

## valentine ESSENTIALS

YUM EARTH  
Valentine's Gummy  
Hearts  
213G

ORGANIC

\$22<sup>99</sup>



CHOCXO  
Dark Chocolate  
Raspberry  
Crème Cups  
98G

LOW SUGAR

15%  
OFF



MASTER CHOCOLAT  
9 Piece Valentine's  
Chocolate Collection  
81G



\$23<sup>99</sup>



SMART SWEETS  
No Sugar Added  
Strawberry Hearts  
50G

LOW SUGAR

\$4<sup>79</sup>



NATURE'S ESSENTIAL  
GARDEN  
Love Bath  
Bomb



SAVE \$1.00

\$5<sup>29</sup>



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

# COMMUNITY NATURAL FOODS

NOURISHING OUR COMMUNITY SINCE 1977

FEBRUARY 5 – MARCH 4, 2026

DEAL OF THE WEEK



AQUAOMEGA  
Omega 3  
Supplements  
ASSORTED VARIETIES

25%  
OFF

+ EARN

5%  
BONUS  
CASH

FEBRUARY 5 – 11



ROSSDOWN NATURAL FOODS  
Fresh Chicken Thighs  
ASSORTED SIZES  
FEBRUARY 5 – 11

RWA

EARN  
15%  
BONUS  
CASH

CAFEZIA  
Coffee with  
Functional  
Herbs  
340G



EARN  
15%  
BONUS  
CASH

Organic Red  
Peppers  
FEBRUARY 5 – 11

\$2.99  
/LB  
6.59/KG



+ EARN  
10%  
BONUS  
CASH

FOUR SIGMATIC  
Adaptogen &  
Mushroom  
Ground Coffee  
340G



10%  
OFF

+ EARN  
10%  
BONUS  
CASH

ORGANIKA  
Nutritional  
Supplements  
ASSORTED VARIETIES



15%  
OFF

DON'T  
FORGET  
TO  
CLIP  
YOUR  
OFFERS



This month  
members  
can earn over

\$100  
BONUS  
CASH

February 5<sup>th</sup> - March 4<sup>th</sup>  
\*Community Natural Foods App download and registration required.  
Visit [communitynaturalfoods.com/policies](https://communitynaturalfoods.com/policies) for additional terms & conditions.

Over 1500 Items on Sale Monthly

SHOP  
HERE

WEEKLY FRESH DEALS!

**Pan-Seared  
Steak with  
Pan Sauce**  
[RECIPE HERE](#)



Organic Produce

**FEBRUARY 5 – 11**

**Organic Granny  
Smith Apples**  
3LB BAG

**\$5<sup>99</sup>**  
EACH

**EARN  
10%  
BONUS  
CASH**



**Organic Valencia  
Oranges**  
3LB BAG

**\$6<sup>99</sup>**  
EACH



**Organic Lemons**  
2LB BAG

**\$5<sup>99</sup>**  
EACH



**Organic Red  
Peppers**

**\$2<sup>99</sup>**  
/LB  
6.59/KG

**EARN  
10%  
BONUS  
CASH**



**Organic Romaine  
Lettuce**

**\$3<sup>49</sup>**  
EACH

**EARN  
10%  
BONUS  
CASH**



**Organic AB  
Yellow Onions**  
3LB BAG

**\$4<sup>99</sup>**  
EACH

**EARN  
5%  
BONUS  
CASH**



Over **1500** Items on Sale Monthly

**SHOP  
HERE**

**WEEKLY FRESH DEALS!**

BONE BREWHOUSE  
**Bone Broth Soup**  
600ML

SAVE \$1.00

**\$9<sup>29</sup>**



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

**\$10<sup>09</sup>**



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

**\$6<sup>99</sup>**

**\$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



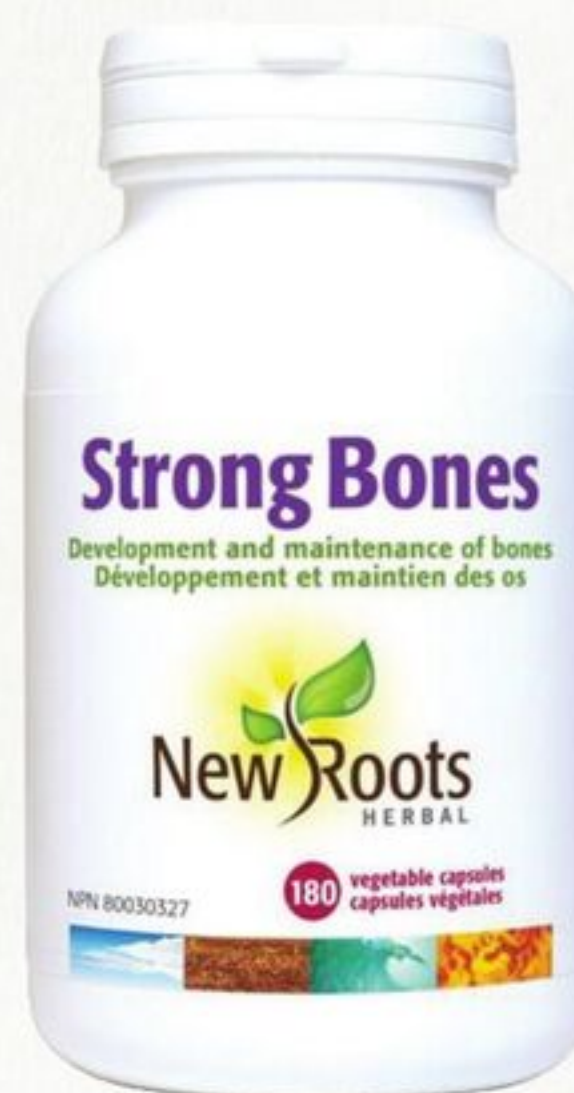
15%  
OFF



NEW ROOTS  
Nutritional  
Supplements  
SELECT PRODUCTS



15%  
OFF



YOUNITED  
All-In Superfood  
ASSORTED FLAVOURS

10%  
OFF

+ EARN  
5%  
BONUS  
CASH



**now**<sup>®</sup>  
essential oils

15% Off

Purity Tested. Quality Assured.

nowfoods.ca



Over 1500 Items on Sale Monthly

SHOP  
HERE

WEEKLY FRESH DEALS!

HARMONIC ARTS



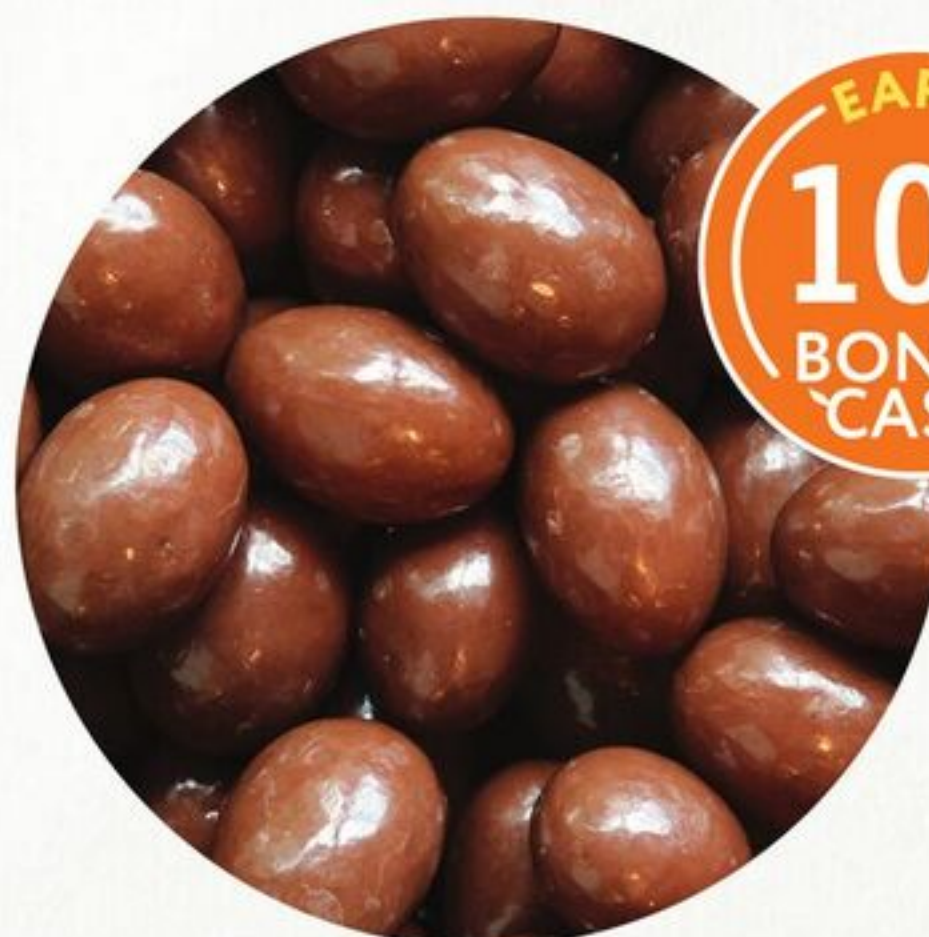
# 15% Off

Select Relax + Energy Products  
from Harmonic Arts



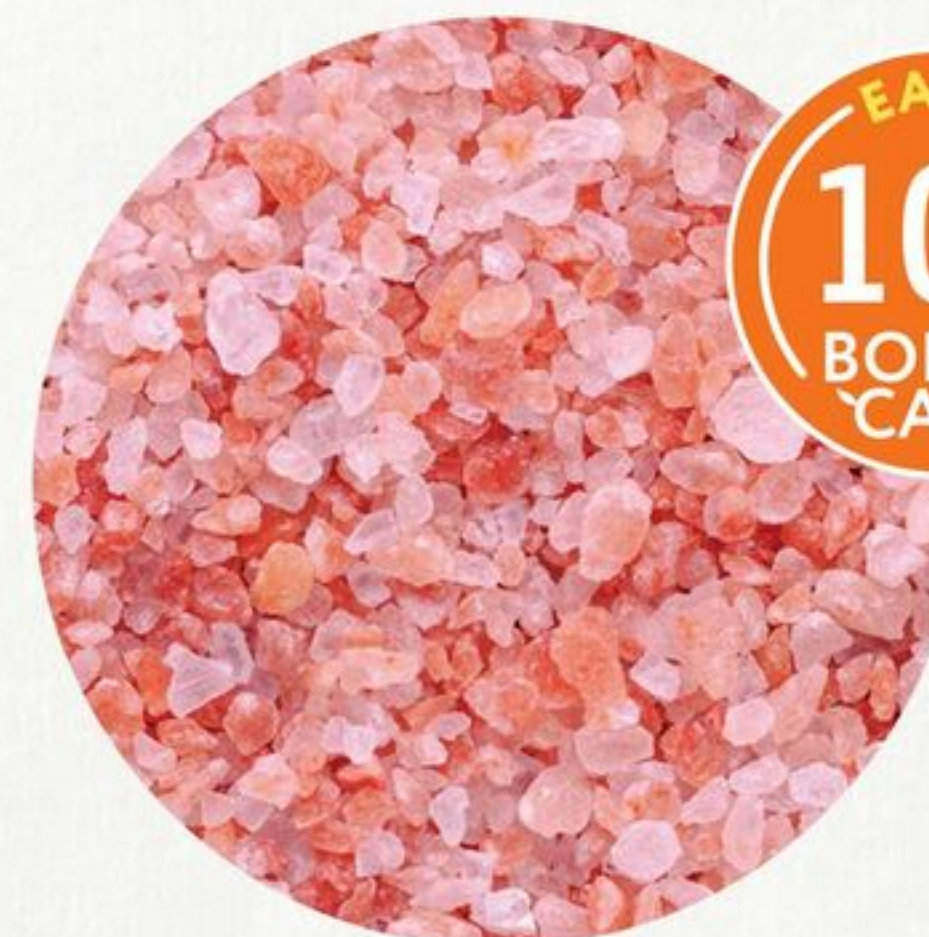
EARN  
**10%**  
BONUS  
CASH

COMMUNITY NATURALS  
**Organic  
Goji Berries**



EARN  
**10%**  
BONUS  
CASH

COMMUNITY NATURALS  
**Organic Chocolate  
Almonds**



EARN  
**10%**  
BONUS  
CASH

COMMUNITY NATURALS  
**Himalayan Salt**



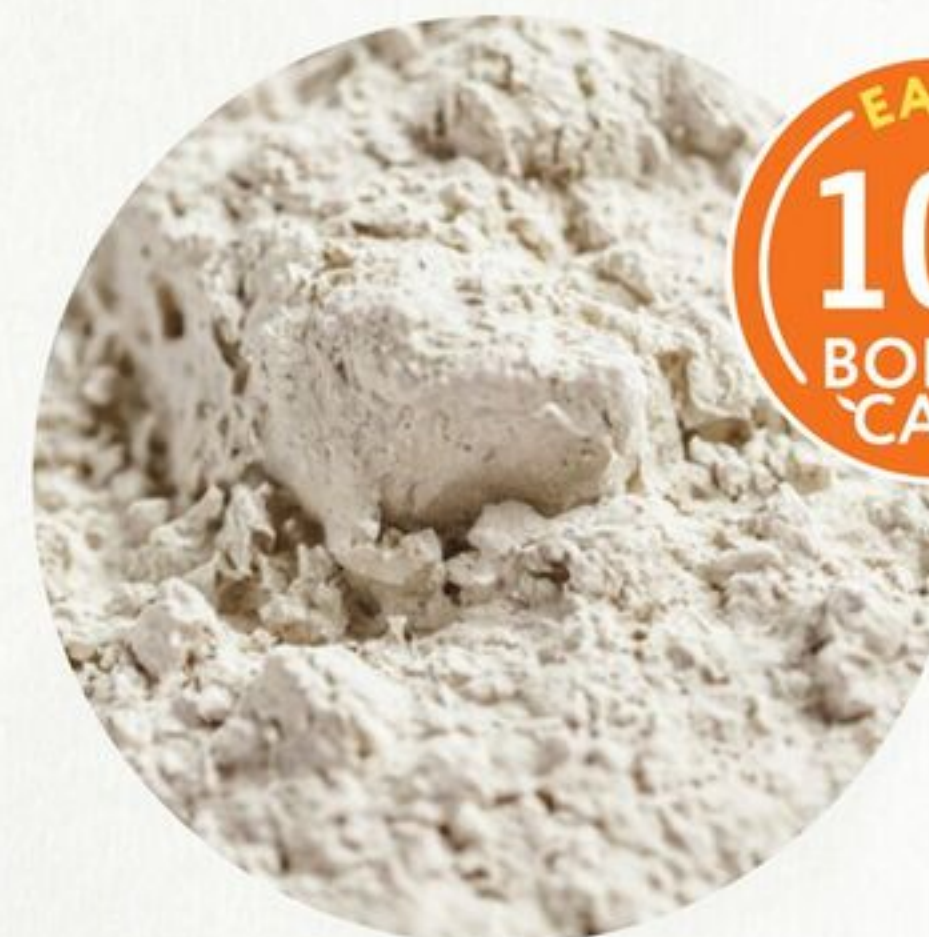
EARN  
**10%**  
BONUS  
CASH

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

\$4<sup>19</sup>



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<sup>99</sup>



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

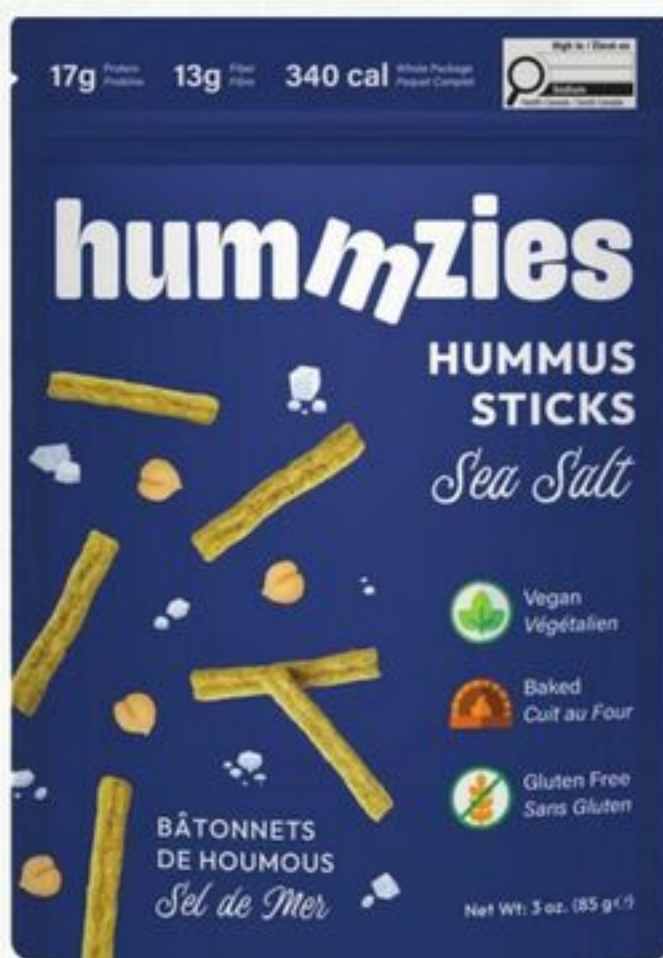
\$5<sup>99</sup>



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

\$26<sup>99</sup>



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

\$14<sup>99</sup>



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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](https://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](https://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](https://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](https://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](https://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.