

# COMMUNITY NATURAL FOODS

NOURISHING OUR COMMUNITY SINCE 1977

## 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



FOUR SIGMATIC  
Adaptogen &  
Mushroom  
Ground Coffee  
340G

10%  
OFF

+ EARN  
10%  
BONUS  
CASH



TRENDING

Organic Red  
Peppers

FEBRUARY 5 - 11



\$2.99  
/LB  
6.59/KG

+ EARN  
10%  
BONUS  
CASH

ORGANIKA  
Nutritional  
Supplements  
ASSORTED VARIETIES



15%  
OFF



This month  
members  
can earn over

\$100  
BONUS  
CASH

February 5th - March 4th

\*Community Natural Foods App download and registration required.  
Visit [communitynaturalfoods.com/policies](http://communitynaturalfoods.com/policies) for additional terms & conditions.

Over 1500 Items on Sale Monthly

SHOP  
HERE

WEEKLY FRESH DEALS!

# Valentine Specials February 5th - 14th



VALENTINE ESSENTIALS

YUMEARTH  
Valentine's Gummy  
Hearts

213G

ORGANIC

\$22.99



CHOCXO  
Dark Chocolate  
Raspberry Crème Cups

98G

LOW SUGAR

15%  
OFF



MASTER CHOCOLAT  
9 Piece Valentine's  
Chocolate Collection

81G



\$23.99



SMART SWEETS

No Sugar Added  
Strawberry Hearts

50G

LOW SUGAR

\$4.79



NATURE'S ESSENTIAL  
GARDEN  
Love Bath  
Bomb

SAVE \$1.00



\$5.29



LALUNA  
Self Love Crystal  
Scented Candle

220G

CANADIAN



EARN  
\$5  
BONUS  
CASH

GANESHA'S GARDEN  
Solid Perfume  
ASSORTED VARIETIES

CANADIAN



EARN  
\$2  
BONUS  
CASH

GIDDY-YO  
Love Butter

100ML

CANADIAN



EARN  
\$5  
BONUS  
CASH

Over 1500 Items on Sale Monthly

SHOP  
HERE

WEEKLY FRESH DEALS!

# Organic Produce

## Pan-Seared Steak with Pan Sauce

[RECIPE HERE](#)



**FEBRUARY 5 – 11**

### Organic Granny Smith Apples

3LB BAG



### Organic Valencia Oranges

3LB BAG



### Organic Lemons

2LB BAG



### Organic Red Peppers



### Organic Romaine Lettuce



### Organic AB Yellow Onions

3LB BAG



Over 1500 Items on Sale Monthly

[SHOP HERE](#)

WEEKLY FRESH DEALS!

**BONE BREWHOUSE**  
**Bone Broth Soup**  
600ML

SAVE \$1.00

**\$9.29**



**KARTHEIN'S ORGANIC**  
**Sauerkraut & Kimchi**  
375-750ML

**10% OFF**

**+ EARN 5% BONUS CASH**



**MCLEAN MEATS**  
**Turkey Smokies & Organic Proscuitto**  
85-375G

**CANADIAN**



**15% OFF**

**TREE ISLAND**  
**Greek Yogurt**  
908G & 1.5KG

**GRASS FED**

**10% OFF**



**GT'S**  
**Kombucha**  
1.4L

SAVE \$1.20

**\$10.09**



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

ASSORTED

**LOVE LOCAL**



**15% OFF**

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

**VEGAN**



**20% OFF**

**HAPPY BELLY KOMBUCHA**  
**Locally Crafted**  
**Kombucha**

333ML

**LOVE LOCAL**



**15% OFF**

Over 1500 Items on Sale Monthly

**SHOP HERE**

WEEKLY FRESH DEALS!

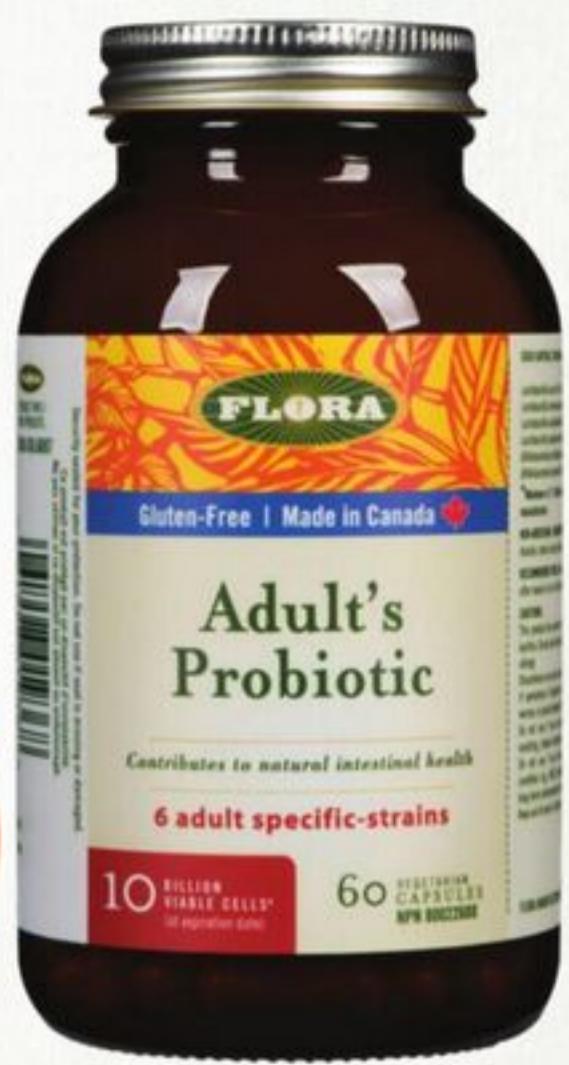
# Health & Body Care

FLORA  
Adult's  
Probiotic  
ASSORTED

CANADIAN

10%  
OFF

+ EARN  
5%  
BONUS  
CASH



NATURAL FACTORS  
Coenzyme Q10  
200mg  
120SGEL

CANADIAN

15%  
BONUS  
CASH



HERBASANTE  
Candidaide  
ENTIRE LINE ON SALE

CANADIAN

15%  
OFF



PURICA  
Sleep Support  
60VCAP

CANADIAN

+ EARN  
15%  
BONUS  
CASH



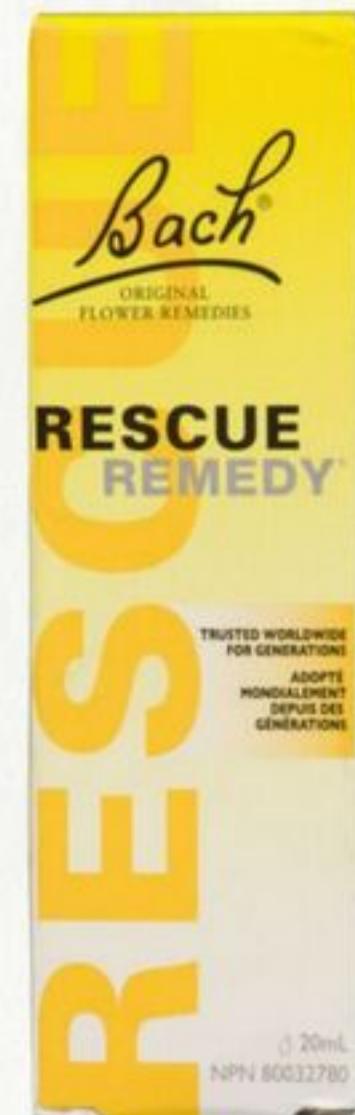
KYOLIC  
Aged Garlic  
Extract  
ASSORTED VARIETIES

15%  
OFF



BACH  
Rescue Remedy  
ASSORTED VARIETIES

15%  
OFF



INNOTECH  
Liquid Ionic  
Calimag  
ENTIRE LINE ON SALE

CANADIAN

15%  
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

10%  
OFF

CANADIAN

+ EARN  
5%  
BONUS  
CASH



ANNEMARIE BORLIND  
Natural Skin Care  
& Cosmetics  
ASSORTED

15%  
OFF



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



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!

# Health & Body Care

CANPREV  
Nutritional  
Supplements  
SELECT PRODUCTS

CANADIAN

15%  
OFF



BOTANICA  
Nutritional  
Supplements  
ASSORTED VARIETIES

CANADIAN

15%  
OFF

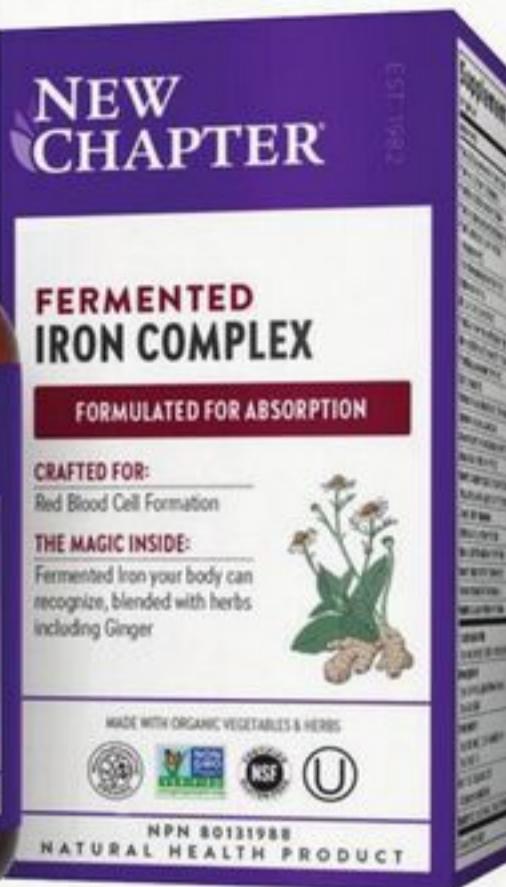


NEW CHAPTER  
Whole Food  
Supplements  
ASSORTED VARIETIES

B CORP

10%  
OFF

+ EARN  
5%  
BONUS  
CASH



ORGANIKA  
Nutritional  
Supplements  
ASSORTED VARIETIES

CANADIAN

15%  
OFF



NEW ROOTS  
Nutritional  
Supplements  
SELECT PRODUCTS

CANADIAN

15%  
OFF



YOUNITED  
All-In Superfood  
ASSORTED FLAVOURS

CANADIAN

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!



**15% Off**  
Select Relax + Energy Products  
from Harmonic Arts

Bulk



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

EARN  
10%  
BONUS  
CASH

Over 1500 Items on Sale Monthly

SHOP  
HERE

WEEKLY FRESH DEALS!

# New Products

EXPLORE NEW!

CAFEZIA  
Coffee with  
Functional  
Herbs  
340G

EARN  
15%  
BONUS  
CASH



TOTO  
Cookies with Protein &  
Functional Mushrooms  
64G

SAVE \$0.70  
\$4.19



UPCIRCLE  
Sustainable Skin  
Care Products  
ASSORTED



20%  
OFF

B CORP

ARIANA NATURALS  
Saffron  
Tea Blends  
30G

EARN  
10%  
BONUS  
CASH



SAMAZON  
Açaí Bowls  
173G

15%  
OFF

UPMEALS  
Spicy Coconut Red  
Curry Chicken  
Entree  
404G

\$14.99



LOVE LOCAL

TIKI  
Super Greens Mixed Berry  
Juice Box  
4x200ML

15%  
OFF

EARN  
5%  
BONUS  
CASH



WISELY WELLNESS  
Functional Mushroom & Herb  
Chocolate Bars  
30G



EARN  
15%  
BONUS  
CASH

Over 1500 Items on Sale Monthly

SHOP  
HERE

WEEKLY FRESH DEALS!

TRENDING NOW!

BLISS BALLS  
Dubai Chocolate Style  
Bliss Balls  
150G

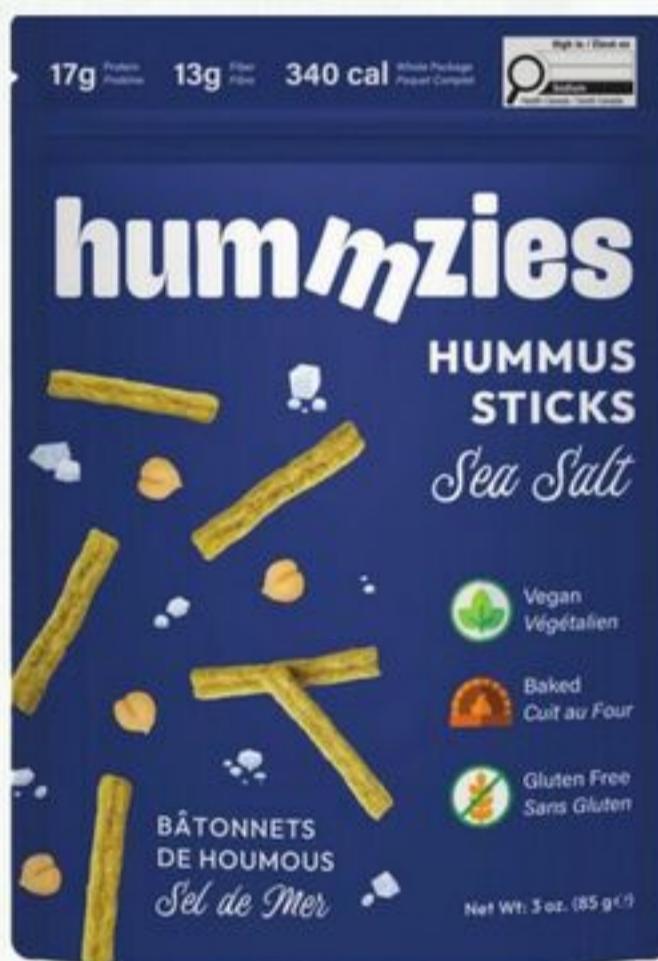
NEW!

20%  
OFF



HUMMZIES  
Hummus Sticks  
85G

EARN  
10%  
BONUS  
CASH



BLUME  
SuperBelly  
ASSORTED VARIETIES

CANADIAN

10%  
OFF



FOUR SIGMATIC  
Adaptogen & Mushroom  
Ground Coffee  
340G

10%  
OFF

EARN  
10%  
BONUS  
CASH



THIRSTY BUDDHA  
Organic  
Coconut  
Water  
1L

SAVE \$1.30  
\$5.99



GINGER PEOPLE  
Ginger Candies & Beverages  
ASSORTED SIZES

10%  
OFF

EARN  
5%  
BONUS  
CASH



WEDDERSPOON  
Manuka Honey  
250G

SAVE \$4.00  
\$26.99



HEAR ME RAW  
Superfood Treat  
46-120G

10%  
OFF

EARN  
5%  
BONUS  
CASH



MIN'S  
Vegan Kimchi  
825G

\$14.99



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SHOP  
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WEEKLY FRESH DEALS!

Elevated Snacks & Beverages

# FEBRUARY EVENTS



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

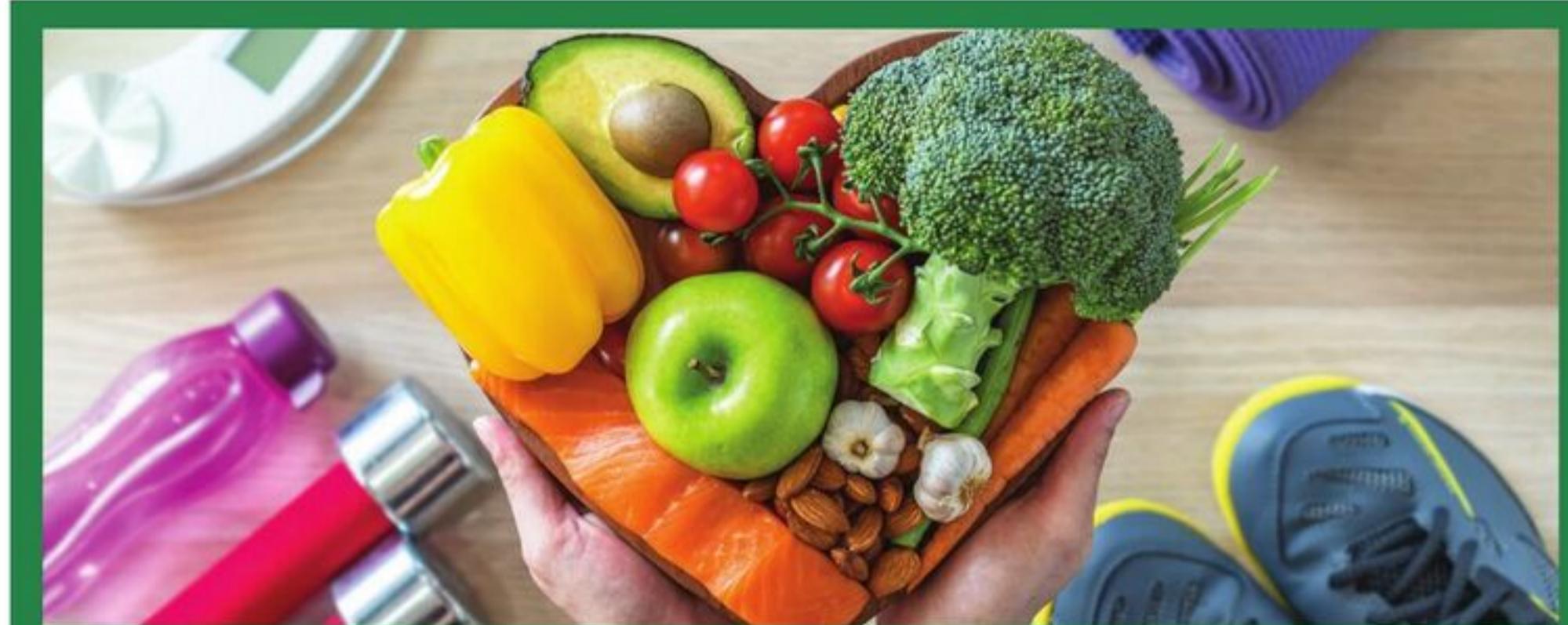
📅 February 4th, 7-8pm

📍 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 Rheaume

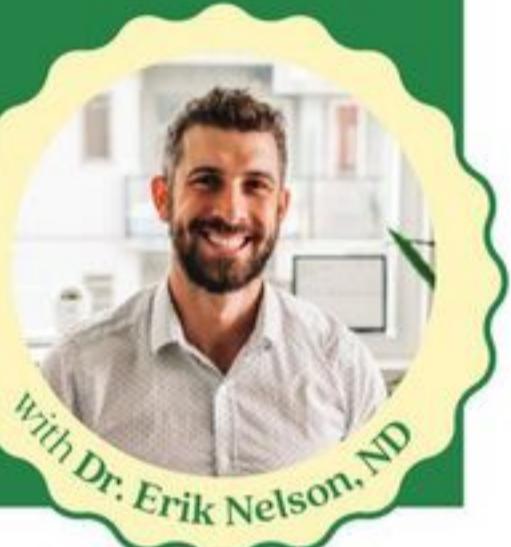


## Beyond GLP-1 Drugs: Natural Ways to Support Metabolism & Weight

📅 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

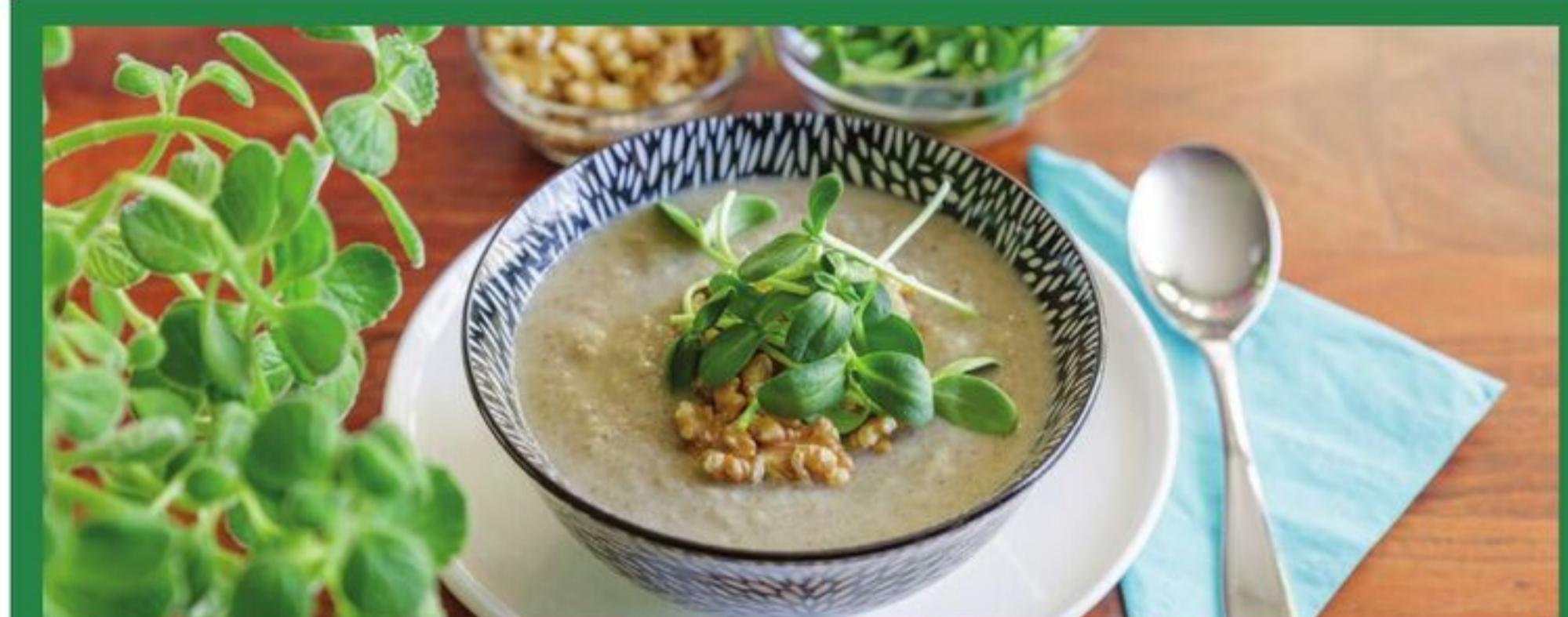
Join Blossoms & Bubbles at Community Natural Foods – Old Strathcona for an easy, hands-on evening of flowers, connection, and creativity. You'll leave with a Valentine's-inspired arrangement you created yourself.

**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, NNCNP



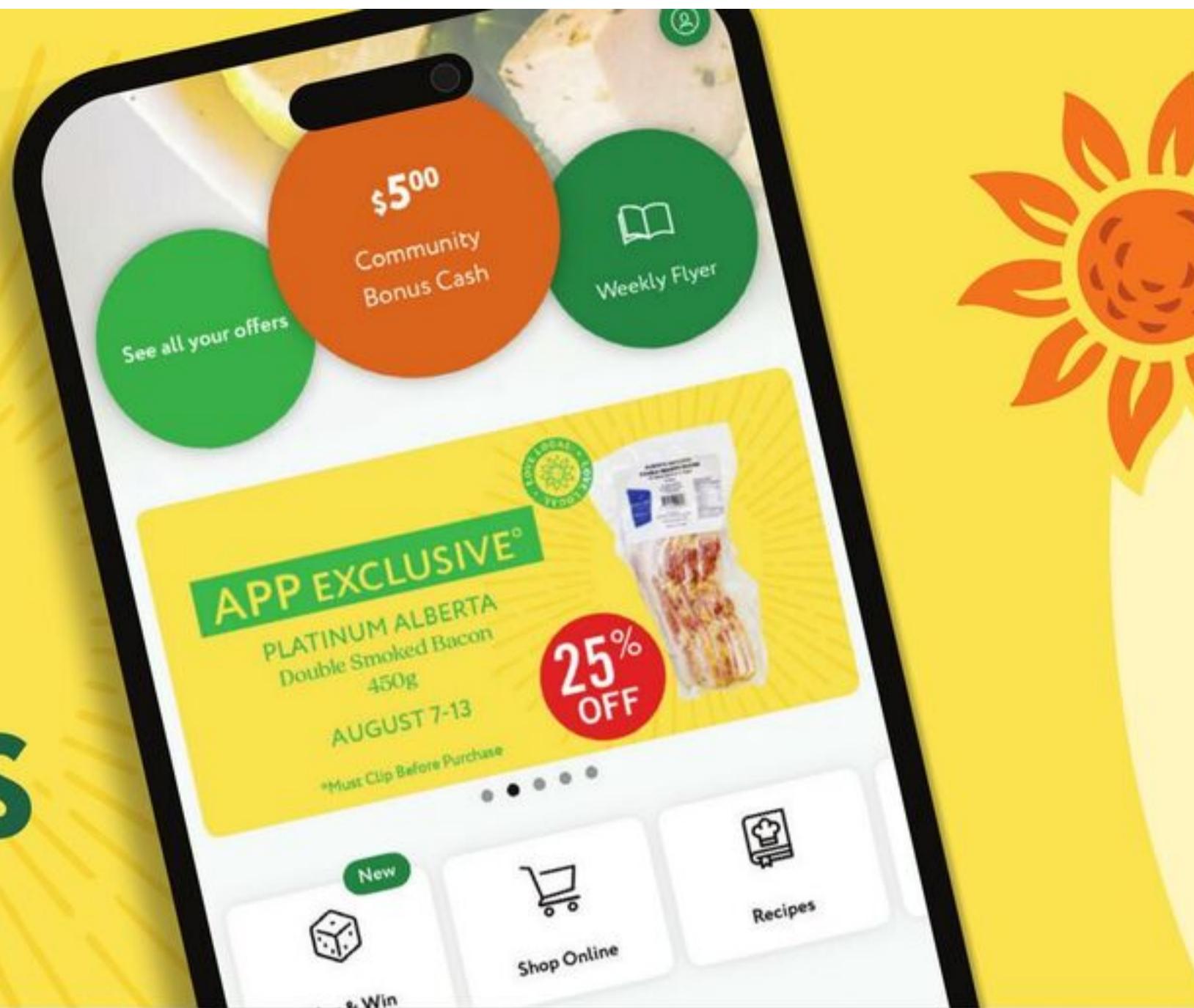
SCAN TO REGISTER

Register at [communitynaturalfoods.com/events](http://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

VEGAN  
**Vegan Protein Beverage**  
355ML

NEW!



15%  
OFF

CLIPPED OFFER

HAPPY BELLY  
**Buy 4 get the  
5th Free**

KOMBUCHA ONLY



STAMP CARD



TRUE HOPE  
**EMPower Plus**  
120VCAP

SAVE \$7.50



CLIPPED OFFER

GEEZ LOUISE  
**Prebiotic Sparkling Water**  
355ML



15%  
OFF

CLIPPED OFFER

RAFFERTY  
**AB Basil**  
28G EACH  
FEBRUARY 5 – 18



25%  
OFF

CLIPPED OFFER

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](http://communitynaturalfoods.com/policies) for additional terms and conditions.

**NEW!**  
**CHALLENGES**  
**VOUCHERS**  
**STAMP CARDS**

**BONUS CASH**

**SAVE MONEY**

Supplement Basics  
SHOP

**PLAY & WIN**

**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](http://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](http://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](http://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.