



**GREENACRES
MARKET**

JULY SALES 2020

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BASICS**

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GREENACRES.COM



Let's Get Back to Basics

In July we celebrate freedom. As we have dealt with the Covid-19 virus and all the precautions that went along with staying safe, our new normal continues to be developed. The one thing we can feel good about is our freedom to take control of our own health to be as strong as we can to face the threat of illness. During the past few months, we have embraced immune-supporting nutrients like Vitamin C, Vitamin D3, Zinc, Elderberry and others. As well as stress reducing supplements like Theanine & Ashwaganda.

So, let us look at the foundation nutrients that will carry us forward and keep us on the path of wellness. The most common questions for our GreenAcres' staff members are as follows:

★ ★ BUILDING YOUR HEALTHY NUTRITIONAL FOUNDATION:

- **Multivitamin**
- **Omega-3 supplement**
- **Probiotic**
- **Green Superfoods**

Your foundation can be simple or complex depending on your age, your current health status or your budget. We are here to help you choose wisely.

WHAT DO YOU GET WITH YOUR FOUNDATION SUPPLEMENTS?

- **Multivitamins** will provide you with basic micronutrients for cellular function and body repair. They provide the catalyst for all body processes.
- **Omega-3 supplements** have anti-inflammatory properties and provide nourishment for brain and eyesight.
- **Probiotic supplements** offer healing support for your digestion. A healthy digestion will boost your immunity, fight allergies and help you get the most value from the foods you eat.
- **Green superfoods** provide missing plant-based ingredients that serve as protective antioxidants and create cellular energy. These four superhero supplements will offer a well-rounded base for your healthy lifestyle.

WHY SUPPLEMENTS?

In a perfect world we would obtain all the nutrition we need from our food we eat. But with the current issues in our food supply chain, busy family schedules, skipped meals and other challenges, it is easy to miss important nutrition.



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.



ORGANIC PRODUCE SPECIALS

ORGANIC SAVINGS ON NO. 1 GRADE PRODUCE!

LOOK FOR THE **NEW**
LOWER PRICES
BI-WEEKLY FLIER



IN STORES AND ON SOCIAL MEDIA!

HAPPINESS IN A BOWL

BALANCES MOOD, BLOOD SUGAR AND PROVIDES ESSENTIAL MINERALS

INGREDIENTS

- 7 medium beets (any color)
- $\frac{3}{4}$ tsp salt, divided
- 6 oz. raspberries, divided
- 2 Tbs orange juice
- $\frac{1}{2}$ cup chopped fresh mint
- $\frac{1}{3}$ cup chopped pistachios
- Pinch of black pepper
- $\frac{1}{4}$ cup plus 2 Tbs olive oil, divided
- 1 cup green or brown lentils
- 3 Tbs red wine vinegar
- 1 small shallot (thinly sliced)
- $\frac{1}{4}$ cup chopped fresh parsley
- $\frac{1}{4}$ cup sunflower seeds
- Zest of $\frac{1}{2}$ orange

DIRECTIONS

1. Preheat oven to 425°. On a large sheet of foil, rub beets with 1 tablespoon oil and season with $\frac{1}{8}$ teaspoon salt. Wrap in the foil, and roast in oven for 45 minutes, until tender. (Some larger beets might take 10–20 minutes more.) Unwrap and let cool; then peel and cut into wedges. Place in a large bowl.
2. Place lentils in a small saucepan and cover with plenty of water. Bring to a boil, then cover and simmer 15–20 minutes (al dente). Drain well, and stir in 1 tablespoon olive oil, $\frac{1}{2}$ teaspoon salt and a pinch of pepper. Set aside to cool.
3. In a small bowl, mash $\frac{1}{2}$ cup packed raspberries with $\frac{1}{4}$ cup oil to make a chunky sauce. Whisk in vinegar, orange zest and juice, and $\frac{1}{8}$ teaspoon salt. Pour over beets, and toss. Add sliced shallot, remaining raspberries, mint and parsley; toss again.
4. To serve, spoon $\frac{1}{2}$ cup lentils into each of four bowls. Arrange beet mixture on top, and garnish with pistachios and sunflower seeds.



1907
NEW ZEALAND
ARTESIAN WATER
1 liter



2/\$3

GROCERY SHOPPING MADE HEALTHY

BRAD'S PLANT BASED
ORGANIC
CRUNCHY KALE
2 oz.



\$3⁹⁹

ARK NATURALS
BRUSHLESS DENTAL
CHEWS
12 oz.



\$9⁴⁹

BEANITOS
BAKED GLUTEN-FREE
BEAN CHIPS
4.5 oz.



2/\$5

BOULDER CANYON
AVOCADO OIL CHIPS
5.25 oz.



2/\$6

BULLETPROOF
BRAIN OCTANE
MCT OIL
16 oz.



\$19⁹⁹

BALANCE *with Healthy Minerals*

NATURALLY ALKALINE
SPRING WATER
16.9 oz.



5/\$5

- Eco-friendly packaging
- Naturally occurring spring water minerals
- Alkaline pH of +/8.1 •Choose from flavored or plain water

CHEF'S CUT
ZERO SUGAR
DRIED BEEF
1.7 oz.



\$4⁹⁹

CLEAN CAUSE
ORGANIC NO SUGAR
YERBA MATE
16 oz.



2/\$4

COOMBS FAMILY FARMS
ORGANIC
MAPLE SYRUP
12oz.



\$8⁹⁹

PUR
XYLITOL GUM
55 Count



\$2⁹⁹

DANG
THAI RICE CHIPS
3.5 oz.



\$2⁷⁹

ENDANGERED SPECIES
CHOCOLATE
OAT MILK
CHOCOLATE BARS



2/\$5

NIXIE SPARKLING
ORGANIC FLAVORED
SPARKLING WATER
8 ct.



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FOOD SHOULD TASTE GOOD
GLUTEN-FREE
TORTILLA CHIPS
5.5 oz.



2/\$4

FROM THE GROUND UP
GLUTEN-FREE
CAULIFLOWER STALKS
4 oz.



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HARVEST BAY
ALL-NATURAL
COCONUT WATER
33.8 OZ.



\$3⁴⁹

HIGH BREW COFFEE
COLD BREW COFFEE
8 oz.



2/\$4

HIPPEAS
ORGANIC
CHICKPEA PUFFS
4 oz.



2/\$5

EVAMOR
NATURALLY ALKALINE
ARTESIAN WATER
64 oz.



2/\$4

KITU
KETO PROTEIN
& MCT COFFEE
12 oz.



2/\$5

LATE JULY
ORGANIC
POTATO CHIPS
5 oz.



\$2⁹⁹

LATE JULY
ORGANIC RESTAURANT
TORTILLA CHIPS
11 oz.



\$2⁹⁹

LENNY & LARRY'S
GLUTEN-FREE
KETO COOKIES



\$1⁸⁹

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- ✓ CURBSIDE PICKUP
- ✓ ESSENTIAL
- ✓ SHOP ONLINE
- ✓ FAST DELIVERY

HINT WATER
FRUIT ESSENCE
INFUSED WATER
16 oz.



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EVOLVE
PLANT BASED PROTEIN
DRINK
4 ct.



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MOON CHEESE
GLUTEN-FREE
CHEESE BITES
2 oz.



2/\$7

PRIMAL KITCHEN
ORGANIC KETCHUP
11.3 oz.



\$4⁶⁹

COUNTRY ARCHER
BEEF & TURKEY JERKY
2.5 oz.



\$5³⁹

Q DRINKS
CARBONATED
DRINK MIXERS
16.9 oz.



\$2²⁹

REPURPOSE
COMPOSTABLE
PAPERWARE
20 ct., Select Varieties



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RUNA
CLEAN ENERGY
DRINK CANS
12 oz.



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CUSTOMER

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JUST JUICE
32 oz., Select Varieties



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RXBAR
WHOLE FOOD
PROTEIN BAR
Select Varieties



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POWER SHOT
2 oz.



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NATURAL ALKALINE
SPRING WATER
20.28 oz.



99¢

SUNFOOD
**ORGANIC
GOJI BERRIES**
8 oz.



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TEATULIA
**ORGANIC
TEA SODAS**
12 oz.



2/\$3

THE GOOD CRISP
**GLUTEN FREE
POTATO CRISPS**
5.6 oz.



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TOHI
**ANTIOXIDANT
BEVERAGE**
12 oz.



\$2⁹⁹

VIRGIL'S
ZERO SUGAR SODA
6 ct.



\$6⁷⁹

WILDE
**CHICKEN BREAST
CHIPS**
2.25 oz.



\$3⁷⁹

WOODSTOCK
**ORGANIC RAW
ALMONDS**
7.5 oz.



\$8⁹⁹

WATERLOO
**ALL-NATURAL
SPARKLING WATER**
12 ct., Select Varieties



\$3⁹⁹

ABANDON *the* CARBS

Time to Abandon the Carbs... Again | Are you suffering from months of bingeing on comfort foods? Consuming any breads, pastas & chips you can find? It's been a rough season for maintaining diets & as we prepare for our summer road trip vacations – there are 3 easy ways to “convert” your sandwiches into gluten free, nutrient packed snacks!

Butter Lettuce | Perfectly sized and shaped like a cup, butter lettuce's delicate taste, sturdy leaves and soft texture ensure an excellent container for loose sandwich fillings, such as ground turkey, cheese, fresh sprouts or cooked quinoa. Bonus: Butter lettuce delivers ample vitamin K and vitamin A.

Portobello Mushrooms | Packed with potassium, fiber and even a bit of protein, portobellos can handle hefty sandwich items such as grilled chicken breast, sliced cheese and avocado. Place fillings between two mushroom caps and wrap in parchment paper for transport. Not a fan of the texture or raw flavor? Coat in balsamic & bake or grill before making the sandwich for additional juicy flavors!

Rainbow Chard | Crunch if you must! Chard's large, robust leaves make this cruciferous green ideal for containing messy fillings, such as crumbled tofu, olives, hummus and more—and it doesn't hurt that one leaf contains more than half your Daily Recommended Value of vitamin A. To make, remove the tough stem, lay the leaf flat, place fillings on one edge and roll the chard as if you're making a burrito, tucking the ends in as you go.

Apps with a Crunch | Looking for a good alternative to chips & dip? Try Endive – scoop your favorite dip or pate into an endive leaf & enjoy the crunch, the nutrients & the lovely presentation.

GRILLO'S PICKLES
ALL-NATURAL PICKLE
CHIPS
16 oz.



\$4⁶⁹

HOPE FOODS
CASHEW &
ALMOND DIPS
8 oz.



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SILK
DAIRY-FREE
SOY YOGURT
24 oz.



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REFRIGERATED & FROZEN DEALS

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PLANT BASED
SMART DOGS
8 ct., Select Varieties



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ALDEN'S
ORGANIC ICE CREAM
1.5 Quart



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NOOSA
ALL-NATURAL
YOGHURT
8 oz.



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WYMAN'S
ALL-NATURAL
FROZEN FRUIT
15 oz., Select Varieties



\$3⁵⁹

GT'S
ORGANIC KOMBUCHA
16 oz.



\$2⁶⁹

PICKLED PLANET
ORGANIC RAW
SAUERKRAUT
16 oz.



\$6⁷⁹

WALLABY
ORGANIC AUSSIE
GREEK YOGURT
32 oz., Select Varieties



\$6¹⁹

HUMM
ORGANIC KOMBUCHA
14 oz.



2/\$5

TETON WATERS RANCH
GRASS-FED BEEF
BRATWURST
4 ct.



\$5⁴⁹



DAIYA
NON-DAIRY FROZEN
DESSERT
1 Pint



\$4⁴⁹

DR. PRAEGER'S
ALL-NATURAL
VEGGIE BURGERS
4-pack, Select Varieties



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THE REAL COCONUT
COCONUT FLOUR
TORTILLAS
10 in., 6 ct.



\$6⁴⁹

COCONUT BLISS
ORGANIC COCONUT
MILK DESSERT
1 Pint



\$5²⁹

Plant Based ENLIGHTENED FOODS

FUNCTIONAL
BREAKFAST BURRITO
6 oz.



\$2⁷⁹

NON-GMO
VEGAN BACON
5.5 oz.



\$3⁴⁹

VEGAN
CAULIFLOWER MAC
9 oz.



\$3⁹⁹

PLANT BASED BURGER
2 ct.



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SAFE HANDS**
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IN STOCK FOR PURCHASE!**



Essential Oil
DUO PACK
of the month

**Soothing & Energizing
BATH OR FOOT SOAK**

DUO \$9⁹⁹ REG. \$14⁹⁷

INGREDIENTS

- 2 cups Epsom salts
 - ½ cup baking soda
 - ¼ cup Dead Sea Salts, magnesium flakes or pink sea salt
 - 15 drops Lemon Eucalyptus essential oil
 - 15 drops Peppermint essential oil
 - 2 Tbs of Now almond Oil
- Combine all ingredients.
Use 1 cup for a relaxing bath or
½ cup for a rejuvenating foot soak.*



**SPECIAL DUO PRICE GOOD ALL MONTH
*WHILE SUPPLIES LAST**

ALL AROUND

SUMMER SKIN PROTECTION

WHERE TO START?

You wear your sunscreen when going out of doors, but what else can you do to protect your skin from the ravages of summer – high UV sunlight and drying heat? Collagen helps to repair skin and fight wrinkles! But how does it work? Collagen supplements are made of predigested protein, also called peptides, that your body can use as raw materials to build healthy, youthful skin, beautiful hair, and strong nails. Unique collagen formulas for beauty include added ingredients such as the carotenoid pigment astaxanthin, biotin and vitamin C. As we age, astaxanthin is a highly protective antioxidant that protects skin from UV radiation, supports vision and joint health.

ADDED BENEFIT:

Collagen is supportive of joint health helping to rebuild cartilage keeping you supple and flexible. So not only will you protect your skin this summer with collagen, you will be able to ride your bike, garden, job or walk in the park more comfortably.

CBD FOR SUMMER

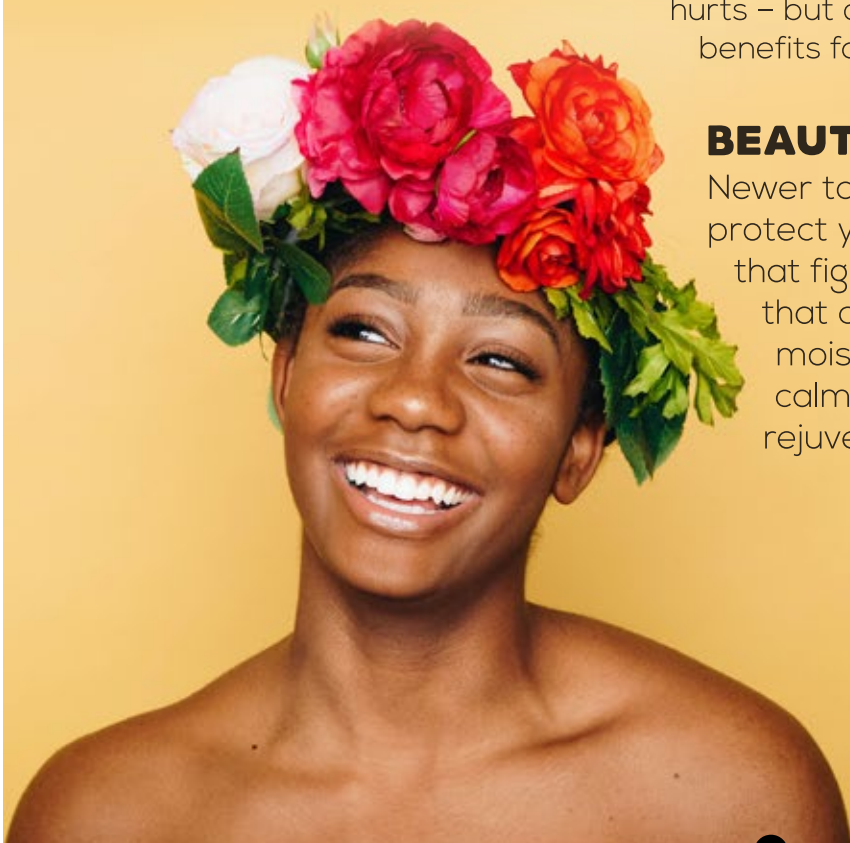
A few brands of collagen have added in CBD to their formulas. Many ask, what is that all about? Of course, the first answer is to assist in the joint repair and healing. Once the fire is put out in painful joints, the body can move better. Most of us are well acquainted with using topical CBD products for reducing pain and inflammation – rub it in where it hurts – but did you realize that there are other benefits for the skin topically?

BEAUTY AND SKIN CARE:

Newer topical CBD products are designed to protect your skin. They contain antioxidants that fight free radicals, essential fatty acids that condition dry skin. Now you can moisturize your face and body while calming angry skin resulting in a totally rejuvenating skin experience.

TAKE-AWAYS:

- Collagen – Supports beauty and mobility
- CBD – Fights inflammation inside and out, calms and moisturizes
- Astaxanthin – Super nutrient, antioxidant that helps fight the aging process



AMAZING GRASS
ENTIRE LINE



25% OFF
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SUPPLEMENTS

AMERICAN HEALTH
SELECT
PRODUCTS



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SELECT
PRODUCTS



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TAKE GOOD CARE
(Of Your Bones)



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PRODUCTS

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- Combined with D3 & K2 for better absorption
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NOW
**FLEA & TICK SPRAY
FOR DOGS**
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SOLARAY
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100 ct.



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LINE**



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

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TRANQUIL SLEEP
60 ct. wafers



\$20⁷⁹

ULTIMA REPLINISHER
**ELECTROLYTE
POWDER**
20 sticks



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NATURE'S WAY
**ORGANIC
COCONUT OIL**
16 oz.



\$8⁷⁹

NOW
**BUG BAN OUTDOOR
ESSENTIAL OIL**
1 oz.



\$8⁴⁹

SOLARAY
D3 & K2
60 ct.



\$10⁹⁹

RENEW LIFE
**ULTIMATE FLORA
IMMUNE PROBIOTIC**
30 ct.



\$21⁹⁹



COUNTRY LIFE
MAGNESIUM 300 MG.

120 CT.

\$12⁴⁹ (Reg. \$19.19)

**THIS COMMON DIETARY MINERAL
PACKS A PUNCH!**

Magnesium is a mineral found in the earth, sea, plants, animals, and humans. About 60% of the magnesium in your body is found in bone, while the rest is in muscles, soft tissues, and fluids, including blood. In fact, every cell in your body contains it and needs it to function. One of magnesium's main roles is acting as a cofactor or helper molecule in the biochemical reactions continuously performed by enzymes. It is involved in more than 600 reactions in your body!

- **Energy Creation:** Helps convert food into energy.
- **Protein Formation:** Helps create new proteins from amino acids
- **Gene Maintenance:** Helps create and repair DNA and RNA
- **Muscle Movement:** Part of the muscle contraction and relaxation
- **Nervous System Regulation:** Regulates neurotransmitters which send messages throughout your brain and nervous system

Scientists suggest that roughly 50% of Americans do not get the daily recommended amount of magnesium.

The host of benefits from magnesium in our diet includes:

- **Better exercise performance & elevated mood**
- **Lower blood pressure & fights inflammation**
- **Can aid in prevention of migraines, better heart function,**
- **Helps with strong bones, combats insulin resistance to name only a few.**

Recommended daily intake for magnesium is around 400 mg. per day for men and around 300 mg. per day for women. It is widely available from many food sources and in supplement form.

Food sources include pumpkin seeds, spinach, Swiss chard, dark chocolate to name just a few. But if your diet is lacking in these specific foods daily, you need to consider a magnesium supplement to guarantee you have the daily dose for body functioning.

Country Life Target-Mins Magnesium Caps is a highly absorbed, safe, and effective magnesium supplement. Unlike some magnesium supplements, there is no digestive impact from this fantastic magnesium product. One or two capsules per day will offer you nutritional insurance for this vital nutrient.

Come to GreenAcres Market to get our super value, 35% off, Magnesium Caps for the month of July.

Morning Beauty

✓ CHECKLIST

Time to take a look at your morning routine & see if we can “freshen” it up a bit! Here are some innovative ideas to create a more holistic approach to the start of your day.



Scrape Your Tongue

Breathing is one of your the elimination processes of your body. As you expel toxins while you sleep your tongue can become coated & thick. A simple swipe with a tongue cleaner can reduce the amount of bacteria in your mouth & rid your body of unwanted leftover toxins. Not to mention help start the day with fresh breath.

Chug a Glass of Lemon Water

Lemon helps purify the liver & enhance the immune system. Starting your day with a purified hydration routine – before adding tea, coffee, smoothies or any other daily beverage allows all systems to fire up & be ready for the day!



Apply Sunscreen Everyday

It is almost guaranteed you will be exposed to harmful rays at some point in the day – so why take a chance. Apply a clean, light mineral SPF 30 sunscreen to your face Every. Single. Day. There are many SPF products that can double as a primer or lend a light tint.

Gently Cleanse...or Don't

Washing the day away at night is critical – but maybe don't wash so intensely in the morning as good bacteria is at work while you sleep supporting your skin's microbiome for a clear complexion. Use a gentle cleanser or just H2O.

Blend for Beauty

Morning smoothies are the best! You can hide all kinds of important nutrients, especially skin protecting ones such as Vitamins C & E, beta-carotene, & healthy fats. Add some leafy greens & a few scoops of your favorite collagen supplement & your skin will say thank you all day.





**GREEN ACRES
MARKET**

Your healthy food experts

8141 E. 21st St. Wichita, KS 67206

Prices valid 7/01/2020 through 7/31/2020 at participating locations, while supplies last. All prices plus tax where applicable.
Regular prices may vary from store to store. **Not all items are available at all stores.**

• • • **Bradley Fair Wichita** • • •

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-Clear Lakes-

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