



November 2024

Since 1952

**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 November 17, using the QR code or online at [HarvestHealthFoods.com](http://HarvestHealthFoods.com).

**\$3.89/LB**



Rumiano

## Organic Cheese

8 oz Blocks

**\$5.49**

Regular Price \$6.49



Essential Baking Company

## Bake-At-Home Breads

**\$4.49**

Regular Price \$6.79



Aleia's

## Gluten-Free Stuffing

**\$4.99**

Regular Price \$5.99



Woodstock

## Organic Vegetables

Select Varieties

**\$2.69**

Harvest Values Price \$2.99



little Rooster Bread Company

Kind Crumbs

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

Gardein

## Savory Stuffed Turk'y

**\$8.99**

Regular Price \$9.49

Holiday Roast is also on sale.



Field Roast

## Celebration Roast

**\$8.99**

Regular Price \$9.49

Other Field Roast products are also on sale.



Tofurky

## Plant-Based Roasts

**\$14.99**

Regular Price \$16.49

Holiday Feast is also on sale.



Other select Aleia's items are also on sale.



Other Woodstock fruits and vegetables are also on sale.

ALL SALE ITEMS ARE WHILE SUPPLIES LAST AND SUBJECT TO AVAILABILITY. NOT ALL ITEMS ARE AVAILABLE AT ALL LOCATIONS.

WE RESERVE THE RIGHT TO CORRECT PRINTING ERRORS.



# Healthy Holidays Begin At Harvest Health Foods

Field Day

## Pasture Raised Eggs

**\$4.99**

Harvest Values \$5.49



Organic Valley

## Cream Cheese

**\$4.19**

Regular Price \$4.99



## Whipping Cream

**\$5.49**

Regular Price \$5.99



## Organic Cheese

**\$5.99**

Harvest Values Price \$6.99



## Organic Butter

**\$8.69**

Harvest Values Price \$9.29



MALK

## Organic Plant Milk

28 oz

**\$5.49**

Regular Price \$6.39



Other Malk products are also on sale.



Earth Balance

## Plant Based Spreads

**\$4.99**

Regular Price \$7.49



Tillamook

## Butter

**\$7.49**

Regular Price \$7.99



Nuts for Cheese

## Dairy-Free Cheese

**\$6.99**

Regular Price \$8.99



Chobani

## Oatmilk

52 oz

**\$4.49**

Regular Price \$5.49

Other Chobani creamers are also on sale.



Califia Farms

## Better Half

Dairy-free

**25% Off**

Regular Price



## Heavy Whip

Dairy-free

**\$4.99**

Regular Price \$5.99



## Creamers

Dairy-free

**\$4.99**

Regular Price \$5.99-\$6.49



Green Valley Creamery

## Lactose Free Sour Cream

**\$3.99**

Regular Price \$4.99



Miyoko's Creamery

## Plant Butter and Cheese

**20% Off**

Regular Price



Violife

## Feta Cheese

Dairy-free

**\$5.19**

Regular Price \$6.19



Other Violife products are also on sale.



Thousand Hills

## 100% Grass-Fed Cocktail Wieners

**\$8.99**

Regular Price \$9.99

Other Thousand Hills products are also on sale.



Good Foods

## Guacamole and Dips

**\$4.49**

Regular Price \$4.99-\$5.99



Ithaca

## Hummus

Assorted Varieties

**\$4.49**

Regular Price \$5.49



Other Ithaca products are also on sale.



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



# Gather Good Food and Good Friends To Share It With

cocojune

## Yogurt For Kids

**\$2.49**

Regular Price \$2.99



Mooski

## Chilled Oat Bars

**2 For \$4**

Regular Price \$2.79

NEW



Immaculate Baking Company

## Biscuits and Crescent Rolls

**\$3.99**

Regular Price \$6.99



Cinnamon rolls are also on sale.



Katz

## Gluten-Free Pies

8.25 oz - 11.5 oz

**\$6.49**

Regular Price \$7.99



Wholly Wholesome

## Select Pie Shells

**\$5.99**

Regular Price \$6.99-\$7.99



Truwhip

## Whipped Topping

**\$3.49**

Regular Price \$4.49



Lively Up

## Kombucha

**\$3.99**

Regular Price \$4.79



Other Lively Up kombucha is also on sale.



Stellar Organics

## Stellar Organic Wines

**\$9.99**

Regular Price \$10.99



Stellar Brut is also on sale.



Fröner

## Dairy-Free Frozen Dessert

**\$5.49**

Regular Price \$6.99



Tillamook

## Ice Cream

1.5 Quart

**\$6.99**

Regular Price \$7.99



So Delicious

## Cocowhip

Original and Light

**\$4.49**

Regular Price \$5.29



Cascadian Farm

## Organic Potatoes

**\$4.19**

Regular Price \$5.99



Eat Meati

## Plant Based Meat

**30% Off**

Regular Price



Milá

## Soup Dumplings

**\$6.49**

Regular Price \$8.99



Nutcase Vegan

## Vegan Meat Alternatives

**\$3.69**

Regular Price \$4.99



Nutty Roast is on sale \$8.99



Field Day

## Healthy Home Products

**20% Off**

Harvest Values Price



If You Care

## Parchment Paper and Baking Supplies

**25% Off**

Regular Price



Like Harvest Health Foods On Facebook



# Grateful For Family, Friends, And Feasts

Pacific Foods

## Organic Broth

32 oz Varieties

**\$3.69**

Regular Price \$4.49



Other Pacific Foods products are also on sale.



Pacific Foods

## Organic Condensed Soups

**2 For \$5**

Regular Price \$3.49



Graza

## Extra Virgin Olive Oils

**25% Off**

Regular Price



Bonafide Provisions

## Organic Broth

**2 For \$7**

Regular Price \$4.89



Other Bonafide products are also on sale.



Kettle & Fire

## Cooking Broth

**\$3.69**

Regular Price \$4.99



Other Kettle & Fire products are also on sale.



Better Than Bouillon

## Organic Bouillon

**\$6.49**

Regular Price \$7.99



Other Better Than Bouillon products are also on sale.



Harvest Health Foods Bulk

## Organic Raw Pecans

**\$12.69**

Regular Price \$15.99

## Organic Raw Walnuts

**\$7.99**

Regular Price \$9.99

## Organic Cranberries

**\$6.49**

Regular Price \$7.99

## Organic Coconut Shreds

**\$3.39**

Regular Price \$4.49

## Organic Thompson Raisins

**\$3.99**

Regular Price \$4.99



Farmer's Market

## Organic Squash

**\$2.69**

Regular Price \$3.49-\$3.89



Wholesome

## Sugars and Syrups

**30% Off**

Regular Price



Flavorganics

## Organic Extracts

**35% Off**

Regular Price



Organic vanilla is also on sale.



Field Day

## Organic Gravy

**\$2.49**

Harvest Values Price \$3.49



Woodstock

## Organic Cranberry Sauce

**\$2.99**

Regular Price 3.99



Bob's Red Mill

## Baking Flour

**25% Off**

Regular Price



Enjoy Life

## Baking Chips

Dairy-free

**\$5.49**

Regular Price \$6.99



## All Namaste Mixes and Flours

Gluten-free

**30% Off**

Regular Price



## All Pamela's Products

Gluten-free

**20% Off**

Regular Price



Healthy Delivered, Right To Your Door



# Eat, Drink, And Be Thankful

Cascadian Farm Organic

## Organic Cereals

Assorted Varieties

**\$3.99**

Regular Price \$6.19-\$6.49



Nature's Path

## Oatmeal Packs

**\$3.99**

Regular Price \$5.69



Other Nature's Path products are also on sale.



Kokora

## Superfood Powders

**25% Off**

Suggested Retail



Rishi

## Organic Tea

**\$6.99**

Regular Price \$9.99



Lundberg Family Farms

## Rice

**20% Off**

Regular Price



Annie's Homegrown

## Organic Mac & Cheese

**\$2.99**

Regular Price \$3.99



The Real Cereal Co.

## Organic Cereals

**\$5.49**

Regular Price \$6.99



NEW



Teeccino

## Herbal Coffees

**25% Off**

Regular Price



Field Day

## Organic Coffee

10 oz

**\$6.49**

Harvest Values Price \$8.79



Blue Lotus

## Masala Chai Tea

2 oz - 3 oz

**30% Off**

Regular Price



## All Jovial Products

**25% Off**

Regular Price

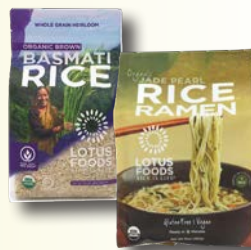


Lotus Foods

## Rice and Ramen

**30% Off**

Regular Price



Field Day

## Organic Cereals

**\$4.49**

Harvest Values Price \$5.49



Yogi

## Organic Teas

16 Tea Bags

**\$3.99**

Regular Price \$4.69



Yogi Barista

## Organic Chai Latte

**\$4.49**

Regular Price \$6.99



Muir Glen

## Organic Pasta Sauce

**\$3.29**

Regular Price \$4.69



## Organic Tomatoes

14.5 oz - 15 oz

**2 For \$4**

Regular Price \$2.89



Other Muir Glen products are also on sale.



## Select Primal Kitchen Products

**25% Off**

Regular Price



Like Harvest Health Foods On Facebook



# Feeling Good From The Inside Out®

## Navitas Organics Berries and Cacao

**25% Off**  
Regular Price



## Blue Diamond Nut-Thins

Assorted Varieties

**\$3.19**  
Regular Price \$3.99



## Lakewood Select Organic Juices

Assorted Varieties

**25% Off**  
Regular Price



## Dandies Marshmallows

Vegan

**30% Off**  
Regular Price



## Ella's Flats Seed Crackers

**\$5.99**  
Regular Price \$7.99



## Clean Cause Organic Yerba Mate

**\$2.29**  
Regular Price \$2.99



## Annie's Homegrown Graham Crackers

**\$3.99**  
Regular Price \$5.99



## Field Day Organic Crackers

**2 For \$5**  
Harvest Values Price \$3.69



## Essentia Ionized Alkaline Water

1 Liter

**\$1.69**  
Harvest Values Price \$2.29

Case of 12 is on sale for \$18.99



## Tate's Bake Shop Cookies

**\$4.69**  
Regular Price \$6.49

Tastes like homemade!



## Simple Mills Crackers

**\$4.29**  
Regular Price \$5.29



## Zevia Zero Calorie Soda

12/12oz

**\$10.89**  
Harvest Values Price \$11.99



## nairn's Oat Grahams and Biscuits

**\$3.99**  
Regular Price \$5.69



## Snack Factory Pretzel Crisps

7.2 oz

**2 For \$6**  
Regular Price \$3.99



## Late July Tortilla Chips

**\$3.99**  
Harvest Values Price \$4.89



## Tony's Chocolonely Chocolate Bars

6.35 oz

**\$4.49**  
Regular Price \$5.49

Other Tony's Chocolonely products are also on sale.



## Jackson's Sweet Potato Chips

**\$2.99**  
Regular Price \$4.49



## Late July Salsas

**\$4.99**  
Regular Price \$5.99



Find Our Fresh Organic Produce Selection On Harvest Cart



# Invest In Your Health It Pays The Best Dividends

## All Mineral Fusion Products

**25% Off**

Regular Price



## Pranarōm Holiday Features

**20% Off**

Suggested Retail



## ACURE Face Care

**20% Off**

Regular Price

100% Clean, vegan beauty.



## Now Foods Seasonal Blends

Essential Oils

**20% Off**

Regular Price

All Now Foods Essential Oils are also on sale.



## All LifeFlo Products

**20% Off**

Suggested Retail



## LifeSeasons Vibrant Aging

**25% Off**

Suggested Retail



## All REDD Remedies Formulas

**25% Off**

Suggested Retail



## All Himalaya Formulas

**25% Off**

Suggested Retail



## All Carlson Formulas

**25% Off**

Suggested Retail



## MegaFood Multivitamins

**20% Off**

Suggested Retail



## All True Grace Whole Food-Based Formulas

**25% Off**

Suggested Retail



## Nature's Way New Formulas

**25% Off**

Suggested Retail



## ION\* Intelligence of Nature Gut Support Formulas

**20% Off**

Suggested Retail



## All Vital Planet Formulas

**25% Off**

Suggested Retail



## All Enzymedica Formulas

**25% Off**

Suggested Retail



## Harvest Health Foods Digestive Support Formulas

**25% Off**

Suggested Retail



## American Health Papaya Enzymes

**25% Off**

Suggested Retail



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# Wellness Is The Best Gift You Can Give Yourself

Boiron

## Homeopathic Blue Tubes

**20% Off**

Suggested Retail

Other Boiron products are also on sale.



Wyld CBD

## CBD Gummies

**20% Off**

Suggested Retail



## +PlusCBD™

Daily Balance Softgels

**25% Off**

Suggested Retail



Nordic Naturals

## Immune Formulas

**25% Off**

Suggested Retail

Other Nordic Naturals formulas are also on sale.



Gaia Herbs

## Immune Formulas

**25% Off**

Suggested Retail



Irwin Natural

## Holiday Wellness Formulas

**25% Off**

Suggested Retail

Immune and mood support.



Barlean's

## Olive Leaf Throat Complex

**\$12.79**

Suggested Retail \$15.99



Comvita

## Mānuka Honey

From New Zealand

**30% Off**

Regular Price



Terry Naturally

## Curamin® and CuraMed® Formulas

**25% Off**

Suggested Retail

Other Terry Naturally formulas are also on sale.



Ancient Nutrition

## Savory Bone Broth Proteins

**25% Off**

Suggested Retail

Other Ancient Nutrition products are also on sale.



Solgar

## Solgar 7

Joint Support

**25% Off**

Suggested Retail



Solgar

## Tart Cherry

90 Capsules

**\$25.49**

Suggested Retail \$33.99



Four Sigmatic

## Supplements and Protein

**25% Off**

Suggested Retail

Four Sigmatic Coffee is also on Sale.



Garden of Life

## Garden of Life Organics

**25% Off**

Suggested Retail

Other Garden of Life formulas are also on sale.



# Harvest Health

## FOODS

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

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.