

COMMUNITY NATURAL FOODS

NOURISHING OUR COMMUNITY SINCE 1977

JANUARY 1 – FEBRUARY 4, 2026

DEAL OF THE WEEK



SUKIN
Facial Care
ASSORTED

25%
OFF

EARN
5%
BONUS
CASH

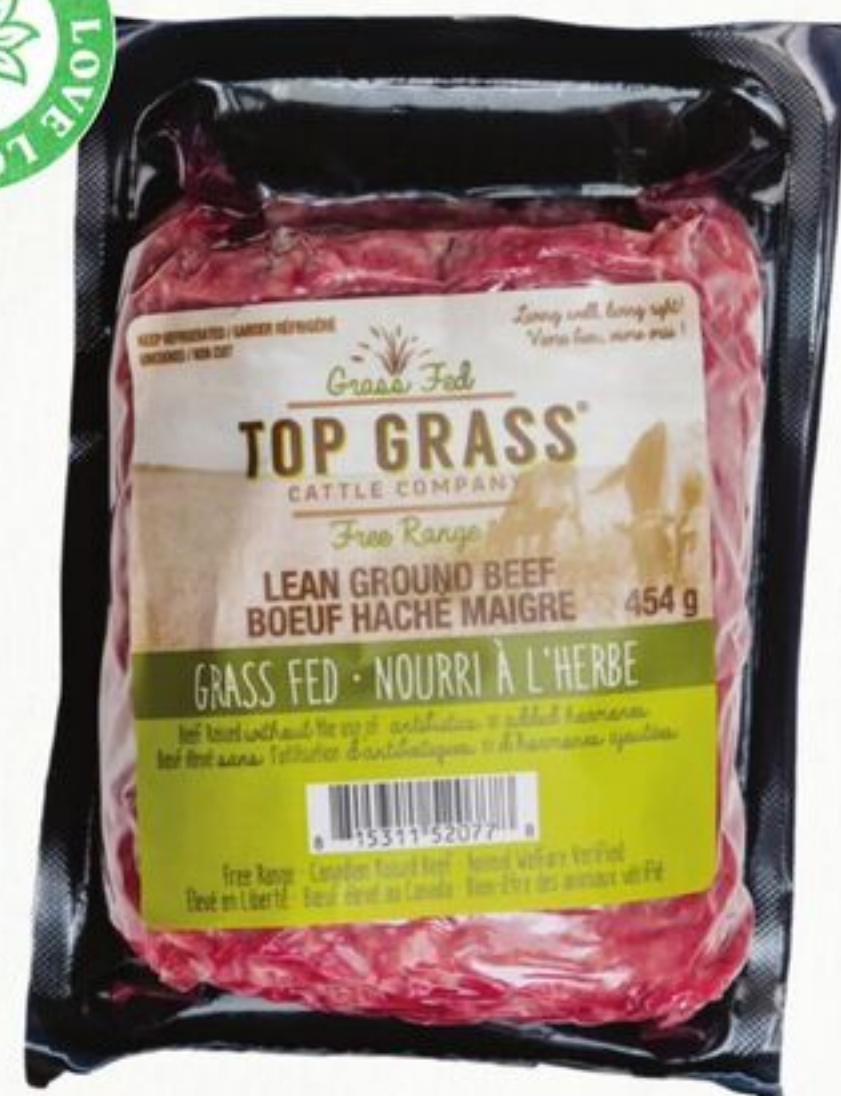
JANUARY 1 – 7

TOP GRASS CATTLE CO.
Grass Fed Lean
Ground Beef

454G
JANUARY 1 – 7

\$14³⁹

EARN
5%
BONUS
CASH



PROPOP
Protein
Sparkling
Water
355ML

EARN
15%
BONUS
CASH



NEW!

PROTEIN CANDY
Assorted
Flavours
50-55G

EARN
15%
BONUS
CASH



Organic Lemons
2LB BAG
JANUARY 1 – 7

\$5⁹⁹
EACH



WILD ROSE
Detox Kits
ASSORTED



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!

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**



RISE
Kombucha
414ML

CANADIAN

**10%
OFF**



WILDBRINE
**Fermented
Vegetables**
241ML 500-567G

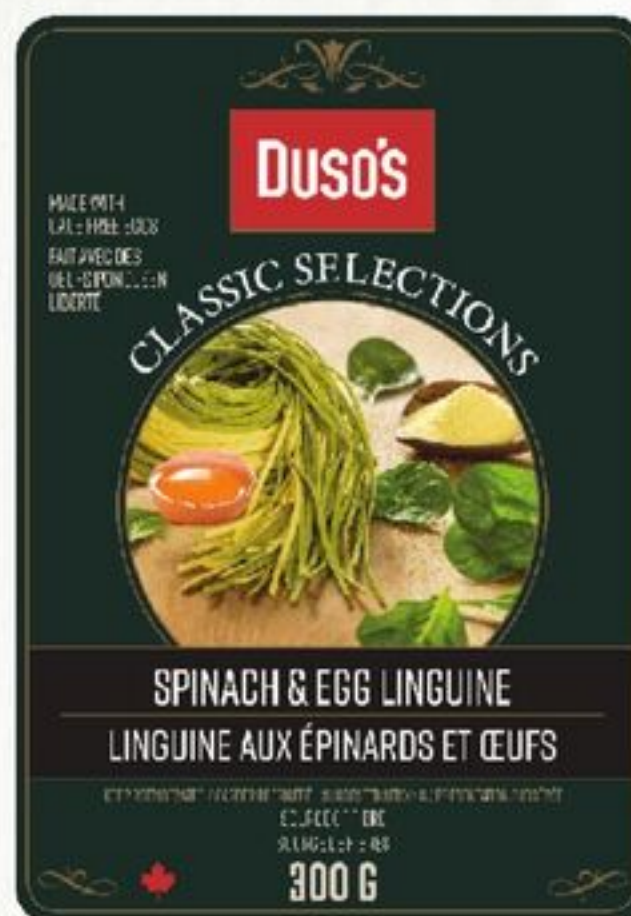
**10%
OFF**



DUSO'S
Fresh Pasta & Sauces
ASSORTED SIZES

CANADIAN

**10%
OFF**



TOFURKY
**Deli Slices &
Veg Roast**
156G & 737G

PLANT BASED

**10%
OFF**

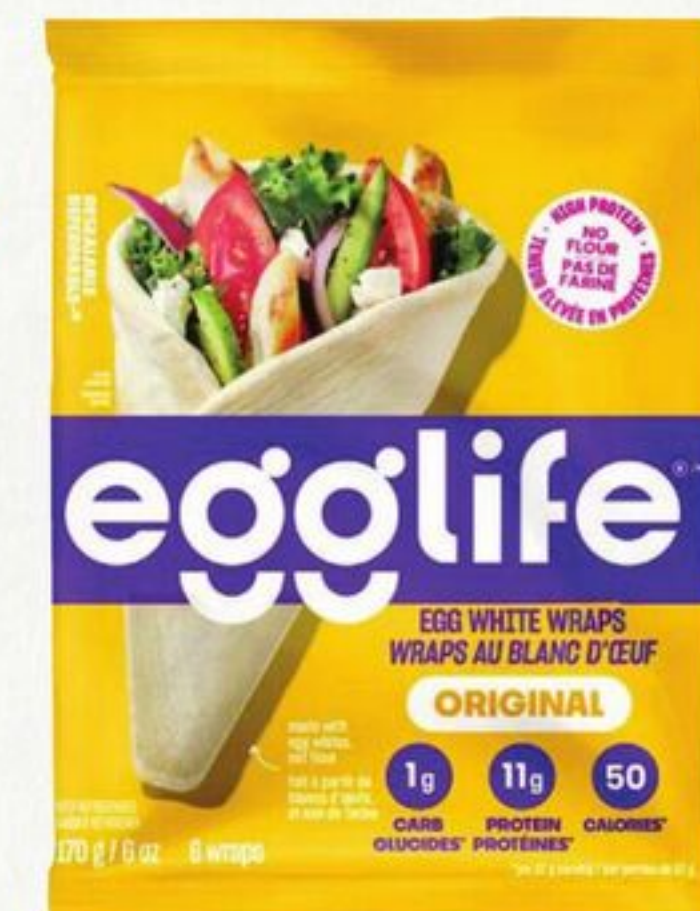
+EARN
**5%
BONUS
CASH**



EGGLIFE
**Egg Protein
Wraps**
168-170G

SAVE \$1.10

\$9⁸⁹



GT'S
Kombucha
480ML

SAVE \$0.60

\$5¹⁹



TOP GRASS
**Lean Grassfed
Ground Beef &
Pelmeni**
454G & 680G

LOVE LOCAL

**10%
OFF**

+EARN
**5%
BONUS
CASH**



COMMUNITY CAFE
**Sunshine
Immunity
Shot**
20Z

\$3⁹⁹



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



BULLETPROOF
High-Performance Supplements
ASSORTED

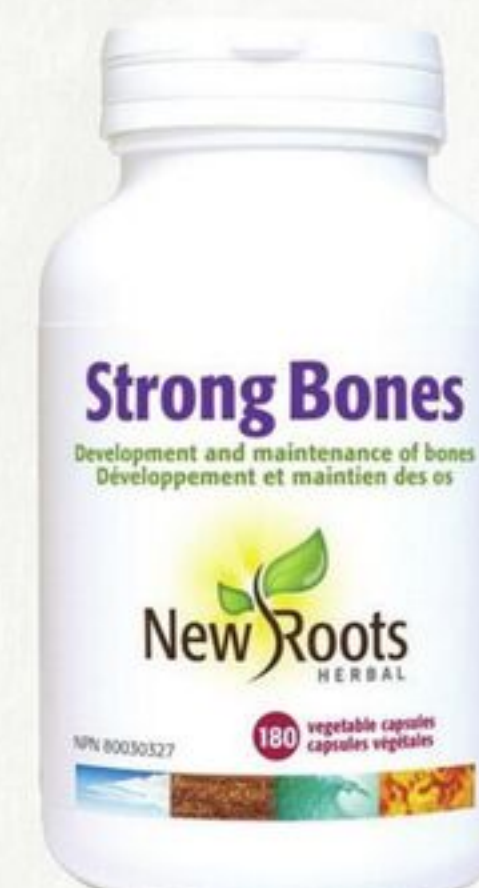
15% OFF



NEW ROOTS
Strong Bones
180CAPS



15% OFF



WILD ROSE
Detox Kits
ASSORTED



30% OFF



ST. FRANCIS
Castor Oil
ENTIRE LINE ON SALE

10% OFF
+ EARN
5% BONUS CASH



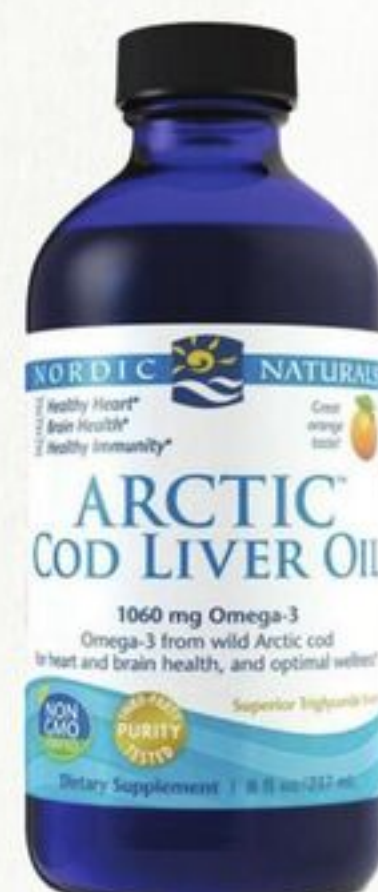
A. VOGEL
Echinaforce Sore Throat Spray
30ML

15% OFF
+ EARN
5% BONUS CASH



NORDIC NATURALS
Omega 3 Supplements

15% OFF



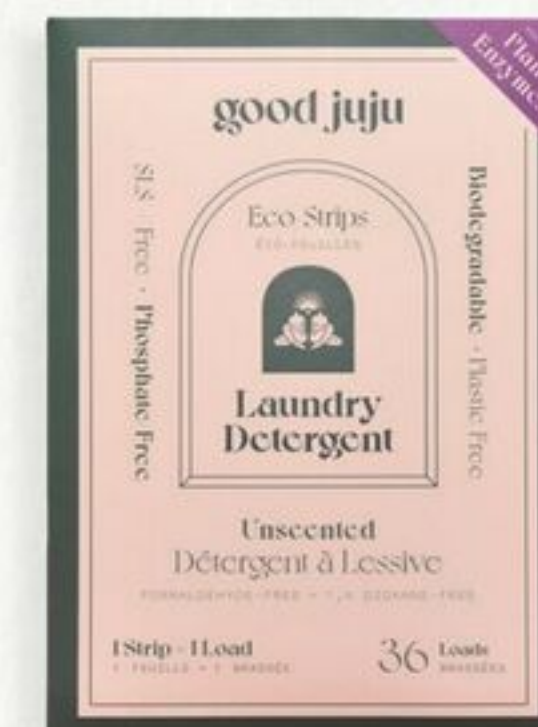
ANDALOU NATURALS
Facial & Body Care Products
ASSORTED

15% OFF



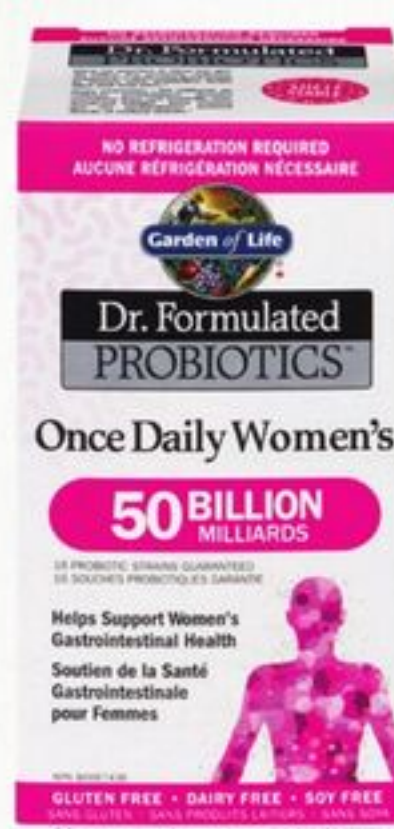
GOOD JUJU
Laundry
SAVE \$3.00

\$11.99



GARDEN OF LIFE
Dr. Formulated Probiotics
ASSORTED

EARN
10% BONUS CASH



THE CULTURED COCONUT
Fermented Organic Coconut Milk
460ML



SAVE \$5.00
\$21.99



SURO
Organic Elderberry Syrup
236ML



15% OFF



Over **1500** Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

Health & Body Care

MEGAFOOD
Whole Food
Supplements
SELECT PRODUCTS

15%
OFF



NATURE'S WAY
NutraSea/
NutraVeg Omega
3 Supplements
ASSORTED

SUSTAINABLE

15%
OFF



NATURAL FACTORS
SunVitamin D3
2500 IU
500SGEL

SAVE \$11.52

\$18⁴⁷

CANADIAN



PREFERRED NUTRITION
Omega-3 Plant
Sterols with
CoQ10
120SGEL

SAVE \$6.52

\$37⁴⁷

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!

COMMUNITY NATURALS
**Organic Psyllium
Husks**



COMMUNITY NATURALS
**Raw Organic
California Almonds**



COMMUNITY NATURALS
**Raw Organic
Pumpkin Seeds**



COMMUNITY NATURALS
**Raw Organic Walnut
Pieces**



COMMUNITY NATURALS
**Organic Berry
Granola**



HOMEGROWN LIVING FOODS
**Sprouted Nuts and
Seeds**



Over **1500** Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

EXPLORE NEW!

PROPOP
Protein
Sparkling
Water
355ML

EARN
15%
BONUS
CASH



KIDFRESH
Frozen Kids
Meals
206G

SAVE \$2.10
\$6³⁹



WELLTH FOODS
High
Protein
Pasta
340G

EARN
15%
BONUS
CASH



ALLFAT
Beef Tallow
ASSORTED SIZES

10%
OFF
+ EARN
5%
BONUS
CASH



CAFEZIA
Coffee with
Functional
Herbs
340G

15%
OFF



LOVE GOOD
Protein
Bars
60G

EARN
15%
BONUS
CASH



PLATINUM ALBERTA
Pork Back Bacon
454G
\$18⁹⁹



A2
Half & Half
Creamer
473ml
\$5⁹⁹



SENSIBLE
Soap Bars
ASSORTED
SAVE \$0.50
\$4⁴⁹



New Products

Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

TRENDING NOW!

PROTEIN CANDY
Assorted
Flavours
50-55G

EARN
15%
BONUS
CASH



RXBAR
Protein
Bars
ASSORTED SIZES

15%
OFF



ORGANIC TRADITIONS
Fibre Flow
ASSORTED

NEW!

10%
OFF



KETTLE & FIRE
Bone Broth
454ML

10%
OFF
+ EARN
10%
BONUS
CASH



STOKED OATS
Oatmeal &
Granola
ASSORTED SIZES

15%
OFF



LUNDBERG
Regenerative
Organic Rice
ASSORTED SIZES

10%
OFF
+ EARN
10%
BONUS
CASH



NUTS TO YOU
Organic Smooth
Peanut Butter
500G

CANADIAN

10%
OFF



TREE ISLAND
Greek Plain
Yogurt 0%
908G
\$9.99



GARDEN OF LIFE
All In One
Nutritional
Shake
ASSORTED

EARN
10%
BONUS
CASH



High Protein & High Fibre

Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

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.



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.



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.



Strong Over Skinny

January 14th, 7-8pm

Webinar

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



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



CLIPPED OFFER

FRESH LEAF
Organic AB Sprouts

ALL VARIETIES
JANUARY 1 – 14

25% OFF

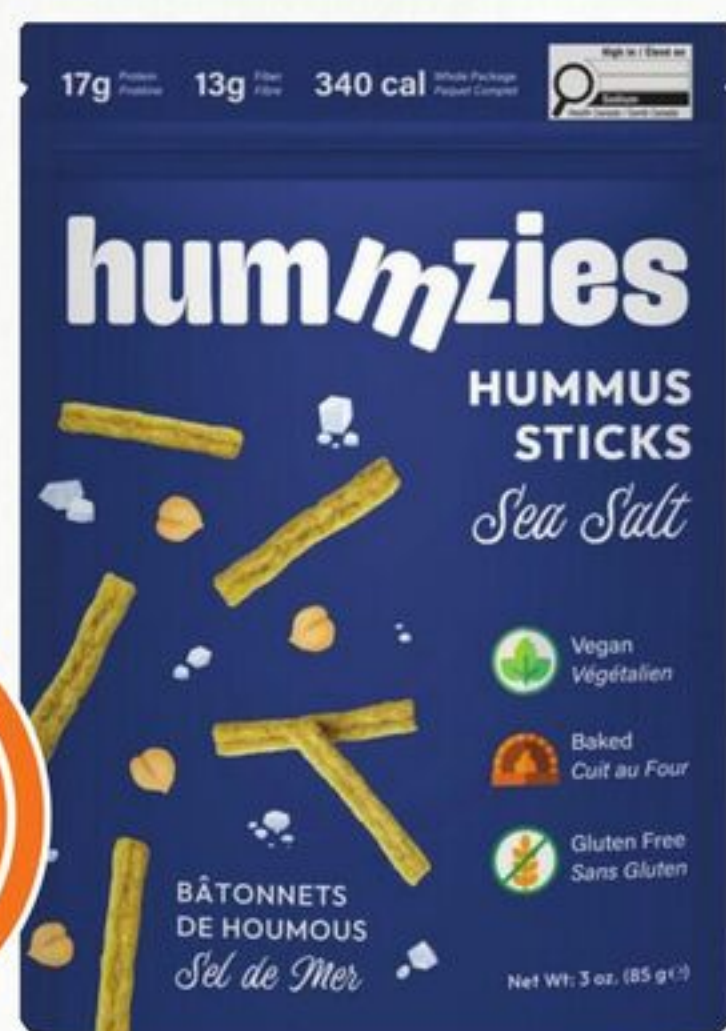


CLIPPED OFFER

HUMMZIES
Hummus Sticks
85G

NEW!

EARN 20% BONUS CASH



HAPPIEATS
Sport Pasta
350G

NEW!

EARN 20% BONUS CASH



HOMEGROWN LIVING FOODS
Organic Sprouted Walnuts



EARN 20% BONUS CASH



Featured App Exclusives

Over **1500** Items on Sale Monthly

SHOP HERE

WEEKLY FRESH DEALS!

Discover More Goodness

WITH EVERY TAP

NEW!
**CHALLENGES
VOUCHERS
STAMP CARDS**

**SAVE
MONEY**

**PLAY
& WIN**

**BONUS
CASH**

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

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.