

# MERRY CHRISTMAS

Prices Effective December 19 to December 24, 2019.



Choices would like to wish everyone a happy and safe Festive Season.



**3.79lb**

Choices' Own  
Free Range Whole Turkeys  
raised without antibiotics  
**8.36kg**

Choices  
Gluten-Free Bread  
Cubes or Choices  
Gluten-Free Seasoned  
Stuffing Mix 240g  
**9.99**



**8.99lb**

Fresh Boneless Turkey  
Breast and Thigh Roast  
**19.82kg**



**2/4.00**

Organic Cranberries  
Grown in Canada  
227g package



**9.98**

California Grown Stem  
and Leaf Satsuma  
Mandarin Oranges  
1.81kg (4lb) package

**1.48lb**

BC Grown  
Brussel Sprouts  
**3.26kg**



**Choices' Own  
Turkey Dinners**  
from our Deli Department

**10.99** each  
565g



Choices' Own  
Vegetarian Mince Tarts

**2.99**  
package of 2

**6.99**  
package of 6



Tofurky Vegan Roasts & Gravy

assorted varieties  
assorted sizes

**4.99**  
397ml Gravy

**12.99**  
539-737g Roasts



Earth's Choice Organic Pumpkin & Cranberry Sauce  
assorted varieties

**2/4.00**  
348ml  
Cranberry Sauce

**2/6.00**  
398ml  
Pumpkin



# GROCERY

Earthbound Organic Frozen Fruit & Vegetables  
assorted varieties 300-400g



**2/6.00**  
Vegetables

**2/8.00**  
Fruit



Pacific Organic Broths  
assorted varieties  
946ml & 1L

**3.99**



Karine & Jeff Soup  
assorted varieties

**6.99** 500ml

**10.99** 1L

Simply Organic Spices

assorted varieties  
assorted sizes  
reg price 7.99-13.99

**30% off**



Simply Organic Gravy Mixes

assorted varieties  
assorted sizes

**2/3.00**



Go Bio! Organic Gravy Cubes  
assorted varieties 60g



**2/5.00**

Yves Vegan Meat Alternatives

assorted varieties  
assorted sizes  
reg price 3.59-8.49

**30% off**



Dumet Olives

assorted varieties  
150-200g

**2.99 to 3.99**



Gay Lea Whipped Cream and  
Coconut Whipped Cream



**3.79** 236g  
Whipped Cream

**4.49** 225g  
Coconut Whipped

Bob's Red Mill Gluten Free Baking Flour

assorted varieties

**4.99** 624g

**8.49** 1.24kg



Simply Organic Baking Extracts

assorted varieties  
assorted sizes  
reg price 7.99-29.99

**30% off**



Wholly Wholesome Organic Frozen Pie Shells

assorted varieties  
2 packs

**4.99** Regular

**5.99** Gluten Free



Silly Cow Hot Chocolate

assorted varieties  
480g

**5.79**



Assorted Christmas Chocolates

select varieties  
assorted sizes  
reg price .99-18.99

**20% off**



Califia Almond Nog

1.4L

**5.99**



Stash Premium Holiday Teas

select varieties  
18 tea bags

**2/6.00**



Dairyland Creamo and Whipping Cream

assorted varieties  
946ml-1L

**2.79 to 4.49**



Happy Planet Organic Grass Fed Milk

2L

**5.99** 2% & 3.5%

**6.49** Cream Top



# GROCERY

## Lundberg Rice Chips



assorted varieties  
170g

**2/7.00**

## Angie's Boomchickapop Popcorn



assorted varieties  
assorted sizes

**3.99**

## Neal Brothers Organic Tortilla Chips & Salsa



assorted varieties

**4.99** 300g Tortilla Chips

**5.49** 410ml Salsa

## Eve's Crackers



assorted varieties  
108g

**6.49**

## Sonoma Creamery Crackers



assorted varieties  
64g

**4.99**

## Rise Organic Kombucha



assorted varieties  
1L  
+deposit +eco fee

**6.99**



## So Delicious Frozen Dessert and Bars



**3.99**

4 Pack Bars

**4.99**

500ml Frozen Dessert

## Fiasco Gelato and Sorbetto



**2/6.00** 106ml

**6.99** 562ml

## Santa Cruz Organic Apple Juice



2.84L  
+deposit +eco fee

**9.99**

## Zazubean Organic Fair Trade Chocolate Bars



assorted varieties  
85g

**2/7.00**

## Love Good Fats Bars



assorted varieties

**2/4.00** 39g Single

**22.99** 12 Pack

## R.W. Knudsen Organic Sparkling Beverages



assorted varieties  
750ml  
+deposit +eco fee

**4.99**



## Spread'Em Vegan Spreads & Dips



assorted varieties  
183g

**5.99 to 7.99**

## Alter Eco Organic Fair Trade Chocolate Bars



assorted varieties  
75-80g

**2/6.00**

## Whistler Glacial Spring Water



+deposit +eco fee

**2/4.00** 1.5L

**2/7.00** 4L

## Applesnax Fruit Cups



assorted varieties  
6 pack

**2/5.00** Conventional Unsweetened

**2/6.00** Organic

## Dandies Vegan Gluten-Free Marshmallows



assorted varieties  
283g

**4.99**

## Purex Toilet Paper



assorted varieties  
12 rolls

**5.99**



# DELI



Cranberry Sauce

**4.49** 250g

Turkey Gravy

**5.99** 500ml

**7.99** 710ml

Shiitake  
Mushroom Gravy

**5.99** 500ml



Choices' Own Specialty  
Stuffed Turkey Breast

**3.99/100g**

or Dijon Maple Glazed Ham

**2.19/100g**



Festive Turkey Dinner Side Dishes

**1.29**

Garlic Mashed Potatoes

**2.30/100g**

Brussel Sprouts

**1.29/100g**

Root Vegetable Mash

**2.39/100g**

Winter Baked & Mixed Squash

**1.49/100g**

Roasted Winter Root Vegetables

**2.39/100g**

Green Beans



Choices' Own Petite  
Canape Appetizers  
assorted varieties

**3.99** 1/2 dozen

**7.99** 1 dozen



Choices' Own  
8 inch Tourtiere

**13.99**  
each

Alexis De' Portneuf Brie and  
Camembert Cheese  
300g



**8.99**  
each

Summer Fresh Dips and Hummus

assorted varieties  
227g



**2/7.00**



Vitale Italian  
Sliced Salami  
and Prosciuttos  
100g

**7.99**



Castello Aged  
Havarti, Tickler,  
Carmelized  
Onions or Black  
Pepper Cheese  
125g

**5.99**



Boursin Cheese  
assorted varieties

**5.99**



La Panzanella Crackers  
assorted varieties

**5.99**



# PRODUCE

BC Grown Organic Table Carrots  
from Fountainview Farm  
2.27kg (5lb) bag



**6.98**

Organic Baby Spinach and Spring  
Mix from Earthbound Farm  
142g package



**3.98**

Organic Garnet and Jewel  
Yams Imported from California  
4.37kg



**1.98lb**





# MEAT

Fresh Boneless Turkey Breast Roast  
22.02kg



9.99lb



Fresh BC Duck  
raised without antibiotics  
8.80kg

3.99lb



Fresh Boneless  
Turkey Thigh Roast  
19.82kg

8.99lb



100% Grass Fed  
New Zealand Spring  
Lamb Rack Frenched  
44.07kg

19.99lb



100% Grass Fed New  
Zealand Spring Lamb  
Leg Boneless Roast  
24.23kg

10.99lb

Bacon Wrapped Scallops  
44.07kg



19.99lb



Choices Pork Sausages  
assorted varieties  
made instore  
15.41kg

6.99lb



Ground Pork  
raised without antibiotics  
11.00kg

4.99lb



Sila Salami  
assorted varieties

9.49 each



Harvest Bacon  
500g

10.99



Fresh Steelhead Fillets  
37.46kg

16.99lb



Pacific  
Sablefish Fillets  
55.09kg

24.99lb

# BAKERY

Choices' Own Sourdough Sliced Bread  
levain style 530g



4.99

Choices' Own Hand Made 9" Fruit Pies  
apple, berry rhubarb and peach medley



10.99

Choices' Own Mini Butter Tarts  
package of 4



4.49





# WELLNESS



A.Vogel Echinaforce

**13.49** 30ml Throat Spray

**24.99** 100ml Tincture



Whole Earth & Sea Greens

**51.99** 390-438g

Whole Earth & Sea  
Proteins and Greens

**59.99** 660-710g



CanPrev Vitamins and Supplements

assorted varieties  
assorted sizes  
reg price 24.49-47.49

**20% off**

NOW Essential Oils and Body Care Products

A GREAT GIFT IDEA!



regular, organic, and blends  
select varieties  
assorted sizes  
reg price 7.19-77.99

**20% off**



Every Man Jack  
Body and Face Care  
assorted varieties  
assorted sizes  
reg price 2.99-16.49

**30% off**



Curelle Shampoo & Conditioners  
assorted varieties

**8.99** 250ml **13.99** 500ml

Curelle Body Care

**15% off**

# BULK



Assorted Bulk Bins

**20% off**

# GROCERY



Silk True Fresh Beverages and Creamers

**2/5.00** 473ml Creamers

**3.99** 1.89L Beverages



Happy Planet Organic Juice  
assorted varieties

1.75-1.89L • +deposit +eco fee

**3.99 to 4.99**



Canadian Heritage  
Organic Maple Syrup  
assorted varieties 1L

**20.99**

GoldEgg Free Run Large Eggs  
1 dozen



**4.29**

Savör Grass Fed Butter



salted & unsalted  
250g  
reg price 6.99

**BUY 1 GET 1 FREE**

Liberté Organic Butter



salted & unsalted  
454g

**7.99**

Arla Organic Cream Cheese & Skyr Cheese  
assorted varieties 200g



**3.99**

Dairyland Cottage Cheese



assorted varieties  
500g

**2.79**

Armstrong Cheese

assorted varieties 600g



**9.99**



Bob's Organic Oats  
assorted varieties assorted sizes  
reg price 4.99-11.49

**30% off**

## 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](http://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

I donated to  
**STAR of the SEASON**



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.