

Look for the Great Price Every Day logo for the best deal on some of your favourite grocery staples.

**GREAT  
PRICE  
EVERY DAY**

Shop In Store, Home Delivery & Curbside Pick Up



Genuine Health  
**FERMENTED  
PROTEIN POWDER  
VANILLA** 600g  
**\$41.99**  
**SAVE \$8**



Botanica  
**PERFECT  
GREENS**  
**20% off**



Healthology  
**SLEEP-GREAT  
SLEEP FORMULA**  
30cap  
**15% off**



Routine  
**NATURAL  
DEODORANT  
PRODUCTS**  
**20% off**

Look for this tag  
in-store!



**GREAT PRICE  
EVERY DAY**

**ORGANIC**



Bioitalia  
**Line Drive**  
Assorted Sizes

**20% OFF**



Enjoy Life & Hagensborg  
**Easter Treats**  
Assorted Sizes

**\$5.99 - \$24.99**

**SUSTAINABLE**



Eco Max  
**Natural Cleaning & Laundry  
Products**

**20% OFF**





Meet Dylan, Fresh Manager at our Chinook Market and Assistant Produce Category Manager. He is a man with a tremendous passion for fresh produce and sustainable farming.

**WHY HE LOVES HIS JOB:**  
The opportunity to be a part of the necessary public service of providing and supporting local, organic, cleanly produced, ethical produce/grain/dairy/meat to our city. And that our staff take their commitment to our industry seriously, doing everything they can to help others to do the same.

Dylan is hard pressed to pick a favourite produce item, however he is an enthusiast about Canadian grown garlic that he both purchases and grows himself. Hardy greens like kale or chard, tomatoes, potatoes and peppers also make the top of the list.



Organic  
**RED ANJOU PEARS**  
**\$1.98/lb**  
\$4.36/kg



Organic  
**AVOCADO**  
**\$0.99**  
each

Organic  
**CILANTRO**  
**\$1.79**  
bunch



Organic  
**RED CHARD**  
**\$2.29**  
bunch

Organic  
**ASPARAGUS**  
**\$3.49/lb**  
\$7.68/kg

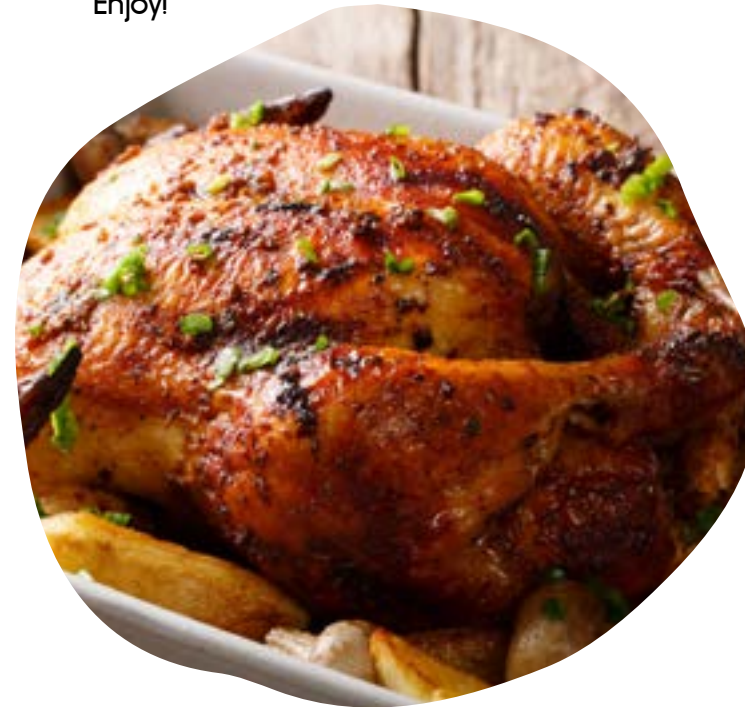


Organic  
**RED ONIONS**  
**\$3.99**  
3lb bag

# Easy Roast Chicken

- 1 Preheat oven to 425 degrees.
- 2 Place chicken on a rack set in a roasting pan
- 3 Rub chicken all over with butter, olive or avocado oil; season salt, pepper and paprika.
- 4 Place in the oven uncovered and roast until an instant-read thermometer registers 160 degrees , around 45 to 50 minutes.
- 5 Let see for 10 minutes before carving.

Enjoy!



Rosstown  
**Ground Turkey Dark Meat** **15% OFF**



Simply Westcoast  
**Assorted Frozen Seafood** **12% OFF**



Broek Acres  
**Leaf Lard** **\$9.99 454g**

## PLANT BASED FAVOURITE



Tofurky  
**Vegan Deli Slices**  
156g  
**16% OFF**



# WE'RE WELLNESS EXPERTS

For 43 years you've trusted our Wellness Experts with your health. Whether it is a dietary change, health concern, questions about immune health or just the desire to improve your health and vitality, we've got experts in store that can help you take that next step.



**Meet Sunny**  
Customer Engagement  
@ Crowfoot Market

**Favourite product:**  
Alberta Natural Products Greens  
Blend Plus Probiotics

**Why:**  
I mix it with water or juice and  
drink daily for an energizing  
afternoon boost.



GLUTEN FREE

Purica  
**Complete 360**

120vcap

Strengthens the body's response to stress and provides 360 degrees of complete immunity support

**\$46.99**  
SAVE \$6

Ener-C  
**Effervescent Multivitamin Drink Mix**

Helps to increase and maintain your energy levels



**15% OFF**

NON-GMO

MegaFood  
**Wholefood Multivitamins**

Made with farm fresh whole foods. Support your body and a more sustainable future



**20% OFF**

Flora  
**Organic MCT Oil**

250ml



Excellent source of fuel for body and brain

**\$12.99**  
SAVE \$3

Genuine Health  
**Fermented Protein Powder Vanilla**

600g



A more digestible protein with a balanced amino acid profile - and gut health benefits

**\$41.99**  
SAVE \$8

Botanica  
**Perfect Greens**

A clean, organic blend of chlorella, spirulina, barley and wheat grasses



**20% OFF**



Bulletproof  
**High-Performance Food, Drinks & Supplements**

Power your life!

**15% OFF**

CanPrev  
**Cold-Pro**

90vcap



Aids in the symptomatic relief of colds and flus and speeds recovery

**15% OFF**

SUSTAINABLE

Nature's Way  
**Nutraveg Omega 3 Plant-Based**

The benefit of omega-3 without the fish! Derived from algae, NutraVege is a great-tasting choice



**15% OFF**

NON-GMO

Natural Factors  
**Stress Relax Supplements**

Natural calming solutions to help you relax and sleep



**15% OFF**

Healthology  
**Sleep-Great**

30cap



Helps you fall asleep quickly, stay asleep and achieve deep, restful sleep

**15% OFF**

Rountine  
**Natural Deodorant Products**

An incredibly effective natural deodorant, made using only clean, wholesome ingredients



**20% OFF**

Himalaya  
**Neem Toothpaste**

150g



This fluoride-free natural toothpaste reduces plaque and removes surface stains

**\$6.49**  
SAVE \$1.50

NON-GMO

Organika  
**Collagen Supplements**

High-quality collagen products for better joint, skin and nail health



**15% OFF**

# ONE THING YOU CAN DO TODAY



with *Leanne* & special guests

CNF Content Specialist C.H.N.C

We are all very aware about how important healthy living is. It can seem intimidating, with so many choices to make, and so much information out there. But really, you just have to make one choice. One small change at a time. Sign up for our weekly One Thing You Can Do Today newsletter for one small thing you can do this week to take your wellness to the next level.

[communitynaturalfoods.com/newsletter](https://communitynaturalfoods.com/newsletter)





As a 43 year old local business in Calgary, we believe strongly in supporting local producers, manufacturers and non-profits. Did you know we carry over 1,000 Alberta local products in-stores and online? Every time you purchase a local product you're doing your part to reduce your carbon footprint and support your local economy.



Enjoy Life and Hagensborg  
**Easter Treats**  
Assorted Sizes

**\$5.99-  
\$24.99**



Pacific  
**Organic Broths**  
1L

**\$4.99**

**SAVE \$1**



Put something local in your basket and show your love for Alberta producers. The little things make a big difference.



Omega Nutrition  
**Organic Coconut Oil**  
454g

**\$9.89**  
**SAVE \$2.10**

Plum m Good  
**Rice Cake Thins**  
95g



**\$2.89**  
**SAVE \$.60**

Food for Life  
**Flax Cereal**  
454g



**12%  
OFF**

Ecoideas  
**Organic Lupin Flour**  
400g



**\$8.69**  
**SAVE \$2.30**

Better Than Foods  
**Organic Konjac Penne**  
385g



**\$4.19**  
**SAVE \$.80**

Stash  
**Tea**  
18-20ct



**\$5.19**  
**SAVE \$.80**

NOW  
**French Vanilla Stevia**  
60ml



**\$11.29**  
**SAVE \$3.70**

Country Archer  
**Grass-Fed Beef Jerky**  
70g



**\$6.99**  
**SAVE \$1.50**

Daiya  
**Shreds and Sticks**



**12%  
OFF**



Eco Max  
**Natural Cleaning & Laundry Products**

Made of 100% plant-based ingredients derived from renewable and sustainable resources

**20% OFF**



Bioitalia  
**Line Drive**  
Assorted Sizes

**20% OFF**

Paradise Mountain  
**Organic Coffee Line Drive**  
454g



**\$13.49**  
**SAVE \$3.50**

Giddy Yo  
**Vanilla and Pink Salt Raw Chocolate Bar**  
62g



**\$4.89**  
**SAVE \$.60**

Carbonaut  
**Low Carb Bread**  
544g



**15%  
OFF**

Karthein's  
**Fermented Sauerkraut & Kimchi**  
375-750ml



**15%  
OFF**



Juniper Ridge  
**Incense Sticks**

Made with 100% wild-harvested leaves, wood and resins from the Mountains of the West

**15% OFF**



# Freshly Prepared & Ready to Eat

Enjoy our healthy and convenient options for all dietary preferences, made fresh daily.



GT's  
**Adaptogen & Kombucha  
Drinks**  
480ml  
**12% OFF**



Community Naturals  
**Organic Black Quinoa**  
**15% OFF**  
Bulk



Happy Belly  
**Locally Crafted  
Kombucha**  
250-355ml  
**20% OFF**



Community Naturals  
**Quinoa Rice Fusili**  
**15% OFF**  
Bulk



Community Naturals  
**Borscht Soup**  
700ml  
**15% OFF**



Community Naturals  
**Organic Raw Brazil  
Nuts**  
**\$7.99** 220g  
Repack

**BUY IN  
BULK & SAVE**

Fill up on bulk items like herbs and spices and pantry essentials like nuts and seeds, and pastas and flours. We also have bulk honey, maple syrup as well as cleaning products.

# GREAT PRICE EVERY DAY

We are about wellness for all, and to us wellness includes effective, quality products at an affordable price. We've taken several of our most popular products and priced them at very low prices to guarantee you the best deal on some of your every day favourite items.

← Look for this tag in-store!

Community  
Naturals  
**Organic Canned  
Diced Tomatoes**  
398ml



**\$2.99**

San Zenone  
**Organic  
Gluten-Free  
Fusili**  
454g



**\$2.99**

Earth's Choice  
**Organic  
Canned Kidney  
Beans**  
398ml



**\$2.49**

Community  
Naturals  
**Bulk Raw Almonds**



**\$1.86/100g**

Spolumbo's  
**Maple Breakfast  
Sausage**  
450g



**\$7.49**

Nature's Farm  
**Free Range Eggs**  
30ct



**\$13.99**

Avalon  
**Organic Milk**  
4L



**\$9.69**

Old Country  
Sausage Shop  
**Fresh Bison  
Pepperoni**



**\$4.39/100g**

L'ancetre  
**Mild Marble  
Cheddar**  
325g



**\$9.99**

Everyone  
**Meyer Lemon +  
Mandarin Hand  
Soap**  
377ml



**\$5.99**

Natural Factors  
**Cal Mag 250mg  
with Vit D**  
210tabs



**\$14.99**

**White Button  
Mushrooms Org**



**\$3.99/lb 8.78/kg**

# WE'RE CALGARY'S MOST AFFORDABLE HEALTH FOOD STORE

SAVE with  
myCNF FREE  
Membership

Price  
Matching

Flyer  
Matching

Great Price  
Every Day

5% Seniors  
Discount

Weekly  
Flyer

SAVE with  
Community  
Naturals  
private label

Buy in  
Bulk &  
Save

Store Hours:  
Monday-Saturday 9am-9pm  
Sunday 9am-7pm

10th Ave Market & Cafe  
1304 10th Ave SW

Crowfoot Market  
850 Crowfoot Cres. NW

Chinook Market  
202 61st Ave SW

Home Delivery &  
Curbside Pick Up



**COMMUNITY**  
**natural foods**  
nourishing our community since 1977

[communitynaturalfoods.com](http://communitynaturalfoods.com)

Sign up in-store for a free myCNF membership

Flyer pricing reflects member pricing.  
Non-members add 10% to all sale prices