



CHOICES'

Monthly Newsletter | December 2017

Seasons Greetings from Choices!

Turkey Transparency

Drinks for your **Designated Driver**

The Dish on Ham

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



the grape vine



Donate to Star of the Season

Each holiday season, Choices' holiday charity campaign kicks into high gear. From November 15th to December 24th, the cashiers at each Choices Markets location will be selling stars to raise funds for eleven local neighbourhood houses. These neighbourhood houses are dedicated to helping those less fortunate in our communities, and this is just our way of helping to give back. Last year, with your help, we were able to raise over \$38,500. We can't wait to do even better this holiday season. To learn more, visit www.choicesmarkets.com.



Happy Holidays

On behalf of the staff, management and ownership of Choices Markets, we'd like to wish all of our customers and community members a happy holidays. No matter what festivities you celebrate at this most wonderful time of year, we hope that it is filled with the people you love and the joy of a fantastic meal.



Community Engagement



It has always been part of Choices Markets philosophy to be a part of each community we are found in. That's why we always try to do our best when it comes to supporting our community just as they support us. Choices donates over \$150,000 a year to a variety of programs such as local schools, environmental organizations, youth sports teams, neighbourhood house family services and fundraising events across BC. When you visit your local Choices Markets, you'll feel a real sense of community pride in everything we do.

Would you like Choices to consider supporting your community charity or organization? Contact us through our website at choicesmarkets.com/contact-us.

stocking stuffers



Andalou Naturals Gift Packs Assorted Varieties



19⁹⁹
Assorted Sizes

Resveratrol and CoQ10, super antioxidants, for a softer, smoother appearance and youthful skin.



Pacifica Beauty Kits Select Varieties



Pacifica has become known as the most innovative, creative natural beauty brand on the market.

20% Off
Regular Retail Assorted Sizes

Decode Gift Pack Personal Care For Men Kit Assorted Varieties



26⁹⁹
Assorted Sizes

Natural Grooming Essentials Kits for Men by Decode includes 3 in 1, deodorant + bar soap.



Divine Essence Organic Essential Oils Assorted Varieties

Effective, organic, 100% natural remedies and beauty care.

20% Off
Regular Retail Assorted Sizes

Senzacare Eco-Friendly Toothbrushes Assorted Varieties



20% Off
Regular Retail
Assorted Sizes

Great stocking stuffers! Eco-friendly SenzaBamboo toothbrushes or Stylish Sonic Toothbrushes.



One With Nature Bar Soaps Assorted Varieties



2/7⁹⁸ 200G

100% natural bar soap with therapeutic Dead Sea minerals.



ENTER TO WIN

**Win a 55" Sharp
Aquos 4K TV**

Courtesy of Nuts to You



One lucky Choices customer will win a gorgeous 55 inch Sharp Aquos 4k Smart TV! This high definition TV will be sure to delight and amaze with its crisp picture and helpful features.

Nuts to You is a Canadian nut roasting and nut butter company. They make quality nut butters with simple ingredients and time honoured techniques.

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

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from December 1 to 31, 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. Customer responsible for picking up TV from the Choices location of their selection. Customer must pick up prize within 14 days of prize acceptance or prize will be redrawn.



DIY Christmas RECIPES

Looking to make some presents with a personal touch?
Here's how to make some great gifts with a simple ingredients.



Earl Grey Room Spray

1 Tbsp vanilla extract (alcohol-based)

15 drops bergamot essential oil

10 drops lavender essential oil

Water (tap is just fine)

Combine first three ingredients in a 125mL spray bottle, top off with water. Shake, spray and enjoy.

Peppermint Lip Balm

1 Tbsp beeswax

2 Tbsp coconut or avocado oil

8-10 drops peppermint essential oil

Optional: Add a hint of tint with a few shavings from your favourite natural lipstick shade

Melt oil and beeswax in a double boiler, add essential oil and lipstick shavings (if using). Stir to combine and add to lip balm pot or tube – purchase new or even better, recycle your old cosmetic containers. Let set for two hours before use.



Coffee Body Scrub

1/2 cup used coffee grounds

1/2 cup sugar

1/4 cup coconut oil

6 drops cinnamon essential oil

Air dry coffee grounds or use your oven on the lowest setting to dry them more quickly. Combine all ingredients in a small bowl and then divide into small mason jars or recycled jars.

COOK IT UP



Drinks for the Designated Driver

Just because you're driving doesn't mean you should miss out on a fancy drink. Show the DD how much you care at your next holiday party by creating one of these delicious holiday inspired mocktails!

Cranberry Sour

- 1/2 Tbsp honey or simple syrup**
- 1 tsp lemon juice**
- 1oz cranberry juice**
- 2oz club soda**
- 4oz ginger beer**

Start by mixing your sweetener of choice with the lemon juice and cranberry juice. Shake together in cocktail mixer until sweetener is dissolved. Pour ginger beer and club soda over ice. Pour cranberry mixture on top. Stir. Garnish with a twist of lemon and frozen cranberries.

Ginger Rosemary Fauxloma

- 1 Tbsp rosemary simple syrup**
- 1/2 oz lime juice**
- 2-3 pieces of fresh chopped ginger**
- 2 oz grapefruit juice**
- 2 oz club soda**
- 1 oz ginger beer**

Muddle chopped ginger in the bottom of a cocktail mixer with lime juice and rosemary simple syrup (simmer equal parts water and sugar with three sprigs of rosemary for 30 minutes). Add grapefruit juice and shake. Pour over ice, top with club soda and ginger beer. Garnish with a twist of lime zest and a sprig of rosemary.

Vegnog

- 1 cup cashews, soaked in hot water 1 hour**
- 1 160 mL can coconut cream**
- 2-4 Tbsp maple syrup**
- Few pinches ground turmeric**
- 1/2 tsp ground cinnamon**
- 1/2 tsp nutmeg, freshly grated**
- 3/4 cup water**

Drain cashews and combine in a high-speed blender along with the rest of the ingredients. Blend until smooth. Don't have a high speed blender? Filter your nog through 4 layers of cheese cloth before serving for a smoother consistency. Keeps in the fridge for 2-3 days.



preferred shopper **club specials**



Bremner's 100% Fruit Juice

Assorted Varieties

7⁹⁹ to 13⁹⁹

+eco fee +deposit
946ml • Product of Canada

Pure juices, perfect for seasonal cocktails and recipes.



Kettle Family Sized Potato Chips

Assorted Varieties

4⁹⁹

397g • Product of USA

The crunch you love in a bag sized for holiday entertaining.



Silk Non-Dairy Beverages

Assorted Varieties

2⁴⁹

473ml Creamers

4⁷⁹

1.89L • Product of USA

Enjoy the creamy goodness of Silk with cereal, coffee or in your favourite recipes.

Bragg Organic Apple Cider Vinegar Beverages

Assorted Varieties

NEW!



3⁴⁹

+deposit +eco fee
473ml
Product of USA

Get the health benefits of apple cider vinegar in a tasty and refreshing drink.

Nuts To You Organic Peanut Butter



Smooth or Crunchy

6⁹⁹

500g
Product of Canada

A family-owned business dedicated to creating delicious nut butters.

Mighty Leaf Artisan Tea

Assorted Varieties



6⁹⁹

15 Tea Bags

Award winning teas sourced from all over the world.

Silver Hills Bread

Select Varieties



4⁴⁹

330g - 675g • Product of Canada

Canada's original wholesome sprouted grain, non-GMO bread.

Elias Honey

Assorted Varieties



11⁹⁹

Clover & Creamed

18⁹⁹

Flavoured Honey
1KG • Product of Canada

Western Canada's premium honey brand, since 1972.

Pacific Organic Broth

Assorted Varieties



4⁹⁹

946ml/1L • Product of USA

Made the old-fashioned way with time and real ingredients.

Eco-Max Dish Liquid

Assorted Varieties



4⁹⁹

740ml • Product of Canada

Effective cleaners made purely from plant-based ingredients.

Wholesome Organic Sweeteners



Assorted Varieties

5⁹⁹ to 19⁹⁹

Assorted Sizes
Product of USA

The perfect sweeteners for your holiday baking.

Simply Organic Extracts

Assorted Varieties



5⁵⁹ to 17⁶⁹

Assorted Sizes • Product of USA

Pure and potent flavour extracts, great for drinks or cooking.

Nature's Path Organic Love Crunch Granola

Select Varieties



4⁹⁹

325g • Product of USA

Decadent granolas made with amazing ingredients like dark chocolate and coconut.

Liberte Organic Yogurt or Kefir

Select Varieties



3⁹⁹ to 4⁹⁹

Assorted Sizes
Product of Canada

Liberte yogurt is a fantastic culinary experience. Enjoy silky smooth yogurts made from fresh milk, fine fruits and premium spices.

Liberte Greek Yogurt Multipacks

Select Varieties



3⁴⁹ to 3⁷⁹

2pack/ 4 pack • Product of Canada

Stahlbush Sustainable Frozen Vegetables

Assorted Varieties



2⁹⁹

284g - 400g
Product of USA

Picked at the peak of freshness and frozen for your convenience.



Coconut Bliss Organic Frozen Dessert

Assorted Varieties

7⁹⁹

473ml • Product of USA

Starting from joy and passion, Coconut Bliss desserts are pure and simple, free of dairy, gluten and soy.

Lundberg Organic Rice

Select Varieties



7⁷⁹ to 9⁹⁹

907g • Product of USA

Delicious and healthy rice grown close to home.



Spread' Em Cashew Dips & Spreads

5⁹⁹ to 7⁹⁹

183g • Product of BC

A local company that started from humble-beginnings, Spread 'Em dips are freshly made from locally sourced ingredients. These vegan dips and spreads are simple and delicious.

Nutiva Organic Virgin Coconut Oil



11⁹⁹

444ml

22⁹⁹

860ml

34⁹⁹

1.6L

Product of USA

A great oil for sauteing and stir fry.



Earth's Choice Organic Extra Virgin Olive Oil

12⁹⁹ 19⁹⁹

500ml

1L

Each year, November to January, is the olive harvest season—a special time when farmers and workers enjoy the fruits of their labor. Time, temperature, and humidity affect the final product, so within two hours of picking the fruit, the olives are sorted and extra virgin olive oil is extracted, without solvents.

TURKEY TRANSPARENCY

Introducing the Choices Bird

As Choices nutrition consultants, we often find ourselves in the perfect environment to learn exactly where our food comes from and to meet all the people involved in the process. In order to be conscious consumers of food, it is our responsibility to know this information, but starting down this inquisitive path can be overwhelming, especially as you ponder the purchase of a brightly packaged bird at your local meat counter. We recently pulled on our rubber boots and trekked out to the farm so you don't have to.



Rosstown Farms and Natural Foods is tucked away in British Columbia's fertile Fraser Valley. They are fourth generation poultry farmers who take pride in being involved in every step of the farming process giving them more control of the health and quality of their animals.

Young turkeys are sent off to their oasis of a farm in Keremeos, in the heart of the Similkameen Valley, just three and a half hours from Vancouver. The turkeys are free range, where they are allowed to roam freely indoors and out. The farm not only has turkey-sized playgrounds for the turkeys to enjoy their time on, but it also features barns with windows, so these birds get to experience natural light even in the colder months.

When it is time for the turkeys to be harvested, they are transported to a processing plant in a heated truck. Just like the rest of the turkeys' life, the harvesting process follows Certified Humane Standards. Waste is minimal at the processing plant as leftovers turn into a paté-like paste for use in dog food.

When buying your holiday bird this year take comfort in the fact that you are enjoying a turkey that lived a stress-free life, fed non-GMO grain, never any animal by-products and was raised without antibiotics. Nutritionally speaking, turkey is a great source of protein and a good source of immune strengthening zinc and energizing iron.

As you sit down to feast with family and friends this holiday season, don't forget to take a moment to be grateful for this animal and the food on your plate and remember how important it is to support farms that are doing everything right.



As the leaders of the Choices Nutrition team, Jess and Elizabeth are passionate about bringing knowledge about where Choices products come from directly to you! Have questions about Choices turkey or anything else we carry? Contact them at nutrition@choicesmarkets.com

Surgery and Scar Tissue

By Dr. J.S. Sandhu, DC, Solaj Laser and Wellness Clinic

Q

Why am I still in pain after an injury or surgery?

A

Internal scar tissue is a common, yet often undiagnosed or misunderstood condition causing significant pain and mobility limitations. Internal scar tissue is a condition impacting many individuals with significant pain and resulting mobility limitations. It is often not recognized by healthcare professionals. Diagnosis is hampered by the fact that the internal scar tissue does not typically show up as different from surrounding normal tissues in X-rays, MRI and CT scans. However, it can be seen during surgery and if it is close enough to the surface, it can be felt to the touch by practitioners specifically trained in internal scar tissue detection.

Internal scar tissue is the body's emergency cellular structure that builds in response to an injury or surgery. This tissue is made from a minimalist, tough, inflexible and fibrous kind of material. Compared to regular tissue, scar tissue is not as flexible and does not contribute to strength and mobility. To use a simple analogy, scar tissue is a bit like our body's natural duct tape. It's a quick emergency fix, not a good permanent

repair. In the short term, scar tissue is helpful, since it creates a quick reconnection between cut or torn tissues. However, after short term benefits, scar tissue ends up becoming a significant long term problem, getting in the way of a full return to normal flexibility and strength after an injury (or surgery). Due to its stiff, inflexible nature, internal scar tissue even increases the likelihood of future injury. Fortunately, scar tissue cells can make room again for healthy cells. This often occurs very slowly or hardly at all, but with a little help, our body can break up and get rid of much internal scar tissue.

Dr. J.S. Sandhu has over 18 years of experience as a chiropractic doctor and focuses on triggering the body's natural ability to heal itself. He uses this innovative technology to treat a variety of acute and chronic at Solaj Laser & Wellness Clinic, located next to Choices in South Surrey. For more information or to book an appointment visit: www.solaj.ca

Appetizers to Please Any Party Guest

By Choices Nutritionist Marissa Vandervelden, BScK, MScN

When the holidays are near, snacks and sweets are all around. It's a good time to shop smarter and be creative. Small swaps and new recipes can make all the difference this season to keep you eating well and keeping your guests happy. Your guests will thank you for offering some relief from the usual unhealthy party-fare.

Many people have food allergies, sensitivities or intolerances to certain foods that are highly processed, deep fried or contain additives/preservatives. Thinking about dietary restrictions when planning your party menu will show your guests some extra love. Be supportive of family and friend's healthy choices and provide a variety at holiday parties.

Here are my top tips for hosting a healthy holiday gathering on any budget:

1

Try homemade recipes for a variety of appetizers anyone can enjoy like simple guacamole, hummus, a spin on bean salad with corn, tomatoes and avocado, or try cauliflower wings to appease your veg friends. Plus, put your own spin on recipes by experimenting with herbs and spices.

2

Short on time? Keep an eye out for these healthier options that will help you bring your party's menu together in a breeze. From our deli, Kan's mini lentil falafel and spinach and kale pakoras, a veggie platter served with Spread Em's cashew dips or Hanes Hummus, or craft a tasty cheese board with oat-based Raincoast crisps with pepper jelly or antipasto, pair with delicious local cheese like Natural Pastures and you're set. Add in a dairy-free "cheese" like Pulse Kitchen to please vegan guests.

3

Appease any guest's sweet tooth, even those with gluten intolerances, look for gluten-free items from the Choices Bakery, or other local bakeries like Wendel's or the Saman Bakery. Or even try a simple chocolate bark, by combining melted dark chocolate, nuts and/or dried fruit.

Expecting someone at holiday event who you're not sure how to cater to? Connect with Marissa at abbotsfordnutrition@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.

Meat



Choices Own Bison:

Buffalo meat from a small family farm in Black Creek on Vancouver Island where the animals are 100% grass fed, without the use of antibiotics or added growth hormones and enjoy free ranging on pastures. The farmers focus on maintaining a low stress environment and believe that raising happy animals equals healthy quality meat. Bison is a lean red meat (only 2.4g of fat per serving compared to 8g of fat in beef) and is a great source of iron with 3.4mg per serving.

Produce Picks



BC Yellow Onions:

Onions are not often thought of as a nutritious vegetable in their own right, but they should be. Rich in organosulfur compounds to help fight cancer, anti-inflammatory quercetin to help keep inflammation down and a good source of prebiotics! A pantry staple, add them to soups, curries and legume dishes to create delicious depth of flavour. Save your scraps and add them to your stock pot.



BC Brussel Sprouts:

These tasty 'baby cabbages' are jam packed with anti-inflammatory nutrition, bone-boosting vitamin K along with plenty of vitamin C, folate, and iron. Brussel sprouts even contain meaningful amounts of omega 3 fatty acids. If you have bad memories of stinky, overcooked Brussel sprouts - try them raw in a slaw or oven-roasted.

Grocery Gossip



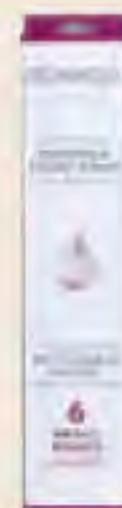
Tree Island Greek Yogurt:

Based on Vancouver Island, this yogurt is made from grass-fed milk. Grass fed dairy has a more balanced omega-3 to omega-6 fatty acid profile compared to grain-fed dairies. Top with hemp seeds and berries for breakfast.



Chasers Kombucha:

The fabulous Chasers Juice in Vancouver is now making an organic kombucha! Using organic tea, raw vegan cane sugar, and fresh fruits and herbs their unique kombucha flavours are something to get excited about. Blueberry mint or lycee make great mocktails for your next holiday gathering.



Abeego:

From Victoria, BC, this reusable beeswax wrap protects food from air and moisture while also letting it breathe – preserving the food and keeping it alive and fresh!

The perfect gift for any hostess this holiday season!



TASTY TOP CHOICES RECIPE

Chai Yogurt Cheesecake with Gingersnap Crust – From Tree Island

- 2 cups gingersnap cookies, broken up
- 1/4 cup butter, melted
- 8 medjool dates, pitted
- 2 cups Tree Island Chai Latte Greek yogurt
- 2 eggs
- 2 tsp vanilla
- 1 Tbsp lemon juice
- 1 Tbsp corn starch
- Pinch of salt

Preheat oven to 350 degrees. In a blender, break up gingersnap cookies until crumbs and add melted butter. Pat mixture into the bottom of pan and bake for 10 minutes. Let cool while you prepare the filling.

Put dates and 1/2 cup Chai yogurt in blender and pulse to break up dates. Proceed to process until smooth. Add remaining yogurt and process until dates are blended completely into the yogurt. Add eggs, vanilla, lemon juice, cornstarch and salt – blending well after each addition. Gently pour on top of prepared crust in pan. Bake for 30-35 minutes until set.

wellness centre **monthly specials**

Natural Factors Cognitive Support Supplements

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Lecithin is a good source of choline, which helps maintain liver health and is critical to the proper function of cells and the nervous system.

Natural Factors Sleep Supplements

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Stress-Relax Tranquil Sleep helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed.

Natural Factors Vitamin C

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Recommended for the maintenance of healthy bones, cartilage, teeth, and gums.

BioSil for Hair, Skin and Nails

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

Collagen is essential for beautiful skin, hair and nails as well as healthy bones and joints.

Natural Factors - Big Friends Supplements

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Big Friends Chewable Multi-Vitamin is a comprehensive and delicious chewable multivitamin and mineral formula – sweetened by xylitol, a healthy sugar-free alternative for children that does not harm their teeth.

Herbatint Hair Colour



15.99

1 Kit

Permanent herbal haircolour gel without ammonia and without parabens.

Flora Probiotics

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

- Increases healthy gut bacteria and supports a healthy digestive system
- Supports good health year-round and improves nutrient absorption
- Promotes regular bowel movements
- Maintains a healthy yeast balance
- Improves oral health and prevents bad breath.

Aura Cacia Organic Essential Oils and Diffusers

Assorted Varieties



Aura Cacia offers unique and pointed aromatherapy benefits.

20% Off
Regular Retail

Assorted Sizes

Spoonk Acupressure Mats

Assorted Colours



54.99

Full Size

27.99

Travel Size

Spoonk products are produced with the highest environmental criteria in mind and they are made with all natural materials.

Works Wonder Gift Sets

Assorted Varieties



7.99

each

Fresh & local farm to jar skin care for restoring the whole body!

AOR Ortho Sleep



34⁹⁹

60 capsules

The most comprehensive, natural sleep formula available. Helps one fall asleep, stay asleep, and wake up feeling refreshed.

AOR Ortho Adapt Vegan



29⁹⁹

AOR Ortho Adapt Vegan
90 capsules

39⁹⁹

AOR Ortho Adapt
120 capsules

Mobilizes internal energy stores. Reduces the impact of stressful conditions. Activates whole-body defenses. Prevents the body from overreacting to a stressor.

AOR Advanced B Complex



37⁹⁹

90 capsules

52⁹⁹

180 capsules

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

Sundhed Himalayan Bath Salts

Assorted Varieties



7⁹⁹

850g

Bathing with Himalayan bath salts cleanses and rejuvenates the skin.

Sundhed Himalayan Salt Lamps

Assorted Varieties



5⁹⁹

1 Hole Tea Light

22⁹⁹

Small Lamp

28⁹⁹

Medium Lamp

36⁹⁹

Large Lamp

Look
instore for
more sizes
& shapes

St. Francis Herb Farms Liquid Tinctures

Assorted Varieties



**15% Off
Regular Retail**

Assorted Sizes

An adaptogen to help maintain a healthy immune system and to help increase resistance to stress.

NutraSea Omega-3

Assorted Varieties



22⁹⁹

200ml

46⁹⁹

500ml

Just one teaspoon a day delivers 1250mg of EPA+DHA. NutraSea is beneficial for the maintenance of good health, and in support of cardiovascular health and brain function. It is also beneficial in the development of brain, eyes, and nerves in children and adolescents.

Dr. Bronner's Fair Trade Castile Bar Soaps

Assorted Varieties



4⁴⁹

140g Bar

Only the purest organic & Fair Trade ingredients. No synthetic preservatives, no detergents or foaming agents —None!

Xyla Candies and Mints

Assorted Varieties



Xyla candies and mints are made with Xylitol which is known to be diabetic safe.

2/7⁰⁰

Kelowna Candle Factory Candles



Established in 1996, The Kelowna Candle Factory has been handcrafting 100% pure long lasting and clean burning beeswax candles.

**20% Off
Regular Retail**

Assorted Sizes

Weleda Body Care and Face Care Products

Assorted Varieties



Our Age Revitalizing Concentrate is formulated to meet skin's increasing need for reinforcement and reinvigoration.

**20% Off
Regular Retail**

Assorted Sizes

wellness centre **monthly specials**



Dear Lorna, I am suffering with anxiety and mood swings. Can you help?

Anxiety, depression, mood swings and just feeling sad are associated with low levels of serotonin. Serotonin is our happy hormone which helps us to feel calm, relaxed and happy. Raising serotonin levels naturally is easy by taking SMILE. SMILE is a 99% pure 5-HTP supplement that safely and quickly raises serotonin levels thereby helping to eliminate low moods. If poor sleep is a concern SMILE is a safe solution. SMILE has also been shown to reduce sugar cravings. The 5-HTP in SMILE is vegetarian enteric-coated ensuring maximum absorption and effectiveness.

27.99 60 caps **43.99** 120 caps



LORNA'S CORNER

Canada's leading women's natural health expert

hormonehelp.com



New Roots Plant Enzymes

Assorted Varieties

22.99 60c aps **39.99** 120 caps

Extract more nutrition and energy from every meal, while avoiding the unpleasant symptoms of poor digestion such as fatigue, bloating, and flatulence.

New Roots Chill Pills



19.99 30 caps

34.99 60 caps Assorted Sizes

Natural treatment for day-to-day stress and chronic anxiety.

Prairie Naturals Hair-Force

Assorted Varieties



27.99 90 caps **52.99** 200 caps

Prairie Naturals Hair-Force synergistically combines 22 natural nutrients recognized for their role in restoring, healing and nourishing hair.



Prairie Naturals Hair Care

Assorted Varieties

11.99 Assorted Sizes

Formulated with natural ingredients to give you beautiful, healthy-looking hair without the questionable additives.

Vega Proteins and Greens

Assorted Varieties



16.99 252g/264g **31.99** 586g/618g

20g complete protein and two servings of greens—for only 110 calories. Made from real, whole food ingredients.

Prairie Dr Echinacea Tinctures

Assorted Varieties



15% Off Regular Retail

Assorted Sizes

Traditionally used to fight off colds, flu and infections, especially of the upper respiratory tract.

Purica X-Strength Recover

Assorted Varieties



31.99 180 caps **58.99** 360 caps

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

Botanica Organic Greens Supplements

Assorted Varieties



32.99 240-270g

Made with superfoods in a range of super-delicious flavours, Greens provide more of the nutrition you and your entire family need.

the Dish

On Ham

Nothing smells quite so nice as a Christmas ham. The smoky smell of roasting ham coming from the oven is just one of the many nostalgic scents that make so many people love the holidays. With that said, there are many variations on hams that will help you feed your family and friends over the festive season.



Most hams nowadays are partially processed through a curing and smoking period. They are sourced from different parts of the hog, but true ham is the middle of the hind leg, from top of the shank to the hip. This cut is quite large and generally isn't suited for most tables, that's why you won't often find these in your meat section.

You can also find smaller 1.5-2lb hams commonly this time of year. A likely cut is a cottage ham or cottage roll. These often come as brined or fully cooked, ready to simply be reheated before eating. Before you venture into the ham world, make sure you know what you're purchasing and what best to do with it.

My personal favourite ham experience is finding enough friends and family to polish off a whole ham leg. Find a recipe that includes brown sugar, spices and some sort of fruit. Cranberries are a classic this time of year, but any fruit with a decent acidity will do. Popular choices are pineapple, apple, dried apricots or blueberry. The slow cooking flavour of the smoke blended with the sweetness of the

brine and the fruit flavours you love will infuse this majestic centre piece of a dish. You'll be filling your plate over and over.

If you can't manage to finish it all, ham leftovers are a favourite that can really go a long way. Obviously, straight forward leftover ham sandwiches are a classic, but why not try putting a ham steak on your grill to heat it up before you put it between bread? Another great idea is to freeze some ham to use for hearty soups later on this winter. Split pea, lentil, chick pea or even a kale and ham soup are delicious, and made even tastier with some infused ham flavour.



Of course, ham is also a king of breakfast. Make a breakfast frittata or eggs benedict with your ham leftovers and you won't be disappointed. Ham pâté or ham spreads are also a great addition to your New Year's Eve appetizer table.

However you choose to serve your ham, just don't get intimidated! It can be a large undertaking, but it's worth the memories. Have a delicious holiday season!



Chef Antonio can't wait to take a few days off from the Choices Kitchen... to cook for his family in his own kitchen! A chef's work is never done, but it's always worth it to see those full bellies and happy smiles of friends and loved ones. He wishes all our customers a Merry Christmas and Happy New Year!



/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

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

801 Marine Dr, North Vancouver
604.770.2868

Eco Audit

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

Tree(s): 27

Waste: 1,199 kg

Water: 97,773 L

Greenhouse Gas Emissions: 3,932 kg CO₂

Smog: 5 kg NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator

Choices' Star of the Season Program

November 15th – December 24th

Your donation of only \$2 supports the growth of healthy communities. Now in its 14th year, Choices' Star of the Season Program enriches the lives of families all across Metro Vancouver, the Fraser Valley and the Okanagan. Kindly donated by Calabar Printers, Choices' Holiday Stars may be purchased between November 15th and December 24th for a donation of \$2.00.

For more details on each neighbourhood house, please visit our website, www.choicesmarkets.com.

All proceeds are donated to eleven different organizations:

- Little Mountain Neighbourhood House
- West Side Family Place
- Gordon Neighbourhood House
- Marpole Oakridge Family Place
- Fraser Side Community Services
- Semiahmoo Family Place
- Burnaby Neighbourhood House
- Downtown Eastside Neighbourhood House
- Abbotsford Community Services
- The Bridge Youth & Family Services
- North Shore Neighbourhood House

I donated to
STAR of the SEASON

