

Harvest Health FOODS

Since 1952



August 2025

Feeling Good From The Inside Out.®

Birch Benders
**Pancake
& Waffle
Mixes**

25% Off
Regular Price



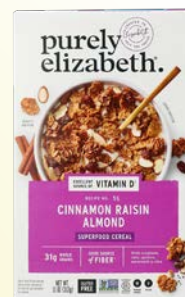
Silver Hills
**Sprouted
Bagels**
14oz

\$4.99
Regular Price \$6.49



Purely Elizabeth
**Superfood
Cereals**
11oz

\$6.29
Regular Price \$7.39



Archer
**Mini Beef
Sticks**
16/0.5oz

\$12.99
Regular Price \$16.49



Other Silver Hills products are also on sale.

Organic Valley
**Stringles
String Cheese**
8oz

\$6.29
Regular Price \$7.49



Other Purely Elizabeth products are also on sale.

Simple Mills
**Grain-Free
Crackers**
8/0.8oz

25% Off
Regular Price



Other Archer products are also on sale.



Crofter's
**Organic
Fruit Spread**
16.5oz

\$4.99
Regular Price \$6.29



Woodstock
**Nut
Butters**

20% Off
Harvest Values Price



Bear
**Fruit
Rolls**
3.5oz

\$3.99
Regular Price \$4.99



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.

Koia

Protein Drinks

12oz

2 For \$7

Regular Price \$4.49



Perfect Bar

Organic Protein Bars

1.94-2.5oz

2 For \$5

Regular Price \$3.49



Good Foods

Dips and Guacamole

\$4.49

Regular Price \$5.29-\$5.99



Planet Oat

Oat Milks

52oz

\$3.69

Regular Price \$4.39



Red's

Burritos

4.5-5oz

\$2.49

Regular Price \$2.99



Alden's Ice Cream

Organic Ice Cream

48oz

\$9.49

Regular Price \$10.49



GTs

Synergy Kombucha

16oz

2 For \$6

Regular Price \$3.89



Honey Mama's

Truffle Bars

2.5oz

\$4.29

Regular Price \$5.29



Miyoko's Creamery

Pizza Mozzarella

6oz

\$5.69

Regular Price \$6.99



8oz mozzarella is also on sale for \$6.69.



Field Day

Pasture Raised Eggs

\$4.99

Harvest Values

Price \$5.49



Against The Grain

Grain-Free Pizza

25% Off

Regular Price

Other Against The Grain products are also on sale.



Alec's

Regenerative Ice Cream

14oz

\$6.99

Regular Price \$8.99



Califia Farms

Cold Brew Coffee

10.5oz

\$3.29

Regular Price \$3.99



Other Califia products are also on sale.



Nancy's

Cottage Cheese

16oz

\$4.99

Regular Price \$6.49



Just

Plant-Based Egg Scramble

16oz

\$7.19

Regular Price \$8.49



Nutcase Vegan

Plant-Based Meats

\$3.69

Regular Price \$4.99



Nutty Roast is also on sale for \$6.99.



Caulipower

Grain-Free Pizza Bites

\$6.49

Regular Price \$8.49

Other Caulipower products are also on sale.



Food For Life

English Muffins

Select Varieties

\$5.99

Regular Price \$6.79



Canyon Bakehouse

Gluten-Free Breads

14-18oz

\$6.99

Regular Price \$7.99

24oz breads are also on sale for \$8.79.



Carbonaut

Low-Carb Breads

11.3-19oz

\$5.99

Regular Price \$7.89-\$8.49



Little Northern Bakehouse

Gluten-Free Breads

11.3-20oz

\$5.69

Regular Price \$6.99-7.39



Essential Baking Company

Take & Bake Breads

12-16oz

\$4.49

Regular Price \$6.99



One Degree Organic

Organic Sprouted Oats

24oz

25% Off

Regular Price



Seven Sundays

Gluten-Free Cereals

8oz

\$6.49

Regular Price \$7.99



Crazy Richard's

Peanut Butter

16oz

2 For \$7

Regular Price \$4.49



Peanut Butter & Co.

Peanut Butters

16oz

\$4.69

Regular Price \$5.99



Equal Exchange

Fairly Traded Coffee

12oz

\$10.99

Regular Price \$13.49



Decaf is on sale for \$11.99.

Chosen Foods

Dressing, Oil, Mayo

25% Off

Regular Price



Field Day

Organic Salsa

16oz

\$3.49

Harvest Values Price \$4.39



Field Day

Organic Pasta Sauce

24oz

\$3.49

Harvest Values Price \$3.99



Wild Planet

Wild Caught Tuna

Select Varieties

25% Off

Regular Price



Annie's Homegrown

Organic Dressings

8oz

\$3.99

Regular Price \$5.69



Tasty Bite

All Tasty Bite Products

25% Off

Regular Price



Emerald Cove

Seaweed

30% Off

Regular Price



Annie's Homegrown

Mac & Cheese

5.5-6oz

2 For \$3

Regular Price \$2.49



Jovial

Gluten-Free Mac & Cheese

6oz

25% Off

Regular Price



TRUVANI.



Back-to-School Protein Pancakes

Ingredients

- 1.5 cups Birch Benders Classic Pancake Mix
- 3 scoops Truvani protein powder
- 2 cups water
- ½ tsp vanilla extract

Method

Mix pancake mix, protein powder, water, and vanilla in a bowl or blender. Pour ⅓ cup batter at a time in a medium-hot skillet or griddle. Flip once bubbles have formed and begin to pop. Top with your favorites like fruit, nuts, and maple syrup.

Freezer-Friendly



Perfectly Packable Lunch Inspiration plus Brands to Shop

- **Turkey + Cheese Pinwheels**
 - Applegate, Organic Valley, J&J Tortilla
- **No-Crust Nut Butter + Jam Sandwiches**
 - Silver Hills, Little Northern, Woodstock, Crofter's
- **Beef Sticks + String Cheese w/ Crackers**
 - Archer, Chomps, Organic Valley, Simple Mills
- **Yogurt w/ Granola + Fruit**
 - Maple Hill Creamery, Purely Elizabeth, Nature's Path
- **Hummus + Cottage Cheese w/ Veggies**
 - Hummus Goodness, Ithaca, Nancy's, Good Culture



Epic Meat Snacks

1.3oz

2 For \$4

Regular Price \$3.29



Chomps Meat Sticks

1.15oz

\$2.19

Regular Price \$2.69



Prevail Grass-Fed Jerky

2.25oz

\$4.99

Regular Price \$6.69



Dave's Killer Bread

Organic Snack Bars

7oz

\$5.49

Regular Price \$6.49



Dave's protein bars are on sale for \$7.99.



Bobo's

Oat Bars

2.5-3oz

2 For \$5

Regular Price \$2.99



Bobo's multi-packs are also on sale 2 for \$7.



GoMacro

Organic Macro Bars

2-2.3oz

2 For \$5

Regular Price \$2.99



No Cow

Plant-Based Protein Bars

2.12oz

2 For \$5

Regular Price \$2.99



Probar

Meal Bars

3oz

2 For \$5

Regular Price \$3.39



Other Probar products are also on sale.



IQ Bar

Plant-Based Protein Bars

1.6oz

2 For \$4

Regular Price \$2.49



Pur Gum

Chewing Gum

9 CT

\$1.49

Regular Price \$1.99



Field Day

Nuts & Seeds

NEW

20% Off

Harvest Values Price



Siete

Grain-Free Cookies

4.5oz

\$3.99

Regular Price \$4.99



Element

Rice Cake Snacks

3-3.5oz

\$3.99

Regular Price \$4.99



Heavenly Hunks

Cookie Bites

5-6oz

\$3.99

Regular Price \$4.99



Mavericks Snacks

Sandwich Crackers

6/1.27oz

25% Off

Regular Price



Blue Diamond

Nut Thins

4.25oz

2 For \$7

Regular Price \$3.99



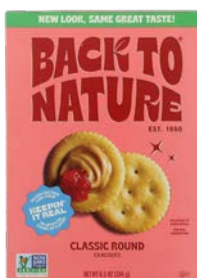
Back To Nature

Crackers

Select Varieties

\$3.49

Regular Price \$4.39



Firehook

Artisan Crackers

5.5oz

\$4.69

Regular Price \$6.49



Gimme
Seaweed Snacks

.35oz
\$1.99
Regular Price \$2.49



Siete
Maiz Tortilla Chips

7.5oz
\$3.99
Regular Price \$5.69



Catalina Crunch
Crunch Mixes

5.25oz
\$4.99
Regular Price \$6.99



Kettle Brand
Potato Chips

4.25-5oz
2 For \$6
Regular Price \$3.79

Avocado oil chips are on sale for \$3.99.



Pipcorn
Heirloom Corn Snacks

4.5-7oz
\$3.69
Regular Price \$4.69



SKINNYPOP
Popcorn

4.4oz
\$3.69
Regular Price \$4.19



Jackson's
Veggie Straws

5oz
2 For \$6
Regular Price \$4.49



Field Day
Filled Pretzels

12oz - Almond Butter
\$5.19
Harvest Values Price \$6.19



Peanut butter filled are on sale for \$4.49.



Lakewood
100% Fruit Juices

Select Varieties
30% Off
Regular Price



Poppi
Prebiotic Soda

4/12oz
\$7.49
Regular Price \$8.99



Alo
Aloe Vera Drinks

16.9oz
2 For \$4
Regular Price \$2.79



OWYN
Protein Beverages

Select Varieties
\$2.69
Regular Price \$3.69



Clean Cause
Yerba Mate Drinks

15.5-16oz
\$2.29
Regular Price \$2.99



Odyssey
Sparkling Elixirs

12oz
2 For \$5
Regular Price \$3.49

All Odyssey beverages are on sale.



Yachak
Yerba Mate Drinks

16oz
2 For \$4
Regular Price \$2.69



Essentia
Ionized Alkaline Water

1.5L
\$1.99
Harvest Values Price \$2.79

A case of 12/1.5L is on sale for \$23.49.



Rambler
Sparkling Water

8/12oz
\$3.99
Regular Price \$4.99



Eternal
Alkaline Spring Water

600mL
75¢
Harvest Values Price 99¢

A case of 24/600mL is on sale for \$15.99.



Andalou All Andalou Products

25% Off
Regular Price



everyone
**Liquid
Hand Soap**
12.75oz
25% Off
Regular Price



Melora
**Face & Body
Care Products**
25% Off
Regular Price



Now Foods Carrier Oils

20% Off
Regular Price



The Humble Co.
**Select
Personal Care**
20% Off
Regular Price



Mineral Fusion
**Natural
Cosmetics**
25% Off
Regular Price



Truani Protein Powder

20% Off
Regular Price



Lifeaid
**Functional
Beverages**
12oz
2 For \$5
Regular Price \$3.29



Terry Naturally
**Curamin®
Formulas**
25% Off
Suggested Retail



Four Sigmatic Protein Powder

21.16oz
\$32.99
Regular Price \$43.99



Other Four Sigmatic products are also on sale.



Gaia
**Select Stress
Care Formulas**
25% Off
Suggested Retail



Irwin Naturals
**Brain Support
Formulas**
20% Off
Suggested Retail



Other Irwin Naturals products are also on sale.

Garden of Life All Protein Powders

25% Off
Suggested Retail



Orgain Ready-to-Drink Protein

\$2.99
Regular Price \$3.49

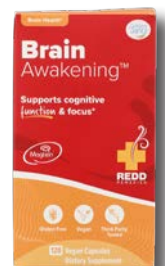
Orgain protein powders are also on sale.



REDD Remedies Brain Awakening

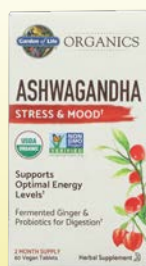
25% Off
Suggested Retail

Other select REDD Remedies products are also on sale.



Garden of Life All Organics Formulas

25% Off
Suggested Retail



Vital Planet Omega Supplements

25% Off
Suggested Retail



Seminar August 21st, 6:30pm
Harvest Health Foods Holland

VITAL PLANET.
NATURAL DETOXIFIC CARE EXPERTS
—RECLAIM YOUR—
GUT HEALTH
with Tracy Kreider, ND



American Health Ester-C Products

25% Off
Suggested Retail



Ancient Nutrition Colostrum Formulas

25% Off
Suggested Retail



Barlean's All Barlean's Products

20% Off
Suggested Retail



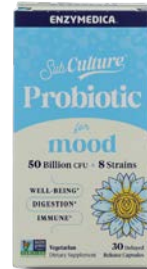
Boiron Arnicare Products

25% Off
Suggested Retail



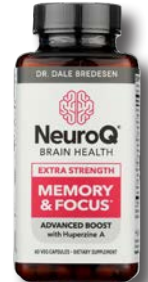
Enzymedica Subculture Probiotics

25% Off
Suggested Retail



LifeSeasons NeuroQ Products

25% Off
Suggested Retail



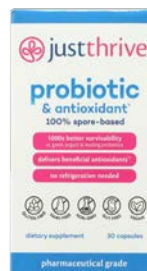
Nordic Naturals Children's DHA Formulas

25% Off
Suggested Retail



justthrive Spore-Based Probiotics

20% Off
Suggested Retail



Nature's Way Kids' Formulas

25% Off
Suggested Retail



Other select Nordic Naturals products are also on sale.

Other justthrive products are also on sale.

Solgar Select Magnesium Formulas

25% Off
Suggested Retail



Solaray All Solaray Products

25% Off
Suggested Retail



True Grace All True Grace Formulas

20% Off
Suggested Retail



Solgar No. 7 Joint Support Complex

25% Off
Suggested Retail



Harvest Health Foods Brain Support Formulas

25% Off
Suggested Retail



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 Rd. 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.