



ORGANIC NEWS YOUR SOURCE FOR A HEALTHY LIFESTYLE



September 2022

WHAT'S GOING ON THIS MONTH?

Store Notice

Due to higher than usual out of stocks from suppliers as a result of the Covid 19 pandemic, we will not be able to honour any rain checks on sale items or items that are special ordered on sale. We are sorry for the inconvenience and appreciate your cooperation.

Have you signed up for our loyalty program yet? Sign up in store and start collecting points and receive extra savings.

rootsnatural.ca



Hello Fellow Shoppers,

We hope everyone had an enjoyable summer!

Now it's time to get back to our regular routines of making lunches, driving the kids to and from after school activities and preparing our (and their) immune systems for all the little bugs they bring home! Much of this is very basic, and it includes frequent hand washing, eating a healthy diet (limiting sugar intake), getting enough rest, and drinking plenty of water. But there are also a few things that can be added to your daily routine to boost immunity even further. Supplementing with Probiotics, Vitamin C & D, a good quality multivitamin, along with immune stimulating herbs or medicinal mushrooms can be very helpful in keeping the immune system tuned up for the cold and flu season. Always check with staff in our vitamin department if you have questions or concerns regarding supplements, we can help you determine which products will be best suited for you and your family.

The Roots Crew

Healthy Yam & Pesto Stacks

- 1 medium sized yam
- 1 chicken breast
- 1 small red onion
- 2-4 tbsp pesto
- 1 avocado
- 1 tsp avocado oil
- 1 tsp Cajun spice
- 1 tsp Italian spice
- 1/4 tsp garlic powder
- Salt and pepper

Preheat oven 375. Begin by peeling sweet potato and cut into long thick slices then place in a bowl and add cajun spices, pepper and salt. Put in the oven and bake for 35-40 minutes. In a separate bowl season the chicken breast with italian spices, garlic powder, pepper and salt. Put in the oven when the yams have 20-25 minutes left to cook. Slice onions and place in a small pan over medium heat with avocado oil and saute until translucent. Once the yams and chicken breast are done begin the stack in this order: yam, avocado, chicken, pesto, onions, yam.

Slicing the avocado and chicken into thin pieces to fit on top of each other makes for a much easier stack and loading up on the pesto helps stick everything better together



Recipe by Megan Luder CNP, ROHP

STAFF PICKS

A few of Our Favourite Things This Month

Super Plant-Powered Nutrition For Kids!



Kids All-In-One Daily Shake Mix features farm-fresh greens, 13 g of VegiDay plant-powered protein, and more than two dozen wholesome fruits, herbs, and vegetables in every scoop.

A great choice for families following a plant-based diet and anyone looking for a delicious, nutritious way to meet the nutrient needs of growing kids, this daily shake mix is certified organic, non-GMO, gluten-free, and sustainably sourced.

A balanced vegan diet can be healthy at all stages of life, but variety is key to ensuring a good intake of the complete spectrum of nutrients. Kids All-In-One Daily Shake Mix provides this variety of essential amino acids, fibre, vitamins, minerals, and other phytonutrients needed to support an active, healthy, and sustainable lifestyle.

Kids All-In-One Daily Shake Mix is naturally sweetened and free of artificial colours and preservatives. Add a scoop to smoothies or mix with oatmeal or your child's favourite recipe to help boost their protein and overall nutrient intake. With a delicious chocolate flavour, Kids All-In-One Daily Shake Mix is a great choice for children with erratic eating habits, a highly selective diet, or increased nutritional demands due to intense sporting activity.

Try it before you buy it! Ask for a free sample next time you're in.

Help Ease Back-to-School Anxiety Naturally



Are your little ones anxious about going back to school? Help keep them calm and relaxed in class with Herbaland's Calm & Chill gummies! Traditionally used in herbal medicine, these chill-out sugar-free gummies for kids contain a calming blend of magnesium and chamomile to help relieve restlessness and nervousness in children. Chamomile is an ancient herbal remedy that helps with insomnia, anxiety and digestive upsets. Chamomile also has wound healing properties and reduces inflammation. Magnesium is an essential super mineral involved in more than 300 enzymatic reactions. It helps to relax muscles, induce sleep, reduce inflammation, support bone health, aid sleep, and so much more. Calm & Chill gummies are suitable for children ages 3 and up!

For children ages 3-14, take 2 gummies 1 time per day. For ages 15 & older, take 4 gummies 1 time per day.



Here's your friendly reminder to take your vitamin D! According to recent studies, 50 to 85% of people living in northern latitudes have suboptimal or deficient levels of vitamin D. People at risk of vitamin D deficiency include people living in northern latitudes, office workers, people with limited sunlight exposure, overweight, pregnant, elderly and dark-skinned people.

Quick D helps support

- o Bone and joint health
- o Digestion and colon health
- o Concentration and memory
- o Breast and prostate health
- o Proper cell replication
- o Immune health
- o Mood and well-being
- o Prevention of certain cancers
- o Healthy sleep



**Save 15% OFF on ALL
NutriStart Products!**

Quick D uses the most bio-available source of vitamin D, cholecalciferol or D3 in its most absorbable form: emulsified liquid. To enjoy extraordinary health feed your body with the sunshine vitamin - Quick D. If you take only one supplement this should be it.



Featured Specials & many more instore

Stahlbush
Island Farms, Inc.

Biodynamic Frozen Fruit

Located in the heart of Oregon's lush Willamette Valley, Stahlbush Island Farms is perfectly situated to grow the finest berries on earth.

284g
Reg \$6.29 **\$5.49**



nature's bakery

Organic Fig Bars

Nature's Bakery stone ground whole wheat fig bars are a wholesome snack baked with simple, clean ingredients.

340g
Reg \$7.99 **\$6.99**



Eat wholesome
food co

Organic Baked Beans

These rich and delicious beans are rich in fibre, low in fat and a great source of vitamin C.

398ml
Reg \$3.49 **\$2.99**



HAPPY PLANET

Organic Orange Juice

The perfect orb of sunshine. We stuff this little bottle full of summer C goodness made from oranges, just oranges. Nothing more.

1.89L
Reg \$7.99 **\$6.99**



Chickapea

Organic Chickpea Pasta

With 23 grams of protein per 3.5oz serving, Chickapea has as much protein as a 3oz serving of salmon or chicken! Plus, it has 40% of your daily iron intake!

227g
Reg \$6.49 **\$5.49**



GT'S

Alive Adaptogenic Tea

Inspired by Ayurvedic tradition, this offering pairs loose leaf tea with an infusion from a trio of adaptogenic plants (reishi, chaga and turkey tail)

Reg \$4.99 **\$3.99**




GOGO QUINOA

Vegan Macaroni & Cheese

Our Mac n Cheese is as delicious as they come, one bite won't be enough as the creamy and al dente texture stimulates your taste buds.

170g
Reg \$4.49 **\$3.49**




the cultured coconut

Probiotic Coconut Milk

1 Tbsp contains 4+ trillion live bacteria and 40+ strains including Lactobacillus and Bifidobacterium.

500ml
Reg \$29.49 **\$23.49**



three farmers

Roasted Fava Beans

The perfect snack just like a bag of chips. Only these don't just taste great, they are good for you too!

140g
Reg \$4.99 **\$4.49**



Go Bio!

Organic Bouillon Cubes

Made with the best organic ingredients, our range of flavours and dietary options make it simple for people to prepare great-tasting, better-for-you meals

54-66g
Reg \$3.99 **\$3.29**



theo

Organic Peanut Butter Cups

Organic, soy free, palm free. First fair trade peanut butter cup on the market. Simple, yummy, and irresistible!

Reg \$3.79 **\$2.99**



Amy's

Organic Homestyle Soups

These restaurant quality premium soups are made with the finest all natural ingredients

Reg \$4.99 **\$4.49**



earth balance

Soy-Free Buttery Spread

Earth Balance spread is 100% natural, non-GMO, and free of trans fat, hydrogenated oils, and artificial ingredients.

425g
Reg \$7.29 **\$5.99**



NATURE'S PATH
ORGANIC

Organic Toaster Pastries

What a treat! These toaster pastries are made of real fruit filling, encased in a buttery organic pastry, and lightly frosted on the outside.

312g
Reg \$5.49 **\$4.99**



Spectrum

Eggless Mayonaise

Expeller pressed oil. 68% Less fat. Enjoy a rich, creamy spread that's cholesterol free with less than 1/2 the fat and calories of regular mayonnaise.

473ml
Reg \$8.49 **\$7.49**



BARBARA'S

Cheese Puffs

Packed with flavour, stone ground corn and carefully selected cheeses combine for the ultimate crunchy treat.

Reg \$3.99 **\$3.49**

