

Feeling Good From The Inside Out.®



Tony's Chocolonely **BIG Chocolate Bars** 6.35 07 \$3.99 Regular Price \$4.99

Other Chocolove products are also on sale

Thousand Hills 100% Grass-Fed Beef

1 Lb

\$6.89 Regular Price \$7.29

The perfect ratio for delicious meatballs. Other Thousand Hills products are also on sale.

Equal Exchange

Organic Coffee

\$9.99



Other Equal Exchange products are also on sale.



Organic Valley

Organic Shredded Cheese

\$4.99 Regular Price \$5.69







Casa Santos Lima Portuguese Red Blend \$9.99 Harvest Values

Price \$10.49

Cooking Is Love Made Visible.

Planet Oat **Oatmilk** Unsweetened

\$3.99 Regular Price \$4.49



Farmers Hen House

Pasture Raised Organic Eggs

\$5.99 Harvest Values Price \$6.79



Just Egg **Plant-Based Eggs**

\$4.99 Regular Price \$5.69-\$6.29



NON SAME

Rumiano **Organic Cheese**

Assorted Blocks

\$5.49 Regular Price \$6.49



Good Culture

Cottage Cheese



Nuts for Cheese Chef-Crafted **Dairy-Free Cheese**

\$6.99 Regular Price \$8.99





Green Valley Creamery

Organic Kefir

\$6.99 Regular Price \$7.69



Other Green Valley Products are also on sale.

GT's Living Foods

Living Coconut Yogurt

\$5.99 Regular Price \$6.99



Earth Balance

Buttery Spreads and Sticks

\$5.49 Regular Price \$7.49



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HOPE

Organic Hummus

\$4,49 Regular Price \$4.99





KIMCHI

Organic Kombucha Select Varieties

2 For \$6 Regular Price \$3.89





Litelife Foods

Organic Tempeh

25% Off Regular Price





Wildbrine

Sauerkraut and Kimchi

\$7.99 Regular Price \$9.29



Koia

Protein Drinks

\$3,49 Regular Price \$4.49





Honey Mama's

Truffle Bars

\$4.49 Regular Price \$5.79



No refined sugar, gluten, dairy, or soy.

My Love For You Just Might Be Pizza Shaped. Dora J. Arod

Atoria's Family Bakery

Lavash, Naan and Pita **Breads**

\$3.69 Regular Price \$4.99

M MAN



Outer Aisle

Grain Free Sandwich Rounds

\$5.49 Regular Price \$7.99



Alex's Awesome Sourdough

Sourdough **Pizzas**

Select Varieties

\$8.99 Regular Price \$10.99



NON SHAPE

Mason Dixie **Biscuit Sandwich**

\$5.59 Regular Price \$6.99



Daiya

Flatbread

\$6.49 Regular Price \$7.99



Other Daiya products are also on sale.

Woodstock

Select **Fruit**

2 For \$8

Price \$4.59



Other Mason Dixie products are also on sale.

Snowdays

Organic Pizza Bites

\$6.49 Regular Price \$7.99



Gluten-free.

Greek Yogurt Bars

\$5.19 Regular Price \$6.99





Select Vegetables

2 For \$5 Harvest Values Price \$2.99



Other Woodstock fruit and vegetables are also on sale.



Purely Elizabeth

Hot Cereals

Assorted Varieties

30% Off Regular Price





Nature's Path

Organic Granola

Select Varieties

\$5.49 Regular Price \$6.19



Field Day

Organic Cereal

\$4.49 Harvest Values





Crofter's Organic

Organic Fruit Spreads

\$4.99 Regular Price \$6.19



Voyage

Nut-Free Spreads

25% Off Regular Price





Sunbutter

Sunflower Seed Butter

\$5.99 Regular Price \$7.99





Y 🚟 Just Fruit Spreads are also on sale.

Cooking Is Like Love. You Get What You Give.

Pamela's

Gluten-Free Baking Mixes

20% Off Regular Price





Maria and the Pamela's products are also on sale.

Flavorganics

Organic Extracts

Assorted Varieties

\$5.49Regular Price \$7.49





Organic Vanilla is also on sale.

Simple Mills

Baking Mixes

\$6.99Regular Price \$8.49



If You Care

Select Paper Kitchen Supplies

25% Off Regular Price



NON GMO Popert

Field Day

Organic Tomatoes

20% Off Harvest Values Price

Soups and well

Bar Harbor

Seafood

25% Off

Regular Price



AR HARBO

Clam Corn

Chowder

Annie's Homegrown
Organic Mac &
Cheese

2 For \$6
Regular Price \$3.99





Goodles

Mac & Cheese

2 For \$7 Regular Price \$3.99



Protein and fiber packed pasta.

Tasty Bite

Protein Bowls

NEW

\$4.19Regular Price \$5.19





Simmer Sauces

\$4.99Regular Price \$6.49

USDA HON



Justin's

Organic Nut Butter Cups

3 For \$5
Regular Price \$2.39



Lily's Sweets

Chocolate Bars

Stevia Sweetened

2 For \$7 Regular Price \$4.49





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Chocolate Bars

Grain-Free & Gluten-Free

\$3.99Regular Price \$5.49

USDA NON SPRINT





Chocolate Treats

25% Off Regular Price





Organic Candy

USDA CHEZANIC

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3 For \$5 Regular Price \$2.29





Pouches are also on sale.

People Who Love To Eat Are Always The Best People.

Lakewood

Select Organic Juices

Assorted Varieties

25% Off

Regular Price





Numi Tea

Organic Tea

\$5.49Regular Price \$7.69





Oregon Chai

Organic Chai

32 oz

\$4.19Regular Price \$5.49





ALŌ Drinks

Aloe Drinks

2 For \$4 Regular Price \$2.69





Traditional Medicinals

Organic Teas

16 Tea Bags

\$4.79Regular Price \$5.69





Teeccino

Herbal Coffees

30% Off Regular Price

Kegului I II





Zevia

Zero Calorie Soda

\$10.49

Harvest Values Price \$11.49





Essentia

Ionized Alkaline Water

1 Liter

3 For \$5 Harvest Values Price \$2.29

Case of 12 is on sale for \$18.99



Waterloo

Sparkling Water

\$5.99 Harvest Values Price \$6.79





Element

MON GMO

Topped Rice

Cakes

\$3.99

Regular Price \$4.99





Gomacro

Macrobar Mini's

\$9.99Regular Price \$11.49





Heavenly Hunks

Oatmeal Snacks

Gluten Free

2 For \$7 Regular Price \$5.59





nairn's

Oat Grahams and Biscuits

\$3.99 Regular Price \$5.49-\$5.79

NON GMO Popular



Tate's Bake Shop

Cookies

\$4.99Regular Price \$6.49

Tastes like homemade!







Regeneratively Farmed.

Feeling Good From The Inside Out.®

Garden of Eatin'

Tortilla Chips

16 oz

\$5,49 Regular Price \$6.99





Late July **Tortilla**

Chips

\$3.99 Harvest Values Price \$4.89





Field Day

Organic Salsa

2 For \$7 Harvest Values Price \$4.39





You Need This

Grain-Free Snacks

2 For \$6 Regular Price \$4.29





Kettle Brand

Potato Chips Assorted 13 oz Varieties

\$4.99

Harvest Values Price \$5.79





Angie's

BOOMCHICKAPOP

Assorted Varieties

2 For \$6 Regular Price \$4.29





The Good Crisp Company

Snacks

2 For \$6 Regular Price \$3.99





Gluten-Free Pretzels

Select Varieties

\$4,49 Regular Price \$5.49





Zack's Mighty

Rolled Chips



2 For \$7 Regular Price \$4.99





Simply Gum

Simply Gum and Mints

Assorted Varieties

2 For \$4 Regular Price \$3.19



Plastic-Free Hair Care

Assorted Varieties

\$9.99 Regular Price \$12.99



All Mineral Fusion Products







Other Simply Gum products are also on sale.

Pranarōm

Organic Diffusion Blends

20% Off Regular Price





Now Foods

Essential Oils

20% Off



A Healthy Heart Begins With Love, Always Give Generously.

All Klean Kanteen **Products**

20% Off Suggested Retail





Enzymedica

Heart Healthy Formulas

Select Formulas

25% Off

Suggested Retail



REDD Remedies

Heart Healthy Formulas

25% Off Sugested Retail





25% Off Suggested Retail

NON GARAGE





Wellness Shots

2 For \$5 Regular Price \$3.19





(USDA) Find Suja Shots in the refrigerator.

Wiley's

All Wiley's Finest Products

20% Off

Suggested Retail



Nordic Naturals

Heart Healthy Formulas

25% Off

Suggested Retail



Solgar

One Daily Multivitamins

25% Off Suggested Retail







LifeSeasons

Heart Health Formulas

30% Off Suggested Retail



Other Solgar formulas are also on sale.

Healthy From The Outside Starts From The Inside.

Transform Your Health With H.O.P.E

Seminar-Tuesday, March 12th 6 pm - Holland Harvest Health

We welcome Dr. Tracy Kreider, ND, CNC, 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.



All Vital Planet Formulas

20% Off

Suggested Retail



Boiro

ColdCalm

25% Off

Suggested Retail

On The Go Formulas are also on sale.



American Health

Select Probiotics

25% Off Suggested Retail



+PlusCBD

Sleep and Calm Formulas

25% Off Suggested Retail



Harvest Health Foods

CBD Formulas 25% Off Regular Price



Irwin Naturals

Personal Health Formulas

30% off

Suggested Retail



Ancient Nutrition

New Collagen Formulas

30% Off

Suggested Retail





Other Ancient Nutrition products are also on sale.

MegaFood

Sleep and Turmeric Formulas

25% Off Suggested Retail





Calming Magnesium

30% Off Suggested Retail



Terry Naturally

Curamin[®] and CuraMed[®] Formulas

20% Off

Suggested Retail







1944 Eastern Ave. SE, Grand Rapids Mon - Sat 10 AM - 6 PM (616) 245-6268

4150 32nd Ave., Hudsonville Mon - Sat 9 AM - 8 PM (616) 896-6630 6807 Cascade Road SE, Grand Rapids Mon - Sat 9 AM - 8 PM (616) 975-7555

12675 Greenly St., Holland Mon - Sat 9 AM - 8 PM (616) 251 -1123