

WEEKLY SPECIALS

Prices Effective February 21 to February 27, 2019.

100% BC Owned and Operated



3.99lb

Choices' Own Whole Chicken raised without antibiotics 8.80kg



Choices' Own Hot Chili assorted sizes

3.99 to 9.99

from Deli Dept.



13.99lb

Premium Wild Sockeye Salmon Fillets previously frozen, value pack 30.84kg



Choices' Own Ready to Eat Wraps assorted varieties

6.99

from Deli Dept.



3.98

Organic Lemons Imported from USA 907g (2lb) bag



Barbara's Cheez Puffs and Bakes assorted varieties 155-198g

2/5.00



3.98

Envy Apples Washington Grown 907g (2lb) bag

New Roots Vitamins and Supplements assorted varieties assorted sizes reg price 9.49-101.99



20% off

GROCERY



Avalon Organic Milk
assorted varieties
1L
+deposit

2.99



Silk Fresh Beverages
assorted varieties

3.99 Silk Beverages 1.89L

2/5.00 Creamers 473ml



Stash Organic Tea
assorted varieties
18 tea bags

2/7.00



Earth Balance Coconut
and Peanut Butter Spread
smooth or crunchy
500g

4.99



Santa Cruz Organic
Fruit Spreads
assorted varieties
215ml

4.49



Udi's Gluten-Free
Bread, Rolls and Bagels
assorted varieties
assorted sizes

4.49



Happy Planet Smoothies
assorted varieties
900ml
+deposit +eco fee

3.99



Earthbound Farm Frozen Organic Fruit
and Vegetables
assorted varieties
300-400g
reg price 4.69-8.49

30% off



Olympic Organic Sour Cream

500ml

3.99



TruRoots Organic
Grains and Quinoa
assorted varieties
227-907g
reg price 9.19-15.99

30% off



Lundberg Organic Rice
assorted varieties
907g
reg price 8.99-10.99

30% off



Daiya Dairy-Free
Vegan Pizza
assorted varieties
assorted sizes

6.99



San Zenone Organic
Gluten-Free Pasta
assorted varieties
340g

2/5.00



Prairie Harvest
Organic Pasta Sauce
assorted varieties
705ml

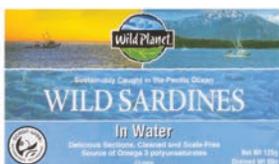
4.99



Muir Glen Organic Fire
Roasted Tomatoes
crushed or diced
796ml

3.99

Wild Planet Tuna and Sardines



assorted varieties
125-142g

2.99
Sardines

4.49 Skipjack

5.49 Albacore



Seventh Generation Natural
Liquid Laundry Detergent
assorted varieties
1.47-2.96L

6.99 to 14.99



Seventh Generation
Natural Household Cleaners
assorted varieties
assorted sizes

3.79

PRODUCE

Organic Cara Cara Red Navel
Oranges Imported **4.37kg**



1.98lb

Organic Curly and Flat Leaf
Parsley Bunches Imported



2/3.00

Organic Green Beans Imported
from Mexico **6.57kg**



2.98lb

Organic Long English Cucumbers
Imported from Mexico



2.98 each

DELI

Grimm's Honey
or Cotto Ham



1.79/100g

Dofino Havarti Cheese
assorted varieties



2.99/100g

Greek House Hummus and Tzatziki
227g



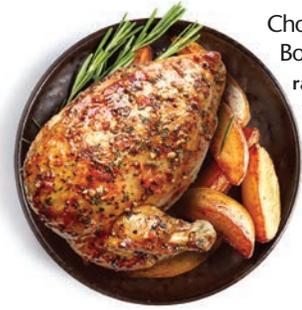
4.49

Imported Swiss Emmental
or Gruyere Cheese



**3.99 to
5.49/100g**

MEAT



Choices' Own Chicken
Bone-In Breast or Thighs
raised without antibiotics
value pack
14.31kg

6.49lb

100% Grass Fed Ribeye Steaks or Roasts
Aged 21+ Days from Australia value pack



31.94kg

14.49lb

BC Whole Pork Tenderloin
raised without antibiotics



19.82kg

8.99lb

Grass Fed Beef Meatballs
select varieties, made in-store



22.02kg

9.99lb

BAKERY

Choices' Own Muffins
mini and regular
assorted varieties
including alternative
flour baked goods
package of 4



**2.99 to
4.49**

Choices' Own Scones
assorted varieties package of 2



2.99

Choices' Own
Sourdough Multiseed
or Seeded Stoneground
Wholegrain Bread
530-600g



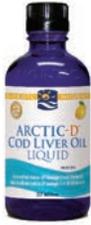
4.99

WELLNESS



Organika Vitamins and Supplements
assorted varieties
assorted sizes
reg price 3.99-102.99

20% off



Nordic Naturals Omega-3 Fish Oil Supplements
assorted varieties
assorted sizes
reg price 21.99-67.99

20% off

Tom's Dental Hygiene Products
assorted varieties assorted sizes
reg price 6.99-9.79



20% off

SISU Vitamins and Supplements



assorted varieties
assorted sizes
reg price .79-69.99

20% off



Alpha MCT Oil

22.99 500ml

33.99 946ml



Derma-E Face and Hair Care Products
assorted varieties
assorted sizes
reg price 15.49-49.99

25% off

GROCERY



Larabar Energy Bars
assorted varieties

3/5.00 Single 45-48g

23.99 16 Pack



Flow Alkaline Spring Water or Organic Flavoured Water
assorted varieties • +deposit +eco fee

1.29 500ml

1.99 1L



Nature's Bakery Fig Bars
assorted varieties

.89 56.6g

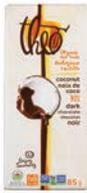
4.99 6 Pack

Zevia Sparkling Water
assorted varieties +deposit +eco fee



.69 355ml

4.99 8 Pack



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

2/7.00



Rise Organic Kombucha
assorted varieties
1L
+deposit +eco fee

6.99



Lundberg Rice Chips
assorted varieties
170g

2/7.00



Angie's Boomchickapop Popcorn
assorted varieties
125-142g

2/7.98

Made Good Organic Granola Bars, Squares and Cereal
assorted varieties assorted sizes



4.99
Brown Rice Cereal

2/7.00
Bars, Snacks & Pouches



Glutino Gluten-Free Snacks, Crackers and Cookies
assorted varieties assorted sizes
reg price 3.99-9.79

30% off

BULK

Dried Fruit and Grain Flakes
Assorted Varieties
Bins or Random Weight Bags

20% off

Have Nutrition Questions?

The Choices Nutrition Team Has the Answers!

- Learn about specialized diets
- Get simple, healthy home cooked meal ideas
- Learn how to make simple steps to improve your daily diet.
- See your Nutritionist during the tour for Free Nutrition Bucks.

Book a FREE one-on-one consult with our team today.

Email nutrition@choicesmarkets.com or visit our website at choicesmarkets.com/nutrition



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