



CHOICES'

Monthly Newsletter | March 2018

healthy kitchen swaps

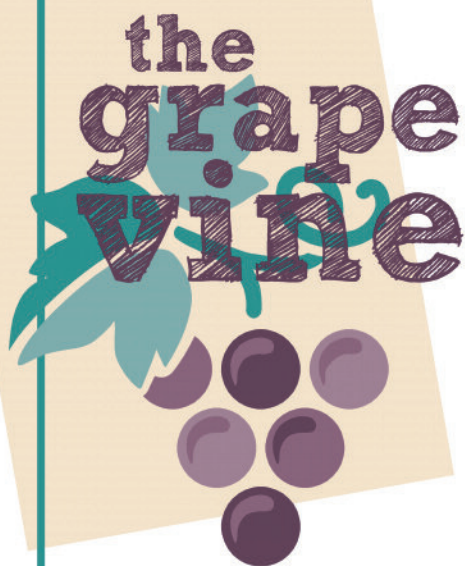
Whole Body Detox

The Dish on Venison

Win a Year of Clean

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





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.

Healthy Kitchen Swaps



Looking to make some healthy changes in the kitchen, but not sure where to start? Sometimes, all it takes is a simple swap of one or two common ingredients for a healthier option to see some changes in your health. Read on for great tips on how to apply this method in the kitchen. Sometimes a simple ingredient swap can make all the difference!

Project CHEF



This summer break, Choices Kitsilano will once again be host to Project C.H.E.F.'s summer 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. See the back page for more information!

COOK IT UP



Healthy Kitchen Swaps: Black Bean Brownies

By the Choices Nutrition Team

– Makes 8 to 10 Brownies –

These vegan, gluten-free brownies swap common ingredients for healthier items that you won't even miss! Black beans and raw cacao powder (the unheated and unprocessed counterpart of common cocoa) make these treats a great source of iron and magnesium. Plus, with tons of fibre from the beans and chia seeds, this brownie recipe is more than just a sweet treat!

1 can black beans, rinsed well

3 chia eggs

(3 Tbsp chia seeds, 1/2 cup water)

1/3 cup raw cacao powder

1/3 cup avocado oil

1/2 cup organic cane sugar

1 tsp baking soda

1/2 tsp sea or rock salt

1/2 tsp vanilla powder

1/2 cup vegan chocolate chips – optional

Make your chia eggs – combine chia seeds and water and let sit for 10 minutes.

Add beans and chia eggs to a high speed blender and blend until smooth. In a bowl, combine bean mixture with remaining ingredients and stir to combine. Mix in chocolate chips if using.

Bake in a greased 9x13 brownie pan at 350°F for 45 minutes or until a fork comes out clean.



ENTER TO WIN

Spring Clean All Year Long with a Year's Supply of Cleaning Products

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 laundry detergent. 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 March 1 to 31, 2018. 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 2018.



ECHOCLEAN
plant-based • à base de plantes

Upcoming Events

MARK YOUR CALENDAR

Complimentary Skin Analysis

with Viva Organic Skincare

Saturday, March 3 | 10am – 5pm
Choices Cambie | 604-875-0099

Sunday, March 4 | 11am – 4pm
Choices Yaletown | 604-633-2392

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

Sunday, March 11 | 11am – 4pm
Choices Kerrisdale | 604-263-4600

Saturday, March 17 | 10am – 5pm
Choices North Vancouver | 604-770-2868

Sunday, March 18 | 11am – 4pm
Choices Burnaby Crest | 604-522-0936

Saturday, March 24 | 10am – 5pm
Choices Abbotsford | 604-744-3567

Sunday, March 25 | 11am – 4pm
Choices Commercial Drive | 604-678-9665

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



Tuesday, March 13
7:00 – 8:00 pm

Homeopathy 101

with Mona Niebergall, Registered Homeopath

Choices Kelowna

Homeopathy is a gentle, natural medicine that you can use with your whole family. Come and learn what it can do for your physical, mental, and emotional health.

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



Thursday, March 15
6:30 – 8:00 pm

You Can Brew Kombucha

with the Choices Nutrition Team

Choices Burnaby Marine

Join our team of dietitians and nutritionists and learn to make this deliciously fizzy beverage at home. Whether a 'bucha novice or a seasoned brewer this class is for you – learn everything from brewing basics up to advanced flavouring techniques.

Free event. 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.

Saturday, March 10
1:00 – 2:00 pm

Learn to Make Healing Bone Broths

with Holistic Nutritionist Sidney Shindle, CNP

Choices South Surrey

Learn the basics of making homemade bone broth and get familiar with the healing herbs you should be adding for fall. Sample a bone broth elixir and make your own bouquet of herbs to take home.

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



Thursday, March 15
7:00 – 8:00 pm

Your Happy Hormones

with Dr. Rena Saini, ND

Choices Kelowna

There are 4 key hormones (serotonin, dopamine, oxytocin and endorphins) that can affect your mood and increase your happiness. Learn how you can boost your happiness by balancing your body chemistry.

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



Seminars and cooking classes at our Kitsilano store will be on a bit of hiatus this winter as we undergo some much needed renovations. Check back in the Spring when our programming will be back in full swing.

Heal Your Gut for Good

with Nutritionist Irene Pauline, CNP, VITALITY

Thursday, March 15 | 6:30 – 8:00 pm
Choices South Surrey

Tuesday, April 3 | 6:30 - 8:00 pm
Choices Kelowna

Do you want to finally enjoy your meals without the bloating and gas, loose that extra weight and have a solid deep sleep every night?

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

Complimentary Naturopathic Consults

with Dr. Hailey Kanester, ND, Helix Integrative Health

**Saturday, March 10 &
Saturday, March 24**
12:00-3:00 pm
Choices Kelowna | 250-862-4864

with Dr. Sarah Wulkan, ND, North Shore Wellness Centre

Monday, March 12 | 3:00-5:00 pm
Choices North Vancouver | 604-770-2868

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

preferred shopper club specials



Clif Bars
Assorted Varieties

29
68g
14⁹⁹
12 pack

The ultimate bar when you need energy for an adventure.

Clif Builder Bars
Assorted Varieties



79
each
19⁹⁹
12 pack

Nature's Path
Organic Granola Bars or
Envirokidz Crispy Rice Bars



Select Varieties

429
168g - 210g

Wholesome organic goodness, ready for snacking.

Sensible Portions Veggie Chips, Straws and Pita Bites

Assorted Varieties



349
141g - 142g

These light and crunchy snacks are a better choice, yet plenty satisfying.

Snyder's of Hanover Gluten Free Pretzels



Assorted Varieties

499
220g

A deliciously crunchy alternative to wheat-based pretzels.

Ten Acre Popcorn or Crisps
Assorted Varieties



229
28g Popcorn

379
80g Popcorn
135g Crisps

These snacks are the best of Britain!

Pur Aspartame Free Gum
Assorted Varieties



429
80g Pouch

Sugar-free and naturally sweetened with xylitol.

Seattle Chocolates
Chocolate Bars



Assorted Varieties

399
70g

Exquisite treats made to enjoy with friends.

Bonne Maman Fruit Spreads
Assorted Varieties



579
250ml

Simple ingredients lead to these spreads having amazing taste.

Riviera Petit Set Style Yogurt
Assorted Varieties



499
4 Pack

These irresistible yogurts are as beautiful as they are delicious.

Olympic Organic Kefir



899
2L

This probiotic rich beverage is perfect with breakfast.

Liberté Greek & Mediterranean Yogurts

Assorted Varieties



299
Mediterranean
500g

449
Greek - 500g

Inspired by the flavours of the Mediterranean.

Frontera Mexican Seasonings or Salsa



Assorted Varieties

2⁷⁹ to 5⁴⁹

Assorted Sizes

Mexican food is made amazing with these chef-inspired recipes.

RW Knudsen Sparkling Celebration Beverages



Assorted Varieties

6⁷⁹

750ml
+deposit +eco fee

Elevate any celebration with these sparkling beverages.

Raincoast Wild Canned Salmon

Assorted Varieties



Packed in natural fish oils for rich, dense flavour.

3⁷⁹ to 6⁹⁹

150g - 160g

Bioitalia Organic Pasta Sauces

Assorted Varieties



3⁷⁹ to 4⁴⁹

300-700ml

Made from the finest produce of Southern Italy.



Pacific Organic Broth

Assorted Varieties

4⁹⁹

946ml/1L

Old fashioned broths and stocks made with timeless techniques.

Nutiva Refined Coconut Oil

Assorted Varieties



12⁹⁹

860ml

49⁹⁹

3.79L

This excellent all-purpose oil is perfect for nearly everything in the kitchen!

Frog Friendly Wild Coffee

Whole or Ground



Wild harvested coffee is a step beyond organic or fairtrade.

11⁹⁹

340g

Swerve Alternative Sweeteners

Assorted Varieties



10⁹⁹

340g

This naturally based sweetener is great for baking and more.

Sundhed Pure Himalayan Salt

Fine or Coarse



6⁹⁹

750g

Pure Himalayan salt, harvested with care and for quality.

Yogi Medicinal Tea

Assorted Varieties



5⁷⁹

16 Tea Bags

Teas that do more than just taste good.

Happy Tails Natural Pet Food

Assorted Varieties



12⁹⁹

to 34⁹⁹

Assorted Sizes

All natural, top grade pet food.

Nature Clean Dish Liquid, Laundry Liquid or Household Cleaners

Assorted Varieties



5²⁹ to 22⁹⁹

Assorted Sizes

Get clean using natural ingredients.

SIMPLE HEALTHY KITCHEN SWAPS

By the Choices Nutrition Team



Spring is in the air! This time of year we tend to find ourselves in the cleaning mood – whether it be our kitchen floors at home, purging dusty sports equipment in the garage, or consuming foods to aid our bodies function. The bottom line is we want to be clean everywhere we can be. So, let's clean up that kitchen pantry with these easy healthy kitchen swaps. (On a serious note – don't contribute to food waste. Be sure to finish what you have before buying anything new.)

Now turn up that music and get cleaning!

Swap This	For That
100% whole wheat bread	Choose sprouted whole grain bread, pasta or grains, or soak/rinse grains at home before consumption to get the most nutrition out of your ancient grains.
White rice	Quinoa's cheaper cousin millet! 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.
Canola oil	Try avocado oil, which contains heart healthy monounsaturated fat and natural vitamin E. Plus, with its smooth, buttery flavor, and a smoke point of up to 500 degrees Fahrenheit avocado oil is the perfect oil for high heat cooking.
Potatoes	The delicious sweet potato as they have 10 times the amount of vitamin A and contain the phytonutrient carotenoids.
Wheat-based baked crackers	Jicama crackers for a satisfying crunch and a belly full of fibre to keep your energy up.
Sweet snacks such as candy	Savory snacks such as nuts, seeds, avocados, or hummus with veggies
Coffee	Kombucha. This fermented effervescent drink contains friendly bacteria and B vitamins to perk you up.
Cane sugar	Coconut palm sugar is 70 to 79 percent sucrose and only 3 to 9 percent each of fructose and glucose. This is an advantage, because you want to keep your consumption of fructose as low as possible, and cane sugar is 50 percent fructose.
Margarine	Butter for its simplicity and its 2-3 item ingredient list. Eat moderate amounts of satiating fats, from clean, whole food sources.
Low fat or no fat dairy	Full fat dairy is back in style as low fat or no fat dairy contains added sugar in place of the satiating fat. Choose grass-fed dairy which has a more balanced omega-3 to omega-6 fatty acid profile.
Lean ground beef	Bison, which contains 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. Or, try the mushroom blend. Cut your favourite ground meat recipe with finely minced and sauteed mushrooms. A deeper flavour and increased moisture means the only thing you'll be missing is the extra saturated fat and calories.

Your Questions about Whole Body Detox Answered

By Dr. Sarah Wulkan, ND

Q Now that it's spring it seems like everyone is talking about detoxing or considering a cleanse. What exactly does it mean to detox?

A Our bodies are performing a detoxification process around the clock to rid our bodies of toxins. We accumulate toxins from our food, beverages, medications, or pollution to name a few. We cannot completely avoid toxins so we cleanse to reduce the burden and give our detoxifying organs a break. Also, a detox is a nice reset to jumpstart a healthier lifestyle. Need to kick an unhealthy habit like sugar cravings or alcohol consumption? Start with a detox.

Most of us would benefit with a detox on some level. When a patient describes unexplained fatigue or weight gain, difficulty concentrating or reports chronic illnesses then I like to start a whole body detox program while investigating other causes. My patients who have a naturally sluggish detoxification system or a larger toxic load due to their lifestyle generally benefit greatly.

I like to keep detox plans simple, natural and free from crazy restrictions. A few simple things you can do are eat organic

fruits and vegetables, supplement your diet with high quality probiotics, eat plenty of fibrous foods and drink more water.

If you are considering a more rigorous detox program, consult a healthcare practitioner for a comprehensive, safe plan individualized to you.



Book your FREE 15 minute consult with Dr. Wulkan at our North Vancouver store on Monday, March 12. See page 5 for full details.



Dr. Sarah Wulkan, ND practices at the North Shore Wellness Centre and is accepting new patients Mondays, Thursdays and Fridays.

Visit nswellness.ca or call 604-980-4538 for more information.

Plant-Powered Kitchen Swaps

By Choices Nutritionist D'Arcy Furness, RHN

D'Arcy is at Choices South Surrey Wednesdays, Thursdays and Fridays

Changing our eating doesn't have to be an all-or-nothing proposition; sometimes the smallest changes have the biggest impact, especially when it comes to plant-based foods. Here are some easy tweaks you can try to improve the nutrient density of your meals while saving money...it doesn't get any better than that in food land!

1

Cauli Me Maybe

Cauliflower rice isn't new but worth talking about. As one of our cancer-fighting cruciferous vegetables, it's packed with vitamins, minerals, fiber and antioxidants. There's nothing wrong with rice but most of us could use fewer carbs and more veggies. Not sure how to make it? Throw a cauliflower in your food processor and pulse – voila!

2

Beanie Burgers

Instead of beef, consider a bean or lentil burger. Choices carries a variety of delicious premade options. Not ready to commit to an all-bean burger? Extend your delicious, nutrient-dense grass fed ground beef or bison with beans or lentils. Add 1 cup rinsed, drained and mashed drained black beans to ¾ lbs of ground beef. Season with cumin, oregano and chili powder to make up some yummy burgers to share.

3

Jack up your Pulled Pork or Chicken

Make an easy plant-based curry dish using canned jackfruit, a tropical fruit that has a consistency of pulled pork when eaten young. To use canned jackfruit, drain and rinse it, then cut it julienne style. Grab a litre of low sodium veggie stock, add sliced jackfruit and cook down until you have 1/2 the liquid. Add a jar of good quality curry sauce and serve over cauli-rice. Throw in a green salad with tofu and cheese and bam, dinner's ready! Jackfruit can also easily extend an expensive organic pulled pork or chicken dish.



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.

Produce Picks



Organic BC Sunchokes:

Also known as a Jerusalem artichoke, this strange looking tuber is part of the sunflower family. With a nutty artichoke-like flavour and one of the best sources of the prebiotic fibre inulin, this veg is a treat for you and your gut bacteria. Try them oven roasted with rosemary, garlic and balsamic or blended up into a creamy soup.



BC Kale:

Kale belongs to the same family of vegetables as cabbage, collards, broccoli and Brussels sprouts. Compared to some leafy greens, kale has a somewhat milder taste, which makes it great in salads or smoothies. It's also packed with vitamins A, C and K and is even a source of calcium and omega-3 fats, so keep this kale craze going!

Wellness



Bio-K+:

A clinically proven probiotic with a considerable amount of research under its belt, Bio-K+ is the go-to probiotic for gut health. Bio-K+'s new latest & greatest vegan coconut milk flavour with added protein is a must try! With 50 Billion probiotic bacteria per bottle, consult with your in-store nutrition consultant for your recommended dose.

Grocery Gossip



Donia Farms Grass-Fed Milk:

A family owned farm in South Surrey, where cows are fed a forage based diet of mostly grasses supplemented with vitamins and minerals. Milk from grass fed cows has an improved ratio of omega 3:6 fatty acids and more CLA fat, a naturally occurring good-for-you trans fats.



Bio Bud

Organic Sprouted Lentils:

What's better than a protein-packed, fibre-rich lentil? A sprouted lentil! These tasty legumes cook up tender in just 5 minutes and offer double the antioxidants of their un-sprouted counterparts. Beef-up (pun intended) a marinara sauce with lentils to make your next pasta dinner oh so satisfying and totally plant-based to boot.



Quesava:

A naturally gluten-free and non-GMO dough made from the tropical manioc (cassava) root, which was originally found in northern regions of South America and has since made its way to Africa, Asia and now Vancouver, BC. Try the gluten-free cheese buns with a little butter – they are delicious!



North Coast

Organic Apple Sauce:

North Coast has been in the apple sauce business since 1922 and continues to work with local apple growers in California, Washington State and Arizona to bring us the best apple sauce possible. Made only from organic fresh fruit pressed juice – never from concentrate! Makes a great snack alone or in a power ball – see this month's Tasty Top Choice Recipe.



TASTY TOP CHOICE RECIPE

North Coast Power Balls, Courtesy of North Coast

- 1/2 cup North Coast organic apple sauce
- 2 Tbsp chia seeds
- 1 cup rolled oats
- 1/4 cup dark chocolate chips
- 2 Tbsp honey
- Dash of vanilla extract

Add all ingredients to bowl and mix together. Chill for 30 minutes. Take out of refrigerator and roll into small 1 inch balls. Rock and roll!

wellness centre **monthly specials**

Genestra Probiotics

10% Off
Regular Retail

Assorted Sizes

Professional probiotics, designed to meet any individual's unique health needs.



AOR Magnesium Supplements

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Get the most from your magnesium. Contains four bioavailable forms of magnesium, each with its own unique benefits. Enhances energy production, mood and sleep while supporting muscle function, bone health and heart health. It's the most advanced magnesium supplement available.



AOR Bone Basics

30⁹⁹ 120 caps

45⁹⁹ 240 caps

56⁹⁹ 360 caps

Bone Basics is a superior bone and joint formula. It increases calcium absorption and stimulates bone building cells.



Garden Of Life Raw Fit Protein

Assorted Varieties

41⁹⁹

396g-461g

The perfect supplement for weight management and blood glucose balance provides you with the support to help make your diet and exercise program more effective.

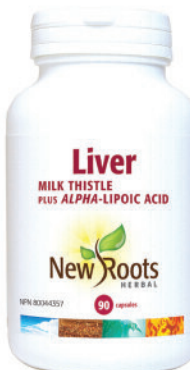
My Magic Mud Toothpaste

Assorted Varieties



10⁹⁹ 130 mL

The first toothpaste to combine activated coconut shell charcoal and bentonite clay.



New Roots Liver

Assorted Varieties

18⁹⁹ 45 vcaps

36⁹⁹ 90vcaps

68⁹⁹ 180 vcaps

Cleanse and rebuild your liver for improved digestion and energy, reduced stress and allergies, and noticeably healthy glowing skin.

My Magic Mud Tooth Powder

Assorted Varieties



20⁹⁹ 30 grams

My Magic Mud Activated Charcoal Tooth Powder beautifully polishes teeth.



Prairie Naturals SuperFoods

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

SuperFood concentrate! Perfect for smoothies, a vegan protein source that's organically grown and gluten-free.

Ecoideas Superfoods

Assorted Varieties



Certified organic, providing natural vitamins, minerals, antioxidants and omegas.

15% Off
Regular Retail

Assorted Sizes

Natren Probiotics

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

The Healthy Start System taken daily revitalizes digestive health because it increases the levels of beneficial bacteria through the entire digestive system. Heal your gut flora with the best quality probiotics today. The Healthy Start System is a powerful and simple 30-day probiotic system for complete gut care.

Hair Essentials



33⁹⁹

90 caps

Clinically proven. Start today and experience healthier hair within 90 days!

Genesis

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Great nutrition begins with superfoods. Genesis Today is a progressive nutrition company specializing in superfoods—exceptional plants and fruits packed with vitamins, minerals, antioxidants and other essential nutrients that support overall health and well-being.



Vega Protein+ Shakes and Protein+ Snack Bars



Assorted Varieties

A delicious way to help start your day.

20% Off
Regular Retail

Assorted Sizes

Flora Efamol Evening Primrose Oil



26⁹⁹

90 softgel

44⁹⁹

180 softgel

A source of vitamin E, an antioxidant for the maintenance of good health.

Flora CircuVein

Assorted Varieties



21⁹⁹

60 caps

Flora's CircuVein is clinically proven to reduce the appearance of varicose and spider veins within just 2 months!

wellness centre **monthly specials**



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 support optimal thyroid health. 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.

17.49 60 vcaps
34.99 120 vcaps

hormonehelp.com  



Renew Life Probiotics

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Ultimate Flora probiotics are enteric coated to protect the probiotics from harsh stomach acid and deliver them directly to the intestines where they are needed and utilized by the body.



Viva Facial Care

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

A handmade, natural skincare line made right here in Richmond, BC!

Natural Factors Plant Oils

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

Derived from certified organic flax, grown in Alberta.

Natural Factors Omega-3 Fish Oils

Assorted Varieties



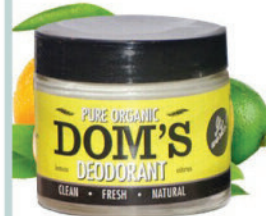
20% Off
Regular Retail

Assorted Sizes

A highly concentrated form of omega-3 fatty acids extracted from a safe, pure source.

Dom's Deodorant

Assorted Varieties



15.99
70 grams

Natural and organic deodorant that keeps you amazingly fresh. Made in BC!

Natural Factors Vegan and Whey Protein Powders

Assorted Varieties



34.99 Vegan
39.99 Whey
1kg

Sweetened, and contains no additives or added gluten.

Natural Factors Amino Acids

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

A nutrient essential for energy production in the muscles, heart, and liver.

Avalon Organics Bodycare

Assorted Varieties



25% Off
Regular Retail

Assorted Sizes

Avalon Organics® skin care, hair care and bath & body products are deep-rooted in a profound respect for the earth.

the Dish

On Venison

Venison, like all game animals, is super rich in beneficial nutrients and super low in fat. Often recommended in iron deficient diets, venison can be prepared and used in a large variety of dishes. Once upon a time, venison could only be enjoyed by those who hunted, or had a friend willing to share the spoils. Now venison is available worldwide thanks to modern sustainable farming techniques, including at your local Choices Markets.

Just like any other animal, different cuts of venison will suit different preparations. Prime cuts like tenderloin, strip loin, loin chops, rack, saddle or leg steaks are better suited to hot and fast cooking techniques. Grilling, broiling, pan frying and barbequing venison is a great change from the usual beef. Your main change will be your choice of spices and marinades.

Venison has a distinctive flavour, and depending on origin and age, can be quite gamey. This requires some extra care when it comes to your choice of finishing and sauces. Choose wine reductions, fruit flavours and citrus zest.



Secondary cuts of venison (like shoulder, neck, shank, foreleg etc.) are preferably cooked choosing much lower temperature and moist cooking methods. These cuts of meat can be quite tough as they are

the muscles that give deer their amazing jumping power. The time it takes to cook them is well worth it. Just thinking about a slow braised venison shank or a venison stew makes my mouth salivate.

If you've never tried a braised venison shank, make sure you find a good recipe and take your time executing it. A properly prepared venison shank can take over ten hours to cook. If you can be patient, you will not be disappointed in the incredible tenderness and rich flavour of this meat.



Shoulder meat and trim can be ground, perfect for sausage preparations or for a Bolognese. If you use ground venison to make burgers or kebabs, be sure to add a little extra fat content, or they might turn out a little dry. Venison is very lean meat, so you might need to add a little bacon to your mixture to keep it juicy.

If the occasion comes where you get to try some cured venison, don't let it escape you. Venison salami, jerky or even air dried and cured bresaola are rare treats.



Antonio is excited for the opportunity to work with some of the unique, sustainable sourced meats that are making their way to our meat department shelves. Besides venison, Choices now also carries great lean meat options like BC raised bison and organic sturgeon. You can learn more in store.



comments@choicesmarkets.com

/Choices_Markets

/ChoicesMarkets

@ChoicesMarkets

Choices Markets Locations

Kitsilano

2627 VW 16th Ave, Vancouver
604.736.0009

Cambie

3493 Cambie St, Vancouver
604.875.0099

Kerrisdale

1888 VW 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

Kids Summer Vacation Cooking Camp



Kids in the Kitchen with Project CHEF

July 9-13 & July 16-20
Choices Kitsilano
for Kids Aged 7 to 11

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

Camp runs July 9-13 and 16-20, 9:30 am – 1:30 pm. Cost is \$325 plus tax. Fee includes instruction, lunch and snacks and a recipe booklet. To register and prepay for this camp, visit choicesmarkets.com/events. To learn more about Project CHEF visit projectchef.ca. Proceeds from this camp will benefit Project CHEF.