



GREENACRES MARKET

Your healthy food experts

FEBRUARY SALES 2018



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CELEBRATE

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PLUS GREAT
SAVINGS
& OFFERS



[GREENACRES.COM/REWARDS](https://www.greenacres.com/rewards)

DIGITAL COUPONS, PUNCHCARDS, RECEIPTS & MORE!

VISIT US AT [GREENACRES.COM](https://www.greenacres.com)



FROM YOUR FRIENDS AT GREENACRES



WE NEW PRODUCTS

Innovation is everything when it comes to sourcing new products in our industry. Experts constantly study & identify new & powerful ingredients that individually provide amazing results to improve our health & wellbeing. In addition, when combined with other ingredients they synergistically enhance the benefits for us the consumer!

In our theme of "we love" this issue – here are a few of our new favorite gems we have on our shelves!

Country Life Coenzyme B-Complex Powder for energy and stress One of the first B powders on the market and the coenzyme formulas allow for superior absorption.



Endo Calm for relaxation and positive adrenal function A new way to address your most common concerns by tapping into a newly discovered system called The Endocannabinoid System (ECS). The ECS promotes biological balance in every cell, tissue, and organ supporting the brain, immune system, nervous system and overall health and wellness.



Intelligent Elixirs brightening serum to inhibit sun damage and reduce skin pigmentation It contains two cutting edge ingredients: Alpaflor Gigawhite (A plant derived skin lightening agent that

reduces the appearance of age spots and promotes even skin tone.) & Sepiwhite (A molecule that has been scientifically proven to visually lighten pigmentation. It acts as a melanotropin inhibitor to help prevent the synthesis of melanin.



Four Sigmatic Chaga Mushroom Elixir Mix for immunity At Four Sigmatic, the company believes in the real magic of functional mushrooms like Reishi, Chaga, Cordyceps, and Lion's Mane, as well as other superfoods and adaptogens like rhodiola, eleuthero, and schisandra to help us live healthier, more enhanced lives. They make drinking mushrooms and superfoods delicious and easy-to-do with our Mushroom Coffees, Mushroom Superfood Blends, and Mushroom Elixirs.



Lulu's artisan chocolate 68—vegan, low glycemic and healthy Flavor meets function and eliminates



the excess sugar! In our constant quest for the best dark chocolate bars – with an overwhelming majority, Lulus' product line wins.

GT's Cocoyo, a coconut yogurt for probiotic health Vegan, Paleo, Dairy Free, High Probiotic, creamy yogurt.



Vital Proteins Collagen Creamer, A nutrient-dense flavorful touch to your favorite morning brew made with coconut milk and collagen peptides for skin, hair and nails.



Steaz Cactus Water, A natural hydration that's high in antioxidants and reduces inflammation. There's a new wave in hydration and it not only tastes great but it's packed with natural electrolytes, antioxidants, reduces inflammation and has other great health benefits of the cactus.



OUR MISSION

GreenAcres Market & Deli is your community Natural Foods Market committed to providing: Quality Education | Dedicated Customer Service | Fresh, Natural & Organic Products | A Unique Shopping Experience

In order to improve the health of our community one person at a time.

OUR VISION

To create a world where all people make healthy lifestyle and environmentally friendly choices.

ORGANIC PRODUCE DEALS

28 DAYS OF ORGANIC SAVINGS ON NO. 1 GRADE PRODUCE!

Our monthly produce features are selected from organic growers at peak season, when taste is best & prices are lowest! We also seek out local farmers who can deliver produce from farm to table, making the food you buy from us the freshest available.

ALL DEALS HONORED
FEB. 15TH!

CHECK YOUR STORE FOR ADDITIONAL WEEKLY SALES.

PRICES VALID 1ST-15TH

AVOCADOS



69¢
each

TOMATOES
ON THE VINE



\$2.49
per lb.

BROCCOLI



\$1.89
bunch

CARA CARA
ORANGES



\$1.49
per lb.

YELLOW
ONIONS



79¢
per lb.

CELERY



99¢
bunch

PRICES VALID 15TH-28TH

BLUEBERRIES
6 oz. bag



\$2.79
each

BLOOD
ORANGES



\$1.99
per lb.

PINK LADY
APPLES
3 lb. bag



\$3.99

NAVEL
ORANGES



\$1.09
per lb.

LEMONS



79¢
each

HOT HOUSE
TOMATOES



\$2.59
per lb.

Did you know?

Shopping local helps the environment

GROCERY SHOPPING MADE HEALTHY

ALTER ECO ORGANIC CHOCOLATE BARS 2.82 oz.



2 for \$6.00

BEANITOS GLUTEN-FREE BEAN CHIPS 5.5-7 oz.



2 for \$5.00

BLUE DIAMOND ARTISAN NUT-THIN CRACKERS 4.25 oz., Select Varieties



2 for \$6.00

COSMOS CREATIONS PREMIUM PUFFED CORN 6-7 oz.



2 for \$5.00

CRUNCHMASTER GLUTEN-FREE BAKED CRACKERS 4.5 oz.



\$2.69

AS SEEN ON SHARK TANK!

HONEST CHIPS YOU CAN EAT

COCONUT OIL POTATO CHIPS 5 oz.

RED HEIRLOOM POTATO CHIPS 5 oz.



JACKSON'S HONEST

2 for \$6.00

Jackson's is the world's first producer of coconut oil potato chips made with organic and heirloom potatoes, organic coconut oil, sea salt, and all natural spices. They are cooked in small batches, low and slow. Jackson's chips are Paleo-Friendly, vegan, and gluten free.

ORGANIC STANDARDS CLASSIC FLAVOR

ORGANIC PASTA SAUCE 25.5 oz.

ORGANIC CANNED TOMATOES 14.5 oz., Select Varieties



2 for \$3.00

2 for \$6.00

- BPA free lined cans
- USDA Certified Organic ^{2 for}
- Non- GMO Project Verified
- California grown tomatoes are harvested at their peak and canned within 8 hours



DR. BRONNER'S
ORGANIC VIRGIN
COCONUT OIL
14 oz.



\$8²⁹

DR. IN THE KITCHEN
FLAX SEED
FLACKERS CRACKERS
5 oz.



\$4⁴⁹

EDEN FOODS
ORGANIC
BPA-FREE BEANS
15 oz., Select Varieties



2 for
\$3⁰⁰

FLAX 4 LIFE
GLUTEN-FREE
FLAX BROWNIES
14 oz.



\$5²⁹

GINGER PEOPLE
CHEWY
GINGER CANDY
3 oz.



\$1⁹⁹

HU
ORGANIC STONE
GROUND CHOCOLATE
2.1 oz.



\$5⁹⁹

JUSTIN'S
ORGANIC MINI
PEANUT BUTTER CUPS
4.7 oz.



\$4⁹⁹

KIND
NUTRITION
BARS
Select Varieties



4 for
\$5⁰⁰

WE ♥ DARK CHOCOLATE

If you're going to eat it, buy it or bake with it, it should be dark, carry a high number and be low glycemic. So choose your chocolate wisely.

Dark chocolate is "healthier" than milk chocolate, with less carbs, less cholesterol, more iron, more magnesium and more healthy polyphenols. Aim for a higher percentage of cocoa, but remember, as the number goes up, the flavor intensifies, but the sweetness declines due to lower amounts of sugar added to the chocolate.

Chocolate with a higher cocoa percentage also has more flavonoids, which add to the pigment and offer potential health perks. Dark chocolate may offer the following health benefits:

- Potentially lowers blood pressure
- Decreases bad, or LDL, cholesterol levels
- Lowers risk of blood clots
- Increases blood flow throughout the body, including in arteries and in the heart
- Boosts mood thanks to increased serotonin and endorphin levels
- Supplies certain minerals such as magnesium and potassium that are vital to the body's functioning



Here are some of our customers' favorite chocolate bars:

Primal Chocolate's Midnight Coconut - no sugar added. 100% cacao. Organic, dairy free, soy free, paleo and vegan.

HU Salty Dark Chocolate - gluten free, no refined sugar, no cane sugar, no dairy, GMOs, emulsifiers or soy lecithins.

Equal Exchange Very Dark Chocolate - 71% cacao; fair trade and sourced from small farmer coops; organic chocolate liquor, unrefined cane sugar, cocoa butter and vanilla beans.

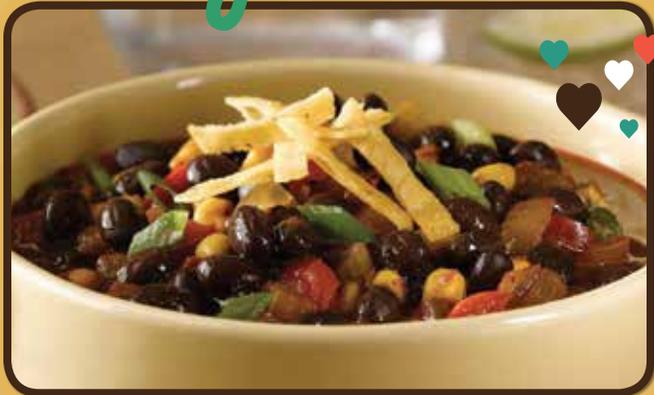
Lily's Dark Chocolate - Stevia sweetened; non GMO; no sodium; fair trade.

Lulu's Artisan Chocolate - 68% heirloom, arriba unroasted Ecuadorian cacao with pure vanilla bean; certified organic; coconut palm sugar; gluten free, soy free, dairy free.

Alter Eco Dark Blackout - Certified Organic, vegan, Fair Trade Certified, Non-GMO & Certified Gluten-Free.



WE LOVE easy meals!



With hectic weekday schedules, crockpots and instant pots offer us a delish, quick and easy way to have dinner on the table. They are simple to use and provide a hot dinner without hours at the stove. We love to make soups in ours and a fan favorite is this Slow Cooker Black Bean Tortilla Soup!

Ingredients

- 1 medium yellow onion, diced
- 3 cloves, garlic, minced
- 1/3 cup chopped cilantro
- Juice of 1 lime
- 1 bag Woodstock Farms frozen bell peppers
- 2 (15.25 oz) cans Field Day black beans, rinsed and drained
- 2 (14.5 oz) cans Muir Glen Organic Fire Roasted Diced Tomatoes, with juice
- 1 (23 oz) jar Muir Glen Organic Crushed Tomatillos
- 1 cup vegetable broth
- 1 cup Cascadian Fresh frozen corn
- 2 tsp ground cumin
- 2 tsp chili powder
- Salt and Pepper to taste
- Garnish with Food Should Taste So Good Multi-Grain Tortilla Chips, Organic Valley Shredded Mexican cheese (optional) & Organic Valley Sour Cream(optional)



Directions

1. Add all ingredients to a slow cooker and stir to combine. Cook for 3 hours on high heat or 6 hours on low heat.
2. Serve the soup warm with tortilla chips, shredded cheese and sour cream, if desired.

This soup will keep in the refrigerator in a sealed container for up to 4 days or can be frozen for up to 2 months in a freezer container.

Did you know?

Greenacres
is local &
family owned

DIVINE CHOCOLATE
FAIR TRADE
CHOCOLATE BARS
3.5 oz., Select Varieties



2 for
\$5.00

LOVE GROWN FOODS
GLUTEN-FREE
CEREAL
8-10 oz.



\$2.99

NAMASTE
GLUTEN-FREE
BAKING MIXES
26 oz., Select Varieties



\$5.69

MUNK PACK
VEGAN
PROTEIN COOKIE
2.96 oz.



2 for
\$4.00

LITTLE SECRETS
DARK CHOCOLATE
CANDIES
1.5 oz.



2 for
\$3.00

ORGANIC INDIA
SELECT
TEAS
18 ct., Select Varieties



\$3.99

PAMELA'S
GLUTEN-FREE
BAKING MIXES
24 oz., Select Varieties



\$6.49

We love Moroccan Beauty Oil



- ♥ Soothes Sensitive Skin
- ♥ Uplifts Tone
- ♥ Deep Moisturizer

WILD PLANET SUSTAINABLY CAUGHT TUNA
5 oz., Select Varieties



\$3.49

STEAZ ORGANIC ENERGY DRINK
12 oz.



\$1.69

TONY'S CHOCOLONELY FAIR TRADE CHOCOLATE BARS
6 oz.



\$3.49

SEVENTH GENERATION ALL-NATURAL DISH LIQUID
25 oz.



\$2.79

SKINNY POP ALL-NATURAL MICROWAVE POPCORN
8.4 oz.



\$3.99

TRADITIONAL MEDICINALS ORGANIC HERBAL TEA
16 ct., Select Varieties



\$3.99

THEO ORGANIC FAIR TRADE CHOCOLATE BAR
2.8-3 oz.



2 for **\$5.00**

CUSTOMER APPRECIATION PARTY

WE LOVE OUR CUSTOMERS!

- ♥ Chocolate, Cheese & Food Tastings
- ♥ Visit With Product Experts & Local Vendors
- ♥ Live Music, Free Goodies & More!



STOREWIDE SAVINGS
10% OFF
DURING EVENT

WE'D LOVE TO SEE YOU THERE!

SAT. FEB. 10

11AM-2PM
Wichita-Bradley Fair
Oklahoma City

TUE. FEB. 13

5PM-8PM
Kansas City | Lawton

SAT. FEB. 24

11AM-2PM
Wichita West

*10% off excludes sale items.
Activities vary by location.
Check your local store for details.*

We love : Bath time!

During this cold month, a warm bath sounds heavenly. Recent research indicates submerging in the bubbles might even have the same benefits as 30 minutes of exercise!

Researchers from U.K.'s National Centre for Sport & Exercise Medicine compared subjects which were either assigned to an hour-long session of cycling or an hour-long session in a 104-degree bath. Results showed that both groups experienced lower blood sugar levels, less inflammation and lower blood pressure. Researchers also concluded relaxing in the hot bath burns 130 calories, which is about the amount you'll burn on a half-hour walk!

We're not suggesting you give up exercise, but it wouldn't hurt to reap the benefits of a nice, long soak in the tub. GreenAcres staff loves adding the following to their tubs:

Dead Sea Warehouse Bath Salts

Known the world over for their therapeutic properties, Dead Sea Bath Salts have been used for centuries to provide relief for aches & pains, stress, muscle tension and dry, itchy skin.



Alaffia Lavender Bubble Bath

Non-irritating bubble bath prepared with ethically traded unrefined shea butter, soothing African yam, and lavender. For everyday use on normal to very dry skin.



One With Nature Rose Petal Salts

Skip the mess from petals, but enjoy the same intoxicating scent made with 100% Dead Sea Salts.



Or make your own Soaking Salts and mix together: 2 tsp vegetable glycerin, teaspoon Aura Cacia's Indulge essential oil blend & 1 cup sea salt.

We love Squalene Oil

- ♥ Promotes cellular turnover
- ♥ Enhances skin barrier
- ♥ Reduces appearance of surface lines

TYRELL'S ALL-NATURAL ENGLISH CHIPS 5.3 oz.



2 for \$6.00

TAZO ALL-NATURAL BLENDED TEA 20 ct., Select Varieties



\$3.39

WELLNESS ALL-NATURAL CAT FOOD 5.5 oz., Select Varieties



2 for \$3.00

PIRATE'S BOOTY BAKED RICE & CORN PUFFS 6-Pack



\$4.99

LATE JULY CLASICO TORTILLA CHIPS 5.5 oz.



2 for \$5.00

TRIPLE LEAF TRADITIONAL CHINESE TEA 20 ct., Select Varieties



\$3.29

Did you know?

We carry over 100 local products

BROWN COW
NON-GMO CRÈME
TOP YOGURT
32 oz.



\$3.29

**REFRIGERATED
& FROZEN DEALS**

LIBERTE
ORGANIC WHOLE
MILK YOGURT
5.5 oz.



2 for
\$3.00

ORGANIC VALLEY
GRASS-MILK
YOGURT
6 oz.



2 for
\$3.00

SO DELICIOUS
NON-DAIRY
COCONUT MILK
64 oz., Select Varieties



\$2.99

TOFURKY
VEGAN
DELI SLICES
5.5 oz., Select Varieties



\$2.79

TABLE 5
CORNMEAL
CRUST PIZZA
12.5 oz.



\$5.49

HENRY & LISA'S
ALL-NATURAL
FISH NUGGETS
12 oz



\$6.49

GREEK GODS
INDULGENT
YOGURT
5.3 oz.



\$1.39

WE LOVE LOCAL!

- Exclusive Lucky Star Farms
- Exclusive Cheney Lake Farms
- Little Bits Cookies
- Holmes Made Salsa & Jams
- Fowlers Honey
- Cozy Leaf Tea
- Ducken Farms Eggs
- Blacksmith Coffee
- Grannie's Mustard
- Joly Jalapa Burger Mix
- Bagatelle Bakery
- Jason Wiebe Cheese
- Delano Bread
- Scott Quail Kansas Eggs
- Hildebrand Milk
- Brand's Fine Foods Jellies
- & Many More. Check local stores!



Did you know?

Buying local returns 3 times more money to your local economy than shopping at a big box chain

• SHOP LOCAL •



Better Brain Health IN 2♥18

Improving Brain Health is a hot topic these days and we often think of the two ends of the spectrum:

- ADD and ADHD in children &
- Alzheimer's and Dementia in adults.

However, in today's environment maximizing brain function can help every person regardless of age.

Did you know that many children are already having memory & sleep issues? "Where did I leave my back pack?"—"I can't concentrate."

Adults can be consumed with anxiety and nervous exhaustion brought on by working long hours, carrying heavy workloads & the stress of world events. They may think they're getting by, but underneath the surface, problems may be brewing that can lead to loss of effectiveness on the job, failing relationships and overall anxiety and depression.

What is the underlying reason we are seeing so much brain distress? We took it to the expert, in this case, Veronica Seberger, an RN, BSN, BCN and a board-certified neurofeedback specialist who works with her husband, James Seberger, MD, PhD, at Cognitive Performance & Health in Wichita, KS.

www.cognitiveperformancehealth.com

The Sebergers feel the no. 1 problem affecting the brain is Inflammation brought on by poor diet, inactive lifestyle, nutritional deficiency and an unhealthy gut.

They recommend two levels of analysis to determine the true function of your brain & to help support optimum performance.



1. MEASURING BRAIN FUNCTION!

If you have any concerns about how you are doing, you can have your brain activity mapped. These scientific tests can measure anxiety, sleep disruption, food intolerance, inflammation and even constipation! Quantitative assessment can be measured from 19 channels of brain activity.

Once you have been tested, a protocol can be developed to help you retrain your brain and get

back on track mentally. Neurofeedback treatments can also speed up brain function. Seberger attests that improvement can easily be attained in eight to 10 sessions with a trained professional.

To find a local practitioner in your area, visit bcia.org

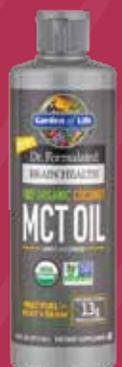
2. LIFESTYLE CHOICES DO MATTER

- Start with Diet. Eat fresh, organic vegetables
- Limit your consumption of refined sugar, junk foods and fast food.
- Reduce caffeine & alcohol consumption
- Supplement with a comprehensive probiotic
- Take MCT Oil to support good fats feeding the brain

- Physical Exercise—it builds brain function along with body muscle
- Brain Exercise—challenge your brain with puzzles, quizzes, crosswords & luminocity type exercises. Every age benefits from this activity

The key to these recommendations working is—Stay consistent. Don't start and stop. A healthy lifestyle will begin to build healthy brain patterns that over time will become your norm.

Nutrient levels also can be measured to find your status. Dietary supplements can cover missing nutrients, fight inflammation and rebuild your intestinal health.



HEALTH & BEAUTY

AURA CACIA SELECT PRODUCTS



30%
OFF MSRP

HOME HEALTH SELECT PRODUCTS



30%
OFF MSRP

MINERAL FUSION SELECT ITEMS



20%
OFF MSRP

Did you know?

We have local
brands in all
departments

We love Marula Oil

- ♥ Rich in Proteins
- ♥ Lightweight Easy to Absorb
- ♥ Great for Dry Skin & Split Ends



Essential Oil

-FEATURED DUO OF THE MONTH-

DEFLAME

Camphor
+ Lavender
Essential Oil



Duo Pack
Saves You Over
\$6 Off MSRP!

While Supplies Last

\$11.69

HEADACHE RELIEF

A smooth blend can help chase away the headaches. Just rub it into the temples and the palms of your hand and inhale deeply for a few minutes.

Mix the following Ingredients

- 5 drops Camphor Essential Oil
- 5 drops Lavender Essential Oil
- ½ oz Jojoba Oil

BRIGHTER SWISH & SMILE



NOW® XyliWhite™
Mouthwash is an effective
fluoride-free oral rinse
that works in unique ways
to help you achieve a
smile that's healthier and
brighter than ever before!

- Naturally freshens breath
- Cleanses teeth and gums
- Has cleansing properties from clinically proven xylitol

NATURAL FRESH ORGANIC
2X
POINTS

30%
OFF MSRP



MICHAEL'S
SELECT HEART
HEALTH PRODUCTS



25%
OFF MSRP

AMERICAN HEALTH
SELECT
ESTER C



30%
OFF MSRP

CURCUMIN
SELECT
PRODUCTS



30%
OFF MSRP

SOLGAR
SELECT HEART
HEALTH PRODUCTS



30%
OFF MSRP

GARDEN OF LIFE
SELECT
PRODUCTS



30%
OFF MSRP

IRWIN NATURALS
SELECT
PRODUCTS



30%
OFF MSRP

NATURAL FRESH ORGANIC
2X
POINTS

ANCIENT NUTRITION FOR A MODERN WORLD



ANCIENT
NUTRITION

SELECT
PRODUCTS

25%
OFF MSRP



Our mission is to restore our health, strength and vitality by providing history's healthiest whole food nutrients to the modern world.

- Jordan Rubin | Co-Founder, Ancient Nutrition

WE ♥ TO BE PAIN FREE

Genacol

SELECT
GENACOL LIQUID

**Genacol Original
Liquid Formula**

- Reduces joint pain
- Assists in the formation of connective tissue
- Contributes to the development and maintenance of cartilage.
- Easily absorbed liquid formula



15%
OFF MSRP

NATURAL VITALITY
SELECT
PRODUCTS



30%
OFF MSRP

KYOLIC
SELECT
ITEMS



30%
OFF MSRP

AMAZING GRASS
SELECT
PROTEINS



30%
OFF MSRP

NORDIC NATURALS
SELECT HEART
HEALTH PRODUCTS



25%
OFF MSRP

SMARTY PANTS
SELECT
PRODUCTS



30%
OFF MSRP

JARROW
UBIQUINOL
QH



25%
OFF MSRP

KICKSTART YOUR
HEART



30%
OFF MSRP

SELECT
PRODUCTS



Dedicated to formulating safe and effective products and manufacturing them to the highest quality standards, day in and day out.

CBD & Brain Health

In our January newsletter we wrote about CBD Oil and its effects on pain relief, stress and inflammation. This month we'll continue our discussion listing its positive effect on mental health.

To recap, CBD Oil, a cannabidiol, is a substance in great demand and valued because it contains none of the psychoactive ingredients of THC, a compound found in marijuana which can cause paranoia and memory impairment in some people.

CBD Oil, on the other hand, appears to counteract the sleep-inducing effect of THC and has come to the attention of the medical community and the public at large for its therapeutic value, very low toxicity and generally-benign side effects.

We know CBD Oil:

- Relieves pain and inflammation
- Has antipsychotic effects
- Reduces anxiety
- Helps fight cancer
- Relieves nausea
- Has been known to treat seizures and other neurological disorders



But how does it specifically improve brain health?

Brain Booster

CBD makes the mitochondria in your cells more efficient, which provides them with more energy. The brain is a very energy-dependent organ, so the more power in the cells, the more power in the brain.

Protects The Brain From The Effects Of Aging

As we age, our bodies collect what are known as free radicals from the foods we eat and the environment we live in. It's unavoidable, and over time, these free radicals cause damage to our cells - especially in the brain. That same oxygen-cleansing ability of CBD that makes our brains run more efficiently also cleans out these free radicals as they build up. Preventing cell damage, prevents the effects of aging.

Fights Degenerative Neurological Conditions

One of the factors of neurodegenerative diseases like Alzheimer's is inflammation in the brain. CBD prevents that inflammation by supporting the body's natural endocannabinoid system.

Emotional Stability

CBD naturally increases the receptors in the brain's ability to function properly, which combats depression and anxiety.

Psychological Benefits

CBD compounds have even been shown to control symptoms of mental disorders like schizophrenia.

We don't yet know CBD's full potential for aiding the treatment of a variety of mental and emotional disorders, but you can bet research to uncover the full scope of CBD's therapeutic potential will continue. We're living on the cutting edge of a great discovery. Stay tuned.



• GREENACRES DELI •

MADE FROM SCRATCH, ORGANIC, NATURAL & FRESH GLUTEN FREE, VEGAN & PALEO

These are just a few phrases we use on a daily basis to describe our delicious delis in our larger stores. We believe that health starts with what you eat. We also realize we all live incredibly busy lives so we don't always have time to "make it from scratch" ourselves at home—so the GreenAcres deli is here to help.

Most of our recipes have unique flavor combinations that we've developed in our GreenAcres kitchens over 24 years. Come enjoy any combination of:

POT PIES & BIEROCKS



Our signature Pot Pies are amazing. We use either free range chicken, grass fed beef & fresh veggies and pack them full of flavor (we also have a Gluten Free Chicken Pot Pie). Each one is handmade. Our bierocks have grass fed beef, cabbage, spices & are also handmade to enjoy.

HOUSE MADE SALADS



Such as wild caught tuna & white bean, wild caught salmon, signature free range chicken salad, roasted roots, and many more. Package them to take with you or relax & eat in our café

SOUP & SALAD BAR



Our stores feature a fresh, natural & organic salad bar, along with grab n go salads & soups. All of our soups are made from scratch and so rich with flavor

SIGNATURE SANDWICHES



Made with all-natural meats & cheeses combined with special sauces & aiolis, loaded with veggies & served between local artisan bread slices or as wraps. Come try the "Hood" or the "Give Thanks" featuring turkey, cranberry & housemade creamcheese spread or create your own!

JUICES & SMOOTHIES



Are you still working on that new years resolution? Well juicing &/or smoothies are now a year round healthy option! We've crafted some of the best combinations to provide optimum nutrient value & flavor all in one. Or customize your own!

FRESH BAKED GOODS



Our cases are full of unique handcrafted baked goods! Magic bars, garden cake, paleo balls, vegan specialties & a wide variety of gluten free, vegan & paleo cookies. Yummy!

GreenAcres Market made a commitment 24 years ago to deliver only the best, most nutritious, sustainable, all natural & organic food. As Barb Hoffmann, our CEO, always says, "If we don't focus on quality & flavor and prepare the best for our customers, why do it at all?!"

That commitment holds true today. There are no short cuts when it comes to our deli and hot case menus. Everything is prepared daily in our store kitchens and served immediately to our hungry customer-guests. Keep an eye out on our ever-expanding grab n go—because we

know sometimes you want something quick & we want you to choose something healthy & delicious. Want to bring us to the office? Pick up a catering menu or check out our menu online! Box lunches, catering trays are all available.

selection varies by store

FEBRUARY BONUS BUYS

BONUS BUYS are items that we have negotiated with vendors to offer at a 35% discount or more!

ANDALOU
BODY
LOTIONS



BUY ONE
GET ONE FREE

KAL
BLOOD SUGAR
DEFENSE
60 ct.



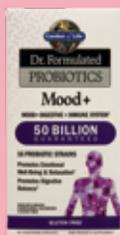
\$15⁸⁹

SOLARAY
TURMERIC
60 ct.



\$10⁶⁹

GARDEN OF LIFE
DR. FORMULATED
MOOD PROBIOTIC
60 ct.



\$30⁵⁹

ESTER C
1000 MG
90 ct.



\$16³⁹

BADGER
LIP
BALMS



BUY ONE
GET ONE FREE



GARDEN OF LIFE
MCT OIL
16 oz.

\$15⁵⁹

WE ♥ MCT OIL

We call it the "good fat effect."

MCT Oil is a medium chain Triglyceride found in coconut oil that raises fat-burning, brain-fueling molecules in the body called ketones. Roughly 65% of Omega 6 fatty acids in coconut oil are MCTs, and are largely missing from Western diets because for years the public was led to believe that all forms of saturated fats were harmful.

After the success of Garden of Life's all-natural coconut oil (available in all 7 stores) They have followed up with the targeted MCT Oil. We know from experience that Garden of Life's products are never hydrogenated & made with the highest quality ingredients, non-GMO and organic. With the recent increasing popularity of Ketogenic diets for weight loss and "Bullet Proof" diets that are high in MCTs, it made sense for Garden of Life to also offer a premium quality 100% Organic Coconut MCT Oil for those seeking the benefits of higher MCTs in their diet.

The key difference between regular coconut oil and MCT coconut oil is that coconut oil contains 62-65% MCTs versus 100% in MCT Oil. So for those seeking the benefits of consuming higher amounts of MCTs, this is a significant benefit.

MCT Oil:

- Supports Healthy Digestion
- Enhances Weight Loss & Management
- Provides Energy for High Intensity & Endurance
- Feeds Brain Cells

Interested in taking MCT Oil? Some people take MCT Oil straight from the spoon, but start off with half a teaspoon and work up to 1 Tablespoon daily. Or, you could add to protein smoothies, add to coffee, use it as a salad dressing or use it in recipes (in place of coconut oil use approximately one-third of the amount of MCT oil).

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