

COMMUNITY NATURAL FOODS

NOURISHING OUR COMMUNITY SINCE 1977



FEBRUARY 5 – MARCH 4, 2026

DEAL OF THE WEEK

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



NEW!

NUMMY CREATIONS
Herbal Coffee
Alternative
150G

20% OFF

+ EARN
10% BONUS CASH

FEBRUARY 12 – 18

ARIANA NATURALS
Saffron
Tea Blends
30G



NEW!

EARN
10% BONUS CASH

Organic
Blueberries
6OZ CLAM
FEBRUARY 12 – 18



\$5.99 EACH

HUMMZIES
Hummus
Sticks
85G



TRENDING

EARN
10% BONUS CASH

CANPREV
Nutritional
Supplements
SELECT PRODUCTS



CANADIAN

15% OFF



TOP GRASS CATTLE CO.
Fresh Cross Rib
Chuck Roast
ASSORTED SIZES
FEBRUARY 12 – 18

15% OFF



Produce Sale
February 14

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

15% OFF

+
5% BONUS CASH

Over 1500 Items on Sale Monthly

SHOP HERE

WEEKLY FRESH DEALS!

Pan-Seared Steak with Pan Sauce

[RECIPE HERE](#)



Organic Produce

FEBRUARY 12 – 18

**Organic BC
Orin Apples**
3LB BAG



**Organic
Grapefruit**



**Organic
Blueberries**
6 OZ CLAM



**Organic AB
Green Cabbage**



**Organic
Cauliflower**



**Organic Onions
Bunched**



Over **1500** Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

BONE BREWHOUSE
Bone Broth Soup
 600ML

SAVE \$1.00
\$9²⁹



TREE ISLAND
Greek Yogurt
 908G & 1.5KG

GRASS FED



10% OFF

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

VEGAN



20% OFF

KARTHEIN'S ORGANIC
Sauerkraut & Kimchi
 375-750ML

ORGANIC

10% OFF
 + EARN
5% BONUS CASH



GT'S
Kombucha
 1.4L

SAVE \$1.20
\$10⁰⁹



HAPPY BELLY KOMBUCHA
Locally Crafted Kombucha
 333ML

LOVE LOCAL



15% OFF

MCLEAN MEATS
Turkey Smokies & Organic Proscuitto
 85-375G

CANADIAN



15% OFF

TOP GRASS CATTLE CO.
Grass Fed Fresh Cross Rib Chuck Roast & Regular Ground Beef
 ASSORTED

LOVE LOCAL



15% OFF

YYC HOT CHOCOLATE FEST
Miso Kissed Tahini Hot Chocolate
 12 OZ

\$6⁹⁹



\$1
 FROM EVERY DRINK PURCHASE GOES TO EDMONTON FOOD BANK

Over **1500** Items on Sale Monthly

SHOP HERE

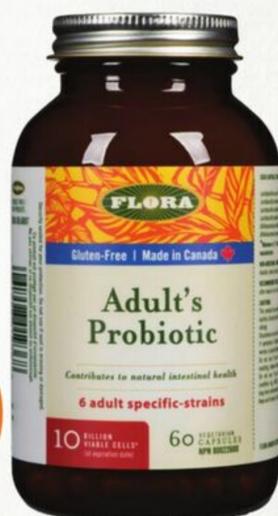
WEEKLY FRESH DEALS!

FLORA
Adult's Probiotic
ASSORTED



10%
OFF

+ EARN
5%
BONUS
CASH



PURICA
Sleep Support
60VCAP



EARN
15%
BONUS
CASH



BACH
Rescue Remedy
ASSORTED VARIETIES



15%
OFF

NATURAL FACTORS
Coenzyme Q10
200mg
120SGEL



EARN
15%
BONUS
CASH



KYOLIC
Aged Garlic Extract
ASSORTED VARIETIES

15%
OFF



INNOTECH
Liquid Ionic Calimag
ENTIRE LINE ON SALE



15%
OFF



HERBASANTE
Candidaide
ENTIRE LINE ON SALE



15%
OFF



WELEDA
Facial & Body Care Products
ASSORTED VARIETIES

20%
OFF



HERBATINT
Natural Hair Colour
ASSORTED VARIETIES

10%
OFF

+ EARN
5%
BONUS
CASH



Health & Body Care

Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

GREEN BEAVER
Natural Body
Care Products
ENTIRE LINE ON SALE

10% OFF
CANADIAN
+ EARN 5% BONUS CASH



BOLTON'S NATURALS
Magnesium
Chloride Balm
with Arnica
ENTIRE LINE ON SALE

EARN 10% BONUS CASH



ACURE
Facial & Body
Care Products
ENTIRE LINE ON SALE

15% OFF



ANNEMARIE BORLIND
Natural Skin Care
& Cosmetics
ASSORTED

15% OFF



ORGANYC
Period Care Products
ENTIRE LINE ON SALE

10% OFF
+ EARN 5% BONUS CASH



CABOO
Sustainable Bamboo Products
ASSORTED

15% OFF



NEW EARTH
ORGANICS

All Products from
New Earth Organics
10% off
Feb 5th - March 4th

*Various sizes - while supplies last

Honouring the Intelligence of
Nature...



Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

CANPREV
Nutritional
Supplements
SELECT PRODUCTS



15%
OFF

BOTANICA
Nutritional
Supplements
ASSORTED VARIETIES



15%
OFF

NEW CHAPTER
Whole Food
Supplements
ASSORTED VARIETIES

B CORP

10%
OFF

+ EARN
5%
BONUS
CASH



ORGANIKA
Nutritional
Supplements
ASSORTED VARIETIES



15%
OFF

NEW ROOTS
Nutritional
Supplements
SELECT PRODUCTS



15%
OFF

YOUNITED
All-In Superfood
ASSORTED FLAVOURS

10%
OFF

+ EARN
5%
BONUS
CASH



Health & Body Care

now[®]

essential oils

15% Off

Purity Tested. Quality Assured.

nowfoods.ca



Over 1500 Items on Sale Monthly

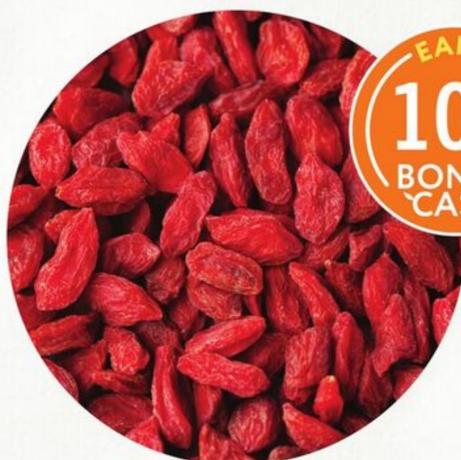
SHOP
HERE

WEEKLY FRESH DEALS!



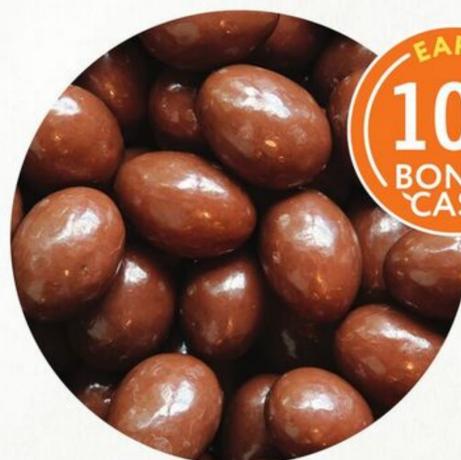
15% Off

Select Relax + Energy Products
from Harmonic Arts



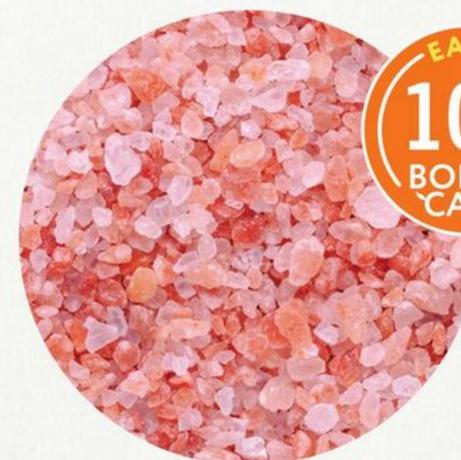
EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic
Goji Berries**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Chocolate
Almonds**



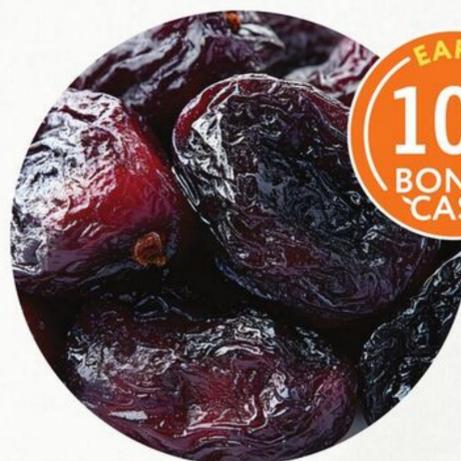
EARN
10%
BONUS
CASH

COMMUNITY NATURALS
Himalayan Salt



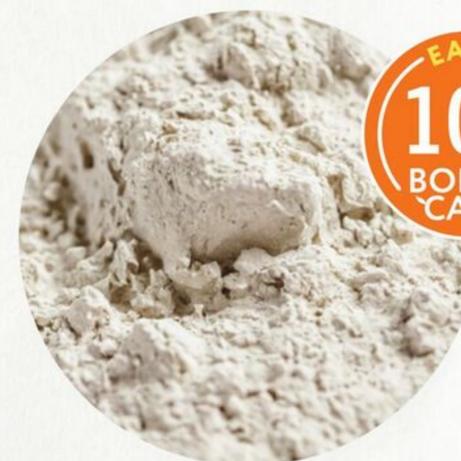
EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic
Thompson Raisins**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic
Pitted Prunes**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Unbleached
White Flour**

Bulk

Over **1500** Items on Sale Monthly

**SHOP
HERE**

WEEKLY FRESH DEALS!

EXPLORE NEW!

CAFEZIA
Coffee with
Functional
Herbs
340G



EARN
15%
BONUS
CASH

ARIANA NATURALS
Saffron
Tea Blends
30G



EARN
10%
BONUS
CASH

TILI
Super Greens Mixed Berry
Juice Box
4X200ML



15%
OFF + EARN
5%
BONUS
CASH

TOTO
Cookies with Protein &
Functional Mushrooms
64G

SAVE \$0.70
\$4.19



SAMAZON
Açaí Bowls
173G

NEW!



15%
OFF

WISELY WELLNESS
Functional Mushroom & Herb
Chocolate Bars
30G



EARN
15%
BONUS
CASH

UPCIRCLE
Sustainable Skin
Care Products
ASSORTED

B CORP



20%
OFF

UPMEALS
Spicy Coconut Red
Curry Chicken
Entree
404G



\$14.99

NUTRAPHASE SPORT
New Zealand
Whey Protein
907G



10%
OFF + EARN
5%
BONUS
CASH

Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

New Products

TRENDING NOW!

BLISS BALLS
Dubai Chocolate Style
Bliss Balls
150G

NEW!

20%
OFF



FOUR SIGMATIC
Adaptogen & Mushroom
Ground Coffee
340G

10%
OFF

+ EARN
10%
BONUS
CASH



THIRSTY BUDDHA
Organic
Coconut
Water
1L

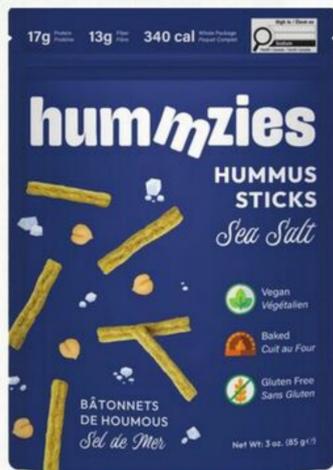
SAVE \$1.30

\$5⁹⁹



HUMMZIES
Hummus Sticks
85G

EARN
10%
BONUS
CASH



GINGER PEOPLE
Ginger Candies & Beverages
ASSORTED SIZES

10%
OFF

+ EARN
5%
BONUS
CASH



WEDDERSPOON
Manuka Honey
250G

SAVE \$4.00

\$26⁹⁹



BLUME
SuperBelly
ASSORTED VARIETIES

CANADIAN

10%
OFF



HEAR ME RAW
Superfood Treat
46-120G

10%
OFF

+ EARN
5%
BONUS
CASH



MIN'S
Vegan Kimchi
825G

\$14⁹⁹



Elevated Snacks & Beverages

Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

FEBRUARY EVENTS



Stronger at Any Age: The Power of Muscle for Lifelong Health

📅 February 4th, 7-8pm

📍 Webinar

Discover how to stay strong, energetic, and independent at any age. This session explores why muscle matters, how to prevent age-related muscle loss, and simple ways to boost strength through protein, supplements, and effective daily movement.



with Dr. Kate Rheame

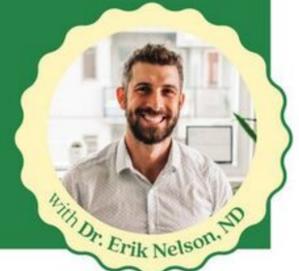


Beyond GLP-1 Drugs: Natural Ways to Support Metabolism & Weight

📅 February 10th, 7-8pm

📍 Webinar

Join Dr. Erik Nelson, ND, for an informative discussion that demystifies how these medications work, who they may be best suited for, and what potential risks and side effects to consider. You'll also explore integrative strategies – such as nutrition, targeted supplementation, and lifestyle approaches.



with Dr. Erik Nelson, ND



Valentine's Floral Workshop with Blossoms & Bubbles

📅 February 12th, 6-8pm

📍 Old Strathcona, Edmonton

Join Blossoms & Bubbles at Community Natural Foods – Old Strathcona for an easy, hands-on evening of flowers, connection, and creativity. You'll leave with a Valentine's-inspired arrangement you created yourself.

What's included:

- One Valentine's floral centerpiece per person
- All materials + step-by-step guidance
- Complimentary refreshments from CNF



with Phoebe Marinakis



Tips & Tricks for Invigorating Your Diet & Lifestyle!

📅 February 26th, 6-7:15pm

📍 10th Ave., Calgary

Feeling stuck in a rut with your go-to recipes and lifestyle products and in need of some fresh, new ideas? Jessica will showcase examples of anti-inflammatory, whole food recipes incorporating each gut-friendly food product featured, and all participants will receive the digital recipe bundle!



with Jessica Ferguson, ANCP



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

\$100
BONUS CASH*

HOMEGROWN LIVING FOODS
Candied Cranapple Organic Sprouted Walnuts



EARN
20%
BONUS CASH



HAPPY BELLY
Buy 4 get the 5th Free
KOMBUCHA ONLY



STAMP CARD

TRUE HOPE
EMPower Plus
120VCAP

SAVE \$7.50



CLIPPED OFFER

VEGAIN
Vegan Protein Beverage
355ML

NEW!

15%
OFF



CLIPPED OFFER

RAFFERTY
AB Basil
28G EACH
FEBRUARY 5-18



25%
OFF

CLIPPED OFFER

GEEZ LOUISE
Prebiotic Sparkling Water
355ML



15%
OFF



CLIPPED OFFER

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

Supplement
Basics
SHOP

\$8125
Community
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.