

COMMUNITY NATURAL FOODS

NOURISHING OUR COMMUNITY SINCE 1977

APRIL 2 – 29, 2026



DEAL OF THE WEEK

NOW Alternative Sweeteners ASSORTED SIZES

15% OFF + **EARN 15% BONUS CASH**

APRIL 9 – 15

CHOCXO Dubai-Style Chocolate Pistachio Cups
98G



EARN 15% BONUS CASH

STAHLBUSH Frozen Fruits & Vegetables
ASSORTED SIZES



15% OFF

Organic Butternut Squash
APRIL 9 – 15



99¢ /LB (2.18/KG) + **EARN 10% BONUS CASH**

CANPREV Nutritional Supplements
ASSORTED VARIETIES



CANADIAN
15% OFF



SUNWORKS FARM Bone Broth
750ML
APRIL 9 – 15
\$16²⁹



Over **1500** Items on Sale Monthly

SHOP HERE

WEEKLY FRESH DEALS!

Spring into Wellness

Play to Win **\$500** in Community Bonus Cash

DOWNLOAD THE APP TODAY

Log into the Community Natural Foods app between April 9th - 22nd daily, play the game for a chance to win one prize of \$500 in Community Bonus Cash redeemable at any Community Natural Foods location. One entry per member per day. Community Natural Foods App download and registration required. Visit communitynaturalfoods.com/policies for additional terms and conditions.

Warm Greens & Tomato Salad

[RECIPE HERE](#)



APRIL 9 - 15

Organic Bosc Pears

\$1.99
/LB
4.39/KG

+ EARN
20%
BONUS
CASH



Organic Avocado

\$1.99
EACH



Organic Celery

\$2.49
/LB
5.49/KG



Organic Butternut Squash

99¢
/LB
2.18/KG

+ EARN
10%
BONUS
CASH



Organic Green Kale

\$2.99
EACH

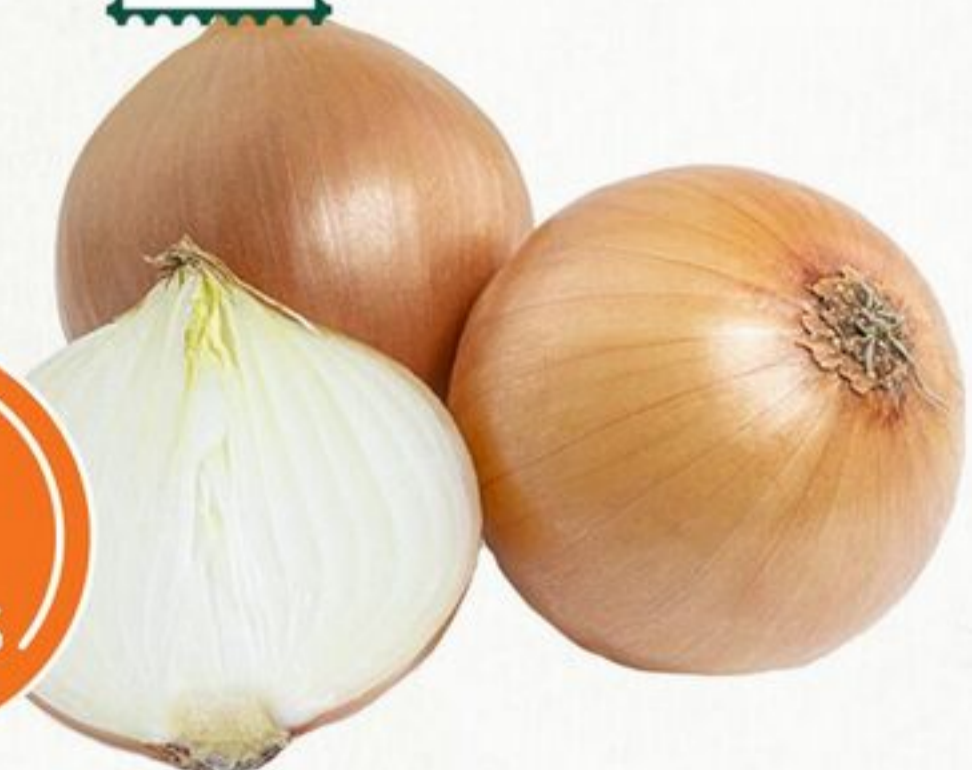


Organic AB Yellow Onions
3LB BAG



\$4.99
EACH

+ EARN
5%
BONUS
CASH



Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

TREE ISLAND
Cream Top Yogurt
 500G & 1.5 KG

GRASS FED



SUNWORKS FARM
Frozen Sausages
 EACH

ORGANIC



EAT LOVE
Coconut, Almond & Peanut Butter Cups
 51G

WOMEN OWNED



HAPPY BELLY
Prebiotic Sodas
 355ML

LOVE LOCAL



O'DOUGHS
Assorted Baked Goods
 51G-300G

* GLUTEN FREE



TOFURKY
Deli Slices & Roasts
 156G-737G

PLANT BASED



GT'S
Assorted Kombucha
 480ML

SAVE \$0.60

\$5.19



SALAD GIRL
Assorted Salad Dressing
 230G

CANADIAN



MCLEAN MEATS
Turkey Breakfast Strips
 250G

RWA



Over 1500 Items on Sale Monthly

SHOP HERE

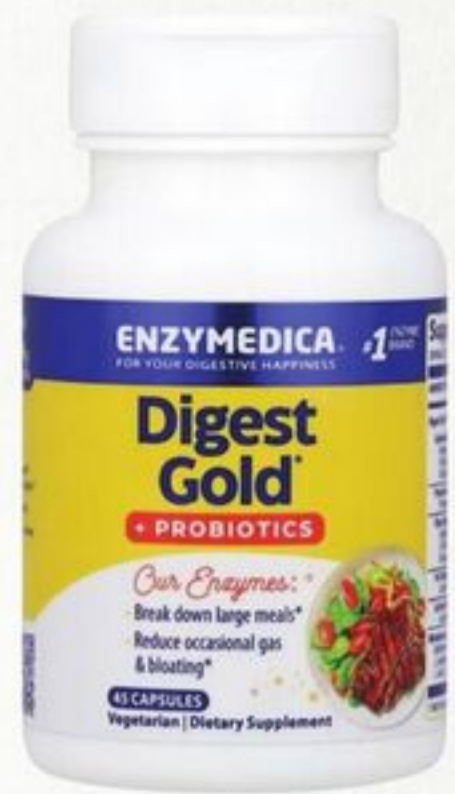
WEEKLY FRESH DEALS!

Fresh

Health & Body Care

ENZYMEDICA
Enzymes
ASSORTED VARIETIES

15% OFF



NEW ROOTS
Black Cumin Seed Oil - 500 mg
60SGEL

SAVE \$2.70

\$16²⁹



SURO
Breathe
236ML

SAVE \$4.00

\$17⁹⁹



GENUINE HEALTH
Greens+
ASSORTED VARIETIES

10% OFF



EARN 5% BONUS CASH



ULTIMATE
Tongkat Ali 200mg
60CAP

SAVE \$5.00

\$31⁹⁹



FLORA
Organic Flax Oil
ASSORTED SIZES

15% OFF



GREEN BEAVER
Natural Body Care Products
ASSORTED VARIETIES

15% OFF



MAD HIPPIE
Natural Skin Care Products
ASSORTED VARIETIES

10% OFF

EARN 5% BONUS CASH



DR. BRONNER'S
Pure-Castile Soap - Peppermint
946ML

SAVE \$5.00

\$26⁹⁹



Nourish Your Mind. Uplift Your Mood.

15% Off

Select Mind + Mood products from Harmonic Arts

Over **1500** Items on Sale Monthly

SHOP HERE

WEEKLY FRESH DEALS!

LIVING ALCHEMY
Nutritional
Supplements
ASSORTED VARIETIES



20%
OFF



NATURAL FACTORS
Whole Earth &
Sea Products
ASSORTED VARIETIES



15-40%
OFF



CANPREV
Nutritional
Supplements
ASSORTED VARIETIES



15%
OFF



NEW EARTH ORGANICS
Superfoods &
Mushroom Powders
ASSORTED VARIETIES



10%
OFF

+ EARN
5%
BONUS
CASH



NATURE'S WAY
NutraSea/
NutraVeg
Omega 3
Supplements
ASSORTED VARIETIES



15%
OFF



ORGANIKA
Nutritional
Supplements
ASSORTED VARIETIES



15%
OFF



leanfit™

Elevate your day
with protein and creatine



A PROUDLY CANADIAN COMPANY



Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!



EARN 10% BONUS CASH

COMMUNITY NATURALS Organic Kidney Beans



EARN 10% BONUS CASH

COMMUNITY NATURALS Organic Mountain Munchie Mix



EARN 10% BONUS CASH

COMMUNITY NATURALS Organic Choco Nut Trail Mix



EARN 10% BONUS CASH

COMMUNITY NATURALS Organic Quinoa



EARN 10% BONUS CASH

COMMUNITY NATURALS Organic Hulled Buckwheat



EARN 10% BONUS CASH

COMMUNITY NATURALS Organic Ultimate Nut Mix



PREMIUM CHOCOLATE ETHICALLY SOURCED

Over 1500 Items on Sale Monthly

SHOP HERE

WEEKLY FRESH DEALS!

EXPLORE NEW!

STOKED OATS
Stoked O's Oat Protein Cereal
245G

SAVE \$2.00

\$6⁹⁹

+ EARN 5% BONUS CASH

SIMPLIFY FOODS
Dried Soup Mixes
40G

EARN 15% BONUS CASH

CHOCXO
Dubai-Style
Chocolate
Pistachio
Cups
98G

EARN 15% BONUS CASH

JOEY
Organic Nordic
Seed Crisps
110G

10% OFF

+ EARN 5% BONUS CASH

HENRI
Snack Bars
200G

EARN 10% BONUS CASH

EARTHLING
Protein
Granolas
300G

25% OFF

VINKER FOODS
Plant Based
Korean Fried
Chicken
255-325G

\$10⁹⁹ - **\$11⁹⁹**

VINKER

CRISPY KOREAN CHICK'N
NUGGET KOREAN CROUSTILLANT

HAPPY BELLY
Prebiotic Sodas
355ML

\$3⁹⁹

LOVE LOCAL

ONEKA
Hair Care
ASSORTED VARIETIES

20% OFF

CANADIAN

New Products

Over 1500 Items on Sale Monthly

SHOP HERE

WEEKLY FRESH DEALS!

SPRING CLEANING

GOOD JUJU
Laundry Strips -
Summer Rain &
Unscented

36CT

SAVE \$3.00

\$11.99



ATTITUDE
Household
Products
ASSORTED VARIETIES



15%
OFF



THE UNSCENTED CO.
Household
Products
ASSORTED VARIETIES



15%
OFF



FRASER VALLEY JUICE
Blueberry, Cranberry &
Pomegranate Juices

946ML

SAVE \$2.50

\$14.99



EARN
10%
BONUS
CASH



OSO NEGRO
Roasted Coffee
Beans

340G

SAVE \$4.00

\$15.99



ALTER ECO
Organic Fairtrade
Chocolate Bars

80-84G

SAVE \$0.70

\$5.49

EARN
5%
BONUS
CASH



STAHLBUSH
Frozen Fruits &
Vegetables

ASSORTED SIZES

15%
OFF



PATIENCE
Juices & Cranberry
Snack Multipacks

ASSORTED SIZES

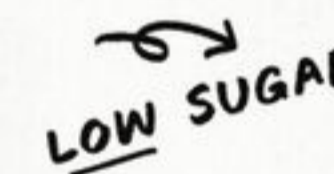
10%
OFF
EARN
10%
BONUS
CASH



SMART SWEETS
Low Sugar
Candies

45-85G

EARN
15%
BONUS
CASH



Over 1500 Items on Sale Monthly

SHOP
HERE

WEEKLY FRESH DEALS!

APRIL EVENTS



Detox & Digestive Wellness: Supporting Chronic Health Conditions

📅 April 7th, 7-8pm

📍 10th Ave Market, Calgary

Join Dr. Terry Willard, PhD, for a live, educational talk on how regular detoxification and digestive support. Learn practical ways to support gut and liver health, reduce inflammation, improve metabolism, and strengthen immune balance - especially for those dealing with chronic inflammation, obesity, or autoimmune issues.



Not Understood: Decoding Mysterious Menopausal Symptoms

📅 April 13th, 7-8pm

📍 Seton Market, Calgary

Please join us as we host Caroline Farquhar, RHN, EMP, BA and Medical Advisor for CanPrev for this insightful session to learn about what's happening to your hormones, why you might be feeling the way you are, and take home some nutrition tips and lifestyle strategies to help you navigate menopause with ease.



Caring For Our Earth Every Day: 8 Habits for Personal and Planetary Health

📅 April 15th, 7-8pm

📍 Webinar

Explore how eight simple, practical habits that help you live more sustainably while nourishing your body – from mindful nutrition choices to supporting regenerative agriculture.



Gluten Free Grocery Store Tour

📅 April 16th, 7-9pm

📍 Seton Market, Calgary

A guided gluten-free grocery store tour designed to support individuals and families living with celiac disease. Participants will learn how to read labels, identify safe products, avoid cross-contamination risks, and navigate the grocery store with confidence.



Cortisol Calm: Anxiety Relief, Better Sleep, and Balanced Weight with Botanica

📅 April 18th, 10-11am

📍 10th Ave Market, Calgary

Feeling wired but exhausted, anxious, or stuck in stress mode? Cortisol—the body's primary stress hormone—may be driving the cycle. Join Orsha Magyar for an accessible, science-backed look at how cortisol dysregulation impacts anxiety, sleep quality, mood, and weight.



From Preparation to Recovery: Prenatal & Postpartum Care

📅 April 21st, 7-8pm

📍 Webinar

Whether you're preparing for a new baby or navigating life after birth, this webinar will help you feel informed, confident, and supported at every stage. Join Dr. Alexandra Smith, ND, as she shares practical strategies for overall well-being, tips to boost mental and emotional resilience, and guidance for transitioning through prenatal preparation and postpartum recovery.



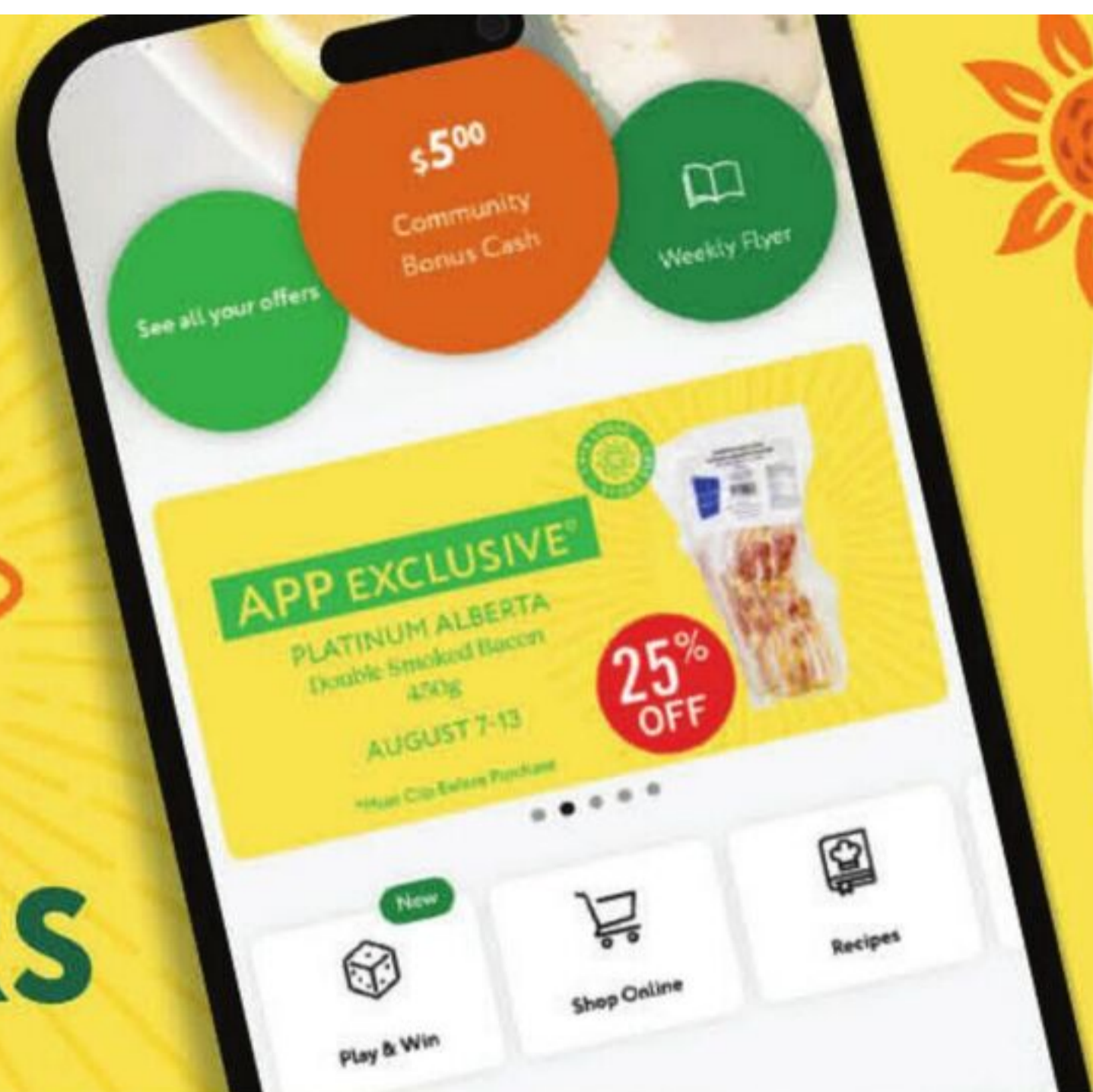
SCAN TO REGISTER

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



Community Bonus Cash means free wellness essentials, body care treats, pantries goodies, and your organic favourites.



*Community Natural Foods App download and registration required. Visit communitynaturalfoods.com/policies for additional terms & conditions.

COMMUNITY NATURALS
Organic Mountain Munchie Mix



EARN
10% BONUS CASH



ROSSDOWN NATURAL FOODS
Whole Chicken



CALGARY ONLY

FRESH ASSORTED SIZES

EDMONTON ONLY

FROZEN 1.2-1.6KG

EARN
20% BONUS CASH



PREFERRED NUTRITION
Berberine 500mg

120VCAP
BUY 4, GET 5TH FREE ON NEXT VISIT.



STAMP CARD

EVERLAND
Organic Maple Syrup
500ML

25% OFF



CLIPPED OFFER

POPLAR BLUFF
Organic AB Yellow Potatoes



5LB BAG
APRIL 2 - 15

25% OFF



CLIPPED OFFER

KIDFRESH
Frozen Kid-Friendly Meals
206G

25% OFF



CLIPPED OFFER

Featured App Exclusives

Over **1500** Items on Sale Monthly

SHOP HERE

WEEKLY FRESH DEALS!



Therapeutic formulas
for every health need.

 Proudly Canadian

OUR BEAUTIFUL GREEN EARTH

The Only Home We Have

Care for Our Earth
Every Day

RECEIVE UP TO
40% OFF
WHOLE EARTH &
SEA PRODUCTS



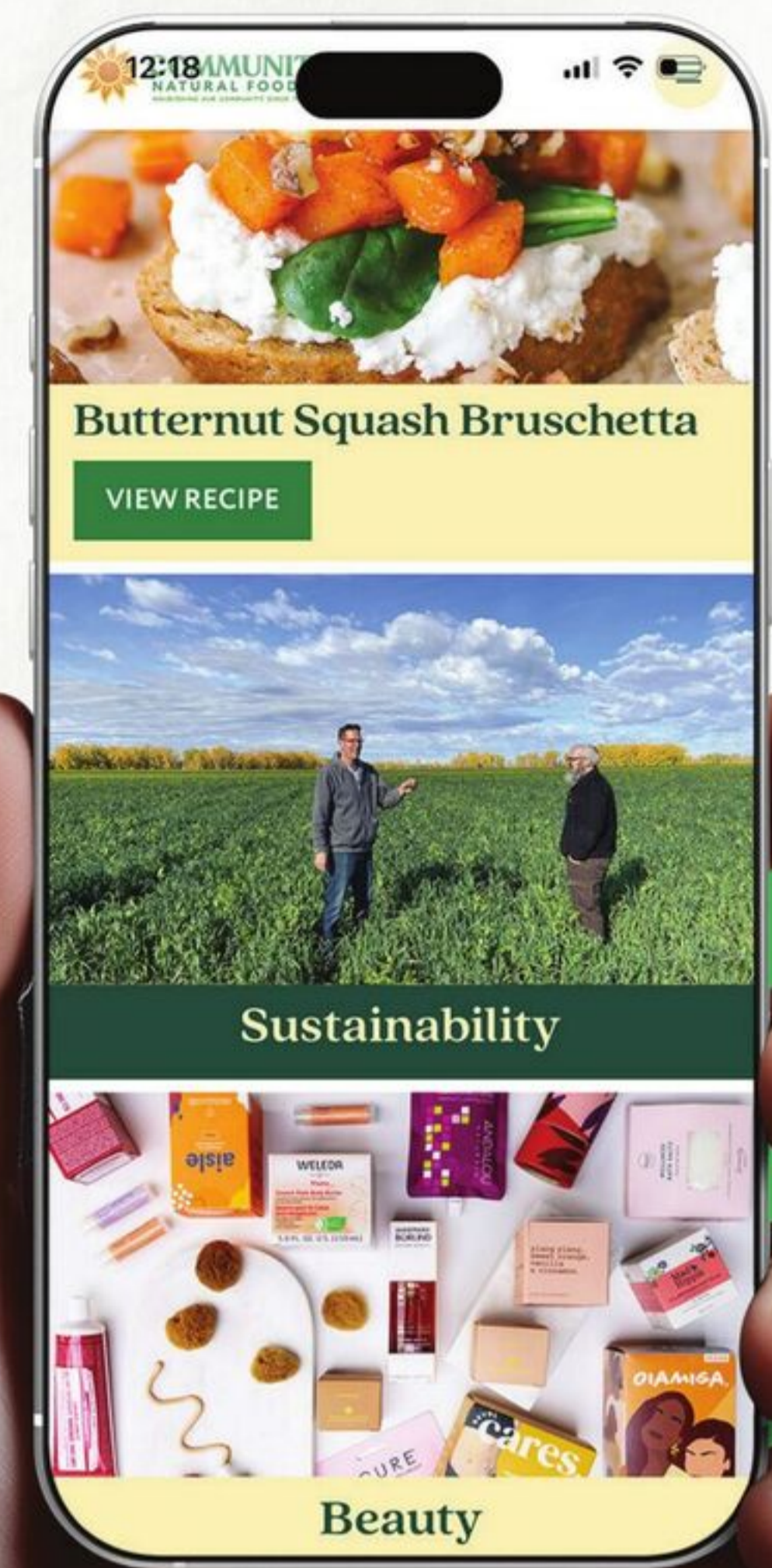
APRIL 2–JUNE 3, 2026*
AVAILABLE IN-STORE AND ONLINE

**While quantities last!*

Learn. Earn. Save.

Sign up for the Community Newsletter!

communitynaturalfoods.com/sign-up



SCAN HERE

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.