



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 Oct. 1 - Oct. 31, 2026

PUMPKINS, MUMS & HOT LATTES

Farmers Market

Organic Pumpkin

- Unsweetened, smooth & perfect for baking, soups and recipes
- BPA free liner



\$2.79

15 oz Select varieties on sale!

Frontier Co-Op

Pumpkin Pie Spice

- Cinnamon, cloves, ginger, & nutmeg
- Non-irradiated
- Non-GMO
- Versatile & flavorful



\$3.49

1.72 oz Select spices on sale!

Big Tree Farm

Regenerative Organic Brown Coconut Sugar

- Unrefined and low glycemic



\$3.99

16 oz Select products on sale!

Shady Maple Farms

100% Pure Organic Maple Syrup

- Dark color
- Robust taste
- U.S. Grade A
- Non-GMO



\$11.99

12.7 fl oz Select products on sale!

Flavorganics

Organic Vanilla Extract

- From the finest vanilla beans in the world
- Gluten free



\$5.79

2 fl oz Select varieties on sale!

Navitas Organics

Organic Cacao Nibs Unsweetened

- 100% cacao
- Pure chocolate crunch
- Great for baking



\$9.99

8 oz Select products on sale!

Laird Superfood

Instant Latte Mocha

- Coffee, creamer & adaptogens
- MCTs
- Soy free



\$9.99

8 oz/8 servings Select varieties on sale!

Sunfood Superfoods

Organic Matcha Powder

- Whole leaf green tea
- Well rounded flavor profile



\$10.99

4 oz Select products on sale!

Four Sigmatic

Organic Mushroom Ground Coffee

- Focus with Lion's Mane and Chaga
- Mental clarity and energy



\$13.99

10 oz Select varieties on sale!

Teeccino Chicory Herbal Coffee Alternative Vanilla Nut

- Prebiotic
- Medium roast
- Organic herbs



\$9.99

11 oz Select varieties on sale!

Remedy Organics

Organic Plant Based Protein Shake Vanilla

- 35g protein & 6g fiber
- Energy, gut health & muscle recovery*



\$3.29

12 fl oz Select varieties on sale!

Recess

Recess Mood Magnesium & Adaptogen Sparkling Drink

- Relax & unwind
- Eases tension
- Magnesium for your brain*



\$2.79

12 oz can Select varieties on sale!

Birch Benders

Organic Classic Pancake & Waffle Mix

- Just add water
- Makes 26 four inch pancakes



\$4.29

16 oz Select varieties on sale!

One Degree

Organic Sprouted Steel Cut Oats

- Gluten free
- 41g whole grains per serving



\$5.49

24 oz Select products on sale!

Bob's Red Mill

Organic Old Fashioned Rolled Oats

- Whole grain
- High quality farm fresh oats
- Cereal or baking



\$4.99

32 oz Select products on sale!

Amy's

Frozen Pot Pie Broccoli with Cheddar Cheese Sauce

- With organic vegetables & tender crust



\$4.29

7.5 oz Select varieties on sale!

Beyond Meat

Beyond Chicken Tenders

- Plant-based breaded tenders
- 13g protein per serving



\$3.99

8 oz Select products on sale!

Daring.

Plant Chicken Bowl Penne Primavera

- 23g protein
- Herbs, garlic & vegetables with plant chicken



\$4.99

9 oz Select products on sale!

Simple Mills

Gluten Free Crunchy Almond Flour Cookies Chocolate Chip

- With organic coconut oil & coconut sugar



\$3.49

5.5 oz Select varieties on sale!

Catalina Crunch

Protein Snack Mix Traditional

- Pretzels, cashews, almonds & crispy soy wheels, with bold and garlicky seasoning



Keto Friendly!

\$4.49

5.25 oz Select varieties on sale!

Quinn

Peanut Butter Filled Pretzel Nuggets

- Perfect crunchy, salty pretzel shell + creamy, dreamy peanut butter
- Soy & gluten free



\$3.99

7 oz Select varieties on sale!

Mavuno Harvest

Organic Dried Mango

- Ethically sourced
- No sugar added
- No preservatives
- Naturally delicious



\$2.79

2 oz Select Dried Fruit on sale!

SmartSweets

Peach Rings Gummy Candy

- 3g sugar per bag
- Tangy & sweet
- No artificial colors, flavors or sweeteners



\$2.49

1.8 oz Select varieties on sale!

Soley

Organic Fruit Gummies Mango & Strawberry

- Just 2 ingredients: organic mango & organic strawberry



\$3.49

0.7 oz Select varieties on sale!

Supplements

Country Life

Coenzyme B-Complex

- Supports energy & healthy cognitive function*
- Nutrient conversion & methylation support



Save 25%

All Country Life now on sale!

MegaFood

Iron Minis Blood Builder

- Combats fatigue & improves energy*
- 26 mg iron per serving
- Real food + folic acid, B12 & vit. C



Save 25%

All MegaFood now on sale!

New Chapter

Zyflamend Prostate

- Prostate function & normal urine flow*
- Saw palmetto & pumpkin seed oil
- Pure & potent



Save 40%

All New Chapter now on sale!

NeoCell

Grassfed Collagen Peptides Unflavored

- Supports healthy hair, skin, nails and joints*



Save 25%

All NeoCell now on sale!

Nordic Naturals

Ultimate Omega

- 2840 mg omega-3
- For heart, brain & immune health*
- Superior absorption
- Great lemon taste



Save 25%

All Nordic Naturals now on sale!

Ancient Nutrition *Save 24%*

Grass-Fed Liver

- Liver with plants, mushrooms and probiotics
- Liver health & healthy blood*



\$29.99

180 caps Reg \$39.95

Gaia Herbs

Save 33%

Organic Black Elderberry Syrup Extra Strength

- Immune health*
- 15g per teaspoon



\$16.99

3 fl oz Reg \$25.49

Boiron

Save 17%

ColdCalm Homeopathic

- Cold relief for: sneezing, runny nose and minor sore throat*
- Ages 4+ years



\$10.99

60 meltaway tabs Reg \$13.29

LifeSeasons Therapeutics *Save 43%*

Clinical Immunity Daily Boost

- Boosts antibodies & immune cells*
- Quickly stimulates immune NK cells



\$16.99

60 veg caps Reg \$30.00

Herb Pharm *Save 36%*

Organic Mullein Blend Respiratory System

- Supports respiratory system & healthy bronchial function*



\$11.99

1 fl oz Reg \$18.98

Sovereign Silver *Save 18%*

Immune Support Bio-Active Silver Hydrosol

- Rapid immune response*
- 10 PPM
- Fast absorption



\$12.99

2 fl oz/dropper bottle Reg \$15.99

Host Defense Mushrooms *Save 24%*

Mycommunity 17 Species Blend

- Comprehensive immune support*
- Support whole body wellness
- Organic mushroom mycelium



\$30.99

60 caps Reg \$40.95

Quantum Health *Save 33%*

SuperImmune+ Vegetarian Power Formula

- Lysine, olive leaf and astragalus
- Accelerates recovery*



\$13.99

90 veg caps Reg \$20.99

Herbs Etc. *Save 35%*

- Lymphatonic Supports a Healthy Lymphatic System
- Promotes healthy lymphatic circulation & encourages clearing of metabolic waste*



\$10.99

1 fl oz Reg \$16.98

Life•Flo *Save 25%*

Liquid Iodine Plus Unflavored

- With potassium, iodide & iodine
- For body, mind and balance*



\$7.99

2 fl oz Reg \$10.79

The Food Movement Co *Save 33%*

Organic Irish Sea Moss

- Supports thyroid health, digestion and immunity*
- Organic sea minerals



\$17.99

60 veg caps Reg \$26.99

Nature's Way *Save 25%*

Beet Root

- Supports antioxidant pathways*
- 500 mg per capsule
- Helps neutralize free radicals
- Gluten free



\$26.24

320 caps Reg \$34.99

Garden of Life *Save 34%*

Dr. Formulated Probiotics Once Daily Women's

- 50 billion guaranteed
- 16 probiotic strains
- Supports immune & digestive health*



\$29.99

30 veg caps Reg \$45.99

Liquid I.V. *Save 36%*

Hydration Multiplier Electrolyte Drink Mix

- Faster hydration than water alone
- 8 vitamins and nutrients



\$16.99

5.64/10 sticks Reg \$26.69

Organic India *Save 32%*

Organic Moringa Powder Green Superfood

- Immune support
- Energizing*
- Digestion support
- Whole herb



\$14.99

8 oz Reg \$22.19

Solaray *Save 20%*

Higher Absorption Magnesium Glycinate 350 mg

- For bone, muscle and relaxation*



\$31.99

240 veg caps Reg \$39.99

BiOptimizers *Save 25%*

Magnesium Breakthrough Organic Fruit Punch

- 8 forms of magnesium
- Supports: restful sleep, immune & bone health*



\$29.99

5.4 oz Reg \$39.99

Natural Factors *Save 34%*

Whole Earth & Sea Men's 50+ Multivitamin & Mineral

- Pure food - fresh raw ingredients
- 100% organic plants



\$27.99

60 tabs Reg \$42.95

Biosil *Save 28%*

Collagen Generator

- Generates and protects elastin, collagen and keratin levels*



\$17.99

30 caps Reg \$24.99

Kyolic *Save 34%*

Cardiovascular Health Original

- Promotes healthy lipid levels and supports overall cardiovascular care
- One per day



\$11.99

100 caps Reg \$18.39

Floradix *Save 21%*

Iron + Herbs Liquid iron and Vitamin Formula

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



\$23.99

8.5 fl oz Reg \$30.49

Flora *Save 22%*

Flor•Essence Gentle Detox for the Whole Body

- Full body cleanse and detox*
- 97% organic
- 8 herbal formula



\$47.99

32 fl oz Reg \$61.69

Lily of the Desert *Save 38%*

Organic Aloe Vera Juice Whole Leaf

- Filtered
- Vitamins and digestive enzymes*
- Gluten free



\$6.99

32 fl oz Reg \$11.39

Terry Naturally *Save 20%*

Healthy Feet & Nerves

- Supports healthy nerve function in feet, legs, fingers and hands*



\$25.56

60 vegan caps Reg \$31.95

Forces of Nature *Save 24%*

Organic Hemorrhoid Control Extra Strength

- Fast relief with witch hazel & horse chestnut



\$10.99

0.17 fl oz Reg \$14.49

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

Manukora Raw Manuka Honey Stick MGO 600+ Single-serving sticks, offering daily digestion and immune support plus natural energy*  \$1.89 0.24 oz <i>Select products on sale!</i>	Aura Cacia Pure Essential Oils Lavender Commonly used for relaxation, sleep support and applying to skin to soothe minor irritations*  Save 25% All essential oils now on sale!	Giovanni 100% Pure Castor Oil •Moisturizes hair and scalp •Helps alleviate a dry, flaky scalp •Incredible shine  \$6.79 8.5 fl oz <i>Select products on sale!</i>	Davids Hydroxi Toothpaste Peppermint •Nano-hydroxyapatite •Remineralizing •Fluoride free •Sensitive support  \$5.49 4 oz <i>Select varieties on sale!</i>	DrTung's Tongue Cleaner •Hygienic stainless steel •Removes bacteria •Improves taste & freshens breath  \$7.49 1 tongue cleaner <i>Select products on sale!</i>	Crystal Mineral Deodorant Roll-On Lavender & White Tea •24 hour protection •Sensitive skin safe •Gentle for everyday  \$4.29 2.25 fl oz <i>Select varieties on sale!</i>
MALK Organic Oat Malk Original 3 ingredients: filtered water, gluten free oats & pink salt  \$4.79 28 fl oz <i>Select varieties on sale!</i>	Milkadamia Macadamia Milk Unsweetened Raw macadamias for subtle taste, milky texture and a hint of vanilla  \$3.79 32 fl oz <i>Select varieties on sale!</i>	Essentia Naturally Alkaline Mineral Spring Water •Electrolytes & minerals •pH 7.8 - 8.2  \$1.99 1.5 Lt. <i>Select varieties on sale!</i>	Waiakea Hawaiian Volcanic Water •Naturally alkaline •Electrolytes •Deep well water  \$1.09 16.9 fl oz <i>Select varieties on sale!</i>	C2O Coconut Water with Pulp •Nutrients plus electrolyte-rich hydration •100% natural, never from concentrate  \$2.29 17.5 fl oz <i>Select varieties on sale!</i>	Alō Aloe Vera Juice Drink Crisp •Aloe vera + fuji apple + pear •Sweetened with cane sugar  \$1.99 16.9 fl oz <i>Select varieties on sale!</i>
Lakewood Organic Organic Mango Blend Juice •Tropical flavor •Blended with organic apple juice •Great in smoothies  \$4.99 32 fl oz <i>Select varieties on sale!</i>	R.W. Knudsen Organic Just Tart Cherry Juice •No sugar added •Single fruit •100% organic juice •GMO free  \$8.99 32 fl oz <i>Select varieties on sale!</i>	North Coast Organic Organic Apple Juice •No added colors or preservatives •No added sugar •100% certified organic apples  \$12.99 96 fl oz <i>Select products on sale!</i>	LIFE AID FitAid Recovery Citrus Medley •Electrolytes •14 vitamins and supplements •Caffeine Free  \$1.99 12 fl oz <i>Select varieties on sale!</i>	GT's Organic & Raw Enlightened Synergy Kombucha Gingerade 9 billion living probiotics  \$2.49 16 fl oz <i>Select varieties on sale!</i>	Steaz Regenerative Organic Green Tea Blueberry Pomegranate •Crafted brewed tea •Lightly sweetened  \$1.79 16 fl oz <i>Select varieties on sale!</i>
Organic India Organic Tulsi Tea Ashwagandha •Healthy stress response* •Ashwagandha & fruity mango  \$3.79 18 infusion bags <i>Select varieties on sale!</i>	Yogi Tea Organic Bedtime Herbal Tea •Supports a good night's sleep* •Relax & unwind •Caffeine free  \$3.49 16 tea bags <i>Select varieties on sale!</i>	Traditional Medicinals Organic Peppermint Herbal Tea •Soothes the belly •Refreshing & minty •Caffeine free  \$4.49 16 wrapped tea bags <i>Select varieties!</i>	Buddha Teas Organic Mullein Leaf Tea It's a tea for everyone seeking easier & deeper breathing*  \$4.99 18 tea bags <i>Select varieties on sale!</i>	REEDS Craft Ginger Beer Extra •10% more ginger than original & made from fresh ginger •Non-alcoholic  \$5.99 4/12 fl oz bottles <i>Select varieties on sale!</i>	Nixie Organic Zero Sugar Soda Cherry Cola •0 sugar, carbs or calories •Organic flavor  \$5.79 4/12 fl oz cans <i>Select varieties on sale!</i>
Lesser Evil Organic Popcorn Himalayan Sea Salt •Organic extra virgin coconut oil •No vegetable oil  \$3.49 4.6 oz <i>Select varieties on sale!</i>	Skinny Pop Popcorn Original •Gluten free •Delicious and healthy snack •3 simple ingredients  \$3.29 4.4 oz <i>Select varieties on sale!</i>	Good Health Avocado Oil Kettle Style Chips Sea Salt •Made with 100% avocado oil •Gluten free  \$3.29 5 oz <i>Select varieties on sale!</i>	Siete Potato Chips Sea Salt •Kettle cooked •With avocado oil •Gluten free •Vegan  \$2.79 5.5 oz <i>Select varieties on sale!</i>	Kettle Brand Potato Chips Unsalted •Thick cut from the whole potato •Crunchy •Gluten free  \$2.99 5 oz <i>Select varieties on sale!</i>	The Good Crisp Co. Classic Original Potato Crisps •Soy & gluten free •Stacked potato chips •Non-GMO  \$3.29 5.6 oz <i>Select varieties on sale!</i>

Visit Our Store For Additional Sale Items

Healthy Choices

Happy Egg

Organic Free Range Eggs
12 Large Eggs

- Hens outside on pasture
- Rich & flavorful
- Orange yolks



\$6.29

12 large eggs *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!*

Three Wishes

Grain Free Cereal
Vanilla Frosted

- 8g protein, 3g sugar per serving
- 3g fiber per serving
- Delicious!!



\$4.79

8.6 oz *Select cereals on sale!*

Abbot's

Protein Veggie Burger
Classic Smokehouse

- 22g protein
- Mushrooms & caramelized onions



\$4.99

2/4 oz burgers *Select varieties on sale!*

Jack & Annie's

Shaved Jack Steak
Classic

- Vegan jackfruit steak slices
- Satisfying and juicy



\$4.29

8 oz *Select varieties on sale!*

Nicks Sticks

Turkey Snack Sticks
Spicy Turkey

- Made in the USA with 100% free range turkeys
- Beef collagen casing
- 10g protein & 0 carbs



\$2.79

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

Gardein

Ultimate Crispy Breaded F'sh Filets

- Plant-based
- Flaky & tender
- Perfect for sandwiches



\$6.99

15 oz *Select varieties on sale!*

Safe Catch

Wild Ahi Yellowfin Tuna

- Lowest mercury of any brand
- 43g protein per can



\$3.49

5 oz *Select products on sale!*

Annie's Homegrown

Macaroni & Classic Cheddar

- Made with organic pasta and real cheese
- Great taste!



\$1.79

6 oz *Select varieties on sale!*

Near East

Rice Pilaf Mix
Garlic & Herb

- Rice & orzo with onion, garlic and parsley
- Ready in 30 mins.



\$2.29

6.3 oz *Select varieties on sale!*

Tasty Bite

Organic Jasmine Rice
Perfectly Steamed

- Ready in 90 sec.
- Real ingredients



\$2.29

8.8 oz *Select products on sale!*

Dr. McDougall's

Vegan Chicken Flavor Ramen

- Made with organic ramen



\$1.99

1.8 oz *Select varieties on sale!*

Amy's

Organic Canned Soup
Lentil

- Good source of protein
- Soy, corn and gluten free



\$3.79

14.5 oz *Select varieties on sale!*

Gluten Free Burrito
Cheddar Cheese

- Organic tortilla, pinto beans, rice, veggies & cheese in mild sauce



\$3.29

5.5 oz *Select varieties on sale!*

Organic Valley

Organic Raw Mild Cheddar Cheese

- Grassmilk
- 100% grass-fed farms



\$5.79

8 oz *Select varieties on sale!*

Melt Organic

Organic Plant Butter
Cold Pressed

- Allergen free
- Rich & creamy
- Spread, melt or bake with it



\$4.49

13 oz *Select products on sale!*

Artisana Organics

Raw Tahini
Sesame Seed Butter

- Digest easily
- Smooth & creamy
- Raw pure ground sesame seeds



\$8.99

14 oz *Select products on sale!*

Cleveland Kitchen

Kraut
Classic Caraway

- Fresh fermented
- Live cultures
- Crunchy cabbage, salt & caraway seeds



\$3.99

16 oz *Select products on sale!*

Bionaturae

Organic Tomato Paste
No Salt Added

- Italian tomatoes ripened in the Mediterranean & packed in glass jar



\$2.29

7 oz *Select varieties on sale!*

Rao's Homemade

Tomato Basil Sauce

- Italian whole-peeled tomatoes, basil, fresh onions, garlic oregano & olive oil
- No added sugar



\$6.79

24 oz *Select varieties on sale!*

Chickapea

Organic Gluten Free Pasta
Spirals

- Chickpeas and yellow peas
- 24g protein



\$3.49

8 oz *Select products on sale!*

Explore Cuisine

Organic Pasta
Edamame & Mung Bean Fettuccine

- Only 2 ingredients
- 43g protein per 3.5 oz serving



\$4.49

8 oz *Select products on sale!*

California Olive Ranch

Extra Virgin Olive Oil
100% California

- For everyday
- Cold pressed
- Sautéing, roasting and finishing



\$14.99

16.9 fl oz *Select products on sale!*

Primal Kitchen

Organic Pure Avocado Oil

- High heat cooking oil
- Neutral, light flavor
- Saute, grill or bake



\$15.99

16.9 fl oz *Select products on sale!*

Barbara's

Original Cheese Puffs

- Made with real aged cheddar & blue cheese
- No yellow dye #6
- Gluten free



\$2.79

7 oz *Select varieties on sale!*

Hippeas

Groovy White Cheddar
Vegan

- Baked chickpea puffs
- Dairy free
- Plant protein



\$2.99

4 oz *Select varieties on sale!*

Made Good

Organic Granola Bites
Trail Mix

- Free from the top 9 allergens
- Sweet & salty
- Gluten free



\$2.99

4.25 oz/5 individual bags *Select varieties!*

Think!

High Protein Bar
Brownie Crunch

- 20g protein & 1g sugar
- Gluten free
- Chocolate, brownies & almonds



\$1.99

2.1 oz *Select varieties on sale!*

ECOS

Hypoallergenic Laundry Detergent
Free & Clear

- Plant powered
- Sensitive skin
- pH-balanced



\$12.99

100 fl oz/up to 0100 loads

Tru Earth

Laundry Detergent
Sheets

Fresh Linen

- For all machines
- Hypoallergenic
- Easy & effective



\$9.49

32 eco-strips/up to 64 loads

Visit Our Store For Additional Sale Items