



**GREENACRES
MARKET**

JUNE SALES 2022

ATHLETE OR EXERCISER?

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GREENACRES.COM

ATHLETE OR EXERCISER?

What are your goals when you do something active?

ATHLETIC GOALS: *Performance Driven - always seeking to improve and make progress.*

EXERCISER GOALS: *Exercising to meet wellness goals such as building cardiovascular health, maintaining a healthy body weight, or increasing your strength or flexibility.*

Athletes and exercisers both have the discipline and dedication to devote to workout programs, but exercisers often do not consider themselves to be athletes. *The truth is a routine exerciser can truly become an athlete by wrapping their mind around the concept of always making improvements.* Both can be important. You don't have to be the fastest or the strongest to become an athlete. It is about the mental engagement and striving to do well.

Often, we perceive that athletes are very fit and healthy, but that is not always the case. In the pursuit of excellence, athletes can end up with injuries and exhaustion due to overtraining to meet a specific performance goal.

On the other hand, people who exercise with healthy goals in mind, can become athletes by focusing on improving their workouts - looking at form, adding more repetitions, or increasing the intensity. It can make what some people consider exercise drudgery more interesting and exciting once the desired progress starts to happen.

Decide which you want to be & then plan your workouts accordingly. There are benefits to both & most importantly, don't beat yourself up if you aren't both.

Tips for Athletes:

- Recognize your limits
- Know when to compete and when to enjoy your success
- Place safety above performance
- Enhance your results with supporting nutritional supplements

Tips for Exercisers:

- Always recognize your successes
- Keep goals in mind
- Reward improved performance
- Eat a healthy diet
- Add supplements to your diet to assist in energy and hydration

SUPPLEMENT SUGGESTIONS FROM OUR EXPERTS:

- Ultima Replenisher - Electrolytes for energy and recovery
- Oregon's Wild Harvest TurmeriPro - Eases sore muscles / reduces inflammation
- Body Health Perfect Amino - Best Protein source for performance
- New Chapter - One Daily Multivitamin
- Natural Factors OsteoMove - Joint support for strength and movement



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!

Peruvian Grilled Chicken Recipe w/ Aji Verde

Ingredients

Marinade

- 4 garlic cloves- finely minced
- 2 tablespoons olive oil
- 2 tablespoons lime juice
- 2 teaspoons honey, agave or sugar
- 1 tablespoon cumin
- 2 teaspoons paprika or smoked paprika
- 1 teaspoon coriander
- 1 teaspoon dried oregano (or 1 tablespoon fresh) or sub thyme or marjoram
- 1 ½ teaspoon kosher salt
- 1 teaspoon soy sauce (optional)

Peruvian Green Sauce (Aji Verde)

- ½ cup sour cream or mayo (see notes for vegan option)
- ½ jalapeño (use less for less spicy)
- 1 garlic clove
- 1 cup chopped cilantro- thin stems ok.
- ¼ teaspoon kosher salt
- A squeeze of lime

Recipe by: feastingathome.com

Instructions

- Preheat grill to medium-high.
- If making rice, start this now on the stove.
- Make the marinade in a small bowl. Using a garlic press, finely mince the garlic and place it in the bowl. Add oil, lime juice, honey, cumin, paprika, coriander, oregano and salt and optional soy sauce. Stir. Toss it with the chicken in a bowl, coating all sides well, and/ or brush it onto the portobellos. Marinate while the grill heats up or overnight for more flavor. (The portobellos will soak up the marinade so if marinating overnight go lightly, reapply before grilling.)
- Make Peruvian Green Sauce by placing all the ingredients in a blender and blending until relatively smooth, scraping down the sides if necessary.
- When the grill is hot, grill the chicken and/ or portobellos, searing both sides well (using a metal spatula to flip) then turn the heat down or move to a cooler side of the grill to allow the chicken to cook through. Portobellos will cook faster, so plate and cover with foil to keep warm.
- Serve with rice of your choice. If making bowls, place ¾ cup rice on the bottom of the bowl, add sliced chicken or portobellos to one side, and drizzle with the cilantro sauce. Enjoy!



1907
NEW ZEALAND
ARTESIAN WATER
1 LITER



2/\$4

GROCERY SHOPPING MADE HEALTHY

ACID LEAGUE
SALAD DRESSING
VINAIGRETTE
10.1 OZ.



\$6³⁹

BACHAN'S
JAPANESE BBQ
SAUCES
16-17 oz., Select Varieties



\$6⁹⁹

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



\$3¹⁹

C20
PURE COCONUT
WATER
17.5 oz.



2/\$4

CARBONE
TOMATO BASED
PASTA SAUCES
24 oz.



\$6⁹⁹

CHOC ZERO
NO SUGAR ADDED
CHOCOLATE BARK
6 oz.



\$5⁹⁹

CLEAN CAUSE
SPARKLING ORGANIC
YERBA MATE
16 oz.



\$2³⁹

FLOW WATER
ALKALINE SPRING WATER
1 Liter



\$1⁸⁹

HOLLAND HOUSE
ORGANIC WINE
VINEGARS
12.7 oz.



\$3⁴⁹

KETTLE BRAND
ALL-NATURAL KETTLE
CHIPS
5 oz.



\$2⁷⁹

KIND
LOW SUGAR LAYERED
THIN BARS
10 ct.



\$8⁴⁹

KOOPS'
ORGANIC
MUSTARDS
12 oz.



\$3³⁹

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



\$5⁹⁹

LUNDBERG FAMILY FARMS
**ORGANIC RICE CAKE
MINIS**
5 oz.



\$3⁶⁹

MOM'S BEST
**ALL-NATURAL GLUTEN
FREE CEREAL**
17.5-22 oz., Select Varieties



2/\$7

MADHAVI
ORGANIC LIGHT AGAVE
23.5 oz.



\$6⁸⁹

SEVEN TEAS
**ORGANIC BOTTLED
TEAS**
16 oz.



\$2⁹⁹

Support Regenerative Agriculture

When we think of the most sustainable option during our shopping trip, we often reach for the food with the USDA organic label—and rightly so! We know that these foods are going to be free of synthetic pesticides, genetically engineered ingredients, and artificial dyes. But there is a synergistic practice on the rise that goes above and beyond when it comes to promoting ecological balance, and that's Regenerative Agriculture.

This practice aims at farming in a way that replenishes the nutrients in our soil rather than depleting them over time and operates on four principles:

- A diversity of crops,
- Continual live plants in the soil,
- The integration of livestock,
- Minimizing soil disturbance (like tilling.)

Holistic Practices

Over time these intentional methods enrich the microbiome of the soil and replenish nutrients, allowing for fruitful harvests far into the future. It is a holistic way of looking at the management of our land and resources. And ultimately harvesting more nutrient rich foods for consumers.

Some companies committed to Regenerative Agriculture can be found right here on the shelves at GreenAcres Market. Brands like Thousand Hills use these practices on 600,000 acres to produce their delicious grass-fed beef, while Lundberg Family Farms have been committed to soil health since 1937! Alter Eco, Ancient Nutrition, Helpful Hens, Serenity Kids and so many others are also stepping up to bat for a healthier, more resilient, and greener world for generations to come.

PLANT BASED DELIGHT In Every Bite



\$4²⁹

- Non-Dairy Cutting Board Shreds
- 7.1 oz.



\$7¹⁹

- Dairy free pizza
- 13.47 - 19.4 oz

- Dairy free & gluten-free
- Made with plant-based alternative cheese
- Non-GMO Project Verified

MANITOBA HARVEST
**NATURAL SHELLED
HEMP HEARTS**
8 oz.



\$5⁷⁹

MICHELE'S GRANOLA
**SMALL BATCH WHOLE
GRAIN GRANOLA**
12 oz.



\$6⁶⁹

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



\$4⁹⁹

VITA COCO
**ALL-NATURAL
COCONUT WATER**
16.9 oz., Select Varieties



\$2¹⁹

A2 MILK
NATURAL A2
PROTEIN MILK
59 oz.



\$3⁸⁹

REFRIGERATED & FROZEN DEALS



CHAMELEON COLD BREW
ORGANIC COLD
BREW COFFEE
10 oz.



\$2⁹⁹

CHARCUTNUVO
FRANKFURTERS &
BRATWURST
8-10 oz., Select Varieties



\$5⁴⁹

CORE BAR
ORGANIC PLANT
BASED NUTRITION BAR



\$2¹⁹

EVOLUTION FRESH
COLD-PRESSED JUICES
15.2 oz., Select Varieties



\$3⁹⁹

GT'S KOMBUCHA
ORGANIC SYNERGY
RAW KOMBUCHA
16 oz., Select Varieties



\$2⁶⁹

HEALTH-ADE
ORGANIC BUBBLY
PROBIOTIC SODA
12 oz.



2/\$4

KEVITA
ORGANIC MASTER
BREW KOMBUCHA
15.2 oz., Select Varieties



\$2⁸⁹

KOE
ORGANIC SPARKLING
PROBIOTIC KOMBUCHA
12 oz.



2/\$4

ORGANIC VALLEY
ULTRA PASTEURIZED
ORGANIC MILK
64 oz.



\$4⁷⁹

ROWDY MERMAID
LOW SUGAR
KOMBUCHA
12 oz.



\$2⁹⁹

SO DELICIOUS
DAIRY-FREE
CASHEWMILK DESSERT
1 pint, Select Varieties



\$5¹⁹

STONYFIELD ORGANIC
WHOLE MILK
PROBIOTIC YOGURT
32 oz.



\$4¹⁹

THOUSAND HILLS
**100% GRASS-FED 80/20
GROUND BEEF**
16 oz.



\$6⁹⁹

TRULY GRASS-FED
**CREAMY BUTTER
FROM IRELAND**
8 oz.



\$3⁰⁹

VIVE ORGANIC
**SPARKLING IMMUNITY
DRINK**
12 oz.



\$2⁴⁹

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



\$6⁹⁹

CAPPELLO'S
**GRAIN FREE KETO
PIZZAS**
10.7-11 oz.



\$9⁹⁹

FIELD ROAST
**PLANT BASED
SAUSAGES**
4 ct.



\$5³⁹

MEATLESS FARMS
**PLANT BASED
BURGERS**
2 ct.



\$4²⁹

SWEET EARTH
**CAGE-FREE EGG
BREAKFAST BURRITO**
5.5 oz.



\$2⁸⁹



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.



**ALL
MONTH**

Any SKU Helpful Hens

Pasture-Raised Organic:
\$5.49 (now \$4.49)

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

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

Free Range Organic:
\$4.99 (now \$3.99)



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



HEALTH & BEAUTY

LUMINEUX ORAL ESSENTIALS SELECT PRODUCTS



25% OFF
MSRP

Essential Oil **DUO PACK** of the month

SOOTHING, PENETRATING MUSCLE RUB

DUO \$9.49
REG. \$13.98

INGREDIENTS

- 1 cup Now organic coconut oil
- 15 drops Now Peppermint Oil
- 10 drops Now Camphor Oil
- Spoon for mixing
- 8 oz glass jar

Directions:

Add 1 cup of Now organic coconut oil to your 8 oz. jar and stir well to soften into a cream. Add in the Now essential oils, drop by drop then stir again until you get a well combined mixture.

Store in a cool dry place.

SPECIAL DUO PRICE GOOD ALL MONTH
*WHILE SUPPLIES LAST



SUN CARE TIPS

SUN PROTECTION IS IMPORTANT!

We read everywhere now that most of the population is low in Vitamin D levels. Yes, sunshine is a great source, but in limited amounts. The damage of a sunburn is truly a danger. There are many food sources for Vitamin D as well as D3 supplements. Taking care of your skin will help keep you looking young and wrinkle-free and reduce your risk of harmful diseases caused by too much sun exposure. Here are a few helpful tips:



KNOW YOUR SUNBURN RISK

Most people know lighter skinned people must be more careful in the sun – but did you know certain medications such as NSAIDs, antibiotics, etc. make you more prone to sunburn as well? Read up and understand your risk before spending the day in the sun! Don't burn on your first day of vacation!



SEEK SHADE

Be careful during peak sun hours. Find shade, bring an umbrella or a sun protecting hat. A helpful hint: If your shadow is short – you are in peak sun hours.



PROTECT YOURSELF WITH CLOTHING

Many clothing brands now offer clothing with UVB protection and it's a great option to allow you to still enjoy your summer outdoor activities for many hours in the sun! Don't forget UVB and UVA protective eyewear as well and there is nothing wrong with wearing long sleeves outside with breathable fabric so you can enjoy your evening sunburn free!



FIND THE RIGHT SUNSCREEN

A broad-spectrum, water-resistant option is the best. Still, experts recommend to re-apply every few hours to be safe. If you are traveling to beaches and open water areas, look for your sunscreen to include minerals like zinc oxide and titanium dioxide to protect ocean life and be reef safe.



TEACH YOUR KIDS EARLY

Get them in the habit of always applying sunscreen outside so it's a way of life as they enjoy their summers outdoors. There are many options now that blend in well and won't make them greasy and miserable.

HERE ARE A FEW OF OUR RECOMMENDED PRODUCTS from GreenAcres:



2X
Rewards
POINTS
THE LAST DAY
OF EVERY MONTH!

SUPPLEMENTS

CARLSON LABS
SELECT
PRODUCTS



25% OFF MSRP

CHARLOTTE'S WEB
SELECT
PRODUCTS



20% OFF MSRP

COMVITA
MANUKA HONEY KIDS
SOOTHING SYRUP
 4 oz.



25% OFF MSRP

COUNTRY LIFE
SELECT
PRODUCTS



25% OFF MSRP

CV SCIENCES
SELECT
PRODUCTS



25% OFF MSRP

DR. OHHIRA'S
SELECT PROBIOTICS



20% OFF MSRP

ENZYMEDICA
SELECT
PRODUCTS



25% OFF MSRP

GARDEN OF LIFE
SELECT
PRODUCTS



35% OFF MSRP

IRWIN NATURALS
SELECT MEN'S
PRODUCTS



30% OFF MSRP

KYOLIC
SELECT
PRODUCTS



25% OFF MSRP

NATURAL FACTORS
SELECT
PRODUCTS



25% OFF MSRP

NATURE'S ANSWER
SELECT PLANT HEAD
PROTEINS



25% OFF MSRP

NORDIC NATURALS
SELECT VALUE SIZES



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NOW
**SELECT COCONUT
& MCT OIL**



15% OFF
MSRP

RAINBOW LIGHT
**MEN'S ONE
MULTIVITAMIN**
30 ct.



35% OFF
MSRP

SOLARAY
**SELECT LIPOSOMAL
MULTIVITAMINS**



35% OFF
MSRP

SOLGAR
**SELECT
PRODUCTS**



30% OFF
MSRP

TRACE MINERALS
**SELECT
PRODUCTS**



25% OFF
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VITAL PLANET
**SELECT
PRODUCTS**



20% OFF
MSRP

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TIME!**

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ONLINE AT
GREENACRES.COM!**



the Game Changer *in health*

Select Products
20% OFF MSRP

DR. MERCOLA



Responsibly Sourced
We ethically source biodynamic and organic ingredients.



Pure Ingredients
We guarantee clean ingredients in all our products.



Renewable Packaging
Our products exclusively use glass or recyclable plastics whenever possible.

JUNE BONUS BUYS

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

KYOLIC
IMMUNE FORMULA
100 capsules



\$10⁵⁹

SOLARAY
MULTIDOPHILUS 12
100 capsules



\$17²⁹

GARDEN OF LIFE
PROBIOTIC GUMMIES
10 BILLION
60 ct.



\$16²⁹

NATURAL FACTORS
VITAMIN D3 10,000 IU
120 soft gels



\$9⁹⁹

YERBA PRIMA
WHOLE PSYLLIUM HUSKS
12 oz.



\$10⁷⁹

NATURE'S WAY
ASHWAGANDHA GUMMIES
90 ct.



\$12³⁹

NULEAF
MULTICANNABINOID
20 ct. or 5 ml.



\$24⁹⁹ (Reg. \$38⁴⁹)

MEET YOUR SOON-TO-BE

Favorite Daily Ritual!

Nuleaf Naturals— one of America's top pioneering hemp companies is debuting their newest cannabinoid product, Full Spectrum Multicannabinoid™. It is a comprehensive formula designed to elevate your health and wellbeing.

This daily blend contains several essential cannabinoids: CBD, CBC, CBG and CBN in equal amounts to supercharge your endocannabinoid system. Think of it as the "multivitamin of cannabinoid wellness."

Why do we need these different cannabinoids? Cannabinoids are naturally occurring compounds found in the cannabis plant that interact with the endocannabinoid system resulting in various benefits. In addition to offering the cannabinoids separately, NuLeaf Naturals has created an "all-in-one" for those looking for overall wellness.

CBD: Cannabidiol, this is the most-well known and helps alleviate pain and inflammation

CBC: Cannabichromene is believed to support cognition and focus

CBG: Cannabigerol is believed to support gut health which positively impacts other body functions

CBN: Cannabinol has a sedative/sedating effect and helps sleep

NuLeaf Naturals is committed to creating safe, consistent, and effective products, made from organic ingredients grown in the United States. All products are tested by independent labs to confirm you are receiving the most pure and potent form.

Nuleaf Naturals Multicannabinoid™ users report benefits and improved general well-being such as:

- Relief from anxiety
- Reduced pain and inflammation
- Cognitive support
- Gut health
- Improved sleep

NuLeaf Naturals offers something for everyone in these proprietary plant-based soft gels or liquid oils.

Talk to your helpful experts at your nearest GreenAcres Market to find out how NuLeaf Naturals' Full Spectrum Multicannabinoid™ can benefit you and help you lead a better quality of life.



GREEN ACRES MARKET

Your healthy food experts

8141 E. 21st St. Wichita, KS 67206

Prices valid 6/01/2022 through 6/30/2022 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 Briard Cliff-
4175 N. Mulberry Drive
Kansas City, MO 64116
PH 816-746-0010

WICHITA

-Bradley Fair-
8141 E. 21st St.
PH 316-634-1088

-Normandie-
6574 E. Central Ave.
PH 316-685-4283

-West – 21st & Maize-
10555 W. 21st St.
PH 316-729-4365

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

