

# 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**

**ORGANIC**

SUNWORKS FARM  
**Bone Broth**  
750ML  
APRIL 9 – 15  
**\$16<sup>29</sup>**



**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.

Over **1500** Items on Sale Monthly

**SHOP HERE**

**WEEKLY FRESH DEALS!**

# 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



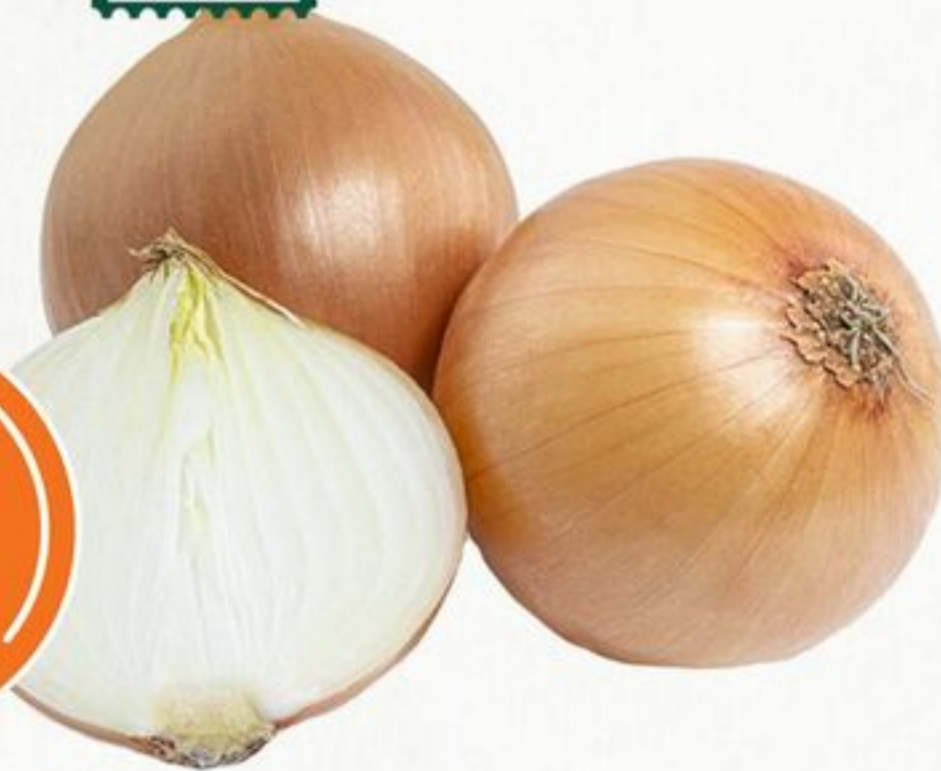
99¢ /LB 2.18/KG  
+ EARN 10% BONUS CASH

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

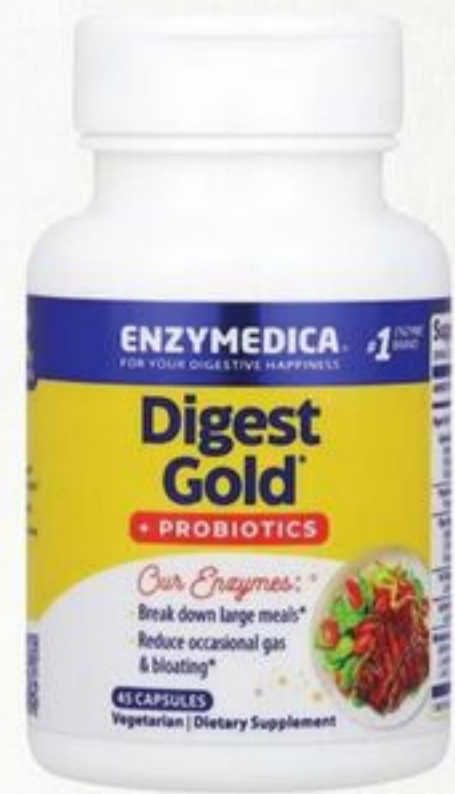
SHOP HERE

WEEKLY FRESH DEALS!

# Health & Body Care

ENZYMEDICA  
**Enzymes**  
ASSORTED VARIETIES

**15% OFF**



NEW ROOTS  
**Black Cumin Seed Oil - 500 mg**  
60SGEL

SAVE \$2.70

**\$16<sup>29</sup>**



SURO  
**Breathe**  
236ML

SAVE \$4.00

**\$17<sup>99</sup>**



GENUINE HEALTH  
**Greens+**  
ASSORTED VARIETIES

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



ULTIMATE  
**Tongkat Ali 200mg**  
60CAP

SAVE \$5.00

**\$31<sup>99</sup>**



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

**\$26<sup>99</sup>**



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



CHOICE

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

**\$6<sup>99</sup>**

**+ EARN 5% BONUS CASH**

SIMPLIFY FOODS  
**Dried Soup Mixes**  
 40G

**CURRIED PUMPKIN**  
 SOUP MIX  
 MÛSQUE & ÉPICES  
 CITROUILLE

**SPINACH & BROCCOLI**  
 SOUP MIX  
 ÉPINARDS & BROCCOLI

**34% BROCCOLI DE BROCCOLI**

**0%**

**+ EARN 15% BONUS CASH**

CHOCXO  
**Dubai-Style Chocolate Pistachio Cups**  
 98G

**5g SUGAR/SUCRE PER CUP PAR MOULLE**

**High in / Élevé en**  
 Salt/Sel / Gras/sat.

**CHOCXO**  
 Simply Better Chocolate

**Dubai Style / Façons Dubai**  
 Milk Chocolate  
**Pistachio Cups**  
 Moules à la Pistache  
 et au chocolat au lait

**+ EARN 15% BONUS CASH**

JOEY  
**Organic Nordic Seed Crisps**  
 110G

**10% OFF**

**+ EARN 5% BONUS CASH**

HENRI  
**Snack Bars**  
 200G

**henri**  
 6-ingredient snack

Perfect for school

8g protein  
 3g fibre

No sugar added

Apple cinnamon

**+ EARN 10% BONUS CASH**

EARTHLING  
**Protein Granolas**  
 300G

FREE FROM ARTIFICIAL INGREDIENTS  
 SANS INGRÉDIENTS ARTIFICIELS

**Earthling**  
**Protein Granola**  
**Granola Protéiné**

SUPERSEED  
 SUPER GRAINES

11g Fiber  
 Fibre

22g Protein  
 Protéine

**25% OFF**

VINKER FOODS  
**Plant Based Korean Fried Chicken**  
 255-325G

**\$10<sup>99</sup>** - **\$11<sup>99</sup>**

**I'M PLANT-BASED!**

**VINKER**  
**CRISPY KOREAN CHICK'N**  
 NUGGET KOREAN CROUSTILLANT

HAPPY BELLY  
**Prebiotic Sodas**  
 355ML

**\$3<sup>99</sup>**

LOVE LOCAL

**PREBIOTIC**

**CHAGA KOMBUCHA**  
 COLA CHAGA  
 355 mL / 12 fl oz

**GINGER KOMBUCHA**  
 ROISSON GAZÉUSE AU GINGER  
 355 mL / 12 fl oz

**REISHI ROOTBEER KOMBUCHA**  
 BIÈRE DE RACINE AU REISHI  
 355 mL / 12 fl oz

ONEKA  
**Hair Care**  
 ASSORTED VARIETIES

CANADIAN

**20% OFF**

**ONEKA**  
 SHAMPOO  
 SHAMPOING

**ONEKA**  
 CONDITIONER  
 REVITALISANT

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<sup>99</sup>



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<sup>99</sup>



EARN  
10%  
BONUS  
CASH



OSO NEGRO  
Roasted Coffee  
Beans

340G

SAVE \$4.00

\$15<sup>99</sup>



ALTER ECO  
Organic Fairtrade  
Chocolate Bars

80-84G

SAVE \$0.70

\$5<sup>49</sup>

EARN  
5%  
BONUS  
CASH



STAHLBUSH  
Frozen Fruits &  
Vegetables

ASSORTED SIZES

15%  
OFF



PATIENCE  
Juices & Cranberry  
Snack Multipacks

ASSORTED SIZES

10%  
OFF

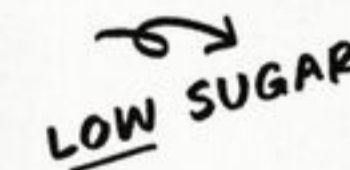
EARN  
10%  
BONUS  
CASH



SMART SWEETS  
Low Sugar  
Candies

45-85G

EARN  
15%  
BONUS  
CASH

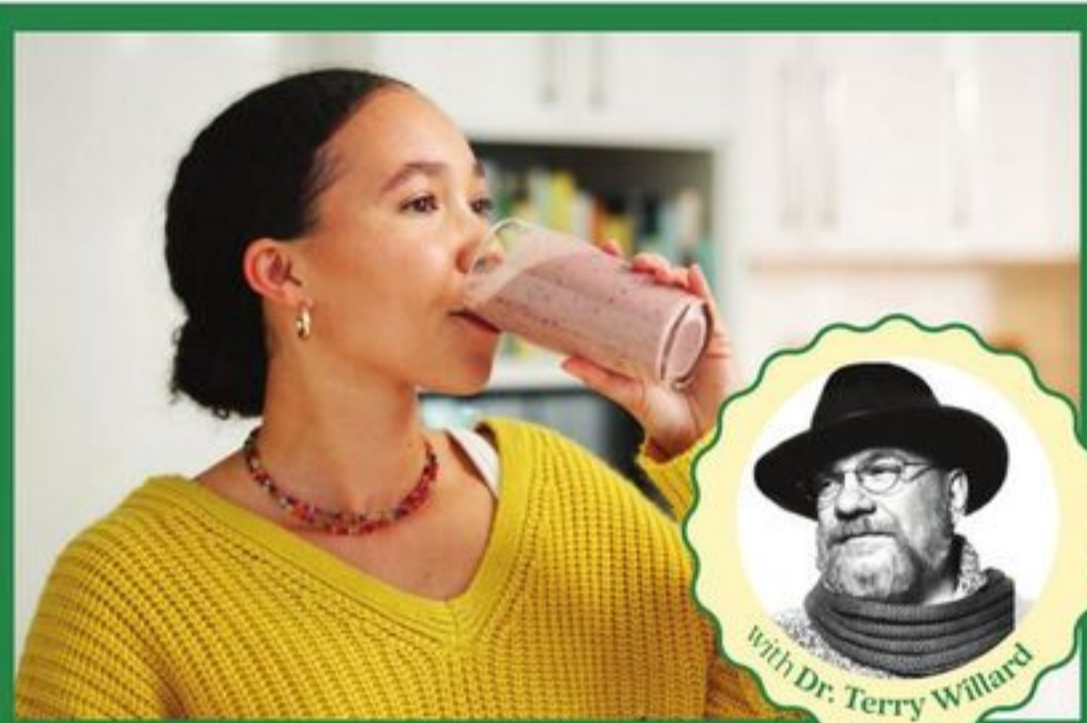


Over 1500 Items on Sale Monthly

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.



## Menopause Misunderstood: Debunking 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.



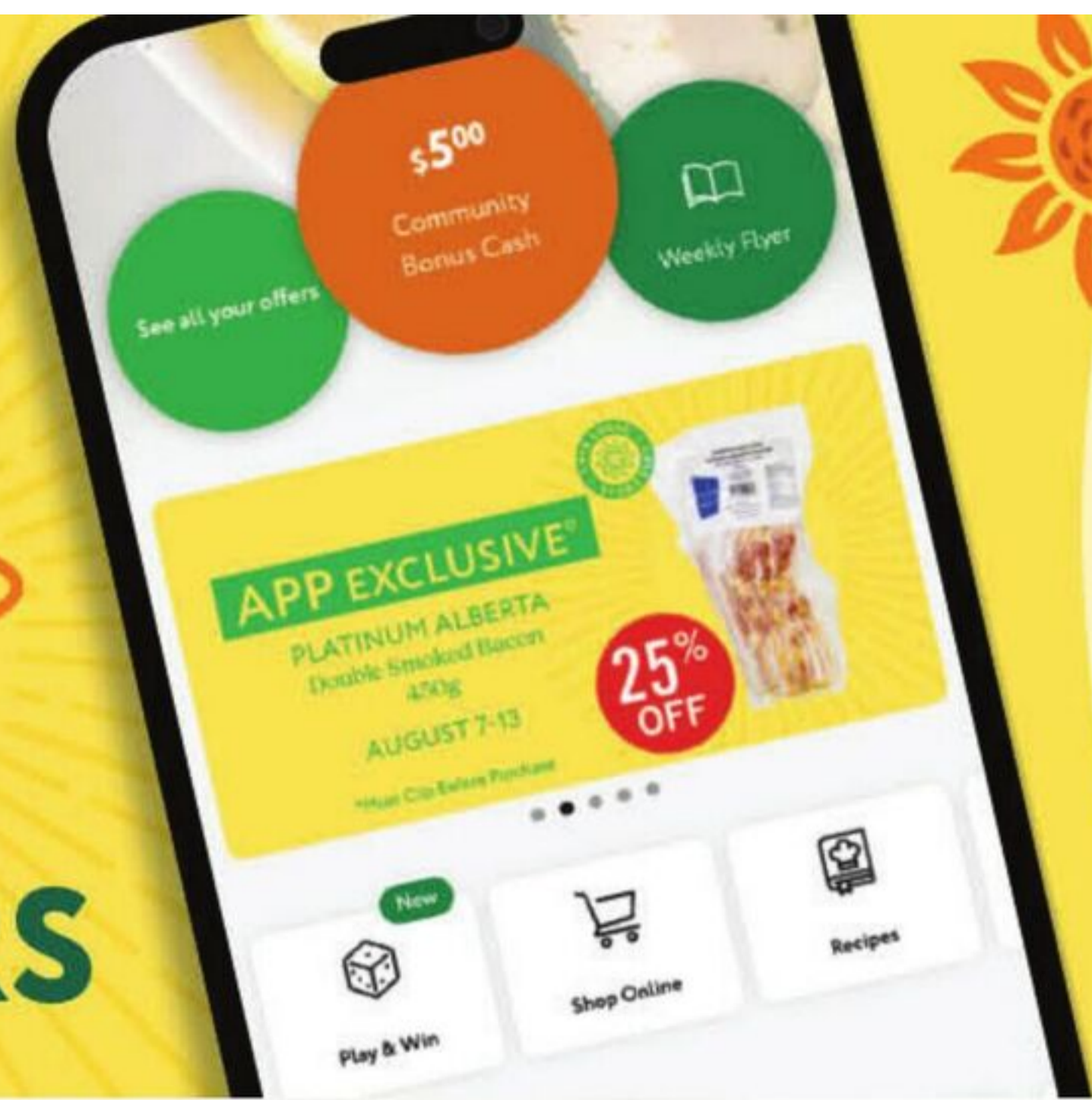
SCAN TO REGISTER

Register at [communitynaturalfoods.com/events](https://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](http://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



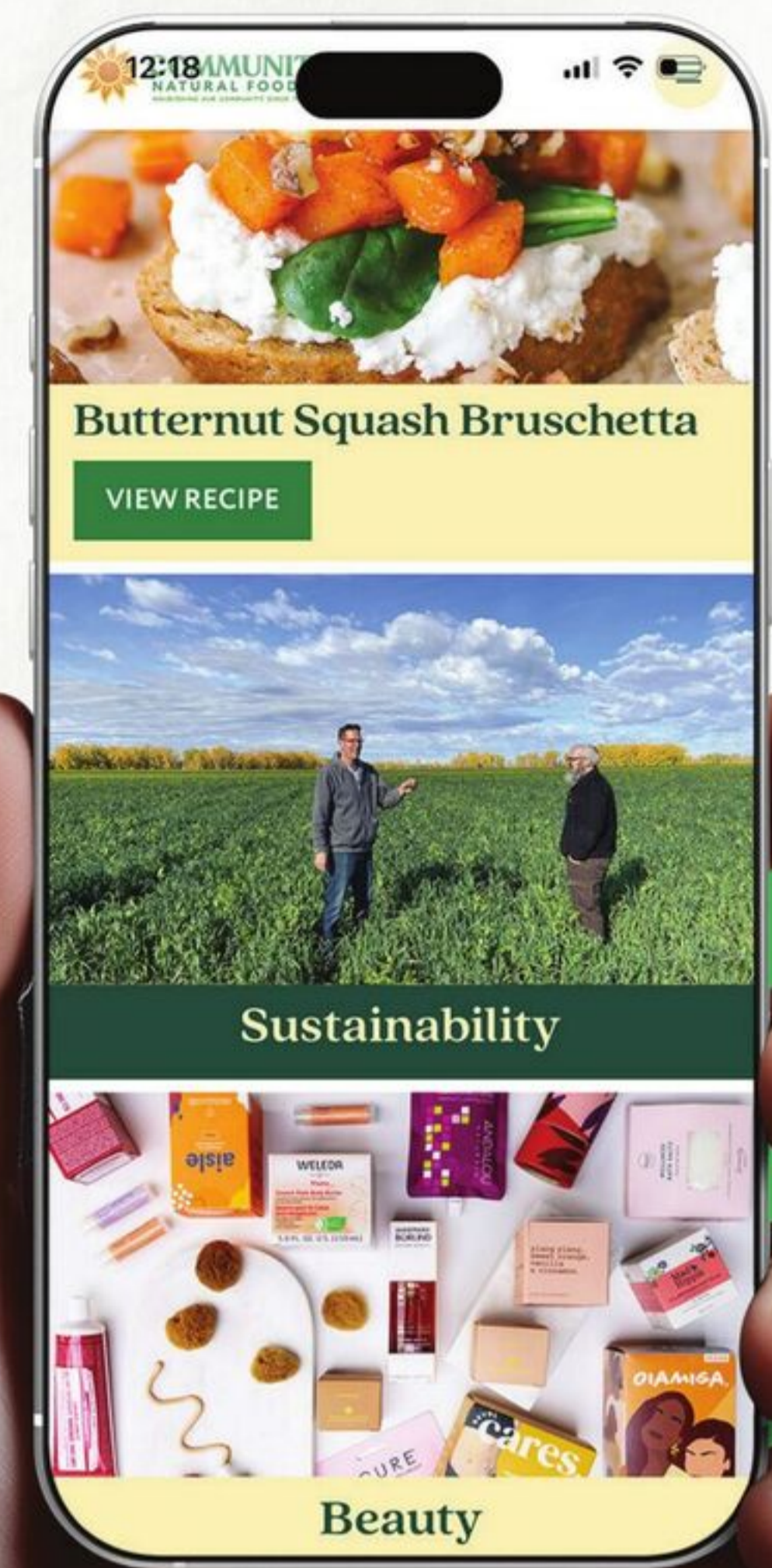
**APRIL 2–JUNE 3, 2026\***  
AVAILABLE IN-STORE AND ONLINE

*\*While quantities last!*

# Learn. Earn. Save.

## Sign up for the Community Newsletter!

[communitynaturalfoods.com/sign-up](https://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](https://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](https://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](https://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.