

BACK TO *SCHOOL*

AUGUST SALES 2021

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Back to school fall 2021 will be an entirely new experience. Most kids have not been back into their classrooms for over a year! What does this mean? What are the risks? What are the rewards? One thing we do know, is that at GreenAcres, we are here to support you on keeping your kids & family healthy no matter what the learning situation looks like this fall.



HERE ARE OUR TOP RECOMMENDATIONS FOR HOW TO APPROACH BACK TO SCHOOL:

BE PREPAREDII Purchase appropriate masks, sanitizer & other safety items and stock them in multiple places so your kids don't have to worry about remembering them. Hide them in coat pockets, backpacks, lockers & other strategic places, along with notes to encourage them as they venture out again.

STOCK UP THEIR BAGS WITH HEALTHY SNACKS! Kids may have new schedules and home rooms might look different. However; during breaks, lunchroom and recess always give them access to great healthy snacks so they don't skip important meals & come home hungry or fill up on junk food.

Start adjusting their evening and wake-up habits weeks before starting. Add in important vitamins to support immune & brain health & sleep, lots of water, stress reducing exercises, quality quiet time to unwind & then watch them thrive!

OFFER BALANCED MEALS: Even though this will be difficult for everyone with adjusting schedules, try to create structure around at least one meal a day (breakfast or dinner) - so they eat at a similar time, sit down & be present & enjoy good fresh, wholesome (organic when possible), well balanced meals. And get them to participate in prep & clean-up so it can be a family event.

COME VISIT US AND SEE ALL THE AMAZING BACK TO SCHOOL ITEMS WE HAVE ON SALE!





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.





INGREDIENTS

- -Cooking spray -1½ cups all-purpose unbleached flour*
- ½ cup white whole wheat flour* 2 Tbs granulated sugar
- -2 tsp baking powder -1 tsp baking soda -11/2 cups of your favorite organic yogurt
- -3/4 cup milk -6 Tbs water -2 large eggs -1 tsp kosher salt
- -2 Tbs unsalted butter, melted then cooled slightly -2 tsp vanilla extract
- -1 1/2 cups fresh or frozen mixed berries

*sub a gluten free option

DIRECTIONS

- 1. Move the oven rack to the middle position and preheat oven to 425 degrees F.
- 2. Spray a rimmed 18" x 13" sheet pan with cooking spray, this will keep the parchment in place.
- **3.** Cut a piece of parchment paper to cover the bottom completely, about 16 x 20 inches. Place on the sheet pan and spray more oil on the parchment, and around the sides of the sheet pan.
- 4. In a medium bowl, whisk together dry ingredients (from flour to salt).
- 5. In another medium bowl, whisk together wet ingredients until thoroughly combined.
- **6.** Mix wet & dry ingredients into the bowl until just combined. Don't over mix! Gently fold in berries.
- **7.** Pour the batter into the prepared baking sheet. Spread the batter evenly with a spatula then tap the sheet pan on the counter a couple times to settle the batter.
- 8. Bake for 15 to 17 minutes, rotating the pan halfway through.
- **9.** Allow to cool for 5 minutes in the pan then, place a large cutting board over the top of the pan and flip the pancakes onto cutting board. Cut into 16 squares and serve immediately.





GROCERY SHOPPING MADE HEALTHY



NEW ZEALAND ARTESIAN WATER



2/\$7

ANNIE CHUN'S

ROASTED SEAWEED SNACKS

Select Varieties



4/\$5

BACK TO NATURE

PLANT-BASED COOKIES

8-12 oz., Select Varieties



\$399

BIRCH BENDERS

KETO PANCAKE MIXES

10 07.



\$5⁹⁹

CATALINA CRUNCH KETO FRIENDLY

CEREALS



\$6³⁹

PURE & NATURAL FRUIT ROLLS



\$369

CANYON BAKEHOUSE

GLUTEN-FREE WHOLE GRAIN BREAD

14-18 oz., Select Varieties



\$4⁷⁹

COCOMELS

SUGAR FREE COCONUT MILK CARAMELS

2.75 oz.



2/\$7



SIMPLE MILLS **SEED AND NUT FLOUR SWEET THINS** 4.25 oz.

EQUAL EXCHANGE ORGANIC FAIR TRADE **CHOCOLATE BARS**



2/\$6

DIVINA **ORGANIC OLIVES** 6 oz., Select Varieties



GOMACRO ORGANIC VEGAN

MACROBAR Select Varieties



SHELF STABLE **Shelf Stable** Soy Milk 32 oz. **Shelf Stable Almond Milk** UNSWEET 6 ct. ORGANIC SOY FAVORITIE CALCIUM FOR BONES THE ORIGINAL NUTRITION \$6⁷⁹ Dairy free & gluten free Non-GMO project verified

• 8 grams of protein per serving

GOOD TO GO **SOFT BAKED KETO BAR**



2/\$3

JUSTIN'S **ALMOND BUTTERS** 16 oz., Select Varieties



HIGH KEY **KETO FRIENDLY MINI COOKIES**



KATE'S REAL FOOD

ORGANIC ENERGY BARS



HIPPEAS

ORGANIC CHICKPEA PUFFS

6 ct., 1 oz.



KINDERLYTE

NATURAL ADVANCED **ELECTROLYTE DRINK**



HUNCH

ORGANIC DARK CHOCOLATE WAFERS



2/\$6

ETERNAL WATER

NATURALLY ALKALINE SPRING WATER

2.5 Liter





LUNCHBOX FAVORITES



PIGOUT PLANT-BASED **PIGLESS PORK RINDS** 3.5 oz.



2/\$5

RUNA CLEAN ENERGY **DRINK CANS**



PURELY ELIZABETH

GLUTEN-FREE GRANOLA WITH PROBIOTICS

8 oz.



SCHAR GLUTEN FREE BREADS



REEDS

ALL NATURAL GINGER BEER



SEVEN SUNDAYS

GRAIN FREE **CEREALS**

8 oz.



ROAR ORGANIC

FLAVORED ELECTROLYTE DRINK

18 07



ALKALINE 88

HIMALAYAN MINERAL 8.8 PH WATER

1 Gallon



WHOLE GRAIN
GRANOLA CLUSTERS
11 oz., Select Varieties



\$4²⁹

MULTIGRAIN TORTILLA CHIPS 5.5-6 oz.



2/\$5

NATURE'S PATH ENVIROKIDZ

NON-GMO CEREAL 10-11.5 oz., Select Varieties



2/\$7

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



\$5²⁹

MOM'S BEST

ALL-NATURAL GLUTEN-FREE CEREAL

16-22 oz., Select Varieties



2/\$6

ONCE AGAIN

NON-GMO NUT BUTTERS

16 oz., Select Varieties



\$999







USDA organic
A trusted brand for over 45 years
Non-GMO project verified

ONE DEGREE

ORGANIC GLUTEN-FREE CEREAL

8-12 oz.



\$369

ORGAIN

ORGANIC VEGAN NUTRITION SHAKE

11 oz.



2/\$5



SKINNY DIPPED DARK CHOCOLATE DIPPED ALMONDS



\$399

WHITE LEAF PROVISIONS
ORGANIC
BABY FOOD
3.17-3.2 oz.



2/\$4

ZERO SUGAR BILTONG SNACKS



\$499

THINK!
10 GRAM
PROTEIN BAR



4/\$5

TEATULIA ORGANIC ICED TEAS



2/\$3

WOODSTOCK
ORGANIC
PEANUT BUTTER



\$6⁵⁹

THAT'S IT ALLERGEN FREE FRUIT BARS



4/\$5

ZACK'S MIGHTY
ORGANIC
TORTILLA CHIPS

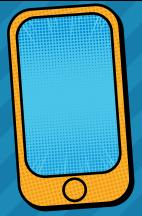


2/\$7

EVEN MORE WAYS TO SAVE!!







J FREE PRODUCT W/POINTS

JTRACK POINTS

J DIGITAL COUPONS

HOLY TOLEDO! THAT'S A LOT OF SAVINGS!!

LEARN MORE AT GREENACRES.COM



FARMER'S HEN HOUSE

ORGANIC PASTURE RAISED EGGS

12 ct., Select Varieties



\$499

NOOSA
ALL-NATURAL
YOGHURT LIL TUBS



4/\$5

SILVER HILLS BAKERY SPROUTED WHOLE GRAIN BREAD 15-22 oz., Select Varieties



\$3²⁹

REFRIGERATED & FROZEN DEALS

GT'S

ORGANIC SYNERGY RAW KOMBUCHA

48 07



\$799

ORGANIC VALLEY

ORGANIC ULTRA PASTEURIZED MILK

1 Gallon



\$7¹⁹

HEALTH-ADE

KOMBUCHA PLUS EXTRA FUNCTIONS

16 oz



2/\$7

JUST EGG

PLANT-BASED SCRAMBLE

12 oz.



\$399

GET HEALTHY WITH GUS

STAY HYDRATED,
EVEN THOUGH
SUMMER IS
OVER EVEN
SLIGHT
DEHYDRATION
CAN CAUSE
BRAIN FOG \$
IRRITABILITY!

MUSH

DAIRY-FREE OVERNIGHT OATS

5 oz.



2/\$4







12 oz.



2/\$4

BIRCH BENDERS

KETO TOASTER WAFFLES

6 ct.



\$369

BETTER BITES BAKERY

CHOCOLATE COOKIE DOUGH BITES 4.4-4.7 oz.



\$4³⁹

CAPPELLO'S

GRAIN-FREE ALMOND FLOUR PASTA

9-12 oz., Select Varieties



\$7⁸⁹

CAULIPOWER

BREADED CAULIFLOWER CHICKEN TENDERS

14 oz



\$799

KINNIKINNICK
GLUTEN-FREE
BREAD

16 oz.



\$3⁴⁹

JONNY POPS

REAL FRUIT AND CREAM POPS

4 ct.



\$399

ROWDY MERMAID

LOW SUGAR KOMBUCHA

12 07.



\$2⁷⁹



Non-GMO Project Verified

Making Better Food &

Food Better

6 oz Organic

Shredded Cheese 6 oz., Select Varieties

Organic



LITTLE NORTHERN BAKEHOUSE

GLUTEN-FREE BREAD

16-17 oz., Select Varieties



\$4⁴⁹

OUTER AISLE

CAULIFLOWER SANDWICH THINS

6 ct.



\$5⁶⁹

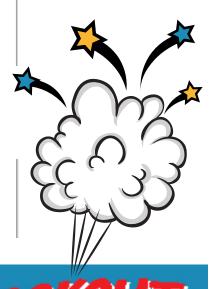
QUORN

MEATLESS CHICKEN STYLE PIECES

12 07



\$429





KEEP A FOR OUR
BACK TO SCHOOL FAVORITE
160115
THROUGHOUT THE NEWSLETTER!

ALSO LOOK IN STORE FOR OUR SHELF TALKERS!









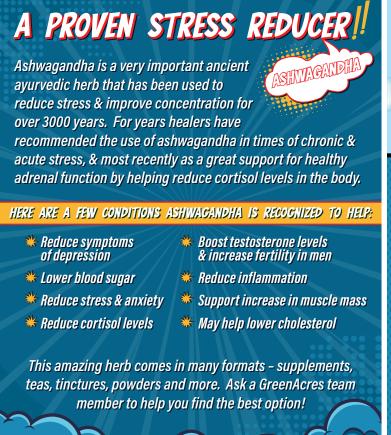
AURA CACIA
SELECT ESSENTIAL OILS



SAGELY NATURALS
SELECT PRODUCTS



20% OFF MSRP





SELECT PRODUCTS



20% OFF MSRP

HYLAND'S SELECT PRODUCTS



15% OFF MSRP

SELECT PRODUCTS



25% OFF MSRP

SUPPLEMENTS

SELECT PRODUCTS



35% OFF MSRP

SELECT
PRODUCTS



30% OFF MSRP

JARROW SELECT PRODUCTS



25% OFF MSRP

NATURE'S ANSWER
SELECT SAMBUCUS
PRODUCTS



25% OFF MSRP



SELECT PRODUCTS



25% OFF MSRP

SELECT PRODUCTS



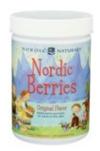
25% OFF MSRP







NORDIC NATURALS
SELECT PRODUCTS



25% OFF MSRP

SMARTYPANTS
SELECT PRODUCTS



25% OFF MSRP

SELECT PRODUCTS



30% OFF MSRP

SOLGAR
U-CUBES CHILDREN'S



30% OFF MSRP

SELECT PRODUCTS



30% OFF MSRP

TERA'SWHEY

SELECT PRODUCTS



25% OFF MSRE

RAINBOW LIGHT
SELECT
PRODUCTS



30% OFF MSRP

VITAL PROTEINS

SELECT PRODUCTS



20% OFF MSRP



AUGUST BONUS BUYS

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

CHARLOTTE'S WEB SLEEP GUMMIES 6 ct.



\$649

AMAZING GRASS
SMOOTHIE
BOOSTERS



\$11⁶⁹

RENEW LIFE
EVERYDAY IMMUNE
PROBIOTIC
30 capsules



\$12³⁹

LIFESEASONS ANXIE-T 60 capsules



\$23⁹⁹

NATURAL FACTORS
CURCUMINRICH
30 MG.
60 capsules



\$19⁴⁹

DR. BRONNER'S
TOOTHPASTE,
4 FLAVORS



\$4²⁹



BODY HEALTH
PERFECT AMINO
ELECTROLYTES

50 servings

\$2599 (REG. \$3995)

IF YOU SWEAT ... REHYDRATE!

Next Level Electrolytes for World-Class Performance

REACHING YOUR BEST LEVEL OF PERFORMANCE MAY BE ABOUT USING THE RESOURCES YOU ALREADY HAVE TO THEIR HIGHEST CAPACITY. And it all comes down to a new way of managing your hydration.

Athletes and busy people sweat, causing the loss of huge quantities of electrolytes & increased dehydration.

- Dehydration of even 1-2% significantly compromises performance!
- -Dehydration of 3% can lead to cramps, heat exhaustion, and even stroke!

In hot weather, even one hour of intense activity can cause dehydration of up to 3%. Popular sports drink companies claim all kinds of benefits of their neon-colored electrolyte liquids & sponsor major sports teams for exposure. However, they often include un-natural ingredients & added sugar & colors that make them more "appealing". The crash effect of these ingredients are often far worse than the benefits of the drink.

WHAT ARE ELECTROLYTES?

Electrolytes are minerals that give water — and your blood — an electrical charge. They create the critical internal environment your cells and organs need for optimal function. Beyond that, they are involved in hundreds of chemical reactions necessary for your health and athletic performance. The most important minerals include sodium, potassium, calcium, phosphorus, zinc, chloride, and magnesium.

WHAT DO THEY DO?

The right balance of electrolytes can:

- Improve blood flow and circulation
- Enhance oxygen delivery
- Reduce cramping and injuries by facilitating the removal of waste from muscles
- Lubricate joints and tissues, reducing injury
- Help regulate temperature and prevent overheating

THE PERFECT ELECTROLYTE SOLUTION

BodyHealth Perfect Amino Electrolytes contain a perfect combination of electrolytes, trace minerals, and essential amino acids. It is not just the "electrolytes" that are important, it is the ratio that matters. These electrolytes are formulated in the exact ratio your body needs to maintain high performance even in the most rigorous training and competition conditions. Plus, they are fortified with Perfect Amino, a special formula of essential amino acids — your secret weapon for endurance and performance. These amino acids prevent protein breakdown and keep you strong all the way to the finish line.

It has ZERO sugar, is 100% keto safe, paleo, and vegan — so you can continue your regimen & live your optimal performance.

Isn't it time you "upped" your electrolytes? Come into GreenAcres Market and let our friendly staff help you find the next level of hydration with BodyHealth Perfect Amino Electrolytes.



Your healthy food experts 8141 E. 21st St. Wichita, KS 67206

> Prices valid 08/01/2021 through 8/31/2021 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.



MULTI YITAMIN GUMMIES

YITAMIN C GUMMIES



VITAMIN D GUMMIES





LOCAL STORES-YOUR

KANSAS CITY

-The Village at Briarcliff-4175 N. Mulberry Drive Kansas City, MO 64116

PH 816-746-0010

-West - 21st & Maize-

-Bradley Fair-

8141 E. 21st St.

PH 316-634-1088

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

WICHITA

-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

