

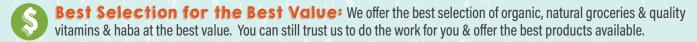




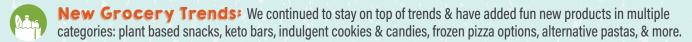
As we start to move back towards normalcy & begin to venture out to our favorite stores, we want to invite you back to GreenAcres with a **BIG WELCOME!**

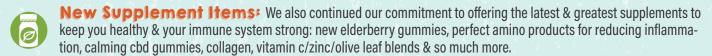
We've missed so many of you & have cherished those who have come to see us & allowed our teams to help you navigate such challenging times in order to stay healthy!

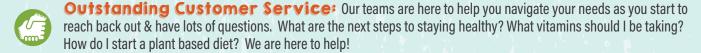
We want to take a quick moment to remind you of all the great things we offer at GreenAcres for you to come back & enjoy!

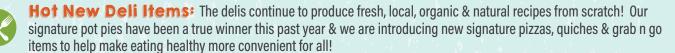


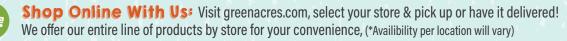














How to Save With Us:

- Bi-weekly Blowout Deals Produce Specials Deli Specials Double Points Promos
- Senior Discount Days \$5 Off \$200 Spent Loyalty Program New Item Promos
- BOGOs & So Much More!

We Thank you!

We also appreciate you still respecting the mask mandates & social distancing requirements to allow us to serve you best & keep all customers & team members as safe as possible. We love our customers!



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.



>> RECIPE SAVORY OATMEAL with Sansage & Cheese

DIRECTIONS

1. In a small saucepan, bring first four ingredients to a boil. Reduce heat to low, and cook for 4–5 minutes, stirring often, until oats thicken.

- 2. Stir in half the green onions and cheese. Pour into bowl, and sprinkle with remaining green onions and cheese. Serve hot.
- *Extra: Make this vegetarian by using vegetable broth and meatless breakfast sausage.

PER SERVING: 453 cal, 12g fat (4g mono, 4g poly, 4g sat), 57mg chol, 561mg sodium, 57g carb (9g fiber, 1g sugars), 29g protein





INGREDIENTS

- 34 cup low-sodium chicken broth
- ½ cup old-fashioned, gluten-free rolled oats
- 2 precooked, gluten-free chicken or turkey breakfast sausage links, sliced
- Pinch of ground cumin
- 1 Tbsp chopped green onion
- 2 Tbsp shredded Parmesan or Asiago cheese

1907
NEW ZEALAND
ARTESIAN WATER



2/\$7

BARNANA
ORGANIC CHEWY
BANANA BITES
3.5 oz.



\$3⁷⁹

GROCERY SHOPPING MADE HEALTHY

REBEL GREEN

PLANT-BASED LAUNDRY DETERGENT

64 oz.



\$9⁹⁹

CABOO

NATURAL BAMBOO CLEANING WIPES

70 ct.



\$5⁶⁹

COUNTRY ARCHER

ZERO SUGAR BEEF JERKY

2 oz., Select Varieties



\$5²⁹

COCOMELS CRISPY CHOCOLATE

CARAMEL BITES

3.5 oz.



\$399

BONE BROTHS



\$5⁹⁹

FULL CIRCLE

EARTH FRIENDLY CLEANING BRUSHES

1 ct., Select Varieties



\$299

EQUAL EXCHANGE

FAIR TRADE CHOCOLATE CHIPS

10 oz., Select Varieties



\$4⁴⁹

COBRAM ESTATE

EXTRA VIRGIN OLIVE OIL

12.7 oz., Select Varieties



\$5⁹⁹



TASTY BITE **ALL-NATURAL ENTREES** 10 oz., Select Varieties



2/\$6

IMAGINE ORGANIC CREAMY **SOUPS**



KIND NUTRITION BARS Select Varieties



4/\$5

MOM'S BEST CEREAL **ALL-NATURAL GLUTEN-FREE CEREAL**



FLOW FLAVORED ALKALINE SPRING WATER

16.9 oz.



IMAGINE ORGANIC BROTHS 32 oz., Select Varieties



LACROIX

100% NATURAL SPARKLING WATER 12 ct., Select Varieties



ORGANIC VALLEY ORGANIC GHEE



LILY'S SWEETS

LOW SUGAR CHOCOLATE BARS

Healthy functional beverages

• No artificial flavors or ingredients



WHITE LEAF PROVISIONS

ORGANIC BABY FOOD



MADHAVA

• Low calorie, sweetened with fruit extract

LIFEAID

VITAMINS YOU'LL

Clean Nutritional Blend Beverage

12 oz.

DRINKING

RECOVER

LOW CALORE

ORGANIC COCONUT **SUGAR**

16 oz.



PUKKA ORGANIC TEA 20 ct.







QUINN **FILLED PRETZEL NUGGETS**



BRAGG ORGANIC APPLE **CIDER VINEGAR** 32 oz.



SPECTRUM NATURALS ORGANIC REFINED **CANOLA OIL**



SUNFOOD

ORGANIC GOJI BERRIES



R.W. KNUDSEN

ORGANIC VEGETABLE **JUICES**

32 oz., Select Varieties



TAKEOUT **PLANT-BASED MEAL IN A BAG**

3 oz.



2/\$6

GURU ENERGY DRINK



2/\$5

TEECCINO

CAFFEINE FREE HERBAL TEA

10 ct., Select Varieties



THINK! **PLANT BASED & 20 G PROTEIN BARS**



TOLERANT

ORGANIC PLANT-BASED PASTAS

8 oz.



2/\$3

ESSENTIA

HYDRATING 9.5 PH ELECTROLYTE WATER

1.5 Liter





10 FOR



CASCADIAN FARM ORGANIC ALL-NATURAL CEREAL 8.6-12.5 oz., Select Varieties



CASCADIAN FARM ORGANIC FROZEN VEGETABLES 10oz., Select Varieties

IMMACULATE BAKING **ORGANIC CRESCENT ROLLS** 8 ct., Select Varieties







VEGAN ROB'S PLANT-BASED

PUFFS



PACIFIC FOODS **ORGANIC SOUPS** 17-17.6 oz., Select Varieties



VITA COCO **ALL-NATURAL**

COCONUT WATER



SEVENTH GENERATION

PLANT BASED LAUNDRY DETERGENT

95-100 oz.





Organic Boxed Milks



- Never any preservatives
 No hormones or antibiotics
- Milk from pasture-raised cows
 Organic and Non-GMO

GREENACRES

NACKS

Are you ready for your spring outdoor activities?

We are here to be your resource for on-the-go supplies whether hiking, gardening, bike riding or just jumping in the car for some fun out of door recreation.

Energy Bars / Protein Bars: We have you covered. If you need complex carbohydrate bars for sustained energy, high protein bars for fitness activities or Keto friendly bars, our choices are amazing.

Bottled Water: Snag your favorite bottled water at GreenAcres. If you want ultra-purified water, alkaline water, or sparkling flavored water, you will find great choices to fill up your cooler.

Healthy Energy Drinks: Cold brew coffee, energy beverages with Yerba Mate and enriched with vitamins and amino acids, you will feel the power with every sip.

Protein Ready-to-Drink: Are you in a hurry but need a substantial meal or snack? Grab a bottle or carton of one of our terrific protein drinks. It will offer sustained energy and complete nutrition while you are moving.

Here are a few favorites:











Shop at your local GreenAcres Market for these products and more great healthy snack options!



REFRIGERATED & FROZEN DEALS



EVOLUTION FRESH

COLD-PRESSED JUICE SMOOTHIES

15.2 oz., Select Varieties



2/\$7

ORGANIC KOMBUCHA



\$2⁶⁹

KOIA

PLANT BASED PROTEIN DRINKS

12 oz



2/\$7

MILKADAMIA

DAIRY-FREE MACADAMIA MILK

32 oz.



\$3²⁹

NANCY'S

ORGANIC PROBIOTIC SOUR CREAM

8 07



2/\$4

ROWDY MERMAID
LOW SUGAR
KOMBUCHA

12 oz.



\$2⁷⁹

ORGANIC VALLEY

ORGANIC CHEESE BLOCKS

8 oz., Select Varieties



\$5²⁹

LIGHTLIFE

PLANT BASED SMART GROUNDS

12 oz.



\$3⁷⁹





- Cultured vegan butters
- USDA Certified Organic
- Gluten free and soy free



SHOP YOUR FAVORITE ITEMS ONLINE: 7

GreenAcres.com

ALL-NATURAL HASH BROWNS

16 oz., Select Varieties



\$3¹⁹

DAIYA DAIRY-FREE CHEEZECAKE

14 1 07



\$629

FIELD ROAST

VEGAN STUFFED HOLIDAY ROAST

1 lb., Select Varieties



\$699

THE REAL COCONUT

ORGANIC COCONUT FLOUR TORTILLAS

6 ct., Select Varieties



\$599













DUO \$1249

Homemade All-Purpose Surface Cleaner

- 3/4 cups distilled water
- 2 tablespoons white vinegar
- 15 drops Now Lavender essential oil
- 15 drops Now Orange essential oil
- 8 oz glass sprayer

Combine all ingredients in a glass spray bottle and shake to combine. To use, shake well each use and spray on the desired surface and wipe clean.

SPECIAL DUO PRICE GOOD ALL MONTH *WHILE SUPPLIES LAST



DR. BRONNER'S SELECT PRODUCTS



30% OFF MSRP

HEALTH & BEAUTY

EVERYONE SELECT PRODUCTS



30% OFF MSRP

GET HEALTHY GUS Drink plenty of water! Add lemon or other citrus for an added zest!

GIOVANNI
SELECT PRODUCTS



30% OFF MSRP

JASON SELECT PRODUCTS



30% OFF MSRP

SUKIN SELECT PRODUCTS



30% OFF MSRP

SHIKAI SELECT PRODUCTS



30% OFF MSRP

WELEDA
SELECT PRODUCTS



30% OFF MSRP



SELECT PRODUCTS



25% OFF MSRP

SUPPLEMENTS

SELECT PRODUCTS



35% OFF MSRP

CHARLOTTE'S WEB
SELECT
PRODUCTS



20% OFF MSRP

SELECT PRODUCTS



25% OFF MSRP

HYLAND'S SELECT PRODUCTS



15% OFF MSRP

JARROW

SELECT PRODUCTS



25% OFF MSRP

SELECT POWDERS

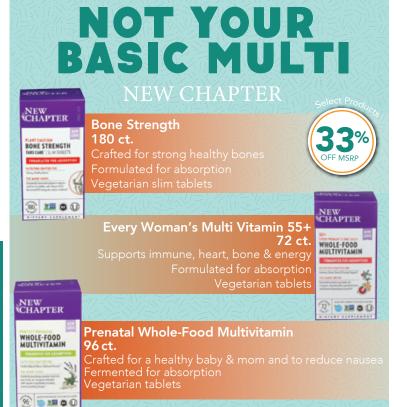


30% OFF MSRP

SELECT
NASAL SPRAYS



30% OFF MSRP



SELECT FIT, RAW PROTEIN, AND RAW ORGANIC MEAL

Garden of Life

RAWORGANIC

RAW

Easily absorbed ingredients
 Immune, energy & stress support
 Support inflammation & pain relief

KYOLIC SELECT PRODUCTS



25% OFF MSRP

LIFESEASONS SELECT PRODUCTS



25% OFF MSRP

NATURAL FACTORS **SELECT VEGAN** FRIENDLY PRODUCTS



30% OFF MSRP

NATURAL FACTORS

SELECT BIOSIL

GET HEALTHY COUS Getting bored? Rearrange your home office & TRY SOMETHING NEW!

SELECT IMMUNE SUPPORT PRODUCTS



NATURAL VITALITY **SELECT CALM STRESS PRODUCTS**



30% OFF MSRP

SOLGAR SELECT PRODUCTS



30% OFF MSRP

PRODUCTS Curcumin

30% OFF MSRP

mmune immune

20% OFF MSRP

NATURE'S WAY **SELECT PRODUCTS**



25% OFF MSRP

NORDIC NATURALS **SELECT PRODUCTS**



25% OFF MSRP

SIMILASAN ALLERGY EYE DROPS



30% OFF MSRP

SOLARAY SELECT PRODUCTS



30% OFF MSRP



SUPPLEMENT YOUR HEALTH.

WHEN IT COMES TO SUPPLEMENTS, WE ARE THE EXPERTS IN THE AISLES!

STOP BY YOUR LOCAL MA or Shop at Greenacres.com

YOUR IMMUNE SYSTEM'S BEST FRIEND:

WHY DAILY PROBIOTICS

PROBIOTICS STRENGTHEN THE INTESTINAL WALL. KEEPING INVADERS **OUT & BOOST OUR** NATURAL KILLER CELLS FOR FIGHTING POWER.



VER 75°

OF YOUR IMMUNE SYSTEM **RESIDES AROUND YOUR DIGESTIVE** TRACT SO IT'S IMPORTANT TO **PROVIDE IT WITH** EXTRA SUPPORT FROM PROBIOTICS.

BAD FOR IMMUNE SYSTEM

ANTIBIOTICS POOR SLEEP / ANXIETY TRAVEL / CHANGE IN ROUTINE **POOR DIET / STRESS**

GOOD FOR IMMUNE SYSTEM

REDUCE STRESS LEVELS QUALITY SLEEP MAINTENANCE OF A HEALTHY DIET **ACTIVITY/EXERCISE**

ADDITIONAL BENEFITS:

HEALTHY DIGESTION BETTER ORAL HEALTH STABLE MOOD

BETTER SKIN HEALTHY LIVER



OTHER SOURCES OF DAILY PROBIOTICS: YOGURT & KEFIR FERMENTED FOODS **FOODS WITH ADDED PROBIOTICS KOMBUCHAS EVEN SOME HOT TEAS**

HERE ARE SOME OF OUR FAVORITES:



500 MILLION CFU PROBIOTICS, PREBIOTICS, AND FIBER IN EVERY CUP.



NON-DAIRY, RAW, LOW (2 GM.) SUGAR.



TOP SELLER FOR DIGESTIVE, IMMUNE AND URINARY TRACT HEALTH.



CANDY WITH A KICK! 1 BILLION CFU **PROBIOTICS** PER PIECE.



SPARKLING TEA, GREAT TASTING. 80% LESS SUGAR THAN SODA.



MADE WITH WHOLE MILK AND 100% REAL FRUIT DRINKABLE YOGURT.

APRIL BONUS BUYS

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

SOURCE NATURALS
NIGHT REST



\$599

NATURAL FACTORS
BERBERINE



\$1799

GARDEN OF LIFE
APPLE CIDER VINEGAR
DIET GUMMIES



\$1949

ANXIE-T



\$23⁷⁹

NATURAL VITALITY
CALM SLEEP
GUMMIES
120 ct



\$19⁴⁹

SOLARAY
MULTIDOPHILUS 24
60 ct.



\$1799

FLORA IMMUNE ESSENCE



\$1949 (Reg. \$29⁹⁹)

Many people have heard of the product Flor-Essence, a traditional herbal tea created from eight herbs.

Flora believes that true health begins and ends within the digestive system. Taking Flor-Essence Tea helps the body achieve a new, vibrant equilibrium. This time-honored formula has unique synergistic properties which help to gently detoxify and rejuvenate the entire body. Flor-Essence is a formula that is safe and effective for everyday use, short term, and long term.

Introducing Flora Immune Essence:

How can you improve an already exceptional health product? Immune-Essence is Flora's latest liquid formula. It starts with the eight Flor-Essence herbs in their usual tea at full quantities and then adds medicinal amounts of the fruiting body of Turkey Tail mushroom as well as Turmeric.

The Flor-Essence herbs work in synergy to support the organs and systems of elimination in removing wastes and toxins.

-Turkey Tail, a colorful mushroom found in forests around the world, is known for its water-soluble, immunomodulating polysaccharides that activate immune cells & enhance T-cells. It is a strong antioxidant that has shown to be supportive of the immune system during chemo/radiation treatments.

•Turmeric is prized throughout the world for its positive effects on the digestive system and in relieving joint pain.

This formula offers gentle yet potent support to the detoxification, digestive, and immune systems of the body. For best results, drink daily for several weeks. Mix 3 tablespoons of Immune-Essence with an equal quantity of hot water and sip up to three times per day on an empty stomach.

Turmeric: Known for reducing inflammation and joint pain, turmeric also stimulates bile production, which aids in digestion, especially of fats.

Ask a supplement expert at GreenAcres Market to show you this exciting new product from the long trusted brand Flora!



Prices valid 04/01/2021 through 4/30/2021 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.

RECOMMENDATIONS TO



STRESS &



ENERGY

ASHWAGANDHA

REJUVENATING, CALMING AND BALANCING HERB THAT ENHANCES YOUR ABILITY TO HANDLE STRESS. 125 - 250 MG. STANDARDIZED EXTRACT PER DAY

5-HTP

HELPS TO MAINTAIN HEALTHY SEROTONIN LEVELS ALLOWING YOU TO SLEEP BETTER, BE CALMER AND EAT LESS! 150-170MG. DAILY

B-COMPLEX VITAMINS

HELP CALM YOUR NERVOUS SYSTEM WHILE PROVIDING ENERGY & NUTRITION FOR A HEALTHY MIND, BODY AND EMOTIONAL BEING. 30-50 MG. DAILY

SAFFRON

THIS POPULAR NEW HERB OFFERS BENEFITS FOR REDUCING ANXIETY AND IMPROVING MOOD. 28 MG. DAILY

GINKGO BILOBA

HIGHLY TESTED FOR EFFECTIVENESS, HELPS WITH MENTAL CLARITY, MEMORY AND FOCUS. 120 MG. STANDARDIZED EXTRACT PER DAY

ECTROLYTE POWDERS:

ADD TO WATER AND KEEP HYDRATED WHILE PROVIDING MINERAL TRANSPORTERS FOR BOTH PHYSICAL AND MENTAL ACTIVITIES. FOLLOW INSTRUCTIONS ON LABEL 1-2X PER DAY

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

LOCAL STORES

KANSAS CITY

-The Village at Briarcliff-

4175 N. Mulberry Drive Kansas City, MO 64116 PH 816-746-0010

WICHITA

-Bradley Fair-

8141 E. 21st St. PH 316-634-1088

-West - 21st & Maize-

10555 W. 21st St. PH 316-729-4365

-Normandie-

6574 E. Central Ave. PH 316-685-4283

-Clear Lakes-

2315 W. 21st St., Suite 115 PH 316-832-1227

OKLAHOMA

-Walnut Square Shopping Center-

7301 S. Pennsylvania Ave. Suite D Oklahoma City, OK 73159 PH 405-681-6060

-Lawton-

14 N.W. Sheridan Road Lawton, OK 73505 PH 580-353-1533

