



WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Yarrow
Meadows Whole
Organic Chicken

4.99/lb
11.00kg

Organic
Lemons Imported
from California

3.98
907g (2lb) bag

Choices' Own 4.25" Quiche
Assorted Varieties

**2 for
800**
each

Shepherd Gourmet Cow Feta
and Sheep Feta Cheese

New to
Choices

4.99
Cow
Feta Cheese
200g

6.99
Sheep
Feta Cheese
200g

Organic Large Navel Oranges
from Homegrown in California

1.48/lb
3.26kg

New Roots Vitamins
& Supplements

Assorted Varieties
Regular Price 1.79-103.99

25% off
assorted sizes

withinUs
TruMarine Collagen



42.99
20 packs

64.99
250g

Choices' Own Multiseed Sourdough
Bread and Wholesome Country
Sourdough Bread

4.99
600g each

Kicking Horse Organic
Fair Trade Ground Coffee
Assorted Varieties



2/15.00
284g

Green & Black's Organic
Fair Trade Chocolate Bars
Assorted Varieties



2/7.00
90g

SEE IN-STORE FOR HUNDREDS OF GREAT DEALS THIS WEEK!
Prices Effective February 20 to February 26, 2020.

PRODUCE

Organic Brussel Sprouts
Imported from Mexico
10.98/kg

498
/lb

Large Cauliflower
Imported from California

298
each

Organic Yellow Onions
Grown in Manitoba by
Peak of the Market

298
1.36kg bag
(3lb)

Premium Sweet Pineapples
from Hawaii

398
each

MEAT

Soup etc!

2 for
1000
700ml

Lean Ground Bison Free Range
Raised Without Antibiotics

30.84/kg

1399
/lb

100% Grass Fed New York Steaks
Aged 21+ Days from Australia

Value Pack **24.23/kg**

1099
/lb

Boneless Centre Cut
Pork Roasts or Chops
13.21/kg

599
/lb

New Zealand Lamb 100% Grass Fed
Boneless Leg of Lamb Steaks or
Roasts **28.64/kg**

1299
/lb

Organic Chicken Sausages

Made In-Store

24.23/kg

1099
/lb

Raw Prawns
Previously Frozen

30.84/kg

1399
/lb

BC Boneless Skinless
Chicken Breasts
Value Pack **15.41/kg**

699
/lb

Locally Made Bacon

Nitrate-Free

24.23/kg

1099
/lb

Ocean Wise Rockfish
22.02/kg

999
/lb

Choices Ground Chicken
Raised Without Antibiotics
24.23/kg

1099
/lb

GROCERY

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Daiya Dairy-Free Plant Based Pizza



Assorted Varieties

5.99

444-550g

Wholly Veggie Frozen Burgers, Veggie Bites & Pizzas



Assorted Varieties

6.99

Burgers & Bites
assorted sizes

8.99

Pizzas
assorted sizes

Sol Cuisine Vegetarian Appetizers



Assorted Varieties

4.99

288-300g



Earth's Choice Organic Extra Virgin Olive Oil

10.99 **15.99**

500ml

1L



Nutiva Coconut Oil & Coconut Manna

Assorted Varieties

Regular Price 7.99-20.99

30% off

assorted sizes



San-J Sauces

Assorted Varieties

Regular Price 4.59-12.49

30% off

assorted sizes

Wild Planet Skipjack Tuna



& Sardines

Assorted Varieties

2/6.00 **2/7.98**

125g Sardines

170g Tuna

Raincoast Albacore Tuna



& Wild Salmon

Assorted Varieties

Regular Price 4.99-9.99

30% off

150-160g



Chosen Foods Keto & Vegan Mayonnaise

8.99

355ml



Italpasta Pasta

Assorted Varieties

2/6.00

900g



Muir Glen Organic Fire Roasted Tomatoes

Crushed & Diced

2/7.00

796ml



Saputo Shredded Cheese

Assorted Varieties

3.99 **4.99**

170g

320g



Imagine Organic Broth

Assorted Varieties

2/7.00

946ml

Udi's Gluten-Free Frozen Bread & Pizza Crusts



Assorted Varieties

Regular Price 5.99-8.99

30% off

assorted sizes

Dairyland Sour Cream



Assorted Varieties

2.29

500ml



Karthain's Organic Sauerkraut

Assorted Varieties

7.99

750ml



Caulipower CAULIFLOWER Gluten-Free Tortillas

6.99

150 & 200g

Seventh Generation Natural Laundry Detergent & Fabric Softener



Assorted Varieties

Regular Price 6.39-21.99

30% off

assorted sizes

GROCERY



Rise Organic Kombucha

Assorted Varieties

5⁹⁹

1L • +deposit +eco fee



Southern Recipe Keto Pork Rinds

Assorted Varieties

2/7⁰⁰

85g



Barbara's Cheez Puffs

Assorted Varieties

2/5⁰⁰

155-198g



RW Knudsen Organic Juice

Assorted Varieties

Regular Price 6.99-15.99

30% off

assorted sizes • +deposit +eco fee



Lundberg Rice Chips

Assorted Varieties

2/6⁰⁰

170g



Boulder Canyon Potato Chips

Assorted Varieties

2/5⁰⁰

128-142g



Flow Alkaline Water

Assorted Varieties

2/3⁰⁰ 2/4⁰⁰

500ml
+deposit +eco fee

1L
+deposit +eco fee

Bobo's Gluten-Free Oat Bars

Assorted Varieties

2/4⁰⁰ 2/2⁹⁹

85g Single

12 Pack



Enjoy Life Gluten-Free Cookies & Chocolate Chips

Assorted Varieties

3⁹⁹ 4⁹⁹

170g Cookies

283g
Chocolate Chips



Vita Coco Coconut Water

Assorted Varieties

2/5⁰⁰ 2/7⁰⁰

500ml
+deposit +eco fee

1L
+deposit +eco fee



Theo Organic Chocolate Bars

Assorted Varieties

2/7⁰⁰

85g



Lundberg Organic Rice

Assorted Varieties

Regular Price 8.99-10.99

30% off

907g



Zevia Energy Drinks & Sugar Free Organic Tea

Assorted Varieties

2/4⁰⁰

355ml
+deposit +eco fee

Nature's Bakery Fig Bars

Assorted Varieties



4⁴⁹

6 Pack



The Good Bean Chips & Bean Snacks

Assorted Varieties

3⁹⁹ 4⁴⁹

142g Chips

170g Snacks



Love Child Organic Baby Food

Select Varieties

2/3⁰⁰

128ml

Fiasco Gelato & Sorbetto

Assorted Varieties



5⁹⁹

562ml



Sahale Artisan Nut Mixes

Assorted Varieties

5⁴⁹

113g

DELI

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Vegetable Herb Samosas



**2 for
500**

160g each

Habibi's Hummus & Dips

Assorted Varieties



3⁹⁹

200g

Castello Brie or Blue Cheese Wedges



3⁴⁹

/100g

Cows Creamery Aged Cheddar Cheese 1, 2 or 3 Years



**7⁴⁹ -
8⁹⁹**

200g each

Choices' Own Hot Chili

Assorted Sizes



5⁹⁹

each
Medium

Choices' Own Shepherd's Pie



6⁹⁹

500g each

Choices' Own Specialty Roasted Turkey



3⁹⁹

/100g

Happy Days Soft Goat Cheese



**4⁹⁹ -
5⁹⁹**

140-150g

BAKERY

Choices' Own 9" Pies

Apple, Peach Medley & Berry Rhubarb



10⁹⁹

each

Choices' Own Mini Muffins

Assorted Varieties



2⁹⁹

package of 4

BULK

Assorted Candy

Bins or Random Weight Bags



**20%
Off**

Thank You Choices Customers Star of the Season

Every year during the holiday season, Choices runs a fundraising campaign in support of local neighbourhood houses and food banks across Metro Vancouver, the Fraser Valley and the Okanagan. We'd like to thank our customers for donating to our annual Star of the Season Campaign and helping to make it an incredible success. In total, we were able to **raise \$37,000**, with 100% of donations going to our local community members who need a little help over the holidays. We hope you'll contribute again next year.

**We Raised
\$37,000.00**



GROCERY



**Nature's Path
Organic Eco
Pac Cereal**
Assorted Varieties

8⁹⁹
assorted sizes



**Silk Dairy-Free
Beverages &
Creamers**
Assorted Varieties

2/5⁰⁰ 3⁹⁹
473ml Creamers 1.89L



**Earth's Choice
Organic Coconut
Products**
Assorted Varieties
Regular Price 2.79-21.99

30% off
assorted sizes



**Avalon
Organic Milk**
Assorted Varieties

2⁹⁹
1L • +deposit



**Renew Life
Vitamins and
Supplements**
Assorted Varieties
Regular Price 16.49-72.99

25% off
assorted sizes



Thayers
Assorted Varieties

11⁹⁹ 13⁹⁹
340ml Witch Hazel 150 pack Slippery Elm Lozenges



**Herbatint
Natural
Permanent
Hair Colour**
Assorted Colours

16⁹⁹
1 Kit



**Natracare Natural Feminine
Hygiene Products**
Assorted Varieties
Regular Price 3.79-8.49

20% off
assorted sizes



**Traditional
Medicinals
Organic Tea**
Select Varieties

4⁴⁹
20 Tea Bags



**Mighty Leaf
Organic
Artisan Tea**
Assorted Varieties

7⁹⁹
15 Tea Bags

Tom's Products
Assorted Varieties



5⁹⁹ 7⁴⁹
85-90ml Toothpaste 64g Deodorant

New Chapter Multivitamins



**Mens and
Womens**
Assorted Varieties
Regular Price 39.99-87.99

20% off
assorted sizes



**Donia Farms
Grass Fed
Natural
Yogurt**

3⁹⁹ 9⁴⁹
650g 1.75kg

**Maple Hill Free Range
Extra Large Eggs**



4⁷⁹
1 Dozen

Iron Vegan Sprouted



**Protein or
Athlete's Blend
Protein**
Assorted Varieties

5⁵⁹
1kg

**Herbion All Natural Cough
Lozenges & Herbion
All Natural Cold &
Flu Remedy**



3/6⁹⁹ 7⁹⁹
18 Pack All Natural Cough Lozenges All Natural Cold & Flu Remedy



**The Granola
King Gourmet
Granola**
2 Varieties

8⁴⁹
750g



**MaraNatha
Nut Butters**
Assorted Varieties
Regular Price 9.49-14.49

30% off
assorted sizes



**SISU Vitamins
& Supplements**
Assorted Varieties
Regular Price .79-69.99

25% off
assorted sizes

**Homeocan Supplements
and Traumacare**



Assorted Varieties
Regular Price 8.99-31.99

20% off
assorted sizes



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Kerrisdale - 1888 W 57th Ave, Vancouver
Yaletown - 1202 Richards St, Vancouver
Cambie - 3493 Cambie St, Vancouver
Kitsilano - 2627 W 16th Ave, Vancouver
Commercial Drive - 1045 Commercial Dr, Vancouver

North Vancouver - 801 Marine Dr, North Vancouver
South Surrey - 3248 King George Blvd, Surrey
Burnaby Crest - 8683 10th Ave, Burnaby
Abbotsford - 3033 Immel St, Abbotsford
Kelowna - 1937 Harvey Ave, Kelowna

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.