

July Specials

All Specials
while Quantities last



Juices

	Sale	Regular
Very Veggie 946ml	3.49	4.99
Cranberry Nectar 946ml	3.49	4.99
Pineapple Coconut 946ml	3.49	4.99
Pineapple Nectar 946ml	3.59	5.19
Lemon Ginger Echinacea 946ml	3.59	5.19
Mega Green 946ml	3.59	5.19
Very Veggie Low Sodium 946ml	3.49	4.99
Just Black Cherry 946ml	4.40	6.29
Just Pomegranate 946ml	7.55	10.79
Just Cranberry 946ml	7.90	11.29
Just Blueberry 946ml	7.90	11.29
Organic		
Concord Grape 1.82L	8.49	12.19
Grapefruit 1.82L	8.49	12.19
Pear 946ml	4.19	5.99
Blueberry Nectar 946ml	4.19	5.99
Blueberry Pomegranate 946ml	4.19	5.99
Cranberry Pomegranate 946ml	4.19	5.99
Pomegranate 946ml	4.19	5.99
Blackcurrant 946ml	4.19	5.99
Prune Nectar 946ml	5.87	8.39
Acai 946ml	5.87	8.39

R.W. Knudsen Just Juice line offers single-fruit, unsweetened, 100% juices, undiluted to provide the maximum beneficial properties associated with each respective fruit. Each of these fabulous fruits was chosen for its bounty of researched antioxidants and nutrients.



Spritzers

.99/ea
reg 1.59

\$3.88 /6 pack
reg 5.99

\$22.57 /24 pack
reg 34.32

Mango
Strawberry
Jamaican Lemon
Lemon Lime
Grape
Black Cherry
Boysenberry
Peach
Raspberry
Tangerine



Bill Knudsen created the first fruit juice Spritzers for his family more than 20 years ago as a refreshing alternative to refined sugar and corn syrup sweetened sodas. They are made from real fruit and sparkling water.

Real Brew Premium Sodas

.99 /355ml
reg 1.69

Ginger Ale
Creme Soda
Root Beer

\$22.57 /cs 24
reg 40.56

All Specials While Quantities last

RICE DREAM

Delicious 99% Fat Free Non-Dairy Beverages

Non Dairy Beverages

Original Vanilla \$2.99 /946 ml
reg 3.79

Original Enriched Vanilla Enriched Chocolate Enriched \$34.00 /cs 12
reg 50.00



ORGANIC

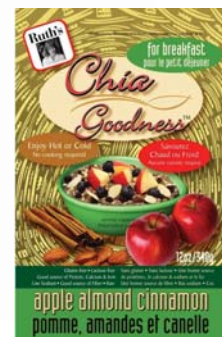
Baby Cookies

Maple Vanilla
\$3.79 /140g
reg 4.49



Chia Goodness Cereals

\$6.49 /340g
reg 7.59



Original
Cranberry Ginger
Apple Almond Cinnamon



SAN-J

Cooking Sauces

Asian BBQ Sauce
Szechuan Sauce
Teriyaki Sauce
Thai Peanut Sauce
Sweet & Tangy Sauce

Tamari Dressings

\$3.59 /237 ml
reg 4.59

Ginger Peanut Sesame \$4.49 /296 ml
reg 5.69

Aunt Gloria's Canned Tomatoes



ORGANIC

Crushed \$3.29 /796 ml
Diced reg 3.99
Whole



SOBAYA® Japanese-style Pasta

ORGANIC

Kamut Soba Kamut Udon Spelt Soba Spelt Udon \$2.99 /230g
reg 3.99



GRAINWORKS®
The Organic Grain Company

Organic

Popcorn \$2.85 /kg
reg 3.59

\$29.99 /11.34 kg
reg 40.69



Tortilla Chips

Nacho Sesame Pico de Gallo \$3.59 /255g
reg 4.59



Your Values... Your Food
www.ruthshempfoods.com

Chia

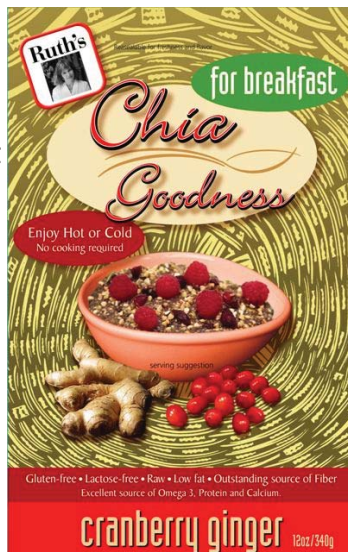
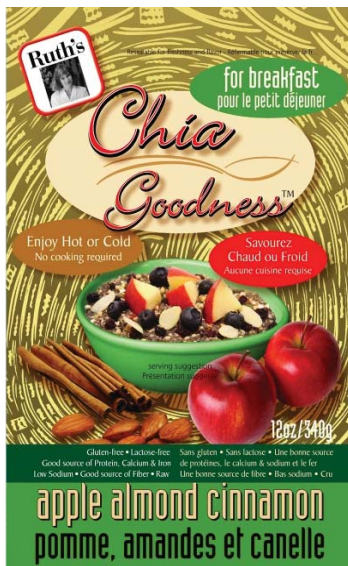
Chia Goodness is a new concept in breakfast cereal. It comes in 3 delicious flavors: Original, Apple Almond Cinnamon, and Cranberry Ginger and is on sale this month.

It's nothing short of amazing - more calcium than milk, more Omega 3 than flax or salmon, and one of nature's very best sources of dietary fiber, Chia Goodness is low glycemic, delivering its amazing nutrients slowly to impart energy and well-being throughout your day.

We combine chia with our shelled hempseed, a great source of protein, essential fatty acids and trace minerals, and add other grains, fruits and seeds to give you the best breakfast ever.

The ingredients are completely raw - just stir in milk or water, hot or cold, and wait a few minutes for it to thicken, giving it the comfort quality of oatmeal. Try 2 tablespoons in your bowl with 4 tablespoons of liquid.

Ingredients: Chia (*salvia hispanica* L.), buckwheat, hulled hemp seeds, dehydrated apples, almonds, raisins, org. cane sugar, cinnamon, Celtic Sea Salt



Spelt

Spelt was originally grown in Iran around 5000 to 6000 B.C. Spelt has been grown in Europe for over 300 years, and in North America for just over 100 years. Spelt has gained popularity as a dietary grain due to its nutty flavor, high protein and nutrition content.

Spelt and Wheat:

Spelt is similar to wheat in appearance but has a tougher husk, which may help protect the nutrients in spelt. Spelt flour has a somewhat nuttier and slightly sweeter flavor than whole wheat flour. Spelt contains more protein than wheat, and the protein in spelt is easier to digest. This means that some people who are allergic to wheat may be able to tolerate spelt. Spelt has gluten, just like wheat, so spelt is not suitable for a gluten-free diet.

Using Spelt in Your Diet:

Spelt flour can replace whole wheat flour in almost any recipe.

Kamut

You can substitute this flour for any recipe calling for wheat flour. When you do so, you'll be adding lots of extra protein, amino acids, and a higher lipid content. It's a less starchy flour and also drier. When stored in the fridge, it has less tendency to turn rancid and usually outlasts the shelf life of traditional wheat.

The protein content of Kamut® flour attracts bakers, and food manufacturers. On average this flour has 40% more protein than does regular wheat flour, and most people find it more satisfying and filling in baked goods than those made with wheat because of its higher lipid to carbohydrate ratio. It's healthier in many other ways, and its taste is sweeter. Most wheat flour has at least a bitter aftertaste, which Kamut® flour lacks. You can therefore reduce or completely eliminate sugar in recipes calling for flour, which provides overall healthier baked goods. Approximately 70% of people with allergies to wheat tolerate Kamut® flour well.



Sobaya Spelt & kamut Japanese-style pasta is on sale this month

Deli News & Specials

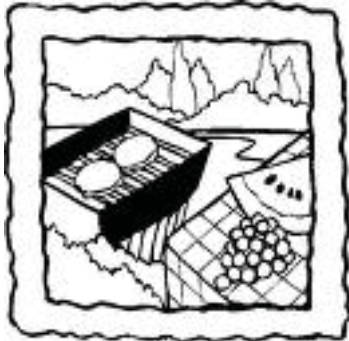
Feed Your Soul Foods

Curry Triangles	2.69/ea reg 3.39
Apricot Squares	1.99/ea reg 2.49
Nutty Heaven	2.39/ea reg 2.95

Arrowsmith Sauces

Runaway Train
BBQ Sauce

15.99/kg
reg 19.99



Let's welcome BBQ season with Mark Arrowsmith's ever popular Runaway Train BBQ Sauce, and it's on sale in bulk. Made popular up at Whitewater in the Runaway Train wrap, this sauce has a perfect balance of sweet, spicy and smoky with the added kick of Oso coffee. Add sour cream or mayo for a great dip, use it as a marinade for tofu or chicken or simply add it to stir-frys.

Feast West Catering

Mint Coconut Quinoa	1.59/100g reg 1.95
Asian Slaw	1.59/100g reg 1.95

L'Ancetre Raw Organic Cheddars

Organic Mild Cheddar	8.89/325g	reg 10.99
Organic Medium Cheddar	9.19/325g	reg 11.39
Organic Marble	9.19/325g	reg 11.39

L'Ancetre Cheese Factory



L'Ancetre cheese factory was founded in 1992 by a group of milk producers who had a different vision than that of conventional agriculture : to return to the traditional methods, respectful of nature and the environment. For them, it was the only way to rediscover the authentic natural taste of dairy products. However, this commitment was tempered with the knowledge that it was still important to use modern methods to assure consumers that its products are of the highest quality.

The majority of the cheeses produced at L'Ancetre are made with un-pasteurized milk. The making of raw milk cheese comprises specific characteristics and standards. Since the milk has not been pasteurized, the cheese has to be held at a temperature of 2 degrees Celsius for 60 days (or more) from the beginning of the manufacturing process, in order to conform to Canadian Food Inspection Agency standards.

The organic raw milk cheese develops different textures and tastes depending on the manufacturing process but also according to the length of time spent aging. Cheddars will age anywhere from 60 days up to two or three years. The lactose normally found in milk is digested in this aging process, making the majority of the cheeses lactose-free.

L'Ancetre also produces a few pasteurized cheeses. Pasteurized cheeses represent the majority of cheeses manufactured in Quebec. Hygiene standards do not require a minimum time of maturation as in raw cheeses.

Picnic Anyone?

Black Bean and Cheddar Dip

Serves 8 as an appetizer

1 can (15 ounces) black beans, rinsed and drained, with liquid reserved
½ red bell pepper, cored, seeded, coarsely chopped
½ small red onion, coarsely chopped
4 scallions, green parts only, coarsely chopped
 juice of **1 lime**
½ cup fresh cilantro leaves
1 fresh chili
1 tsp. ground cumin
1 tsp. chili powder
1 tsp. salt
1 cup grated cheddar
 Chopped **chives** or scallions for garnish



Place the beans, bell pepper, onion, scallions, lime juice, cilantro, chipotle chili, cumin, chili powder, and salt in the bowl of a food processor fitted with a steel blade and process until the mixture becomes a smooth paste. Add some of the bean liquid if necessary to get the proper consistency. Transfer the bean mixture to a medium mixing bowl and stir in the cheese. Serve at room temperature, garnished with chopped chives and serve with crackers, chips or veggies.

Cheddar Cheese Biscuits

3 cups all purpose flour
4 ½ teaspoons baking powder
1 tbs sugar
1 ½ teaspoons dry mustard
1 tsp. salt
½ cup chilled unsalted butter, cut into pieces
1 cup plus 2 tbs milk
½ cup chopped fresh chives or green onions
3 tbs chopped fresh dill or **1 tbs** dried
2 ½ cups lightly packed grated sharp cheddar cheese



Preheat oven to 450°F. Mix flour, baking powder, sugar, mustard and salt in large bowl. Add butter and rub with fingertips until mixture resembles coarse meal. Whisk milk, chives and dill in medium bowl. Pour into dry ingredients; stir until moist dough forms. Mix in 2 cups cheese. Turn dough out onto floured surface; knead lightly to distribute cheese evenly. With your hands, flatten dough into a 1/2-inch thick rectangle. Using a small knife cut into 15 pieces. Transfer biscuits to a large ungreased baking sheet. Top with 1/2 cup cheese. Bake until biscuits are golden, about 15 minutes. Enjoy!

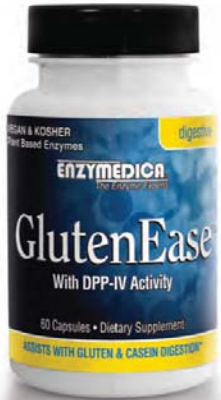
Wellness Department

New name - same exceptional products & services

All Specials While Quantities last

ENZYMEDICA
The Enzyme Experts

www.enzymedica.co



Allerage	19.99	reg 26.99
Digest Basic	13.99	reg 20.39
Digest Gold	34.99	reg 49.99
Virastop	21.99	reg 31.79
Digest Gold Pillbox	10.99	reg 16.99
Glutenease	22.39	reg 31.99
PH Basic	21.99	reg 31.79

Enzymedica is all about enzymes. We offer the most potent therapeutic enzyme supplements in the industry, including America's top two sellers, Digest™ and Digest Gold™. Supplementing the food enzymes found in raw foods and a balanced diet, our products promote healthy digestion and systemic well being.

QUANTUM
HEALTH

Buzz Away Insect Repellent

\$7.99 /60ml
reg 9.99

\$15.39 /180ml
reg 19.29



Calendula Shampoo



Bulk

FERLOW
BOTANICALS

\$17.99 /kg

reg 22.20

Canadian



Prairie Naturals



Topical Aloe Gel

\$4.19 /114g
reg 6.49

\$7.99 /342g
reg 12.49



- | | |
|------------|------------------------|
| Arctic Sun | Harvest Moon |
| Avalanch | Indian Summer |
| Big Sky | Multi Grain |
| Chinook | Northern Lights |
| Evergreen | Wild Rose |
| Goldenrod | Crystal (shampoo only) |

\$8.29 /500ml
reg 13.89

NOTE: Chinook & Harvest Moon conditioner available only in 250ml size

Badlands Conditioner	9.29	reg 15.49
Mountain Mist Conditioner	9.99	reg 16.99
Arctic Frost Hair Gel	9.29	reg 15.49
White Lightening Scalp Serum	13.99	reg 23.99
Moon Shine Finishing Serum	13.99	reg 23.99
Mist Moonshine	13.79	reg 22.49

Genuine Health is no longer included in the yellow tag discount program

Wellness Department

New name - same exceptional products & services



All Specials While Quantities last



Smoothie Infusion

Give your favorite shake or smoothie an instant boost of complete protein, fiber, Omega 3 EFAs and green super foods!

This complete meal replacement and daily health-optimizer is made exclusively from natural plant-based whole foods. Give your favorite shake or smoothie an instant boost of complete protein, fiber, Omega 3 EFAs and green foods! Just blend Vega Smoothie Infusion with some fruit, ice, water or juice to create a whole food fortified custom smoothie creation your entire family will enjoy!

\$24.79 /454g
reg 30.99

Sea Buckthorn

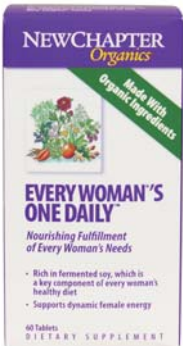
- Body Wash 203 g **14.99** reg 18.79
- Body Lotion 100 ml **19.99** reg 24.99
- Hand Cream 50 ml **11.89** reg 14.89
- Body Oil 100 ml **20.79** reg 25.99



MegaFood

Baby & Me **\$43.99** /120T
reg 62.99

Baby and Me Prenatal by Megafood promotes the health of a woman during pregnancy and lactation. Baby and Me has Safe and sound potencies of 100% whole food nutrients.



New Chapter offers nourishment, protection and health that comes from an organic, whole food complex- not from synthetic vitamins, minerals and herbal isolates found in many supplements. New Chapter products are actually categorized as supplemental food, because it is food.

- Every Woman's Multi 180T **55.99** reg 79.99
- Every Woman's Multi 90T **37.79** reg 53.99
- Every Woman's Iron Support 60T **19.99** reg 29.69
- Bone Strength Take Care 60T **26.99** reg 38.69
- Bone Strength Take Care 120T **45.49** reg 69.19

natracare®

Pads & Tampons



Pads

- Panty Shields **2.19** reg 3.99
- Regular **3.89** reg 5.29
- Slender **3.89** reg 5.29
- Super **3.99** reg 5.49
- Super Ultra Wings **4.99** reg 6.79
- Ultra Long Wings **4.99** reg 6.76
- Ultra Wings **4.99** reg 6.76
- Panty Liner Curved **3.29** reg 4.49

Tampons

- Non Applicator Regular ~ Super **6.99** reg 9.49
- Non Applicator Super Plus **7.49** reg 9.99
- With Applicator Regular ~ Super **7.49** reg 9.99

New name - same exceptional products & services



Information from
www.nakaherbs.com

Naka Herbs & Vitamins Ltd. is a leading Canadian manufacturer and distributor of premium quality herbal products for the health food market. Founded in 1991, Naka's success has been built upon introducing innovative supplements in liquid or easy-to-swallow capsule forms designed to meet the better health needs of consumers worldwide. Our commitment to providing superior quality and value, plus excellent customer service, has helped to make Naka a trusted national brand in the health food trade.

Naka is proud to be an exclusive distributor of Germany's Anton Hübner herbal product lines. Anton Hübner is world renowned for their Silicea Gel, Milk Thistle (Mariendistel) and other high-quality natural herbal supplements.

Mike Nacachian, President and founder of Naka Herbs & Vitamins Ltd., is relentless in his pursuit to provide consumers with quality herbal products. Innovation is what best describes our strong presence in the Canadian health food market - innovation in research and a commitment to being a leader in introducing exciting new products that meet the changing health demands and needs of society. Utilizing the resources of a naturopathic doctor and master herbalist, Naka's formulas are developed to provide consumers with the best supplements containing balanced, full-spectrum combinations of high-quality herbs and extracts.

Thank you
Naka Herbs
for being one
of our cloth
bag
sponsors



The Co-op Wellness Department carries a number of Naka products, including Nutri-Bone, Glucosamine Sulfate and Glucosamine with Chondroitin and worth special mention is Nutri-Flex and Nutri_Flex with Vitamin D. One of our most popular and best selling natural remedies for arthritis and joint pain, Nutri-Flex is just one example of the quality and effectiveness of Naka's line of natural supplements.

Aloe Vera

The aloe plant has been used in the fields of medicine and cosmetics for centuries. Ancient records show that the medicinal properties and healing benefits of the aloe vera plant have been known for over 5000 years.

Ancient Chinese and Egyptians used aloe vera skin products to treat burns, wounds, and to reduce fever. Cleopatra, the Egyptian Queen, credited her irresistible charm and vibrant beauty to regular use of aloe gel. Legend reports that Alexander the Great, upon the advice of Aristotle, conquered the island of Socotra off the coast of Africa to secure supplies of aloe vera in order to treat the wounds of soldiers.

Aloe vera is filled with aloe polysaccharides which are the naturally occurring active components that promote absorption, digestive health, immune qualities, anti-inflammatory, and overall health benefits. Studies show that aloe vera can penetrate three epidermal layers of the skin. High polysaccharide aloe vera gel may improve absorption of other botanical herbs and vitamins.

Uses:
Sunburn relief
Burn and Wound healing
Anti-inflammatory Skin Moisturizer



**Topical Aloe Gel
on sale this month**