



**GREENACRES
MARKET**

JULY SALES 2022

MAKING SUMMER

Healthy, Fun & Affordable!

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Chill Out Honeydew
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**Congrats Solgar
on 75 yrs**
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GREENACRES.COM



MAKING SUMMER

Healthy, Fun & Affordable!

Summer is bringing about a lot of vacations, family gatherings & fun in the sun. We at GreenAcres love to see familiar faces coming back in the stores & reconnecting with our teams. We know it's time many of you loosen up on your healthy habits a bit and enjoy your summer freedom! We want you to be mindful so you don't slip backwards & gain weight, lose energy and compromise on healthy ingredients. We do also recognize, that with rising food costs, gas & the cost of travel you have to make choices!

To support your summer of fun & also support your desire to maintain your healthy habits – we are introducing two awesome offers for the month of July that will be available in your digital rewards as a loyalty member. You can find them in your Rewards app or look up in your account at the register. *Some restrictions apply – see actual coupon for details

\$5 OFF

PURCHASE OF \$25 OR MORE

**ONE TIME USE ONLY. MUST BE A REWARDS MEMBER*

\$10 OFF

PURCHASE OF \$50 OR MORE

**ONE TIME USE ONLY. MUST BE A REWARDS MEMBER*



MORE SUMMER SAVINGS:

-  **ADDITIONAL SUMMER DEALS**
THROUGHOUT EACH STORE
-  **DEEPLY DISCOUNTED BLOWOUTS**
BI-WEEKLY THROUGHOUT EACH STORE
-  **DOUBLE REWARDS POINTS**
ON THE LAST DAY OF THE MONTH

& FINALLY:

We are introducing our new **TASTY TRENDS** sections in our stores where we will feature **New Items** on deal that we've identified for you that are trendy, tasty & affordable!

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!

NEW SALE FLYER EVERY WEEK!

IN STORES AND ON SOCIAL MEDIA!

Chill-Out Honeydew Cucumber Slushy

This drink will not only cool you down but help you hydrate and give you energy! Cucumbers are high in vitamin bs which are known to be energy producing in the body. Coconut water helps replenish hydration and electrolytes at the cellular level! Enjoy being healthy and tasty with this drink!

INGREDIENTS *(6 servings)*

4 cups honeydew (from about 1 small), rind removed, flesh cut into 1" pieces, frozen
2 1/2 cups coconut water
1/3 cup mint leaves
2 Tbsp. fresh lime juice
1/2 tsp. kosher salt
6 oz. English hothouse cucumber (about 1/2 cucumber), peeled, cut into 1" pieces,
plus more sliced for garnish

PREPARATION

Step 1

Blend honeydew, coconut water, mint, lime juice, salt, 6 oz. cucumber, and 2 cups ice in a blender until smooth. Divide among glasses, then garnish with cucumber slices.

Step 2

Do Ahead: Slushy can be made 1 hour ahead. Store in blender jar in freezer, then reblend on high speed to reincorporate.

Recipe by: bonappetit.com





GROCERY SHOPPING MADE HEALTHY

4505
ZERO CARB PORK RINDS
2.5 oz.



2/\$7

ALMOND BREEZE
SHELF STABLE ALMOND MILK
32 oz.



\$2²⁹

ANGIE'S BOOMCHICKAPOP
ALL-NATURAL POPCORN
4.5-7 oz.



2/\$7

ARDOR ORGANIC
SPARKLING WATER WITH CAFFEINE
12 oz.



2/\$5

BARNANA
ORGANIC DIPPED BANANA BITES
3.5 oz.



\$3⁸⁹

BEANITOS
NON-GMO BEAN TORTILLA CHIPS
10 oz.



\$3⁹⁹

BRAGG
ORGANIC APPLE CIDER VINEGAR
32 oz.



\$5⁸⁹

CHICKAPEA
ORGANIC PLANT BASED PASTA
8 oz.



\$3⁶⁹

CULTURE POP SODA
ORGANIC FRUIT JUICE PROBIOTIC SODA
4 ct., 12 oz.



\$5⁸⁹

ENDANGERED SPECIES
ALL-NATURAL CHOCOLATE BARS



2/\$5

EQUAL EXCHANGE
ORGANIC FAIR TRADE COFFEE
10-12 oz., Select Varieties



\$8⁷⁹

ESSENTIA
HYDRATING 9.5 PH ELECTROLYTE WATER
1.5 Liter



2/\$4

THUNDERBIRD
PLANT-BASED REAL FOOD BARS



2/\$3

SWEET LEAF
**FLAVORED STEVIA
 SWEETENED DROPS**
 2 oz.



\$6⁷⁹

FROM THE GROUND UP
**CAULIFLOWER STALKS
 & PRETZELS**
 4-4.5 oz.



2/\$6

HINT WATER
**WATER INFUSED WITH
 FRUIT ESSENCES**
 16 oz.



4/\$5

ICELANDIC GLACIAL
**ALL-NATURAL
 SPRING WATER**
 1.5 Liter



2/\$5

KETTLE BRAND
**ALL-NATURAL
 KETTLE CHIPS**
 5 oz.



2/\$5

LATE JULY
**ORGANIC RESTAURANT
 TORTILLA CHIPS**
 10.1 oz.



2/\$6

LESSER EVIL
**ORGANIC COCONUT
 OIL POPCORN**
 4.6 oz.



2/\$6

LIFE AID BEVERAGE
**CLEAN NUTRITIONAL
 BLEND BEVERAGE**
 12 oz.



2/\$4

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



2/\$7

MILKADAMIA
**DAIRY-FREE
 MACADAMIA MILK**
 32 oz.



\$3⁹⁹

MOUNTAIN VALLEY
**PURE NATURAL
 SPRING WATER**
 16.9 oz.



2/\$3

MYND
SPARKLING CBD ELIXIR
 12 oz.



\$3⁹⁹

PLANT SNACKS
**DAIRY-FREE
 PLANT THINS**
 5 oz.



2/\$6

POP ART
**WHOLE GRAIN
 POPCORN**
 4-5 oz.



\$2⁷⁹

PRIMAL KITCHEN
NON-DAIRY DIPS
 10 oz.



\$5³⁹

RIOT ENERGY
**PLANT POWERED
 ENERGY DRINK**
 16 oz.



2/\$4

EVAMOR
NATURALLY ALKALINE
ARTESIAN WATER
32 oz.



2/\$4

ROAR ORGANIC
FLAVORED
ELECTROLYTE DRINK
18 oz.



2/\$4

RUNA
CLEAN ENERGY
DRINK CANS
12 oz.



2/\$4

SKINNYPOP
ALL-NATURAL POPCORN
4.4 oz.



2/\$6

SPUDLOVE
THICK-CUT POTATO CHIPS
5 oz.



2/\$7

SUNFOOD
ORGANIC TURMERIC
POWDER
4 oz.



\$5²⁹

RISE BREWING CO.
NITRO COLD
BREW COFFEE
7 oz.



2/\$4

TERRA
NON-GMO REAL
VEGETABLE CHIPS
5-6 oz., Select Varieties



2/\$7

THE GOOD CRISP
GLUTEN FREE CHEESE
BALLS
2.75 oz.



2/\$6

THINK!
KETO PROTEIN BAR



2/\$4

ETERNAL
NATURAL ALKALINE
SPRING WATER
1.5 Liter



2/\$4

WATERLOO
ALL-NATURAL
SPARKLING WATER
12 ct., Select Varieties



\$5⁴⁹

WILD PLANET
WILD CAUGHT SARDINES
4.4 oz.



\$2²⁹

WOODSTOCK
RAW ORGANIC NUTS
7.5 oz., Select Varieties



\$2²⁹

YACHAK
YERBA MATE
ENERGY DRINK
16 oz.



2/\$4

ZEVIA
ALL-NATURAL ZERO
CALORIE SODA
6-Pack



\$4⁹⁹

CHARCUTNUVO
ORGANIC SAUSAGES
8-10 oz., Select Varieties



\$6⁹⁹

**REFRIGERATED
& FROZEN DEALS**

FORAGER PROJECT
**CASHEW MILK YOGURT
ALTERNATIVE**
24 oz.



\$4⁸⁹

GRILLO'S PICKLES
**ALL-NATURAL
PICKLE SPEARS**
32 oz.



\$6²⁹

HOPLARK HOPTEA
SPARKLING HOP TEA
16 oz.



2/\$5

LIGHTLIFE
**ORGANIC HIGH
PROTEIN TEMPEH**
8 oz., Select Varieties



\$2⁹⁹

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



\$5⁹⁹

**INDULGENCE
Done Right**

PURE GREEN
**COLD-PRESSED
JUICES**
16 oz.



\$5²⁹

SUNWINK
**ORGANIC SPARKLING
TONIC**
7 oz.



2/\$6

TOBY'S FAMILY FOODS
**HAND CRAFTED
DRESSING & DIP**
12 oz.



\$5⁷⁹

ALDEN'S
ORGANIC ICE CREAM
48 oz.



\$8⁴⁹



Grass-Fed Dairy Ice Cream
• 14 oz.



Plant-Based Frozen Dessert
• 14 oz.

- Out of this world creaminess
- Gluten-free & non-GMO Project Verified USDA Organic
- USDA Certified Organic

DAIYA
NON-DAIRY
DESSERT BARS
4 ct.



\$4⁵⁹

DARING
PLANT BASED CHICKEN
8 oz.



\$5³⁹

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



\$4⁵⁹

EVIVE
PLANT-BASED
SMOOTHIE CUBES
10.58 oz.



\$5⁴⁹



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.



**\$1.00
OFF**

**ALL
MONTH**



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



SAVE TIME,

*SHOP ONLINE
at Greenacres.com!*



FIELD ROAST
PLANT-BASED
STADIUM DOGS
10 oz.



\$5⁴⁹

MILK BAR
CUSTARD STYLE
ICE CREAM
14 oz.



\$4⁴⁹

NADA MOO!
GLUTEN FREE
NON-DAIRY DESSERT
1 Pint



\$5⁹⁹

STRONG ROOTS
CAULIFLOWER
HASH BROWNS
13.22 oz.



\$4⁵⁹

ALOE LIFE
SELECT PRODUCTS



25% OFF
MSRP

SUPPLEMENTS

AMAZING GRASS
SELECT
PRODUCTS



30% OFF
MSRP

GARDEN OF LIFE
SELECT MY KIND
PRODUCTS



30% OFF
MSRP

JARROW
SELECT
PRODUCTS



25% OFF
MSRP

KYOLIC
SELECT PROBIOTICS



25% OFF
MSRP

LILY OF THE DESERT
SELECT
PRODUCTS



20% OFF
MSRP

MULTIS, DONE WELL



LEARN
MORE

Select Products
33% OFF
MSRP



Men's Multivitamin
• 75 count

Women's Multivitamin
• 75 count

Kids Multivitamin
• 60 count

- Made with Organic Fiber
- Nutrient Packed
- Non-GMO Project Verified

Essential Oil DUO PACK of the month

All-Purpose ESSENTIAL OIL CLEANER

DUO \$137.9
REG. \$20.48

INGREDIENTS

- 1/2 cup white vinegar
- 1 1/2 cups warm water
- 15 drops Now Lavender essential oil
- 15 drops Now Lemon essential oil
- 16 oz. spray bottle

Directions:

Carefully combine all the ingredients into your spray bottle using a funnel. Shake well to mix and each time you use. Use this spray anywhere you would normally use an all-purpose cleaner. It is great for kitchen counter tops, vanities, floors, the refrigerator, tables, sink, bathtubs - any smooth surfaces.



LIQUID IV
**SELECT
PRODUCTS**



25% OFF
MSRP

NATURAL FACTORS
**SELECT JOINT &
INFLAMMATION
PRODUCTS**



25% OFF
MSRP

NORDIC NATURALS
**SELECT
PRODUCTS**



25% OFF
MSRP

NULEAF
**SELECT
PRODUCTS**



25% OFF
MSRP

SOLARAY
**SELECT
PRODUCTS**



35% OFF
MSRP

TRACE MINERALS
**ELECTROLYTE
GUMMIES**



25% OFF
MSRP

ULTIMA
**SELECT
PRODUCTS**



25% OFF
MSRP

YOUR SUPER
**SELECT
PRODUCTS**



15% OFF
MSRP

75 years of Gold Standard VITAMINS

Select Products
30% OFF
MSRP



Curcumin
60 Softgels



Vitamin D3
125 mcg



Methylcobalamin (B12)
Sublingual 1000 MCG



Magnesium Citrate
120 Tablets



B - Complex
100 Capsules



Solgar no. 7
60 Capsules

*We celebrate Solgar's 75th Anniversary
The gold standard in vitamins*

"For over 25 years, GreenAcres Market has trusted Solgar Supplements for our customers. Solgar has unmatched quality and purity, cutting edge formulas and value that keeps our customers coming back for more! Happy 75th Anniversary. Thank you for your partnership with GreenAcres for all these years."

-Matt Murray, GreenAcres Supplement Buyer and Consumer Advocate

JULY BONUS BUYS

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

**YOUTHEORY
LIQUID COLLAGEN**
12 ct.



\$13⁶⁹

**NATURAL FACTORS
TRANQUIL SLEEP**
60 chewable tablets



\$20⁷⁹

**SOLARAY
D-MANNOSE W/
CRANBERRY**
60 capsules



\$21⁹⁹

**KYOLIC
GARLIC FORMULA 100**
100 capsules



\$10²⁹

**PRANAROM
UPLIFT ESSENTIAL
DIFFUSION OIL**
1 kit



\$12⁹⁹

**NATURE'S ANSWER
MELATONIN
GUMMIES 5 MG.**
45 gummies



\$10³⁹



**CHARLOTTE'S WEB
CALMING PET CHEWS**
30 Count
\$12⁹⁹ (Reg. \$19⁹⁹)

**DOES CBD WORK
ON DOGS?**

*Fourth of July fireworks and summer thunderstorms can cause panic for many dogs. Rather than medicating with a powerful drug, try the Calming Pet Chews from **Charlotte's Web**.*

CBD may help dogs with a wide variety of problems such as physical discomfort from aging, skin and paw irritation, and various kinds of stress. Not only does CBD work on dogs, but it's also even more effective for them than it is for us.

- **Stress Problems in Dogs:** Much like humans, dogs can get stressed for a variety of reasons. Some common causes of stress for dogs are separation, fear of thunder or loud noises, and overall restlessness in energetic breeds. Dogs often act out when stressed. A stressed dog might run and hide, bark constantly, destroy furniture, or behave aggressively. The addition of CBD chews or CBD oil to a dog's routine could potentially help them stay calm under otherwise-stressful circumstances.

- **Discomfort Due to Aging:** Joint health problems are common in older dogs, causing them to become stiff and uncomfortable. Over time, the effects can worsen until they seriously impede your dog's quality of life. CBD may help dogs with some of the discomforts of aging. A study by the National Institute of Health on the effects of CBD on dogs with osteoarthritis showed that dogs given CBD experienced decreased pain and exhibited increased activity compared to dogs given a placebo.

Like anything your dog consumes, it's important to make sure you only buy your dog CBD products from a trusted source. The best CBD producers such as **Charlotte's Web**, use only organic hemp, natural ingredients, and carrier oils such as olive oil or hemp seed oil. Full-spectrum CBD hemp oil is best because it contains other beneficial cannabinoids, essential oils, and flavonoids that work together for increased potency. Buying full-spectrum hemp oil or other full-spectrum CBD products for your dog will give you more bang for your buck.

Before the storms hit or the fireworks start popping, load up on Charlotte's Web Calming Pet chews. Your beloved pet will help thank you! Stop by GreenAcres Market and let our helpers show you the Calming Pet Chews.



GREEN ACRES MARKET

Your healthy food experts

8141 E. 21st St. Wichita, KS 67206

Prices valid 7/01/2022 through 7/31/2022 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 Briarcliff-

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

OKLAHOMA

-Walnut Square Shopping Center-

7301 S. Pennsylvania Ave. Suite D
Oklahoma City, OK 73159
PH 405-681-6060

-West - 21st & Maize-

10555 W. 21st St.
PH 316-729-4365

-Lawton-

14 N.W. Sheridan Road
Lawton, OK 73505
PH 580-353-1533

