

# ORGANIC WEEK

Prices Effective September 12 to September 18, 2019.



100% BC Owned and Operated

## All Organic Fresh Meat



**10% OFF**

Yorkshire Valley Farms Organic Sliced Turkey or Chicken  
150g from Our Deli Dept.



**7.99**

Choices' Own Organic Cheese  
assorted varieties  
from Our Deli Dept.



**3.49 to 5.49/100g**

Avalon Organic Milk  
assorted varieties  
1L • +deposit fee



**2.89**

## Organic Produce

First of the Year!



BC Grown Organic Red Buckeye Gala Apples  
4.37kg

**1.98lb**

BC Grown Organic Table Carrots  
from Grown Here Farm 907g bag



**3.98**

BC Grown Organic Whole Cantaloupe Melon  
2.82kg



**1.28lb**

Organic Green and Red Seedless Grapes from USA  
6.57kg



**2.98lb**

Doi Chaang Organic Fair Trade Coffee  
assorted varieties 340g



**9.99 to 10.99**

Botanica Organic Oil of Oregano  
Product comes wrapped as two reg price  
18.99 and 23.99



**BUY 1 GET 1 FREE**

# GROCERY



Chasers Fresh Pressed Juice  
assorted varieties  
1L  
+deposit +eco fee

**10.99**

Sunflower Kitchen Dips, Hummus and Spreads  
assorted varieties  
227-300g  
reg price 3.99-6.99



**30% off**



Laiki Black & Red Rice Crackers  
assorted varieties  
100g

**2/6.00**



Brew Dr Organic Kombucha  
assorted varieties  
414ml  
+deposit +eco fee

**2/6.00**

RJ's Licorice  
assorted varieties



**.99** 40g Log

**2.79** 165-180g Bags



The Good Bean  
Chips and Snacks  
assorted varieties

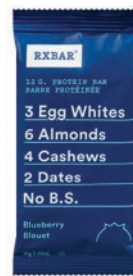
**3.79** 142g Chips

**4.49** 170g Snacks



Zevia Sugar Free Teas  
and Energy Drinks  
assorted varieties  
355ml  
+deposit +eco fee

**2/4.00**



RXBAR Energy Bars  
assorted varieties

**2/5.00** 52g Bar

**27.99** 12 Pack

Thrive Tribe Paleo Bites & Cookies  
assorted varieties  
170-217g



**5.99**

Wonder+Well Infused Water  
assorted varieties  
8 pack • +deposit +eco fee



**4.99**

McVitie's Cookies  
assorted varieties 300-400g



**2/6.00**

Natrel Lactose Free Ice Cream and Mochi  
assorted varieties



**2.99**  
473ml Ice Cream

**4.49**  
210ml Mochi

Applesnax Fruit Cups  
assorted varieties 6 pack



**2/5.00**  
Conventional

**2/6.00**  
Organic

Wholesome Organic Sweeteners



assorted varieties  
assorted sizes  
reg price 6.49-23.99

**30% off**

Earth's Choice Organic Coconut Products



assorted varieties  
assorted sizes  
reg price 2.79-21.99

**30% off**

Rao's Gourmet Pasta Sauce



assorted varieties  
680ml

**8.49**

Rizopia Gluten Free Pasta



assorted varieties  
340-454g  
reg price 3.29-4.99

**30% off**

Wild Planet Albacore,  
Skipjack Tuna and Sardines



assorted varieties  
assorted sizes

**2.79** Sardines

**3.99** Skipjack Tuna

**4.49** Albacore Tuna

Silver Hills Sprouted Power Fresh Bread



assorted varieties  
assorted sizes

**2/8.00**

# MEAT

Boned Broth  
assorted varieties 460ml



9.99 each

# DELI



Farmcrest Non-GMO Roasted Chicken with Choices' Own Potato Wedges and Caesar Salad



24.99

Fontaine Santé Organic Hummus  
assorted varieties 227g



4.99

Happy Planet Soup  
assorted varieties  
assorted sizes



5.99

Vegetable Samosas



2/5.00

# PRODUCE

BC Grown Organic Bunch Green and Red Dandelion from Myers Organic Farm



2/4.00

BC Grown Wild Foraged Golden Chanterelle Mushrooms 100g package



5.98

# BAKERY

Choices' Own Keto Baked Goods  
donut bites, roasted pepper & cheddar  
"cornbread", cookies and cream cheesecake



3.49

Choices' Own Mini Muffins  
bran raisin, oatmeal blueberry lemon, oatmeal  
carrot walnut & banana chocolate chip  
package of 4



2.99

Choices' Own 9" Hand Made Fruit Pies  
apple, sour cherry rhubarb, & blueberry



Vegan!

10.99

# WELLNESS

Derma-E Face Care and Hair Care Products



assorted varieties assorted sizes  
reg price 15.49-49.99

BUY 1  
GET 1

FREE

Aura Cacia Essential Oils & Oil Blends



regular or organic  
assorted varieties  
assorted sizes  
reg price 4.99-49.99

30% off



Kaizen Proteins  
840g

31.99 Whey

41.99 Whey Isolate

38.99 Vegan

Ener-C Effervescent Vitamin C Drink Mix  
assorted varieties



10/4.99

Single Sachet

13.99 30 Pack

8.99 12 Pack  
Ener-C Sport

Pranin Organic Purefood



Purefood B, Purefood C,  
Purefood Iron & Complete A to Z  
assorted sizes  
reg price 35.49-83.99

20% off



Renew Life Vitamins  
and Supplements  
assorted varieties  
assorted sizes  
reg price 16.49-72.99

25% off

# BULK

Assorted Flakes and Dried Fruit  
Bins and Random Weight Bags

20% off

# GROCERY



Califia Dairy Free Beverages  
assorted varieties 1.4L

4.49 Almond & Coconut

5.49 Cold Brew Coffee

Maple Hill Free Range Extra Large Eggs  
1 Dozen



4.69



Earth's Own Almond Beverages  
and Dairy-Free Creamers  
select varieties  
473-946ml

2/4.00

Hippie Snacks Granola and Sesame Snacks  
assorted varieties assorted sizes



6.49  
Granola

.69  
Single  
Sesame Snack

14.99 24 Pack Sesame Snacks



FATSO High Performance  
Peanut Butter  
assorted varieties  
500g

7.99

Van's Gluten Free Frozen Waffles



assorted varieties  
255g

3.99



Choices' Own Gluten Free  
Fluffy White or Whole Grain Bread  
454g

3.99



Pita Break Rounds, Buns and Bites  
assorted varieties assorted sizes

2.79 to 4.49

Olympic Yogurt assorted varieties  
1.75 kg



6.99 Natural

8.99 Organic

9.99 Krema, Greek

Dairyland Cottage Cheese  
assorted varieties 500g



2.99

# Kelowna's 12th Anniversary

Saturday, September 14th | 1937 Harvey Ave. at Spall

Come and join us in celebrating our 12th Anniversary. We will be serving cake and coffee and offering many in-store specials. See you there!

# 10% OFF

The Entire Store including sale items Saturday Sept. 14th only!



Kitsilano 604.736.0009 Cambie 604.875.0099 Kerrisdale 604.263.4600 Yaletown 604.633.2392 Commercial Drive 604.678.9665 Kelowna 250.862.4864 South Surrey 604.541.3902 Burnaby Crest 604.522.0936 Abbotsford 604.744.3567 North Vancouver 604.770.2868

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted.