



CHOICES'

Monthly Newsletter | May 2020

The Dish on Fairtrade Mangos

The Meaning of Fair Trade

Eating Practices for **Planet Earth**

Win a Year's Supply of Vega Products!

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





Physical Distancing



Fairtrade Month

May is Choices' celebration of everything Fairtrade! Choices is one of the most dedicated Fairtrade retailers in the country. We're constantly recognized as a Fairtrade retailer of distinction, and we are proud to say that we have won this award more times than any other retailer in Canada since the award was created. We believe in the power of Fairtrade as a way to promote developing industries and promoting sustainable growing practices.



Mother's Day



May 10th is all about Mom. Come to Choices to get Mom's favourite items, like Fairtrade chocolates, beautiful floral arrangements or natural body care products. If you need help in the kitchen, don't forget that the Choices Deli has dozens of ready to heat and eat options available so everyone can take a night off in the kitchen. Need a quick dessert? Try our selection of amazing cakes and cupcakes from our bakery. We've got some amazing alternative flour recipes that make it easy for everyone to enjoy a treat. No matter what your Mother's Day traditions are, Choices is here to help.

COOK IT UP



Teriyaki Tofu Sushi Rolls

Courtesy of Karthein's Sauerkraut

– Makes 3 Rolls –



RICE

Calrose sushi rice
water
fine sea salt
rice vinegar
sugar

TOFU

1/2 block extra firm tofu, drained
1/2 tbsp tamari
1/2 tbsp canola oil
1/2 tbsp cornstarch
Teriyaki sauce (to taste)

SUSHI

3 sheets of nori
1 cup Calrose rice (dry measure, cook according to manufacturer's instructions)
1 small sweet potato, cut into 1/4 inch sticks lengthwise
1/2 cucumber, cut into 1 inch sticks lengthwise
1/4 cup Karthein's Beet and Ginger Sauerkraut, drained
1/2 avocado, sliced lengthwise

Tofu instructions

Preheat oven to 400°F and place a silicon mat on a baking pan

Cut the tofu into 1/4 inch sticks lengthwise

Place the tofu in a bowl and add the tamari, canola oil and cornstarch. Mix well

Place the tofu sticks on the silicon mat, leaving a little space between them

Cook for about 10 minutes, flip, then cook for another 10 minutes (or until they turn golden and slightly crispy)

Cover with teriyaki sauce and put aside while preparing the rest

Sushi instructions

Steam the sweet potatoes for 8 minutes on medium-high

Place a sheet of nori on a bamboo rice mat

Moisten your fingers in a water and rice vinegar mix to make sure the rice doesn't stick

Spread evenly about to 3/4 cup of rice on the mat side of the nori, leaving about 2 cm on the side opposite to you

Place a bit of sauerkraut with a few tofu sticks, sweet potatoes, cucumber slices and avocado in the center

Roll the bamboo mat while tucking in the closest end of the sushi roll, then press lightly with both hands to make sure it holds well

Serve with tamari sauce and marinated ginger.

Online Video Seminars



Tuesday, May 12th
6:30-8:00 pm

Smart Solutions for Hormonal Health

with Janette Mason, CNP

ONLINE ONLY

A one hour informative talk on balancing hormones through diet and supplementation for all stages of life. Presented by Janette Mason, CNP, an expert in the field of nutrition and mental health. Seminar offered online, via video conference.

All participants will receive a \$10 coupon toward any purchase of two Lorna Vanderhaeghe items (or more), valued at least at \$50!

Free event, email needed for required registration. Register online at choicesmarkets.com/events.

Details to join seminar will be available by email once sign-up is completed. Must have email address to sign-up

Wednesday, May 13
6:30-8:00 pm

Can Changing the Bugs In Your Gut Reduce Your Pain?

with Dr. Joel Kailia and Dr. Patrick Callas

ONLINE ONLY



Join Dr. Joel Kailia, GP Specialist in chronic pain and addictions, and Dr. Patrick Callas, senior naturopathic physician, to learn about how diet affects pain. We will explore the gut-brain connection and how the balance of good and bad bacteria in the GI tract can affect inflammation. Seminar offered online, via video conference.

Free event, email needed for required registration. Register online at choicesmarkets.com/events.

Details to join seminar will be available by email once sign-up is completed. Must have email address to sign-up

Wednesday, May 20
7:00-8:00 pm

Immune Boost

with Rena Saini BSc ND

ONLINE ONLY

Join Dr. Rena for a free talk and learn about how to enhance your immune function from a mind-body perspective, and what to do when things go south. Seminar offered online via video conference.

Free event, email needed for required registration. Register online at choicesmarkets.com/events.

Details to join seminar will be available by email once sign-up is completed. Must have email address to sign-up

REGISTRATION DETAILS

To register for events, visit choicesmarkets.com/events.
For inquiries, please call 604-999-4823 or email eventregistration@choicesmarkets.com.

Choices Markets Nutrition Department Disclaimer Statement: 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. Seminar schedules are subject to change. For the most current schedule, please visit www.choicesmarkets.com/events/

Thursday, May 14th
7:00-8:00 pm

Relieve Stress with Bach Flower Remedies during Challenging Times

with Heike Walker, RCRT

ONLINE ONLY

Join Heike Walker, Bach Remedies Practitioner, BFRP, to find out about the positive effects of the Bach Flower Remedies to relieve stress and support health and vitality! Seminar offered online via video conference.

Free event, email needed for required registration. Register online at choicesmarkets.com/events.

Details to join seminar will be available by email once sign-up is completed. Must have email address to sign-up

Tuesday, May 19
6:30-8:00 pm

The Anti-Cancer Diet: Unlocking the Power of Prevention

with Hanna Rakowska RHN, CHCP

ONLINE ONLY

Back by popular demand, join Registered Holistic Nutritionist and Certified Holistic Cancer Practitioner Hanna Rakowska to learn about the link between diet and cancer prevention and suppression. This seminar will have a post-event 30 minute question period. Seminar offered online via video conference.

Free event, email needed for required registration. Register online at choicesmarkets.com/events.

Details to join seminar will be available by email once sign-up is completed. Must have email address to sign-up

Tuesday, May 26th
6:30-8:00 pm

Unhappy Thyroid: Why One Pill Isn't Enough

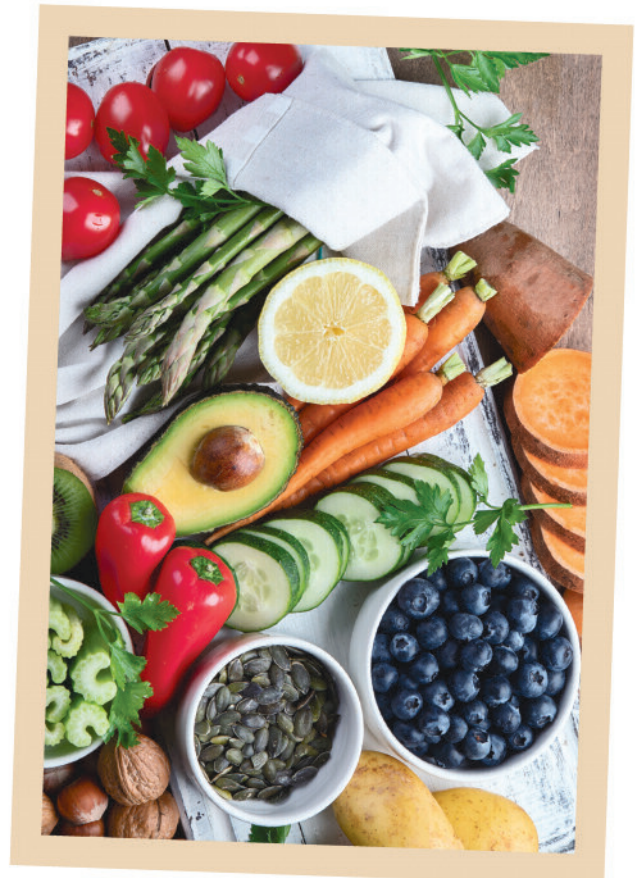
with Olisa Mak, ND

ONLINE ONLY

Join Naturopathic Doctor, Dr. Olisa Mak, to learn about how suboptimal thyroid health is keeping you from feeling your best. Seminar offered online via video conference.

Free event, email needed for required registration. Register online at choicesmarkets.com/events.

Details to join seminar will be available by email once sign-up is completed. Must have email address to sign-up



MAY 1-15 ONLY

club specials

Roar Organic Electrolyte Beverages



Assorted Varieties

2⁴⁹

532ml
+deposit +eco fee

Made with organic coconut water and sea salt for healthy hydration.

Zazubean Organic Fair Trade Chocolate Bars



Assorted Varieties

3⁴⁹

85g

Paleo and keto friendly chocolates that are lucious and creamy.

Lily's Stevia Sweetened Chocolate Bars



Assorted Varieties

3⁹⁹

85g

No-sugar-added chocolates that deliver the goods.

Rico 'n Lalo Frozen Fruit & Coconut Bars



Assorted Varieties

3⁹⁹

4 Packs

Traditional Mexican style iced treats made with fresh fruit.

Made Good Gluten Free Granola Bars, Granola Minis, Mini Cookies & Crispy Squares



Assorted Varieties

3⁴⁹

Assorted Sizes

Free from common allergens for a safe and tasty snack.

Glutino Gluten Free Crackers and Pretzels



Assorted Varieties

3⁹⁹

Crackers - 125g

5⁹⁹

Pretzels - 400g

Stock up on these irresistibly crunchy gluten free snacks.

Liberté Skyr & Greek Yogurts



3⁹⁹

500g

Skyr is an Icelandic style yogurt that is extremely thick and rich in protein.

Dairyland Lactose Free Milk



Assorted Varieties

4⁹⁹

2L

Ideal for those with lactose allergies or intolerances.

Kicking Horse Organic Fair Trade Ground Coffee



Select Varieties

8⁹⁹

284g

Bold, beautiful beans roasted right in Canada's Rocky Mountains.

Simply Natural Organic Pasta Sauce



Assorted Varieties

4⁹⁹

739ml

Simply the best! Pasta sauce you'll be excited to eat for dinner.

Wedderspoon Drops and Apple Cider Vinegar



Assorted Varieties

6⁹⁹

Drops, 120g

10⁹⁹

Vinegar, 750 ml

Manuka honey is healthy and made by bees who harvest pollen from the tea tree plant.

FROM OUR BAKERY

La Tortilla Wraps and Tortillas



Select Varieties

3²⁹ to 5⁹⁹

assorted sizes

Made with care the old fashioned style for home-made taste.

MAY 16-31 ONLY

club specials

GT's Organic Raw Kombucha

Assorted Varieties



3.49

480ml
+deposit +eco fee

Naturally effervescent
fermented tea that's great
for health.

Kettle Brand Potato Chips

Select Varieties



2.49

170g - 220g

Diversify your taste
and try a new flavour
today!

Noble Vegan Jerky

Assorted
Varieties



4.99

70g

Premium marinated and season plant-based
jerky. Perfect for the trail or just a snack.

Righteous Gelato & Sorbetto

Assorted Varieties



2.79

106ml, Single Serve

New plant based
gelatos for
righteous flavour!

Alter Eco Organic Fair Trade Chocolate Bars

Assorted Varieties



2.99

75g - 80g

Fair trade chocolate that's
delicious and sustainably
focused.

Ritter Sport Chocolate Bars

Assorted Varieties



**2.49
to
2.99**

100g

Enjoy the colourful taste of Ritter Sport
chocolates!

O'Doughs Frozen Gluten Free Bread, Bagels and Bagel Thins

Assorted Varieties



3.99

300g - 700g

Gluten-free products
baked with great all-natural
ingredients.

Liberté Classic Yogurt

Assorted Varieties



2.99

650g

A favourite for
recipes or just
for breakfast
with crisp
granola.

Liberté Méditerranée Yogurt

Assorted Varieties



2.99

500g

Your favourite yogurt flavoured with fresh
fruits and other Mediterranean flavours.

Faith Farm Cheese

Assorted Varieties



5.49

360g - 380g

Comforting and addictively delicious cheese,
perfect for melting, shredding and slicing.

Blue Diamond Almond Breeze Beverages

Assorted Varieties



1.99

946ml

Delicious in everything from
cereal to baking to cooking
to smoothies.

Nature's Path Organic Cereal

Select Varieties



**4.49 to
4.99**

283g-400g Boxes

Follow the path to
great organic cereals
that will make you
feel good about your
breakfast.

The meaning of **FAIRTRADE**



Did you know that Choices Markets has been awarded Fairtrade Canada Retailer of the Year six out of the eight years since the inception of the award? We are exceptionally proud of this achievement, as supporting Fairtrade products and businesses is important to us. The question is, why should it be important to you too?

You may have seen the Fairtrade mark during your shopping trips or perhaps heard the term before, but what exactly does it stand for? Fairtrade is a social movement and trading partnership, which seeks greater equity in international trade. Its mission is to contribute to sustainable development by ensuring better prices, decent working conditions, fair terms of trade, and to support local sustainability for farmers and workers in the Global South.

In order to receive the Fairtrade certification, companies are required to pay sustainable prices. This addresses the injustices of conventional trade, which traditionally discriminates against the poorest, weakest producers. As such, Fairtrade certification enables producers to improve their position and have more control over their lives.

When you buy products with the Fairtrade mark, you support farmers and workers as they work to improve their lives and

their communities. The mark means that the Fairtrade ingredients used in the product have been produced by small-scale farmer organizations or plantations that meet strict standards that encompass core social, economic, and environmental requirements. These standards include the following: protecting workers' rights, setting minimum prices for products to ensure a sustainable income, prohibiting child labour, forced labour, and gender discrimination, as well as protecting the environment.

Choices Markets offers a wide range of Fairtrade products, including bananas, avocados, cocoa, coffee, tea, sugar, spices, quinoa and rice, flowers, body care products, and cosmetics. To support the Fairtrade movement, be sure to look for the Fairtrade mark on your next grocery shopping trip!

Learn more about Fairtrade by visiting fairtrade.ca and cftn.ca



Pauline Wong BA, RHN is a Registered Holistic Nutritionist, with a Bachelor of Psychology from UBC and a Diploma of Technology in Human Resources from BCIT. Pauline's motto is to live life to be the best version of yourself. She is motivated to help others better themselves by living a healthy, balanced and holistic lifestyle. Her goal is to educate and spread awareness in the power of food and how we have the ability to make the best conscious decisions for ourselves to achieve optimal health, while simultaneously minimizing our impact and being as sustainable as possible.

I'm an omnivore...what are my best eating practices to help planet earth?

By D'Arcy Furness, RHN, Nutrition Consultant at Choices Markets South Surrey

1

We all Share Similar Responsibilities

Regardless of chosen eating styles, we all share similar responsibilities –don't waste food! Shockingly, Canadians waste 40% of the food we produce, and the majority of that waste is generated by households, not commercial facilities. This waste costs us \$31 billion yearly and much of this food is dumped into the landfill, causing greenhouse gas emissions. Make a meal plan for the week based on what you have on hand, and then shop smart. Get creative with leftovers - you can whip them into a frittata, cook with chicken broth and puree into a yummy soup, and use vegetable ends to make your own veggie stock. You'll save money and mother earth!

2

Choosing Meat Products

When choosing meat, avoid factory farmed meats - these farming practices use concentrated animal feeding operations (CAFO's) to ready their animals for slaughter. CAFO's are inhumane to both animals and the humans who work in them. Given their unnatural confinement, antibiotics are given prophylactically which dramatically worsens our antibiotic resistance and puts us at risk of death from what were once simple bacterial infections. Methane gas production from these animals contributes disproportionately to greenhouse gas emissions and the conventional feed given to them is largely genetically modified and contains glyphosate, a known human carcinogen. Choose grass-fed, pastured meats, regeneratively farmed - these animals create much less methane and improve soil health rather than degrade it - increasing carbon drawdown. For seafood, avoid farmed fish for the same reasons as conventional meats.

3

Choosing Dairy Products

When choosing dairy products, try to choose organic and grass-fed products. Milk from cows that mostly graze on grass (versus grain) is better for our health and the planet. Cows that produce organic milk must get at least 30% of their food from grass; in the winter months, they are given organic feed that is free of growth hormones, antibiotics, and synthetic pesticides, herbicides, and genetically modified ingredients. Pasturing puts fewer tractors in fields, which reduces carbon dioxide emissions. Next, it nurtures healthy soil while safely isolating carbon dioxide out of the atmosphere. Lastly, it provides natural, organic fertilizer, which reduces carbon dioxide emissions that are made from the manufacturing of synthetic fertilizers and pesticides.

4

Go Local

Choose local, organically grown fruits and veggies as much as possible. Conventional agriculture destroys topsoil preventing carbon drawdown and when we choose produce from a distance, transportation increases greenhouse emissions.

ENTER TO WIN

A year's supply of Vega Products!

Courtesy of Vega



You will receive a fresh tub or box of bars of any Vega Product each month for one year. Choose your favourite, try something new, or be surprised and delighted with a mystery pick.

Skill Testing Question:

$(56 - 18) \times (25 - 13) =$ _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from May 1-31, 2020. 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. Winner is responsible for picking up their prize from the Choices Markets location of their convenience. There can be no repeat winners for Choices contests throughout 2020.



Grocery Gossip

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.



Fairtrade Coffee:

As one of the world's most popular beverages, it is a relief to know that coffee boasts numerous potential health benefits! These benefits are due to its high polyphenol content, in addition to the caffeine itself. In fact, The Beverage Guidance Panel, which provides recommendations on benefits and risks of various beverages, found that coffee tied with tea (preferably without sweetener or creamer) as the number-two healthiest beverage, second only to water. Studies have shown several health benefits to coffee intake. These include reducing the risk of liver disease, reducing the risk of Parkinson's, and improving various aspects of brain function.



Fairtrade Chocolate:

While chocolate often gets a bad reputation, this indulgent food is healthier than you might think! Chocolate is made from Theobroma cacao tree seeds. Chocolate's rich flavour and smooth texture are responsible for its allure and popularity. Chocolate is a rich source of plant chemicals called cacao flavanols, which have anti-inflammatory and antioxidant properties. Additionally, it is an excellent source of magnesium, iron, and zinc. Surprising to some, chocolate has been shown to have many health benefits, including lowering cholesterol levels, preventing cognitive decline, and reducing the risk of cardiovascular issues. Dark chocolate contains the highest levels of cacao flavanols. Therefore, choosing varieties that contain 70% cacao or higher will provide the highest levels of health-promoting flavanols.



Evive Smoothie Cube:

Who doesn't love the idea of a nutritious smoothie that doesn't require a blender? Evive's Smoothie Cubes are available in two varieties- energizing smoothies and sports smoothies. Delicious smoothies are prepared in seconds by following three easy steps! Simply take the frozen cube out of the package, add it to water or juice, and wait a few seconds for it to thaw out. In addition to providing a convenient, wholesome, and nutritious product, Evive strives to make a positive impact on the environment. Their products are free of added sugar, certified vegan, certified gluten-free, certified organic, and non-GMO verified.

Choice Produce Picks



Fairtrade Avocados:

This delicious fruit is an excellent source of healthy fats and the carotenoids lutein and zeaxanthin. These two phytochemicals are concentrated in the darkest green flesh closest to the peel. Therefore, be sure to peel avocados carefully as to preserve as much of the flesh as possible! Because avocados of their fat content, avocados can also boost carotenoid absorption in other foods, since carotenoids are fat soluble! In fact, eating avocado may triple the absorption of fat-soluble phytonutrients! Studies show that just a few grams per meal are adequate, such as adding 1/8th of an avocado to tomato salsa or a green salad. Additionally, avocados also increase the conversion of beta carotene into vitamin A. In addition to making guacamole or avocado toast, try using half an avocado instead of oil in your next salad dressing for added fibre and a creamy consistency.

Bakery



Jack's Paleo Kitchen:

If you think choosing paleo baked goods means compromising on taste, think again! Let Jack's Paleo Kitchen show you that not all paleo cookies are created equal. This family-owned company takes their ingredients and your taste buds seriously! Their Paleo-Friendly Cookies and Trail Mix Bites are soft, delicious, and free of the most common allergens (with the exception of coconut). Their products are grain-free, gluten-free, dairy-free, egg-free, non-GMO, nut-free (except coconut), and free of refined sugar. The company also takes pride in partnering with companies that offer ingredients that are of superior quality and environmentally friendly. With 7 delectable varieties to choose from, such as Snickerdoodle and Lemon Zing, paleo-friendly treats have never looked better!

Tasty Top Choices Recipe



Fairtrade Avocado Chocolate Mousse

- 1 large ripe Fairtrade avocado
- 1/4 cup Fairtrade cacao powder
- 1/4 cup Fairtrade coconut milk
- 2 teaspoons Fairtrade sweetener of choice (e.g. honey, agave, or molasses)
- 1 teaspoon Fairtrade vanilla extract

Optional Fairtrade toppings: banana, mangoes, blueberries, shredded coconut, or cacao nibs

Puree the avocado in a blender or food processor until smooth, or mash and puree your avocado well, until smooth.

In a mixing bowl, mix the cacao powder and milk until fully combined.

Add in the avocado and stir in the sweetener and vanilla extract.

Mix well and transfer the mousse to a container or jar.

Store in the fridge until ready to eat.

Top mousse with desired toppings.



MAY 1-15 ONLY

wellness centre

ThinkSport Sunscreen & Deodorants



Assorted Varieties

20% Off

Assorted Sizes

Rubs in without leaving a white coat behind and does not harm coral reefs.

ThinkSport Stainless Steel Water Bottles



Assorted Colours

27⁹⁹

500mL

29⁹⁹

750mL

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

Nena Glacial Clay Facial Care

Assorted Varieties



25% Off

Assorted Sizes

NENA Skincare contains only pure and natural oceanic clay.

MegaFood Farm Fresh Multivitamins and Supplements



Assorted Varieties

20% Off

Assorted Sizes

MegaFood goes out of their way to source fresh and local foods, crafting these into wholesome supplements that deliver authentic nourishment — far more than vitamins and minerals alone.

Flora Flor-Essence Herbal Cleanse



29⁹⁹

500mL

45⁹⁹

946mL

Can be used as a gentle cellular cleanse or as an integral part of your daily preventative health ritual.

Dr. Hauschka Facial Care



Assorted Varieties

20% Off

Assorted Sizes

Facial Toner gently hydrates the skin to achieve a radiant, rosy complexion.

SISU Calcium & Magnesium Supplements



Assorted Varieties

20% Off

Assorted Sizes

This low-potency formula is suitable for people who are not at high risk of bone loss.

Sproos Collagen Supplements and Collagen Bars



Assorted Varieties

20% Off

Assorted Sizes

Sproos offers enhanced collagen supplements to keep you moving, healing, and glowing.

Le Comptoir Aroma Mist Diffusers, and Pebbles

Assorted Varieties



20% Off

Assorted Sizes

A small fan diffuser that blows cold air to release the essential oils.

Aura Cacia Essential Oils



Assorted Varieties

25% Off

Assorted Sizes

Each blend offers unique and pointed aromatherapy benefits.

Kelowna Candle Factory Soy & Beeswax Candles

Assorted Varieties



20% Off

Assorted Sizes

These unique and beautiful custom hand poured mini tin creations are 100% Natural Soy Wax.

MAY 16-31 ONLY

wellness centre

Prairie Naturals Superfoods Greens and Spirulina



Assorted Varieties

20% Off

Assorted Sizes

Regular supplementation with Spirulina removes accumulated toxins in the body, creating a gentle and safe daily cleansing effect.

Prairie Naturals Red Superfoods



33⁹⁹

210 grams

This instant, ready-to-use powder is the perfect addition to smoothies, salad dressings, sauces and homemade energy bars!

New Chapter Vitamins and Supplements



Assorted Varieties

From quality ingredients to vitamins formulated for any health need.

HOT PRICE!

**Buy One Get One
50% OFF**



Nordic Naturals Omega-3 Fish Oils

Assorted Varieties

20% Off

Assorted Sizes

Doctor-recommended fish oil for immunity, brain, and heart support—without the fishy aftertaste.

BioStrath



23⁹⁹

250mL or 100tabs

39⁹⁹

500mL

Helps promote well-being by decreasing fatigue and supporting the body during periods of physical and mental stress.

Natural Factors Big Friends Vitamins



Assorted Varieties

20% Off

Assorted Sizes

A fun and delicious way for children to keep their antioxidant intake up.

Nature's Way Calcium & Magnesium



Select Varieties

24⁴⁹

500mL

High absorption liquid calcium 2:1 formula with K2 and collagen and blueberry flavour.

Jason Naturals Shampoo and Conditioner



Select Varieties

7⁹⁹

480mL

The thickening power of Biotin and Vitamin B5 revitalizes your hair's natural-born elasticity.

Accure Facial Care



Assorted Varieties

20% Off

Assorted Sizes

Get glowing with this super gentle, nutrient-packed cleanser that gets right to work washing away dirt, oil and make-up.

Vitality Vitamins and Supplements



Assorted Varieties

20% Off

Assorted Sizes

Improve your energy and mood with Power Iron + Organic Spirulina.

PATCH Natural Bamboo Adhesive Bandages



10⁴⁹

25pack

Crafted with 100% organic bamboo fibre with the added natural goodness of activated charcoal, aloe vera and coconut oil.

wellness centre month long specials



Genuine Health Organic
Fermented Vegan Proteins+

46⁹⁹

600grams

61⁹⁹

900grams

Genuine Health
Fermented Protein Bars



2/5⁹⁸

bars

33⁹⁹

12pack

Fermented proteins bring you all the benefits of a highly absorbable protein, with added gut health benefits! Fermented proteins contain bioactive nutrients that nourish the gut lining and strengthen digestive health, so the gut becomes more efficient at absorbing nutrients – plus, they don't bloat you.

Bio-K Plus Bio-Kidz Probiotic



12⁴⁹

6 pk Dairy

12⁹⁹

6pk Non-Dairy

Bio-K Plus Probiotics



Assorted Varieties

19⁹⁹

6pk Dairy

21⁴⁹

6pk Non-Dairy

Our products are available in two different forms; Bio K+ Fermented Drinkable Probiotic and Bio K+ Probiotic Capsules. The choice of product is a question of taste and convenience. You can take the product you prefer since their effectiveness is the same. Indeed, both formulations have shown the same efficacy in our clinical studies.



CanPrev
Vitamins and Supplements

Assorted Varieties

15% Off

Assorted Sizes

CanPrev's Adrenal-Pro is a blend of adaptogenic herbs and nutrients specially formulated to provide an improved sense of wellbeing and help improve mental and physical performance.

Newco BroccoFusion Facial
Care and Body Care

Assorted Varieties

15% Off

Assorted Sizes

Reduces the appearance of age spots and protects your skin.

Vega Protein Energy
Vanilla or Chocolate



28⁹⁹

510-513 grams

20g of plant based protein with caffeine and MCT's, plus comes in two tasty flavours.

AOR L-Glutamine

Assorted Varieties



34⁹⁹

120 caps

45⁹⁹

454 grams

An amino acid that is vital in stress and illness.

Organika
Bee Propolis Supplements

Assorted Varieties

25% Off

Assorted Sizes

Bee Propolis soothes and heals sore throats, oral infections, and other inflammations of the throat and mouth.



the Dish

On Fairtrade Mango

When you picture a sandy beach with a warm ocean breeze and thick jungle, one of the first fruits you might dream alongside it is a bright red mango. Nothing says tropical like the fragrant golden flesh of a perfectly ripe mango.



Mangos are grown in subtropical weather conditions throughout the world. India is definitely the largest producer of the fruit in the world by far, at 39% of the world's production. It's no wonder that mango tree is also considered sacred throughout India. There are many major areas of cultivation, but they are also found in the southern United States, and there is even a small production in Andalusia Spain.

Just like your Granny Smith or Red Delicious apple, there are many varieties of mango. There are over a thousand grown around the world, so I won't have any time to list them here. Fruit may vary in size starting from just over 100 grams up to 1.5 kilos. It all depends on season, varietal and farm growing conditions. Just remember that the larger the mango the greater ratio of fruit to seed.

While in the west we are used to just eating the ripe fruit, unripe green mangos are commonly used in growing areas in pickling, chutneys and dhal. They add a tartness to cooking that is hard to replicate. Fresh, fully ripe mangos are to my tastebuds a

sublime experience. I could eat them in huge amounts and I surely do when possible. I strongly recommend travelling in mango growing countries during harvest so that you indulge on the kidney shaped delight as fresh from the tree as possible. It will change the way you've thought of mango forever.

In the kitchen the perfect natural balance of sugars and mild acidity makes this ingredient adaptable to a multitude of uses. Lassi's, smoothies, or just fresh juices are one step from simply eating fresh fruit. Just like green mangos, ripe ones combine very well in chutneys, compotes, jams, and are especially delicious in curries. Many chefs have been making fresh mango salsas to accompany meat and fish dishes. And don't forget tofu, it's just waiting to meet mango. Dive into infinite salad and poke bowl combos. Rice, grains, pasta, and a large selection of fresh vegetables, all will pair very well with some mango sweetness. Take your breakfast parfait to the tropics with some sliced mango. Venture in the flan world or make a mango cheesecake.

Try mango in sushi and salad rolls for some wonderful freshness. And if you have too many ripe mangos, (which in my world is rare) experiment making soup, chilled or warm. Sweet or savory, you'll be thankful you did stock up, and you can always freeze some extra soup to bring some brightness to a rainy day ahead.

If you're like me, at this point you're fighting against running to the produce aisle, buying yourself some mangos, and enjoying the vitamin richness and juiciness of this gorgeous natural gift. I think we should just give in! Oh, did I mention to you that you could even substitute mango for pineapple on pizza? Just please don't tell any of my Italian friends back home I said that.



Chef Antonio is working diligently to bring you your favourite healthy pre-made meals. Made from scratch in the Choices Kitchen, they're loaded with healthy ingredients and great flavour.



comments@choicesmarkets.com

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 @ChoicesMarkets

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

