



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 Aug. 1 - Aug. 31, 2026

SUNNY DEALS & EASY MEALS



Daring.

Plant Chicken Bowl Penne Primavera

- Gluten free
- Plant-based
- 23g protein



\$5.29

9 oz *Select varieties on sale!*

Kevin's

Chicken Burrito Bowl

- Gluten free
- Chicken breast, chipotle sauce, cheese, bell peppers & rice



\$4.99

9.5 oz *Select varieties on sale!*

Gardein

Ultimate Plant-Based Crispy Breaded F'sh

Flaky & tender



\$6.29

15 oz *Select products on sale!*

Daiya

Dairy & Gluten Free Pizza Cheese Lovers

- Thin crust
- Daiya oat cream blend cheese



\$6.49

15.7 oz *Select varieties on sale!*

Cheddar Style Deluxe Mac & Cheese

Gluten free pasta and dairy free cheese sauce



\$3.49

10.6 oz *Select varieties on sale!*

Annie's Homegrown

Macaroni & Classic Cheddar

- Made with organic pasta
- Made with real cheese
- Taste great!



99¢

6 oz *Select varieties on sale!*

Tofurky

Hickory Smoked Deli Slices

- Plant-based
- Sliced thin for hoagies
- Smoky and savory



\$4.29

5.5 oz *Select varieties on sale!*

Jack & Annie's

Classic Shaved Jack Steak

- Vegan jackfruit steak slices
- Plant protein
- Gluten free



\$4.29

8 oz *Select varieties on sale!*

Mulay's Sausage

Mild Italian Ground Sausage

- Certified free from: wheat, milk, soy & eggs
- No nitrates or MSG



\$7.99

15 oz *Select varieties on sale!*

Birch Benders

Organic Pancake & Waffle Mix Organic Classic

- Complete mix just add water
- Fluffy & delicious



\$3.99

16 oz *Select varieties on sale!*

Vital Farms

Pasture-Raised Alfresco Large Eggs

- Tended by hand
- Small family farms
- Rich flavor



\$6.99

12 large eggs *Select varieties on sale!*

Carbonaut

Gluten Free Bagels Seeded Herb & Garlic

- 3 net carbs per bagel
- Aromatic herbs & garlic topped with seeds



\$5.49

11.8 oz/5 bagels *Select varieties on sale!*

Catalina Crunch

Protein Cereal Honey Graham

- Keto friendly
- 11g protein, 0g sugar and 9g fiber per serving
- Gluten free



\$5.99

9 oz *Select varieties on sale!*

Protein Cereal Blueberry Muffin

- Made with real blueberries
- 10g protein & 1g sugar per serving
- Source of fiber



\$5.99

8 oz *Select varieties 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!*

Grain Free Keto Granola Vanilla Almond Butter

- With MCT oil
- Made with coconut sugar



\$6.29

8 oz *Select varieties on sale!*

One Degree

Organic Sprouted Cereal Brown Rice Cacao Crisps

- Rich & toasty
- Gluten free



\$4.29

10 oz *Select varieties on sale!*

Magic Spoon

Protein Cereal Cocoa

- Keto friendly
- 13g protein, 0g sugar and 4 net carbs per serving



\$6.49

7 oz *Select products on sale!*

Four Sigmatic

Organic Mushroom Coffee Focus

- Mental clarity & boost of energy*
- Lions Mane and Chaga



\$13.99

10 oz *Select varieties on sale!*

Nut Pods

Dairy Free Coffee Creamer Original

- Unsweetened
- Made with almond and coconut
- Rich & creamy



\$4.29

25.4 fl oz *Select varieties on sale!*

Steaz

Organic Iced Green Tea Peach

- 30mg natural caffeine
- Cane sugar sweetened
- Regenerative organic
- Organic fruit flavor



\$1.79

16 fl oz *Select varieties on sale!*

Annie's Organic

Organic Snack Mix Original Bunnies

Pretzels, cheddar bunnies, buttery bunnies and breadsticks in a savory seasoning



\$3.29

9 oz *Select varieties on sale!*

Quinn

Gluten Free Peanut Butter Filled Pretzel Nuggets

- Real ingredients
- Delicious!



\$3.99

7 oz *Select varieties on sale!*

Simple Mills

Crunchy Almond Flour Cookies Chocolate Chip

- Corn, dairy & grain free
- Gluten free



\$3.29

5.5 oz *Select varieties on sale!*

Supplements

MaryRuth's Organics

Vegan Collagen Booster Liposomal Maple Hot Cocoa

- Skin & joint health*
- Supports your body's ability to make collagen



Save 20%

All MaryRuth Organics on sale!

MegaFood

Women's 55+ One Daily Multivitamin

- Healthy aging
- Bone health*
- Energy metabolism
- 19 nutrients



Save 25%

All MegaFood now on sale!

New Chapter

Bone Strength Take Care™ Plant Calcium

- Strong, healthy bones
- With vitamin K2 and D3 that guide calcium to bones*
- Slim tablets



Save 45%

All New Chapter now on sale!

Bluebonnet

Vitamin D3 & K2

- Supports: bone, immune, mood & heart health*
- Soy & gluten free



Save 20%

All Bluebonnet now on sale!

NOW Foods

Vitamin D-3 5,000 IU

- High potency
- Bone & immune
- Supports healthy teeth & promotes muscle health*

Save 38%



\$7.99

120 softgels Reg. \$12.99

Host Defense Mushrooms

Save 23%

Lion's Mane Mushrooms

- Mental clarity, focus & memory
- Immune, memory & nervous system support*



\$25.99

60 caps Reg. \$33.95

ChildLife

Save 38%

Nutrition for Kids Liquid Vitamin D3

- Immune system & bone health*
- For babies to teenagers



\$7.99

1 fl oz Reg. \$12.99

Nordic Naturals

Save 27%

Kids Vitamin D3 Gummies 400 IU Wild Watermelon Splash

- Supports bones and immunity*



For Ages 3+

\$8.99

60 gummies Reg. \$12.45

Smarty Pants

Save 26%

Teen Guy Plus Multi & Omegas Pineapple Orange

- For immune, eye, & bone health*
- 23 nutrients
- Allergen free



\$21.99

60 gummies (30 day supply) Reg. \$30.09

Natrol

Save 32%

Biotin 10,000mcg

- Supports healthy hair, skin & nails
- Supports healthy carbohydrate, fat & protein metabolism



\$10.99

100 tabs Reg. \$16.39

Carlson

Save 20%

Norwegian Cod Liver Oil

- Omega-3s EPA & DHA
- Promotes heart, brain, vision and joint health*
- Purity guaranteed



\$57.60

16.9 fl oz Reg. \$72.00

Natural Factors

Save 30%

Organic Oil of Oregano 30 mg

- Minimum 80% carvacrol
- Wild-crafted
- Immune & antioxidant



\$13.99

1 fl oz Reg. \$19.99

Sovereign Silver

Save 18%

Bio-Active Silver Hydrosol Daily + Immune Support 10PPM

- Rapid immune response*
- Fast absorption & excretion



\$12.99

2 fl oz Reg. \$15.99

Kyolic

Save 33%

Blood Pressure Health Formula 109

- Aged garlic extract, nattokinase and L-theanine
- Cardiovascular



\$22.99

80 caps Reg. \$34.79

RidgeCrest Herbsals

Save 37%

SinusClear Complete Sinus Support

- Maintains healthy sinus passages
- Immune support
- Helps balance moisture*



\$17.99

60 caps Reg. \$28.69

Nutrex Hawaii

Save 38%

Pure Hawaiian Spirulina 500 mg

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



\$15.99

200 tabs Reg. \$25.99

Solaray

Save 20%

Higher Absorption Magnesium Glycinate 350 mg

- For bone, muscle and relaxation*



\$31.99

240 veg caps Reg. \$39.99

Country Life

Save 37%

Chelated Magnesium Glycinate 400mg per serving

- Supports: muscles, bones, nerves, calm, and overall wellness*



\$14.99

90 tabs Reg. \$24.09

Onnit

Save 22%

Alpha Brain

- Supports cognitive functions, plus memory, mental speed & focus*



\$26.99

30 caps Reg. \$34.95

Natural Stacks

Save 18%

Magtech Magnesium

- For relaxation & brain health*
- Advanced 3-in-1 complex & 200mg chelated complex



\$29.99

90 caps Reg. \$36.95

Natural Vitality

Save 36%

CALM Relaxing Drink Mix

- Magnesium citrate
- Free of gluten, sugar and artificial colors



\$16.99

8 oz/raspberry-lemon flavor Reg. \$26.69

Gaia Herbs

Save 33%

Kava Root Stress

- Promotes a sense of calm and relaxation*
- Traditionally used for sleep support



\$24.99

60 vegan liquid phyto-caps Reg. \$37.49

LifeSeasons Therapeutics

Save 42%

Mood Stabili-T Emotional Support

- Promotes stable mood regulation, calm focus & healthy stress response*



\$22.99

60 veg caps Reg. \$40.00

Boiron

Save 28%

Calendula Cream

Calendula Officinalis 1X

- First aid: cuts, scrapes, chafing, minor burns and sunburn*
- Soothes & heals



\$9.99

2.2 oz Reg. \$13.89

Floradix

Save 21%

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 12%

Organic Red Beet Crystals

- Energizing*
- Nitric oxide booster
- Pressed farm fresh harvested beets



\$27.99

7 oz Reg. \$31.99

Ancient Nutrition

Save 24%

Multi Collagen Protein Vanilla

- 20g collagen per 2 scoops
- Probiotics
- Grass-fed



\$39.99

16.7 oz Reg. \$52.95

Active Peptides

Save 23%

Cortisol

- Helps balance cortisol levels*
- Helps improve sleep & restfulness



\$37.99

60 caps Reg. \$49.95

Navitas

Save 35%

Organic Camu Powder

- Excellent source of vitamin C
- Tart & tangy
- Great for juices and smoothies



\$14.99

3 oz Reg. \$23.29

Great Lakes Wellness

Save 27%

Grass-Fed Bovine Gelatin Unflavored

- For culinary needs
- Same benefits as collagen
- 12g gelatin per serving



\$23.99

16 oz Reg. \$32.89

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

Aura Cacia

Organic Castor Oil

- Rich in fatty acids for nourishing skin, hair and body care
- Hexane free
- Cold pressed



Save 20%

All Aura Cacia now on sale!

Giovanni

Smoothing Castor Oil Leave-In Conditioner

- For all hair types
- Deep hydration
- Improves hair texture
- Silkens hair



Save 25%

Smoothing castor oil line on sale!

Andalou Naturals

1000 Roses® Biome Balancing Day Cream

- Smooths the skin's texture
- Strengthens the skin's barrier



Save 20%

All Andalou Naturals on sale!

Desert Essence

Tea Tree Oil Dental Floss

- With pure Australian tea tree oil
- 50 yards waxed



Save 25%

All Desert Essence now on sale!

Dr. Bronner's

Organic All-One Toothpaste Peppermint

- Fluoride-free
- Reduces plaque
- Freshens breath



\$5.49

5 oz *Select varieties on sale!*

The Mountain Valley

Spring Water

- Bottled at the source in the Ouachita Mts. USA
- Rich in minerals
- Award winning taste
- Glass bottle



\$2.29

33.8 fl oz *Select varieties on sale!*

R.W. Knudsen

Organic Just Tart Cherry

- 100% juice
- No added sugar
- Inflammation reducer*



\$8.99

32 fl oz *Select varieties on sale!*

Organic Just Cranberry

- 100% cranberry juice
- Not from concentrate
- No added sugar
- Non-GMO



\$6.49

32 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!*

Alō Drink

Aloe Vera Juice Drink Crisp

- Aloe vera, fuji apple and pear
- Antioxidant-rich
- Cane sugar sweetened



\$1.99

16.9 fl oz *Select varieties on sale!*

Odyssey

Sparkling Functional Energy Dragon Fruit Lemonade

- 85 mg caffeine
- Lion's Mane
- Cordyceps



\$2.49

12 fl oz *Select varieties on sale!*

Clean Cause

Organic Sparkling Yerba Mate Lemon Lime

- 160 mg caffeine
- Contains green tea
- Mental focus



\$2.49

16 fl oz *Select varieties on sale!*

Recess

Recess Mood Raspberry Lemon

- Magnesium & adaptogen infused sparkling water
- Relax & unwind



\$2.79

12 fl oz *Select varieties on sale!*

IQBAR

Protein Bar Chocolate Sea Salt

- 12g plant protein
- 1g sugar
- Brain nutrients
- Low carb - high fiber
- Gluten & soy free



\$1.59

1.6 oz *Select varieties on sale!*

Clif Bar

Energy Bar Crunchy Peanut Butter

- Organic peanut butter & crunchy peanut pieces
- Organic rolled oats
- 11g protein



\$1.49

2.4 oz *Select varieties on sale!*

Bobo's

Chocolate Chip Oatmeal Bar

- Gluten free breakfast bar
- Whole grain oats
- Healthy snack
- Delicious



\$1.99

3 oz *Select varieties on sale!*

No Cow

Dairy Free Protein Bar Chocolate Fudge Brownie

- 20g plant protein
- 1g sugar
- 5g net carbs



\$1.99

2.12 oz *Select varieties on sale!*

Munk Pack

Nut & Seeds Bar Peanut Butter Dark Chocolate

- 5g protein & 1g sugar
- Low glycemic index
- No sugar alcohols



\$1.29

1.23 oz *Select varieties on sale!*

KIND

Nut Bar Dark Chocolate Nuts & Sea Salt

- Almonds #1 ingredient
- 15g fat & 6g protein per bar
- 5g sugar



\$1.25

1.4 oz *Select varieties on sale!*

Justin's

Organic Peanut Butter Cups Milk Chocolate

- Organic Rain Forest certified cocoa
- Gluten free



\$1.79

1.4 oz *Select varieties on sale!*

BEAR

Fruit Rolls Strawberry

- 4 ingredients: apple, pear, strawberry & black carrot extract



\$3.99

5 packs/2 rolls ea pack *Select varieties!*

Solely

Organic Fruit Jerky Mango

- Just 1 ingredient: mango
- No added sugar
- Organic dried fruit



\$1.25

0.8 oz *Select varieties on sale!*

Smart Sweets

Gummy Candy Gummy Fish

- 3g sugar per bag
- Naturally flavored
- Plant-based
- No added sugar



\$2.49

1.8 oz *Select varieties on sale!*

Surf Sweets

Gummy Bears

- With organic cane sugar
- Free of the top 10 food allergens
- Gluten free



\$4.29

2.75 oz *Select varieties on sale!*

The Ginger People

Gin•Gins Original

- Hard ginger candy made with real ginger
- Real, simple ingredients



\$2.49

3 oz *Select varieties on sale!*

PUR Gum

Sugar Free Chewing Gum Peppermint

- Sweetened with xylitol
- Allergen free
- Comes in a blister pack



\$1.25

9 pieces *Select varieties on sale!*

Barbara's

Original Cheese Puffs

- Made with real aged cheddar & blue cheese
- Gluten free
- Crunchy!



\$2.79

7 oz *Select varieties on sale!*

Hippeas

Chickpea Puffs Groovy White Cheddar Flavor

- Cheezy flavor
- Vegan
- Free from 9 top allergens



\$2.99

4 oz *Select varieties on sale!*

Jackson's

Sweet Potato Chips Sea Salt

- Kettle cooked in avocado oil
- Free from 9 top allergens



\$2.99

5 oz *Select varieties on sale!*

The Good Crisp Co.

Classic Original Potato Crisps

- Soy & gluten free
- Stacked potato chips
- Non-GMO



\$2.99

5.6 oz *Select varieties on sale!*

Visit Our Store For Additional Sale Items

Healthy Choices

Nicks Sticks

Turkey Sticks

- Free range turkeys raised without antibiotics or hormones added
- No nitrates or nitrites
- No soy or MSG



\$2.99

1.7 oz/2 sticks *Select varieties on sale!*

Vermont Smoke & Cure

Uncured Turkey Pepperoni Meat Stick

- Turkey raised without antibiotics or added hormones
- 9g protein



\$1.49

1 oz *Select varieties on sale!*

Prevail Jerkey

Umami Beef Jerkey

- Grass-fed
- Cherry wood smoked
- High protein
- Soy & gluten free



\$4.79

2.25 oz *Select varieties on sale!*

Louisville Vegan Jerky Co.

Vegan Soy Jerky Smoky Carolina BBQ

- 18g protein
- Meaty flavor
- Bold & smoky



\$4.99

3 oz *Select varieties on sale!*

EPIC

Baked Pork Rinds Pink Himalayan Sea Salt

- 11g protein per serving
- Antibiotic free
- Gluten free & keto



\$2.79

2.5 oz *Select varieties on sale!*

Tasty Bite

Organic Basmati Rice

- Delicate aroma and flavor
- Light & fluffy
- Cooks in 90 sec.



\$2.29

8.8 oz *Select products on sale!*

Edward & Sons

Bouillon Cubes Not-Chick'n

- Mix with hot water for broth or add to soups, stews or sauces



\$2.19

2.5 oz *Select varieties on sale!*

4th & Heart

Ghee Clarified Butter Himalayan Pink Salt

- 100% butter fat
- Pasture-raised
- High smoke point



\$8.99

9 oz *Select products on sale!*

Organic Valley

Organic Raw Sharp Cheddar Cheese

- Aged minimum of 6 months



\$4.49

8 oz *Select varieties on sale!*

Three Trees

Organic Almond Milk Unsweetened

- 3 ingredients: water, almonds & salt
- 4X more nuts and protein + cream top



\$5.29

28 fl oz *Select varieties on sale!*

West Life

Organic Soymilk Unsweetened Vanilla

- 9g protein per serving
- Smooth & creamy
- No added sugar



\$3.29

32 fl oz *Select varieties on sale!*

Bachan's

Japanese Barbecue Sauce The Original

- Rich, savory & bold
- Cold-filled
- Versatile condiment



\$6.29

17 oz *Select products on sale!*

San-J

Organic Tamari

- Brewed soy sauce
- Rich, smooth & more umami flavor profile
- Authentic brewing
- Gluten-free



\$4.49

10 fl oz *Select varieties on sale!*

Manukora

Raw Manuka Honey

- 50+ MGO
- New Zealand
- 2000+ natural compounds
- Immunity support*



\$16.99

1.1 lb *Select varieties on sale!*

Coombs Family Farms

Organic Maple Syrup

- Grade A dark color
- Robust taste
- Perfect for cooking, baking & pancakes



\$23.99

32 fl oz *Select varieties on sale!*

Lakanto

Monk Fruit Sweetener Drops Original Flavor

- Pure, natural sweetness
- Zero sugar, calories and net carbs



\$8.49

1.75 fl oz *Select varieties on sale!*

Lakewood

Organic Pure Lemon Juice

- Pasteurized juice squeezed from 10-12 fresh lemons
- No preservatives



\$3.29

12.5 fl oz *Select products on sale!*

Santa Cruz Organic

Organic 100% Pure Lemon Juice

- Not from concentrate
- Great for cooking, baking & beverages
- Bold, tart flavor



\$3.49

16 fl oz *Select products on sale!*

Primal Kitchen

Mayo Real Mayonnaise Made with Avocado Oil

- Cage free eggs
- No soy or canola
- Sugar free



\$7.99

12 oz *Select varieties on sale!*

Chosen Foods

100% Pure Avocado Oil Spray

- Naturally refined
- 500°F smoke point
- Naturally non-stick



\$5.29

4.7 oz *Select products on sale!*

Napa Valley Naturals

Organic Extra Virgin Olive Oil

- First cold pressing
- Acidity in bottle 0.5% or less
- From Mediterranean



\$17.99

25.4 fl oz *Select products on sale!*

Manitoba Harvest

Organic Hemp Hearts Shelled Hemp Seeds

- 10g protein
- 12g omega 3 & 6
- Amino acids



\$9.99

12 oz *Select products on sale!*

Navitas

Organic Cacao Powder

- 100% cacao
- Delicious, rich chocolate taste
- Unsweetened
- Superfood



\$8.49

8 oz *Select products on sale!*

Organic Chia Seeds

- Versatile super seed
- Omega-3's
- Excellent source of fiber



\$4.79

8 oz *Select varieties on sale!*

Crofter's Organic

Organic Just Fruit Spread Strawberry

- Sweetened with fruit juice
- Just strawberries & apple juice



\$3.29

10 oz *Select varieties on sale!*

Good Good

Strawberry Jam

- Sweetened with Stevia
- Low calorie and low carb
- Keto friendly



\$4.79

12 oz *Select varieties on sale!*

Sahale Snacks

Glazed Mix Maple Pecans

- Dry roasted, glazed pecans and walnuts with dried cherries, apples & spices



\$4.29

4 oz *Select varieties on sale!*

Mi-Del

Gluten Free Ginger Snaps Swedish Style

- Baked to crunchy perfection
- Made in certified peanut free facility



\$3.79

8 oz *Select products on sale!*

Simple Mills

Almond Flour Crackers Fine Ground Sea Salt

- Gluten, grain, soy & corn free
- All natural



\$3.29

4.25 oz *Select varieties on sale!*

Crunchmaster

Multi-Seed Rice Baked Crackers Original

- Made with olive oil
- Gluten free



\$2.49

4 oz *Select varieties on sale!*

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