

# Harvest Health FOODS

Since 1952



November 2023

Feeling Good From The Inside Out.®

Tom Otto's Turkey

## Fresh Local Tom Otto's Turkey

Order your fresh, all natural, local turkey for Thanksgiving. No antibiotics or added hormones. Order by Nov. 12th using the QR code or online at [HarvestHealthFoods.com](http://HarvestHealthFoods.com). **\$3.79/LB**



Order your holiday rolls and gluten-free baked goods for the holidays. Forms are available online at [HarvestHealthFoods.com](http://HarvestHealthFoods.com)

Field Roast

## Celebration Roast

16 oz

**\$8.99**

Regular Price \$9.49



Other Field Roast products are also on sale.

Tofurky

## Plant-Based Roasts

**\$13.99**

Regular Price \$15.99



Holiday Feast is also on sale.

Aleia's

## Gluten-Free Stuffing

**\$4.49**

Regular Price \$5.99



Other select Aleia's items are also on sale.

Imagine Foods

## Organic Broth And Gravy

**2 For \$6**

Regular Price \$3.79-\$4.99



Woodstock

## Organic Vegetables

Select Varieties

**\$2.79**

Harvest Values Price \$2.99



Other Woodstock vegetables are also on sale.

Thousand Hills

## 100% Grass-Fed Cocktail Wieners

**\$9.49**

Regular Price \$9.99



Other Thousand Hills products are also on sale.

Items may not be available at all locations. Prices and Products are subject to change.



# Healthier Choices You Can Be Confident In.

Field Day

## Organic Eggs

**\$4.49**

Harvest Values \$4.99



Rumiano

## Organic Cheese

8 oz Blocks

**\$4.99**

Regular Price \$5.99



Shredded cheeses are also on sale \$3.99.

Chobani

## Oat Milk

52 oz

**\$4.49**

Regular Price \$5.49



Other Chobani creamers are also on sale.

Immaculate Baking Company

## Biscuits and Crescent Rolls

**\$4.49**

Regular Price \$6.99



Cookies and cinnamon rolls are also on sale.

Vista Hermosa

## Corn Tortillas

**\$3.89**

Regular Price \$4.39

## Flour Tortillas

**\$5.39**

Regular Price \$6.19



Organic Valley

## Grassmilk Half & Half

**\$3.49**

Regular Price \$3.99

## Whipping Cream

**\$5.39**

Regular Price \$5.89

## Thick Cut Shredded Cheese

**\$4.69**

Harvest Values Price \$5.49



Other Organic Valley products are also on sale.

cocojune

## Organic Coconut Yogurt

16 oz

**\$6.69**

Regular Price \$8.19



Cleveland Kitchen

## Kraut and Pickles

Assorted Varieties

**\$5.49**

Regular Price \$6.49



Good Culture

## Sour Cream

12 oz and 15 oz

**\$2.49**

Regular Price \$2.99



Mt Vikos

## Feta And Spreads

**\$4.19**

Harvest Values

Price \$4.79

**\$3.79**

Harvest Values

Price \$4.49



Nuts For Cheese

## Vegan Cheese

**\$6.99**

Regular Price \$8.99



Violife

## Vegan Cheese

**\$4.99**

Regular Price \$5.99



Other Violife products are also on sale.

Cascadian Farms

## Organic Potatoes

**\$3.99**

Regular Price \$5.69



FrescoBene

## Artisan Sauces

**\$6.99**

Regular Price \$9.99



**Save Even More With Harvest Rewards. Ask Us How!**



# Start Your Holiday Baking With The Best Ingredients.

## Katz Gluten-Free Pies

8.25 oz -11.5 oz

**\$5.99**

Regular Price \$7.99



Other Katz holiday items are also on sale.

## Truwhip Whipped Topping

**\$3.99**

Regular Price \$4.49



## So Delicious Cocowhip

Original and Light

**\$4.29**

Regular Price \$4.79



Other So Delicious products are also on sale.

## Wholly Wholesome Select Pie Shells

**\$5.99**

Regular Price \$6.99-\$7.99



## Flavorganics Organic Extracts

**\$5.49**

Regular Price \$7.49



Organic vanilla is also on sale.

## Spectrum Naturals Culinary Oils

**25% Off**

Regular Price



## Pamela's Products Gluten-Free Baking Mixes

Assorted Varieties

**20% Off**

Regular Price



## Bob's Red Mill Flours, Oats, and Mixes

**20% Off**

Regular Price



## Otto's Naturals Grain-Free Mixes

Select Varieties

**25% Off**

Regular Price



## Enjoy Life Baking Chips

Dairy-Free

**\$4.99**

Regular Price \$6.99



## One Degree Sprouted Flours

**30% Off**

Regular Price



## Arrowhead Pancake Mixes and Flours

**25% Off**

Regular Price



## Lily's Sweets No Sugar Added Baking Chips

Assorted Varieties

**\$6.99**

Regular Price \$7.99



## Wholesome Sugars and Syrups

**30% Off**

Regular Price



## Big Tree Farms Coconut Sugar

**30% Off**

Regular Price



For Over 70 Years, We Have Had Your Health In Mind.



# Save On Your Holiday Essentials.

Bonafide Provisions

## Organic Broth

Assorted Varieties

**\$3.99**

Regular Price \$4.89



Field Day

## Organic Broth

Assorted Varieties

**2 For \$5**

Harvest Values

Price \$3.19-\$3.59



Kettle & Fire

## Broth

Select Varieties

**2 For \$7**

Regular Price \$4.99



Other Bonafide products are also on sale.



Pacific Foods

## Organic Condensed Soups

**2 For \$6**

Regular Price \$3.69



Woodstock

## Cranberry

**\$3.49**

Harvest Values

Price \$3.99



Essential Baking Company

## Take And Bake Breads

**\$4.99**

Regular Price \$6.79



Lotus Foods

## Organic Rice

Assorted Varieties

**25% Off**

Regular Price



Farmer's Market

## Organic Squash

**\$2.89**

Regular Price

\$3.49-\$3.89



Field Day

## Organic Crackers

Assorted Varieties

**2 For \$6**

Harvest Values

Price \$3.59



Mediterranean Organic

## Olives & Peppers

**25% Off**

Harvest Values Price



La Tourangelle

## Artisan Oils

Select Varieties

**25% Off**

Regular Price



Simple Mills

## Seed Flour Crackers

**\$4.49**

Regular Price \$5.49



Green and Social

## Organic Wine

**\$9.99-\$13.99**

Regular Price \$11.29-\$16.49



Whisps

## Cheese Snacks

**2 For \$7**

Regular Price \$4.59



Blue Diamond

## Nut-Thins

Assorted Varieties

**2 For \$7**

Regular Price \$4.39



Healthy Delivered, Right To Your Door.



# Let food be thy medicine and medicine be thy food. - Hippocrates

Harvest Health Foods

## Organic Raw Pecans

**\$12.99**

Regular Price \$15.89



## Organic Raw Walnuts

**\$7.99**

Regular Price \$9.29



## Organic Cranberries

**\$6.49**

Regular Price \$7.99



## Organic Coconut Chips

**\$6.49**

Regular Price \$7.49



Navitas Organics

## Select Navitas Products

**30% Off**

Regular Price



Muir Glen

## Organic Tomatoes

**2 For \$3**

Regular Price \$2.49-\$2.69

14.5 oz - 15 oz



**2 For \$6**

Regular Price \$4.49

28 oz



Other Muir Glen products are also on sale.

Field Day

## Organic Cereals

Assorted Varieties

**\$4.49**

Harvest Values  
Price \$5.49



Four Sigmatic

## Coffee and Proteins

**25% Off**

Regular Price



Other Four Sigmatic products are also on sale.



Lakewood

## Select Organic Juices

**25% Off**

Regular Price



Yogi

## Organic Teas

16 Tea Bags

**2 For \$7**

Regular Price \$4.59



Tecceino

## Herbal Coffees

Assorted Varieties

**30% Off**

Suggested Retail



Field Day

## Organic Coffee

**\$7.49**

Harvest Values  
Price \$8.79



Comvita

## Mānuka Honey

From New Zealand

**30% Off**

Regular Price



## All Jovial Products

Gluten-Free

**25% Off**

Regular Price



Heavenly Hunks

## Oatmeal Snacks

Gluten Free

**\$3.99**

Regular Price \$5.59



nairn's

## Oat Grahams and Biscuits

**\$3.99**

Regular Price \$5.49-\$5.79



Shop In Store or Online With Pick Up Or Delivery.



# Snack with intention, not impulse, for a healthier you.

## Swoon Zero Sugar Tea

**3 For \$5**

Regular Price \$2.29



## Late July Tortilla Chips

**2 For \$7**

Harvest Values Price \$4.69



Late July organic salsa is also on sale for \$3.69.

## Like Air Puffed Corn

**2 For \$6**

Regular Price \$4.29



## Essentia Ionized Alkaline Water

1 Liter

**2 For \$3**

Harvest Values Price \$2.29



Case of 12 is on sale for \$15.99

## Garden of Eatin' Tortilla Chips

5 oz

**\$2.69**

Regular Price \$4.29



## OCHO Organic Candy

**3 For \$5**

Regular Price \$2.29



Pouches are also on sale.

## ECOS Plant Based Dish Soap

**\$3.99**

Regular Price \$4.69



ECOS Hand Soap is also on sale.

## Mad Hippie Select Formulas

**20% Off**

Regular Price



## All ACURE Formulas

**25% Off**

Regular Price



100% Clean, vegan beauty.

## Better Life Cleaning Formulas

**25% Off**

Regular Price



## Andalou Body Care

**25% Off**

Regular Price



## All Mineral Fusion Products

**25% Off**

Regular Price



## If You Care Parchment Paper and Baking Supplies

**25% Off**

Regular Price



## Stasher Bags

Assorted Sizes

**20% Off**

Regular Price



## Now Foods Seasonal Blends

Essential Oils

**20% Off**

Regular Price



All Now Foods Essential Oils are also on sale.

Find Our Fresh Organic Produce Selection On Harvest Cart.



**Every choice you make impacts your health.**

Harvest Health Foods

## Digestive Support Formulas

**25% Off**

Suggested Retail



Enzymedica

## Digest Gold Formulas

**25% Off**

Suggested Retail



American Health

## Vitamin C Formulas

**25% Off**

Suggested Retail



Gaia Herbs

## Select Immune Formulas

**25% Off**

Suggested Retail



Boiron

## SinusCalm and ThroatCalm

Homeopathic Formulas

**25% Off**

Suggested Retail



Nature's Way Brands

## All Lozenges

**25% Off**

Suggested Retail



Herb Pharm

## Immune Formulas

**20% Off**

Suggested Retail



Kyolic

## Immune Support Formula 103

**25% Off**

Suggested Retail



*Other Nature's Way products are also on sale.*

## All Barlean's Formulas

**20% Off**

Suggested Retail



Nordic Naturals

## Select Formulas

**25% Off**

Suggested Retail



## All Carlson Formulas

**25% Off**

Suggested Retail



## All LifeSeasons Formulas

**30% Off**

Suggested Retail



Irwin Naturals

## All Multivitamin and CBD Formulas

**30% Off**

Suggested Retail

*Other Irwin Natural Formulas are also on sale.*



Trace Minerals

## Electrolyte Packets

**20% Off**

Suggested Retail



**Be Social With Us on Instagram and Facebook.**



# Healthy Is An Inside Job.

## +PlusCBD™ THC FREE FORMULAS AND TOPICALS

**25% Off**

Suggested Retail



## Wyld CBD CBD Gummies and Sparkling Water

**25% Off**

Suggested Retail



## All KAL Formulas

**25% Off**

Suggested Retail



## All True Grace Whole Food-Based Formulas

**20% Off**

Suggested Retail



## MegaFood PMS Support and Mood Reset

**30% Off**

Suggested Retail



Other MegaFood formulas are also on sale.

## Terry Naturally Curamin® and CuraMed® Formulas

**25% Off**

Suggested Retail



## Solgar NEW Gummy Formulas

**25% Off**

Suggested Retail



New Daily One Multivitamin formulas are also on sale.

## Garden Of Life New Herbal Formulas

**25% Off**

Suggested Retail



Other Garden of Life formulas are also on sale.

## REDD Remedies All REDD Remedies Formulas

**20% Off**

Suggested Retail



## Ancient Nutrition New Formulas

**30% Off**

Suggested Retail



Other Ancient Nutrition Formulas are also on sale.

## All Himalaya Formulas

**20% Off**

Suggested Retail



## Three convenient locations in the Grand Rapids area.

1944 Eastern Ave. SE Grand Rapids (616) 245-6268  
Mon-Sat 10-6 Closed Sundays

6807 Cascade Road SE Grand Rapids (616) 975-7555  
4150 32nd Ave Hudsonville (616) 896-6630  
Mon-Sat 9-8 Closed Sundays

New Location - 12675 Greenly St. Holland - December 2023

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.