



CHOICES'

Monthly Newsletter | October 2018

The Buzz on Biodynamic

Alternative Treats

The Dish on Oats

Win a Vitamix!

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



the grape vine



Haunted House

Every year on October 31st, the ghosts, ghouls and goblins emerge from our Choices Kerrisdale and Burnaby Crest locations for a Haunted House! These two stores will close down early on Halloween night to transform into something new and frightening. Suitable for kids of all ages, this creepy haunted house is a great way to bring the whole family out for a bit of holiday fear!

Our haunted houses are super popular yearly events that bring the whole community together for a night filled with tricks, treats and scares. Look for pumpkin carvings, live performances, hot chocolate and more!



West Coast Women's Show

From October 12th to 14th, Choices will be exhibiting at the West Coast Women's Show! At the show you'll find great speakers, celebrity guests, and all sorts of products and services ranging from artisan crafts to kitchen gadgets to food to home furnishings. At our booth we'll be showcasing some of our great products and programs as well as having a pop-up coffee and chocolate café. This unique show tailored to women of all walks of life will be happening at TRADEX in Abbotsford.



What Produce is in Season?

BC is home to some of the greatest fresh produce in the world! So what's in season this month for those of us who love to eat local?

October Veggies	October Fruits
Artichokes	Apples
Beets, Broccoli, Brussel Sprouts	Cranberries
Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumber	Pears
Fennel, Garlic, Kale, Leek, Onions	Quince
Parsnip, Potatoes, Pumpkin	



COOK IT UP



Moroccan-Spiced Yogurt Dressing

Courtesy of Tree Island

– Makes 2/3 cup –

This savoury dressing adds flavour to veggies or grilled meats.

6 Tbsp Tree Island Plain Cream Top Yogurt

2 Tbsp extra virgin olive oil

1 Tbsp fresh squeezed lemon juice

1/2 garlic clove, minced

1/2 tsp salt

1/2 tsp paprika

1/4 tsp cinnamon

1/4 tsp granulated sugar

Cayenne pepper to taste

In a small bowl, whisk together all ingredients and mix well. Let dressing sit for 5 minutes to allow flavours to blend. Add salt, pepper, sugar and lemon in amounts to suit personal preferences.

Dressing lasts for a week refrigerated.



ENTER TO WIN

Enter to Win a Vitamix Blender

Courtesy of Nuts to You

Win one of two powerful Vitamix Blenders, courtesy of Nuts to You! These legendary blenders are amazing for making all manner of smoothies, soups, sauces and spreads.

Skill Testing Question:

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

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from October 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. 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

MARK YOUR CALENDAR

Nutritional Fuel for Active Lifestyles

with Coach Andrew Raines

Monday, October 22 | 6:30-8:00 PM
Kitsilano

Tuesday, October 23 | 6:30 - 8:00 PM
South Surrey

Whether you're into fitness classes, yoga, running, team sport or strength training, we'll discuss nutrition strategies to fuel your active lifestyle, increase energy, manage stress, to perform on the next level through plant based nutrition

free



Wednesday, October 3
7-8 PM

Release Yourself from Chronic Pain

with Dr. David Wang, Pratin

Kelowna

Join Dr. David Wang, ND as he discusses the underlying causes of chronic pain, and natural, non-invasive strategies to help address the root cause that can help provide you with relief.

free

Monday, October 15
7-8 PM

Restoring Health with Whole Foods

with Connie Dekramer, MA

Kelowna

Come learn how to restore health with whole foods and how weight loss is a natural result. Lose weight naturally and experience improvement in arthritis, high blood pressure, diabetes and other health concerns through whole food eating.

free



SOS: Sleep or Stress

with Vitality

Monday, November 5 | 6:30-8 PM
Kitsilano

Tuesday, November 6 | 6:30-8 PM
Abbotsford

Vitality's nutritionists will share with you how to nourish and protect the body and the mind in times of stress, while promoting relaxation and consistent sleep. Learn how to achieve results by using food, supplements and lifestyle tips that work!

free

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, October 10
7-8 PM**

Spinal Arthritis: Manageable, Predictable & Preventable

with Dr. Ken Adams, DC, Lighthouse Chiropractic

Kelowna

Learn how you can slow the Osteoarthritis process down and improve your symptoms!

free

**Tuesday, October 16
6:30-8:00 PM**

Let's Go Keto!

with Dr. Felicia Deo, Crescent Health Clinic

South Surrey

The keto diet is a low-carb, high fat diet that offers many health benefits including weight loss, diabetes management and enhanced neurological health. Learn whether a keto diet is right for you, and leave armed with information, ideas, and tips on how to implement it.

free

**Wednesday, October 10
6:30 - 8:00 PM**

Everything You Need to Know About Hormones

with Lorna Vanderhaeghe

South Surrey

Join Lorna Vanderhaeghe as she discusses everything hormones. From weight loss and thyroid issues, to PMS, endometriosis and menopause, there is something for everyone. With tons of freebies and giveaways, this is one not to miss!

free

**Tuesday, October 23
7-8 PM**

Essential Oil Workshop

with Jerri Lynn, WOW Essential Oils

Kelowna

Learn simple and effective ways to use essential oils to keep you happy & healthy throughout the fall and winter seasons and create your own personalized blend to take home!

free



**Thursday, October 25
6:30 - 8:00 PM**

Mushroom Mysteries

with Yarrow Willard, Herbalist, Harmonic Arts

Kitsilano

Join Yarrow as we take a deeper look at many of the medicinal mushrooms which can be found both locally and worldwide. We will learn how to best unlock their healing properties to create health and vitality.

free

preferred shopper club specials



Kettle Brand Family Sized Potato Chips



Assorted Varieties

4⁹⁹

397g

Get the whole family crunching with these delicious snacks.

Kind Fruit & Vegetable Pressed Bars

Assorted Varieties



1⁹⁹

35g Bar

Nothing but pure ingredients, pressed!

Clif Nut Butter Filled Bars, Builder Protein Bars, or Whey Protein Bars

Assorted Varieties



1⁷⁹

Nut Butter Filled 50 g

2¹⁹

Whey Protein 56g

1⁷⁹

Builder Protein 68g

The perfect on-the-go energy boost.

Wedderspoon Manuka Honey Drops or Pops



Assorted Varieties

8⁴⁹

114g - 120g

Perfect for a sweet treat or a sore throat.

Happy Planet Planet Snacks

Assorted Varieties



2⁴⁹

42g

New! These healthy snacks are made from organic ingredients.

Green & Black's Organic Fair Trade Chocolate Bars



Assorted Varieties

3⁹⁹

100g

Fairtrade chocolate helps to provide opportunities for farmers.

Celestial Seasonings Herbal Tea



Assorted Varieties

3⁴⁹ to 4⁴⁹

18 - 20 Tea Bags

Made from the finest teas, spices and botanicals.

Happy Planet Daily Squeeze or Protein Smoothies



Assorted Varieties

4⁷⁹

900ml

+deposit +eco fee

Fresh made fruit and veggie drinks for delicious health.

Liberte Organic Greek and Organic Yogurts

Assorted Varieties



3⁹⁹ to 4⁹⁹

500-750g

These yogurts are incredibly silky and creamy.

Earth's Own Fresh Almond, Cashew, Coconut, or Oat Beverages



Assorted Varieties

4⁴⁹

1.75L or 1.89L

These plant based beverages are healthy for you and for the planet.

Natur-A Enriched Almond, Rice or Soy Beverages



Assorted Varieties

2⁴⁹

Soy or Rice Beverages 946ml

2⁷⁹

Almond Beverages 946ml

Perfect hot or cold, in your favourite recipe or in your morning coffee.

Terra Bread Original Granola



Assorted Varieties

7⁹⁹

454g

1^{4⁹⁹}

1 Kg

Freshly baked in the heart of Vancouver.

Eden Organic Tart Cherry Juice



Assorted Varieties

15⁹⁹

946ml
+deposit +eco fee

The taste of a cherry pie
in a bottle.

RW Knudsen Celebration Sparkling Beverages



Assorted Varieties

4⁹⁹

Conventional 750ml
+deposit +eco fee

5⁹⁹

Organic 750ml

A fancy drink for a noteworthy toast.

Silver Hills Frozen Breads, Buns, Bagels & Tortillas



Assorted Varieties

**4⁴⁹ to
5⁴⁹**

assorted sizes

Made from sprouted
grains for better
digestion.

Kuehne Mustard, Pickles, Beets, Cabbage, or Dressings

Assorted Varieties



**3⁴⁹ to
5⁴⁹**

Assorted Sizes

Get the taste of Germany
with these premium
foods.

Pacific Organic Broth

Assorted Varieties



4⁹⁹

946ml/1L

Great for soups, sauces
and more.

Frontera Mexican Cooking Sauces or Salsa

Assorted Varieties



2⁹⁹

Guacamole 127g

5⁴⁹

Salsa 454g

3⁴⁹

Cooking Sauces 226g

Get a little south of the border flavour with
these flavourful sauces.

Stahlbush Sustainable Frozen Vegetables

Assorted Varieties



2⁹⁹

284g - 400g

Keep them on hand for healthy
meals in a pinch.

Nutiva Liquid Coconut Oil



9⁹⁹

Garlic 236ml

16⁹⁹

Classic 473ml

These oils stay liquid so
they're ready for frying,
baking and more.

Simply Organic Baking Extracts

Assorted Varieties



**6⁴⁹ to
27⁹⁹**

59ml / 118ml

These small bottles of
concentrated flavour
bring big results.

Rustichella Pasta or Pasta Sauce



Assorted Varieties

5⁹⁹

Pasta 500g

9⁹⁹

Sauce 680ml

Rustic style pasta made
the way your Nona likes.

Naam Miso Gravy & Sauce

Assorted Varieties



5⁹⁹

350ml - 355ml

Inspired by the popular
vegetarian restaurant,
these sauces are the
perfect topping.

Echo Clean Biodegradable Dish or Laundry Detergent



Assorted Varieties

2⁹⁹

Dish Liquid 740ml

12⁹⁹

Laundry Liquid 2.95L

Responsible cleaners made in BC.

Next Level Organics:

All about Biodynamic Farming

As a backlash to the pesticide use found in some conventionally grown produce, more and more people are looking to buy fruits and vegetables that are organically grown. Over the past decade, organic food has become so popular that few people think twice about it anymore. As you navigate the grocery store or the farmer's market, you may see other labels which you're not as familiar with as the organic one. Some growers have Biodynamic labels on their food – but do you know what this means, or what the difference is between organic and biodynamic? We are here to cut out the confusion for you!



What is Organic?

There is a joke that goes, "Try organic food! Or as your grandparents called it... food!"

This highlights the concept that organic is a pretty new term. It is only within the last 100 years that we have started using chemical fertilizers and pesticides.

A desire to move back to a more natural way of living, combined with concerns about the safety of the chemicals used in conventional farming, has led to a renaissance of growing food the way it used to be grown.

In Canada, the word organic is regulated by the Canadian Food Inspection Agency (CFIA). Producers must be able to demonstrate "...that organic claims are truthful... and that all requirements have been met" (CFIA website).

Canada's organic standards place strict limits and prohibitions on toxic and persistent pesticides, synthetic fertilizers, the routine use of drugs, antibiotics, or synthetic hormones, animal cloning,

GMOs, biosolids (sewage sludge), and irradiation. They also regulate the care of animals.

While organic farms may use some naturally derived forms of pest management, most farmers employ other methods such as crop rotation, beneficial insects or manual methods to control weeds and pests, and composting and green crops to help support the health of the farm. This reduces the need for external inputs.

What is Biodynamic?

Biodynamic farming is a method of organic farming that considers the farm as an integrated, whole organism. It looks at the relationships between the soil, plants and animals, and aims to eliminate the need for any external inputs at all.

In biodynamic farming, ideally you meet the needs of the farm from within the farm itself. This includes things such as making the farm's own compost and creating biodynamic preparations – natural, homemade concoctions made out of common medicinal plants, manure, or minerals.

Biodynamic farming takes into account the health of the animals, plants and the soil and applies a holistic framework to pest management. There are aspects of regenerative agriculture such as crop rotation, interplanting, seed saving, and promoting crop diversity. Farmers also observe the rhythms and cycles of the moon, sun and planets. Years of observation has shown that there are optimal times for sowing, transplanting, harvesting, and using the biodynamic preparations.

Biodynamic farms can be certified. The most well-known certification body is Demeter International. They generally require that the farm meets governmental organic standards, as well as additional standards specific to the Biodynamic philosophy. Demeter has been around since 1928 and is used in over 50 countries.

Resources/Bibliography

<https://www.demetercanada.ca/what-is-biodynamic-agriculture/>
CFIA: <http://www.inspection.gc.ca/food/organic-products/labelling-and-general-information/regulating-organic-products/eng/1328082717777/1328082783032>
<https://www.biodynamics.com/what-is-biodynamics>
<https://www.biodynamics.com/biodynamic-principles-and-practices>
<http://www.demeter-usa.org/downloads/Organic-vs-Biodynamic.pdf>
<http://thinkcanadaorganic.ca/organic101/#what>
<https://www.cog.ca/home/about-organics/faqs/consumers/>
<https://www.summerhill.bc.ca/Story/Organic-Biodynamic>
Forstbauer Farms <https://www.youtube.com/watch?v=IkLTv6-UVC0>

Fall Eating with Chinese Medicine

By Chris Jeffrey, Registered Acupuncturist

Q
A

What foods are best to eat in the fall from a Traditional Chinese Medicine perspective?

In Traditional Chinese Medicine, the lungs are the organ associated with the fall season. One of their jobs is to protect the body from colds and therefore they play an important role in supporting the immune system. The lung is moist in nature so foods that support the lung should also have moistening properties such as mushrooms, asparagus, broccoli, radishes, squash, pears, tofu, barley, honey and apples.



It's also important to adjust our preparation of meals in autumn, from the cooling salads and raw foods associated with the summer, to dishes that are more warming in nature such as stews, broths and soups. Root vegetables such as carrots, potatoes, leeks and sweet potatoes provide a grounding energy and are more yang (warm) in nature, balancing the yin (cooler) quality of fall. Cinnamon, ginger, garlic and onion, also have a warming essence and can add lots of flavour to your meals.

Fall is all about moving inward, toward introspection, so listening to what your body needs to nourish itself and resting and digesting after each meal is key to good health.



Chris Jeffrey is a Registered Acupuncturist in North Vancouver with a special interest in emotional wellness and pain management.

Alternative Halloween Treats

By Marissa Vandervelden, BScK, MScN

It's that time of year again. The first holiday in a row of candy and chocolate centered holidays! What you can do when you and your kids are surrounded by endless sweets and treats?

1

Alternative Treats for the Adults

Dark chocolate is no trick. By consuming dark chocolate on a regular basis with a higher % cocoa you are able to curb your craving of sweet chocolate and many other sweet foods over time. The other trick is having healthy options on hand at all times so you are able to pull out your snack instead of reaching for those Halloween treats. Premade trail mix bags, fruit leathers or protein balls are simple to make and keep well.

2

Non-Edible Goodies

Opt to hand out something children can still enjoy without the sugar. Find simple toys to stimulate the brain, like toy airplanes, flashlights, notebooks, modelling clay, bouncy balls, yo-yo's, or soap bubble wands. Don't forget about fake mustaches, temporary tattoos, stickers or glow sticks for some real Halloween goodies!

3

Healthier Options for the Kids

Give out treats that parents will be happy to see in their kid's bag, or swap out your own kid's bag of candy for a grab bag of healthier treats and donate their candy. Choices carries a lot of great options that are more allergy, food dye and sugar friendly. FreeYumms, Made Good or Wise Bites, Manitoba Harvest hemp heart bites or Hippie Snacks sesame snacks are great for being allergy friendly and high in protein. Don't forget about Veggie Go's natural fruit leathers or Dee Bee's real fruit freezies for some fresh fruit flavour. Surf Sweets, Smart Sweets and Wedderspoon Manuka honey pops will give the satisfaction of still getting candy, but are better for your kids!



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.

Naturally Yours



Lorna:

SMARTsolutions by Lorna Vanderhaeghe is a company run by women for women. This comprehensive line of supplements supports everything from low iron to general health with a multivitamin. Each ingredient has been carefully selected to make sure every line delivers results.



Grocery Gossip



Piccola Cucina Almond Flour:

A mother and daughter team out of Winnipeg are creating traditional Italian products, but with a twist by using almond flour. Now you can make your own baked goods at home with their gluten-free almond flour! Almond flour is a great grain-free alternative to anyone following a low-carb eating pattern.



Bulk Basics



Psyllium Husks:

A renowned source of fibre that can promote regularity, lower cholesterol & balance blood sugars with intake of 2-3 tsp/day. Add to baking or sprinkle on cereal.



Choice Produce Picks



Jicama

This crisp, sweet tuber can be eaten raw or cooked and contains twice the fibre of a potato. Add it to slaws or stir fries for a satisfying crunch.



Brussels Sprouts:

These tasty 'baby cabbages' are jam packed with anti-inflammatory nutrition, bone-boosting vitamin K along with plenty of vitamin C, folate, and iron. Brussels sprouts even contain meaningful amounts of omega 3 fatty acids. Try them raw in a slaw!



BC Pears:

We're all about fall fruit! Pears are a good source of fibre, for healthy and happy bowels and are a source of potassium, folate and vitamin C. Cool temperatures bring out the best flavour in pears so store them in the refrigerator.



TASTY TOP CHOICES RECIPE

Probiotic Dill Pickled Beans

- 2 bay leaves
- 1 tsp each black peppercorns, coriander & cumin seeds
- 2 Tbsp dill, roughly chopped
- 1-2 cloves garlic
- 1/2 lb green beans
- 4 tsp sea salt
- 2 cups water

Wash beans and dill thoroughly. Place bay leaves, spices, dill and garlic in the bottom of the jar. Line whole beans in one 1L wide mouth mason jar or two 500 mL jars—fit them in snugly but do not pack too tightly.

In a bowl, mix the water and salt to create the brine. Pour enough brine over the beans so they are completely submerged, if necessary use another smaller jar, or something that fits nicely inside the mouth of your pickle jar, to weigh down any floating beans.

Cover the jar with a clean cloth and secure with an elastic band. Leave the beans to pickle for 3 to 14 day and let sour to your liking. Skim any bubbles off the top once a day. Keep pickled beans in the fridge for up to a year.



Green Beans:

Along with garlic, onions, asparagus and beets, green beans are among the vegetables with the highest antioxidant content. Green beans come from a climbing plant native to Central America and the Andes region of northern South America but are found locally in BC from July to October. Preserve them today (see Tasty Top Choice Recipe) to enjoy them until next season.

wellness centre monthly specials



Organika Bone Broth

Chicken or Beef

34⁹⁹

300g

A traditional favourite in an easy to mix and convenient form! Bone Broth, packed with 16 grams of protein, essential minerals such as calcium, magnesium, sodium, potassium and phosphorus is a gut friendly protein source. Rich in collagen, glucosamine, hyaluronic acid and chondroitin, bone broth proves to be effective in not only digestive health but in joint and cartilage health as well. More key benefits of consuming bone broth are supporting a healthy detoxification and immune system in the body as well promoting more lean muscle mass, stable blood sugars and even weight loss.

Platinum Total Vision Care & Liver Care



35⁹⁹

Liver Care, 60 caps

46⁹⁹

Vision Care, 60 cap

Give your liver some TLC – boosts detoxification and protects against free radical damage.

Natural Factors CoQ10

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Coenzyme Q10 is a vitamin-like essential nutrient that helps increase levels of cellular energy production and is required by every cell in our body.

Natural Factors Mineral Supplements

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Magnesium is required for the formation of bones and teeth, and for nerve and muscle function.

New Roots Wild Omega 3



18⁴⁹

60 cap

34⁹⁹

120 cap

Highest potency and perfect balance of EPA and DHA for heart, vision, mood, and inflammation.

MegaFood Vitamins and Supplements

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

MegaFood goes out of their way to source fresh and local foods, crafting these into wholesome supplements that deliver authentic nourishment — far more than vitamins and minerals alone

Dr. Gifford Jones Medi-C Plus

Assorted Varieties



22⁴⁹

Vision Care

42⁹⁹

600g

Helps support cardiovascular health and maintains healthy teeth and gums.



Natren Probiotics

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Heal your gut flora with the best quality probiotics today.



Prairie Naturals NeuroForce - Cognitive Wellness

34⁹⁹

60 softgels

65⁹⁹

120 softgels

Until recently, it was believed that the typical human brain, containing about 100 billion nerve cells (neurons) could neither repair nor regenerate itself. We know better now. We know that we truly are able to protect, restore and enhance brain and neurological function. That's what NeuroForce™ from Prairie Naturals is designed to do for people of all ages.

Natural Factors Vitamin C Supplements



Assorted Varieties

Vitamin C is best known for its antioxidant activity. It is also important for the normal development and maintenance of bones, cartilage, teeth, and gums.

15% Off
Regular Retail

Assorted Sizes

Natural Factors Stress & Sleep Supplements



Stress-Relax Serenity Formula is a unique mix of adaptogenic herbs designed to promote emotional well-being and to help the body cope with symptoms of stress naturally.

15% Off
Regular Retail

Assorted Sizes



Terry Willard Flower Essences

16⁹⁹

50ml

These powerful remedies allow our conflicting emotions to be transformed.



Manitoba Hemp Harvest Hemp Oil and Hemp Proteins

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

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!

A.Vogel Echinaforce Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Echinacea purpurea is known for its antiviral, antibacterial and anti-inflammatory properties.



withinUs TruMarine Collagen Assorted Varieties



43⁹⁹

20pk

66⁹⁹

250g

This fibre-shaped protein plays an extremely important role in ensuring the cohesion, elasticity and regeneration of skin, bones, tendons, ligaments and skeletal muscles.

New Chapter Fermented Boosters



Assorted Varieties

Fermented Turmeric Booster Powder is used in herbal medicine as an anti-inflammatory to relieve joint pain.

15% Off
Regular Retail

Assorted Sizes

wellness centre monthly specials



Lorna Vanderhaeghe
ESTROsmart

27⁹⁹ **49⁹⁹**

60 caps 120 caps

- Supports healthy estrogen metabolism
- Contains antioxidants to promote healthy liver function
- Aids in maintaining a healthy estrogen-to-progesterone balance



Lorna Vanderhaeghe
ESTROsmart Plus

34⁹⁹ **56⁹⁹**

60 caps 120 caps

- Enhances progesterone
- Promotes regular cycles and healthy ovulation
- Aids fertility
- Helps with PMS symptoms

Flora UDO's Choice 3.6.9 Oil
& DHA Oil

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Udo's Oil™ 3-6-9 Blend is a source of omega-3, -6 and -9 fatty acids from fresh-pressed, unrefined seed oils.

Flora Salus Calcium Magnesium
Assorted Varieties



24⁹⁹

250ml

38⁹⁹

500ml

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

Marseille's Remedy
Thieves' Oil & Balm



9⁴⁹

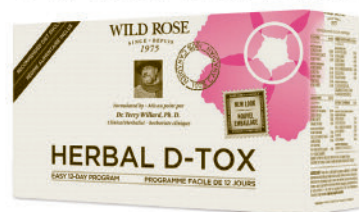
25ml

20⁹⁹

30ml

Ancient remedy that is all-natural, therapeutic, antifungal, antibacterial and antiviral uses, personal and household.

Wild Rose Herbal Detox & Wild Rose Liver D-Tox



Assorted Varieties

39⁹⁹

Herbal D-Tox

43⁹⁹

Liver D-tox

The Wild Rose Herbal D-Tox has been used in Canadian clinics for over 30 years to provide a complete multi-system detoxification of the colon and kidneys; acts on the urinary tract and the gastro-intestinal system; and has an effect on the liver. The liver is involved in hundreds of different bodily functions. Two of the most important of these are digestion and the elimination of wastes.

South Of France Liquid
Hand Soaps and Bar Soaps



6⁹⁹

236 ml or 170g

Coconut Oil and sustainable Palm Oil create a creamy lather; natural glycerin combines with organic Shea butter to leave your skin soft and deeply moisturized.



Trophic Vitamins and Supplements

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

We are proud to be 100% Canadian bringing affordable nutritional supplements to you for over 50 years. We are experts in sourcing quality raw materials from the most reputable suppliers worldwide. Choose from Chlorophyll, Krill, Magnesium, Digest Aid and others.

Mineral Fusion Cosmetics

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Free of gluten, parabens, synthetic fragrances & colors, 100% vegetarian and cruelty free.



In 1755, Samuel Johnson's dictionary defined oats as a 'grain which in England is generally given to horses, but in Scotland supports the people.' As I'm fifty percent Scottish, I am proud to say that the Scots got it right when it comes to being ahead of future food trends. In our modern diet, we've embraced oats fully for their usefulness and nutrition benefits.



There's quite a few ways to get your oats, though they all derive from the *Avena sativa* plant. Oats are the seeds of this plant that have been cleaned, toasted, hulled and cleaned again. At this stage you have nutritionally rich oat groats. Groats can be used as whole grains in salads, soups or side dishes in the same way as hard wheat, quinoa or rice. Steel cut oats are also referred to as Scottish oats. They're oat groats that are cut into two or three pieces. They take the longest to cook as a breakfast cereal, but are also the most nutritionally dense way to eat your oats. They might not be the best for a quick breakfast, but they are a great ingredient for endless hot or cold desserts.

If you like steel oats but don't have the time in the morning to prepare them, cook a larger batch ahead of time and store it in your fridge for up to four days. Even better, pur your cooked oats into

a greased muffin tin garnished with fresh or dried fruit, then freeze. Pop them out later and put them into a freezer safe container and you've got some easy oatsicles you can reheat in a pinch.

Jumbo rolled oats and oat flakes are the result of an oat that has been steamed and pressed flat between rollers. They can be used for porridge, of course, but are also great raw in muesli. I personally like to add them to my meat loaves and meatballs. Rolled oats, or quick oats, are the same as above but are derived from pre-cut groats to make a smaller and thinner piece. They're the best for speedy porridges, biscuits and bars, or as a topping for crumbles and pies.

Instant oats are the final, and fastest oat variety. They cook in minutes because they've technically been pre-cooked.



Oats are a great way to start your day, but don't forget to use them in your sweet or savoury cooking. Cookies, granola and muffins are one thing, but try using oats as a breading for your meat of fish dishes. Even use them as filler for stuffed pastas or pierogi dumplings. Make some oat and cheese patties for a tasty snack, or try and make an oat risotto. Fry a few up before incorporating them into a frittata. As you can see, if you don't have oats in your life you really oat to!



Chef Antonio loves to experiment in the kitchen with common ingredients. He's a real advocate for learning the basics of cooking so that you can apply simple techniques in fun and innovative ways. You can taste these creations of his every day in our Choices Deli items!



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

It's Time for TERROR!

Wednesday, October 31st
6 to 8pm

Choices Burnaby Crest and Choices Kerrisdale

Choices Markets annual
Halloween tradition returns...
from the grave!

A ghoulish and frightening **Haunted House**
Experience for kids of all ages.

Tricks, treats and more!

