



CHOICES'

Monthly Newsletter | June 2019

Celebrating

Italy

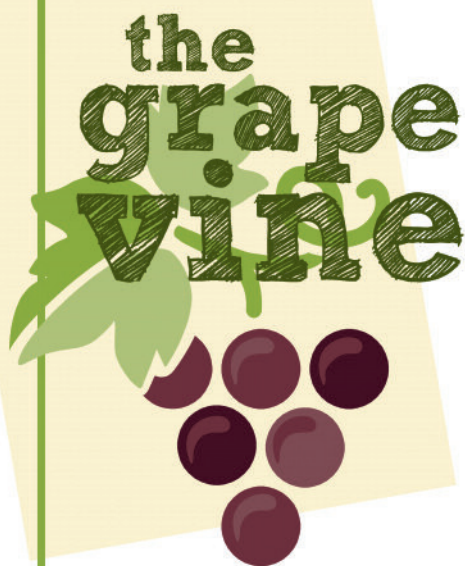
The Dish On Pasta

The Mediterranean Diet **and Fertility**

Olive Oil and Your Health



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



CLICK



This year at Italian Day, Choices is proud to be offering a donation barbecue with 100% of the proceeds supporting **CLICK** (Contributing to Lives of Inner City Kids) - a grassroots charity that helps the one in five children living in poverty in Vancouver. As a proud member of the local community, Choices prides itself on supporting fellow community organizations looking to do good. **CLICK** is run entirely by volunteers and since it launched in 2004, has directed more than \$700,000 to 450 different programs that make a vital, daily difference to kids living in poverty in our city.

Italian Day is June 9th

Once again, Choices Markets is proud to be a sponsor of Italian Day on The Drive! This event is a vibrant cultural street festival celebrating Italian culture, heritage and community. The event includes over 120 street participants, comprised of partners, vendors, community organizations – and an estimated 300,000 attendees of all ages and cultures. The festival is held on Commercial Drive, home to Little Italy, where the



street is transformed into a lively 14 block festa. Since Italian Day's return in 2010, the event today represents the largest one-day cultural street festival in Vancouver. A festive community embrace, The Drive comes alive in green, white and red with piazza-style animated zones, live music, food vendors, patios, lifestyle attractions, family fun activities and more.

Father's Day June 16th



While we're sure your dad will be able to supply all the bad jokes and questionable fashions, come to Choices to get everything else you need for a great Father's day dinner. We'll have organic, free range meats for the grill, or Beyond Meat burgers and sausages if that's more his speed. Don't forget the buns, freshly made in our bakery every day. You can also stop by our wellness department to pick up some great shaving products and more to really help him relax.

COOK IT UP



Paleo SuperFood Pancakes

Courtesy of
Prairie Naturals

- 1/2 cup applesauce**
- 3-4 eggs or eggwhites**
- 1 scoop Prairie Naturals Fermented & Organic Barley Grass**
- 1/4 cup melted coconut oil**
- 1 cup coconut flour**
- 4 scoops Prairie Naturals Organic Beef Bone Broth Protein Powder**
- 1/8 tsp Himalayan salt**

In a medium bowl whisk applesauce, eggs and coconut oil together thoroughly.

Stir in coconut flour, bone broth protein, Himalayan salt and allow the ingredients to sit for 5 minutes.

Heat coconut oil in large skillet over medium-low heat.

Once hot, drop batter into skillet and fry until bubbles form on one side.

Flip, finish cooking and enjoy for breakfast.



ENTER TO WIN

Win a Blender!

Courtesy of Nutiva

You could be the lucky winner of a Nutri Ninja 1500W Blender System with Auto-iQ, a high performance blender and food processor in one.

Skill Testing Question:

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

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from June 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. Prize may not be exactly as shown.



Upcoming Events



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.

Live Keto Healthy

with Rosemarie Pierce

Tuesday, June 11 | 6:30-8pm
Choices Kitsilano

Wednesday, June 12 | 6:30-8pm
Choices Abbotsford

Thursday, June 13 | 7-8:30pm
Choices South Surrey

Join Holistic Pharmacist and formulator Rosemarie Pierce to learn about living the Keto Healthy lifestyle.

Free event. Register online



Wednesday, June 5
7-8pm

Sitting is the New Smoking

with Logan Grundy

Choices Kelowna

The average person sits 13 hours a day. Why is this a problem? Because our health relies on us to be standing, walking and moving. Through a Traditional Chinese Medicine lens, find out how it is affecting your health!

Free event. Register online

Thursday, June 6
7-8pm

Busting Stress with Nutrition

with Keyrsten McEwan

Choices South Surrey

We will examine how food can combat stress and how you can incorporate certain techniques to control the effect stress has on your system.

Free event. Register online

Wednesday, June 12
7-8pm

Kick the Sugar Habit

with Patricia Patton, Elevita Health & Life Coaching

Choices Kelowna

Meet Certified Health Coach Patricia Patton and learn 7 easy ways to kick your sugar cravings to the curb! Learn what your cravings might be trying to tell you and how to get satisfaction without feeling guilty, lose weight, and have consistent energy!

Free event. Register online

Thursday, June 13
7-8:30pm

Detox Your Way To Health

with Dr Olisa Mak, ND

**Special Location, across from Choices Kerrisdale –
Saint Faith's Anglican Church**

Join this talk by Naturopathic Doctor, Dr. Olisa Mak, learn about the benefits of detoxification, the best way to detox and how to individualize your detox to better suit your needs.

Free event. Register online

Nutrition for Fertility

By Anna McRae, RD, CDE of Peak Fertility

When it comes to planning a pregnancy we find ourselves wondering if we are doing everything right. Is my body ready to carry out a healthy pregnancy? I am eating a fertility friendly diet? What about my partner? Does his lifestyle affect our chances of conceiving?



Planning a pregnancy or actively trying to conceive is an exciting and tricky time. Until now the impact of nutrition on chances of getting pregnant has not been studied well. Interestingly enough, we are finding more and more scientific evidence that the male partner's diet may be just as important as the woman's diet and lifestyle.

Fertility nutrition is an emerging field of nutrition that can improve outcomes for many couples who want to start a family. Whether you are thinking of having children in the future or have been trying for a while, it is never too late to make dietary changes to help you and your partner on your fertility journey. Women are born with all of their eggs and it takes 3 months for an egg to grow and ovulate. With advancing age the number and quality of a woman's eggs decreases and it may make conception more difficult. A fertility boosting diet and appropriate supplements can help improve the quality of women's eggs and support regular ovulation.

What is a fertility diet? There is strong scientific evidence that a Mediterranean-type dietary pattern enhances fertility. The Mediterranean diet emphasizes eating foods like fish, fruits, vegetables, beans, unprocessed whole grains, nuts, and extra virgin

olive oil. In addition to oleic acid, high quality extra virgin olive oil contains phenolic compounds, a-tocopherols (vitamin E), polyphenols and squalene, which all have a powerful antioxidant effect. Antioxidants play a key role in reducing oxidative damage to eggs and sperm and as a result can help improve a couple's ability to conceive. High antioxidant foods include blueberries, raspberries, red cabbage, kale, spinach and beets. Beets are also rich in folate, which is a key nutrient for DNA synthesis and ovulatory function. Adequate dietary folate along with folic acid supplementation prevents neural tube defects in babies. The fertility diet emphasizes incorporating a variety of vegetables that are high in folate, for example cooked spinach, collards, mustard greens, avocado and asparagus. Four spears of cooked asparagus provide 130mcg of folate, which is more than twice as high as one cup of raw spinach. I recommend that both partners get on board with making lifestyle and dietary changes to improve fertility because each partner contributes 50% to the equation. The key nutrients for sperm health include zinc, selenium, vitamin B12 and vitamin D.



As a registered dietitian specializing in fertility nutrition I love working with proactive couples who want to ensure that their diet is optimal for conception. A fertility boosting diet not only helps couples get pregnant faster, but, more importantly, it can influence things like a baby's brain development, metabolism, immune system and allergies.

JUNE 1-15 ONLY

club specials

NEW!
Lower Prices

Nature's Path Organic Cereal



Assorted Varieties

3⁹⁹ to 4⁹⁹

284g - 400g Cereal Boxes

At Nature's Path our sustainability mission is to leave the earth better than we found it.

Uncle Luke's Organic Maple Syrup



Assorted Varieties

11⁹⁹

500ml

Our products are made in the purest tradition, while respecting the high standards of today.

Nuts to You Almond Butter

Smooth, Crunchy or Raw



7⁹⁹

365g

Spread on toast or incorporated into your favourite recipes, this almond butter does it all.

Liberte Greek Yogurt or Greek Crunch Yogurt

Assorted Varieties



Our delicious yogurt now comes with its own topper for a perfect snack.

2⁹⁹

2 x 130g Cups & 4 x 100g Cups

Armstrong Cheddar Cheese

Assorted Varieties



9⁹⁹

600g

Perfect sliced on a burger, shredded on to tacos, or just enjoyed on its own.

Choices Gluten Free Fluffy Bread

Assorted Varieties

4⁹⁹

454g

Our gluten free bread is perfect for sandwiches.

Field Roast Meatless Burgers, Sausages, or Chao Slices

Assorted Varieties



Enjoy these tasty meatless foods at your next barbeque.

7⁹⁹

Vegan Burger 368g

5⁹⁹

Chao Slices 200g

5⁷⁹

Veggie Sausages 368g

Amy's Organic Pizza

Assorted Varieties



7⁹⁹ to 9⁹⁹

340g - 403g

These convenient vegetarian favourites are ready whenever you need them.

Let's Do Organic Baking Products & Ice Cream Cones

Assorted Varieties



2⁴⁹ to 5⁹⁹

Assorted Sizes

Nothing says summertime quite like ice cream on top of a cone.

Kettle Brand Potato Chips



Assorted Varieties

2⁴⁹

170g - 220g

With dozens of delicious flavours, which will you crunch next?

Seventh Generation Natural Bathroom Tissue



Assorted Varieties

One step on your road to sustainability are these recycled bathroom products.

3⁹⁹

4 Roll

7⁹⁹

12 Roll

Echolean Biodegradable Dish Liquid Or Dish Pacs



Assorted Varieties

2⁷⁹

Liquid 740ml

3⁹⁹

Dish Pacs 20 Packs

Locally made with biodegradable ingredients.

JUNE 16-30 ONLY

club specials

NEW!
Lower Prices

Choices Fruit & Nut Granola



Our in-house
made granola
is hand crafted
just for you.

6⁹⁹ 400g **12⁹⁹** 908g

Choices Vegan Sprouted Cookies



Assorted Varieties

5⁴⁹
312 gr

Vegan friendly and made
with healthy sprouted
grains, these cookies are
to die for!

Choices Small Batch Salsa Assorted Varieties



5⁹⁹
750ml

Our small batch salsa comes in big jars that
are perfect for dipping right into.

Liberte Organic Yogurt & Organic Kefir



Assorted Varieties

3⁹⁹
Kefir 1L
3⁴⁹
Yogurt 650g - 750g

Luxuriously smooth and creamy, Liberte yogurt
is a great start to your day.

Bonne Maman Jam Assorted Varieties



4⁹⁹
250ml

Your morning
table gets a little
classier with these
beautiful spreads.

Sunflower Kitchen Dip, Hummus or Pesto



Assorted Varieties

2⁹⁹ to
4⁹⁹
227g - 300g

A family owned business committed to
delicious and ready to eat dishes.

Salt Spring Organic Fair Trade Coffee



Assorted Varieties

11⁹⁹
400g

Live the island life with these
locally roasted coffees.

Yves Veggie Burgers, Veggie Dogs, or Veggie Slices

Select Varieties



2⁷⁹ to
5⁹⁹
120 - 450g

Plant
Based

These products require little preparation,
just heat & serve, or use in regular recipes
that call for meat.

Tosca Cooking Wines, Vinegars, & Canned Fruit



Assorted Varieties

1⁹⁹ to 3⁹⁹
Fruit 170ml - 540ml
3⁹⁹ 3⁹⁹
Vinegar 375ml Cooking Wine 375ml

Premium ingredients essential for
your gourmet cooking.



GT's Organic Raw Kombucha

Assorted Varieties

7⁹⁹
1.4L
+deposit +eco fee

The original kombucha
brand that started the
craze.

So Delicious Frozen Dessert or Coconut Milk Beverages



Assorted Varieties

2⁴⁹
Beverages 946ml
4⁹⁹
Dessert 500ml

Enjoy the cool flavours of summer
without the dairy.

Seattle Chocolate Bars



Assorted Varieties

3⁷⁹
70g

Creamy, delicious and
exciting flavours, perfect
for a snack or gift.

Go Gourmet!

Venison with Spring Pea Ravioli

Courtesy of Cervena Venison

– Serves 4 –



Venison Cut:

2 pounds Cervena venison shortloin

Marinade:

2 tablespoons vegetable oil
2 teaspoon chopped rosemary
1 tablespoon chopped garlic
1 tablespoon chopped shallot

Ravioli and Filling:

1 cup frozen peas
1 1/2 teaspoon salt
3 ounces water
4 ounces mascarpone cheese
1 teaspoon sugar
2 ounces panko breadcrumbs
4 leaves fresh mint chopped fine
1 tablespoon grated Parmesan cheese
16 each wonton wrappers
Spray bottle with water

Rosemary Scented Sauce:


2 ounces red wine
8 ounces beef au jus
2 sprig rosemary

Fontina Fondue:

3 ounces butter
3 ounces water
1 ounce grated Parmesan
1 ounce grated fontina
Pea shoots
1 tablespoon chopped shallot
6 oz pea tendrils
1 squeeze of 1/2 a lemon

Garnish

Extra virgin olive oil
Grated Parmesan


Cervena
venison is
exclusive to
Choices!

Venison Preparation: Mix all ingredients in a bowl and rub over the entire loin and marinate for at least 4 hours.

Ravioli Preparation: Place peas, water and salt in a food processor or blender and pulse until a thick paste forms, about 1 min. Place pea mixture in a medium bowl and whisk in remaining ingredients. Lay out 16 wonton wrappers and place 1/4 ounce of filling in the center. Spray each wrapper with cool water and top with another wrapper. Press to seal ravioli and cut with a 2 inch round cookie cutter and set raviolis in refrigerator.

Cooking of Venison: Remove 1/2 of marinade from venison loin and season with kosher salt and black pepper. Sear loin in 2 ounces of vegetable oil in a cast iron pan over medium high heat bottom side down. Turn over after it's seared and add 3 tablespoons of butter and baste venison loin for 3 minutes on stovetop and finish in 350-degree oven to desired doneness. Allow loin to rest 5 minutes before slicing into 2 ounce pieces. Keep pan and remove fat. In same pan, sauté shallots for 1 min and deglaze with red wine and reduce au sec. Add au jus and rosemary, stirring sauce with a wooden spoon. (In total, about 2-3 minutes.) To finish sauce, pass through a fine mesh strainer.

Cooking of Fondue / Ravioli: Cook 16 ravioli in boiling, salted water until they float, approximately 2 minutes. While cooking ravioli, make fondue in a large non-reactive fry pan. Heat butter and water together until butter is melted. Gently stir in cheeses and season with kosher salt. When ravioli are cooked, place them in fondue and remove from heat. (a little more water may be needed to provide enough fondue)

Cooking of Pea Tendrils: Over high heat, bring 2 ounces of vegetable oil to the smoke point, add shallots and immediately add pea tendrils. Stir quickly and season with kosher salt and lemon juice. Remove from pan to a dry paper towel. (This whole process should only take 1 minute.)

To Plate: Place 4 raviolis on each plate with a little of the fondue. Place one, 2-ounce slice of venison loin on each ravioli. Season venison with kosher salt; sauce with au jus and top each slice with pea tendrils. Finish dish with a drizzle of extra virgin olive oil and fresh grated Parmesan cheese.

Mental Health and You

By Dr. Aaron Wong, Butterfly Naturopathic Clinic

Q

What can I do to take care of my mental health?

A

Mental Health can be complex topic in today's world. Over 800,000 British Columbians suffer from mental health issues and only one third of those seek help. Feeling stressed, anxious, or overwhelmed is common these days and a holistic approach that considers more than just your symptoms is vital.

Here are some holistic tips to help you with your mental, emotional, physical, and spiritual health:

Adequate Food & Nutrition

Key nutrients commonly associated with mental health are commonly missing in the average diet. As a Naturopathic Physician, I find my patients are most commonly deficient in Omega 3 fats and antioxidants which are key to the prevention of neurocognitive decline.

Body movement

Exercise is one of the most effective methods of improving your mental wellbeing. Moving your body relieves stress and studies show that exercise is as effective as antidepressant medication in treating mild to moderate depression.

Sleep

More than half of all those diagnosed with mental illness also have sleep problems. Abnormal sleep patterns cause disruption of your hormonal and nervous systems. Getting regular, adequate restorative sleep improves mental health significantly.

Knowing how you feel is the first step in your assessment of your well-being. These steps seem simple and logical but sometimes we have struggles with objectively improving some of these areas in our lives. There is no shame in asking for some guidance from a health professional.



Dr. Aaron Wong is a Licensed Naturopathic Physician and Registered Therapeutic Counsellor in BC. His practice has a focused holistic approach which helps patients navigate mental, emotional, physical and spiritual struggles in their lives. Dr. Wong works with deeply rooted mistaken beliefs that patients develop in childhood and help them shift their paradigm so that they can be the best versions of themselves and realize their fullest potential.

Olive Oil: The Life Force of Italy

By Caitlyn Warmerdam, Choices Nutrition Consultant

Olive oil is found in kitchen pantries around the world. Not only is this wonderful substance delicious, it also provides a whole host of health benefits such as weight loss, improved cardiovascular health and decreased inflammation! It's no wonder it is served like water all across the Mediterranean and Middle East.

1

Weight loss

Diets rich in olive oil have been linked to weight loss, or to put it differently, have not been linked to weight gain! Moreover, the Mediterranean diet, and its abundance of olive oil has been shown to decrease BMI and waist measurements. Several studies have linked olive oil consumption to beneficial effects on blood sugar levels and insulin sensitivity.

2

Cardiovascular health

The fats in our diet have taken a beating when it comes to heart health. Often a diet will suggest lowering total fat. However, olive oil contains many healthy vitamins (E and K) and antioxidants that may actually help our heart. Studies have shown that olive oil can lower our LDL (bad cholesterol) and strengthen our arteries, among other benefits. For these reasons, olive oil is said to be protective against strokes, heart attacks, and high blood pressure.

3

Inflammation

Chronic inflammation has been cited as a leading driver of diseases, such as cancer, cardiovascular disease, metabolic syndrome, type 2 diabetes, Alzheimer's, arthritis and even obesity. Olive oil is rich in monounsaturated fatty acids (MUFA), which is great because that is what helps keep our inflammation at bay. Oleic acid, the main MUFA in olive oil, has been shown to decrease measures on inflammation in the body.



Grocery Gossip

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.



Blume Latte:

Adding some colour, flavour and nutrition to your latte just got a little easier thanks to this Vancouver based company. Blume produces pouches of organic, vegan and caffeine free superfood powders. Blends such as antioxidant rich beetroot, ginger and cinnamon will liven up your favourite drink or cookie recipe or try adding a scoop of matcha and coconut to a morning smoothie to help get you focused for the day ahead.



GoGo Quinoa:

Thought of by many as the perfect supergrain, quinoa has become very popular in recent years thanks to its nutrient profile. Containing all nine of the essential amino acids as well as a good amount of fibre means that this plant based protein packs a nutritional punch. GoGo Quinoa produce a range of organic quinoa based products ranging from cookies to breakfast cereals and pastas. Naturally gluten free, quinoa products offer a great alternative to other more common wheat based cereals, so why not consider a quinoa based salad as a healthy lunchtime alternative this summer?



Vegan Sprouted Cookies:

Give in to your sweet tooth, the smart way! High quality ingredients make all the difference, and these cookies do not disappoint. Made from sprouted grains, the nutrients are easier to digest and assimilate. Our Vegan Sprouted Cookies are free of refined sugar, while being a source of fiber, helps to support healthy blood sugar levels and gut health. These guilt-free goodies are also a source of omega-3 fats and energy-boosting dark chocolate, contributing to brain health and sustained energy levels throughout the day. With four different varieties available, you won't have to sacrifice taste for good nutrition. Suitable for vegan and whole food plant-based diets.

Choice Produce Picks



Rhubarb:

Rhubarb is often thought of as having a very sour taste but this vegetable (yes, rhubarb is really classed as a vegetable and not a fruit) can be a wonderful addition to your summer menus. It is a super source of fibre and a serving provides almost half your daily recommendation of vitamin K. This, along with the fact it is a rich source of calcium makes rhubarb an ideal food to help support your bone health. Try stewing it lightly and mix with pureed strawberries for a gorgeous tasting summer compote.



Beets:

Often overlooked in the produce department, beets are one of nature's superfoods. A rich source of easily absorbable iron, large amounts of vitamin C and a unique source of a particular flavonoid called betaine. Betaine acts as a natural anti-inflammatory and is a super nutrient to help support liver function. Oh and did we mention how versatile beets can be? Try them roasted and mixed with goat cheese, grated into a salad or added into a smoothie for a pop of nutritious colour!



TASTY TOP CHOICES RECIPE

Rhubarb and Strawberry Compote

This is an ideal recipe to showcase this tasty combination of fruits. Try it mixed into oatmeal, served over ice cream or spooned over waffles as a breakfast treat.

- 3 cups of rhubarb – chopped into small chunks
- 2 cups of strawberries – hulled and chopped.
- A quarter cup of fresh orange juice
- A quarter cup of water
- 2 tablespoons of honey.

Add all ingredients to a heavy based saucepan and bring to a boil, stirring to prevent sticking. Turn down to a simmer for 10 minutes and heat until the fruit has broken down, continuing to stir. Taste and add more honey if required.

For a smoother compote, transfer to a blender and whizz the ingredients together.

Allow to cool or serve warm over ice cream.

JUNE 1-15 ONLY

wellness centre

NEW!
Lower Prices

Ener-C Effervescent



Ener-C is the caffeine-free, low sugar replacement for sport drinks, energy drinks and other packaged beverages.

13⁹⁹ 30pack
10/5⁰⁰ single sachets

Ener-C Sport Electrolyte Drink Mix



8⁹⁹ 12packs
2/1⁷⁹ single sachets

Perfect for before, during and after exercise to support muscle function and re-hydration.

Andalou Naturals Men's Face Care and Body Care

Select Varieties



CannaCell® is superpowered antioxidants cultivated from hemp stem cells.

25% Off

Assorted Sizes



Organika Enhanced Collagen

Vitality & Relax

18⁹⁹ 250g
35⁹⁹ 500g
26⁹⁹ 250g

Enhanced Collagen is sourced from grass-fed, pasture-raised cattle without antibiotics, added hormones, GMO ingredients, and artificial sweeteners. This keto and paleo-friendly collagen is easy to add into your morning coffee, tea, smoothies, or baked goods.

Nutiva MCT Oil & Powders

Assorted Varieties



19⁹⁹ 476mL
32⁹⁹ 946mL
21⁹⁹ 300g

Organic MCT Powder is a quick and simple dietary supplement concentrated with MCTs.



AlgaeCal Plant Calcium

29⁹⁹
90 Caps

AlgaeCal is more than a whole-food, plant calcium supplement. This algae also contains ALL 12 other essential bone supporting minerals; magnesium, boron, copper, manganese, silicon, nickel, selenium, strontium, phosphorus, potassium, vanadium, and zinc.

Bio-K Plus Probiotics

Select Varieties



20% Off
12 packs

Helping to maintain a healthy intestinal flora, support intestinal functions and the immune system.



All Natural Factors Vitamin and Supplements, Whole Earth & Sea Vitamins and Supplements

Select Varieties

20% Off Assorted Sizes

Imagine getting the benefit of a whole growing season in one tablet from raw, organic and non-GMO ingredients.

CanPrev Vitamins and Supplements

Select Varieties



20% Off
Assorted Sizes

Canada's favorite magnesium!

JUNE 16-30 ONLY

wellness centre

NEW!
Lower Prices

NutraSea Omega-3 High Potency



Our most potent omega-3 supplement, with 1,500 mg of EPA and 500 mg of DHA in one teaspoon.

NutraSea Omega-3 and Omega-3 + Vitamin D



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

Everyman Jack Men's Face Care and Body Care



Select Varieties
30% Off
Assorted Sizes

We strive to use as many naturally derived and plant-based ingredients as possible, while still delivering exceptional performance.

AOR Advanced B Complex



B vitamins in their most bioavailable forms, this formula contains balanced ratios and clinically supported doses.

AOR Vitamins and Supplements



AOR has become a leading provider of genuinely innovative nutraceuticals in North America and around the world.

Ultima Replenisher Electrolyte Supplement



Assorted Varieties
Replace electrolytes and hydrate healthy with Ultima Replenisher.

1.49 **27.99** **27.99**
singles box of 20 96-102g tub

New Chapter Turmeric Force Supplements



Helps maintain a healthy inflammation response and supports heart and brain health.

19.99 **27.99** **45.99**
30caps 60caps 120caps

New Chapter Herbal Supplements



Select Varieties
20% Off
Assorted Sizes

Supports your immune system and aids in alertness, focus, attention span, and short-term memory.

Ecoideas Moringa Chia Seeds & Baobab



20% Off
Assorted Sizes
8.99 **14.99**
113g 227g

High in vitamin A and iron, and is a source of vitamin B6, calcium and vitamin C.

SISU Ester-C Energy Boost

Assorted Varieties



4/2 00 **14.49**
single sachets 30pack

Enjoy 24-hour immune support in an energizing, all-natural and non-carbonated drink mix. Single-size serving packets of naturally sweetened and low-calorie Ester-C® Energy Boost come in a variety of delicious flavours for on-the-go convenience. Just add to water to benefit from the vitamin C, B vitamins, electrolytes, calcium, magnesium and trace minerals in each serving.

Genestra HMF Probiotics

Select Varieties



Genestra HMF is the brand of choice for those looking for just the right digestive health solution.

10% Off
Assorted Sizes

wellness centre month long specials

Natren Probiotics

Select Varieties



20% Off

Assorted Sizes

The Healthy Start System® is an easy to use three-step probiotic supplement system for optimal overall and digestive health. This custom probiotic system is a great starter and maintenance program to provide helpful levels of beneficial bacteria throughout the gastrointestinal tract.

All Good

Body Lotion



10⁹⁹

177mL

Suncare

20% Off

Assorted Sizes

All Good Body Lotion repairs your dry skin for a youthful, non-greasy feel.



New Roots Prostate Perform

36⁹⁹

30 softgels

65⁹⁹

60 softgels

Prostate Perform relieves the symptoms of benign prostatic hyperplasia (BPH), including frequent urination particularly at night, inconsistent stream, the strain to urinate, and prostate growth.

Platinum Naturals Prenatal Easymulti

More savings in store



36⁹⁹

60 soft gels

64⁹⁹

120 soft gels

Replenishes vitamins and minerals depleted by the added demands on the body of a growing fetus.

Harmonic Arts Mushroom Elixirs and Dual Extract Mushrooms



Select Varieties

15% Off

Assorted Sizes

All of our elixir blends are specially formulated to taste amazing!

Purple Frog Air Freshners

Assorted Varieties



We use products that are safe for the environment and are biodegradable. All the ingredients in our products are plant-based and pure as they come.

20% Off

assorted sizes

Enerex Black Seed Oil



25⁹⁹

100mL

15% Off

All Enerex Supplements

Prized for its immune stimulating properties but also for its benefits to comfort the respiratory and digestive systems.

Renew Life Fibre Supplements



Select Varieties

20% Off

assorted sizes

FibreSMART's dietary fibre enhances the body's ability to remove toxins and increases the volume of your stool.

Flora Omega Sport



18⁴⁹

250mL

30⁹⁹

500mL

This natural, energy-boosting blend can help promote next-level health, training, and adventure.

Nutribiotics Body Care



Body Care

12⁴⁹

473mL

Vitamins and Supplements
Assorted Varieties

20% Off

Nutribiotic Vitamins and Supplements

NutriBiotic Fresh Fruit Non-Soap Skin Cleanser is a moisturizing, vegan formula.

the Dish

On Pasta



There's a story out there that says that Marco Polo first brought pasta back to Italy from China. There's conflicting evidence about this, as there is written accounts of pasta from Greek and Roman histories, as well as archaeological evidence. The truth is the Chinese noodle and Italian pasta had parallel evolutions, without much interaction until a certain Venetian explorer travelled east. You can trust me on this. With a name like Antonio Alfredo, you could say pasta is in my DNA.



While fresh pasta is ancient, dried pasta first made its debut in the 14th and 15th century. It was used on exploratory ships for its convenient ability to store well over long journeys. The 17th century is when increasing mechanization and the industrial revolution made it easy to mass produce dried pasta.

Aside from their manufacturing differences, pasta secca (dried pasta), is mainly made by extruding a mixture of durum semolina flour and water, then dried and packaged for you to bring home. Pasta fresca (fresh pasta) is made with various blends of soft and hard flour, but the main difference is that eggs are added to the mixture. That's why you should always consume fresh pasta within three to four days, or freeze it. Italy produces over 3.5

million tonnes of pasta a year and the average Italian eats 27 kilos of it a year, so it's no wonder we're so well known around the world for it.

There are a few main ways to look at enjoying your pasta. Pastasciutta means dry pasta and is a term referring to the sauce, not the production method. When you enjoy pasta with a sauce or just with butter or extra virgin olive oil and some herbs or spices, you're eating pastasciutta. Pasta in brodo means pasta cooked in broth, or added to a soup. Finally, pasta al forno is the term for dressing and baking your pasta in the oven. These dishes are often richer and cheesier.

The vast majority of pasta consumption in Italy is usually with some variation of a homemade tomato sauce, but there are so many other delicious ways to enjoy pasta. Ingredients like meats, fish, veggies, cheese, oils and spices make for endless combinations of superb dishes. Make sure to do your homework though and match pasta shapes to appropriate sauces. Generally you can interchange more specific noodle shapes, but make the distinction between short and long noodles. Short noodles like penne, rigatoni or bowties are meant to compliment sauces differently than long ones such as spaghetti, fettuccine or linguine. Stuffed pastas like tortellini, ravioli, or agnolotti should have a sauce to complement their filling. One thing that surprises a lot of people is that cream sauces are actually quite rare in Italian cuisine. You'll be surprised at how good pasta can be when you try something outside of the ordinary tomato or cream.

I'll also note that not all pasta needs a smattering of parmigiano reggiano on top of it, so please educate yourself on when to use it best. Grating parmesan on a dish of aglio olio with pepperoncino is simply sacrilegious and doing your taste buds a disservice. Let the true flavour of your sauce be the star of the show!





Chef Antonio loves to eat pasta at any time of year. It's comforting in winter months and refreshing and nutritious when it's warm out. You can try his pasta creations ready to go in our Choices Deli department.



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