



The Vitality Shift

Organic Produce



ORGANIC
CABBAGE - GREEN
\$1.29 /lb

ORGANIC
ONIONS - YELLOW
\$0.99 /lb



ORGANIC
BROCCOLI
\$4.49 ea



ORGANIC
KALE - BLACK & GREEN
2 for \$5



Org Chicken Maple
Breakfast Patty | 630 g
\$13.99/ea



springhills

Arctic Char
\$17.99/lb



Flyer Valid March 4 - March 10, 2026 · 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

LIFEWATCHERS

Join Lifewatchers, our 8-week journey to a happier and fuller life through food and nutrition.

ENJOY A
FREE
PRODUCT
EVERY WEEK
OVER \$200 IN VALUE

Here's What You Can Expect:

Less Pain, Less Inflammation:

Experience meaningful relief from joint and muscle discomfort as simple, nourishing changes help calm inflammation throughout the body.

A Noticeable Lift in Energy:

One of the first benefits people report is a clear, consistent increase in energy, often within the first weeks.

Cravings Fade Naturally:

With balanced, satisfying meals, cravings diminish on their own. No dieting, no willpower, just a healthier metabolism at work.

Brighter Mood & Better Stress Response:

Feel more grounded, positive, and resilient, even on busy days. Many find their mood improves naturally as their body is better supported.

What Past Lifewatchers Students Are Saying:

“

"Since taking Lifewatchers, I don't sit at home and miss out on life, family, and friends. I'm the one calling and making plans, having fun, and finally enjoying life!"

- Cheryl M.

”

“

"At first I thought I knew what I needed to do, but I soon learned that I had a limited knowledge. Lifewatchers has made me realize that healthy eating can be delicious, and all things can be enjoyed! I actually feel excited at the prospect of continuing with my new knowledge."

- Megan B.

”

“

"I thought I had a working knowledge about nutrition. Not so! The information I received was truly life changing. I am now converting my family and friends. Our instructor was absolutely amazing."

- Greg P.

”

CLASSES START MARCH 31, 2026
GUELPH • LONDON • WATERLOO • BURLINGTON
WATERDOWN • UPPER GAGE • ONLINE

REGISTER NOW

goodnessme.ca/learning



Organic Produce



**ORGANIC
LETTUCE - ROMAINE HEARTS**
\$5.99 ea

**ORGANIC
APPLES - FUJI | 3 LBS**
\$6.99 ea



**ORGANIC
DICED BUTTERNUT
SQUASH AND YAMS**
- 400 g
\$5.39 or 2/\$10



**ORGANIC
STRAWBERRY | 1LB**
\$3.99 or 2/\$6

**ORGANIC
KIWI | 1LB**
\$5.99 ea



**ORGANIC
ORANGES - CARA CARAS**
\$2.99 /lb



duBreton

Org Ground Pork -
85% Lean | 454 g

\$9.99/ea



springhills

Pickerel Burgers -
Unseasoned | 454 g

\$18.99/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

Greek Orzo Pasta Salad

On Sale For

\$9.49



Salmon Salad Wrap

On Sale For

\$10.99



Morning Glory Muffin

On Sale For

\$3.49



Weth Mushrooms Inc. is a family-run Ontario mushroom farm producing premium organic mushrooms, grown year-round, in a controlled indoor environment. With in-house cultivation from culture to harvest, hand-picked quality standards, and a low-impact growing approach, the farm focuses on local, sustainable production and consistently fresh products.



100% Ontario Grown Organic Exotic Mushrooms

Powdered
Organic
Mushrooms

1 tablespoon
=
¼ pound fresh



Fresh from the Fridge or Freezer



Delicious Dairy



ROLLING MEADOW
Greek Yogurt 2% | 500 g

10% OFF

Loyalty Saves An Extra
5% OFF



RIPPLE
Unswt Original Plant Based Milk | 1.42 L
10% OFF

Loyalty Saves An Extra
5% OFF

SIMPLA
Coconut Yogurt - Original | 450 g
10% OFF



Loyalty Saves An Extra
5% OFF



L'ANCETRE
Org Ex Sharp Chedd
Cheese Unpast | 325 g
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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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

BARBARA'S BAKERY

Cinnamon Puffins Cereal | 285 g



Loyalty Saves An Extra
5% OFF

10% OFF

GREEN SUN FOODS

Pineapple Dipped 70% Dark Choc | 91 g



Loyalty Saves An Extra
5% OFF

10% OFF



HARDBITE

Avocado Oil Chip Blk Sea Salt | 128 g



Loyalty Saves An Extra
5% OFF

10% OFF

LE PAIN DES FLEURS

Multi-Grain Glut Free Crispbrd | 150 g



Loyalty Saves An Extra
5% OFF

10% OFF



LEVEL GROUND TRADING LTD.

Peru Medium & Smooth - Ground | 300 g

Loyalty Saves An Extra
5% OFF

10% OFF

LOVE GOOD FATS

Protein Chocolate Caramel Bar | 4x55 g



Loyalty Saves An Extra
5% OFF

10% OFF



MEZZETTA
Pasta Sauce -
Marinara | 709 mL

10% OFF

Loyalty Saves An Extra
5% OFF



MUIR GLEN
Diced Fire Roasted |
796 mL

10% OFF

Loyalty Saves An Extra
5% OFF



NATIVE
Freeze Dried Coffee
| 90 g

10% OFF

Loyalty Saves An Extra
5% OFF



NOOCH POP
Kinda Cheesy
Popcorn | 120 g

15% 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

SOYKEI

High Protein Extra Firm Tofu | 350 g

10% OFF



Loyalty Saves An Extra
5% OFF

NUTIVA

Virgin Coconut Oil | 1.6 L

15% OFF



Loyalty Saves An Extra
5% OFF

BOB'S RED MILL
Almond Flour | 453 g

10% OFF



Loyalty Saves An Extra
5% OFF

NUTS TO YOU NUT BUTTER INC

Org Peanut Butter
Crunchy | 750 g

10% OFF



Loyalty Saves An Extra
5% OFF

OG GHEE

Herb and Garlic Infused Ghee | 210 g

10% OFF



Loyalty Saves An Extra
5% OFF

PACIFIC FOODS

Org Cashew Carrot
Ginger Soup | 1 L

15% OFF



Loyalty Saves An Extra
5% OFF

SPLENDOR GARDEN

Org Garlic Powder | 45 g

20% OFF



Loyalty Saves An Extra
5% OFF

TILI

Super Greens Juice Mixed Berry
| 4x200 mL

15% OFF



Loyalty Saves An Extra
5% OFF

REAL SWEETS

Pie - Cherry | 1.1 kg

15% OFF



Loyalty Saves An Extra
5% OFF

SPRINGHILLS FISH

Smoked Trout Dip - Sriracha Chdr | 225 g

10% OFF



Loyalty Saves An Extra
5% OFF

YORKSHIRE VALLEY

Organic Chicken Noodle Soup | 398 mL

20% OFF



Loyalty Saves An Extra
5% OFF

SPLENDOR GARDEN

Org GF Quick Rolled Oats | 500 g

20% OFF

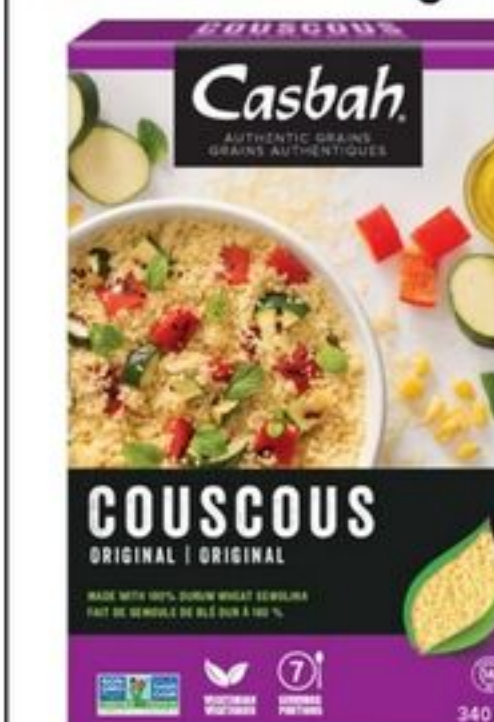


Loyalty Saves An Extra
5% OFF

CASBAH

Couscous - Original | 340 g

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

CLIF

Chocolate Mint Builders Bar | 68 g



Loyalty Saves An Extra
5% OFF

10% OFF

CRUNCHMASTER

Original Multi-seed | 125 g

10% OFF



Loyalty Saves An Extra
5% OFF

CUISINE L'ANGELIQUE

Org Angel Food Cake Mix Gf | 315 g

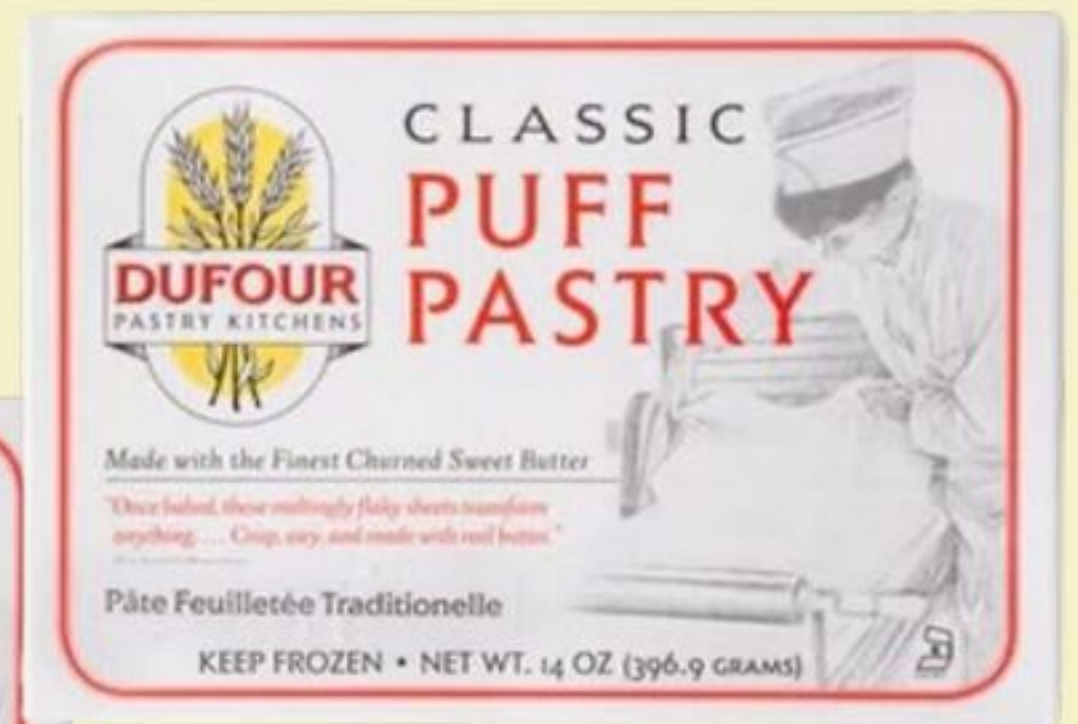
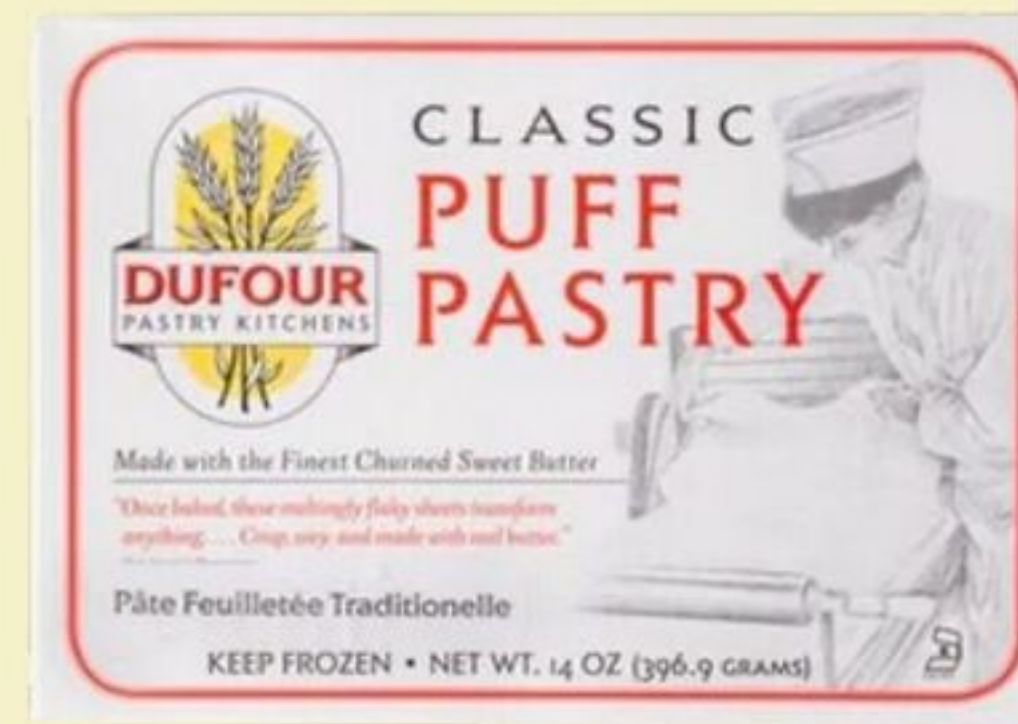


Loyalty Saves An Extra
5% OFF

20% OFF

DUFOUR

Puff Pastry - Classic All Butter | 397 g



Loyalty Saves An Extra
5% OFF

10% OFF

FELICETTI

Org Spaghetti | 454 g



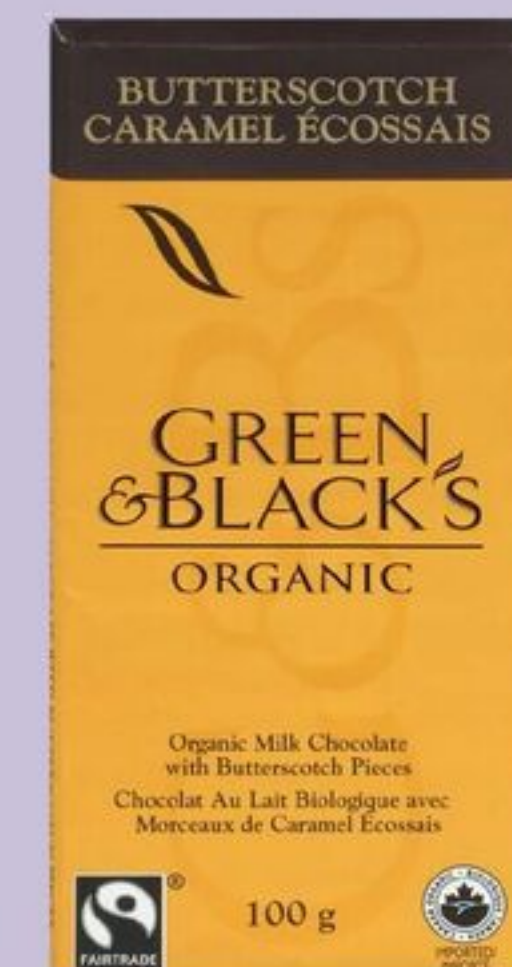
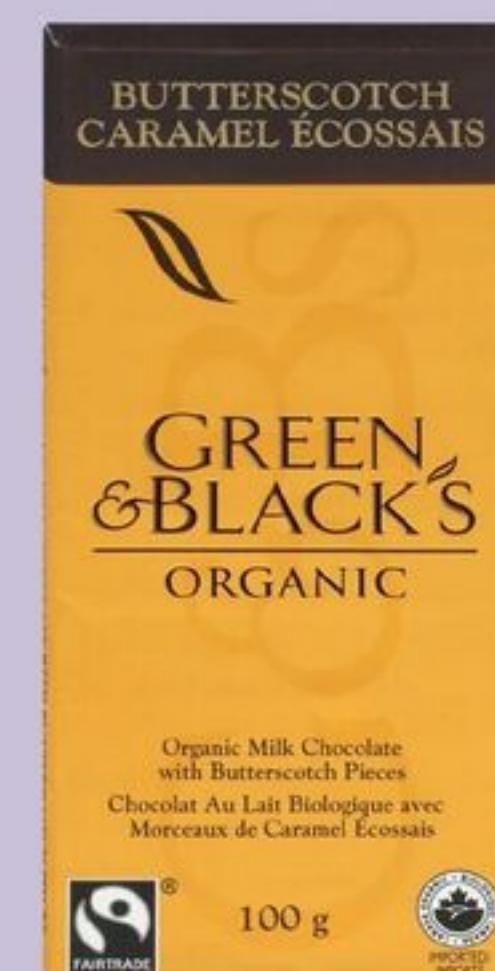
Loyalty Saves An Extra
5% OFF

20% OFF

GREEN & BLACK'S ORGANIC

Org Milk Chocolate Butterscotch | 90 g

Loyalty Saves An Extra
5% OFF



15% OFF

**ONLY
4 Ingredients!
or Less**

KAHA



PROTEIN WITH PURPOSE.

**Less is more. Less ingredients means more of the
ingredients you want, without the fillers.**

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

ECOIDEAS

Organic Moringa | 227g

20% OFF



Loyalty Saves An Extra
5% OFF

GANDALF SPIRULINA

Hawaiian Spirulina Powder | 300g

15% OFF



Loyalty Saves An Extra
5% OFF

GENUINE HEALTH

Ferm Org Veg Proteins+ Van | 900g



Loyalty Saves An Extra
5% OFF

20% OFF

CANPREV

Collagen Full Spectrum | 500ml



Loyalty Saves An Extra
5% OFF

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a SPOONFUL A DAY
SO YOU CAN GO OUT
and PLAY



FRESHFIELD®

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday



METAGENICS INC
OmegaGenics EPA-DHA 1000 | 60 Softgels

10% OFF

Loyalty Saves An Extra
5% OFF



NEW CHAPTER
Every Woman's One Daily 55+ | 60 Tablets

15% OFF

Loyalty Saves An Extra
5% OFF

NATURAL FACTORS
Magnesium Bisglycinate Pure | 250 VCAPS

10% OFF



Loyalty Saves An Extra
5% OFF



NEW ROOTS HERBAL
Sterols & Sterolins | 120 SG

10% OFF

Loyalty Saves An Extra
5% OFF

NUTRAMELTZ
Vitamin B12 Max - 5000 mcg | 60 Tabs



10% OFF

Loyalty Saves An Extra
5% OFF



20% OFF

Loyalty Saves An Extra
5% OFF



PURICA
Lion's Mane Mushroom | 120 VCAPS

15% OFF

Loyalty Saves An Extra
5% OFF



SIERRASIL
Joint Formula | 180 CAPS

10% OFF

Loyalty Saves An Extra
5% OFF



EFAMOL
Evening Primrose Oil - Entire Line

10% OFF

Loyalty Saves An Extra
5% OFF



ATP
Supreme Beef Protein Chocolate | 850 g

10% OFF

Loyalty Saves An Extra
5% OFF

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Mineral Sunscreen for the Whole Family



Attitude
Sunly SPF 30 Face
- Unscented | 75 g
\$23.99



**SCENT
FREE**

Badger
SPF 40 Baby Clear Zinc
Sunscreen | 87 mL
\$27.99



GENTLE



**FAIR
TRADE**

Attitude
Sunly Lip Balm SPF 15
- Coconut | 8.5 g
\$8.99



Badger
Spf 50 Sport Sunscreen
Butter | 2.75 oz
\$37.99



**OCEAN
SAFE**

Badger
Spf 30 Kids Sunscreen
Lotion | 89 mL
\$34.99

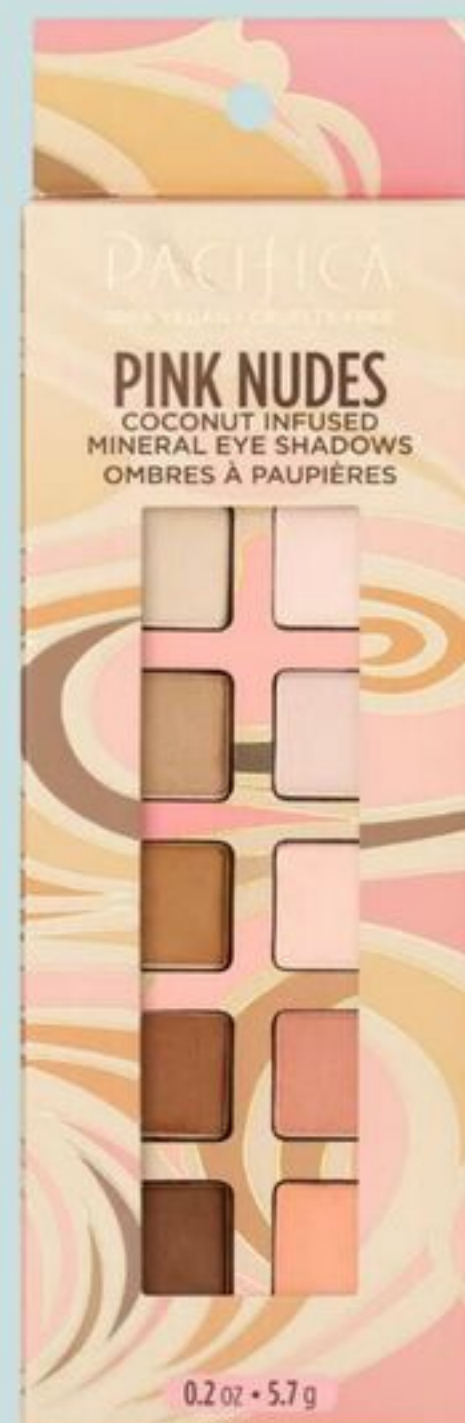
**March
Break
Essentials**

Badger
Aloe Vera Gel | 118 mL
\$12.99

Home, Life AND Clean Beauty

PACIFICA

Beauty Products- Entire Line



Loyalty Saves An Extra
5% OFF

15% OFF

REZIP

Stand-up Reusable Bag Assorted | 5 PK

10% OFF



Loyalty Saves An Extra
5% OFF



TINTS OF NATURE
Hair Dye - Entire Line

20% OFF

Loyalty Saves An Extra
5% OFF



SCHMIDT'S DEODORANT
Natural Deodorant - Entire Line

10% OFF

Loyalty Saves An Extra
5% OFF



LILA LOVES ORGANICS INC.
Kids Minis - Cotton Candy | 240 G

10% OFF

Loyalty Saves An Extra
5% OFF



ASPENCLEAN
Natural Cleaning Supplies - Entire Line

10% OFF

Loyalty Saves An Extra
5% OFF

Loyalty Saves An Extra
5% OFF



RADIUS
Toothbrush - Source Soft | 1 Unit

10% OFF

Loyalty Saves An Extra
5% OFF

DECODE
Bar - Citrus Vetiver | 148 g

10% OFF



Loyalty Saves An Extra
5% OFF



NATRACARE
Personal Hygiene - Entire Line

10% 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.

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176 Locke St. S.

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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.