

GOOD HEALTH

STARTS HERE!

As we prepare to ramp up for back to school and fall activities everyone is wondering what will it look like healthwise. Here at GreenAcres, we want to get a jump start & summarize what we are seeing as the most important items to stock up on & make sure your family has access to before heading back to their normal routines. It is still essential to focus on your immune system — but a baseline of support has become super important because there is an ongoing level of stress, exposure to viruses & other circumstances that will be a constant attack on the body.

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Let's start with the basics — a good, strong, effective & comprehensive multi-vitamin. Then we can add on additional items to fortify your wellness.

MULTIVITAMINS

Foundation Nutrients

For more details on why each of these categories are essential to maintain wellness — visit your favorite GreenAcres & talk to our experts to get you started on a solid regime!



TRADITIONAL

multivitamins usually offer better potency than food-based or gummies.



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FOOD-BASED

vitamins are more easily utilized within our bodies so potency can be lower.

<u>GUMMY MULTIVITAMINS</u>

*Gummies are lower in potency but are superb choices for kids!

Check for these components:

Vitamin C, B-Complex, D3, E, A, Calcium, Magnesium, Selenium, Zinc, Copper

IMMUNE DEFENSE

Traditional Products: Elderberry, Vit. C, Vit. D3, Vit. K2, Zinc, & Selenium Enhanced Products: Quercetin, YIAC, and Andrographis

DIGESTION

Pre, Post and Probiotics, Fiber, Digestive Enzymes

HAIR, SKIN, NAILS & BONE HEALTH

Collagen supplements
& Plant-based
calcium products

STRESS & SLEEP

Ashwagandha, Saffron, Magnesium, Melatonin and Hemp supplements: CBD & CBN

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 SAVINGS ON NO. 1 GRADE PRODUCE!

NEW SALE FLYER EVERY WEEK!

IN STORES AND ON SOCIAL MEDIA!

CHOCOLATE CHUNK RED VELVET BREAD

INGREDIENTS (6 servings)

- 3/4 lb cooked beets about 3 medium beets
- -1 ripe banana
- 1/2 cup milk or gluten-free unsweetened nondairy milk
- 1/3 cup demerara or coconut sugar
- 1/3 cup grapeseed oil or sunflower oil
- 2 large organic eggs

- -1 cup brown rice flour
- 1/3 cup coconut flour
- 2 tsp gluten-free baking powder
- 1tsp ginger powder
- -1/4 tsp salt
- 1/2 cup dark chocolate chunks
- 1/4 cup unsalted shelled pistachios

DIRECTIONS <

- 1. Heat oven to 350 F. Line 8 1/2 x 4 1/2 x 2 1/2 inch loaf pan with parchment paper, leaving 1 inch overhang.
- 2. In blender or food processor, place cooked beets, banana, milk, sugar, and oil and blend until smooth. Blend in eggs.
- 3. In large bowl, stir together rice flour, coconut flour, baking powder, ginger powder, and salt. Add wet ingredients to dry ingredients and mix gently until everything is moist. Fold in dark chocolate chunks. Place mixture in loaf pan and sprinkle on pistachios.
- 4. Bake for 40 minutes, or until a toothpick inserted into center of loaf comes out mostly clean. Let cool for 10 minutes in pan and then lift out using parchment paper overhang.



1907 NEW ZEALAND ARTESIAN WATER 1 Liter



2/\$6

JUSTIN'S **ALMOND BUTTERS**16 oz., Select Varieties



\$999

BHU FOODS

KETO PROTEIN BITES



\$8⁴⁹

CEREBELLY
ORGANIC BABY
FOOD PUREE
4 oz.



2/\$5

GROCERY SHOPPING MADE HEALTHY

ST. DALFOUR

100% FRUIT SPREAD



\$399

COLD WATER
INFUSED TEAS



2/\$6

SUGAR FREE COCONUT MILK CARAMELS 2.75 oz.



\$4⁴⁹

ARTISAN TROPIC
GLUTEN-FREE
CASSAVA STRIPS

4.5 07.



\$369

BIRCH BENDERS

KETO PANCAKE MIXES



\$5⁹⁹

COOMBS FAMILY FARMS
ORGANIC MAPLE
SYRUP

32 oz.



\$19⁹⁹



BACK TO NATURE
PI ANT-RASED

PLANT-BASED CRACKERS

4-8.5 oz., Select Varieties



2/\$6

CARBONE

TOMATO BASED PASTA SAUCES

24 oz.



\$699

EDEN FOODS

ORGANIC BPA-FREE CANNED BEANS

15 oz., Select Varieties



\$2³⁹



ETERNAL

NATURAL ALKALINE SPRING WATER

2.5 Liter



\$299

GOMACRO

ORGANIC VEGAN KIDS MACROBARS

7 ct.



\$4⁴⁹

JACK'S PALEO KITCHEN

GLUTEN-FREE BROWNIE BITES

7 oz.



\$5²⁹

BAKED OAT CLOUD
CRACKERS

7.5 oz.



2/\$6

FIX & FOGG

OATY NUT BUTTER



\$649

HIGHKEY

KETO FRIENDLY MINI COOKIES

2 oz.



\$3⁴⁹

JACKSON'S

NON-GMO SWEET POTATO CHIPS

5 oz.



2/\$7

KETO KRISP

LOW SUGAR PROTEIN BARS

5 oz.



2/\$4

FREAK FLAG

ORGANIC BONE BROTHS

16 oz.



\$6³⁹

HU

ORGANIC VEGAN CHOCOLATE BARS



\$4³⁹

FREE RAIN

SPARKLING WATER WITH ADAPTOGENS

12 oz.



2/\$4

KOOPS'

ORGANIC MUSTARDS



\$3²⁹

HOMEGROWN FOR SOODNESS



KETTLE BRAND ALL-NATURAL KETTLE CHIPS 5 oz.



2/\$5

SUNBUTTER
SUNFLOWER BUTTERS
16 oz.



\$599

PURELY ELIZABETH
GRAIN FREE GRANOLA

PLUS MCT OIL 8 oz., Select Varieties



\$599

SCHAR
GLUTEN FREE BREADS



\$4⁵⁹

DIPPED NUT
CLUSTERS



\$399

LIFEAID BEVERAGE

CLEAN NUTRITIONAL BLEND BEVERAGE

12 oz.



2/\$4

SAFE CATCH

100% SUSTAINABLY CAUGHT TUNA

5 oz.



\$3²⁹

SEVENTH GENERATION
PLANT BASED LAUNDRY
DETERGENT
90-100 oz.



\$12⁹⁹

KOE

ORGANIC SPARKLING PROBIOTIC KOMBUCHA

12 07.



2/\$4

MUNK PACK
KETO GRANOLA BAR



\$449

ICELANDIC GLACIAL
ALL-NATURAL SPRING
WATER

1 Liter



2/\$4

ORGAIN

PLANT BASED NUTRITION SHAKE

l pack



\$999



& LOOK IN STORE FOR OUR SHELF TALKERS!



SIMPLE MILLS NON-GMO ALMOND FLOUR CRACKERS 4.25 oz.



\$4⁷⁹

PARTY SIZED
TORTILLA CHIPS
14.75 oz.



\$399

SKINNYDIPPED CHOCOLATE OR YOGURT DIPPED ALMONDS

3.5 oz.



\$399

THINK!

150 CALORIE

PROTEIN BAR



4/\$5

SOLELY ORGANIC FRUIT JERKY



4/\$5

TRUE NORTH
ZERO SUGAR
ENERGY SELTZER



2/\$4

ALKALINE 88 HIMALAYAN MINERAL 8.8 PH WATER

1 Gallon



\$4⁴⁹

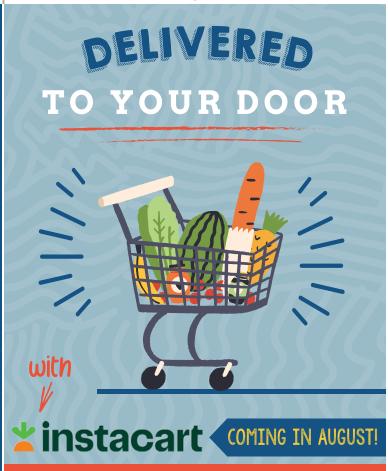
WOODSTOCK
ORGANIC ALMOND
BUTTER
16 oz.



\$999



USDA Organic and Non-GMO Project Verified
A trusted brand for 45+ years



CHECK STORES FOR DATE WE GO LIVE

7

SO DELICIOUS DAIRY FREE FROZEN DESSERT 1 Pint



\$5⁴⁹

CALIFIA FARMS

DAIRY-FREE

PLANT MILKS

48 oz., Select Varieties



\$3⁷⁹

REFRIGERATED & FROZEN DEALS

CHAMELEON COLD BREW

ORGANIC COLD BREW COFFEE



2/\$6

CLOVER SONOMA

ORGANIC FLAVORED MOON MILKS

32 oz.



\$399



FARMER'S HEN HOUSE

ORGANIC PASTURE RAISED EGGS

12 ct., Select Varieties



\$5²⁹



Eggs in Harmony with Nature

Our hen-first farms work in harmony with nature to create the best-tasting eggs and a better Earth.

Enjoy our rich yolks. They're as vibrant as the sunrise!









Pasture-Raised Organic: \$6.69 (now \$5.19) Free Range Organic: \$5.89 (now \$4.39)



VAN LEEUWEN FRENCH ICE CREAM

ITHACA ALL-NATURAL FRESH HUMMUS

KEVITA ORGANIC PROBIOTIC HERBAL SPRITZERS

SOURDOUGH SOURDOUGH CRUST **ARTISAN PIZZAS**

ALEX'S AWESOME



MIYOKO'S

ORGANIC VEGAN DOUBLE CREAM CHEESE

6.5 oz., Select Varieties



MUSH

DAIRY-FREE OVERNIGHT OATS

5 07.



ORGANIC VALLEY

ORGANIC SHREDDED **CHEESES**

6 oz., Select Varieties



PLANT-BASED KETO **CREAMERS**

25.36 oz.





THREE TREES

LIVE KOMBUCHA **ORGANIC KOMBUCHA**



STONYFIELD

ORGANIC KIDS

YOGURT POUCHES

3.5 oz.

ORGANIC OAT & SEED MILK

111 trees





BECKON

LACTOSE FREE ICE **CREAM** 1 Pint



BETTER BITES BAKERY CHOCOLATE COOKIE DOUGH BITES 4.4-4.7 oz.





CAULIPOWER
CAULIFLOWER
PIZZA CRUST

11 oz.



\$8⁴⁹

QUORN

MEATLESS CHICKEN STYLE NUGGETS

10.6 oz.



\$4⁴⁹

KINNIKINNICK
GLUTEN-FREE BREAD

BLU FRESH OROGE

\$399

BETTER BOOCH

SMALL CRAFT ORGANIC KOMBUCHA

16 oz.



2/\$5

NATURE'S PATH

ORGANIC FROZEN WAFFLES

7.4 oz.



\$2⁹⁹

FIELD ROAST

VEGAN CHAO SLICES

7 oz.



\$5³⁹

OATLY

NON-DAIRY FROZEN
DESSERT

1 Pint



\$4⁴⁹

WOODSTOCK

ORGANIC PLANT POWERED RAVIOLI

20 oz.



\$789

Raising the Bar

School is back in session! Suddenly snacking—after school, before sports in between classes – takes on new importance. Sugary treats are out. Gorging on chips does not provide much nutrient value. Kids need energy and unlike during the summer months when kids tend to eat more "junk" food, parents are concerned that snacks provide needed nutrients, beneficial energy support and satisfying flavor profiles to keep kids interested. GreenAcres Market has healthy nutrition bars that can fill a raging appetite and provide necessary energy for on-the-go snacking.

AND, bars aren't just for school kids - this applies to adults looking for healthy snacks as well.

Here is the GOAL:

Hunger can't wait when you are a kid. Your job as a parent is to get the healthy choices in the lunch boxes, back packs, and kitchen cupboard so kids will gravitate to the nutrition they need without spoiling their appetites for mealtimes.



- Clif Kid Z-Bars
- Made Good Granola Bars
- Munk Pack Keto Granola Bars
- Annies
- Go Macro
- Simple Mills

What to look for in a Healthy Bar:

While typically referred to as "granola" bars, there are options that provide more than oatmeal and a sweetener to hold them together. Active kids need calories for energy, but quality calories must take precedent over empty calories for refined sugar!

CARB COUNT: Yes, your bars will contain carbohydrates that come from slower burning sources for sustained energy. Rather than looking at carb count, check added sugar for a realistic understanding of where the calories are. Healthy bars can contain carbohydrates from fruit, dried berries, banana chips and nuts.

SUGAR SOURCES: Brown rice syrup, agave nectar and other natural sweeteners are slower burning and provide sustained energy without the spike in blood sugar. Cane sugar is less desirable and should be avoided when possible.

BENEFICIAL INGREDIENTS: Almonds, sunflower seeds, and flaxseeds in the bars can provide added crunch to the bars but more importantly they can be a source of protein, fiber, and beneficial fats for body and brain health.

IMPORTANT CERTIFICATIONS: Organic, Non-GMO and gluten-free options are easy to find in healthy nutrition bars at GreenAcres.

AVOID WEIGHT GAIN: If you have children who are struggling with their weight, you can check out the Keto bar options that have increased protein and fat and next to no sugar.

COCOKIND **SELECT PRODUCTS**



20% OFF MSRP

GIOVANNI **SELECT PRODUCTS**



20% OFF MSRP

HEALTH & BEAUTY

MINERAL FUSION **SELECT PRODUCTS**



20% OFF MSRP

SUKIN **SELECT PRODUCTS**



EO **SELECT PRODUCTS**



20% OFF MSRP

THE HUMBLE COMPANY SELECT DENTAL **PRODUCTS**



10% OFF MSRP





















Still Look Great!

Do you often feel you spend more on packaging than you do on the product?

What if we had a solution that allowed you to have the best of both worlds! One of the biggest trends in the natural products industry is not only reusable/recyclable packaging, but useful products that the packaging IS the product! Yes, that means that

want to give up our lotions, favorite shampoos, makeup and more.

almost every part of the packaging can be used as part of the product.

This is a common problem with health & beauty products. But the truth of it is – we don't



SHOP GREENACRES WHERE OUR DECADES LONG VENDOR RELATIONSHIPS GIVE YOU EVERY DAY LOW PRICES ON YOUR MUST-HAVES!

AMERICAN HEALTH **SELECT PROBIOTICS**



30% OFF MSRP

CHILDLIFE SELECT **PRODUCTS**



20% OFF MSRP



COUNTRY LIFE **SELECT PRODUCTS**



25% OFF MSRP

COMVITA

MANUKA HONEY KIDS **SOOTHING SYRUP**

25% MSRP

GET HEALTHY OF GUS Educate your kids on why it's important to stay healthy so they understand Why they need to take their multi-vitamins.

> **ENZYMEDICA SELECT PRODUCTS**



25% OFF MSRP

Delivery System for Supplements:

WHAT WORKS FOR YOU

One of the main questions we ask someone when picking out a supplement is:

What will make you take a supplement regularly?

Followed by:

Do you prefer a tablet or capsule?

Do you prefer liquid, powder, or gummy?

Do you want to take a one-a-day or are you wanting more therapeutic doses? Do you prefer individual nutrients or combinations?

You can easily get caught up in the details of how to make supplements most effective such as take them in the morning, take them at night, take them with food, don't take them with this or that. But we always come back to the most

important point which is - you need to do what is best for you to make sure you will take them consistently. What makes supplements the most effective is that you take them according to the label on the bottle.

Come talk to one of our experts and we'll help you find the supplements that are just right for your health needs AND your lifestyle!





Plant-Based cannabinoids

SELECT
PROBIOTICS



35% OFF MSRP

SELECT PRODUCTS



25% OFF MSRP

NATROL SELECT PRODUCTS



25% OFF MSRP

NATURAL FACTORS
SELECT
PRODUCTS



30% OFF MSRP

NATURESPLUS

SELECT PRODUCTS



20% OFF MSRP

NATURE'S WAY

SELECT CHILDREN'S PRODUCTS



30% OFF MSRP

NORDIC NATURALS

SELECT PRODUCTS



25% OFF MSRP

NOW

SELECT BRAIN SUPPORT PRODUCTS



30% OFF MSRP

SUPPORT FOR THE

SUPPORT FOR THE

TO LEARN!

August signals the time to reengage young brains as kids head back into the classroom for school. Routines are changed to reflect the structure that goes along with the school year. Early to rise and off to school!

This is also a perfect time for adults to evaluate their mental fitness and brain energy. Here are some great ideas that can benefit everyone's brain health no matter what the age!

ADULTS /

Stress has as much an impact on brain health as does age. Adding supplements and controlling stress can make great mental progress!

- Adaptogen Herbs: Ashwagandha, Ginseng, GABA, I-Theanine, Magnesium, B-Complex (These can take the edge off daily stress and increase cognition)
- ✓ Essential Fatty Acids: Omega-3, Phosphatidyl Serene & Lecithin (These provide cellular support for memory)
- Herbal Ingredients: Ginkgo, Bacopa, Hup-A, & Vinpocetine (These are available in memory and focus supplements)
- Supportive Ingredients: Acetyl-I Carnitine & Alpha Lipoic Acid (These can provide needed support for aging brains)

KIDS]

Come talk to our nightly educated staff to find the right solutions for you & your family!

- ✓ Establish daily routines early to make it easier to adapt. (Herbal relaxation or sleep supplements can help!)
- Focus on a healthy breakfast
 (High protein low sugar for good concentration & stamina)
- Supplement with a Multivitamin & Omega-3 nutrient (good potency of DHA for brain and eyesight development.)
- ✓ Education requires kids spend more time on computers. Add blue light protection supplement for eye health!

NATURAL VITALITY **SELECT**



VITAMIN FRIENDS **SELECT PRODUCTS**



15% OFF MSRP

SOLARAY SELECT PRODUCTS



35% OFF MSRP

YOUTHEORY SELECT **PRODUCTS**



30%

SUNSOIL **SELECT PRODUCTS**



25% OFF MSRP

TRACE MINERALS **POWER PACK**



25% OFF MSRP







AUGUST BONUS BUYS

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

VITAL PROTEINS
COLLAGEN PEPTIDES
LEMON



\$21⁴⁹

NATURAL FACTORS
CURCUMINRICH
DOUBLE STRENGTH



\$38⁹⁹

NATURAL VITALITY
KIDS CALM GUMMIES
60 gummies



\$12⁹⁹

KYOLIC

DAILY PROBIOTIC

90 capsules



\$14⁶⁹

SOLARAY
VITAMIN C WITH
ROSEHIPS



\$11⁶⁹

ORA ORGANIC
PROBIOTIC POWDER
APPLE RASPBERRY
30 servings



\$26⁹⁹



August signals the end of summer and back-to-school. Are you dragging from all the added work and distractions? With the crush of so many activities and things that need to get done, daily nutrition can accidentally be placed on the back burner as we attend to pressing issues.

GreenAcres Market and Vibrant Health have teamed up this month of offer you a quick and easy nutrition boost to carry you through this busy time – Green Vibrance powder. Comprehensive plant nutrition that supports nutrition, digestion, circulation, and immunity in a delicious easy-to-use powder. Just one scoop and you will feel the Vibrant Health difference!

What is in Green Vibrance?

- Plant-based nutrients from organic broccoli, spirulina, parsley, beets, carrots and more.
- 25 Billion CFU probiotics, from 12 strains
- Digestive Enzymes
- Antioxidants from brightly colored strawberries, tomatoes, amla, goji berries, turmeric and more.
- Adaptogenic herbs holy basil and eleuthero help your body respond to stress

Each serving of Green Vibrance provides 4.5 servings of fruit, vegetables and more! In fact, this award-winning superfood has nearly 70 ingredients that support good nutrition, improved digestion, healthy circulation, and enhanced immunity. Clinically formulated, gluten-free, GMO Project Verified, and Vegan – Green Vibrance checks all the boxes for quality and purity!

Stop into your GreenAcres Market and let our knowledgeable helpers show you this outstanding green superfood. One scoop a day will energize and nourish your whole body from head to toe!



Your healthy food experts 8141 E. 21st St. Wichita, KS 67206

Prices valid 8/01/2022 through 8/31/2022 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.**



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

