

Harvest Health FOODS

Since 1952

MAR 2026



It's your lucky day, take

20% OFF

ALL

field DAY[®]



Organic Valley
Sliced Cheeses



\$5.69
Regular Price \$6.49

field
DAY
Organic and
Pasture-Raised Eggs
20% Off
Harvest Values Price



Earth Balance
Plant-Based Butters



\$5.99
Regular Price \$7.49

Perfect Bar
Protein Bars
1.94-2.5oz



\$2.69
Regular Price \$3.49

Slice
Prebiotic Sodas
12oz



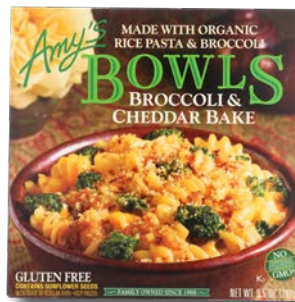
2 For \$4
Regular Price \$2.69

Cosmic Bliss
Organic Ice Creams
14oz



\$6.49
Regular Price \$8.49

Amy's
Frozen Entrees



\$6.49
Regular Price \$7.49

Field Day
Wild-Caught Cod



20% Off
Harvest Values Price

EAT BECAUSE
WOODSTOCK
IT'S GOOD!

25% Off
Harvest Values Price



7 GREEN FOODS TO ADD TO YOUR SMOOTHIES + THEIR BENEFITS

- 1. Kale** - high in antioxidants, excellent source of vitamin K, supports healthy inflammation response
- 2. Spinach** - rich in iron and folate, supports healthy blood circulation, mild flavor, high in vitamins A, C, and K
- 3. Avocado** - excellent source of monounsaturated fats, adds creaminess, supports brain health, contributes to feeling of satiety
- 4. Kiwi** - high in vitamin C, good source of fiber, supports healthy digestion
- 5. Parsley** - very high in vitamin K, naturally freshens breath, good source of vitamin C
- 6. Matcha** - provides a gentle caffeine boost, high in EGCG antioxidants, supports healthy focus via L-theanine
- 7. Spirulina** - contains protein, rich in antioxidants, high in B vitamins and iron



Birch Benders

Pancake & Waffle Mixes



20% Off
Regular Price

Arrowhead Mills

Baking Mixes & Flours



25% Off
Regular Price

Graza

Single Origin Olive Oils

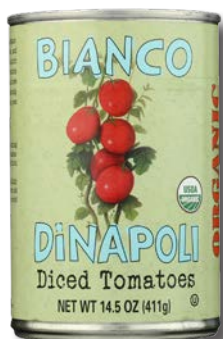


25% Off
Regular Price

Bianco DiNapoli

Vine-Ripened Tomatoes

NEW



25% Off
Regular Price

Field Day

Brown Rice Pastas

12oz



20% Off
Harvest Values Price

Primal Kitchen

All Products



20% Off
Regular Price

Epic
All Products



30% Off
Regular Price

Field Day
Almond Butter Filled Pretzels

12oz



20% Off
Harvest Values Price

Bob's Red Mill
Oat Bars

1.76oz



4 For \$5
Regular Price \$1.79

Late July
Tortilla Chips

6-10.1oz



\$3.99
Regular Price \$5.49

Back To Nature
Cookies & Crackers



25% Off
Regular Price

Taza
Stone-Ground Chocolates

2.5-2.7oz



\$4.99
Regular Price \$6.49

Little Secrets
Chocolates and Candies



25% Off
Regular Price

Marich
Chocolates

1.75-2oz



\$4.49
Regular Price \$5.49

Bravo
Herbal Teas

20 Count



\$4.99
Regular Price \$6.99

Clean Cause
Yerba Mate Drinks

15.5-16oz



2 For \$5
Regular Price \$2.99

San Pellegrino
Sparkling Mineral Water

750mL



\$2.49
Regular Price \$2.99

Four Sigmatic
Functional Coffees

10oz



25% Off
Regular Price

Derma E
All Products



25% Off
Suggested Retail

Now
All Carrier Oils



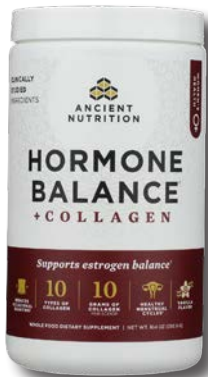
25% Off
Suggested Retail

Humble
Deodorants & Bar Soaps



20% Off
Suggested Retail

Ancient Nutrition
Select Women's Health Formulas



25% Off
Suggested Retail

+PlusCBD™ All Products



25% Off
Suggested Retail

Boiron
All Products



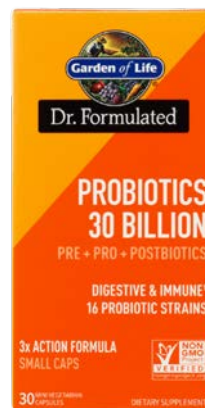
25% Off
Suggested Retail

Enzymedica
All Formulas



25% Off
Suggested Retail

Garden of Life
All Formulas



30% Off
Suggested Retail

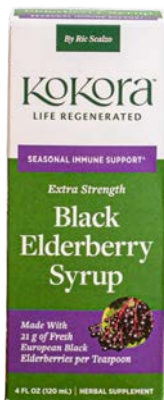
Herb Pharm
All Products



25% Off
Suggested Retail

Kokora
All Products

NEW



30% Off
Suggested Retail

Solgar
All Formulas



25% Off
Suggested Retail

New Chapter
All Formulas



30% Off
Suggested Retail

Harvest Health FOODS

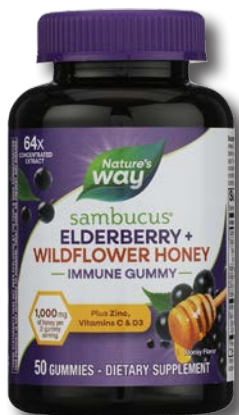
Select Best Sellers

25% Off
Suggested Retail



Nature's Way Immune Formulas

25% Off
Suggested Retail



REDD Remedies All Formulas

25% Off
Suggested Retail



Wyld CBD All Gummy Formulas

20% Off
Suggested Retail



Truani All Protein Powders

20% Off
Suggested Retail



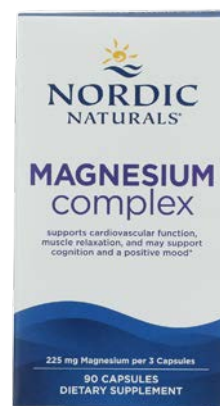
True Grace All Products

30% Off
Suggested Retail



Nordic Naturals Select Products

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