



# CHOICES'

Monthly Newsletter | July 2019

## Summer Grilling

**Plant Based BBQ**

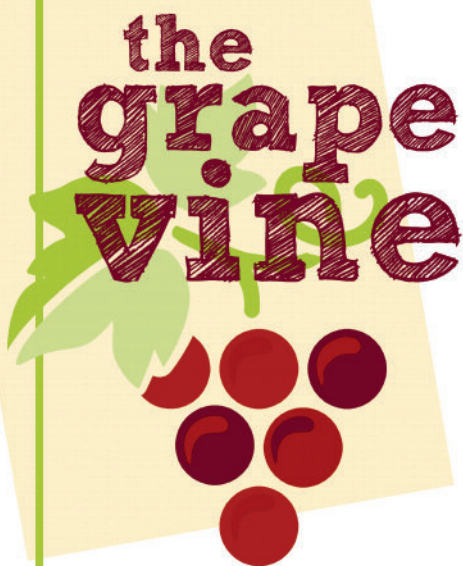
**Tips for Healthy Grilling**

**Try Venison this Summer**

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







## What Produce is in Season?

BC is home to some of the greatest fresh produce in the world! So what's in season this month for those of us who love to eat local?

July Veggies	July Fruits
Beans, Beets, Broccoli	Apricots
Carrots, Chard, Corn	Blackberries, Raspberries, Gooseberries, Strawberries
Kale, Leeks, Lettuce	Cherries
New Potatoes, Radish, Spinach	Currants
Shallots, Tomatoes, Zucchini	

## Canada Day

Come by Choices Yaletown on July 1st for our annual Canada Day celebration. We'll be throwing a birthday bash filled with prizes, a charity BBQ and some delicious Canadian cake. It's the perfect lead up to some fireworks and festivity, so be sure to stop by.



## ENTER TO WIN

# Win 1 of 7 Longboards!

Courtesy of Zevia



### Skill Testing Question:

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

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Choices Location: \_\_\_\_\_

Contest open from July 1-31, 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. 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.

## COOK IT UP



# Summer Berry Salad with Hemp Oil Dressing

Courtesy of  
Manitoba Harvest

### Salad

**Organic mixed greens or spinach**

**1 cup strawberries, sliced**

**1/2 cucumber**

**1/4 cup red onion**

**1/4 cup Hemp Hearts**

### Dressing (makes 1 cup)

**1/4 cup Balsamic Vinegar**

**3/4 cup Hemp Oil**

**1 tbsp Organic Dijon mustard**

Add all of the salad ingredients to a large bowl and set aside.

Whisk all dressing ingredients together in a small bowl or put them in a screw-top jar and shake.

Dress the salad with 2 –3 tbsp of dressing, to taste.

Store excess dressing in the refrigerator in a screw-top jar.



## ENTER TO WIN

# Win a Paddleboard!

Courtesy of  
Neal Brother's Foods

### Skill Testing Question:

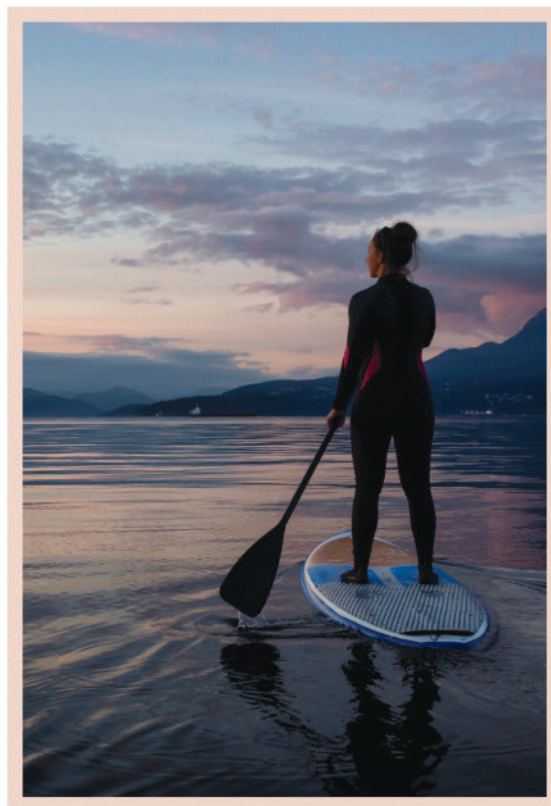
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# Try Cervena Venison and Grill Up Something New!

**C**hoices is proud to be the exclusive Canadian retailer of Cervena venison. Cervena venison comes to us straight from New Zealand, and is a unique product with an interesting history we thought we'd share with you.

Deer are not native to New Zealand, and are in fact an invasive species. Deer were introduced to New Zealand in the late 1800's from Great Britain and released into the wild to provide sport for the European settlers. Eventually the rapidly multiplying wild deer numbers became a problem as they had no natural predators in the forests and fields of New Zealand. Their browsing was damaging New Zealand's native forests. Starting in the 1930's the government enlisted professional hunters to cull the population. During the 1960's entrepreneurs recognized the opportunity to ship to Europe where venison was traditionally a favoured dish. Eventually, as New Zealand deer became more popular, deer farming to supply venison to the rapidly growing European market became economically viable. In 1970 the first deer farming license was issued. Today, there are more than 1 million deer on 2,500 farms throughout New Zealand.

Farmed deer must be three years or under and raised in the most natural ways-- free range on farms ranging from 200 to over 2,000 acres, fed grass with natural supplements such as hay, and given no hormones or steroids. Animal welfare is key to achieving the highest quality venison, as well as sustainable land management. Cervena deer are never kept in feedlots or confined spaces. They are never fed corn-based diets, and are fed on natural grass and hay. Most deer are farmed in mountainous regions with vast fields stretching over hundreds of acres.

Cervena is the venison of choice at many of the finest restaurants, and our stores, because of its delicious mild flavour and natural tenderness. But did you know that it is low in calories and fat, and packed with iron and zinc, making it a high quality protein that is one of the healthiest red meats available today?

If you're looking for a unique, nutritionally rich and very delicious animal based protein for your grill this summer, give Cervena venison a try. You won't be disappointed.

## Venison Burgers



**Cervena venison is exclusive to Choices!**

**450g chopped Cervena venison**  
**30g dried breadcrumbs**  
**1 tsp chopped fresh thyme**  
**Salt and pepper**

Finely dice venison with a sharp knife. Mix together venison, breadcrumbs, and thyme. Form into one inch thick patties, season with salt and pepper, flame grill to medium rare. Serve on brioche or your favourite bread or bun with fresh local veggies and your favourite sauces.





**Cervena venison will  
be sampled at our stores  
throughout the summer!  
Check our social media  
pages for upcoming dates.**



JULY 1-15 ONLY

# club specials

**NEW!**  
Lower Prices

## GT's Organic Raw Kombucha Beverages



Assorted Varieties

**3<sup>49</sup>**

480ml  
+deposit +eco fee

The original kombucha brand that began the craze.

## Zevia Organic Sugar Free Tea or Zevia Energy Drinks



Assorted Varieties

**1<sup>99</sup>**

355ml  
+deposit +eco fee

Brewed with Fair Trade certified tea.

## Halo Top Frozen Dessert

Assorted Varieties



**5<sup>99</sup>**

473ml

Enjoy this premium treat without the guilt thanks to this great source of protein.



## Choices Markets Natural Spring Water

Assorted Varieties

**.99** <sup>1L</sup>

**1<sup>49</sup>** <sup>1.5L</sup> **2<sup>49</sup>** <sup>4L</sup>  
+deposit +eco fee

Sourced from the pure and clear waters of BC mountains.

## Happy Planet Clean Protein Smoothies



Assorted Varieties

**3<sup>99</sup>**

900ml  
+deposit +eco fee

A smoothie so delicious it makes eating clean feel like a treat!

## Deebee's Organic Superfruit Freezies



Assorted Varieties

**5<sup>99</sup>**

12 Pack

Guilt-free delight with tasty organic fruits and healthful herbs.

## Bremner's Caesar Mix

Regular or Vegan



**5<sup>99</sup>**

1L

Try the vegan variety for all the delicious flavour, without the shellfish.

## Bremner's Organic Frozen Fruit

Assorted Varieties



Now with recyclable packaging and available in three great sizes.

**1<sup>99</sup>**

1.5KG

**4<sup>99</sup> to 6<sup>99</sup>** <sup>300g - 600g</sup>

## Sol Cuisine Vegan Veggie Burgers

Assorted Varieties



**3<sup>99</sup>**

226-284g

Gourmet plant-based burgers that are a source of vitamins and minerals.

## Seventh Generation Natural Dishwasher Powder, Gel or Dish Pacs



Assorted Varieties

**4<sup>99</sup>**

Assorted Sizes

Grease doesn't stand a chance against these plant and mineral detergents.

## Earth's Choice Organic Coconut Milk



Assorted Varieties

**1<sup>99</sup>**

160ml

**2<sup>99</sup>**

400ml

Use coconut milk for baking and savoury dishes, adding richness to sauces and more.

## Spectrum Canola Oil or Extra Virgin Olive Oil



Canola

**6<sup>99</sup> 10<sup>99</sup>**

Regular, 750 ml Organic, 750 ml

Extra Virgin Olive Oil

**13<sup>99</sup> 15<sup>99</sup>**

Regular, 750 ml Organic, 750 ml

Spectrum is your partner in cooking.



JULY 16-31 ONLY

# club specials

**NEW!**  
Lower Prices

## Coco5 Electrolyte Coconut Beverages

Assorted Varieties

**1.99**

500ml  
+deposit +eco fee

Clean sport hydration for modern athletes.



## Fentimans Botanically Brewed Beverages

Assorted Varieties

**2.29**

275ml

**7.99**

4 Pack

**4.99**

750ml



Fentimans has been making natural botanical drinks for over 100 years.

## Whistler Glacial Water

Assorted Varieties

**1.49**

1L

**1.69**

1.5L

**3.79**

4L

+deposit +eco fee



We only use BPA-free bottles that are 100% recyclable.

## Rico'n Lalo Frozen Fruit Bars & Coconut Bars

Assorted Varieties

**4.79**

4 Pack

Frozen treats without concentrates, additives or preservatives.



## Clif Energy Bars

Assorted Varieties

**.99**

68g

**11.88**

12 Pack

The perfect energy pick-me-up for athletes and more.



## Spokes Gluten Free Air Puffed Potato Snacks

Assorted Varieties

**2.99**

80g

The no compromise snack that everyone can love.



## Tree Island Grass Fed Greek Yogurt

Assorted Varieties

**3.99**

325g

Artisan crafted from 100% grass-fed BC cows milk.



## Tree Island Grass Fed Fruit Yogurt

Assorted Varieties

**3.99**

350g

Our locally made cream-top yogurt is carefully crafted with old world methods.



## Love Child Organic Baby Food Puree

Select Varieties

**1.49**

128ml Pouches

Just clean, nutrient-rich organic ingredients will do for your child, so choose Love Child.



## Crofter's Organic Fruit Spreads

Assorted Varieties

**2.99**

Regular Spreads

**3.49**

Just Fruit Spreads

235ml



High quality fruit is the star of every organic Crofter's spread.

## Uncle Luke's Organic Maple Syrup

Assorted Varieties

**21.99**

1L

Harvested traditionally for the utmost quality.



**New to Choices**

## Simply Organic Mexican Products

Assorted Varieties

**2.49**

Guacamole Mix, 113g

**2.99**

Mexican Sauces, 227g

Expand taco night with sauces like enchilada, fajita and more.





# Grilling

## On a Plant-Based Diet

By Hanna Rakowski, RHN, CHCP

**T**here is nothing quite like the taste of grilled food, regardless of what dietary pattern you follow. When it comes to eating a plant-based diet, many people assume that they have to say goodbye to their grill, which couldn't be farther from the truth. In fact, grilling can be a fun and creative way to incorporate unique flavours in your cooking while enjoying nutritious foods. Plant-based foods like vegetables, fruits, and legumes are excellent sources of fibre, protein, and healthy carbohydrates. Fortunately, grilling them doesn't take away any of these nutrients!

With the incredible variety of produce available in the summer months, the options for creating plant-based grilled meals are endless.

A useful tool for grilling plant-based foods is a grill basket, which adds a chargrilled flavour to foods. Grill baskets are user-friendly, easy to clean, and provide a simple solution to keeping plant-based foods separate from animal-based foods when cooking for mixed eaters. They are best used for vegetables like zucchini, mushrooms, onions, summer squash, bell peppers, and asparagus. These veggies can be mixed with quinoa or whole grains like brown rice to make a delicious plant-based summer salad.

There are several other ways to grill plant-based foods, including:

- **Build your own flatbread;** grill small whole wheat pitas or pizza crusts, add your favourite plant-based spread (e.g. roasted garlic spread, hummus, pizza sauce, or vegan tzatziki), and top with grilled onions, mushrooms, peppers, and tomatoes.
- **Portobello mushroom or tofu steaks;** marinate Portobello mushrooms or tofu in your favourite marinade, add some herbs and nutritional yeast, and grill. These can be enjoyed on their own or added to a whole wheat bun with your go-to burger toppings and other grilled veggies.
- **Veggie kabobs;** grill skewers of cherry tomatoes, mushrooms, red onions, and bell peppers and baste in barbecue sauce before removing from the grill.

- **Eggplant slices:** Before grilling, season with garlic powder and sea salt. Add barbecue sauce before removing from the grill. These can be enjoyed as a side dish, added to a wrap or sandwich, or served on top of rice.
- **Cauliflower steaks:** Grill cauliflower slices (3/4" thick) until golden brown. Brush slices with extra virgin olive oil and your favourite seasoning before removing from the grill.
- **Romaine lettuce:** Cut romaine lettuce in half and grill, but brush lightly with balsamic dressing before removing from heat.
- **Fruit:** Grill mango, plums, pineapple, peaches, and avocado. You can add nut-based creams or pure vanilla extract for more flavour.

## Grilled Avocado

Everyone loves avocado, but many people aren't aware that this delightful fruit can be grilled. Here is a simple recipe to try:



**2-3 ripe avocados**  
**1-2 Tbsp fresh lime juice**  
**1 Tbsp extra virgin olive oil**  
**Sea salt to taste**

Heat BBQ to medium-high heat and spray with non-stick spray

Cut each avocado in half (lengthwise) and remove pits.

Lightly brush the inside of each avocado half with extra virgin olive oil and drizzle with lime juice.

Place avocado halves faces down on the grill for 5 minutes. Gently press each half down for a few moments to create grill marks.

Remove avocados from grill, sprinkle with sea salt and enjoy on their own or topped with fresh salsa or hummus.



# Parkinson's Disease and Diet

## By IMPACT Parkinson's

### Q Is there a specific diet for Parkinson's Disease?

**A** Although there is no one specific diet for Parkinson's disease (PD), a diet high in plant-focused whole food can help with symptom management, medication absorption, cognitive health, and overall well-being. Gut health is a crucial part of self-management for PD.

If you take certain PD drugs, dietary adjustments may help your medications work better or avoid side effects. Levodopa is absorbed in the same part of the gut as protein in food. Taking levodopa at the same time as eating protein may mean less medication is absorbed.

Much evidence links the gut to PD. For many people with the disease, non-movement symptoms are tied to this body system. Constipation can occur years or even decades before diagnosis. As disease progresses, the stomach can empty slowly or irregularly causing symptoms (bloating or nausea) and challenging medication benefit.

Early research also shows that the gut microbiome differs between people with and without PD and even among people

with the disease who have different symptoms (more tremor as opposed to more walking and balance problems, for example). Work now is evaluating whether this is a cause or result of PD or its treatment (or some other factor, such as diet).

(Sources: Michael J Fox Foundation, Parkinson Society BC)



To learn more about healthy eating for PD stay tuned for details about a **three-part practical series, "Healthy Eating for Parkinson's", starting on Saturday, September 28** – a collaboration with Wendy Wells (Nutrition Consultant at Choices Markets Burnaby Crest), Dr. Caroline Coombs (Naturopathic Physician), Amaranthus (plant-based restaurant) and IMPACT Parkinson's.

**IMPACT Parkinson's – MIND, BODY + SOUL is an Incorporated Non-Profit Society in New Westminster. The centre offers a variety of Parkinson specific programs such as exercise, socio-cultural activities, speech language therapy, special workshops and events. IMPACT Parkinson's is a new Choices Markets Community Partner. ([www.impactparkinsons.com](http://www.impactparkinsons.com)).**

## Grilling

### By Niloufar, Choices North Vancouver Registered Dietitian

Barbeque season is coming up soon, a great way to enjoy the weather with friends and family. Below are some tips to help you keep your meals food safe, healthy, and tasty!

- 1 Minimize any food safety risks**  
Use one set of tongs for handling raw meat and another set for cooked meat when taking it off the grill. This will help prevent cross contamination and food poisoning. Additionally, it is a good idea to use a digital thermometer to ensure that meat is cooked at the correct temperature. You can't tell if a food is cooked thoroughly just by looking at it. Also, be sure to pack and refrigerate any leftovers within two hours to prevent bacteria from growing on your food!
- 2 Marinate!**  
This is the easiest way to make your BBQ more flavourful. Using the right marinade can actually help prevent cancer-causing compounds from forming in your meat. These compounds, called heterocyclic amines (HCAs), can form on the surface of meat when it is cooked. You can help to prevent HCAs from forming by using a blend of black pepper with antioxidant-rich spices. Herbs like rosemary are also very effective. While you only need to marinate for about two hours, try marinating meats overnight in the fridge in a large plastic bag so that they are ready to grill the next day. Eating burnt meat also exposes you to HCA compounds, so be diligent while cooking.
- 3 Limit using processed meats like hot dogs when grilling**  
Plant based sausages or grilled carrots are a great replacement. Alternatively, opt for lower salt and fat options like wild fish. Halibut and salmon grill very well. To grill these, sprinkle your favourite herbs over the fish, wrap it loosely in foil, and then grill for about ten minutes. For an option that is lower in sodium, try using a blend like lemon pepper or create your own salt-free signature spice blend.





## 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



#### Olympic Organic Kefir:

Kefir is a fermented milk product that has a thinner consistency than yogurt. Fermented foods contain live cultures of bacteria and help to repopulate our intestines with good bacteria, which have vast health benefits when consumed. Such health benefits include improved digestion, and reduced bloating and constipation. Kefir contains approximately three times the amount of probiotics when compared to yogurt, as it is made from 10-20 different types of probiotic bacteria. Kefir is also a rich source of protein, calcium, B vitamins and potassium. All Olympic dairy products are made from organic milk and contain no gluten, gelatine or preservatives. Enjoy kefir on its own or flavour it with fruit, pure vanilla extract, or nuts and seeds.

#### Greek Gods Yogurt:

Greek Gods Yogurt is from organic milk and cream and is a rich source of protein, calcium, vitamin D, and gut-healthy probiotics. Greek yogurt is made by straining out extra whey, yielding a creamier and thicker texture than regular yogurt. It also has less sugar and more protein than regular yogurt. Greek Gods Yogurt is enriched with seven gut-healthy probiotic cultures, providing 1 billion colony-forming units (CFU) of active cultures per 125 gram serving. Use it in smoothies, cereals, dressings, and dips, or as a topping on fresh fruit salad.



### Choice Produce Picks



#### BC Grown Cherries:

95% of Canada's cherries are grown in BC. This flavour-packed food is not only local, but it also ripens in the summer months making the cherry a seasonal favourite. Cherries get their dark colour from anthocyanin pigments, a powerful antioxidant that helps support the heart, immune system and reduce inflammation. Additionally, cherries are full of vitamin C and A and a one cup serving boasts about 10% of our recommended daily fibre intake. The Choices Nutrition Team loves BC cherries because of their nutritional density and delicious taste, plus, the cherry always adds depth and elegance to any recipe. We think BC cherries are a win-win.







### BC Grown Raspberries:

You can be confident that our organic Raspberries from Olera Farms in Abbotsford BC are a healthy and environmentally conscious choice! Raspberries are packed with essential nutrients such as Vitamin C, folic acid and niacin. They also contain flavonoids, which are powerful antioxidants. Add them to your breakfast in overnight oats, or at dinner in a summertime salad. Choices markets is excited to be able to support local and sustainable farms such as Olera Farms. Purchasing local produce means the fruit is fresher, picked riper and is yummiier than produce that needs to travel many, many miles to get to your plate.



### BC Grown Apricots:

This beautiful local orange stone fruit is finally in season and is packed full of nutrients that can help our health. These are a member of the rose family and are high in vitamin A and vitamin C, and are an excellent source of fibre and antioxidants. Antioxidants, such as flavonoids, help to protect against inflammation. Enjoy them when they are ripe and slightly soft to the touch. Chop them into your morning oatmeal or add them into your salad for that extra sweetness.



## TASTY TOP CHOICES RECIPE

# Lemon and Garlic Roasted Nugget Potatoes

### Warba Potatoes:

Welcome summer with these gorgeous little beauties, complete with pink eyes! Warba potatoes are an heirloom variety from the 1920's and the first new potatoes harvested in BC. Notable for being harvested without a skin, just a quick rinse and they're good to go. Enjoy these potassium, folate and Vitamin C rich treats boiled or steamed with a dollop of grass fed butter, fresh herbs and sea salt! Prepare extra and refrigerate for potato salad the next day— the cooling process creates resistant starch, acting as a prebiotic, contributing to good gut health. Store these moisture-rich potatoes in the fridge to prevent oxidation.

- 1 1/2 pounds of BC grown White Nugget potatoes, cut in half**
- 2 Tbsp extra virgin olive oil**
- 3 small cloves of garlic, finely minced**
- Juice of 1/2 lemon**
- 2 tsp fresh rosemary, finely minced**
- 1/4 tsp sea salt**
- 1/4 tsp ground black pepper**

Preheat oven to 450 degrees F. If you'd rather cook on the BBQ, try using a grill basket.

In a medium bowl, toss potatoes in olive oil, garlic, lemon juice, rosemary, sea salt, and black pepper until evenly coated.

Place potatoes on a baking sheet (use parchment paper) and roast for 40-50 minutes, until browned.



JULY 1-15 ONLY

wellness centre

NEW!  
Lower Prices



NEW from  
the makers  
of Good  
Fats bars!

Love Good Fats Shake  
Assorted Varieties

26<sup>99</sup>

400 grams

Love Good Fats keto-friendly "fats shakes" are rich, thick and creamy. Each serving is loaded with 12-13 grams of fat and 7 grams of protein, with only 2 grams of sugar. The shakes are gluten free, soy free and contain no preservatives or sugar alcohols. Excellent when mixed with cream, milk or your favourite milk alternative.

Organic Traditions Full  
Spectrum & Single Herb  
Boosters



Assorted Varieties

20% Off

Assorted Sizes

Concentrated and therapeutic. Full-spectrum herbal extracts to support your well-being and vitality.



Andalou Face Care,  
Body Care and Hair Care  
Assorted Varieties

20% Off

Assorted Sizes

Andalou has superior source ingredient standards, including Non-GMO Project Verified and gluten free verified, certified organic, nature derived, vegetarian, vegan, sustainably sourced and Fair Trade ingredients, and is always cruelty free.

Genuine Health Vitamins  
and Supplements



Assorted Varieties

20% Off

Assorted Sizes

Multi-strain, triple-purified, shelf-stable probiotics created with one goal: to seed your gut with stronger and healthier bacteria.

Natural Factors Vitamins and  
Supplements Bonus Bottles



Assorted Varieties

20% Off

Assorted Sizes

Natural Factors Hi Potency B Complex contains optimally balanced levels of B vitamins for a natural way to energize the body.

Natural Factors  
RxOmega - 3 Extra



Strength Bonus

20<sup>99</sup>

150 Softgels

A highly concentrated form of omega-3 fatty acids extracted from a safe, pure source.

Natural Factors Herbal and  
Fruit Supplements



Assorted Varieties

20% Off

Assorted Sizes

Milk thistle has been used for thousands of years as a digestive aid.



Organika Maca

14<sup>99</sup>

200g

23<sup>99</sup>

400g

26<sup>99</sup>

180caps

15<sup>99</sup>

200g Maca & Cocoa Powder

Rich source of antioxidants and alkaloids that help reduce damage done to skin, brain, and heart cells.

Organika Organic Spirulina



24<sup>99</sup>

300g

37<sup>99</sup>

500g

Source of iron for better blood health and strengthens immune function.

Weleda  
Face Care & Baby Care  
Assorted Varieties



20% Off

Assorted Sizes

Formulated with nature's gentlest plants and flowers to keep your sweet new love in balanced harmony.



JULY 16-31 ONLY

wellness centre

**NEW!**  
Lower Prices

### New Roots Evening Primrose Oil



**18<sup>99</sup>**

90 softgels

**36<sup>99</sup>**

180 softgels

New Roots Evening Primrose Oil is cold-pressed, organic, and non-GMO, containing a minimum of 10% GLA.

### New Roots Borage Oil



**23<sup>99</sup>**

60 softgels

Borage Seed Oil is nature's richest source of gamma linoleic acid (GLA).

### Garden of Life Proteins



**42<sup>99</sup>**

Raw Organic Proteins, Protein & Greens, and Raw Fit Protein

**49<sup>99</sup>**

All in One Shakes

Excellent source of complete protein from 22 RAW organic sprouts.

### Renew Life Probiotics



Assorted Varieties

**20% Off**

Assorted Sizes

Ultimate Flora Critical Care is the ideal formula for improving digestion, boosting immunity and supporting overall health.

### Renew Life Essential



Fatty Acids

Assorted Varieties

**20% Off**

Assorted Sizes

Norwegian Gold Super Critical Omega is formulated for everyday therapeutic supplementation.

### Progressive Complete Collagen



Assorted Varieties

**39<sup>99</sup>**

500g

Use Complete Collagen™ by Progressive® for stronger bones, cartilage, connective tissue and more.

### Purica Extra Strength Recovery and Complete 360 Supplements



Assorted Varieties

**15% Off**

Assorted Sizes

Beyond pain relief targets the root cause of pain.

### Amazing Grass Superfood Greens



Select Varieties

100% organic, whole leaf wheat grass, one of the most potent leafy greens available.

**25<sup>99</sup> to 29<sup>99</sup>** 240g  
**43<sup>99</sup> to 49<sup>99</sup>** 480g

### Naturtint Permanent Hair Colour



Assorted Varieties

**15<sup>99</sup>**

per kit

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

### AOR Advanced B Complex Ultra



**38<sup>99</sup>**

90 caps

**54<sup>99</sup>**

180 caps

The most active forms of the B-vitamins.

### ThinkSport Suncare



Assorted Varieties

**20% Off**

Assorted Sizes

Free of biologically harmful chemicals. No Avobenzone, Oxybenzone, or UV Chemical absorbers.

### Alba Botanica Face and Hair Care

Assorted Varieties



**20% Off**

Assorted Sizes

Our face-friendly formulas promise pore-perfection. Yup, we woke up like this.



# wellness centre month long specials

NEW ROOTS



## New Roots Exotic Skin Oils Organic Rosehip Seed Oil

**16<sup>49</sup>**  
30mL

Certified organic Rosehip Seed Oil revitalizes with its deep penetrating and moisturizing properties.



## New Roots Organic Skin Lovers Oil

**15<sup>99</sup>**  
30mL

Skin Lovers Oil is a unique formula featuring our five most popular exotic oils.



## New Roots Organic Seabuckthorn Seed Oil

**24<sup>99</sup>**  
30mL

Nutrient-rich certified organic Seabuckthorn Seed Oil moisturizes skin and minimizes the appearance of wrinkles.

## Gandalf Spirulina



**23<sup>99</sup>**  
60tabs

**37<sup>99</sup>**  
150g

More savings instore!

Source of provitamin A to help maintain eyesight, skin, membranes, and immune function.

## Flora Organic Flax Oil



**8<sup>99</sup>**  
250mL

**14<sup>99</sup>**  
500 mL

**21<sup>99</sup>**  
941 mL

Supplementing with oil pressed from flax provides both omega-3 and omega-6 EFAs to promote optimal nutrition and health.

## Lorna Vanderhaeghe Regular Girl Prebiotic Fibre & Probiotic Blend



**28<sup>99</sup>**  
180grams

**32<sup>99</sup>**  
box of single sachets

Regular Girl relieves constipation and/or diarrhea, treats IBS and aids weight loss with no gas or bloating.

## Nature's Aid Moisturizing Skin Gel



NEW!

**14<sup>49</sup>**  
125mL

**35<sup>99</sup>**  
500mL

We pride ourselves on making quality products using the best ingredients nature has to offer.

## Living Alchemy Wisdom



**32<sup>99</sup>**  
60caps

WISDOM provides fermented, activated nutrients to keep your cognition sharp.

## Pacha Whipped Soap and Scrub Assorted Varieties



**15<sup>99</sup>**  
284g

NEW!

Whipped Soap + Scrub combines creamy whipped soap and a blend of natural exfoliants to create the perfect addition to your daily routine.



## Nourish Organic Face Care Products Assorted Varieties

**20% Off** Assorted Sizes

Our beauty collections are made from trending ingredients, and whether you want to deeply hydrate and moisturize, manage sensitive skin, minimize the signs of aging or soothe and protect skin, Nourish products help transform your skin to visible health and radiance. Our pledge of purity ensures that all products are cruelty-free and free from harmful ingredients. They are kind to your skin, to animals and to our precious earth.

NEW!

## Santevia Mina Pitcher



**52<sup>99</sup>**  
Mina Pitcher

**49<sup>99</sup>**  
Mina 3pk Filter

**18<sup>99</sup>**  
Mina Filter

Takes out contaminants and restores natural minerals in your water.



# Dish

## the

### On Rice



**B**ased on archeological evidence, rice is believed to have originated from the Yangtze River basin of China more than 8,500 years ago. To show you just how important rice is, consider my home country of the Philippines. The rice terraces of the Philippine Cordilleras are said to be thousands of years old and give us some link to the origin of the domestication of rice. They are often called the 8th wonder of the world. Five of these sites were inscribed in the Unesco World Heritage list. To this day, Ifugao farmers still plant and harvest the traditional way as was done by their ancestors hundreds of years ago.



Rice is the most important cereal grain in the world when it comes to human nutrition. It accounts for at least 20% of the total caloric intake of all humanity.

Most commonly today, we see unpolished brown, red, black (or purple) varieties. White rice is a highly refined with the bran and germ removed. Since rice does not contain gluten, it is a popular choice for those who have gluten allergies and sensitivities.

The most popular rice varieties are Basmati, Jasmine, Risotto and sticky rice, also known as sweet or glutinous rice. Despite the name, glutinous rice does not contain gluten. As a grain, rice is very versatile and can be boiled, steamed, made into congee, added to soups, ground into flour and used in gluten free baking or used as a thickener. For gluten free baking, rice flour is best used combined with other flours or starches to mimic the characteristics of wheat. Unlike wheat flour, rice flour does not readily absorb liquids and most cake recipes made with rice flour will benefit greatly if the batter sits for an hour or more before it is baked. Rice grains can also

roasted and ground for use as a coffee substitute!

Before a smart Canadian invented the Instant Pot, and before the rice cooker came around, rice was cooked in earthen wares, hollowed out bamboo, or wrapped in locally available banana, lotus, bamboo or coconut leaves and boiled. Using these organic mediums in cooking rice adds another layer to the aroma and taste of the grain that my mother and grandmother swear make the best rice ever!



Rice is found in cuisines all over the world – the Italians have their risotto, paella for the Spanish, fried rice and congee in China, tapsilog (tapa sinangang and itlog – breakfast staple of meat, fried rice and eggs) for the Filipinos, moros y cristianos (black bean and rice) is a dish of Cuba, and many more! Rice is also used for desserts (rice puddings, sweet rice cakes, gluten free cakes, cookies and other baked goods).

Rice is very forgiving and versatile. Next time when you are feeling adventurous why not try making a rice stuffing for your holiday turkey instead of the traditional bread stuffing? Or try adding some leftover rice to your favourite chicken soup for a hearty meal during the colder months! Happy experimentation!



Antonio is off this month, so we conscripted our Red Seal baker, Bessie, to write this month's Dish. You can try her absolutely delicious breads, buns, cookies, muffins, alternative flour and keto friendly treats freshly made daily from our Choices Bakery.






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## Choices Markets Locations

### Kitsilano

2627 VW 16th Ave, Vancouver  
604.736.0009

### Cambie

3493 Cambie St, Vancouver  
604.875.0099

### Kerrisdale

1888 VW 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 CO<sub>2</sub>

**Smog:** 5 kg NO<sub>x</sub>

**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator



# BEYOND SAUSAGE

The world's first plant-based sausage that looks, sizzles and satisfies like pork

