



For Kids



Traditionally we look to August as the "Back to School" month. This year appears to be a bit different with the questions about whether schools will be back in the classrooms and how will the school year develop. One thing is certain; kids need support for concentration and learning so they can do and be their best.

It is a daunting situation, but take heart, there are natural solutions to help protect and improve their brain function!

Part of the challenge of Back-to-School is how to get our children back into a structured regimen after a summer. Nutrition is especially important to help kid's brains kick into high gear for school and learning. A healthy diet based upon abundant fruits and vegetables, lean protein and beneficial fats is a great place to start. Breakfast is the most important meal for growing minds and bodies. Try to start your kids on a protein-rich meal rather than carbohydrate loaded, sugar coated cereals. Options include fresh eggs, lean sausage or a low sugar organic protein shake made into a breakfast smoothie. This will give your children a strong start to the day and will stabilize blood sugar levels which will support better learning and behavior. Parents often experiment with a Gluten-free diet to help with their children's mental health. One final factor might be to get your children back on a school schedule, which means bedtime routine which will help them be on track and fully attentive for the learning days ahead. Melatonin has been used for years to assist in helping retrain schedules after an unstructured summer vacation.



Back-to-school for Kids:

MULTIVITAMINS

Micronutrients support concentration, athletic performance, and immunity.

OMEGA-3 SUPPLEMENTS

the DHA essential fatty acid in Omega-3 supplements is beneficial for brain and eyesight development.

PROBIOTICS

Digestive support can be beneficial to repair damages of too much sugar and refined carbohydrates - the summer staples for most children. They also support immunity, but more importantly can help with concentration and food allergies.





OUR MISSION

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



LOWER PRICES BI-WEEKLY FLIER

IN STORES AND ON SOCIAL MEDIA!



The Boomerang of School Lunch Options:

Shannon Hoffmann, daughter of GreenAcres founder Barb Hoffmann loves to tell stories about her lunches growing up.

Other kids used to gather around my lunchbox to see what latest "weird" thing I had to eat that day." Says Hoffmann "My Mom was learning all about nutrition & exploring new alternative options to junk food & I was often the test subject". In the 1980s, sugary peanut butter & jelly on white bread, sugary Capri Sun or sodas & twinkies were much more the norm. Shannon laughs "I would often arrive with blue corn chips (unheard of back then), grass (sprouts) falling out of my sandwiches that were barely held together by heavily seeded breads that often fell apart & the dreaded "hummus" side dish. And it all tasted like cardboard (at least to me)".

Shannon delights in knowing not all was lost on being the show & tell at lunchtime & today, many of those items have re-appeared with better flavors & more variety & have become lunchbox staples.

For this year's back to school suggestions - we'd like to feature four varieties, suggested from our friends at Bon Appetit, of the ever popular cream cheese sandwiches

- -Seedy bread + cream cheese + apricot jam
- -Jewish rye + cream cheese + sliced salami + pickles
- -Pumpernickel bread + cream cheese + tomato rounds + salt + pepper
- -Whole wheat bread + cream cheese + sliced cucumber + mint

These sandwiches can be combined with a wide variety of fresh organic fruit slices, blue corn or bean based or root veggie based chips, almond flour crackers, and a low sugar functional beverage to keep our kids full of good energy & not hindered by an afternoon sugar rush.

Be sure & select a high quality organic & hormone free cream cheese when possible, and there are numerous vegan cream cheese options as well. Breads can be gluten free/seeds/ancient grains or regular whole grain. Today there are so many options – experiment together as a family & you may have found some snacks for everyone!

1907 NEW ZEALAND ARTESIAN WATER



\$299

BARBARA'S

BAKED CHEESE PUFFS
5.5-7 oz.



2/\$5

GROCERY SHOPPING MADE HEALTHY

BARBARA'S

NON-GMO MULTIGRAIN CEREAL

10-14 oz., Select Varieties



2/\$6

CLEANWELL

BOTANICAL DISENFECTING WIPES

35 ct



2/\$4

FITJOY
HIGH PROTEIN BARS



2/\$4

CANYON BAKEHOUSE
GLUTEN-FREE
WHOLE GRAIN BREAD



\$469

WYLD CBD

SPARKLING

CBD WATER



2/\$7

BETTER LIFE

PLANT BASED LAUNDRY DETEGENT

64 oz.



\$599

PURE
COCONUT WATER



2/\$3

CARRINGTON FARMS
ORGANIC COCONUT
COOKING OIL

16 oz.





\$10²⁹



TERA'S WHEY **ENTIRE LINE**



OFF MSRP

LATE JULY **ORGANIC MULTI-GRAIN CHIPS**



2/\$5

DR. IN THE KITCHEN FLAX SEED FLACKERS **CRACKERS**



GLEE GUM ALL NATURAL CHEWING GUM 75 piece



LILY'S SWEETS

LOW SUGAR CHOCOLATE ALMONDS



CLEAN CAUSE

ORGANIC NO SUGAR YERBA MATE

16 oz.



BIRCH BENDERS

KETO PANCAKE MIXES



GURU ENERGY DRINK 12 oz.



2/\$4

LOTUS FOODS

GLUTEN FREE RICE RAMEN

2.8 oz.



2/\$3

BARNANA

ORGANIC CHEWY **BANANA BITES**

3.5 07



89

ETERNAL

NATURAL ALKALINE **SPRING WATER**

1.5 Liter



GOMACRO

ORGANIC VEGAN MACROBAR

Select Varieties



MIGHTY ORGANIC **ORGANIC GRASS-FED JERKY**



CLIF

NUTRITIOUS ENERGY BARS

Select Varieties



10/\$10

FROM THE GROUND UP

CAULIFLOWER CRACKERS 3.5-4 oz.











1 gallon



\$399

LACROIX 100% NATURAL SPARKLING WATER 12 ct., Select Varieties



\$499

SEEDS OF CHANGE

ORGANIC BEANS IN MICROWAVE POUCH

9.2 07.



\$3³⁹

HONEST TEA ORGANIC TEAS 16 oz.



2/\$3

NATURE'S PATH NON-GMO ORGANIC CEREAL 11.5 oz.-12.35, Select Varieties



\$3³⁹

PEELED SNACKS
ORGANIC
DRIED FRUIT



\$3²⁹

NO COW LOW SUGAR PROTEIN BARS



\$199

SIMPLE MILLS
GLUTEN-FREE
CRACKERS



\$399



BACK TO SCHOOL ESSENTIALS





ANNIE'S HOMEGROWN ORGANIC MAC & CHEESE 6 oz., Select Varieties



ANNIE'S HOMEGROWN ORGANIC SALAD DRESSINGS 8 oz., Select Varieties



MEAT, FRUIT & NUT BARS



CASCADIAN FARM ORGANIC WHOLE GRAIN CEREAL

8.6-14.6 oz., Select Varieties



CASCADIAN FARM ORGANIC CHEWY GRANOLA BARS 6 ct., Select Varieties



LARABAR FRUIT & NUT BAR



OATMEGA HIGH PROTEIN OMEGA-3 BAR



PIGOUT

PLANT BASED PIGLESS PORK RINDS

3 5 07



\$279

RUNA

ORGANIC BOTTLED GUAYUSA TEAS

1/1.07



\$2²⁹

PURELY ELIZABETH

GLUTEN-FREE GRANOLA BARS

4 ct



\$349

RAO'S

ALL-NATURAL PASTA SAUCES

4/\$5

2/ 07



\$699

RIP VAN WAFELS LOW SUGAR MINI WAFEL



\$1¹⁹

OCHO ORGANIC



2/\$3

HIPPEAS

ORGANIC CHICKPEA PUFFS

1 oz., 6 ct.



\$5⁴⁹



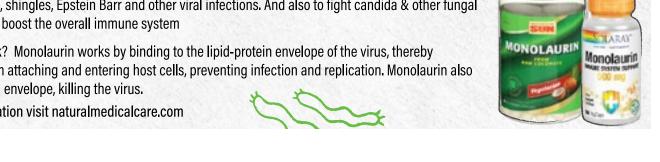
o understand monolaurin we need to first step back and review our food chemistry. Fatty acids called Medium Chain Fatty Acids or Medium Chain Triglycerides are lipids that have been shown to inhibit certain viruses. According to Naturalmedicalcare.com, one of most potent antimicrobial and antiviral lipids has been found in coconut oil and is called lauric acid. Coconut oil contains about 40 to 55 percent lauric acid. Lauric acid is the main saturated fatty acid found in coconut fat and a biochemical derivative of lauric acid is called monolaurin.

To achieve the maximum benefits of monolaurin – it's best to take in supplement form. Lauric acid is not as strong as monolaurin. When ingesting coconut oil, again, according to an article on naturalmedicalcare.com only a small percentage of the lauric acid will be transformed by the body into the powerful monolauric acid. The lauric acid in coconut oil is used by the body to make the same disease-fighting monolaurin that babies make from the lauric acid they get from their mothers' milk. The monolaurin is the substance from the breast milk that keeps infants from infections.

Monolaurin has been studied & is often used for preventing and treating colds (the common cold), influenza, herpes, shingles, Epstein Barr and other viral infections. And also to fight candida & other fungal infections and to boost the overall immune system

How does it work? Monolaurin works by binding to the lipid-protein envelope of the virus, thereby preventing it from attaching and entering host cells, preventing infection and replication. Monolaurin also destroys the viral envelope, killing the virus.

For more information visit naturalmedicalcare.com



SERENITY KIDS NON-GMO **BABY FOODS**

3.5 oz., Select Varieties



TENDER & TRUE ORGANIC JERKY DOG TREATS



ONE DEGREE **ORGANIC GLUTEN-FREE CEREAL**

8-12 oz



THUNDERBIRD GLUTEN-FREE REAL FOOD BARS



SKINNY DIPPED ALMONDS

DARK CHOCOLATE **DIPPED ALMONDS**

3.5 oz.



WOODSTOCK **ORGANIC PEANUT BUTTER**



SKINNY POP

POPCORN MINI CAKES



BEAR

PURE & NATURAL FRUIT ROLLS



ALMOND & COCONUT MILK



\$399

PROBIOTIC
JUICE DRINK



\$3²⁹

REFRIGERATED & FROZEN DEALS

LILLY'S HUMMUS

NON-GMO HUMMUS



\$2⁷⁹

ME AND THE BEES **LEMONADE WITH**

FLAXSEED & HONEY



2/\$4

ALL-NATURAL HASH BROWNS

16 oz., Select Varieties



\$3³⁹

CAPPELLO'S

GRAIN FREE PIZZAS



\$799

NOOSA ALL-NATURAL YOGHURT

LIL TUBS



4/\$5

MIYOKO'S

CULTURED VEGAN SHREDS

3 07.



\$4⁴⁹

BETTER BITES

CHOCOLATE COOKIE DOUGH BITES

4.4-4.7 oz.



\$4²⁹

FARMWISE

NON-GMO VEGGIE FRIES & TOTS

13-14 oz.



\$3⁷⁹



CAULIPOWER **CAULIFLOWER CRUST PIZZA**



LITTLE NORTHERN BAKEHOUSE

GLUTEN-FREE BREAD 16-17 oz., Select Varieties



LIGHTLIFE

PLANT BASED GROUNDS



FIELD ROAST VEGAN BURGERS



QUORN

MEATLESS CHICKEN STYLE PATTIES

4 ct., Select Varieties



SILVER HILLS

SPROUTED WHOLE **GRAIN BREAD**

15-22 oz., Select Varieties







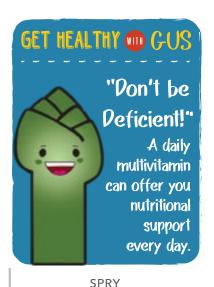


GET HEALTHY WITH GUS

"Stay Hydrated!" Summertime and anytime of year it is beneficial to stay hydrated. Water is a great beverage. But did you know it is more hydrating to take three to five sips than to gulp down a whole bottle of water? And do not fool yourself into thinking you are getting hydration by consuming sugar filled, caffeine loaded beverages. They dehydrate you! You can get electrolytes in a powder to add into plain water for a hydrating beverage that has zero calories and tons of minerals.



HEALTH & BEAUTY



ALBA BOTANICAL
SELECT PRODUCTS



30% OFF MSRP

MINERAL FUSION ENTIRE COSMETICS LINE



25% OFF MSRP

DR. BRONNER'S **SELECT PRODUCTS**



30% OFF MSRP

SELECT ORAL HEALTH



30% OFF MSRP



PORTABLE — BROOST



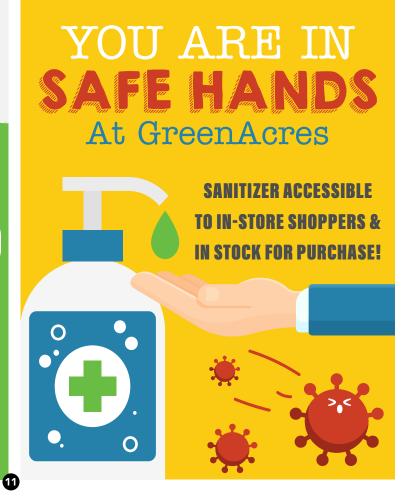
DUO \$969 REG. \$1448

INGREDIENTS:

- -4oz. spray bottle filled with distilled water
- 6 drops of rosemary essential oil
- -6 drops of lemon essential oil

Combine all ingredients into spray bottle & shake well to combine. Spray the oil-infused water in and around your surroundings.

SPECIAL DUO PRICE GOOD ALL MONTH
*WHILE SUPPLIES LAST





AMERICAN HEALTH
SELECT
PRODUCTS



35% OFF MSRP

SELECT
PRODUCTS



20% OFF MSRP



SELECT PRODUCTS



25% OFF MSRP

SELECT PRODUCTS



30% OFF MSRP

ESTER C
NEW
FLAVORS



35% OFF MSRP

HYLAND'S SELECT PRODUCTS



25% OFF MSRP





JARROW SELECT PRODUCTS



25% OFF MSRP

SELECT PRODUCTS



30% OFF MSRP

LIFE SEASONS

ENTIRE

SELECT
PRODUCTS

elect Producto

30%

OFF MSRP

elect Produce

OFF MSRP



15% OFF MSRP

NORDIC NATURALS
SELECT
PRODUCTS

BAINBOWLICH

Women's One

製圖



25% OFF MSRP

KYOLIC SELECT PRODUCTS



25% OFF MSRP

LINE



25% OFF MSRP

NOW SELECT PRODUCTS



15% OFF MSRP

SELECT PRODUCTS



\$32⁹⁹





•Oils, gummies, capsules, topicals & more



SADULTS NEED O BRAIN SUPPORT today more than ever

Brain Health is not just for the kids this year. Our precious seniors need to protect their brain health considering the ongoing increase of Alzheimer's disease and dementia that is affecting our senior population. And it is not just the seniors who are struggling. This year has seen a frazzled adult population looking for solutions to combat the stress that has come from world conditions. Anxiety and worries have contributed to mental decline and fear about losing cognitive well-being.

SENIOR POPULATION:

Our aging population has seen the ravages of Alzheimer's disease and dementia sweeping through their friends and family. Prevention is the best solution for avoiding mental age-related decline. The supplement list is a bit longer for our senior citizens; GreenAcres team members can help you find the supplements that might fit best for you. Current



favorites for boosting cognitive health include **MCT oil** from coconuts, **Phosphatidylserine** (PS), the Indian herb, **Bacopa** and the medicinal mushroom, **Lion's Mane**. While each of these remedies offers promise, the need for the healthy foundation nutrients – multivitamin, omega-3 and probiotics are essential for the aging mind.

OVER-STRESSED ADULTS

The extra challenges associated with the virus scare, have adults feeling like their brains are fried from all the additional stress. The foundation nutrients are important for this group but adding some calming and balancing supplements can offer support for your nervous system so



your brain functions better! Herbal adaptogens like **ashwagandha**, **rhodiola** and **ginseng** can ease stress, provide healthy energy, and improve sleep quality. Other supplements like **L-theanine** from Green tea or **5-HTP** can support healthy serotonin levels in your body easing anxiety and agitation that can impact your thinking.

The supplements will benefit, but do not sell yourself short on the healthy diet for every stage of life. Simply put, abundant plant phytonutrients from fruits and vegetables, high-quality lean protein, and beneficial fats should be the focus on everyone's healthy lifestyle.

AUGUST BONUS BUYS

negotiated with vendors to offer at a 35% discount or more!

AMAZING GRASS
WHEAT GRASS
POWDER
30 servings



\$1749

GARDEN OF LIFE CBD INFLAMMATION 30 ct. or 1 oz.



\$2399

NATURAL VITALITY

CALM GUMMIES

120 ct.



\$19⁴⁹

NATURAL FACTORS
CURCUMINRICH
DOUBLE STRENGTH
30 ct.



\$14⁹⁹

MAGNESIUM GLYCINATE 90 ct.



\$12⁴⁹

COUNTRY LIFE
MAXI COLLAGEN
POWDER
30 servings



\$15⁵⁹



IRWIN NATURALS

GINKGO SMART

60 SOFTGELS

\$1469 (Reg. \$22.65)

POWERFUL BROWN BOOSTER FOR MEMORY AND MENTAL CLARITY!

Lost car keys, missed appointments, or running into an old friend and struggling to remember their name – we have all been there. Is it age-related forgetfulness or too much stress? Who knows? There is good news, however. There are a host of natural ingredients that can support memory, focus and clarity. One product, **Ginkgo Smart**, from Irwin Naturals is a great, time-tested formula that contains some proven nutrients that can help you remember!

- Ginkgo Biloba Extract in the studied 24% standardized extract. Ginkgo enhances blood flow to the brain and improves cognitive function.
- Neuro-nutrients Acetyl-L-Carnitine, choline and DMAE offer neurotransmitter support.
- Alpha-Lipoic Acid acts as an antioxidant that protects neurons from oxidative stress.
- Plant sourced ingredients Velvet Bean and Huperzine round out the formula that is in a base of Omega-3 fatty acids – another proven brain healthy nutrient.

A supplement like **Gingko Smart** can offer a great starting point to better memory. Also, try to eat less refined sugar. Meditate. Get 8 hours of quality sleep. Drink less alcohol & exercise your brain with word games. Physical exercise also stimulates blood flow to the brain.

Speaking of a healthy diet- it is easier than you think to support your thinking!

- Coffee can help! Caffeine can increase energy, improve mood, and enhance concentration.
- Lower inflammation with food. Blue berries provide antioxidants and anti-inflammatory benefits. Turmeric in Asian and Indian foods offer daily support in the battle to combat inflammation.
- Eating cold water fish will increase your Omega-3 fatty acids which benefit both the brain and eyesight.

Never give up, there are always natural ways to improve your health. Making lifestyle improvements will improve your overall physical health which in turn will improve your mind.

Visit your GreenAcres store and ask about **Ginkgo Smart**. It is an easily affordable supplement that can work in combination with your healthy diet.



Your healthy food experts

8141 E. 21st St. Wichita, KS 67206

Prices valid 8/01/2020 through 8/31/2020 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.**

DAILY SUPPLEMENT SUGGESTIONS TO

HELP SUPPORT YOUR IMMUNITY



VITA MIN C

ENHANCES A WEAKENED IMMUNE SYSTEM ESPECIALLY IN ELDERLY. SHORTENS DURATION OF PNEUMONIA, FLU AND COMMON COLD **1,000 MG. 2X DAILY**

VITAMIN A

IMPROVES IMMUNITY AND EYE HEALTH 25,000 MG. 1X DAILY

IMMUNE SUPPORT THAT SHORTENS DURATION & EASES SYMPTOMS 30 - 50 MG. DAILY

VITAMIN D

ANTI-INFLAMMATORY IMMUNE SUPPORT 5,000-10,000 IU DAILY

SELENIUM

ANTIOXIDANT SUPPORTS LIVER FUNCTION

1 CAPSULE (200 MCG) DAILY

ELDEBERRY CONCENTRATE

ANTIOXIDANT ACTIVITY THAT SLOWS VIRUS REPRODUCTION **1 TBSP. DAILY**

VISIT YOUR FAVORITE GREENACRES STORE & ASK A TEAM MEMBER TO HELP FIND THE RIGHT PRODUCT FOR YOU!



KANSAS CITY

-The Village at Briarcliff-

4175 N. Mulberry Drive Kansas City, MO 64116

WICHITA

-Bradley Fair-

8141 E. 21st St.

-West – 21st & Maize-

10555 W. 21st St.

6574 E. Central Ave.

-Clear Lakes-

-Normandie-

OKLAHOMA

-Walnut Square Shopping Center-

301 S. Pennsylvania Ave. Suite D Oklahoma City, OK 73159

-Lawton-

14 N.W. Sheridan Road Lawton, OK 73505

