

Harvest Health Foods®

Since 1952

January 2023



Feeling Good From The Inside Out.®

Harvest Health Foods

All Harvest Health Foods Supplements, Herbals, and Essential Oils

25% Off

Suggested Retail



Elmhurst

Plant Based Milks

\$5.49

Regular Price \$6.69



Elmhurst creamers are also on sale \$4.99

Woodstock

Organic Vegetables

Select Varieties

2 For \$5

Harvest Values Price \$2.99



Other Woodstock vegetables are also on sale.

Forager Project

Organic Cashew Milk Yogurt

Assorted Varieties

24 oz

\$5.99

Regular Price \$6.99



Other Forager Project products are also on sale.

Califia Farms

Plant Milks

48 oz

\$4.49

Regular Price \$5.19



Other Califia Farms products are also on sale.

Woodstock

Organic Fruit

Select Varieties

2 For \$8

Harvest Values Price \$4.59



Other Woodstock fruit is also on sale.

cocojune

Organic Coconut Yogurt

2 For \$4

Regular Price \$2.49



Three Trees

Organic Nut Milks

\$5.99

Regular Price \$6.99



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

Make 2023 Your Year Of Health!

Field Day Organic Large Eggs

Dozen

\$4.79

Harvest Values Price \$4.99



Violife Vegan Cheese

\$5.49

Regular Price \$5.99



Vive Organic Organic Wellness Shots

\$2.69

Regular Price \$3.39



Olipop Sparkling Tonics

2 For \$4

Regular Price \$2.19



Lightlife Foods

20% Off

Regular Price



Field Roast Plant-Based Sausages

\$5.69

Regular Price \$6.49



Other Field Roast products are also on sale.



Good Culture Cottage Cheese

5 oz

2 For \$3

Regular Price \$1.79



Other Good Culture products are also on sale.



nutpods Dairy-Free Creamers

Select Varieties

\$4.79

Regular Price \$5.99



Harmless Harvest Coconut Water

16 oz

25% Off

Regular Price



De La Calle! Organic Tepache

2 For \$5

Regular Price \$2.99



Tepache is a naturally fermented beverage from Mexico that is made from pineapples.



All Sweet Earth Products

20% Off

Regular Price



Cascadian Farms Organic Cauliflower and Potatoes

Select Varieties

\$3.99

Regular Price \$5.19



Nancy's Organic Probiotic Cottage Cheese

\$4.69

Regular Price \$5.99



Other Nancy's products are also on sale.



Chobani Creamers

24 oz

\$4.99

Regular Price \$5.99

Other Chobani products are also on sale.



REBBL Super Herb Elixirs

\$3.19

Regular Price \$3.99



Other Rebbl products are also on sale.



Better Booch Kombucha

\$3.19

Regular Price \$3.69



Dr. Praeger's Veggie Burgers

\$4.49

Regular Price \$5.49



Annie's Homegrown Pizza Poppers and Bagels

\$3.99-\$4.99

Regular Price \$4.99-\$6.19



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

Healthy Groceries. Healthy Vitamins. Healthy Answers.

Little Northern Bakehouse

Gluten-Free Breads and Bagels

\$5.49

Regular Price \$6.19-\$7.39



Mason Dixie

Biscuits

NEW

6 Flaky Butter Biscuits

\$5.29

Regular Price \$6.19



Other Mason Dixie products are also on sale.

Maria and Ricardo's

KETO Tortillas

Assorted Varieties

\$4.99

Regular Price \$5.69



Other Maria and Ricardo products are also on sale.



Silver Hills Bakery

Sprouted Breads

Select Varieties

\$3.59

Regular Price \$4.69



Other Silver Hills products are also on sale.



Carbønaut

Low Carb Gluten-Free Bread

\$5.59

Regular Price \$7.29



Other Carbønaut products are also on sale.



Base Culture

Keto and Paleo Breads

\$8.99

Regular Price \$9.99



Other Base Culture products are also on sale.



Cascadian Farm Organic

Organic Cereals

Assorted Varieties

2 For \$8

Regular Price \$5.79-\$5.99



One Degree

Organic Sprouted Cereals

Assorted Varieties

\$4.49

Regular Price \$5.99



Purely Elizabeth

Select Cereals

\$5.99

Regular Price \$6.49-\$7.49



Oats Over Night

Overnight Oats Shake

\$2.69

Regular Price \$3.39

NEW



Field Day

Organic Coffee

10 oz

\$7.99

Harvest Values Price \$8.79



Teeccino

Herbal Teas

Assorted Varieties

\$4.99

Regular Price \$6.99



Organic India

Tulsi Tea

\$4.19

Regular Price \$5.99



Comvita

Mānuka Honey

From New Zealand

30% Off

Regular Price



Mrs. Jones

Baking Mixes

Assorted Varieties

35% Off

Regular Price



Big Tree Farms

Organic Coconut Sugar

30% Off

Regular Price



Shady Maple Farms

Organic Maple Syrup

Dark Color, Robust Taste, 32 oz

\$19.99

Regular Price \$25.99



Other Shady Maple products are also on sale.



Field Day

Organic All Purpose Flour

5 Lb

\$7.99

Harvest Values Price \$9.79



Like Harvest Health Foods On Facebook.

Healthy citizens are the greatest asset any country can have. Winston Churchill

Annie's Homegrown

Organic Mac & Cheese

2 For \$3

Regular Price \$2.49



Ancient Harvest

Gluten-Free Pasta

30% Off

Regular Price



Lotus Foods

Organic Rice

Assorted Varieties

35% Off

Regular Price



Kettle & Fire

Bone Broth and Soups

16.9 oz

\$6.49

Regular Price \$7.99-\$8.49



Imagine Foods

Organic Soups

\$4.49

Regular Price \$6.29



Amy's Kitchen

Organic Soups

\$3.69

Regular Price \$4.29



Navitas Organics

Select Navitas Products

35% Off

Regular Price



Natural Sea

Albacore Tuna

\$2.99

Harvest Values Price \$3.79



Other Natural Sea products are also on sale.

Yai's Thai

Cooking Sauces

\$6.99

Regular Price \$8.99



Muir Glen

Organic Tomatoes

14.5 oz - 15 oz

4 For \$5

Regular Price \$2.79

28 oz

2 For \$5

Regular Price \$4.49



Westbrae

Organic Beans

15 oz

\$2.79

Regular Price \$3.29



Woodstock

Peanut Butter

35 oz

\$8.99

Harvest Values Price \$10.99



Other Woodstock nut butters are also on sale.

La Tourangelle

Select Oils

25% Off

Regular Price



Primal Kitchen

Dressings and Sauces

\$5.99

Regular Price \$6.99-\$8.19

Other Primal Kitchen products are also on sale.



Hippie Snacks

Real Food Snacks

2 For \$7

Regular Price \$4.99



Annie's Homegrown

Organic Crackers

2 For \$7

Regular Price \$4.49



Blue Diamond

Nut-Thins

Assorted Varieties

2 For \$7

Regular Price \$4.29



Healthy Delivered, Right To Your Door.

We are what we repeatedly do. Excellence, then, is not an act, but a habit. Will Durant

Lakewood

Select Organic Juices

30% Off

Regular Price



C2O

Coconut Water

17.5 oz

2 For \$4

Regular Price \$2.99



HOP WTR

Sparkling Hop Water

6/12 oz

\$8.99

Regular Price \$11.99



Eternal Water

Natural Alkaline Spring Water

1.5 Liter

\$1.49

Harvest Values Price \$1.99

Case of 12 is on sale for \$17.49



Bragg

Apple Cider Vinegar Blends

16 oz

\$6.49

Regular Price \$7.29



Other Bragg products are also on sale.



Nixie

Organic Sparkling Water

8/12 oz

\$4.99

Regular Price \$5.99



ALÖ Drinks

Aloe Drinks

\$1.79

Regular Price \$2.69



Zevia

Zero Calorie Soda

6/12 oz

\$5.29

Harvest Values Price \$5.99



Other Zevia products are also on sale.



Steaz

Organic Yerba Mate

2 For \$4

Regular Price \$2.69



gomacro

Macrobars

2 For \$5

Regular Price \$2.99



Kate's

Organic Real Food Bars

2 For \$4

Regular Price \$2.89



Second Nature

Snack Mixes

Assorted Varieties

\$6.99

Regular Price \$8.99



Other Second Nature products are also on sale.



RAW REV

Glo Bars

3 For \$5

Regular Price \$2.59



PROBAR

Meal and Protein Bars

\$2.19

Regular Price \$2.99



Bolt Energy Chews are also on sale.



EPIC

Meat Bars

2 For \$4

Regular Price \$3.19



Other EPIC products are also on sale.



LÄRABAR Bars

10 For \$10

Regular Price \$1.79



The Gluten Free Bar

Gluten-Free Bars

3 For \$5

Regular Price \$2.39



Gluten-Free Bites

2 For \$7

Regular Price \$4.99



Like Harvest Health Foods On Facebook.

Feeling Good From The Inside Out.®

Munk Pack

KETO and Protein Snacks

\$1.79

Regular Price \$2.49-\$2.79

 Other Munk Pack products are also on sale.



HighKey

Keto Friendly Cookies

2 For \$7

Regular Price \$4.99





EPIC

Pork Rinds

2 For \$6

Regular Price \$4.49



Lesser Evil

Organic Popcorn

2 For \$6

Regular Price \$3.99

 Other Lesser Evil Snacks are also on sale.



From the Ground Up

Plant Based Snacks

\$3.19

Regular Price \$4.49





Late July

Multigrain Tortilla Chips

2 For \$7

Harvest Values Price \$3.99





Lilly's Sweets

Chocolate Covered Nuts

No added sugar

\$5.39

Regular Price \$6.79

 Other Lilly's Sweets products are also on sale.



Terra Chips

Select Varieties

2 For \$7

Regular Price \$4.29





Kettle Brand

Potato Chips

5 oz

\$2.79

Harvest Values Price \$3.49





SmartSweets

No Sugar Added Candies

2 For \$5

Regular Price \$2.99

Kick Sugar, Keep Candy.™



Annie's Homegrown

Fruit Snacks

Select Varieties

2 For \$7

Regular Price \$4.99





OCHO

Organic Candy Bars

3 For \$5

Regular Price \$1.99





Fuel For Fire

Protein Smoothies

2 For \$5

Regular Price \$3.79

10g of protein, no added sugar.



All Vega Tubs

25% Off

Suggested Retail





Garden Of Life

Organic Oatmilk Proteins

30% Off

Suggested Retail



Other Garden of Life proteins are also on sale.




Only What You Need

Protein Drinks

\$2.69

Regular Price \$3.49

 Elite proteins are also on sale.



Orgain

Organic Protein Formulas

\$32.99

Regular Price \$42.99





Vital Proteins

Collagen Formulas

Select Varieties

25% Off

Suggested Retail



Find Our Fresh Organic Produce Selection On Harvest Cart.

Healthy From The Outside Starts From The Inside.

Andalou Skin Care

30% Off
Regular Price



Field Day Hair and Body Care

\$5.49
Harvest Values Price
\$5.99



Brixy Plastic Free Hair-Care

\$9.99
Regular Price \$13.29

NEW

Body wash bars are also on sale.



Mad Hippie Select Skin Care

20% Off
Regular Price



Now Foods Carrier Oils

20% Off
Suggested Retail



HiBar Plastic-Free Hair Care

Assorted Varieties
\$9.99
Regular Price \$12.99



Sukin Hair Care

30% Off
Regular Price



Omne Diem Thermogenic Weight Management

\$43.99
Regular Price \$51.95



If You Care Recycled Trash Bags

Assorted sizes

25% Off
Regular Price



Irwin Naturals Healthy Weight Formulas

BUY ONE GET ONE 50% OFF



Enzymedica Berberine and Apple Cider Formulas

25% Off
Suggested Retail



Field Day Dish and Laundry Detergents

20% Off
Regular Price \$9.99



Solaray Select Immune Support Formulas

30% Off
Suggested Retail



Nature's Way Sambucus Formulas

25% Off
Suggested Retail



Herb Pharm Winter Wellness Formulas

25% Off
Suggested Retail



Gaia Herbs Stress and Immune Formulas

25% Off
Suggested Retail



Nature's Way Umcka Cold and Flu Formulas

25% Off
Suggested Retail



Other Nature's Way formulas are also on sale.

Boiron Oscilloccoccinum

30 Dose

\$29.99
Regular Price \$39.39



Follow Harvest Health Foods On Instagram.

Health Is A Relationship Between You And Your Body. Terri Guillemets

+PlusCBD™ Select Formulas

25% Off
Suggested Retail



All HempFusion CBD Formulas

25% Off
Suggested Retail



Wylde CBD CBD Gummies and Sparkling Water

25% Off
Suggested Retail



Solgar

Immune Support Formulas

25% Off
Suggested Retail



Garden Of Life

myKind Herbal Formulas

30% Off
Suggested Retail



Vital Planet Formulas

20% Off
Suggested Retail



Organic Mushroom

All Mushroom Formulas

25% Off
Suggested Retail



Terry Naturally

Select CuraMed® Formulas

20% Off
Regular Price



Other Terry Naturally formulas are also on sale.

All Nordic Naturals Formulas

25% Off
Suggested Retail



All Barleans Formulas

20% Off
Suggested Retail



All Wiley's Finest

20% Off
Suggested Retail



All true grace Formulas

20% Off
Suggested Retail



All New Chapter Formulas

30% Off
Suggested Retail



Country Life

Maxi-Hair and Skin 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

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.