

MOTHER NATURE'S MARKET & *Deli*

October 2021

FLYER

SAFE SHOPPING

1. Please wear a mask for in store shopping and continue to 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 email us: shopping@mothenaturesbc.ca

FIND US ONLINE! www.mothenaturesbc.ca



@mothenatures_market



@MotherNaturesMarketandDeli

<p>LOCAL</p> <p>GRANOLA BAR ORIGIN BAKERY</p>  <p>✓ 100% CERTIFIED GLUTEN-FREE</p> <p>\$3.79/EA</p>	<p>SISU BRAND NUTRITIONAL SUPPLIMENTS</p>  <p>ALL 20% OFF</p>	<p>ORGANIC CRANBERRIES FRESH</p>  <p>✓ ORGANIC • BIOLOGICAL British Columbia Certified Organic</p> <p>2/\$6 227g</p>
<p>ARTISAN CHEESE LOUIS D'OR</p>  <p>✓ FROMAGERIE DU PRESBYTERE ✓ FIRM RIPENED ✓ RAW COW MILK ✓ NUTTY & FRUITY</p> <p>\$6.29/100g</p>	<p>LOCAL</p> <p>ORGANIC WINTER SQUASH BC</p>  <p>\$1.97/LB</p>	<p>ORGANIC CRANBERRY SAUCE EARTHS CHOICE</p>  <p>✓ BPA FREE LINING ✓ HIGHEST STANDARD OF CRANBERRIES!</p> <p>\$2.74/348ml</p>
<p>ORGANIC PUMPKIN PIE MIX FARMERS MARKET</p>  <p>✓ BPA FREE LINING ✓ NON-GMO ✓ BIG 8 ALLERGEN-FREE</p> <p>\$2.99/398ml</p>	<p>LOCAL</p> <p>5 MUSHROOM CHOCOLATE HARMONIC ARTS</p>  <p>✓ 100% CERTIFIED ORGANIC ✓ RICH HEIRLOOM CACAO ✓ NOURISHING</p> <p>\$18.99/160g</p>	<p>ORGANIC OAT MILK EARTHS OWN</p>  <p>✓ SOURCE of PROTEIN, FIBRE & CALCIUM!</p> <p>\$2.99/946ml</p>

STAY HEALTHY – MOTHER NATURE'S MARKET

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Sales

<p>CLIF BAR ENERGY BAR</p>  <ul style="list-style-type: none"> ✓ QUICK NUTRITION FOR SUSTAINED ENERGY ✓ 70% ORGANIC INGREDIENTS ✓ PLANT BASED <p>\$1.39/68g</p>	<p>ENER-C ELECTROLYTE DRINK</p>  <ul style="list-style-type: none"> ✓ MULTI-VITAMIN DRINK MIX ✓ SUPPORTS IMMUNITY, ENERGY & HYDRATION <p>\$14.39/30PK</p>	<p>SOUP HAPPY PLANET</p>  <ul style="list-style-type: none"> ✓ GLOBALLY INSPIRED, TRADITIONALLY MADE FRESH SOUPS <p>\$5.89/650ml</p>
<p>COFFEE LEVEL GROUND</p>  <ul style="list-style-type: none"> ✓ ORGANIC ✓ FAIR-TRADE ✓ SMALL BATCH ROASTED IN CANADA <p>\$9.17/300g</p>	<p>CHOCOLATE BARS ENDANGERED SPECIES</p>  <ul style="list-style-type: none"> ✓ HAS DONATED OVER \$2.6 MILLION TO CONSERVATION PARTNERS SINCE 2016 <p>\$3.94/85g</p>	<p>ORGANIC VANILLA EXTRACT SIMPLY ORGANIC</p>  <ul style="list-style-type: none"> ✓ ORIGINAL OR ALCOHOL FREE! ✓ MADAGASCAR VANILLA BEANS ✓ NO SUGAR ADDED <p>\$24.97/118ml</p>
<p>ORGANIC KOMBUCHA GT'S LIVING FOODS</p>  <ul style="list-style-type: none"> ✓ NATURALLY OCCOURING PROBIOTICS & ENZYMES <p>\$3.89/480ml</p>	<p>ORGANIC APPLE SAUCE EDEN</p>  <ul style="list-style-type: none"> ✓ JUST APPLES, NOTHING ELSE! <p>\$5.24/398ml</p>	<p>ORGANIC CANE SUGAR LEVEL GROUND</p>  <ul style="list-style-type: none"> ✓ DIRECT FAIR TRADE GROWN IN COLUMBIA ✓ MADE FROM 3 TYPES OF SUGAR CANE ✓ UNREFINED <p>\$6.49/500g</p>
<p>FROZEN FRUITS & VEGGIES STAHLBUSH</p>  <ul style="list-style-type: none"> ✓ SUSTAINABLE, EARTH FRIENDLY FARMING ✓ NON-GMO <p>15% OFF</p>	<p>WILD BOAR BRATWURST HILLS</p>  <ul style="list-style-type: none"> ✓ NO FILLERS / BYPRODUCTS ✓ GLUTEN FREE ✓ WILD BOAR & PREMIUM PORK <p>\$11.19/4pk</p>	<p>LAUNDRY WASH ECO MAX</p>  <ul style="list-style-type: none"> ✓ VEGAN FRIENDLY ✓ BIO-DEGRADABLE ✓ PLANT BASED ✓ SEPTIC SAFE <p>\$18.99/3L</p>
<p>PARCHMENT PAPER IF YOU CARE</p>  <ul style="list-style-type: none"> ✓ UNBLEACHED ✓ CHLORINE FREE ✓ GREASE PROOF <p>\$7.99/70sq ft</p>		

While supplies last. No rain checks. Restrictions may apply