

COMMUNITY NATURAL FOODS

NOURISHING OUR COMMUNITY SINCE 1977

FEBRUARY 5 – MARCH 4, 2026

DEAL OF THE WEEK



NEW!

NUMMY CREATIONS
Herbal Coffee
Alternative
150G

20%
OFF

+ EARN
10%
BONUS
CASH

FEBRUARY 12 – 18



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

15%
OFF

ARIANA NATURALS
Saffron
Tea Blends
30G

EARN
10%
BONUS
CASH



NEW!

HUMMZIES
Hummus
Sticks
85G

EARN
10%
BONUS
CASH



TRENDING

Organic
Blueberries
6OZ CLAM
FEBRUARY 12 – 18

\$5.99
EACH



CANPREV
Nutritional
Supplements
SELECT PRODUCTS

CANADIAN

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!

valentine ESSENTIALS

YUM EARTH
Valentine's Gummy
Hearts
213G

ORGANIC

\$22⁹⁹



CHOCXO
Dark Chocolate
Raspberry
Crème Cups
98G

LOW SUGAR

15%
OFF



MASTER CHOCOLAT
9 Piece Valentine's
Chocolate Collection
81G



\$23⁹⁹



SMART SWEETS
No Sugar Added
Strawberry Hearts
50G

LOW SUGAR

\$4⁷⁹



NATURE'S ESSENTIAL
GARDEN
Love Bath
Bomb



SAVE \$1.00

\$5²⁹



LALUNA
Self Love Crystal
Scented Candle
220G



EARN
\$5
BONUS
CASH



GANESHA'S GARDEN
Solid Perfume
ASSORTED VARIETIES



EARN
\$2
BONUS
CASH



GIDDY-YO
Love Butter
100ML



EARN
\$5
BONUS
CASH



Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

Valentine Specials February 5th - 14th

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!

Health & Body Care

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



Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

Health & Body Care

**GREEN BEAVER
Natural Body
Care Products**
ENTIRE LINE ON SALE



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



**ACURE
Facial & Body
Care Products**
ENTIRE LINE ON SALE



**ANNEMARIE BORLIND
Natural Skin Care
& Cosmetics**
ASSORTED



**ORGANYC
Period Care Products**
ENTIRE LINE ON SALE



**CABOO
Sustainable Bamboo Products**
ASSORTED



**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!

Health & Body Care

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



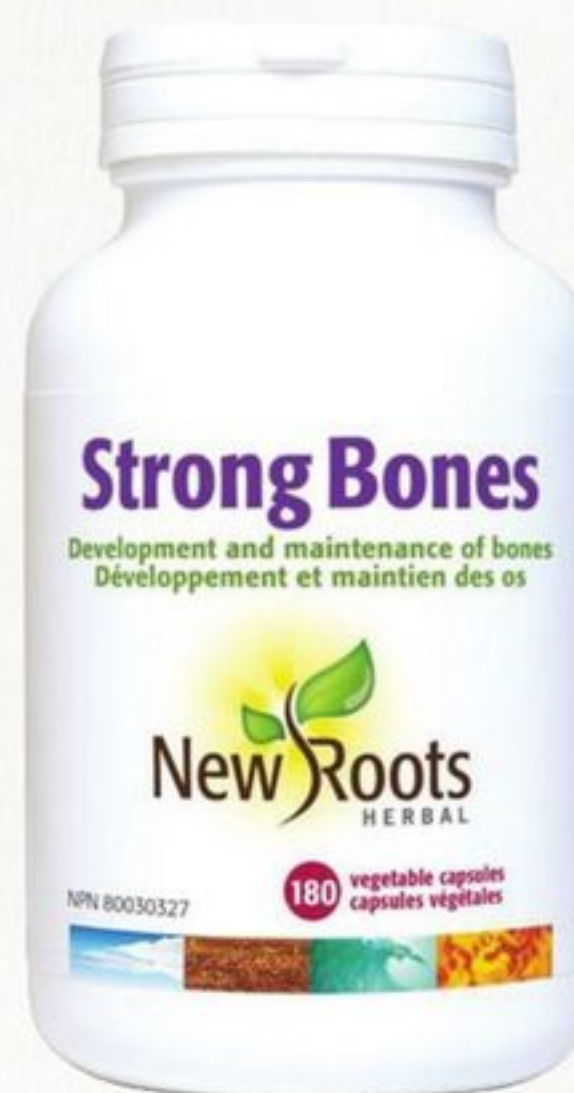
15%
OFF



NEW ROOTS
Nutritional
Supplements
SELECT PRODUCTS



15%
OFF



YOUNITED
All-In Superfood
ASSORTED FLAVOURS

10%
OFF

+ EARN
5%
BONUS
CASH



now[®]
essential oils

15% Off

Purity Tested. Quality Assured.

nowfoods.ca



Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

HARMONIC ARTS



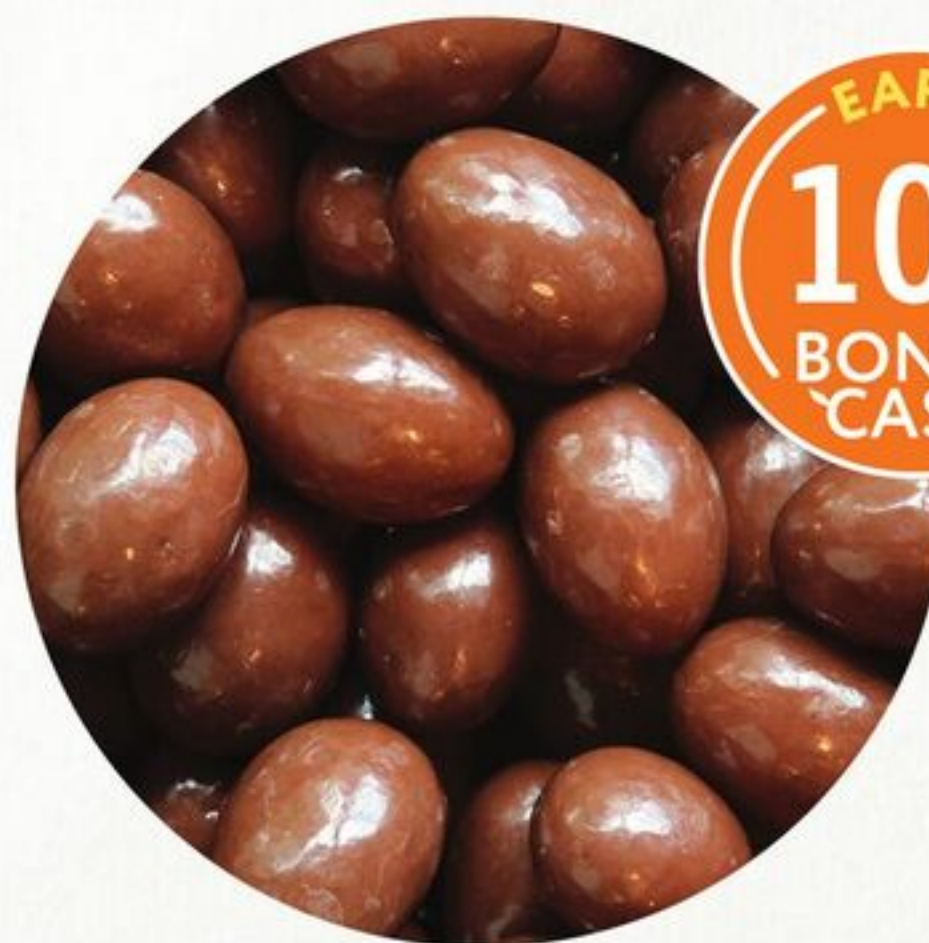
15% Off

Select Relax + Energy Products
from Harmonic Arts



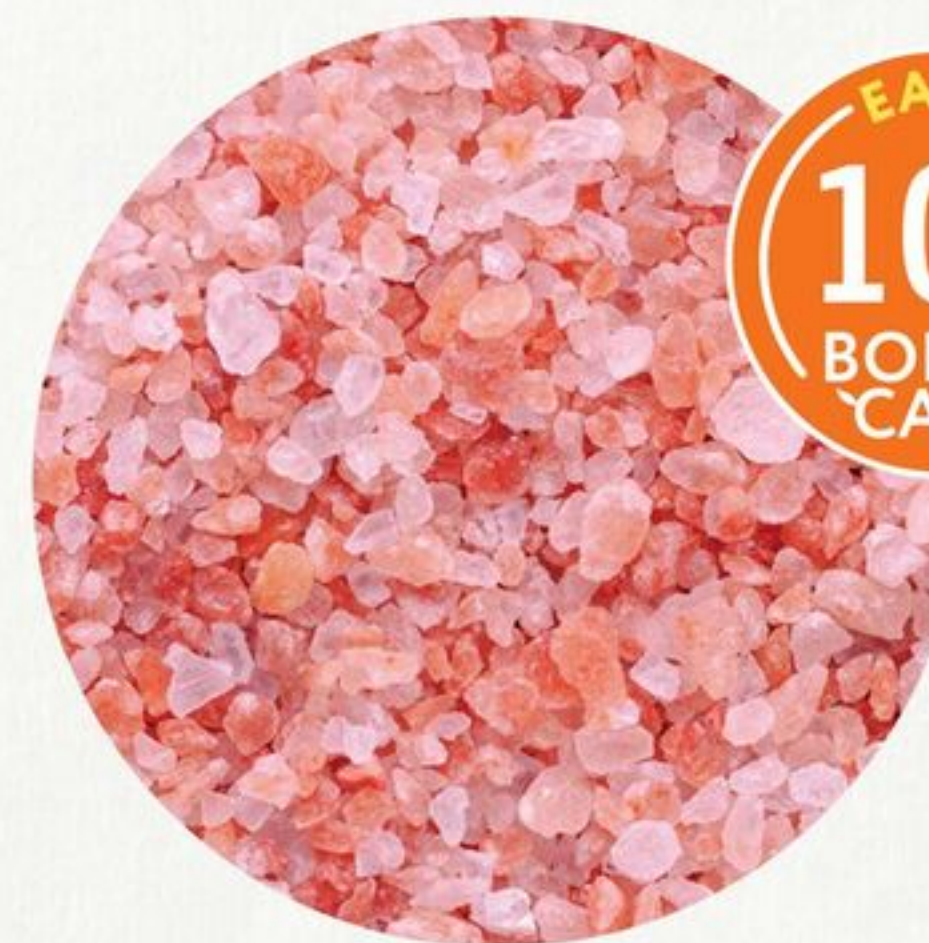
EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic
Goji Berries**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Chocolate
Almonds**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
Himalayan Salt



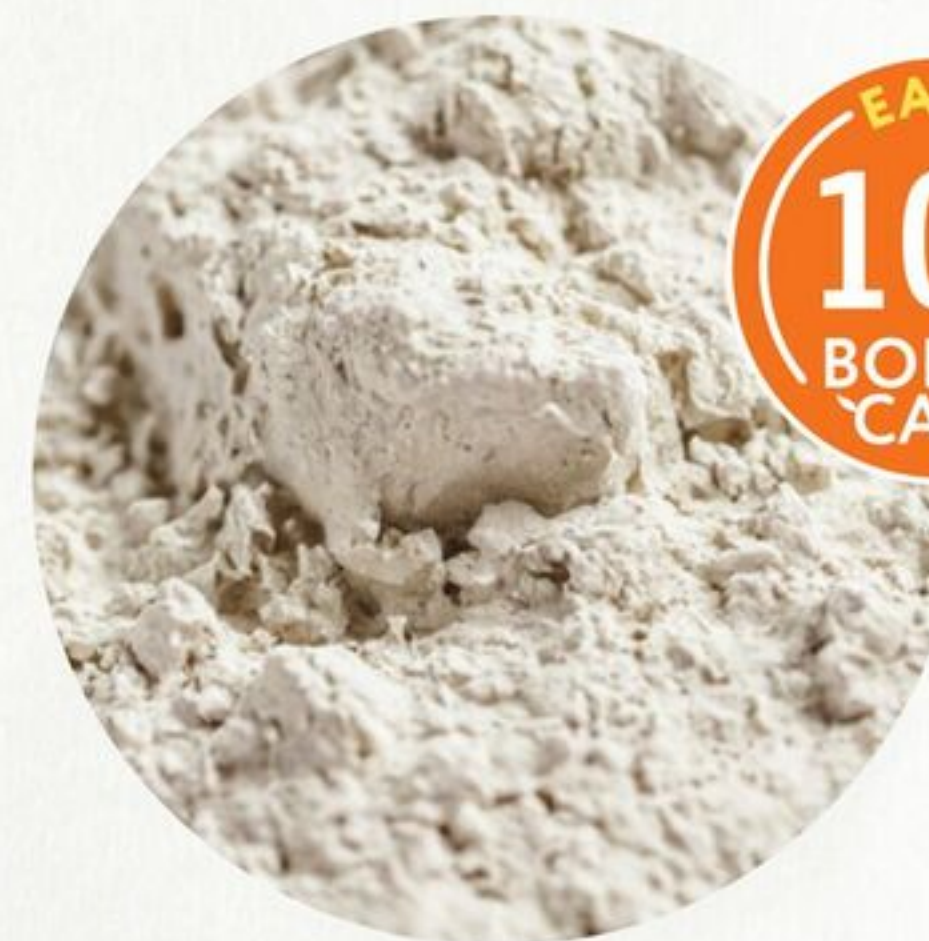
EARN
10%
BONUS
CASH

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

\$4¹⁹



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



\$14⁹⁹



NUTRAPHASE SPORT
New Zealand
Whey Protein
907G

10%
OFF + EARN
5%
BONUS
CASH



New Products

Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

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

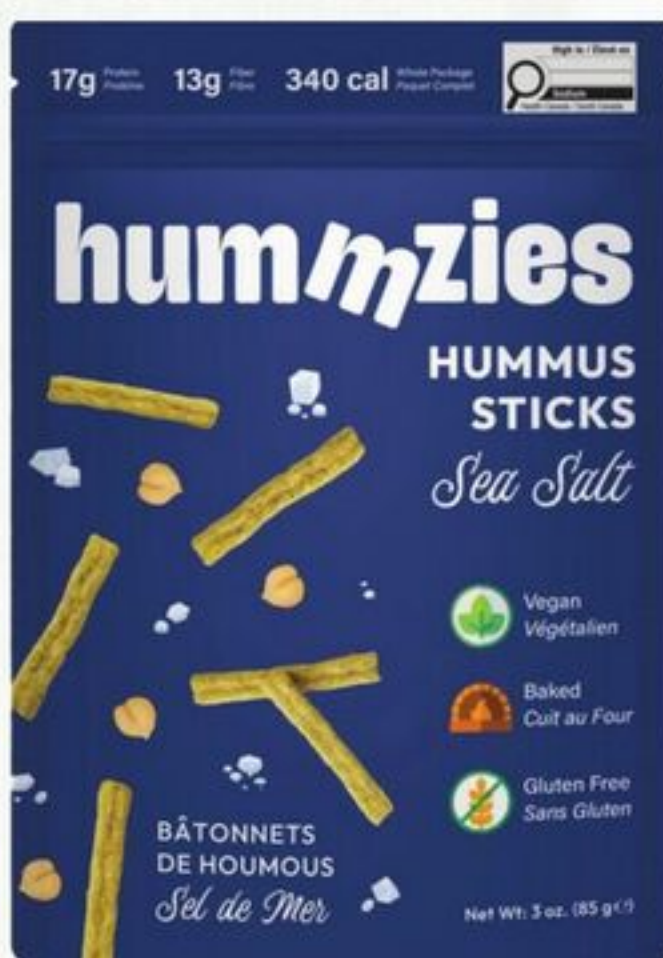
\$5⁹⁹



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



Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

Elevated Snacks & Beverages

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**

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.