



**GREENACRES
MARKET**

OCTOBER SALES 2021

HARVEST *Festival*

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the Skin!**
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Virtual Seminar**
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GREENACRES.COM



OCTOBER 16TH

**15%
OFF**

**ALL DAY
AT ALL STORES**
(SALE ITEMS EXCLUDED)



SHOP ONLINE AT 15% OFF!
PROMO CODE **HARVEST15**

**ENJOY ALL THINGS
PUMPKIN & APPLE
ON SPECIAL
THIS MONTH**

JOIN IN ON THE FALL FUN!
11A-2PM | ALL LOCATIONS!

- LIVE DEMOS
- GIVE AWAYS
- SAMPLE
- FEATURED RECIPES
- SPECIALS
- FALL BAKED GOODS

We are taking extra precautions for your health & safety. All areas will be safe and sanitized.

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 A

NEW SALE FLYER EVERY WEEK!



IN STORES AND ON SOCIAL MEDIA!

INTRODUCING

Patty's PLATE

OF THE MONTH

Patty's Plate is a new popular feature you can enjoy as part of the GreenAcres community! Patty is an important member of our central team who loves to create opportunities for customers to interact with our variety of products through our amazing demo program. Now we are launching "Patty's Plate" so you can enjoy her wonderful combos at home! Look for a new recipe here each month & check your favorite store for the display with recipe cards, featured ingredients & specials!



AWESOME BISON CHILI

IT'S AS EASY AS ABC!

Ingredients:

- 1lb. of Red Top Farms Ground Bison (Vegetarian substitute: replace with riced cauliflower)
- 1 16 oz Eden Pinto Beans •1 16 oz Eden Kidney Beans •1 28 oz Muir Glen Diced Tomatoes
- 1 yellow onion •Shredded Mexican Cheese •3-4 cloves of garlic (optional)
- Simply Organic Spicy or Mild Chili Seasoning

Directions:

- Brown ground bison in butter or olive oil with garlic cloves if desired. Cook through.
- Dice onion and set aside to serve with shredded cheese as chili toppings
- Rinse canned beans and leave in colander to drain
- Once Bison is nicely browned add Pinto Beans, Kidney Beans and Diced Tomatoes
- Stir in Simply Organic Chili Seasoning and bring to a boil, then slow simmer for 10-20 min.

HARVEST FACTS WITH GUS

Most apples
are picked
by hand.
The largest
apple ever
picked was
3 pounds
2 ounces!!



GROCERY SHOPPING MADE HEALTHY

ALMOND BREEZE
**NON-DAIRY ASEPTIC
ALMOND MILK**
32 oz.



2/\$4

RAO'S
**ALL-NATURAL PREMIUM
PASTA SAUCES**
24 oz.



\$5⁹⁹

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



2/\$5

BARNANA
**ORGANIC DIPPED
BANANA BITES**
3.5 oz.



\$3⁸⁹

BIGELOW BENEFITS
**ALL NATURAL
HERBAL TEAS**
18 ct.



2/\$6

TASTE *the Magic*

Organic Fair-Trade Chocolate Bars



**2 FOR
\$7**

- Magic All-One Chocolate
- Made with 70% cacao & coconut sugar
- USDA certified organic and Non-GMO
- Vegan

BOULDER CANYON
CANYON CUT CHIPS
5.25 oz.



2/\$5

CANYON BAKEHOUSE
**GLUTEN-FREE WHOLE
GRAIN BREAD**
14-18 oz., Select Varieties



\$4⁹⁹

CHOICE TEA
ORGANIC TEAS
16 ct.



\$3⁹⁹

CHOMPS
MEAT SNACK STICKS



2/\$3

COCOMELS
ORGANIC COCONUT
MILK CARAMELS
1.5 oz.



\$1⁹⁹

CUP4CUP
GLUTEN-FREE
MULTIPURPOSE FLOUR
3 lb., Select Varieties



\$12⁹⁹

EATING EVOLVED
ORGANIC CHOCOLATE
KETO CUPS
4.93 oz.



\$8⁶⁹

EDEN FOODS
ORGANIC BPA-FREE
CANNED BEANS
15 oz., Select Varieties



\$2²⁹

FLAX4LIFE
GLUTEN FREE
FLAX MUFFINS
4 pack



\$6²⁹

FODY
LOW FODMAP
PASTA SAUCE
19.4 oz.



\$5⁹⁹

FRESHE
HIGH PROTEIN
TUNA MEALS
4.25 oz.



\$3⁹⁹

GOOD SOURCE FOODS
CHOCOLATE
PROTEIN CLUSTERS
4 oz.



\$5²⁹

GOOD TO GO
SOFT BAKED
KETO BAR



2/\$3

GRANDYOATS
GRAIN FREE
GRANOLA
9 oz.



\$6⁶⁹

HONEST TEA
ORGANIC TEAS
16 oz.



2/\$3

TWININGS
BLENDED TEAS
20 ct.



2/\$7

FANTASTIC FALL Favorites

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

2 FOR \$6

ANNIE'S HOMEGROWN
ORGANIC CHEDDAR SQUARES
7.5 oz., Select Varieties

2 FOR \$7

EPIC
KETO FRIENDLY PROTEIN BAR
Select Varieties

2 FOR \$4

ANNIE'S HOMEGROWN
ALL-NATURAL MAC & CHEESE
5.25-6 oz., Select Varieties

10 FOR \$10

EPIC
KETO FRIENDLY PORK RINDS
2.5 oz.

2 FOR \$6

EXCHANGE For the BETTER

Organic Fair-Trade Coffee
10-12 oz., Select Varieties



\$7.99

Organic Fair-Trade Chocolate Bars



2 FOR \$6

- Coffees & chocolate bars are USDA Certified Organic
- Fair-Trade for fair wages for workers in developing countries
- Chocolate bars are vegan, soy & gluten-free

IMAGINE
ORGANIC BROTHS
32 oz., Select Varieties



\$3⁹⁹

SIMPLE MILLS
ALMOND FLOUR BAKING MIXES
9-12.9 oz.



\$6⁹⁹

KIND
GLUTEN FREE NUTRITION BARS
Select Varieties



4/\$5

KOOPS'
GLUTEN FREE MUSTARDS
12 oz.



\$2⁹⁹

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



\$5²⁹

ORGANIC INDIA
WHOLE HERB TEA INFUSIONS
18 ct.



\$3⁹⁹

LITTLE SECRETS
CRISPY CHOCOLATE WAFERS
2 ct.



2/\$3

LOTUS FOODS
PAD THAI RICE NOODLES
8 oz.



\$3⁴⁹

LOUISVILLE VEGAN JERKY CO
GLUTEN FREE VEGAN JERKY
3 oz.



\$4⁹⁹

MANITOBA HARVEST
HEMP YEAH PROTEIN BAR



2/\$3

MOM'S BEST
ALL-NATURAL GLUTEN FREE CEREAL
16-22 oz., Select Varieties



2/\$6

ORGANICO BELLO
ORGANIC PASTA SAUCES
25 oz.



\$5⁶⁹

NUMI
**ORGANIC
BAGGED TEA**
16 ct., Select Varieties



\$6⁴⁹

ORGAIN
**ORGANIC SUPERFOODS
POWDER**
9.9 oz.



\$24⁹⁹

NO COW
**LOW SUGAR
PROTEIN BARS**



2/\$4

PAQUI
**GLUTEN FREE
TORTILLA CHIPS**
7 oz.



\$3⁹⁹

PURELY ELIZABETH
**COLLAGEN PROTEIN
OATS**
8 oz.



2/\$6

QUINN
**FILLED PRETZEL
NUGGETS**
6.5-7 oz.



\$4²⁹

SAPADILLA
**PLANT-BASED
DISH SOAPS**
16 oz.



\$4⁴⁹

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



\$3⁵⁹

**FREE
DELIVERY**

*within a ten mile radius of GreenAcres
EVERY TIME YOU SHOP

GreenAcres.com



ALTER ECO
ORGANIC DARK CHOCOLATE BARS
Select Varieties



\$2⁹⁹

RISE BREWING CO.
NITRO COLD BREW COFFEE
7 oz.



2/\$4

SENSIBLE PORTIONS
GLUTEN FREE VEGGIE STRAWS
5 oz.



\$2⁸⁹

KICKING HORSE
ORGANIC FAIR TRADE COFFEE
10 oz., Select Varieties



\$9⁴⁹

SUNFOOD
ORGANIC MATCHA POWDER
4 oz.



\$17³⁹

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



2/\$6

TENDER & TRUE
ORGANIC JERKY DOG TREATS
4 oz.



\$5⁹⁹

THINK!
20 GRAM PROTEIN BARS



2/\$3

TRADITIONAL MEDICINALS
ORGANIC HERBAL TEA
16 ct., Select Varieties



\$4⁷⁹

WHOLESOME SWEETENERS
ORGANIC BAKING MIXES
14-16 oz.



\$5⁹⁹

ZEVIA
ALL-NATURAL DIET SODA
6-Pack



\$4⁸⁹

HUNCH
ORGANIC DARK CHOCOLATE WAFERS
3.5 oz.



2/\$6



NON-DAIRY
ALMOND MILK CREAMER
32 oz., select varieties

\$4²⁹

DAIRY FREE
Creaminess

NON-DAIRY
SOYMILK CREAMER
32 oz., select varieties

\$3⁶⁹



- No artificial colors, flavors & no carrageenan
- Smooth & creamy texture
- Plant-based, dairy free, lactose free & gluten free

HARVEST FACTS WITH GUS

Did you know Illinois grows the most pumpkins? Over 12,000 acres of pumpkins annually!



REFRIGERATED & FROZEN DEALS

GET HEALTHY WITH GUS

Apples will ripen six to ten times faster at room temperature than if they were refrigerated.



BITCHIN' SAUCE
VEGAN ALMOND SAUCES
8 oz.



\$4⁹⁹

COCOJUNE
PLANT-BASED COCONUT YOGURT
4 oz.



\$1⁷⁹

CAULIPOWER
BREADED CAULIFLOWER CHICKEN TENDERS
14 oz.



\$7⁸⁹

ORGANIC VALLEY
ORGANIC SHREDDED CHEESES
6 oz., Select Varieties



\$4⁸⁹

ORGANIC VALLEY
ORGANIC SOUR CREAM
16 oz.



\$3⁴⁹

VITAL FARMS
ORGANIC PASTURE RAISED EGGS
12 ct., Select Varieties



\$5⁶⁹

ALEX'S AWESOME SOURDOUGH
SOURDOUGH CRUST ARTISAN PIZZAS
11.4-13.2 oz.



\$7⁴⁹

GT'S COCOYO
LIVING COCONUT YOGURT
8 oz.



\$4⁸⁹

Milk Plants Hug Cows



CULTURED
VEGAN CHEESE SLICES
8 ct.

ORGANIC
VEGAN CREAM CHEESES
8 oz., select varieties

\$4⁷⁹



\$4⁷⁹



• Gluten free, dairy free & lactose free • Melts and browns

• Plant-based alternative cheese

STONYFIELD ORGANIC
**WHOLE MILK
PROBIOTIC YOGURT**
32 oz.



\$3⁶⁹

AMERICAN FLATBREAD
**HANDMADE WOOD-
FIRED PIZZAS**
10.2 oz., Select Varieties



\$6⁸⁹

CALI'FLOUR FOODS
**LASAGNA WITH
CAULIFLOWER PASTA**
9 oz.



\$4⁷⁹

LIGHTLIFE
**PLANT-BASED
SMART BACON**
5 oz.



\$3⁵⁹

EVIVE
**ORGANIC PLANT-BASED
SMOOTHIES**
10.58 oz.



\$4⁹⁹

FIELD ROAST
**VEGAN CHAO
SLICES**
7 oz.



\$5²⁹

GARDEIN
**VEGAN BEEFLESS
GROUNDS**
13.7 oz.



\$4²⁹

PATH OF LIFE
**QUINOA SIDE DISH
BLENDS**
10 oz., Select Varieties



\$3⁹⁹

GRAIN FREE PRODUCTS *Rooted in Family*

GRAIN-FREE TORTILLAS
8 ct.

BURRITO SIZE TORTILLAS
6 ct.

\$7⁷⁹

\$8⁷⁹



- Grain free, gluten free & dairy free • Vegan
- Non-GMO Project Verified

CAPPELLO'S
**GRAIN FREE
PIZZAS**
10.85-12 oz. Select Varieties



\$7⁷⁹

QUORN
**MEATLESS CHICKEN
STYLE PIECES**
12 oz.



\$3⁹⁹

STRONG ROOTS
**CAULIFLOWER
HASH BROWNS**
13.22 oz.



\$4⁵⁹

THOUSAND HILLS
**GRASS-FED GROUND
BEEF 85/15**
1 lb., Select Varieties



\$8⁴⁹

ANDALOU
SELECT PRODUCTS



30% OFF
MSRP

HEALTH & BEAUTY

SAGELY NATURALS
SELECT PRODUCTS



20% OFF
MSRP

DESERT ESSENCE
SELECT PRODUCTS



25% OFF
MSRP

DR. BRONNER'S
SELECT LIQUID SOAPS



25% OFF
MSRP

EARTH SCIENCE
SELECT PRODUCTS



25% OFF
MSRP

MELORA
SELECT PRODUCTS



15% OFF
MSRP

PUMPKIN Soothes the Skin

PUMPKIN is packed with fruit enzymes and alpha hydroxy acids (AHAs), which increase cell turnover to brighten and smooth the skin. It is also a great source of Vitamin C, which helps to reverse UV damage and improve skin texture. It also helps to promote the production of collagen, thus improving your skin tone and elasticity. Pumpkin is a good source of B vitamins such as niacin, riboflavin, B6 and folate. Niacin improves circulation, and hence, is beneficial in treating acne & skin disorders.

MAIN USES FOR PUMPKIN:

- 🍂 TREATMENT OF OILY SKIN:
- 🍂 TREATMENT OF DRY SKIN
- 🍂 ANTI-AGING BENEFITS
- 🍂 TREATMENT OF DARK SPOTS
- 🍂 TREATMENT OF ACNE

GreenAcres has a great variety of pumpkin skin products to help treat these issues. Ask a team member today to show you their favorites!



Essential Oil DUO PACK of the month

Festive Ginger Snap Cookie Aroma
SWEET AND SPICY

DUO \$13³⁹
REG. \$19⁹⁸

INGREDIENTS:

Ginger essential oil -

Anti-inflammatory effects
Anti-nausea effects
Warming and soothing for digestion

Cassia Cinnamon essential oil -

Boosts oxygen circulation in your body; energizing
Fights arthritis and rheumatism
Has anti-microbial activity; immune support

Fill your diffuser water well to desired level. 6 drops
Now Ginger essential oil. 4 drops Now Cassia Cinnamon
oil. Quantities can be doubled for large capacity diffusers.



SPECIAL DUO PRICE GOOD ALL MONTH
*WHILE SUPPLIES LAST

GET HEALTHY WITH GUS

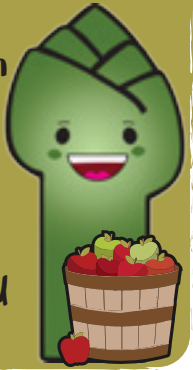
Pumpkin seeds taste great roasted and contain medicinal properties!



SUPPLEMENTS

HARVEST FACTS WITH GUS

There are more than 2,500 varieties of apples grown in the United States!



ALOE LIFE SELECT PRODUCTS



25% OFF
MSRP

BLUEBONNET SELECT PRODUCTS



20% OFF
MSRP

CHARLOTTE'S WEB SELECT TOPICALS



20% OFF
MSRP

DOCTOR'S BEST SELECT PRODUCTS



20% OFF
MSRP

EMERALD LABS SELECT IMMUNE PRODUCTS



20% OFF
MSRP

ENZYMEDICA SELECT PRODUCTS



25% OFF
MSRP

ESTER C SELECT PRODUCTS



30% OFF
MSRP

GAIA HERBS SELECT PRODUCTS



20% OFF
MSRP



Fermented Vitamin D3

- 60 Vegetarian tablets
- For immune, heart, bone & teeth support

Crafted for
**Holistic
Wellness**



Fermented Zinc Complex

- 60 Vegetarian tablets
- Supports immune & skin health

Select Products
30% OFF
MSRP



Elderberry Force

- 30 Vegetarian capsules
- Activates immune pathways

SELECT PRODUCTS

30% OFF MSRP

natural Factors



natural Factors
Vitamin D3
125 mcg (5000 IU)
240 Softgels
SUPPORTS HEALTHY BONES

Quercetin
LipoMical Matrix
10X HIGHER ABSORPTION
Unique technology creates a liquid micelle matrix
90 Liquid Softgels

Garden of Life

select products

30% OFF MSRP



MD PROTEIN
Fit
ESSENTIAL PLANT-BASED PROTEIN
Supports Fat & Carbohydrate Metabolism
Helps Reduce the Risk of Heart Disease
CREAMY VANILLA

QUERCETIN RECOVERY
500 MG
Post-Workout Muscle & Joint Recovery
Healthy Inflammatory Response

HERB PHARM
SELECT PRODUCTS



20% OFF MSRP

HOST DEFENSE
SELECT PRODUCTS



25% OFF MSRP

IRWIN NATURALS
SELECT PRODUCTS



35% OFF MSRP

JARROW
SELECT PRODUCTS



25% OFF MSRP

KYOLIC
SELECT PRODUCTS



25% OFF MSRP

LILY OF THE DESERT
SELECT PRODUCTS



25% OFF MSRP

LIQUID IV
SELECT PRODUCTS



25% OFF MSRP

NATURE'S ANSWER
SELECT PRODUCTS



25% OFF MSRP

now

select Vitamin C

30% OFF MSRP



now
Pure, Buffered
Sodium Ascorbate
Antioxidant Protection
Vitamin C Powder
Net Wt. 5 oz. (141 g)

now
C-1000
Antioxidant Protection
Sustained Release
With Bio-Sharp
100 Tablets

RAINBOW LIGHT

RenewLife

SELECT PRODUCTS

25% OFF MSRP



Women's
Multivitamin
Rainbow Superfoods Blend & Probiotics
Supports Bone & Brain Health

Men's One
Multivitamin
Rainbow Superfoods Blend & Probiotics
Supports Immune, Bone & Brain Health

RenewLife
Extra Care
PROBIOTIC
More clinically studied strains
than the leading brand
Supports Digestive & Immune Health
50 billion CFUs 12 strains

NATURE'S WAY
**SELECT
PRODUCTS**



25% OFF MSRP

NORDIC NATURALS
**SELECT
PRODUCTS**



25% OFF MSRP

ORA ORGANIC
**SELECT
PRODUCTS**



20% OFF MSRP

SILVER WINGS
**SELECT
PRODUCTS**



20% OFF MSRP

SOLARAY
**SELECT
ZINC**



30% OFF MSRP

SOLGAR
**SELECT IMMUNITY
PRODUCTS**



30% OFF MSRP

VIBRANT HEALTH
**SELECT IMMUNITY
PRODUCTS**



30% OFF MSRP

YOUTHEORY
**SELECT
PRODUCTS**



25% OFF MSRP

FREE VIRTUAL ONLINE SEMINAR!

MUSHROOMS FOR THE BODY, MIND & IMMUNE SYSTEM

Thursday, October 21st, 2021 at 6pm CDT

In partnership with GreenAcres, Host Defense Mushrooms presents a live virtual consumer lecture with Richard Cividanes, Host Defense National Educator

REGISTER AT GREENACRES.COM



OCTOBER BONUS BUYS

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

SUNSOIL
CBD DROPS 40 MG.
1 oz.



\$38⁹⁹

NATURE'S WAY
**SAMBUCUS RELIEF
COUGH SYRUPS**
4 oz.



\$10³⁹

SOLARAY
VITAMIN D3 & K2
60 capsules



\$12³⁹

NATURAL FACTORS
**WHOLE EARTH SEA
MULTIVITAMIN**
60 ct.



\$27⁹⁹

HONEY GARDENS
**ELDERBERRY
IMMUNE DRINK**
4 ct.



\$10³⁹

NATURAL FACTORS
NAC 500 MG.
90 capsules



\$12⁹⁹



GARDEN OF LIFE
**DR. FORMULATED
PROBIOTICS
MEN & WOMEN**
50 Billion – 30 Capsules

\$25⁷⁹ (Reg. \$42⁹⁹)

Everywhere you look there are probiotic supplements promising improved digestion, a stronger immune system, and even belly-shrinking benefits. So, what is the buzz all about?

Poor digestion can lead to discomfort, gas and bloating and even constipation or diarrhea, not to mention fatigue, skin irritations, weight gain and poor sleep. Though we try to be careful with what we eat, we often are exposed to too much sugar, artificial ingredients, chemicals, and other compounds that can irritate the gut lining.

Probiotics help to support better digestion by increasing gastric secretions, helping to synthesize B vitamins and enzymes and aid in absorption of minerals. But how these delicate organisms are grown has a lot to do with the quality of the supplement. Garden of Life has been in the probiotic business for over 20 years. Cheap probiotic supplements are often produced by growing the cultures on sugar, dairy, and soy as a growth medium. These ingredients are off limits for many customers due to potential allergic responses.

Garden of Life probiotic supplements are non-GMO project verified meaning that the growth medium has been shown to be free of genetically modified ingredients. All are third party tested for purity and potency and guarantee the potency at time of expiration. The strains are carefully selected with diverse strains for maximum benefits. Packaged in shelf stable bottles with a special lining that protects from moisture damage and protects the precious live bacteria for up to two years without refrigeration.

Free from allergens, no artificial ingredients and carefully selected strains will give you the best that nature intended for your digestive and immune health. **Already top-selling supplements, GreenAcres is pleased to offer special pricing on Once Daily Men's and Once Daily Women's Probiotics!**

ON SALE ALL MONTH LONG!



GREEN ACRES MARKET

Your healthy food experts

8141 E. 21st St. Wichita, KS 67206

Prices valid 10/01/2021 through 10/31/2021 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.**

FREE WITH

**Rewards
POINTS!**



**REDEEM
100 POINTS!
FOR**

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

