



CHOICES'

Monthly Newsletter | December 2018

The Dish on **Ginger**

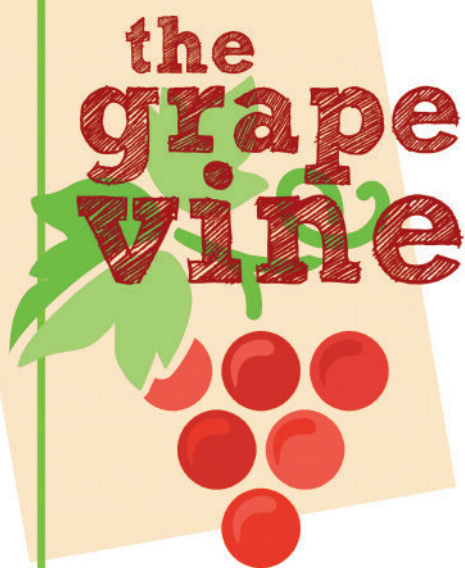
Festive Fermenting

A Fabulous **Holiday Feast**

Win an HD TV!

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





Happy Holidays



On behalf of the staff, management and ownership of Choices Markets, we'd like to wish all of customers and community members a happy holidays. No matter what holidays you celebrate at this most wonderful time of year, we hope that it is filled with the people you love and the joy of a fantastic meal.

Water Kefir Where Have you Been All My Life?

with Leeza Zurwick, Happy Gut Pro

Thur, December 6 | 6:30-8pm
Kitsilano

Come along and learn about water kefir - the fastest fermented food around! In this class you'll learn how to brew water kefir - as well as its history, benefits, and the numerous and versatile uses of its culture that multiply with each ferment.

Free seminar.

Register online. To register for events, visit choicesmarkets.com/events. For inquiries, please call 604.952.2266 or email eventregistration@choicesmarkets.com.



Community Engagement

It has always been part of Choices Markets philosophy that we are a part of each community we are found in. That's why we always try to do our best when it comes to supporting our communities as they support us. Each year, Choices donates over \$150,000 a year to a variety of programs such as local schools, environmental organizations, youth sports teams, neighbourhood house family services and fundraising events across BC. When you visit your local Choices Markets, you'll feel a real sense of community pride in everything we do.

Would you like Choices to consider supporting your community charity or organization? Contact us through our website at choicesmarkets.com/contact-us.

Donate to Star of the Season

Each holiday season, Choices' holiday charity campaign kicks into high gear. From November 15th to December 24th, the cashiers at each Choices Markets location will be selling stars to raise funds for eleven local neighbourhood houses. These neighbourhood houses are dedicated to helping those less fortunate in our communities, and this is just our way of helping to give back. Last year, with your help, we were able to raise over \$45,500, smashing our previous records! We can't wait to do even better this holiday season.

To learn more, visit www.choicesmarkets.com.

stocking stuffers



Andalou Face Masks & Sponges

Assorted Varieties



3⁹⁹ to 4⁹⁹

Masks and Creams 4-18g

7⁹⁹ Face Sponge

Andalou Naturals is the first Non-GMO Project Verified beauty brand.



Pacifica Roll On Perfumes

Assorted Varieties



13⁹⁹ Assorted Sizes

All Pacifica products are gluten-free, 100% vegan, and cruelty-free.

Senzacare Bamboo Eco-Friendly Toothbrushes

Assorted Varieties



4⁹⁹ Adults

4⁴⁹ Childrens

Great eco-friendly stocking stuffers!



Mineral Fusion Natural Nail Polish



Assorted Varieties

8⁹⁹

Assorted Sizes

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

Aura Cacia Bath Soaks

Assorted Varieties



2/5⁹⁹

Assorted Sizes

Help make your bath even more relaxing.



Urban Spa Bath Products

Assorted Varieties



20% Off Assorted Sizes
Regular Retail

Experience the relaxation of the spa at home.



ENTER TO WIN

Watch the Fireplace Channel in Full HD all Winter Long!

Courtesy of Nuts to You!

One lucky Choices customer will win an amazing 58" Samsung 4k HD Smart TV. Amazing for movies, sports, or just your favourite reality tv shows.

Approximate value \$1100.

Nuts to You makes delicious, no-nonsense nut butters that bring on amazing flavour with perfect simplicity.

Skill Testing Question:

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

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from December 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.



A Fabulous Holiday Feast

We all know the holidays can be a stressful time. Relax a little and let us help you plan a delicious meal. These recipes by Chef Antonio and the Choices Nutrition team are sure fire winners bound to have your whole table smiling. We've made sure they're on the healthier side, so you won't be looking too much like Santa after eating your fill. Enjoy!



Turkey, Roasted Ambrosia Apples & Saffron Sausage

500 g lean ground turkey
2 large Ambrosia apples (cored and large diced)
100 g yellow onion (1/2 large onion) (large diced)
2 1/2 Tbsp extra virgin olive oil
1/4 tsp cinnamon
1 tsp sea salt
1/4 tsp course black pepper
1/4 tsp cloves
1/2 tsp coriander powder
2 Tbsp apple cider vinegar
2 tsp (1 gram) saffron
2 Tbsp chives

In a frying pan on medium heat, heat extra virgin olive oil and add diced apples, diced onions, cloves, coriander and cinnamon. Saute for 10 minutes then roast in oven at 400° for 20 minutes. Remove and chill.

When cold, put in food processor with apple cider vinegar, salt, pepper, and approximately 1/4 of the turkey, and process until smooth. Add saffron pistils and pulse a couple of times. Remove and place in a large bowl.

Add remaining turkey and chives and mix. Divide mixture in 4 and place each quarter in the centre of its own square of parchment paper, approximately 12 inches by 12 inches.

Fold one half of the parchment paper over the top of the mixture to meet the opposite edge of the paper. Begin to roll slowly back and forth to form a cylinder shape about 6 - 7 inches long and about 1 to 1 1/2 inches diameter.

Once sausage shape is achieved continue rolling to edge of paper. "Candy wrapper twist" the edges of the parchment, to increase pressure inside the roll, packing well the sausage mixture inside the parchment.

Place 4 sausages in the parchment paper on a cookie sheet, and bake for 25 minutes at 400°. Serve hot or cold, with your favourite side dish.



Herb and Cranberry Dip



- 1/2 cup raw walnuts, roasted and chopped**
- 1/2 medium cucumber, (should yield approx. 1/2 cup)**
- 1 small zucchini, (should yield approx. 1/2 cup)**
- 3 medium garlic cloves, minced**
- 1/4 cup fresh dill, chopped**
- 1/4 cup fresh parsley, chopped**
- 1/4 cup fresh mint leaves, chopped**
- 2 cups (500g) Greek yogurt (2% M.F.)**
- 1/4 tsp unrefined sea salt**
- 1 lemon, juiced**
- 1/3 cup dried cranberries, chopped**

Preheat oven to 350°F.

Roast raw walnuts in a baking dish, stirring every 5 minutes for approximately 15 minutes or until fragrant. Set aside to cool, then chop.

Grate cucumber, and strain through cheese cloth or fine strainer to remove the liquid. Set aside the solid portion in a large bowl. Repeat with the zucchini, add grated strained zucchini to bowl with cucumber.

Add garlic, dill, parsley, mint, and Greek yogurt to the cucumber and zucchini.

Mix in salt, lemon juice, cranberries, and roasted walnuts and mix well.

Garnish with fresh dill, mint, and parsley and cranberries.

Holiday Vegnog

- 1 cup cashews, soaked in hot water 1 hour**
- 1 160 mL can coconut cream**
- 1 tsp vanilla**
- 2-4 Tbsp maple syrup**
- Few pinches ground turmeric**
- 1/2 tsp ground cinnamon**
- 1/2 tsp nutmeg, freshly grated**
- 3/4 - 1 1/2 cup water**

Drain cashews and combine in a high-speed blender along just 3/4 cup of water with the rest of the ingredients.

Blend until smooth. Adjust water to your desired thickness.

Don't have a high speed blender? Filter your nog through 4 layers of cheese cloth before serving for a smoother consistency. Keeps in the fridge for 2-3 days.

Pecan Stuffed Dates

- 3/4 cup raw pecans**
- Pinch unrefined sea salt**
- 16 dates, halved and pitted**
- 1 Tbsp unsweetened coconut flakes**

Preheat oven to 300°F. Spread pecans in a single layer on a baking sheet, and roast for 15 minutes or until fragrant and lightly browned. Remove from oven, set aside to cool.

Puree pecans in a food processor or high powered blender until they form a paste. Season with sea salt.

Stuff each date with 1/2 tsp of pecan puree and finish with coconut flakes. Keep in fridge for 3 days, pack for snacks!

preferred shopper club specials



Kettle Brand Potato Chips

Select Varieties



2⁹⁹

220g

When you need the best crunch and delicious flavours, grab a bag of Kettle Brand!

Mariner Biscuit Company Water Crackers or Stoned Wheat Thins



Assorted Varieties

4⁹⁹

Water Crackers 113g

5⁴⁹

Stoned Wheat Thins 170g - 249g

The perfect base for your holiday appetizers.

Jack's Paleo Kitchen Cookies



7⁹⁹

198g

Free from all major allergens.

Santa Cruz Organic Apple Juice



12⁹⁹

2.84 L

+deposit +eco fee

Try mulling this juice for a warming beverage.

Bremner's 100% Cranberry Juice



12⁹⁹

946ml

+deposit +eco fee

A great ingredient for holiday party cocktails.

See instore for Savings on All Bremner's Juice

Rise Organic Raw Kombucha

Assorted Varieties



3⁹⁹

414ml

+deposit +eco fee

8⁹⁹

1L

A delicious kombucha brewed in the heart of Montreal.

Choices' Own Gourmet Small Batch Salsa



Assorted Varieties

6⁹⁹

750ml

This big mouth jar is perfect for dipping your favorite chips right in to.

MaraNatha Nut Butter



Assorted Varieties

6⁹⁹

Peanut Butter 500g

10⁹⁹

Almond Butter 340g - 368g

Great for spreading on toast or incorporating into your baking.

Twinings Tea

Assorted Varieties



4⁹⁹

20 Tea Bags

Classic teas with time tested flavours.

Olympic Yogurt 1.75 KG

Assorted Varieties



This larger sized BC yogurt is perfect for busy family breakfasts.

8⁹⁹

Natural

10⁹⁹

Organic

11⁹⁹

Greek or Crema

Tree Island Grass Fed Cream Top Yogurt

Assorted Varieties



9⁹⁹

1.5KG

This unique style of yogurt is made on Vancouver Island.

Liberté Mediterranee & Greek Yogurt

Assorted Varieties



3⁷⁹

Mediterranee

4⁷⁹

Greek
500g

Creamy yogurt with wholesome fruit flavours.

Galerie Au Chocolat Fair Trade Chocolate Bars



Assorted Varieties

4⁹⁹

100g

Made with only the very best, ethically-sourced, natural ingredients.

Denman Island Organic Fair Trade Chocolate Bars



Assorted Varieties

3²⁹

44g - 46g

Canada's organic chocolate company since 1998.

Wholly Wholesome Frozen Pie Shells

Assorted Varieties



5⁹⁹

Organic 2 Pack

6⁹⁹

Gluten Free 2 Pack

Get creative and save time with these ready to fill pie shells.

Stahlbush Island Farms Sustainable Frozen Vegetables

Assorted Varieties



2⁹⁹

284g - 400g

When you need veggies in a pinch, turn to Stahlbush.

Eden Organic No Salt Added Canned Beans

Assorted Varieties



5⁹⁹

796ml

Eden Foods is the oldest natural and organic food company in North America.

Nutiva Organic Virgin Coconut Oil

Assorted Varieties



11⁹⁹

444ml

19⁹⁹

860ml

32⁹⁹

1.6L

Great for baking, frying or salad dressings.



Simply Organic Baking Extracts

Assorted Varieties

5⁹⁹

Almond, Lemon, Orange or Peppermint

14⁹⁹

Vanilla 59ml

Make sure your holiday baking tastes perfect with these flavour extracts.

Earth's Choice Organic Shredded Coconut or Coconut Flour



Assorted Varieties

4⁹⁹

250g - Shredded
500g - Flour

High in fibre and protein, free from wheat and other grains.

Earth's Choice Organic Coconut Milk

Regular or Light



2²⁹

160ml

34⁹⁹

400ml

Make your curry velvety smooth with these coconut milks.

If You Care Baking Accessories

Assorted Varieties



Take the hassle out of baking with these recycled supplies.

1⁹⁹ to 7⁹⁹

Assorted Sizes

Bob's Red Mill Nut Flours



Select Varieties

5⁹⁹ to 19⁹⁹

396-454g

Fresh milled grains and flours, perfect for your holiday treats.

Bob's Red Mill Grains



Select Varieties

3⁹⁹ to 7⁹⁹

680g-793g

Water Kefir

There has been a big resurgence of fermented foods in today's markets, menus, and diet plans. There is one that has been under the radar but is making a huge splash into the market place. Introducing, water kefir!

What is Water Kefir?

Water kefir is a fermented beverage that is brimming with probiotics and vitamins

Baby water kefir grains/cultures/tibicos have been around for centuries and are thought to have originated in Mexico in the 1800s. Water kefir grains are a symbiotic relationship between good yeast and good bacteria and form a tiny little clear jelly, that when fed sugar produce a powerhouse probiotic beverage that boosts gut health, energy and immunity.

COOK IT UP



Water Kefir

The First Ferment

1/4 cup sugar

1/4 cup water kefir grains

4 cups water

Place it in a warm spot and the grains quickly eat up the sugar. Within 24 hours you have a fermented drink that has a mild, slightly sweet flavor, with just a hint of fermentation.

Fermenting nut milk is even easier! Place 1/4 cup grains into a first ferment jar and add 4 cups of your favorite nut milk. Leave it in a warm spot for 24 hours.

The sugars in the nut milk will be eaten up by the water kefir grains.

Fun for the Whole Family

Kids absolutely love the fascinating process of making water kefir and getting to drink the fizzy, soda-like beverage after only 48 hours. Parents love it too because their kids are reaping so many health benefits without the kids even knowing it!

Where do I Start?

You can find D.I.Y. Water Kefir Soda Kits and fresh, plump water kefir grains that are ready to make your wonderful drinks, smoothies and elixirs at your local Choices Market.



The Second Ferment

A second ferment for 24 hours more will make you a wonderful, naturally carbonated soda with all of the benefits from the first ferment.

All you have to do is strain the liquid from the grains of the first ferment into a swivel top bottle that has a tight rubber seal.

To flavour your ferment, add your favourite juice, tea, herbs, or fresh fruit to the bottle and seal it shut. Leave it in a warm place for 24 hours and slowly and carefully open the lid. The water kefir eats up the sugar in the bottle, creating natural carbonation, leaving you with a fizzy soda.

Your bottles can then stay in your fridge for up to 6 weeks!

IMPORTANT NOTE: water kefir can be explosive if you leave it out in the warmth too long. Always refrigerate immediately after you have reached the perfect flavour and effervescence.

Holiday Spices and Chinese Medicine

By Dr. Jaewon Jeon,

Traditional Chinese Medicine Practitioner

Q

Why are we drawn to spices such as cinnamon, cloves, nutmeg and ginger during the holiday season?

A

In Traditional Chinese Medicine, winter is the time when our yin energy (cold, damp, dark) peaks. Cold is a type of energy that causes contraction and slows things down. Damp causes a feeling of heaviness and tiredness. When the weather has strong yin energy, our body is easily influenced by them. People tend to become less active. Also, as strong yin (cold/damp) weather impairs the yang energy (warm, active, moving & protecting energy) in our body, people may easily catch colds and flu and have cold hands and feet. Some may experience aggravation of their symptoms- such as stiff, painful joints, angina/chest pain or seasonal depression. During the holiday season, we use lots of spices, such as cinnamon, clove, nutmeg and ginger, in our food and drink because in Traditional Chinese Medicine, these spices are warm and pungent in nature- cinnamon helps activate yang

energy in the body (and hence, warms the body), alleviates pain and improves circulations. Ginger, clove and nutmeg also warm the body and help reduce symptoms associated with digestive problems. Therefore, these are reasons why we indulge in these holiday spices in this cold and damp winter.



Dr. Jaewon offers acupuncture & Traditional Chinese Medicine services at Ridgepoint wellness in Kerrisdale for pain control, injury rehab, stress management and immune support. For more info, visit www.ridgepointwellness.com

Putting the Fizz into Fermented this Holiday Season

By The Choices Nutrition Team

As we head into the holiday season and all the treats that come with it – I'm talking to you, eggnog lattes....it is easy to forget that there are some functional foods that can be incorporated into our eating plans all year round to help support and nourish our bodies. One of these is fermented foods. Recent research has thrust the health benefits of fermented foods into the spotlight and who wouldn't want a healthier gut and immune system?

1

What is Fermentation

Fermentation is a centuries old traditional process in which the natural sugars in food are broken down by bacteria and other micro-organisms. Lacto-fermentation is a method by which vegetables, dairy, and even bread doughs are preserved through the process of fermentation using beneficial bacteria.

2

Benefits of Fermented Foods

Large nutrients such as lactose and starches are broken down during the fermentation process and this can be very helpful for people with sensitive digestive systems. Fermentation also greatly increases the amount and availability of certain vitamins.

3

Top Foods for Fermenting

Vegetables in all forms make great ferments. Sauerkraut is one of the better known but consider the more spicy Kimchi or fermented carrots with dill or ginger. Include a teaspoon of fermented vegetables along with your roasted veggies this season or consider a slow baked sourdough bread with warming soup.

Caution: It is not recommended for pregnant or immune-compromised individuals to consume raw fermented foods. Vitamin K-rich foods may interact with warfarin type blood thinners. Talk to your doctor.



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.

Bakery Goodies



Choices' Own Pumpkin Pie:

From our kitchen to yours!
Handmade with love by our very own baker, who hand makes every single pumpkin pie out of our commissary in Burnaby. Treat yourself and your family this holiday season with piece of Bessie's pumpkin pie. Pumpkin pie counts as a serving of vegetables – right?



Bulk Basics



Pumpkin Seeds:

Good things do come in small packages! In addition to being high in protein, pumpkin seeds contain omega-6 fatty acids as well as tryptophan, an amino acid that helps the body produce mood-uplifting serotonin. The seeds also contain fiber, heart-healthy polyunsaturated fatty acids, monounsaturated fatty acids, minerals, and vitamin K. Enjoy pumpkin seeds on their own as a snack or sprinkled in a salad.



Produce Picks



Portobello Mushroom :

Portobello mushrooms make a great meat substitute for the plant-based eater on your holiday guest list. They have a dark brown color and a very rich flavor, which makes them great for grilling or stuffing! Jam-packed with selenium, energizing B-vitamins, copper and polysaccharides, which have known immune-boosting benefits, mushrooms really are a fantastic fungi!



Grocery Gossip



Farmer's Market Organic Pumpkin:

Meet the family farm behind Farmer's Market Organic Pumpkin Puree. They believe in CLEAN LABELS and their products speak for themselves with organic pumpkin being the only ingredient on the label. Pumpkin puree contains more fibre than kale and is full of iron and heart-healthy magnesium.



TASTY TOP CHOICES RECIPE

No Bake Pumpkin Cookie Bites

Yields 20 bites

By Choices Nutritionist Pauline Wong, RHN

- 1 cup rolled oats
- 1 cup unsweetened shredded coconut 1/3 cup ground flaxseed
- 1/2 cup pumpkin puree
- 1/3 cup maple syrup
- 1 teaspoon vanilla extract
- 1/2 teaspoon pumpkin spice mix

1. Add all the ingredients in a large mixing bowl.
2. Mix completely, and let chill in the fridge for around 15-20 minutes.
3. Line a baking sheet with parchment paper.
4. Remove mixture from fridge and scoop a heaping tablespoon and roll into sphere shape bites.
5. Place the bites into an air-tight container and store in the fridge for up to 5 days or frozen for up to 2 months.

Meet our Meat



Choices Own Turkey:

Organic poultry have a higher standard of living with more space to roam for each bird. They receive organic feed, and do not receive antibiotics. By cooking the whole bird, the cost is reduced compared to portioned pieces, and portioning yourself is a breeze once it's cooked. Turkey is a good source of immune-strengthening zinc and energizing iron.

Naturally Yours



Happy Gut Pro:

Water kefir, welcome to the fermented food market! Kefir is a drinkable fermented beverage, cultured with a combination of beneficial yeasts and lactic acid bacteria. Kefir is currently being studied for its potential as an anti-inflammatory and antibacterial agent, in addition to a host of other health effects. Make your own at home today with Happy Gut Pro!

wellness centre monthly specials

Natural Factors Cognitive Support Supplements



Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Lecithin is a good source of choline, which helps maintain liver health and is critical to the proper function of cells and the nervous system.

Natural Factors Stress & Sleep Support



Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Stress-Relax Tranquil Sleep helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed, without the potentially

Natural Factors Vitamin C Supplements



Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Recommended for the maintenance of healthy bones, cartilage, teeth, and gums.

Amazing Grass Superfood Greens



Assorted Varieties

32⁹⁹ 240g
55⁹⁹ 480g

100% whole food nutrition your body needs, with an amazing flavor your taste buds will love.



Bullet Proof Products

Includes Whey Protein, Collagen, Brain Octane, XCT, Coffee and more!

20% Off
Regular Retail Assorted Sizes

Boost metabolism, reduce fat storage, and maintain healthy cholesterol levels. Up to 18 times stronger in quality MCT fats for better brain function and supporting energy metabolism at cellular level. Heat stable and flavourless, ideal for Bulletproof Coffee, smoothie, or even salad dressing!

Harmonic Arts Superfood Elixirs

Select Varieties



A blend of the most well studied mushrooms in the world.

19⁹⁹
150g

Flora Probiotics and Digestive Enzymes

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes



- Increasing healthy gut bacteria and supporting a healthy digestive system
- Supporting good health year-round and improving nutrient absorption
- Promoting regular bowel movements
- Maintaining a healthy yeast balance
- Improving oral health and preventing bad breath

Alaffia Shampoo & Conditioner



Assorted Varieties

14⁹⁹
950 ml

Restores natural pH, leaving hair moisturized, luxurious, and protected.

Herbatint Herbal Haircolour

Assorted Varieties



17⁹⁹
1 Kit

Permanent herbal haircolour gel without ammonia, without paraben.

Dr. Bronner's Fair Trade Castile Bar Soaps

Assorted Varieties



4⁴⁹
140g Bar

Only the purest organic & Fair Trade ingredients. No synthetic preservatives, no detergents or foaming agents —None!

Lorna Vanderhaghe Brainsmart



34⁹⁹ 60 caps

- Boosts Memory
- Aids in improving memory and cognition
- Reduces fatigue
- Helps relieve diabetic neuropathy pain

Lorna Vanderhaghe SMILE 5-HTP



24⁹⁹ 60 caps
38⁹⁹ 120 caps

- Helps to enhance serotonin, our happy hormone
- Supports the balancing of moods and improving sleep
- Helps with fibromyalgia and PMS symptoms
- Aids with migraine headache relief



Natural Factors Big Friends Supplements

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Big Friends Chewable Multi-Vitamin is a comprehensive and delicious chewable multivitamin and mineral formula – sweetened by xylitol, a healthy sugar-free alternative for children that does not harm their teeth.

New Roots Chill Pills

Assorted Varieties



19⁹⁹ 30caps
34⁹⁹ 60caps

Natural treatment for day-to-day stress and chronic anxiety. Synergistic combination of 25 herbs, adaptogens, and

NutraSea and Nutravege Omega-3 Supplements

Assorted Varieties



15% Off
Regular Retail

Assorted Sizes

Ideal for vegetarians or those who simply prefer plant based omega 3.

Nature's Way Calcium Magnesium

Assorted Varieties



21⁹⁹
500ml

High absorption bone formula with K2, collagen, manganese, boron and D3 is a more complete liquid formula. Provides a 2:1 ratio of calcium to magnesium.

Joy of the Mountains Oil of Oregano

Assorted Varieties



The award-winning Oil of Oregano, for people and pets. A local family business.

14⁴⁹ 10ml
18⁹⁹ 15ml
27⁹⁹ 30ml
33⁹⁹ 90 caps

Decode Personal Care For Men Kit

Assorted Varieties



24⁹⁹

Assorted Sizes

Natural Grooming Kits for Men by Decode includes 3 in 1, Deodorant + Bar Soap

Kelowna Candle Factory

Assorted Varieties



The Kelowna Candle Factory has been handcrafting candles for over 20 years.

20% Off
Regular Retail Assorted Sizes



Sundhed Himalayan Salt Lamps

Assorted Varieties

Negative ions are best for cleaning the air of many allergens.

5⁹⁹ 1 Hole Tea Light
22⁹⁹ Small Lamp
27⁹⁹ Medium Lamp
36⁹⁹ Large Lamp

wellness centre monthly specials



Anne Marie Borlind Facial Care

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

Different skin types and characteristics require different kinds of care. At ANNEMARIE BÖRLIND, we respond to these individual needs with our care system ranges and extra-care products – rejecting any potentially unsafe substances and omitting synthetic fragrances.



Le Comptoir Aroma Diffusers

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Adapted to a contemporary lifestyle, our eco-inspired diffusers will accompany you on a daily basis. Give the gift of wellness for the holiday season.

Aura Cacia Essential Oils

Assorted Varieties



Each blend offers unique and pointed aromatherapy benefits.

20% Off
Regular Retail

Assorted Sizes

Jason Toothpaste

Assorted Varieties



122-170g

Our anti-cavity fluoride gel fights tooth decay and gives your smile a healthier sparkle.

Every Man Jack Body Care

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

Made from high-quality formulas and natural ingredients, without costing you an arm and a leg.

Sundhed Himilayan Bath Salts

Assorted Varieties



6.99
850g

Bathing with Himalayan bath salts cleanses and rejuvenates the skin.



Radius Toothbrushes

Assorted Varieties

15% Off
Regular Retail

Assorted Sizes

The luxurious RADIUS Original blends form and function seamlessly.

Weleda Body Oils and Lotions

Assorted Varieties



Our Age Revitalizing Concentrate is formulated to meet skin's increasing need for reinforcement

20% Off
Regular Retail

Assorted Sizes

Hugo Naturals Bath Bombs

Assorted Varieties



5.49
170g

Our Fizzy Bath Bombs create a luxurious and natural spa experience right in your own home—no hot tub required.

the Dish

On on Ginger

Grown in tropical and subtropical regions of the world, ginger is gaining a bigger and bigger presence in restaurants and home pantries thanks to the constantly growing North American palate. Let's not forget about the health benefits either. A little ginger is always great for fighting an upset tummy after too much egg nog.



Fresh ginger is available in mature or young form. Mature ginger has a coarser peel than young. Make sure to always look for pieces with smooth skin. Wrinkled skin indicates that the root has lost moisture and is past its prime. Young ginger is usually available in the spring and it has a pale and delicate peel that doesn't require peeling.

We've all purchased a piece of ginger root that's much larger than we need for a recipe. Don't despair. Here's a few ideas on how to keep your ginger as potent as long as possible.

You can wrap it tightly and keep it refrigerated for up to 3-4 weeks from purchase. You can also freeze it. Peel chunks and wrap them tightly, this way they're ready to be sliced or grated on demand. Another method I like to use is using a food processor and turning your leftovers into ginger puree. Portion

your puree into ice cube trays, making sure your portions are based on your future uses. Don't make the cubes too big, keep them small and use multiples if you need to strengthen your ginger punch.

Dry ground ginger is very popular around the holiday season. It's a very common ingredient in holiday baking, but it is quite tricky to substitute fresh with dry and vice-versa. They have very different moisture levels and consistency. You don't want your gingerbread people to have frowns, so when you search for the best recipe, look to find modern baking recipes that use fresh ginger instead of dried.

While perhaps not as common around the holidays, fresh ginger is used in savoury cooking all over the world and there are literally thousands of combinations. Sauces made for potent spice or mild ginger aroma are great on meat, fish, veggies, noodles, rice and more. Let's not forget how good a slice of ginger is with wasabi on sushi.



As winter gets colder and snowier, you'll want to try fresh ginger in your warm apple cider or make your own sickness-fighting hot drink with your choice of citrus, and a little honey.

Fresh, candied, pickled or dried, thanks to its distinctive flavour, ginger is an un-substitutable ingredient. Ginger spice leads to everything nice!



Chef Antonio would like to wish everyone a Merry Christmas and hopes that his readers are able to spend some quality time around the dinner table with their favourite people this holiday season. Buon appetito!



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

Choices' Star of the Season Program

November 15th – December 24th

Your donation of only \$2 supports the growth of healthy communities. Now in its 15th year, Choices' Star of the Season Program enriches the lives of families all across Metro Vancouver, the Fraser Valley and the Okanagan. Kindly donated by Calabar Printers, Choices' Holiday Stars may be purchased between November 15th and December 24th for a donation of \$2.00.

For more details on each neighbourhood house, please visit our website, www.choicesmarkets.com.

All proceeds are donated to eleven different organizations:

- Little Mountain Neighbourhood House
- Britannia Community Services
- Gordon Neighbourhood House
- Marpole Oakridge Family Place
- Fraser Side Community Services
- Semiahmoo Family Place
- Burnaby Neighbourhood House
- Downtown Eastside Neighbourhood House
- Abbotsford Community Services
- The Bridge Youth & Family Services
- North Shore Neighbourhood House

I donated to
STAR of the SEASON

