

# MOTHER NATURE'S MARKET & *Deli*

## JULY 2021

# FLYER

### SAFE SHOPPING

1. Please wear a mask for in store shopping and maintain social distance. Protect our Employees and the Community 😊
2. Mother Nature's still offers delivery and curbside pick-up. Details are posted on our website ... [www.mothenaturesbc.ca](http://www.mothenaturesbc.ca) email us: [shopping@mothenaturesbc.ca](mailto:shopping@mothenaturesbc.ca)

FIND US ONLINE! [www.mothenaturesbc.ca](http://www.mothenaturesbc.ca)



@mothenatures\_market



@MotherNaturesMarketandDeli

 <p><b>ORGANIC GRAPES</b> MEXICO</p> <p>GREEN, RED &amp; BLACK!</p> <p><b>\$5.97/LB</b></p>	<p><b>SISU BRAND</b> NUTRITIONAL SUPPLIMENTS</p>  <p><b>ALL 20% OFF</b></p>	<p><b>ORGANIC SUNSCREEN</b> BADGER</p>  <ul style="list-style-type: none"> <li>✓ CLEAR ZINC OXIDE</li> <li>✓ REEF FRIENDLY</li> <li>✓ SUSTAINABLE</li> <li>✓ B-CORP CERTIFIED</li> </ul> <p><b>\$16.97/87ml</b></p>
<p><b>NON-ALCOHOL CRAFT BEER</b> SOBER CARPENTER</p>  <ul style="list-style-type: none"> <li>✓ GREAT TASTING ALTERNATIVE TO REGULAR BEER!</li> <li>✓ AROUND 60 CALORIES PER CAN</li> <li>✓ CANADIAN COMPANY</li> </ul> <p><b>\$2.97/473ml</b></p>	<p><b>LOCAL</b></p> <p><b>SAUSAGES</b> BERRYMAN BROTHERS</p>  <ul style="list-style-type: none"> <li>✓ FRESH &amp; HEALTHY</li> <li>✓ PASTURE RAISED</li> <li>✓ HIGHEST QUALITY!</li> </ul> <p><b>10% OFF</b></p>	<p><b>LOCAL</b></p> <p><b>ORGANIC ZUCCHINI SQUASH</b> BC</p>  <p><b>\$2.97/LB</b></p>
<p><b>LOCAL</b></p> <p><b>BREAKFAST LINKS</b> BIG MOUNTAIN FOODS</p>  <ul style="list-style-type: none"> <li>✓ VEGAN</li> <li>✓ ARTISAN</li> <li>✓ FAMILY COMPANY</li> </ul> <p><b>\$6.29/300g</b></p>	<p><b>ORGANIC TOASTER PASTRIES</b> NATURES PATH</p>  <ul style="list-style-type: none"> <li>✓ NO HIGH FRUCTOSE CORN-SYRUP</li> </ul> <p><b>\$4.24/312g</b></p>	<p><b>TONIC WATER</b> FEVER TREE 4PK</p>  <ul style="list-style-type: none"> <li>✓ HIGH QUALITY FLAVOURS &amp; INGREDIENTS</li> </ul> <p><b>\$6.29/4PK</b></p>

STAY HEALTHY – MOTHER NATURE'S MARKET

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## JULY 2021

## Sales

<p><b>HAPPY PLANET</b> CLEAN PROTEIN SMOOTHIES</p>  <ul style="list-style-type: none"> <li>✓ NON-GMO</li> <li>✓ PLANT BASED</li> <li>✓ PEA PROTEIN</li> <li>✓ GLUTEN FREE</li> </ul> <p><b>\$4.74/900ml</b></p>	<p><b>ORGANIC</b> <b>SUNFLOWER SEEDS</b> BULK</p>  <ul style="list-style-type: none"> <li>✓ B-CORP CERTIFIED</li> <li>✓ RAW</li> </ul> <p><b>\$1.07/100g</b></p>	<p><b>ORGANIC</b> <b>GREEK YOGURT</b> GREEK GODS</p>  <ul style="list-style-type: none"> <li>✓ LIVE CULTURE</li> <li>✓ GLUTEN FREE</li> <li>✓ KOSHER</li> <li>✓ NO GROWTH HORMONES</li> </ul> <p><b>\$4.99/500g</b></p>
<p><b>GOAT MILK FETA</b> WOOLWICH</p>  <ul style="list-style-type: none"> <li>✓ ARTISAN STYLE FETA</li> <li>✓ 100% CANADIAN GOAT MILK</li> </ul> <p><b>\$7.19/200g</b></p>	<p><b>WILD CAUGHT MAPLE</b> <b>SOCKEYE NUGGETS</b> WEST COAST SELECT</p>  <ul style="list-style-type: none"> <li>✓ OCEAN WISE</li> <li>✓ AWARD WINNING</li> </ul> <p><b>\$16.23/227g</b></p>	<p><b>DEODORANT STICK</b> JASON</p>  <ul style="list-style-type: none"> <li>✓ ALL DAY ODOR PROTECTION</li> <li>✓ CRUELTY-FREE</li> <li>✓ NO GMOS</li> <li>✓ NO PARABENS</li> <li>✓ NO PHTHALATES</li> </ul> <p><b>\$5.49/71g</b></p>
<p><b>PLANT-BASED CHEESE</b> THE CULTURED NUT</p>  <ul style="list-style-type: none"> <li>✓ ARTISAN</li> <li>✓ SMALL BATCH</li> <li>✓ VEGAN</li> <li>✓ VICTORIA, BC!</li> <li>✓ SOY FREE</li> <li>✓ GLUTEN FREE</li> </ul> <p><b>\$10.89/190g</b></p>	<p><b>PLANT BASED BURGERS</b> FIELD ROAST</p>  <ul style="list-style-type: none"> <li>✓ HANDCRAFTED</li> <li>✓ NON-GMO</li> <li>✓ CARBON NEUTRAL</li> <li>✓ VEGAN</li> </ul> <p><b>\$8.97/368g</b></p>	<p><b>ORGANIC</b> <b>SHAMPOO &amp; CONDITIONER</b> CARINA ORGANICS</p>  <ul style="list-style-type: none"> <li>✓ 100% NATURAL &amp; SYNTHETIC FREE</li> <li>✓ VEGAN &amp; CRUELTY FREE</li> <li>✓ MANUFACTURED IN VANCOUVER!</li> </ul> <p><b>\$12.29/360ml</b></p>
<p><b>POPCORN</b> ANGIES BOOM CHICKA POP</p>  <ul style="list-style-type: none"> <li>✓ NON-GMO</li> <li>✓ WHOLE GRAIN</li> <li>✓ GLUTEN FREE</li> <li>✓ FEEL GOOD SNACK</li> </ul> <p><b>\$4.49/130g</b></p>	<p><b>ORGANIC</b> <b>UNPASTURIZED SAUERKRAUT</b> KARTHEINS</p>  <ul style="list-style-type: none"> <li>✓ FERMENTED &amp; RAW</li> <li>✓ NATURALLY OCCOURING DIGESTIVE ENZYMES</li> </ul> <p><b>\$9.99/750ml</b></p>	<p><b>LAUNDRY DETERGENT STRIPS</b> NATURE CLEAN</p>  <ul style="list-style-type: none"> <li>✓ ZERO PLASTICS!</li> <li>✓ LESS MESS</li> <li>✓ LESS HASSLE</li> <li>✓ 100% RECYCLED PACKAGING</li> </ul> <p><b>\$15.87/67g</b></p>

While supplies last. No rain checks. Restrictions may apply