

# th Anniversary Harvest Health FOODS

2022 October

Since 1952



## Feeling Good From The Inside Out. ®

### Thor's Skyr Traditional Icelandic Style Yogurt

NEW

**2 For \$3**

Regular Price \$1.79



19g protein, No added Sugar,  
130 calories, 2% fat

### GT's Living Foods Living Coconut Yogurt

8 oz

**\$5.99**

Regular Price \$6.69



GT's Kombucha is also on sale 2 for \$6!

### Caulipower Cauliflower Crust Pizzas & Chicken Tenders

**\$7.99**

Regular Price \$9.99



Other Caulipower products are also on sale.

### Rumiano Organic Cheese

Assorted Shreds and Slices

**\$3.99**

Regular Price \$4.49



Rumiano Cheese blocks are on sale \$4.99.

### Three Trees Organic Nut Milks

**\$5.99**

Regular Price \$6.89



### Woodstock Plant Powered Pasta

Vegan

**\$7.49**

Harvest Values  
Price \$7.99



### Farmers Hen House Free-Range Organic Eggs

**\$5.39**

Harvest Values Price \$5.89



### Elmhurst Plant Based Milks

**\$5.49**

Regular Price \$6.49



Elmhurst creamers are also on sale \$4.99

### Dr. Praeger's Veggie Burgers

**\$4.49**

Regular Price \$5.49



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



# Be Picky With Your Food, Friends, and Time.

## Organic Valley Organic Egg Bites

Assorted Varieties

**\$4.49**

Harvest Values Price \$5.49



## Califia Farms Dairy-Free Better Half Creamer

**\$3.49**

Regular Price \$5.99



32 oz Creamers are also on sale.



## Kite Hill Sour Cream and Dips

Dairy-Free

**\$3.99**

Regular Price \$4.89-\$4.99



Butter and Ricotta are also on sale.



## Organic Valley Feta and Blue Cheese Crumbles

**\$4.99**

Regular Price \$5.49



## PETITPOT Organic French Puddings

**\$2.49**

Regular Price \$2.99



## Remedy Organics Plant Based Protein

**\$3.99**

Regular Price \$4.69



## Koia Protein Drinks

**2 For \$7**

Regular Price \$3.99-\$4.59



Smoothies are also on sale \$2.69.



## Better Booch Kombucha

**2 For \$6**

Regular Price \$3.69



## REBBL Super Herb Elixirs

**2 For \$7**

Regular Price \$3.99



Other Rebl products are also on sale.



## poppi Prebiotic Sodas

**2 For \$4**

Regular Price \$2.49

Be gut happy, be gut healthy.



## Lightlife Organic Tempeh

**\$3.29**

Regular Price \$3.99



Other Lightlife Tempeh is also on sale.



## Field Roast Plant-Based Burgers

**\$7.39**

Regular Price \$8.69



Other Field Roast products are also on sale.



## Alex's Awesome Sourdough Pizzas

Select Varieties

**\$7.99**

Regular Price \$9.99



## Cappello's Grain-Free Pastas

**\$7.99**

Regular Price \$9.99



Cappello's grain-free and KETO Pizza are also on sale.



## Frönen Dairy-Free Frozen Dessert

**\$4.99**

Regular Price \$5.69



## Honey Mama's Truffle Bars

**\$4.49**

Regular Price \$6.29



## Perfect Snacks Perfect Bars and Cups

Peanut and Almond Butter

**\$2.89**

Regular Price \$3.19



## Sweet Nothings Organic Fruit Smoothies

6/2 oz tubes

**\$5.29**

Regular Price \$6.39



No added sugar or fruit juice.



Shop Online with Harvest Cart at [HarvestHealthFoods.com](https://www.HarvestHealthFoods.com)



Take Care Of Your Body. It's The Only Place You Have To Live. Jim Rohn

Little Northern Bakehouse

## Gluten-Free Breads and Bagels

**\$4.99**

Regular Price \$6.19-\$7.39



Silver Hills Bakery

## Sprouted Breads

Select Varieties

**\$3.99**

Regular Price \$4.69



Other Silver Hills products are also on sale.



Carbønaut

## Low Carb Bread

**\$5.19**

Regular Price \$6.29



Other Carbønaut breads are also on sale.



Base Culture

## Keto and Paleo Breads

**\$8.99**

Regular Price \$9.99



Other Base Culture products are also on sale.



Purely Elizabeth

## Superfood Oatmeals

**2 For \$7**

Regular Price \$ 5.79



Other Purely Elizabeth products are also on sale.



Cascadian Farm Organic

## Organic Cereals

Assorted Varieties

**\$3.99**

Regular Price \$5.79



One Degree

## Organic Sprouted Cereals

**\$4.99**

Regular Price \$5.99



Other One Degree products are also on sale.



Simple Mills

## Baking Mixes

Assorted Varieties

**\$6.99**

Regular Price \$8.99



Other Simple Mills products are also on sale.



Van's

## Waffles

Assorted Varieties

**\$3.69**

Regular Price \$4.19



Mom's Best Cereals

## Cereals

**\$3.69**

Regular Price \$4.99



Bob's Red Mill

## Gluten-Free Rolled Oats

**\$6.99**

Regular Price \$8.59



Other Bob's Red Mill oats are also on sale.



Flavorganics

## Organic Extracts

Assorted Varieties

**\$4.89**

Regular Price \$6.99



Organic Vanilla is also on sale.



Field Day

## Organic Peanut Butter

18 oz

**\$5.49**

Harvest Values Price \$5.99



Justin's

## Almond Butter

Assorted Varieties, 16 oz

**\$8.99**

Regular Price \$11.99



Crofter's Organic

## Organic Fruit Spreads

16.5 oz

**\$4.99**

Regular Price \$6.29



Kate's

## Organic Real Food Bars

**2 For \$4**

Regular Price \$2.89



The Gluten Free Bar

## Gluten-Free Bars

**2 For \$3**

Regular Price \$2.39



## Gluten-Free Bites

**2 For \$7**

Regular Price \$4.99



Like Harvest Health Foods On Facebook.



# Let's Build Wellness Rather Than Treating Disease. Dr. Bruce Daggy

Koyo

## Ramen

**10 For \$10**

Harvest Values  
Price \$1.19



Imagine Foods

## Organic Broth

**2 For \$6**

Regular Price \$4.99



Imagine bone broth is also on sale.

Kettle & Fire

## Bone Broth and Soups

16.9 oz

**\$6.49**

Regular Price \$7.99-\$8.49



Edward and Sons

## Bouillon Cubes

**\$1.99**

Regular Price \$2.99



Other Edward and Sons products are also on sale.

EPIC

## Meat Bars

**2 For \$4**

Regular Price \$2.99

Other EPIC products are also on sale.



PROBAR

## Meal Bar

**2 For \$5**

Regular Price 3.39

## Protein Bar

**2 For \$4**

Regular Price \$2.99



Bolt Energy Chews are also on sale.



Eden Foods

## Organic Beans

Select Varieties

**2 For \$5**

Regular Price \$2.99



Annie's Homegrown

## Mac & Cheese

Select Varieties

**\$1.19**

Regular Price \$2.49



Carbone

## Pasta Sauce

24 oz

**\$5.99**

Harvest Values Price \$8.99



Annie's Homegrown

## Dressings and Vinaigrettes

**2 For \$7**

Regular Price \$5.49



Tinkyada

## Rice Pasta

Gluten-Free

**2 For \$6**

Regular Price  
\$3.69-\$3.99



Ancient Harvest

## Gluten-Free Pasta

**2 For \$7**

Regular Price  
\$4.59-\$5.79



Chickapea

## Organic Pasta

**\$3.99**

Regular Price \$5.39-\$5.79



Gluten-free pastas.



## Mediterranean Organic Products

Select Varieties

**25% Off**

Harvest Values Price



Bragg

## Organic Apple Cider Vinegar

32 oz

**\$5.49**

Regular Price \$6.69



Other Bragg products are also on sale.



think!

## Protein Bars

20g and KETO Bars

**\$2.29**

Regular Price \$2.69



gimMe

## Seaweed Snacks

6/.17 oz

**\$4.99**

Regular Price \$6.99



Other gimMe products are also on sale.



Mavuno Harvest

## Dried Fruit Bites

**2 For \$4**

Regular Price \$2.99



Other Mavuno Harvest products are also on sale.



Healthy Delivered, Right To Your Door.



# Thank You West Michigan For 70 Years!

Numi Tea

## Organic Tea

**\$5.49**

Regular Price \$7.19



Organic India

## Tulsi Tea

**\$4.49**

Regular Price \$5.99



Choice Organics

## Organic Teas

**2 For \$6**

Regular Price \$5.49



Tecchino

## Herbal Teas

**\$4.99**

Regular Price \$6.99



Four Sigmatic

## Mushroom Elixirs

Assorted Varieties

**\$1.19**

Regular Price \$1.69



Other Four Sigmatic products are also on sale.



Pop & Bottle

## Oat Milk Lattes

**\$2.59**

Regular Price \$3.29

Other Pop & Bottle products are also on sale.



Vita Coco

## Organic Coconut Milk

Assorted Varieties, 33.8 oz

**2 For \$6**

Regular Price \$3.69



HopLark

## Sparkling HopTea

**2 For \$5**

Regular Price \$3.19



Equal Exchange

## Organic Chocolate Bars

**2 For \$6**

Regular Price \$3.69



Mountain Valley

## Spring Water

Sparkling and Still

1 Liter

**2 For \$4**

Regular Price \$2.99

Other Mountain Valley products are also on sale.



HOP WTR

## Sparkling Hop Water

6/12 oz

**\$8.99**

Regular Price \$11.99



Lily's Sweets

## Chocolate Bars

Stevia Sweetened

**2 For \$6**

Regular Price \$3.99



Essentia

## Ionized Alkaline Water

Sport Top

**10 For \$10**

Harvest Values Price \$1.39



True North

## Energy Seltzers

**2 For \$4**

Regular Price \$2.79



Endangered Species

## Chocolate Bars

**2 For \$5**

Harvest Values

Price \$2.89

Other Endangered Species chocolates are also on sale.



LaCroix

## Sparkling Water

12/12 oz

**\$5.49**

Regular Price \$6.49



ALŌ Drinks

## Aloe Drinks

**2 For \$4**

Regular Price \$2.29



HU

## Chocolate Bars

Grain-Free & Gluten-Free

**\$3.79**

Regular Price \$4.99



Like Harvest Health Foods On Facebook.



# Feeling Good From The Inside Out.®

## Airly Oat Snack Crackers

**2 For \$6**  
Regular Price \$4.49



## Annie's Homegrown Bunny Grahams and Crackers

**2 For \$6**  
Regular Price \$4.29



## Plant Snacks Cassava Chips

Assorted Varieties  
**2 For \$6**  
Regular Price \$3.99



## Barnana Plantain Snacks

**\$3.99**  
Regular Price \$4.99



Other Barnana products are also on sale.



## Moon Cheese Cheese Snacks

2 oz  
**2 For \$7**  
Regular Price \$3.99



## FitJoy Grain-Free Pretzels

**2 For \$7**  
Regular Price \$4.89



## Beanitos Bean Chips

**2 For \$5**  
Regular Price \$3.79



## Late July Multigrain Tortilla Chips

**2 For \$7**  
Harvest Values Price \$3.99



Other Late July snacks are also on sale.



## Quinn Gluten-Free Pretzels

Select Varieties  
**2 For \$7**  
Regular Price \$5.49



## Craize Toasted Corn Crackers

Assorted Varieties  
**\$3.19**  
Regular Price \$4.39



Gluten-free and vegetarian.



## Barbara's Bakery Cheese Puffs

Assorted Varieties  
**2 For \$5**  
Regular Price \$3.79

Gluten-free



## Snack Factory Pretzel Crisps

**2 For \$6**  
Regular Price \$3.79



## The Good Crisp Company Potato Crisps

**2 For \$6**  
Regular Price \$3.69



## HighKey Keto Friendly Cookies

**2 For \$7**  
Regular Price \$4.99



## Muddy Bites Waffle Cone Snacks

2 oz  
**2 For \$7**  
Regular Price \$4.89



## Pamela's Gluten-Free Cookies

**\$3.99**  
Regular Price \$4.99



## Little Secrets Crispy Wafers and Cookie Bars

**2 For \$4**  
Regular Price \$2.79



## SmartSweets No Sugar Added Candies

1.8 oz  
**2 For \$5**  
Regular Price \$2.99

Kick Sugar, Keep Candy.™



Find Our Fresh Organic Produce Selection On Harvest Cart.



# Your Health Is An Investment Over Time.

Cocomels

## Organic Coconut Milk Caramels

**\$3.99**

Regular Price \$5.99



Other Cocomels products are also on sale.

the ginger people

## Gin-Gins

Assorted Varieties

**2 For \$5**

Regular Price \$3.39



Vive Organic

## Organic Wellness Shots

**\$2.69**

Regular Price \$3.39



Find Vive in the refrigerator.

## All Andalou Products

**30% Off**

Regular Price



Now Foods

## Carrier Oils

**25% Off**

Suggested Retail



## All ACURE Formulas

**30% Off**

Regular Price

100% Clean, vegan beauty.



Field Day

## Hair and Body Care

**2 For \$10**

Harvest Values Price

\$5.49-\$5.99



Jason Natural

## Toothpaste

Select Formulas

**\$4.69**

Regular Price \$6.49



Seventh Generation

## Dish Soap

**2 For \$6**

Regular Price \$3.69

Other Seventh Generation products are also on sale.



## All American Health Formulas

**25% Off**

Suggested Retail



Irwin Naturals

## Select Immune Formulas

**30% Off**

Suggested Retail



Boiron

## Oscillococcinum

6 Count

**\$12.49**

Suggested Retail \$15.69

Reduces duration and severity of flu symptoms.



Kyolic

## Select Garlic Formulas

**20% Off**

Suggested Retail



New Chapter

## Immune Formulas

Select Formulas

**20% Off**

Suggested Retail



Terry Naturally

## Immune Support Formulas

**20% Off**

Suggested Retail



Nature's Way

## Sambucus Formulas

Select Formulas

**20% Off**

Suggested Retail



Nature's Way

## Umcka Allergy and Sinus

**20% Off**

Suggested Retail



Nature's Way

## Umcka

Assorted Formulas for Cold and Flu

**20% Off**

Suggested Retail



Harvest Rewards Coming Soon!



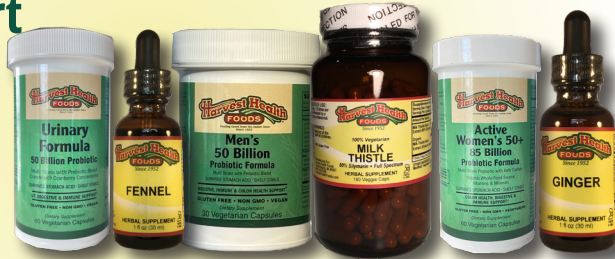
# Healthy From The Outside Starts From The Inside.

Harvest Health Foods

## Digestive Support Formulas

**25% Off**

Suggested Retail



## All Gaia Herbs Formulas

**20% Off**

Suggested Retail



Ancient Nutrition

## Glandular Formulas

**30% Off**

Suggested Retail



## All Solgar Formulas

**25% Off**

Suggested Retail



## All Solaray Formulas

**30% Off**

Suggested Retail



## All KAL Formulas

**30% Off**

Suggested Retail



## All Country Life Formulas

**25% Off**

Suggested Retail



## PlusCBD Oil™

All Gummy Formulas

**25% Off**

Suggested Retail



## All Wiley's Finest Formulas

**25% Off**

Suggested Retail



## All Nordic Naturals Formulas

**25% Off**

Suggested Retail



## All Enzymedica Formulas

**25% Off**

Suggested Retail

Digestive solutions for the whole family.



## All Garden of Life Formulas

**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



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