

# THE UNFLYER

IT'S LIKE A FLYER,  
BUT IT'S NOT!

[www.Organicgarage.com](http://www.Organicgarage.com)

WELCOME TO THE UNFLYER!

YOU WON'T FIND ANY CORPORATE BS, FANCY MARKETING  
TERMS OR GLOSSY PICTURES HERE! WHAT YOU WILL FIND  
IS A BUNCH OF AMAZING, CURATED DEALS AND CONTENT  
THAT MAKE SHOPPING HEALTHIER FOR LESS A LITTLE  
MORE FUN!!

**Organic**  
**GARAGE**  
Healthier food for less!

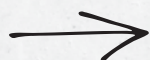


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specials effective...

Jan 20-Feb 3







## OLYMPIC DAIRY YOGURT

A rich tasting yogurt with a firm and creamy texture. Simple. Natural. Authentic.

Selected 650g



**\$3<sup>47</sup>**  
each



## ORGANIC MEADOW KEFIR

A fermented dairy product packing incredible health benefits, with 2 billion bacterial cultures in one serving.

Selected 1l



**\$4<sup>47</sup>**  
each

# 100% CERTIFIED ORGANIC PRODUCE



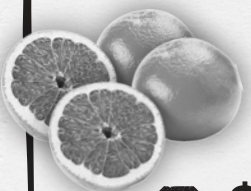
WHY WOULD  
← WE SELL  
ANYTHING ELSE?

SELLING ONLY 100% CERTIFIED ORGANIC PRODUCE IN COMPARISON TO CONVENTIONAL PRODUCE (WITH ALL ITS CHEMICAL JUNK) IS HARD WORK!! IT NEEDS TO BE HANDLED DIFFERENTLY, STORED DIFFERENTLY, DISPLAYED DIFFERENTLY... BOTTOM LINE IS... IT NEEDS OUR TENDER LOVING CARE. LIKE MY ZAIDE USED TO SAY THOUGH "NOTHING WORTHWHILE EVER COMES EASILY". WE DON'T JUST SELL ANY PRODUCE... WE SELL ONLY 100% CERTIFIED ORGANIC PRODUCE. (WE LIVE IT, WE BREATHE IT AND WE BELIEVE IN IT!!) - *Nath Lurie*



*Zaide... my inspiration.  
Ontario food terminal  
1976*

## PRODUCT OF USA CARA CARA ORANGES



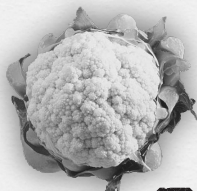
These sweet oranges can be eaten alone, used in fruit salads, juiced or made into spreads.

Selected



**\$2<sup>97</sup>/lb**  
or \$6.55/kg

## PRODUCT OF USA CAULIFLOWER



Enjoyed cooked or raw, cauliflower is a nutrient rich addition to any healthy meal.

Selected



**\$2<sup>97</sup>**  
each

## PRODUCT OF CANADA RED, YELLOW OR RUSSET POTATOES



A variety of potassium-packed potatoes for all your cooking needs.



**\$4<sup>47</sup>**  
/5lb Bag

IT'S ALL GOOD!!!



Nothin'  
un-original  
about it...  
try some  
and see.



# KITCHEN ORIGINALS®

*Eat like a chef for less!*

## KITCHEN ORIGINALS RAW PUMPKIN SEEDS



Pumpkin seeds are a nutritional powerhouse packed with protein and iron.

Selected 275g



**\$5.47**  
each

## KITCHEN ORIGINALS GREEN SPLIT PEAS



A small legume with big nutrition, split peas provide a low calorie addition to many meals.

Selected 454g



**\$3.97**  
each

Check out these originals!!

**HELLO**  
my name is

**Kitchen Originals**

I'm an original

**HERE'S TO THE ORIGINALS,** the ones who think differently, act differently and use their hard-earned money to buy differently. The ones who thought chickpeas aren't just something you throw in a salad but something you grind into flour and bake with! The ones who said rice isn't just a side dish but a protein powder, pasta, chip, and cracker all rolled into one. Being an original is not about your income or status, it's not about your education level or fancy possessions. It's about people who challenge convention. The ones who when asked "Why?," simply reply with "why not!" The kitchen is a true equalizer, a place where anyone can become a creative genius no matter income level or experience.

**THAT'S WHY WE BELIEVE IN ORIGINALS... KITCHEN ORIGINALS®**



# Matt's Mom's RECIPES

**BRAGG  
APPLE CIDER  
VINEGAR**



A versatile ingredient that can be used in recipes or added to water as a cleanse.

Selected 946ml

**\$6<sup>47</sup>** each

## Featured Recipe Product

"KEEP CALM AND COOK ON" WITH  
THIS FEATURED RECIPE PRODUCT.



MOM'S KNOW BEST,  
ESPECIALLY WHEN IT COMES TO MAKING GREAT MEALS! THEY DO  
HAVE SOME SERIOUSLY GOOD RECIPES - THE ONES THEY'VE BEEN  
MAKING SINCE YOU WERE A KID! MY MOM'S NO DIFFERENT, SHE MAKES  
AWESOME STUFF!

SO I THOUGHT,  
WOULDN'T IT  
BE COOL TO  
DEDICATE A  
SPACE IN OUR  
UNFLYER SO SHE  
COULD SHARE  
SOME OF HER  
FANTASTIC  
RECIPES!

### DETOX DRINK

- 1 CUP WATER
- 2 TBSP LEMON JUICE
- 1 TSP AGAVE SYRUP
- 1/4 TSP GROUND CINNAMON

← So easy, and so good for you! \*

- 2 TBSP APPLE CIDER VINEGAR
- 1 TSP GRATED OR GROUND GINGER
- DASH CAYENNE PEPPER

BOIL WATER IN A SAUCEPAN. ALLOW THE WATER TO COOL  
DOWN, THEN MIX ALL INGREDIENTS TOGETHER AND STIR  
WELL. ALLOW TO STEEP FOR A COUPLE OF MINUTES. FILTER  
THE DETOX DRINK INTO YOUR FAVOURITE MUG, AND ENJOY!

Try replacing hot water with tea.



### WHOLESOME BLUE AGAVE SYRUP



A low glycemic, all natural  
sweetener. An ideal substitute for  
sugar in everyday cooking or  
baking.

Selected 900ml



**\$16<sup>97</sup>** each

### STAHLBUSH ISLAND FARMS FROZEN FRUIT



Sustainably grown berries quickly  
frozen to preserve that 'fresh  
from the field' taste.

Selected 300g

**LOVE IT! \$4<sup>97</sup>** each

Recipe for success: Give everything you got... repeat daily!



# THE BUTCHER BLOCK

## BONE BREWHOUSE FROZEN BONE BROTH

Bone broths slow-cooked for a nutrient-rich addition to your daily routine. Preservative, Gluten, and Soy Free.

Selected 946ml

**Save \$1<sup>00</sup>** each



WHAT MAKES OUR ARTISAN MEAT SO GREAT? WELL, FOR STARTERS WE DO RESEARCH, LOTS OF IT. WE ASK QUESTIONS, DIFFICULT QUESTIONS THAT OTHER GROCERS JUST DON'T ASK. WHAT DOES THIS MEAN TO YOU? IT MEANS YOU ARE GETTING THE BEST MEAT WE COULD FIND!!!



## ARTISAN FARMS LEAN GROUND BEEF

Ground beef from Canadian cows, raised without the use of antibiotics.

Selected

**\$6<sup>97</sup>/lb**  
or \$15.37/kg



HORMONE FREE  
ANTIBIOTIC FREE, GRASS FED  
OR CERTIFIED ORGANIC ARE JUST  
A FEW OF THE THINGS WE LOOK FOR -  
IT'S WHAT MAKES OUR  
MEAT ANYTHING BUT  
CONVENTIONAL!

ARTISAN NATURALLY RAISED LOCAL ANTIBIOTIC FREE GRASS FED CERTIFIED ORGANIC ARTISAN NATURALLY RAISED LOCAL ANTIBIOTIC FREE

## PACIFIC FOODS SOUP BROTH

Natural ingredients cooked ever so slowly to bring out the rich, complex flavours that will enhance your recipes.

Selected 946ml

BUY MORE  
SAVE MORE

CERTIFIED  
ORGANIC

**2/\$8<sup>00</sup>**

or \$4.47 each



## GARDEIN FROZEN ENTREES

Healthy, innovative and convenient plant-based foods that are high in protein with a meaty texture.

Selected 225-350g

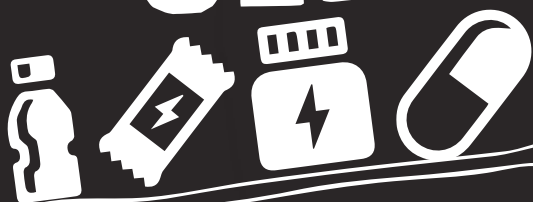
**STOCK UP \$4<sup>47</sup>** each



Here's some other really good stuff



# HEAL-THY SELF



...WE MAY NOT BE VITAMIN  
EXPERTS, BUT WE CARRY  
GREAT BRANDS, AT GREAT  
PRICES, THAT'LL HAVE YOU  
FEELING YOUR BEST!



## LOVE FATS KETO SHAKES



Keto-friendly "fats  
shakes". Kick up  
the keto by mixing  
with your favourite  
milk or cream.

Selected 400g

**\$23<sup>97</sup>**  
each

## NUTRASEA OMEGA 3 + D



Omega-3 supple-  
ments in a vitamin  
D enriched option  
great for improving  
cognitive function.

Selected 500ml-  
150ct

**SAVE \$5<sup>00</sup>**  
each

## NATURAL CALM MAGNESIUM DRINK



Water-soluble  
magnesium to help  
relieve symptoms  
associated with  
magnesium  
deficiency.

Selected 400g

**SAVE \$5<sup>00</sup>**  
each

## VEGA ONE ALL-IN-ONE SHAKES



All-in-one  
nutritional shakes  
made from real,  
whole food  
ingredients.

Selected 829-876g

**\$45<sup>97</sup>**  
each

## PROGRESSIVE VEGEGREENS



Vegetables in  
powder form that  
offers high levels of  
antioxidants to  
increase energy, and  
detoxify your body.

Selected 255-265g

**SAVE \$6<sup>00</sup>**  
each

## NATURAL FACTORS VITAMIN C



Timed-release  
tablets designed to  
gradually release  
their contents over  
an 8-hour period to  
optimize absorption.

Selected 180ct

**\$16<sup>97</sup>**  
each

# WAYS TO SAVE AT OG

HERE'S SOME MORE WAYS WE ARE HELPING YOU SAVE THOSE HARD EARNED \$\$

## IN-STORE-SPECIAL

A NON-ADVERTISED  
LIMITED  
TIME OFFER.

## SHORT DATED

A REDUCED PRICE  
ON PRODUCTS CLOSE  
TO THEIR BEST  
BEFORE DATE.

## MANUFACTURER'S CLEARANCE

A REDUCED PRICE ON  
PRODUCTS BEING CLEARED  
FROM A MANUFACTURER'S  
INVENTORY.



You asked for it... so we're giving it to ya...

# WHAT THE %#\$\* is?

## → Curcumin (kur-kyuh-muhn) ←

Curcumin is a yellow pigment found primarily in turmeric, best known as a spice used in curry. It's a polyphenol with anti-inflammatory properties and the ability to increase the amount of antioxidants that the body produces. Turmeric is also being studied as a treatment for diseases like Crohn's and ulcerative colitis. Curcumin and the curcuminoids found in turmeric can be extracted to produce supplements that have a much higher potency than turmeric. Supplementation of curcumin reliably reduces inflammation. By itself, curcumin is poorly absorbed, to help your body absorb natural curcumin try adding in black pepper.



↶ good stuff!!! ↷

Now you know....

### BOB'S RED MILL FLAXSEED MEAL



Mild and nutty—sprinkle it over oatmeal and yogurt or stir it into smoothies and baked goods.

Selected 453g



**\$4.47**  
each

### SEASNAX SEAWEED SNACKS



A nutrient-rich snack, with no artificial ingredients. You'll be eating these like they're candy!

Selected 5g



**4/\$5.00**  
or \$1.47 each

## The Good, The Bad & The Ugly

At other grocery stores, consumers are bombarded with unhealthy choices that have unhealthy consequences.

Not at Organic Garage! We offer healthier alternatives with healthier ingredients. Bottom line is we read labels so you don't have to.

Check out our website for a full list of approved and non-approved ingredients: [www.organicgarage.com/dump-it-list](http://www.organicgarage.com/dump-it-list)

**DUMP IT!**

**DUMP IT!**



# WHAT'S THE → STORY... ←



YOU CAN TRUST THAT FLORA'S MāNUKA HONEY IS 100% GENUINE - BECAUSE YOU DESERVE THE SWEET TRUTH! FLORA'S 100% PURE, PREMIUM MāNUKA HONEY IS SOURCED FROM THE WILDS OF THE NORTH ISLAND OF NEW ZEALAND IN PARTNERSHIP WITH THE ONUKU MāORI LANDS TRUST, A SUSTAINABLE, ECO-FRIENDLY, 100% MāORI-OWNED HONEY OPERATION (AND WINNER OF SEVERAL FARMING AND ECO-FRIENDLY AWARDS!). FLORA AND ONUKU HAVE FOUND A PERFECT PARTNERSHIP BASED ON SHARED VALUES OF QUALITY, HONESTY, INTEGRITY, AND FAMILY. PROFITS MADE FROM THIS PARTNERSHIP HELP SUPPORT THE REBUILDING AND RENEWAL OF MāORI CULTURAL TRADITIONS THROUGH VARIOUS PROGRAMS SUCH AS STUDENT SCHOLARSHIPS, FUNDS FOR COMMUNITY BUILDINGS, AND GRANTS FOR NEW BUSINESSES, SPORTS PROGRAMS, AND ELDERLY SHAREHOLDERS.



## ZEVIA ENERGY DRINK

The clean energy you need without the sugar and artificial ingredients, packed with 120mg of natural caffeine.

Selected 355ml

**TRY IT! \$1.97**  
each

**"NOTHING LIKE A GOOD QUOTE."**  
INSPIRING? YUP! MOTIVATING? YOU BETCHA! THEY  
SAY A WHOLE LOT IN ONLY A FEW WORDS. HERE'S  
ONE OF MY FAVOURITES...



So many people spend their health  
gaining wealth. And then have to  
spend their wealth to regain their  
health. - AJ Reb Materi

## Featured Product

EVERY PRODUCT HAS A STORY TO  
TELL AND WE LOVE SHARING THEM.  
CHECK THIS ONE OUT!

### MANUKA HONEY

Flora Mānuka honey with beneficial enzymes, nutrients and antioxidants is UMF™-certified to verify authenticity and MGO (methylglyoxal)-graded to confirm potency.

Selected 250g

**COOL! Save \$3.00**  
each





# SHOP WITH US ON **ttt** **Cornershop** **1 HOUR**

**You can now get Healthy Food for Less delivered right to your door with a reduced service fee, no price mark-ups and access to our Unflyer pricing.**

**Live within a 10km radius of one of our stores? Sign up now : [www.organicgarage.com/shopcornershop](http://www.organicgarage.com/shopcornershop)**

## FLOW COLLAGEN INFUSED WATER



A refreshing and easy way to get a collagen boost while you hydrate, with 10g of Grass Fed collagen peptides.

Selected 500ml

**TRY IT! \$3.47**  
each

## FACT



*DID YOU KNOW THE NAME OF VITAMINS WERE ASSIGNED IN THE ORDER OF THEIR DISCOVERY, THATS HOW VITAMIN A GOT ITS NAME. VITAMIN A WAS THE FIRST VITAMIN TO BE DISCOVERED!*

↑ THE COLD, HARD FACTS! ↓

## GT'S LIVING FOOD MUSHROOM TEA



A light and refreshing fermented beverage with therapeutic plant adaptogens and beneficial nutrients.

Selected 480ml



**LOVE IT! \$2.97**  
each



**WE BELIEVE ... \***

Everyone, no matter income, gender or size should have access to healthier food  
→ for less.

## HELLO I'm New

*NEVER BE AFRAID TO TRY SOMETHING NEW. LIFE GETS BORING WHEN YOU STAY WITHIN THE LIMITS OF WHAT YOU ALREADY KNOW. DO IT!*



## EARTH'S CHOICE LEMON GINGER JUICE

100% lemons and ginger, not from concentrate. No preservatives. No water added, production enzymes nor artificial flavours.

Selected 250ml

**\$3.97**  
each

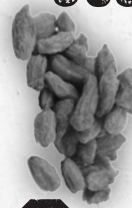




# BULK it up!

↑ Another great way to save money ↑

## CERTIFIED ORGANIC GOJI BERRIES



Goji berries contain protein, antioxidants and over 20 vitamins and minerals. Eat as is or add to trail mix or oatmeal.

Selected

**\$13.97/lb**  
or \$30.80/kg



## THE LOWDOWN ON VITAMINS + SUPPLEMENTS

OMEGA 3, CALCIUM, VITAMIN A, C, D... WHAT SHOULD YOU TAKE? TO BE HONEST, WE DON'T KNOW. WE AREN'T VITAMIN + SUPPLEMENT EXPERTS, BUT WE DO KNOW THAT HEALTH IS WEALTH! WHICH IS WHY WE TOOK ALL THE INFO WE COULD FIND ON THE STUFF WE CARRY AND CRAMMED IT INTO **VIK** OUR - VITAMIN INFORMATION KIOSK! LEARN MORE ABOUT OUR BRANDS, THEIR PRODUCTS AND THEIR BENEFITS TO SEE WHAT'S RIGHT FOR YOU.

## GENUINE HEALTH HIGH POTENCY OR DEFENCE PROBIOTICS



A healthy gut is directly linked to healthy immune function. Shelf stable.

Selected 20-30ct



**BUY ONE GET ONE  
50% OFF**

FOLLOW US ON  
SOCIAL MEDIA



@organicgarage



Organic Garage



@organicgarage

## CANPREV MAGNESIUM



A pure magnesium in a form known for its superior absorption and gentleness on the bowels. Vegan.

Selected 240ct

**Save \$4.00**  
each

FOR QUESTIONS OR  
COMMENTS PLEASE  
E-MAIL US AT:

**CUSTOMERSERVICE@  
ORGANICGARAGE.COM**

METHODS OF PAYMENT  
We accept: →

**VISA**



or... good  
old hard  
\$\$\$

\* GIFT CARDS AVAILABLE \*

No rainchecks - Unflyer specials are while supplies last - We reserve the right to limit quantities