

Harvest Health

FOODS

Since 1952



September 2024

Feeling Good From The Inside Out.®

All Harvest Health Foods Formulas

25% Off

Suggested Retail

Quality you can be confident in. We have our name on it!



Rumiano

Organic Cheese
Shredded & Sliced Cheese

\$3.99

Regular Price \$5.19



Thousand Hills
Beef Hot Dogs

Lifetime Grazed, 100% Grass Fed

\$6.49

Regular Price \$6.99



Field Day

Pasture Raised Eggs

\$4.79

Harvest Values \$5.29



Top Sirloin Beef Steak

Lifetime Grazed, 100% Grass Fed

\$11.99

Regular Price \$12.99



Nancy's
Oatmilk Yogurt

5.3 oz

\$1.79

Regular Price \$2.29



Whole Milk Cottage Cheese

\$5.19

Regular Price \$6.19



Cheese Blocks

\$5.49

Regular Price \$6.49



Alexandre ECO Dairy
A2/A2 Organic Milk

59 oz

\$5.99

Regular Price \$6.99



Waterloo

Sparkling Water

12/12oz

\$5.79

Regular Price \$6.79



Alexandre Family Farm yogurts 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.

Food Is The Fuel That Powers A Healthy Life.

Organic Valley Sliced Cheese

\$5.49
Regular Price \$6.49



Cream Cheese and Sour Cream

\$3.99
Regular Price \$4.99



Other Organic Valley products are also on sale.

Greek Gods Greek Yogurt

24 oz
\$4.49
Regular Price \$5.69



Earth Balance Plant Based Spreads

\$5.69
Regular Price \$7.49



Almond Breeze Almond Milk

64 oz
\$3.89
Regular Price \$4.39



Violife Vegan Cheese

Select Varieties
\$4.99
Regular Price \$5.69



Other Violife products are also on sale.

GT's Organic Kombucha

Select Varieties
\$2.99
Regular Price \$3.89



Ithaca Hummus

Assorted Varieties
\$4.19
Regular Price \$5.49



Other Ithaca products are also on sale.

Nuts for Cheese Dairy-Free Cheese

\$6.99
Regular Price \$8.99



De La Calle! Organic Tepache

\$2.19
Regular Price \$2.99



Miso Master Organic Miso

16 oz
\$9.49
Regular Price \$13.49-\$13.99



Wildbrine Sauerkraut and Kimchi

\$7.69
Regular Price \$8.69-\$8.99



Vive Organic Organic Wellness Shots

\$2.69
Regular Price \$3.49



Woodstock Organic Vegetables

Select Varieties
\$2.49
Harvest Values Price \$2.99



Field Day Fish Sticks and Fillets

Wild Caught Cod
\$5.69
Harvest Values Price \$6.69



Cascadian Farm Organic Potatoes

\$4.49
Regular Price \$5.99



Other Cascadian Farm products are also on sale.

Woodstock Organic Fruit

Select Varieties
\$3.79
Harvest Values Price \$4.59



Actual Veggies Super Fries

\$6.49
Regular Price \$7.49



Shop Online with Harvest Cart at HarvestHealthFoods.com

A Sharp Mind Starts With The Food You Choose.

Maspanadas

Empanadas

\$5.49

Regular Price \$7.99



Cappello's

Biscuits & Cookies

Gluten-free

\$7.49-\$7.99

Regular Price \$8.99-\$9.29



Tillamook

Ice Cream

1.5 Quart

\$6.99

Regular Price \$7.99



Base Culture

Keto and Paleo Bread

\$6.49-\$7.99

Regular Price \$7.69-\$9.99



Food For Life

Organic Ezekiel 4:9 Sprouted Bread

\$5.99

Regular Price \$6.99



Other Food For Life products are also on sale.

Bubbies Mochi

Mochi

\$5.49

Regular Price \$7.29



Cobram Estate

Premium Olive Oils

25% Off

Regular Price



Maria & Ricardo's

Tortillas

Assorted Varieties

25% Off

Regular Price



Cosmic Bliss

Dairy-Free Frozen Desserts

Pint

\$5.99

Regular Price \$7.99



Other Cosmic Bliss products are also on sale.

Cascadian Farm Organic

Organic Cereals

Assorted Varieties

\$3.99

Regular Price \$6.19-\$6.49



Lovebird

Grain-Free Cereal

\$6.49

Regular Price \$8.99



Nature's Path

Cereals

\$3.99

Regular Price \$4.99



Birch Benders

Pancake and Waffle Mixes

25% Off

Regular Price



Other Birch Benders products are also on sale.



Shady Maple

Maple Syrup Products

25% Off

Regular Price



Other Shady Maple products are also on sale.



Olyra

Breakfast Biscuits

\$3.99

Regular Price \$5.29



Bob's Red Mill

Home Style Granola

20% Off

Regular Price



Other Bob's Red Mill products are also on sale.



Milkadamia

Macadamia Nut Milk

\$4.49

Regular Price \$5.69



Field Day

Peanut Butter

Assorted Varieties, 18 oz

\$5.49

Harvest Values Price \$6.39



Like Harvest Health Foods On Facebook.

Healthy Choices In Every Aslie.

Annie's Homegrown

Organic Mac & Cheese

2 For \$6
Regular Price \$3.99



Lotus Foods

Organic Rice and Noodles

25% Off
Regular Price



Momofuku

Noodles

NEW

25% Off
Regular Price

Other Momofuku products are also on sale.



Goodles

Mac & Cheese

2 For \$6
Regular Price \$3.99

Other Goodles products are also on sale.



Field Day

Organic Pasta

\$2.49
Harvest Values Price \$2.99



Other Field Day pastas are also on sale.

Muir Glen

Organic Pasta Sauce

\$3.49
Regular Price \$4.69



Bonafide Provisions

Organic Broth

Assorted Varieties
\$3.99
Regular Price \$4.89



Other Bonafide products are also on sale.



Bionaturae

Organic Tomatoes and Pasta

25% Off
Regular Price



Muir Glen

Organic Tomatoes

14.5 oz - 15 oz

2 For \$4
Regular Price \$2.89



Other Muir Glen products are also on sale.



Woodstock

Capers, Olives and Tomatoes

20% Off
Harvest Values Price



All Primal Kitchen Products

25% Off
Regular Price



Field Day

Tuna and Salmon

20% Off
Harvest Values Price



Chocolove xoxox

Chocolate Bars

\$2.69
Regular Price \$3.39

Other Chocolove products are also on sale.



Endangered Species

Chocolate Bars

\$2.69
Regular Price \$3.39



Tony's Chocolonely

BIG Chocolate Bars

6.35 oz
\$3.99
Regular Price \$4.99

Slave-free chocolate.



TCHO

Chocolate

\$3.99
Regular Price \$4.99



Lily's Sweets

Chocolate Bars

Stevia Sweetened
\$3.69
Regular Price \$4.49



Taza

Chocolate Covered Nuts and Bars

25% Off
Regular Price



Healthy Delivered, Right To Your Door.

Good Choices, Connected Over Time Create A Foundation For Health.

All Serenity Kids Foods

25% Off
Regular Price

USDA ORGANIC

Pop & Bottle

Oat Milk Lattes

\$2.59
Regular Price \$3.39

Other Pop & Bottle products are also on sale.

Nixie

Zero Sugar Classic Sodas

12 oz **NEW**

\$1.69
Regular Price \$2.49

USDA ORGANIC NON-GMO Project VERIFIED

Zevia

Zero Calorie Soda

12/12 oz

\$10.49
Harvest Values Price \$11.99

USDA ORGANIC NON-GMO Project VERIFIED

If You Care

Coffee Filters

25% Off
Regular Price

Other If You Care products are also on sale.

Field Day

Home & Laundry Supplies

Select Varieties

20% Off
Harvest Values Price

Blue Lotus

Masala Chai Tea

2 oz - 3 oz **NEW**

25% Off
Regular Price

NON-GMO Project VERIFIED

Organic Mushroom

Proteins and Functional Beverages

25% Off
Suggested Retail

USDA ORGANIC NON-GMO Project VERIFIED

Ruby Hibiscus

Sparkling Waters

\$1.99
Regular Price \$2.79

USDA ORGANIC

Eternal Water

Natural Alkaline Spring Water

1 Liter

\$1.29
Harvest Values Price \$1.69

A case of 12 is on sale for \$14.99.

Mountain Valley

Spring Water

Sparkling and Still

25% Off
Regular Price

Clean Cause

Organic Yerba Mate

\$2.49
Regular Price \$2.99

USDA ORGANIC

Teccino

Herbal Coffees

25% Off
Regular Price

USDA ORGANIC

Oregon Chai

Organic Chai

32 oz

\$4.29
Regular Price \$5.49

USDA ORGANIC NON-GMO Project VERIFIED

Lakewood

Select Organic Juices

Assorted Varieties

25% Off
Regular Price

USDA ORGANIC

Steaz

Organic Iced Teas

Antioxidant Brews

\$1.69
Regular Price \$2.49

USDA ORGANIC NON-GMO Project VERIFIED

Just Ice Tea

Organic Ice Tea

\$2.29
Regular Price \$2.89

USDA ORGANIC

C2O

Coconut Water

17.5 oz

\$1.99
Regular Price \$2.69

Other C2O products are also on sale.

NON-GMO Project VERIFIED

Like Harvest Health Foods On Facebook.

Feeling Good From The Inside Out.®

Zack's Mighty
Tortilla Chips **NEW**

\$3.99

Regular Price \$5.99



Other Zack's Mighty snacks are also on sale.

Whips
Cheese Snacks

\$2.99

Regular Price \$4.59



Kettle Brand
Potato Chips

Assorted 13 oz Varieties

\$4.99

Harvest Values Price \$5.69



Other Kettle chips are also on sale.

Simply Gum
Simply Gum and Mints

Assorted Varieties

\$2.39

Regular Price \$3.19



Other Simply Gum products are also on sale.

Late July
Salsas

\$4.49

Regular Price \$5.99



Late July
Tortilla Chips

\$3.99

Harvest Values Price \$4.89



Siete
Tortilla Chips

\$4.49

Regular Price \$5.49

Refried Beans

\$2.19

Regular Price \$3.19

Salsa

\$4.99

Regular Price \$5.99



Other Siete products are also on sale.

Angie's
BOOMCHICKAPOP

Assorted Varieties

\$2.99

Regular Price \$3.99



Ella's Flats
Seed Crackers

\$5.99

Regular Price \$7.99



Snack Factory
Pretzel Crisps

12 OZ
\$4.99

Regular Price \$6.49



Field Day
Organic Crackers

Assorted Varieties

\$2.99

Harvest Values Price \$3.69



LÄRABAR Bars

4 For \$5

Regular Price \$1.89



The Gluten Free Bar
Gluten-Free Bars

\$1.69

Regular Price \$2.39



GFB Bites are also on sale.

Tate's Bake Shop
Cookies

\$4.99

Regular Price \$6.49



Tastes like homemade!

BoBo's
Oat Snacks

Select Multi-packs

\$3.99

Regular Price \$4.99-\$5.49



BEAR
Fruit Snacks

No Sugar Added

\$4.29

Regular Price \$4.99



Mavericks
Cookies

\$3.99

Regular Price \$4.99



40% Less sugar than the leading Kids cookie. Other Mavericks products are also on sale.

Find Our Fresh Organic Produce Selection On Harvest Cart.

Eat To Fuel Your Body, Not Feed Your Emotions.

REDD Remedies

Women's Formulas

25% Off
Suggested Retail



September Seminars
Menopause, PMS & The Unique Impact on Women's Health
Sept. 12, 6:30 PM
The Natural Wonders Of Frankincense
Sept. 24, 6:30 PM
[More Info at HarvestHealthFoods.com](http://MoreInfoatHarvestHealthFoods.com)

Pranarom

Essential Oils

20% Off
Suggested Retail



Diffusers and other Pranarom products are also on sale.

ANDALOU

Hair Care

Select Varieties

BUY ONE GET ONE FREE



All Derma-E Formulas

25% Off
Regular Price



Mad Hippie

All Skin Care

20% Off
Regular Price



Humble

Deodorants

20% Off
Regular Price



Zum Products

20% Off
Regular Price

* Excludes bulk soaps.



Now Foods

Body Care

20% Off
Regular Price



Select Now Foods supplements are also on sale.



Gaia Herbs

Women's Formulas

25% Off
Suggested Retail



Other Gaia Herbs formulas are also on sale.

MegaFood

Multivitamins

20% Off
Suggested Retail



Boiron

Arnicare Topicals

25% Off
Suggested Retail

Homeopathic Formulas



All Vega Formulas

25% Off
Suggested Retail



All Solgar Formulas

25% Off
Suggested Retail



All Garden of Life Formulas

25% Off
Suggested Retail



Trace Minerals

All Trace Minerals Formulas

20% Off
Suggested Retail



Follow Harvest Health Foods On Instagram.

Healthy Groceries, Healthy Vitamins, Healthy Answers.

Harvest Health Foods
All CBD Formulas
50% Off
 Suggested Retail

Enzymedica
Digestive Enzymes
 Select Formulas
25% Off
 Suggested Retail

+PlusCBD™
 All Formulas
25% Off
 Suggested Retail

All Herb Pharm Formulas
25% Off
 Suggested Retail

All Irwin Naturals Formulas
25% Off
 Suggested Retail

All Vital Planet Formulas
20% Off
 Suggested Retail

Nordic Naturals
Complete Omega
25% Off
 Suggested Retail
Other Nordic Naturals Formulas are also on sale.

LifeSeasons
Pain Management
25% Off
 Suggested Retail

All Terry Naturally Formulas
20% Off
 Suggested Retail

All Wiley's Finest Formulas
20% Off
 Suggested Retail

Honey Gardens
Elderberry & Honey Formulas
25% Off
 Suggested Retail

Ancient Nutrition
Glandular and Supergreen Formulas
25% Off
 Suggested Retail
Other Ancient Nutrition products are also on sale.

All Carlson Formulas
20% Off
 Suggested Retail

Nature's Way
Alive! Multivitamins
25% Off
 Suggested Retail

All American Health Formulas
25% Off
 Suggested Retail



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

6807 Cascade Road. SE, Grand Rapids
 Mon - Sat 9 AM - 8 PM
 (616) 975-7555

4150 32nd Ave., Hudsonville
 Mon - Sat 9 AM - 8 PM
 (616) 896-6630

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.