TAP

App download and registration required.
Visit communitynaturalfoods.com/policies for additional
terms and conditions.

NEW!
CHALLENGES
VOUCHERS
STAMP CARDS

**BONUS
CASH**

**SAVE
MONEY**

**PLAY
& WIN**

Supplement
Basics
SHOP

\$81.25
Community
Bonus Cash



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.