



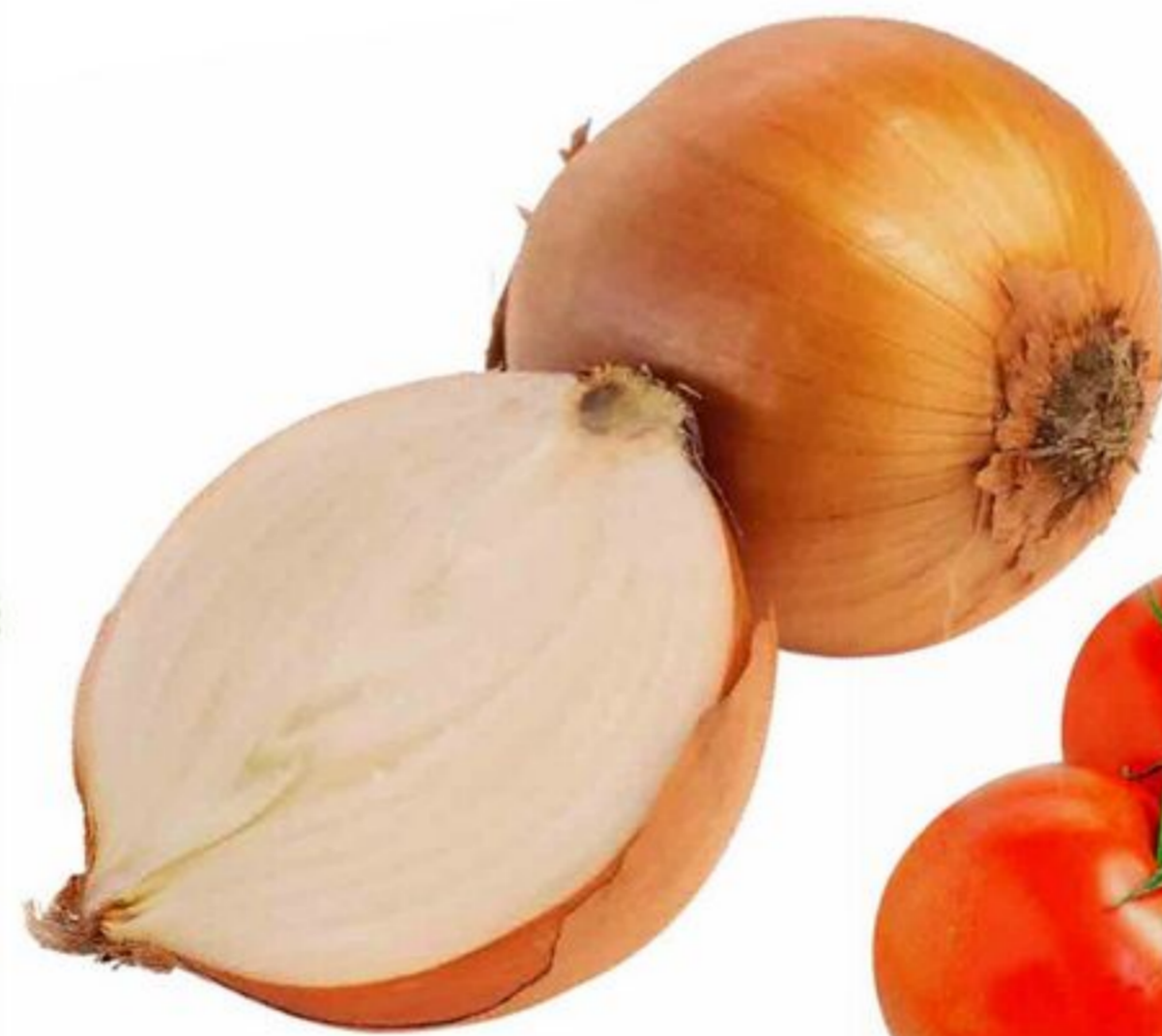
Goodness Grows Here

Since 1981

Organic Produce



ORGANIC BROCCOLI
\$3.79 ea



ORGANIC ONIONS - YELLOW | 3 LBS
\$4.99 ea



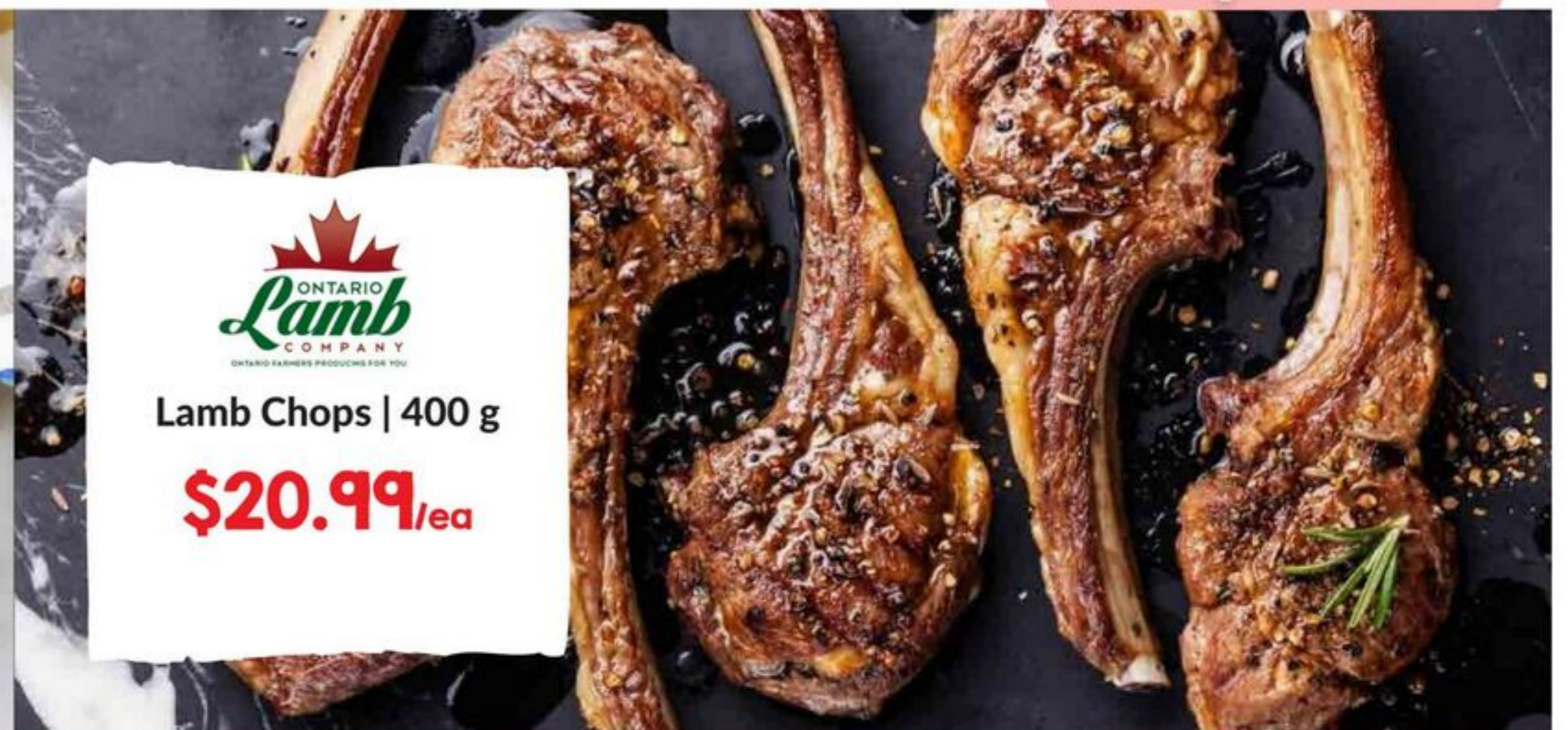
ORGANIC GARLIC
\$6.99/lb



ORGANIC TOMATOES - CLUSTER VINE
\$4.79/lb



BLUE GOOSE
Chicken Sausage
| 4 x 114g
Honey Garlic | Salt & Pepper
| Spicy Italian
\$9.99/ea



ONTARIO Lamb COMPANY
Lamb Chops | 400 g
\$20.99/ea

Flyer Valid April 1 - April 7, 2026 · Check out our digital flyer at goodnessme.ca/flyer · Find us on



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 AS EARLY AS APRIL 2

LONDON • WATERLOO • BURLINGTON

WATERDOWN • UPPER GAGE • BARRIE • ONLINE

REGISTER NOW

goodnessme.ca/learning



Organic Produce



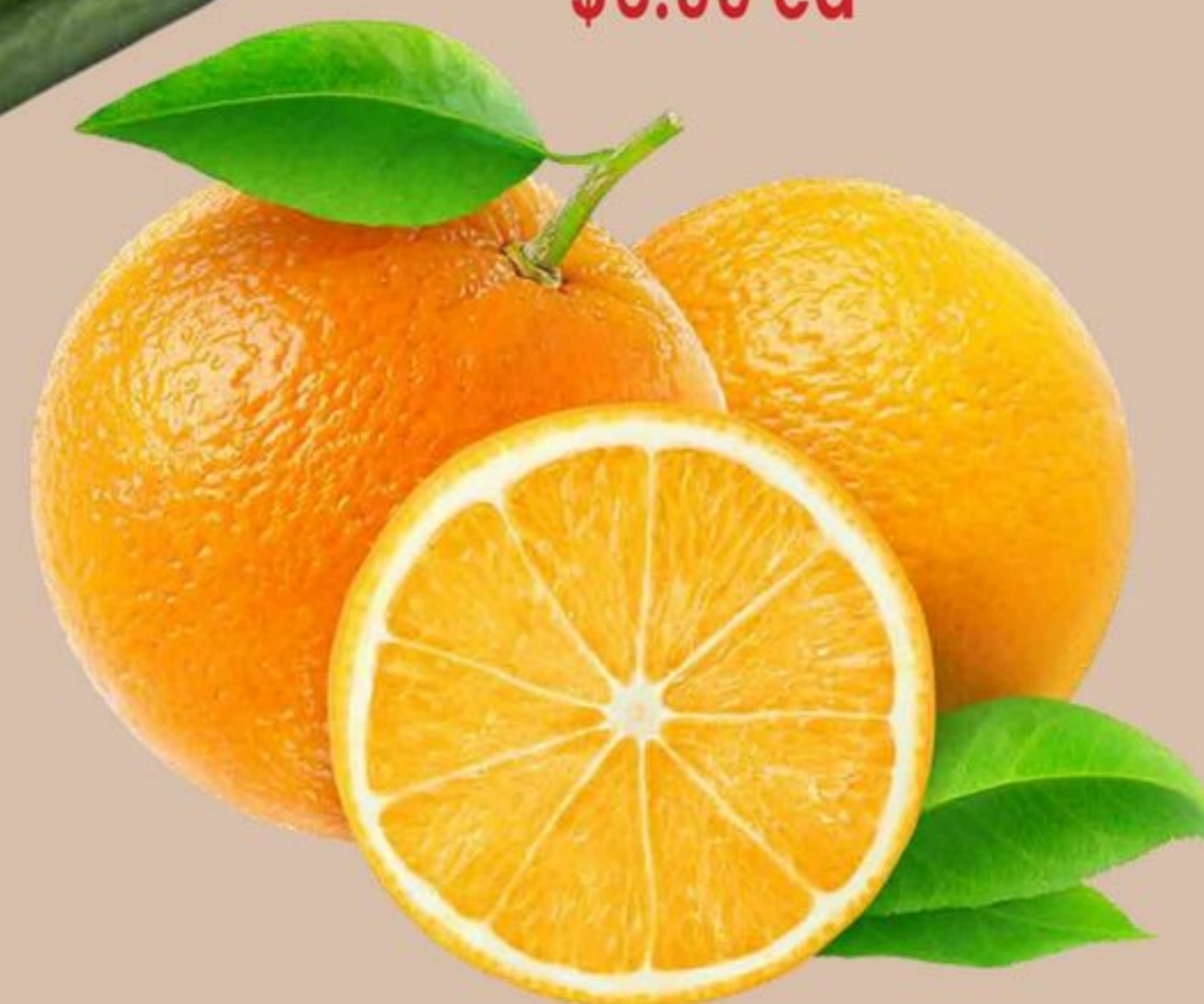
ORGANIC
RASPBERRIES &
BLACKBERRIES | 170 g

\$6.99 ea or 2/\$12



ORGANIC
CUCUMBER - ENGLISH

\$3.29 ea



ORGANIC
ORANGES -
VALENCIA | 3 LBS

\$6.99 ea



ORGANIC
DICED BUTTERNUT
SQUASH & YAMS | 400 g

\$5.49 ea or 2/\$10

ORGANIC
CUCUMBER - MINI | 6 PACK

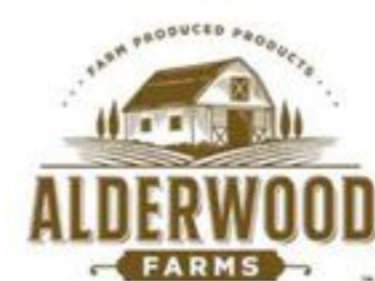
\$3.79 ea



Pork Breakfast
Sausages | 375 g

Original | Maple

\$10.79/ea



Hot Dogs | 375 g

Free Range Chicken |
Grass Fed Beef

\$11.89/ea

SWEET TREATS FOR YOUR EASTER FEAST

SAVE
\$0.50!

GLUTEN FREE &
DAIRY FREE
OPTIONS AVAILABLE

Find Your
Flavour:

Mixed Berry,
Blueberry Pie,
Apple Crumble,
Peach Raspberry,
Blueberry Crumble,
Strawberry Rhubarb

The
good
kitchen

Crafted in Guelph, Ontario, Green Goddess Fromagerie creates high-quality artisan vegan cheeses using traditional techniques and carefully selected ingredients.

FROMAGERIE
Green Goddess



Each product is cultured, aged, and handcrafted in small batches, delivering rich flavour and exceptional quality without compromise.



Fresh from the Fridge or Freezer



ROLLING MEADOW
Grass Fed Milk & Cream
Selected Varieties

10% OFF

Loyalty Saves An Extra
5% OFF

NUTS FOR CHEESE
Sharp Cheddar | 120 g
Entire Line



10% OFF

Loyalty Saves An Extra
5% OFF

KEFIRKULT

Coconut Kefir Yogurt - Mango | 359 mL
Entire Brand

10% OFF



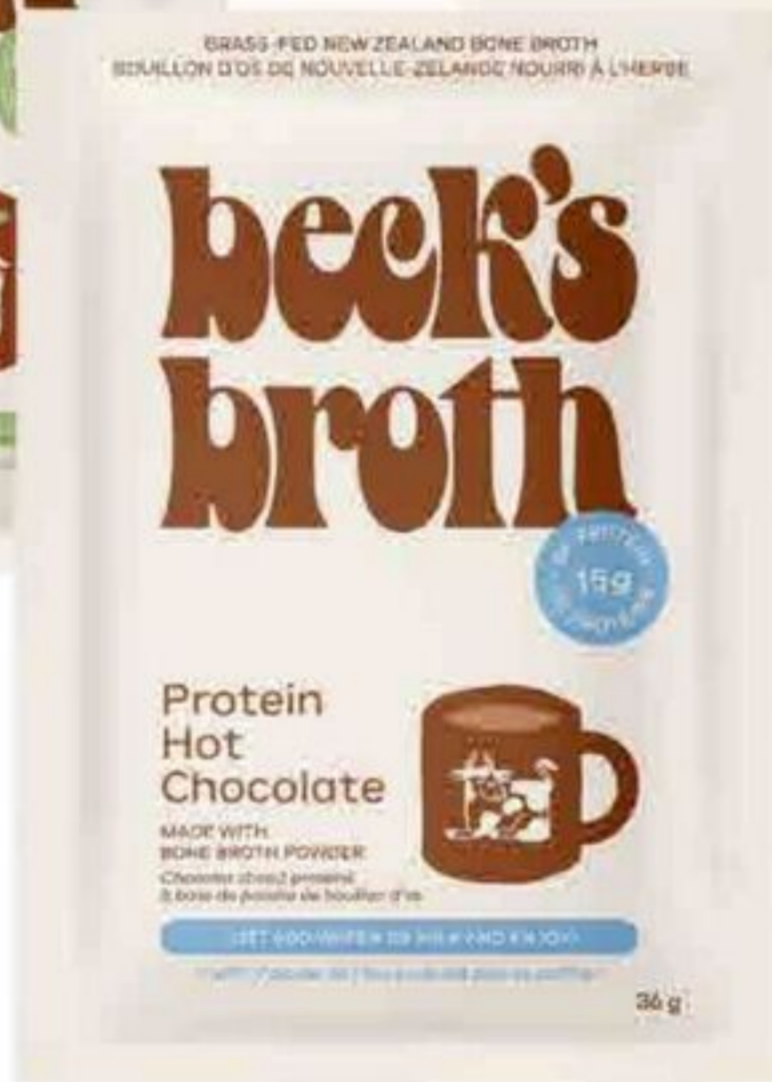
Loyalty Saves An Extra
5% OFF

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

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

ACAI ROOTS

Org Açai Smoothie Pouch Puree | 400 g

10% OFF

Loyalty Saves An Extra
5% OFF



FLOURISH

Protein Pancake Mix - Buttermilk | 430 g

10% OFF



Loyalty Saves An Extra
5% OFF



GLUTEN FREE BAR

Chocolate Peanut Butter Bites | 113 g

10% OFF

Loyalty Saves An Extra
5% OFF



GOOD EATS
Almond Meal Flour | 454 g

10% OFF

Loyalty Saves An Extra
5% OFF



HEALTEA
Peppermint & Dandelion | 355 mL

10% OFF

Loyalty Saves An Extra
5% OFF



HOCHI HOT HONEY
Hot Honey - Regular | 500 g

10% OFF

Loyalty Saves An Extra
5% OFF



JOLT PERFORMANCE
Caffeinated Bar
Hazelnut Truffle | 47 g

10% OFF

Loyalty Saves An Extra
5% OFF



KIJU
Org Pomegranate
Cherry | 1 L

15% OFF

Loyalty Saves An Extra
5% OFF



MARTY'S PICKLES
Original Dill Pickles -
Garlic

10% OFF

Loyalty Saves An Extra
5% OFF



MID-DAY SQUARES
Peanut Butter Squares
| 33 g

10% OFF

Loyalty Saves An Extra
5% OFF

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Hop Into Healthier Treats



YUM EARTH
friendly sweets yummy treats

**Allergy Friendly
Organic Candy**



SMART SWEETS

**Low Sugar
Naturally
Flavoured Candy**



Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

ALTER ECO
Salted Brown Butter Chocolate | 80 g

Loyalty Saves An Extra
5% OFF



10% OFF



MOUNTAIN GEMS
Bumblebee Blend
Whole Bean | 454 g
10% OFF

Loyalty Saves An Extra
5% OFF

MY LITTLE CHICKPEA
Naked Chickpea Gf Falafel | 225 g
10% OFF



Loyalty Saves An Extra
5% OFF



ZEVIA
Creamy Root Beer |
355 mL
10% OFF

Loyalty Saves An Extra
5% OFF

ODD BURGER
Breakfast Sausage | 228 g



Loyalty Saves An Extra
5% OFF

10% OFF



PRANA
Org Kilimanjaro -
Family Pack | 310 g
10% OFF

Loyalty Saves An Extra
5% OFF



PUR GUM
Gum Bag - Spearmint
| 77 g
15% OFF

Loyalty Saves An Extra
5% OFF

RAINCOAST TRADING
Wild Skinless Boneless Sockeye | 150 g
10% OFF



Loyalty Saves An Extra
5% OFF

SIMPLY PROTEIN
Tortilla Chips - Sea Salt | 130 g



Loyalty Saves An Extra
5% OFF

10% OFF



STASH
Decaf Vanilla Chai
Tea | 18 Count
10% OFF

Loyalty Saves An Extra
5% OFF

TRUE TASTE CAFÉ
Belgian Waffles Vanilla Protein | 450 g



Loyalty Saves An Extra
5% OFF

10% OFF



YUM EARTH
Organic Fruit Pops |
248 g
10% OFF

Loyalty Saves An Extra
5% OFF



BIG MOUNTAIN
Smoked Soy-Free Tofu
| 280 g
10% OFF

Loyalty Saves An Extra
5% OFF

Good Groceries

Healthy Items for Every Shopper!

GLUTEN FREE

PLANT BASED

KETO

DAIRY FREE

SUGAR FREE

CLEVER MOCKTAILS

Margarita Non-Alco Zero Calorie | 355 mL

10% OFF

Loyalty Saves An Extra
5% OFF



COOL & SIMPLE

French Fries Cooked W/ Duck Fat | 500 g

10% OFF

Loyalty Saves An Extra
5% OFF



COPPA GELATO

Gelato - Strawberry Cheesecake | 500 mL

10% OFF

Loyalty Saves An Extra
5% OFF



COVERED BRIDGE

Creamy Dill Kettle Chips | 170 g

10% OFF

Loyalty Saves An Extra
5% OFF



DO MATCHA

Org Japanese Green Tea | 80 g

10% OFF

Loyalty Saves An Extra
5% OFF



EATLOVE

Org Almond Butter Cup | 51 g

10% OFF

Loyalty Saves An Extra
5% OFF



Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday

GENUINE HEALTH

High Fibre and Greens Superfoods - Selected Varieties

15% OFF



Loyalty Saves An Extra
5% OFF

HARMONIC ARTS

Therapeutic Mushrooms - Selected Varieties

20% OFF



Loyalty Saves An Extra
5% OFF

ITL HEALTH

Magnesium Supplements - Entire Line

20% OFF

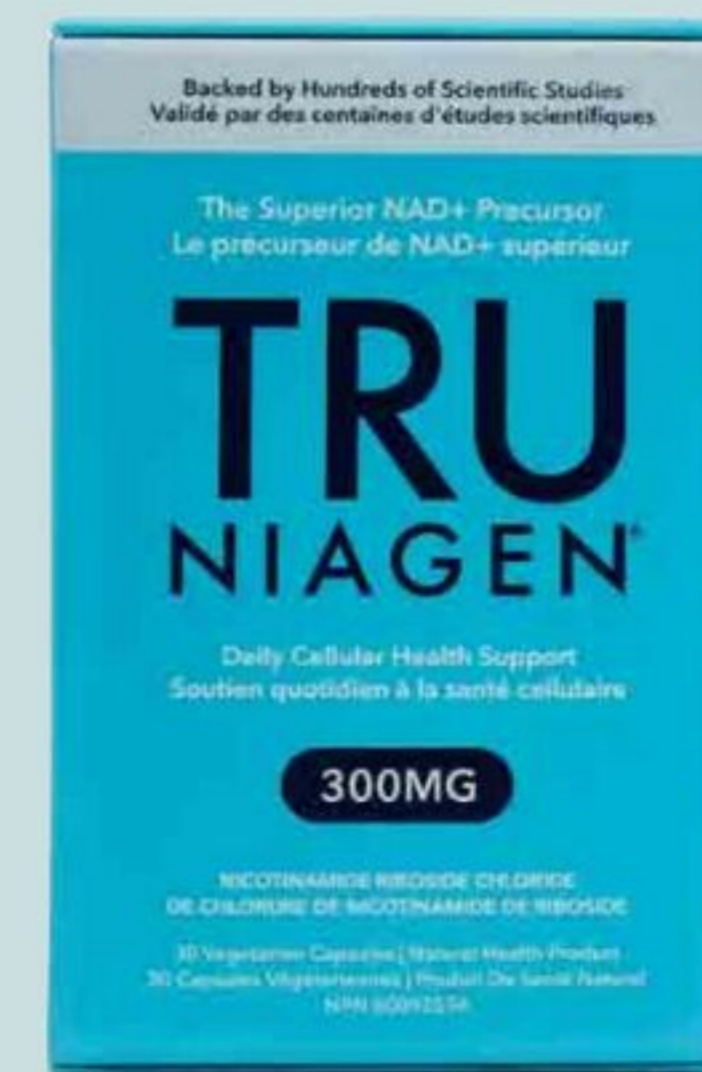
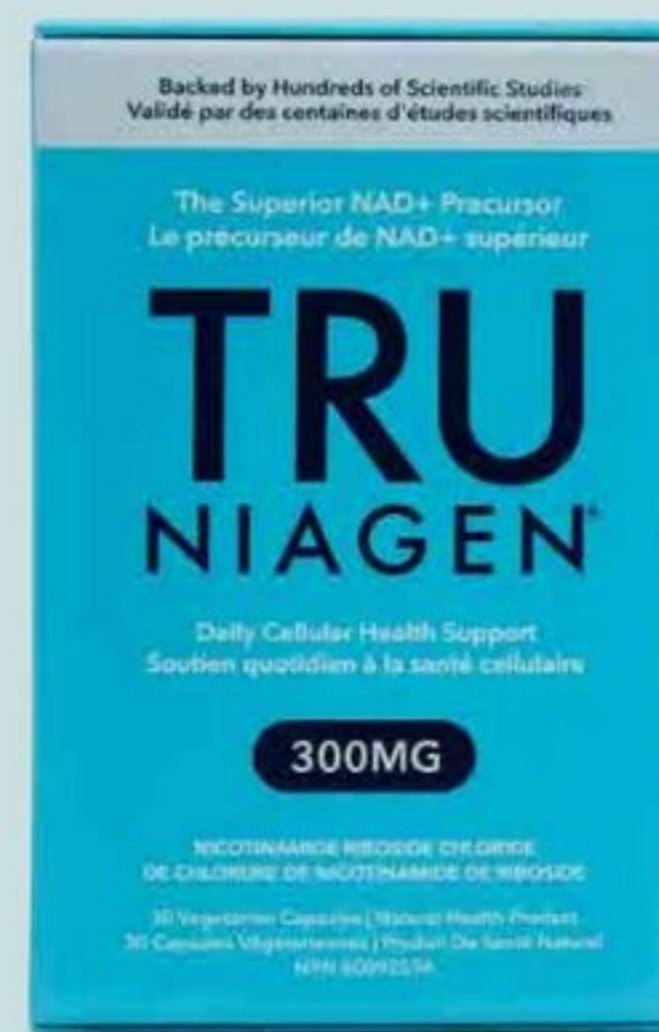
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5% OFF



TRU NIAGEN

Nicotinamide Riboside Chloride | 30 Capsules

20% OFF



Loyalty Saves An Extra
5% OFF

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THE FIRST
CREATINE
 FORMULATED SPECIFICALLY
 FOR WOMEN - BY A WOMAN



5 g of pure creatine monohydrate per scoop, plus plant-sourced D3 and electrolytes



Formulated for women's needs, first and foremost



Available in Unflavoured and delicious Natural Hibiscus Berry flavour



Vegan, gluten-free, non-GMO, paleo & keto-friendly

Strong Like a Woman isn't just another creatine supplement—it's a science-backed blend created to help women feel powerful, energized, and supported as they move through all of life's chapters. With clinically studied doses of micronized creatine monohydrate, potassium citrate, magnesium aspartate, sea salt and vitamin D3, this formula is specifically designed to support strength, energy, and cognitive health—because being strong isn't only about muscles, it's about living with confidence, clarity, and resilience.

@niyamawellnesscanada
 Health Canada NPN 80140755

Made in Canada

100% Woman Owned & Operated

Super Supplements

Vitamins, Supplements,
and Natural Remedies
for Everyday



METAGENICS INC
Probiotics - Selected Varieties
10% OFF

Loyalty Saves An Extra
5% OFF



NEOCELL
Super Collagen + C
With Biotin
10% OFF

Loyalty Saves An Extra
5% OFF

ALLIMAX
Allimax | 90 caps
15% OFF



Loyalty Saves An Extra
5% OFF



FRESHFIELD
Plant-Based Oils -
Entire Line
10% OFF

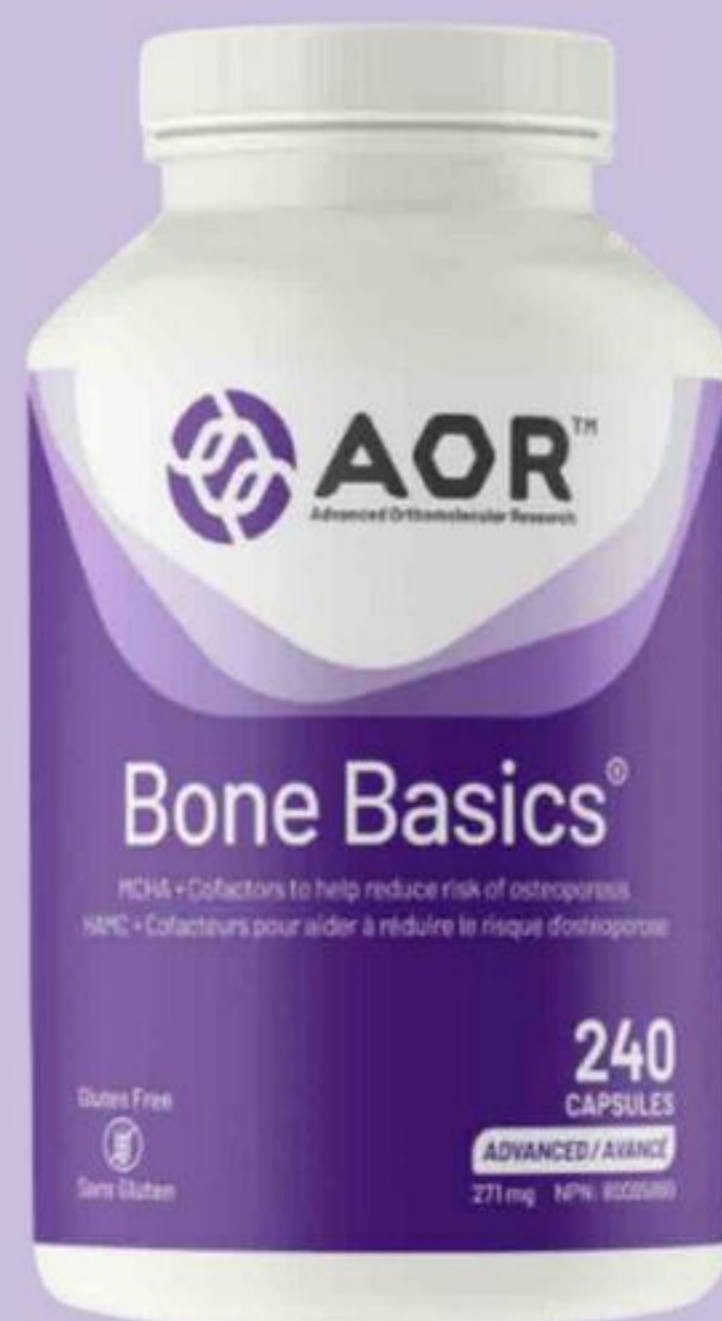
Loyalty Saves An Extra
5% OFF



SISU
Natural Supplement
& Vitamins -
Selected Varieties
15% OFF

Loyalty Saves An Extra
5% OFF

AOR
Bone Health Supplements - Selected Varieties
10% OFF



Loyalty Saves An Extra
5% OFF



KI
Ki Hayfever Control |
30 TABS
10% OFF

Loyalty Saves An Extra
5% OFF



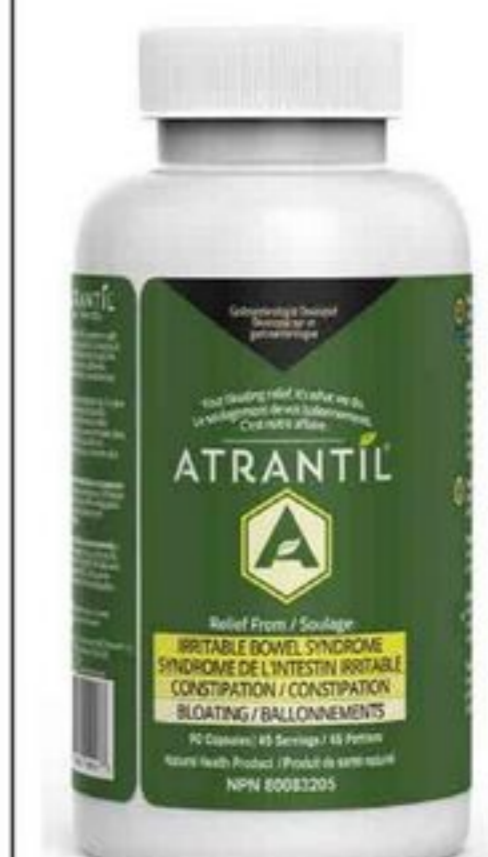
CERTIFIED NATURALS
Mineral & Natural
Supplements -
Entire Line
15% OFF

Loyalty Saves An Extra
5% OFF



BELL
Herbal Supplements -
Entire Line
15% OFF

Loyalty Saves An Extra
5% OFF



ATRANTIL
Atrantil - IBS Relief 90
Capsules
10% OFF

Loyalty Saves An Extra
5% OFF

Home, Life AND Clean Beauty

MINERAL FUSION

Hydro-shine Lip
Gloss Sedona | 5 mL
Entire Brand



Loyalty Saves An Extra
5% OFF

15% OFF

BONTERRA

Bath Tissue Rolls - 3 Ply | 9 Count

10% OFF



Loyalty Saves An Extra
5% OFF



DESERT ESSENCE

Coconut Oil Mint
Toothpaste | 176 g
Entire Brand

20% OFF

Loyalty Saves An Extra
5% OFF



NATURE'S AID

Skin Gel | 125 ml
Entire Brand

10% OFF

Loyalty Saves An Extra
5% OFF

AVARELLE

Acne Cover Patch Original | 40 Count
Entire Brand

10% OFF

Loyalty Saves An Extra
5% OFF



LEMON AIDE

Lemon & Lavender
Multi Cleaner | 750 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

10% OFF



ATLANTICK

TickAttack Botanical
Insect Repel | 60 mL
Entire Brand

10% OFF

Loyalty Saves An Extra
5% OFF



URBAN SPA

Loofah In The
Raw | 1 Count
Entire Brand

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.

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.