



# Harvest Health FOODS



January 2022

Since 1952

## Feeling Good From The Inside Out. ®

### All Harvest Health Foods Supplements and Herbs

**25% Off**

Suggested Retail

*Quality you can be confident in. We have our name on it!*



### Nancy's Probiotic Oatmilk Yogurt

**2 For \$3**

Regular Price \$1.89



24 oz Yogurts are also on sale.

### Califia Plant Milks

48 oz

**\$3.99**

Regular Price \$4.49



Other Califia products are also on sale.

### Elmhurst Plant Based Milks

**\$4.89**

Regular Price \$5.69



Creamers are also on sale \$3.99.

### Liberté Organic Whole Milk Yogurt

**2 For \$3**

Regular Price \$1.99



### Miyoko's Vegan Butter and Cream Cheese

**\$4.59**

Regular Price \$5.99



Other Miyoko's products are also on sale.

### Earth Balance Buttery Sticks and Spreads

Select Varieties

**\$4.19**

Regular Price \$4.99



### Greek Gods Keto Friendly Yogurts

**\$1.39**

Regular Price \$1.69



50% less sugar than leading brands.

24 oz yogurts are also on sale.

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



# Focus On What You Eat As Much As How Much You Eat.

Picnik

## Functional Creamers

**\$4.99**

Regular Price \$5.55



Almond Breeze

## Almond Milk

Assorted Refrigerated Varieties

64 oz

**\$3.19**

Regular Price \$3.99



Lifeway

## Organic Whole Milk Kefir

**\$5.29**

Regular Price \$6.29



Hope

## Organic Hummus

**2 For \$7**

Regular Price \$4.29



Kalona Super Natural

## Organic Cottage Cheese

**\$4.99**

Regular Price \$5.89



Violife

## Vegan Cheese

**\$3.99**

Regular Price \$4.99



Vive Organic

## Organic Wellness Shots

**\$2.69**

Regular Price \$3.39



Perfect Snacks

## Perfect Bars

Peanut and Almond Butter

**\$2.39**

Regular Price \$2.79



Find Perfect Snacks in the refrigerator.

REBBL

## Super Herb Elixirs

**2 For \$6**

Regular Price \$3.99



Rebbl proteins are also on sale \$3.99.



GT'S Living Foods

## Organic Kombucha

Select Varieties

**2 For \$6**

Regular Price \$3.49



Little Northern

## Gluten-Free Breads and Buns

**\$4.69**

Regular Price

\$5.49-\$6.49



Silver Hills Bakery

## Sprouted Breads

**\$3.29**

Regular Price \$4.19



Other Silver Hills products are also on sale.



HopLark

## Sparkling HopTea

**2 For \$5**

Regular Price \$2.89



Rowdy Mermaid

## Organic Kombucha

**2 For \$6**

Regular Price \$3.49



Carbønaut

## Low Carb Bread

**\$4.39**

Regular Price \$5.89



Other Carbønaut breads are also on sale.



Woodstock

## Select Organic Veggies

**2 For \$4**

Harvest Values  
Price \$2.49



Woodstock

## Select Organic Fruit

**2 For \$8**

Harvest Values  
Price \$4.29-\$4.99



Kite Hill

## Ravioli and Tortellini

Dairy-Free

**\$6.29**

Regular Price \$7.99



Kite Hill yogurts are also on sale.



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



# Health Requires Healthy Food.

## Cappello's Grain-Free Pastas and Pizza

**\$7.99**

Regular Price \$9.99



## Dr. Praeger's Veggie Burgers

**2 For \$7**

Regular Price \$4.99



Other Dr. Praeger's products are also on sale.



## Siete Grain-Free Tortillas

**30% Off**

Regular Price



Other Siete products are also on sale.



## Caulipower Cauliflower Crust Pizza

Select Varieties

**\$6.99-\$7.99**

Regular Price \$8.99-\$9.99



## Gardein Meatless Entrées

Select Varieties

**\$4.29**

Regular Price \$4.99



Other Gardein products are also on sale.



## Annie's Mac & Cheese

Select Frozen Entrées

**2 For \$5**

Regular Price \$3.79



Hidden veggies in every serving.



## Almond Breeze Almond Milk

32 oz

**2 For \$4**

Regular Price \$2.49



## Purely Elizabeth Pancake Mixes, Granolas and Oatmeals

**35% Off**

Regular Price  
Grain-free and gluten-free breakfast options.



## One Degree Sprouted Organic Cereals

**\$4.29**

Regular Price \$5.49



Other One Degree products are also on sale.



## Catalina Crunch KETO Friendly Cereals

Assorted Varieties

**\$6.49**

Regular Price \$8.49



Other Catalina Crunch products are also on sale.



## Cascadian Farm Organic Organic Cereals

Assorted Varieties

**2 For \$5**

Regular Price \$4.49



## Bob's Red Mill All Oats

**25% Off**

Regular Price



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



## Celestial Seasonings Select Teas

**2 For \$6**

Regular Price \$3.49



Other Celestial Seasonings teas are also on sale.



## Four Sigmatic Superfood Coffee Mixes

Assorted Varieties

**85¢**

Regular Price \$1.29



Other Four Sigmatic products are also on sale.



## Organic India Tulsi Tea

**\$3.99**

Regular Price \$5.69



## Yogi Organic Teas

**\$3.79**

Regular Price \$4.95



## Teecino Roasted Herbal Teas

**\$4.89**

Regular Price \$5.39-\$6.99



Like Harvest Health Foods On Facebook.



# The Food We Choose Makes A Difference.

Jovial Pasta

## Organic Pasta

Gluten-Free

**2 For \$6**

Regular Price \$4.89



Bionaturae tomatoes are also on sale.



Muir Glen

## Organic Pasta Sauce

Assorted Varieties

**2 For \$6**

Regular Price \$4.29



Miracle Noodle

## Plant Based Noodles

**2 For \$6**

Regular Price \$3.99



Other Miracle Noodle products are also on sale.



## All Lundberg Rice

**25% Off**

Regular Price



RightRice

## Veggie Rice and Risotto

**2 For \$6**

Regular Price \$4.19

Rice made from vegetables.



Lotus Foods

## Organic Rice

Assorted Varieties

**30% Off**

Regular Price \$3.29-\$9.99



Annie's Homegrown

## Mac & Cheese

Select Varieties

**10 For \$10**

Regular Price \$1.99



Field Day

## Organic Beans

**3 For \$4**

Harvest Values

Price \$1.99



Muir Glen

## Organic Tomatoes

14.5-15 oz

**10 For \$10**

Regular Price \$2.19-\$2.39



28 oz Tomatoes are also on sale.



Navitas Organics

## Select Navitas Products

**30% Off**

Regular Price



Justin's

## Almond Butter

16 oz

**\$8.99**

Regular Price \$14.39



Justin's squeeze packs are on sale 10 for \$10.



NuttZo

## Mixed Nut and Seed Butters

**BOGO!**

Regular Price \$13.99



Other NuttZo products are also on sale.



Spectrum Naturals

## Organic Coconut Oil

Unrefined, 14 oz

**\$7.99**

Regular Price \$9.49



Other Spectrum culinary oils are also on sale.



Native Forrest

## Organic Coconut Milk

**2 For \$5**

Regular Price

\$3.29-\$3.79



Primal Kitchen

## Dressings and Sauces

Select Varieties

**2 For \$10**

Regular Price \$6.19

Other Primal Kitchen products are also on sale.



Field Day

## Tuna

Select Varieties

**2 For \$4**

Harvest Values

Price \$2.49-\$2.89



Muir Glen

## Organic Salsa

**2 For \$6**

Regular Price \$4.23



Yellowbird

## Hot Sauces

**\$4.69**

Regular Price \$6.99



Healthy Delivered, Right To Your Door.



# Your Diet Is A Bank Account. Good Food Choices Are Good Investments.

Lakewood

## Organic Juices

Select Varieties

**25% Off**

Regular Price



Proud Source Water

## Rocky Mountain Spring Water

23.5 oz

**\$2.19**

Regular Price \$2.69

Other sizes are also on sale.



Zevia

## Zero Calorie Soda and Energy Drinks

6/12oz

**\$3.99**

Regular Price \$4.99



**3 For \$4**

Regular Price \$1.79



Riot Energy

## Plant Powered Energy Drink

**2 For \$4**

Regular Price \$2.89



Eternal Water

## Natural Alkaline Spring Water

1 LT

**\$1.29**

Regular Price \$1.59

Case of 12 is on sale for \$14.99.



Nixie

## Organic Sparkling Water

8/12oz

**\$4.29**

Regular Price \$5.69



Plant Snacks

## Cassava Chips

Assorted Varieties

**\$2.79**

Regular Price \$3.99



Simple Mills

## Almond Flour Crackers

**\$3.99**

Regular Price \$5.69



From the Ground Up

## Plant Based Snacks

**2 For \$6**

Regular Price \$4.29



## Barnana Snacks

**35% Off**

Regular Price



## Terra Chips

Select Varieties

**2 For \$7**

Regular Price \$3.99



Beanitos

## Bean Chips

**2 For \$5**

Regular Price \$3.79



Lesser Evil

## Organic Snacks

**2 or \$5**

Regular Price \$3.75



Other Lesser Evil popcorn is also on sale.



Angie's

## BoomChikaPop

Assorted Varieties

**2 For \$6**

Regular Price \$3.99



Boulder Canyon

## Potato Chips

Assorted Varieties

**2 For \$5**

Regular Price \$3.69



Like Harvest Health Foods On Facebook.



# Feeling Good From The Inside Out.®

Siete Foods

## Queso and Tortilla Chips

Grain-Free and Dairy-Free

**30% Off**

Regular Price



## Beanfields Snacks

Assorted Varieties

**2 For \$6**

Regular Price \$3.99



Artisan Tropic

## Plantain and Cassava Snacks

Grain-Free and Gluten-Free

**\$2.99**

Regular Price \$4.99



## LÄRABAR Bars

**10 For \$10**

Regular Price \$1.69



LÄRABAR Protein bars are also on sale 2 for \$4.



EPIC

## Meat Bars

Assorted Varieties

**2 For \$4**

Regular Price \$2.99



Other EPIC products are also on sale.



The Gluten Free Bar

## Gluten-Free Bars

**2 For \$3**

Regular Price

\$2.29 - \$2.79



Bites are also on sale.



PROBAR

## Meal and Base Bars

**2 For \$5**

Regular Price \$3.59



Bolt Energy Chews are also on sale.



Keto Krisp

## Keto Bars

**2 For \$5**

Regular Price \$3.19



think!

## 20G and KETO Protein Bars

**3 For \$5**

Regular Price \$2.49



Vermont Smoke and Cure

## Meat Snacks

Assorted Varieties

**3 For \$4**

Regular Price \$1.89



OCHO Candy

## Organic Candy Bars

**3 For \$4**

Regular Price \$1.99

OCHO mini pouches are also on sale.



Lily's Sweets

## Stevia Sweetened Treats

**\$4.99**

Regular Price \$6.49



MyChelle Dermaceuticals

## Skin Care Formulas

**30% Off**

Regular Price



Now Foods

## Essential Oils

**25% Off**

Suggested Retail



Seventh Generation

## Cleaning Essentials

**25% Off**

Regular Price



Andalou Naturals

## Skin Care

**30% Off**

Regular Price



Sukin

## Hair Care

**30% Off**

Regular Price



If You Care

## Sandwich and Trash Bags

Select Varieties

**\$3.99**

Regular Price \$5.79



Find Our Fresh Organic Produce Selection On Harvest Cart.



# Healthy Body, Healthy Mind, Healthy Life.

Organic Mushroom

## Mushroom Superfood

**30% Off**

Suggested Retail



Wedderspoon

## Manuka Honey Formulas

Select Varieties

**30% Off**

Regular Price



Comvita

## Mānuka Honey

From New Zealand

**30% Off**

Regular Price



## All Vega Formulas

**20% Off**

Suggested Retail



Ancient Nutrition

## Select Collagen and Proteins

**25% Off**

Suggested Retail



Only What You Need

## OWYN Proteins

Assorted Varieties

**2 For \$5**

Regular Price \$3.79



## All New Chapter Formulas

**30% Off**

Suggested Retail



## 2022 Goals *Take My Vitamins!*

Daily Multivitamin,  
Probiotics, Omega-3, and  
Immune Support

Then add other supplements as needed.

*\*Always check with your doctor before taking supplements.*

MegaFood

## Women's Multivitamins and Immune Formulas

**20% Off**

Suggested Retail



Garden of Life

## Raw Probiotics

**30% Off**

Suggested Retail



Garden of Life

## myKind Organics Formulas

**30% Off**

Suggested Retail



## All Nordic Naturals Formulas

**25% Off**

Suggested Retail



## All Solgar Formulas

**25% Off**

Suggested Retail



## All Wiley's Finest Fish Oils

**20% Off**

Suggested Retail



## All Enzymedica Formulas

**25% Off**

Suggested Retail

*Digestive solutions for the whole family.*



## All American Health Formulas

**25% Off**

Suggested Retail



Follow Harvest Health Foods On Instagram.



# Healthy From The Outside Starts From The Inside.

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

**25% Off**

Suggested Retail

*Quality you can trust.  
We have our name  
on the label.*



HempFusion

### CBD Gummies

**NEW**

**25% Off**

Suggested Retail



Solaray

### Digestive Health Formulas

Select Formulas

**20% Off**

Suggested Retail



Irwin Naturals

### Healthy Weight Formulas

**30% Off**

Suggested Retail



Wylid

### CBD Gummies and Sparkling Water

**20% Off**

Suggested Retail



Herb Pharm

### Select Stress and Sleep Formulas

**25% Off**

Suggested Retail



Gaia Herbs

### Elderberry Syrup and Gummies

**25% Off**

Suggested Retail



### +PlusCBD Oil™

All Formulas

**25% Off**

Suggested Retail



Bio-K+

### Probiotics

**\$3.49**

Suggested Retail



*Multi-pack of 6 are also on sale \$20.89.*

Boiron

### Oscillococcinum

30 Count

**\$29.99**

Suggested Retail \$39.39

*Reduces duration  
and severity of flu  
symptoms.*



### All Charlotte's Web CBD Formulas

**20% Off**

Suggested Retail



Terry Naturally

### Curamin® & CuraMed® Formulas

**20% Off**

Suggested Retail



Country Life

### Multivitamin and B Formulas

Select Formulas

**25% 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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