



# Goodness Grows Here

## Organic Produce

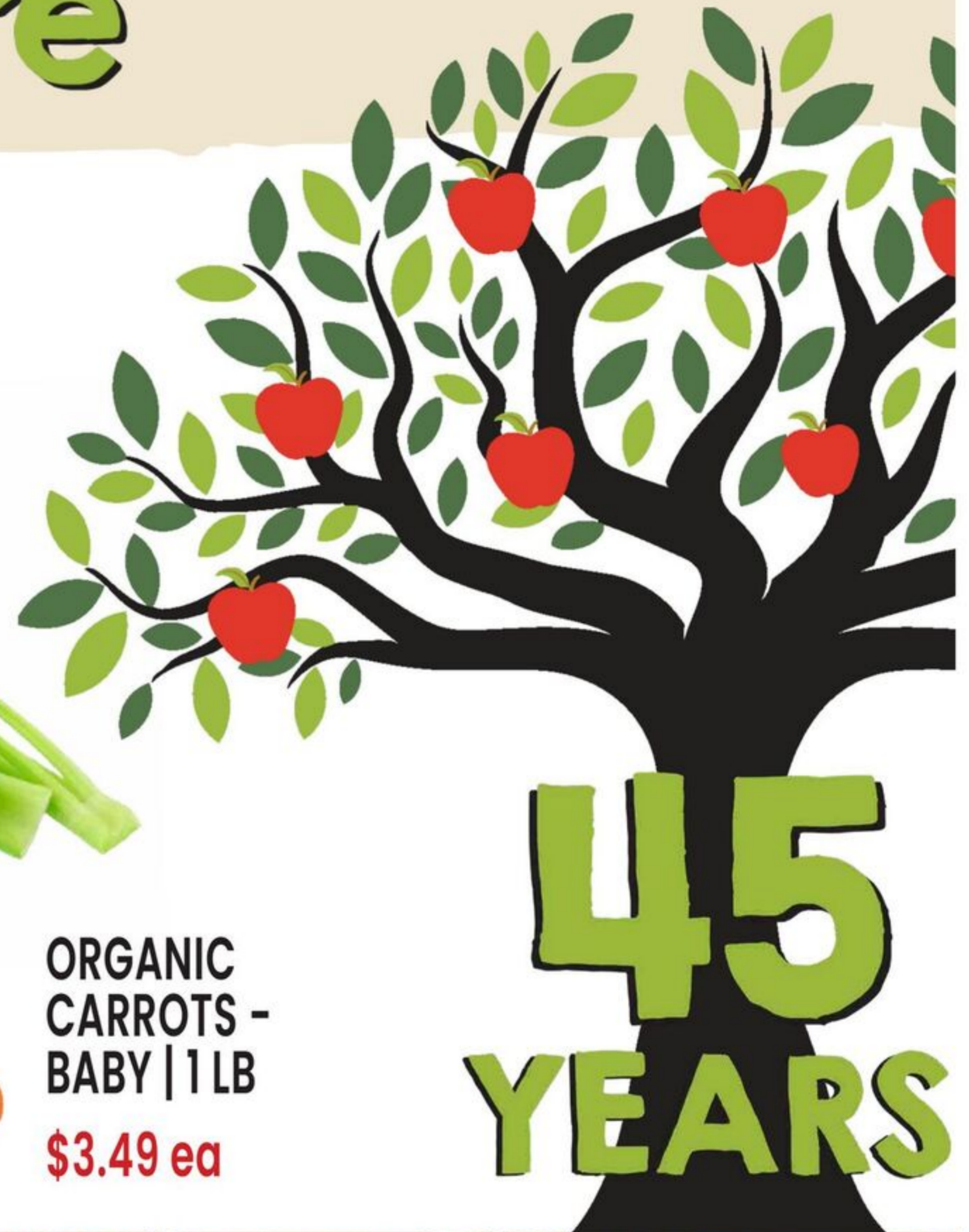


ORGANIC BROCCOLI  
\$4.49 ea

ORGANIC CELERY  
\$2.29 ea



ORGANIC CARROTS - BABY | 1 LB  
\$3.49 ea



# 45 YEARS



**YORKSHIRE VALLEY Farms**  
Org Fresh Whole Chicken  
\$7.49/lb



**8 Acres**  
Grass Fed Lean Ground Beef | 400 g  
\$11.49/ea

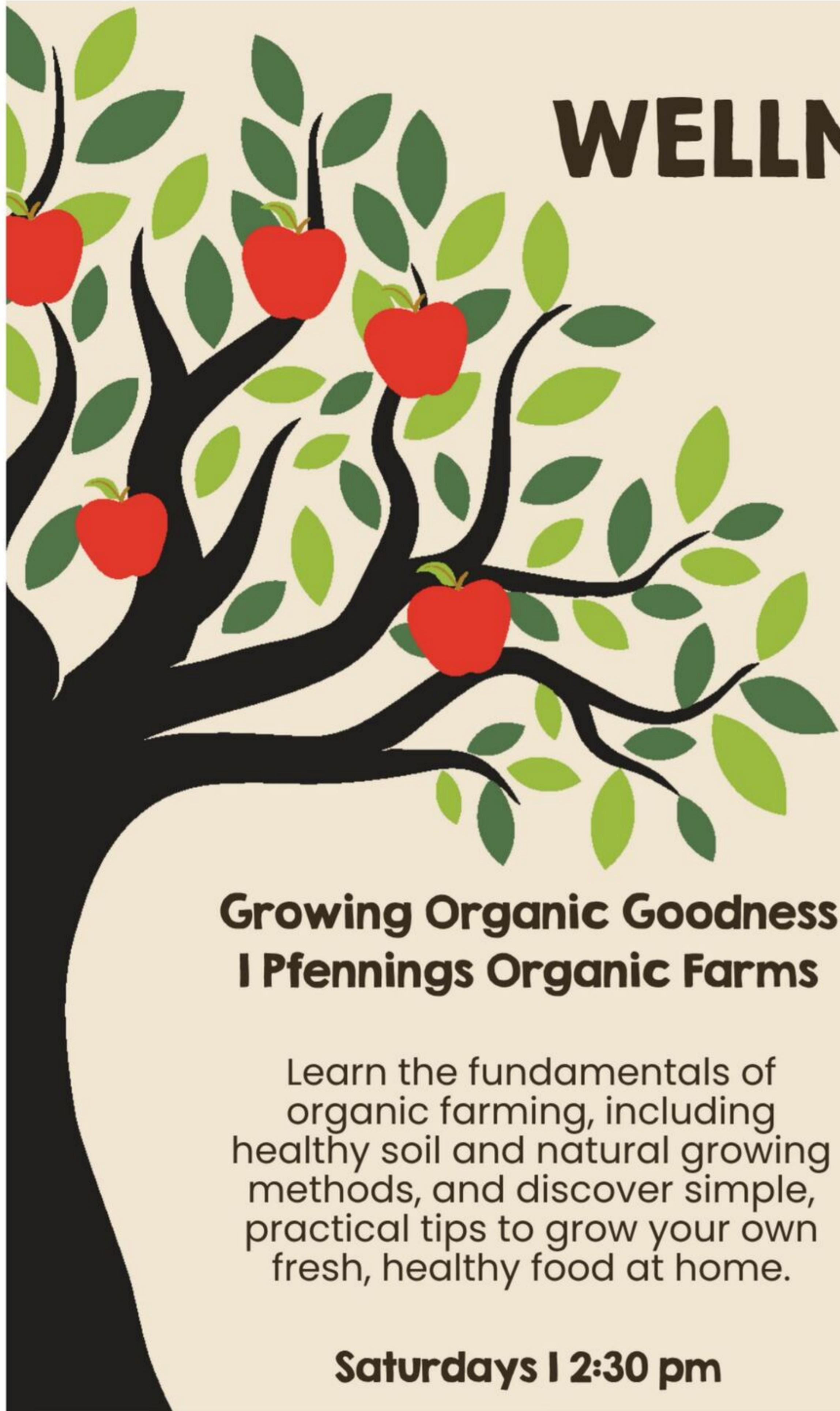
Flyer Valid April 22 - April 28, 2026 · Check out our digital flyer at [goodnessme.ca/flyer](https://goodnessme.ca/flyer) · Find us on



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

# WELLNESS WEEKENDS

## Free Classes



### Growing Organic Goodness | Pfenning's Organic Farms

Learn the fundamentals of organic farming, including healthy soil and natural growing methods, and discover simple, practical tips to grow your own fresh, healthy food at home.

**Saturdays | 2:30 pm**

#### **Burlington**

April 25 & 26

#### **Locke St**

May 2 & 3

#### **Waterdown**

May 9 & 10

#### **Brantford**

May 9 & 10

#### **Guelph**

May 23 & 24

#### **Waterloo**

May 23 & 24

#### **Barrie**

May 30 & 31

#### **London**

May 30 & 31

### Discover the Power of Food | Goodness Me!

Discover how small food choices can support a healthier, more vibrant life. Enjoy an interactive intro to healthy eating and a guided store tour to help you navigate products, read labels, and make informed choices.

**Sundays | 1:00 pm**

## Find Your Local Classes:

[goodnessme.ca/pages/45years](http://goodnessme.ca/pages/45years)



# Organic Produce

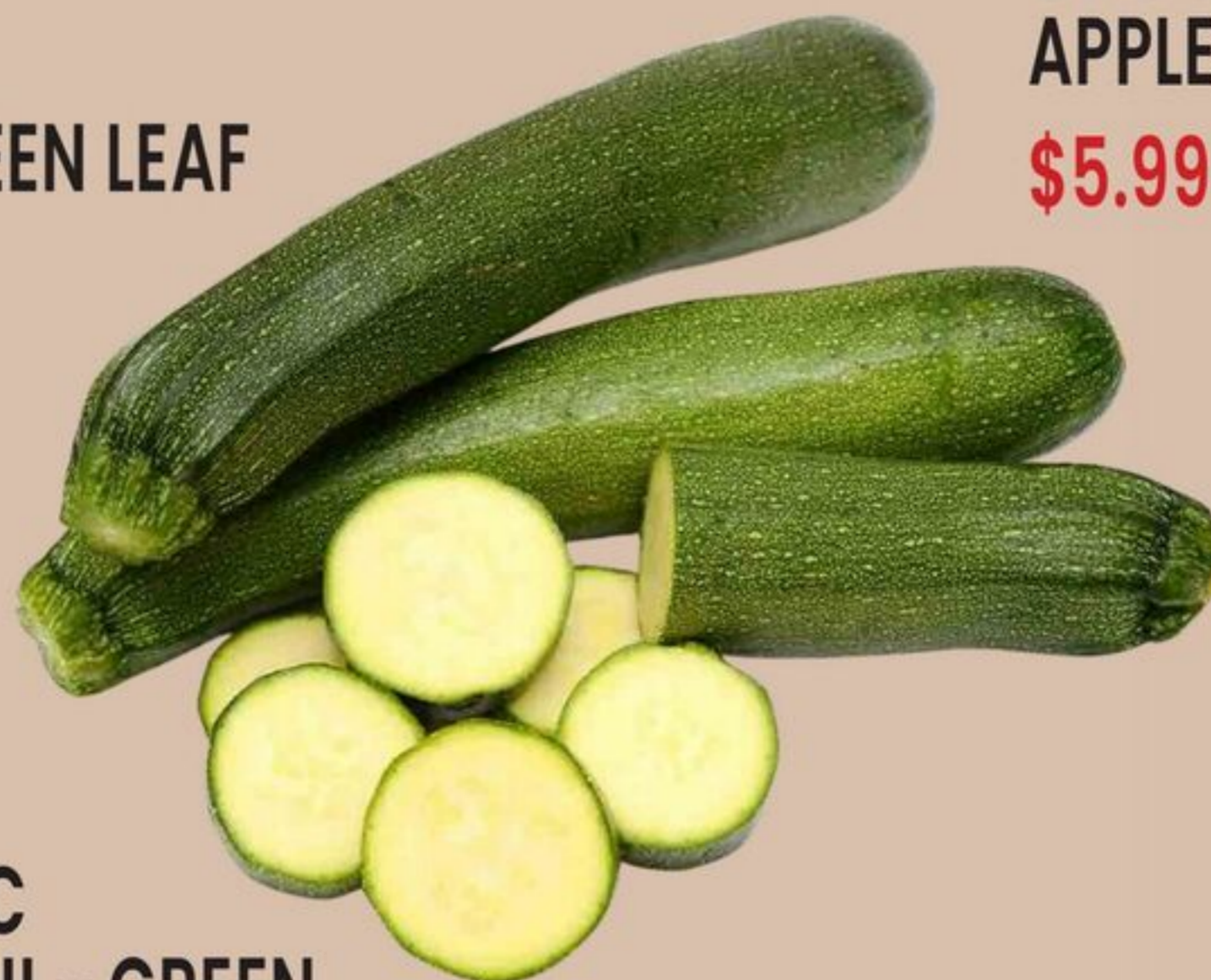
ORGANIC  
LETTUCE - GREEN LEAF  
\$2.99 ea



ORGANIC  
APPLES - AMBROSIA | 3 LBS  
\$5.99 ea



ORGANIC  
ZUCCHINI - GREEN  
\$2.79 /lb



ORGANIC  
CUCUMBER - ENGLISH  
\$2.79 ea



ORGANIC  
GINGER  
\$3.99 /lb



ORGANIC  
MANGO  
2 for \$5.00



  
MCCLEAN MEATS™  
Organic Mini Ham |  
750 g  
\$19.99/ea

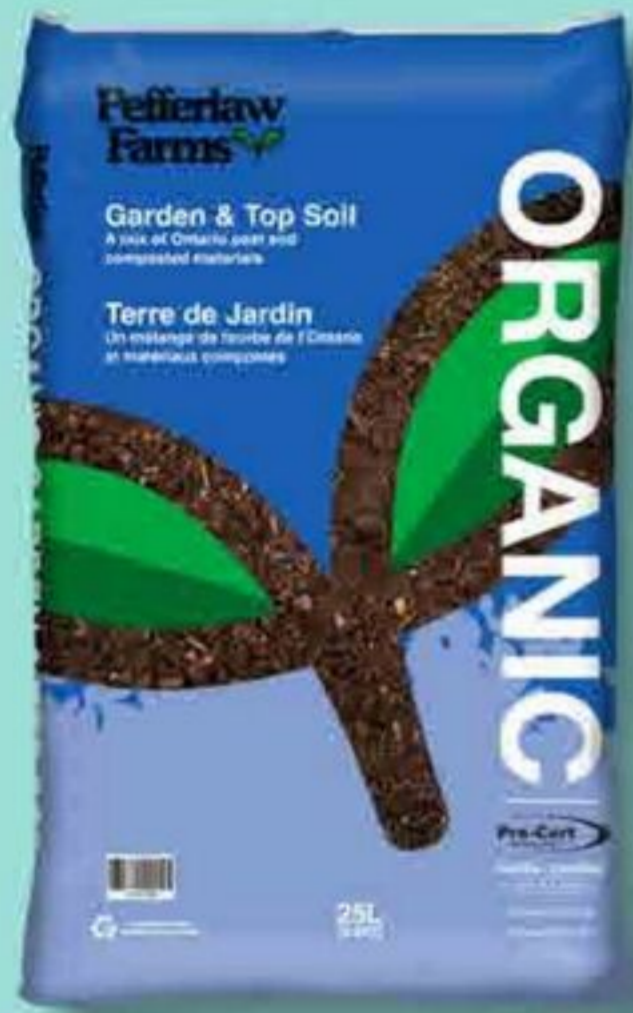
  
MCCLEAN  
ORGANIC FOODS™  
ORGANIC  
BIOLOGIQUE  
NO SUGAR ADDED  
COOKED MINI HAM  
JAMBON MINI CUIT  
SANS SUCRE AJOUTÉ  
MEAT PROTEIN 20% PROTÉINES DE VIANDE  
NO PRESERVATIVES / NO CELESTY EXTRACTS  
SANS ADDITIFS DE CONSERVATION / SANS EXTRAITS DE CELLULOSE  
KEEP REFRIGERATED / GARDER RÉFÉRIGÉ 750 g



  
ALDERWOOD  
FARMS  
Hot Dogs | 375 g  
Free Range Chicken |  
Grass Fed Beef  
\$12.59/ea

# Deep Roots, Real Food

## Organic Gardening



**Organic  
Garden &  
Top Soil | 25 L**  
\$4.99 or Buy  
5 or more for  
\$3.99/ea



**Organic  
3-Way Mix  
| 30 L**  
\$4.99 or Buy  
5 or more  
for \$4.49/ea



**Organic  
Sheep  
Manure  
| 30 L**  
\$5.79 or Buy  
5 or more  
for \$5.29/ea



**Organic  
Premium  
Container  
Mix | 25 L**  
\$6.99 or Buy  
5 or more  
for \$6.49/ea



**Organic  
Premium  
Potting Soil |  
30 L**  
\$7.99 or Buy  
5 or more for  
\$7.49/ea



**Organic  
Mushroom  
Compost  
Mix | 25 L**  
\$5.99 or Buy  
5 or more  
for \$5.49/ea



**Natural  
Cedar Mulch  
| 42.5 L**  
\$5.99 or Buy  
5 or more for  
\$5.49/ea

**Pefferlaw  
Farms** 



**River Rock  
| 18 kg**  
\$7.99 or Buy  
5 or more for  
\$7.49/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

## Cocoa Chia Pudding

On Sale For

**\$4.69**



## Yogurt Parfait

On Sale For

**\$4.69**





**Pinebush**  
HOME & GARDEN

Pinebush is a family-owned Canadian company rooted in the farm supply tradition, recognized for producing high-quality, dependable garden tools. With a strong local foundation, their products are thoughtfully designed to support gardeners with durable craftsmanship and trusted performance.



Your  
Garden  
Starts  
Here



**Fresh from the  
Fridge or Freezer**



*Elevate Your  
Coffee*

**SILK**  
Cold Foam - Cinnamon  
Caramel | 369 g  
Entire Line

Loyalty Saves An Extra  
**5% OFF**

**10% OFF**

**TREE ISLAND YOGURT**  
Cream Top Plain | 1.5 kg  
Entire Line

**10% OFF**



Loyalty Saves An Extra  
**5% OFF**

**TRE STELLE**  
Org Cream Cheese Spread | 200 g  
Entire Line

**20% OFF**



**VILLA'S  
KITCHEN**  
Unbutter - Lightly  
Salted | 250 mL  
Entire Brand

**10% OFF**

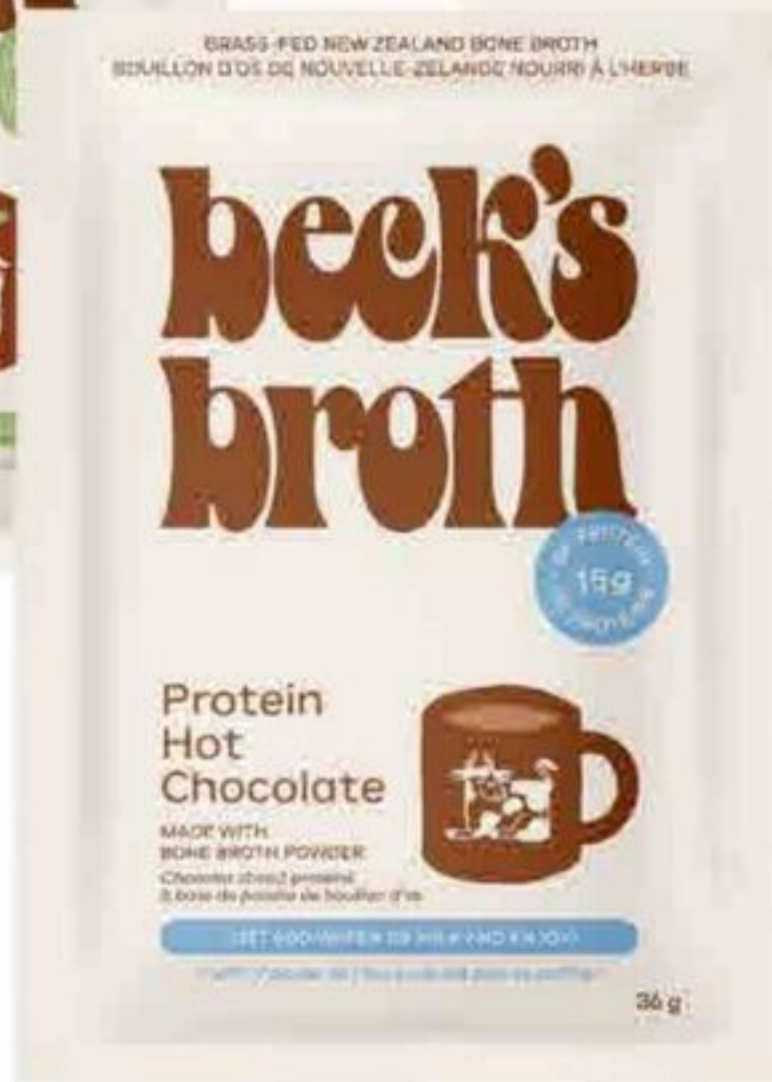


**LOYALTY MEMBERS SAVE AN EXTRA 5% ON IN STORE SALE PRICES DAILY! SIGN UP IN STORE TODAY!**

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



# 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



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



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

Enjoy These Everyday Good Deals, Everytime You Shop

# Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

## GEORGIAN BAY GRANOLA COMPANY

Sugar Bush Maple | 350 g

Loyalty Saves An Extra  
**5% OFF**



**10% OFF**

## HORNBY ORGANICS

Org Choc Chip Pb Energy Bar | 80 g

Loyalty Saves An Extra  
**5% OFF**



**10% OFF**



**ANITA'S ORGANIC MILL**  
Rye Flour | 1 kg

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**HOLLE**  
Organic Pouch - Croco Coco | 100 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

**IVANHOE**  
Monterey Jack Minis | 18 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**LOUISIANA**  
Hot Sauce | 354 mL

**15% OFF**

Loyalty Saves An Extra  
**5% OFF**



**NEAL BROTHERS**  
Mild Salsa | 410 mL

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**NICKEL BROOK**  
Babbling Brooke's Root Beer | 355 mL

**15% OFF**

Loyalty Saves An Extra  
**5% OFF**



**PERFECT CHEF**  
Org Butternut Squash Sauce Mild | 740 mL

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**PERFECT CHEF**  
Org Hot Pepper Jelly | 250 mL

**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!**

# GOODNESS GROWS HERE

*Loyalty Exclusive*

**Get a Free  
Large  
Smoothie**



When you buy 6  
(24oz) during  
April & May 2026

**Get a Free  
Coffee + Muffin  
Combo**

When you buy 6  
(16oz) during  
April & May 2026



*Waterdown & Locke St. Only*

**SPECIAL  
PROMOS  
45 YEARS**

**Will You Be The  
Lucky Customer?**

Complete a purchase on selected  
Wellness Weekend Days, and if you're  
the 45th customer, get a \$45 coupon

**Enter to Win**

With every \$45+ purchase  
to win a \$250 Gift Card

**Learn More:**

[goodnessme.ca/pages/45years](https://goodnessme.ca/pages/45years)



**Terms & Conditions:**

[goodnessme.ca/pages/45-years-promos](https://goodnessme.ca/pages/45-years-promos)



# Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

## PHOEAPOLIS

Organic Extra Virgin Olive Oil | 500 mL



Loyalty Saves An Extra  
**5% OFF**

**10% OFF**

## AWAKE CHOCOLATE

Caramel Chocolate Bar | 27 g



Loyalty Saves An Extra  
**5% OFF**

**10% OFF**

## RISE KOMBUCHA

Ginger White Tea | 414 mL



**15% OFF**

Loyalty Saves An Extra  
**5% OFF**

## RUDE MAMA

Hot Sauce - Pineapple | 285 mL



Loyalty Saves An Extra  
**5% OFF**

**10% OFF**

## SAPSUCKER

Sparkling Grapefruit | 355 mL



**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

## SOLENZI

Calabrian Chili Pesto | 180 g

**10% OFF**



Loyalty Saves An Extra  
**5% OFF**

## THAI KITCHEN

Coconut Milk | 400 mL

**10% OFF**

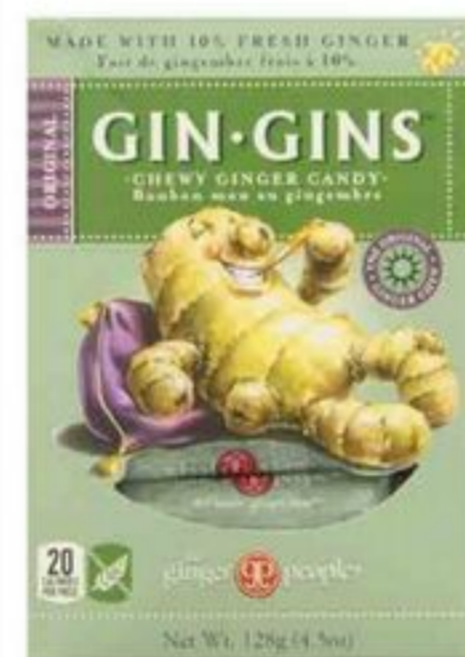


Loyalty Saves An Extra  
**5% OFF**

## THE GINGER PEOPLE

Gingins Orig Ginger Chews | 128 g

**10% OFF**



Loyalty Saves An Extra  
**5% OFF**

## THE OAT COMPANY

Peanut Butter Cup Bar | 55 g

**10% OFF**



Loyalty Saves An Extra  
**5% OFF**

## VEGIDAY

Organic Virgin Coconut Oil | 800 mL

**10% OFF**



Loyalty Saves An Extra  
**5% OFF**

## COYOTE

Buttermilk Pancake | 900 g

**15% OFF**



Loyalty Saves An Extra  
**5% OFF**

## WILDBRINE

Dill & Garlic Sauerkraut | 500 g

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



## COCO NATURA

Coconut Sweetener | 454 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

## COUNTRY PRIME MEATS

Prime Bites - Classic | 125 g

Loyalty Saves An Extra  
**5% OFF**



**10% OFF**

## CWENCH

Sports Hydration - Rainbow Swirl | 500 mL

Loyalty Saves An Extra  
**5% OFF**



**15% OFF**

## ELAN BIO

Org Banana Chips | 135 g



Loyalty Saves An Extra  
**5% OFF**

**10% OFF**

## FARM GIRL

Honey O's Cereal | 280 g

Loyalty Saves An Extra  
**5% OFF**



**10% OFF**

## FLOW

Organic Strawberry Rose | 500 mL

Loyalty Saves An Extra  
**5% OFF**



**20% OFF**

## FODY FOOD CO

Premium Tomato Basil Sauce | 547 mL

Loyalty Saves An Extra  
**5% OFF**



**10% OFF**



**The most consistent part  
of your morning chaos.**



**simply  
Goodness**

**by Goodness Me!**

**We provide a high-quality line of supplements with honest ingredients that keep you moving forward. Because life doesn't stop, and neither should you.**

# Super Supplements

Vitamins, Supplements,  
and Natural Remedies  
for Everyday

**ATP**  
Supreme Beef Protein Chocolate | 850 g  
Sports Nutrition - Selected Varieties

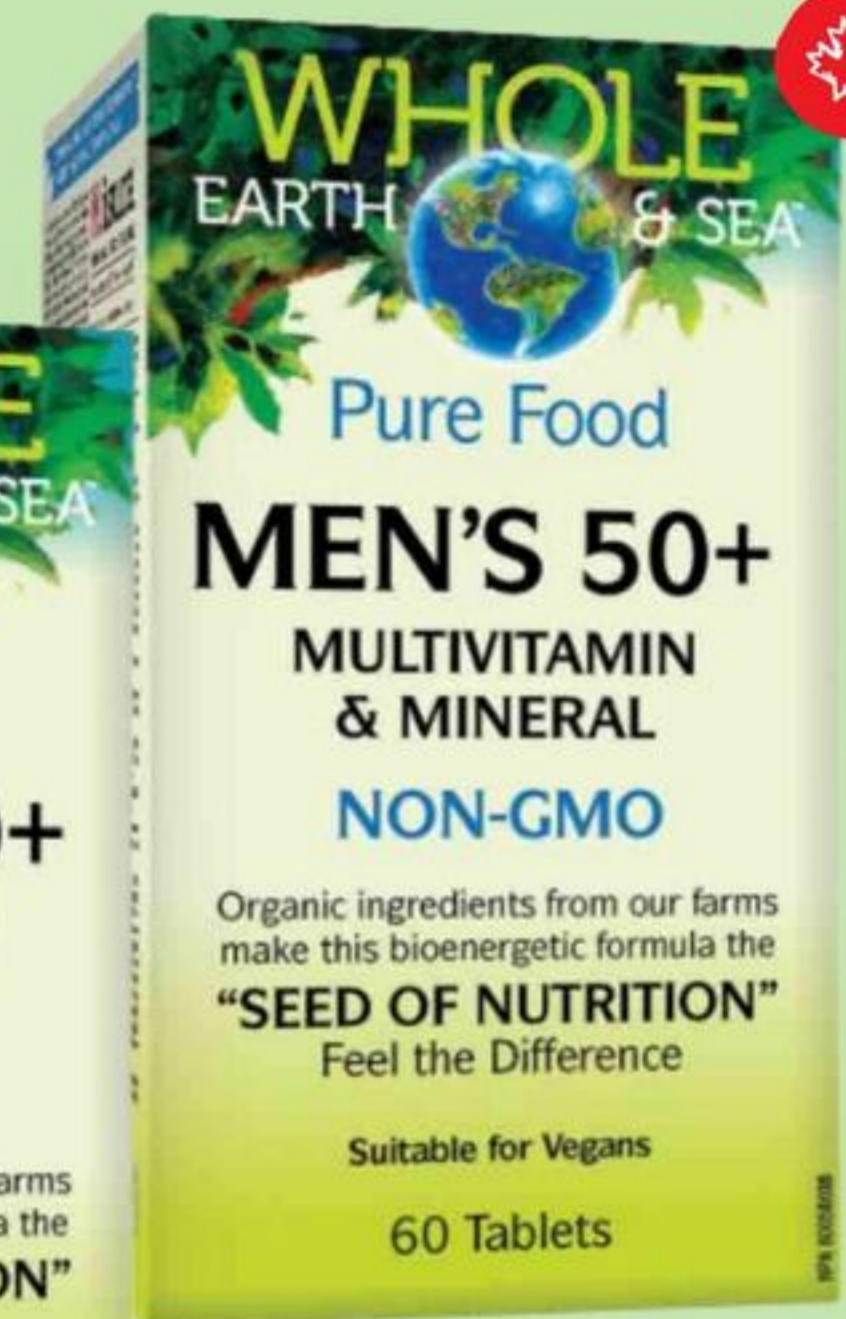
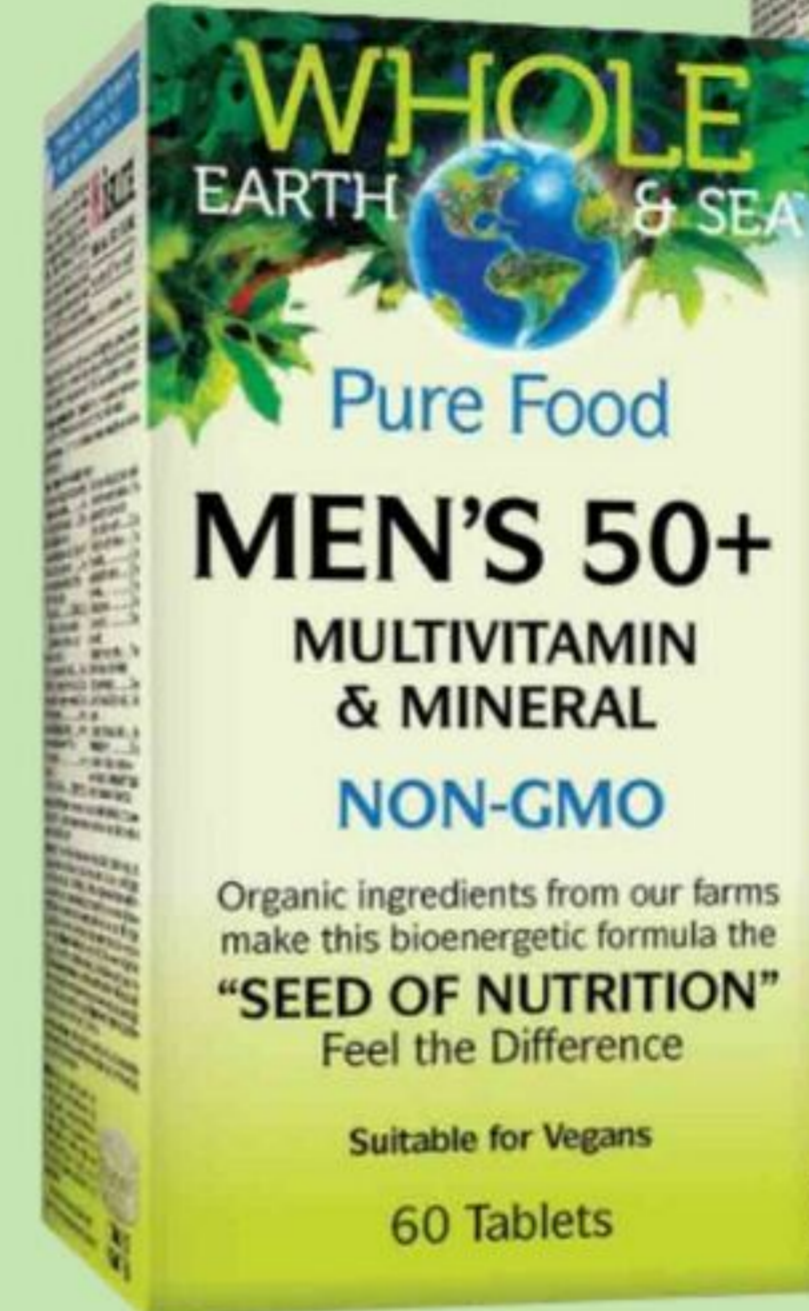
Loyalty Saves An Extra  
**5% OFF**



**20% OFF**

**WHOLE EARTH & SEA**  
Men's 50+ Multi | 60 TABS  
Multivitamins - Selected Varieties

Loyalty Saves An Extra  
**5% OFF**



**20% OFF**

**AQUAOMEGA**  
High DHA Omega 3 Kids - Lemon | 60 Gummies  
Omega 3 Supplements - Selected Varieties



Loyalty Saves An Extra  
**5% OFF**

**20% OFF**

**ENER-LIFE**  
Ener-C Variety Pack | 30 Count  
Multivitamin Drink Mix - Entire Line

Loyalty Saves An Extra  
**5% OFF**



**15% OFF**

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

# High Quality and Honest Ingredients for Real Routines.



## Magnesium Bisglycinate 1 200 mg

This highly absorbable magnesium bisglycinate supports energy, muscle and heart function, and overall balance. Making it a gentle, effective choice for daily wellness.

**90 VCaps | \$15.99**  
**240 Vcaps | \$35.99**



## D3 1000 IU + K2 120 mcg

This D3 + K2 formula helps your body absorb calcium and send it where it's needed most, supporting strong bones, immunity, and heart health.

**90 VCaps | \$22.99**  
**180 VCaps | \$36.99**  
**240 Vcaps | \$45.99**

**simply**  
*Goodness*  
by Goodness Me!

## Activated Vitamin B12

This easily absorbed B12 supports energy, metabolism, and red blood cell production to help you feel your best.

**90 VCaps | \$14.99**  
**180 VCaps | \$21.99**



# OUR BEAUTIFUL GREEN EARTH The Only Home We Have

Care for Our Earth  
Every Day



# Super Supplements

Vitamins, Supplements,  
and Natural Remedies  
for Everyday



**VEGAIN**  
Creatine  
Monohydrate | 300 g  
Sports Nutrition -  
Selected Varieties

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

**VITAL PROTEINS**  
Collagen Peptides Bovine | 567 g  
Plant-Based & Bovine Collagen - Entire Line



**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

**SCHUESSLER**  
General Tonic Comb 12 | 125 Tabs  
Tissue Salts - Selected Varieties

Loyalty Saves An Extra  
**5% OFF**



**20% OFF**

**ORANGE NATURALS**  
Vitamins & Minerals - Entire Line

**10% OFF**



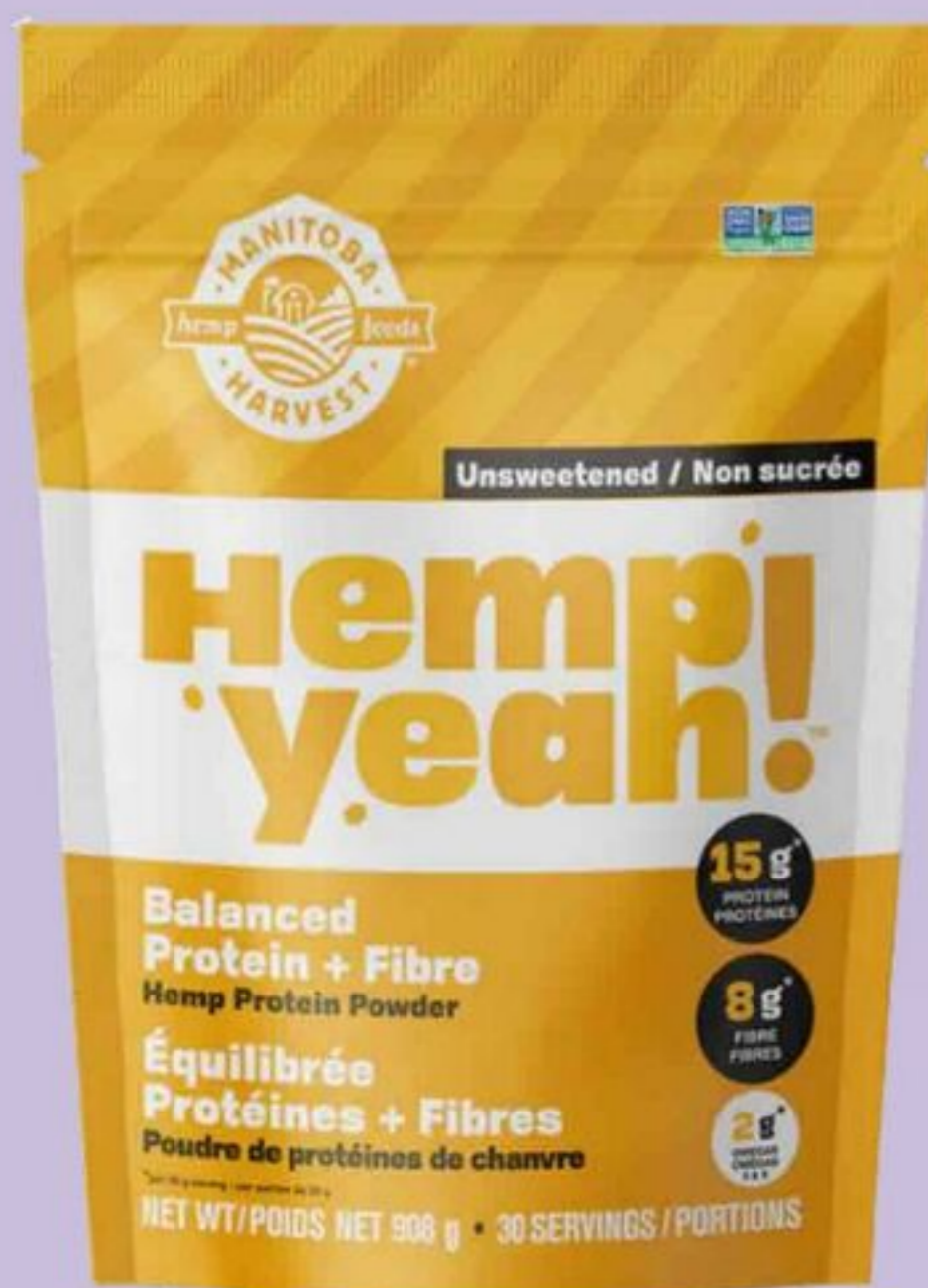
**PURE-LE NATURAL**  
Psyllium Husks Whole | 400 g  
Digestive Support - Selected Varieties



**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

**MANITOBA HARVEST**  
Hemp Yeah! Balanced Prot & Fibre | 908g  
Hemp Plant Supplements - Selected Varieties



Loyalty Saves An Extra  
**5% OFF**

**15% OFF**



**DRINK HRW**  
Rejuvenation Sport  
H2 | 30 Tablets  
Hydrogen Tablets -  
Entire Line

**15% OFF**

Loyalty Saves An Extra  
**5% OFF**



**ENEREX**  
NAC 1000  
(C-Acetylcysteine)  
| 90 Tablets  
Herbal Supplements -  
Selected Varieties

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**NEW CHAPTER**  
Turmeric Force  
| 30 Vcaps  
Herbal Supplements -  
Selected Varieties

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**TRACE**  
Concentrace  
Drops | 240 mL  
Trace Mineral Supplements  
- Entire Line

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



# CELEBRATE EARTH DAY WITH US

- PLANT POWERED, PLANET FRIENDLY FORMULAS -



REBELGREEN.COM | SULFATE FREE & KISSED WITH ESSENTIAL OILS - NO PARABENS OR PHTHALATES

# Home, Life AND Clean Beauty

## DR. BRONNER'S

Org Lavend Oil Castile Soap | 946 mL  
Entire Brand



Loyalty Saves An Extra  
**5% OFF**

**15% OFF**

## NELLIE'S

Wool Dryerball Lavender | EACH

Loyalty Saves An Extra  
**5% OFF**



**10% OFF**



**WILDCRAFT**  
Revive Bio-Retinol  
Face Serum | 30 mL  
Selected Varieties

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**

## DOM'S DEODORANT

Fresh Deodorant Jar | 65 g  
Entire Brand

Loyalty Saves An Extra  
**5% OFF**



**10% OFF**

## GREEN BEAVER

Toothpaste - Frosty Mint | 75 mL  
Selected Varieties

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



## AROMAFORCE

Eucalyptus | 30 mL

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



Loyalty Saves An Extra  
**5% OFF**

## HERE WE FLO

FLO Bamboo Daily Liners Wrapped | 24 Ct  
Entire Brand

Loyalty Saves An Extra  
**5% OFF**

**20% OFF**



## MINERAL FUSION

Liquid Foundation  
Deep 7 | 30 mL  
Entire Brand

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



**MATTER**  
Intensive Hand  
Cream | 110 g  
Entire Brand

**10% OFF**

Loyalty Saves An Extra  
**5% OFF**



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**plantd**<sup>TM</sup>  
skincare

**OUR POWER, OUR PLANET**  
**Earth Month 2026**

## **Our Commitment**

Plant-powered formulas.  
Sustainability sourced.

## **Local Love**

Made in Vancouver, BC.  
Support local suppliers  
and producers.

## **Kind to our planet**

Ingredients from nature.  
Reusable and recyclable  
packaging.



organic



cruelty free



vegan

[www.plantdskincare.com](http://www.plantdskincare.com)

**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](https://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.