

th Anniversary Harvest Health FOODS®

Since 1952

November, 2022

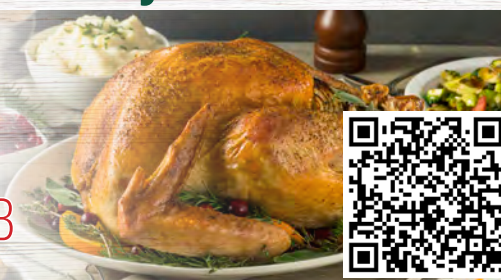


Feeling Good From The Inside Out.®

Tom Otto's Turkey

Fresh Local Tom Otto's Turkey

Order your fresh, all natural, local turkey for Thanksgiving. No antibiotics or added hormones. Order by Nov. 12th using the QR code or online at HarvestHealthFoods.com. **\$3.59LB**



little Rooster
Bread Company



Order your holiday rolls and gluten-free baked goods for the holidays. Forms are available online at HarvestHealthFoods.com

Field Roast

Celebration Roast

16 oz

\$7.49

Regular Price \$8.49



Other Field Roast products are also on sale.

Tofurky

Plant-Based Roasts

\$13.99

Regular Price \$15.99



Holiday Feast is also on sale.

Gardein

Turk'y Roast

\$7.99

Regular Price \$9.29



Stuffed Savory Turkey is also on sale \$14.99.

Field Day

Organic Broth

Assorted Varieties

2 For \$4

Harvest Values

Price \$3.19-\$3.59



Farmer's Market

Organic Squash

2 For \$5

Regular Price

\$3.19-\$3.69



Aleia's

Gluten-Free Stuffing

\$4.49

Regular Price \$6.79



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

Surround Yourself With Good Food People.

Organic Valley

Grassmilk Half & Half

\$3.49

Regular Price \$3.99



Whipping Cream

\$5.29

Regular Price \$5.49



Grassmilk

\$6.29

Harvest Values Price \$6.99



Green Valley Creamery

Lactose-Free Butter

\$3.69

Regular Price \$4.19



Green Valley cream cheese is also on sale \$3.99.

Mt Vikos

Traditional Feta

\$4.19

Harvest Values Price \$4.79



Other Mt Vikos products are also on sale.

GT's

Organic Kombucha

Select Varieties

2 For \$6

Regular Price \$3.79



Lifeway

Organic Whole Milk Kefir

\$5.19

Regular Price \$5.99



Lifeway Oatmilk Kefir is also on sale.

Good Culture

Organic Cottage Cheese

16 oz

\$4.69

Regular Price \$



Other Good Culture products are also on sale.

Violife

Vegan Cheese

\$4.99

Regular Price \$5.99



Milkadamia

Macadamia Nut Milks

32 oz

\$3.99

Regular Price \$4.99



Califia Farms

Plant Milks

48 oz

\$3.99

Regular Price \$4.99



Other Califia Farms products are also on sale.

cocojune

Organic Coconut Yogurt

2 For \$4

Regular Price \$2.49



Immaculate Baking Company

Biscuits and Crescent Rolls

\$3.99

Regular Price \$6.49



Cookies and cinnamon rolls are also on sale.

Earth Balance

Buttery Sticks and Spreads

\$5.99

Regular Price \$6.99



Mid-Day Squares

Organic Functional Chocolate Bars

2 For \$4

Regular Price \$2.49



Woodstock

Organic Fruit

Select Varieties

\$12.99

Harvest Values Price \$13.99



Woodstock

Organic Vegetables

Select Varieties

2 For \$5

Harvest Values Price \$2.99



Cascadian Farm

Organic Potatoes

Select Varieties

\$3.99

Regular Price \$5.19



Shop Online with Harvest Cart at HarvestHealthFoods.com

Wear Gratitude Like A Cloak, And It Will Feed Every Corner Of Your Life. Rumi

Nutcase Vegan Meats

Local Vegan Meat

2 For \$7

Regular Price \$4.99



Nutty Loaf is on sale \$6.99



Quorn

Meatless Roast

16 oz

\$8.69

Regular Price \$9.99



Amy's

Burritos

Select Varieties

\$3.19

Regular Price \$3.49



Wholly Wholesome

Select Pie Shells

\$6.29

Regular Price \$6.99



So Delicious

Cocowhip

Original and Light

\$4.39

Regular Price \$4.99



Tillamook

Ice Cream

\$5.99

Regular Price \$6.99



Alden's Organic

Organic Ice Cream

48 oz

\$7.99

Regular Price \$9.99



Essentia

Ionized Alkaline Water

1 Liter

\$1.49

Harvest Values Price \$1.89

Case of 12 on sale for \$16.99.



Fentimans

Botanical Sodas

Assorted Varieties

\$1.79

Regular Price \$2.29



Nixie

Organic Sparkling Water

8/12 oz

\$4.49

Regular Price \$5.99



Zevia

Zero Calorie Mixers

6/7.5 oz

\$4.99

Harvest Values Price \$5.79



Other Zevia products are also on sale.



True North

Energy Seltzers

2 For \$4

Regular Price \$2.79



Proud Source Water

Rocky Mountain Spring Water

23.5 oz

2 For \$4

Regular Price \$2.69

Other sizes are also on sale.



Harvest Health Foods

Bulk Organic Coffee

\$8.99 LB

Regular Price \$9.99 LB



Stash

Premium Teas

Assorted Varieties

2 For \$7

Regular Price \$3.99



Traditional Medicinals

Organic Herbal Teas

16 Tea Bags

\$4.49

Regular Price \$5.49



Teecino

Herbal Coffees And Teas

Assorted Varieties

\$11.99

Regular Price \$14.29-\$17.99



Yogi

Organic Teas

16 Tea Bags

\$3.99

Regular Price \$4.79



Like Harvest Health Foods On Facebook.

It's Simple. Great Ingredients, Mixed With Love, Makes Great Food.

Purely Elizabeth

Pancake Mixes

Select Varieties

\$4.99

Regular Price \$6.99



Other Purely Elizabeth products are also on sale.



Field Day

Organic All Purpose Flour

5 Lb

\$7.99

Harvest Values Price \$9.79

Baking Soda

\$1.39

Harvest Values Price \$1.59

Baking Powder

\$2.49

Harvest Values Price \$3.19



Woodstock

Organic Sugar

Select Varieties

2 For \$6

Harvest Values Price \$3.29



All Woodstock sugars are on sale.



Flavorganics

Organic Extracts

30% Off

Regular Price



Comvita

Mānuka Honey

From New Zealand

25% Off

Regular Price



Bob's Red Mill

Organic Oatmeal

Select Varieties

\$5.49

Regular Price \$6.99



Enjoy Life

Baking Chips

Dairy-Free

\$4.99

Regular Price \$6.29



Lily's Sweets

No Sugar Added Baking Chips

Assorted Varieties

\$6.49

Regular Price \$7.79



Pamela's Products

Gluten-Free Baking Mixes

Assorted Varieties

20% Off

Regular Price



Navitas Organics

Select Navitas Products

30% Off

Regular Price



Bob's Red Mill

Baking Mixes

Assorted Varieties

20% Off

Regular Price



One Degree

Sprouted Flours

30% Off

Regular Price



Other One Degree products are also on sale.

Namaste

Gluten-Free Baking Mixes

35% Off

Regular Price



Otto's Naturals

Grain-Free Mixes

Select Varieties

25% Off

Regular Price



Let's Do Organic

Organic Coconut and Starches

30% Off

Regular Price



Shady Maple Farms

Organic Maple Syrup

Dark Color, Robust Taste, 32 oz

\$21.99

Regular Price \$25.99



Healthy Delivered, Right To Your Door.

Nothing Brings People Together Like Good Food.

Field Day

Organic Stuffing Mix

Savory and Corn Bread

\$3.99

Harvest Values Price \$5.59



Pacific Foods

Organic Condensed Soups

\$2.69

Regular Price \$3.49



Imagine Foods

Organic Broths

2 For \$7

Regular Price \$4.99



Lotus Foods

Organic Rice

Assorted Varieties

30% Off

Regular Price



RightRice

Veggie Rice and Risotto

2 For \$6

Regular Price \$4.69



Less carbs, more fiber.



Imagine Foods

Organic Gravy

2 For \$6

Regular Price \$3.79



Field Day

Select Organic Spices

\$2.49

Harvest Values Price \$2.99



Other Field Day spices are also on sale.



Jovial Pasta

Organic Pasta

Gluten-Free

30% Off

Regular Price



Primal Kitchen

Pasta Sauce

No Sugar Added

\$7.49

Regular Price \$8.99



Other Primal Kitchen sauces and gravies are on sale.



Newman's Own

Pasta Sauce

\$2.89

Regular Price \$3.29



Muir Glen

Organic Tomatoes

14.5 oz -15 oz

2 For \$3

Regular Price \$2.69



28 oz

2 For \$6

Regular Price \$3.99-\$4.49



Mediterranean Organic Products

Select Varieties

25% Off

Harvest Values Price



La Tourangelle

Select Oils

25% Off

Regular Price



Coconut Secret

Coconut Aminos and Sauces

\$5.99-\$7.49

Regular Price \$6.99-\$8.99



Yai's Thai

Cooking Sauces

\$6.99

Regular Price \$8.99



Lakewood

Select Organic Juices

25% Off

Regular Price



Stellar Organic Wines

Select Varieties

\$9.49

Regular Price \$10.99



Like Harvest Health Foods On Facebook.

Feeling Good From The Inside Out.®

Annie's Homegrown

Organic Graham Crackers

\$3.99

Regular Price \$5.89



Field Day

Organic Crackers

Assorted Varieties

2 For \$7

Harvest Values
Price \$3.79



Simple Mills

Almond Flour Crackers

Assorted Varieties

\$4.49

Regular Price \$5.49



Blue Diamond

Nut-Thins

Assorted Varieties

\$3.69

Regular Price \$4.29



Siete Foods

Kettle Chips

5.5oz

2 For \$6

Regular Price \$3.99

Paleo and Vegan.



Late July

Organic Tortilla Chips

2 For \$7

Harvest Values Price \$3.99



Late July organic salsa is also on sale.



think!

Protein Bars

Select Varieties

2 For \$3

Regular Price \$1.99



Kettle Brand

Potato Chips

5 oz

2 For \$6

Harvest Values Price \$3.49



Snack Factory

Pretzel Crisps

2 For \$6

Regular Price \$3.59



Kalahari Biltong

Air Dried Beef

\$5.99

Regular Price \$7.59

32 Grams of protein and 0 grams of sugar.



OCHO

Organic Candy Bars

2 For \$3

Regular Price \$1.99



Michel et Augustin

Cookies

**BUY ONE
GET ONE
FREE**



nairn's

Oat Graham and Flat Bread

\$3.99

Regular Price \$5.39-\$5.59



Taza

Organic Chocolate Bars

Assorted Varieties

2 For \$7

Regular Price \$4.99-\$5.79



Theo

Organic Chocolate

2 For \$6

Regular Price \$3.99



Seventh Generation

Select Natural Cleaners

20% Off

Regular Price

Other Seventh Generation products are also on sale.



Better Life

Dish Soap

2 For \$7

Regular Price \$5.49

Other Better Life products are also on sale.



If You Care

Parchment Paper and Baking Supplies

25% Off

Regular Price



Find Our Fresh Organic Produce Selection On Harvest Cart.

Take Care Of Your Body. It's The Only Place You Have To Live.

Mad Hippie Clarifying Routine Formulas

20% Off
Regular Price



Andalou Naturals Body Care

30% Off
Regular Price



Sukin Hair Care

30% Off
Regular Price



Mineral Fusion Cosmetics

30% Off
Suggested Retail



Bach Rescue Remedy

Assorted Varieties
20% Off
Regular Price



Now Foods Seasonal Blends Essential Oils

20% Off
Regular Price

All Now Foods Essential Oils are also on sale.



Organic Mushroom All Mushroom Formulas

\$20.99

Regular Price
\$26.99-\$29.99



All Zhou Formulas

30% Off

Suggested Retail
Nature's Life Apple
Cider Vinegar formulas
are also on sale.



All Himalaya Formulas

20% Off

Suggested Retail



Irwin Naturals Sleep Formulas

Select Formulas

30% Off

Suggested Retail



All LifeSeasons Formulas

20% Off

Suggested Retail



Country Life Select B Vitamins

20% Off

Suggested Retail



Garden Of Life mykind Multivitamins

35% Off

Suggested Retail



All MegaFood Formulas

20% Off

Suggested Retail



+PlusCBD™

Select Formulas

25% Off

Suggested Retail



Wyl'd CBD Gummies and Sparkling Water

25% Off

Suggested Retail



All HempFusion CBD Formulas

25% Off

Suggested Retail



All Charlotte's Web CBD Formulas

20% Off

Suggested Retail



Follow Harvest Health Foods On Instagram.

Healthy From The Outside Starts From The Inside.

All Omne Diem Formulas

25% Off

Suggested Retail

Innovative formulas to help your body deal with histamine.



American Health

Select Digestive Formulas

30% Off

Suggested Retail

Other American Health formulas are also on sale.



Enzymedica

Digest Gold Formulas

25% Off

Suggested Retail



All Herb Pharm Formulas

25% Off

Suggested Retail



Gaia Herbs

Select Immune Formulas

20% Off

Suggested Retail



Nordic Naturals

Immunity Formulas

25% Off

Suggested Retail



Terry Naturally

Immune Formulas

20% Off

Suggested Retail



Nature's Way

Sambucus Formulas

Select Formulas

20% Off

Suggested Retail



Nature's Way

Umcka

Assorted Formulas for Cold and Flu

20% Off

Suggested Retail



Garden Of Life

Raw Probiotics

30% Off

Suggested Retail



Solgar

Select Active Life Formulas

30% Off

Suggested Retail



Harvest Health Foods

Immune Support Formulas

25% Off

Suggested Retail



Boiron

SinusCalm and ThroatCalm

Homeopathic Formulas

25% Off

Suggested Retail



We have three convenient locations in the Grand Rapids area.



1944 Eastern Ave. SE Grand Rapids (616) 245-6268
Mon-Sat 9-7 Closed Sundays

6807 Cascade Road SE Grand Rapids (616) 975-7555
Mon-Sat 9-8 Closed Sundays

4150 32nd Ave Hudsonville (616) 896-6630
Mon-Sat 9-8 Closed Sundays

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