



CHOICES'

Monthly Newsletter | November 2019

Maintaining Bone Health

The Dish On Seaweed

Win a Year's Supply of **Cleaning Products**

Donate to Star of the Season

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



the grape vine

November



It's time to grow your mo'! Through the Movember campaign, light is being shed upon seldom-discussed mental and physical men's health topics. The Movember foundation is working to generate funds that support men affected by prostate and testicular cancer as well as mental health initiatives. Choices supports Movember every year by selling delicious mustache cookies during the month of November. \$1 from each sale goes directly to the Movember Foundation. Visit ca.movember.com for more fundraising information.

Remembrance Day

November 11th marks our time of remembrance. For those who have made the ultimate sacrifice in the fight for freedom, we wear red poppies to mark our respect. Please take a moment this month to reflect upon the deeds of the brave men and women who have served our country with distinction.



Star of the Season



Every holiday season, our stores begin to glow with the stars, all thanks to our Star of the Season program. From November 15th to December 24th, the cashiers at your local Choices Markets will be our cheerleaders as we raise funds for local neighbourhood houses. Last year, thanks to generous Choices customers like you, we were able to donate over \$40,000 towards this campaign. This is a campaign that helps the most vulnerable members of our communities have an amazing holiday season. To learn more, visit www.choicesmarkets.com

COOK IT UP



Beet Hummus

Courtesy of Karthein's

2 cups cooked chickpeas

1 tbsp olive oil

2 tbsp fresh lemon juice

1/4 cup cooked beets, cut into cubes

1 tbsp beet juice

The liquid collected from a package of cooked beets can be used

2 tbsp KARTHEIN'S CARROTS & GINGER SAUERKRAUT

2 tbsp tahini

1 garlic clove

1 tbsp dill

1/4 - 1/2 tsp fine sea salt

Combine all ingredients in a small food processor and process until the texture is smooth

Serve with crackers, vegetables or use in sandwiches



ENTER TO WIN

Win 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 \$675.

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 November 1 to 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. There can be no repeat winners for throughout 2019.



Upcoming Events



Mushroom Mysteries and Medicine: Unlocking the power of health found in the fungal kingdom

with Yarrow Willard

Saturday, November 16 | 1-2:30pm
Choices South Surrey

Tuesday, November 19 | 6:30-8pm
Choices Kitsilano

Thursday, November 21 | 6:30-8pm
Choices Abbotsford

Join the Herbal Jedi (Yarrow Willard Cl.H.) in unraveling the science and folklore around using mushrooms as food and medicine. In this informative talk Yarrow will share with you a deeper look at the benefits of many of the world's top medicinal mushrooms. Learn about their modes of action and the best methods of preparation in order to unlock the healing powers found in these fungi. Mushroom samples, tasters and tea will be included in this talk. With close to 20 years experience harvesting, processing, studying and working both commercially and clinically with medicinal mushrooms, Yarrow will shed much light into the dark and mysterious world of Mushroom Intelligence.

Free event. Register online or in-store.

Wednesday, November 6
7-8 pm

The Science of Breath

with Dr. Josh Kortzen

Choices Kelowna

Discover the scientific importance of optimal breathing, how and why it is so important for great health, and some great tips/advice to continue getting better breathing habits.

Free event. Register online or in-store.

Wednesday, November 20
6:30-8pm

Insights into SIBO:

The Common Condition That Could be Sabotaging Your Health

with Dr Jennifer Dyck, ND

Choices Kitsilano

We all know that the gut is the seat of great health, so it's no surprise that small intestinal bacterial overgrowth (SIBO) is increasingly recognized as a major factor in a variety of health issues.

Free event. Register online or in-store.

Tuesday, November 26
6:30-8pm

Good, Better, Best:

The Food Challenge We All Face

with Raymond Mah

Choices Kitsilano

Make the best choices for ourselves and our families. Raymond shares his passion of global food culture and environmental sustainability to narrow the knowledge gap about where our food comes from which is essential in trusting brands producers and suppliers.

Free event. Register online or in-store.

Wednesday, November 27
7-8 pm

When Food is Love

with Zara Neukom and Samantha Robinson

Choices Kelowna

We hear over and over again that emotional eating is something to be "fixed" or palliated. Join Sam and Zara as they present a new perspective and provide the tools to heal your relationship with food.

Free event. Register online or in-store.

REGISTRATION DETAILS

To register for events, visit choicesmarkets.com/events.
For inquiries, please call 604.952.2266 or email eventregistration@choicesmarkets.com.

Please note: these seminars and events are for information purposes only. For any health-related seminars or events, no diagnosis or specific treatments will be prescribed.

Tuesday, November 12
6:30-8:00 pm

Prostate Cancer and Nutrition

with Dr Jessica Moore

Choices Kitsilano

Dr. Jessica Moore, ND will share evidence supported information on how diet and nutrition can impact risk or wellness with regard to prostate cancer.

Free event. Register online or in-store.

Wednesday, November 20
7-8 pm

Your Period, Your Hormones

with Dr. Rena Saini BSc ND

Choices Kelowna

Period problems? Join Dr. Rena to learn about PMS, fibroids, endometriosis, painful periods, and much more. Dr. Rena will discuss what Herbs, diet and supplements can support the body, your hormones, and how to heal so you have long term success!

Free event. Register online or in-store.



Thursday, November 28
7-8:30pm

Empower Yourself to Heal with Yoga Therapy

with Leila Stewart

Choices South Surrey

A short talk on Yoga Therapy for self-healing, followed by a gentle class using breath, alignment, movement and mindfulness to experience inner stillness and stability.

Free event. Register online or in-store.

How Stress Impacts Your Mental Health

with Janette Mason

Wednesday, November 13 | 6:30-8:00pm
Choices Kitsilano

Thursday, November 14 | 7:00-8:00pm
Choices South Surrey

Join us for an evening of meditation and education to support your whole being. This talk will cover the ins and outs of food, supplements and lifestyle techniques to improve your resilience to stress and reduce the symptoms of mental illness.

Free event. Register online or in-store.



NOVEMBER 1-15 ONLY **club specials**

Annie's Homegrown Classic Mac & Cheese



Select Varieties

1.99

149g - 170g

Rich, cheesy and creamy, Annie's Mac & Cheese is a favourite of kids and adults everywhere.

Raincoast Trading Wild Albacore Tuna & Wild Pink Salmon

Traditional or No Salt Added



This sustainably sourced seafood is perfect for sandwiches and more.

3.49

Salmon 150g

5.49

Tuna 150g

Nutiva Organic Refined Coconut Oil

Assorted Varieties



9.99

860ml

34.99

3.79L

Use it for all manner of cooking, from popping popcorn to baking banana bread.

Armstrong Cheese

Assorted Varieties



7.99

600g

The perfect cheese for tuna melts, nachos, or omelettes.

Yves Veggie Ground Round, Veggie Sausages, & Veggies Slices



Assorted Varieties

With dozens of flavours and varieties, Yves has a favourite for everyone.

2.69

Slices

3.49

Ground Round

5.49

Sausages

Sunrise Soyganic Organic Tofu

Assorted Varieties



The local tofu! Made in Vancouver for generations.

1.69

Medium Firm

2.79

Firm & X Firm

2.79

Smoked



Happy Planet Daily Squeeze Juice & Clean Protein Smoothies

Assorted Varieties

3.99

900ml • +deposit +ecofee

Drink Happy Planet for a freshness that will put a smile on your face.

Liberte Greek Yogurt and Greek Crunch Yogurt Multipacks

Assorted Varieties



2.99

2 Pack x 130g

4 Pack x 100g

Decadently smooth and creamy, this is yogurt perfection.

Wedderspoon Manuka Honey

Assorted Varieties



20.99

K Factor 12 250g

34.99

K Factor 12 500g

22.99

K Factor 16 250g

38.99

K Factor 16 500g

Manuka Honey comes from bees that pollinate Tea Tree plants.

Seventh Generation Natural Laundry Liquid

Assorted Varieties

12.99

1.47L 4X Concentrated

2.96L 2X Concentrated



Consider your environmental impact with everything you do. Seventh Generation makes it easy.

The Daily Crave Veggie & Lentil Chips

Assorted Varieties

4.49

142g - 170g



A healthier chip for mindful snacking.

Kind Fruit & Nut Bars

Assorted Varieties



1.49

40g

Ingredients so simple you can see them without checking the label!

NOVEMBER 16-30 ONLY

club specials

Wholesome Fair Trade Organic Sweeteners

Assorted Varieties



4⁹⁹ to 15⁹⁹

Assorted Sizes

A variety of ethical sourced and healthy sweeteners.

Maison Orphee Organic Coconut Oil

Assorted Varieties



8⁹⁹

454g

14⁹⁹

850g

12⁹⁹

Organic Virgin 454g

19⁹⁹

Organic Virgin 850g

Rich and aromatic.

La Tortilla Wraps & Tortillas

Assorted Varieties



2⁹⁹ to 4⁹⁹

240g - 496g

Freshly pressed for an authentic home-made style.

Rocky Mountain Frozen Artisan Pizza

Assorted Varieties



8⁹⁹

405g - 430g

The best pizza in Vancouver, straight from your freezer.

Pacific Organic Soup

Assorted Varieties



4⁴⁹

1L

Made with the best herbs, vegetables and spices, these soups will surely warm your soul.

Riviera Goat Yogurt & Set-Style Yogurt

Assorted Varieties



4⁹⁹

Goat Yogurt 500g

4⁴⁹

Set-Style 750g

Try something new with these goat yogurts.

Terra Vegetable or Sweet Potato Chips

Assorted Varieties



3⁴⁹

170g

These crunchy chips are bright and colourful, not to mention tasty.

PopCorners Popped-Corn Snack

Assorted Varieties



2⁹⁹

142g

Two snacks combine to create the ultimate in satisfying crunch.

Choices Fruit & Nut Granola

Assorted Varieties



7⁴⁹

400g

14⁴⁹

908g

Fresh from our bakery, this granola is chock full of the good stuff.

Hot Kid Rice Crisps & Want Want Crisps

Assorted Varieties



2⁴⁹ to 2⁹⁹

100g

These crisps are perfect for piling on the toppings for appetizers and snacks.

Fresh is Best Tortilla Chips, Salsa, and Taco Shells

Assorted Varieties



4⁴⁹

300g Tortilla Chips

375ml Salsa

156g Taco Shells

These Texmex inspired foods are locally produced!

Choices Glacier Water

Assorted Varieties



.99

1L

1²⁹

1.5L

2⁴⁹

4L

5⁹⁹

9.5L

+deposit +eco fee

Sourced from BC glaciers, this water is crisp and refreshing.

The Naturopathic Approach to OSTEOPOROSIS



Osteoporosis is a complex disease where weakened bones and an increased risk of fracture affect quality of life. At least 1 in 3 women and 1 in 5 men will have a bone fracture in their lifetime due to osteoporosis.

While it's known that bone health is dependent on adequate levels of vitamin D, calcium, phosphate, and other minerals, less is known about how various organ systems affect bone health. There is a clear link between digestive health and bone health as those with gastrointestinal disorders have an increased incidence of osteoporosis and osteoporosis is often the only noticeable symptom in celiac disease. 70% of dietary phosphate is absorbed in the small intestines and if digestion is compromised, phosphate cannot be properly absorbed and its deficiency leads to weaker bones and the development of osteoporosis. This is just another reason why addressing gut health is so important.

GI disorders also contribute to global inflammation of the body, further setting the stage for the development of osteoporosis. During the process of inflammation, the body's own defense mechanism, the immune system, recruits the immune system via messenger molecules called pro-inflammatory cytokines which promote bone breakdown and osteoporosis.

In addition to a sleep aid, emerging research shows that melatonin produced by bone marrow also protects against osteoporosis. A

study reported a significant increase in the risk of fractures in menopausal women who were nightshift workers of 20 or more years. Melatonin also helps to decrease oxidative stress which can increase bone breakdown and bone mass.

We all know just how important vitamin D is for bone health by regulating calcium levels. What you may not know is that vitamin D levels throughout childhood determine peak bone mineral density and therefore affect your risk for developing osteoporosis later on. This puts new emphasis on ensuring that vitamin D levels are adequate in children and adults alike. Just by living on the Westcoast where we lack sunlight for most of the year, you may be deficient in Vitamin D. Before taking a vitamin D supplement, get tested to know just how deficient you are and much you have to supplement. Too much vitamin D can be harmful.

Last but not least, weight-bearing exercise several times a week is a must for healthy bones. As your bones are challenged against resistance, more and more calcium is deposited into your bones. If you're not tired after 8 repetitions, challenge yourself by increasing the resistance or weight.

Preventing and treating osteoporosis requires an individualized, whole-body approach that addresses a person's unique set of risk factors and potential deficiencies. Concomitant health conditions need to be treated and lifestyle needs to be improved through exercise, diet, smoking cessation and decreased alcohol intake.

Find out more about your risk factors for osteoporosis and your bone health by scheduling a consult with Dr. Olisa Mak by email at olisa@inspirithealth.ca or call 604-559-8816.



Dr. Olisa Mak is a licensed Naturopathic Doctor with special interest in digestive and mental-emotional health. She practices in Downtown Vancouver at Inspirit Health Group, where she uses natural modalities such as botanical medicine, injections, hydrotherapy, nutrition & diet.

The views and opinions expressed by the presenter do not necessarily represent those of Choices Markets and its employees. Choices Markets is not responsible for and does not verify the accuracy of any of the information presented. The information presented does not constitute medical or other professional advice and is for education purposes only.

Bone Health on Plant-Based Diet

By Jennie Sokol, CNP

Q I've heard that plant based diets don't supply enough calcium. Is that true?

A One of the easiest ways to care for and nurture our bones is by being more mindful of the foods we are eating. Nutrition is a great avenue to utilize that ensures we are providing our bodies with the building blocks it needs to function optimally.

We have all been taught from a young age that calcium is the most important nutrient when it comes to building strong and healthy bones. However, since making the transition to a plant-based lifestyle, I found it quite challenging to ensure I was getting the adequate amount of calcium in my daily diet. Luckily, there are many plant-based food sources that are abundant in calcium and other essential nutrients to keep our bones healthy. Not only are plant-based options easy to find, but these foods also tend to be much more bio-available to our bodies - AKA easier to digest and integrate into our systems.

While dairy does offer high levels of calcium, most people are also quite sensitive to these foods and have issues digesting them. This means that the body has a hard time breaking these

foods down and being able to truly utilize all of the benefits they offer. Which, in turn limits and decreases the quality and quantity of calcium being absorbed by our bones. The best plant-based sources of calcium are dark leafy greens, tofu & tempeh, and my favourite - tahini. Most nuts and seeds also offer a high amount of calcium along with a punch of protein and fats - making them an amazing staple to incorporate into your diet.



Being plant-based herself for almost 10 years, Jennie specializes in whole food recipes and a plant-based approach to nutrition. She offers 1:1 nutritional counseling and guidance, addressing unique body needs and concerns. Jennie genuinely loves creating individualized meal plans to fit busy lifestyles and even provides meal prep services.

Diagnosing Polycystic Ovary Syndrome

By Dr. Emily Munn, BSc, ND

Q How do I know if I have polycystic ovarian syndrome (PCOS)? Do I need an ovarian ultrasound showing cysts to be diagnosed with PCOS?

A No, ultrasound is not required for the diagnosis of polycystic ovarian syndrome and cysts on the ovaries does not necessarily mean PCOS. What!? Ok, here's another way of saying it - an appearance of "polycystic ovaries" on ultrasound is extremely common. It occurs in women with PCOS, women taking the birth control pill, and in women with normal hormone balance. The name of this common yet complex metabolic and hormonal condition is misleading. By checking androgen levels sometimes referred to as "male hormones" in women combined with a history of irregular menstrual cycles excluding other causes, a diagnosis of PCOS may be made. Androgens include bioavailable testosterone, DHEA-S, and androstenedione. High level of androgens in women can cause acne, hair loss on the head, and/or abnormal hair growth such as on the face. Fasting blood glucose and fasting insulin can also be helpful in the work up of PCOS. Better yet is a 2 hour glucose tolerance test because the problem with blood sugar regulation (this is the metabolic part) mainly occurs after meals in both lean and overweight women with PCOS. To put

it simply, to be diagnosed with PCOS you have irregular or no periods or you do not ovulate regularly, have high androgens on a blood test or symptoms of excess androgens like abnormal facial hair growth, and other reasons for both those things have been ruled out. Beware of a PCOS diagnosis based on ultrasound alone. And if you have been told you have PCOS, you might want to investigate further as to which subtype you have (yes, there are different types), or if in fact it is PCOS causing your symptoms.



Dr. Emily Munn, BSc., ND is a licensed Naturopathic Doctor who has been practicing in South Surrey at Living Wellness Centre for over half a decade. Her practice focus is women's health: PCOS, PMS, endometriosis, fertility, acne, menopause, thyroid and adrenal function. She wants you to know PCOS responds extremely well to personalized natural treatments.



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



Eden Foods:

Not all soy foods are created equal, and Eden Foods is a shining example of this! This company is truly the cream of the organic bean crop in the U.S. as a result of the dedicated network of family farms that have been practicing organic farming since the 1960's! Soybeans are the second most prevalent genetically engineered crop in North America. As a result, Eden Soy has evolved an exacting system to make sure that their soybeans remain GMO free.



Organic Traditions Yacon Syrup:

Yacon root is native to the Andes of Peru and Bolivia and is also known as the Peruvian Ground Apple or Sunroot. It has a pleasantly sweet taste due to the fructo-oligosaccharides that it contains (FOS). FOS are a type of dietary sugar that the body cannot metabolize. Because of this, FOS act as prebiotics for our beneficial gut bacteria and support their growth without significantly affecting blood sugar levels. Yacon syrup is a healthy substitute for sugar and agave syrup, and is not as sweet as conventional sugar. It is free of additives, colorants, and added flavours and sweeteners. Use Yacon Syrup to sweeten any recipe, including smoothies, desserts, pastries, dips, hot beverages, dips, sauces, you name it!



Karthein's Sauerkraut:

Karthein's Organic Sauerkraut is made through the process of fermentation, which leads to the formation of gut-loving probiotic bacteria. Probiotic bacteria are essential for optimal digestive health and immune function. Unpasteurized sauerkraut, such as Karthein's Organic Sauerkraut, was first used 6000 years ago. Not pasteurizing fermented foods ensures that high temperatures don't destroy naturally occurring digestive enzymes and health-promoting bacteria, such as lactobacillus. That's why this ready-to-eat (and great tasting!) super food is prepared the old fashioned way.



Wedderspoon Manuka Honey:

Have you heard of the amazing benefits of Manuka honey? Manuka honey is made by bees that pollinate the native manuka bush of New Zealand and Australia. Wedderspoon Manuka Honey is sourced from the islands of New Zealand and is raw, unpasteurized, and Non-GMO Project verified. Manuka honey also has antiviral and anti-inflammatory properties. Traditionally, it has been used for wound healing, soothing sore throats, preventing tooth decay, and improving digestive function. Use it to sweeten hot beverages, oatmeal, yogurt, dips, dressings, or in your baking goods!

Wellness



Harmonic Arts Elevate Elixir:

A part of the Harmonic Arts Elixir line, Elevate is one of six unique blends that offer a delicious and convenient way to add health-promoting mushrooms, herbs, and superfoods to your daily diet. Enjoy the blend on its own in hot water or add it to nut mylks, smoothies, yogurt, oatmeal, or baked and raw treats.



Cannanda CB2 Hemp Seed Oil & CB2 Wellness Blend:

The Cannanda's CB2™ Wellness Blend is an award-winning, doctor-formulated blend that is made of 100% natural terpenes. When inhaled, ingested, or applied topically, these terpenes activate the body's CB2 receptors, which are one of the main components of the body's natural endocannabinoid system (ECS). This effect may help with pain reduction, inflammation, as well as support the cardiovascular system, nervous system, joint health, and anxiety.



Choice Produce Picks

Apples:

November is Apple Month, so let's put the spotlight on what might be the most underestimated superfood of our time! Studies show that apples boast a variety of health benefits, including improving neurological health and memory, reducing risk of stroke, lowering cholesterol, reducing diabetes risk, reducing cancer risk, and improving gut health!



TASTY TOP CHOICES RECIPE

Lentil Coconut Soup by Choices Markets Chef Antonio Cerullo

Serves 6

- 1 onion, chopped**
- 3 stalks celery, chopped**
- 2 apples, large, cubed**
- 3 cloves garlic, chopped**
- 3 tbsp coconut oil, virgin**
- 2 cups (400g) organic red lentils**
- 2 tbsp curry powder**
- 1 can (400ml) coconut milk**
- 6 1/2 cups (1650 ml) vegetable stock or water**
- 1 lime (juice from)**
- sea salt to taste**

In a heavy bottomed soup pot, sweat onion, garlic and celery in coconut oil on medium heat for approx. 15 min, stirring constantly.

Add apples and sweat for another 10 minutes, stirring constantly.

Stir in curry powder and 150 ml water or stock and continue cooking for another 10 minutes, stirring frequently.

Add lentils and remaining liquid. Bring to a boil stirring constantly.

Reduce heat and simmer for 20 minutes.

Once lentils are fully cooked, add coconut milk mixture.

Liquefy with an emersion blender (hand held). Add lime juice.

Salt to taste.

NOVEMBER 1-15 ONLY

wellness centre



Renew Life Omega-3 Supplements

Assorted Varieties

25% Off

Assorted Sizes

Norwegian Gold Fish Oils are enteric coated, giving them 3 times the absorption of regular fish oils. They also contain the fat digesting enzyme 'lipase' for maximum utilization of the oils in the body and no fishy aftertaste!

SISU Ester-C Bonus Bottles



27⁹⁹

Ester-C 600mg 150caps

33⁹⁹

Ester-C 1000mg 150tabs

36⁴⁹

Ester-C Supreme 150caps

High-potency Ester-C® 1000 tablets help to strengthen your immune system.



Host Defense Mushroom Supplements

Assorted Varieties

20% Off

Assorted Sizes

A blend of 17 potent mushrooms created by Paul Stamets, the most comprehensive immune support formula available from Host Defense.

Boiron Oscillococcinum



12⁹⁹

6 doses

19⁴⁹

12 doses

32⁴⁹

30 doses

Boiron homeopathic products meet the highest manufacturing and marketing quality standards.

Garden of Life Proteins

Assorted Varieties



42⁹⁹

Raw Organic Protein, Raw Fit, and Protein & Greens • Assorted Sizes

49⁹⁹

Organic Vegan, Whey and All-in-One Proteins • Assorted Sizes

Delivers 20g of clean protein per scoop from 13 raw sprouted ingredients.

Lily of the Desert Aloe Vera

Assorted Varieties



20% Off

Assorted Sizes

Supports healthy digestion, enhancing antioxidant support.

Nature's Way Sambucus Supplements

Assorted Varieties



20% Off

Assorted Sizes

Derived from a special variety richer in flavonoid BioActives, backed by research and available in a variety of formulas.

Sukin Naturals Facial Care

Assorted Varieties



30% Off

Assorted Sizes

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

Andalou Naturals

Hand Cream



9⁹⁹

100mL

Body Wash & Body Lotion

10⁴⁹

236mL-251mL

This ultimate skin food blends emollient rich rosehip and argan oils with shea and cocoa butters.

Nature Clean Hand Soap



5⁹⁹

500mL

Gently cleanses, moisturizes, and nourishes your hands without irritating your skin.

NOVEMBER 16-30 ONLY

wellness centre



NutraSea Omega-3 + D Supplements

Assorted Varieties

20% Off

Assorted Sizes

Proudly Canadian. 1% of sales are donated to environmental causes.



NutraSea High Potency Omega-3

41⁹⁹

200ml or 60 softgels

77⁹⁹

500mL

Lorna Vanderhaege Vitamins and Supplements

Assorted Varieties



20% Off

Assorted Sizes

Contains 100% pure hydrolyzed collagen and elastin polypeptides from sustainable fish. No pork, beef or chicken is used.

Natural Calm Magnesium

Assorted Varieties

25⁹⁹

226 grams

41⁹⁹

454 grams

A naturally relaxing nighttime drink, for extra sleep support.



Enzymedica Digestive Enzymes

Assorted Varieties

20% Off

Assorted Sizes

Enzymedica produces cutting edge enzyme formulas that provide targeted support for digestive issues.



Natural Factors Vitamins and Supplements

Assorted Varieties

20% Off

Assorted Sizes



The 100% organic, non-GMO, nutrient-rich plants grown on Natural Factors farms are harvested at their peak and immediately raw processed.



Himalaya Botanique Toothpaste

5⁹⁹

150 grams

Toothpaste for healthy teeth, healthy mouth, healthy gums and long-lasting flavor without sacrificing great fresh taste!

Herban Cowboy Deodorants

7⁴⁹

Stick 80 grams

8⁹⁹

Spray 80 grams



Herban Cowboy | Vegan Eco-Friendly Grooming Products For Your Skin.

Nourish Organic Facial Care

Assorted Varieties

20% Off

Assorted Sizes



No parabens, petrochemicals, artificial fragrances, silicones and more.

Thinksport Stainless Steel Insulated Bottles



27⁹⁹

500mL

29⁹⁹

750mL

Insulated Stainless Steel Construction. Durable Powder Coated Finish. Hot or Cold for Hours.



Thinksport Sunscreen

Assorted Varieties

20% Off

Assorted Sizes

Does not contain any known reef harmful chemicals. Mineral sunscreens are generally regarded as Reef Safe.

Oneka Hair Care

Assorted Varieties

BOGO

500mL



Effective, eco and socially responsible brand, made in Canada with organic plants grown on our family farm.

wellness centre month long specials



Prairie Naturals Ocu-Force

26⁹⁹

60 softgels

51⁹⁹

120 softgels

Contains the most powerful eye nutrients known! Revolutionary, super-antioxidant supplement Combines water & fat-soluble antioxidants Protects retinal tissues, against oxidation. Increases circulation to & through eyes. Reduces free radical damage. Restores metabolic balance.



Prairie Naturals Ocu-Blue

25⁹⁹

60 softgels

Helps support eye health by filtering out blue light and reducing oxidative damage. Antioxidant for the maintenance of good health. Helps to reduce the risk of developing cataracts.

Hyland's Homeopathic Supplements



Assorted Varieties

15% Off

Assorted Sizes

Hyland's has been trusted for generations to provide safe, effective, homeopathic medicines for all members of the family.

New Roots Mushroom Supplements

Assorted Varieties



20% Off

Assorted Sizes

Sustainably grown, laboratory tested, and standardized to 40% polysaccharides. Hot water-extracted to achieve a high-quality, effective product.

Newco BroccoGen Sulforaphane Supplements and Body Care



Assorted Varieties

20% Off

Assorted Sizes

Promotes age-defying and anti-inflammatory properties, detoxifies and protects skin and cellular integrity.



withinUs TruMarine Collagen

Assorted Varieties

15% Off

Assorted Sizes



Collagen is best known for providing the basis for beautiful skin, strong connective tissues and healthy bones. But the real advantage to collagen supplementation lies in its ability to enhance regeneration of the collagen cycle and stimulate cells to restore body tissues.

Natural Factors CoQ10 and Ubiquinol

Assorted Varieties



15% Off

Assorted Sizes

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

Natural Factors Cognitive Support



Boosts the efficiency of cell membranes of the brain.

Phosphatidyl Choline

13⁴⁹

90 softgels

Bio PQQ

26⁹⁹

30 caps

Phosphatidylserine

33⁹⁹

60 softgels

Sundhed Himalayan Bath Salts

Assorted Varieties



7⁹⁹

850 grams

Sundhed's exclusive bath line has a variety of relaxing fragrances for you to indulge your senses.

the Dish On Seaweed

Those of us who like to go fishing once and awhile are always frustrated when we see a big glob of seaweed on our hooks instead of a lively fish. Maybe we should start being a little more excited when we pull up a bit of green.

Seaweed is an extremely sustainable and nutritious ingredient. In fact, there are endless species of edible algae that we give the dismissive name of seaweed. Many cultures from around the world have partaken in this bounty of the sea for centuries, but it's really only recently that the culinary community has taken an interest in it.



In places like China, Japan and Korea, seaweeds have been a strong influence in their cuisine. Sushi just wouldn't be the same without the distinctive taste of the nori wrap. Nori also adds a delightful ocean flavour to kimchi. Kombu is an essential ingredient and one of the main flavours of warming miso soup. There's a variety of other great seaweeds, like dulse and wakame, used in cooking around the world. Best of all, seaweed is a great source of vitamins, minerals, iodine and tyrosine.

So how do you incorporate seaweed into your home cooking, beyond the sushi rolls and miso soups? Carragean and agar agar are ingredients that

you'll often see on labels of your favourite snacks. They're vegetarian thickening agents that can often replace gelatin and are made from seaweed. Most seaweed you'll find in our stores is dried and require rehydration. Once you've rehydrated your seaweed, they're great when used in salads



or to flavour your vegetable stocks and stews. Try making your favourite grain and veggie wrap with a nori sheet instead of tortilla or pita bread. Nori is also great baked with seasonings for a healthy snack. Cut a sheet into narrow strips for a great topping on soups or salads. Seaweed seasoning is great in a shaker on your table as a substitute for salt. Dry mixes of seaweed are also available, great for mixing into rice dishes or sprinkling on your roasted veggies.

Seaweed shouldn't be hard for anyone to wrap their mind around, but I'm glad I was able to help you out today!



Did you know that the sushi you find in our deli is handmade daily in the Choices Commissary? Chef Antonio inspects the ingredients to ensure they're of the utmost quality and up to our exacting standards.



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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

Choices' Star of the Season Program

November 15th – December 24th

Your donation of only \$2 supports the growth of healthy communities. Now in its 14th year, Choices' Star of the Season Program enriches the lives of families all across Metro Vancouver, the Fraser Valley and the Okanagan. Kindly donated by Calabar Printers, Choices' Holiday Stars may be purchased between November 15th and December 24th for a donation of \$2.00.

For more details on each neighbourhood house, please visit our website, www.choicesmarkets.com.

All proceeds are donated to eleven different organizations:

- Little Mountain Neighbourhood House
- Britannia Community Services
- Gordon Neighbourhood House
- Marpole Oakridge Family Place
- Fraser Side Community Services
- Semiahmoo Family Place
- Burnaby Neighbourhood House
- Downtown Eastside Neighbourhood House
- Abbotsford Community Services
- The Bridge Youth & Family Services
- North Shore Neighbourhood House

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