

COMMUNITY NATURAL FOODS

NOURISHING OUR COMMUNITY SINCE 1977



MARCH 5 - APRIL 1, 2026

DEAL OF THE WEEK

Organic Asparagus

\$5.99 /LB /13.21/KG

EARN 10% BONUS CASH

MARCH 19 - 25

MADE GOOD
Organic Crunchy Granola Squares
150G

B CORP

15% OFF



TRADITIONAL MEDICINALS
Organic Herbal Teas
16CT

SAVE \$0.70

\$6.29

B CORP



Organic Fair Trade Brussel Sprouts

FAIRTRADE

MARCH 19 - 25



\$5.99 /LB /13.21/KG

PRAIRIE NATURALS
Nutritional Supplements
ASSORTED VARIETIES

CANADIAN

15% OFF



SUSTAINABLE

NORTHSEA FISH
Frozen Blue Mussels

1LB
MARCH 19 - 25

\$7.49



regenerife
Rejuvenate your life!

40% OFF ALL REGENERIFE PRODUCTS

MARCH 21, 2026

AVAILABLE IN-STORE AND ONLINE



Over **1500** Items on Sale Monthly

SHOP HERE

WEEKLY FRESH DEALS!

Veggie Loaded Lentil & Bean Chili

[RECIPE HERE](#)



MARCH 19 – 25, 2026

Organic Lemons
2LB BAG



\$5.99 EACH

Organic Cosmic Crisp Apples
2LB BAG



\$7.99 EACH

EARN 10% BONUS CASH

Organic Fair Trade Brussel Sprouts

FAIRTRADE



\$5.99 /LB 13.21/KG

Organic Celery



\$2.99 /LB 6.59/KG

EARN 10% BONUS CASH

Organic Black Kale



\$2.99 EACH

EARN 10% BONUS CASH

Organic AB Yellow Onions
3LB BAG

Organic FARM DIRECT



\$4.99 EACH

Over 1500 Items on Sale Monthly

SHOP HERE

WEEKLY FRESH DEALS!

TREE ISLAND
Greek & Fruit
Yogurt
350G

GRASS FED

10%
OFF

EARN
5%
BONUS
CASH



HAPPY BELLY
Locally Crafted
Kombucha
355ML

10%
OFF

EARN
5%
BONUS
CASH



TASTE REPUBLIC
Fresh Gluten
Free Pasta
225-340G

* GLUTEN *
FREE

10%
OFF

EARN
10%
BONUS
CASH



TOP GRASS CATTLE CO.
Frozen Grass Fed
Beef Sausages
280-320G



15%
OFF



EARTH'S OWN
Plant Based
Milk & Creamer
946ML & 1.75L

VEGAN

15%
OFF



ROSSDOWN
Fresh Ground Turkey
454G

RWA

15%
OFF



BIG MOUNTAIN FOODS
Soy Free Tofu &
Select Products
280-400G

CANADIAN

15%
OFF



WELL JUICERY
Cold Pressed
Juice,
Hydrator &
Elixirs
60ML-333ML



25%
OFF



SUNWORKS FARM
Turkey,
Chicken &
Beef Bone
Broth
750ML

ORGANIC

25%
OFF



Over 1500 Items on Sale Monthly

SHOP
HERE

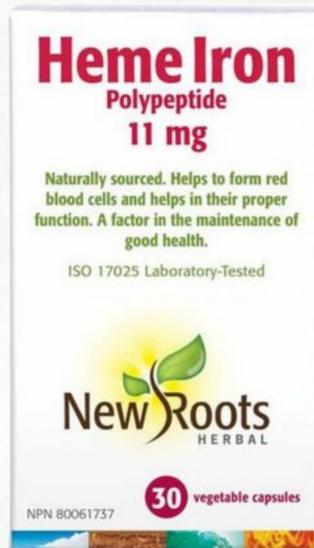
WEEKLY FRESH DEALS!

Fresh

NEW ROOTS
**Heme Iron -
11 mg**
30VCAP



**15%
OFF**



IRON VEGAN
**Sprouted
Protein -
Vanilla**
ENTIRE LINE ON SALE



**15%
OFF**



SMART SOLUTIONS
EstroSmart
ENTIRE LINE ON SALE



**10%
OFF** + **EARN
5%
BONUS
CASH**



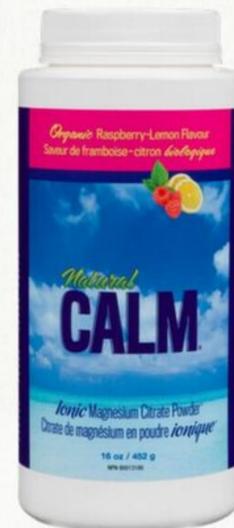
CARLSON
**Omega 3
Supplements**
ASSORTED VARIETIES

**10%
OFF**



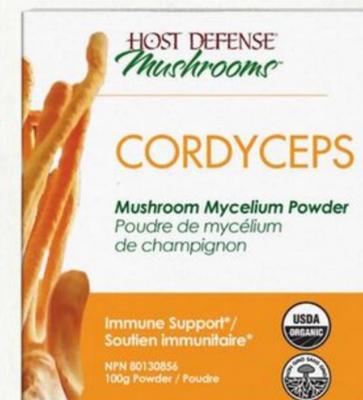
NATURAL CALM
**Magnesium
Citrate Powder**
ASSORTED VARIETIES

**EARN
15%
BONUS
CASH**



HOST DEFENSE
**Medicinal
Mushrooms**
ASSORTED

**15%
OFF**



PAW PLUS
**Freeze-Dried
Pet Treats**
ASSORTED VARIETIES



**10%
OFF** + **EARN
5%
BONUS
CASH**



LILY OF THE DESERT
**Aloe Vera
Products**
ASSORTED

**EARN
15%
BONUS
CASH**



SANTEVIA
**At Home
Filtration**
ASSORTED PRODUCTS



**EARN
10%
BONUS
CASH**



Health & Body Care

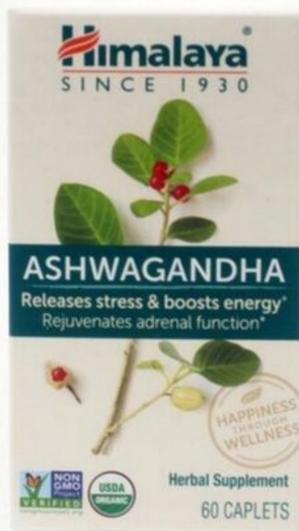
Over **1500** Items on Sale Monthly

**SHOP
HERE**

WEEKLY FRESH DEALS!

Health & Body Care

HIMALAYA
Nutritional
Supplements
ASSORTED VARIETIES



15%
OFF

PURICA
Nutritional
Supplements
ASSORTED VARIETIES



CANADIAN
EARN
15%
BONUS
CASH

CANPREV
Nutritional
Supplements
SELECT PRODUCTS



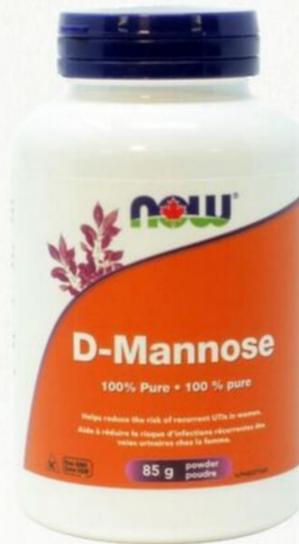
CANADIAN
15%
OFF

PRAIRIE NATURALS
Nutritional
Supplements
ASSORTED VARIETIES



CANADIAN
15%
OFF

NOW
Nutritional
Supplements
ASSORTED VARIETIES



15%
OFF

PROGRESSIVE
Whey Protein
ASSORTED VARIETIES



CANADIAN
10%
OFF + EARN
5%
BONUS
CASH

Women's
Health Essentials
WomenSense® – the Trusted Choice
of Health Professionals™

DISCOUNT
15%



FLYER DATES: MARCH 5-APRIL 1, 2026

Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Roasted
Buckwheat Kasha**



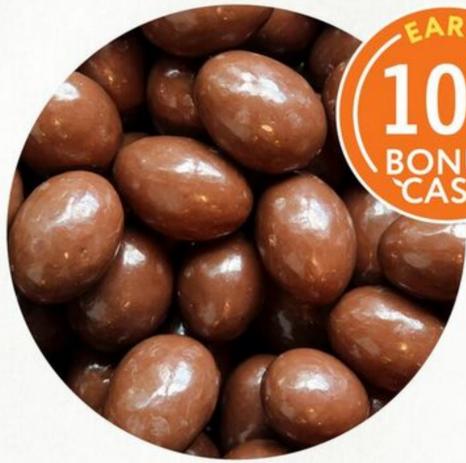
EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Hard
Red Wheat**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Ultimate
Nut Mix**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Chocolate
Almonds**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Vegan
Jelly Beans**



EARN
10%
BONUS
CASH

COMMUNITY NATURALS
**Organic Unbleached
White Flour**

AVALON™

A LOCAL TRADITION SINCE 1906

**\$1
OFF**

**ORGANIC WHOLE MILK PROBIOTIC
1.75KG YOGURT**

HERE FOR THE CULTURE: THE YOGURT CULTURE



MARCH IN-STORE FEATURE

MARCH 4 - APRIL 1, 2026

Over **1500** Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

EXPLORE NEW!

UP UP
Ethically Sourced
Chocolate Bars
120G

B CORP



15% OFF

BELAZU
Olive Oils,
Vinegars &
Condiments
ASSORTED SIZES

B CORP



10% OFF

EARN 5% BONUS CASH

MADE GOOD
Organic Crunchy
Granola Squares
150G

B CORP



15% OFF

SIMPLY PROTEIN
Fiesta
Protein
Tortilla
Chips
130G

B CORP



15% OFF

TURTLE ISLAND COFFEE
Single-Origin
Roasted Coffee
Beans
340G

CANADIAN



SAVE \$3.00

\$22.99

YO MAMA'S
Alfredo
Sauces
473ML



EARN 15% BONUS CASH

LIVING ALCHEMY
Liver Health+
60CAPS



15% OFF

ORGANIKA
Creatine
Gummies
90CT

CANADIAN



15% OFF

SUNWORKS FARM
Organic
Bone Broth
750ML

LOVE LOCAL



25% OFF

New Products

Over 1500 Items on Sale Monthly

SHOP HERE

WEEKLY FRESH DEALS!

TRENDING NOW!

RIGHTEOUS GELATO
Gelato & Sorbetto
473ML

SAVE \$1.00

\$8⁹⁹



AMY'S
Soups & Frozen Foods
ASSORTED SIZES

10% OFF

EARN 10% BONUS CASH



TRADITIONAL MEDICINALS
Organic Herbal Teas
16CT

SAVE \$0.70

\$6²⁹



BIOITALIA
Pasta & Sauce
SELECT PRODUCTS

10% OFF

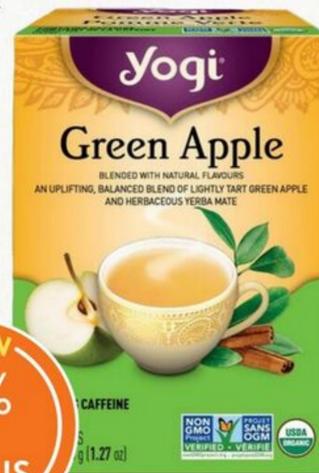
EARN 10% BONUS CASH



YOGI TEA
Green Apple
Yerba Mate
Tea & Others
16CT

10% OFF

EARN 5% BONUS CASH



CAWSTON PRESS
Sparkling Fruit
Beverages
330ML

SAVE \$0.70

\$3⁷⁹



NATURAL FACTORS
Magnesium
Bisglycinate
200mg
250VCAP

EARN \$5 BONUS CASH



GREENHOUSE JUICE
Fiery Shot Box
1.26L

SAVE \$5.00

\$27⁹⁹



NEW CHAPTER
Bone Strength
120TAB

EARN 15% BONUS CASH



B Corp Certified

Over 1500 Items on Sale Monthly

SHOP HERE

WEEKLY FRESH DEALS!

MARCH EVENTS



Wired for Survival: The Brain's Response to Emotional Trauma

📅 March 10th, 7-8pm

📍 Webinar

Join Dr. Amy Morrison, ND explore how the brain is biologically wired to protect us in the face of emotional threat, and how these same survival mechanisms can become maladaptive over time.



Rest & Reset: How Sleep and Stress Shape Your Health

📅 March 19th, 7-8pm

📍 Webinar

If you're feeling constantly stressed, wired and tired, or struggling to get good quality sleep, you're not alone. Come join our Nutritionist, Natasha Paroutis, as she deep dives into the sleep-stress connection and shares practical lifestyle strategies, nourishing food tips, and evidence-based nutrition supplements that support relaxation and restorative sleep.



The Food-Dee's Greek Taverna Cooking Class

📅 March 24th, 6-7pm

📍 Seton Market, Calgary

Join Allan Hussey (The Food-Dee) for a Greek cooking session. You will learn how to make next-level tzatziki and Santorini tomato fritters, with tricks that make them taste like you're sitting at a taverna overlooking the ocean. For tzatziki, you'll learn how to keep it thick, garlicky, and bright (no watery dip), and for the fritters, how to get them crispy on the outside, soft inside, and packed with sweet tomato-herb flavor. There will be a book signing for the cookbook *The Food-Dee Odyssey: Totally Greek*.



Easter Craft for Kids

📅 March 29th, 11-11:45am

📍 Crowfoot Market, Calgary

Come down create a Bunny out of Egg cartons, while mom and dad shop. We provide the materials, you provide the kids!!! This event is suited for children 5-10 yrs.



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



COMMUNITY NATURALS
Organic Chocolate Almonds



Cafe Juices

16OZ BUY 5, GET 6TH FOR FREE ON NEXT VISIT.
MARCH 19 – APRIL 1



STAMP CARD

NATURAL FACTORS
Vitamin D3 2500IU

500S GEL
BUY 3, GET 4TH FREE ON NEXT VISIT.



STAMP CARD

CEREBELLY
Purées & Smart Bars

ASSORTED SIZES



CLIPPED OFFER

Organic Assorted Herb Clamshells

EACH
MARCH 19 – APRIL 1



CLIPPED OFFER

FLOW
Naturally Alkaline Spring Water

1L



CLIPPED OFFER



Featured App Exclusives

Over **1500** Items on Sale Monthly

SHOP HERE

WEEKLY FRESH DEALS!



Metagenics®

Science you can feel

15% OFF*



Trusted by Practitioners for over 40 years



Formulated with clinically-proven ingredients that address root causes



60 & 120

UltraFlora® Balance Probiotic

- Daily probiotic to support gut health
- Contributes to natural healthy gut flora
- Long lasting support



Magnesium Glycinate

- Muscle health and proper muscle function
- Supports healthy tissue formation



60 & 120

PhytoMulti™ Multivitamin

- Supports cellular health through antioxidant protection
- 13 concentrated plant extracts and nutrients



OmegaGenics® Fish Oil EPA-DHA 1000

- Omega-3 support for heart and mind
- Promotes healthy mood balance
- Pure & Sustainably Sourced Fish Oil



Berberine GT

- Healthy glucose & lipid metabolism support
- Supports healthy cholesterol & triglyceride levels



* #1 Doctor Recommended Professional Supplement Brand* Disclaimer: Based on 2024 study data from independent US survey showing which professional supplement brands are most recommended or sold by health care professionals. Professional grade supplements are those typically sold through HCPs.

OLÜNATURALS

Pure Liquid Monk Fruit

Natural Sugar Alternative

No added: water, sugar alcohols (erythritol), stevia

Sugar Free
(Diabetic & Keto Friendly)

150 Servings Per Bottle

Zero Calorie

ALSO AVAILABLE IN

FRENCH VANILLA



f @sweetmonk

ig @sweet.monk



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.