



CHOICES'

Monthly Newsletter | April 2020

Sustainable Choices



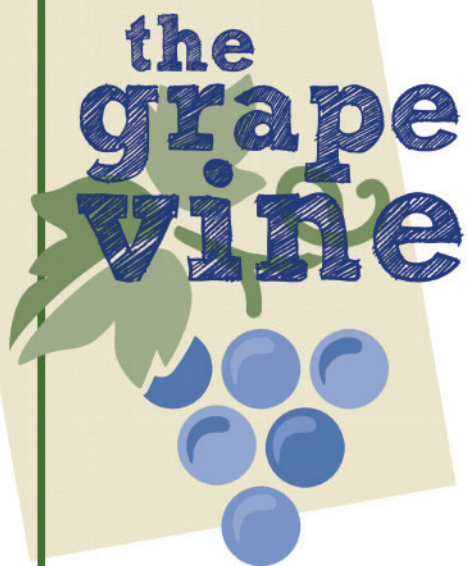
The Dish On Tofu

Win a **Kayak!**

Tips for Reducing Plastic Use

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





Happy Easter



Hop to it! Spring is here and the Easter Bunny is coming along with the flowers. This year he's shopping at Choices to find Fairtrade chocolates, our bakery's hot cross buns, cupcakes, cookies and more!

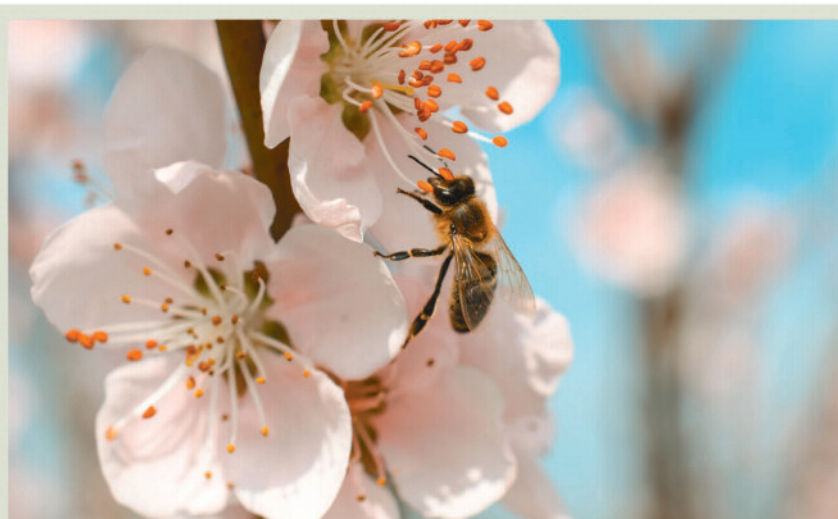
Bedding Plant Sales



Will you be planting a garden in your backyard, balcony or community garden this spring? Choices Market's weekend plant sales are starting up again soon. We'll have ready to plant vegetables, fantastic flowers, perfect perennials and sensational succulents. Best of all, 5 percent of the proceeds from our weekend plant sales in April and May will be donated to local schools. Make your garden beautiful and help your community at the same time! Don't forget, Full Circle Topsoil (made from compost collected at our stores) is also available and great for your plants.

Earth Week

On April 22nd Canadians Celebrate Earth Day! For Choices, being a sustainability focused business is an important part of our identity. This issue of the Monthly Newsletter is dedicated to sustainable topics, like reducing plastic use and eating sustainably. We hope you learn a thing or two or are inspired to make some sustainable changes in your life.



COOK IT UP



Earth Island's No Bake Vegan Cheesecake

Courtesy of Earth Island

Vegan Cream Cheese Filling

454g of Earth Island's vegan cream cheese

3/4 cup of coconut butter

4 tbsp water

3 tbsp of orange juice

3 tbsp vanilla extract

3/4 cup cane sugar

4 tbsp coconut oil

Fruit for garnish

Crust

1 1/2 cup vegan cookie crumble

1/2 cup can sugar

Dash of cinnamon

5 tbsp vegan butter

Coat 9" spring form pan with 1 tsp of oil

Press combined crust ingredients into pan

Bake at 350 degree for 10 minutes, let cool

Beat Earth Island's vegan cream cheese till soft

In a blender, blend coconut butter, water, orange juice, vanilla and sugar until smooth

Combine coconut mixture with cream cheese

Pour melted coconut oil into mixture and mix until fully combined

Spread the vegan cream cheese mixture into the spring form pan and let sit covered in fridge for at least 3 hours.

Top with fruit of choice, cut and serve chilled.



ENTER TO WIN

Get on the Waves with 1-of-2 Kayaks!

Courtesy of Echoclean

Approximate Retail Value \$500



Skill Testing Question:

(56 - 18) x (25 - 13) = _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from April 1-30, 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.

A lighthouse with a red top and white body stands on a rocky cliff. The scene is set at sunset, with warm orange and yellow light reflecting on the rocks and the sky. The ocean is visible in the background, with a few small boats in the distance.

Seminar and Events Cancellation

Dear Choices customers,

The health and wellness of our staff and our customers is a top priority for Choices Markets. While the risk of contracting the Coronavirus (Covid-19) remains low, it continues to be a growing concern in Canada and around the world.

Due to an abundance of caution for the safety and health of our customers, staff and partners, we have made the decision to cancel all of our events and seminars taking place over the next 90 days, and will not be scheduling any events until further notice, including our popular Project Chef Kids Camp.

We will continue to monitor the situation and update as necessary.

Thank you for your understanding,

Choices Markets



APRIL 1-15 ONLY

club specials

One Degree Organic Sprouted Granola or Organic Sprouted Oats



Assorted Varieties

4⁹⁹

Granola 312g

5⁹⁹

Oats 680g

Made with sprouted ingredients for better nutrition and easy digestion.

Liberte Organic Yogurt & Organic Kefir

Assorted Varieties



3⁷⁹

Yogurt 650g - 750g

3⁹⁹

Kefir 1L

Canada's favourite yogurt for creamy decadence and artisan flavour.

Earth's Choice Rainforest Alliance Certified Organic Coffee



Assorted Varieties

8⁹⁹

340g

Premium coffees to start your morning off right.

Green & Black's Organic Fair Trade Chocolate Bars



Assorted Varieties

3⁴⁹

90g

A wide variety of expertly handcrafted chocolates for those who expect the best.

Love Good Fats Bars

Assorted Varieties



1⁹⁹

39g

2²⁹⁹

Case of 12 39g Bars

Say hello to good fats with Love Good Fats bars.

Coconut Bliss Non-Dairy Frozen Dessert

Assorted Varieties



6⁹⁹

473ml

The evolution of ice cream is here! Dairy-free and extremely delicious.

Late July Organic Flavoured Tortilla Chips



Assorted Varieties

2⁹⁹

156g - 170g

Inspired by the good times of summer, Late July snacks bring memories and good taste.

Clif Energy Bars

Assorted Varieties



.99

68g

11⁸⁸

Case of 12 68g Bars

The perfect energy boost for your workday or trail hike!

Lundberg Organic Rice Cakes



Assorted Varieties

3⁹⁹

241g - 269g

Stack these high with your favourite toppings for a healthy snack.

Spread'Em Cashew Dips or Cream Cheeze Style Spreads

Assorted Varieties



5⁴⁹

Dips 183g

6⁹⁹

Cream Cheeze 183g

Dairy-free dips and spreads made with real ingredients for healthier snacking.

Stahlbush Island Farms Sustainable Frozen Fruits & Vegetables

Assorted Varieties



2⁴⁹

Vegetables 227g - 400g

4⁴⁹

Fruit 227g - 300g

Flash frozen from field to your table for the ultimate in freshness.

Naam Vegetarian Cooking Sauces and Gravy



Assorted Varieties

4⁹⁹

350ml - 355ml

Straight from the kitchens at the historical Vancouver vegetarian restaurant, these sauces are epically delicious!

APRIL 16-30 ONLY

club specials

Riviera Vegan Kefir & Vegan Yogurt



Assorted Varieties

4⁹⁹

946ml Kefir 650g Yogurt

New vegan options offering up delightful tropical flavours made with coconut milk.

Terra Bread Premium Granola



Select Varieties

6⁹⁹

454g

12⁹⁹

1KG

Crunchy and wholesome, these granolas are a great way to start your day.

Liberte Greek Yogurt or Greek Crunch Yogurt



Assorted Varieties

2⁹⁹

2 Pack Crunch 4 Pack Greek

As convenient as they come, just pack a spoon and you have a simple on the go yogurt lunch.

Ethical Bean Organic Fair Trade Coffee



Assorted Varieties

6⁹⁹

Ground 227g

9⁹⁹

Whole Bean 340g

Better coffee for the environment, people and your tastebuds.

Nuts to You Organic Peanut Butter

Smooth Or Crunchy



5⁹⁹

500g

Freshly ground with the best ingredients, these peanut butters are simply the best!

Prasad Ayurveda Organic Ghee



12⁹⁹

225g

19⁹⁹

425g

An amazing oil for cooking and more, have you tried ghee in your kitchen yet?

GT's Organic Raw Kombucha Beverages



Assorted Varieties

7⁹⁹

1.4L
+deposit +eco fee

The original kombucha brand that started the craze, take the goodness home today.

Navita's Organic Goji Berries or Raw Cacao Powder



5⁹⁹

Cacao Powder 227g

8⁹⁹

Goji Berries 227g

Whip up something energizing with these great ingredients for baking, smoothies and more.

Echoclean 2x Concentrated Liquid Laundry Detergent



Assorted Scents

10⁹⁹

2.95L

Made in BC laundry detergent for a powerful and sustainability focussed clean.

Earth's Choice Organic Beans

Assorted Varieties,
Regular or No Salt Added



2⁴⁹

398ml

Beans are a sustainable protein option that are versatile and loaded with healthy fibre!

Earth's Choice Organic Coconut Milk

Select Varieties, Excludes Heavy Cream



1⁹⁹

160ml

2⁹⁹

400ml

Add creaminess and flavour to a variety of dishes with these excellent coconut milks.

Simply Organic Baking Extracts and Spices

Assorted Varieties, Assorted Weights



3^{00 off}

These Simply Organic extracts and spices take your food from plain to perfection!



Reducing Plastic

How can we each do our own part in the solution to reducing the plastic pollution that is burdening our planet?

Before adopting a bunch of tricks or buying new things, the first thing we can do to minimize our plastic waste is to do an audit on what type of single-use plastics and packaging we utilize or accumulate. Single-use plastics are used once for a minimal period of time, but linger on in our environment for centuries or longer.

Perhaps we find that we are hitting the local coffee shop often. In this case, it is critical to think about the waste that results from this setting. From the cup, to the lid, to the spill stopper. Remembering to bring a portable mug is one excellent option, or opting for a “cup for here” and enjoying the cozy environment. Many companies will offer a discount for using a reusable cup. Water bottles can pose another problem. For example, having your own reusable water bottle will prevent you from grabbing that bottle of water after your workout. Try to find a reusable bottle or cup that suits your specific needs- maybe one that is meant for smoothies and comes with a straw. A wide mouth mason jar works great and there are many options for interchangeable lids.

In terms of straws, while opting for no straw may be an easy solution for some people, a straw may be a necessary vessel to optimal nutrition for those with specific medical conditions. There are many options available; glass, bamboo, silicone and steel. If you need a straw or simply prefer one, you can carry your own reusable straw. Also, don't forget to tell your server “no straw please”, or bring your own reusable straw.

What about food? Slow down and dine in! Stock up on healthy produce and prepare your own lunches and whole food snacks to take with you. This will help to minimize your single-use plastics but also keep you in control of your nutritional needs. Pack your lunch in a reusable pouch, beeswax wrap, or container. If you happen to have your own cutlery you can opt out of needing to grab that plastic fork with your salad. Many companies are looking towards offering different types of single-use cutlery that breaks down

easier, but having your own stash prevents the waste altogether. Lastly, carrying a small portable container in your bag will allow you to pack leftovers without bringing home unwanted garbage.



In the grocery store or at the farmer's market, remember to bring your own bag or tote. If you forget to, ask your friendly cashier for a box to repurpose and remember to recycle it after. You can also find reusable mesh bags for produce, or perhaps you may not really need a bag for certain items, such as lemons. You can choose dairy products that are packaged in glass, which can be repurposed or recycled more efficiently than plastic. Look for companies that use sustainable packaging options or opt for no packaging and shop buy in bulk using your own mesh bags. Most importantly be mindful in the practice of reducing, reusing, and recycling and plastic goods.



Dionne Legge, CNP, holds the designation of Certified Nutritional Practitioner, having obtained her diploma in applied holistic nutrition, from the Institute of Holistic Nutrition. She is also certified in Herbal Pharmacology & Plant Based Medicine Making as well as Therapeutic Nutrition & Supplementation in Practice. Coming from the clean energy sector, Dionne developed a strong passion for sustainability and now advocates for having ethical eco options when it comes to food.

Connect with Dionne at our Abbotsford store or by email at abbotsfordnutrition@choicesmarket.com

The most common questions about IBS

By Dr. Kay Wong, ND

Q
A

Why do I have IBS?

There can be many reasons why you have IBS. These reasons are as diverse as low levels of healthy gut bacteria or parasitic infections, to hormonal imbalances and genetic tendencies. IBS can have multiple causes and triggers - not just one!

Q
A

What is the best diet for IBS?

Those who struggle with IBS often have to restrict certain foods to control symptoms. Food sensitivity testing can be very helpful to discover the foods that trigger symptoms. However, restricting food sensitivities is not a permanent fix and can lead to health issues in the future. One of my goals as a naturopathic doctor is to help patients resolve the underlying cause(s) of IBS so that they can eventually be able to eat a wide variety of foods without triggering symptoms.

Q
A

Can IBS be cured?

Yes! Although there are a lot of different factors involved with IBS, there are many testing and treatment options available. Some of these include food sensitivity testing, stool and breath tests to check for issues with gut bacteria, parasites, or yeast. If stress or anxiety is a trigger, or if your IBS flares around the menstrual cycle (for women), hormone testing can be very helpful.

If you have been struggling with IBS for a long time, do not give up. I have personally experienced many digestive symptoms and it was one of the reasons that lead me to naturopathic medicine. Everybody's IBS is unique and understanding your causes and triggers is the best place to start.



Dr. Kay Wong, ND is a naturopathic doctor at The IV Health Centre in Yaletown and has a focus on digestion, hormones and skin health. To book an appointment with Dr. Kay, email info@theiv.ca or call the clinic at 604-974-8999.

Best Eating Practices for Planet Earth

By D'Arcy Furness, RHN

Making the right food choices for the health of our planet is becoming increasingly complicated. We're constantly bombarded with conflicting opinions and strategies that are not necessarily globally applicable or culturally acceptable. Combine sustainability concerns with our particular health goals or medical concerns and we can find ourselves paralyzed when it comes to making the right food choices.

But just what are those connections between mindful food choices and a healthy and sustainable ecosystem? We're hoping to help with some guidelines to help all eaters navigate the food choice labyrinth. We'll focus on the three main eating styles (omnivore, vegetarian and vegan) and the two most environmentally important aspects of food production; 1. mitigation or reducing carbon loss/global greenhouse gas emissions and sequestration and 2. increasing carbon drawdown. Mitigation looks at how food is farmed, including chemical and water use, packaging and production and how far food needs to travel to get to us while sequestration examines how well carbon is captured back into the soil and how farming practices impact the overall soil health – increasing biodiversity and water holding capacity.

Land use changes and agriculture are responsible for nearly 25% of global greenhouse gas emissions and conventional farming systems (plants and animals) are damaging our soil ecosystems and heating up the planet while reducing biodiversity.

None of us can ever be 100% perfect, and we may not always agree with one another, but if we can pull together on common themes and keep moving in the right direction, we can make great strides to ensuring our planet and resources are around for generations to come.

We'll do the best we can to simplify these concepts into actionable choices you can make while choosing food. Check back next month to see what food choices you can make as an omnivore to be a part of the global solution!



Grocery Gossip

Tempeh:

This traditional Indonesian food is made from whole soybeans and is best known as being an excellent meat substitute. It is made by fermenting soybeans and binding them into a cake-like form. Tempeh is exceptionally high in protein, providing 31 grams of protein in every cup. Because it retains the whole soybean, the fibre content in tempeh is very high. It has a firm but chewy texture and a mildly nutty taste. It can be baked, steamed, sautéed, or broken up into smaller pieces to substitute for ground beef. It can also be marinated to boost its flavour.



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.

Tasty Top Choice Recipe



Teriyaki Tempeh

Tempeh:

- 2 Tbsp coconut or avocado oil
- 8 oz tempeh cut into ¼ inch thick strips
- 2 Tbsp nutritional yeast
- 3 large garlic cloves, crushed and minced
- 1 Tbsp sesame seeds
- 1 Tbsp chopped green onion

Teriyaki Sauce:

- 1 Tbsp coconut oil
- ½ cup Coconut Aminos or soy sauce
- 1 Tbsp pure maple syrup
- 2 garlic cloves, crushed and minced
- 1 tsp fresh ginger, grated and minced
- 1 tsp Sriracha or other hot sauce (optional)

Make the teriyaki sauce by whisking all sauce ingredients together

Using a large skillet, pan fry the tempeh strips until they are golden brown.

Add the teriyaki sauce and nutritional yeast and mix to coat the tempeh thoroughly. Add the minced garlic and continue sautéing for two minutes.

Remove from heat and serve over quinoa, brown rice, or cauliflower rice. Top with green onion and sesame seeds.

Choice Produce Picks



Mangosteen:

This delicious tropical fruit is native to Southeast Asia. While the outside is bright purple, the inner flesh, however, is bright white. The fruit is derived from an evergreen tree that has been cultivated since ancient times. Mangosteen is known for its juicy and delicate flesh and nutritious value. It is best known for containing powerful phytochemicals called xanthones that are thought to be responsible for the fruit's anti-inflammatory, antioxidant, and anti-cancer properties. Because of its unique antioxidant profile, mangosteen is commonly referred to as a 'superfruit.' Although not commonly found as a whole fruit in North America, it is widely available in juice form.



Coconut:

The coconut is the fruit of the coconut palm tree. The parts that are used are its meat (called the 'kernel'), oil, milk, and water. The meat is slightly sweet and has a firm texture. When processed, coconut meat can be made into milk and cream. Dried coconut meat can be processed into flour. Alternatively, oil can also be extracted from the meat. Unlike most fruits, coconut is higher in fat than carbohydrates. Much of the fat content is in the form of medium chain triglycerides, which are absorbed and used for energy by the body rapidly. They also contain B vitamins and minerals, including selenium, manganese, copper, and iron. Shredded coconut is a great addition to soups, stews, curries, oatmeal, yogurt, and baked goods.



Jackfruit:

This fruit is native to Thailand, Sri Lanka, Indonesia, and India. Its flavour is mild and its texture is meat-like, making it a perfect alternative for meat. Jackfruit easily absorbs the spices and flavours that it's cooked with. It is also considered to be a sustainable food, as the jackfruit tree is resistant to drought and pests. It is also very nutritious, being rich in potassium, vitamin A and C, and fibre. Interestingly, the ripeness of the fruit determines how it is consumed. Jackfruit in its unripe state (with bright green skin) can be used as a meat substitute for various dishes, including in barbecue, Mexican dishes, pot pies, and curries. Ripe fruit, on the other hand (with brown skin) is sweeter and should be enjoyed either fresh or in baked goods or smoothies.

APRIL 1-15 ONLY

wellness centre



Floradit and Floravit Iron Supplements

22⁹⁹ 250mL **39⁹⁹** 500mL **52⁹⁹** 700mL

Floradix and Floravit offer safe, low dose, liquid iron supplements. They're formulated for easy absorption and assimilation, and are gentle on the digestive tract. They can help to prevent iron deficiency in adults, adolescents and pregnant and breastfeeding women.

Natren Probiotics

Assorted Varieties



Heal your gut flora with the best quality probiotics today.

20% Off

Assorted Sizes



NOW Solutions Natural Carrier Oils

Assorted Varieties

20% Off

Assorted Sizes

NOW® Solutions' natural carrier oils are a gentle, natural way to maintain smooth, radiant skin.

NOW Solutions Xyli-White Toothpaste

Assorted Varieties



7⁹⁹

181 grams

A fluoride-free toothpaste gel that uses natural Xylitol that cleanse and whitens.

Naturtint Permanent Hair Colour

Assorted Varieties



8.99

Root Touch Up Kit

15.99 1 kit

Plant enriched, vibrant, long lasting hair colour. Covers gray in one application.

New Roots UltraB Complex 100mg



29⁹⁹

90caps

55⁹⁹

100caps

Utilizes bio-active co-enzyme forms of B2, B6, and B12, for faster and more noticeable improvements in stress, mood, and energy.

St Francis Herb Farm Canadian Bitters



16⁴⁹

50mL

26⁹⁹

100mL

More Savings In Store

Take our Canadian Bitters formula if you're experiencing digestive problems and dyspepsia.

Nourish Organic & Botanical Beauty Facial Care



Assorted Varieties

20% Off

Assorted Sizes

Gently cleanse and nourish your skin with this deeply penetrating cleanser that dissolves dirt, oil and makeup while helping to minimize pores.

Prairie Naturals Digestive Enzymes

Assorted Varieties



20% Off

Assorted Sizes

Provides rapid relief from indigestion safely and effectively by neutralizing and eliminating toxins and allergens.

RespirActin Breathe Free

Assorted Varieties



16⁹⁹

237mL

26⁹⁹

474mL

Clinically proven natural support therapy for your respiratory system, lungs, and sinus.

Purica Immune 7

Assorted Varieties



24⁹⁹

60caps

42⁹⁹

120caps

Provides serious immune support to supercharge your vitality.

APRIL 16-30 ONLY

wellness centre



Genuine Health Greens+

Assorted Varieties

20% Off

Assorted Sizes

Only greens+ is proven to boost energy and vitality, provide antioxidant protection and balance pH. That's the power of plants!

Natural Factors Vitamins A, D & K

Assorted Varieties

20% Off

Assorted Sizes

Increases calcium absorption to strengthen bone density.



RenewLife Probiotics

Assorted Varieties

20% Off

Assorted Sizes

Probiotics contain friendly bacteria that work in harmony with your body, playing an important role in our overall health and wellness.

Harmonic Arts Elixirs & Concentrated Mushroom Extracts

Assorted Varieties

20% Off

Assorted Sizes

Superfoods to add to your daily routine!



Redmond Earthpaste

8.79

113g

No foaming agents, no coloring, no glycerin, and no fluoride. Everything your mouth needs to feel clean, and nothing extra.

Mad Hippie Skin Care & Cosmetics

Assorted Varieties

20% Off

Assorted Sizes



Award winning advanced anti-aging skincare. Enjoy a noticeable glow!

Lily of the Desert Aloe Vera Supplements

Assorted Varieties

25% Off

Assorted Sizes

Support healthy digestion and a healthy immune system.



Cannanda CB2 Hemp Seed Oil and Aromatherapy Blends



25.99

2.4mL

28.99

240mL

These blends provide a targeted response that help reduce pain & inflammation, ease anxiety,

SISU Rhodiola Stress Caps



13.99

30caps

19.99

60 caps

Comprehensive stress protection while decreasing mental fatigue.

Nature Clean Hand Soaps

Assorted Varieties

5.99

500mL



Nature Clean® Liquid Hand Soap is 100% natural. It gently cleanses, moisturizes, and nourishes your hands without irritating your skin.

wellness centre month long specials

Lorna Smart Solutions Beauty Supplements

Assorted Varieties



15% Off

Assorted Sizes

Beautiful skin begins from within. Smart Solutions for skin address both age related nutrient decline and underlying inflammatory issues; supplying vital nutrients that can restore natural beauty.

Organika Activated Charcoal



40grams
11 49
13 49
90caps

Traditionally used often as an acute remedy for indigestion, flatulence or venous congestion.



Organika Activated O Oxygen

60mL
22 49

Boosts oxygen levels in the body for better energy efficiency, mental clarity, and improved recovery from physical stressors.

Natural Factors Vitamin B Supplements

Assorted Varieties



15% Off

Assorted Sizes

Upgrade your standard B complex supplement.

Platinum Naturals EasyIron



24 49
60 caps
43 99
120 caps

Platinum Naturals' products are made with our unique Superior Nutrient Absorption™ delivery system to help you feel your best every day.

Platinum Naturals EasyCal Calcium



Assorted Varieties
17 99
Coral Calcium, 90 caps
49 99
240 soft gels

Combined with key ingredients, EasyCal Calcium optimizes calcium absorption.

Trophic Super Concentrated Chlorophyll



Assorted Varieties
20% Off
Assorted Sizes

Chlorophyll is a rich source of nutrients and antioxidants that enhance the absorption and utilization of vitamins and minerals and aids in digestion.

Weleda Baby Care

Assorted Varieties



Formulated with nature's gentlest plants and flowers, certified to NATRUE European standards.

20% Off

Assorted Sizes



Hyland's Leg Cramps with Quinine

10 79
100tabs

Natural relief of stiffness, pains in limbs, joints and legs, and cramps in calves, feet and legs.

Routine. Natural Deodorant

Select Varieties



23 99
50mL

Routine is an amazingly effective line of life changing all-natural deodorants.

the Dish

On Tofu

Tofu is made from soy beans soaked and cooked in water; ground, filtered, curdled and then pressed into different levels of firmness. For such a simple and ubiquitous ingredient, a lot of work goes in to making it! The process goes back over 2000 years, so it's quite astounding that ancient humans were able to puzzle out this process.



I, however, first discovered tofu in the early nineties. Friends and family first showed me the food in various health inspired dishes. I would not consider these early tofu dishes to be highlights in my culinary career, but since those first days of experimentation I have explored and discovered heaps of recipes and uses for tofu.

Tofu comes in a variety of different firmnesses that you should be conscious of depending on what you want to do with it. Soft tofu can be almost custard like in consistency, while firm tofu is cheese like in your ability to slice, chop, shred or dice it. As you venture into your discovery of this ancient ingredient, you will develop your own favourite types. Firm tofu is great fried up in slices, and it can even come in smoked varieties. You can also bake tofu in rich sauces, where it will soak up the flavour and become a delight. Marinate slices of tofu before grilling to compliment your veggie bowls and salads, or create a delicious sandwich topping.

Add some silken or soft tofu to your breakfast cereal to boost protein levels. Blend it in to your smoothies for more nutrients. You can even use sweet flavours to make your silken tofu a tasty dessert. Tofu tarts, tofu cheesecake, or tofu mousses and puddings are sweet treats. Whip some tofu and substitute it for whipped cream and you have a great topping for strawberries on shortbread.



Really though, tofu is most famous for its use as a meat substitute. From eggless salad to beefless chili, it's the perfect protein substitution for vegans and vegetarians. Cook, dress and crumble, then you'll have the ideal veggie friendly dish that still has a meaty taste.



As you can see, I got through my initial distaste of tofu to see that it's quite the versatile ingredient with a rich history. If you haven't unleashed your inner tofu-avore, it's time to get experimenting and learning all the great tastes this ancient food has to offer.





Chef Antonio takes pride in the many vegan and vegetarian friendly dishes we have in the Choices Deli. Take on home for lunch today and you'll feel nourished and satisfied all day long.



comments@choicesmarkets.com

 /Choices_Markets

 /ChoicesMarkets

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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



FREE nutrition tours!

With Choices' team of Registered Dietitians & Holistic Nutritionists

Our 60 minute one-on-one or 90 minute group tours are customizable to your interests or health concerns.

**Book online: choicesmarkets.com
or email us: nutrition@choicesmarkets.com**

