



Feeling Good From the Inside Out®  
Since 1952

Healthy Groceries Healthy Vitamins Healthy Answers®

HarvestHealthFoods.com

*Cathy Says... Ready or not, it's back to school time. September brings with it busy routines and packing lunches. Our September flyer is filled with savings on healthier options for every meal of the day. If you're looking for a nutritionally sound protein drink, your favorite snack bar or something for your lunch box, our flyer is sure to please the whole family.*

*Our flyer also has great supplement values this month. From Garden of Life to Harvest Health Foods, you can find over 1,100 high quality supplements on sale. You'll can get the brands you trust at savings you can enjoy. So, stop on by to Harvest Health Foods, and we'll help you get a healthy start to the fall season.*

September 2015



Field Day  
**Organic Pastas**

**\$2.99**  
Harvest Values  
Price \$3.99



**\$1.99**  
Harvest Values  
Price \$2.69



**\$1.79**  
Harvest Values  
Price \$2.39



Muir Glen  
**Organic Pasta Sauce**

Assorted Varieties  
25.5 oz

**\$2.99**  
Regular Price \$4.39



Shelton's Poultry  
**Free Range  
Ground  
Turkey**

1 Lb  
**\$4.99**  
Regular Price \$6.99



Field Day  
**Organic Beans**

All Varieties  
15 oz

**\$1.19**  
Harvest Values  
Price \$1.59



Beyond Meat  
**All Beyond Meat Products**

**NEW**

**\$4.29**  
Regular Price  
\$6.09-6.99



100% Plant protein. New Varieties.

Harvest Health Foods  
**Organic Chia Seeds**

1lb  
**\$5.99 Lb**  
Regular Price \$7.27

Great source of  
omega 3's and fiber.



Sonoma Beverage Works  
**Organic Hard Ciders**

Assorted Varieties  
16 oz  
**\$2.39**  
Regular Price \$2.69



Vander Mill Cider  
**Assorted Hard Ciders**

16 oz  
**\$2.79**  
Regular Price \$3.09



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

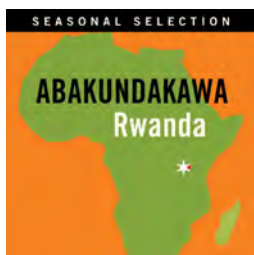
# Healthy Choices For Every Meal Of The Day.

## Higher Grounds Trading Company Organic Fair Trade, Locally Roasted Coffee

Seasonal Selection  
12 oz

**\$10.39**

Regular Price \$12.39



## Cameron's Coffee Organic Coffee Pods and Beans

Assorted Varieties

**\$5.99**

Regular Price \$8.59



## Equal Exchange Organic Fair Trade Coffee Love Buzz

1 Lb

**\$9.75**

Regular Price \$11.49



## Lakewood Pure Fruit Blends

Assorted Varieties

32oz

**\$3.69**

Regular Price \$5.19



## Tempt Hemp Milk Greek Style Yogurt

Assorted Varieties

5.3 oz

**\$1.89**

Regular Price \$2.65



## Lakewood Organic Basics Juice Blends

Assorted Varieties

12.5 oz

**\$3.19**

Regular Price \$4.29



Juice blends are favorite recipes of Lakewood Organic employees.



## Good Karma Dairy-Free Flax Milk

Assorted Varieties

Size 64 oz

**\$3.09**

Regular Price \$4.19-4.39

High in omega 3s.



## Enjoy Life Gluten-Free Baking Mixes

Assorted Varieties

14.5-16 oz

**\$6.99**

Regular Price \$9.75



## Nature's Path Organic Oatmeal Pouches

Assorted Varieties

11.2-14 oz

**\$2.99**

Harvest Values Price \$3.79



## Siggi's Skyr Icelandic Style Whole Milk Yogurt

Assorted Varieties

4.4 oz

**\$1.49**

Regular Price \$2.19



Whole milk, low sugar.

## Califa Farms Almond Milks

Assorted Varieties

48 oz

**\$3.99**

Regular Price \$4.89



## Kevita Organic Kombucha & Probiotic Drinks

Assorted Varieties

15.2 oz

**\$2.49**

Regular Price \$3.05



Naturally energizing.

## Nature's Path All Crunchy and Chewy Organic Granola Bars

6.2-7.05 Oz

**\$2.99**

Harvest Values Price \$3.99



## Earth Balance Vegan Mac & Cheese and Cheddar Squares

**25% Off**

Suggested Retail



Follow Harvest Health Foods on Twitter @Harvest\_Health.

# The Best Lunches Begin With Healthier Options!

Tofurky  
**Vegan Deli Slices**  
 Assorted Varieties  
 4-5.3 oz

**\$2.99**  
 Regular Price \$3.69



Wildbrine  
**Fermented Salsas and Pickles**  
 Assorted Varieties  
 18-22 oz

**\$5.99**  
 Regular Price \$8.09-\$8.29



Field Roast  
**Chao Cheese Slices**  
 Assorted Varieties  
 7 oz

**\$5.49**  
 Regular Price \$7.39

Vegan Cheese



Udi's Gluten Free  
**Select Fresh Gluten-Free Breads**  
 12-16.3 oz

**\$4.49**  
 Regular Price \$5.49

Try the new Rye style gluten-free bread.



Elevate your sandwich with the best ingredients.



Silver Hills Bakery  
**Assorted Sprouted Breads**  
 15-22 oz

**\$3.69**  
 Harvest Values Price \$4.09-\$4.39



Great Lakes Potato Chip Co.  
**Michigan Made Potato Chips**  
 Assorted Varieties  
 5 oz

**\$2.19**  
 Regular Price \$2.59



Sneaky Chef  
**No-Nut Butter**  
 Creamy  
 18 oz

**\$5.99**  
 Regular Price \$7.99

Nut & Soy-Free. Individual serving packaged also on sale \$3.71



Rhythm Superfoods  
**Broccoli Bites**  
 Assorted Varieties  
 1.5 oz

**\$2.99**  
 Regular Price \$4.09



Alive & Radiant Foods  
**Kale Krunch**  
 Assorted Varieties  
 2-2.2 oz

**\$3.99**  
 Regular Price \$6.09

Raw, gluten-free and vegan.



**Organic Bagged Gala Apples**  
 1 Bag

**\$5.19**  
 Featured Price



popchips  
 Assorted Varieties  
 3-3.5 oz

**\$1.99**  
 Regular Price \$2.99



Nothing fake or phony.



Steaz  
**Organic Iced Teas and Energy Drinks**  
 Assorted Varieties  
 12-16 oz

**\$1.59**  
 Harvest Values Price \$1.99



**\$1.19**  
 Regular Price \$1.69

Natural Sea  
**Albacore Solid in Pouches**  
 Salted and No Salt Added  
 3 oz

**\$2.69**  
 Harvest Values Price \$3.09



Mediterranean Organic  
**Organic Snack Olives**  
 Assorted Varieties  
 2.5 oz

**\$1.99**  
 Harvest Values Price \$2.39



Like Harvest Health Foods on Facebook

# Snack Healthy.

## Annie's Homegrown Assorted Pizza Poppers and Mini Bagel Snacks

**30% Off**  
Suggested Retail



## Mary's Gone Crackers Gluten-Free Thins Snack Crackers

Assorted Varieties  
4.5 oz

**\$3.49**  
Regular Price \$4.79



Light and tasty gluten-free snack crackers.

## Field Day Assorted Crackers

Assorted Varieties  
7-16 oz

**25% Off**  
Suggested Retail



## Natures' Bakery Gluten-Free Fig Bars

Select Varieties  
2 oz

**.79¢**  
Regular Price \$1.09



100% delicious and good for you.

## Beanitos

Assorted Varieties  
6oz

**\$2.49**  
Regular Price \$3.52



The original bean chip.

## Spectrum Naturals Organic Coconut Oil

Unrefined  
14 oz

**\$8.69**  
Harvest Values Price \$10.89

Refined also on sale \$6.69



## Native Forest Organic Coconut Milk, Cream and Powder

**25% Off**  
Suggested Retail



## Luna & Larry's Coconut Bliss Organic Coconut Bliss Bars

Assorted Varieties  
4/3 oz Bars

**\$4.99**  
Regular Price \$6.79



Dairy, Soy & Gluten-Free bars.

## Chocolove xoxo Mini Chocolate Bars

Assorted Varieties  
1.3oz

**.95¢**  
Harvest Values Price \$1.19



## Steve's Ice Cream Select Varieties of Ice Cream

Pint

**\$5.49**  
Regular Price \$7.59

Dairy and vegan options.



## Lara Bar Gluten-Free, Grain-Free Renola Snacks

Assorted Varieties  
1.25-1.28 oz

**\$1.29**  
Regular Price \$2.09



## XyloBurst Xylitol Sweetened Lollipops

Mixed Flavors  
25 & 50 Count

**25% Off**  
Suggested Retail



## Acure Organics All Hair Care Products

Assorted Varieties

**25% Off**  
Suggested Retail



## Grab Green Assorted Natural Cleaning Products

**25% Off**  
Suggested Retail  
Eco-Responsible,  
Non-Toxic cleaning.



Follow Harvest Health Foods on Twitter @Harvest\_Health.

# Helping You Be Healthier - Every Day!

Probar  
**Base Bars**  
Assorted Varieties  
2.46 oz



**\$2.19**  
Regular Price \$2.99

High protein bars.

Solgar  
**ohso Probiotic Chocolate Bars**  
Assorted Varieties



**\$6.99**  
Regular Price \$9.99

American Health  
**Chewable Acidophilus**  
Assorted Varieties  
100 Count



**\$7.89**  
Regular Price \$10.49

Supports digestive health.\*

Barlean's  
**High Lignan Flax Oil Liquids and Softgels**  
Assorted Varieties



**20% Off**  
Suggested Retail

Buckeye Nutritionals  
**Curcumin 95%**  
60 Veg Caps



**\$19.19**  
Regular Price \$22.59

Powerful medicinal properties.

Boiron  
**Select Kids Formulas**



**20% Off**  
Suggested Retail

Homeopathic formulas.

Red Remedies  
**Joint, Muscle and Nerve Support Formulas**  
Assorted Varieties



**20% Off**  
Suggested Retail

Solgar  
**Full Spectrum Curcumin**  
30 Softgels



**\$22.49**  
Regular Price \$29.99

185x greater bioavailability.  
60 Count is also on sale.

**All Carlson Products**

**20% Off**  
Suggested Retail



Irwin Naturals  
**Back to School Support Formulas**  
Assorted Varieties



**25% Off**  
Suggested Retail

Country Life  
**Select Realfood Organics Supplements**  
**30% Off**

Suggested Retail



Flora  
**Select Sambu® Guard Herbal Formulas**

**20% Off**  
Suggested Retail



Life-Flo  
**Select Carrier Oils**  
16 oz



**20% Off**  
Suggested Retail

Now Foods  
**Select Essential Oil Blends**  
1 oz

**20% Off**  
Suggested Retail



Gaia Herb  
**Adrenal and Thyroid Support Formulas**

**\$22.99**  
Suggested Retail \$29.99



Like Harvest Health Foods on Facebook.

Feeling Good From The Inside Out.®

All Harvest Health Foods Supplements, Herbals, Essential Oils and Proteins



**25% Off**  
Suggested Retail



*Harvest Health Foods, is a name you can trust. We've had the health of West Michigan in mind for over 64 Years!*

Herb Pharm  
**Select Relaxation and Sleep Formulas**

**20% Off**  
Suggested Retail



Nordic Naturals  
**Select Children's Formulas**

**25% Off**  
Suggested Retail

*Start the school year healthy.*



Vega  
**Select Vega One Shakes and Nutritional Bars**

**25% Off**  
Suggested Retail



CalNaturale  
**Svelte Protein Shakes**  
Assorted Varieties

**\$1.79**  
Suggested Retail \$2.95



Renew Life  
**All Skinny Gut Products**

**20% Off**  
Suggested Retail



**All Alive Formulas**

**30% Off**  
Suggested Retail



**All Garden Of Life Products**

**30% Off**  
Suggested Retail



*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



Feeling Good from the Inside Out®  
Since 1952





# September 2015 Web Features

Feeling Good from the Inside Out.®

## All Harvest Health Foods Supplements, Herbs, Essential Oils and Proteins

### 25% Off

Suggested Retail

*Harvest Health Foods,  
is a name you can trust.  
We've had the health of  
West Michigan in mind  
for over 64 Years!*



Solgar  
**Full Spectrum  
Curcumin**  
30 Softgels

### \$22.49

Regular Price \$29.99

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



Irwin Naturals  
**Back to School Support  
Formulas**  
Assorted Varieties

### 25% Off

Suggested Retail



Nature's Way  
**All Alive Formulas**

### 30% Off

Suggested Retail



## All Garden Of Life Products

### 30% Off

Suggested Retail



*Harvest Health Foods, we want to help you  
have a healthy back to school season.*