



















MegaFood Multi-Vitamins and Supplements assorted varieties assorted sizes reg price 24.99-75.99





GROCERY



Eden Organic Canned Beans assorted varieties 398ml reg price 3.69-6.69

30% Off regular retail price



Lundberg Organic Rice assorted varieties 907g reg price 8.99-11.79

30% Off regular retail price



Frontera Mexican Food Products assorted varieties assorted sizes

2.49 to 3.99



Lucini Gourmet Pasta Sauce assorted varieties 556-720g

9.99



truRoots Organic Quinoa Pasta & Grains assorted varieties assorted sizes reg price 5.49-15.99

30% Off regular retail price



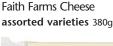
La Preferida Organic Nacho Slices, Green Chilies and Salsa assorted varieties assorted sizes

1.59 to 4.99



Annie's Homegrown Classic Macaroni & Cheese select varieties 170q

2/4.98





Olympic Organic Sour Cream

500ml

3.79

Gardein Meatless Frozen Tenders, Burgers



and Golden Filet
assorted varieties
255-340g

3.99



Wholly Veggie Gluten Free Frozen Veggie Patties assorted varieties 300q

6.99



Glutino Frozen Gluten Free Bread, English Muffins or Pizza assorted varieties assorted sizes

4.99

Raincoast Trading Wild Tuna or Salmon



assorted varieties 142-160g reg price 4.29-7.69

30% Off regular retail price

Earth's Choice Organic Extra Virgin Olive Oil

14.99 11



Simply Organic Bottled Spices assorted varieties assorted sizes reg price 6.89-13.29

30% Off regular retail price

Maple Hill Organic Free Range Medium Eggs 1 dozen



Van's Gluten Free Frozen Toaster Waffles assorted varieties 255g



3.99



Nature's Path Organic Gluten Free Granola assorted varieties 312g pouch

4.99

4.49

PRODUCE



Organic Salad Mixes from Earthbound Farm assorted varieties

3.98





HOP Organic Craft Compost 7.3kg

8.99







All Natural Dijon or Sundried Tomato **Turkey Breast**



Happy Planet Soup assorted varieties 500-650ml





MEAT



Choices Pork Sausages made in-store 17.61kg

7.99lb



Fresh Catfish Fillets 29.74kg

13.49lb



Bacon Wrapped Pork Tenderloin in Teriyaki Marinade raised without antibiotics made in-store

26.43kg

1.99lb



Organic Pork Back Ribs previously frozen 15.41kg

6.99lb



Fresh Wild-Caught Swordfish Loin Steaks from Hawaii 48.48kg



Fresh Halibut Steaks 39.66kg

BAKERY



Scones assorted varieties package of 2





WELLNESS



Prairie Naturals Vitamins, Supplements or Body Care Products assorted varieties assorted sizes reg price 1.79-79.99

20% off Regular Retail Price



Progressive Vitamins and Sports Nutrition Supplements assorted varieties assorted sizes reg price 3.49-74.99

20% off Regular Retail Price



New Roots Magnesium Bisglycinate

23.99 120 Capsules



Oneka Shampoo and Conditioners assorted varieties

11.99 500ml

Mineral Fusion Mineral Based Cosmetics



Now Essential Oils and Bodycare Products regular, organic and blends



select varieties assorted sizes reg price 6.99-119.99

20% off Regular Retail Price

BULK

Almonds assorted varieties, bins and bags

25% off regular retail price

GROCERY



Santa Cruz Organic Lemonade assorted varieties 946ml +deposit +eco fee

3/6.99



Clif Nut Butter Filled Bars and Whey Protein Bars assorted varieties

2/2.98 Nut Filled Bars 50g

2/3.48 Whey Protein Bars 56g



Blue Monkey Organic Coconut Water +deposit +eco fee

2.49 500ml

3.99 11

Fig Bar
Barre aux figues

Nature's Bakery Fig Bars assorted varieties

.89 56.6g Singles

4.49 6 Pack

Zevia Flavoured Sparkling Water assorted varieties +deposit +eco fee



.99 355ml Singles **5.99**



Sahale Nut Mixes assorted varieties 113g

4.99



Partners Wisecrackers assorted varieties
114q

3.49



The Ginger People Ginger Chews, Sauces and Spread assorted varieties assorted sizes reg price 2.39-8.49

30% Off regular retail price

Angie's Boomchickapop Popcorn

BOOM CHICKA POP.

MARKET MINES AND THE POP.

MARKET MINES AND THE POP.

BARK THE OF THE

sea salt or sweet 142g

3.99

Que Pasa Organic Tortilla Chips and Salsa assorted varieties

QUE PASA
PASA

BERTHAN

2.99 Tortilla Chips 300-350g

3.49 Salsa 420ml



Choices 2017
Fairtrade
Retailer
of the Year

May is Choices' celebration of everything Fairtrade! Choices is one of the most dedicated Fairtrade retailers in the country and for the fifth time in six years, we are proud to announce we are the 2017 Fairtrade Retailer of the Year. We believe in the power of Fairtrade as a way to promote developing industries and sustainable growing practices.

Dave Wilson
Program Manager,
Produce and Floral



