

Harvest Health

FOODS

Since 1952

May 2023



Feeling Good From The Inside Out. ®

Vital Planet New Formulas

Select Varieties

20% Off
Suggested Retail



Transform Your Health With H.O.P.E

Seminar - Tuesday, May 16th 6 pm
Hudsonville Harvest Health Foods



We welcome Brenda Watson, CNC, author, and health educator, as she discusses your digestive system and gut immunity. She will explore what you can do to improve your overall health using the H.O.P.E. formula of high fiber, omega-3 oil, probiotics, and enzymes. Please **RSVP** using the **QR** code, or sign up on our website.



Rumiano Organic Cheese

Assorted Shreds and Slices

\$3.99

Regular Price \$4.49



Organic Valley Organic Grassmilk

\$5.99

Harvest Values Price \$6.99



Thousand Hills 100% Grass-Fed Beef Hot Dogs, and Beef and Cheddar Sausage

\$6.49

Regular Price \$ 6.99



100% Grass-Fed New York Strip steak is also on sale.

Planet Oat Oatmilk

\$3.99

Regular Price \$4.69



Dr. Praeger's Veggie Burgers

2 For \$9

Regular Price \$5.79



HOPE Organic Hummus

\$3.99

Regular Price \$4.69



Zero added sugar.

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

GT's Living Foods

Living Coconut Yogurt

\$5.99

Regular Price \$6.69



Bitchin' Sauce

Dairy-Free Sauces

\$5.79

Regular Price \$6.69



This dip is nuts!



Ithaca

Hummus

Assorted Varieties

\$4.19

Regular Price \$5.19



Cold-crafted hummus. It tastes just like it came from your blender, but better.



cocojune

Organic Coconut Yogurt

16 oz

\$6.69

Regular Price \$7.99



Grillo's Pickles

Pickle de Gallo

Mild and Medium

\$4.29

Regular Price \$4.89



Haven's Kitchen

Fresh Cooking Sauces

\$6.49

Regular Price \$7.69



Great Eastern Sun

Organic Miso

16 oz

\$9.99

Regular Price \$13.49



Good Culture

Sour Cream

12 oz - 15 oz

\$2.49

Regular Price \$2.99



Hail Merry

Mini Tarts

2 Cups

\$2.79

Regular Price \$3.69



Farmhouse Culture

Gut Shots

16 oz

\$6.49

Regular Price \$7.79



Rowdy Mermaid

Organic Kombucha

2 For \$6

Regular Price \$3.79



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.



Sweet Nothings

Organic Fruit Smoothies

6/2 oz tubes

\$5.49

Regular Price \$6.49



No added sugar or fruit juice.



Brazi Bites

Brazilian Cheese Bread

\$5.49

Regular Price \$6.99



Maria and Ricardo's

Tortillas

Assorted Varieties

15% Off

Regular Price



Alex's Awesome Sourdough

Sourdough Pizzas

Select Varieties

\$8.99

Regular Price \$10.49



Gluten-free varieties are also on sale.



Caulipower

Chicken Tenders

Gluten-Free, Plant-Based Coating

\$8.99

Regular Price \$10.69



Fröner

Dairy-Free Frozen Dessert

\$5.49

Regular Price \$6.49



Are You Part Of Harvest Rewards? Ask Our Staff.

Tell Me What You Eat, And I will Tell You Who You Are.

Nature's Path

EnviroKids Cereals

\$3.99

Regular Price \$4.99



Nature's Path

Organic Cereals

\$3.99

Regular Price \$4.99



Catalina Crunch

Cereals

KETO Friendly

\$6.99

Regular Price \$8.99



Sandwich cookies are also on sale.



Food For Life

Ezekiel 4:9 Sprouted Bread

\$5.69

Regular Price \$6.49



Field Day

Organic Beans

2 For \$4

Harvest Values Price \$2.39



Crofter's Organic

Organic Fruit Spreads

\$4.99

Regular Price \$5.99



Muir Glen

Organic Pasta Sauce

2 For \$6

Regular Price \$3.99



Mediterranean Organic Products

Select Varieties

25% Off

Harvest Values Price



Woodstock Farms

Organic Mustard

\$2.79

Harvest Values Price \$3.39

Organic Ketchup

\$2.99

Harvest Values Price \$3.79

Organic BBQ Sauce

\$3.99

Harvest Values Price \$4.89

Organic Mayo

\$6.99

Harvest Values Price \$8.99

Organic Pickles

\$4.49

Harvest Values Price \$5.79



Ancient Harvest

Gluten-Free Pasta

25% Off

Regular Price



Tinkyada

Rice Pasta

Gluten-Free

\$3.69

Regular Price \$4.19-\$4.79



Annie's Homegrown

Organic Mac & Cheese

2 For \$6

Regular Price \$3.89



True Made Foods

Low Sugar Sauces

NEW

\$3.99

Regular Price \$5.29



Select Primal Kitchen Products

20% Off

Regular Price



Yai's Thai

Cooking Sauces

\$5.99

Regular Price \$8.99



Like Harvest Health Foods On Facebook.

Snacking Is Essential. Choose Wisely.

Thunderbird

Real Food Bars

2 For \$4

Regular Price \$2.69

NEW



Enjoy Life

Allergen-Free Snacks and Chips

25% Off

Regular Price



Heavenly Hunks

Oatmeal Snacks

Gluten Free

\$3.99

Regular Price \$5.59



CanDo Krisps

Keto Friendly Bars

\$2.29

Regular Price \$2.99



LÄRABAR Bars

10 For \$10

Regular Price \$1.79



The Gluten Free Bar

Gluten-Free Bars

\$1.69

Regular Price \$2.39



Gluten-Free Bites

2 For \$7

Regular Price \$4.99



Kate's

Organic Real Food Bars

\$1.79

Regular Price \$2.89



Simple Mills

Sweet Thins

\$4.69

Regular Price \$5.49



Other Simple Mills cookies are also on sale.



Blue Diamond

Nut-Thins

Assorted Varieties

2 For \$7

Regular Price \$4.39



From the Ground Up

Plant Based Snacks

2 For \$7

Regular Price \$4.19



Second Nature

Snack Mixes

Assorted Varieties

\$6.99

Regular Price \$8.99



Other Second Nature products are also on sale.



nairn's

Gluten-Free Biscuits

\$3.99

Regular Price \$5.79



You Need This

Grain-Free Snacks

2 For \$7

Regular Price \$4.19



gimMe

Seaweed Snacks

.35 oz

2 For \$4

Regular Price \$2.49



Other gimMe products are also on sale.



Prevail

Grass-Fed Jerky

\$4.99

Regular Price \$5.99

NEW



Bragg

Organic Apple Cider Vinegar

16 oz

\$3.99

Regular Price \$4.79



Shop Online with Harvest Cart at HarvestHealthFoods.com

Honey Mama's Truffle Bars

\$4.29

Regular Price \$5.79

No refined sugar, gluten, dairy, or soy.
Find in the refrigerator section.



TCHO Chocolate

2 For \$7

Regular Price \$4.49



Endangered Species Chocolate Bars

2 For \$5

Regular Price \$3.29



OCHO

Organic Candy Bars

3 For \$5

Regular Price \$2.19



Taza

Organic Chocolate Bars

Assorted Varieties

2 For \$7

Regular Price \$4.99-\$5.79



Chocolove xoxox

Chocolate Bars

2 For \$5

Regular Price \$2.99



Other Chocolove products are also on sale.

Organic Vegan Caramels

\$3.99

Regular Price \$4.99



Late July

Organic Tortilla Chips

2 For \$7

Regular Price \$4.49



Muir Glen

Organic Salsa

2 For \$7

Regular Price \$4.99



Terra Chips

Select Varieties

2 For \$7

Regular Price \$4.29



Barnana

Plantain Snacks

\$3.99

Regular Price \$4.99



Other Barnana products are also on sale.



Garden of Eatin'

Tortilla Chips

16 oz

\$5.49

Regular Price \$6.49



Vista Hermosa

Corn Tortillas

\$3.89

Regular Price \$4.39

Tortillas can be found
in the freezer.

Flour Tortillas

\$5.39

Regular Price \$6.19

Totopos

\$3.99

Regular Price \$4.99



Garden of Eatin'

Tortilla Chips

5 oz

\$2.79

Regular Price \$4.29



The Good Crisp Company

Snacks

2 For \$6

Regular Price \$3.69



Don Chilio

Chilē Crisp

\$7.29

Regular Price \$8.49



Feeling Good From The Inside Out.®

Hopark Sparkling HopTea

\$2.59

Regular Price \$3.19



Sparkling waters are also on sale.



HOP WTR

Sparkling Hop Water

6/12 oz

\$8.99

Regular Price \$11.99



Fentimans

Sodas

Assorted Varieties

4/7.49 oz

\$7.49

Regular Price \$9.49

Fentimans mixers are also on sale.



Waterloo

Sparkling Water

12/12 oz

\$4.99

Regular Price \$6.49



Zevia

Zero Calorie Soda

6/12 oz

\$5.19

Harvest Values Price \$6.19



Energy Drinks

3 For \$5

Harvest Values Price \$1.99



Other Zevia products are also on sale.



Steaz

Organic Iced Teas

Antioxidant Brews

\$1.79

Regular Price \$2.19



Nixie

Organic Sparkling Water

8/12 oz

\$4.49

Regular Price \$6.49



Eternal Water

Natural Alkaline Spring Water

2.5 Liter

\$2.39

Harvest Values Price \$2.89

Case of 6 is on sale for \$13.99.



Only What You Need

Protein Drinks

\$2.69

Regular Price \$3.49



Riot Energy

Plant Powered Energy Drink

2 For \$4

Regular Price \$2.89



Mountain Valley

Spring Water

Sparkling and Still

1 Liter

2 For \$4

Regular Price \$2.99

Other Mountain Valley products are also on sale.



Navitas Organics

Select Nutritional Products

35% Off

Regular Price



Lakewood

Select Organic Juices

Assorted Varieties

30% Off

Regular Price



Better Life

Natural Cleaning Formulas

25% Off

Regular Price



Simply Gum

Simply Gum and Mints

Assorted Varieties

\$2.19

Regular Price \$2.99



Biokleen

Natural Dish Soap

\$3.99

Regular Price \$4.49



Find Our Fresh Organic Produce Selection On Harvest Cart.

Beauty Is Health. Health Is Beauty.

All Derma-E Formulas

25% Off
Regular Price



Sukin Hair Care

25% Off
Regular Price



Andalou Naturals All Facial Care

25% Off
Regular Price



All Mineral Fusion Products

25% Off
Suggested Retail



Field Day Hair and Body Care

2 For \$10
Harvest Values
Price \$5.99



Pranarôm Essential Oils

Select Formulas & Diffusers

20% Off
Suggested Retail



Now Solutions Xyli-White Toothpaste

20% Off
Regular Price



Nordic Naturals Women's Support Formulas

Select Varieties

25% Off
Suggested Retail



IRWIN Women's Health Formulas

Select Varieties

25% Off
Suggested Retail



New Chapter Women's Multivitamin Formulas

25% Off
Suggested Retail



Garden of Life All Vitamin Code Formulas

30% Off
Regular Price



Nature's Way Alive! Multivitamins

25% Off
Suggested Retail



All True Grace Whole Food-Based Formulas

20% Off
Suggested Retail



Harvest Health Foods Women's Formulas

Select Varieties

25% Off
Suggested Retail



Follow Harvest Health Foods On Instagram.

Healthy From The Outside Starts From The Inside.

Garden of Life
Gummies
30% Off
Suggested Retail

NEW



Life Flo
Magnesium Formulas
30% Off
Suggested Retail



Ancient Nutrition
Probiotics
30% Off
Suggested Retail



Solgar
Calcium Formulas
20% Off
Suggested Retail



American Health
Papaya Enzymes
20%
Suggested Retail



All Enzymedica Formulas
25% Off
Suggested Retail



Irwin Naturals
CBD Gummy Formulas
50% Off
Suggested Retail



+PlusCBD™
All Liquid Formulas
25% Off
Suggested Retail



Terry Naturally
Curamin and Curamed
20% Off
Suggested Retail



Wyld CBD
CBD Gummies and Sparkling Water
25% Off
Suggested Retail



Boiron
AllergyCalm
20% Off
Suggested Retail



Nature's Way
Umcka Allergy and Sinus
20% Off
Suggested Retail



On-The-Go pellets are also on sale.



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
New Location Coming Late 2023 - US-31 & Greenly St. Holland

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.