

HEART HEALTH

Donate
\$1 or more
at the checkout to
the Canadian
Heart & Stroke
Foundation
August 9 to 22

Prices Effective August 9 to August 15, 2018.



100% BC Owned and Operated



9.99lb

Boneless Skinless
Chicken Breasts
raised without antibiotics
22.02kg



4.99 to
7.49

Low Sodium
Dessert
includes keto
and paleo
friendly
assorted varieties
assorted sizes



12.99lb

Fresh Sockeye
Salmon Fillets
value pack
28.64kg



Flora Udo's Choice Organic
3-6-9 Blend and DHA Oil Blend
assorted varieties
assorted sizes
reg price
16.49-47.99

20% off
Regular
Retail Price



withinUs
TruMarine Collagen

44.99
20 Pack

68.99
250g



1.98lb

BC Grown Organic
Sunrise Apples from
Sundance Farms
4.37kg

first
of the
season



from Deli Dept.

Choices' Own Ready To Eat
Specialty Chicken Legs
assorted varieties

1.89/
100g



4.98

BC Grown Organic
Santa Rosa Plums from
Direct Plus Organics
907g package



from Bulk Dept.

20% off
Regular
Retail Price

Nuts
assorted varieties
bins and bags

GROCERY



GT's Organic Raw
Kombucha Beverages
assorted varieties
1.4L
+deposit +eco fee

8.99



G.H. Cretors Popped Corn
assorted varieties
113-255g

2/7.00



Camino Organic
Fair Trade Chocolate Bars
assorted varieties
80-100g

3.99

San Pellegrino Italian Soda
assorted varieties +deposit +eco fee



.99

Singles 330ml

4.99

6 Pack of 330ml



Old Dutch Restaurant
Tortilla Chips
assorted varieties
250-360g

2/6.00



Blue Monkey
Coconut Chips
assorted varieties
40g

2/4.48



Taste Nirvana
Coconut Water
assorted varieties
+deposit +eco fee

2/4.00 280ml

2/7.00 700ml



YumEarth Organic
Gluten Free Licorice,
Candy and Fruit Pops
assorted varieties

4.49 Licorice/
Candy 100-142g

6.99

Fruit Pops 241g

Hot Kid Rice Crisps
assorted varieties 100g



3/6.99



Vortex 9.5 High Alkaline Water
+deposit +eco fee

1.29 500ml

1.99 1.5L



Frozen
Coconut Dessert
assorted varieties
473ml

5.49



Lundberg Organic Rice Cakes
2 varieties
241g

3.99

Field Roast Meat Alternatives
select varieties 200-368g



**5.49 to
8.49**

Choices Organic Cheese
assorted varieties 235g



6.99



Hanes Hummus
assorted varieties
283g

6.49

Wholesome Organic Fair Trade Sweeteners
assorted varieties
assorted sizes
reg price 6.79-23.99



30% Off
regular retail price

Amy's Frozen Pizza



assorted varieties
340-403g

**8.99 to
10.99**

Dairyland Sour Cream
assorted varieties 500ml



2.29

PRODUCE

BC Grown Organic Bunched French Breakfast Radishes from Myers Organic Farm



2.48 bunch

BC Grown Organic Red, Orange and Yellow Peppers from Origin O Farm



5.98lb

BC Grown Cantaloupe Melon from Desert Hills



2.98 each

BC Grown Strawberries
1 dry pint package



3.98

DELI

Pastrami, Cotto and Honey Ham



1.79 to 2.19/100g

Indianlife Naan Bread
assorted varieties
assorted sizes



5.49

Habibi's Hummus & Dips
assorted varieties 200g

3.79 each



PineRiver Organic Cheese
assorted varieties
assorted sizes

8.99 to 9.99

New to Choices



Choices' Own Organic Smoked or Cooked Turkey Breast



4.99/100g

BAKERY

Organic Sourdough Bread
levain style, sliced or unsliced
530g



4.99

Muffins
includes alternative
flour recipe
assorted varieties
regular or mini
package of 4



2.99 to 4.49

MEAT

BC
ORGANIC PORK
at our Kitsilano,
Kerrisdale, Cambie,
North Vancouver
and South Surrey
locations

Venison Free Range
raised without antibiotics



10% Off

Pork Centre Cut Boneless Chops
raised without antibiotics, value pack
12.10kg



5.49lb

Pork, Beef or Chicken Kebabs
made in-store, select varieties



10% Off

100% Grass Fed Ribeye Steaks Aged 21+ Days
from Australia value pack **31.94kg**



14.49lb

Boneless Leg of Lamb Steaks or Roasts
28.64kg



12.99lb

Choices Beef Burgers 100% Grass Fed
made in-store **13.21kg**



5.99lb

GROCERY

Choices Organic Milk 4L



7.99

Skim, 1%, or 2%

8.99

3.8%



Ripple Dairy Free
Plant Based Beverages
assorted varieties
1.42L

5.99



Nature's Path Organic Eco Pac Cereal
assorted varieties
650-907g

7.99

Maple Hill Free Range
Extra Large Eggs
1 dozen



4.79

New to
Choices



Organic Traditions Superfood
Cereal or Latte Pro
assorted varieties

6.99

Cereal 200g

12.99

Latte Pro 150g



Organic Traditions Cacao
Butter, Nibs, Paste or Powder
assorted varieties assorted sizes
reg price 6.49-21.99

30% Off
regular retail price



Olympic Yogurt
assorted varieties

2.99

Natural 650g
& Krema 500g

3.99

Organic 650g
& Krema 650g



Liberté Kefir
assorted varieties
1L or 4 packs

3.99



Nuts to You Organic
Peanut Butter
smooth or crunchy
500g

5.99



Echoclean Natural
Laundry Detergent
assorted varieties
2.95L

10.99

WELLNESS

Amazing Grass Green Superfood



Powders and Protein
Superfood Powders
assorted varieties
assorted sizes
reg price 1.69-59.99

25% off
Regular
Retail Price

Flora Udo's Choice Probiotics



assorted varieties
assorted sizes
reg price 15.99-63.99

20% off
Regular
Retail Price



Natural Factors
CurcuminRich
Theracurmin and
Joint Supplements
select varieties
assorted sizes
reg price 11.99-43.99

20% off
Regular
Retail Price



New Roots Vitamin E8

15.99 60 Capsules

29.99 120 Capsules



Andalou
Face Care Products
Brightening and Quenching
select varieties
assorted sizes
reg price 16.99-32.99

30% off
Regular
Retail Price



Herbatint Natural
Permanent Hair Colour
assorted colours

15.99 1 Kit

**Donate to the
Canadian Heart &
Stroke Foundation
August 9 to 22**



Did you know that heart disease and Stroke is the number one cause of premature death in women in Canada? Help promote the Heart & Stroke Foundation's efforts with a \$1 or more donation with your grocery purchase. We'll also be holding charity BBQ's to help raise funds and awareness.

**Together, we can do
more to prevent heart
disease and stroke.**



Kitsilano

Cambie

Kerrisdale

Yaletown

Commercial Drive

Kelowna

South Surrey

Burnaby Crest

Burnaby Marine Way

Abbotsford

North Vancouver

604.736.0009 604.875.0099 604.263.4600 604.633.2392 604.678.9665 250.862.4864 604.541.3902 604.522.0936 778.379.5757 604.744.3567 604.770.2868
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