

Harvest Health FOODS

Since 1952



SEPTEMBER 2025

Feeling Good From The Inside Out.®

Larabar
**Whole Food
Bars**
1.06-1.7oz

4 For \$5
Regular Price \$1.89



Woodstock
**Freeze-Dried
Fruit**
1oz

\$3.49
Regular Price \$4.99

NEW



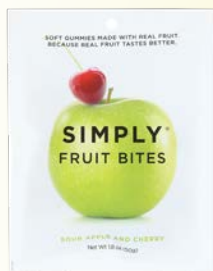
Field Day
Cereal Bars
6/1.3oz

2 For \$7
Harvest Values Price \$4.39



Simply
Fruit Bites
1.8oz

\$2.49
Regular Price \$3.39



Bushels of Savings

Cascadian Farm
**Organic
Cereal**
8.6-13.5oz

2 For \$8
Regular Price \$6.19-6.49



Bragg
**Apple Cider
Vinegar
Refreshers**

25% Off
Regular Price



Brianna's
**Organic
Dressing**
10oz

\$4.49
Regular Price \$5.49



Other Bragg products are also on sale.



Other Brianna's products are also on sale.

Katz Gluten Free
**All Katz
Gluten-Free
Products**

25% Off
Regular Price



It's never too early in the season for pie!

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.

Suja Wellness Shots

2oz

2 For \$5

Regular Price \$3.19



Pressed Juicery Cold-Pressed Juices

15.2oz

\$4.29

Regular Price \$5.19



Lively Up Kombucha Local Kombucha

12oz

\$3.99

Regular Price \$4.49-\$4.79



Happy Egg Co. Heritage Eggs

1 Dozen

\$7.49

Regular Price \$8.79



Field Day Pasture Raised Eggs

1 Dozen

\$4.99

Harvest Values
Price \$5.49



Cocojune Coconut Yogurt

5oz

\$2.49

Regular Price \$2.99



La Colombe Draft Lattes

9oz

\$2.69

Regular Price \$3.49



Other La Colombe products are also on sale.

Califia Farms Organic Creamers

25.4oz

\$5.69

Regular Price \$6.49



Nancy's Grass-fed Yogurt

24oz

\$5.49

Regular Price \$6.99



Organic Valley Shredded Cheese

4-6oz

\$4.99

Regular Price \$5.99



Other Organic Valley products are also on sale.



Miyoko's Creamery Cultured Oat Milk Butter

7oz

\$4.69

Regular Price \$6.69



Other Miyoko's products are also on sale.



Califia Farms Organic Plant Milks

48oz

\$5.69

Regular Price \$6.49



Miso Master Mellow White Miso

16oz

\$9.99

Regular Price \$12.49



Other varieties are also on sale.



Nuts for Cheese Cashew Dips

7.4oz

\$5.49

Regular Price \$6.99



Other Nuts for Cheese products are also on sale.



Almond Breeze Almond Milk

64oz

\$3.69

Regular Price \$4.39



Organic Prairie Ground Turkey

12oz

\$8.99

Regular Price \$10.49



Other Organic Prairie products are also on sale.



Good Culture Organic Sour Cream

16oz

\$3.69

Regular Price \$4.99



Cream cheese is also on sale.



Ithaca Hummus

9.5-10oz

\$4.69

Regular Price \$5.99



Cascadian Farm

Spud Puppies

16oz

\$4.49

Regular Price \$6.19



Feel Good Foods

Appetizers and Snacks

\$7.29

Regular Price \$8.99

Burritos are also on sale for \$3.49 each.

Vista Hermosa

Tortillas

Corn or Flour

25% Off

Regular Price



Maria and Ricardo's

Flour Tortillas

8 Count

\$4.29

Regular Price \$4.99



Corn tortillas are also on sale.



Cappello's

Grain-Free Biscuits

12.1oz

25% Off

Regular Price



Other Cappello's products are also on sale.



Dave's Killer Bread

Organic Thin Bread

20.5oz

\$5.49

Regular Price \$6.19



Cosmic Bliss

Plant-Based Ice Cream

14oz

\$5.99

Regular Price \$8.19



Baris

Chocolate-Covered Raspberries

5.3oz

\$6.99

Regular Price \$7.99



Olyra

Breakfast Biscuits

5.3oz

\$3.99

Regular Price \$5.49



Nature's Path

Organic Cereal

Boxed Varieties

\$4.19

Harvest Values Price \$5.19



Other Nature's Path products are also on sale.



Coombs Family Farms

Maple Syrup

12oz

25% Off

Regular Price



Bob's Red Mill

Granola

11oz

25% Off

Regular Price



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



Meati

Plant-Based Steaks

8.5-8.8oz

\$8.69

Regular Price \$10.99



Cutlets are also on sale.



Actual Veggies

Veggie Burgers

4/3oz

\$5.99

Regular Price \$7.99



Food for Life

Sprouted Flax Bread

24oz

\$6.29

Regular Price \$7.19



Other Food for Life products are also on sale.



Woodstock

Frozen Vegetables

25% Off

Harvest Values Price



Lovebird

Grain-Free Cereal

7oz

\$6.99

Regular Price \$8.49



Shady Maple Farms

All Maple Products

25% Off

Regular Price





Gluten-Free Apple Crisp

Ingredients

- 4 cups apples (cored, peeled + sliced)
- 1 cup rolled oats
- ½ cup blanched almond meal
- ½ cup chopped nuts (pecans work great)
- ¼ cup melted coconut oil
- 2 T maple syrup
- 1 t vanilla extract
- 1 t ground cinnamon
- ½ t sea salt

Method

Preheat oven to 350. Arrange apples in a 9.5" oven-safe pie plate and set aside. Mix all other ingredients together in a large bowl to form the topping. Pour topping over the apples and spread evenly. Bake for 30-35 minutes until apples are cooked through and the topping is golden brown.

Enjoy with a generous scoop of your favorite vanilla ice cream or plain Greek yogurt!

Five Fast Facts about Apples

1. There are over 7,500 varieties of apples grown around the world.
2. Apples are 25% air, which is why they float in water.
3. The skin of an apple holds about half of its fiber content.
4. Apples are used in more recipes than almost any other fruit.
5. Johnny Appleseed (real name: John Chapman) was a real person who helped spread apple trees across the American frontier in the early 1800s.

Field Day

Organic Ground Coffee

10oz

\$8.99

Regular Price \$10.49



Blue Lotus

Chai Tea

3oz

\$13.99

Regular Price \$15.99



Annie's Homegrown

Organic Mac & Cheese

6oz

2 For \$6

Regular Price \$3.99



Muir Glen

Canned Tomatoes

14.5-15oz

2 For \$4

Regular Price \$2.99



Primal Kitchen

Sauces and Condiments

25% Off

Regular Price



Field Day

Culinary Spices

20% Off

Harvest Values Price



Teeccino

Herbal Coffee Alternative

10-11oz

\$10.99

Regular Price \$14.69



Nature Nate's

Raw Unfiltered Honey

14-32oz

30% Off

Regular Price



Serenity Kids

Meat & Veggie Pouches

3.5oz

\$2.99

Regular Price \$3.99

Grain-Free puffs are also on sale.



Muir Glen

Pasta Sauce

23.5oz

2 For \$7

Regular Price \$4.99



Somos

Simmer Sauces

12oz

25% Off

Regular Price



Other Somos products are also on sale.



Field Day

Canned Beans

15-16oz

\$1.89

Harvest Values Price \$2.39



Lakewood

Organic Juice

Select Varieties

30% Off

Regular Price



Arrowhead Mills

Organic Flours

25% Off

Regular Price



Other Arrowhead Mills items are also on sale.



Spectrum Naturals

Culinary Oils

25% Off

Regular Price



Bionaturae

Sourdough Pasta

12oz

\$2.99

Regular Price \$3.99



All Bionaturae products are on sale.



Seeds of Change

Ready-to-Eat Rice

8.5oz

2 For \$6

Regular Price \$3.69



Field Day

Brown Rice Pasta

12oz

\$2.89

Harvest Values Price \$3.39



Alter Eco Chocolate Bars

2.65-2.96oz

2 For \$7

Regular Price \$4.49



Granola is also on sale.



Chocolove Chocolate Bars

3.2oz

2 For \$6

Regular Price \$3.99



All Chocolove is on sale.



Taza Chocolate Chocolate Bars

2.5oz

\$4.69

Regular Price \$5.49



Tate's Bake Shop Cookies and Tiny Cookies

5.5-7oz

\$4.99

Regular Price \$6.49



Marich Chocolates

1.75-2oz

2 For \$4

Regular Price \$3.19

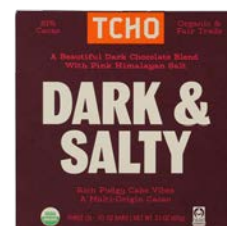


TCHO Chocolate Chocolate Bars

2.5oz

2 For \$7

Regular Price \$4.99



Kettle Brand Potato Chips

13oz

\$4.99

Regular Price \$5.89



Humble Potato Chips Potato Chips

5oz

2 For \$6

Regular Price \$4.69



Boulder Canyon Potato Chips

5.25-6.5oz

2 For \$6

Regular Price \$4.19



Siete Grain-Free Puffs

4oz

\$3.49

Regular Price \$4.49



Q Mixers Ginger Beer

4/7.5oz

\$3.99

Regular Price \$4.99



Other Q Mixers are also on sale.



Leisure Project Electrolyte Refreshers

16oz

2 For \$4

Regular Price \$2.69



Maison Perrier Sparkling Water

8/11.15oz

\$6.99

Regular Price \$8.99



S. Pellegrino Sparkling Mineral Water

6/250mL

\$5.99

Regular Price \$7.69

Other Sanpellegrino items are also on sale.



Waterloo Sparkling Water

12/12oz

\$5.99

Regular Price \$6.99



Eternal Alkaline Spring Water

1.5L

\$1.69

Regular Price \$1.99

A case of 12/1.5L is on sale for \$18.99.



Nixie Zero Sugar Soda

12oz

\$1.69

Regular Price \$2.49



Zevia Stevia Soda

6/12oz

\$5.69

Regular Price \$6.79



A La Maison

Milled Soaps

25% Off
Regular Price



Derma E

All Derma E Products

25% Off
Regular Price



Mad Hippie

All Mad Hippie Products

20% Off
Regular Price



Alba Botanica

All Alba Botanica Products

25% Off
Regular Price



Now Foods

Essential Oils

20% Off
Regular Price



Pranarom

All Essential Oils and Accessories

20% Off
Regular Price



Sprout Living

All Sprout Living Products

20% Off
Suggested Retail



Vega

All Vega Products

25% Off
Suggested Retail



Sovereign Silver

All Sovereign Silver Products

20% Off
Suggested Retail



American Health

All American Health Formulas

25% Off
Suggested Retail



Ancient Nutrition

Creatine Formulas

25% Off
Suggested Retail

NEW



Bionox

All Bionox Formulas

20% Off
Suggested Retail



Boiron

Allergy and Sinus Formulas

20% Off
Suggested Retail



+PlusCBD™ All Formulas

25% Off
Suggested Retail



Enzymedica

All Enzymedica Formulas

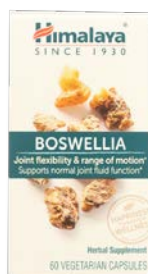
25% Off
Suggested Retail



Himalaya

All Himalaya Products

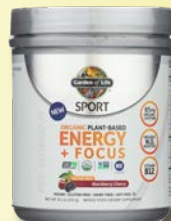
25% Off
Suggested Retail



Garden of Life

All Garden of Life Products

25% Off
Suggested Retail





Harvest Health FOODS

All Harvest Health Foods
Supplements

25% Off

Suggested Retail



Herb Pharm

**All Herb
Pharm
Products**

25% Off

Suggested Retail



Irwin Naturals

**All Irwin
Naturals
Formulas**

20% Off

Suggested Retail



Nature's Way

**All Alive!
Formulas**

25% Off

Suggested Retail



WishGarden

**Select Herbal
Formulas**

Sleep, Stress, Mood, Active

20% Off

Suggested Retail



Honey Gardens

**Elderberry
Products**

25% Off

Suggested Retail



REDD Remedies

**All REDD
Remedies
Formulas**

25% Off

Suggested Retail



Nordic Naturals

**All Complete
Omega
Formulas**

25% Off

Suggested Retail



Wiley's Finest

**All Wiley's
Finest
Formulas**

25% Off

Suggested Retail



Terry Naturally

**All Terry
Naturally
Formulas**

25% Off

Suggested Retail



Solgar

**All Solgar
Products**

25% Off

Suggested Retail



Vital Planet

**All Vital
Planet
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.