



CHOICES'

Monthly Newsletter | April 2019

earth week

Lean, Mean, Bean Protein

Easter Brunch Recipe **by Dreena Burton**

Win a Washer and Dryer

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



the grape vine

Bedding Plant Sales



Happy Easter



Hop to it! Spring is here and the Easter Bunny is coming along with the flowers. This year he's shopping at Choices to find Fairtrade chocolates, plus our bakery's hot cross buns, cupcakes and cookies (in both regular and wheat free varieties).

Veg Expo

On May 5th we're celebrating Veg Expo! Veg Expo is a day of celebration where leaders in the vegan and vegetarian industries introduce new, innovative, inspiring products and services that you can implement into your lifestyle. Meet like-minded people, listen to passionate speakers, and have a fun time with the whole family. Check it all out at the Vancouver Convention Centre West.





earth week

April 18 to 24

On April 22nd Canadians Celebrate Earth Day! For Choices, being a sustainability focused business is an important part of our identity. We decided one day wasn't enough to celebrate the Earth, so we decided to extend that out in to a whole week.

Sustainable Choices

From April 18 to 24, we'll be marking products that are **sustainability focused** with **hanging blue tags** so they're easy to spot. We'll also be having **free product demos** so you can see, and taste, how good sustainably focused products are first hand.

Thank You Earth Week Sponsors



ENTER TO WIN

Win a paired Samsung Front-Load Washer and Dryer!

Courtesy of VIP and Echoclean

Get your clothes looking brand new with a Samsung Washer and Dryer, plus cleaning products from VIP and ECHOCLEAN!

- A family owned and operated company that supports BC jobs and economy
- Creators of plant-based products that WORK and are packed containers made from the recycled content from your blue bins
- A healthier choice for you, your family and the environment

Skill Testing Question:

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

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from April 1-30, 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. **Winner is responsible for picking up their prize from the Choices Markets location of their convenience.** There can be no repeat winners for Choices contests throughout 2019.



Upcoming Events

MARK YOUR CALENDAR



THE BEYOND MEAT BURGER

The world's first 100% plant-based burger that satisfies like ground beef

**NOW
AVAILABLE
IN OUR DELI**



Wednesday, April 3

11:30am-12:30pm

Low Carb/Keto/ Intermittent Fasting Support Group

with D'Arcy Furness, RHN

Choices South Surrey

Are you interested in harnessing the powerful health benefits of a low carb/keto diet combined with intermittent fasting? If so, join D'Arcy on the first Wednesday of each month from 11:30-12:30 to learn more about this eating style. As an avid follower of this way of eating, D'Arcy will answer your questions, make recipe and product suggestions and inspire you towards your health goals!

Free, registration is required online or in-store.

Tuesday, April 9

6:30-7:30pm

Mindful Eating

with Choices South Surrey

Choices Kitsilano

Mindful eating can help you to feel lighter, happier and healthier by boosting your digestive and metabolic systems. Come experience a mindful eating journey.

Free, registration is required online or in-store.

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, April 3
7:00-8:00pm

The Perfect Gut Solution

with Irene Humpelstetter, Living Alchemy

Choices Kelowna

Almost all of us are missing this in our diets. Discover this complete digestive solution, plus other holistic tips, to bring you back to optimal health.

Free, register online

Saturday, April 6
10:00 – 11:00am

Laugh Yourself Healthier

with Mckye Hildebrand of Wild Peace

Choices South Surrey

Join Mckye Hildebrand of Wild Peace for this laughter yoga workshop to learn how laughter can help you release stress, boost immunity and increase energy. Wear comfortable clothing.

Cost: \$10:00 + tax. Register and prepay online or in-store.

Saturday, April 13
12:30-2:00pm

Low Carb Cooking Demo

with Shawna Mowers, RHN of Crescent Health

Choices South Surrey

Are you interested in healthy low carb/keto eating and but not sure how to plan meals around it? If so, join Shawna Mower at this cooking demo to learn how easy and delicious it can be to eat well while reaping the health benefits of a reduced carbohydrate diet. She'll cover the basics of how to put a weekly meal plan together and share some of her favourite recipes and tricks and tips with you. Leave armed with knowledge and a plan to move forward.

Cost: \$20.00 + tax. Register and prepay online or in-store.

Wednesday, April 24
7:00-8:00pm

Workplace Posture Getting You Down?

with Dr. Ken Adams DC, Lighthouse Chiropractic

Choices Kelowna

In this informative and interactive presentation, we will share with you the 3 postures that are the most hazardous to our health.

Free, register online

APRIL 1-15 ONLY

club specials

NEW!
Lower Prices



Happy Planet Smoothies

Assorted Varieties

3⁹⁹

900ml
+deposit +eco fee

Get your fruits and veggies fix with these locally made smoothies.

Liberté Greek & Greek Crunch Yogurt

Assorted Varieties



Amazingly smooth and creamy, with a crunchy topper.

2⁹⁹

Greek Crunch 2x130g
Greek 4x100g

One Degree Organic Cereal & Granola

Assorted Varieties



4⁴⁹

Cereal 227g - 340g

4⁹⁹

Granola 312g

One Degree believes in clean, nourishing foods.

Late July Classic & Multigrain Tortilla Chips



Assorted Varieties

3⁷⁹

156g-170g

Amazingly delicious chips for everyone at the party.

Clif, Luna and Builder's Bars

Assorted Varieties



.99

Clif 68g

.99

Luna 48g

1⁴⁹

Builder 68g

Perfect on the go nutrition for your active lifestyle.

Pür Aspartame Free Gum and Mints

Assorted Varieties



1²⁹

Gum Blister Pack 9

3⁴⁹

Gum 80g Pouch

1⁷⁹

Mint 22g

An excellent and healthy alternative to regular gum.

Spread' Em Dips Cashew Dips & Cream Cheese Style Spreads

Assorted Varieties



5⁴⁹ to 6⁹⁹

183g

Dairy free dips made fresh in Vancouver.

Lundberg Sprouted Rice or Organic Thin Stackers

Assorted Varieties



3⁴⁹

Thin Stackers 167g

5⁹⁹

Sprouted Rice 454g

Enrich your life with germinated, whole grain rice.

Maison Orphee Condiments

Assorted Varieties



Finely crafted condiments for maximum flavour.

3⁴⁹

Dressing 250ml

2⁹⁹

Mustard 250ml

5⁹⁹

Vinegars 250ml - 500ml

Fiasco Gelato

Assorted Varieties



6⁹⁹

562ml

This gelato company only uses fresh ingredients to make the world a happier place.



Simply Organic Vanilla Extract

Assorted Varieties

11⁹⁹

59ml

19⁹⁹

118ml

Derived from high quality vanilla beans grown in Madagascar.

Prasad Ayurveda Organic Ghee

Assorted Varieties



12⁹⁹

225g

21⁹⁹

425g

Premium oil with a pleasant, mild taste, a high heating point, nutritional benefits, and medicinal qualities.

APRIL 16-30 ONLY

club specials

NEW!
Lower Prices



Silver Hills Bread
Select Varieties

3⁹⁹

510-675g

Baking healthy bread is our passion. Our high-quality grains and artisan methods are meant to nourish yours.

Salt Spring
Organic Fair Trade Coffee



Assorted Varieties

10⁹⁹

400g

Life's too short for bad coffee. Try this local favourite!

Liberte Organic
Yogurts and Kefirs



Assorted Varieties

3⁹⁹

Kefir 1L

3⁹⁹

Yogurt 650g - 750g

Velvety smooth and deliciously creamy.

Choices' Own
Gourmet Salsa



Assorted Varieties

5⁹⁹

750ml

Our premium Family Size salsa is great for dipping right out of the jar!

GT's Organic
Raw Kombucha



Assorted Varieties

7⁹⁹

1.4L

+deposit +eco fee

Kombucha is loaded with probiotic goodness for healthy digestion.

Stahlbush Island Farms
Sustainable Frozen Fruit & Vegetables

Assorted Varieties



Picked at the peak of freshness, then fast frozen for your convenience.

2⁴⁹

Vegetables - 227g - 400g

4⁴⁹

Fruits - 227-300g

Nutiva Organic
Virgin Coconut Oil



Assorted Varieties

9⁹⁹

444g

16⁹⁹

860g

26⁹⁹

1.6L

Coconut oil is perfect for a multitude of uses and applications.

Pastificio Di Martino
Italian Pasta



Assorted Varieties

2⁴⁹

250g - 500g

Imported direct from Italy for amazing flavour and consistency.

Sunrise Soyganic Tofu

Assorted Varieties



1⁴⁹

to

2⁷⁹

Assorted Sizes

This tofu is made in Vancouver for peak freshness and sustainability.

Earth's Choice
Organic Coconut Milk



Assorted Varieties

1⁹⁹

160ml

2⁹⁹

400ml

A wonderful substitute for dairy in cooking casseroles and more.

Earth's Choice
Organic Beans



Assorted Varieties

2⁴⁹

398ml

Picked by North American farmers, and perfect for a protein boost.

Echoclean Natural Laundry
Liquid & Fabric Softener



Assorted Varieties

4⁸⁹

Softener 1L

10⁹⁹

Laundry 2.95L

Locally made, powerful cleaners made with a focus on sustainability.

COOK IT UP



Cinnamon French Toast



This French toast is incredibly easy to make for a brunch - or any special breakfast!
Not just delicious, but so healthy using nuts and seeds to form the 'eggy' batter.

1 cup + 1-2 tbsp plain or vanilla unsweetened non-dairy milk
1 tablespoon white chia seeds
1/3 cup soaked and drained cashews (see note for nut-free option)
3/4 teaspoon cinnamon
1/4 - 1/2 teaspoon pure vanilla extract
1/8 teaspoon sea salt
Sliced bread of choice (whole-grain, gluten-free, etc) see note

In a blender or using a handheld blender, puree the milk (starting with 1 cup; see note), chia, cashews, cinnamon, vanilla extract, and sea salt until very smooth (mixture will thicken as it sits and the chia swells). Prepare a nonstick skillet by wiping over with a touch of oil (you need a nonstick skillet, or this will be a sticky event!). Turn heat to high for a few minutes to heat the pan, then reduce to medium/medium-high. Dip a slice of bread into the batter. Turn over and let it sit in the chia mixture for a few moments to soak, then remove and place in the skillet. Repeat with other slices, frying 2-3 pieces or more at a

time, depending on the size of your pan. Fry for 3-5 minutes on each side, until light brown. Keep the heat high enough to get a good sear/crust on the bread, but reduce if it's scorching. Note that the slices will be sticky until they are ready to be flipped, so be patient. Repeat until all bread is used. Serve with fresh fruit and pure maple syrup.

Recipe Notes

Serving Idea: Another fun serving idea is to make sandwiches out of the French toast, slathering some nut butter between two slices, then serving with maple syrup.

Nut-Free Option: Replace 1/3 cup of cashews with 3 tablespoons of hemp seeds.

Bread Note: You may use 6-10 slices of bread, depending on the size of the slices.

Milk Note: After the batter sits for a few minutes it can become quite thick. You can stir through another 1-2 tablespoons of milk if it has gotten too thick with standing (if you have less than half the batter left, use just 1 tablespoon).

Recipe reprinted from Plant-Powered Families by Dreena Burton.
For more healthy plant-based recipes visit www.dreenaburton.com.

Maintaining Goals Year Round

By Innovative Fitness

Now that we're halfway through spring, it might be a good time to look at how our New Years resolutions are coming along. Research from the University of Scranton found that only 8% of people actually achieve their New Year's goals. Do resolutions simply not work? Not exactly. The problem is not necessarily that we set resolutions, but rather that set resolutions that lack clarity, structure and purpose.

Here are some specific steps you can take to help set yourself up for success:

- 1 Be specific**
It's not enough to say "I'm going to get into better shape", you need to define what that means. Is that losing 10 pounds of fat? Gaining 10 pounds of muscle? Improving your 10k time? Without a way of objectively measuring your progress, it's hard to know if you're on track, and thus stay motivated. Statistically speaking, pursuing performance goals (i.e. training to run a 10k) yield better results than chasing more abstract aesthetic goals.
- 2 Create behaviour goals to accomplish your outcome goal**
A behaviour goal is an action, not an outcome (i.e. "I plan to go to the gym 3 times and prepare 5 of my own dinners each week"). These behaviours impact your larger resolution, whether that be weight-loss, weight-gain, or improved performance.
- 3 Give yourself deadline (and a carrot)**
There should be something amazing in it for you once you achieve your goal! Want to get a beach-body this year? Book your tropical getaway NOW. Want to run a half-marathon? Sign up for one NOW. Once you've got that date booked on your calendar, you have a reason not to delay action.
- 4 Have an accountability system in place**
Find a gym-buddy who is at least as motivated as you are. Knowing that they'll be waiting for you will help motivate you to get there on the tougher days. Don't have a gym buddy? Hire a coach. Coaches are experts in helping people achieve exactly what you're looking to achieve, and have experience helping people over the hurdles you face along the way. Also, it's amazing the impact that making a financial investment has on one's commitment level.



Innovative Fitness is about more than lifting weights, we are about personal reinvention. With locations all over the Lower Mainland and Fraser Valley visit us today to help forge a new you.

Beans, Beans, the Magical Fruit

By D'Arcy Furness, RHN

Eating more plants and reducing/eliminating gluten? Not only gluten-free, beans are loaded with fibre, protein, B vitamins, minerals, antioxidants and phytonutrients. Regularly consuming these nutrition powerhouses may decrease our risk of diabetes, colorectal cancer and heart disease. They also make us feel full so can help with weight management. Here are 3 fast, easy bean dips loaded with taste and nutrition.

- 1 Hearty Hummus**
Elevate a traditional chickpea hummus taste-wise and nutrition-wise by adding roasted red peppers and hemp hearts. Or go citrusy and brighten up the flavour with fresh lemon and lime juice. Pack these in lunches with veggie spears and your favourite gluten-free cracker or chip.
- 2 Hola Delicious**
Get excited about the warmer days coming with a mexi-inspired bean dip made with refried beans, salsa, grated cheese, cumin, greek-style yogurt and chopped bell peppers. Spread on rice cakes or rice crackers for instant Mexi-pizzas.
- 3 Cool Cannellini**
Who says white is bland? Mash white beans such as cannellini or navy beans with olive oil, lemon juice, garlic and a combination of fresh herbs such as Italian parsley, basil and rosemary. Drizzle with garlic chilli camelina oil and serve in lettuce wraps or rice wrappers alongside julienned cucumbers, carrots and bell peppers.



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



Saugeen County Yoghurt & Kefir:

For hundreds of years, yoghurt has been recognized as a nutritious food stuff by many people around the world and this Ontario based company have been producing organic yoghurt since 1994. Simply made with fresh, organic milk, quality bacterial cultures and no added sugar, Saugeen yoghurt brings all the nutritional benefits of this fermented food to your table. Adding fermented food such as yoghurt to our diets helps our gut bacteria thrive which in turn supports our overall health. Try spooning some fresh yoghurt over your favorite chopped fruit and sprinkle with some crushed nuts and seeds for a nutrient packed breakfast or quick snack.

Shockingly Healthy Bakery:

Do you love your decadent bakery products but wish they ticked more nutrition boxes? Have a look at the new products on offer from the Toronto based Shockingly Healthy Bakery. Founded by a Holistic Nutritionist, the products are all vegan, gluten free and use dates and apple sauce as natural sweeteners. Protein and fiber are provided by chickpeas and including these two nutrients in a snack or meal will help maintain a stable blood sugar. Looks like we can have our cake and eat it after all!



Naturally Yours



Cannanda CB2 Wellness:

CB2 Wellness contains natural terpenes which are the essential oils that give plants and many fruits their distinctive smell, an example is limonene, the terpene found in lemons and responsible for that lemony, citrus smell we know. The terpenes found in the Cannanda CB2 oil have been shown to have a host of health benefits such as reducing pain and inflammation and supporting the immune system. CB2 can be diluted in a carrier oil and applied directly to the body or inhaled in the same way any essential oil is used.

Produce Picks



Asparagus:

Spring heralds the arrival of many fruits and vegetables but one of the most anticipated arrivals in store is new season asparagus. Asparagus is a member of the lily family and can be found in green, white and purple varieties. Green asparagus is the most commonly found and the difference between it and the white variety is that the white product is grown away from sunlight so does not contain the green pigment chlorophyll. Purple asparagus is chock full of nutrient dense anthocyanins which give it that classic purple color also found in beets. All asparagus is rich in B vitamins, vitamin C and zinc while the green variety is an especially rich source of magnesium and folate.



Kale:

It has been called the 'Queen of Greens' and is one of the most popular vegetables on the menu today. A member of the cabbage family, it can be curly, flat and comes in more than one colour; the darker the colour the richer the source of lutein, an important nutrient which helps support eye health. A super source of many vitamins and minerals as well as fiber, kale is an excellent addition to our diets and the stalks, once cooked are an outstanding source of prebiotics which are food for our gut bacteria. Try it baked into Kale chips or lightly sautéed in olive oil and sea salt.



TASTY TOP CHOICES RECIPE

Pasta with Asparagus, Chicken and Tarragon

2 cups of small sized pasta – shells are ideal
2 cups of cooked chicken cut into small pieces
1/4 cup olive oil
1/2 cup finely chopped shallots
3 cloves crushed then chopped garlic

3/4 cup of green beans trimmed and cut into quarters
1/4 cup fresh tarragon leaves, roughly chopped
1 lb(s) asparagus, cut on a bias into 1-inch pieces
2 lemons, juiced and zested

1. In a large pot of boiling, heavily salted water cook pasta until al dente, approx. 7-9 minutes. Drain pasta in a strainer and place the large, empty pot back on the heat.
2. Add the olive oil, shallot and garlic and cook for 3-4 minutes.
4. Add the green beans and asparagus and cook for 3-4 minutes until they soften slightly but maintain their crisp texture.
5. Add the cooked chicken and stir well until the chicken is heated through.
6. Remove from heat and add lemon juice, zest, tarragon and pasta. Stir well until combined. Season to taste with salt and pepper. Drizzle with extra olive oil if desired.

APRIL 1-15 ONLY

wellness centre

NEW!
Lower Prices

Platinum Vitamins and Supplements

Assorted Varieties



20% Off

Assorted Sizes

Platinum Naturals' products are made with our unique Superior Nutrient Absorption™ delivery system to help you feel your best every day.

Anne Marie Borlind

Cosmetics and Face Care

Assorted Varieties



Made with plant extracts from certified organic farming.

20% Off

Assorted Sizes

NutraSea

High Potency Omega-3



We've built our reputation through sustainable sourcing and a commitment to purity.

39⁹⁹

60 soft gels

39⁹⁹ 77⁹⁹

200mL

500mL

NutraVeg Omega-3



Sustainably sourced with no impact on fish populations or ocean ecosystems.

28⁹⁹

200mL

39⁹⁹ 54⁹⁹

Extra Strength - 200mL

500mL

Radius Toothpaste

and Toothbrushes

Assorted Varieties



20% Off

Assorted Sizes

Get that fresh-from-the-dentist feeling without any harmful additives.

Lorna Vanderhaeghe Collagen and Beauty Products



Assorted Varieties

Use Complete Collagen™ by Progressive® for stronger bones and more.

25% Off

Assorted Sizes

Ultima Electrolytes

Assorted Varieties



Replace electrolytes and hydrate healthy with Ultima Replenisher.

1⁴⁹ 28⁹⁹ 28⁹⁹

singles

20pk box

tub (96-102g)

Pure Potent Wow

Essential Oils and Bodycare

Assorted Varieties



20% Off

Assorted Sizes

The finest superior therapeutic-quality pure essential oils and bath and bodycare products your nose will ever know.

St. Francis Herbal Tinctures

Assorted Varieties



20% Off

Assorted Sizes

All the active ingredients work together in perfect balance, so your body, mind and spirit can be balanced too.

St. Francis

Deep Immune Allergies

Assorted Varieties



20% Off

Assorted Sizes

Provides non-drowsy relief for itchy eyes, sneezing, congestion & other discomforts.

Láfos Deodorants

Assorted Varieties



Effective 100% Natural deodorant protection, with active ingredients and essential oils that fight odour causing bacteria.

25% Off

Assorted Sizes

APRIL 16-30 ONLY

wellness centre

NEW!
Lower Prices



Botanica Vitamins and Supplements

Assorted Varieties

20% Off Assorted Sizes

To reduce inflammation – rather than isolating curcumin – Botanica Turmeric Liquid Capsules use the whole turmeric root with its complete range of compounds to maximize absorption into our digestive tract and use by your body's cells. Soft and chewy certified organic goji berries. Sourced from small farms, we select raw, plump, juicy goji berries which are dried in the sun and preserved naturally – free of sulphites.

Andalou Facial, Body and Hair Care

Assorted Varieties



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

25% Off

Assorted Sizes



Bio-K Plus Probiotics

38⁹⁹ 42⁴⁹

12 pack Dairy

12 pack Rice & Soya

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.

Himalaya Botanique

Toothpaste

Assorted Varieties



This fresh, fluoride-free, triclosan-free toothpaste contains no sodium lauryl sulfate but it still foams wonderfully and tastes fantastic!

5⁴⁹ 150g

Flora Salus Magnesium and Calcium & Magnesium



Assorted Varieties

This tonic helps to maintain bones and teeth.

21⁴⁹

Magnesium - 250mL

22⁹⁹

Calcium & Magnesium 250mL

36⁹⁹

Calcium & Magnesium 500mL

Iron Vegan Sprouted Proteins and Bars

Assorted Varieties



57⁹⁹ 1kg

31⁹⁹ 12pk Bars

2/5⁴⁹ bars

Each scoop of Iron Vegan Sprouted Protein provides 17g of plant-based protein and more.



Naturtint Hair Colour

Assorted Varieties

15⁹⁹

1 kit

Covers gray in one application and free from ammonia, parabens, and resorcinol.

Organika Collagen Supplements



Assorted Varieties

Perfect for a your night time tea to relax and restore: it contains Collagen Peptides, Magnesium Bisglycinate and L-theanine.

25% Off

Assorted Sizes

Natural Factors Stress and Sleep Supplements



Assorted Varieties

20% Off

Assorted Sizes

Stress-Relax Mental Calmness formula provides natural anxiety and stress control without the side effects of pharmaceutical drugs.

routine. Natural Deodorant

Select Varieties



23⁹⁹

50-58mL

We've got you covered with a deodorant for every body type and scent preference.

wellness centre month long specials

Martin & Pleasance Ki Hay Fever



23⁹⁹
30 tabs
37⁹⁹
60 Tabs

Ki Hay Fever Control Formula combines researched and natural ingredients to help tackle the cause of hay fever and relieve symptoms.

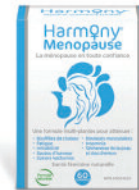
Ki IMMUNE Defense & Energy



23⁹⁹
30 tabs
37⁹⁹
60 Tabs

Ki Immune Defence & Energy Formula brings together a combination of natural active ingredients that help build your body's immunity.

Martin & Pleasance Harmony Menopause



23⁹⁹
30 tabs
37⁹⁹
60 Tabs

Harmony® Menopause is a synergistic blend of Chinese and Western herbs plus vitamins to support women.



withinUs TruMarine Collagen

45⁹⁹ 20 pack single sachets
69⁹⁹ 250g
59⁹⁹ Matcha Misto & Collagen - 250g



withinUs TruMarine™ Collagen is an Ultra-Pure, premium-select grade collagen peptide. Free from artificial colours, flavours, additives, preservatives, and stabilizers, it is simply the highest grade of collagen peptides available.

Progressive Probiotics

Assorted Varieties



Multi-strain formulas with targeted lactobacilli and bifidobacterial potencies that support your entire digestive system.

20% Off

Assorted Sizes



Genuine Health Vitamins and Supplements

Assorted Varieties

15% Off Assorted Sizes

Food for Your Gut!

- The ultimate prebiotic gut superfood
- With 22 fully fermented plant-based superfoods and prebiotics to nourish a healthy gut flora

Nourish and energize your body with a blend of 23 colourful plant-rich superfoods.

Hyalogic Face Care & Supplements



Assorted Varieties

Hyalogic was the first to create a full line of supplements and skin care products using Hyaluronic Acid.

20% Off

Assorted Sizes

New Roots UltraB Complex



21⁹⁹ 90 caps
39⁹⁹ 180 caps

Utilizes the more bio-active co-enzyme forms of B2, B6, and B12, for faster and more noticeable improvements in stress, mood, and energy.

New Roots MCT Energy



14⁹⁹ 250mL
25⁴⁹ 500mL

The medium-chain triglycerides in MCT Energy are an excellent, easily metabolized energy source, providing a quick mental and physical boost.



Basd Body Care

Assorted Varieties

20% Off

Assorted Sizes

Natural ingredients like organic aloe and organic green tea will leave you feeling soft, smooth and like you can take on the world.

the Dish

On Lamb



With Easter quickly approaching it brings back memories of my childhood Easter lunches. They were always big, impressive spreads, and lamb was always one of the main dishes that I looked forward to. Nowadays, we find lamb available all year round in our meat departments. The majority of lamb sold in Canada is imported from New Zealand or Australia. These sources for lamb are high quality, but local lamb is available and you should take advantage of this when possible.



There are different names for sheep used for meat based on age. Lamb is the most common, and it refers to animals between 12 and 14 months. Baby lamb, which is not common in Canadian culture or cuisine, is an animal under 8 weeks that is only milk fed. Spring lamb varies between 3 to 5 months. Yearling is aged up to 24 months, and anything over that is considered mutton. The age of the animal will dramatically change taste and tenderness. Older animals tend to be stronger in flavour, but much less tender. Your cooking methods will also have to take into account not just the cut but also the age.

Lamb cuts will require different preparation, no different than beef or pork. Most rib loin and sirloin cuts can be cooked faster and less pink. A great example of this is rack of lamb, which is delicious when medium-rare, but don't forget the age factor,

which will influence tenderness. Legs can be sliced for steaks or kebabs, or cooked whole as a roast bone in or boneless. Shoulders will provide delicious morsels for kebabs and stews, or mouth-watering, slow braised dishes. Fore shanks and hind shanks will require a different cooking method. They're so collagen rich that they will require longer, slower, moister cooking methods. Last but not least, ground lamb can substitute beef for meatballs or burgers, or provide delicious kebabs like kofta or adana.

Lamb is eaten all over the world by people from all walks of life. Each region will have their signature spices and cooking methods, all delicious. In Greece you'll find it on a kebab or served in a souvlaki pita. Make sure to check all these interesting and fun alternatives when preparing lamb. Lamb is amazing in curries, whether Indian or Pakistani in origin or Caribbean inspired. Many classic British recipes call for roasted lamb legs or shanks, and my home country of Italy is famous for lamb osso-bucco.



My mother loves lamb, but she's obsessed with slathering it in mint sauce. Her love for it is to the point that she carries mint sauce in her handbag, and brings it out regularly in restaurants to eat with her lamb. Don't embarrass me like my mother does! There's so much more to lamb than mint jelly, it's just up to you to discover your new favourite flavour.



Head to the Choices Deli to try one of Chef Antonio's globally inspired creations. Perfect for lunch or a quick dinner for the entire family.



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



vegexpo

EVERYTHING

VEGAN + SUSTAINABLE

10:00AM - 5:00PM

SUNDAY MAY 5TH

CONVENTION CENTRE WEST www.vegexpo.ca

CANADA'S PREMIER VEGAN + SUSTAINABLE EXPO

200+ EXHIBITORS // DYNAMIC SPEAKERS // VEGAN FITNESS SHOWCASE
SUSTAINABLE TRANSPORTATION ZONE // INTERACTIVE VIRTUAL REALITY ZONE



DOM THOMPSON
@domzthompson



JOHN LEWIS
@badassvegan



TORRE WASHINGTON
@torrewashington



JONNY JUICER
@jonny_juicer



JULIA MURRAY
@hookedonplants

21
FOR

PURCHASE YOUR TICKETS AT VEGEXPO.CA
DISCOUNT CODE: **CHOICES**

*It's not a tradeshow
It's a celebration!*

PURCHASE YOUR TICKETS TODAY @VEGEXPO.CA



@vegexpo