



# CHOICES'

Monthly Newsletter | April 2018

Enjoy Our

# Family Recipes

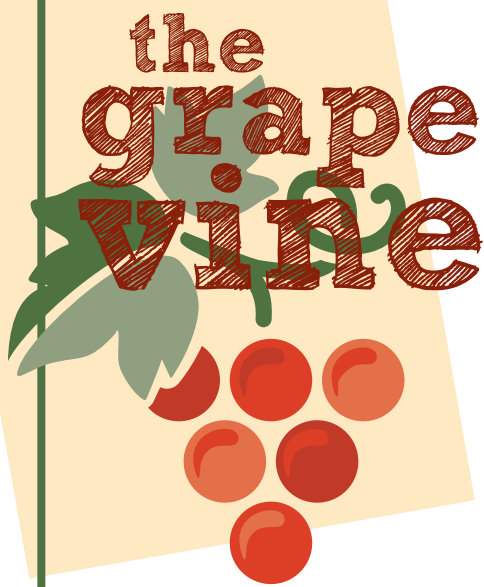
**The Dish** on Sprouts and Microgreens

Considering **Naturopathy**

**Chinese Medicine at Home**



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



## Recipes from Around the World

This month, we asked our staff to send us some favourite family recipes to share with our customers. At Choices we have employees who've come to work with us from all over the world, so we wanted to give everyone a chance to share what they serve at their family tables. Check page 8 & 9 to try them out!

## New Shopping Bag Policy



Choices Markets has always strived to be a leader in sustainability efforts in the grocery industry. While we have long offered recycled paper bags at our stores, in 2014 we also introduced the biodegradable plastic bag. It's all a small part of what we do to help our customers meet their sustainability goals.

Starting this Earth Day, April 22nd, we'll be adding a small surcharge to our plastic and paper bags. We will be adding a 5 cent charge to our plastic bag, and a 10 cent charge to our paper bags. Brought your own bag? We'll take 5 cents off your bill as a small reward.

Forgot your reusable bag at home? Not to worry. To help offset the non-reusable bag charge to our shoppers, we'll be reducing the price of our reusable bags from \$1.29 to 99 cents for the month of April. We also offer a reusable thermal bag for \$2.99.

## Full Circle Topsoil

Now that you've picked up your bedding plants at our weekend plant sales, be sure to grab a few bags of Choices Full Circle Topsoil to plant them in. Our Full Circle Topsoil is derived from compost made from the waste collected from our stores. These materials are broken down over a period of five to six months through a fully aerated static pile method, and end up in bag you can buy at our stores. Choices Full Circle is nutrient-rich and is just another part of our company commitment to sustainability.

## Bedding Plant Sale



Will you be planting a garden in your backyard, balcony or community garden this spring? Choices Markets' weekend plant sales are starting up again soon. We'll have ready to plant vegetables, fantastic flowers, perfect perennials and sensational succulents. Best of all, five percent of the proceeds from our weekend plant sales in April and May will be donated to local schools. Make your garden beautiful and help your community at the same time!

\*not available at all locations



# Benefits of Naturopathic Medicine

By Dr. Alaina Overton, ND, Tandem Clinic

Q  
A

**Why should I consider going to a naturopathic doctor?**

British Columbia faces an ever-growing number of challenges in the area of healthcare. Dissatisfaction with certain aspects of conventional medicine, compounded by consultation time constraints has caused a noticeable shift in patient attitudes. Many are calling for a paradigm shift towards a health care model that focuses on helping individuals to make healthier choices.

British Columbians are increasingly seeking alternative and holistic methods of healing. Today's patients are opting for an approach to care that encourages their personal autonomy, one that permits them to participate in the clinical setting as an equal partner in decision-making regarding their healthcare.

Supporting good health and prevention of illness is now recognised as having the greatest cost-effective and health outcome potential both for citizens and health systems; naturopathic doctors can provide added value to this area by supporting their patients to adopt healthy behaviours.

The naturopathic model may offer more financial sustainability by encouraging disease prevention via less costly interventions and lasting outcomes of treatment. Low cost interventions

such as lifestyle counselling, dietary guidance, stress reduction techniques, techniques to improve sleep quality, lead to a measurable reduction in disease risk, and don't generally incur further cost for adverse effects.

Several research studies have demonstrated that patients who were treated with a preventative and holistic approach "used fewer medications, had better health, fewer days off sick, and fewer visits to medical specialists than patients of conventional physicians, all of which can contribute to long-term compound savings in health budgets (Eurocam, 2014)".



As you can see, naturopathic medicine can have a positive impact for all British Columbians. In addition to routine medical services, Dr. Overton offers holistic skin care, medical aesthetics, IV nutrient therapy, nutritional counselling, and custom programs for optimizing hormones, thyroid, weight, digestion, fertility, sleep, and mental health. For more information or to book an appointment visit [dralainaovertton.com](http://dralainaovertton.com)

## Traditional Chinese Medicine in Home Cooking

By Choices Nutritionist Bonnie Chung, RHN

Central to Traditional Chinese Medicine (TCM for short) is the idea that foods are either warming or cooling. These fundamental thermal properties are in all kinds of foods, people and cooking methods. Learning the warming and cooling characteristics of foods and using them to create a thermally balanced meal is essential to maintaining digestive fire, the key to digestive health.

1

### Cooling and Warming Foods:

Root vegetables or plants that take long time to grow from the soil often have warming properties. Foods that are orange, red or yellow colour like winter squashes are warming foods as well. In contrast, cooling foods are leafy greens that grow upwards to the sky or hang on trees, like sprouts or salad greens. Blue, purple and green coloured foods like eggplants, algae and seaweeds also typically have cooling properties.

2

### Cooking Methods:

Cooking methods also affect the thermal properties of foods. Raw foods and foods that are eaten cold are very cooling. On the other hand, roasted and baked foods are warming. Deep frying foods also generates a lot of heat, but is not recommended in a healthy diet.

3

### Balancing Heat and Cold:

Balancing of hot and cold at every meal is important for bringing balance to your body. Cooling foods can be cooked and balanced with warming spices or some red colored vegetables. Smoothies could be warmed with ginger, turmeric, goji berries or cinnamon. Those with cool constitutional body types should eat more warming foods whereas those with a hot constitution should eat more cooling foods.

Join Bonnie for her FREE cooking demo at the Burnaby Crest and Kerrisdale stores and learn how to bring TCM principles to your morning smoothie. See page 5 for full details.

# Upcoming Events

MARK YOUR CALENDAR



## Timeless Health

with Dr. Jennifer Dyck, ND, Natural Factors

**Tuesday, April 17 | 6:30–8:00 pm**

Choices Abbotsford

**Wednesday, April 18 | 6:30–8:00 pm**

Choices South Surrey

Learn what accelerates the aging process and which practical, evidence-based steps you can take to lower your biological age.

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

**Wednesday, April 18**

**6:30–8:00 pm**

## Heal Your Gut for Good

with Irene Humpsletter, VITALITY

**Choices Burnaby Marine Way**

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

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

## Wild Rose Liver Detox

with Dr. Terry Willard, Clinical Herbalist and Wild Rose Cleanse Formulator

**Tuesday, April 24 | 6:30–8:00 pm**

Choices South Surrey

**Wednesday, April 25 | 6:30–8:00 pm**

Choices Burnaby Crest

Our modern diet and lifestyle can overburden the liver, causing congestion and sluggishness and resulting in a build-up of toxins and waste in the body.

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

**Monday, April 9**

**7:00–8:00 pm**

## Wireless's Challenging New Epidemics

with Dr. Ross Andersen, DC, ND, Electromagnetic Field Radiation Consultant

**Choices Kelowna**

Learn about the dangers of wireless radiation and how to protect yourself and your family.

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

## Beauty Begins in the Gut

with Holistic Nutritionist Chelan Wilkins, RHN, Organika Health Products

**Thursday, May 3 | 6:30–8:00 pm**

Choices South Surrey

**Thursday, May 17 | 7:00–8:30 pm**

St Faith's Anglican Church (across from Choices Kerrisdale)

Join Chelan as she explains the importance of optimal gut health and its roles and effects on your skin health, immunity, wellbeing and anti-aging.

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

**Thursday, April 12**

**6:30–8:00 pm**

## Everything You Need to Know About Hormones

with Lorna Vanderhaeghe

**Choices Kelowna**

Learn how to lose weight quickly, how to treat endometriosis, PMS, fibroids, breast lumps and ovarian cysts, how your hormones affect your thyroid, how to get energy back, the secret to beautiful skin and so much more.

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

## REGISTRATION DETAILS

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

**Thursday, April 19**  
**7:00–8:30 pm**

## Detox Your Way to Health

with Dr. Olisa Mak, ND, Inspirit Health Group

**St. Faith's Anglican Church 7284 Cypress St, Vancouver**  
**(Across from Choices Kerrisdale)**

A proper detox can help you achieve better health. Learn about the benefits of detoxification, how to detox and individualize it to better suit your needs.

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



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

**Tuesday, April 24**  
**7:00–8:00 pm**

## New Developments in Pain Management

with Dr. David Hatton, ND & Dr. Krista Hennigar, ND,  
Helix Integrative Health

**Choices Kelowna**

Living with pain and looking for options? Join us for a talk about pain management treatments and the latest research in the field.

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

## Boost Your Smoothie with Traditional Chinese Medicine

with Choices Nutritionist Bonnie Chung, RHN

**Thursday, April 12 | 7:00–8:00pm**  
Choices Kerrisdale

**Wednesday, May 2 | 7:00–8:00pm**  
Choices Burnaby Crest

Learn how to use the healing principals of Traditional Chinese Medicine every morning right in your blender. Bonnie will share a taste of her delicious smoothies, plus simple ingredients you can add to boost your favourite recipes.

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

## Complimentary Skin Lift Mini Facials

with Pure Creations

**Thursday, April 26 | 2:00–6:00 pm**  
Choices Kelowna | 250-862-4864

**Sunday, April 29 | 10:30 am –2:30 pm**  
Choices South Surrey | 604-541-3902

**Tuesday, May 1 | 2:00–6:00 pm**  
Choices Yaletown | 604-633-2392

Join Maria, co-founder of Pure Creations and professional esthetician, for a complimentary skin lifting facial, performed to tighten skin, help mature, dry and acne skin, and even rosacea!

Free 15 minute facials. To register call the number listed with the host store or visit the Wellness Department.

# preferred shopper club specials



## Kettle Brand Avocado Oil Potato Chips



Assorted Varieties

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

170g

Buttery avocado oil leads to a fresh flavour and delicate crunch.

## Late July Flavoured Tortilla Chips



Assorted Varieties

**3<sup>99</sup>**

156g - 170g

Delicious ingredients and careful cooking makes these tasty snacks that will draw a crowd.

## Happy Planet Fruit Smoothie



Assorted Varieties

**4<sup>79</sup>**

900ml

+eco fee +deposit

Refreshing fruit smoothies sure to put a smile on your face!

## Manitoba Harvest Hemp Toppers and Bites



Assorted Varieties

**2<sup>69</sup> to  
4<sup>99</sup>**

45g to 125g

Your favourite hemp hearts blended with sweet or savoury ingredients to boost any meal.

## Le Pain des Fleurs Crispbread

Assorted Varieties



**5<sup>79</sup>**

150g

Delicate crispbread made from organic grains.

## Stoked Oats Oatmeal Blends

Assorted Varieties



**10<sup>99</sup>**

500g

Fuel the fire within and power up with these delicious oatmeals.

## Liberté Greek Yogurt or Greek Crunch Yogurt



Assorted Varieties

**3<sup>49</sup>**

2 Pack - Crunch  
4 Pack - Greek

Liberté yogurt is smooth, richly flavoured and finely crafted.

## Olympic Yogurt

Assorted Varieties



BC's best yogurt,  
made with the spirit of  
the west coast.

**9<sup>49</sup> to 10<sup>99</sup>**

1.75KG

## Dream Non-Dairy Beverages

Assorted Varieties



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

946ml Tetra

A variety of non-dairy  
beverages to suit  
your favourite taste  
experience.

## Elias Honey

Assorted Varieties



**8<sup>49</sup>**

Creamed or Clover  
500g

**9<sup>99</sup>**

Flavoured  
500g

Western Canada's finest premium honey.

## Commercial Drive Coffee

Assorted Varieties



**10<sup>99</sup>**

300g

Everyone in Vancouver  
knows to go to the Drive  
for great coffee. Bring the  
flavour home!

## EchoClean Biodegradable 2x Concentrated Laundry Detergent



Assorted Varieties

**12<sup>99</sup>**

2.95L

Locally made cleaners  
made with ethical and  
biodegradable ingredients.



### Silver Hills Frozen Bread, Buns, Bagels & Tortillas



Assorted Varieties

Sprouted grains make for tasty, uniquely healthy breads.

**4<sup>29</sup> to 4<sup>79</sup>**

assorted sizes

### Prasad Ayurveda Organic Ghee



Assorted Varieties

**14<sup>99</sup>** 225g  
**24<sup>99</sup>** 425g

This staple of Indian cooking is great for a variety of dishes.

### Maison Orphee Vinegars



Assorted Varieties

**7<sup>99</sup>**  
250ml to 500ml

Vinegar adds a healthy and tangy zip to sauces and marinades.

### Bob's Red Mill Flax Seeds or Flaxseed Meal



Assorted Varieties

**4<sup>79</sup>**

453g - 680g

Cold milled for freshness, add it to smoothies for a nutrient boost!

### Earth's Choice Coconut Milk

Assorted Varieties



**1<sup>89</sup>** 160ml  
**3<sup>39</sup>** 400ml

Use coconut milk in a variety of dishes to add a creamy vegan flavour.

### Maison Orphee Salad Dressings



Assorted Varieties

**4<sup>29</sup>**

250ml

Exquisite artisan dressing, perfect for adding a little flavour to your salads and more.

### Earthbound Farm Organic Frozen Vegetables



Assorted Varieties

**3<sup>89</sup> to 5<sup>49</sup>**

300g - 400g

Frozen veggies are convenient for getting your daily greens.

### Stahlbush Island Farms Sustainable Frozen Fruit

Assorted Varieties



**5<sup>79</sup>**  
227g - 300g

Start your morning off right with these premium frozen fruits.

### Stahlbush Island Farms Sustainable Frozen Vegetables

Assorted Varieties



**2<sup>99</sup>**  
284g - 425g

You can feel good about your environmental impact with these great frozen vegetables.

### Seventh Generation Natural Household Cleaners



Select Varieties

Clean your home without dirtying the environment with these products.

**3<sup>99</sup>** 768ml  
**4<sup>99</sup>** 532ml

### Seventh Generation Natural Dish Liquid



Assorted Varieties

**3<sup>49</sup>**  
739ml

Doing your dishes is less of a chore with these great dish liquids.

### Seventh Generation Natural Laundry Detergent



Assorted Varieties

**8<sup>49</sup> to 15<sup>49</sup>**  
1.47L to 2.96L

Get clean clothes with a clean conscience.

# Choices Family Recipes

We asked our staff to send us some amazing recipes that they love to enjoy at family dinners. Try them out, and maybe they'll become a favourite of your family too!

## Melissa's Karelian Venison Stew

– Finland –

- 1 1/2 lbs venison, cut in to 1 inch cubes**
- 1 1/2 lbs pork, cut in to 1 inch cubes**
- 1 medium onion, coarsely chopped**
- 2 celery stalks, cut in to 1 inch sections**
- 1/2 cup flat lager beer**
- 1/2 tsp Worcestershire sauce**
- 1 Tbsp soy sauce**
- 1 tsp sweet mustard**
- 1/2 package cream of broccoli dry soup mix**
- 1 Tbsp butter**
- 1 Tbsp olive oil**
- 1 tsp fines herbs (parsley, chive, tarragon)**
- 3 cloves fresh garlic**
- Salt and pepper**

Brown meat in large frying pan with oil and butter. Add salt and pepper while browning. Remove browned meat and place in roasting dish with remaining ingredients mixed. Cook in 300 degree oven for 3 1/2 hours until meat is tender. Add more beer if pan is dry. Serve with mashed potatoes and roast veggies.

## Bessie's Lumpia Wraps

– Philippines –

- 2 chicken breasts, shredded**
- 1 block organic firm tofu, cut into strips**
- 2 medium carrots, julienned**
- 1 1/2 cups green beans, thinly sliced**
- 1 lb sliced cabbage**
- 2 Tbsp coconut oil**
- 2 Tbsp soy sauce**
- 1 cup roasted peanuts, crushed**
- 2 tsp organic cane sugar**
- Ketchup**
- Salt and pepper to taste**
- Romaine or green leaf lettuce**
- Spring roll wraps**

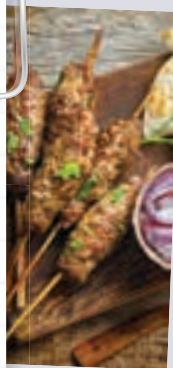
Cook and shred chicken breast. Put cut vegetables, chicken and tofu into oiled wok and stir fry. Add cabbage and seasonings. Drain in colander after cooking to remove excess liquid. Mix peanuts and sugar in a separate bowl, and set aside. Wash and dry lettuce leaves and set aside.

To assemble, place lettuce on top of spring roll wrapper; put 3-4 Tbsp of filling on to lettuce, top with nut mixture and ketchup, then roll up and enjoy!

## Akber's Sheesh Kebabs

– North Africa/India –

- 1 pound ground beef (1/2 lean and 1/2 regular)**
- 1 bunch chopped coriander leaves**
- 1 tablespoon minced garlic**
- 1 tablespoon minced ginger**
- Ground up green chillies**
- 1 tablespoon coarsely ground up cumin**
- 1/2 finely chopped onion**
- Salt to taste**



Mix all the ingredients together and let marinate for 1/2 an hour or overnight.

Wrap the meat mixture around a spatula handle, then slip off to form the kebabs. Cook them on a bbq or high temperature oven until brown and cooked through.

Dip them in yogurt or tamarind chutney, or enjoy in a pita with fresh veggies.



## Ora's Hamantashen

– Israel –



### Dough Ingredients:

3 eggs  
1 cup sugar  
1/2-3/4 cup vegetable oil  
Juice of orange and rind  
Pinch of salt  
3-4 cups flour  
2 tsp baking powder

### Filling Ingredients:

1 lb ground walnuts or pecans  
1 lb honey  
1/4 tsp cinnamon  
Juice of 1/2 lemon or orange

Prepare the dough by hand mixing all ingredients by hand in a bowl so that you can roll it into a ball in your hands without it sticking.

Knead and roll to a 1/4" thickness on a floured surface. Cut circles by using the opening of a standard jar or round cookie cutter.

Combine all filling ingredients in a saucepan and bring to a boil. Boil for 2-3 minutes, stirring constantly. Let cool.

Put a small scoop of desired filling into the middle and pinch the corners together to create a triangle. Brush with a beaten egg. Bake on a lightly greased baking sheet at 350 degrees for 30 minutes or until golden brown.

## Bonnie's Bean Curd Rolls

– China –

### Avocado oil

3 shallots, sliced  
4 cloves garlic, minced  
1 cup of dried wild mushrooms, re-hydrated and shredded  
2 cups of shredded cabbage  
1/2 carrot, skinned and shredded  
1 cup of bean sprouts  
2 tsp salt  
1 tsp of sugar  
white pepper  
3/4 tbsp sesame oil  
1 tsp + 2 tsp water arrow root starch  
1 big round bean curd sheet or spring roll wrapper, cut it into 8 pieces evenly (I use scissors)  
1/2 cup cilantro, chopped  
3 tbsp + 1 cup chicken or vegetable broth

Heat oil, fry shallots garlic until they turn lightly brown, then put mushrooms, in and stir for a minute. Add carrot, bean sprouts and cabbage. Add salt, sugar, white pepper, sesame oil and 3 tbsp of chicken or vegetable broth. Keep flipping and turning until the vegetables are tender. Mix the water with arrow root starch and stir. Set aside.

Wipe the bean curd sheet with a clean cloth. Put one on the work surface. Put 3 tbsp of filling on the bean curd sheet, sprinkle a bit of cilantro and start to roll. Close both edges to prevent leakage of filling. Then finish rolling the wrap. Repeat with remaining 7 pieces of bean curd sheet.

Heat 1 tbsp of oil and pan fry the rolls until it turns lightly brown. Set aside. Divide each roll into 4 portions.

Meanwhile, make the seasoning by mixing 1 cup of chicken or vegetable broth with 2 tsp of arrow root starch. Cook to boil. Pour over rolls and serve.



## Produce Picks



### Sprouts and Microgreens

Spring has sprung – did someone say spring cleaning? Enjoy the powerful detoxifying effects of the Choices' sprout and micro green selection. Plus, with a commitment to sustainability many of our microgreen varieties are delivered to our Vancouver stores by bicycle. Look for these varieties and more at your local Choices.

## 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.



### Sunflower Microgreens:

Like any microgreen, these tiny whole plants pack quite the nutritional punch. Just like the seeds, sunflower microgreens offer plenty of zinc and vitamin E as well as B vitamins like folate – making them the perfect food for boosting fertility. Try the deliciously nutty sunflower shoots as a delicately flavoured base for a smoothie or salad.



### Broccoli Sprouts:

Arguably the King of superfoods, broccoli sprouts may just have super powers. A great source of vitamin K – an important vitamin for both bone and heart health. Plus, this tiny green serves up a powerful dose of sulforaphane an antioxidant with anticancer and antidiabetic effects. The perfect topper to salads, sandwiches, burgers and even eggs.

## Meat



### Choices Own Whole Chickens

Cooking the whole bird is both cost effective and sustainable when compared to buying expensive portioned pieces. Plus you are consuming the whole animal, so no food waste! Having a whole cooked bird on hand makes dinners and lunches a breeze, just sauté and add to tacos or soups, or slice it up for sandwiches. Plus, our chickens are raised without the use of antibiotics, so you know they're high quality.

## Naturally Yours



### Organic Traditions Smoothie Boosters:

The company who brought you herbs, superfoods, low glycemic healthy sweeteners, and loose leaves is now selling smoothie boosters! Passionate about the environment, Organic Traditions supports farmers around the world who are using sustainable agriculture techniques.

## Grocery Gossip



### Tree Island Yogurt:

Made by artisans based on Vancouver Island, this yogurt is made from non-homogenized whole milk from grass-fed pastured cows, bacterial cultures, and fresh spices and extracts. Grass fed dairy has a more balanced omega-3 to omega-6 fatty acid profile compared to grain-fed dairies. Mix up plain Tree Island yogurt with chia seeds for an energizing afternoon snack.



### Saugeen Yogurt:

At Saugeen Country Dairy in Quebec they make simple delicious organic non-homogenized yogurt from cow's milk, bacterial culture and nothing else. This organic dairy is doing everything right – these happy cows spend most of their time in pasture and feed on fresh grass and rolled grains in the summer and alfalfa hay, silage and rolled grains in the winter.



### Next Millennium Farms Cricket Flour:

Talk about sustainable protein! The flavour is earthy and nutty and works well in smoothies and baking. It can be substituted one-for-one in recipes for almond flour. You'll find 6 grams of protein in 2 tablespoons, plus fibre, vitamin B12 & essential fatty acids. Try this month's Tasty Top Choice Recipe for inspiration!



## TASTY TOP CHOICES RECIPE

### Carrot Cricket Energy Bites

By Choices' Holistic Nutritionist Elizabeth Whalley

1/2 cup nuts, roasted almonds

1/4 cup & 2 tbsp shredded coconut

1 med carrot

4 each medjool dates

2 tbsp maple syrup

2 tbsp cricket flour

1 tsp cinnamon

1 tsp vanilla bean powder or pure vanilla extract

Combine all ingredients in a blender or food processor. Reserving 2 tbsp of coconut. Once the mixture has reached a paste-like consistency form the mixture into 1 inch balls. Roll balls in remaining coconut.

## ENTER TO WIN

# Whirlpool Washer & Dryer

Courtesy of Seventh Generation



### Skill Testing Question:

$(56 - 18) \times (25 - 13) =$  \_\_\_\_\_

Name: \_\_\_\_\_

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

Choices Location: \_\_\_\_\_

Contest open from April 1 to 30, 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. Winners are responsible for organizing the pickup of their prize from the Choices Markets location of their convenience, prize will not be delivered to them.



# wellness centre monthly specials

## NutraVege Plant Based Omega-3



**20% Off  
Regular Retail**

Assorted Sizes

Ideal for vegetarians or those who simply prefer plant based omega 3.

## NutraSea Omega-3



**20% Off  
Regular Retail**

Assorted Sizes

Supports cardiovascular health and brain function, and can help reduce serum triglycerides.



Nature's  
Way Optima  
Probiotics  
Assorted Varieties

**20% Off  
Regular Retail**

Assorted Sizes



## Organika Enhanced Collagen

**20<sup>99</sup> 38<sup>99</sup>**

250g

500g

- Supports skin and joint health.
- Full of essential amino acids.
- Sourced from grass-fed cows.



## St. Francis Herbal Tinctures

**20% Off  
Regular Retail**

Assorted Sizes

In addition to proactively boosting the immune system, it provides non-drowsy relief for allergies.



## Manitoba Harvest Hemp Hearts

**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. Try some today! Manitobaharvest.com.



## Life Choice Therapeutic Supplements

**15% Off  
Regular Retail**

Assorted Sizes

Helps prevent and fight osteoarthritis, fibromyalgia and liver disease.

## Flora Calcium Magnesium



**23<sup>49</sup>**

250mL

**35<sup>99</sup>**

500mL

It helps in the normal development and maintenance of bones and teeth.

## Flora Magnesium



**21<sup>49</sup>**

250mL

Fatigued? Trouble sleeping? Muscle twitches? You may be magnesium deficient.

## HyaLogic Whole Body Hylaronic Acid



**46<sup>99</sup>**

354 mL

This intensely hydrating serum helps support skin moisture and hydration to maintain a healthy skin appearance.



### Santevia Alkaline Water System Products

**20% Off**  
**Regular Retail**

Assorted Sizes

Enjoy mineralized, alkaline water at home with Santevia Alkaline Water Products. From countertop units to 'on-the-go' options, Santevia filters and restores your tap water to its mineral-rich state, just like nature intended.

### TruMarine Collagen



**44<sup>99</sup>**

30pk

**71<sup>99</sup>**

250g

Ultra-Pure, premium select grade collagen peptide that is non-GMO Project Verified & Health Canada Approved.



### Amazing Grass Superfood Proteins and Amazing Grass Greens

Assorted Varieties

**20% Off**  
**Regular Retail**

Assorted Sizes

Everything we make is from the heart, in fact, it's made from pure love and no chemicals. We believe in a purist approach and actively work with and support like-minded farmers to produce the best, and most nutritious greens for you and your entire family.

### Organic Traditions Smoothie Boosters



Superfood formula containing probiotics, prebiotics, omegas, fibre and antioxidants.

**20% Off**  
**Regular Retail**

Assorted Sizes

### NutriBiotic Rice Protein



**54<sup>99</sup>**

1.36Kg

This easily digestible protein provides an extensive array of naturally occurring amino acids.

### NutriBiotic Body Care



**20% Off**  
**Regular Retail**

Assorted Sizes

Plant moisturizers help maintain your skin's moisture mantle and pH balance.

### Routine Deodorant



Routine contains only clean, wholesome ingredients.

**23<sup>49</sup>**

50mL

### Nature's Aid Aloe Gel

Prepared using the highest quality, natural ingredients.

**20% Off**  
**Regular Retail**

Assorted Sizes



### Natures Aid Hair & Body Care



Scalp friendly formula to help alleviate dry, flaking scalp.

**20% Off**  
**Regular Retail**

Assorted Sizes



# wellness centre monthly specials



Lorna Vanderhaeghe JOINTsmart

**27<sup>99</sup>** 30 caps

Thankfully for those with joint pain there is finally a natural solution that works in as little as five days. Clinical research proves that using ingredients that stop inflammation and regenerate damaged cartilage is the answer. JOINTsmart contains natural eggshell membrane (NEM) with naturally occurring hyaluronic acid, glucosamine sulfate and absorbable calcium along with activated vitamin D3.

Natural Factors Stress and Sleep Supplements



Assorted Varieties

Helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed.

**20% Off**  
**Regular Retail** Assorted Sizes

Whole Earth & Sea Assorted Varieties



**20% Off**  
**Regular Retail** Assorted Sizes

Our bio-enhanced, whole-food supplements provide vitamins and minerals in their free state.

Mad Hippie Face Care

Assorted Varieties



**20% Off**  
**Regular Retail** Assorted Sizes

Award winning advanced anti-aging skincare. Enjoy a noticeable glow!

New Roots Ultra B Complex



**21<sup>49</sup>**

90caps

**39<sup>99</sup>**

180caps

Utilizes the more bio-active co-enzyme forms of B2, B6, and B12, for faster and more noticeable improvements in stress, mood, and energy.



New Roots Slow Release Release CoQ10

**16<sup>99</sup>**

60 caps

Emulsification yields a higher, sustained blood serum CoQ10 concentration, compared to regular CoQ10.

Andalou Body Care

Assorted Varieties



This ultimate skin food blends emollient rich rosehip and argan oils with shea and cocoa butters to nourish, smooth, and soften the appearance of dry skin.

**20% Off**  
**Regular Retail** Assorted Sizes

Barleans Omegas & Greens



Powerful Phytonutrients, Herbal antioxidants, Probiotics & Enzymes, Plant-Based Protein, Vitamins & Minerals

**20% Off**  
**Regular Retail** Assorted Sizes

Wild Rose Liver D-Tox



**41<sup>49</sup>**

1 kit

The Wild Rose Liver Detox Program is specially designed to gently stimulate bile production by the liver and enhance digestion, protecting the liver.

Organyc Beauty Care and Feminine Hygiene

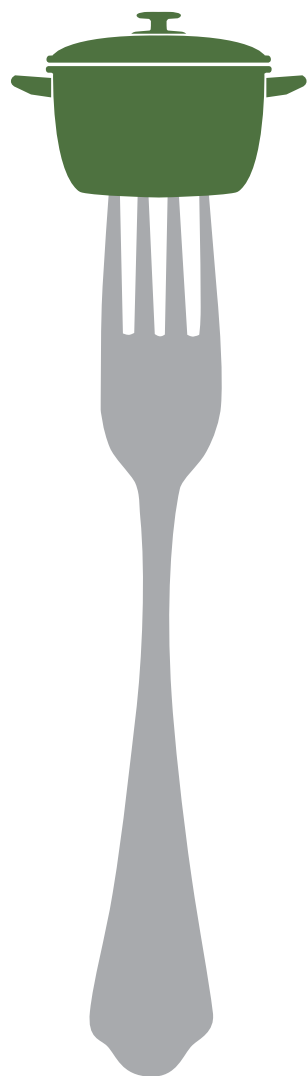


Assorted Varieties

Nonwoven 100% organic cotton is soft on your skin. Hypoallergenic, breathable and soft.

**20% Off**  
**Regular Retail** Assorted Sizes





# the Dish

## On Sprouts & Microgreens

It might surprise you, but fresh and fragrant sprouts and microgreens are, surprisingly, quite different things. While both are fresh young vegetables, they are grown in very different ways.

The first, sprouts, are the simple results of a germinated seed. Sprouts, delicate as they may be, are filled with flavour and pack a powerful nutritional punch, all derived from a tiny little seed. Often, sprouts are consumed raw in salads, sandwiches and wraps. Some of the sturdier varieties are perfect for brothy soups and stir fry. Most sprouts are germinated in water with the help of natural sunlight or commercial growing lights. They can be grown at home, and you can easily harvest your own in about a week (depending on light and seed type).



Before you start germinating, however, make sure you understand the potential danger in growing your own sprouts. The perfect conditions for sprouting little seeds also happens to be great for a few varieties of harmful bacteria. Be sure to fully research the best practices for home sprouting before attempting it yourself.

Microgreens are our second variety, and they are one step forward from sprouts. Truly planted in soil, microgreens are harvested around the time they produce their very first set of leaves, and are even more nutritionally packed than sprouts. It should

be noted that microgreens are different from baby greens, which are greens that are harvested before becoming fully mature. Microgreens are available in a fantastic array of types, and can be found pre-packed in single varieties or in a flavourful mix. Spicy microgreen blends are some of my favourites, and can add a tasty zip to any salad, wrap or sandwich.

Don't stop at the sandwich though. Add microgreens



or sprouts to your favourite plant based or meat burger for some great taste and crunch. Ever tried a garnish of microgreens on top of your favourite taco? You won't look at a taco the same way ever again. They're even great sprinkled on top of a freshly baked flatbread or pizza. Pile them on savoury blinis or crepes, and enjoy them on top of a savoury spread. Cream cheese, hummus or guacamole on a crostini with some microgreens on top is a deliciously refreshing snack.

Don't stop there though, we'll save the best for last. A sweet strawberry tart made all the more decadent with a couple pinches of micro-basil could be your next refreshing discovery.

Just remember, sprouts and microgreens may be micro-sized, but that doesn't mean they don't have macro-taste!



**Nothing in the kitchen reminds you of spring quite as much as fresh sprouts. That's why Antonio loves to incorporate them in to his cooking around this time of year. For more of his healthy inspirations, try our pre-made salads found in our Choices Deli.**



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## 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 CO<sub>2</sub>

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

**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator

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