



CHOICES'

Monthly Newsletter | March 2017

Make Room for Mindfulness

What Does it Mean to Be Mindful?

Environmental Influences on Eating

The Dish on Bison



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

the grape vine

Mindful March



This month, the Choices' Monthly Newsletter is all about the theme of Mindful Eating. Mindful eating is a philosophy that takes a different tack than normal dietary plans. It's less concerned with what you are eating and puts a greater emphasis on *how* you're eating. It's all about slowing down and being more thoughtful and considerate towards your eating habits. Mindfulness is a habit that can benefit you in many aspects of your life! Slow down, savour the flavour in everything you do and you'll be better off for it. Inside this month's articles you'll find more information on the importance of mindfulness, and tips to help you practise it in your everyday life.

Project CHEF

This spring break, Choices Kitsilano will once again be host to Project C.H.E.F.'s spring break kids camp. During this one week camp, kids will be taught the knowledge and skills to cook wholesome meals for themselves and their families. The camp kids learn great skills like reading recipes, sanitary safety and how to handle sharp tools without having any accidents. It's a great learning experience and a ton of fun for everyone involved. The camp runs March 13 - 17 at Choices Kitsilano. Registration details at choicesmarkets.com/events.



Got a Green Thumb?

The sun is staying out longer and longer each day, and you know what that means: time to plant some seeds! Start first with Choices Full Circle Topsoil. Full Circle is made from food scraps collected from our stores and processed in to nutritious top soil at a facility in Delta, BC. It's a great product that gets made thanks to Choices' commitment to sustainability. You can also pick up local organic and heirloom seeds from our stores, supplied by the fantastic West Coast Seeds.

Giving Back in Mexico



Choices sent a team of store and corporate managers, as well as a group of like-minded product vendors, down to Puerto Vallarta, Mexico to help revitalize an elementary school in dire need of help. To learn more and see some great pictures, visit choicesmarkets.com/news.

Choices Markets takes a lot of pride in our charity involvement and we love to support local organizations that try to make a difference in the community. In January 2017, we decided to take the spirit of community involvement to a global scale with UNIGLOBE Specialty Travel.

COOK IT UP



Double Lemon Yogurt Snacking Cake

Courtesy of Tree Island Yogurt

– makes one 20 x 20 cm snacking cake –



- 1 - 1/2 cups all-purpose flour**
- 1 tsp baking powder**
- 1/2 tsp baking soda**
- 1/2 tsp salt**
- 1/2 cup butter**
- 1 cup granulated sugar**
- 1 - 1/2 tsp vanilla**
- 2 large eggs, beaten lightly**
- Zest of 2 lemons, finely grated**
- 2 tbsp freshly squeezed lemon juice**
- 3/4 cup Tree Island plain cream top yogurt**
- 2 cups fresh BC berries or chopped BC fruit**
- 1 cup Tree Island lemon Greek Yogurt**

Preheat oven to 350° F. Butter the bottom and sides of a 20 x 20 cm (8 x 8 inch) square glass pan.

In a small bowl, whisk together the flour, baking powder, baking soda, and salt.

In a separate bowl, cream the butter and sugar together until light and fluffy. Add the eggs, vanilla, lemon zest and juice. Beat until smooth.

Add one-third of the flour mixture and mix well, scrape down the sides as needed. Add one half of the yogurt. Beat well. Repeat steps, finishing with the final third of the dry ingredients.

Scrape cake mixture into prepared pan. Place pan in the preheated oven and bake for about 40 minutes, rotating pan once at the halfway point, until cake is golden brown and pulling away at the edge. A toothpick inserted in the centre will come out clean. Move pan to a wire rack to cool before cutting and serving the cake.

Serve plain or with Tree Island Lemon Greek yogurt and fresh berries.



Upcoming Events

MARK YOUR CALENDAR

Saturday, March 11
2:00 – 3:00 pm

Nutritional Analysis & Natural Alternatives

with Lorraine Andres

Choices Kelowna

Sick and tired of being sick and tired? One drop of blood uncovers imbalances.

Free event. Register online or call 250-862-4864.



Saturday, March 18
2:00 – 3:30 pm

Hidden Foundations of Healthy Children

with Ashley Cresswell

Choices Kelowna

Is there MORE contributing to children's health than we realize?

Free event. Register online or call 250-862-4864.



Tuesday, March 14
7:00 – 8:00 pm

Ayurveda: The Science of Life

with Erica Mueller, RYT, Okanagan Ayurveda

Choices Kelowna

Ayur (life) veda (knowledge) is the oldest natural healing system in the world. Join Erica in understanding your constitution and bringing a balanced sense health to your life.

Free event. Register online or call 250-862-4864.

Sunday, March 19
11:00 am – 12:30 pm

Coconut Quinoa 3 Ways

with Choices Dietitian Sea Chang, RD

Choices Kitsilano Floral Shop & Annex

Join Sea to learn how to make delicious coconut quinoa and enjoy it 3 different ways; save time, eat well, be happy!

Cost \$10 plus tax. Register and prepay online.
See top of page 5 for registration information.



Complimentary Skin Analysis

with Viva Organic Skincare

Saturday, March 11 | 10am – 5pm
Choices South Surrey | 604-541-3902

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

Saturday, March 18 | 10am – 5pm
Choices Kerrisdale | 604-263-4600

Sunday, March 19 | 10am – 5pm
Choices North Vancouver | 604-770-2868

Saturday, March 25 | 10am – 5pm
Choices Burnaby Crest | 604-522-0936

Sunday, March 26 | 10am – 5pm
Choices Abbotsford | 604-744-3567



Nutrition Talk & Tastes Whole Grains

Thursday, March 30 | 3:00 – 5:00 pm
Choices Burnaby Crest | 604-522-0936

Wednesday, March 29 | 1:30 – 4:30 pm
Choices North Vancouver | 604-770-2868

Kefir

Thursday, March 9 | 3:00 – 5:00 pm
Choices Burnaby Crest | 604-522-0936

Free events, registration required. To register for your 30 minute time slot call the number listed with the host store. For more information visit choicesmarkets.com/events.

REGISTRATION DETAILS

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

Tuesday, March 28th
4:00 – 6:00 pm

Complimentary Naturopathic Consults

with Dr. Jenifer MacKenzie, ND, Ray Clinic

Choices Burnaby Crest

Free, registration required. To register call 604-522-0936 store or visit the wellness department.

Modern Italian Classics

with Choices Own Antonio Cerullo and the Nutrition Team

Saturday, April 8 | 2:00 - 4:00 pm

Choices Floral Shop & Annex

Saturday, April 29 | 2:00 - 4:00 pm

Choices South Surrey

In this vegetarian and wheat-free cooking class, you'll have a chance to learn and taste Antonio's healthy take on classic Italian recipes.

Cost \$20 plus tax, online registration required. See top of page 5 for registration information.

Thursday, March 30
7:00 – 8:30 pm

Longevity: Aging Through the Gut

with Dr. Taylor Seier, ND

Choices South Surrey

Learn practical strategies for healthy aging, disease prevention and adding life to years through gut health and food choices.

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

Wednesday, April 5
7:00 – 8:30 pm

Your Practical Guide to Mindfulness

with Drs. Brian Lanoue, DC and Thea Treahy-Geofreda, DC

Choices Kitsilano Floral Shop & Annex

Join Drs. Brian and Thea to discover simple strategies and practical steps for eliminating constant worry and becoming overwhelmed by increasing mindfulness.

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

Monday, April 3
7:00 – 8:00 pm

Mindfulness for Optimal Health & Wellness

with Zoë Betzelt Holistic, Healing & Wellness Facilitator

Choices Kelowna

Learn why it is important for your overall health to live more mindfully. Experience some valuable tools you can utilize in your everyday life. Bring a yoga mat or towel for a Yin Yoga Class.

Free event. Register online or call 250-862-4864.

Thursday, April 6
11:00 am – 12:30 pm

Mandarin Language Cooking Class: The Anti-Inflammatory Menu

with Choices Nutritionist Bonnie Chung, RHN

Choices Kitsilano Floral Shop & Annex

Learn how to eat away the inflammation that leads to so many diseases.

Cost \$10 plus tax. Register and prepay online. See top of page 5 for registration information.

preferred shopper club specials



Annie's Pasta
and Cheese
Assorted Varieties

**2⁷⁹ to
4⁴⁹**

Assorted Sizes
Product of USA

Get nothing but the good
stuff with Annie's pasta.



Happy Planet
Organic
Fruit Juices

Select Varieties

3²⁹

946 ml
Product of Canada
+deposit +eco fee

Delicious juice made to
put a smile on your face.

Clif Organic Nut Butter
Filled Energy Bars

Select Varieties Product of USA



**1⁶⁹ each
6⁴⁹ 4 Pack
6⁹⁹**



Clif Energy Bars 6 Pack

Perfect for a mid-morning energy boost.



Maison Orphee
Cooking Oils

Select Varieties

**7⁷⁹ to
22⁹⁹**

Assorted Sizes • Products of Argentina,
Canada, Mexico, Philippines

High quality oils, cold-pressed and
perfect for the urban chef.



Kettle Brand
Baked
Potato Chips

Select Varieties

2⁷⁹

113 g • Product of USA

The spectacular
crunch you
love, baked for
reduced fat.

Surf Sweets Gummies

Assorted Varieties



2⁹⁹

65-78 g • Product of USA

Tasty treats you can
feel good about! Made
with organic fruit juice,
Surf Sweets are free
of common allergens
and contain nothing
artificial.

Wholesome! Organic Sugars
and Sweeteners



Assorted Varieties

**5⁴⁹ to
19⁹⁹**

Assorted Sizes
Product of USA

Fairtrade sweeteners, perfect for your baking
needs and more.

Back to Nature Cookies
and Crackers



Assorted Varieties

**5⁶⁹ to
7⁹⁹**

Assorted Sizes

Non-GMO project verified for conscientious
deliciousness.

Nuts to You Cashew or
Rainforest Butter



Select Varieties

**5⁹⁹ to
12⁴⁹**

250-500 g
Product of Canada

Top quality nut butters made with only the
best ingredients.



EchoClean
Liquid Laundry
Detergent

Assorted Varieties

7⁹⁹

1.5 L
Product of Canada

Canadian made,
natural cleaning
products.

Cascades Bathroom Tissue

Assorted Varieties



**5⁹⁹ to
14⁹⁹**

Assorted Sizes
Product of Canada

Soft premium
tissues, made from
recycled paper.

Amy's Organic Soups

Assorted Varieties



**3²⁹ to
4²⁹**

398 ml • Product of USA

Vegetarian soups with
absolutely legendary
flavour.



Love Child Organics Organic Baby Food

Assorted Varieties

1⁴⁹ to 4³⁹

Assorted Sizes • Product of Canada

These baby foods are the next level in children's health. Packed full of nutrients and superfoods thanks to organic fruits and vegetables, Love Child Organics makes baby food you can be proud to feed your little ones.

Rolling Meadow Grass-Fed Kefir and Yogurt



Select Varieties

6⁴⁹

Kefir 1 L • Product of Canada

3⁹⁹

yogurt 500 g

Grass-fed fermented dairy foods, perfect for your gut health.



Riviera Petit Yogurt and Fresh Cheese

Assorted Varieties

4⁸⁹

4 pack • Product of Canada

4⁸⁹

480 g cheese

Velvety smooth French-style dairy items that come in reusable glass containers, perfect for crafts, leftovers or a decorative vase. Delicious inside, sustainable outside.

Amande Cultured Almond Non-Dairy Yogurt

Assorted Varieties



5⁹⁹

680 g • Product of USA

A fantastic option for those with lactose intolerance.



Nature's Path Organic Boxed Cereal

Assorted Varieties

5⁵⁹

284-300 g
Product of Canada

Eat a better breakfast with Nature's Path cereals.



Nature's Path Organic Qi'a Cereal

Assorted Varieties

5⁴⁹ to 7⁴⁹

225-284 g
Product of Canada

Cereal loaded with superfoods for super energy.

Holistic Choice Dog & Cat Food

Assorted Varieties



18⁹⁹ to 69⁹⁹

Assorted Sizes
Product of Canada

Because your best furry friend deserves only the good stuff!



Alexia All-Natural Gourmet Frozen Foods

Assorted Varieties

3²⁹ to 4⁴⁹

Assorted Sizes • Product of USA

Alexia frozen potato products features the kind of all-natural flavours you can only find in food that comes from all-natural ingredients.

Make Room for Mindfulness

Rather than focusing just on what we eat, mindful eating also looks at how we eat it. It is about being curious about tastes, smells and textures. It is about paying attention to your food, and to your body's reaction to that food.

Think about our North American eating culture; we drink giant coffees and quick meals from a drive-through, never leaving our cars. We don't give ourselves the opportunity to sit down and eat our food without distraction. We prioritise cost and convenience, rather than quality, nutrition, and the environment in which we eat.

Compare this to France, so well-known for the "French Paradox" – the idea that the French can eat high fat food, drink red wine, and somehow enjoy a longer and more disease-free life than their North American counterparts. Our scientific minds, looking for a single answer, have us looking at a single component of this diet. It must be the red wine, or even better, the resveratrol within the red wine. What if it had more to do with their long lunches, eaten at a table surrounded by others or savouring each bite?

This idea is also now being backed by research. Mindful eating habits can help improve eating behaviours, and support healthy weight loss and blood sugar levels. People who eat mindfully are better able to listen to their body's satiety cues. There is also a focus on increased self-compassion, and less of the guilt and shame surrounding food and eating.

Short of moving to France, here are 3 simple ways eat more mindfully:

Pay attention to your food.

Implement just one meal each day where you sit down and really pay attention to your food. While preparing pay attention to the smell and colour and think about how delicious it will taste. Get your mouth watering before you sit down to your meal.

This reaction, the Cephalic Phase, is a key part of our digestive processes. The thought, sight, and smell of food triggers appetite, as well as oral and gastric secretions, which prepares our stomach for the arrival of food.

When we allow this reaction to take place we digest our food better, feel more satisfied, and have fewer digestive problems.

Listen to your body.

Ask yourself this simple question before you start to eat: Am I hungry? And then, without judging yourself, decide whether or not you want to eat.

Half way through your meal, put your fork down and take a deep breath. Ask yourself if you are still hungry. Many of us have been taught to 'clean our plates' regardless of whether we are still hungry or not, instead eat until you are satisfied.

“Mindful eating habits can help improve eating behaviours, and support healthy weight loss and blood sugar levels.”

Breathe

Taking a deep breath sends a signal to your body that you are safe, and takes your body out of "fight or flight", and back into "rest and digest" mode. When we eat on the run or when we are stressed, blood is diverted away from our digestive system and into our muscles so that we can react quickly to whatever is threatening us. It puts digestion on the back burner and can cause bloating, indigestion, and erratic blood sugar levels.

Try taking 5 deep breaths before you begin to eat. Your digestion and your stress levels will thank you!



Emily Boese, BA, BNatMed is a qualified natural healthcare practitioner with a Bachelor of Natural Medicine. She has nearly a decade of experience working in the natural health industry, and loves seeing the dramatic impact that simple changes can have on someone's health and wellbeing.

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.

What Does it Mean to Be Mindful?

By Drs. Brian Lanoue, DC and Thea Treahy-Geofreda, DC

Q

Mindfulness: What it is and how does it affect my health?

A

Mindfulness is a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judgment. Mindfulness means living in the moment and awakening to experience.

Our thoughts can produce a physical stress response in our body. The stress response is activated daily by situations like commuting in traffic, work pressure, family difficulties, or too much screen time.

Your ability to be mindful in stressful situations will determine your long-term health.

Increased stress can have effects on short-and-long term memory, cause unintended weight gain, increase heart rate and blood pressure, and decrease immune function.

Observations in practice have shown chiropractic care can increase immune function, improved cognitive function and lessen anxiety and worry.

Many of these benefits may be explained when tracking health using advanced measurement tools. One of the tools we use in clinical practice at The Powerhouse Chiropractic is heart-rate variability (HRV). HRV measures the effects of stress on the health of the nerve system.

When HRV improves, general health also improves. When your health improves, so does your ability to be mindful and adjust to the stress in your life.



April 5 - Join Drs. Brian and Thea at the Kitsilano Floral Shop and Annex on April 5th for their seminar Your Practical Guide to Mindfulness. See page 5 for more details.



Drs. Brian and Thea are passionate about empowering people to lead extraordinary lives. They share the simple principles of achieving total health and inspire families to reach their full potential from their practice in Olympic Village. To learn more, visit www.thepowerhousevancouver.com.

Change Your Environment, Change Your Eating Habits

By Sea Chang, Choices' Registered Dietitian

Certain emotional cues (like coming home from a stressful day at work) can trick your brain into thinking that its hungry for food. By influencing your environment, you can help yourself develop mindful eating practices. Here are some simple ideas to consider:

1

Count colours, not calories:

Adding a pop of colour to your plate by using different veggies and fruits can help to boost the nutritional value and visual-aesthetics of your meal. You might try grating some purple beets into a mixed green salad, adding a handful of white mushrooms to a purple eggplant stir fry, or topping off a baked sweet potato with some fresh yellow bell peppers.

2

Set the table like you're having a special guest:

Take some time and have fun with this challenge! Adorn the table with a vase of fresh flowers and set down your favourite pieces of cutlery on a clean tablemat. Why go through all this fuss you ask? Well, because quite frankly, you matter. Taking the time to create a calming dining environment for yourself can allow you to eat more slowly, savoring each morsel of food with joy.

3

Be thoughtful about your dinnerware:

Trick your brain into thinking you're eating more by choosing a smaller plate or bowl. Even the colour of your plate can affect the perception of your meal. A high contrast colour can trick you into thinking you're eating more – like a black plate for pasta in cream sauce.

Want more tips on mindful eating? Book your FREE nutrition consultation today by emailing nutrition@choicesmarkets.com



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.

Grocery Gossip



WOWBUTTER:

Nothing hits the spot quite like a PB&J sandwich, but with nut allergies on the rise, many schools are prohibiting peanut butter at lunchtime. WOWBUTTER is made entirely free of nut allergens and looks, tastes and feels just like the real thing.

Each serving is packed with 7g of protein, 1100mg of omega 3's and 4g of fibre.

Choice Produce Picks

Cilantro:

Get local in southwest BC this month with the world's most widely consumed fresh herb coming into season. Use cilantro as a garnish or in uncooked preparations, as the main component of the aroma quickly loses its potency when heated. Store cilantro in a reusable produce bag or stand in water, loosely covered.



TASTY TOP CHOICE RECIPE

Cilantro-Lime Black Bean Millet Salad

3 cups cooked millet, cooled

1 (15 oz) can black beans, rinsed and drained

1/2 cup fresh cilantro, finely chopped
Juice and zest of 1 lime

2 tsp of chili sea salt (optional)

Add all ingredients to a large bowl and toss to combine. Serve immediately or refrigerate until ready to serve. Enjoy!

FreeYumm:

Allergen-free treats made for sharing!

All FreeYumm products are made in a dedicated allergen-free bakery in North Vancouver and are free of the top 8 priority allergens. Enjoy at school, in a car, on a plane, at the game or at a party.



Bulk Basics

March 29th is Whole Grain Sampling Day! Whole grains - from amaranth to wild rice - can play a healthy supporting role on your plate. Using your favourite whole grain recipe try a different grain this month. Need an idea? Try our Top Choice recipe!



Millet:

A group of small seedlike grains that grow in arid, unfertile environments. It's believed to have originated in North Africa, specifically Ethiopia, where it has been consumed since prehistoric times. Millet is a good source of manganese, phosphorus, and magnesium and contains niacin, folic acid, and vitamin B6. It also contains about 4 g of protein per 1/2 cup.



Wheat Berries:

Enjoy this whole, unprocessed wheat kernel that contains all three parts of the grain, including the germ, bran and endosperm. Wheat berries retain all of the grain's vitamins, minerals and phytochemicals. Each half-cup serving of cooked wheat berries contains manganese, selenium, phosphorus and magnesium and is a great source of fibre.



COOK IT UP



Blueberry Chia Pudding

Courtesy of Bio-K

– Serves 2 –



2 bottles of Bio-K+ Blueberry
3/4 cup of unsweetened almond milk
(or milk of choice)
6 tablespoons of chia seeds
1 cup of fresh or frozen blueberries

In a medium size glass container add Bio-K +;
Add chia seeds one tablespoon at a time while
whisking liquid;

Add blueberries and stir until combined;

Refrigerate for 3 hours;

Stir and enjoy!

wellness centre **monthly specials**

New Roots Mushroom Supplements

Chaga, Cordyceps, Coriolus, Lion's Mane, Reishi, & Resilience



Sustainably grown, ISO 17025 laboratory tested, and standardized to 40% polysaccharides. Hot water-extracted to achieve a high-quality, effective product.

20% off Regular Retail Price

Assorted Sizes

New Roots Liver - Milk Thistle plus Alpha Lipoic Acid



19⁹⁹ 45 Capsules
36⁹⁹ 90 Capsules
64⁹⁹ 180 Capsules

Cleanse and rebuild your liver for improved digestion and energy.



Progressive Vitamins, Supplements, and Sports Nutrition Products

Assorted Varieties

20% off Regular Retail Price

Assorted Sizes - excludes Bonus Bottles

Progressive OmegEssential is a high potency fish oil from wild caught, cold water fish. It supports the health of your heart, brain, mood, skin and hair in just one serving a day. Additional nutrients are included to support your liver and gallbladder so your body can easily process and experience the benefits of the essential fatty acids.

Iron Vegan Sprouted Protein Powder or Athlete's Blend



Assorted Varieties

59⁹⁹

1KG

Each scoop provides 17g of plant-based protein.



AOR Vitamins & Supplements

Assorted Varieties

20% off Regular Retail Price

Assorted Sizes

B vitamins in their most bioavailable forms, this formula contains balanced ratios and clinically supported doses for body detox, stress relief and cognitive function.



Pure-le Natural Liquid Greens Chlorophyll

Assorted Varieties

13⁹⁹ 450ml
2/6⁰⁰ Grab n' Go 60ml

Potent and great tasting Liquid Greens Chlorophyll concentrate that alkalizes your body.



Renew Life Ultimate Flora Probiotics

Assorted Varieties

20% off Regular Retail Price

Assorted Sizes, Excludes Bonus Bottles

Ultimate Flora Critical Care delivers 50 billion probiotic bacteria from 10 strains. You would need to eat over 50 servings of yogurt to equal the probiotic power in just one capsule of Ultimate Flora Critical Care!



Kooa Fermented Organics Grass Blend

35⁹⁹

180g

A unique blend of certified organic ingredients, fermented for increased enzyme activity.



BONUS
30 caps
FREE

Reverse Low Thyroid and Stop Weight Gain, Constipation and More

Low thyroid affects 23% of Canadians. Get a Thyroid Stimulating Hormone (TSH) test but ask your doctor for the result. A normal range for the TSH blood test is 0.5 to 5.5. Your doctor will only diagnose you with low thyroid if your TSH level is over 5.5. But research shows that you will have symptoms when your TSH is above 2.0. If you have a TSH level higher than 2.0 and have the classic symptoms of low thyroid (weight gain and stubborn weight loss, cold hands and feet, dry skin, hair loss, constipation, low mood, no sex drive and irritability), then you need **THYROsmart**. **THYROsmart** contains nutrients that enhance thyroid hormone. Low thyroid makes you feel like you are pushing yourself through the day. **THYROsmart** is safe and effective and works fast to optimize thyroid health.

150 vcaps **20% off**

hormonehelp.com



**LORNA'S
CORNER**

Canada's leading
women's natural
health expert



**Natural Factors
Whey Factors
Protein Powder**
Assorted Varieties

34⁹⁹

1 kg

Source of protein, essential amino acids, antioxidants for the maintenance of good health.

**Natural Factors Omega-3
Fish Oil Supplements**

Assorted Varieties



15% off
**Regular
Retail Price**

Assorted Sizes

Provides the full spectrum of synergistic omega fatty acids, as well as naturally occurring astaxanthin and vitamin D.

SUPERFOODS

**Ecoideas Maca or
Moringa Superfoods**

Assorted Varieties



15% off
**Regular
Retail Price**

Assorted Sizes

Certified Organic, gluten and soy free.
Vegan, bioavailable protein source.



**Natural Factors
Milk Thistle**
Bonus Bottle

17⁹⁹

90 Capsules + 30 Capsules Free

Milk Thistle has been used for thousands of years as a digestive aid, but it is most well-known as a superior herb for liver and gallbladder disorders.



**Natural
Factors B12
Methylcobalamin**

Bonus Bottle

14⁹⁹

180 Tablets + 30 Tablets Free

- Enhances energy
- Improves sleep quality
- Supplements a vegetarian or vegan diet
- Easy to take and easily absorbed!

**Ecoideas Organic
Chia Seeds**

White or Black



7⁹⁹

227g

12⁹⁹

454g

Certified organic raw chia seeds are loaded with omega-3 essential fatty acids.

**Prairie Naturals Green
Superfoods**

Chlorella, Aqua Greens, Wheat Grass, Spirulina



20% off
Regular Retail Price

Assorted Sizes

A Canadian, family-owned business supporting organic growers.



**Salus
Floravit or
Floradix
Liquid Iron**

46⁹⁹

700ml

Helps to prevent iron deficiency and to maintain good health.

Salus Magnesium Liquid



49⁴⁹

500ml + 250ml
shrink bonus

Supports a healthy circulatory system and helps relax the arteries and muscles.

wellness centre **monthly specials**

Purica Extra Strength Recovery



25⁹⁹ 150g Powder
30⁹⁹ 180 Vegan Caps
52⁹⁹ 350g Powder
58⁹⁹ 360 Vegan Caps

Targets the root cause of pain supporting whole body health and pain relief.

Purica Provascin Cardiovascular Support



29⁹⁹ 120 Vegan Caps
54⁹⁹ 240 Vegan Caps

A synergy of beneficial ingredients that produce unmatched heart health support.

Purica Vitality Adrenal Support



45⁹⁹ 120 Vegan Caps

Powerful natural formula that calms and restores balance within overworked adrenal glands.

Sisu Ester-C Duo Pack



BONUS PRIME
\$34.99
29⁹⁹ 600mg 2 x 120 Capsules
34⁹⁹ 1000mg 2 x 120 Tablets

High-potency tablets providing 1000 mg of Ester-C®.

Nature's Plus Animal Parade Children's Vitamins & Supplements



Assorted Varieties

15% off
Regular Retail Price
 Assorted Sizes

Making nutritional supplementation fun and easy for you and your kids.

Ener-C Effervescent Vitamin C Drink Mix

Try the newest flavour: **Peach Mango!**

Assorted Varieties



10/5⁰⁰ Single Sachets
12⁹⁹ 30 Pack

The tastiest vitamin drinks on the planet. Over 25 nutrients and vitamins.



St. Francis Herb Farm Tinctures and Supplements

Assorted Varieties

20% off
Regular Retail Price
 Assorted Sizes

St. Francis Herb Farm® uses only top quality ingredients for top quality products.



Genesis Today Superfood Juice & Supplements

Assorted Varieties

20% off
Regular Retail Price
 Assorted Sizes

Supports a positive mood to keep you smiling.

BODY CARE

Sukin Natural Face Care, Hair Care, Kids, or Body Care Products

Assorted Varieties



15% off
Regular Retail Price
 Assorted Sizes

Sukin is an environmentally conscious, natural personal care company from Australia.

Organyc Feminine Hygiene Products

Assorted Varieties



20% off
Regular Retail Price
 Assorted Sizes

100% Organic Cotton, breathable, soft, biodegradable, compostable, hypoallergenic, chlorine bleach free.

Ki Hay Fever Control, Cold & Flu, or Immune Defense & Vitality



20% off
Regular Retail Price
 Assorted Sizes

High potency herbal medicine to help protect against viral infections, boost immunity and increase energy.

Vital Just Greens or Just Reds Superfood Powder



17⁹⁹ Just Greens 200g
21⁹⁹ Just Reds 200g

Rich in antioxidants, vitamins, minerals and fibre to support good health.

the Dish

on Bison



Before the 1800's, bison ruled the plains of North America. An important animal to the indigenous people of the American plains, every part of the bison was used for everything, from food to housing. Once nearly driven to extinction, bison are no longer considered an endangered species, and can now even be found on specialty farms. Bison is nutrient dense, low in fat and high in minerals, all with a lower caloric count than its cousin, beef.



Bison meat has found a growing niche in recent years. Once it was only spotted in exclusive high-end restaurants in steaks or medallions, or in rodeo diners as bison burgers. Now anyone can buy high quality bison meat in steaks, roasts, grinds or stewing meat in the Choices meat counter. With all this variety and a sweet taste, you can make a multitude of bison dishes, depending on the cut.

Prime cuts of bison steaks and medallions require a quick cooking time at a higher temperature to get a good sear. Try charring it on a broiler or BBQ, or pan fried in a skillet. Remember, when cooking high

quality cuts like striploin, rib eye and tenderloin, not to overcook. If you have sirloin, inside or outside round steaks, or kebabs, make sure to marinate before cooking for six to eight hours. For cooking a roast, season your meat and start with a preheated, hot 260° C oven (500° F). Sear your roast for ten to fifteen minutes, then lower the temperature to 140° C (280° F) and continue cooking until the roast's internal temperature reaches 60° to 75° C (140° -150° F). Do not overcook. Remove the roast from the oven and place it, covered, in a warm spot to rest, allowing at least 15 minutes before carving and serving. Keep it simple and you'll have a unique and juicy roast on your kitchen table in no time.

Stewing is always a heartwarming way to enjoy red meat, especially one as delicious as bison. Just like for steaks and roasts, seasoning should be kept simple. Salt, pepper and fresh herbs are all you need to make something tasty. If making a recipe that calls for ground bison, remember that bison is naturally far leaner than beef. When you're making your burgers, meatballs and meatloaves, make sure to take that in to consideration. If you want to add a little flavourful fat, I suggest adding some chopped bacon to the meat mix.

Next time you're in Choices, make sure you try our delicious cranberry-bison pepperoni sticks or bison salami. They're a unique offering you won't find outside of our stores, and I can personally recommend them to you. They're a tasty favourite of mine.

However you slice it, bison is a lean, nutritionally dense source of protein. Why not let your family give it a try this week? It's always fun to change things up a little, and eat healthy while doing it.



Chef Antonio is always looking for new twists on classic favourites. Changing something as simple as beef for bison in a recipe can be enough to get Antonio's creative juices flowing. You can try some of his recipes every day at the Choices Deli.



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Skill Testing Question: $(56 - 18) \times (25 - 13) =$ _____

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