



Feeling Good From the Inside Out®

Since 1952

Healthy Groceries Healthy Vitamins Healthy Answers®

HarvestHealthFoods.com

Cathy Says...

It feels like summer has just begun, and we're already seeing back-to-school ads! If you're anything like me, your summer wish list probably has a few unachieved health goals. Remember, it's never too late to establish healthier habits. Need a little inspiration? Check out our August ad or stop by and talk with our staff. We'd be glad to help you get on the right track. With a little help and support, we can all healthfully enjoy the last few days of summer!

August 2015



Cultured Love 100% Organic Raw Kraut

Assorted Varieties
12 oz

\$7.49

Regular Price \$8.59



Locally Produced in Grand Rapids.

Keeki Pure and Simple Natural Sunscreens

Assorted Varieties
4 oz

25% Off

Suggested Retail



The Gluten Free Bar The GFB

Assorted Varieties
2.5oz

\$1.59

Regular Price \$2.19

Grand Rapids company.



Higher Grounds Trading Company Organic Fair Trade Coffee Colombian Fondo Paez

12oz

\$10.39

Regular Price \$12.39

Locally roasted in Traverse City.



Jackson's Honest Chips Organic Potato Chips

Made with Coconut Oil

Assorted Varieties
5 oz

\$3.79

Regular Price \$5.49

Paleo friendly



Creswick Farms Local Grass-Fed Beef Patties

1/4lb and 1/3lb Varieties

\$7.49

Regular Price \$9.19



Rumiano Organic Grass-Fed Cheese

Assorted Blocks
8oz

\$4.49

Regular Price \$6.29



Slices also on sale Save \$1.30.

Veggie Fries Veggie Fries

Assorted Varieties
14oz

\$4.29

Regular Price \$5.79



Silver Hills Bakery Sprouted Whole Grain Buns

Hamburger and Hot Dog Buns

\$3.19

Harvest Values Price
\$3.79-\$3.89



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

Choosing healthy is not a compromise.

Harvest Health Foods

Organic Thompson Raisins



\$4.39Lb
Regular Price \$5.02lb

One Degree Organic Foods

Organic Sprouted Cereals

Assorted Varieties
8oz-12oz

\$3.69
Regular Price \$5.89



Field Day

Organic Apple Juice

1 Gallon

\$9.99
Harvest Values
Price



64 oz

\$5.99
Harvest
Values
Price

Nature's Path

EnviroKidz Cereals

Assorted Varieties
10oz-14 oz

\$3.39
Harvest Values
Price \$3.99



Mom's Best Naturals

Cereals

Assorted Varieties
14oz-24oz

\$2.99
Regular Price
\$3.99



Stock up for back to school.

Lakewood

Organic Pure Fruit Juices

Select Varieties
32 oz

25% Off
Suggested Retail



Kinnikinnick Foods

Gluten-Free Donuts

Assorted Varieties
11.3 oz

\$4.99
Regular Price \$6.99



Wholesome Sweeteners

Organic Pancake Syrup

20 oz

\$4.99
Regular Price \$6.99



Almond Dream

Non-Dairy Almond Milk Yogurts

Assorted Varieties
6oz

\$1.69
Regular Price \$2.19

24oz also on sale Save \$1.50



Field Day

Multi-Grain Snack Bars

Assorted Varieties
7.9 oz

\$2.39
Harvest Values
Price \$3.19



Santa Cruz Organics

Organic Apple Sauce Cups

Assorted Varieties
6/4oz Cups

\$3.79
Regular Price \$5.29



Crofter's

Organic Premium Fruit Spreads

Assorted Varieties
10 oz

\$2.79
Regular Price \$4.29



Field Day

Organic Peanut Butter

Assorted Varieties
18 oz

\$4.49
Harvest Values
Price \$5.99



Follow Harvest Health Foods on Twitter @Harvest_Health.

Healthy Choices For Every Day.

Field Day

Organic Macaroni & Cheese

Yellow Cheddar Elbows and White Cheddar Shells
6 oz

\$1.99

Harvest Values
Price \$2.29



Field Day

Organic Deluxe Shells and Cheese

Family Size
12 oz

\$3.49

Harvest Values
Price \$4.19



Essentia

Electrolyte Enhanced Water

1 Liter
Case of 24 \$16.99 Save \$6.00

\$1.49

Harvest Values
Price \$2.09



Live Soda

Organic Raw Kombucha Soda

Assorted Varieties
12 oz

\$2.09

Regular Price \$2.59



Smart Flour

Ancient Grain Gluten-Free Pizza Crust and Pizza

Assorted Varieties
9.4oz-10.3oz

25% Off

Suggested Retail



Bragg

Organic Dressing and Marinades

Assorted Varieties
12 oz

\$4.99

Regular Price \$6.85



Doctor Kracker

Organic Crispbreads

Assorted Varieties
7 oz



Follow Your Heart

Assorted Vegan Slices Blocks & Snacks

25% Off

Suggested Retail



Hampton Creek

Just Mayo

Assorted Varieties
8oz-16oz

25% Off

Suggested Retail

Plant based,
egg-free spreads.



Banana

Banana Bites

Assorted Varieties
3.5 oz

\$3.99

Regular Price \$5.39



Make the most of the last days of summer.



Late July

Select Organic Mini Snack Crackers

25% Off

Suggested Retail



Navitas Naturals

Select Superfoods

20% Off

Suggested Retail



Lesser Evil

Buddha Bowl Organic Popcorn

Assorted Varieties
5oz-7oz

\$2.99

Regular Price \$4.09
Popped with coconut oil.



Hail Merry Snacks

Macaroons and Miracle Tarts

Assorted Varieties
2.5oz-3.5oz

\$3.19

Regular Price
\$4.59-4.89



Like Harvest Health Foods on Facebook.

"A healthy outside starts with a healthy inside." Robert Urich

HONEST TEA
Organic Ice Tea
Assorted Varieties
12oz

\$1.19
Regular Price \$1.79



USDA ORGANIC

So Delicious
Coconut Milk & Cashew Milk Frozen Desserts
Pint

\$4.99
Regular Price \$7.19



Talenti Gelato E Sorbetto
Gelato Pops
Assorted Varieties
3/3 oz

\$3.99
Harvest Values
Price \$5.39



YumEarth Organics
Organic Lollipops
Assorted Varieties
25% Off
Suggested Retail



Honest
Organic Juice Drinks
Assorted Varieties
Fruit Juice Sweetened
8/6.75 oz

\$4.29
Regular Price \$5.49



USDA ORGANIC

All Natura Organic Wines
Assorted Varieties
750 ML

\$10.99
Regular Price \$12.59



Earth Friendly
Select Household Cleaners

30% Off
Suggested Retail

Healthy begins at home.



Spry
Sugar-Free Gum
Assorted Varieties
Xylitol Sweetened

25% Off
Suggested Retail



USDA ORGANIC

XyloBurst
Mint Tins and Sour Tins
Assorted Varieties
100 Count

\$2.69
Regular Price \$6.59




Healthy choices from
Head to Toe

Now Foods
100% Pure Essential Oils
20% Off
Suggested Retail



Home Health
Almond Glow Massage Lotion and Body Oil
Assorted Varieties
8 oz

\$6.99
Regular Price \$8.99



Dessert Essence
Toothpaste
Assorted Varieties
6.25 oz

\$4.99
Regular Price \$6.99



Andalou
Hand Creams, Shower Gels and Lotions
Assorted Varieties

\$6.99
Regular Price \$9.99




Follow Harvest Health Foods on Twitter @Harvest_Health.

Healthier Options For Every Season of Life.

*A successful
school year is
a healthy one.*

Carlson for Kids

Select Carlson For Kids Supplements

20% Off

Suggested Retail



Nordic Naturals

Select Omega-3 Supplements

25% Off

Suggested Retail



Harvest Health Foods

Select Children's Support Liquid Formulas

1 oz

25% Off

Suggested Retail



Harvest Health Foods

Select Children's Chewable Formulas

20% Off

Suggested Retail



Country Life

Select Stress, Brain and Children's Support Formulas

25% Off

Suggested Retail



Natural Vitality

Select Calm Products

8 oz & 16 oz

25% Off

Suggested Retail

Find your inner calm.



Herb Pharm

Select Back To School Herbals

1oz

20% Off

Suggested Retail



Cleanwell

Natural Hand Soap & Sanitizing Products

Assorted Varieties

25% Off

Suggested Retail



Broerick & Taffel

Topical Creams

Assorted Varieties

30% Off

Suggested Retail



Garden of Life

Dr. Formulated Probiotics

Assorted Varieties

30% Off

Suggested Retail



Buckeye Nutritionals

Shake It Up Essential Oil Household Sprays

Assorted Varieties

4 oz

\$5.99

Regular Price \$6.99



Redd Remedies

Select Formulas

20% Off

Suggested Retail

Several Redd Remedies formulas are also featured this month.



Preserve

Food Storage Containers

Assorted Sizes & Colors

25% Off

Suggested Retail



BPA Free, Recycled #5 polypropylene

Healthy Choices made easy.

Feeling Good From The Inside Out.®

Renew Life

Ultimate Flora Probiotic Formulas

20% Off

Suggested Retail

It's all about your gut health.



NEWCHAPTER®

Supplements

25% Off

Suggested Retail

Gaia Herbs

Turmeric Supreme Extra Strength

30 Liquid Phyto-Caps

\$21.99

Regular Price \$29.99



Enzymedica

Select Digest Basic and Acid Soothe Formulas

25% Off

Suggested Retail

Digest Basic™ is a gentle formula that breaks down carbohydrates, fats, fiber and protein.



All Lifetime Products

25% Off

Suggested Retail



Boiron

Calendula Topicals

All Varieties

20% Off

Suggested Retail



All PlantFusion Proteins

20% Off

Suggested Retail

Dairy-free, Soy-Free and Gluten-free plant based proteins.



All Vega Sport Formulas

25% Off

Suggested Retail



All Twinlab Formulas

25% Off

Suggested Retail



Your vitamin purchase can make a difference in the health of a child around the world.

Buy One Give One Irwin Naturals and Vitamin Angels Promotion

For every purchase of a qualifying Vitamin, Irwin Naturals purchases a six month vitamin supplement for a child in need.



We believe in the power of vitamins.

25% Off

Suggested Retail on Select Irwin Natural Vitamins



Solgar

Full Spectrum Curcumin

30 Softgels

\$22.49

Regular Price \$29.99

*185x greater bioavailability
60 count is also on sale.*



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

Harvest Health FOODS

Feeling Good from the Inside Out®
Since 1952

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. SOME ITEMS MAY NOT BE AVAILABLE. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.



August 2015 Web Features

Feeling Good from the Inside Out.®

Harvest Health Foods

Select Children's Support Liquid Formulas

1 oz

25% Off

Suggested Retail



Nature's Way

Select Children's Support Formulas

30% Off

Suggested Retail



Harvest Health Foods

Select Children's Chewable Formulas

20% Off

Suggested Retail



Solgar

U-Cubes Children's Vitamin Formulas

25% Off

Suggested Retail



Home Health

Almond Glow Massage Lotions and Body Oils

Assorted Varieties

8 oz

\$6.99

Regular Price \$8.99



Creswick Farms Local Grass-fed Beef Patties

1/4 lb and 1/3 lb Varieties

\$7.49

Suggested Retail \$9.12

Raised on fresh air and sunshine, without grains,



antibiotics, and growth stimulants, Creswick grass-fed beef live low stress lives. You'll find Creswick beef to be delightfully complex in flavor that the health conscious and foodies both love and adore!

Garden of Life

Raw Meal Shakes

25% Off

Suggested Retail



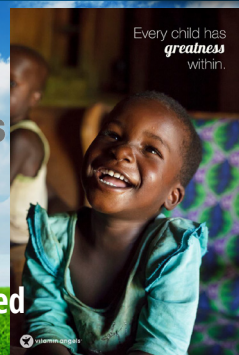
vitamin angels

Select Irwin Naturals Formulas
Buy 1: Give 1:

25% Off

Suggested Retail

For Every Select Irwin Naturals Purchase, a specialized Multi-Vitamin is Given to a Child in Need.



Every child has greatness within.