



Southtown Health Foods, Inc.

2100 W. 95th Street, Chicago, IL

Phone 773-233-1856

Mon.-Sat. 9:30-5:30

Major credit cards and SNAP Benefits

Since 1942

www.southtownhealthfoods.com



Sale Prices Effective April 1 - April 30, 2026

SPRING HAS SPRUNG

Cascadian Farm

Organic Cinnamon Crunch

Whole grain squares with cinnamon & a touch of sugar



\$3.49

9.2 oz *Select organic cereals on sale!*

Purely Elizabeth

Ancient Grain Granola Blueberry Hemp

Salty-sweet clusters with organic oats, chia & coconut sugar



\$6.29

12 oz *Select varieties on sale!*

One Degree Organics

Organic Sprouted Steel Cut Oats

•Robust whole-grain flavor
•Gluten free



\$5.49

24 oz *Select varieties on sale!*

Kevin's Natural Food

Frozen Bowls Orange Chicken

•21g protein
•Soy free
•Chicken in orange sauce, vegetables & brown rice



\$4.79

9.5 oz *Select varieties on sale!*

Rao's Made For Home

Meat Lasagna

Pasta layered with fresh ricotta, mozzarella, beef, pork and marinara sauce



\$3.99

9 oz *Select meals on sale!*

Beyond

Beyond Sausage Hot Italian-Style

•Plant-based
•Made with avocado oil
•17g protein per serving



\$6.79

14 oz/4 links *Select varieties on sale!*

Ice Cream For Bears

Mint To Bee Mint Chip French Ice Cream

•Sweetened only with honey
•Grassfed 365



\$5.99

14 fl oz *Select varieties on sale!*

Simply Dessert

Gelatin Free Sugar Free Jel Dessert Strawberry

•0 net carbs
•Ready in 60 minutes



\$2.29

0.7 oz *Select varieties on sale!*

Simple Mills

Nut Butter Stuffed Sandwich Cookies Cocoa & Cashew Butter

Made with nut flour, nut butter & coconut sugar



\$4.29

6.7 oz *Select varieties on sale!*

Almond Flour Crackers Fine Ground Sea Salt

•Gluten free
•Powered by nuts & seeds



\$3.49

4.25 oz *Select varieties on sale!*

Back To Nature

Sandwich Cookies Classic Creme

•Velvety filling & 2 cocoa cookies
•Soft inside and cruchy outside



\$3.69

9 oz *Select varieties on sale!*

Classic Round Crackers

•Flaky, crispy & golden brown
•Oven-baked & sprinkled with sea salt



\$2.99

6.5 oz *Select varieties on sale!*

Terra

Sweet Potato Chips Sea Salt

•Real vegetable chips
•Krinkle cut
•Gluten free



\$2.99

6 oz *Select varieties on sale!*

Good Health

Avocado Oil Potato Chips Sea Salt

•Kettle style
•Made with 100% avocado oil
•Gluten free



\$2.49

5 oz *Select varieties on sale!*

Siete

Spicy Fuego Grain free Puff Snacks

•Made with lentils and avocado oil
•Gluten free



\$2.99

4 oz *Select varieties on sale!*

Little Secrets

Dark Chocolate Sea Salt Wafer

•European cocoa
•No artificial ingredients
•Crispy!



\$4.79

3.5 oz/10 minis *Select varieties on sale!*

Magic

Organic Smooth Coconut Praline Bar

•70% dark chocolate
•Regenerative organic cocoa and sugar



\$3.79

2.93 oz *Select varieties on sale!*

No Cow

Dipped Protein Bar Chocolate Peanut Butter Cup

•20g plant protein
•1g sugar
•Vegan



\$1.99

2.12 oz *Select varieties on sale!*

Just Water

Naturally Alkaline Spring Water

•Sustainably sourced water
•Plant-based carton
•Hydrating



\$1.49

33.8 fl oz *Select varieties on sale!*

C2O

Coconut Water The Original

•Nutrients plus electrolyte-rich hydration
•100% natural, never from concentrate



\$3.79

33.8 fl oz *Select varieties on sale!*

Santa Cruz

Organic Pineapple Mango Juice

•100% juice
•No added sugar
•Enjoy by the glass or in a smoothie



\$4.49

32 fl oz *Select varieties on sale!*

Rishi Tea & Botanicals

Sparkling Botanical Tea Dandelion Ginger

•Ginger beer
•Spicy & sugar free
•Fermented green tea + black koji



\$2.49

12 fl oz *Select varieties on sale!*

Health-Ade

Organic Kombucha Cayenne Cleanse

•Bubbly probiotic tea for gut health*
•Antioxidants
•Spicy & tangy



\$2.99

16 fl oz *Select varieties on sale!*

Zevia

Zero Sugar Soda Dr. Zevia

•A spicy-cherry taste with citrus notes
•Sweetened with stevia
•0 calories



\$10.29

12/12 fl oz cans *Select varieties on sale!*

Supplements

Liquid I.V.

Hydration Multiplier Electrolyte Drink Mix

- Fast hydration*
- 8 vitamins & nutrients



Save **25%**

All Liquid I.V. now on sale!

Bluebonnet

Chewables Vitamin D3 & K2 Raspberry Flavor

- Mood, bone and heart health*
- Immune function & proper cell growth



Save **20%**

All Bluebonnet now on sale!

Liquid CellularActive Methylcobalamin Vitamin B12 1000 mcg

- Supports cellular energy production & nervous system health*



Beekeeper's Naturals

Save 37%

Kid's Propolis Throat Soothing Pops

- Immune support with vit. D & zinc
- 12.5mg propolis extract per serving



\$7.49

3.28 oz/15 pops Reg \$11.99

Nelson Bach

Save 20%

Rescue Remedy Spray

- Natural stress relief
- Helps maintain emotional balance during hectic times*



\$18.99

0.7 fl oz Reg \$23.99

MaryRuth's

Save 40%

Organic Lymphatic Support Herbal Blend

- Lymphatic function
- Immune support*
- Traditional herbal



\$11.99

1 fl oz Reg \$19.99

Country Life

Save 37%

Coenzyme B-Complex

- Supports energy & healthy cognitive function plus metabolism of fats & cholesterol*



\$21.99

120 veg caps Reg \$44.99

Methyl B12 1,000 mcg

- Supports energy and stamina*
- Easily absorbed
- Cherry flavor



\$9.99

60 lozenges Reg \$15.39

Garden of Life

Save 34%

Vitamin Code 50 & Wiser Men Raw Whole Food Multivitamin

- Live probiotic & enzymes
- Prostate health*



\$56.99

240 veg caps Reg \$86.99

Garden of Life Organics

Save 34%

Organic Women's Multi 40+ Fruit + Vitamin Gummies

- Promotes overall health, including breast & heart*



\$24.99

120 gummies/organic berry Reg \$37.99

Gaia Herbs

Save 36%

Turmeric Supreme® Extra Strength

- Concentrated
- Full spectrum
- Black pepper to aid absorption*



\$20.99

60 liquid phyto-caps Reg \$32.99

Ashwagandha Root

- Support for restorative sleep and adapting
- Coping with life's stressors*



\$16.99

60 liquid phyto-caps Reg \$27.99

Himalaya

Save 25%

Organic Ashwagandha Releases Stress & Boosts Energy*

- Rejuvenates adrenal function



\$11.99

30 caps Reg \$15.99

UriCare

- For normal urine flow & release*
- Supports kidney and bladder performance



\$20.99

120 veg caps Reg \$24.19

Sunfood Super Foods

Save 33%

Organic Beets & Mushrooms Energy, Focus, Endurance

- With cordyceps, lions mane & meca



\$10.99

5.31 oz Reg \$16.59

Organic India

Save 36%

Organic Moringa Caps Green Superfood

- Immune support
- Energizing*
- Digestion
- Whole herb



\$13.99

90 veg caps Reg \$22.19

LifeSeasons Therapeutics

Save 41%

Glucose Stabili-T Blood Sugar Support

- Extra Strength with Berberine HCl
- Healthy circulation and vision*



\$30.99

90 veg caps Reg \$53.00

Clinical Immunity Daily Boost

- Helps boost immune cells & antibodies
- Keeps defenses active & alert*



\$16.99

60 veg caps Reg \$30.00

Terry Naturally

Save 20%

Sucontral D Blood Sugar Balance

- Healthy insulin function and AIC levels*
- Carbohydrate metabolism



\$35.16

60 caps Reg \$43.95

Youtheory

Save 27%

Shilajit

- Boosts cellular energy
- Increases stamina & endurance*
- Boosts energy
- Activates collagen production



\$19.99

60 veg caps Reg \$27.59

Carlson Labs

Save 24%

Norwegian Cod Liver Oil

- 1,100 mg omega-3's + vitamins A & D3
- Cardiovascular & cognitive health
- Joint support*



\$27.99

8.4 fl oz Reg \$36.90

Floradix

Save 21%

Floravital Liquid Extract Iron + Herbs

- Rich in iron and B vitamins
- Yeast-free*
- Non-constipating



\$23.99

8.5 fl oz Reg \$30.49

Floradix Iron + Herbs Liquid Extract

- Supports the body's formation of red blood cells*
- Non-constipating



\$23.99

8.5 fl oz Reg \$30.49

Flora

Save 19%

Super 8 Hi-Potency Probiotic

- 42 billion cells at time of manufacture
- Maintains healthy yeast balance*
- Raw probiotics



\$20.99

30 caps Reg \$25.99

American Health

Save 35%

Chewable Original Papaya Enzymes

- Digestive enzyme support*



\$8.99

180 tabs Reg \$13.99

Great Lakes Wellness

Save 27%

Grass-Fed Bovine Collagen Peptides Unflavored

- 20g collagen per serving
- Supports: skin, hair, nails, joints and digestion*



\$22.99

10 oz Reg \$31.69

Orgain

Save 31%

Organic Nutrition Nutritional Shake

- 16g plant protein
- 22 vitamins & minerals
- Fruits & veggies



\$10.99

44 fl oz/4-11 fl oz cartons Reg \$16.09

Manitoba Harvest

Save 38%

Organic Hemp Yeah! Max Protein Powder Unsweetened

- 20g hemp protein concentrate
- 4.5g omegas 3 & 6



\$12.99

16 oz/14 servings Reg \$20.99

Nutrex Hawaii

Save 26%

Pure Hawaiian Spirulina 500 mg

- Supports: immunity, energy, cardiovascular health & overall cell health*



\$15.99

5 oz Reg \$21.79

Forces of Nature

Save 33%

Organic Nail Fungus Control Anti-Fungal Care

- Treats mild to moderate nail fungus*



\$17.99

0.37 oz Reg \$26.95

Prices may vary per store. All items may not be available at all stores. Not responsible for printing errors.

*These statements have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any illness.

Healthy Choices

Desert Essence

Tea Tree Oil Dental Floss

- With pure Australian tea tree oil
- 50 yards waxed



Save 15%

All Desert Essence on sale!

Dr. Bronner's

Organic All-One Toothpaste Peppermint

- Fluoride-free
- Reduces plaque
- Freshens breath



\$5.49

5 oz *Select varieties on sale!*

Jason

Vitamin E Skin Oil 5,000 IU

- All over body nourishment oil
- With 5 essential oils
- Antioxidants



\$6.99

4 fl oz *Select varieties on sale!*

Caboo

Tree Free Bamboo Toilet Paper

- Biodegradable
- Septic safe
- 2 ply sheets/ 300 sheet rolls



\$9.49

12 double rolls *Select products on sale!*

Seventh Generation

Dish Liquid Clementine Zest & Lemongrass

- Tough on grease
- No artificial fragrances
- 95% plant-based



\$3.49

19 fl oz *Select varieties on sale!*

ECOS

Plant Powered Laundry Detergent Free & Clear

- Hypoallergenic
- pH-balanced
- All natural



\$12.99

100 fl oz *Select products on sale!*

a2 Milk

Whole Milk

- Naturally contains a2 protein and is easier on digestion
- Vitamin A & D
- Grade A



\$4.29

59 fl oz *Select products on sale!*

Milkdamia

Macadamia Milk Unsweetened

- Raw, never roasted, macadamias for subtle taste & milky texture



\$4.29

32 fl oz *Select varieties on sale!*

Califia Farms

Organic Oatmilk Original

- Only 3 ingredients
- Creamy mild and malty taste
- Dairy free



\$4.99

48 fl oz *Select varieties on sale!*

R.W. Knudsen

Morning Blend Fruit Juice Blend

- Blend of pineapple, apple, orange, papaya & peach
- No added sugar



\$4.29

32 fl oz *Select varieties now on sale!*

Lakewood

Organic Pure Carrot Juice

- Fresh pressed
- With organic lemon juice
- Not from concentrate juice



\$5.49

32 fl oz *Select varieties now on sale!*

Organic Pure Lemon Juice

- Fresh pressed
- Pure & potent
- Strong, bright flavor
- Undiluted juice



\$6.29

32 fl oz *Select varieties now on sale!*

Uncle Matt's Organic

Organic Orange Juice Pulp Free

- One ingredient: oranges
- Fresh - not from concentrate
- Vitamin C



\$7.99

52 fl oz *Select varieties on sale!*

Eternal Water

Naturally Alkaline Spring Water

- Smooth taste
- pH 7.8 to 8.2
- Hydrating



79¢

20.2 fl oz *Select varieties on sale!*

Proud Source

Naturally Alkaline Spring Water

- Bottled at the source: Rocky Mountains
- Natural occurring electrolytes and minerals



\$1.39 *Infinitely recyclable aluminum bottles*

16 fl oz *Select varieties on sale!*

Teecino

Roasted Herbal Tea Dandelion Caramel Nut

- Organic herbs
- Prebiotic
- Acid free



\$4.79

10 tea bags *Select varieties on sale!*

Buddha Teas

Organic Mullein Leaf Tea

- Easy & deep breathing*
- Sweet, herbal flavor



\$4.99

18 tea bags *Select varieties on sale!*

Numi Organic Tea

Organic Turmeric Amber Sun

- With rooibos, cinnamon & cardamom
- Caffeine free



\$5.29

15 Non-GMO tea bags *Select varieties!*

Organic India

Organic Tulsi Turmeric Ginger Stress Relieving & Harmonizing*

- Supports the immune system & detoxification



\$3.49

18 infusion bags *Select varieties on sale!*

Just Ice Tea

Organic Iced Tea Honey Green Tea

- Just sweet enough
- Sweetened with agave syrup and honey



\$1.99

16 fl oz *Select varieties on sale!*

Steaz

Organic Zero Calorie Green Tea Raspberry

- Antioxidant brew
- Lightly sweetened
- Ready-to-drink



\$1.49

16 fl oz *Select varieties on sale!*

Nixie

Organic Zero Sugar Soda Root Beer

- No calories
- No sugar
- Organically flavored



\$1.69

12 fl oz cans *Select varieties on sale!*

OLIPOP

Prebiotic Soda Ginger Ale

- Supports digestive health*
- Prebiotics, plant fiber & botanicals



\$1.79

12 fl oz *Select varieties on sale!*

Sesmark

Rice Thins Rice Snack Crackers Brown Rice

- Gluten free
- Whole grain & crunchy



\$2.69

3.5 oz *Select varieties on sale!*

Garden of Eatin'

Organic Red Hot Blues Corn Tortilla Chips

- Sprinkled with dash of cayenne pepper - HOT!



\$4.99

14 oz *Select varieties on sale!*

Siete

Grain Free Tortilla Chips Sea Salt

- Made with avocado oil
- Light & crispy
- Paleo & vegan



\$3.79

5 oz *Select varieties on sale!*

Kettle Brand

Potato Chips Honey Dijon

- Gluten free
- Perfectly crispy
- Great taste... naturally



\$2.99

5 oz *Select varieties on sale!*

Angie's

Boom Chicka Pop Popcorn Sea Salt

- Simple, salty and tasty
- Whole grain
- Gluten free



\$2.49

4.8 oz *Select varieties on sale!*

Skinny Dipped

Dark Chocolate Cocoa Almonds

- 4g sugar per serving
- More nuts than chocolate
- Bee friendly almonds



\$3.99

3.5 oz *Select varieties on sale!*

SmartSweets

Gummy Candy Sourmelon Bites

- Low calorie
- Low sugar (3g)
- No added sugar
- Gluten free
- Plant-based



\$2.49

1.8 oz *Select varieties on sale!*

Visit Our Store For Additional Sale Items

Healthy Choices

<p>Mavuno Harvest</p> <p>Organic Dried Mango</p> <ul style="list-style-type: none"> Ethically sourced No preservatives No sugar added  <p>\$2.79</p> <p>2 oz <i>Select dried fruit on sale!</i></p>	<p>Solely</p> <p>Organic Fruit Jerky Mango & Passion Fruit</p> <ul style="list-style-type: none"> No sugar added Just 2 ingredients in each strip  <p>\$1.25</p> <p>0.8 oz <i>Select varieties on sale!</i></p>	<p>CHOMPS</p> <p>Original Beef Jerky Stick Mild</p> <ul style="list-style-type: none"> Made with grass fed and finished beef 10g protein Zero sugar  <p>\$1.99</p> <p>1.15 oz per stick <i>Select varieties on sale!</i></p>	<p>Vermont Smoke & Cure</p> <p>Uncured Turkey Pepperoni Meat Stick</p> <ul style="list-style-type: none"> Turkey raised without antibiotics or added hormones 9g protein  <p>\$1.49</p> <p>1 oz meat stick <i>Select varieties on sale!</i></p>	<p>Safe Catch</p> <p>Wild Ahi Yellowfin Tuna</p> <ul style="list-style-type: none"> Lowest mercury of any brand Skinless & boneless  <p>\$3.49</p> <p>5 oz <i>Select varieties on sale!</i></p>	<p>Kettle & Fire</p> <p>Organic Cooking Broth Chicken</p> <ul style="list-style-type: none"> Long simmer time Made with real chicken bones No sugar  <p>\$2.79</p> <p>32 fl oz <i>Select varieties on sale!</i></p>
<p>Imagine</p> <p>Organic Vegetarian No-Chicken Broth Low Sodium</p> <p>Made with fresh vegetables</p>  <p>\$3.29</p> <p>32 oz <i>Select varieties on sale!</i></p>	<p>Dr. McDougall's</p> <p>Vegan Ramen Chicken Flavor</p> <ul style="list-style-type: none"> Made with organic ramen Non-GMO  <p>\$1.99</p> <p>1.8 oz <i>Select varieties on sale!</i></p>	<p>Daiya</p> <p>Dairy-Free Cheddar Slices</p> <ul style="list-style-type: none"> Made with Daiya oat cream blend Melts like dairy Plant based  <p>\$3.49</p> <p>7.8 oz <i>Select varieties on sale!</i></p>	<p>Divina</p> <p>Vegan Pesto Nut Free</p> <ul style="list-style-type: none"> With D.O.P. genovese basil Dairy & nut free Savory, aromatic flavor profile  <p>\$3.79</p> <p>6.7 oz <i>Select products on sale!</i></p>	<p>Annie's Homegrown</p> <p>Macaroni & Classic Cheddar</p> <ul style="list-style-type: none"> Made with organic pasta Made with real cheese Great taste!  <p>\$2.49</p> <p>6 oz <i>Select varieties on sale!</i></p>	<p>Lundberg Family Farms</p> <p>Organic White Rice Basmati</p> <ul style="list-style-type: none"> Regenerative organic certified Gluten free California rice  <p>\$7.49</p> <p>2 lb <i>Select varieties on sale!</i></p>
<p>Seeds of Change</p> <p>Organic Rice & Grains Quinoa & Brown Rice with Garlic</p> <p>Ready to eat in 90 seconds</p>  <p>\$2.79</p> <p>8.5 oz <i>Select varieties on sale!</i></p>	<p>Cascadian Farm</p> <p>Organic Spud Puppies Shredded Potatoes</p> <ul style="list-style-type: none"> Quick & easy to prepare Freezer staple Versatile  <p>\$3.49</p> <p>16 oz <i>Select products on sale!</i></p>	<p>Westbrae</p> <p>Organic Chili Beans No Salt Added</p> <ul style="list-style-type: none"> Fat free Plant based fiber and protein Ready-to-eat  <p>\$2.49</p> <p>15 oz <i>Select varieties on sale!</i></p>	<p>RAO'S Homemade</p> <p>Marinara Pasta Sauce</p> <ul style="list-style-type: none"> Italian tomatoes Made with olive oil No added sugar Keto friendly  <p>\$6.99</p> <p>24 oz <i>Select products on sale!</i></p>	<p>Muir Glen Organic</p> <p>Organic Crushed Tomatoes Fire Roasted</p> <ul style="list-style-type: none"> California tomatoes Real ingredients Squeezable bottle  <p>\$2.49</p> <p>28 oz <i>Select varieties on sale!</i></p>	<p>Primal Kitchen</p> <p>Organic Ketchup Unsweetened</p> <ul style="list-style-type: none"> California tomatoes Real ingredients Squeezable bottle  <p>\$6.29</p> <p>18.5 oz <i>Select products on sale!</i></p>
<p>Coombs Family Farms</p> <p>Organic Maple Syrup</p> <ul style="list-style-type: none"> Grade A dark color Robust taste  <p>\$24.99</p> <p>32 fl oz <i>Select products on sale!</i></p>	<p>SweetLeaf</p> <p>Sweet Drops Liquid Stevia Sweetener Vanilla Creme</p> <ul style="list-style-type: none"> Zero calories No artificial ingredients  <p>\$6.49</p> <p>2 fl oz/288 servings <i>Select varieties!</i></p>	<p>Madhava</p> <p>Organic Light Agave</p> <ul style="list-style-type: none"> 100% blue agave Low-glycemic sweetener  <p>\$6.99</p> <p>23.5 oz <i>Select products on sale!</i></p>	<p>Bob's Red Mill</p> <p>Premium Quality Baking Soda</p> <ul style="list-style-type: none"> Light texture & tender crumbs to baked goods Pancakes, cakes, cookies & muffins  <p>\$2.49</p> <p>16 oz <i>Select baking aids on sale!</i></p>	<p>Bragg</p> <p>Organic Apple Cider Vinegar</p> <ul style="list-style-type: none"> Raw & unfiltered With the "Mother" Unpasteurized  <p>\$4.79</p> <p>32 fl oz <i>Select varieties on sale!</i></p>	<p>Frontier Co-Op</p> <p>Organic Turmeric Root Ground</p> <ul style="list-style-type: none"> Earthy & slightly sweet No artificial ingredients  <p>\$3.79</p> <p>1.41 oz <i>Select products on sale!</i></p>
<p>California Olive Ranch</p> <p>Extra Virgin Olive Oil Global Blend</p> <ul style="list-style-type: none"> For everyday use For cooking and baking Cold pressed  <p>\$11.99</p> <p>16.9 fl oz <i>Select products on sale!</i></p>	<p>Spectrum Culinary</p> <p>Organic Virgin Coconut Oil</p> <ul style="list-style-type: none"> Cold pressed Unrefined Medium heat Keto friendly  <p>\$8.99</p> <p>14 fl oz <i>Select varieties on sale!</i></p>	<p>Dr. Bronner's</p> <p>Regenerative Organic Coconut Oil</p> <ul style="list-style-type: none"> Virgin & unrefined Fresh pressed Whole kernel Medium-high heat  <p>\$12.99</p> <p>30 oz <i>Select varieties on sale!</i></p>	<p>Sunfood Superfoods</p> <p>Raw Organic Goji Berries</p> <ul style="list-style-type: none"> Sweet, large and juicy Highest quality Antioxidants Iron & protein  <p>\$8.99</p> <p>8 oz <i>Select products on sale!</i></p>	<p>Nutiva</p> <p>Organic Black Chia Seeds</p> <ul style="list-style-type: none"> 6.4g omega-3's, 5g protein, rare antioxidants & fiber per serving  <p>\$4.29</p> <p>6 oz <i>Select products on sale!</i></p>	<p>Manitoba Harvest</p> <p>Organic Hemp Hearts</p> <ul style="list-style-type: none"> Shelled hemp seeds 10g protein & 12g omegas 3 & 6 per serving  <p>\$9.99</p> <p>12 oz <i>Select products on sale!</i></p>

Visit Our Store For Additional Sale Items