

IT'S TIME, FOR
CARE

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GREENACRES.COM



IT'S TIME FOR

Self Care

We want to celebrate all Moms this season as it's been quite the challenging times. Tackling online learning, adjusting schedules, and outside activities ramping back up, you need a break!

These self care ideas can be enjoyed by anyone but this time of year we give a shout out to the Moms that make it all happen!

Here are a few of our favorite suggestions to add to your self care regimen:



DEAD SEA SALTS

Relaxing, reduces stress & full of minerals to nourish the body & help detox.



MAGNESIUM OIL

Rub on those tight spots to relieve muscle tension, stress & anxiety. Even works well rubbing on your temples to help with headaches.



ESSENTIAL OILS

You can rub them on with a carrier oil, use in a diffuser or add to your favorite soap/lotion. Some favorites for calming are: lavender, bergamot, holy basil, clary sage, ylang ylang, jasmine, rose & more



CBD CREAMS & BATH SALTS

CBD now comes in all kind of topical options – a proven safe way to slow the fight or flight responses of the body & reduce tension. Good for acute situations & to reduce overall stress.



BIO COFFEE

For all you coffee lovers, why not make it nutritionally functional to help increase energy & support your daily body functions. Easy to mix, great flavor – all the benefits in one pouch.



DIY SALT SCRUBS

Enjoy our duo pack suggestion for this month (or you can mix 'n match any oils & fragrances you like) to create a daily shower scrub, or a therapeutic option to relieve stress & tension.



DARK CHOCOLATE

We have so many choices that are high cacao % for healthier chocolate & also lower sugar to keep it as a healthy treat! Dark Chocolate is one of our favorite healthy snacks to promote because it satisfies so many cravings & also falls in the category of self-care.



Mother's Day is right around the corner! Naminate an amazing mam

Mother's Day is right around the corner! Nominate an amazing mom for a chance to win a GreenAcres Mother's Day Gift Basket!

Gift Basket includes: •Now Swirl Glass USB Diffuser •Calm Magnesium Gummies
•Alter Eco Dark Chocolate Salted Carmel Truffles

- Ingredients for Body Scrub recipe featured in the May Essential Oil Duo Pack
 - -Woodstock Organic Brown Sugar -Dr. Bronner's Regenerative Organic Coconut Oil
 - Now Tangerine Essential Oil & Now Ginger Essential Oil * Petail value over \$100!

PROMOTION ENDS MAY 7TH 2021. VISIT YOUR LOCAL GREENACRES FACEBOOK FOR RULES & DETAILS!

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

CHEESY PEPPER CHIVE MUFFINS

Looking for a quick breakfast option on the go? This recipe will satisfy the whole family, or make them for yourself & freeze the extras!

DIRECTIONS

- 1. Preheat oven to 400°. Grease or line a 12-cup muffin tin.
- 2. In a medium bowl, whisk together flours, baking powder, salt and pepper.



Fold in remaining ingredients, except cheddar cheese, until evenly moistened.

3. Spoon batter into muffin cups and top with cheddar cheese. Bake 15–20 minutes, until golden and tops spring back when pressed. Cool on a rack.

INGREDIENTS



- 1 cup whole-wheat flour
- 1 cup all-purpose flour (or sub. gluten free flour)
- 3 tsp baking powder
- ¼ tsp salt
- Generous pinch of black pepper
- 1 cup milk
- 1 egg
- ½ cup chopped green onions or chives
- ½ cup minced red bell peppers
- 1 cup grated pepper jack cheese
- ¼ cup grated cheddar cheese, for topping

GET HEALTHY GUS Get outside and play in the dirt. Planting a garden offers several benefits for both your physical and mental health.

GROCERY SHOPPING MADE HEALTHY

BIGELOW BOTANICALS COLD WATER INFUSED TEAS



1907 **NEW ZEALAND ARTESIAN WATER** 1 Liter



4505 **ZERO CARB PORK RINDS** 2.5 07.



ALTER ECO

ORGANIC DARK **CHOCOLATE TRUFFLES**



NON-GMO MULTIGRAIN CEREAL 9-10 oz., Select Varieties

BARBARA'S CEREAL



BOULDER CANYON

CANYON **CUT CHIPS** 5.25 oz., Select Varieties



DR. IN THE KITCHEN

FLAX SEED FLACKERS CRACKERS



CLEAN CAUSE

SPARKLING ORGANIC YERBA MATE

16 07



2/\$4

LOTUS FOODS

ORGANIC HEAT & EAT RICE POUCHES

8 oz.





- All coffees and chocolate bars are USDA Certified Organic

ALKALINE 88

HIMALAYAN MINERAL 8.8 PH WATER

ST. FRESH OF LEVEL ST. POINTS OF LEVEL ST. POI

2/\$7

GLUTEN FREE FLAX BROWNIES



\$4⁹⁹

GREEN MOUNTAIN GRINGO ALL-NATURAL SALSAS



\$4⁷⁹

BLUE CORN
TORTILLA CHIPS
16 oz., Select Varieties



\$5⁴⁹

EDEN FOODS

ORGANIC BPA-FREE CANNED BEANS

15 oz., Select Varieties



2/\$4

FROM THE GROUND UP

GLUTEN FREE CAULIFLOWER STALKS

4 oz.



2/\$6

GOOD FOOD FOR GOOD

ORGANIC SUGAR-FREE KETO KETCHUPS

9.5.07.



\$5³⁹

KATE'S REAL FOOD

ORGANIC ENERGY BARS



\$1⁷⁹

EPIC KETO FRIENDLY PORK RINDS 2.5 oz., Select Varieties FOOD SHOULD TASTE GOOD GLUTEN-FREE TORTILLA CHIPS 5.5 oz., Select Varieties

GOOD FOOD-EPIC FLAVOR

HONEST TEA
ORGANIC TEAS
16 oz.

BAKED FORK RIESS

2 FOR

MUIR GLEN
ORGANIC
PASTA SAUCE

25.5 oz., Select Varieties



2/\$3

ESSENTIA

HYDRATING 9.5 PH ELECTROLYTE WATER



\$1⁷⁹

6

ORGANIC DARK
CHOCOLATE WAFERS

2 FOR

LARABAR FRUIT & NUT BAR

3.5 oz.



2/\$6

KINNIKINNICK

GRAHAM STYLE CRACKERS

8 oz.



\$3⁵⁹



ETERNAL NATURAL ALKALINE **SPRING WATER**



HIPPEAS ORGANIC CHICKPEA PUFFS



2/\$6

CHOCOLOVE NO SUGAR ADDED CHOCOLATE BARS



MADE GOOD NIXIE SPARKLING WATER

ORGANIC FLAVORED ORGANIC SOFT **BAKED COOKIES** SPARKLING WATER

8 ct.

KETO & PALEO NON-DAIRY CREAMER

NUTPODS

OZERY BAKERY ALL-NATURAL

MORNING ROUNDS 6 ct., Select Varieties



LATE JULY

ORGANIC POTATO **CHIPS**



LATE JULY **NO GRAIN TORTILLA CHIPS**

5.5 oz.



2/\$5

PARM CRISPS

OVEN BAKED CHEESE SNACK



EVER & EVER

ELECTROLYTE WATER RECYLABLE CAN

16 oz., Select Varieties



2/\$3



- Shelf-stable packages you can store in your pantry.
- An excellent source of calcium and Vitamin D.
- Non-GMO Project Verified.

PIGOUT

PLANT-BASED PIGLESS PORK RINDS

3.5 oz.



2/\$5

SANTA CRUZ
ORGANIC LEMONADE



\$2²⁹

POPPI

LOW SUGAR PREBIOTIC SODA

2 07.



2/\$4

SCHAR

GLUTEN FREE CRACKERS

7.4 oz.



\$399

RJ'S LICORICE

ALL-NATURAL SOFT LICORICE

7.05 oz.



\$3⁴⁹

SEEDS OF CHANGE

ORGANIC READY TO HEAT RICES

8.5 oz.



\$2⁷⁹

EVAMOR

NATURALLY ALKALINE ARTESIAN WATER

32 07



\$1⁷⁹

SIETE

GRAIN FREE TORTILLA CHIPS

5 oz.



\$399

IT'S TIME TO GRILL

It's grilling season & what better way to kick it off than supporting your **LOCAL MEAT VENDORS!**

At GreenAcres we are proud to support local meat purveyors & give our customers access to healthy, clean meats that taste great!

We have everything from chicken, pork chops, ground beef, hot dogs, sausages, hamburgers & steaks!

WE HANDLE OVER 15 DIFFERENT LOCAL & REGIONAL VENDORS THROUGHOUT OUR STORES!

We realize it's tough for all local producers to provide product year round so we often rotate between vendors to make sure you still have enough selection to satisfy your meat needs! If it isn't available locally, then we partner with our distributor Alberts Organics to bring in regional vendors that also focus on producing clean, healthy, organic & all natural meats.

WE ARE EXCITED TO INTRODUCE OUR NEWEST PARTNER, RED TOP FARMS. AVAILABLE IN ALL OF OUR STORES JUST IN TIME FOR GRILLING!

Please note not all vendors are available at all stores, so please check with your local GreenAcres to find what you are looking for



· Humanely raised on family farms

• No antibiotics or growth hormones

SIMPLE MILLS

SOFT BAKED ALMOND FLOUR BARS

Simple

ALMOND FLOUR

SIMPLY ORGANIC

ORGANIC SIMMER **SAUCES**

8 oz., Select Varieties



169

TENDER & TRUE

ORGANIC JERKY

DOG TREATS

SWEETLEAF FLAVORED STEVIA SWEETENED DROPS





TOPO CHICO

SPARKLING

TERRA CHIPS

NON-GMO REAL VEGETABLE CHIPS

5-6 oz., Select Varieties





TEATULIA ORGANIC ICED TEAS



2/\$3

UNREAL

FAIR TRADE

CHOCOLATES

WATERLOO

ALL-NATURAL SPARKLING WATER

12 ct., Select Varieties

WOODSTOCK

ORGANIC CONDIMENTS

16 oz., Select Varieties

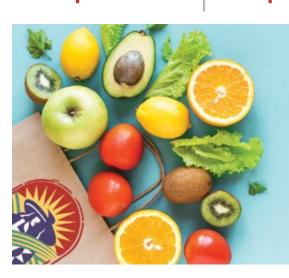
ZEVIA **ALL-NATURAL DIET SODA** 10-Pack











SHOP YOUR

GreenAcres.com



REFRIGERATED & FROZEN DEALS



JUST EGG

PLANT-BASED SCRAMBLE



ALEX'S AWESOME SOURDOUGH **SOURDOUGH CRUST ARTISAN PIZZAS**



KOE KOMBUCHA

ORGANIC SPARKLING PROBIOTIC KOMBUCHA



ORGANIC 100% RAW KOMBUCHA



2/\$5

LIGHTLIFE

PLANT BASED

SMART DOGS

8 ct., Select Varieties

IGHTLIFE

SMART DOGS

TUCSON TAMALES

GLUTEN-FREE HAND

MADE TAMALES

FARMER'S HEN HOUSE

ORGANIC FREE

RANGE EGGS

12 ct., Select Varieties

Farmers ORGANIC

ORGANIC VALLEY **ORGANIC SHREDDED CHEESES**

HONEY MAMA'S

COCOA TRUFFLE

MULTISERVE BARS

HONEY MAMA'S

6 oz., Select Varieties



BRAZI BITES

GLUTEN FREE

CHEESE BREAD

GREEN CHILES

LACTOSE FREE **ICE CREAM**



9

BASE CULTURE GLUTEN FREE PALEO BREADS



BECKON



HEALTH-ADE BUBBLY PROBIOTIC KOMBUCHA

2/\$6

MARIA & RICARDO'S **GLUTEN FREE TORTILLAS**

6 ct., Select Varieties



2/\$7

CAPPELLO'S

GRAIN FREE PIZZAS



DR. PRAEGER'S **ALL-NATURAL VEGGIE BURGERS**

4-pack, Select Varieties



FIELD ROAST PLANT-BASED **SAUSAGES**



MASON DIXIE

SCRATCH MADE **BUTTERY BISCUITS**



NADA MOO

GLUTEN FREE NON-DAIRY DESSERT





MOVING FORWARD DAILY IMMUNE SUPPORT



LESSON LEARNED FROM THE PANDEMIC: IMMUNE HEALTH IS EVERYTHING!

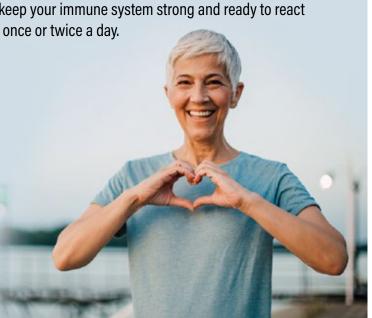
Even though many people have received their COVID vaccinations, the focus on immune support will be with us for a long time. Although you might not need to still take the mega-doses of your immune-specific nutrients, you can find awesome choices that will have the necessary ingredients to keep your immune system strong and ready to react when needed all wrapped up in one formula that you will take once or twice a day.

RECOMMENDED DAILY IMMUNE SUPPORT:

- VITAMIN C 500 1000 mg. daily
- VITAMIN D3 1000 2000 IU daily
- ZINC 15 20 mg. daily
- ELDERBERRY EXTRACT 400 500 mg. daily

We offer combination supplements that include all of these ingredients & we still offer them individually as before.

Check with a supplement team member at your favorite GreenAcres to find the best one for you!





AURA CACIA SELECT ESSENTIAL OILS



30% OFF MSRP

MINERAL FUSION **SELECT COSMETICS & SUNCARE**



NATURE'S ANSWER **SELECT PRODUCTS**



25% OFF MSRP

HEALTH & BEAUTY



30% OFF MSRP

COCOKIND **SELECT PRODUCTS**



GET HEALTHY COUS Go soak up some sun! Just be mindful & wear enough SPF & protect those precious eyes from UV rays.

DERMA E SELECT PRODUCTS



MYCHELLE SELECT PRODUCTS



SAGELY NATURALS

SELECT PRODUCTS







DUO \$1139 REG.\$16.98

Ingredients:

- 1 cup of Coconut Oil
- 1 cup of organic Brown Sugar
- 10 drops of Now Tangerine essential oil
- 10 drops of Now Ginger essential oil.

Mix the coconut oil with the brown sugar. You might need to soften the coconut oil in the microwave first. Add about 10 drops of each essential oil to your mixture. Mix well. Store in a 16 oz. jar

SPECIAL DUO PRICE GOOD ALL MONTH *WHILE SUPPLIES LAST





SELECT
LUNG DEFENSE



40% OFF MSRP

AMERICAN HEALTH
SELECT PAPAYA
PRODUCTS



30% OFF MSRP

SELECT PRODUCTS



20% OFF MSRP

SELECT WOMEN'S PRODUCTS



30% OFF MSRP

WOMEN'S
ONE DAILY



25% OFF MSRP

SELECT PRODUCTS



20% OFF MSRP

SELECT PRODUCTS



30% OFF MSRP



Non-GMO & gluten free

Great for hair, skin, nail & joints



B

SELECT PRODUCTS



25% OFF MSRP

NORDIC NATURALS
SELECT GUMMIES



25% OFF MSRP

SELECT DIGESTIVE PRODUCTS



25% OFF MSRP

NUUN

SELECT HYDRATION PRODUCTS



30% OFF MSRP



SOLGAR

SELECT WOMEN'S PRODUCTS



30% OFF MSRP

TERA'S WHEY

SELECT PRODUCTS



25% OFF MSRP



With the explosion of interest in taking gummy vitamins – we are excited to show you additional options that support you looking good on the outside as well as feeling good on the inside!

Here are three of our favorites:

*no artificial flavors, sweeteners, GMOs or synthetic colors in any of these products



Doctor's Best Biotin Gummies

- -High potency biotin to nourish your hair, skin & nails
- -Essential enzyme function to generate energy
- -Gene regulation & DNA integrity
- -Healthy hair, skin & nails



Goli Nutrition Ashwagandha Gummies

KSM-66 [®] ashwagandha has been clinically proven to help with the following:

- -Reduce internal stress to help relax you on the outside
- -Improve sleep
- -Improve your mood
- -Promote calmness



NeoCell Beauty Shield Collagen Gummies

- -Includes astaxanthin, amla fruit extract & Vitamin C to support skin health
- -Healthy skin support, promotes even skin tone & increases skin hydration
- -Fights the signs of aging through cellular antioxidants to protect the skin from free radicals
- -Astaxanthin is clinically proven to improve skin texture and promote even skin tone, and helps reduce the appearance of wrinkles

TERRY NATURALLY SELECT **PRODUCTS**



20% OFF MSRP

NATURE'S LIFE **SELECT PRODUCTS**



30% OFF MSRP

VITAL PROTEINS SELECT **PRODUCTS**



20% OFF MSRP

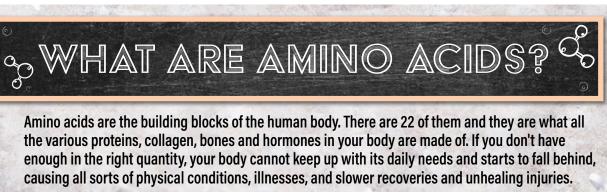
NATURE'S WAY

WOMEN'S ALIVE ONCE DAILY



25% OFF MSRP





"When you eat protein, your body breaks it down into its most basic form, which are amino acids. It then re-constitutes them to build or repair the muscle, bone, tissue, or other protein. So, your protein is literally only as good as it can be utilized by the body to make body protein."

- David Minkoff, MD, Jounder of Body Health

*You are able to find good sources for amino acids in foods - but many individuals benefit from adding amino acid supplements, even if they aren't focused just on athletic performance.

Main benefits:

Increased endurance Greater fat burn Reduced fatigue Increased muscle growth Increased mental focus Improved muscle recovery Reduced muscle soreness





MAY BONUS BUYS

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

NATURAL FACTORS
CRANRICH CRANBERRY
SUPPLEMENT
90 ct.



\$849

WISHGARDEN
SLEEP, MOOD, &
STRESS FORMULAS
Select Varieties



35% OFF MSRP

MELATONIN 5 MG.
GUMMIES



\$10⁷⁹

RENEWLIFE CLEAR FIBER 7 oz.



\$1499

SOLARAY
TURMERIC
GUMMIES



\$18⁵⁹

GARDEN OF LIFE
EXTRA STRENGTH
CBD GUMMIES
60 ct.



\$20⁹⁹



BODY HEALTH
PERFECT AMINO
150 tablets (30 servings)

\$2599 (Reg. \$3999)

Ane You Searching for the PERFECT PROTEIN?

Most people know protein is essential for optimum health, but assume they consume enough through food. So why do we need an amino acid supplement? Because it is not about how much protein you are consuming, but how much your body is able to use. Eggs, meat, fish, and nuts and even whey and collagen powders are less than 50% used as actual protein, with whey at only 17% utilized. They are mainly converted to sugar, fat, or waste. This leads to protein deficiencies with the effects including: Inability to lose weight, sagging skin, loss of muscle mass, brittle bones, slow recoveries from illness and injury, hormone imbalances, and much more. Protein deficiency is very often something you are aware of, but you just cannot identify, and neither can many doctors.

How do we remedy our protein deficiency? What is the solution for better health? The answer is simple: **Perfect Amino.**

Perfect Amino is a protein supplement that is 99% utilized to build new protein and collagen for your body, without the calories or excess waste. Try it once and you will never go back. Amino acids are the building blocks of the body.

Perfect Amino differences:

- The 8 Essential Amino Acids in Perfect Ratios
- •Pure, Essential Amino Acids that are 99% utilized.
- -3-6x the protein of other sources with almost no calories
- •Fully absorbed within 20-30 minutes!
- •100% vegan and Non-GMO.

Who needs Perfect Amino?

Practically everyone can benefit from Perfect Amino! Athletes – weekend warriors and advanced athletes, children, seniors, and anyone with chronic illness can benefit from this amazing product.

Stop into your local GreenAcres Market to discover the power of **Perfect Amino**. You will be amazed how much better you will feel once your body gets to 8 essential amino acids for body health!



Prices valid 05/01/2021 through 5/31/2021 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 \$\igcup\$ STRESS & \$\frac{1}{4}\$ 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

ELECTROLYTE 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!

FIND YOUR 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

