



Whole-Hearted Wellness

LOVe



Organic Produce



ORGANIC
CABBAGE - GREEN
\$1.49 /lb

ORGANIC
RADISH - WATERMELON
\$2.99 /lb



ORGANIC
KALE - BLACK
\$2.49 ea

ORGANIC
SQUASH -
BUTTERNUT
\$1.69 /lb



LÄM

Lamb Burgers -
6x450 g

\$17.09/ea



WAGYU

Wagyu Meat Balls
- 375 g

\$15.29/ea

Flyer Valid February 18 - February 24, 2025 • Check out our digital flyer at goodnessme.ca/flyer • Find us on



Sales Not Limited To Flyer Content • While Quantities Last • See In Store For Details

Organic Produce

ORGANIC
APPLES - AMBROSIA | 2 LBS
\$5.99 ea or 2/\$10



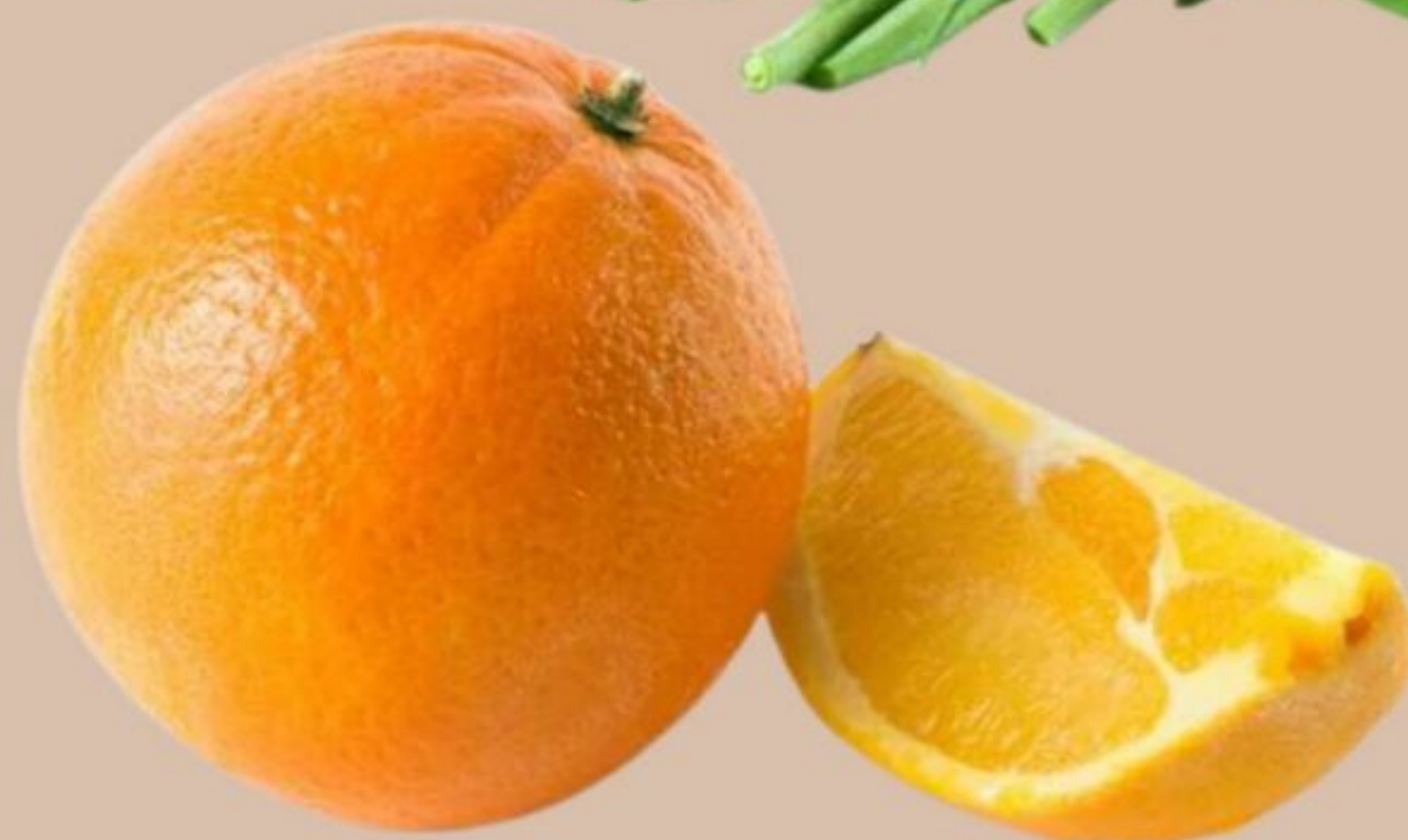
ORGANIC
BERRIES - BLUEBERRY | 6OZ
\$5.99 ea



ORGANIC
BEANS - GREEN | 1 LB
\$4.49 ea



ORGANIC
ORANGES -
JUMBO NAVEL
\$2.49 / lb



ORGANIC
PEARS - BOSCO/D'ANJOU | 2 LBS
\$5.99 ea or 2/\$10



Antibiotic Free Whole
Chicken

\$6.99/lb



Organic Chicken
Tenders - 1 kg

\$35.99/ea

The good kitchen

Offering healthier meals with a focus on fresh, nutritious ingredients, organically grown fruits & vegetables, and humanely raised meats.

Specialty Diet Options



Vegetarian



Plant Based



Gluten Free



Keto Friendly



Dairy Free



No Added Sugar

**Try Our
New Menu**

Samosas AND Pakoras

Samosa

On Sale For

\$8.49



Pakoras

On Sale For

\$8.49



Simpla Yogurt is made with simple, thoughtfully chosen ingredients to support gut health and overall wellness. It is plant-based, free from dairy and gluten, and low in sugar—making it easier to digest for many individuals. By focusing on whole ingredients and minimizing additives, Simpla helps nourish the gut microbiome while supporting balanced energy and everyday health.

Simpla®



Naturally fermented for 14 hours with billions of scientifically proven probiotics including *Lactobacillus acidophilus* to promote a healthy gut microbiome.



Fresh from the Fridge or Freezer



Loyalty Saves An Extra
5% OFF

MAVUNO HARVEST
Organic Dried Fruit - Entire Line

10% OFF



GREEN GODDESS
Vegan Cheese - Entire Brand
10% OFF



Loyalty Saves An Extra
5% OFF

EBY MANOR GOLDEN GUERNSEY
Guernsey Milk & Cream - Entire Line
10% OFF

Loyalty Saves An Extra
5% OFF



KEFIRKULT
Coconut Kefir Yogurt - Entire Brand
\$2 OFF



Loyalty Saves An Extra
5% OFF

LOYALTY MEMBERS SAVE AN EXTRA 5% ON IN STORE SALE PRICES DAILY! SIGN UP IN STORE TODAY!

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Everyday Goodness



Truely Cereal
High Protein Cereal Cups - 40 g
Mix & Match - Any Flavours
3 for \$13.99
Reg. \$4.99



Cookin' Greens
Frozen Veggies and Veggie Fries
- 300 g - 500 g
Mix & Match - Any Flavours
2 for \$12.99
Reg. \$7.99



Beck's Broth
Bone Broth Protein Drink Mix
Mix & Match - Any Flavours
3 for \$27
Reg. \$9.99



Pretto's Pasta
Lasagnas - 750 g
Mix & Match - Any Flavours
2 for \$27.99
Reg. \$15.99

Greenhouse Juice
Wellness Shots - 60 mL
Mix & Match - Any Flavours
4 for \$16.99
Reg. \$4.99



Enjoy These Everyday Good Deals, Everytime You Shop

Good Groceries

Healthy Items for Every Shopper!

GLUTEN
FREE

PLANT
BASED

KETO

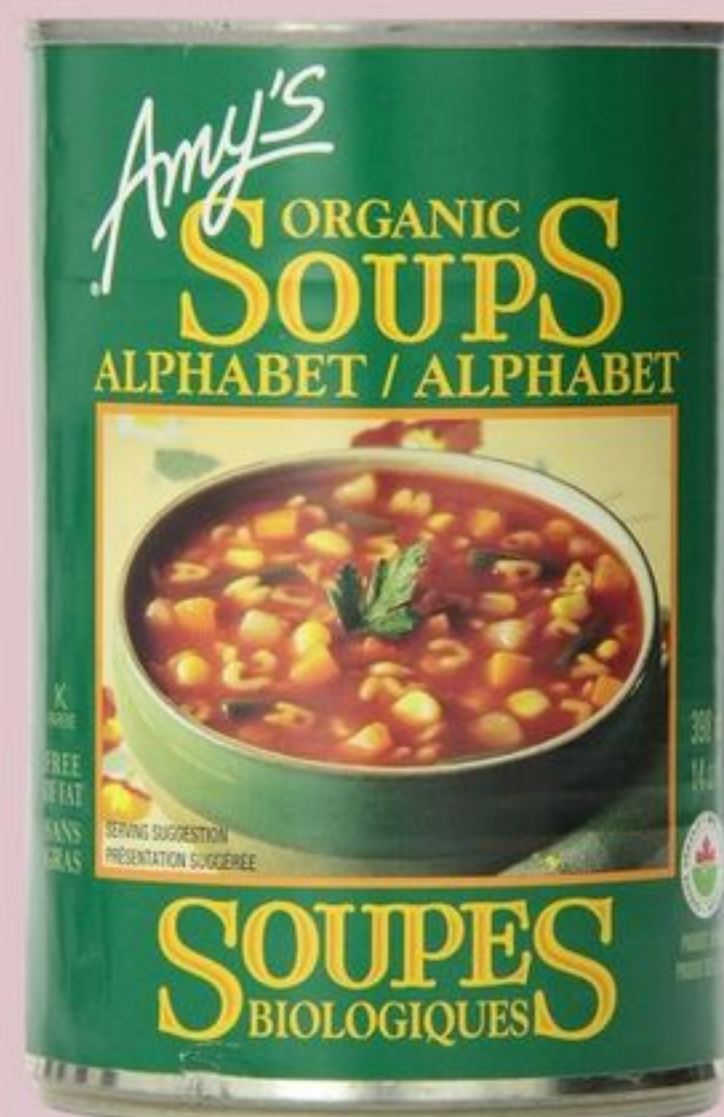
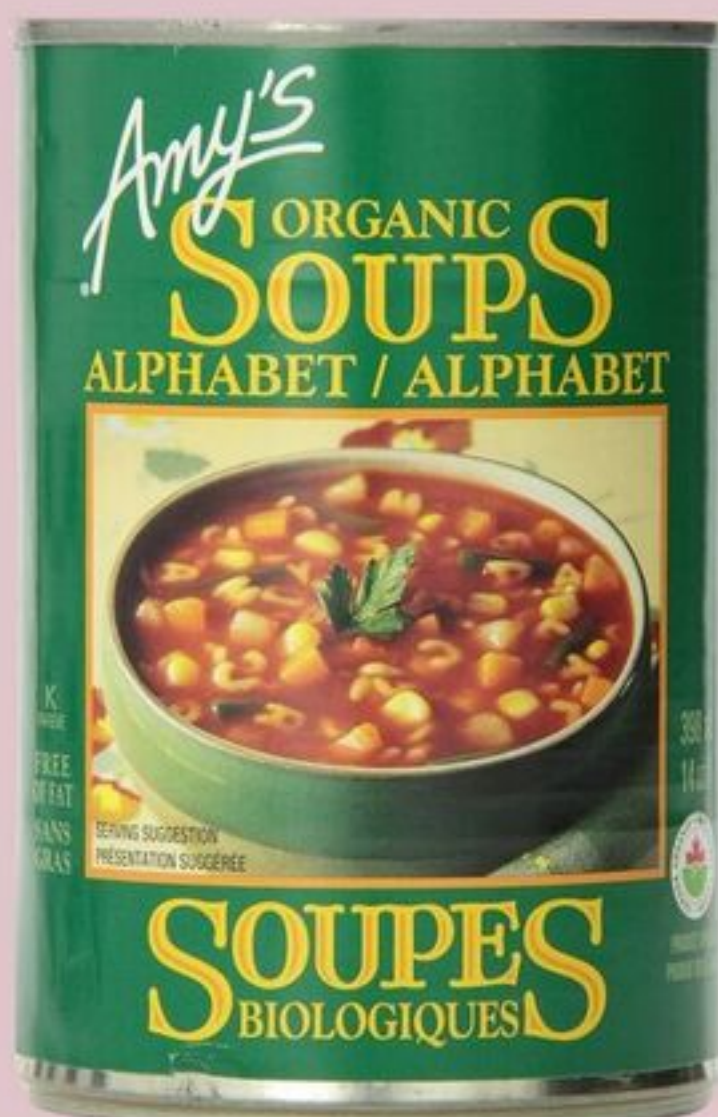
DAIRY
FREE

SUGAR
FREE

AMY'S KITCHEN

Org Alphabet Soup | 398 mL

Loyalty Saves An Extra
5% OFF



10% OFF

JOLT PERFORMANCE

Caffeinated Bar Hazelnut Truffle | 47 g

10% OFF

Loyalty Saves An Extra
5% OFF



HERBION

Sugar Free Orange Cough Loz | 18 Count

10% OFF

Loyalty Saves An Extra
5% OFF



HORNBY ORGANICS

Org Choc Chip Pb Energy Bar | 80 g

10% OFF

Loyalty Saves An Extra
5% OFF



GRUVI

Non Alcoholic Red Blend Wine
| 4x250 mL

10% OFF

Loyalty Saves An Extra
5% OFF

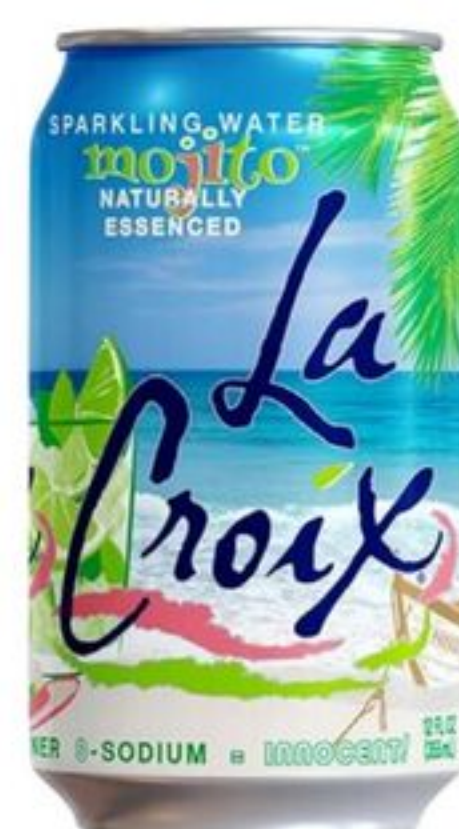


JUSTIN'S

Org Cashew Butter
Cups - Dark | 40 g

10% OFF

Loyalty Saves An Extra
5% OFF



LACROIX

Mojito Sparkling
Water | 355 mL

10% OFF

Loyalty Saves An Extra
5% OFF



LOUISIANA

Hot Sauce | 354 mL

10% OFF

Loyalty Saves An Extra
5% OFF



MAISON ORPHEE

Fine Grey Sea Salt |
250 g

10% OFF

Loyalty Saves An Extra
5% OFF



MARTY'S PICKLES

Original Dill Pickles -
Garlic

10% OFF

Loyalty Saves An Extra
5% OFF

LOYALTY MEMBERS SAVE AN EXTRA 5% ON IN STORE SALE PRICES DAILY! SIGN UP IN STORE TODAY!

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What Are Probiotics, Really?

You've heard the word *probiotics*—but what are they actually?

Probiotics are live
beneficial bacteria that
support a healthy gut



Your gut is home to
trillions of microorganisms
known as your microbiome



Microbiome disruption can
lead to inflammation and
contribute to chronic
inflammatory diseases



It also plays a key part in
your immune system,
housing over half of its cells

Your gut makes
neurotransmitters like
serotonin and dopamine that
affect mood



Probiotic supplements add to
your existing supply of
friendly microbes.



Good Groceries

Healthy Items for Every Shopper!

GLUTEN
FREE

PLANT
BASED

KETO

DAIRY
FREE

SUGAR
FREE

ARVINDA'S

Butter Chicken Masala | 70 g



Loyalty Saves An Extra
5% OFF

10% OFF

MID-DAY SQUARES

Peanut Butta Squares | 33 g

10% OFF

Loyalty Saves An Extra
5% OFF



MORI-NU

Firm Tofu | 349 g

10% OFF

Loyalty Saves An Extra
5% OFF



NAIRN'S

Org Oat Crackers | 250 g

10% OFF

Loyalty Saves An Extra
5% OFF



NATURAL ONE

Natural One Juice - Orange | 1.5 L

10% OFF

Loyalty Saves An Extra
5% OFF



NOLA BAKING

Chocolate Power Pancakes | 400 g

10% OFF

Loyalty Saves An Extra
5% OFF



ODD BURGER

Smash Burger | 280 g

10% OFF

Loyalty Saves An Extra
5% OFF



ONTARIEAU

Sparkling Water - Lemon Ginger | 355 mL

10% OFF

Loyalty Saves An Extra
5% OFF



PERFECT CHEF

Org Butternut Squash Sauce Mild | 740 mL

10% OFF

Loyalty Saves An Extra
5% OFF



PLANET BEAN

Chatty Matty | 340 g

10% OFF

Loyalty Saves An Extra
5% OFF



SAPSUCKER

Sparkling Grapefruit | 355 mL

10% OFF

Loyalty Saves An Extra
5% OFF



ST. DALFOUR

Deluxe Strawberry Spread | 225 mL

15% OFF

Loyalty Saves An Extra
5% OFF



BOMBAY DINE

Org Chick Peas | 540 mL

10% OFF

Loyalty Saves An Extra
5% OFF



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Good Groceries

Healthy Items for Every Shopper!

GLUTEN
FREE

PLANT
BASED

KETO

DAIRY
FREE

SUGAR
FREE

BRAGG

Org Apple Cider
Vinegar | 946 mL

10% OFF

Loyalty Saves An Extra
5% OFF



**CELESTIAL
SEASONINGS**

Bengal Spice Tea | 20 Count

10% OFF

Loyalty Saves An Extra
5% OFF



COOL & SIMPLE

French Fries Cooked W/ Duck Fat | 500 g

10% OFF

Loyalty Saves An Extra
5% OFF



FARM GIRL

Honey O's Cereal | 280 g

10% OFF

Loyalty Saves An Extra
5% OFF



GIMME

Rstd Seaweed Snacks - Sea Salt | 6x5 g

10% OFF

Loyalty Saves An Extra
5% OFF



GOLDY'S

Oatmeal - Banana Sunrise | 6x35 g

15% OFF

Loyalty Saves An Extra
5% OFF



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Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

NATURAL FACTORS

Herbal Supplements - Selected Varieties

20% OFF

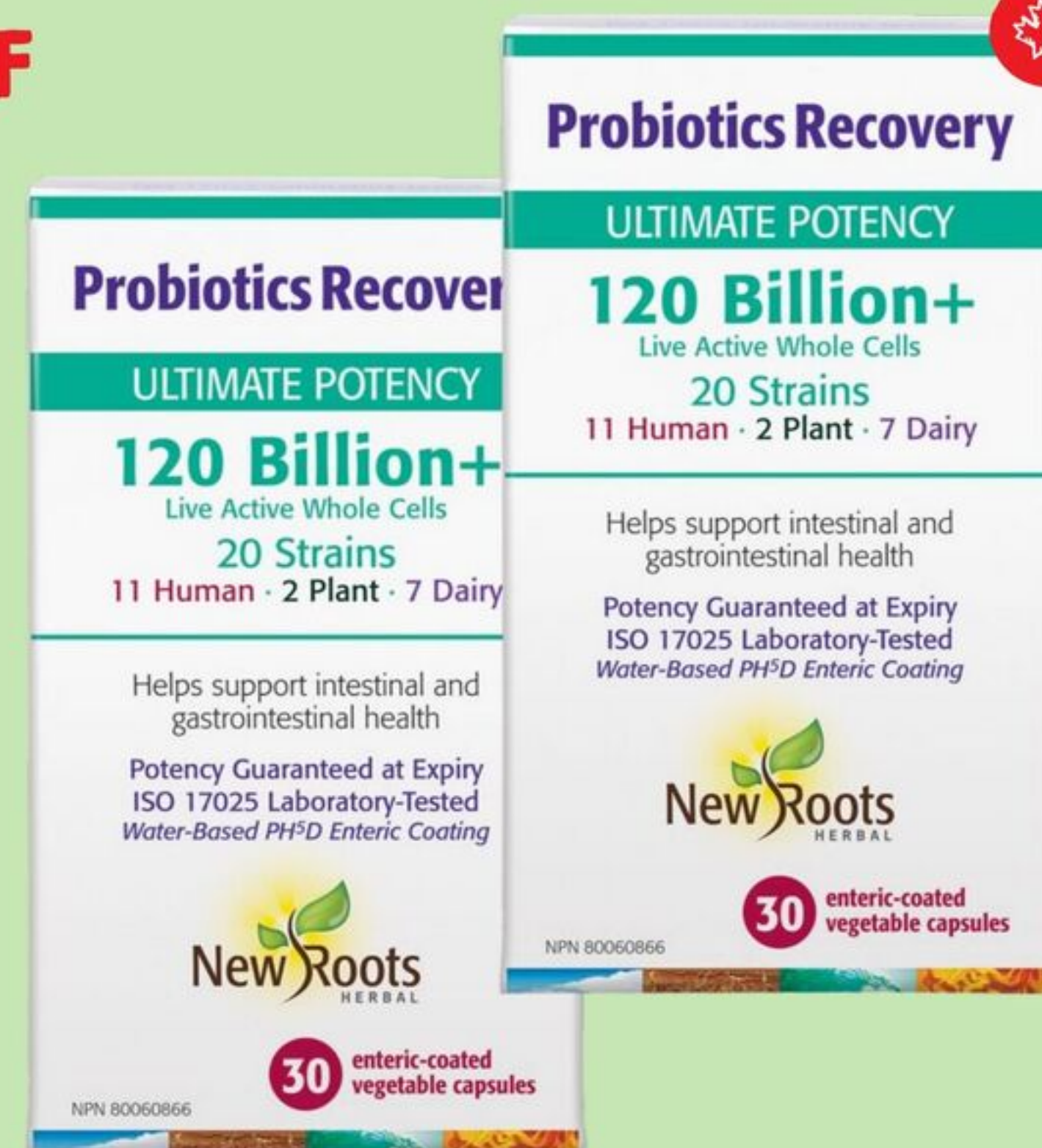


Loyalty Saves An Extra
5% OFF

NEW ROOTS HERBAL

Refrigerated Probiotics - Selected Varieties

15% OFF



Loyalty Saves An Extra
5% OFF

FLORA

Flax Oil | 941 mL

15% OFF



Loyalty Saves An Extra
5% OFF



**One mineral,
800 functions.**

Loyalty Saves An Extra
5% OFF



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WELLNESS IN EVERY DOSE



Empowered by
experts in Ayurveda
and wellness.

HIGH QUALITY • PLANT-BASED • EFFECTIVE

NEOCELL[®]

Shine Your Way

Collagen support for healthy looking hair, skin, & nails.

Learn more at neocell-collagen.ca.

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Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

ORGANIKA
Sports Nutrition -
Selected Varieties

10% OFF

Loyalty Saves An Extra
5% OFF



HONIBE
Kids Immune Support - Entire Line

15% OFF

Loyalty Saves An Extra
5% OFF



ST. FRANCIS
Herbal Supplements - Selected Varieties
20% OFF

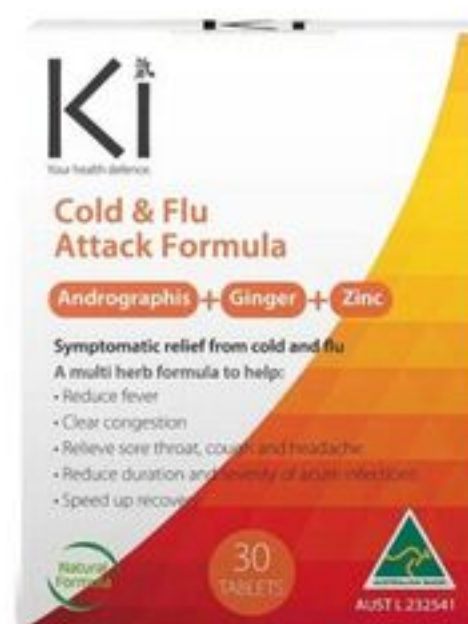
Loyalty Saves An Extra
5% OFF



KI
Homeopathic & Herbal Supplements
- Selected Varieties

10% OFF

Loyalty Saves An Extra
5% OFF



SCHUESSLER
Tissue Salts -
Selected Varieties

10% OFF

Loyalty Saves An Extra
5% OFF



PURE-LE NATURAL
Psyllium Husks Whole | 400 g

15% OFF



Loyalty Saves An Extra
5% OFF

INTIMAE
Women's Health
Support - Entire Line

10% OFF

Loyalty Saves An Extra
5% OFF



OM MUSHROOM
Mushrooms Supplements
- Entire Line

15% OFF

Loyalty Saves An Extra
5% OFF



ORGANIC TRADITIONS
Superfoods -
Selected Varieties
10% OFF

Loyalty Saves An Extra
5% OFF



SARAL HERBS
Ayurvedic Supplements
- Entire Line

10% OFF

Loyalty Saves An Extra
5% OFF



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Home, Life AND Clean Beauty

WILDCRAFT

Natural Skincare - Entire Line

15% OFF



Loyalty Saves An Extra
5% OFF

IF YOU CARE - ENVIRO FRIENDLY

Environmentally Friendly Kitchen Supplies - Entire Line

10% OFF



Loyalty Saves An Extra
5% OFF

CANADIAN GRACE

Organic Skin Oils - Entire Line

10% OFF



Loyalty Saves An Extra
5% OFF

MAMAS LIFE PRODUCTS

Natural Body Care - Entire Line

10% OFF



Loyalty Saves An Extra
5% OFF

MARLOW

Org Cotton Tampons - Entire Line

10% OFF



Loyalty Saves An Extra
5% OFF

WAX + FIRE

Soy Wax Candles - Entire Line

10% OFF



Loyalty Saves An Extra
5% OFF

Loyalty Saves An Extra
5% OFF

THURSDAY PLANTATION

Tea Tree Skincare - Entire Line

10% OFF



Loyalty Saves An Extra
5% OFF

REVOL CARES

Menstrual Care - Entire Line

10% OFF



Loyalty Saves An Extra
5% OFF

EARTH MAMA

Mom & Baby Care - Entire Line

20% OFF



Loyalty Saves An Extra
5% OFF

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We're More Than a Store...

We're Your Wellness Destination!

Who We Are & What We Do

At Goodness Me! Natural Food Market, we are here to inspire your healthiest life. We're your one-stop shop for all things healthy and natural. We offer a selection of organic and natural groceries, local dairy products, high-quality natural supplements, and a range of healthy lifestyle products.



Proudly A Canadian Business



SHOP ONLINE
goodnessme.ca

*Product availability varies by store.
See availability by store at goodnessme.ca*

Find Classes and Workshops

Education is at the core of what we do, which is why we offer a variety of workshops and classes for you to discover and enjoy. Scan the code below or go to goodnessme.ca/learning

Register Now!



Where To Find Us

Hamilton Mountain

1000 Upper Gage Ave.

Hamilton West

176 Locke St. S.

Burlington

2300 Fairview St.

Waterdown

74 Hamilton St. N.

Brantford

605 West St.

Waterloo

668 Erb St. W.

Guelph

36 Wellington St. W.

London

1735 Richmond S.

Barrie

79 Park Place Blvd.