



GREENACRES
MARKET

NOVEMBER SALES 2021



Effective Solutions
for Stress Relief pg. 2

The Great Pumpkin
Walnut Crumble
page 3

Introducing
Helpful Hens
page 9

Juicing Without
the Hassle
page 15



GREENACRES.COM

Effective Solutions for Stress Relief

The holiday season is a wonderful time of year. And it can also be a stressful time. Travel, activities, gatherings, cold/flu, many routines get disrupted. Don't forget the wonderful "sugary" treats of the season that wreak havoc on even the healthiest brains & immune systems! Here is our list of top stress reducing supplements to help you navigate the season with ease:

Ashwagandha



This ancient herb, which has been used for thousands of years in Ayurvedic medicine, has become a very popular adaptogenic herb used to help reduce stress, increase energy & support adrenal function. Studies also continue to show it may help with cancer, diabetes, inflammation, and autoimmune conditions such as rheumatoid & osteoarthritis.

5-HTP



5-Hydroxytryptophan is a compound produced in the body from the amino acid tryptophan. It is a precursor to the neurotransmitter serotonin and the hormone melatonin, and taking it as a supplement helps support adequate levels of these in the body. Studies have shown it can help depression, anxiety, insomnia, fibromyalgia, weight loss, migraines and more.

B-Complex Vitamins



There are eight essential B vitamins: thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), vitamin B6, biotin (B7), folic acid (folate) and vitamin B12. They not only help with energy, but they can help boost your brain chemistry and balance out neurotransmitters for optimum brain function – helping to reduce the effects of stress.

Saffron



Known mostly as a culinary herb, saffron has been used for years as a remedy for depression & stress. Saffron contains over 150 compounds, including powerful antioxidants that support circulation, protecting brain cells from oxidative stress, reducing inflammation & improving sleep quality.

Ginkgo Biloba



Also an herb that has been used for thousands of years to improve circulation, support healthy brain function & recently has been recognized to help the body adapt to the impacts of stress. A natural antioxidant & anti-inflammatory, it helps influence neurotransmitter activity in the brain to reduce brain fog & cognitive issues related to stress & memory.

Electrolyte Powders



Need some stress relief support on the go? Add a low-sugar electrolyte powder to your water & support your adrenals & hydration as you deal with the stresses of everyday living. Staying hydrated is key to reducing your cortisol levels, and electrolytes help hydrate you more quickly.

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.

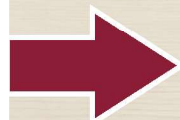


ORGANIC PRODUCE SPECIALS

ORGANIC SAVINGS ON NO. 1 GRADE PRODUCE!

LOOK FOR A

NEW SALE FLYER EVERY WEEK!



IN STORES AND ON SOCIAL MEDIA!

Patty's PLATE

OF THE MONTH

the Great PUMPKIN WALNUT CRUMBLE



Ingredients:

- 1 15 oz can of pure pumpkin
- 8 oz heavy whipping cream
- 3 eggs - try our new brand, *Helpful Hens!*
- 1 cup of *Swerve* granular sugar substitute
- 4 teaspoons of pumpkin pie spice
- 1 teaspoon of cinnamon
- 1 teaspoon vanilla extract
- 1 package *Birch Benders* yellow cake mix
- $\frac{3}{4}$ cup of butter, melted
- 1 $\frac{1}{2}$ cups of chopped walnuts
- *Coco Whip* topping

Directions:

- In a mixing bowl combine the first 7 ingredients thoroughly
- Pour into greased 13x9x2 inch baking pan
- Sprinkle dry cake mix over the top evenly
- Drizzle with melted butter
- Top with chopped walnuts
- Bake at 350 degrees 1 hour (or until knife inserted in the center comes out clean)
- Serve with *Coco Whip* topping or Ice Cream



GET HEALTHY WITH GUS

Exercise lowers your body's stress hormones so make sure that you maintain your routines during the holidays!



GROCERY SHOPPING MADE HEALTHY

GET HEALTHY WITH GUS

Try reducing your caffeine intake as high doses can increase anxiety.



ACID LEAGUE
SALAD DRESSING
VINAIGRETTES
10.1 oz.



\$6³⁹

ALTER ECO
ORGANIC DARK
CHOCOLATE TRUFFLES
4.2 oz.



\$5⁹⁹

ARDOR SPARKLING WATER
SPARKLING WATER
WITH CAFFEINE
12 oz.



2/\$5

ARTISAN TROPIC
GLUTEN-FREE
PLANTAIN STRIPS
4.5 oz.



\$2⁹⁹

BACK TO NATURE
PLANT-BASED
CRACKERS
4-8.5 oz., Select Varieties



\$2⁹⁹

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



2/\$7

BARK THINS
DARK CHOCOLATE BARK
4.7 oz.



\$3⁶⁹

BEE HARMONY
100% RAW HONEY
12 oz., Select Varieties



\$9⁹⁹

BELLUCCI
ORGANIC
OLIVE OILS
16.9 oz., Select Varieties



\$15⁹⁹

BETTER LIFE
PLANT BASED
LAUNDRY DETERGENT
64 oz.



\$7⁹⁹

BEYOND GOOD
DIRECT TRADE
CHOCOLATE



\$2⁸⁹

BHU FOODS
KETO PROTEIN BITES
5.29 oz.



\$8²⁹

BIRCH BENDERS
**KETO
PANCAKE MIXES**
10 oz.



\$5⁸⁹

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



\$5⁴⁹

COOMBS FAMILY FARMS
ORGANIC MAPLE SYRUP
32 oz.



\$19⁹⁹

DR. BRONNER'S
**ORGANIC VIRGIN
COCONUT OIL**
30 oz.



\$15⁴⁹

FREAK FLAG
**ORGANIC BONE
BROTHS**
16 oz.



\$5⁹⁹

FRESH BELLIES
**FREEZE DRIED
TODDLER SNACKS**
.75 oz.



2/\$7

HOLLAND HOUSE
**ORGANIC WINE
VINEGARS**
12.7 oz.



\$3⁴⁹

KETTLE & FIRE
**NUTRIENT RICH
BONE BROTH**
16.9 oz., Select Varieties



\$5⁵⁹

LAKANTO
**MONKFRUIT
SWEETENER**
16 oz.



\$7⁹⁹

LIVBAR
**ORGANIC SUPERFOOD
BAR**



2/\$4

MICHEL ET AUGUSTIN
**SHORTBREAD COOKIE
SQUARES**
4.4-4.9 oz.



\$2⁹⁹

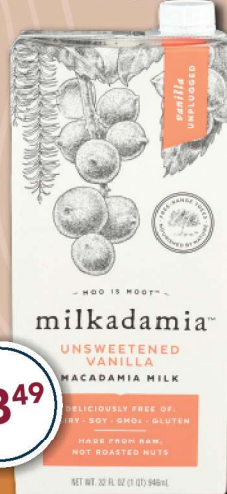
NAVITAS
**ORGANIC
CHIA SEEDS**
8 oz.



\$5⁹⁹

MOO IS *Moot*

Dairy-Free Macadamia Milk
32 oz.



\$3⁴⁹

- Plant-based from macadamia nuts
- Free from lactose, soy, gluten & carrageenan
- Non-GMO Project Verified

Cold-Pressed
Macadamia Oil
8.5 oz.



\$9⁷⁹

- Rich buttery flavor
- Vegan and gluten-free
- Absolutely no chemicals

GET HEALTHY WITH GUS

Write down what stresses you & then follow with what you are grateful for. It really helps put things in perspective!



ORGANIC VALLEY ORGANIC GHEE

13 oz.



\$6⁹⁹

OZERY BAKERY ALL-NATURAL MORNING ROUNDS

6 ct., Select Varieties



\$3¹⁹

PACIFIC FOODS ORGANIC BROTHS

32 oz., Select Varieties.



\$3⁹⁹

PETAL NATURALLY FLAVORED BOTANICAL DRINK

4 ct.



\$4⁴⁹

PUKKA ORGANIC TEA

20 ct.



\$4⁴⁹

RED APE ORGANICS ORGANIC SPICES

2.3 oz.



\$6²⁹

RICE SELECT NON-GMO RICE BLENDS

21 oz.



\$7⁴⁹

SIMPLY ORGANIC BAKING EXTRACTS & SPICES

Select Varieties



25% OFF
MSRP

SNYDER'S OF HANOVER GLUTEN FREE PRETZELS

8 oz.



\$3²⁹

SPECTRUM NATURALS ORGANIC REFINED CANOLA OIL

32 oz.



\$9⁹⁹

SPUDLOVE THICK-CUT POTATO CHIPS

5 oz.



\$3⁴⁹

SWEET LEAF FLAVORED STEVIA SWEETENED DROPS

2 oz.



\$6⁴⁹

WHITE LEAF PROVISIONS ORGANIC BABY FOOD

3.17-3.2 oz.



2/\$4

WYLD CBD SPARKLING CBD WATER

12 oz.



2/\$7

YOGI TEA ALL-NATURAL HERBAL TEA

16 ct.



\$3⁷⁹

GET HEALTHY WITH GUS

Try chewing gum to reduce stress. It causes relaxing brain waves and can promote blood flow to your brain.



REFRIGERATED & FROZEN DEALS

LIGHTLIFE
ORGANIC HIGH PROTEIN TEMPEH
8 oz., Select Varieties



\$2⁹⁹

EARTH BALANCE
BUTTERY SOY FREE SPREAD
15 oz.



\$4⁴⁹

IMMACULATE BAKING
ORGANIC FLAKY BISCUITS
8 ct.



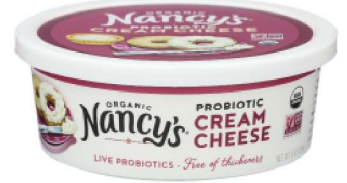
\$2⁹⁹

KALONA ORGANICS
ORGANIC FRENCH ONION DIP
12 oz.



\$3²⁹

NANCY'S
ORGANIC PROBIOTIC CREAM CHEESE
8 oz.



\$2⁹⁹

ORGANIC VALLEY
ORGANIC FREE-RANGE EGG BITES
2 ct.



\$4²⁹

NOTMILK
PLANT-BASED MILK ALTERNATIVE
64 oz.



\$3⁷⁹

SO DAIRY FREE & So Delicious

Organic Coconut Milk Creamer
16 oz.



\$2³⁹

OLIPOP
SPARKLING TONIC WITH PREBIOTICS
12 oz.



2/\$4

ORGANIC PRAIRIE
UNCURED BEEF SUMMER SAUSAGE
12 oz.



\$8⁹⁹

- Smooth & creamy
- Vegan
- Gluten-free Dairy free
- Non-GMO Project Verified

ORGANIC VALLEY
**ORGANIC
CREAM CHEESE**
8 oz.



\$3⁴⁹

PICNIK
**GRASS-FED BUTTER
COFFEE CREAMER**
25.36 oz.



\$4⁷⁹

WOODSTOCK
**ORGANIC FROZEN
VEGETABLES**
10 oz., Select Varieties



2/\$5

SO DELICIOUS
**PLANT BASED
FLAVORED SHREDS**
7.1 oz.



\$4⁵⁹

VIOLIFE
**VEGAN
CHEESE SLICES**
10 ct.



\$3⁹⁹

VIVE ORGANIC
**IMMUNITY &
WELLNESS SHOTS**
2 oz.



\$2⁷⁹

WILD CREAMERY
**CULTURED PLANT
BASED DIPS**
8.5 oz.



\$5⁶⁹

BIRCH BENDERS
**KETO TOASTER
WAFFLES**
6 ct.



\$3⁶⁹

Milk OF THE LAND

Dairy Free Half & Half Alternative
32 oz.
• Creamy oat & coconut blend
• Vegan
• Non-GMO Project Verified



\$4⁶⁹



Dairy Free Heavy Whipping Cream
16 oz.
• Whips like real cream
• Vegan
• Non-GMO Project Verified

Dairy Free & PLANT BASED Goodness

**Non-Dairy Cutting
Board Shreds**
7.1 oz



\$3⁹⁹

Non-Dairy Cheezecake
14.1 oz



\$6²⁹

- Melts like cheese
- No dairy, gluten or soy
- Vegan
- Non-GMO Project verified
- Rich & creamy texture
- No dairy, gluten or soy
- Vegan
- Non-GMO Project Verified



Crack open a sustainable future with eggs from regenerative farms!

Our eggs come from farms that prioritize preserving and regenerating topsoil—leading to better outcomes for farmers, animals, people, and the planet.



\$1.50 OFF
this month only!

Pasture-Raised Organic:
\$5.49 (now \$3.99)

Free Range Organic:
\$4.99 (now \$3.49)

Flap along with us @helpfulhens · www.helpfulhens.com



CASCADIAN FARM
**ORGANIC FROZEN
VEGETABLES**
10 oz., Select Varieties



2/\$4

FIELD ROAST
**PLANT-BASED
CELEBRATION ROAST**
1 lb., Select Varieties



\$6⁹⁹

KIDFRESH
**BREADED CAULIFLOWER
CHICKEN NUGGETS**
6.7 oz.



\$3⁷⁹

KINNIKINNICK
**GLUTEN-FREE
FROZEN DONUTS**
9.5-11.3 oz.



\$4⁷⁹

MASON DIXIE
**SCRATCH MADE
BUTTERY BISCUITS**
6 ct.



\$4⁹⁹

NO EVIL FOODS
**PLANT-BASED
PULLED PORK**
10 oz.



\$6⁴⁹

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



\$4⁹⁹

PURE GREEN
**COLD-PRESSED
SHOTS**
2 oz.



\$2¹⁹

GET A LEG UP *on Thanksgiving.*
PURCHASE YOUR FROZEN TURKEY TODAY!

FREE RANGE

\$3²⁹
per lb.



ORGANIC

\$4⁶⁹
per lb.

★
Available in all
**GREENACRES
MARKETS**

PROUDLY FEATURING
Mary's
**FREE RANGE
TURKEY**

GET HEALTHY WITH GUS

Alone time is important, but spending time with close friends & family can help stress melt away.



HEALTH & BEAUTY

GET HEALTHY WITH GUS

Try diffusing essential oils like lavender, orange, sandalwood, & bergamot to reduce stress.



GIOVANNI SELECT PRODUCTS



30% OFF
MSRP

HERBATINT SELECT PRODUCTS



30% OFF
MSRP

HYALOGIC SELECT PRODUCTS



20% OFF
MSRP

MINERAL FUSION SELECT COSMETICS



20% OFF
MSRP

GREENACRES MARKET GIFT CARDS

{ PERFECT FOR ANYONE ON
YOUR HOLIDAY GIFT LIST }



**+FREE
GIFT BOX**
while
supplies
last!



Essential Oil DUO PACK of the month

Thankful Feel
REST AND RECOVERY FOOT SOAK

DUO \$10⁷⁹
REG. \$15⁹⁸

INGREDIENTS:

- 3 cups Epsom salt, Dead Sea Salt or Magnesium flakes
- 1 cup baking soda
- 3 tablespoons Now fractionated coconut oil
- 9 drops Now Tea Tree Oil
- 9 Drops Now Spearmint oil
- 1 Tablespoon Dried Lavender flowers

Mix Liquid coconut oil and essential oils together. Add in salt, baking soda and lavender flowers. Mix well. Scoop mixture into a 1-quart canning jar and seal tight. Use ½ cup of finished mixture in a gallon of warm water. Soak and relax. Towel dry when finished.



SPECIAL DUO PRICE GOOD ALL MONTH
*WHILE SUPPLIES LAST

GET HEALTHY WITH GUS

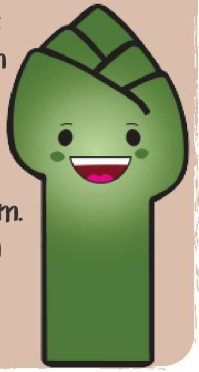
Learn to say no – you don't have to do everything! Your mental health will thank you for it.



SUPPLEMENTS

GET HEALTHY WITH GUS

Laughter helps reduce tension in the body & actually boosts your immune system. Sharing it with others is even better!



AMERICAN HEALTH SELECT PRODUCTS



30% OFF
MSRP

ANCIENT NUTRITION SELECT PRODUCTS



30% OFF
MSRP

BARLEAN'S SELECT PRODUCTS



20% OFF
MSRP

BEEKEEPER'S NATURALS SELECT PRODUCTS



20% OFF
MSRP

BLUEBONNET SELECT PRODUCTS



20% OFF
MSRP

CHARLOTTE'S WEB SELECT LIQUID & GUMMIES



20% OFF
MSRP

COUNTRY LIFE SELECT VITAMIN D3



30% OFF
MSRP

GENEXA SELECT PRODUCTS



25% OFF
MSRP

Tranquil Sleep
60 ct.



WHERE SLEEP BEGINS &
Stress Reduces

select products

30% OFF
MSRP

5-HTP
120 ct.



Saffron Extract
60 ct.



BOOST YOUR IMMUNITY, *Naturally*

select products
20% OFF
MSRP



Zinc Plus Selenium

Helps immune and respiratory function
Promotes healthy inflammation response
For cellular protection
60 ct. vegan capsules

Chewable Vitamin D3

5,000 IU

Supports overall health and immune system
For strong bones and teeth
90 ct. chewable tablets



ViraPro

Elderberry Immune Blend
Every day immune support tablets
60 ct. tablets

Terry Naturally
Vitamins

HYLAND'S SELECT PRODUCTS



15% OFF
MSRP

IRWIN NATURALS SELECT PRODUCTS



35% OFF
MSRP

JARROW SELECT PRODUCTS



30% OFF
MSRP

KYOLIC SELECT PRODUCTS



25% OFF
MSRP

NOW SELECT PRODUCTS



33% OFF
MSRP

SOLARAY SELECT PRODUCTS



35% OFF
MSRP

NATURAL VITALITY SELECT PRODUCTS



30% OFF
MSRP

SOVEREIGN SILVER SELECT PRODUCTS



20% OFF
MSRP

MACROLIFE NATURALS SELECT PRODUCTS



25% OFF
MSRP

NATURESPRUS SELECT PRODUCTS



20% OFF
MSRP

NATURE'S WAY SELECT SAMBUCUS PRODUCTS



25% OFF
MSRP

NORDIC NATURALS SELECT IMMUNITY PRODUCTS



25% OFF
MSRP

Elderberry Syrup

Vitamin C Spray

40% OFF MSRP



FREE
WITH PURCHASE
OF ELDERBERRY
SYRUP



SUNSOIL SELECT PRODUCTS



50% OFF MSRP

TERA'S WHEY SELECT PRODUCTS



25% OFF MSRP

VITAL PLANET SELECT PRODUCTS



20% OFF MSRP

VITAL PROTEINS SELECT PRODUCTS



20% OFF MSRP

WINGED SELECT PRODUCTS



20% OFF MSRP



2X POINTS

\$2 OFF!

SAVE TIME, SHOP ONLINE!

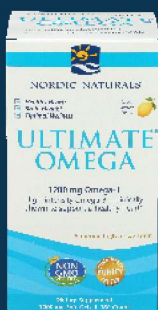


***within a 10 mile radius
of GreenAcres**

NOVEMBER BONUS BUYS

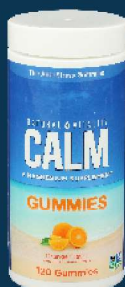
BONUS BUYS are items that we have negotiated with vendors to offer at a 35% discount or more!

**NORDIC NATURALS
ULTIMATE OMEGA**
180 ct.



\$45⁴⁹

**NATURAL VITALITY
CALM GUMMIES**
120 ct.



\$19⁴⁹

**MACROLIFE NATURALS
PROTEIN MEAL
PACKETS**
Omni or Vegan



\$2²⁹

**NATURAL FACTORS
BERBERINE 500 MG.**
60 ct.



\$17⁹⁹

**NATURE'S ANSWER
APPLE CIDER VINEGAR
GUMMIES**
45 ct.



\$10⁹⁹

**YERBA PRIMA
TAMPICO
SKIN BRUSH**
1 ct.



\$9⁷⁹



**ANCIENT NUTRITION
ORGANIC
SUPER GREENS**
25 servings

\$25⁹⁹

(Regular \$39⁹⁹)

ALL THE BENEFITS OF
{JUICING}
WITHOUT THE HASSLE...

Ancient Nutrition Organic Super Greens was created for the 9 out of 10 Americans who struggle to get enough fruits and vegetables into their diets every single day. Planning, preparing, chopping, and cooking or juicing fresh produce can be time consuming and messy. But eating a wide variety of colorful food is critical to feeling your best. Fruits and vegetables can help support your healthy immune system, enhance your energy, detoxify your body and support your digestion.

So how can you make sure to get your daily servings?

Ancient Nutrition Organic Super Greens can help.

- Super Greens is designed to give you the benefits of juicing every day, without the hassle.
- Every scoop is packed with superfoods that are hard to include in your everyday meals – ingredients like spirulina, alfalfa, chlorella, antioxidant-filled fruits, and powerful herbs.
- Each serving also brings you 10 digestive enzymes and a clinically studied, soil-based probiotic. Designed to support your gut and digestion, this blend supports a normal breakdown of carbohydrates, promotes proper nutrient absorption, and helps maintain a healthy immune system.

So, what makes Organic Super Greens special?

- Unlike so many other greens products on the market, **Organic Super Greens** has no added sugar and no artificial ingredients.
- It's USDA Certified Organic, which means its ingredients are grown in nourishing, high-quality soil: no prohibited pesticides, herbicides or processing agents allowed.
- This powder combines high-quality, effective ingredients.
- These are nutrients you wouldn't find in your everyday diet.
- Try adding a scoop to your morning smoothie or mixing it into a glass of juice.

Invest in better health with **Organic Super Greens from Ancient Nutrition**. Specifically designed to help detoxify your body, support your digestion, and help you feel your absolute best.

On sale all month! Stop into GreenAcres Market and let us help you find this incredible new product!



GREEN ACRES MARKET

Your healthy food experts

8141 E. 21st St. Wichita, KS 67206

Prices valid 11/01/2021 through 11/30/2021 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 WITH

Rewards
POINTS!



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

