

GIFT CARDS AVAILABLE!



Happy Healthy Holidays!



Stash Tea HOLIDAY TEAS



Christmas Morning Black Tea • White Christmas White Tea
Christmas Eve Herbal Tea • Merry Mint Green Tea
Pumpkin Spice Decaf Black Tea • Holiday Chai Black Tea

Save \$1.60

Product of USA 18 bags **NOW \$2.99**



Green & Black's Organic FAIRTRADE CHOCOLATE HOLIDAY GIFT BOXES

Green & Black's range of Christmas Chocolates are the perfect gift for your hosts, delivered in a beautiful gift box.

Milk Miniature Bar Collection • Dark Milk Miniature Bar Collection
Classic Miniature Bar Collection • Conversations Dark Mint Squares Gift Box
Conversations Assorted Squares Collection

Priced from **\$14.59** to **\$31.99**

Cookie Creation Plus GLUTEN-FREE CUP COOKIES

Made from Almonds and sweetened with Honey. Each hand made batch has a Gourmet taste with dairy-free and wheat-free health. High in antioxidants, they satisfy the sweet tooth but do not affect the body's glycemic sugar levels. Gluten free that doesn't taste like it's supposed to be.



Save .50¢

Orange Chocolate • Lemon Poppy Seed
Cranberry Lemon • Cranberry Chocolate

200 g **NOW \$4.49**

Sanctum ORGANIC SKIN CARE

Inspired by the elements of the sea and hinterland surrounding Byron Bay, Australia, Sanctum is created from only the finest organic and natural ingredients. Sanctum is also certified vegan by the UK Vegan Society.

Organic Facial Care • Men's Organic Body Care
Organic Baby Care



50% OFF

kaia NATURAL BAMBOO FACIAL CLEANSING CLOTHS

These juicy unbleached bamboo cloths are soaked in vitamins, cashmere-soft unlike rayon and won't pull on the delicate skin in the eye area.

Paraben Free • Alcohol Free • 100% Biodegradable
Box of 30 cleansing cloths. Great stocking stuffer!



25% OFF

Skin Essence Organics TRULY ORGANIC SKIN CARE

Free from chemicals & synthetic ingredients. Derived solely from nature's extracts, essential oils & minerals.

Anti-Aging Moisturizers • Gentle Facial Cleansers
Eye Serums • Exfoliants & Mineral Masks
Acne Treatments • Rosacea Treatments
Eczema Creams

20% OFF



Product of Canada

Mary's Organic ORGANIC GOURMET CRACKERS



Save \$1.30

Farmer's Market ORGANIC PURÉES



Save \$1.10

Pumpkin
Sweet Potato
Butternut Squash
Makes one 9" pie.

NOW \$2.39

R. W. Knudsen ORGANIC CELEBRATORY SPARKLING BEVERAGES



Save \$1.00

Apple
Cranberry
Pear
750 ml

NOW \$3.99



Product of USA

Cape Herb & Spice TALL SALT GRINDERS



Mediterranean
or Himalayan
**TALL PEPPER
GRINDERS**
Tellicherry Black
or Rainbow

10% OFF

Barlean's Organic Oils FLAX OMEGA SWIRLS

An Omega-3 Sensation with the taste and texture of a fruit smoothie! Rich in vital and essential Omega-3 fatty acids, Omega Swirl flax oil supplements are the freshest, best tasting and most nutritious, naturally.

Made with 100% organic, cold-pressed flax oil.

Blackberry • Strawberry Banana

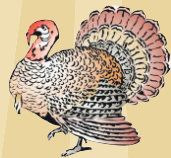
Save \$4.50



Product of USA 454 g **NOW \$23.99**

THEY'RE BACK & THEY'RE DELICIOUS!

Woodstown Farm Spiral Cut Mini Boneless Ham
Yorkshire Valley Farms Organic Turkeys
Cumbrae Farm-Raised Turkeys
Stuffed Turkey & Chicken Breasts
Stuffed Cornish Hen • Stuffed Pork Loin
Homemade Stuffing



TOFURKY VEGETARIAN FEAST

Now 20% larger stuffed tofu roast!
Now with Amy's Dessert!

Save \$7.90 **NOW \$23.69**

Vegan

TOFURKY ROAST

Save \$4.30 **NOW \$10.99**

GIBLET GRAVY

Save \$1.30 **NOW \$4.59**

Product of USA

MacaSure

Also called "Peruvian Ginseng", maca can help balance the hormonal system, increase energy, enhance libido and reduce stress in both sexes.



60 VegiCaps **NOW \$19.99**

120 VegiCaps or 180 gm **NOW \$30.59**

MacaSure Chocolate

4,000 mg of MacaSure in 70% cocoa!

40 g bar **NOW \$2.49**

15% OFF



Mike & Mike's ORGANIC BARTLETT PEARS

Now \$1.49/lb
\$3.28/kg

Springbrook ORGANIC FRESH CRANBERRIES

8 oz bag **now \$3.49**



**Dec. 20
BOOK
SIGNING
4-7pm**

JULIE DANILUK, R.H.N.
**MEALS THAT HEAL
INFLAMMATION**
Enhance Health Living and Economic Power. One Meal at a Time.

THE BIG CARROT

Natural Food Market

348 Danforth Ave. (East of DVP at Chester subway)

416-466-2129 • www.thebigcarrot.ca



Mon-Fri 9-9pm • Sat 9-8pm • Sun 11-6pm

Holiday hours: Dec 24 & Dec 31, 9-5 • Closed Dec 25, 26 & Jan 1

All discounts based on MSRP. While quantities last. Sale ends December 31/11.