



CHOICES'

Monthly Newsletter | October 2019

Thanksgiving Favourites

The Dish On Gravy

Shop Like a Pro with our New
Dietary Choices Shelf Tags

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



the grape vine



Supporting Heart & Stroke



Nearly everyone in Canada knows someone or has personally been affected by Heart and Stroke. That's why we felt it was so important to support Heart & Stroke this summer with a donation campaign in August. Thanks to your generosity, we were able to donate \$10,000 to this organization dedicated to research and support.

West Coast Women's Show

From October 18th to 20th, Choices will be exhibiting at the West Coast Women's Show!. At the show you'll find great speakers, celebrity guests, and all sorts of products and services ranging from artisan crafts to kitchen gadgets to food to home furnishings. At our booth we'll be showcasing some of our great products and programs as well as having a pop-up coffee and popcorn café. This unique show tailored to women of all walks of life will be happening at TRADEX in Abbotsford.



Haunted House

Every year on October 31st, the ghosts, ghouls and goblins emerge from our Choices Kerrisdale and Burnaby Crest locations for a Haunted House! These two stores will close down early on Halloween night to transform into something new and frightening. Suitable for kids of all ages, this creepy haunted house is a great way to bring the whole family out for a bit of holiday fear!

Our haunted houses are super popular yearly events that bring the whole community together for a night filled with tricks, treats and scares. Look for pumpkin carvings, live performances, hot chocolate and more!



COOK IT UP



Moroccan-Spiced Yogurt Dressing

Courtesy of
Tree Island Yogurt

- 6 Tbsp Tree Island Plain Cream Top Yogurt**
- 2 Tbsp Extra Virgin Olive Oil**
- 1 Tbsp Freshly Squeezed Lemon Juice**
- 1 Small Garlic Clove, minced**
- 1/2 tsp Salt**
- 1/2 tsp Paprika**
- 1/4 tsp Turmeric**
- 1/4 tsp Cinnamon**
- 1/8 tsp Cayenne (or to taste)**
- 1/4 tsp Granulated Sugar**

In a small bowl, whisk together yogurt, olive oil, lemon, garlic, salt, spice and sugar. Mix well to combine. Let dressing sit for at least 5 minutes to allow flavours to blend. Taste to adjust for salt, sugar and lemon.

Store in glass jar. Keep refrigerated. Lasts for 1 week.



ENTER TO WIN

Keep the Fall Mud Out with a Year's Supply of Cleaning Products

Courtesy of V.I.P. Soap Products Ltd.
and EchoClean

One lucky Choices customer will win an amazing prize pack from V.I.P. Soap Products and EchoClean. The prize is one year of laundry detergent. Approximate value of each pack is \$600.

EchoClean is the next generation in all-natural cleaning solutions developed especially for the discerning customer. Made in BC since 1951, V.I.P. Soap produces biodegradable, non-toxic, plant-based cleaning products. 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 October 1 to 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. There can be no repeat winners for throughout 2019.



Upcoming Events

MARK YOUR CALENDAR

Simple Solutions for Boosting Energy and Clarity

with Jaime Camirand

Tuesday, October 15 | 6:30-8pm
Kitsilano

Thursday, October 24 | 7- 8:30 pm
South Surrey

Join Nutritionist and author, Jaime Camirand, to explore the power of whole food nutrition, lifestyle adjustments and other tips for improving energy and cognitive function.

Free event, register online



Wednesday, October 2
11:30-1 pm

Low Carb Keto/IF Support Group

with D'Arcy Furness

South Surrey

Join nutritionist D'Arcy on the first Wednesday of each month, 11:30-1:00pm to receive monthly support as you implement this way of eating.

Free event, register online

Tuesday, October 22
6:30- 8 pm

Boost Kids' Immunity Naturally!

with Hagar Aharon

Kitsilano

Prepare for winter - Come and learn how to boost your child's immunity through nutrition and supplements in a fun way that even picky kids will like!

Free event, register online

Plant-Based Nutrition for Optimal Health

with Vesanto Melina

Tuesday, October 8 | 6:30-8 pm
Kitsilano

Thursday, October 10 | 7-8:30 pm
South Surrey

Is your diet plant-based? Moving in that direction? This informative, lively presentation helps you cover the nutritional basics. Plus practical tips to make it easy!

\$10, register 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.

Thursday, October 3
7-8:30 pm

Invasion of the Body Snatchers: When Bacteria Grow in the Wrong Place!

with Dr. NavNirat Nibber

South Surrey

We will explore what SIBO means, how it impacts your health and what you can do about it.

Free event, register online

Wednesday, October 16
7:00-8:00 pm

Healthy Habits for Treating Insomnia

with Falko Kriel, R.TCMP

Kelowna

Come learn how to create healthy sleep habits through diet and lifestyle guidance, stress and mental health management, herbal medicine, and other therapeutic options.

Free event, register online

Wednesday, October 16
6-9 pm

Cervena Venison Cooking and Tasting Demo

with Chef Graham Brown

Kitsilano

Join us for a Cervena Venison cooking and tasting with world renowned Olympic Chef Graham Brown. Exclusive ONLY to Choices! Come and enjoy an intimate evening as Chef prepares the most succulent dishes and teaches you about New Zealand's finest red meat.

\$20 per person, tickets available at Choices Kitsilano. Limited spots, first come first served.



Wednesday, October 23
7:00 – 8:15 pm

How to Boost Your Energy in 30 Days

with Dr. Em Burton with LifeWorks Family Chiropractic

Kelowna

Are you exhausted? Learn how to boost your energy 139% in 30 days. Join us for our free health workshop to learn the key ways to boost energy naturally.

Free event, register online

Tuesday, October 29
7-8:30 pm

The Gut-Brain Connection

with Dr. Arjuna Veeravagu

Kitsilano

An increasing body of research is confirming the many ways the nervous system and digestive tract are connected in the human body.

Free event, register online

OCTOBER 1-15 ONLY

club specials

NEW!
Lower Prices

Imagine Organic Broth or Chicken Bone Broth

Assorted Varieties



3⁹⁹

Organic Broth 946ml

4⁹⁹

Bone Broth 946ml

Perfect for adding flavour to nearly any recipe.

Wolfgang Puck Organic Soup

Assorted Varieties



2⁷⁹

398ml

Bring the recipes of a master chef home to your kitchen.

Maison Orphee Organic Culinary Oils

Assorted Varieties



8⁹⁹

Canola 750ml

8⁹⁹

Sunflower 750ml

12⁹⁹

Extra Virgin 750ml

Quality cold-pressed oils.

Kettle Brand Potato Chips

Assorted Varieties



3⁹⁹

397g Family Size

Enough crunch to keep the whole family satisfied.

Barbara's Cheez Puffs

Assorted Varieties



2⁴⁹

155 - 198g

Cheesy, crunchy and satisfying.

Farmhouse Culture Organic Kraut, Kimchi & Probiotic Gut Shots

Assorted Varieties



5⁹⁹

Gut Shots 473ml
+deposit +eco fee

6⁹⁹

Kraute 454g

7⁹⁹

Kimchi 454g

So Delicious Frozen Dessert

Assorted Varieties



4⁹⁹

500ml

Delicious desserts without the dairy.

Clif Nut Butter Filled Bars, Smoothie Filled Bars or Whey Protein Bars

Assorted Varieties



1⁴⁹

Nut Butter or Smoothie Filled 50g

1⁷⁹

Whey Protein 56g

The perfect on the go power booster.

Happy Planet Smoothies or Fresh Juice

Assorted Varieties



3⁹⁹

900ml

3⁹⁹ to 4⁴⁹

Juice 1.75L - 1.89L
+deposit +eco fee

Put a smile on your face with these fresh pressed juices.

Manitoba Harvest Hemp Yeah Granola

Assorted Varieties



4⁹⁹

- 283g

The perfect bowl of healthy goodness in the morning.

Olympic Yogurt

Assorted Varieties



Larger size tubs are great for active families.

7⁹⁹

Natural

9⁹⁹

Organic

10⁹⁹

Krema & Greek

Wedderspoon Manuka Honey Pops & Drops

Assorted Varieties



7⁹⁹

120g

Perfect for a treat or for soothing a sore throat.

OCTOBER 16-31 ONLY

club specials

NEW!
Lower Prices

Frontier Organic Baking Extracts & Flavours



Assorted Varieties

4⁹⁹ Orange or Lemon 59ml

9⁹⁹ Vanilla 59ml

Flavour essences to elevate your baking.

Bob's Red Mill Cassava Flour, Paleo Flour and Almond Meal

Assorted Varieties



7⁹⁹ Cassava 567g

11⁹⁹ Paleo Flour - 454g

11⁹⁹ Almond Meal 453g

Di Martino Italian Pasta

Assorted Varieties



2⁴⁹ 250g - 500g

Cherish pasta night with these delicious noodles.

Eden Organic Sauerkraut

Assorted Varieties



3⁹⁹ Classic 447ml

4⁹⁹ 3 Onion 447ml

5⁹⁹ Kimchi 447ml

The perfect complement to perogies or schnitzel.

Organic India Tulsi Tea

Assorted Varieties



4⁹⁹

18 Tea Bags

Prized in India, Holy Basil is known for healing properties.

Nutiva Liquid Coconut Oil

Assorted Varieties



8⁹⁹

Garlic 236ml

14⁹⁹

Classic 473ml

No chemicals or fillers added, use for baking or frying.

Stahlbush Island Farms Sustainable Frozen Vegetables

Assorted Varieties



2⁷⁹

284g - 400g

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

Liberte Organic Yogurt & Organic Kefir

Assorted Varieties



3⁴⁹

Yogurt 650g - 750g

3⁹⁹

Kefir 1L

Kefir is drinkable yogurt loaded with probiotics.

So Nice Fresh Organic Almond Beverages

Assorted Varieties



3⁹⁹

1.75L

Deliciously creamy, great for breakfast smoothies or cereal.

Green & Blacks Organic Fair Trade Chocolate Bars

Assorted Varieties



3⁴⁹

100g

Premium chocolate bars, great for a gift or a guilty pleasure.

Glutenull Bakery Chocolate Bites and Cookies



2⁹⁹

Chocolate bites 50g

8⁹⁹

Cookies 210-220g

Gluten free treats that anyone can enjoy.

Echoclean Natural Dish Liquid & Laundry Liquid

Assorted Varieties



2⁷⁹

Dish - 740ml

10⁹⁹

Laundry 2.95L

Echoclean cleaning products are made in BC!

Thanksgiving Menu

The Holidays can be a stressful time, so let us help you make your holiday easier. Our gourmet creations are here to help you out with a few side dishes, dessert, or the whole thing if you forgot to set the oven timer again this year.

Call your local Choices Markets to order in advance to ensure you get exactly what you're looking for.

The Main Event

Stuffed Roast Specialty
Turkey Breast
3⁹⁹/100gm

Roast Specialty
Turkey Breast
4⁹⁹/100gm

Roast Turkey Meal
Roast turkey with all the fixings
10⁹⁹

Scrumptious Sauces

Cranberry Sauce
4⁴⁹
tub

Turkey Gravy
5⁹⁹
16oz tub
7⁹⁹
24oz tub

Shitake Mushroom Gravy
made with miso
5⁹⁹
16oz tub

Savoury Sides

Butternut Squash Soup
5⁹⁹/24oz



Homemade
Cranberry Stuffing
1⁹⁹/100gm

Roasted Caramelized
Brussel Sprouts
2⁴⁹/100gm

Steamed Green Beans
2⁴⁹/100gm

Garlic Mashed Potatoes
1²⁹/100gm

Roasted Root Vegetables
1⁴⁹/100gm

Sweet Surrender

Pumpkin Pies
Classic, Vegan or Alternative flour
5⁹⁹ to 8⁹⁹

Choices Fruit Pies
Apple, Cherry Rhubarb
and Blueberry
6⁹⁹ 6" **12⁹⁹** 9"



Pecan Pies
8" Pecan
6⁹⁹

Chocolate Pecan 6" Pie
made with Alternative Flour
(made without gluten)
6⁹⁹

The Brain in Your Stomach

By Dr. NavNirat Nibber ND, Crescent Health Clinic.

Q

Can my gut health really effect my mood?

A

Absolutely. Have you noticed many conditions such as depression, anxiety, IBS, Parkinsonism, and autism all have significant gastrointestinal symptoms?

We have a complex network of neurons, proteins, and symbiotic microbes, throughout our gastrointestinal tract, called the enteric nervous system (ENS), that helps us mediate and perceive what's happening in our external environment and communicates that to our brain. Coined the "second brain", this network also allows us to immediately respond to signals from the gut. These responses occur independently from the impulses from the brain- kind of like a commander making decisions before the general has approved them.

So apart from the physiologic implications how does this change your mood? Did you know that 95% of the body's serotonin is found in the gut? Serotonin is a key neurotransmitter, working double time as an informant, relaying gut activity to the brain, and also quenching feelings of anxiety.

When discussing mood dysfunction and the gut it quickly becomes a chicken and egg scenario. Does the gut dysfunction cause the mood disorder or does the stress and mood cause gut dysfunction? The answer is never simple, however we do know that supporting both often mitigates symptoms. Ideally, we support the health of the digestive tract by removing inflammatory foods, promote a healthy microbiome, and ensure adequate nutrition.



Dr. NavNirat Nibber ND, is a graduate of the Canadian College of Naturopathic Medicine, and a registered Naturopathic Doctor and recipient of the 2015 Naturopathic Honour Award.

NEW Dietary Choices Shelf Tags

By Choices Nutritionist Sharan Malhi, B.ASc R.H.N.



Smart grocery shopping is a challenge. We have meticulously read through each product on our shelves to help you simplify your shopping with our new Dietary Choices tagging system! Products found in our aisles are now clearly marked on a shelf tag for your convenience with the following tags:

ORGANIC

Products with an organic content of 95% or greater. The product label must include an "organic" claim and bear the Canada Organic Logo or the USDA Organic Logo.

LOCAL

Products that were manufactured, processed, and packaged in British Columbia.

GLUTEN FREE

Products that contain levels of gluten not exceeding 20 ppm (as a result of cross contamination). The product label must include a gluten-free claim or bear the Gluten-Free Certification Program (GFCP) logo.

NON-GMO

Project Verified or be certified organic by the Canadian Food Inspection Agency (CFIA) and bear the Canada Organic or USDA Organic logo.

VEGAN

Products that are free from animal-derived ingredients, including meat, dairy, eggs, and honey. Must be certified vegan by VegeCert or Vegan Action or include a claim that the product is vegan or plant-based (i.e. labelled as vegan or plant-based).

KETO

Products that contain 5 grams of net carbohydrates or less per serving.



Bakery



Shokingly Healthy Bakery

No, you're not dreaming! Dessert really can be decadent and healthy at the same time. These indulgent treats are gluten-free, vegan, non- GMO, and made entirely from whole foods (even the sweeteners!). At Shokingly Healthy, values guide everything. Their brownies are made from a base of chickpea puree and dates, and products are sweetened with dates, coconut sugar, and unsweetened apple sauce. Health-promoting ingredients like cocoa, fibre, and protein are used to keep blood sugar spikes at bay, to stabilize energy levels, and to keep your mood elevated! Choose from decadent products like Double Chocolate Brownie, Coconut Chocolate Chip Blondie, and Salted Peanut Blondie.

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.



Choices Vegan Sprouted Cookies:

Let your sweet tooth rejoice without compromising your health! High quality ingredients make all the difference, and these cookies do not disappoint. Because these treats are made from sprouted grains, nutrients are easier to digest and assimilate than from non-sprouted grains. All products are vegan and free of refined sugar. They are a source of fiber, helping to support healthy blood sugar levels and gut health, as well as brain-healthy omega-3 fats and energy-boosting cocoa. With four varieties available, you can feel free to indulge, guilt-free! Varieties include Chocolate Chip, Breakfast, Chocolate Coconut, and Oatmeal Raisin.



Choices Gluten Free Pumpkin Pie:

Choices Markets makes pleasing your dinner guests this Thanksgiving easier than ever with their plethora of decadent baked goods! Our house-made pumpkin pie is no exception, even if you're following a gluten-free diet! The best part? Besides being a delicious, comforting dessert, pumpkin pie can also be one of the most nutritious dessert options! Pumpkin is a rich source of health-promoting beta-carotene and lutein, as well as fibre, potassium, calcium, iron, vitamin C, and B vitamins. To elevate your dessert game even more, serve with regular or coconut whipping cream and be prepared for seconds!

Wellness



Animal Parade Sugar Free Children's Chewable - Multi-Vitamin and Mineral Supplements :

The Animal Parade line has been a pillar in the world of children's nutritional supplements for two decades, using high quality natural nutrition and boasting flavours to support healthy development. Now available in sugar-free flavours that kids love, such as Grape,

Orange, Cherry, and Assorted, Animal Parade Sugar Free Multi Chewables are naturally sweetened with xylitol. Besides being a low-glycemic natural sweetener, xylitol has been shown to be tooth-friendly in studies, helping to prevent cavities. The Sugar Free Multi Chewables provide nutritional assurance as they contain a broad complement of essential vitamins and minerals, including 100% of the Daily Value (DV) of vitamin D3, in addition to vitamins A, C, E, B12, and other B vitamins. These vitamins and minerals are delivered in a base that is made from whole foods, such as spirulina, broccoli, brown rice, spinach, mushrooms, holy basil, guava, and amla.

Grocery



Fody Foods :

Did you know that 10-15% of the global population suffers from Irritable Bowel Syndrome (IBS)? Whether you are living with IBS or other digestive issues, a low FODMAP diet can help! FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides, and Polyols. These are short-chain carbohydrates that can be difficult to digest for people with IBS, resulting in stomach pain, bloating, gas, or other symptoms. Fody Foods takes the

stress and guess work out of which IBS-triggering foods to avoid by providing a delicious selection of low FODMAP pasta sauces, salad dressings, snack bars and more.

Choice Produce Picks

Garlic:

Garlic is a true superfood, having being used medicinally throughout the world for centuries. While it contains a multitude of disease-fighting compounds, the most notable is cancer-fighting allicin. One remarkable study pitted thirty-four common vegetables in vitro against eight different types of human cancer cells—the single most effective vegetable was garlic! It was found to be the most protective vegetable against brain cancer, breast cancer, lung cancer, pancreatic cancer, prostate cancer, and stomach cancer. Studies have also shown that garlic may protect against heart damage, osteoarthritis, hypertension, and high cholesterol. It is also a rich source of antioxidants and antibacterial properties. The World Health Organization recommends a dose of one clove per day. Fun fact: Did you know that China produces two-thirds of the world's garlic supply?



TASTY TOP CHOICES RECIPE

Garlicky Roasted Cauliflower

1 large head cauliflower, chopped into pieces

Juice of 1 large lemon

1 tsp. organic lemon zest

6 cloves garlic, minced

1/4 cup avocado oil

1 Tbsp. cumin

Salt and pepper to taste

Fresh dill or parsley to serve

Preheat oven to 425°F. In a large roasting pan, add cauliflower, lemon juice and zest, oil, cumin. Toss until cauliflower is evenly coated.

Bake for 30 minutes, adding garlic and turning cauliflower after 15 minutes.

Once everything is crispy and golden brown then remove from oven.

Season to taste with plenty of salt and pepper and serve topped off with lots of parsley or dill. Plus, extra lemon slices, tzatziki or hummus.

OCTOBER 1-15 ONLY

wellness centre



Prairie Naturals Neuro Force

36⁹⁹ 69⁹⁹

60 softgels 120 softgels

Cramming for an important exam? Feeling the brain strain of normal aging and the stresses of daily life? Neuro-Force™ with natural-source nootropic “smart drugs” help you remember better and think more clearly. All Neuro-Force™ ingredients are supported by scientific evidence and approved by Health Canada.



Prairie Naturals Vinpocetine Plus

17⁹⁹

60 softgels

Vinpocetine Plus is a synergistic formulation of powerful anti-aging and brain-boosting plant extracts. These antioxidant-rich phytonutrients are among the world's most thoroughly researched medicinal plants for improving memory.



Genestra HMF Probiotics

Assorted Varieties

10% Off

Assorted Sizes

With a specialized range of professionally endorsed probiotics and a longstanding reputation of setting quality and purity standards, Genestra HMF is the brand of choice for those looking for just the right digestive health solution. Whether it's age, condition or personal preference, Genestra's tailored formulas are designed to meet each client's unique health needs.



New Roots Herbal Wild Omega 3

18⁹⁹

60 softgels

33⁹⁹

120 softgels

Highest potency and perfect balance of EPA (660mg) and DHA (330mg) for heart, vision, mood, and inflammation. Molecularly distilled and ISO 17025 Laboratory-verified for purity.

Enerex Vitamins & Supplements

Assorted Varieties



15% Off

Assorted Sizes

The most pure and effective nutritional supplements available for your health.

Renew Life Cleanses

Assorted Varieties



20% Off

Assorted Sizes

First Cleanse is designed to work regardless of diet or lifestyle making it the perfect introductory cleanse.

Renew Life Fibre Supplements

Assorted Varieties



20% Off

Assorted Sizes

Perfect everyday fibre supplement to help keep your digestive tract running smoothly.

Trophic Super Concentrate Chlorophyll



10⁹⁹ 25⁹⁹

100mL

250mL

20% Off

All Other Trophic Vitamins and Supplements

Chlorophyll is a rich source of nutrients and antioxidants for the maintenance of good health.

OCTOBER 16-31 ONLY

wellness centre



Platinum Naturals Vitamins and Supplements

Assorted Varieties

20% Off Assorted Sizes

Nourish your body with the nutrients it needs, thanks to Superior Nutrient Absorption from Platinum Naturals. Healthy oils protect nutrient value so that your body can absorb more of what it needs throughout the day.

Andalou Naturals Bodycare, Facial Care and Hair Care

Assorted Varieties



25% Off

Assorted Sizes

Superior Source Ingredient Standards include Non-GMO Project Verified and Gluten Free Verified.

Botanica Herbal Supplements and Whole Food Supplements

Assorted Varieties



20% Off

Assorted Sizes

All Botanica products are rooted in herbal traditions, made of whole plant ingredients – never isolates or synthetics – and produced in small batches for the greatest purity and potency.

Natural Factors Ubiquinol and Coenzyme Q10 Supplements

Assorted Varieties



20% Off

Assorted Sizes

CoQ10 helps maintain cardiovascular health and offers antioxidant protection for the maintenance of good health.

Wild Rose Herbal D-Tox & Liver D-Tox



Specially designed to gently stimulate bile production by the liver and enhance digestion.

Herbal D-Tox

38⁹⁹

per kit

Liver D-Tox

42⁹⁹

per kit

Love Good Fats Shakes

Chocolate or Vanilla



25⁹⁹

400grams

Each serving is loaded with 12-13 grams of fat and 7 grams of protein, with only 2 grams of sugar.

Genuine Health Organic Fermented Proteins & Fermented Bars

Assorted Varieties



44⁴⁹

600grams

57⁴⁹

900grams

2/5⁵⁰

bars

31⁹⁹

12pk bars

South of France Soaps

Assorted Varieties



64⁹

236mL or 170gram

Triple-milled in the Marseille tradition for a pampering cleansing experience.

Nature's Aid Skin Gel & Moisturizing Skin Gel

Assorted Varieties



12⁴⁹

125mL

31⁹⁹

500mL

Use it for everything from scalp treatment to face toner, body moisturizer and wound healer.

Purica Zensations Mushroom Cacao Mixes

Assorted Varieties



24⁹⁹

150grams

Simply add powdered mushrooms and/or adaptogens to your morning coffee!

wellness centre month long specials

Organic Traditions Smoothies and Boosters



Assorted Varieties

20% Off

Assorted Sizes

Actions and uses are similar to those of Chinese Ginseng.

Udo's Oil 3.6.9. Blend



1349 250mL
2549 500mL
3949 941mL

A source of omega-3, -6 and -9 fatty acids from fresh-pressed, unrefined seed oils.

Marseille's Remedy Thieves' Oil & Balm



Oil **2049** 30mL
Balm **899** 25mL

Ancient remedy for many antifungal, antibacterial and antiviral uses.

Sukin Naturals Facial Care

Assorted Varieties

20% Off Assorted Sizes

Sukin...it's what we leave out that makes us special.

- no synthetic fragrances
- no animal derivatives
- no artificial colours
- no harsh detergents
- no propylene glycol
- no mea / dea / tea
- no mineral oils
- no phthalates
- no triclosan
- no sulphates
- no parabens
- no petrolatum
- no silicones
- edta



Natural Factors Total Body Collagen



4499 500 grams or 180lbs

Total Body Collagen is a unique formula featuring essential nutrients that promote healthy skin, muscles, and connective tissue.

Nanton Nutraceuticals Rhoziva

Pure. Potent. Powerful.

2599 60caps

Rhoziva™ is a proprietary herbal blend utilizing the powerful Rhodiola rosea root which helps to fight fatigue, promote mental focus and clarity, enhance memory, increase physical endurance during periods of physical exertion and support physical and mental stamina during times of increased stress.



Natural Factors B Vitamins

Assorted Varieties



20% Off

Assorted Sizes

Natural Factors B12 Methylcobalamin is the biologically active form of vitamin B12, the form most readily absorbed into the body.



Bio-K Plus Probiotics

Strengthen your intestinal flora is the same whether you take the Bio K+ Probiotic Capsules or the Bio K+ Fermented Drinkable Probiotic. There are different substrates (milk, soy or rice) for the liquid form whereas the capsules come in an enterosoluble coating.

Kids
2/2600 6pk

Dairy
2/4000 6 pks

Non Dairy
2/4500 6pks

Dom's Deodorant

Assorted Varieties



1649 70 grams

Natural and organic deodorant that keeps you amazingly fresh while being kind to your body and the planet!

the Dish

On on Gravy



Growing up with a Scottish mother, gravy was a staple of every Sunday lunch. The drippings from the roast of choice would become the succulent, smooth gravy that was perfect for topping roasted vegetables and potatoes. Whether it was beef, pork or chicken, once well-seasoned and thickened it was sometimes more of a star than the roast itself.



Thanksgiving is one of the biggest reasons for family to come together to feast, so your centrepiece roast has to be substantial to feed everyone. The harvest holiday is well known for its huge centrepiece turkey, and the flavourful gravy made from it. Don't forget to try to only use turkey that has been raised without the use of antibiotics or is organic.

The problem I always find is that no matter how big your turkey is, you never seem to have enough drippings to make enough gravy to satisfy everyone. While you could roast a second turkey ahead of time just to double up on your drippings and make a fantastic turkey stock, that's likely not cost or time effective for anyone.

Here in the Choices kitchen, I've taken on the work of simmering roasted turkey bones, neck meat, trimmings and giblets, straining it, reducing it and then thickening it for you into a delicious gravy. We purposefully buy the turkey breastbones and necks that nobody wants so we can roast them with fresh vegetables to a golden perfection. We then simmer all that and the drippings to get a rich dark turkey stock that we turn in to gravy. Pick up some of our gravy and you can finally cook that massive thirty pound turkey for the family and not have to worry about running out of the good stuff before it's time for hot turkey sandwich leftovers.

Now, I've gone on and on about my love of roast gravies, but I want you to know that there are many plant-based gravies that are just as delicious. There are many vegan recipes that I'm happy to have on my table. Starting with homemade veggie or mushroom broth is always a flavourful start. From there you can do things like add pan roasted mushrooms, miso paste, nutritional yeast flakes, or caramelized onions to add some great flavour. Be sure to add fresh garlic and green herbs to make them nice and fragrant. We also make delicious vegan gravy for you to take home from our kitchen. We put as much care and love into our shiitake mushroom and miso gravy as we do our turkey one. Put both varieties on the table and your family will argue over which is more delicious.

As thanksgiving approaches, don't miss the opportunity to save yourself a load of time better spent with your family by picking up both of our amazing gravies. I'm very proud of them, and I hope you'll enjoy them as well. Happy Thanksgiving!



This fall, Chef Antonio is working hard on making your Thanksgiving meal easier. Visit our deli to pick up any of his creations, from side dishes to whole roasted turkey breasts.



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

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

Reusable Produce Bags

Because we believe in reducing our plastic output, we're offering them to our customers at cost.

Find them in the produce department and use them over and over again.



It's Time for TERROR!

Thursday, October 31st | 6 to 8pm

Choices Burnaby Crest and Choices Kerrisdale

A ghoulish and frightening **Haunted House** Experience for kids of all ages.

Tricks, treats and more!

