



CHOICES'

Monthly Newsletter | March 2016

principles OF **PROJECT** **CHEF**

The Dish On Honey

Three **UGLY** Vegetables to Dish Up

Healthy Eating in a Hurry

IF UNDELIVERABLE PLEASE DELIVER TO: CHOICES MARKETS 8188 River Way, Delta BC, Canada V4G 1K5





Career Opportunities



As Choices continues to grow, our team is looking to fill key management roles at all of our Vancouver locations as well as our newest store in North Vancouver in Capilano Village. We are looking for individuals who share our vision of sustainability, healthy living and supporting local growers and communities. If this sounds like the right opportunity for you, please send your resume and cover letter to jobs@choicesmarkets.com or visit choicesmarkets.com for more details.

Easter Egg Hunt

Sunday, March 27
at 11:00am
all Choices locations

Easter Sunday (March 27), hop into your local Choices and join in the festivities involving life-sized bunnies, treasure hunts for youngsters, smiling faces—and chocolates, of course. Treasure hunts begin at 11:00 am and pre-registration is available at each store. By Monday, March 22, participants must be pre-registered at the store they'll be visiting on Easter Sunday.



The Time to Grow

We can officially count the days until spring is here. Look to Choices for all of your seed needs. Local seed supplier West Coast Seeds has everything you need for organic and heirloom plant varieties. Don't forget about the soil. Pick up Choices Full Circle Soil, which is made from the foods composted in our stores.



Changes Between These Pages

This spring, we decided it was time to launch a newly redesigned newsletter. Inside, you'll still find all of the same insightful, inspiring and informative content but with a fresh new look. We hope you enjoy it as much as we do! Send us your thoughts to comments@choicesmarkets.com.

COOK IT UP



SUNFLOWER KITCHEN CREAMY ROASTED VEGETABLES

Courtesy of
Sunflower Kitchen Hummus

– Serves 6 –

1 Tbsp olive oil

1/2 red onion, thinly sliced

2 cloves garlic, chopped

**1 1/2 cups chopped cauliflower or
any vegetable of your choice**

1 1/2 cups chopped broccoli florets

1 1/2 cups sliced carrots

1 bunch asparagus

1 cup sliced parsnips

1/2 tsp sea salt

**1 container Sunflower Kitchen Hummus
(flavour of your choice)**

2 Tbsp freshly chopped parsley

Preheat oven to 380°F. In a roasting pan, spread out the olive oil, onions and garlic. Add the rest of the vegetables and sea salt. Toss to coat, cover the pan and roast for 20 minutes. After 20 minutes, remove the cover and roast for 10 more minutes.

Remove vegetables from the oven and pour on the Sunflower Kitchen Hummus. Mix and coat all vegetables. Sprinkle with fresh parsley and enjoy.



ENTER TO WIN

A YEAR OF CLEANING SUPPLIES

Courtesy of
V.I.P Soap Products Ltd. and EchoClean

One lucky Choices customer will win this incredible prize pack that contains a year of cleaning products, courtesy of V.I.P. Soap Products Ltd. and EchoClean, approximate value is \$600.

EchoClean is the next generation in all-natural cleaning solutions developed especially for the discerning customer. Made in BC since 1951, V.I.P. Soap produces biodegradable, non-toxic, plant-based cleaning products. A healthier choice for you, your family and the environment.

Skill Testing Question:

(56 - 18) x (25 - 13) = _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from March 1 to 31, 2016. One entry per person. All entries must have the skill testing question answered correctly to be valid. Employees of Choices Markets and their family members are not eligible. The prize must be accepted as awarded, no substitutions will be made, cash or otherwise. No cash value if prize is not claimed or used fully. Winner's consent to the release of their names (and photo when applicable) by Choices Markets for publicity purposes. Entries can be dropped off at any Choices location. There can be no repeat winners for throughout 2016.

ECHOCLEAN
plant-based • à base de plantes



MARCH 2016

MARK YOUR CALENDAR

Complimentary Skin Analysis

with Viva Organic Skincare

Saturday, March 5 | 10am – 5pm
Choices Abbotsford | 604-744-3567

Sunday, March 6 | 10am – 4pm
Choices Burnaby Crest | 604-522-0936

Saturday, March 12 | 10am – 5pm
Choices Kitsilano | 604-736-0009

Sunday, March 13 | 10am – 4pm
Choices Yaletown | 604-633-2392

Saturday, March 19 | 10am – 5pm
Choices South Surrey | 604-541-3902

Sunday, March 20 | 10am – 4pm
Choices Kerrisdale | 604-263-4600

Viva Organic Skincare's analysis machine can measure dark spots, pores, wrinkles, skin texture. UV photography measures UV Damage. See where your skin's moisture level naturally sits and if the skincare you are using is really aiding in nourishing and repairing any damage done to the skin.

Free event, but registration is required. To register call the number listed with the host store or visit the wellness department.



Wednesday, March 23
7:00 – 8:30 pm

Everything You Need to Know About Hormones

with Sarah Morissette, RHN,
Lorna Vanderhaeghe Health Solutions

Choices Burnaby Crest

Lorna Vanderhaeghe Health Solutions' Sarah Morissette will help you discover where your hormones come from, what causes imbalances and how to safely and effectively solve your hormone problems.

Free event. Register online. See top of page 5 for full details.



Thursday, March 31
7:00 – 8:30 pm

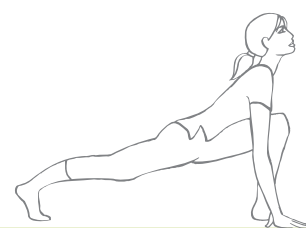
Where Science Meets Spirit: Yoga for All Levels

with Shae Savage, B.Kin, RYT, Savage Yoga

Choices South Surrey

In this guided class, Shae Savage will help you establish tools to correct posture in yoga, decrease stress, strengthen and lengthen the body. Be sure to wear comfortable clothing. Yoga mats will be provided, but participants are also welcome to bring their own.

Free event. Register online. See top of page 5 for full details.



REGISTRATION DETAILS

To register for events, visit choicesmarkets.com/events.
For inquiries, please call 604.952.2266 or email eventsregistration@choicesmarkets.com.

Please note: these seminars and events are for information purposes only. For any health-related seminars or events, no diagnosis or specific treatments will be prescribed.

Healing Bone Broths

with Chef Andrea Potter, RHN, Rooted Nutrition

Saturday, March 12 | 11:00 am – 12:30 pm
Choices South Surrey

Sunday, March 13 | 11:00 am – 12:30 pm
Choices Floral Shop & Annex

Join Registered Holistic Nutritionist and Chef Andrea Potter of Rooted Nutrition for this live cooking demo and learn to make organic, collagen-rich bone broth that you can enjoy as is or use as a base for soups, stews, pilafs and more.

Cost \$40 plus tax and includes recipes and tastings. Register online. See top of page 5 for full details.



Spring Break Camp: Kids in the Kitchen

with Choices' Nutrition Team
& Project CHEF

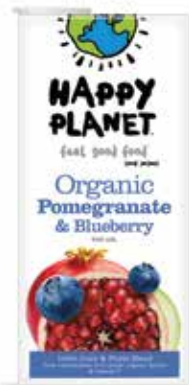


**Choices' Annex | March 14 – 18
for Kids Aged 8 to 14**

Keep your kids busy in the kitchen this spring break at our interactive cooking camp run by Project CHEF (Cook Healthy Edible Food). It's the chance for your young ones to learn about healthy food: where it comes from, what it tastes like, how to prepare it and how to enjoy sharing it around a table. The chefs at Project CHEF work to reconnect children with the food they eat, helping them discover the process and pleasure in cooking and sharing food together.

Camp runs March 14 - 18, 9:30 am – 1:30 pm. Cost is \$325 plus tax. Fee includes instruction, lunch and snacks, apron and a recipe book. To register and prepay for this camp, visit choicesmarkets.com/events. To learn more about Project CHEF visit projectchef.ca. Proceeds from this camp will benefit Project CHEF.

preferred shopper club special



Happy Planet Organic Juices

Assorted Varieties

3²⁹ 946 ml
Product of Canada
+Deposit +Eco Fee

Happy Planet Juices are bursting with fresh, organic fruit. Bet that puts a smile on your face!



Kettle Brand Baked Potato Chips

2⁸⁹ to 4⁵⁹

Assorted Varieties and Sizes • Product of USA

Kettle Brand uses the finest ingredients. One crunch will render you speechless.

R.W. Knudsen Sparkling Celebratory Beverages

Assorted Varieties

4⁹⁹ to 5⁴⁹

750 ml • Product of USA
+Deposit +Eco Fee

You don't need a special occasion to enjoy a glass or two of these refreshingly fizzy and fruity beverages.



Annie's Pasta and

Cheese Meals

2³⁹ to 4⁷⁹

Assorted Varieties and Sizes • Product of USA

Annie's Homegrown varieties of Mac n'Cheese are classic comfort dishes that are quick to prepare.



Annie's Homegrown Snacks

4⁶⁹ to 5⁹⁹

Assorted Varieties and Sizes
Product of USA

Real food tastes better. That's why it's easy to enjoy Annie's Homegrown Snacks.



Alexia Frozen Sides

3²⁹ to 4⁴⁹

Assorted Varieties and Sizes
Product of USA

You might find that Alexia Sides often steal the spotlight from your entrée.



Maison Orphée Organic Oils

7⁴⁹ to 21⁹⁹

Assorted Varieties and Sizes
Product of Argentina, Canada, Philippines

Excellent for cooking, these oils also add a delicious finishing touch to fish, raw vegetables and more.



Farmer's Market Canned Vegetable Purees

3²⁹ to 3⁵⁹

Assorted Varieties and Sizes
Product of USA

These have the pure, fresh flavour you'd find at a country produce stand.



Mezzetta Olives and Peppers

3⁸⁹ to 8⁴⁹

Assorted Varieties and Sizes
Product of USA

Mezzetta products are a perfect quick appetizer, guilt-free snack or source of endless inspiration for your favourite recipes.



Pacific Foods Organic Broths

4⁷⁹

Assorted Varieties and Sizes • Product of USA

Nourishment is at the heart of everything they do at Pacific Foods.

Simply Organic Extracts and Seasonings

1⁷⁹ to 11⁴⁹

Assorted Varieties and Sizes
Product of USA

At Simply Natural they start with premium quality, organic ingredients that translate into healthy meals that nourish and satisfy.



Cascades Bathroom Tissue

8⁴⁹

12 pk

15⁹⁹

24 pk
Product of Canada



Fifty years of recycling experience and ongoing research are the driving forces behind these sustainable products.



Dream Beverages

Assorted Varieties and Sizes • Product of USA

349 946 ml **399** 3 pk **469** 1.89 L

Discover how delicious non-dairy can be with Dream Beverages. Choose from a variety: coconut blends, almond, rice, oat, and even cashew. Dream Non-Dairy Beverages are refreshing on their own. They can even be used in place of milk for baking and cooking.



Earth's Best Organic Baby Food

.99 to 179

Assorted Varieties and Sizes • Product of USA

Only the best for when your little one is ready for new tastes and textures.



Mondo Café Organic Fair Trade Coffee

899 454 g **1499** 908 g

Assorted Varieties
Product of Canada

The makers of Mondo Café Coffee focus on the quality and flavour of each roast.



Stash Tea

249 to 299

Assorted Varieties and Sizes
Product of USA

Stash Tea is made with the environment in mind by a company striving to be green in all of their practices.

Annie Chun's Roasted Seaweed Snacks



Original or Wasabi

239

10 g • Product of USA and Korea

A delightfully savoury snack that happens to be filled with minerals.

Silk Almond Beverages



159 236 ml **299** 946 ml **899** 6 pk

Assorted Varieties and Sizes
Product of USA

Silk Almond is fortified with vitamin D and is an excellent source of calcium.

Elias Honey

Assorted Varieties



1299 to 1699

1 kg • Product of Canada and USA

Made by hard-working bees, Elias Honey never contains any fillers or sweeteners.

Made in Nature Dried Fruit



499 to 949

Assorted Varieties and Sizes
Product of USA

Made In Nature organic dried fruits are pure and healthy with no added sugar.



Method Cleaners

449 to 2599

Assorted Varieties and Sizes • Product of USA

This ultra-concentrated laundry detergent delivers big cleaning power with just a few tiny squirts, saving on packaging, water and energy. The plant-based formula with smartclean technology delivers beautifully clean clothes with just 1/4 of the dose, plus a handy pump makes for easy, one-handed use. No mess, no waste, no aching biceps.

EchoClean Laundry Products



449 to 699

Assorted Varieties and Sizes
Product of Canada

EchoClean: A healthier choice for you, your family and the environment.

Principles of Project CHEF

The research on what we should consume to ensure a healthful diet is staggering. A diet consisting of real food—food that is as close to nature as possible and minimally processed—is agreed upon as necessary for optimal health. Yet many of us still wonder what we need to be eating. Cooking—even as a child—is a great place to start. It helps ensure the food we eat is healthier, as home-cooked meals are generally lower in salt, sugar and fat and closer to the food source than packaged or restaurant food.



In Project CHEF programs, we teach children from kindergarten to grade seven the knowledge and skills to create wholesome meals for themselves. Students also cook up a lot more than food: confidence, pride, team-working skills and increased preference for newly introduced food. What we've discovered is that when children cook something they are pretty pleased with what they've created—and they will eat it. Getting them involved in the process also empowers them to make wholesome meals for themselves and sets them on a lifelong path of healthful eating.

Parents who volunteer in Project CHEF classes are often surprised by how competent the children are when cooking. When children are taught basic skills and rules of kitchen safety, there is no stopping them as they become capable, keen cooks. To encourage your children to cook and become more engaged with the food they eat, here are simple tips to ensure they do so safely with tasty results:

Read a recipe all the way through, making sure you have the ingredients and equipment needed and enough time to

finish the recipe. Set out everything you need on your counter before cooking.

Remember that a clean cook is a safe cook. Wash your hands with soap and warm water before you start cooking and many times while cooking. Be sure your workspace is clean and free of clutter. Wash all fruits and vegetables before cutting, cooking or eating.

“Food is better when you make it yourself.”

– Grade Four Project CHEF Student

Ask an adult to help you if you are unsure of the process or have difficulty with a task.

Follow the safety rules. Roll up your sleeves, tie back your hair, remove dangly jewellery and wear closed-toed shoes before cooking. Always wipe up spills immediately to avoid slipping. Do not keep perishables at room temperature for more than 2 hours.

Respect the kitchen, equipment and ingredients. Be mindful that farmers worked hard to grow the food, so don't waste anything.

Handle sharp edges carefully. This refers to knives, graters, peelers and blades from blenders and food processors. When chopping, hold the item firmly with fingertips in a claw position. Also, store sharp items in a safe place—not in the sink.

Tidy as you go and when you have finished cooking, clean up, compost and put everything away.



Barb Finley is the Director and founder of Project CHEF, a non-profit society that runs school and community programs. An educator and chef, Barb is a passionate advocate for teaching children how to cook. She has developed culinary programs at Choices Markets and throughout Greater Vancouver. For more on Project CHEF visit projectchef.ca.

This article is meant for educational purposes only. The information here is NOT meant to replace consultation with a Registered Dietitian or qualified healthcare professional.

Healthy Eating in a Hurry

By Jess Pirnak, RD, a Choices Dietitian

Q As a working professional, my schedule is packed, but I'd like to adopt healthier eating habits. What are your time-saving tips so that I can avoid becoming dependent on drive-throughs and frozen pizza?

A Canadians consume almost 100 meals each month. Unfortunately, due to hectic schedules many of us spend minimal time preparing meals ourselves and, instead, rely more on processed convenience foods.

Break this habit by cooking meals in bulk. This takes planning but will save you time during the week. Commit to cooking just one night or afternoon a week. Choose recipes that store or freeze well: homemade steel cut oatmeal, chili, soup, stew, grain salad, lasagna, homemade burgers, roasted root vegetables, etc. Quadruple the recipes, portion and pack them up into enough breakfasts and lunches for the week that you can just grab on your way out the door. Freeze any extras for future meals or when you don't have any time at all to devote to cooking. To fill in any meal gaps, rely on containers of prewashed mixed greens. These transform easily into quick salads when combined with canned tuna, beans or legumes, nuts and seeds.

When it comes to healthy snacking between meals, make every bite count. Refuel with snacks that provide fats, protein and fibre for energy and satiety. This will keep blood sugar levels

from plummeting between meals. Have fruit on hand (grapes, apples, oranges, bananas) and pair with a protein (nuts, seeds, low-fat cheese or yogurt). Pre-cut vegetables (celery, peppers, carrots, radishes) keep well all week and are delicious with hemp-seed filled hummus.

For the month of March, take the 100-meal journey and make these simple changes to save time and improve your health.



Jess is one of the Choices Dietitians. She is passionate about education, disease prevention and creating healthy communities. She loves working with kids and parents, helping them develop a positive relationship with food. Jess is also happy to discuss sustainable farming practices with anyone who's listening! Find her at Choices Yaletown on Monday and Wednesdays or contact her by email at YaletownNutrition@choicesmarkets.com.

Three Ugly Vegetables to Dish Up

By Shannon Smith, RD

Choices' Nutrition Operations Manager

Shannon can be reached at nutrition@choicesmarkets.com.

Some habits, like exercising every day, support balanced health. But repeatedly choosing the same foods means also repeating the same flavours and nutrients. Often, the not-so-pretty fruits and vegetables get ignored in the produce section, but these odd looking gems from nature are just waiting to ignite your taste buds and give your body a dose of healthy nutrients. Here are my top 3 picks:

- 1 Collards**
Kale's less popular cousin deserves the limelight if only for its versatility. Large thick collard leaves make the perfect wrap, and they dish up vitamins C and A and antioxidant carotenoids. Choose leaves that are dark and crisp. To use as a wrap, quickly steam and remove hard stems if you like. Or eat collards as a side, lightly braised with garlic and lemon.
- 2 Celeriac**
Also called celery root, this knobbly root is literally the root of celery. To eat, the thick ugly skin needs to be peeled to reveal the white flesh inside, which boasts a reminiscent celery flavour. Shredded and served raw, celeriac has a refreshing crunch. It's often prepared cooked; roast as you would other root veggies or boil and prepare like mashed potatoes.
- 3 Burdock Root**
Sunchokes and burdock root are relatives of the lettuce family. Both tubers are rich in prebiotic fibre, which acts as food for the good bacteria in the digestive tract. Burdock root offers an earthy flavour, which goes well in soups and stews. This little root is loaded with antioxidants and is being studied for its anti-inflammatory and antibacterial potential.



Are you looking for healthy variety in your diet?

Let the Choices Nutrition Team help.

Each month in our stores you'll find green labels on certain products, indicating our Dietitians' Top Choices.

Bulk Basics

Buckwheat:

This heart-shaped seed is actually a pseudo grain and only considered a grain because of its nutrition profile and flavour. Buckwheat, contrary to its name, is in fact gluten-free. The name itself originated as "beech wheat" based on the similar structure to the beech tree seed. Buckwheat is especially rich in the antioxidant rutin, which has been proven to support heart health by preventing LDL (or bad) cholesterol from blocking blood vessels. This little seed cooks in just 20 minutes and has a mild, nutty flavour.



TASTY TOP CHOICES RECIPE

Buckwheat Risotto (serves 6)

- | | |
|--|---|
| 1 1/2 cups of buckwheat groats | 1 bunch fresh spinach, stems and leaves separated and chopped |
| 5 Tbsp and 2 Tbsp Extra Virgin Olive Oil | 2 Tbsp freshly squeezed lemon juice |
| 2 garlic cloves, whole | 1/4 cup grated Parmigiano Reggiano cheese, grated |
| 1 large carrot, shredded (approx. 1 cup) | 1 L (approx) hot vegetable or preferred stock |
| 2 Tbsp freshly chopped parsley | |

In a heavy-bottomed soup pot over medium, heat 5 tablespoons of extra virgin olive oil. Carefully place the whole garlic cloves into the oil and sauté until golden. Remove garlic and add 1 tablespoon of parsley and spinach stems to the pot. Cook, stirring regularly, on medium-high for 15 to 20 minutes. Add buckwheat and let it brown while stirring continuously, approximately 5 minutes. Making sure your stock is hot, start adding it slowly to the mixture, 1 ladle at a time. Stir continually and allow each ladle of stock to absorb into the mixture before adding more. After about 20 minutes, add spinach leaves and continue stirring. After 5 minutes, test buckwheat for doneness; it should be tender to the bite but not mushy. If it's too crunchy, continue adding more stock one ladle at a time until desired tenderness is reached. At this point add remaining parsley, olive oil, and cheese. Stir and serve.



Grocery Gossip



Prairie Harvest Coconut Pasta:

A product geared towards simplicity, Prairie Harvest Coconut Pasta has just two organic ingredients: durum wheat semolina and coconut flour. The coconut flour increases the fibre to 6 grams per 1/4 package but doesn't impart any flavour, so you're still getting that classic wheat semolina pasta flavour.



Edelweiss Granola:

Truly local from North Vancouver, Edelweiss Granola is made fresh daily in small batches. Quality ingredients like blackstrap molasses, organic bourbon vanilla, pomegranate paste, and unsulphured coconut are lovingly combined to make this hearty granola. Edelweiss is delectable on top of yogurt and packs easily for an on-the-go snack.



Greek Gods Kefir:

For the mortal ready to try kefir, Greek Gods is the perfect place to start. This fermented milk-based drink tastes like a thick drinkable yogurt. It isn't effervescent like other kefirs can be and is up to 99 percent lactose free, thanks to the added lactase enzyme. One 250 millilitre serving of Greek Gods kefir also provides your digestive system with 1 billion probiotic bacteria, which supports proper digestion and a strong immune system. Try adding kefir to smoothies, drizzling it over warm steel cut oats or drinking it straight on its own.



Choice Produce Picks

Radishes:

Spring radishes are crisp and small unlike summer crops that can become harsh and woody. Part of the cabbage family, radishes have a bitter-sweet peppery flavour that's caused by the same enzyme found in mustard, horseradish and wasabi. While some like their radishes raw with a bite, others prefer something more mellow. Roasting them, however, destroys that spicy enzyme and leaves the radishes with a subtler flavour.



TASTY TOP CHOICES RECIPE

Roasted Radishes

Preheat oven to 350°C. Wash and dry 2 bunches of radishes, then slice each radish in half lengthwise. Place on a baking sheet and drizzle with 2 tablespoons of olive oil and 2 teaspoons of fresh rosemary. Roast for 30 minutes. Serves 2 as a side.

wellness centre **monthly specials**



Whole Earth & Sea Multivitamins

Men's or Women's

29⁹⁹ 60 tabs

Whole Earth & Sea Supplements

Mushroom Blend,
Vitamin E, Vitamin D3,
Bone Structure

15% Off

Assorted Varieties and Sizes

Whole Earth & Sea Omega-3 Supplements

15% Off

Assorted Varieties and Sizes

Imagine getting the benefit of a whole growing season in one tablet. Whole Earth & Sea formulas use Farm Fresh Factors and other whole food sources. They process nutrient-dense plants raw to create a vital bioenergetic blend vitamins, minerals, enzymes, and phytonutrients.



Advanced Orthomolecular Research Supplements

15% Off

Select Varieties and Sizes

AOR (Advanced Orthomolecular Research) continues to put innovative, research-based natural health products into the hands of savvy consumers years ahead of their acceptance by the mainstream dietary supplement industry.



Animal Parade Kids Supplements

15% Off

Select Varieties and Sizes

Nutritional assurance
all parents seek for
their children.

Progressive Multivitamins and Sports Nutrition Supplements



20% Off

Select Varieties and Sizes

If you exercise often your body needs additional nutrients. Increased energy production, greater free radical defense, electrolyte replacement and the maintenance of muscle tone all elevate your nutritional demands. The Progressive "Active" formulas contain higher potencies of the key nutrients responsible for supporting a more active lifestyle.

Joy of the Mountains Oil of Oregano



14⁹⁹ 10 ml
17⁹⁹ 15 ml
26⁹⁹ 30 ml
33⁹⁹ 90 caps

See in store for
savings on OregaPet.



Flora Flor•Essence Herbal Cleanse

27⁹⁹ 500 ml
42⁹⁹ 941 ml
34⁹⁹ 63 g

This remarkable 8-herb Ojibwa formula is made from burdock root, sheep sorrel, Turkish rhubarb root, slippery elm bark, blessed thistle, red clover, watercress and kelp.



Renew Life Digestive Enzyme Supplements

18⁹⁹ Regular 90 caps
19⁹⁹ HCL 90 caps
29⁹⁹ Ultra 60 caps

Enzymes that help with proper digestion.



Get your **FREE**
Smart Solutions
For Menopause Booklet



ESTROsmart Every Woman Every Day
Take ESTROsmart everyday for period problems, fibroids, endometriosis, ovarian cysts, PMS, acne and more.

THYROsmart For Low Thyroid Support
Boost weight loss and improve energy.

MENOsmart plus Halt Hot Flashes and Night Sweats
Works fast to alleviate the symptoms of menopause.

Sale
60 veg caps **\$28.99**
120 veg caps **\$47.99**

60 veg caps **\$17.99**
120 veg caps **\$32.99**

120 veg caps **\$29.99**



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Canada's leading women's natural health expert

www.hormonehelp.com

Nanton Rhoziva 100 mg
Rhodiola Rosea

28.99 60 caps

Stressed, tired or depressed?
Rhoziva—100% Canadian grown Rhodiola Rosea—helps lessen the feelings of stress and mental fatigue, helps fight depression and lessen anxiety. Try Rhoziva today!



Inno-Vite 3mg
Melatonin
Time Release

10.99 60 caps

Provides sleep support and helps improve sleep quality.



Natural Factors
Quercetin
Bioflavonoid
Complex

21.99 90 caps

An antioxidant formula for optimal health.



Natural Factors
Probiotics
15% Off

Select Varieties and Sizes

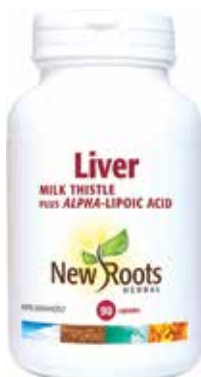
Guaranteed potency for optimal intestinal health.



Anderson's Elete
Electrolytes

4.79 24.6 ml
11.99 120 ml
16.99 250 ml

Supports hydration and muscle function.



New Roots
Liver Formula

19.99 45 caps
36.99 90 caps
69.99 180 caps

Cleanse and rebuild your liver.



New Roots
Mushroom
Supplements
Select Varieties

17.99 60 caps

Sustainably grown and laboratory tested.



Genesis Today
Superfood Juice
or Supplements

20% Off

Assorted Varieties and Sizes

Supplements and juices made from real foods.

wellness centre monthly specials

Prairie Naturals Green Superfoods

Chlorella, Spirulina, Aqua Greens



20% Off

Assorted Varieties and Sizes

What's better than combining two green energizers into one super powerful, super convenient SuperFood duo? That's exactly what they did at Prairie Naturals when they created their new Aqua Greens, a blend of organic chlorella and spirulina powders.

Prairie Naturals Organic Seeds

9⁹⁹

230 g shaker

A raw mix of hemp, chia, golden flax, brown flax and buckwheat.



Vital Just Greens Superfood Powder

18⁹⁹

200 g



Vital Just Reds Superfood Powder

23⁹⁹

200 g

Just Greens is alkalising, cleansing and energizing and contains broccoli, kale, spirulina, chlorella, wheat grass, and barley grass. Just Reds provides antioxidants and naturally occurring nutrients and contains beets, tomatoes, goji berries, acai, carrots and pomegranate.

Pure-le Natural Liquid Chlorophyll

Assorted Varieties

13⁹⁹

450 ml

Great tasting flavours that clean teeth and gums and eliminate body odours.



Enerex Healthy Joints

18⁹⁹

90 tabs

Helps repair damaged joints, deteriorated cartilage and improves joint health.



Enerex Osteo Cal:Mag

42⁹⁹

180 tabs

Also contains bamboo silica, boron, vitamins D3 & K2 to enhance bone strength.



Asana Feminine Hygiene Sanitary Napkins

6⁹⁹ to 8⁹⁹

Select Varieties and Sizes

Comfortable, thin, absorbent, Asana sanitary napkins were created by women.



A.Vogel Prostate 1 Saw Palmetto

26⁹⁹

30 caps

42⁹⁹

60 caps

Prevents and relieves benign prostate hyperplasia symptoms.



A.Vogel Allergy Relief

15⁹⁹

20 ml Nasal Spray
50 ml Tincture
120 Tabs

Non-drowsy allergy relief.

Biosil Advanced Collagen Generator for Skin, Hair and Nails

20% Off

Assorted Sizes

Supports fewer lines and wrinkles.





Honey is the ultimate sweetener that's made by Mother Nature and is ready to eat immediately after harvest. Honey's history dates back so far that it's difficult to trace. No one really knows who the first honey harvesters were, but I'm sure thankful for whoever discovered this perfect natural sweetener.



Most of today's honey supply comes from domesticated bees, not wild. It's slightly easier to harvest the honey from farmed bees than it is to gather wild reserves.

You'll find honey will be either unpasteurized or pasteurized. Pasteurized varieties have been heated to eliminate any chance of botulism that may be dormant. Experts advise that pregnant women, babies and those with compromised immune systems stick to pasteurized honey.

Different varieties of honey all depend on where the bees are allowed to pollinate. Classic Canadian honey varieties are clover and buckwheat. Here on the West Coast, we're lucky to have blueberry, raspberry and wildflower honeys as well. BC honey producer Brainy Bee Honey sets their bees up in very remote areas. The bees pollinate mostly

coniferous trees and evergreens, so their honey is very rich and dark with hints of the forest. If you're a traveler, I encourage you to try a local honey wherever your journeys take you. You'll end up tasting the most incredible honey with flavours that just aren't possible to create here in Canada.

When storing honey, keep it away from light. If it's being stored for long periods of time, keep it at room temperature or it may start to crystallize. Crystals in honey aren't anything to worry about, though. Simply heat it and the crystals will dissolve and your honey will be as good as new.

The best way to eat honey is drizzled on a piece of freshly baked and buttered bread. Other than this, the culinary applications of honey are endless. You can make classic cold remedies with honey by dissolving it in hot water and lemon or herbal tea. Once summer hits, start using honey to sweeten refreshing cold beverages. Honey is delicious when used to make baked goods, cookies, muffins and cakes to name a few. Experiment by making your own dressings: classic honey mustard shines with a fresh green salad, a honey glaze will take your barbecue chicken to a whole new level. Plain yogurt with honey is a wholesome and delicious way to start the day. Believe it or not, a tiny drop of honey with your favourite cheese—goat cheese or even hard aged cheddar—will really enhance the zesty tangy cheese notes.

One last word of honey wisdom: when you purchase honey, make sure you're getting a pure product. There are plenty of honey varieties available that have been diluted (and made less expensive) with corn syrup or brown sugar. That'll bee all for this Dish.



With spring on the horizon, Antonio is busy getting to know local producers (including those who gather honey). He figures that establishing connections leads to better ingredients he can use to create delicious dishes for Choices Healthworks Deli. To try Antonio's recipes, check out choicesmarkets.com.



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Choices Markets Locations

Kitsilano

2627 W. 16th Ave., Vancouver
604.736.0009

Cambie

3493 Cambie St., Vancouver
604.875.0099

Kerrisdale

1888 W. 57th Ave., Vancouver
604.263.4600

Yaletown

1202 Richards St., Vancouver
604.633.2392

Commercial Drive

1045 Commercial Dr., Vancouver
604.678.9665

Floral Shop & Annex

2615 W. 16th Ave., Vancouver
604.736.7522

Gluten Free Bakery

2595 W. 16th Ave., Vancouver
604.736.0301

Kelowna

1937 Harvey Ave., Kelowna
250.862.4864

South Surrey

3248 King George Blvd., Surrey
604.541.3902

Burnaby Crest

8683 10th Ave., Burnaby
604.522.0936

Burnaby Marine Way

8620 Glenlyon Pkwy, South Burnaby
778.379.5757

Abbotsford

3033 Immel St., Abbotsford
604.744.3567

North Vancouver Coming Soon!

801 Marine Dr., North Vancouver

Eco Audit

Reducing our environmental impact, we chose to print our newsletters on 100% post consumer recycled fibres. Look what we saved this month:

Tree(s): 27

Waste: 1,199 kg

Water: 97,773 L

Greenhouse Gas Emissions: 3,932 kg CO₂

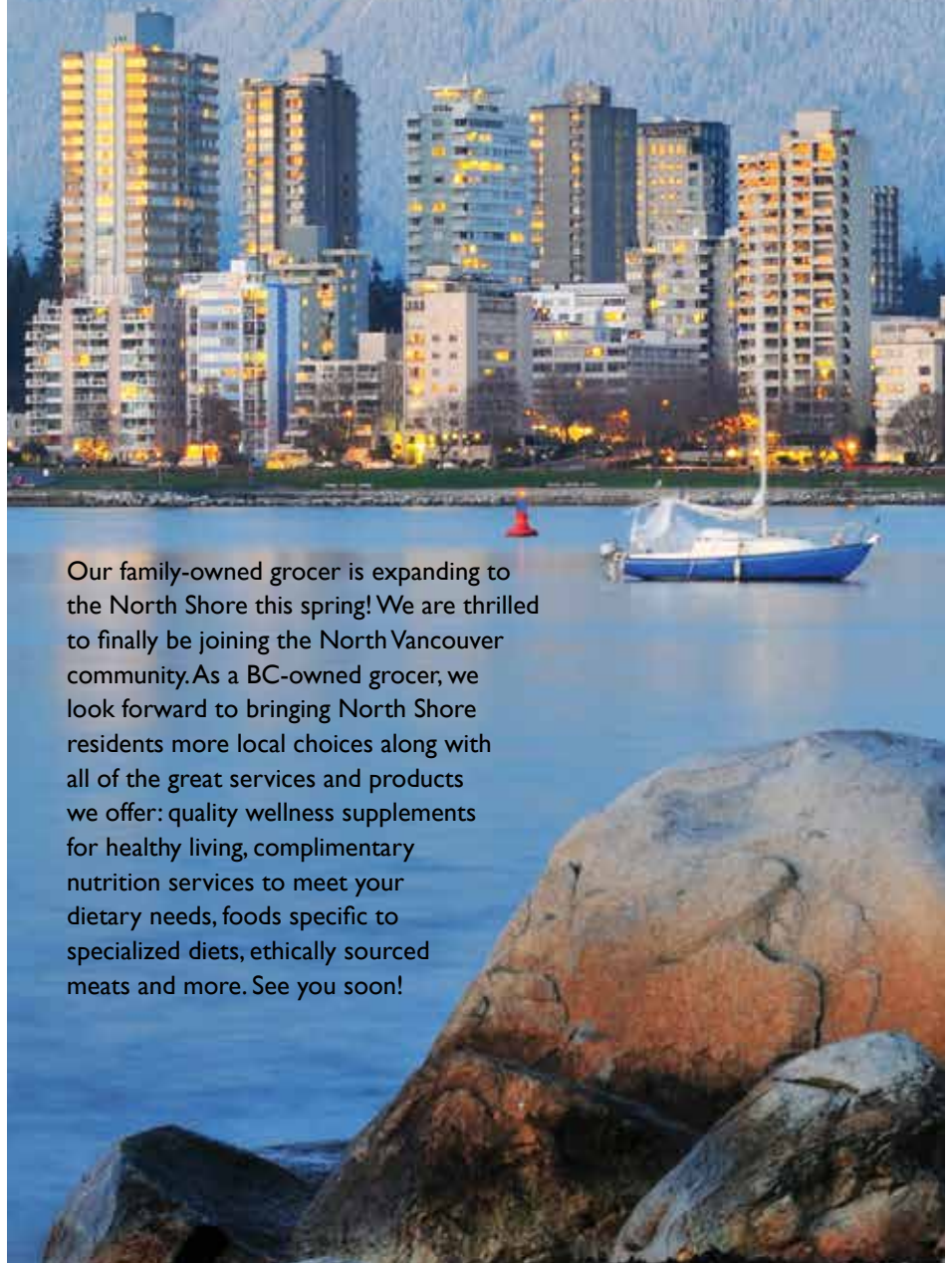
Smog: 5 kg NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator

MORE LOCAL CHOICES ON THE NORTH SHORE

North Vancouver
Spring 2016
(801 Marine Drive at Fell Avenue)



Our family-owned grocer is expanding to the North Shore this spring! We are thrilled to finally be joining the North Vancouver community. As a BC-owned grocer, we look forward to bringing North Shore residents more local choices along with all of the great services and products we offer: quality wellness supplements for healthy living, complimentary nutrition services to meet your dietary needs, foods specific to specialized diets, ethically sourced meats and more. See you soon!