



CHOICES'

Monthly Newsletter | September 2018

avoiding allergens

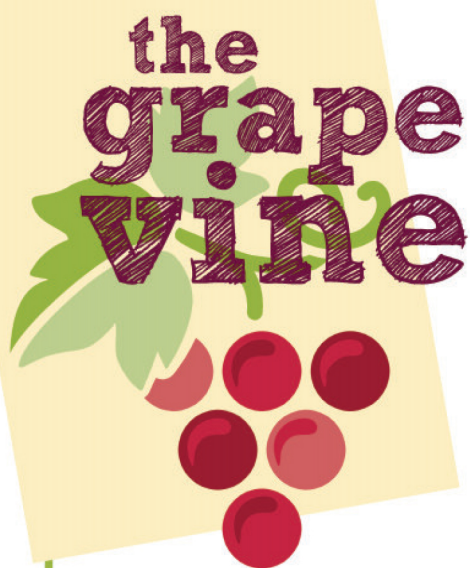
IV Therapy: The New Trend

The Dish on Chia

Win a Macbook Air!

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





South Surrey Shred-a-Thon



On Saturday, September 15th we'll be hosting a charity paper shredding event supporting the Northern Spotted Owl Breeding Program. These owls are an endangered species and with your donation we can help them bounce back from the edge of extinction! Stop by from 11am to 3pm to have your documents shredded securely and safely while supporting a great cause.

Kitsilano Customer Appreciation

Our Kitsilano store's renovations are completed and we're ready to celebrate with a special customer appreciation day! On Saturday, September 22nd you can come visit our very first store and see all the great changes we've made to serve you better. Stop by between 11am and 3pm when we'll have some great activities for kids, catering by the Choices Deli, live music, and some great prizes and giveaways.

Best of all, the entire store will be 10% off for the entire day, and that includes sale items! We hope to see you there.

What's in Season in September?



Artichokes, Beans, Beets	Apples, Blueberries, Cranberries
Brussels sprouts, Corn, Celery	Grapes, Melons
Cucumbers, Fennel, Kale, Leeks	Plums, Pears
Pumpkins, Peppers, Tomatoes	

COOK IT UP



German Schnitzel with Sauerkraut

Courtesy of
Hengstenberg

– Serves 4 –

**4 Pork Cutlets or Boneless Skinless
Chicken Breast (Approx. 115g each)**

1 cup flour

2 eggs – well beaten

1 cup of unseasoned bread crumbs

3 tbsp Vegetable oil for frying

3 tbsp Butter

Salt and pepper to taste

1 pouch Hengstenberg 3 min Red Cabbage

Place each cutlet on a cutting board. Pound cutlets flat with a meat mallet until about 1/4 inch. Salt and pepper cutlets to taste.

Place three shallow bowls on the counter. In the first, put flour with salt and pepper to taste. In the second, put 2 eggs beaten well. In the third, place bread crumbs.

Coat schnitzel first in flour; then egg and then bread crumbs.

Heat oil and butter in a skillet on medium heat. Fry cutlets until golden brown about 3 min per side.

At the same time, heat the 3 min Red Cabbage following instructions.

Serve with your favorite Spaetzle recipe and Knax pickles.



ENTER TO WIN

Enter to Win a Macbook Air!

Courtesy of
Annie's Homegrown Mac & Cheese



This perfect back to school companion is perfect for taking notes thanks to its great design, lightweight construction and powerful processor.

Skill Testing Question:

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

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from September 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. Winner is responsible for picking up prize at the Choices location of their choosing. There can be no repeat winners for throughout 2018.



Upcoming Events



Thursday, September 13
7-8 pm

Stress and Cortisol: How to change your Stress Hormones Naturally

with Dr Rena Saini, ND

Kelowna

Wonder what the hype is about cortisol? We will discuss how this hormone works in the body and ways to balance it, whether it is too high or too low. We will also touch on other effects of stress such as weight gain, poor sleep and poor memory.

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

Monday, September 17
7-8:30 pm

The Anti-Cancer Diet: Unlocking the power of prevention

with Hanna Rakowska, RHN, CHCP, Back to Balance Holistic Nutrition

Kitsilano

30% of all cancers are diet-related! We have more control over prevention than we think. 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.

Wednesday, September 26
7-8pm

3 Daily Habits for Vibrant Energy, Deep Sleep and Optimal Weight

with Dana Skoglund

Kelowna

Dana Skoglund, yoga health coach, reveals how aligning with the cycles of nature brings the body into balance. Learn practical ways to apply the time-tested wisdom of Ayurveda, history's most ancient healing science, to your daily routines to experience more energy, better sleep and effortless weight loss.

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

Saturday, September 29
1-3 pm

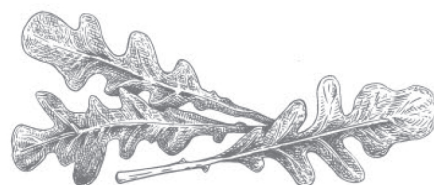
Simple & Satisfying Supper Salads

with Elizabeth Whalley, RHN

South Surrey

Learn how to bring together hearty and healthy restaurant style-salads and dressings in no time! Leave with a selection of recipes for salads and dressings as well as your own handcrafted dressing. All recipes are vegetarian with vegan options.

Cost \$15 plus tax. Prepayment and registration required. 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, September 19
7-8pm

Emergency Remedies for Colds & Flus

with Mona Niebergall

Kelowna

What remedies should you take if you start to get a cold or flu bug? Mona will discuss the best homeopathic remedies to use for illness.

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



Thursday, September 13
6:30-8 pm

The Anti-Cancer Diet: Unlocking the power of prevention

with Hanna Rakowska, RHN, CHCP, Back to Balance Holistic Nutrition

South Surrey

30% of all cancers are diet-related! We have more control over prevention than we think. 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.

ENTER TO WIN

Enter to Win a Year of Clean!

Courtesy of
Seventh Generation

Enter to win one of six whole home cleaning packages from Seventh Generation! Keep your house clean from top to bottom with these great cleaning products.

Skill Testing Question:

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

Name: _____

Phone Number: _____

Choices Location: _____

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preferred shopper club specials



**Kettle Brand
Avocado Oil
Potato Chips**
Assorted Varieties
2⁹⁹
170g

Cooked in 100% avocado oil for a healthy taste on a crunchy chip.



**Coconut
Bliss Frozen
Dessert Bars**
Assorted
Varieties
6⁹⁹
3 Pack or 4 Pack

Get your dessert without the dairy with these tasty treats.

**Rico 'n Lalo Frozen Fruit
& Coconut Bars**



Assorted Varieties
5²⁹
Fruit Bars 4 Pack
5⁹⁹
Coconut Bars 4 Pack

These frozen fruit bars are made in the Mexican style, perfect for a hot day.

**Sensible Portions Veggie
Straws, Veggie Chips and
Pita Bites**



Assorted Varieties
2⁹⁹ Veggie Chips &
Straws 141g - 142g
3⁹⁹ Pita Bites 142g

Less fat than average potato chips leads to a less guilty snack.

**Alter Eco Organic Fair Trade
Chocolate Bars**



Assorted Varieties
3⁷⁹
80g

Delicious chocolate and fairly treated farmers.

**Back to Nature Crackers
or Cookies**
Assorted Varieties



**5⁹⁹ to
7⁹⁹**
Assorted Sizes

Crispy chips and crackers made with all natural ingredients.



**Spectrum Extra
Virgin Olive Oil**
14⁹⁹ Conventional 750ml
16⁹⁹ Organic 750ml

Perfect for your Caprese salad or for dipping some crusty bread.

**Earth's Choice Organic
Coconut Milk**



Regular or Light
2²⁹ 160ml
3⁴⁹ 400ml

Make a creamy curry or a perfect pancake with these coconut milks.

**Thai Kitchen Curry Paste
or Sauces**



Assorted Varieties
3⁹⁹
112g / 200ml

Made with the best in aromatic herbs and spices for an amazing flavour.



**Artesian
Acres Organic
Kamut Pasta**
Assorted Varieties
**3⁷⁹ to
4⁴⁹**
375g - 454g

Nutritious pasta with a nutty, buttery taste.

**Choices Gourmet Small
Batch Pasta Sauce**



Assorted
Varieties
8⁹⁹
750ml

Only at Choices, locally cooked in small batches.



**Anita's Organic
Mill Flour**
Assorted Varieties
**3⁹⁹ to
10⁹⁹**
1 KG / 2 KG

Organic flours locally milled for freshness and flavour.

Califia Fresh Almond Beverages & Cold Brew Coffee



Assorted Varieties

5⁴⁹

Almond Bevs 1.4L

6⁴⁹

Cold Brew 1.4L

Natural ingredients and a sustainability focus make these milks a home run.

Yoso Almond Yogurt or Coconut Yogurt



Assorted
Varieties

4⁹⁹

Coconut Yogurt 440g

5⁹⁹

Almond Yogurt 440g

Keep your breakfast vegan with these yogurts.

Liberté Greek, Greek Crunch or Méditerranéen Yogurt

Assorted Varieties



3⁴⁹

Greek 4 Pack, Greek Crunch 2 pack
or Méditerranéen 2 Pack

Liberté yogurts are creamy, rich and luxurious.

Organic Meadow Organic Cheese Sticks or UHT Milk



Assorted Varieties

6⁹⁹

Cheese Sticks 168g

5⁹⁹

UHT Milk 3 Pack

A nutritious snack on the go, perfect for school lunches.

Stahlbush Island Farm Sustainable Frozen Fruit



Assorted
Varieties

5⁷⁹

227g - 300g

Start your morning smoothie off right with the best in fruity goodness.

Glutenull Gluten Free Breads

Assorted Varieties



6⁹⁹

625-737 g

Gluten free can
be delicious
with Glutenull.



Choices Organic Rice Cakes

Assorted Varieties

3⁴⁹

185g

One of the first organic
items our stores ever
sold were rice cakes



Elias Honey

Assorted Varieties

**12⁹⁹ to
18⁹⁹**

1 Kg

This wholesome sweetener is made by
buzzing BC bees.

MaraNatha Nut Butters

Assorted Varieties



6⁹⁹

Peanut Butter 500g

10⁹⁹

Almond Butter 340g

Nut butters are packed with protein
and healthy fats.

Bulletproof Upgraded Coffee, Chocolate Powder or



Cocoa Powder

Assorted Varieties

19⁹⁹

Coffee 340g

36⁹⁹

Chocolate / Cocoa 454g

Get all-day energy with
these amazing coffees.

Numi Organic Tea



Assorted Varieties

6⁹⁹

Herbal 18 Tea Bags

7⁹⁹

Turmeric 12 Tea Bags

Premium Fairtrade tea for your morning,
afternoon or night.

Lick Your Chops Natural Pet Food Assorted Varieties



1⁹⁹

Cat Food 85g

3⁷⁹

Dog Food 374g

18⁹⁹

Here's the Scoop Cat Litter - 4.54KG

Your pet deserves the best, so get them this all
natural goodness.

AVOIDING ALLERGENS

According to Food Allergy Canada, over 2.6 million Canadians self-report having at least one food allergy! It is important to note that people can be allergic to any food, but some allergies are more common than others. Eggs, milk, mustard, peanuts, seafood, sesame, soy, sulphites, tree nuts, wheat and gluten are all listed as priority allergens by Health Canada, and actually have specific labeling requirements attached to them.



If it seems like more and more people are being diagnosed with a food allergy in Canada, then your hunch is correct, but the verdict is still out on why. According to the hygiene hypothesis, because we live in a cleaner more sanitized environment, our immune system is just not exposed to as many germs as it would have been in the past, leading our bodies to misidentify certain foods as harmful. Whatever the answer may be, the bottom line is more research is needed in this area.

Whether you are newly diagnosed with a food allergy or packing those back-to-school lunches and need some inspiration on what to eat or pack; check out our switch this for that list!

Eggs

To replace an egg in baking: use 1 Tbsp of chia seeds to 3 Tbsp of water and let the mixture sit for 15-20 minutes.

Milk & Soy

Try oat milk. SoFresh Oat Beverage is Canada's only oat beverage. Enjoy it on its own or as a base for any smoothie! Just one serving of SoFresh Oat gives you a nice boost of calcium, and vitamins B12, and D

Peanuts & Tree Nuts

Pumpkin seed butter is a tasty option. Seeds are wonderful nut substitutes—they're full of vitamins, minerals, good fats and protein, plus they satisfy hungry bellies. Smooth pumpkin seed butter between whole-grain crackers for a snack or spread it on celery stalks and top with raisins.

Wheat & Gluten

Gluten-free/Wheat-free grains include: amaranth, rice, buckwheat, cornmeal, millet, quinoa, sorghum and teff. Lots of great options!

Sesame

If your recipe calls for sesame seeds use: poppy seeds or flax seeds. If your recipe calls for sesame oil use: extra virgin olive oil or avocado oil.

Mustard

To maintain the thickness use an equal amount of mayonnaise, such as Chosen Foods Avocado Mayo - this mayo is different than most with avocado oil as the first ingredient! Similar to olive oil, avocado oil is chock-full of heart healthy monounsaturated fats. Plus, they only use cage-free eggs. For Dijon mustard, use a small amount of horseradish in its place.

Still feeling overwhelmed? Book a personalized store tour with one of our in-store nutrition consultants!

<https://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/food-allergies-intolerances/food-allergies.html>

Overall Prevalence of Self-reported Food Allergy in Canada, L. Soller et al, Journal of Allergy and Clinical Immunology February 2012 (Abstract)

<http://www.unlockfood.ca/en/Articles/Food-allergies-intolerances/Food-allergies---Intolerances.aspx>

<http://foodallergycanada.ca/>

What is IV Therapy and how can it benefit me?

By Dr. Rae St. Arnault, ND Empower Health

Q What is IV therapy and is it an option for me?

A IV Therapy, for hangovers, energy and more!

You might have heard of IV therapy, a new fad for better health. In fact, IV therapy has been around for a long time and has been popularized by the naturopathic community across North America. We use it in both chronic and acute conditions. The effects for some people are immediate, while others require a series of treatments.

What is it and what are the benefits?

Naturopathic IV therapy consists of the intravenous administration of nutrients and medicines. Vitamin C, B-vitamins, trace minerals, calcium, magnesium, amino acids and anti-oxidants; are some of the main ingredients that we use. When we put things in the body through the veins, we are able to get to doses that are much higher than what can be absorbed through the digestive tract, and therefore treat more conditions.

Best summer-time IVs?

Summer is a time of activity and leisure, so popular reasons for getting IVs are to prevent or recover from hangovers, as well as work-out recovery IVs. Women also are keen on getting the right antioxidants such as vitamin C and glutathione to help give their skin a natural brightness and glow.



Dr. Rae St. Arnault is an East Vancouver Naturopath (Naturopathic Physician) based on Commercial Drive. She uses her medical training to help put the power back into your hands as a patient, giving you the tools you need to make good health care decisions. She is your health coach, and can help you synthesize all your past treatment and current symptoms, and provide you with the advice and referrals needed to take that next step.

Wheat-free Made Easy

By D'Arcy Furness, RHN

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

Packing lunches and snacks for those avoiding wheat can feel challenging given that our typical carrying devices tend to be wheat derived: breads, buns, wraps and crackers. Keep your non-wheat eaters satisfied and well-nourished with these simple steps.

- 1 Think Outside of the Wrap**
Try your favourite sandwich fillings bowl-style. Chicken salad over a bed of leftover rice or quinoa, or egg salad over crisp celery pieces to mix in as you nosh are good options. Or roll up your fillings in crisp romaine or collard greens for a healthier choice than bread. Snack size nori sheets make a fun wrap for omega-3 rich tuna salad or high fibre red and yellow peppers with hummus.
- 2 Choose Protein-Rich, Easy Hand-Held Fare**
Try pepperoni chicken roll ups dipped in tomato sauce – cut chicken breasts into 1.5" strips width wise. Wrap each piece of chicken with one large piece of pepperoni, place on a baking sheet folded side down and bake at 350 for 15-20 minutes. Chill and pack up to serve with your favourite tomato pasta sauce. Leftover wheat-free pizza, sliders or veggie burgers from last night's dinner are great sustainable options for easy, cold lunches and snacks. Organic corn chips with a protein-rich tzatziki is another yummy option.
- 3 Turn To The Pros**
Choices carries great options for wheat-free eaters, including a wide variety of gluten-free products. Check out locally sourced Wise Bites and Freyumm bars and cookies -these delicious snacks are free from all major allergens, have reasonable sugar counts and taste delicious! For fast and easy wheat-free shopping, look for our blue, gluten-free tagging throughout our stores identifying products safe for you.

wellness centre monthly specials



Lorna Vanderhaeghe Iron Smart

16⁹⁹ 60caps **26⁹⁹** 250 ml
22⁹⁹ 90 caps **47⁹⁹** 500 ml

- Raises hemoglobin and ferritin fast
- Non-constipating
- Available in delicious caramel liquid or capsules

Lorna Vanderhaeghe Vitamin D3



12⁴⁹ 11 ml

For heart, bones, immune system, hormones, skin and more:

- 1000 IU of activated Vitamin D3 per drop
- Tasteless
- 360 day supply

Natural Factors

Support Supplements

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Oil of oregano offers powerful antioxidant protection and immune system support.



Natural Factors Amino Acids

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Lowers the risk of cardiovascular disease and boosts mental energy.

Natural Factors

Detox Supplements

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

The diuretic formula is a superior combination of standardized herbal extracts.



NutraSea Omega-3 Supplements

Assorted Varieties

In just one teaspoon a day, you receive 1250mg of EPA+DHA, which is beneficial for the maintenance of good health.

20% Off
Regular Retail

Assorted Sizes



Natures Way Calcium Magnesium

Assorted Varieties

High absorption complete liquid bone formula featuring collagen.

20% Off
Regular Retail

Assorted Sizes

Manitoba Harvest



Hemp Hearts

Assorted Varieties

An easy to digest, plant based protein to add to your diet.

15% Off
Regular Retail

Assorted Sizes

Sisu Full Spectrum Curcumin



29⁹⁹

30 softgels

49⁹⁹

60 softgels

Perfect for anti-inflammatory and antioxidant support.

Sisu No7 Joint Complex



19⁹⁹

60 softgels

47⁹⁹

90 caps

SISU No 7 improves joint flexibility, mobility and range of motion.

Bio K Plus Probiotics



Assorted Varieties

Strengthen your intestinal flora by taking Bio K+ probiotics.

15% Off
Regular Retail

Assorted Sizes



Botanica Herbal Supplements

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Whether you are looking to reduce inflammation, improve your immune system or enhance gut health – Botanica's Fermented Daily Herb Shots are loaded with enzymes, B vitamins, micronutrients and organic acids – and a therapeutic dose of a variety of popular herbs.



Renew Life Probiotics

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

At Renew Life, we believe a healthy gut is essential for a healthy you. Digestive care has been our focus for over 2 decades and we are considered a leader in cleansing, probiotics and fish oils. Renew Life offers a full line of Health Canada approved natural health supplements for the entire family.

Garden of Life Proteins and

Dr. Formulated Probiotics

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Designed to refuel and repair muscles after strenuous exercise.



Nordic Naturals Children's Omega and Children's Vitamins

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Award winning taste with exceptional purity levels make Nordic Naturals the best choice for you and your family.

Bulletproof Collagen, Whey Protein, XTC MCT Oils and

Brain Octane

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

Boost metabolism, reduce fat storage, and maintain healthy cholesterol levels.

NOW Vitamins and

Supplements

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Features a proprietary blend of whole cranberry fruit.

NOW Essential Oils and

BodyCare Products

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

A wonderful emollient that's perfect for daily use. Can also be used as a scalp moisturizer.

Innovite Vitamins and

Supplements

Select Varieties



15% Off
Regular Retail

Assorted Sizes

Reduce the risk for cardiovascular disease and boost energy levels.

wellness centre **monthly specials**



New Roots Probiotics

20% Off
Regular Retail

Assorted Sizes

New Roots offers advanced probiotic products for a wide variety of needs. All include a natural enteric coating for 100% delivery past stomach acids, resulting in higher intestinal colonization.



New Roots Children's Vitamins and Supplements

20% Off
Regular Retail

Assorted Sizes

- Clinically proven ratio of EPA : DHA to help children maintain mental focus, concentration, and mood.
- 67 daily servings of 10 billion CFU, containing specific children's probiotics from 12 different strains.
- 1050 drops of 400 IU. Critical for childhood development, immune system performance, and mood.

Flora Elderberry Supplements

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

Used in Herbal Medicine to help fight off infections, especially of the upper respiratory tract.



Vega One

49⁹⁹

827-876g

Made from carefully selected, premium, plant-based food ingredients:

- 20 grams protein
- Veggies and greens
- Vitamins and minerals
- 1 billion CFU probiotics
- 1.5 grams Omega-3
- 6 grams fiber
- Antioxidant vitamins, C & E

Look for more specials on Vega products in-store!



Flora

Kindervital

Assorted Varieties

A unique, balanced herbal tonic that supplies bone- and tissue-building vitamins and minerals.

20% Off
Regular Retail

Assorted Sizes



Jason Hair Care and Body Care

20% Off
Regular Retail

Assorted Sizes

We select safe, gentler and effective ingredients, never test our products on animals and seek to innovate and improve continuously.

Platinum Naturals Vitamins
Assorted Varieties



Made with Omega Suspension Technology™ for better absorption and results you can feel.

15% Off
Regular Retail

Assorted Sizes



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.

Choice Produce Picks



BC Apples

BC apples are back! Packed with antioxidants, such as vitamin C, beta-carotene, and lutein. Plus the skins of apples are also one of the best-known sources of pectin—a type of soluble fiber. An apple a day definitely does keep the doctor away.



Organic BC Corn

Stock up! By cooking multiple cobs at once they are ready for a recipe with minimal prep. Boil a few cobs for 15-20 minutes, and keep whole in the fridge for the week, or slice off the cob and freeze. Try BBQ corn brushed with a chili lime spice rub, or added to tacos or salads.



Grocery Gossip



Olympic Organic Kefir

Made fresh every day starting with milk and cream from cows who live, sleep and graze on small farms close to their dairy in Delta, BC. Just one cup contains 9 g of protein and is a great source of calcium and a good source of vitamin A. Enjoy alone, in a smoothie or in muesli.



Rise Kombucha

A Montreal-based company who pride themselves on making an organic, fair-trade and vegan kombucha. The SCOBY (which is also known as the Mother or kombucha culture) metabolizes the organic sugar and caffeine in the tea, so you don't have to, resulting in a drink packed with probiotics, amino acids and enzymes.



Rolling Meadows Yogurt

A proudly Canadian company that works with local farmers from Southwestern Ontario to bring us a smooth and creamy yogurt made simply with grass fed dairy and cultures. Grass fed dairy means cows never eat less than 80% grass, year-round. 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.



TASTY TOP CHOICES RECIPE

Green Goodness Dip

Courtesy of Rolling Meadow Dairy

- 1 cup Rolling Meadow Dairy 2% Greek Yogourt
- 1/2 cup packed fresh parsley
- 1/2 cup packed fresh basil
- 1/3 cup packed fresh cilantro
- 1/4 cup lemon juice
- 2 tbsp. olive oil
- 3 green onions, bottoms removed
- 2 cloves garlic
- Kosher salt

Combine all ingredients in a high-powered blender or food processor, blend until smooth.

Line a mesh strainer with cheese cloth and place over a large bowl.

Pour blended mixture into the strainer and let sit in fridge for at least 1 hour

the Dish on chia



Native to Central America, *Salvia hispanica* (known to me and you as chia), was a staple of pre-Columbian Aztec diets. The seeds were carried as an efficient and practical source of food and nutrition for Aztec warriors so that they could keep up endurance on long journeys.



In more recent times, chia became popular again as a decoration that sprouted from terra cotta figurines. We've since then rediscovered the true value of chia seeds, and they've moved from cheesy decoration to a top superfood. Chia is up there in nutritional value with hemp hearts and flax seeds. Chia can now be found in dozens of commercial products like crackers, breads and snack bars. There are a lot of uses for these versatile seeds. When it comes to the kitchen, chia can be added to a near limitless number of dishes as both a nutrition booster and as a garnish.

Smoothies, juices, salads and parfaits are a few things you can simply mix chia seeds in to add a healthy boost. Did you know you can make a delicious drink with them? Chia seeds can cause liquids to thicken. A chilled Chia Fresca is a great hydrator on a hot day. Simply mix chia in to cold water with some fresh citrus juice, then add your favourite sweetener. You could even add some herbs or spices like ginger or basil. Serve chilled and voila! Delicious. You can also use their thickening properties when making salad dressings or fruit preserves.

There are also limitless possibilities when adding chia to your baking. Experiment with chia when making brownies, granola bars, date squares or crackers. Chia seeds are also great for adding in to your home made nut butters. Include them when grinding your other nuts or seeds to reduce fat content. Stewed lentils or root mash dishes will also benefit from your chia boost.

Perhaps experimenting with a modern chia pesto is a delicious idea? I'm imagining swapping pine nuts for chia seeds, then changing basil for kale or arugula, or maybe even adding avocado for some healthy fats.



Best of all, there's no need to throw out that silly green haired pet you've been growing. In fact, you may have had a hidden garden on your windowsill this whole time. Sprouted chia seeds are a great inclusion in smoothies, sandwiches, wraps and salad bowls.



You or your kids are headed back to school and Antonio and the Choices Deli are here to help out. Get his tasty and healthy recipes to go!



comments@choicesmarkets.com

/Choices_Markets

/ChoicesMarkets

@ChoicesMarkets

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 CO₂

Smog: 5 kg NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator

Kitsilano Customer Appreciation Day!

Saturday, September 22nd

ENJOY

10% OFF
ALL DAY

on all items in store,
even sale items!



PLUS!

Stop by between 11 and
3pm for **samples,**
giveaways, live music,
kids activities and more.

Choices Kitsilano
2627 West 16th Ave, Vancouver