

Harvest Health

FOODS

Since 1952



May 2025

Feeling Good From The Inside Out.®

Organic Valley

Organic Cheese Slices

\$4.99

Regular Price \$6.49



Organic Sour Cream

\$3.99

Regular Price \$4.99



Grassmilk

64 oz

\$5.99

Regular Price \$6.99



USDA Organic Other Organic Valley products are also on sale.

Thousand Hills

100% Grass-Fed Beef

85% Lean, 1 Lb

\$7.69

Regular Price \$8.49



Other Thousand Hills products are also on sale.

Food For Life

Sprouted Breads, Buns and Tortillas

20% Off

Regular Price



Nutcase Vegan

Vegan Meat Alternatives

\$3.69

Regular Price \$4.99



USDA Organic Nutty Roast is on sale \$7.49.

Lively Up

Kombucha

\$3.69-\$3.99

Regular Price \$4.49-\$4.99



Made in Muskegon, Michigan.

JonnyPops

Frozen Treats

\$4.99

Regular Price \$6.49



Woodstock

All Organic Condiments

30% Off

Harvest Values Price



Some items may not be available due to unforeseen shortages. Not responsible for typographical errors.

You Are What You Eat, So Don't Be Cheap, Easy, Or Fake.

Califia Farms

Organic Plant Milk

\$5.49

Regular Price \$6.49



Califia Farms

Organic Creamers

\$5.49

Regular Price \$6.49



Pressed Juicery

Cold Pressed Juice

\$4.49

Regular Price \$5.69



La Colombe

Coffees

\$2.69

Regular Price \$3.49



wildwonder

Probiotic Sparkling Drinks

\$2.69

Regular Price \$3.49



Canyon Bakehouse

Heritage Bread

Select Varieties

\$8.79

Regular Price \$9.79



Happy Egg Co.

Free Range Eggs

\$6.29

Regular Price \$7.39

Heritage Breed eggs are also on sale.



cocojune

Coconut Yogurt

\$2.49

Regular Price \$2.99



Other cocojune products are also on sale.



Alexandre Family Farms

Organic A2 Milk

59 oz

\$6.49

Regular Price \$7.49



Alexandre Family Farms chocolate milk is also on sale.



Painterland Sisters

Organic Skyr Yogurt

\$2.49

Regular Price \$2.89



Regenerative farming practices.



Ithaca

Hummus

Assorted Varieties

\$4.49

Regular Price \$5.69



Other Ithaca products are also on sale.



Miyoko's Creamery

Cream Cheese

\$4.79

Regular Price \$6.69



Other Miyoko's products are also on sale.



Toby's Family Foods

Dressings and Dips

Handcrafted, Small Batch

\$5.69

Regular Price \$6.69



Miso Master

Organic Miso

16 oz

25% Off

Regular Price



Other Miso Master products are also on sale.



Perfect Bar

Protein Bars

2 For \$5

Regular Price \$3.49



Honey Mama's

Truffle Bars

\$4.49

Regular Price \$5.79

No refined sugar, gluten, dairy, or soy.



Canyon Bakehouse

Heritage Bread

Select Varieties

\$8.79

Regular Price \$9.79



UDI's

Bread, Buns and Bagels

Gluten-Free

\$4.99

Regular Price \$6.19-\$6.49

Other UDI's products are also on sale.



Essential Baking Company

Bake-At-Home Breads

\$4.69

Regular Price \$6.99



Other Essential Baking Company products are also on sale.



Healthy Delivered, Right To Your Door.

A Healthy Lifestyle Is Not A Trend, It Is A Commitment.

Maria & Ricardo's
Tortillas
Assorted Varieties

20% Off
Regular Price



All Katz Gluten-Free Products

25% Off
Regular Price



All Against The Grain Products

25% Off
Regular Price

Grain-Free, Gluten-Free.



Cappello's
Pasta
Gluten-Free & Grain-Free

\$7.99
Regular Price \$10.49

Cappello's biscuits and pizza are also on sale.



Field Day
Organic Potatoes

\$4.99
Harvest Values Price \$5.99



Caulipower
Chicken Tenders and Pizza

Gluten-Free
25% Off
Regular Price



Actual Veggies
Veggie Burgers and Super Fries

\$5.69
Regular Price \$7.99



jack & annie's
Plant-Based Meats

\$5.19
Regular Price \$5.99

Other jack & annie's products are also on sale.



Milà
Soup Dumplings

\$6.49
Regular Price \$8.99



Cosmic Bliss
Frozen Desserts
Plant-Based, Pint

\$5.99
Regular Price \$8.19



Snow Days
Organic Pizza Bites

\$5.99
Regular Price \$7.99



Feel Good Foods
Gluten-Free Snacks

\$7.49
Regular Price \$8.99



Feel Good burritos are also on sale.



Fröner
Frozen Desserts
Dairy-Free

\$4.99
Regular Price \$6.99



Nature's Path
Organic Granola

\$4.49
Regular Price \$5.49



Nature's Path gluten-free granolas are also on sale.



Field Day
Organic Cereals

\$4.49
Harvest Values Price \$5.49



Alden's
Organic Ice Cream

\$8.99
Regular Price \$10.49



Other Alden's products are also on sale.



Catalina Crunch
Keto Friendly Cereals

\$7.29
Regular Price \$8.49



Other Catalina Crunch products are also on sale.



Arrowhead Mills
Flours and Cereals

25% Off
Regular Price



Like Harvest Health Foods On Facebook.

You Are What You Eat, So Don't Be Cheap, Easy, Or Fake.

Crofter's Organic Organic Fruit Spreads

16.5 oz

\$4.99

Regular Price \$6.29



Just Fruit Spreads are also on sale.



Peanut Butter & Co. Peanut Butter

\$4.49

Regular Price \$5.99



NuttiZo Nut and Seed Butter

\$9.99

Regular Price \$12.99



Other NuttiZo products are also on sale.



All Crazy Richard's Nut Spreads

25% Off

Regular Price



Annie's Homegrown Organic Mac & Cheese

2 For \$6

Regular Price \$3.99



All Bionaturae Products

30% Off

Regular Price



Lotus Foods Organic Rice and Noodles

30% Off

Regular Price



Chickapea Gluten-Free Pasta

25% Off

Regular Price



Field Day Organic Pasta Sauce

2 For \$7

Harvest Values Price \$3.99



Somos Beans and Rice

\$3.39

Regular Price \$3.99



Other Somos products are also on sale.



Momofuku Noodles

\$8.99

Regular Price \$13.49

Momofuku chili crunch is also on sale \$8.99.



Ancient Harvest Pasta Gluten-Free

25% Off

Regular Price



Brianna's Dressings

\$3.99

Regular Price \$5.49



Chosen Foods Select Avocado Oil Products

25% Off

Regular Price



Primal Kitchen Select Products

20% Off

Regular Price



All Bragg Products

20% Off

Regular Price



Graza Extra Virgin Olive Oils

25% Off

Regular Price



gimMe Seaweed Snacks

6/.17 oz

\$4.99

Regular Price \$6.49



Other gimMe snacks are also on sale.

Healthy Delivered, Right To Your Door.

A Healthy Lifestyle Is Not A Trend, It Is A Commitment.

Taza Chocolate Bars

\$3.99

Regular Price \$5.49



Other Taza chocolate products are also on sale.

TCHO Chocolate Bars

\$3.49

Regular Price \$4.99



Chocolove xoxox Chocolate Bars

\$2.99

Regular Price \$3.99



Other Chocolove products are also on sale.

Endangered Species Chocolate Bars

\$3.99

Regular Price \$4.99



The Gluten Free Bar Gluten-Free Bars

2 For \$3

Regular Price \$2.39



Bites are also on sale \$3.99.

IQBAR Protein Bars

\$1.79

Regular Price \$2.49



Olyra Organic Biscuits

\$4.19

Regular Price \$5.49



Heavenly Hunks Oatmeal Snacks

\$3.99

Regular Price \$4.99



Heavenly Hunks Minis are also on sale.

Bobo's Oat Bars

3 oz Bars

\$2.19

Regular Price \$2.99



Bobo's oat bites are also on sale.

nairn's Oat Graham's and Biscuits

\$3.99

Regular Price \$5.89



glutino Cookies And Pretzels

Gluten-Free

25% Off

Regular Price



LÄRABAR Bars

4 For \$5

Regular Price \$1.89



Back To Nature Crackers

\$2.99

Regular Price \$4.39



Back to Nature cookies are also on sale.

Blue Diamond Nut-Thins

Assorted Varieties

2 For \$7

Regular Price \$3.99



Firehook Organic Crackers

\$4.99

Regular Price \$6.49



FitJoy Crackers

Grain-free and Gluten-free

\$3.39

Regular Price \$4.49



FitJoy pretzels are also on sale.

Country Archer Grass-Fed Jerky

\$5.49

Regular Price \$7.49



Prevail Grass-Fed Jerky

\$4.99

Regular Price \$6.69



Like Harvest Health Foods On Facebook.

Feeling Good From The Inside Out.®

Waterloo Sparkling Water

12/12oz

\$5.99

Regular Price \$6.99



Eternal Water Natural Alkaline Spring Water

1.5 Liter

\$1.69

Harvest Values Price \$1.99

A case of 12 is on sale for \$18.99.



Nixie Organic Sparkling Water

8/12oz

\$4.99

Regular Price \$6.49



poppi Prebiotic Sodas

Low Sugar, 4/12 oz

\$7.99

Regular Price \$8.99

Be gut happy, be gut healthy.



Mountain Valley Spring Water

Sparkling and Still, 1 Liter

\$2.19

Regular Price \$2.99

Other Mountain Valley products are also on sale.



HOP WTR Sparkling Hop Water

6/12 oz

\$8.99

Regular Price \$11.99



De La Calle! Probiotic Beverages

\$2.19

Regular Price \$2.69



OWYN - Only What You Need

Protein Drinks

\$2.69

Regular Price \$3.69



Other OWYN proteins are also on sale.



Simply Gum and Mints

Select Varieties

\$2.39

Regular Price \$3.39



Other Simply products are also on sale.



Jackson's Sweet Potato Chips

\$2.99

Regular Price \$4.49



SKINNYPOP Popcorn

2 For \$7

Regular Price \$4.19



Skinny Pop Microwave Popcorn is also on sale.



Boulder Canyon Potato Chips

\$2.99

Regular Price \$4.19



Siete Tortilla Chips

\$4.49

Regular Price \$5.49



Other Siete products are also on sale.



Hippeas Chickpea Puffs

\$3.39

Regular Price \$4.29



Late July Tortilla Chips

\$3.99

Harvest Values Price \$4.99



Other Late July products are also on sale.



Zum Products

20% Off

Regular Price

Excludes bulk soaps.



Pranarōm Essential Oils

20% Off

Suggested Retail



Diffusers and other Pranarōm products are also on sale.



Now Foods Essential Oils

20% Off

Regular Price



Find Our Fresh Organic Produce Selection On Harvest Cart.

Helping You Make Wellness A Natural State Of Your Body.

All Inesscents Formulas

20% Off
Regular Price



All Derma-E Formulas

25% Off
Regular Price



All Jason Naturals Products

25% Off
Regular Price



ANDALOU

Hair Care

Select Varieties

**BUY ONE
GET ONE
FREE**



All Mineral Fusion Products

25% Off
Regular Price



All LifeFlo and Emerita Products

25% Off
Suggested Retail



Alba Botanica Sunscreen

25% Off
Regular Price

Other Alba products are also on sale.



Avalon Organics Hair Care

25% Off
Suggested Retail

Other Avalon products are also on sale.



Ancient Nutrition

Women's Formulas

NEW

25% Off
Suggested Retail



Nordic Naturals

Prenatal Formulas

25% Off
Suggested Retail

Other Nordic Natural formulas are also on sale.



Boiron

First Aid Topicals

Select Varieties

25% Off
Suggested Retail



LifeSeasons

Women's Health Formulas

25% Off
Suggested Retail



Enzymedica

New Probiotics

25% Off
Suggested Retail

Other Enzymedica formulas are also on sale.



Irwin Naturals

Women's Health Formulas

20% Off
Suggested Retail



Harvest Health Foods

Women's Formulas

25% Off
Suggested Retail



Wishgarden

Women's Herbal Formulas

20% Off
Suggested Retail



Follow Harvest Health Foods On Instagram.

Healthy From The Outside Starts From The Inside.

All True Grace Whole Food-Based Formulas

20% Off
Suggested Retail



Seminar May 22, 6:30pm
Cascade Harvest Health Foods
*Age Gracefully, Live Fully,
& Unlock Your Potential*

Seminar Speaker:
Jason Hunolt Educator
with true grace. A leader in
whole food supplements.



RSVP:

Terry Naturally Stress Support Formulas

25% Off
Suggested Retail



Terry Naturally Curamin® and CuraMed® Formulas

25% Off
Suggested Retail



REDD Remedies Joint & Bone Support

20% Off
Suggested Retail



All New Chapter Formulas

30% Off
Suggested Retail



All Kokora Formulas

25% Off
Suggested Retail



All Solgar Formulas

25% Off
Suggested Retail



USDA
Regenerative Organic Certified.

Garden of Life All Dr. Formulated Products

25% Off
Suggested Retail



WylD CBD CBD Gummies

20% Off
Suggested Retail



All American Health Formulas

25% Off
Suggested Retail



All Wiley's Finest Formulas

25% Off
Suggested Retail



Nature's Way Weight Manager

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 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