



GREENACRES
MARKET

SEPTEMBER SALES 2021

a fresh *approach to* **Immunity**

Top Immune Items
for the Family
page 2

Essential Oils
for Kids!
page 10

Use Daily Fat Burner™
for a Healthy Lifestyle
page 15



GREENACRES.COM

A fresh approach to Immunity

As we head into fall & the onset of cold & flu season – we must pay attention to the fact that we've not been exposed to as many common viruses in the last year & we may be more susceptible to getting sick with a cold or flu. So now is the time to ramp up your immune system support program with the following suggestions:

Vitamin C



Enhances a weakened immune system especially in vulnerable populations and studies have shown it can shorten the duration of pneumonia, common cold & flu. Studies also show that consuming more vitamin C can increase your blood antioxidant levels by up to 30%. This helps the body's natural defenses fight inflammation.

Vitamin D



Studies continue to show most of the population has critically low levels of Vitamin D, a crucial nutrient to enhance the function of immune cells, especially T cells that fight off pathogens & activate the immune system defenses. It also has anti-inflammatory properties & can help support against respiratory infections, not to mention supporting everyday energy & reducing depression.

Zinc



Top doctors all agree that if you are zinc deficient your immune system will not function optimally. Zinc has been shown to have a direct correlation to shorten the duration of symptoms for common cold & also protect against getting sick in the first place. Zinc is not only a powerful antioxidant it is also an anti-inflammatory agent that helps reduce inflammation in the body & protects against chronic illness

Elderberry



Elderberries are a low calorie food packed with vitamin C, dietary fiber and high levels of antioxidants to help it be a powerhouse when fighting cold & flu. Studies especially show that it helps reduce symptoms of influenza and is often used as a preventative through the entire season. This nutrient is effective either as a concentrate, a tonic, or as a supplement & can be taken in many different forms so it really appeals to the entire family!

Quercetin



This potent bioflavonoid is an antioxidant that works by scavenging & neutralizing free radicals in the body. This process provides huge support for a healthy inflammatory response & enhanced immune system response to any cold/flu or virus that impacts the body. Quercetin is also important for proper vitamin C utilization & benefits cellular health & cardiovascular function.

NAC (N-Acetyl Cysteine)



NAC comes from the amino acid and is essential for producing glutathione, which is essential for immune health & fighting cellular damage. It basically comes to the rescue of all your cells & helps reduce oxidative stress on the body & reduce inflammation, all which ultimately lead to chronic illness & disease. NAC is also a huge support for the lungs and fights off respiratory illnesses.

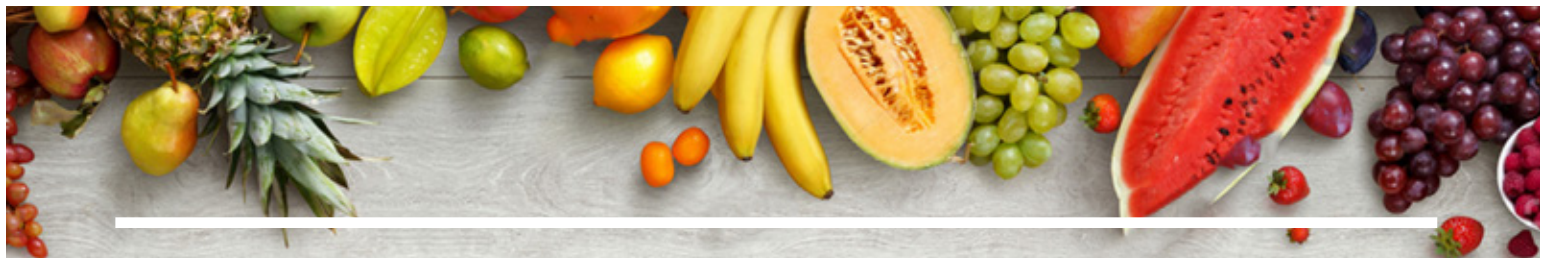
At GreenAcres we offer a quality selection of these individual nutrients in various combinations. Come talk with one of our educated staff members today to find the right remedy for you! Stay healthy this cold & flu season.

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

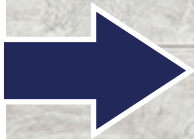
In order to improve the health of our community one person at a time.



ORGANIC PRODUCE SPECIALS

ORGANIC SAVINGS ON NO. 1 GRADE PRODUCE!

LOOK FOR THE **NEW**
LOWER PRICES
WEEKLY FLIER



IN STORES AND ON SOCIAL MEDIA!

GINGER TURMERIC *Aromatic Rice*

AN IMMUNE SUPPORTIVE RECIPE!

INGREDIENTS

- 1 cup white basmati rice • 1.5 cups water
- 1 tbsp coconut oil, (or oil of choice) • 2 cloves garlic, minced
- 1 tbsp ginger, peeled and grated
- 1 tsp fresh turmeric, peeled and grated
- 1 tsp sea salt, to taste • 1 tbsp fresh lemon juice
- ½ cup dried cranberries or golden raisins
- ¼ cup fresh cilantro, chopped • ¼ cup pine nuts, toasted

DIRECTIONS

1. Add all ingredients for the rice except for the dried fruit to a small pot, cover, and bring to a full boil. Reduce heat to a simmer and cook, covered, until rice has absorbed all liquid, 15 minutes (or according to package instructions).
2. A few minutes before rice is finished cooking, stir the dried cranberries/raisins into the rice - this allows them to plump up and lends more flavor to the rice. Re-place the cover and continue to cook.
3. Taste rice for flavor and add more sea salt if desired. Serve with fresh cilantro and pine nuts alongside your favorite main dish.

*RECIPE PROVIDED BY THEROASTEDROOT.NET



GET HEALTHY WITH GUS

Fiber in plant foods feed your gut microbiome, which improves your immunity!



GROCERY SHOPPING MADE HEALTHY

GET HEALTHY WITH GUS

Eating more fruits & veggies rich in Vit C can help reduce duration of common cold.



4SISTERS
ORGANIC RICE
2 lb.



\$4⁹⁹

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



\$3⁴⁹

BARBARA'S
**NON-GMO WHOLE
GRAIN CEREAL**
8-10 oz., Select Varieties



\$3⁴⁹

BEYOND GOOD
**DIRECT TRADE
CHOCOLATE**



\$2⁷⁹

BHU FOODS
**KETO
PROTEIN BITES**
5.29 oz.



\$8²⁹

BIM BAM BOO
**100% BAMBOO
KITCHEN TOWELS**
2 Rolls



\$2⁹⁹

BRAD'S PLANT BASED
**ORGANIC
CRUNCHY KALE**
2 oz.



\$3⁷⁹

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



\$4⁹⁹

CLIF BAR
**NUTRITIOUS
ENERGY BARS**
Select Varieties



4/\$5

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



2/\$4

FROM THE GROUND UP
**CAULIFLOWER STALKS
& CRACKERS**
4 oz.



2/\$6

GURU
**PLANT-BASED
ENERGY DRINK**
12 oz.



2/\$4

EVER & EVER
ELECTROLYTE WATER
RECYLABLE CAN
16 oz., Select Varieties



2/\$3

HIPPEAS
ORGANIC
CHICKPEA PUFFS
4 oz.



\$2⁸⁹

KETTLE
ALL-NATURAL KETTLE
CHIPS
5 oz.



2/\$5

LUNDBERG
NON-GMO RICE
16 oz., Select Varieties



\$4²⁹

Enjoy
THE HIVE



Select Varieties
5 for \$5



Honey Stinger

- Made with USDA organic honey
- Convenient on-the-go snack
- Natural, sustainable source of energy
- Organic waffles

MADHAVI
ORGANIC
LIGHT AGAVE
17 oz.



\$4⁹⁹

MILK BAR
CHEWY SOFT-BAKED
COOKIES
6.5 oz.



\$3⁹⁹

ORGANIC VALLEY
ORGANIC GHEE
13 oz.



\$11¹⁹

OWYN
PLANT-BASED
PROTEIN DRINK
12 oz.



\$2⁷⁹

PASCHA
ORGANIC CHOCOLATE
BAKING CHIPS
8.8 oz.



\$5⁴⁹

LATE JULY
ORGANIC
POTATO CHIPS
5 oz.



2/\$6

PERFECT HYDRATION
9.5 PH PLUS
ELECTROLYTES WATER
20 oz.



2/\$3

PLANT BOSS
ORGANIC PLANT-BASED
CRUMBLES
3.17-3.35 oz.



\$4⁹⁹

PRIMAL KITCHEN
AVOCADO OILS
16.9 oz.



\$9⁹⁹

PROUD SOURCE
ALKALINE WATER IN
REFILLABLE BOTTLE
16 oz.



2/\$3

PUKKA
ORGANIC TEA
20 ct.



\$4⁴⁹

REPURPOSE
COMPOSTABLE
PAPERWARE
9 in., 44 ct.



2/\$5

RXBAR
WHOLE FOOD
PROTEIN BAR
Select Varieties



2/\$4

SEEDS OF CHANGE
ORGANIC READY TO
HEAT RICE
8.5 oz.



2/\$6

SIMPLY ORGANIC
ORGANIC SEASONING
MIXES
Select Varieties



4/\$5

SPRY
ALL-NATURAL
XYLITOL GUM
100 ct.



\$6⁹⁹

STEEP BY BIGELOW
ORGANIC PREMIUM
TEAS
20 ct., Select Varieties



2/\$6

TATE'S BAKE SHOP
THIN CRISPY
BUTTERY COOKIES
7 oz.



\$4⁵⁹

TAZA CHOCOLATE
ORGANIC STONE
GROUND CHOCOLATE



\$3¹⁹

TEECCINO
CAFFEINE FREE
HERBAL COFFEE
11 oz., Select Varieties



\$9⁴⁹

THUNDERBIRD
PLANT-BASED REAL
FOOD BARS



3/\$5

TOLERANT
ORGANIC PLANT-BASED
PASTAS
8 oz.



\$3⁴⁹

VEGAN ROB'S
PLANT-BASED
POPCORN
4-4.75 oz.



2/\$5

UNREAL
FAIR TRADE
CHOCOLATES
3.2-5 oz.



\$4⁷⁹

**TCHO CHOCOLATE
CHOCOLATE BARS**
Select Varieties



\$2⁹⁹

**VERMONT SMOKE & CURE
MEAT STICKS**
1 oz.



4/\$5

**WILD PLANET
SUSTAINABLY CAUGHT
SKIPJACK TUNA**
5 oz., Select Varieties



\$2⁹⁹



**SAVE TIME,
SHOP ONLINE!**

Essential Oil Combo Pack
Details

\$8.69 each

Get \$10 off
from GreenAcres

New Items

Wholly Veggie Cauliflower
Bruschetta - 12 Pack

Wholly Veggie Cauliflower
Buffalo Wings - 12 Pack

Wholly Veggie Kung Pao
Broccoli Tempura - 13.2 Ounces

\$5.99 each

C2O Coconut Water, with
Matcha - 17.5 Ounces

C2O Pure Coconut
Oil - 12 Pack

\$2.39 each

Shop
GREENACRES MARKET
.com



**SAVE MORE
WITH
GREENACRES Rewards**

ONLINE > IN STORE

GET HEALTHY WITH G-US

Eat more healthy fats to help decrease inflammation & boost your immune system!



REFRIGERATED & FROZEN DEALS

GET HEALTHY WITH G-US

Foods like yogurt, kimchi & kefir provide good bacteria & supports healthy immunity.



A2 MILK
**NATURAL A2
PROTEIN MILK**
59 oz.



\$3⁴⁹

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



2/\$7

BREW DR.
**ORGANIC 100%
RAW KOMBUCHA**
14 oz.



2/\$5

BROWN COW
**NON-GMO CREAM
TOP YOGURT**
5.3 oz.



89¢

DAIYA
**NON-DAIRY
CHEEZE SLICES**
7.8 oz.



\$3⁹⁹

EVOLUTION FRESH
**COLD-PRESSED
JUICE SMOOTHIES**
15.2 oz., Select Varieties



\$4⁴⁹

FORAGER
**ORGANIC DAIRY-FREE
SOUR CREAM**
12 oz.



\$3²⁹

GOOD KARMA
**NON-DAIRY
FLAXMILK**
64 oz., Select Varieties



\$3¹⁹

KALONA ORGANICS
**ORGANIC
WHIPPING CREAM**
16 oz., Select Varieties



\$4⁴⁹

KOIA
**KETO PLANT BASED
SHAKES**
12 oz.



\$3²⁹

LIFEWAY
**LOW FAT
PROBIOTIC KEFIRS**
32 oz., Select Varieties



\$3²⁹

NANCY'S
**NON DAIRY
OATMILK YOGURT**
24 oz.



\$3²⁹

NOOSA
**ALL-NATURAL
YOGHURT**
8 oz.



3/\$5

CALIFIA FARMS
**DAIRY-FREE
OATMILK**
16 oz., Select Varieties



\$3⁵⁹

ALEXIA
NON-GMO FRIES
16 oz., Select Varieties



\$3⁴⁹

ALPHA FOODS
**PLANT-BASED
CHIK'N NUGGETS**
10.9 oz.



\$4⁶⁹

BOOMERANG'S
**HANDHELD
AUSSIE PIES**
6 oz.



\$2⁹⁹

CASCADIAN FARM
**ORGANIC
FROZEN FRUITS**
8-10 oz.



2/\$7

COCONUT BLISS
**ORGANIC COCONUT
MILK DESSERT**
1 Pint



\$5⁸⁹

ORGANIC VALLEY
**ORGANIC
GRASSMILKS**
64 oz.



\$5⁵⁹

BRINGING THE GOOD, ORGANICALLY

**ORGANIC
SLICED SWISS
CHEESES**
6 oz.,
Select Varieties



**ORGANIC
DELI SLICED MEAT**
6 oz., Select Varieties



**ORGANIC
UNCURED PEPPERONI
SLICES**
5 oz.



**ORGANIC
SLICED AMERICAN
CHEESES**
6 oz., Select Varieties



**ORGANIC
SLICED PROVOLONE
CHEESE**
6 oz.,
Select Varieties



- Always USDA Certified Organic
- Sustainably produced
- Never any antibiotics, hormones, or pesticides

FIELD ROAST
**VEGAN
MAC 'N CHAO**
11 oz.



\$5⁶⁹

KIDFRESH
**MAC & CHEESE W/
HIDDEN VEGGIES**
6.3 oz.



\$2⁹⁹

MARIA & RICARDO'S
**GLUTEN FREE
TORTILLAS**
6 ct., Select Varieties



\$3⁶⁹

MEATLESS FARM
**MEAT FREE
BURGERS**
2 ct.



\$4⁴⁹

TUCSON TAMALE
**GLUTEN-FREE HAND
MADE TAMALES**
2 ct.



\$5⁵⁹

WHOLLY VEGGIE
**VEGAN
CAULIFLOWER WINGS**
13.2 oz.



\$5²⁹

SWEET EARTH
**VEGAN
CAULIFLOWER MAC**
9 oz.



\$3⁹⁹



MAKING ESSENTIAL OILS EASY FOR KIDS!



Aura Cacia introduces new
AC Kids Line with 4 beautiful blends:

**BEDTIME UPLIFTING
CLEARING FOCUS**

Q: How has the Aura Cacia Kids Line been formulated differently than other essential oil products?

A: Kids are more likely to have adverse reactions to essential oils. Oils like peppermint, wintergreen and eucalyptus have extra safety cautions due to multiple instances of irritations, ill effects and toxicities in children. These oils were avoided in our blends for safety.

Q: What is the best way to use the Aura Cacia Kids line with little ones?

A: Diffusion is the safest way to use essential oils with children. The Aura Cacia Kids line includes 4 aromas that come as a diffusion blend, a roll-on and a mist. Topical applications are done in small amounts and are increased with age. When in doubt, keep oils in the air. This line is designed for ages 4 years and older.

Q: What is the appropriate amount of time to diffuse with children?

A: For children over 4 years, diffusion should be kept to 30-60 minutes at a time.

Essential Oil **DUO PACK** of the month

THE SMELL OF FALL IS IN THE AIR

DUO \$19⁹⁹
REG. \$29⁹⁸

INGREDIENTS:

Now Pumpkin Spice Blend:

Sweet Citrus plus festive spices

Now Spiced Cider Blend:

Cinnamon, nutmeg, and ginger with a hint of orange

Put 5 to 10 drops of either oil into your diffuser water well will provide soothing atmosphere as you embrace the changing of the seasons. Warming and comforting aromas to spice up your life!



SPECIAL DUO PRICE GOOD ALL MONTH
*WHILE SUPPLIES LAST

AURA CACIA
KIDS LINE



30% OFF
MSRP

HEALTH & BEAUTY

GET HEALTHY WITH GUS

A positive mindset is vital for health & wellbeing. Do a "gut" check to start each day right!



BABO BOTANICALS
SELECT PRODUCTS



30% OFF
MSRP

DERMA E
SELECT PRODUCTS



30% OFF
MSRP

DR. BRONNER'S
SELECT PRODUCTS



30% OFF
MSRP

LUMINEUX
SELECT PRODUCTS



30% OFF
MSRP

MAD HIPPIE
SELECT PRODUCTS



25% OFF
MSRP

MINERAL FUSION
SELECT COSMETICS



20% OFF
MSRP

SHIKAI
SELECT PRODUCTS



30% OFF
MSRP

ZUM
SELECT HAND SOAPS



15% OFF
MSRP

EMPOWER your life

MEDITERRANEAN DIET PROTEINS

select products
30% OFF
MSRP



- Plant-based proteins
- 20 grams of protein per serving
- Non-GMO Project Verified

GET HEALTHY WITH G-US

Cook with
garlic,
onions,
ginger,
oregano &
turmeric to
reduce
inflammation
& boost
immunity!



SUPPLEMENTS

JARROW
SELECT
PRODUCTS



25% OFF
MSRP

AMERICAN HEALTH
SELECT
PRODUCTS



30% OFF
MSRP

ANCIENT NUTRITION
SELECT
PRODUCTS



25% OFF
MSRP

BARLEAN'S
SELECT
PRODUCTS



20% OFF
MSRP

KOS NATURALS
SELECT
PRODUCTS



30% OFF
MSRP

BLUEBONNET
COLLAGEN
REFRESHER



20% OFF
MSRP

COUNTRY LIFE
COENZYME
B COMPLEX



30% OFF
MSRP

HOST DEFENSE MUSHROOMS
SELECT
PRODUCTS



25% OFF
MSRP

HYALOGIC
SELECT
PRODUCTS



25% OFF
MSRP



select products
30%
OFF MSRP

GET THE POWER OF THE SUN
NOW

- Select vitamin D-3 products
- Helps maintain strong bones
- Supports immune system



Nothing like the Gold Standard



Select Products

30%
OFF MSRP



Apple Cider Vinegar Gummies

- 100 mg + B12
- Supports Energy Metabolism
- Suitable for vegans
- Non-GMO Project Verified
- 100 ct.

Grass Fed Whey Protein Powder

- 11.9 oz. or 2 lb.
- Suitable for lacto-vegetarians
- 20 grams of protein per serving
- Gluten-free
- Non-GMO Project Verified

MEGAFOOD SELECT PRODUCTS



25% OFF
MSRP

NATURE'S ANSWER SELECT GUMMIES



25% OFF
MSRP

NOW SELECT VITAMIN C



33% OFF
MSRP

NATURE'S WAY SELECT GUMMIES



30% OFF
MSRP

KYOLIC SELECT PRODUCTS



25% OFF
MSRP

MEDTERRA SELECT PRODUCTS



20% OFF
MSRP

NATURESPUS SELECT PROBIOTICS



20% OFF
MSRP

NORDIC NATURALS SELECT PRODUCTS



25% OFF
MSRP

REDUCE YOUR PAIN Naturally



CuraMed

- Superior absorption curcumin
- 60 ct. softgels

Select Products
20%
OFF MSRP

Curamin

- Extra Strength Pain Relief
- 60 ct. tablets



Clinical OPC

- Extra strength grape seed extract
- Heart, arteries & blood sugar health
- 60 ct. softgels

Terry
Naturally

B-100
100 Capsules

\$16.89



Quercetin
500 mg
90 Capsules

\$17.59



SOLARAY

**WINGED
SELECT
PRODUCTS**



**20% OFF
MSRP**

**YERBA PRIMA
SELECT
PRODUCTS**



**20% OFF
MSRP**

**NULEAF
SELECT
PRODUCTS**



**15% OFF
MSRP**

**SOURCE NATURALS
SELECT
PRODUCTS**



**30% OFF
MSRP**

**SOVEREIGN SILVER
SELECT
PRODUCTS**



**20% OFF
MSRP**

**VITAL PROTEINS
SELECT
PRODUCTS**



**20% OFF
MSRP**

FACTORS

important for your health

select products

**30%
OFF MSRP**

**QUERCETIN
LIPOMICEL MATRIX**
60 ct.



**METHYLCOBALAMIN
VITAMIN B12**
60 ct.



VITAMIN D3
240 ct.



the POWER of OM

Select Products

**25%
OFF MSRP**



Mushroom Superfoods
• Grown in the USA
• No artificial or synthetic ingredients

Turkey Tail
• Immune Defense Powder
• Certified 100% Organic
• 3.5 oz.



Immune Defense
• Reishi + Vitamin C
• 30 ct.

Breathe
• Respiratory Health Support
• 30 ct.

SEPTEMBER BONUS BUYS

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

NATURAL FACTORS OREGANO EXTRACT 1 oz.



\$9⁹⁹

NATURE'S WAY SAMBUCUS RELIEF GUMMIES 36 ct.



\$8⁹⁹

GARDEN OF LIFE QUERCETIN IMMUNE 30 capsules



\$16²⁹

RAINBOW LIGHT COUNTER ATTACK ELDERBERRY GUMMIES 60 ct.



\$11⁶⁹

FIRST CROP RELIEF BALM 1000 MG 2.6 oz.



\$31⁹⁹

SOLARAY MAGNESIUM CITRATE 90 capsules



\$8⁵⁹



YOUTHEORY DAILY FAT BURNER

60 capsules

\$10⁹⁹
(Reg. \$21⁴⁹)

Non-stimulant, Clinically Supported



SUPPORT YOUR HEALTHY LIFESTYLE BY MANAGING YOUR BODY WEIGHT!

Let's face it, the last year has been a challenge for many people. With limited outside activities, working from home and added stress, people have gained on average ten to fifteen pounds. The question on many consumer's minds is *"Is there a way to support a healthy body weight without added stimulants or questionable ingredients?"*

Youtheory Products has developed a new Daily Fat Burner supplement that can assist in getting back to your desired body weight safely and effectively with two exciting ingredients.

- Sinetrol** is a trademarked ingredient of polyphenols extracted from citrus and guarana that reduces excess fat mass and improves long-term body composition.

- Capsimax** is another trademarked ingredient from cayenne pepper that supports a healthy metabolism and helps to induce thermogenesis (fat burning).

These two cutting-edge ingredients plus chromium picolinate offer help for breaking down stored fat and appetite suppression! In multiple randomized studies involving these two ingredients, waist and hip circumference and abdominal fat were decreased significantly compared to placebo users.

Youtheory Daily Fat Burner should be taken twice a day with a meal and used in conjunction with a reduced calorie diet and sensible exercise to help you look and feel your best & fight off unwanted diseases.

Stay healthy! Lose weight! Feel great with the help of Daily Fat Burner from Youtheory.

Come into your GreenAcres Market and let us show you this new product. Check out the incredible price offer as we help you trim down and feel better.



**GREENACRES
MARKET**

Your healthy food experts

8141 E. 21st St. Wichita, KS 67206

Prices valid 09/01/2021 through 9/30/2021 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.**



> FREE SEMINAR! < **HOW CBD** **CAN HELP IMPROVE YOUR HEALTH**

Learn about the incredible health benefits of CBD oil
and why Charlotte's Web is leading the way on hemp research,
quality and regenerative farming practices.

Rachel Selbst is a Certified Nutrition Therapy Practitioner who has been working in the Natural Product Industry for 10 years. Her passion for educating the public on the health benefits of plants and herbs stems from her personal journey of utilizing natural living to overcome an autoimmune condition.

Bradley Fair **OKC**
Thursday Sept 16th 6pm Saturday Sept 18th 10am
Sign up on the website www.greenacres.com



CHARLOTTE'S WEB[™]
STANLEY BROTHERS

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

