



**GREENACRES
MARKET**

DECEMBER SALES 2021

Together FOR THE **HOLIDAYS**



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Your Holidays**
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GREENACRES.COM

Give your Holidays A HEALTHY SPICE!

Do you ever wonder why it always “*smells like the holidays*”? Probably because of 6 essential spices often used in holiday cooking.

NUTMEG:

Often used in baking because it works well with dairy. Cookies, pies and eggnog are also a popular use - even potatoes, eggs & meats. Earthy, nutty and with a hint of sweetness, nutmeg is mostly used freshly grated or milled. Because it's a high-mineral spice (containing magnesium, potassium and zinc), it is often regarded as the “relaxation” spice.



CINNAMON:

Known for its powerful flavor & versatility, cinnamon is often included from gingerbread to potatoes. Also included in ciders & holiday beverages, cinnamon is a staple for holiday deliciousness. Look for Ceylon cinnamon (the true cinnamon) that still has many health benefits, such as antioxidants & anti-inflammatory properties.

CLOVE:

It has a warm, sweet, slightly bitter taste & is traditionally ground to enhance the taste of gingerbread and fruitcake over the holidays. Though many traditional recipes also use whole to flavor a dish like glazed ham or basmati rice. Clove can have a strong flavor so start sparingly & add to taste. It also has a high concentration of antioxidants & anti-inflammatory properties to support your digestion & overall wellbeing.



GINGER:

One of the most well known health boosters in the kitchen, ginger is technically an herb but commonly known as a spice, and has been used in ancient Chinese medicine for anything from nausea to reducing fevers! Whether dried or ground, ginger has a warm and woody flavor, and as well known as it is for making “gingerbread cookies”, it is oftentimes more used in savory recipes and teas.

ALLSPICE:

Often misrepresented as a “combination” of cinnamon, clove & nutmeg, allspice originates from the dried berry of a Jamaican tree. A warm flavor with a lot of depth and loaded with Vitamin C, it can be used in baking but also to flavor meats & side dishes. Surprising to most, it's the main ingredient in “jerk” seasoning.

PEPPERMINT:

Technically not really a spice, we can't go without highlighting this favorite flavor of the holidays. Most recognized for the candy cane, peppermint's main ingredient, menthol, makes it highly helpful medicinally when used in teas, oils, and tinctures to help with cold/flu, respiratory issues and more. Peppermint toppings on cakes and baked in cookies adds much flavor and nothing says winter & holiday more than this flavor.



Experiment & blend the old & new & come up with your favorite combinations that make your holiday meals unique.
Check out our Special Spices pricing from our friends at Frontier Organic Spices on page 5.
Spice up your holidays & enjoy the health benefits today!

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

GREAT SAVINGS ON NO. 1 GRADE PRODUCE!

NEW SALE FLYER EVERY WEEK!

CHECK

IN STORES AND
SOCIAL MEDIA!



Patty's PLATE OF THE MONTH



SOUTHWESTERN Holiday ENCHILADAS



Ingredients: (makes 8 enchiladas)

- 1 lb. of Red Top Farms Ground Beef
(Vegetarians can replace with Plant Boss Crumbles)
- 1 pkg. **Simply Organic** Southwest Taco Simmer Sauce
- 2 pkgs. **Simply Organic** Red Enchilada Simmer Sauce
- 1 yellow onion • Shredded Mexican Cheese
- 1 package of Tostitos wraps

Directions:

- Preheat oven to 400 and lightly grease baking dish
- Dice onion and set aside
- Brown ground beef and drain the fat
- Add Southwest Simmer sauce and heat through (approx. 1 minute)
- Wrap Tostitos in foil and warm in oven (approx. 5 minutes)
- Spoon southwest ground beef mixture onto wrap, sprinkle with cheese and diced onion then roll up and place seam side down in baking dish
- Pour Red Enchilada Sauce over your enchiladas and top with cheese
- Cover with foil and bake for 10 minutes, remove foil, and bake for 5 minutes more.
- Garnish with extra onions, cheese and sauce

Wrap Up
YOUR HOLIDAY SHOPPING
 with a GreenAcres Gift Basket!

Small: \$49
Medium: \$69
Large: \$89

PICK UP IN-STORE TODAY!

GROCERY SHOPPING MADE HEALTHY

CEREBELLY
ORGANIC BABY FOOD PUREE
 4 oz.



2/\$5

BACHAN'S
JAPANESE BBQ SAUCES
 16.5-17 oz., Select Varieties



\$7²⁹

BOBO'S OAT BAR
WHOLE GRAIN OAT BITES
 5 ct.



\$3⁹⁹

BOULDER CANYON
ALL-NATURAL KETTLE CHIPS
 5 oz.



2/\$5

CHICKAPEA
PLANT BASED PASTA WITH GREENS
 8 oz.



\$3⁸⁹

CHOCOLOVE
PREMIUM CHOCOLATE BARS
 Select Varieties



\$2⁷⁹

COBRAM ESTATES
EXTRA VIRGIN OLIVE OIL
 25.4 oz.



\$9⁹⁹

COCOMELS
CRISPY CHOCOLATE CARAMEL BITES
 3.5 oz.



2/\$7

COMVITA
RAW MANUKA HONEY
 17.6 oz., Select Varieties



\$22⁹⁹

COOMBS FAMILY FARMS
ORGANIC MAPLE SYRUP
 32 oz.



\$19⁹⁹

DR. BRONNER'S
ORGANIC FAIR TRADE CHOCOLATE BARS



2/\$8

EVAMOR
NATURALLY ALKALINE ARTESIAN WATER
 64 oz.



\$2⁹⁹

FLAX4LIFE
GLUTEN-FREE & NUT FREE GRANOLA
 11 oz.



\$5⁹⁹

ENDANGERED SPECIES
OAT MILK
CHOCOLATE BARS



2/\$5

FRONTIER
ORGANIC SPICES
Select Varieties



30% OFF
MSRP

KETTLE
ALL-NATURAL
KETTLE CHIPS
5 oz.



2/\$6

KINDERLYTE
NATURAL ADVANCED
ELECTROLYTE DRINK
33.8 oz., Select Varieties



\$5⁴⁹

KOOP'S
GLUTEN FREE
MUSTARDS
12 oz.



\$2⁹⁹

LATE JULY
ORGANIC
POTATO CHIPS
5 oz.



\$2⁹⁹

LILY'S SWEETS
LOW SUGAR
BAKING CHIPS
9 oz., Select Varieties



\$6⁴⁹

MADHAVA
ORGANIC COCONUT
SUGAR
16 oz.



\$5⁴⁹

OXIGEN
OXYGEN ENHANCED
WATER
1 Liter



\$1⁸⁹

PACIFIC FOODS
ORGANIC HEARTY
SOUPS
17 oz.



\$3⁶⁹

Q DRINKS
CARBONATED DRINK
MIXERS
16.9 oz.



\$2²⁹

REBEL GREEN
ALL-NATURAL FRUIT
& VEGGIE WASH
17 oz.



\$3⁹⁹

SKINNYPOP
ALL-NATURAL FLAVORED
KETTLE CORN
7.4 oz.



\$4⁷⁹

SUNSHINE NUT CO.
PREMIUM WHOLE
ROASTED CASHEWS
7 oz.



\$6⁴⁹

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



\$4⁹⁹

PERFECT HYDRATION
9.5 PH PLUS
ELECTROLYTES WATER
20 oz.



\$1³⁹

HAPPY HOLIDAYS FROM GUS

Don't focus on making the "perfect" holiday. Set realistic goals & keep expectations for the season manageable.



REFRIGERATED & FROZEN DEALS

SNAG A SLICE
of the Season
DELICIOUS, HOUSE MADE PIES

PECAN PIE \$14⁹⁹ GF \$15⁹⁹

yum!

PUMPKIN PIE \$12⁹⁹ GF \$13⁹⁹

Real pumpkin!

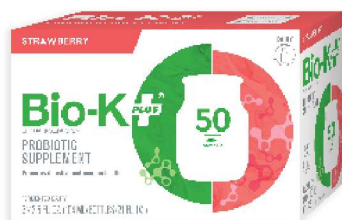


HOPE HUMMUS
ORGANIC NON-GMO HUMMUS
8 oz.



\$3³⁹

BIO-K PLUS
DAIRY PROBIOTIC SUPPLEMENT
6 ct.



\$23⁹⁹

LIGHTLIFE
PLANT BASED SMART BACON
5 oz.



\$3⁵⁹

ORGANIC VALLEY
ORGANIC CHEESES
8 oz., Select Varieties



\$5⁷⁹

ORGANIC VALLEY
ORGANIC SHREDDED CHEESES
6 oz., Select Varieties



\$4⁹⁹

VITAL FARMS
PASTURE-RAISED SPREADABLE BUTTER
7 oz.



\$3⁵⁹

MEATLESS FARM
PLANT-BASED BURGERS
2 ct.



\$4⁴⁹

SUJA
ORGANIC WELLNESS SHOTS
2 oz.



2/\$5

GREENACRES
is your
HOLIDAY STORE

KEEP A LOOKOUT FOR OUR
HOLIDAY FAVORITE
ICONS THROUGHOUT
THE NEWSLETTER!

HOLIDAY FAVE!

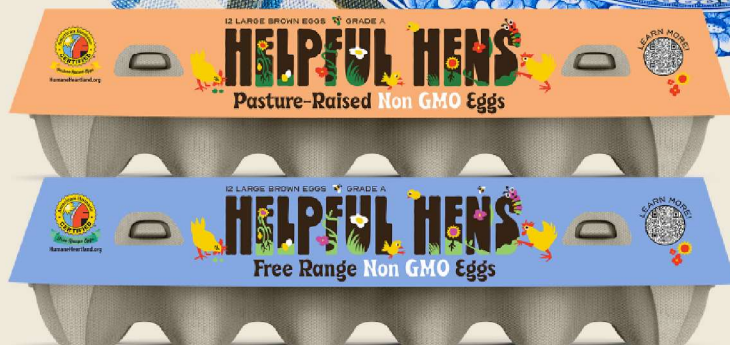
ALSO LOOK IN STORE FOR OUR
Holiday Favorite **SHELF TALKERS!**

'tis the season for
Festive

scan for
recipe!



Eggs



\$1.00 OFF
this month only!

Pasture-Raised Non GMO:
\$4.99 (now \$3.99)

Free Range Non GMO:
\$4.49 (now \$3.49)

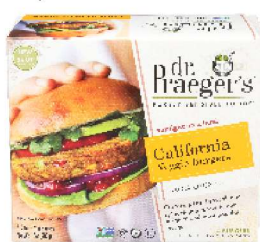
Flap along with us @helpfulhens • www.helpfulhens.com

BRAZI BITES
**GLUTEN FREE
CHEESE BREAD**
18 ct.



\$4⁶⁹

DR. PRAEGER'S
**ALL-NATURAL
VEGGIE BURGERS**
4-pack, Select Varieties



\$3⁷⁹

AUNT MILLIE'S
**KETO FRIENDLY
BREAD**
14 oz.



\$4¹⁹

SO DELICIOUS
**DAIRY-FREE COCO
WHIP TOPPING**
9 oz.



\$3⁶⁹

Dairy has met
IT'S MATCH

Organic Vegan Roadhouse Cheese
8 oz.



\$5⁴⁹

Organic Vegan Mozzarella
8 oz.



\$6⁹⁹

• Vegan dairy free, gluten-free & lactose free • Melts and browns like real cheese • USDA Certified Organic

ANDALOU
SELECT PRODUCTS



30% OFF MSRP

**HEALTH &
BEAUTY**

ZUM
SELECT PRODUCTS



15% OFF MSRP

AURA CACIA
SELECT PRODUCTS



30% OFF MSRP

BETTER YOU
SELECT PRODUCTS



20% OFF MSRP

PRANAROM
SELECT PRODUCTS



20% OFF MSRP



**SAVE TIME,
SHOP ONLINE!**



SUPPLEMENTS

HAPPY HOLIDAYS FROM G-US



Wishing
you &
your
loved
ones
Happy
Holidays!

BUCKLEBURY SELECT PRODUCTS



15% OFF MSRP

CHARLOTTE'S WEB SELECT PRODUCTS



20% OFF MSRP

ENZYMEDICA SELECT IMMUNE PRODUCTS



25% OFF MSRP

KYOLIC SELECT PRODUCTS



25% OFF MSRP

Essential Oil DUO PACK of the month

Holiday Cheer ROOM SPRAY

DUO \$11.69
REG. \$17.48

INGREDIENTS:

- 4 oz glass spray bottle
- 1 oz of Witch Hazel unscented
- 3 oz Distilled Water
- 15 drops Now Cypress Essential Oil
- 15 drops Now Star Anise Essential Oil

Place the Essential Oils into your spray bottle. Add in the witch hazel and swirl to mix. Fill with the water and put the spray top on. Shake well each time, spray and enjoy!

SPECIAL DUO PRICE GOOD ALL MONTH
*WHILE SUPPLIES LAST



SINGLE VS. COMBO SUPPLEMENTS

Our team members support the use of both individual ingredients &/or combination products when supporting your overall health. Taking individual ingredients can allow for higher dosages & combo products allow for more synergies & ease of use. Here are a few highlights from our supplement team members for this holiday season:

Brenda from Wichita West: Individuals may gain benefits of Reishi mushrooms through immune system boosting, relaxation and physical endurance. Lion's Mane has been shown to support brain functions and reduction in depression and anxiety.

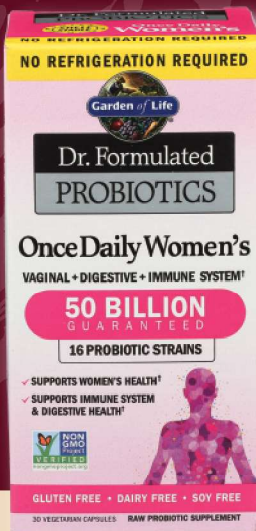
Nicole from Clear Lakes: Holy Basil and L Theanine are great individual nutrients that help with reducing stress & stabilizing mood. They also help you stay focused and not get overwhelmed.

Gina from Kansas City: Mood Stabili-T is a blend of saffron, rhodiola, 5htp, L-theanine & Vitamin D3 that are all great for mood support, especially during the Winter when many people need it most due to lack of sunlight.

Jana from Bradley Fair: Nordic Naturals Immune Daily Defense includes Elderberry, Zinc, Vitamin C & Vitamin D3. This product provides solid foundational support for immune health all together in one supplement.

Dr. Formulated ONCE DAILY Probiotics

Select One Daily Probiotics
30 capsules



40% OFF MSRP



- 50 billion probiotics
- Gluten-free, dairy free & soy free
- Supports digestive health

NATURE'S ANSWER
SELECT PRODUCTS



25% OFF MSRP

OLLOIS
SELECT PRODUCTS



15% OFF MSRP

NEOCELL
SELECT PRODUCTS



30% OFF MSRP

SOLGAR
SELECT PRODUCTS



30% OFF MSRP

MEDITERRA
SELECT PRODUCTS



20% OFF MSRP

NATURAL FACTORS
SELECT DIGESTION PRODUCTS



30% OFF MSRP

NORDIC NATURALS
SELECT OMEGA 3



25% OFF MSRP

SOLARAY
SELECT QUERCETIN



35% OFF MSRP

SUPPORT YOUR Immune System NOW

Hand Cleansing Spray
2 fl. oz.

- Lavender & tea tree essential oils
- Convenient spray & go
- Clean, touchable hands



- C-1000**
100 vegan capsules
- 1000 mg Vitamin C
 - Antioxidant protection
 - Plus 100 mg of Bioflavonoids

30% OFF MSRP

- Vitamin D3**
120 softgels
- 10,000 IU high potency
 - Supports your immune system
 - Helps maintain strong bones



DECEMBER BONUS BUYS

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

NATURAL FACTORS
MELATONIN 5 MG.
90 chewables



\$5⁹⁹

NATURE'S WAY
SAMBUCUS GUMMIES
60 ct.



\$9⁹⁹

EMERALD HEALTH
QUERCETIN PHYTOSOME
250 MG.
60 capsules



\$22⁷⁹

NEOCELL
BEAUTY BURSTS
60 ct.



\$12⁹⁹

BUCKLEBURY
SILVER SOLUTION
30 PPM
16 oz.



\$25⁹⁹

HYALOGIC
**PURE HA FACE SERUM
OR SYNTHOVIAL 7**
1 oz.



35% OFF MSRP



YOUTHEORY
**ASHWAGANDHA
WITH KSM-66**
60 capsules

\$12³⁹

(Regular \$18⁹⁹)

COMBAT STRESS WITH A FULL-SPECTRUM

Ashwagandha has become one of the trendiest adaptogens around the world, but not all Ashwagandha supplements are alike. *Youtheory Ashwagandha* has been specially designed to combat stress with a "full-spectrum" Ashwagandha blend that features a clinically-supported dose of **KSM-66**, which maintains the balance of the various constituents as in the original herb, without over-representing any one constituent. In fact, KSM-66 has the highest percentage of **withanolides**, the branded root-extract, or what might commonly be considered the active ingredient.

So, what does this mean for you, the consumer?

- The clinical dosage of 600 mg of KSM-66 along with 400 mg of organic Ashwagandha root powder with 20 mg of Ginger root extract to increase the utilization of nutrients and absorption is going to provide a "calm energy." We call it the antidote for modern stress.
- Youtheory Ashwagandha*, when used regularly over time, helps to combat stress and provide numerous benefits for the body and brain.
- If you are looking for a product that is a "rejuvenator" but also improves relaxation and sleep, *Youtheory Ashwagandha* is the one for you.

Consider this:

- Ashwagandha, like all adaptogens, are non-toxic and non-habit forming.
- The longer you use Ashwagandha, the more it will improve the quality of your tissues and revitalize your cells.
- We recommend starting with two capsules a day for a week or two and then adding an additional dose if needed.

Holiday Stress? No Worries! You will feel refreshed, revitalized, and ready for the season. Enjoy your Holidays with the help of GreenAcres Market and Youtheory Ashwagandha!

Drop into your GreenAcres Market and let our supplement experts show you this beneficial nutritional supplement on sale for a remarkable price.



GREEN ACRES MARKET

Your healthy food experts

8141 E. 21st St. Wichita, KS 67206

Prices valid 12/01/2021 through 12/31/2021 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!



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

