



# CHOICES'

Monthly Newsletter | May 2016

## THE **fairtrade** **choice**

Edible **Gardens**

**The Dish On Spot Prawns**

**Zeroing In On Xenoestrogens**

**Smart Tips for Celiac Disease**



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

# Choices Markets steps forward

with World Partnership Walk



For more than a decade, Choices Markets has been supporting the World Partnership Walk. This national fundraising event aims to eradicate extreme poverty in some of the poorest and most isolated communities in Africa and Asia, where thousands do not have access to clean water, basic education and health care. These developing nations were once home to many Vancouverites and Canadians who are now supporters of the Walk.

One hundred percent of donations raised through the Walk is invested in sustainable, long-term, community-led projects in the areas of health, education, civil society and rural development. It is a way to offer hope, a hand-up, know-how and support to transform the lives of some of the world's most vulnerable populations.

Please join us to make a difference!

**STEP FORWARD**  
END GLOBAL POVERTY



AN INITIATIVE OF



**VANCOUVER**  
SUNDAY, MAY 29, 2016  
STANLEY PARK, LUNSFORD'S ARCH  
[WorldPartnershipWalk.com](http://WorldPartnershipWalk.com)



## COOK IT UP



## Cheddar & Cauliflower Mac 'n Cheese

Courtesy of Blue Diamond

– Serves 6 –

**3 Tbsp butter**

**1 1/2 cups Blue Diamond Unsweetened  
Original Almond Breeze**

**1/2 cup gluten-free chicken broth**

**2 Tbsp cornstarch**

**Sea salt and freshly ground pepper, to taste**

**2 tsp spicy brown mustard**

**2 3/4 cups shredded sharp or  
extra sharp cheddar cheese, divided**

**2 cups gluten-free elbow macaroni**

**3 to 4 cups coarsely chopped cauliflower**

**1 cup Blue Diamond Cheddar Nut-Thins,  
finely crushed**

Preheat oven to 400°F and lightly butter 6 individual ramekins or 1 large shallow baking dish. Melt butter over medium heat in a large saucepan. Add Blue Diamond Almond Breeze, broth, cornstarch, salt, pepper and mustard, whisking to incorporate cornstarch. Bring to a boil, stirring frequently, and cook until thickened. Add 2 1/2 cups of cheese a little at a time, stirring until it's melted before adding more. Cook pasta according to package directions, adding cauliflower to pot 2 minutes before the end of cook time; drain well. Stir into cheese sauce and cook for a few minutes more; spoon into prepared dishes. Mix Blue Diamond Nut-Thins and remaining cheese with your fingers and sprinkle over the top. Cook for 10 minutes or until bubbly and lightly browned on top.







# Summer Camp:

## Kids and Teens in the Kitchen with Project CHEF

July 11 to 15 | Choices' Annex | Kids Aged 7 to 11

July 18 to 22 | Choices' Annex | Teens Aged 12 to 16

Keep your kids and teens busy in the kitchen this summer at our interactive cooking camp run by Project CHEF (Cook Healthy Edible Food). It's a chance for novice and budding chefs alike 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. Project CHEF chefs work to reconnect participants with the food they eat, helping them discover the process and pleasure in cooking and sharing food together.

Camps run Monday to Friday, July 11 to 15 and 18 to 22, 9:30 am to 1:30 pm. Each camp is a cost of \$325 plus tax. Fee includes instruction, lunch and snacks and a recipe book. To register and prepay for camps, visit [choicesmarkets.com/events](http://choicesmarkets.com/events). To learn more about Project CHEF visit [projectchef.ca](http://projectchef.ca). Proceeds from camps will benefit Project CHEF.



## ENTER TO WIN

# Seventh Generation Laundry Suite



One lucky customer will win a Whirlpool Washer and Dryer courtesy of Seventh Generation and Choices Markets:

- Whirlpool® Duet® 4.8 cu. ft. I.E.C.® HE Front Load Washer. Model: WFW72HEDW
- Whirlpool® Duet® 7.3 cu. ft. I.E.C.® HE Dryer. Model: YWED72HEDW

Seventh Generation is a clean you can trust. Their biodegradable laundry products are 100 percent clean, 0 percent toxic.

**Skill Testing Question:**  $(56 - 18) \times (25 - 13) =$  \_\_\_\_\_ Choices Location: \_\_\_\_\_

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Contest open from May 1 to 31, 2016. Must be 18 years of age to enter. One entry per person. All entries must have 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. Winners 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.



# Upcoming Events

MARK YOUR CALENDAR

## Menu Planning Workshop

with Barb Kemp, Recipes to the Rescue

**Wednesday, May 11 | 7:00 – 8:30 pm**

Choices Floral Shop & Annex

**Wednesday, May 18 | 7:00 – 8:30 pm**

Choices South Surrey

In this workshop, everyday cooks will menu plan their next week, share cooking ideas and strategies, create shopping lists and have a whole week of cooking planned.

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

## Complimentary In-Store Health Screenings

**Complimentary Heart Rate and Body Analysis Screenings**

with Dr. Allison Patton, ND, Mountainview Wellness Centre

**Sunday, May 15 | 11:00 am – 3:00 pm**

Choices South Surrey

**Quantum Touch Healing Sessions**

with Dennis Barnett, Natural Health Practitioner

**Saturday, June 4 | 11:00 am – 5:00 pm**

Choices Kelowna

Free drop-in sessions. No registration required.

**Tuesday, May 24**

**7:00 – 8:00 pm**

## The ABC's of Natural Weight Loss

with Choices' Nutrition Consultant Emily Boese, BNatMed

**Choices Kelowna**

In this seminar, Choices' Nutrition Consultant, Emily Boese, will discuss obstacles that could be getting in the way of feeling your best and maintaining a healthy weight. During this seminar she'll also share a practical approach to weight loss that goes beyond calories in versus calories out.

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

**Monday, May 16**

**7:00 – 8:30 pm**

## Optimizing Brain Health: Naturopathic Medicine for a Healthy Nervous System

with Dr. Arjuna Veeravagu, ND, RAc, Sage Clinic

**Choices Floral Shop & Annex**

This seminar will review the underlying causes of these brain imbalances—low mood, impaired memory, difficulty concentrating, brain fog, etc.—and will discuss how these symptoms can be treated by naturopathic medicine.

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

**Wednesday, May 18**

**7:00 – 8:30 pm**

## The 7 Deadly Estro Sins

with Bonnie Penne, Zero Xeno

**Choices Abbotsford**

At this seminar learn the facts about xenoestrogens (environmental estrogens) and how they can cause thyroid problems, cancer, cysts, obesity and infertility. Learn to avoid xenoestrogens and protect your health.

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

**Wednesday, May 18**

**6:30 – 8:00 pm**

## Look Fabulous and Feel Great

with Sarah Morrisette, RHN,  
Lorna Vanderhaeghe Health Solutions

**Choices Kelowna**

Join us for this seminar and discover simple tips to boost energy, have gorgeous skin, reduce the signs and symptoms of aging and discover the secrets to vibrant health.

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



## REGISTRATION DETAILS

**To register for events, visit [choicesmarkets.com/events](https://choicesmarkets.com/events).**  
**For inquiries, please call 604.952.2266 or email [eventsregistration@choicesmarkets.com](mailto: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.

**Wednesday, May 25**

**7:00 – 8:30 pm**

## Concussions: Protect and Heal Your Most Important Asset

with Dr. Caleb Ng, ND, Moutainview Wellness Centre

**Choices South Surrey**

Join Dr. Ng as he discusses the issue of hitting our heads, what really happens from even a small hit, how to prevent the damage and how to heal the damage.

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

**Thursday, May 26**

**7:00 – 8:30 pm**

## The Great Shake: Concussion Awareness Workshop

with Isabel Budke

**Choices Floral Shop & Annex**

Concussions are serious injuries that can be debilitating, even fatal. Join us for an interactive workshop including critical concussion facts, your best approach to response and tips for a smooth recovery.

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

## Gluten Free: Fad, Fiction or Required?

with Val Vaartnou & Lizbeth Wall, Celiac Association  
Vancouver Chapter

**Wednesday, June 1 | 7:00 – 8:30 pm**  
Choices South Surrey

**Thursday, June 2 | 7:00 – 8:30 pm**  
Choices Floral Shop & Annex

Join us for a discussion on the causes and symptoms of celiac disease, gluten sensitivity and other related conditions. Plus, there will be an overview of the challenges of the gluten-free diet and who it is appropriate for.

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

## Container Winter Gardening

with Victory Gardens

**Saturday, June 11 | 10:00 – 11:30 am**  
Choices Floral Shop & Annex

**Saturday, June 18 | 10:30 – 11:00 am**  
Choices South Surrey

The mild West Coast climate means you can grow food through the winter, even on the smallest balconies or rooftops. Learn how to plan a winter garden in June, what cultivars are best suited to winter gardening and much more.

*Cost \$30 plus tax and preregistration is required. See top of page 5 for registration details.*

## Learn to Make Kombucha and Wild Herbal Ginger Beer

with Chef Andrea Potter, RHN, Rooted Nutrition

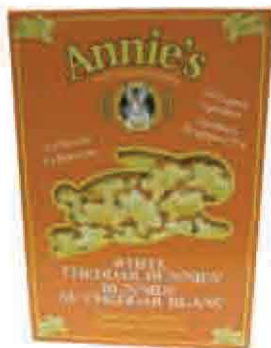
**Saturday, June 11 | 11:00am – 1:00 pm**  
Choices South Surrey

**Saturday, June 18 | 11:00 am – 1:00 pm**  
Choices Floral Shop & Annex

Learn how two traditional fermented beverages have been used to aid digestion, administer herbs and as health tonics. Go home with a SCOBY (symbiotic culture of bacteria and yeast) and a ginger bug to get brewing right away!

*Cost \$50 plus tax and preregistration is required. See top of page 5 for registration details.*

# preferred shopper club specials



## Annie's Pasta and Cheese Meals and Snacks

Assorted Varieties

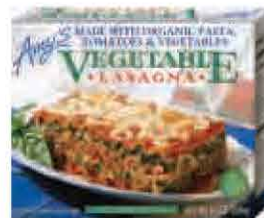
**2<sup>39</sup> to 5<sup>99</sup>**

Assorted Sizes • Product of USA

Satisfy your hunger with foods you can feel good about from Annie's Homegrown Foods. The folks at Annie's make delicious and nourishing foods that are good for you and the planet, too.

## Amy's Kitchen Frozen Meals

Select Varieties



**3<sup>99</sup> to 5<sup>99</sup>**

Assorted Sizes  
Product of USA

At Amy's Kitchen, they love doing the cooking for you.



## Kiju Juice

Assorted Varieties

**2<sup>99</sup>**

1 L • +Deposit +Eco Fee •  
Product of Canada

Kiju organic juices are grown and processed naturally for maximum health and great taste – that means no artificial colours, flavours or preservatives. Plus, they are non-GMO project verified!

## Coconut Bliss Frozen Desserts

Assorted Varieties



**8<sup>29</sup>** 473 ml  
Product of USA

Organic, dairy-free, soy-free, gluten-free. This is the ice cream evolution.



## Wolfgang Puck Organic Canned Soup

Assorted Varieties

**3<sup>69</sup>**

398 ml • Product of USA

Short on time and dinner ideas? Rely on these wholesome organic soups.

## Skinny Pasta Frozen Meals



Assorted Varieties

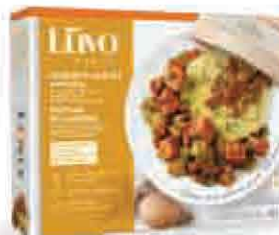
High-protein, low-carb, guilt-free goodness.

**5<sup>79</sup> to 6<sup>49</sup>**

Assorted Sizes • Product of Canada

## Luvo Frozen Meals

Assorted Varieties



**5<sup>79</sup>**  
283 g  
Product of USA

Get fresh in the freezer aisle with Luvo.

## Seventh Generation Laundry Detergent

Assorted Varieties



**13<sup>99</sup> to 14<sup>99</sup>**

Assorted Sizes • Product of USA

You deserve effective products that are safe for your home and family.



## Maison Orphee Oils

Select Varieties

**9<sup>49</sup> to 13<sup>99</sup>**

Select Sizes  
Product of Italy, Mexico, Argentina

Maison Orphée oils: ideal for salad dressings, sautéing, baking, braising and more.



**12<sup>49</sup>**

860 ml • Product of USA

Suited for sweet baking recipes or savoury exotic dishes.





## Clif & Luna Bars

Assorted Varieties

**1.39** ea  
**15.99** 12 pk  
**19.99** 15 pk

Assorted Sizes • Product of USA

The better-tasting, better-for-you-and-the-planet energy bars.



## Earth's Own Dairy-Free Nut Milks

Assorted Varieties

**4.59**

1.89 L • Product of Canada

Earth's Own makes a variety of wholesome beverages to offer you the best of nature's goodness and flavours. Because what you feed your body and your mind changes the way you feel.



## Lundberg Rice Chips

Assorted Varieties

**4.69**  
170 g  
Product of USA

Lundberg Rice Chips are a delicious part of a healthy lifestyle.



## So Nice Fresh Organic Soy Beverages

Assorted Varieties

**4.49**

1.75 L • Product of Canada

Small everyday choices can go a long way towards a healthier lifestyle. Choosing these organic soy beverages can be a simple step in the right direction.



## Coco Libre Organic Coconut Water

Original and with Pineapple

**2.79** 330 ml  
**5.99** 1 L  
+Deposit +Eco Fee

Enjoy the delicious hydrating power of organic coconut water.



## Blue Diamond Nut Thins & Dairy Free Breeze Beverages

Assorted Varieties

**3.49 to 5.99**

Assorted Sizes • Product of USA

Thanks to Blue Diamond, gone are the days when gluten-free snacks meant boring and tasteless. They've even provided us with dairy-free milk alternatives that are as versatile and refreshing as milk.

## Kind Bars

Assorted Varieties



**1.99** ea  
**22.99** 12 pk  
Assorted Sizes • Product of USA

Kind Bars are made with ingredients you can see and pronounce.



## Boulder Canyon Potato Chips

Assorted Varieties

**3.59**

142 g • Product of USA

Thickly sliced kettle cooked chips with distinctive flavours.

## Zevia Sugar-Free Soda

Assorted Varieties



Stevia sweetened soda you and your family will crave

**5.49**

6 pk • +Deposit +Eco Fee • Product of USA

# Less Work, More Reward

# Edible Gardens

It's easy to get swept away by gardening fever early in the season. Over the years I've learned to prune my efforts so that it's possible to have an edible garden that still allows time for other summer activities. Here are my tips for how to plan your garden so that it becomes fulfilling but not overwhelming.



## Be realistic with your time and energy

- Make a note of the annual plants you and your family love to eat and only grow these
- Grow perennial vegetables
- Mulch to greatly reduce weeding and watering
- Grow the fruit and vegetables that are expensive to buy or hard to find at the store or farmer's market

## Consider your purpose for the garden

Is it for pleasure, food or a combination of both? If you want a combination, then here's how you can do it. Combine annual vegetables with low-maintenance perennials (plants that return on their own every year). A lot of time and money can be saved as seeds and seedlings only need to be bought and planted once. Perennials can include long-blooming flowers, vegetables, fruits and groundcovers.

My top perennial vegetable recommendations include asparagus, French sorrel, chives, rhubarb, garlic and Egyptian walking onions. Greens that reseed themselves and come back every year are equally low-maintenance and can also work as groundcovers.

Such greens include arugula, corn salad and our native claytonia (miner's lettuce). For fruit, try combining fall- and summer-bearing raspberries to extend the raspberry season, and plant ever-bearing (day-neutral) strawberries if you don't have time to harvest June-bearing strawberries every day.

## Place high maintenance activities and plants closest to the home

Reassess your garden's functionality. Place the activities and plants that require the most harvesting or maintenance in the area where you spend the most time. This reduces time spent walking to and from the garden or compost, reminds and encourages you to harvest more frequently and makes maintenance easier and potentially more enjoyable.

Let's take my home edible garden as an example. It's closest to my regular path in and out of the side door and is also right next to the kitchen. When meals demand fresh greens, berries or herbs, it takes less than a minute to grab the scissors and harvest. Annual flowers for beauty are also placed here so that dead-heading can be done more frequently and more easily.

If we take these steps to reduce the energy needed to grow food, we can benefit from not only the abundance of produce, but also from the immense joy gardening can bring. The old adage "more effort equals more reward" can finally be put to rest...ideally under some mulch somewhere.



Join Elana for Her Upcoming Workshops at Choices Kelowna: *Organic Kitchen Gardening & Salads Revamped* on May 7th and *Four Season Gardening* on June 25. **To register for these Kelowna events, visit [choicesmarkets.com/events](http://choicesmarkets.com/events).**



**Elana Westers is the owner of Growing Inspired, an Okanagan company offering eco-landscape design and education services. Elana is a trained permaculture and sustainable product designer and helps to run the Kelowna Public Food Forest. To learn more or to schedule a consultation, visit [growinginspired.com](http://growinginspired.com).**



# Zeroing In On Xenoestrogens

By Bonnie Penner, founder of Zero Xeno

Q  
A

**What are xenoestrogens, how do they affect my body and where can I find them?**

Xenoestrogens are chemicals that mimic estrogen in your body. Xeno means foreign, so the term xenoestrogen simply means estrogen that comes from a foreign source. Overexposure to xenoestrogens can potentially wreak havoc on the body. Recent research links xenoestrogens to health concerns in multiple living creatures, from male alligators being unable to reproduce to humans developing breast cancer. These chemicals can also suppress thyroid hormones, causing fatigue and muscle and joint pain. Additionally, they are endocrine disrupting chemicals and may cause endometriosis, fibrocystic breast disease, ovarian cysts, migraines, severe PMS, uterine cysts, infertility, increased breast and uterine cancer, reduced testosterone in males and even behavioral changes.

Most conventional personal care products like shampoo, hair spray, lotions and perfumes contain xenoestrogens in the form of phthalates, parabens and petroleum chemicals. These fake estrogens are added to help smooth the skin and scents longevity. Many household cleaning products, especially products

that contain antibacterial ingredients like triclosan, are tainted with multiple estrogenic chemicals. Unfortunately, many of these products we use daily are often packaged in BPA or BPS (bisphenols A or S) plastic containers, which may be leaching even more estrogenic chemicals.



Join Bonnie on May 18 at Choices Abbotsford for her seminar the *7 Deadly Estro Sins*, where she'll elaborate on exposure to xenoestrogens and explain how we can achieve a xenoestrogen-free world.



**Founder of Zero Xeno, Bonnie Penner is a public speaker with a passion for spreading the word about the dangers of xenoestrogens. Bonnie has also been formulating xenoestrogen-free products for over 25 years. For more information visit [zeroxeno.com](http://zeroxeno.com).**

## Smart Tips for Celiac Disease

By Sonia Reed, RHN

Contact Sonia at [southsurreynutrition@choicesmarkets.com](mailto:southsurreynutrition@choicesmarkets.com)

The gluten-free diet craze seems to have cooled over the last couple of years. However, that doesn't mean that going gluten-free is a thing of the past. In fact, for those living with celiac disease following a strict gluten-free diet for life is an absolute must.

1

### Having Celiac Disease

Celiac disease is an autoimmune disorder estimated to affect more than 1 in 100 North Americans, where ingesting even small amounts of gluten can damage the small intestine. We're talking wheat flour residue on dinner plates or lip gloss that contains gluten. Following a strict gluten-free diet allows the intestine to heal and prevents further complications like nutrient deficiencies, risks of osteoporosis and reduced fertility.

2

### Finding the Source

Gluten is a protein found in grains such as wheat, kamut, spelt, faro, barley and rye. It can also be found in less obvious places: commercial oats (unless certified gluten free), sauces, dressings, marinades, soups, processed meats, dairy products, vegetarian protein in some Asian cuisines, beauty products, nutritional supplements and medications. This is why it's crucial to be diligent about always reading labels and inquiring about hidden ingredients.

3

### Living With Ease

A healthy diet for someone with celiac disease keeps inflammation at bay and aids the healing process. It's vital to eat plenty of vegetables and fruits, lean proteins, nuts, seeds, legumes and whole gluten-free grains like amaranth, buckwheat, brown rice, etc. Also limit intake of gluten-free foods made with highly refined flours and sugars. Cinnamon buns, sugary breakfast cereals and snack bars aren't any healthier just because they're certified gluten-free. **For help with a gluten-free diet, book a FREE personalized nutrition tour with Choices' in-store dietitians and holistic nutritionists.**



## 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.

### Vegan Delights



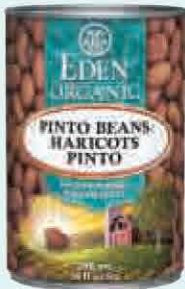
#### Wildbrine Fermented Foods:

These fermented veggies are made with salt—not vinegar—and are unpasteurized. This means they are a source of healthy naturally occurring bacteria. Put Smoky Kale Kraut or Madras Curry Cauliflower Sauerkraut Salad in a burrito or on pizza.



#### Isola Bio Dairy-Free Beverages:

These milk alternatives are made from unique grains and nuts like millet, buckwheat and rice-hazelnut. Isola Beverages are also gluten free, vegan, dairy free, AND free from fillers and additives.



#### Eden Organic Canned Beans:

These protein-rich legumes are packed with seaweed instead of excess salt typically used to keep canned foods fresh. Eden Beans come in cans that are BPA-free. They're lined instead with birch tree sap. Beans should be a staple in your pantry as they are easy to add to salads or wraps to make them a complete meal. You can even mix them into soups, stews, chilis or pasta. Also try your hand at making easy homemade refried beans.



### TASTY TOP CHOICES RECIPE

#### Easy Homemade Refried Beans

In a large skillet, heat 1 or 2 tablespoons of oil over medium heat and sauté 1 or 2 minced garlic cloves and a minced onion until soft. Drain 1 can of pinto or black beans (reserving liquid) and mash into the garlic and onions. Add 1 minced jalapeno pepper (or more if you prefer more heat), 1 small can of drained (reserving liquid) diced tomatoes (optional), a splash of an acid of your choice (lime juice, apple cider vinegar, tamari or shoyu sauce) and diced fresh cilantro stems (optional). Mix and taste, adding a pinch or two of salt if necessary. If the mixture is too thick, stir in some of the bean and or tomato juice. Let simmer for 15 to 20 minutes, stirring regularly to prevent burning. Serve hot or freeze for future use.



## Naturally Yours



### Allergy-FX:

This natural remedy inhibits the tryptases from creating the physiological reactions that release the histamines that cause fullblown allergic response. It's multi symptom relief for eyes, nose and ears.

## Choice Produce



### Fairtrade Avocados:

Nutrient dense, half of an avocado dishes up 7 grams of monounsaturated fats and 5 grams of fibre, making this fruit incredibly heart healthy. Smash onto dark rye toast with a sprinkle of salt, pepper and a drizzle of olive oil for breakfast. Or turn into a creamy, tangy guacamole to use as a veggie dip.



## The Fairtrade Choice

Choices Markets has always been a strong supporter of the fairtrade movement. Over the years, it resulted in a tremendously positive impact for small-scale producers in Latin America. This impact is measured by the amount of goods sold and fairtrade premiums given back to the producers as a result. This past year, over \$55,000 in premiums have gone back to growers from Mexico, Peru and Ecuador.

The growers of PRAGOR, the avocado cooperative partnered with Choices, voted to invest in technical support and community building projects. Technical support allowed the growers to benefit from workshops and a better harvesting technology. Community building projects involved supporting a centre to preserve local indigenous culture and providing new medical equipment for a retirement home. Pragor is proud to claim that their avocados are child labour free.

For BOS and Cerro Azul, the banana cooperatives in Peru and Ecuador partnered with Choices, the main concern for growers has been climate change and its impact on production and export capacity. Both cooperatives invested premiums in building stronger bridges, roads and packing sheds for increased safety and to limit the damages in case of heavy rains and wind storms. Technical assistance and reinforced quality controls in each farmer's plantation has also been implemented.

**Stay tuned to find out what projects are being financed by the fairtrade premium that you indirectly support every time you purchase a fairtrade certified item. Visit [fairtrade.ca](http://fairtrade.ca).**



# wellness centre monthly specials



**CELLUsmart** 150 ml **20% OFF**

## Fast-Acting Cellulite Cream That Works

CELLUsmart promotes lipolysis which is the breakdown of triglycerides so that the fatty acids are free to leave the fat cell. When this occurs, the fat cell gets smaller which is the key to changing the appearance of cellulite.

- Promotes drainage of fat from fat cells
- Firms, tones, smooths skin
- Unique massage roller that breaks down cellulite and promotes lymphatic drainage



**Active Collagen** 120vcaps **20% OFF**

## Reduce Deep Wrinkles in 28 Days

Collagen loss is the cause of wrinkles and sagging skin. Youthful skin has abundant collagen, making the skin smooth and wrinkle free. **Active Collagen** improves elasticity and moisture content while building collagen, resulting in gorgeous, youthful skin.

- Smooths crepey skin
- Enhances collagen and elastin
- Improves sagging skin



**LORNA'S CORNER**  
Canada's leading women's natural health expert

Purchase two Lorna Skin products and get **Beautiful Skin Begins Within FREE** (\$16.95 value while supplies last)

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



**Progressive HCP Prebiotic & Probiotic Kit**

**59.99** 1 kit

**Progressive HCP Probiotics**

**27.99** 30 billion

**43.99** 70 billion  
60 capsules

Progressive HCP30 provides 30 billion and HCP70 provides 70 billion active probiotic cells a day for better intestinal function, immunity, digestion and overall good health so you can live younger.



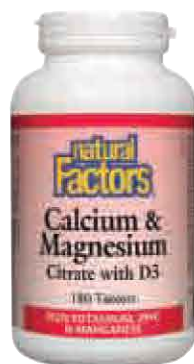
**Boiron Homeopathic Remedies**

Assorted Varieties

**20% Off**

Assorted Sizes

Arnica gel relieves muscle and joint pain, and bumps and bruises.



**Natural Factors Calcium Magnesium Supplements**

Select Varieties

**15% off**

Assorted Sizes

Natural Factors Calcium and Magnesium Citrate with D3 and potassium, zinc and manganese helps in the development and maintenance of bones and teeth. The minerals are in the citrate form, making them more readily absorbable and metabolized by the body.



**Natural Factors Vitamins A, D or K**

Select Varieties

**15% Off**

Assorted Sizes

K & D provides two major fat-soluble vitamins for bone and vascular health.



**Natural Factors Enzyme Supplements**

Select Varieties

**15% off**

Assorted Sizes

Natural Factors Chewable Papaya Enzymes with Amylase and Bromelain are naturally flavoured and help the body break down proteins, fats, and carbohydrates, while improving nutrient absorption. Enzymes help stimulate good bacteria in the digestive tract, detoxify and cleanse the colon and improve digestion.

**Brad King Ultimate Her Energy, Maca Energy or Libido**



**20% Off**

Assorted Sizes

Promotes estrogen metabolism, supports healthy estrogen balance and is a source of antioxidants.





## Renew Life Supplements: Omega-3, Probiotics, Cleanse Kits, Fibre and Many More to Choose From

Assorted Varieties

# 20% Off

Select Sizes—EXCLUDES Bonus Sizes

At Renew Life, they believe a healthy gut is essential for a healthy you. Digestive care has been their focus for over 2 decades and they are considered a leader in cleansing, probiotics and fish oils. Renew Life offers a full line of Health Canada approved natural health supplements for the entire family.



## Manitoba Harvest Hemp Protein Powder

Fibre, Pro 50 or Pro 70

# 20% Off

300 to 908 g

## NEW Manitoba Harvest Hemp Protein Smoothie



Berry, Chocolate or Vanilla Chai

# 20% Off

300 g

Blend your favourite Hemp Pro protein powder into a smoothie. Drizzle hemp oil over salad or popcorn. Hemp foods offer protein and omegas. Try some today! [Manitobaharvest.com](http://Manitobaharvest.com)

## Botanica Fish Oil Swirls



# 18<sup>99</sup>

225 ml

# 32<sup>99</sup>

450 ml

Ultra High Potency Key Lime

# 22<sup>99</sup>

225 ml

# 36<sup>99</sup>

450 ml

Omega-3 with a creamy taste and texture.



## NOW Cranberry Mannose Supplements

Assorted Varieties

# 15% Off

Cleanses the urinary tract and contains 10 probiotic strains to help maintain a healthy microbial balance.



## St. Francis Tinctures

Assorted Varieties

# 15% Off

Assorted Sizes

Proactively boosts immunity and provides non-drowsy relief for itchy eyes, sneezing, congestion



## SISU MenoEase

# 29.99

60 vegi capsules

SISU MenoEase contains EstroG-100®, a proprietary herbal blend featuring natural, estrogen-supporting phytonutrients to promote healthy hormonal balance.

## Everyone Soap, Bodywash or Lotion



# 12<sup>99</sup>

960 ml

Hand Soap

# 74<sup>99</sup>

377 ml

All-natural personal care products at a great value made with natural and organic ingredients.

# wellness centre monthly specials



New Roots  
Magnesium  
Bisglycinate

**24.99**

120 vegi capsules

Helps to relax muscles,  
alleviate stress, and  
improve sleep.



New Roots  
Curcumin

**23.99**

90 vegi caps

Premium extract of  
curcumin standardized  
to 95% curcuminoids.



New Roots  
Wild Omega-3

**17.99**

60 softgels

**32.99**

120 softgels

Highest potency and  
perfect balance of EPA  
(660mg) and DHA  
(330mg).

Gandalf Hawaiian Spirulina  
Powder or Tablets

Assorted Varieties



**15% Off**

Assorted Sizes

A complete and true  
blue-green algae,  
extremely rich in beta  
carotene.

Flora or Udo's Choice  
Supplements

Assorted Varieties



**15% Off**

Assorted Sizes

Omega 3, 6 and 9 fatty  
acids from fresh-pressed,  
unrefined seed oils.

Andalou Naturals Stem Cell  
Face Care System

1000 Roses, Age Defying or Clarifying



**20% Off**

Assorted Sizes

Renews skin at the cellular level, blending  
nature and knowledge.



NOW Mineral Supplements

Assorted Varieties

**15% Off**

Assorted Sizes

The comprehensive selection of NOW® minerals helps with energy,  
stress, bone and heart health, women and men's health, and more!

Mineral Fusion  
Mineral Based Makeup

Select Varieties



**25% Off**

Assorted Sizes

Making cosmetics, skin care, body care and  
hair care healthy and effective.



Zorah BiOrganic Cosmetics

Assorted Varieties

**20% Off**

Assorted Sizes

High quality cosmetic care products equal or superior to those on the market,  
and made with organic, eco-friendly and fair-trade ingredients.

Aura Cacia Organic  
Essential Oils

Assorted  
Varieties

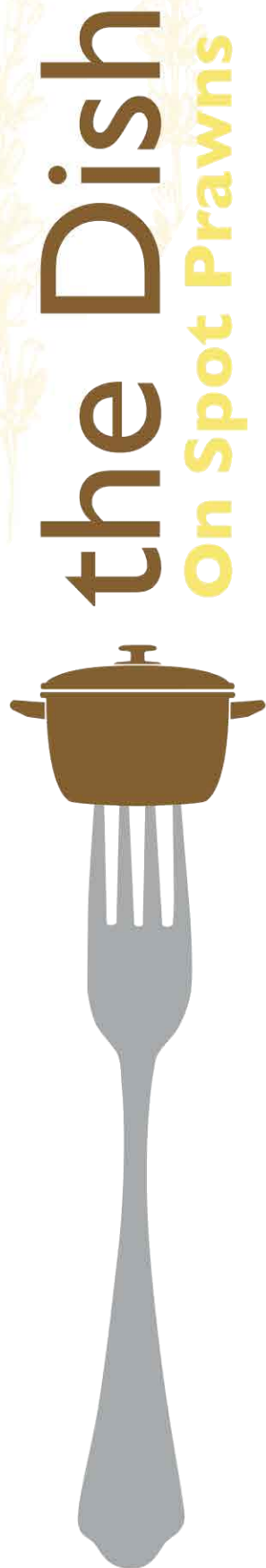


**20% Off**

Assorted Sizes

Essential oils can help you achieve physical,  
emotional, mental and spiritual well-being.





**A** true BC treasure, spot prawns are found in Northern Pacific waters, stretching from Alaska to Southern California. These delicious crustaceans are only available for a very short time in late spring to early summer. Where sustainable seafood choices are concerned, spot prawns are definitely an option. Look for varieties that are certified Sea Choice or Ocean Wise. These spot prawns have been trap caught, which means there is little to no bycatch (other marine species caught unintentionally and discarded) and no damage done to marine habitats. This gives you all the more reason to enjoy this seasonal treat.



Approximately 90 percent of the spot prawns caught in BC is shipped overseas for consumption. It isn't until fairly recently (about 5 or so years) that local chefs and consumers have taken a genuine interest in spot prawns. Now, it seems people can't get enough of this local treat.

Make sure you're purchasing fresh spot prawns and use them the same day if you don't intend to freeze them. Remove their heads, rinse them and

refrigerate until you use them later in the day. This will guarantee the best flavour.

Sweet and delicate, spot prawns require very little attention in the kitchen. It's best to keep it simple and let the true flavours shine. My go-to cooking methods for spot prawns are steaming or barbecuing them naked or sautéing quickly in garlic and butter or olive oil. It's that simple.



I would even give the green light to incorporating spot prawns into a delicious light salad with a mild citrus vinaigrette or turning them into a refreshing summer ceviche. Lightly marinate and use as a garnish for an oil-based pasta. I would even say that transforming them into spot prawn cakes would be a smart application. No matter what you choose to do with your spot prawns, just promise me you won't overcook them.



**Now that it's May, Antonio can be seen grilling most of his dishes on the barbecue. He's looking forward to the coming months when the grocery stores and farmers' markets will be bursting with locally grown goods that can be used in his new recipes. Check out some of Antonio's finest creations at [choicesmarkets.com](http://choicesmarkets.com).**



comments@choicesmarkets.com

/Choices\_Markets

/ChoicesMarkets

@ChoicesMarkets

## 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 CO<sub>2</sub>

**Smog:** 5 kg NO<sub>x</sub>

**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator

# STEP FORWARD

## VANCOUVER

SUNDAY, MAY 29, 2016  
STANLEY PARK, LUMBERMAN'S ARCH  
[WorldPartnershipWalk.com](http://WorldPartnershipWalk.com)

END GLOBAL POVERTY

REGISTER.  
START A TEAM.  
WALK WITH TEAM  
CHOICES MARKETS.

COME OUT TO SUPPORT OUR  
BBQ FUNRAISERS

For dates and store locations, please refer  
to Choices Markets' Weekly Flyers.



An initiative of



AGA KHAN FOUNDATION  
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