

MERRY CHRISTMAS

Prices Effective December 20 to December 26, 2018.



100% BC Owned and Operated

Holiday Meal Ideas

from our Deli Department

Ready to Eat Turkey Meals

Choices' Own Specialty
Stuffed Turkey Breast
3.99/100g

Choices' Own Specialty
Turkey Dinner
11.49

Delicious Turkey Toppings

Cranberry Sauce
1.49/100g

Turkey Gravy
1.49/100g

NEW
GLUTEN FREE
STUFFING MIX!
(see Bakery Dept.
for details)

Tofurky Vegetarian
Roast, Gravy or Feast



4.49
Gravy

10.99
Roast

24.99
Feast

Short on time and looking for that perfect side dish?

Try Our Scrumptious Mashed Potatoes, Winter Root Vegetables or Country Roasted Beets

More holiday meals ready to go!

Ask Us About Our Maple Glazed Ham or Choices' Own Maple Glazed Ham Entrée!



10.99

Choices'
Own Party
Size Cakes
assorted
varieties
540-600g



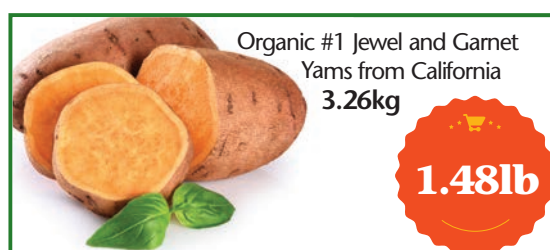
3.49lb

Whole Turkeys: Specialty or
Choices' Own Free Range
Raised Without Antibiotics
7.69kg



9.99lb

Turkey Roasts Specialty or
Choices' Own Raised Without
Antibiotics Free Range
select varieties **22.02kg**



Organic #1 Jewel and Garnet
Yams from California
3.26kg

1.48lb



Organic Cranberries
from Quebec
227g bag

2/5.00



Stem & Leaf Mandarin Blue Jay
Oranges from California
1.81kg (4lb)

9.98

GROCERY

Gardein Vegan Stuffed Turk'y

454g



6.99



Earth's Choice Organic Whole and Jellyed
Cranberry Sauce and Pumpkin



2/5.00

Cranberry Sauce 348g

2/6.00

Pumpkin 398ml

Frontier Organic or Simply Organic Spices



assorted varieties
assorted sizes
reg price 4.59-13.29

30% Off
regular retail



Earthbound Farm Organic Frozen Peas
350g



See
in-store
for more
Earthbound
Farms
Specials!

3.49

Imagine Organic Broth and Organic Soup



assorted varieties
946ml/1L

2/6.98 Organic Broth

2/7.98 Organic Soup

Simply Organic Gravy Mix



assorted varieties
24-28g

2/2.98

Dairyland Egg Nog
946ml



2.29

While
Supplies
Last!



Califia Seasonal Almond Beverages
select varieties
1.4L

5.99



Earth's Own SoFresh
Almond Nogg
946ml

2.99



Dairyland Creamo
and Whipping Cream
assorted varieties
1L



See
in-store
for more
Dairyland
Specials!

2.99 Creamo

4.49 Whipping Cream

Wholly Wholesome Frozen Pie Shells



assorted varieties
2 shells

4.99 Organic

5.99 Gluten Free

Daiya Vegan Non-Dairy Frozen Cheezecake



assorted varieties
400g

5.99

Gaylea Coconut
Whipped Cream
225g



3.99



Fiasco Gelato and Sorbetto



assorted varieties
562ml

6.99

So Delicious Non-Dairy Frozen Dessert



assorted varieties
500ml

4.99

Meadowvale Creamery Butter
454g



3.99

Applesnax Apple Sauce

assorted varieties 6x113g cups



2/5.98

Conventional

2/6.98

Organic



Silly Cow Premium
Hot Chocolate
assorted varieties
480g

4.99



GROCERY

Armstrong Cheese
assorted varieties
600g



8.99



Back To Nature
Crackers and Cookies
assorted varieties
170-340g

4.99 to 5.99

Sunflower Kitchen Hummus, Pesto & Dips
assorted varieties
227-300g



2.99 to 4.99



Daiya Vegan
Non-Dairy Cheeze
blocks, shreds,
slices & spreads
200-227g

3.99

Christie or Carr's Crackers
select varieties assorted sizes



2/3.98

Spread'em Dairy-Free Cashew Cream Cheese
Style Spreads
assorted varieties
183g



5.49 to 6.99

Castello Brie or Camembert Cheese Cups



assorted varieties
125g

2/6.98

Lesley Stowe Raincoast Crisps & Flatbread
assorted varieties
150g



4.99

Kraft Philly Cream Cheese
assorted varieties 227-250g



3.49 each



Que Pasa Organic Tortilla
Chips & Salsa
assorted varieties

2/5.98

Tortilla Chips 300-350g

2/6.98

Salsa 420ml

Choices' Own Premium Small Batch Salsa



assorted
varieties
750ml

5.99



Santa Cruz
Organic Apple Juice
2.84L
+deposit +eco fee

9.99



Angie's
Boomchickapop Popcorn
assorted varieties
assorted sizes

3.99



Kettle Brand Potato Chips
assorted varieties
220g

3/7.98



San Pellegrino Mineral Water
& Sparkling Mineral Water
750ml/ 1L
+deposit +eco fee

3/4.98



Zazubean
Organic Fair Trade
Chocolate Bars
assorted varieties
85g

2/6.98

**Includes
Christmas
Selection!**



Theo Organic
Fair Trade Chocolate Bars
assorted varieties
36-85g

2/6.98



Prana Nut Mixes
assorted varieties
150g

2.69 to 6.49

DELI



Choices' Own 8" Tourtiere

13.99 each



Choices' Own
Petite Canapés

3.99 ½ dozen

7.99 1 dozen



Summer Fresh Dips
and Hummus
assorted varieties
227g

3.79

Castello Cheese assorted varieties



20% off



Castelvetrano Olives

2.19/100g



Italian Imported
Sliced Prosciutto
and Salami

1.00 off



La Panzanella Mini
Croccantini Crackers
assorted varieties
170g

5.99



Dalmatia Fig Spreads
assorted varieties
240g

6.49



Alexis D' Portneuf Brie
or Camembert Cheese
300g

8.99



Boursin Cheese
assorted varieties
150g

5.99



Choices' Own Salami
or Meat Paté
assorted varieties

3.49/100g

PRODUCE

BC Grown Organic German Butter
Potatoes from Across the Creek
2.27kg (5lb) bag



4.98

Brussel Sprouts from Washington
4.37kg



1.98lb

BC Grown Organic Table Carrots
from Fountainview Farm
2.27kg (5lb) bag



6.98



MEAT



Choices' Own
Free Range Turkey Cuts
raised without antibiotics

10% off



Roasting Specialty
Fresh Chickens
11.00kg

4.99lb



Boneless Turkey Breast
and Thigh Roasts
19.82kg

8.99lb



Frenched Rack of Lamb
from New Zealand
50.68kg

22.99lb



Boneless Turkey
Thigh Roasts
19.82kg

8.99lb



Johnston's Smoked
Cottage Rolls
13.21kg

5.99lb



BC Whole Pork Tenderloin
raised without antibiotics
19.82kg

8.99lb



Ground Pork
raised without antibiotics
11.00kg

4.99lb



Wild-Caught Ahi
Tuna Loin Steaks
Sashimi Grade
44.07kg

19.99lb



Harvest Bacon
assorted varieties
500g

12.99



BC Organic
Sturgeon Steaks
39.66kg

17.99lb

BAKERY



Choices' Own Gluten Free Stuffing Mix or
Choices' Own Gluten Free Plain Bread Cubes
240g

Pumpkin, Apple or Pecan Walnut Pie
assorted varieties 454-650g



Shortbread Cookies
assorted varieties package of 6

**3.99
to 4.99**



7.99 to 10.99



Sourdough Bread Levain Style
sliced or unsliced 530g

4.99

**NEW
and
GLUTEN
FREE!**



12.99

WELLNESS



Goddess Garden
Essential Oils and Bracelets
assorted varieties assorted sizes

18.99

Essential Oil Blends

12.99



Andalou Naturals Get
Started Face Care Kits
assorted varieties

16.99 to 24.99



Great Gift!

Every Man Jack Body
Care and Face Care
assorted varieties
assorted sizes
reg price 11.49-27.49

**30% off
Regular Retail**



NOW Essential Oils and
Body Care Products
regular, organic, and blends
select varieties assorted sizes
reg price 6.99-70.99

**20% off
Regular Retail**



Stocking Stuffer!

Himalaya PartySmart
one capsule for a
better morning

2/5.00 1 Capsule

23.99 10 Pack



MegaFood Vitamins
and Supplements
select varieties
assorted sizes
reg price 24.99-79.99

**20% off
Regular Retail**

BULK

Nuts assorted varieties, bins or bags

20% off regular retail price

GROCERY



Mighty Leaf Artisanal Tea
assorted varieties
15 tea bags

7.99



Stash Premium Tea & Holiday Tea
assorted varieties
18-20 tea bags

2/5.98



Ethical Bean Organic Fair Trade Coffee
assorted varieties

6.99 Ground 227g

9.99 Whole Bean 340g



Silk Fresh Beverages
assorted varieties

2/4.98 Creamers 473ml

3.99 Beverages 1.89 L

Choices' Own Organic Milk 4L



7.99

Skim, 1%, or 2%

8.99 3.8%

Olympic Natural or Organic Yogurt
select varieties 650g



2/5.98 Natural

2/7.98 Organic

Maple Hill Free Range Extra Large Eggs
1 dozen



4.99



Tropicana Pure Premium Juice
assorted varieties
1.65-1.75L • +deposit +eco fee

2/7.98



Canadian Heritage
Organic Maple Syrup
assorted varieties 1L

20.99



Nature's Path
Organic Frozen Waffles
assorted varieties 210g

2/6.98

Choices' Star of the Season Program

November 15th – December 24th

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



Kitsilano 604.736.0009 Cambie 604.875.0099 Kerrisdale 604.263.4600 Yaletown 604.633.2392 Commercial Drive 604.678.9665 Kelowna 250.862.4864 South Surrey 604.541.3902 Burnaby Crest 604.522.0936 Burnaby Marine Way 778.379.5757 Abbotsford 604.744.3567 North Vancouver 604.770.2868

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted.