



CHOICES'

Monthly Newsletter | May 2018

Fairtrade Month

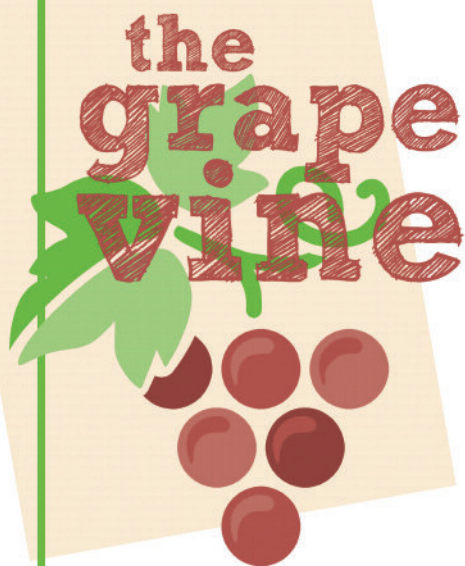
Magnesium: a Mighty Mineral

Health and Fairtrade **Coffee**

The Dish on Fairtrade Bananas

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





Fairtrade Month

May is Choices' celebration of everything Fairtrade! Choices is one of the most dedicated Fairtrade retailers in the country. We're constantly recognized as a Fairtrade retailer of distinction, and we were Fairtrade retailer of the year in 2017. We believe in the power of Fairtrade as a way to promote developing industries and promoting sustainable growing practices. Inside this edition of our newsletter, you'll find some great articles talking all about some of your Fairtrade favourites.



Mother's Day



May 13th is all about Mom. Come to Choices to get Mom's favourite items, like Fairtrade chocolates, beautiful floral arrangements or natural body care products. If you need help in the kitchen, don't forget that the Choices Deli has dozens of ready to heat and eat options available so everyone can take a night off in the kitchen. Need a quick dessert? Try our selection of amazing vintage cakes from our bakery. No matter what your Mother's Day traditions are, Choices is here to help.

Veg Expo

May 27th is Veg Expo. Veg Expo is Western Canada's premier sustainable vegan and vegetarian celebration! This fun day for the whole family features dozens of informative speakers, tasty new products and recipes, and all sorts of unexpected delights. With over 200 vendors, you'll be sure to find something great to support your veggie based lifestyle. We'll have a huge booth central to all the action where we'll feature tasty samples and have our nutrition team on hand to answer any questions you may have. This event is always a highlight of our year, so don't miss out!

World Partnership Walk

For more than a decade, Choices has been supporting the World Partnership Walk. This national fundraising event aims to eradicate extreme poverty in developing nations, where thousands of people do not have access to clean water, basic education and health care. All of the funds raised through the Walk are invested in sustainable, long-term, community-led projects in the areas of health, education, civil society and rural development. It is a way to offer hope, a hand-up, know-how and support to some of the world's most vulnerable populations. Join the Choices team on Sunday, June 13th in Stanley Park. See more details at choicesmarkets.com.



COOK IT UP



Coconut Mango Chia Pudding

Courtesy of
the Choices Nutrition Team
and Wize Monkey

– Serves 4 –

2 bags Wize Monkey mango coffee leaf tea
1 can guar gum free coconut milk
Pinch vanilla powder or dash extract
1/4 cup + 2 Tbsp chia seeds
1/4 cup coconut flakes
1 ripe Fairtrade mango

Add content of tea bag, coconut milk and half of the mango to a blender. Blend on high until smooth.

Dice remaining mango into bite size pieces.

In a container, combine mango, chia seeds and coconut milk mixture. Let sit for 15 minutes or overnight to allow chia to absorb moisture.

Divide into four containers and top with additional mango and coconut flakes.

Nutrition Facts per serving:

Calories 264, Fat 17g, Carbohydrates 25g, Fibre 12g, Sugar 13g, Protein 6g, Sodium 8mg, Potassium 331mg



ENTER TO WIN

Rev It Up With a Vitamix Blender

Courtesy of Nutiva

One lucky Choices customer will win an amazingly powerful Vitamix A2300 blender, perfect for smoothies, soups, spreads and more.

Approximate value is \$600.

Skill Testing Question:

(56 - 18) x (25 - 13) = _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from May 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. Winners must arrange pick up of prize from the Choices Markets location of their convenience.



Upcoming Events

MARK YOUR CALENDAR

Thursday, May 10
7:00 – 8:00 pm

Perks of Posture

with Dr. Joshua Korten, DC

Choices Kelowna

Discover the scientific importance of posture on your health in our ANTI-posture cell phone, sitting, computer, and accident-ridden world!

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 | 6:30–8:00pm
Choices South Surrey

Wednesday, May 16 | 7:00–8:00pm
Choices Kelowna

Thursday, May 17 | 7:00–8:30pm
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.



Friday, May 11
1:00 – 3:00 pm

The New Carnivore Cooking Class

with Choices Nutritionist Marissa Vandervelden, BScK, MScN and Choices Meat Specialist Alex Dalton

Choices Abbotsford

Join butcher extraordinaire Alex and nutritionist Marissa for a FREE cooking class and learn tips and tricks on how best to prepare some of Choices most unique sustainable meats as well as delicious recipes.

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

Wednesday, May 16
6:30 – 8:00 pm

Cancer Proof Your Body

with Hanna Rakowska, Registered Holistic Nutritionist and Certified Holistic Cancer Practitioner

Choices Burnaby Crest

Learn about cancer suppression and prevention through the implementation of dietary changes that have been scientifically proven to starve cancer cells.

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

Thursday, May 24
6:30 – 8:00 pm

Gluten-Free Baking

with Holistic Nutritionist Sidney Shindle, CNP, Veritas Wellness

Choices South Surrey

Learn the fundamentals of how to craft nutrient-dense desserts that have the flavour and texture of the ones you know and love, without gluten or refined sugar. Leave with a tried-and-true recipe for paleo chocolate cake and a versatile vegan-friendly icing. Samples and recipes provided.

Cost \$20 plus tax. Prepayment and online registration. 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.

Wednesday, May 16
6:30 – 8:00 pm

Are You Wired & Tired?

with Dr. Briana Lutz, ND, St. Francis Herb Farm

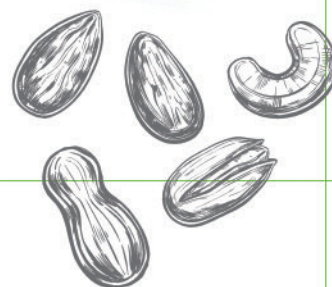
Choices South Surrey

Learn how stress affects our hormones and nervous system, and how herbal allies can offer support and resilience.

Free seminar, 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 our social media for updates as they become available.



Wednesday, May 23
7:00 – 8:00 pm

Hanger Management

with Emily Boese, Nutritionist & Medical Herbalist

Choices Kelowna

Being so hungry you're angry (or hangry) has become a normal part of our lives, but it shouldn't be! Learn 4 easy ways to balance your blood sugar and support a healthy weight

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

Thursday, June 7
6:30 – 8:00 pm

Improving Sleep with Bach Flower Remedies

with Heike Walker, Reflexologist & Bach Remedies Practitioner

Choices South Surrey

Join Heike to learn about sleep practices, relaxation techniques and Bach Flower Remedies that help you find better sleep.

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

Tuesday, June 12
7:00 – 8:00 pm

Bone Broth: Why Your Grandma Was a Genius

with Dr. Jennifer Dyck, ND & Dr. Christian Brix, DC, Boned Broth

Choices Kelowna

Learn why you should be consuming this delicious, satiating, collagen-rich superfood on the regular.

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

preferred shopper club specials



Choices' Own Gourmet Pasta Sauces and Salsas!

Locally made in BC and cooked in small batches, these delicious sauces each come in three simple and clean flavours you and your family will love. You'll only find them at your local Choices Markets.



Choices Markets
Gourmet
Pasta Sauce

Assorted Varieties

NEW at CHOICES

8⁹⁹
750ml



Choices Markets
Gourmet Salsa
Assorted Varieties

NEW at CHOICES

6⁹⁹
750ml

Que Pasa Organic Tortilla Chips & Salsa

Assorted Varieties



3⁴⁹

Tortilla Chips 300g - 350g

3⁹⁹

Salsa 420ml

Bring the best in Mexican flavour into your home.

Casa Fiesta Beans, Taco Shells and Mexican Seasonings

CASA FIESTA Assorted Varieties



Everything you need to throw together a delicious fiesta!

1⁵⁹ to 5²⁹

Assorted Sizes

Late July Organic Tortilla Chips or Cantina Dippers

Assorted Varieties



4⁹⁹

227g - 312g

New dippers are great for scooping up your favourite salsa.

GoodDrink Organic Spritzers or Classic Bottled Tea



Assorted Varieties

1⁷⁹

Spritzer 355ml

2⁴⁹

Tea 473ml

+deposit +eco fee

A crisp, sparkling fruit beverage that's tasty and refreshing.

GT'S Organic Raw Kombucha Beverages



Assorted Varieties

3⁹⁹

480ml

+deposit +eco fee

The original kombucha brand that started the worldwide craze.

Red Crown Organic Pomegranate Juice



8⁹⁹

1L • +deposit +eco fee

Authentic pomegranate juice made with just one ingredient.

Coconut Bliss Frozen Dessert Bars

Assorted Varieties



6⁹⁹

3Pack / 4Pack

Have a treat without all the guilt with these coconut based desserts.

Alter Eco Organic Fairtrade Chocolate Bars or Truffles



Assorted Varieties

3⁷⁹ 7⁹⁹

Bars 80g

Truffles 120g

Fairtrade chocolate is a more ethical choice.



Kind Pressed Fruit Bars

Assorted Varieties



1⁹⁹

35g

Pressed fruit and nothing else for a pure and tasty snack bar.

Alexia Frozen Potato Products



Assorted Varieties

**3²⁹ to
4⁴⁹**

340g - 567g

Farm fresh flavours from the field to your freezer.

Jovial Organic Einkorn Pasta or All Purpose Flour

Assorted Varieties



3⁷⁹ 7⁹⁹

Pasta 340g

All Purpose Flour 907g

Einkorn is a great option for those with gluten sensitivity.



Maison Orphee Organic Cooking Oil

Assorted Varieties

**8⁴⁹ to
24⁹⁹**

Assorted Sizes

Premium oils for a variety of cooking styles.

La Tortilla Wraps & Tortillas Assorted Varieties



**3⁶⁹ to
5⁷⁹**

288g - 496g

Simply better tortillas for delicious burritos, tacos and more.

Level Ground Organic Fairtrade Coffee



or Loose Tea

Assorted Varieties

**5⁹⁹
14⁹⁹**

Tea 70g

Coffee 454g

Iconic fair trade coffee and tea, direct to your mug.

Nuts to You Nut Butters Select Varieties



**4⁴⁹ to
10⁷⁹**

250g

The freshest roasted gourmet nut butters for your pantry.

Europe's Best Frozen Fruit Smoothie Mix Assorted Varieties



4⁹⁹

375g

The best fruits and veggies picked and frozen at the peak of freshness.

Liberte Organic Yogurt Assorted Varieties



3⁹⁹

650g - 750g

These gourmet yogurts refuse to sacrifice anything for quality.

Enjoy Life Gluten Free Cookies



Assorted Varieties

4⁷⁹

170g

Get the snack you crave without any risk of allergens and gluten.

Blue Diamond Almond Breeze Beverages



Assorted Varieties

3²⁹

946ml

A healthy and nutritious non-dairy beverage option.

Nature's Path Organic Granola

Assorted Varieties



4⁹⁹

325g - 350g Boxes

Uncompromisingly organic for our bodies and for the planet.

Glutenull Raw Bars Assorted Varieties



8⁹⁹

Delicious treat bars made with all raw ingredients.

ADAPTOGENS:

Ancient Medicine for Modern Humans

Adaptogen is a term used for a group of plant medicines which help the body adapt to stress. This could be physical stress such as a cold or infection, or mental or emotional stress such as anxiety, or depression.

Adaptogens have increased in popularity over the last few years, but have actually been used for centuries. They are found in every system of traditional medicine, from Ayurveda in India, to Traditional Chinese Medicine, to ancient Peruvian healthcare.

Some of the most common uses for adaptogenic plants are:

- Excessive acute or chronic stress
- Convalescence (to support health and recuperation after illness)
- General immune support (not during an acute illness)
- Intensive exercise
- Adrenal support

The Plants

Ashwaganda (*Withania somnifera*) is a calming adaptogen and one my favourite plants! Traditionally used for convalescence, Ashwaganda is a calming herb which is great for cooling an overworked nervous system. Its botanical name *somnifera* alludes to the fact that it has been used to help with sleep.

Holy Basil (*Ocimum sanctum*), or Tulsi, has been revered in India for its restorative abilities. Another calming adaptogen, Holy Basil makes a beautiful tea. It is full of antioxidants and has been shown to have anti-inflammatory properties.

Ginseng (*Panax ginseng*) is a stimulating adaptogen. It has been shown to improve energy and stamina. Aside from its adaptogenic properties, Ginseng has been shown to support the immune system, cardiovascular health and blood sugar levels. Wild Ginseng has been over-harvested and is an endangered species. When purchasing Ginseng look for a cultivated, sustainable source.

Maca (*Lepidium meyenii*) is sometimes referred to as Peruvian ginseng and is a root vegetable that belongs to the Brassica family. It has been eaten and used in Peru for thousands of years, both as a food and as a medicine. Maca is highly nutritious and can help with energy and possibly even fertility issues.

Eleuthero/Siberian Ginseng (*Eleutherococcus senticosus*) is not a true ginseng. It is much more gentle than Ginseng, with calming adaptogenic properties. It supports the immune system and helps regulate blood sugar.

Rhodiola (*Rhodiola rosea*) is another stimulating adaptogen. Traditionally Rhodiola was used in Eastern Europe to help with stamina and to enhance physical performance. It grows in high-altitude Arctic regions of Europe and Russia. There are sustainability concerns over wild Rhodiola, so look for a sustainable, cultivated source.



How to Use Them

You can buy adaptogens in a wide variety of ways, from loose or dried herbs to tea bags, and concentrated capsules.

Herbs such as Holy Basil lend themselves beautifully to a caffeine-free tea. Many of the other adaptogens, such as Ashwaganda and Maca, are roots that you can buy in powder form and so have an earthy taste that lend themselves well to smoothies or lattes.

Our modern way of life can be pretty stressful. While there is no substitute for real rest and relaxation, adaptogens can be a helpful addition to your daily routine to help build resilience to stress and to help restore after a stressful situation.



Emily Boese is a Registered Herbal Therapist with the Canadian Herbalist's Association of BC. She has worked as Research & Development Manager at a herbal medicine company, as a Medical Herbalist in private practice, and as an organic herb gardener. She is currently the Choices Nutritionist in Kelowna, where she does her best to get medicinal herbs into her recipes. Contact her at kelownanutrition@choicesmarkets.com.

This article is meant for educational purposes only. The information here is NOT meant to replace consultation with a Registered Dietitian or qualified healthcare professional.

Magnesium: Mineral of the Moment

By Dr. Rory Gibbons, ND

Q

I heard that magnesium can help with sleep, why and what type of magnesium should I take?

A

Our typical western diet contains less than the recommended daily allowance for magnesium. Along with a lack of dietary magnesium, humans are exposed to mental and physical stress causing a higher demand for magnesium. The overall result is a magnesium deficiency and a shift from our normal physiological state; in this case, not sleeping when you should be! Although sleep disturbances can be the result of many factors, magnesium supplementation may help you sleep in the following ways:

- Magnesium relaxes skeletal muscles. If you carry tension in your shoulders, get headaches or experience leg cramps at night, magnesium may help alleviate those symptoms and help you get a good night's sleep.
- Magnesium reduces the release of adrenocorticotrophic hormone from your brain that normally stimulates your adrenal glands' sensitivity to stress which in turn elevates blood cortisol. If you are someone who experiences stress for a long time, a magnesium deficiency may be causing a rise in cortisol at times when it should be low.
- Magnesium turns off neurotransmitters that increase brain activity and turns on neurotransmitters that calm it. In people

who experience anxiety or anxiety like symptoms (heart racing, elevated blood pressure, sweating, etc.), your brain may be responding to excitatory molecules when you shouldn't be and magnesium can help shift the mind into a calmer state and allow you to sleep longer.

When choosing magnesium for sleep, mood, muscle function and a general calming effect try a magnesium citrate or magnesium bisglycinate. These forms are absorbed well in the gastrointestinal tract, help muscles relax, and glycinate also naturally reduces anxiety. If you have any questions regarding magnesium supplementation make sure to speak to a healthcare provider.



Dr. Rory Gibbons, ND is a naturopathic doctor accepting new patients at Delbrook Naturopathic Medical Center on Thursdays and Fridays. For more information visit www.drorygibbons.com or call 604-986-9191.

This article is meant for educational purposes only. The information here is NOT meant to replace consultation with a Registered Dietitian or qualified healthcare professional.

Three Health Benefits of Fairtrade Coffee

By Choices Nutritionist Marissa Vandervelden BScK, MScN

With so many of us reaching for a hot cup of coffee first thing in the morning, it's no wonder that coffee is one of the top Fairtrade crops. Beyond fairtrade, by buying organic beans you are also supporting environmental sustainability. Not only does Fairtrade coffee support coffee farming communities, but it can support your health goals too.

1

Coffee is full of antioxidants

In fact it is the highest source of antioxidants for most people eating a typical North American diet. Believe it or not good old drip coffee is the healthiest way to drink your regular cup of Joe. Other preparation methods like espresso or Turkish have reduced antioxidant levels.

2

Coffee can improve blood sugar balance and may ward off Type 2 Diabetes

This benefit of coffee is thanks to a compound called chlorogenic acid which works in the body to improve glucose metabolism and increase insulin sensitivity. Not a coffee fan? You can enjoy the benefits of chlorogenic acid in coffee leaf tea.

3

Coffee can help you burn fat by boosting metabolic rate by 3-11%

This is likely caused by coffee's considerable caffeine content. The caffeine content in your cup of coffee depends on your bean choice and method you use to brew it. Methods like French press or cold brew where the beans linger in the water for long periods have higher contents whereas espresso has less caffeine.

With all of these benefits, you don't need to drop the coffee habit – research shows that the biggest benefits can be seen when drinking 3-4 cups a day. Keep in mind that if you top up your morning cup with cream and sugar these benefits may be outweighed by the extra fat and calories. These are the real culprits to why coffee is adding to the waistline. It may take time to switch to Fairtrade black coffee, but the benefits are worth it for you and the global community.



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



Fairtrade Avocados:

Did you know that avocados are one of the highest fibre fruits? Just half an avocado dishes up 5 grams of fibre and 7 grams of monounsaturated fats, making them incredibly heart healthy. For breakfast enjoy avocado with eggs, on toast or in a smoothie to sustain your energy until lunch.



Fairtrade Melons:

Cantaloupes are a great source of vitamins C & A, plus potassium and are about 90 percent water, which makes them an ideal snack on a hot day. Cantaloupes will become softer and juicier with time but the sugar content will not significantly increase following its harvest. Prevent mold growth by storing dry but wash the rind well right before eating.

Naturally Yours



African Fairtrade Society Organic Pure Raw Shea Butter:

The African Fair Trade Society imports shea butter from Senegal and Ghana and packages the moisturizer in Canada in recyclable bisphenol-free plastic. Profits go towards funding schools and promoting education within the community, supporting the role of women in their local economies, providing medicine for Malaria treatment and building a local health clinic. Use on dry skin to rejuvenate and moisturize.

Grocery Gossip



Sunrise Soyganic Tofu:

Made in downtown Vancouver using non GMO, organic soybeans grown in North America. Tofu is a great source of protein and other important nutrients like calcium, magnesium, iron and zinc. Buy pressed varieties or try pressing your tofu at home for a more meaty texture. There are many ways to use tofu, so give it a try. You might be surprised by how much you like it! See our Tasty Top Choice Recipe for inspiration.



Earth's Choice Organic Whole Bean Coffee:

Coffee beans sourced from the highest quality, Fairtrade, organic growers from around the world. The biodegradable bag will decompose 100x times faster than standard foil bags. Contrary to what you might think, choose a darker roast for less caffeine.



TASTY TOP CHOICES RECIPE

Tofu Scaloppini

From A Local Table – The Choices Markets Cookbook

3 Tbsp avocado oil
1 onion, sliced
2 green peppers, sliced
1 Tbsp fresh sage, chopped
3/4 cup water

1 package of firm tofu, sliced into 1/4 inch slices
1 1/2 lemons, juiced
1 1/2 Tbsp tamari sauce
Black pepper to taste

1. Over medium-high heat, heat oil in a large non-stick frying pan and brown onion. Add green peppers and sauté until soft.
2. Add 1/2 of the sage and 1/2 cup of water. When water has almost evaporated remove pepper mixture.
3. Return frying pan to burner and brown tofu slices on both sides.
4. Add pepper mixture, remaining sage, lemon juice, tamari, and black pepper.
5. When liquid has partially evaporated, add remaining water then continue to cook until most liquid has evaporated.

wellness centre monthly specials



Renew Life Probiotics
Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Enteric coated to protect the probiotics from harsh stomach acid.



Renew Life Omegas
Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Delivers over 1000 mg of omega-3 fatty acids and 1000IU of Vitamin D in every capsule!



Platinum Vitamins
and Supplements

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Nourish your body with the nutrients it needs, thanks to the absorbing power of Omega Suspension Technology™.

Organika Spirulina

Assorted Varieties



25⁹⁹
300g
42⁹⁹
500g

A source of iron for better blood health and immune function.



Sisu Skin, Hair & Nails

31⁹⁹

60 vegcaps

SISU Skin, Hair & Nails captures the strength of natural ingredients including pure hyaluronic acid that nourish the body and inspire beauty from within. This comprehensive formula combines the remediating power of proven ingredients and promotes skin health and rejuvenation, helps repair and promote strong, shiny hair, and fortify nails.

Innovite Supplements

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

Exceptionally stable. Sourced from yeast fermentation for the highest purity. Backed by over 30 years of clinical research.

Natural Factors PGX

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

Gradually absorbs water and slowly begins to expand and produce a feeling of fullness.

Natural Factors Glucose
Balance Supplements

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

Blends all the benefits of PGX with an extract of mulberry to support healthy blood sugar balance.

Andalou Facial Care

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

5 skin care essentials for delicate, dry, & reactive skin.

Botanica Goji Berries



17⁴⁹

300g

25⁴⁹

500g

Certified organic goji berries that are chewy, nutrient-rich and full of energy.

Botanica Perfect Proteins



Chocolate & Vanilla

43⁹⁹

760-820g

Crafted in small batches with just a few simple organic ingredients. So good there's no added sweeteners, not even stevia.

Botanica Greens



34⁹⁹

240-270g

Made with superfoods in a range of super-delicious flavours.



NOW Body Care and Essential Oils Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Aromatherapy is an ancient discipline using fragrances from natural sources to positively affect or change a person's mental and physical state. NOW's extensive essential oil selection can be used to provide a calming, soothing, invigorating or inspiring state of mind.

MegaFood Vitamins and Supplements

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

MegaFood goes out of their way to source fresh and local foods.

New Roots Sleep 8



21⁹⁹

60caps

Restores your body's natural sleep rhythm

New Roots Wild Omega 3



18⁴⁹

60 softgels

34⁹⁹

120 softgels

Every batch is triple tested for purity standards.

Natural Factors Bone Support



Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

A unique vitamin and mineral formula designed to support bone mineral density and help prevent osteoporosis.

NutraSea +D

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

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

Nature's Way Calcium & Magnesium



Assorted Varieties

20⁹⁹

500ml

High absorption complete liquid bone formula featuring collagen. Available in blueberry and chocolate raspberry.

Manitoba Harvest

Hemp Oils & Proteins



Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Drizzle hemp oil over salad or popcorn. Hemp foods offer protein and omegas. Try some today!

wellness centre monthly specials

GLA



For Beautiful,
Smooth,
Glowing Skin

20% off
90 softgels

ACTIVEcollagen



Reduces Deep
Wrinkles by
20% in 28 days

20% off
120 caps

Beautiful Skin Begins From Within



Beautiful Skin from Within Kir Royale

1 scoop **ACTIVEcollagen** powder
¼ cup raspberry juice
Kombucha or sparkling water

Whisk Active Collagen powder in juice.
Pour into 2 champagne flutes, top with
Kombucha or sparkling water.
Garnish with raspberries. Enjoy!



ThinkSport Sunscreen

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

- First Sunscreen to pass Premium Care Requirements
- Free of biologically harmful chemicals. No Avobenzone, Oxybenzone, or UV Chemical absorbers.

Zorah Facial Care, Body Care & Make Up

Assorted Varieties



For soft, healthy,
youthful-looking skin
without compromise!

20% Off
Regular Retail

Assorted Sizes



Jason

Assorted Varieties

20% Off **Regular Retail**

Assorted Sizes

The JASÖN® team meticulously created body loving products - at first just for their own family and friends - staying true to the JASÖN® Code of Honor: Select safe, gentle and effective ingredients, rigorously test every formula to ensure safety and efficacy, never test on animals, and constantly innovate and improve.

South of France Soaps

Assorted Varieties



6.99

236ml or 170g bar

Our French triple-milled
process results in a longer-
lasting and moisturizing bar.

Bio-K+ Probiotics

Assorted Varieties



Strengthen your
intestinal flora
with Bio-K.

15% Off
Regular Retail

Assorted Sizes

Flora Udo's Choices Digestive Enzymes

Assorted Varieties



Digestive Enzymes
Promote regularity
and improve
digestion.

15% Off
Regular Retail

Assorted Sizes

Weleda Body Care

Assorted Varieties



Cleanse and
hydrate with our
plant-rich washes,
body oils and
moisturizers.

20% Off
Regular Retail

Assorted Sizes



the Dish

On Fairtrade Bananas

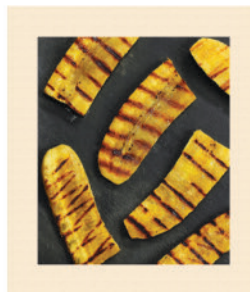
Can you imagine life without the banana? The banana has been cultivated by people from places all over the world for hundreds upon hundreds of years, prized for its great taste and wonderful nutritious qualities. Today bananas are grown commercially in over 100 countries around the world. For many years, however, people who grew and picked bananas were not necessarily very well treated. Germany was the first country to introduce a fair pay system for banana growers in the mid 80's. We now have Fairtrade certification worldwide. The financial benefits to farmers has allowed small impoverished communities around



the world to grow both economically and socially, where conventional non-Fairtrade banana growing communities might be struggling. Fairtrade farming also promotes less toxic growing conditions and more sustainable farming practices. So, now that I've hopefully convinced you to try some, what can we do with these Fairtrade delights?

Of course, bananas are a great snack at any time of day. They come ready to eat in their own organic, compostable wrapper! Banana smoothies, loaves, muffins and pancakes are all regular classics you can make every week, but let's try exploring some new banana options.

Have you ever tried a warm banana crumble? It's a tasty twist on the classic apple crumble. Take it up another level by topping it with an instant banana ice cream. It's super easy to make. Just blend together frozen bananas with a scoop of Greek yogurt, a touch of vanilla extract and the sweetener of your choice and voila, it's good to go. You can also freeze it for future enjoyment.



While we're all familiar with sweet banana applications, don't be afraid to experiment in the kitchen with savoury banana dishes. Check Asian inspired menus for ideas, like banana chicken or tofu dishes. Banana is a great addition to a fresh salsa or guacamole, especially as a garnish to grilled meat or fish. I do have another bold idea, but you have to promise not to tell my Italian friends. I'd like to try and make a risotto with banana!

More discoveries are waiting for you in the banana world, but don't forget to keep it Fairtrade as often as possible. Your small contribution in supporting Fairtrade goes a long way towards helping our friends the banana growers. Go bananas!



Antonio loves to explore Fairtrade tropical flavours. Did you know our produce department features dozens of exotic and Fairtrade fruits? Exploring the world through your kitchen is always an amazing experience.



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Eco Audit

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Tree(s): 27

Waste: 1,199 kg

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