



Feeling Good From the Inside Out®  
Since 1952

Healthy Groceries Healthy Vitamins Healthy Answers®

www.HarvestHealthFoods.com



August 2014

## Cathy Says... Energize Your Summer

Summer is the season for fun! Long days and warm weather are perfect for the backyard, the beach or the bike trail. But summer heat can also zap your energy. So beat the heat and boost your energy with a few healthy tips.

Start your day energized with a healthy breakfast. Fuel the rest of your active day with healthy snacks and good hydration. Keeping your meals light or meat free, can ease digestion. Finally, keep taking your multivitamin. Multivitamins help ensure that your body is getting the nutrients necessary to keep enjoying your end of summer fun.

Need some new inspiration? Visit the recipe section on our website for new ideas while checking out our sales flyer for great end of summer deals. Having fun and staying healthy go hand-in-hand. Harvest Health Foods is here to help you enjoy every last bit of your summer!



Wallaby Organic

### Assorted Organic Greek Yogurts

**20% Off** Includes whole milk, low fat and no fat varieties.  
Harvest Values Price



Higher Grounds Trading Company  
Organic Fair Trade Coffee  
Power Shift Blend

12 oz Bag



**Save \$2**

A smooth, balanced blend of Ethiopian and Colombian coffees.

Exceptional Coffee from a world of good friends. Locally roasted in Traverse City, MI.

ActiveX

### Organic High Energy Bars

Assorted Varieties  
1.76 oz



**\$1.79**  
Regular Price \$2.15

"Good for you. Better for you."

Oasis Mediterranean

### Hommmus, Salsa & Pita Bread

Assorted Varieties  
7-14oz



**25% Off**  
Suggested Retail

The Chia Company

### Chia Pod

Assorted Varieties  
6 oz



**\$2.89**  
Regular Price \$3.79



The perfect energy boosting breakfast.

CalNaturale

### Svelte Organic Protein Shakes

Assorted Varieties  
11 oz



**\$1.99**  
Regular Price \$2.85

Save \$3.30 on 4 Packs

Some items may not be available due to unforeseen shortages. Not responsible for typographical errors.

Stock UP with Healthy Savings for Back to School.

Field Day

**Organic Apple Juice**

64 oz

**\$5.99**

Regular Price \$9.49



Bobo's

**Oat Bars \$1.99**

Select Varieties Regular Price \$2.75

3 OZ



Bobo's Oat Bars make a great breakfast or snack bar.

Crofters

**Organic Premium Concord Grape Spread**

16.5 oz

Super Savings!

**\$2.49**

Regular Price \$5.39

Strawberry & Raspberry spreads are also on sale for \$3.99



One Degree Organic

**Veganic Organic Breads**

Assorted Varieties

19-22 oz

**\$4.99**

Regular Price \$6.79



Field Day

**Organic Peanut Butter**

Smooth & Crunchy Varieties

18 oz

**\$4.99**

Regular Price \$7.15



Honest Kids

**Organic Juice Drinks**

Assorted Varieties

8/6.75 Pouches

**\$3.99**

Regular Price \$5.49

Only Sweetened with Fruit Juice

**HONEST® KIDS**



Annie's Homegrown

**Deluxe Gluten-Free Mac & Cheese**

11 oz

**\$3.79**

Regular Price \$5.49



Pamela's

**Figgies & Jammies**

Gluten-Free Cookies

9 oz

**\$3.69**

Regular Price \$5.19



Nature's Path

**Toaster Pastries**

Assorted Varieties

11 oz



**\$2.99**

Harvest Values Price \$3.29

Perfect for a quick breakfast or an anytime snack.



EnviroKids

**Gluten-Free Cereals**

Assorted Varieties

10-11.5 oz

**\$3.49**

Harvest Values Price \$3.99

Two new varieties.



Stretch Island

**Fruit Leathers**

All Varieties

.5 oz

**.39¢**

Harvest Values Price .55¢



Providing You Healthy Options for Every Part of Your Day!

Kind  
**Healthy Grains Granola Bars**

Assorted Varieties  
5 1.2 oz

**\$3.39**  
Regular  
Price \$4.39



Arrowhead Mills  
**Organic Sprouted Pancake Mix**

26 oz

**\$5.89**  
Regular  
Price \$7.29

*Organic Gluten-Free and Sweet Potato Pancake Mixes are also on sale in August.*



Cherryvale Farms  
**Everything But The... Baking Mixes**

Assorted Varieties  
15-20 oz

**NEW**



**25% Off**  
Suggested Retail

Koyo  
**Ramen Soups & Noodles**

Assorted Varieties  
1.9-2.1 oz

**.99¢**  
NEW Harvest  
Values Price

*Enjoy even more savings with Harvest Values every day!*



Zen  
**Almond Milk Puddings**

Assorted Varieties  
4/3.5 oz

**\$3.59**  
Regular  
Price \$4.79

*Dairy-free goodness, great for your lunch box!*



Newman's Own Organics  
**Licorice Twists**

Assorted Varieties  
5 oz

**\$1.99**  
Regular Price \$2.85



Against The Grain Gourmet  
**Gluten-Free Baguette**

Original  
15 oz

**\$6.99**  
Regular  
Price \$8.69



One Degree Organic  
**Organic Sprouted Cereals**

Assorted Varieties  
8-12 oz

**\$3.99**  
Regular  
Price \$5.59



Lundberg  
**Rice Chips**

Assorted Varieties  
6 oz

**\$2.49**  
Regular  
Price \$3.49



**Woodstock End of Summer Cookout Extravaganza!**  
**Organic Picnic Essentials**

Assorted Varieties

**30% Off**  
Suggested Retail

*Savor the last days of summer with the help of Woodstock.*



Equal Exchange  
**Fair Trade Organic Love Buzz Coffee**



**\$9.75 Lb**  
Regular Price \$11.45

Hail Merry

**Miracle Tarts & Macaroons**

Assorted Varieties



**25% Off**  
Suggested Retail

Raw, Dairy-Free,  
Gluten-Free



GT's

**Enlightened Chia  
Kombucha**

Assorted Varieties

16 oz

**\$2.89**

Harvest Values  
Price \$3.39



Wildbrine

**Fermented Salsas**

**NEW**

Salsa Rojo & Salsa Verde

18 oz

Raw, Naturally Probiotic

**\$5.99**

Regular Price \$8.09



Live Soda

**Organic Kombucha Soda**

Assorted Varieties

12 oz

**\$1.89**

Regular  
Price \$2.39



Harvest Health Foods

**Organic Golden  
Flax Seed**

**\$2.39 Lb**

Regular Price \$2.82 Lb



**NEW**

Lundberg

**Organic Quinoa &  
Rice Blend**

Assorted Varieties

6 oz

**\$2.99**

Regular  
Price \$3.79



Quorn

**Select Meat Free  
Meal Options**

Soy-Free

**\$4.29**

Regular Price \$5.69



Perfect for those trying to eat healthier as part of an active lifestyle.

Eden Organics

**Organic Canned  
Tomatoes & Pizza Sauce**

**20% Off**

Suggested Retail



Now Foods

**Organic BetterStevia  
Packets**

75 Count

**\$6.49**

Regular  
Price \$8.99

Zero calorie sweetener, gluten-free, clean sweet taste.



Earth Friendly

**2x Ultra ECOS Natural  
Laundry Detergent**

Assorted Varieties

100 oz

**\$9.99**

Regular  
Price \$14.69

100 HE Loads



# Carlson for Kids<sup>®</sup> Select Supplements

**20% Off**  
Suggested Retail



## Country Life Select Maxi-Hair Supplements

Formulated with B vitamins, biotin and MSM. Helps bring life back to your hair, skin and nails.



**25% Off**  
Suggested Retail

## Cleanwell Assorted Hand Soaps and Natural Sanitizers

**30% Off**  
Suggested Retail



## Andalou Shower Gels & Body Lotions

11 OZ

**\$7.49**  
Regular  
Price \$9.99



**\$8.99**  
Regular  
Price \$11.99



## Irwin Naturals Power to Sleep PM Assorted Sizes

**25% Off**  
Suggested Retail



## Enzymedica Digest 90 Count

**\$24.99**  
Regular  
Price \$32.99



**Digest**  
Complete Enzyme Formula\*

## Brand Arnica Gel and Arnica Cream 1.33-1.5 OZ

**\$6.39**  
Regular Price \$7.45

For all of life's  
bumps and  
bruises.



## PlantFusion Phood Supplements

**20% Off**  
Suggested Retail



100% Plant-based  
whole food meal  
shake. Gluten-free  
and soy-free

## NEWCHAPTER<sup>®</sup> Supplements

**25% Off**  
Suggested Retail



## Flora DHA Flax and DHA Udo's Choice Oils Select Varieties

**20% Off**  
Suggested Retail



DHA, is an omega-3  
fatty acid that is es-  
sential for the proper  
functioning of our  
brains.



## Herb Pharm Select Energy Support Formulas

**20% Off**  
Suggested Retail



Help promote  
energy, endurance  
and stamina.



## Supplements

**25% Off**  
Suggested Retail



Like Harvest Health Foods on Facebook

Garden of Life

Garden of Life

# ALL KIND Organics Supplements

Nutrients from Certified Organic Food, Vegan, Clean Tablet Technology

**25% Off**  
Suggested Retail

# Vitamin Code Multivitamins

Raw, Live Probiotics & Enzymes, Vegetarian, Cultured Nutrients, Vegetarian -Capsule



## All Twinlab Supplements

**25% Off**  
Suggested Retail



## Buckeye Nutritionals Garcinia Cambogia Extract

60 VCaps  
**\$14.99**  
Regular Price \$18.29



## Kyolic Aged Garlic Extract All Aged Garlic Supplements

**20% Off**  
Suggested Retail



**15% Off**  
Suggested Retail

## Harvest Health Foods All Enzyme Formulas

Assorted Varieties  
**15% Off**  
Suggested Retail

*Same Harvest Health Foods quality with a fresh new look.*



## All Vega Sport Products

Assorted Varieties

**25% Off**  
Suggested Retail



## Select Boericke & Tafel Topical Creams

**20% Off**  
Suggested Retail



## ReNew Life Norwegian Gold Fish Oil Supplements

Select Varieties

**20% Off**  
Suggested Retail



Feeling Good from the Inside Out®  
Since 1952

We have three convenient locations in the Grand Rapids area.

1944 Eastern Ave. SE Grand Rapids (616) 245-6268  
Mon-Sat 9-7 Closed Sundays

6807 Cascade Road SE Grand Rapids (616) 975-7555  
Mon-Sat 9-8 Closed Sundays

4150 32nd Ave Hudsonville (616) 896-6630  
Mon-Sat 9-8 Closed Sundays



August 2014

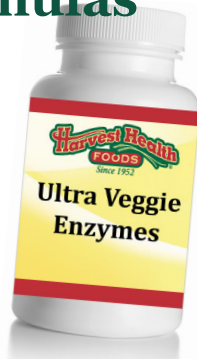


Harvest Health Foods  
**All Enzyme Formulas**  
Assorted Varieties

**15% Off**

Suggested Retail

*Same Harvest Health Foods quality with a fresh new look.*



**BARLEAN'S**  
ORGANIC OILS  
**Omega Swirl**

**15% Off**

Suggested Retail

Flora  
**DHA Flax and DHA Udo's Choice Oils**  
Select Varieties

**20% Off**

Suggested Retail



*DHA, is an omega-3 fatty acid that is essential for the proper functioning of our brains.*



Irwin Naturals  
**Ginkgo Smart**  
Assorted Sizes

**25% Off**

Suggested Retail



Natures Way  
**All Nature's Way Organic Coconut Oil**

**30% Off**

Suggested Retail



Natures Way  
**Alive Gummies and Chewables**

**30% Off**

Suggested Retail

