



**GREENACRES
MARKET**

JULY SALES 2021

EXPANDED SAVINGS!

2X
POINTS

\$2 OFF

Newly Expanded
Rewards Program
page 2

Heal Your Gut
Online Seminar
page 8

Autoimmune
Issues Exposed
page 12

**WE ARE
FAMILY
OWNED**

GREENACRES.COM

Newly EXPANDED GREENACRES REWARDS PROGRAM!

Save more than ever with GreenAcres new digital coupons and rewards! Establish your GreenAcres Rewards account now, all you need is a phone number. Simply sign up and instantly start earning points for the purchases you make every day. GreenAcres Market recognizes our most loyal customers with weekly deals and special offers. Save time and money with GreenAcres Rewards.



Loyalty Pays at GreenAcres Market

- 1 GreenAcres Reward Point for Each \$1 Spent
- \$5 Off Your Purchase with 200 Points
- Double Points - Last Day of Every Month
- New Product Alerts & Promotions
- Digital Coupons & Receipts
- Track Points and Rewards
- Use Your Points for Products or Specials

It's so easy to use GA Rewards!

Sign up is FREE and simple:

•In Store •On Website •On App

! Current loyalty customers can transfer their account and points with one simple step!

But wait, there's more! We have SO much to offer...



Weekly Specials



Online Classes



Senior Discount Day



Monthly Newsletter



Safe Demos & Events



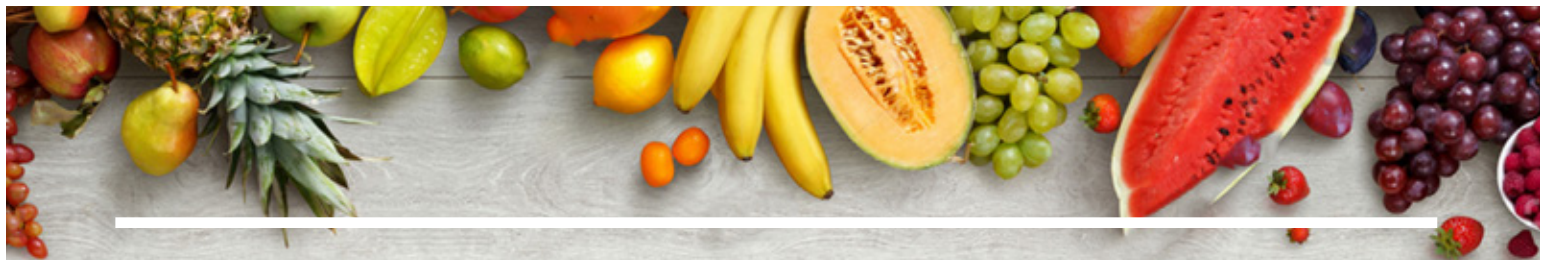
Samplings



STAY IN THE KNOW!! Follow your local GreenAcres Facebook page and visit GreenAcres.com to sign up for our newsletter.

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 PRICED
WEEKLY FLIER

➔ IN STORES AND ON SOCIAL MEDIA!

{Hidden Veggie} CHEESEBURGERS

Shhhh! Don't tell your kids!

INGREDIENTS

- 1 lb grass-fed ground beef (try our new local Red Top ground beef)
- 2-3 medium zucchini, shredded and squeezed completely dry
- ¼ cup chopped fresh parsley leaves
- 2 oz shredded cheddar cheese
- ½ teaspoon salt • 1 tablespoon olive oil
- 6 small whole-grain rolls
- Toppings: Lettuce, tomato slices, avocado slices, ketchup

DIRECTIONS

1. In the bowl of a food processor, place ground beef, shredded zucchini, parsley, cheese and salt. Grind until well combined, stopping to scrape down bowl sides as needed. Form into six small patties, about 3 ½ ounces each.
2. In a large nonstick or cast-iron skillet over medium heat, warm oil. Add patties, allowing space in between. Cook 4-5 minutes per side, or to desired doneness. You can also use a grill.
3. Set burgers, rolls and toppings on the table and let everyone assemble their own burger.



GET HEALTHY WITH GUS

Tired of plain water? Try coconut water, kombucha or add electrolyte tablets to add healthy flavor.



GROCERY SHOPPING MADE HEALTHY

GET HEALTHY WITH GUS

HAPPY 4TH OF JULY!



1907
NEW ZEALAND ARTESIAN WATER
1 Liter



2/\$4

4505
ZERO CARB PORK RINDS
2.5 oz.



\$3⁴⁹

ALMOND BREEZE
NON-DAIRY ASEPTIC ALMOND MILK
32 oz.



2/\$4

BAKERLY
BRIOCHE BURGER BUNS
4 ct.



\$3²⁹

OPTIMAL WATER FOR OPTIMAL HEALTH

PH 10 Alkaline Water

1 Gallon

1 Liter

16.9 oz.



\$3⁹⁹



\$1⁷⁹



99¢

- Helps balance your body and detoxify your system
- Contains Vitamin D & Zinc

BARBARA'S
GLUTEN FREE CHEESE PUFFS
5.5-7 oz.



2/\$5

BIGELOW BOTANICALS
COLD WATER INFUSED TEAS
18 ct.



2/\$7

BOULDER CANYON
CANYON CUT CHIPS
5.25 oz.



2/\$5

CLEAN CAUSE
SPARKLING ORGANIC YERBA MATE
16 oz.



2/\$4

ENDANGERED SPECIES
**ALL-NATURAL
CHOCOLATE BARS**



2/\$5

ESSENTIA
**HYDRATING 9.5 PH
ELECTROLYTE WATER**
1.5 Liter



2/\$4

EVOLVE
**PLANT-BASED
PROTEIN DRINK**
4 ct.



\$9⁴⁹

FILLO'S
**NON-GMO BEANS
& SOFRITO**
10 oz.



2/\$5

FODY
**LOW FODMAP
SALSA**
16 oz.



\$3⁹⁹

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



2/\$4

AID YOUR
Vitamin
INTAKE

Clean Nutritional Blend Beverage
12 oz.



- Healthy functional drinks
- Absolutely no artificial ingredients
- Low calorie, sweetened with fruit extract

HIGH BREW
COLD BREW COFFEE
8 oz.



2/\$4

HINT WATER
**WATER INFUSED WITH
FRUIT ESSENCES**
16 oz.



4/\$5



GREENACRES MARKET
Your healthy food experts

FREE DELIVERY!

WHEN YOU SHOP ONLINE AT

GreenAcres.com



ETERNAL
**NATURAL ALKALINE
SPRING WATER**
1.5 Liter



\$1⁹⁹

FROM THE GROUND UP
**CAULIFLOWER
TORTILLA CHIPS**
4.5 oz.



2/\$6

HONEST
ORGANIC YERBA MATE
15.5 oz.



2/\$5

KIND
**GLUTEN FREE
NUTRITION BARS**
Select Varieties



4/\$5

OWYN
**PLANT-BASED PROTEIN
DRINK**
12 oz.



\$2⁷⁹

POPPI
**LOW-SUGAR
PREBIOTIC SODA**
12 oz.



\$1⁹⁹

PRIMAL KITCHEN
AVOCADO OIL MAYO
12 oz.



\$7⁷⁹

RISE BREWING CO.
**NITRO COLD BREW
COFFEE**
7 oz.



\$2²⁹

Get in the Flow
FOR BETTER HYDRATION

Alkaline Spring Water
1 Liter

Flavored Alkaline Spring Water
16.9 oz.



**5 FOR
\$5**

\$1⁷⁹

- Zero sugar in the flavored waters
- 100% Natural Alkaline Spring Water
- Eco-friendly packaging, 100% recyclable
- Naturally occurring electrolytes and minerals

R.W. KNUDSEN
**ALL-NATURAL
JUST JUICE**
32 oz., Select Varieties



\$6⁴⁹

SKINNYPOP
**ALL-NATURAL
POPCORN**
4.4 oz.



\$2⁹⁹

NIXIE
**ORGANIC FLAVORED
SPARKLING WATER**
8 ct.



\$4⁹⁹

KETTLE
**ALL-NATURAL
KETTLE CHIPS**
5 oz.



2/\$5

LATE JULY
**ORGANIC RESTAURANT
TORTILLA CHIPS**
11 oz.



\$2⁹⁹

LILY'S SWEETS
**LOW SUGAR
CHOCOLATE BARS**



\$3⁴⁹

Q DRINKS
**CARBONATED
DRINK MIXERS**
16.9 oz.



\$2²⁹

EVAMOR
**NATURALLY ALKALINE
ARTESIAN WATER**
64 oz.



\$2⁷⁹

STEAZ
**ORGANIC ANTIOXIDANT
TEAS**
16 oz.



10/\$10

SUNFOOD
**ORGANIC TURMERIC
POWDER**
4 oz.



\$5⁴⁹

SWEET LEAF
**FLAVORED STEVIA
SWEETENED DROPS**
2 oz.



\$6⁴⁹

PLANT SNACKS
**CASSAVA
ROOT CHIPS**
5 oz.



2/\$5



GREEN ACRES MARKET
Your healthy food experts



**LOOK OUT
IN STORE FOR
BLOWOUT SALES &
WEEKLY PRODUCE DEALS**



NEVER MISS A SALE!

Join our weekly eblast
list to stay informed on
current sales, blogs,
and healthy tips!



**MOUNTAIN VALLEY
PURE NATURAL
SPRING WATER**

1 Liter



\$1⁸⁹

**TENDER & TRUE
ORGANIC PREMIUM
DOG FOOD**

4 lb.



\$12⁹⁹

**VITA COCO
ALL-NATURAL
COCONUT WATER**

1 Liter, Select Varieties



\$1⁹⁹

**WATERLOO
ALL-NATURAL
SPARKLING WATER**

12 ct., Select Varieties



\$4⁹⁹

**WILD PLANET
SUSTAINABLY CAUGHT
SKIPJACK TUNA**

5 oz., Select Varieties



\$2⁹⁹

**WOODSTOCK
ORGANIC WALNUT
HALVES & PIECES**

6 oz., Select Varieties



\$7⁹⁹

**ZEVIA
ALL-NATURAL
DIET SODA**

6-Pack



\$4⁷⁹



FREE ONLINE SEMINAR

DO YOU SUFFER FROM

GAS & BLOATING, ABDOMINAL PAIN, OR OTHER DIGESTIVE PROBLEMS?

YOU COULD HAVE L.O.M.D. OR LOSS OF MICROBIAL DIVERSITY



THURSDAY JULY 15TH

6:00 PM CT

FREE ONLINE SEMINAR
PLEASE VISIT WWW.GREENACRES.COM
TO REGISTER

SPONSORED BY:



GET HEALTHY WITH GUS

Drink enough water, studies show it can boost the number of calories you burn.



REFRIGERATED & FROZEN DEALS

GRILLO'S
ALL-NATURAL
PICKLE SPEARS
32 oz.



\$6¹⁹

ALMOND BREEZE
NON-DAIRY
ALMOND MILK
64 oz., Select Varieties



2/\$7

CABO FRESH
HASS AVOCADO
GUACAMOLE
12 oz.



\$5⁴⁹

CHARCUTNUVO
GRASS-FED BEEF
BRATWURST
4 ct.



\$5⁹⁹

GT'S
ORGANIC SYNERGY
RAW KOMBUCHA
16 oz., Select Varieties



\$2⁶⁹

SMOOTH & DELICIOUS MILK ALTERNATIVES

Cashew Milk 64 oz.
select varieties

Almond Milk 64 oz.
select varieties



\$3⁴⁹



- Zero cholesterol
- Absolutely nothing artificial
- Non-dairy, carrageenan-free

LIGHTLIFE
ORGANIC HIGH
PROTEIN TEMPEH
8 oz., Select Varieties



\$2⁹⁹

DAIYA
NON-DAIRY
FROZEN DESSERT
1 Pint



\$4⁵⁹

KOE KOMBUCHA
ORGANIC SPARKLING
PROBIOTIC KOMBUCHA
12 oz.



\$2²⁹

NOTMILK
PLANT-BASED MILK
ALTERNATIVE
64 oz.



\$3⁴⁹

HUMM KOMBUCHA
ORGANIC KOMBUCHA
14 oz.



2/\$5

SO DELICIOUS
NON-DAIRY
COCONUT MILK
64 oz.



\$3⁴⁹

WALLABY
NO SUGAR ADDED
GREEK YOGURT
5.3 oz.



2/\$3

COCONUT BLISS
ORGANIC COCONUT
MILK DESSERT
1 Pint



\$5⁵⁹

MOTHER RAW
CHEESE STYLE
VEGAN QUESO
8.8 oz.



\$4⁹⁹

FIELD ROAST
PLANT-BASED
STADIUM DOGS
6 ct.



\$5²⁹

TOMMY'S SUPERFOOD
ALL-NATURAL
VEGGIE BLENDS
10 oz.



2/\$6

NADA MOO!
GLUTEN FREE NON-
DAIRY DESSERT
1 Pint



\$4⁹⁹

Delicious
FROM THE
Start

Coconut Milk
Dessert
1 pint, select varieties

No Sugar Added
Dessert
1 pint, select varieties

Cashew Milk
Dessert
1 pint, select varieties



- Delicious dairy-free desserts
- Smooth and creamy texture
- Non-GMO project verified



SHOP ONLINE
- for your favorite -
SUPPLEMENTS

VISIT GREENACRES.COM

GET HEALTHY WITH GUS

Try a natural insect repellent, it's easier on the body, often smells better & is effective!



HEALTH & BEAUTY

GET HEALTHY WITH GUS

Citronella is also beneficial for lifting mood or fighting fatigue.



NOW
SELECT ESSENTIAL OILS



30% OFF
MSRP

GIOVANNI
SELECT PRODUCTS



30% OFF
MSRP

HERBATINT
SELECT PRODUCTS



30% OFF
MSRP

FOODS THAT KEEP YOU hydrated



WATERMELON



CANTALOUPE



STRAWBERRIES



PEACHES



CUCUMBER



ZUCCHINI



TOMATOES



LETTUCE



CELERY

These are some of the top fruits & veggies that are made up of 90% or more water. Add these to your summer meals to help stay hydrated!

Essential Oil

DUO PACK

of the month

Auto Air Freshener DIY



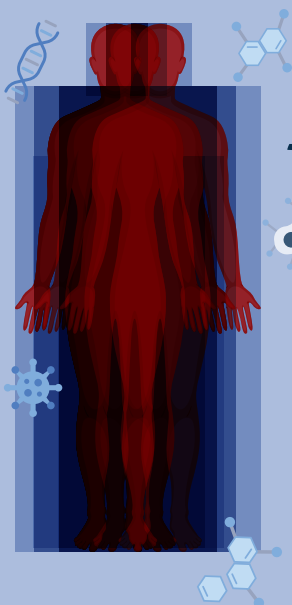
DUO \$20⁷⁹ REG. \$31⁹⁸

INGREDIENTS:

- 2 oz spray bottle
- ¼ cup distilled water
- ¼ cup rubbing alcohol
- 10 drops Now Juniper Berry essential oil
- 15 drops Now Lemon and Eucalyptus essential oil

In your spray bottle, pour in ¼ cup distilled water and rubbing alcohol combination. Now carefully add your two essential oils. This combination is crisp and lively reminiscent of the "tree" air fresheners many of us were accustomed to seeing hanging on the rear-view mirror when we were young.

SPECIAL DUO PRICE GOOD ALL MONTH
*WHILE SUPPLIES LAST



AUTOIMMUNE ISSUES



WHY IT'S TIME TO PAY ATTENTION

Western cultures set up an environment where we are rewarded for staying late at work, exchanging sleep for to-do lists & eating on the go. Unfortunately, as a result we've become our own worst enemy. Our bodies have suffered the consequences of operating in overdrive to the point they start to attack their own good cells out of survival. What that means is, our immune system is designed to attack unwanted bacterias, viruses, cancer cells & so many foreign toxins we are exposed to on a regular basis. But without proper support, rest, nutrition & lack of stress, our immune systems can go haywire & just start attacking anything it comes in contact with, including our good cells.

Autoimmune issues have exploded in the past decades & now range in double digit percentages for cases, & the medical community is struggling to diagnose, understand symptoms & how to help patients feel better.

Autoimmune issues can present so differently depending on the person & also their genetic predisposition to conditions like Hashimoto's disease, rheumatoid arthritis, celiac disease, irritable bowel, lupus & more. *Even symptoms like brain fog, tiredness, feeling bloated, skin issues and more are early signs of Autoimmune issues.*

Most Autoimmune Issues Start in the Gut.

70% of our immune system is housed in our gut – so if our digestion is off, our eating habits are bad, or the quality of our food is poor & we consume too much sugar, fatty foods & alcohol, we are destined to become our own enemy in our fight for optimal health.

STEPS WE CAN TAKE:



Create an environment that promotes good, restful, uninterrupted sleep.



Create an environment that reduces stress & how we hold it in our bodies, causing tension, lack of breathing, toxicity and more.



Reduce processed foods, sugary ingredients & additives that cause inflammation in the gut.



Sit down & chew your food, and focus on consuming whole foods, organic & fresh when possible.



Repattern our work habits to include movement, breathing, meditation or quiet in between the demands of daily schedules.



Take a supportive probiotic to help maintain balanced microbiome in our gut.



**Come talk to our GreenAcres staff to start "healing your gut."
Find out how to make dietary & lifestyle changes while
adding support with supplements to get you back on track!**

GET HEALTHY WITH GUS

MOTION IS LOTION!
Remember to keep moving, don't sit in one place too long.



SUPPLEMENTS

GET HEALTHY WITH GUS

Don't drink sugar calories it can lead to surprise weight gain.



AMAZING GRASS
SELECT PRODUCTS



15% OFF MSRP

BEEKEEPERS NATURALS
SELECT PRODUCTS



20% OFF MSRP

CHARLOTTE'S WEB
SELECT TOPICALS & PET PRODUCTS



20% OFF MSRP

COUNTRY LIFE
SELECT VITAMIN D3



30% OFF MSRP

ENZYMEDICA
SELECT PRODUCTS



25% OFF MSRP

GARDEN OF LIFE
SELECT PROBIOTICS



1/2 OFF MSRP

KYOLIC
SELECT PROBIOTICS



25% OFF MSRP

NATURAL FACTORS
SELECT PRODUCTS



25% OFF MSRP

All-Flora Probiotic
60 ct.



WHOLE BODY WELLNESS, WELL DONE

Select Probiotics

33%
OFF MSRP

Crafted for advanced digestion & complete gut health

Women's Daily Probiotic
30 ct.



Crafted for vaginal & urinary tract health, digestive & immune support

NATURAL VITALITY
**SELECT
PRODUCTS**



30% OFF
MSRP

SOLARAY
**SELECT
PRODUCTS**



35% OFF
MSRP

ULTIMA
**SELECT HYDRATION
PRODUCTS**



35% OFF
MSRP

VIBRANT HEALTH
**SELECT
PRODUCTS**



30% OFF
MSRP

NATURE HAS AN ANSWER

Give nature a try! You will be amazed how effective natural remedies are, without any risk of toxic side effects.

BUG REPELLENT:

Common Insect repellents usually contain DEET. Potential side effects can include adverse skin reactions, fatigue, respiratory conditions, and neurological problems!

GreenAcres bug sprays are plant-based – right out of Mother Nature's cupboard.

Look for essential oil ingredients like:

• Geranium oil • Cedarwood oil • Citronella • Lemongrass.

They repel ticks and mosquitoes without toxic side effects.

INJURY:

Overexertion can happen when playing hard or attempting new outdoor activities.

Green Acres is well-stocked on topical products that can ease pain, swelling & bruising:

- Topical arnica creams and gels can soothe where you hurt.
 - CBD topicals can provide relief from pain and inflammation.
 - Look for ingredients like menthol and camphor in topical pain products.
- They drive the healing energy into the skin.

FIRST AID:

Bug bites, scrapes, scratches, and skin irritations.

GreenAcres recommends:

- Aloe vera skin gel to soothe burns, cuts, and bug bites.
- Colloidal Silver is a medicine chest in a small tube or bottle. It fights infection and aids in healing cuts, scrapes, and bites.



JULY BONUS BUYS

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

NATURAL FACTORS
TRANQUIL SLEEP
60 ct. chewable



\$20⁷⁹

NATURAL VITALITY
**VEGAN CALM ORANGE
GUMMIES**
120 ct.



\$19⁴⁹

ORA ORGANIC
**TRUST YOUR GUT
PROBIOTIC**
60 capsules



\$22⁷⁹

NATURE'S WAY
**COCONUT OIL
CAPSULES**
120 soft gels



\$10³⁹

NORDIC NATURALS
ULTIMATE OMEGA
90 soft gels



\$25⁹⁹

SOLARAY
**D-MANNOSE WITH
CRANACTIN**
60 ct.



\$18⁹⁹



TERRY NATURALLY
ACUTE PAIN RELIEF
60 soft gels

\$32⁴⁹ (Reg. \$49⁹⁵)

**STOP ACUTE PAIN FAST
WITHOUT RISKING TOXIC SIDE EFFECTS!**

We are all guilty of reaching for an over-the-counter pain relief after an exhausting day at work, overdoing it at the gym or a minor injury to a back or shoulder. But do we stop to consider the potential side effects – the warning labels on traditional pain relievers? Acetaminophen alone accounts for 100,000 calls to poison control centers every year. Aspirin and ibuprofen are known to damage the stomach lining and thin the blood! You Hurt! What should you do instead?

There are safe and effective botanical ingredients that have been shown as effective as acetaminophen without potential negative effects on your liver. Terry Naturally recently introduced **CuraMed Acute Pain Relief** that relieves pain quickly and reduces inflammation throughout the body. **CuraMed Acute Pain Relief** contains well studied ingredients! Easy as 1-2-3!

•Curcumin from Turmeric

Already a well-accepted worldwide pain medicine, the special BCM-95 has been clinically shown to have up to 700% better absorption than plain curcumin.

•Boswellia

Boswellia – also called frankincense – is one of nature's most powerful anti-inflammatory medicines.

•Black Sesame Seed Oil

Sesame seed oil contains compounds that have been shown to have anti-inflammatory effects for joint tissues. It contains compounds that can help increase type II collagen and prevent breakdown of joint tissues.

A healthy trio to fight acute pain – Curcumin, Boswellia, and Black Sesame oil. It works as fast as acetaminophen without liver damage, upset stomach or blood-thinning. Let one of GreenAcres supplement team members show you this amazing product, specially priced for the month of July!



**GREENACRES
MARKET**

Your healthy food experts

8141 E. 21st St. Wichita, KS 67206

Prices valid 07/01/2021 through 7/31/2021 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.**



Bradley Fair Wichita

FARMERS MARKET

EVERY TUESDAY
3pm - 6pm

Local Vendors • Special Events
• Safe Distance Shopping

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

