CHOICES'

Monthly Newsletter | November 2017

Beyond Ocean Wise

Why Choose Farmed Seafood?

Win a Year of **Clean!**

The Dish on Tuna

CANADA POST POSTES CANADA
Postage paid Port payé
Personalized Mail Courrier personnalisé
1499490

CHOICES MARKETS 81

the grape vine

Movember

It's time to grow your mo'! Through the Movember campaign, light is being shed upon seldom-discussed mental and physical men's health topics. The Movember foundation is working to generate funds that support men affected by prostate and testicular cancer as well as mental health initiatives. Choices supports Movember every year by selling delicious mustache cookies during the month of November. $1 from each sale goes directly to the Movember Foundation. Visit ca.movember.com for more fundraising information.

Remembrance Day

November 11th marks our time of remembrance. For those who have made the ultimate sacrifice in the fight for freedom, we wear red poppies to mark our respect. Please take a moment this month to reflect upon the deeds of the brave men and women who have served our country with distinction.

Star of the Season

Every holiday season, our stores begin to glow with stars, all thanks to our Star of the Season program. From November 15th to December 24th, the cashiers at your local Choices Markets will be our cheerleaders as we raise funds for local neighbourhood houses. Last year, generous Choices customers donated over $30,000 towards this campaign that helps the most vulnerable members of our communities have an amazing holiday season. To learn more, visit www.choicesmarkets.com

COOK IT UP

Garlic Prawn Gnocchi

Courtesy of
The Choices Nutrition Team

– Serves 4 –

1 pkg Choices Own Garlic Gnocchi

2 Tbsp butter

2 Tbsp extra virgin olive oil

5 cloves garlic, minced

1/2 lemon, juiced and zested

340g raw OceanWise prawns

1 bunch lacinato kale, stems removed and chopped into fine ribbons

1/3 cup freshly grated parmesan

Bring a large pot of salted water to a boil. Cook gnocchi until they float. Strain.

As the gnocchi cooks, heat butter and oil over medium heat in a large frying pan. Add garlic and sauté until fragrant. Add prawns and lemon zest and continue to sauté until prawns are pink and almost cooked through.

Add cooked gnocchi, lemon juice and kale to the pan. Sauté for one minute until kale is glossy and bright green. Season with salt and lots of freshly cracked pepper.

Serve topped with parmesan.

ENTER TO WIN

A Year Of Clean

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

One lucky Choices customer will win an amazing prize pack from V.I.P. Soap Products and EchoClean. The prize is one year of cleaning supplies. Approximate value of each pack 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 November 1 to 30, 2017. 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. 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 2017.

ECHOCLEAN
plant-based • à base de plantes

V.I.P

Upcoming Events

MARK YOUR CALENDAR

Pure Essential Oil Blending

with Jerri Lynn Rinker, Aromatherapist, Pure Potent WOW!

Wednesday, November 8 | 6:30-8:00 pm
Choices Abbotsford

Thursday, November 9 | 7:00-8:30 pm
Choices South Surrey

Sunday, November 19 | 1:00-2:30 pm
Choices Kelowna

Free events. Register online. See top of page 5 for registration information.

Boost Your Brain Naturally

with Dr. Jennifer Dyck, ND, Natural Factors

Tuesday, November 14 | 7:00-8:30 pm
Choices Kitsilano

Wednesday, November 15| 6:30-8:00 pm
Choices Abbotsford

Wednesday, November 29 | 7:00-8:00 pm
Choices Kelowna

Inflammation can be a contributing factor to cognitive decline and mood disorders.

Free events. Register online. See top of page 5 for registration information.

Cook Plant-Based for a Day

with Choices Own Chef Antonio Cerullo and the Nutrition Team

Saturday, November 18 | 2:00-4:00 pm
Choices Kitsilano

Saturday, November 25 | 2:00-4:00 pm
Choices South Surrey

Learn how easy and delicious a plant-based menu can be for breakfast, lunch AND dinner.

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

Tuesday, November 7
7:00-8:00 pm

Raising Healthy Kids

with Dr. James Whillans, DC, Life Works Family Chiropractic

Choices Kelowna

Free seminar, registration required. Register online or call 250-862-4864.

Wednesday, November 8
7:00-8:30 pm

The Influence of Gender on Disease

with Dr. Wendy Tao, ND, Women's Sense

Choices Burnaby Marine Way

Free events. Register online. See top of page 5 for registration information.

Thursday, November 9
7:00-8:00 pm

Natural Hormone Balancing for PMS

with Dr. Rena Saini, ND

Choices Kelowna

Free seminar, registration required. Register online or call 250-862-4864.

Thursday, November 16
7:00-8:30 pm

Healing Bone Broth

with Holistic Nutritionist Sidney Shindle, CNP

Choices Burnaby Marine Way

Cost $15 plus tax. Prepay and register online. See top of page 5 for registration information.

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.

Monday, November 20
7:00-8:30 pm

The Adrenal-Thyroid Connection

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

Choices Kitsilano

Free events. Register online. See top of page 5 for registration information.

Tuesday, November 21
7:00-8:00 pm

DIY Sprouting

with Emily Boese, BNatMed and Lisa Aschenbrenner, RHN

Choices Kelowna

Free seminar, registration required. Register online or call 250-862-4864.

Thursday, November 23
7:00-8:30 pm

Heal Your Pain

with Dr. Caleb Ng, ND, Mountainview Wellness Centre

Choices South Surrey

Free seminar, register online. See top of page 5 for registration information.

The Human Energy Crisis

with Dr. David Wang, ND, Pranin Organic

Thursday, November 23 | 7:00-8:30 pm
Choices Burnaby Marine Way

Thursday, November 30 | 7:00-8:30 pm
Choices South Surrey

Skip caffeine, ditch sugar, break the cycle.

Free events. Register online. See top of page 5 for registration information.

Talk & Tastes: Oceanwise Seafood

Tuesday, November 7 | 3pm or 4pm
Choices Kerrisdale| 604-263-4600

Wednesday, November 8 | 3pm or 4pm
Choices Burnaby Crest| 604-522-0936

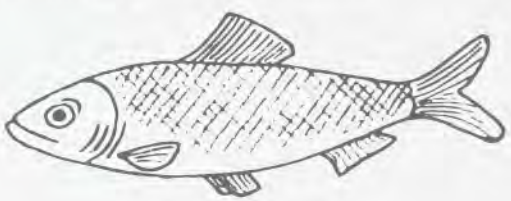
Monday, November 20 | 11:30am or 12:30pm
Choices North Vancouver | 604-770-2868

Saturday, November 18 | 2pm or 3pm
Choices Abbotsford | 604-744-3567

Monday, November 20 | 3pm or 4pm
Choices Yaletown | 604-633-2392

Sign up for a FREE 30 minute group session with our in-store nutritionists and dietitians to learn about the best sustainable seafood we have to offer.

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.



Complimentary Naturopathic Consults

with Dr. Charlene Chan, RD, RAc, Ray Clinic
Monday, November 27 | 3:00-5:00pm
Choices Burnaby Crest| 604-522-0936

with Dr. Sarah Wulkan, ND, North Shore Wellness Centre
Monday, November 20 | 3:00-5:00pm
Choices North Vancouver | 604-770-2868

Free 15 consults, registration required. To register call the number listed with the host store. For more information visit choicesmarkets.com/events.

preferred shopper club specials

CLUB PRICE

Kettle Brand Potato Chips

Assorted Varieties

2.99

170g - 220g
product of USA

Perfectly crunchy potato chips, made in dozens of delightful flavours.

R.W. Knudsen Just Juice

Assorted Varieties

5.99 to 11.99

+deposit +eco fee
946ml • product of USA

There's no additives or extra sugar in these pure fruit juices.

Liberte Greek Yogurt or Kefir

Assorted Varieties

4.79

500g
product of Canada

Deliciously thick and creamy yogurt, packed full of protein.

Beanfields Bean & Rice Chips

Assorted Varieties

4.49

156g • product of USA

Satisfy your snacking with these high-fibre and high-protein chips.

Kind Fruit & Nut Bars

Assorted Varieties

1.99

40g • product of USA

The simplest ingredients lead to amazing flavour in KIND bars.

Nuts to You Artisan Nut Butters

Almond, Cashew, Tahini & More

4.49 to 10.99

250g • product of Canada

These artisanal nut butters are sure to make an impression.

Nutiva Organic Refined Coconut Oil

12.99

860ml

49.99

3.79L • product USA

Made from dried coconuts and without the use of chemicals or additives.

Coco Natura Coconut Based Products

Assorted Varieties

Show off the versatility of coconuts in your kitchen with sweeteners, seasonings and vinegars.

6.49 to 12.99

Assorted Sizes • product of Philippines /Mexico

Stahlbush Island Farms Sustainable Frozen Fruit

Assorted Varieties

5.99

227g - 300g
product USA

Fresh fruit from farm to freezer.

Pacific Organic Soup

Assorted Varieties

5.49

1L • product of USA

Whatever you're craving, Pacific has a healthy and delicious soup option for you.

San-J Cooking Sauces

Tamari, Soy, Teriyaki & More

Decades of tradition and quality are found in each bottle of San-J.

3.69 to 6.69

296ml • product of USA

Lundberg Nutra-Farmed Rice

Basmati, Arborio, Jasmine & More

4.79 to 8.99

907g • product of USA

Amazing rice varieties grown close to home.

Silk True Almond Beverage

Assorted Varieties

2.99

946ml • product of USA

The best non-dairy beverage for your healthy lifestyle.

Daiya Non-Dairy Cheezy Mac

Assorted Varieties

4.49

300g
product of Canada

Daiya Non-Dairy Salad Dressing

Assorted Varieties

4.99

237ml
product of Canada

Perfect for people who are lactose intolerant, vegan, suffer from allergies, or just enjoy a delicious healthier option. Daiya shares all the characteristics of dairy products without the downsides.

Earth's Own Almond or Coconut Fresh Beverages

Assorted Varieties

4.79

1.89L • product of Canada

Fresh almond and coconut beverages made in Canada.

Rocky Mountain Frozen Artisan Pizza

Select Varieties

10.79

405g-430g
product of B.C

Rocky Mountain Frozen Mozzarella Pizza

7.79

370g
product of B.C

Vancouver's favourite flatbread restaurant, straight from your freezer. Enjoy freshly baked Rocky Mountain Flatbread Company's amazing recipes from the comfort of your own home.

Love Child Organics Snacks

Assorted Varieties

1.29 to 4.29

Assorted Sizes
product of Netherlands

If you want the best for your baby, you want Love Child Organics.

Caboo Bamboo Facial Tissues Or Baby Wipes

1.99 to 5.49

Assorted Sizes • product of Asia

Caboo Bamboo Napkins, Paper Towels or Bathroom Tissue

3.29 to 19.99

Assorted Sizes
product of Asia

These paper products are made from 100% sugar cane and bamboo fibres. This makes them the soft, durable and sustainable choice for your personal care and home cleaning.

Seventh Generation Natural Baby Diapers

Stage 1 - 6

13.99

20 pack - 40 Pack
product of USA

Trusted diapers made from recycled materials and for sensitve skin.

Cascades Fluff Bathroom Tissue

Enviro or Ultra

7.99

12 Rolls

14.99

24 Rolls • product of Canada

Extra soft bathroom tissues made from recycled fibres.

Echoclean Bio-Degradable 2x Concentrated Laundry Detergent

Assorted Varieties

7.99

1.5L • product of B.C

Locally made and naturally sourced in Mission, BC.

Beyond OCEAN WISE

British Columbians can rejoice as Choices Markets now offers 100% Ocean Wise fresh seafood across all locations! Ocean Wise is so important because it makes sustainable seafood easy. Seafood lovers do not need to think twice about the environmental impacts of transporting and preserving catch once they see that Ocean Wise symbol on Choices seafood. Ocean Wise addresses fishing & farming techniques, resource management to protect the health of our waters, by-catch concerns and species abundance but let's move beyond Ocean Wise and talk about two other fishy concerns.

Mercury levels

Mercury levels in the environment have unfortunately increased over the years due to waste burning and coal combustion. Fish can accumulate mercury in their muscles from other fish they eat and through absorption from the surrounding water. B.C.'s Ministry of Health recommends daily limits for large, predatory fish species such as tuna, shark, marlin and swordfish but they also note that Albacore tuna products from Canada have no serving limits and do not pose a health risk as mercury levels in these fish are lower than in other species and stocks of tuna. Why?

One reason is that B.C. Albacore tuna are caught at a relatively young age (3-4 years) compared to the other listed species, like sharks and Bluefin tuna that have longer lifespans during which toxins can accumulate. Habitat is another factor. A study comparing mercury levels in Albacore tuna from the North Pacific vs the Mediterranean showed a 10-fold increase in Mediterranean tuna. This could be explained, in part, by the fact that the Mediterranean Sea is located over one of the richest natural reserves of mercury in the world and is also a semi-enclosed body of water where toxic compounds can concentrate.

Radiation from Fukushima

On March 11, 2011, a magnitude 9.0 earthquake occurred 130 kms off the coast of Japan. The earthquake created a series of tsunamis, which badly damaged the Fukushima Dai-ichi nuclear power plant, causing four of the six reactors to release radiation into the atmosphere and ocean. One of the biggest questions following this disaster was if radiation along the Canadian coast was a concern.

According to marine radiochemist, Ken Buessler, traces of radioactive contamination from Fukushima were found in collected samples but the amount was well below levels of concern for humans or marine life. The highest levels attributable to Fukushima, that were measured, were found 2400 kms north of Hawaii. Swimming there every day would still result in a dose 1,000 times smaller than the radiation we receive with a single dental x-ray. Not zero, but still very low.

Keep in mind that seawater everywhere contains many naturally occurring radioactive particles. As a result, fish caught in the Pacific and elsewhere already have measurable, but small, quantities of these substances. Lastly, most fish do not migrate far from their spawning grounds, which is why some fisheries off Fukushima remain closed.

Seafood is a complicated business! Be grateful for programs like Ocean Wise, but don't stop there. Continue to ask these critical questions at your local Choices to make sure you are getting the most sustainable seafood possible.

As a Choices Dietitian Jess wants to make sure the fish that makes it to her plate and yours is sustainable and healthy as possible. Jess is passionate about knowing where our food comes from. Have your own questions about where Choices' fish? Contact Jess at jpirnak@choicesmarkets.com with all of your fishy questions.

ASK THE EXPERTS

The Adrenal-Thyroid Connection

By Dr. Arjuna Veeravagu, ND, RAc of Sage Clinic

Q **I know a little bit about the adrenal and thyroid glands but only recently heard they are interconnected. How does this occur and how is it relevant to my health?**

A The adrenal and thyroid glands are both very important to our overall health. The adrenal gland is responsible for producing our primary stress hormone cortisol. The thyroid gland produces the thyroid hormones T4 and T3 that regulate our metabolism. Some of the main functions of each gland are listed below:

ADRENAL – Stress adaptation, energy production, immune system balance, blood sugar regulation, inflammation control and sleep maintenance.

THYROID – Metabolic regulation, energy production, weight management, brain function, growth of hair/skin/nails and bowel function.

These two glands and their respective hormones impact each other in interesting ways. Either high or low cortisol can impact the activation of thyroid hormone, which leads to low thyroid symptoms even when the thyroid gland is functioning normally. And being in a low thyroid state can be a major stressor on the body over time, pushing adrenal function further out of balance. Laboratory testing is important for accurate assessment of cortisol and thyroid levels. Adrenal function can be accurately and conveniently assessed by naturopathic physicians using a saliva cortisol test. If low thyroid function is suspected, a full thyroid blood test panel should be ordered including TSH, Free T4, Free T3, reverse T3 and thyroid antibodies. Often patients only have the TSH test ordered for their thyroid assessment, which can miss early signs of low thyroid.

Once the exact nature of adrenal and thyroid imbalance is diagnosed, naturopathic physicians can offer individualized treatment protocols to rebalance the function of the two glands and stop them from negatively impacting each other.

NOV 20

Join Dr. Veeravagu for his seminar "The Adrenal-Thyroid Connection" at Choices Kitsilano on **Monday, November 20**. See page 5 for full details.

Dr. Arjuna Veeravagu ND RAc is a co-founder of Sage Clinic in Yaletown and has been practicing there for over 15 years with a focus on adrenal and thyroid imbalances. Schedule an appointment with him by emailing info@sageclinic.com.

NUTRITION NEWS TO USE

Why Farmed isn't always the F-word

By Choices Nutritionist Emily Boese, B. Nat Med.

Farmed fish has a bad rap. Sometimes that reputation is warranted – when aquaculture first emerged, it was riddled with environmental, animal-husbandry, and health problems. The good news is, many farmed fisheries have improved their practices exponentially. Here's why farmed isn't always a dirty word:

1 **Sustainability**

90% of large fish (think tuna, halibut, cod, flounder, and swordfish) are gone. Yup, gone. Habitat destruction due to damaging fishing practices means that some populations may never recover. Look for farmed fish when purchasing large fish. Certified organic farmed sturgeon is a great example, as this fish is critically endangered in the wild.

2 **Closed systems**

One of the reasons that farmed fish has a bad name is due to open-ocean farms. Some of these farms pumped antibiotics and other chemicals into the waters, and the fish are sometimes able to escape and spread disease or cross-breed with local wild species. New closed systems keep fish species separate. Many also have excellent cleanliness standards. Farmed fish that is Ocean Wise has no impact on the surrounding environment, limited effluent, and no chemical inputs. Healthy environments lead to healthier fish and much reduced antibiotic use.

3 **Health**

Eating fish is generally pretty good for us. However, mercury contamination in our polluted oceans is a real concern. Choosing inland, closed-system farmed fish is a way to keep your mercury levels down, while still getting the health benefits of protein and omega-3 rich fish.

Look into the farms that produce the fish you eat – this is a great practice for all your food! Using third-party recommendation programs like Ocean Wise can also help you to make better decisions when it comes to eating sustainable seafood.

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

Chosen Foods Avocado Oil:
Similar to extra virgin olive oil, avocado oil contains heart healthy monounsaturated fat and natural vitamin E. Plus, with its smooth, buttery flavour, and a smoke point of up to 500 degrees Fahrenheit, avocado oil is the perfect oil for high heat cooking. After the avocados are grown, they are sorted and cleaned. The seed and skin of the avocados are then separated from the pulp and expeller pressed to create a highly aromatic and flavourful avocado oil.

Karthein's Kraut:
Owned by an organic farmer in Quebec who produces sauerkraut through the natural process of fermentation that creates beneficial probiotic bacteria with no vinegar, preservatives, and no destructive heat processing. A staple in any diet to optimize gut bacteria, improve digestion, boost immunity and to increase nutrient absorption. Try on a sandwich, in soup or as a side dish.

Sunrise Soyganic Tofu:
A Vancouver-based company who pride themselves in making an organic, non-GMO tofu. Tofu is a great source of protein, calcium, iron and the antioxidant isoflavone. Replacing high fat animal foods and dairy products with soy foods can be heart healthy. Small decreases in LDL cholesterol are found by eating at least 20 grams of soy protein daily. Try smoked tofu in a sandwich, on a salad, in stir-fry or on a cracker for a quick easy snack.

Naturally Yours

Host Defense MyCommunity Comprehensive Immune Support:
Cold and flu viruses love this time of year as the dry weather allows them to float in the air and hit unsuspecting victims. Boost your immune system this cold and flu season with Host Defense's Comprehensive Immune Support, which contains a blend of 17 potent mushroom species providing a diverse range to help balance the immune system. Organic, vegetarian, non-GMO verified and gluten-free.

Choice Produce Picks

Garlic:

This year, look for some of these tasty varieties.

- **Chesnok Red** - a full flavoured purple stripe variety with a rich mellow taste, great for baking or roasting.
- **Yugoslavian** – one of the hottest of the porcelain variety. Great for storing with an earthy flavour this garlic is perfect for everyday use.
- **Tibetan** – of the softneck variety (like most garlic you see in grocery stores). This garlic is mild, but offers a unique flavour that can be quite addictive.

Apples:

Did you know that apples are one of the top three commonly consumed fruits in North America, along with bananas and oranges? Apples are powerhouses of flavonoids, cholesterol-lowering phytosterols, vitamin C, beta-carotene, lutein, and soluble fiber. They are the perfect ready to go snack when paired with a nut butter!

TASTY TOP CHOICES RECIPE

Garlicky Roasted Cauliflower

1 large head cauliflower, chopped into pieces
Juice of large lemon
1 tsp organic lemon zest
6 cloves garlic, minced
1/3 cup avocado oil
1 Tbsp. cumin
Salt and pepper to taste

Preheat oven to 425°F. In a large roasting pan, add cauliflower, lemon juice and zest, oil, cumin. Toss until cauliflower is evenly coated with garlic. Bake for 30 minutes, adding garlic and turning cauliflower after 15 minutes. Once everything is crispy and golden brown, remove from oven. Season to taste and serve with extra lemon slices, tzatiziki or hummus.

wellness centre **monthly specials**

Natural Factors Echanamide Anti-Cold

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Contains clinically proven and certified organic echinacea.

Natural Factors Echanamide Anti-Viral

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Harnesses the power of nature to help you fight viruses. This formula relieves cold symptoms.

Natural Factors Oil of Oregano

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

A potent herbal antimicrobial that effectively tackles bacterial, yeast, fungal, and parasitic infections.

Flora Supplements

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

The mission of Flora is to participate in the continuing evolution of the people on Earth toward universal harmony, peace and perfection by providing products and services for the purification and upliftment of the body and spirit, and by providing to each person who derives a livelihood with Flora, an opportunity for personal growth and advancement of these goals in life.

Hylands Homepathic Remedies

Assorted Varieties

Hyland's produces safe, natural homeopathic remedies for the entire family.

15% Off
Regular Retail Assorted Sizes

A.Vogel Supplements

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Swiss pioneered natural health since 1902 creating effective natural remedies and medicinal products made from freshly harvested plants.

Healthy food products and dietary supplements made from organic raw materials.

Avalon Organic Bath and Body Care Products

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Each gentle yet effective product is made from a carefully selected medley of potent essential oils.

Innovite Inno-Q-Nol

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Reduces the risk for cardiovascular disease while boosting energy levels and providing antioxidant protection.

Innovite Inno-Krill

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Protect the heart. Act as an anti-inflammatory. Alleviate premenstrual symptoms. Improve skin health.

Allimax

25.99
30caps

58.99
90caps

84.99
180caps

This cold season, reach for Allimax for potent anti-microbial, cold fighting and immune boosting needs.

Manitoba Harvest Hemp Hearts and Oils

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Hemp foods taste great, are easy to use, and nutritious too!

Sprinkle Manitoba Harvest Hemp Hearts over salad, cereal, or yogurt. Blend your favourite Hemp Pro protein powder into a smoothie. Drizzle hemp oil over salad or popcorn. Hemp foods offer protein and omegas.

New Roots Liver

25.99 45caps **39.99** 90caps **74.99** 180caps

Liver formula nutritionally supports the liver's ability to maintain normal liver function. The nutrients in Liver have shown positive effects in treating nearly every known form of liver disease due to their ability to inhibit the factors responsible for liver damage. These nutrients have tonic properties aiding the spleen, pancreas, and kidneys.

Prairie Naturals Fermented Turmeric

Assorted Varieties

29.99

Assorted Sizes

Canadian Company with Organic and Fermented products designed to help you Live the Healthy Life.

Works Wonders

Salve, Lip Balms and Gift Packs

20% Off
Regular Retail

Assorted Sizes

Handcrafted with: extra virgin olive oil, local beeswax, local and sustainably grown calendula & lavender flower extracts, essential oil of lavender, vitamin E. Blended for your whole body and whole family, for breathable protection against dryness and irritations.

Ergogenics Whey Protein

Assorted Flavours

41.99
Whey Protein • 910g

56.99
Whey Isolate Protein • 910g

This unique formulation contains a full range of biologically active proteins that play a major role in antioxidant production.

AOR Magnesium Complex

20% Off
Regular Retail

Assorted Sizes

Contains four bioavailable forms of magnesium, each with its own unique benefits.

AOR Advanced B Complex

20% Off
Regular Retail

Assorted Sizes

B vitamins in their most bioavailable forms, this formula contains balanced ratios and clinically supported doses.

Dr Bronner's All-In-One Toothpaste

Assorted Varieties

6.99 140g

Our low-foaming formula has no synthetic detergent foaming agents, is fluoride-free, vegan and cruelty-free.

wellness centre **monthly specials**

REGULAR Girl

Tame Tummy Troubles with REGULAR Girl

Regular Girl relieves constipation and/or diarrhea, treats IBS and aids weight loss with no gas or bloating. We need 35 grams of fiber daily but most of us only get 10 grams. Regular Girl contains prebiotic guar fiber, the perfect food source for the good bacteria in your gut, and clinically proven Bifidobacterium lactis probiotics, which help maintain healthy bacteria in the gastrointestinal tract.

Regular Girl is a true regulating fiber that is tasteless, colourless, non GMO, soy free and 100% gluten free with no grit or glop. For children ages one and up and adults.

ALL LORNA PRODUCTS 20% OFF

hormonehelp.com

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

Bio-K+ Probiotics

Assorted Varieties

15% Off
Regular Retail Assorted Sizes

Bio-K+ is a clinically proven, high potency, human strain probiotic that helps fight off unwanted bacterial strains to help balance the intestinal flora and fight inflammation. This unique combination of three bacterial strains is Health Canada approved to help fight the unpleasant side effects of antibiotic use. Made in Canada.

Natural Factors Vitamin K & D

Assorted Varieties

15% Off
Regular Retail
Assorted Sizes

Provides two major fat-soluble vitamins for bone and vascular health. Both vitamins act on calcium and guide the mineral towards where it is needed throughout the body.

Progressive Vitamins and Supplements

Assorted Varieties

20% Off
Regular Retail
Assorted Sizes

At Progressive we don't just develop dietary supplements; we take a holistic approach and address the nutritional requirements of your entire body. We focus on providing exactly what you need and when.

Ecoideas Chia Seeds, Maca and Moringa Powder

Assorted Varieties

15% Off
Regular Retail
Assorted Sizes

Maca improves mood, reduces anxiety and increases libido. It is rich in minerals, EFA's, amino acids and polysaccharides.

New Chapter Elderberry Force

32.49
30 caps

Elderberry is used in herbal medicine to help relieve symptoms of colds and flus such as coughs, sore throat and fever.

New Chapter Life Shield Immune Support Mushrooms

Assorted Varieties

35.99
72 caps

For your health, New Chapter® LifeShield Mushrooms deliver tonic mushrooms' whole, combined life cycles—mycelium, extra-cellular compounds, fruiting bodies and spores.

Quantum Super Lysine Supplements, Throat Sprays and Lozenges

Assorted Varieties

The immune-boosting power of lysine helps promote immune system health.

20% Off
Regular Retail Assorted Sizes

the Dish on Tuna

Tuna is a family of many species of big fish that come in a small can. Related to mackerel, the tuna you commonly see on store shelves generally are bluefin, yellowfin, bigeye, albacore or skipjack species. Over four million tonnes of tuna are fished every year, more than half coming from the Indian Ocean. When purchasing your tuna, the conscientious shopper should inform themselves on what species they are buying. Some are closer to endangerment than others. For a safe bet, look for albacore tuna caught by trolling or pole line in American or Canadian waters. When in doubt, look for Ocean Wise certified brands!

It's also worth looking at the method of preservation used in the canning of the tuna. In water or oil are the two most common, but also look to see if the tuna has been salted or not. The convenience factor of tuna is hard to beat. Just open, drain, dress and eat.

How to dress it, you ask? The simplest way is sometimes the best. Lemon juice, extra virgin olive oil and a little salt and pepper go a long way. Spread that on a slice of fresh bread or a flakey bun and voila, you've got a great lunch. Of course, a lot of us like to get a little fancier with our tuna salad recipe. Mix in some mayo or guacamole for some creaminess, then for some extra flavour you could add celery, green onions, capers, diced pickles or sliced olives for some sandwich variation. The bounty doesn't stop there though.

Being Italian, I have to recommend the many different amazing pasta sauces, hot or cold, tomato based or otherwise, that are made with tuna. They are some of my favourite Italian meals. I also like to include flaked tuna in my grain salads, a great stuffing for a tomato, cucumber or pepper.

Another quick and delicious meal is tuna and bean salad. Drain a can of beans, a can of tuna, mix together with some seasoning, and you're ready to eat. Another dinner option you may not have considered is tuna meatballs or croquettes. Why not make an entire tuna meatloaf?

Tuna is also a great base for dips. For dipping vegetables, add curry powder, lime and cilantro to tuna for a colourful and flavourful topping. For a dip that's a little stronger in taste, add paprika, diced peppers and chopped anchovies to your tuna. For something truly decadent, throw a can of tuna with cream cheese or ricotta into your food processor to create a delicate tuna mousse, perfect for serving on a canapé, cracker, naan point or focaccia cube. You could even pipe that mixture and bake it into a jalapeno or hardboiled egg. The idea of a tuna omelette or taco has me salivating at the possibilities.

When I think of tuna in a can, I can think of countless can-do recipes. Can you?

Chef Antonio loves his seafood, especially when it's sustainably caught. While you can't beat the convenience of canned tuna, when you're shopping at Choices you can be sure you're always getting a sustainable choice. Our fresh seafood department is 100% Ocean Wise certified to help you always make the best seafood decision!

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Results based on the Rolland Environmental Calculator

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