



CHOICES'

Monthly Newsletter | January 2019

Rethink Your Resolutions

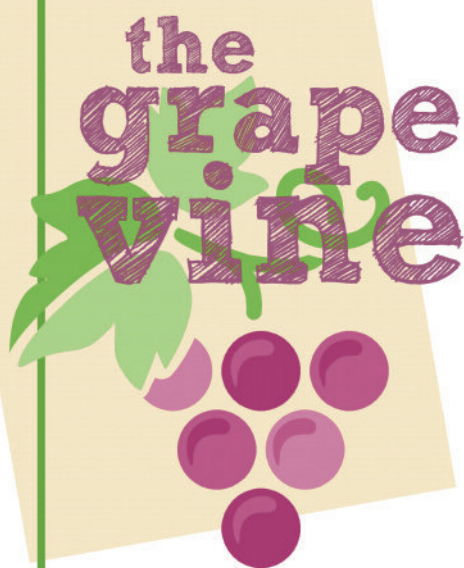
Make the Best of Meditation

Embracing Healthy Fats

The Dish on Coconut



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



NEW!

Lower Priced Specials!

Our month long specials in our grocery and wellness departments that you see here every month are changing! **Now we're offering two week specials.** This will allow us to lower our special pricing even further! We'll still have great month long specials in store, so don't forget to stop by your local Choices to see everything we have on sale.



Happy New Year

Another year has come and gone and we're happy to have shared it with you! A lot of things happened in the world, both big and small. Here at Choices, we were glad to see the grand reopening of our location in Kitsilano. After a long year of renovations, our very first store is looking fresh and better than ever. We hope you'll shop with us some more in 2019 as we've got some exciting plans for helping you get even more of the sustainable, organic and local artisan products that you love for your family.



A Year of Charity

Each Choices Markets location is proud to be a cornerstone of the community it's found in. From Kelowna to Kitsilano, we do our best to help organizations that are helping the community in turn. Last year, some of the bigger organizations we supported were the Fair Trade Advocacy Fund, the Heart and Stroke Foundation and Movember Canada. On a smaller level, our favourite local campaign is our Star of the Season fundraising, where we support local neighbourhood houses provide a wonderful Christmas holiday for disadvantaged families. We just wrapped this one up at Christmas, and this year was one of our best. We're so proud of our customers and how they always go above and beyond when helping us raise money for these worthy causes. Thank you!



COOK IT UP



Sneaky Green Smoothie

Courtesy of Vega

Those sneaky greens are at it again, adding their signature green goodness to this beautiful blueberry bonanza. Whether you're a spinach skeptic or not, this blueberry spinach smoothie is truly delightful.

1/2 cup frozen blueberries

1 cup water

1 Tbsp lemon juice

1 serving Berry Vega One™ Nutritional Shake

1 generous handful fresh spinach

Add all ingredients to blender.

Blend until smooth.

Enjoy!



ENTER TO WIN

Power up Your Smoothies

Courtesy of Vega

Two lucky Choices customers will win a powerful Nutri Ninja 1500W Blender System.

Vega One® is all in for organic. Full of real, organic plant-based ingredients, Vega One Organic All-in-One Shake harnesses the power of plants to help you supercharge your day, deliciously.

Skill Testing Question:

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

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from January 1 to 31, 2019. 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 2019.



Upcoming Events

MARK YOUR CALENDAR

Beyond Supplements: How to Use Herbs in Everyday Nutrition

with Katolen Yardley, MNIMH, Botanica

Tuesday, January 15 | 6:30-8:00pm
Abbotsford

Thursday, January 17 | 6:30-8:00pm
South Surrey

Thursday, January 24 | 6:30-8:00pm
Kitsilano

Integrating both good nutrition and herbs into our daily routine is key for long lasting health benefits. Join Medical Herbalist Katolen Yardley to learn more about her favourite herbs for daily use and how to choose the best form for your personal health goals and lifestyle needs, including tasty recipes that you can easily recreate at home.

Free seminar. Register online. See top of page 5 for registration information.



Tuesday, January 15
7:00-8:00pm

How to Reach Your Health Goals

with Dana Skoglund,
Yoga Health Coach

Kelowna

Learn how to overcome the obstacles that get in the way of sticking to your New Year's resolutions and discover what works. Join us to plan your best year ever and make this year the one you finally achieve the body, energy and vitality you desire.

Free seminar. Register online. See top of page 5 for registration information.



Saturday, January 26
1:00-2:00pm

Grow Your Own Sprouts and Microgreens

with Debbie Roberts, West Coast Seeds

Kelowna

Sprouts and microgreens are super nutrient-dense foods - providing higher amounts of vitamins, minerals, antioxidants and health-promoting phytochemicals than their full-grown veggie counterparts. Learn how easy and cost-effective it can be to grow your own!

Free seminar. Register online. 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.

Thursday, January 17
6:30-8:00pm

How to Engineer a Healthy Gut

with Dr. Sara Celik, ND, Renew Life

Kitsilano

Gut health affects immunity, mood, and stress. Join Dr. Sara Celik, ND as she teaches you about gut microbes and how to achieve optimal health by engineering a healthier gut!

Free seminar. Register online. See top of page 5 for registration information.

Wednesday, January 23
7:00-8:00pm

A Night of Beautiful Hair

with Aeryon Ashlie, Holistic Fitness Coach,
Prairie Naturals

Kelowna

We all want beautiful hair, but at what cost? Have you ever looked at your current hair products and questioned the ingredients? Come learn more about natural hair products, have a fun night of samples, beauty give aways, and possibly win a chance to get your hair styled.

Free seminar. Register online. See top of page 5 for registration information.



Wednesday, January 30
6:30-8:00pm

Just Ferment: Kombucha Workshop

with Allisha Heidt & Rochelle Minagawa - Master
Fermentistas, MotherLove Kombucha

Kelowna

MotherLove's kombucha workshop will give newbies and experienced home brewers alike the ultimate learning experience in brewing kombucha right in their own kitchen. All participants receive 2 x bottles of kombucha/water kefir or one Mother's Helper Starter Kit.

Cost \$30 plus tax. Prepayment and registration required. See top of page 5 for registration information.

Thursday, January 31
6:30-8:00pm

Discover Lightwork Meditation

with Jacqueline Voci, Meditation Teacher

Kitsilano

Lightwork is a style of meditation that can give you more energy, focus and enthusiasm for life. In this intro class, you'll learn powerful visualizations to use in everyday situations.

Free seminar. Register online. See top of page 5 for registration information.

JANUARY 1-15 ONLY

club specials

NEW!
Lower Prices

Nutiva Organic Virgin Coconut Oil



8⁹⁹ 445g
14⁹⁹ 860g
23⁹⁹ 1.6L

A nourishing, multi-purpose super food.

Imagine Organic Soup & Broth



Assorted Varieties
3⁴⁹ Broths
4⁴⁹ Soup and Bone Broth
946ml/1L
Delicious blends of fine herbs, vegetables, meats and seasonings.

Annie's Classic Mac & Cheese



Select Varieties
1⁹⁹ 170g
It doesn't get any tastier than some creamy mac and cheese.

Sunrise Soyganic Tofu



.99 to 2⁶⁹ 175g-350g
Made in Vancouver since 1956.

Spread Em' Cashew Dips or Fermented Cashew Cream-Cheese Style Spreads



Assorted Varieties
5⁴⁹ to 6⁹⁹ 183g
Locally made, dairy-free dips. Try hot or cold.

Wasa Crispbread



Assorted Varieties
2⁴⁹ 230g-275g
The Scandinavian favourite for healthy toppings.

Bragg's Apple Cider Vinegar Beverages



Assorted Varieties
2⁴⁹ 473ml
+deposit +eco fee
Enjoy the health benefits of apple cider vinegar in this refreshing beverage.

Suzie's Good Fats Bars



Assorted Varieties
1⁹⁹ each-39g
Cut the sugar and feel full with healthy fats.

Wedderspoon Manuka Honey Pops or Drops



Assorted Varieties
7⁹⁹ 114g Drops or 120g Pops
Created with care for your well bee-ing.

Dream Alternative Beverages



Assorted Varieties
2⁹⁹ 946ml
Rich, creamy taste, without the dairy!

Liberte Greek & Crunch Yogurt



Assorted Varieties
2⁹⁹ 2 pack or 4 pack
Your favourite yogurt now comes with a delicious granola topper.

Earth's Choice Organic Fairtrade Coffee



Assorted Varieties
8⁹⁹ 400g
Fairtrade coffee from small scale farms in developing nations.

JANUARY 16-31 ONLY

club specials

NEW!
Lower Prices

Maison Orphee Coconut Oil



10⁹⁹

454g

17⁹⁹

850g

Great for all manner
of cooking projects!



Omega Apple Cider Vinegar

2⁹⁹

355 ml

4⁹⁹

946 ml

Made with a natural
fermentation process for
full strength and flavour.

Choices Small Batch Pasta Sauce Assorted Varieties



7⁹⁹

750ml

Our signature pasta sauce
is made from premium local
ingredients.

Amy's Organic Soup

Assorted Varieties



3⁴⁹

398ml

Vegetarian soups with
rich, satisfying flavours.

Rocky Mountain Flatbread Frozen Pizza

Assorted Varieties



8⁹⁹

405g-430g

The Vancouver
favourite pizza
place, frozen for
your convenience.

Organic India Tea

Assorted Varieties



5⁹⁹

18 Bags

Responsibly and
ethically grown
in India.

Earth's Own SoFresh Beverages

Almond, Cashew, Coconut or Oat



3⁴⁹

1.75L-1.89L

Find the perfect beverage
for cereal, morning coffee,
smoothies and more.



Happy Planet Protein Smoothie

Assorted Varieties

3⁹⁹

900 ml plus
+deposit +eco fee

These masterful blends
are chock full of muscle
building protein.

MaraNatha Nut Butters

Assorted Varieties



6⁹⁹

Peanut Butter 500g

9⁹⁹

Almond Butter
340g - 368g

No stir and full of healthy
fats and protein.

Nature's Path Organic Cereal

Assorted Varieties



**3⁹⁹ to
4⁹⁹**

284 - 400g Boxes

Our food choices
matter, so choose
Nature's Path.



Silver Hills Bagels

5⁴⁹

482g

Organic, sprouted grain
boiled and baked bagels
for a soft, chewy texture.



Little Northern Bakehouse Gluten Free Loaves

Assorted Varieties

6²⁹

400g

Fluffy and chewy gluten-
free loaves made with
healthy sprouted grains.

Rethink Your Resolutions

How many times have you made New Year's resolutions? How many of those resolutions have you kept to date? Maybe, this year, it's time to rethink your resolutions so they lead to lasting change and to a healthier happier you.

Rethink your New Year's resolutions this year by building smarter habits for more sustainable lifestyle change, not quick fixes. Below we outline the keys to making a plan for changes that will actually last:

Small incremental changes

- 1 Be specific - Instead of saying you will eat more fruits and veggies clarify by saying every meal and snack will include a vegetable or that you will have a serving of fruit at breakfast.
- 2 Baby steps - Every week master one goal relating to your final wellness goal. For instance, want to work towards eating less animal products? Week one start by drinking your coffee with almond milk.

Social Support

For motivation, social support is so important and that's why your in-store nutrition consultant wants to hear from you every week. First, book an in-store consult to narrow down your individualized four habits. Plus, with exclusive access to an online support group moderated by our team of nutritionist and dietitians, you will never be alone. See your in-store nutrition consultant or check out online for the list of nutrition expert recommended healthy habits.

Accountability

After your initial in-store consult - follow up weekly with the nutrition consultant over the next three weeks to ensure you're on the right track (plus pick up more recipes). This will keep you accountable and zero out any barriers that get in the way.

Incentive

A healthier you should be enough of an incentive, but just in case it's not we've got you covered:

- 1 Collect your \$10 off coupon* at every weekly check-in.
- 2 Complete the entire 4 week program and be entered to win free groceries (3 chances of \$100 to be exact)

You're on the right track to building lasting lifestyle changes. It can take 10 weeks to build a habit so continue to focus on your four newfound habits until they become an effortless part of your everyday routine.

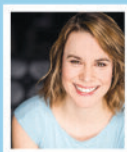
Set backs are a BIG part of the change process - do not give up but learn from the experience. What was happening for you at the time of the set back? What were the triggers? And most importantly focus on what is working and on your strengths. Then, spend extra time exploring the areas in which expectations have not been met and create a plan for improvement. Try different tools and resources and reach out for support – that's what we're here for.

"You are never given a wish without also being given the power to make it true" — Richard Bach



Need an Incentive? We Challenge You for a Chance to Win!

We're here to help you meet your resolution goals with a great contest. Check the back page for full details!



Are you ready to make small steps towards a healthier, happier you? Contact Jess at nutrition@choicesmarkets.com to rethink your resolutions and get started on your path to incremental change.

This article is meant for educational purposes only. The information here is NOT meant to replace consultation with a Registered Dietitian or qualified healthcare professional.

Let's Get Real, Is Your Mind Too Busy to Meditate?

By Jaqueline Voci, Lightwork Meditation Teacher

If you've ever tried meditation – or even just contemplated trying, and had the thought, 'Yeah, meditation's probably not for me – my mind is way, way too busy', you are not alone.

Rest assured, pretty much every single person I know who regularly meditates initially believed their mind was far too busy to ever do it. Including me. And now I'm a meditation teacher.

So don't write yourself off so fast. Maybe you just need to find a style of meditation that suits you.

You need to know, there are tons of different styles. Meditation is not just one thing. For every individual, there's some exploration to be done to see what works.

Lightwork is a style that works for many kinds of people, including those with active minds. You learn a series of techniques that are designed to help you release stress and worry, increase your energy level and generally manage whatever life throws at you. It's kind of like having a tool belt filled with incredibly useful life skills.

Here are three tips to consider as you seek a style for yourself:

1) Take a class. It's tricky to learn to meditate on your own. It's certainly not impossible but it's a harder route. When you take a class, you really get a sense of whether a particular style is fit for you or not. Listen to your gut.

2) Let go of perfection. Sometimes people get frustrated by meditation because they believe that it's supposed to feel a specific way: bliss right off the bat. Unadulterated peacefulness. Meditation isn't like that for anyone. It's a journey. Let go of how you think it should be, and instead notice how it's affecting your life.

3) Validate yourself. We live in a world that pulls us to be distracted, worried and run ragged. The choice to have even a few moments outside of that is an act of personal revolution. Validate yourself whenever you meditate, even if it's just for a few minutes. It matters. It makes a difference. It's working even when you don't realize it.



Jacqueline Voci is a certified Lightwork meditation teacher in Vancouver. She has hosted led meditation sessions for the Dalai Lama Center for Peace & Education, UBC Faculty of Medicine, BC Cancer Research Centre and BCIT Student Association.

Embracing Healthy Fats By The Choices Nutrition Team

Nothing is more confusing than fat!

Our fat phobia has caused more harm than good, leading us to consume more refined carbohydrates in their place. Research is mounting that eating more of our calories for fat and less carbohydrates may help ward off diseases—even heart disease.

What type of fat should we choose?

Saturated fats from animals and coconut oil are among the most stable of the fats, meaning they are less likely to be impacted by oxygen or heat.

Polyunsaturated fats, primarily found in plants and seed oils, are beneficial when eaten in their food form but may undergo undesirable changes when extracted as oils and heated, ultimately causing inflammation. Two essential polyunsaturated fats, omega-3

and omega-6, need to come from our diet but they should be as unrefined as possible to confer their health benefits.

Monounsaturated fats may be the best choice, think avocados, extra virgin olive oil and some nuts, being both largely unsaturated, having no impact on cholesterol levels and being stable at moderate heat.

So how do we make sense of all this?

For the vast majority of us, the best approach is to eat moderate amounts of satiating fats, from clean, whole food sources. This means that full-fat dairy and butter are back on the table – ideally sourced from grass-fed animals. To get your omega-6s, add nuts and seeds to your salads, yogurt, bowls or curries. Get those important omega-3s from clean, cold-water fatty fish such as salmon.



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.

Grocery Gossip



Farm House Culture Gut Shot:

These delicious gut shots can be added to just about anything! Smoothies, juices, salad dressings or even on their own as a shot. Try the Garlic Dill Pickle for a comforting taste of homemade pickles. Fermented foods are a critical ingredient for a healthy gut and a balanced microbiome.

Bakery Goodies



Shockingly Healthy Bakery:

Meet Lauren, the founder behind Shockingly Healthy, whose dream it was to create a healthy dessert for everyone! The secret ingredient behind these gluten-free, dairy-free and vegan baked goods is non-GMO chickpeas. Chickpeas are jam-packed with fibre and protein allowing one brownie to have about 20% of your daily fibre intake and 5g of protein – not bad for a dessert.

Naturally Yours



Nutracleanse:

Nutracleanse is now Omega 3 Nutracleanse – new name and look but same all natural, high fibre formula made from five organically grown ingredients in BC. Add Omega 3 Nutracleanse to muffins or other baked goods, to smoothies, to yogurt or even enjoy it on its own with water or juice.

Produce Picks



Medjool Dates:

Make medjool dates your main sweetener in smoothies and juices. Dates are rich in iron, fibre and antioxidants and contain selenium, manganese and copper – all minerals that support bone health.



Organic Fountainview Carrots:

These tasty BC carrots are grown in Lillooet. This 25lb bag allows you to add sweetness to homemade juice with less fructose than fruits. Carrots contain the antioxidant beta-carotene, which may lower the risk of some chronic diseases. Carrots go well with flavours such as ginger, curry, maple syrup, honey, apple cider, thyme and parsley.



Cucumber:

Cool as a cucumber! Cucumbers are 95% water, making them a great way to stay hydrated during these dry winter months. Plus their crunchy texture makes them the perfect afternoon snack! They also make a great addition to any smoothie or juice.



TASTY TOP CHOICES RECIPE

Dreamy Orange Smoothie

By Choices Nutrition Team

3/4 cup non-dairy milk
1 orange, peeled
1/2 banana, fresh or frozen
1/2 carrot
1/2 tsp vanilla extract or powder
2 Tbsp hemp seeds

1. Combine all ingredients* in a high powered blender. Blend until smooth.
2. Serve immediately.

**If you do not have a high powered blender, grate the carrot first.*

Stay satisfied with these smoothie savers:

Include a source of fibre—this helps to slow the absorption of fruit sugars and keep your blood sugar from spiking. Greens, nuts, hemp, flax and chia are all great sources.

Last until lunch time with a smoothie that includes a source of protein and/or fat. These nutrients take longer to digest so you feel satisfied longer. Add ingredients like protein powder, nuts, seeds or avocados to accomplish this feat.

Chew your smoothie! You read that right, chewing your smoothie at least 10 times per sip mean you are kicking off important digestive processes properly and are getting the most of out your smoothie, whatever ends up in your blender.

JANUARY 1-15 ONLY

wellness centre

NEW!
Lower Prices

AcidophilusUltra

DAILY CARE

11 Billion+

Live Active Whole Cells

11 Strains

4 Human · 1 Plant · 6 Dairy

Helps support intestinal and

gastrointestinal health

Potency Guaranteed at Expiry

ISO 17025 Laboratory-Tested

Water-Based PPD Enteric Coating

New Roots

60 enteric-coated

vegetable capsules

ProbioticsUrgency

EXTRA POTENCY

50 Billion+

Live Active Whole Cells

10 Strains

4 Human · 1 Plant · 5 Dairy

Helps support intestinal and

gastrointestinal health

Potency Guaranteed at Expiry

ISO 17025 Laboratory-Tested

Water-Based PPD Enteric Coating

New Roots

22 enteric-coated

vegetable capsules

New Roots Probiotics

Assorted Varieties

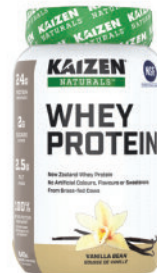
20% Off
Regular Retail

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.

Kaizen

Whey Protein Powders



31⁹⁹

908g

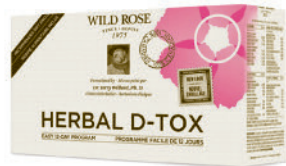
Sourced from grass-fed New Zealand cows.

Vegan Proteins

36⁹⁹

804g

Wild Rose D-Tox Kits



37⁹⁹

12 day Herbal Detox

41⁹⁹

Liver D-Tox

Pollutants from the environment can lead to a state of congestion. Detoxify to clear it out.

Flora Flor-Essence



See in store for specials!

26⁹⁹

500mL

43⁹⁹

941mL

The remarkable 8-herb Ojibwa formula.

Andalou Body, Facial

and Haircare Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

Fruit Stem Cell Science® is our synergistic, super-powered antioxidant blend that energizes skin's own defense system.

Manitoba Harvest

Hemp Hearts



24⁹⁹

56g

74⁹⁹

227gram

134⁹⁹

454gram

51⁹⁹

2.27kg

Sprinkle on salads!



Organika Bone Broth

Chicken and Beef, Original & Ginger

33⁹⁹

300g

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.

A.Vogel Echinaforce



124⁹⁹

30mL Throat Spray

23⁹⁹

100ml

Relieves symptoms of cold & flu Shortens the duration of infection.

New Chapter
Turmeric Force



20⁹⁹

30caps

28⁹⁹

60caps

46⁹⁹

120 caps

The phytonutrients in Turmeric Force provide a 100% herbal response to joint inflammation.



Incrediwear

Assorted Varieties

Braces & Sleeves that increase blood flow, reduce pain & accelerate healing.

20% Off
Regular Retail

Assorted Sizes

JANUARY 16-31 ONLY

wellness centre

NEW!
Lower Prices



Botanica Proteins, Greens and
all Herbal Extracts

Assorted Varieties

25% Off Regular Retail

Assorted Sizes

Botanica Perfect Greens is a clean blend making it easy to meet your daily greens quota. Crafted with 100% organically grown ingredients including Canadian Prairies greens. So good we didn't need to add sugar, not even stevia.

New Chapter Multivitamins



31⁹⁹

48 tabs

47⁹⁹

72 tabs

55⁹⁹

96 tabs

See in
store for
specials!

Helps address stress, and includes Vitamin D3 for bone support.



Avalon Hair
Care, Bodycare
and Facial Care

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

Avalon Organics® brand harnesses the pure benefits in botanicals.

Sisu Full Spectrum Curcumin



26⁹⁹

30 softgels

47⁹⁹

60 softgels

Sisu No.7 Joint Complex

19⁴⁹

30caps

46⁹⁹

60caps



Natural Calm
Magnesium

Assorted Varieties

24⁹⁹

226grams

41⁹⁹

454grams

Find out how supplementing with magnesium can reduce symptoms of anxiety.

AOR

Advanced B Complex Ultra



39⁹⁹

90caps

56⁹⁹

180 caps

Support for energy, stress, metabolism and nerve function.



Bio-K Plus Probiotics

Our products are available in two different forms; Bio K+ Fermented Drinkable Probiotic and Bio K+ Probiotic Capsules. The choice of product is a question of taste and convenience. You can take the product you prefer since their effectiveness is the same. Indeed, both formulations have shown the same efficacy in our clinical studies.

20% Off
Regular Retail

19⁹⁹

6 Pack,
Original Strawberry
or Vanilla

21⁴⁹

Rice, Soya & Hemp
6 pack

13⁹⁹

Kids - 6 pack

Organika Enhanced Collagen



19⁹⁹

250g

37⁹⁹

500g

27⁹⁹

Enhanced
Collagen Vitality & Relax - 250g

Full of essential amino acids. Sourced from grass-fed cows

St. Francis Herbal Tinctures

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

One of the first companies in Canada to use only Certified Organic, Organic, and Wildcrafted herbs.

Alaffia

Everyday Shea Bodycare



Assorted Varieties

14⁹⁹

Our body wash is prepared with ethically traded ingredients.

wellness centre month long specials

Martin & Pleasance Ki Immunity



24⁹⁹

30 tabs

39⁹⁹

60 tabs

Brings together a combination of natural active ingredients that help build your body's immunity.

Martin & Pleasance Ki Cold & Flu



16⁹⁹

30 tabs

Attack the Cold and Flu at the first sight of symptoms with this high potent multi herb formula.

Schuessler Tissue Salts



8⁹⁹

100-120 Tabs

8⁹⁹

30ml Sprays

Minerals in micro doses which can readily enter the cells, leading to fast cellular balance and healing.



Renew Life Cleanses

Assorted Varieties

20% Off
Regular Retail

Assorted Sizes

CleanseSMART is an advanced total body cleanse that works on every area of elimination; lungs, liver, kidneys, skin, blood, lymphatic system and colon. It is designed to work without the need to follow a strict diet.

Enerex Supplements

Assorted Varieties



With effective, top-grade ingredients, you can feel the difference.

20% Off
Regular Retail

Assorted Sizes



Vega One Organic

Vanilla Creme or Chocolate Creme

49⁹⁹

574-625g

20g plant-based protein, 500mg Omega-3, 50% DV of 8 vitamins, 1 billion CFU Bacillus coagulans. Non- GMO, Gluten free, Vegan, No added sugar, No artificial colours, flavours or preservatives.

Natural Factors Digestive Enzymes

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

A blend of vegetarian sourced enzymes for improved digestion.

Progressive Collagen

Assorted Varieties



39⁹⁹

500g

Collagen is an essential part of a healthy, active body.

Flora Liquid Herbal Essences



Respiressence,
CranEssence and
SleepEssence

17⁹⁹

500ml

CardioEssence

22⁹⁹

500ml

Respir Essence provides natural respiratory relief for chest complaints, including coughs.

Prairie Doctor Herbal Tinctures

Assorted Varieties



20% Off
Regular Retail

Assorted Sizes

Our unique blend of Certified Organic herbs is instantly effective, soothing, and pleasant tasting.

the Dish

on Coconuts



While some claim Indonesia and some claim Malaysia as the birthplace of the coconut tree, the fact is the coconut palm, from which we harvest delicious and nutritious coconuts, has now found its way all over the world. Originally spread by oceanic currents, then later with help from us humans, they moved inland and are now found in sunny regions from Hawaii to Australia to Brazil. One coconut tree can live over 70 years, in that time producing thousands of coconuts. Today coconut has become a staple of many cultures and countries, in both their diets and as a major export.



Fresh coconuts are regularly available in our stores, mainly in young husked form, or in the classic brown mature form that is so iconic to tropical cooking.

The variety of products made from this delicious nut is quite impressive. Different grades of dried coconut flesh are found from fine flour, to shredded flesh, to dried chips. Coconut water was once an exotic beverage, but now the mineral rich drink can be obtained in dozens of varieties year round and in your local corner store.

Canned coconut milks and creams are actually rehydrated and blended coconut flesh. Essential in many curry and soup recipes, they are super tasty

and quite high in fat content. Coconut oil can be found on our shelves in two main varieties, virgin (or cold-pressed), and refined. Virgin styles maintain the nutrients and have a well-marked flavour. Refined coconut oil is much neutral in taste and is more suited for high temperature cooking and baking. Coconut sugar and syrup (as well as coconut vinegar) are actually produced from the sap of the flower, and are a new and innovative product you can find in our stores.

While the non-dairy section these days is full of interesting choices, coconut dairy replacer is one that I believe to have the best flavour. Like all dairy subs, they aren't true milk, but they are fantastic in the morning. Start experimenting with latte's or a cappuccino with coconut dairy. Your morning muesli will thank you when you splash in some coconut milk.

Now that you've got a lovely bunch of coconuts in your pantry, what do we do with them? Baking with coconut milk or flours can be not only tasty, but are excellent for people on ketogenic diets. Canned creams will be a wonderful highlight in your soup and sauces, adding richness and flavour. Warm or cold pudding and flans are one of my favourite ways to enjoy coconut. Frying in coconut oil is wonderful for stir fries, but why not experiment making your own nutritional coconut bites? Combine virgin coconut oil with other nutrient dense ingredients like chia seeds, dried fruit, nuts, quinoa flakes or cocoa powder for a super healthy nutritional booster.

Coconuts are truly a wonderful thing. There's nothing I like more in the middle of winter than memories of coconut flavours under a tropical sunset. Now, if you'll excuse me, I've got a piña colada to enjoy!



Chef Antonio is looking forward to a new year of new flavours. If you're looking for a healthy lunch that won't break your resolutions, check out his inspired creations at the Choices Deli.



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

Enter!
to Win

We Challenge You for a Chance to Win a \$100 Choices Gift Card!

Tired of making and breaking your New Year's resolutions? Let Choices team of dietitians and nutritionists help you make lasting changes one small step at a time. Plus, they'll keep you accountable with weekly check-ins.

Here's how it works

- 1 Book a complimentary appointment with your local nutrition consultant and pick 4 new healthy habits
- 2 Check in with your nutrition consultant once a week for four weeks as you incorporate each habit gradually. We'll even give you a coupon to make it that much easier.
- 3 Complete all 4 weeks and be entered into a draw for 1-of-3 \$100 Choices gift cards!
- 4 See page 9 for tips on making your resolutions lasting ones.

