

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



Canadian Heritage
Organic Maple Syrup
assorted varieties 1L

20.99



Happy Planet Organic Juice
assorted varieties

1.75-1.89L • +deposit +eco fee

3.99 to 4.99

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.

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.

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

