



# SUMMER SAVINGS!

100% BC OWNED AND OPERATED

100%  
Grass Fed Lean  
Ground Beef  
from Australia  
Value Pack

**5.99/lb**  
13.21/kg

**HOT  
PRICE!**

BC Grown  
Organic  
Blueberries  
Weather Permitting  
**4.98**  
454g Pack

**Farmcrest Non-GMO  
Roasted Chickens**

**13.99**  
each

**BC Grown Organic Cauliflower  
from Crisp Organics**

**4.98**  
each

**BC Grown Organic Black Plums  
from Nature's First Fruits**

**5.98**  
907g Bag

**Choices' Own Multiseed  
or Country Wholesome  
Sourdough Bread**

Using Our 25+ Year Starter

**4.99**  
600g



**Andalou Naturals  
Facial Care**  
Select Varieties

**25% off**  
assorted sizes  
Regular Retail 2.99-41.49



**Hardbite Natural  
Potato Chips**  
Assorted Varieties

**2/5.00**  
128-150g



**GT's Organic  
Raw Kombucha**  
Assorted Varieties

**7.99**  
1.4L • +deposit +eco fee

**Physical Distancing:** Please remain 2 metres from others.  
One customer using the checkout belt at a time. Thank you.

Prices Effective  
August 27 - September 2, 2020.



# PRODUCE

**BC Grown Organic Galia  
Melons from Secrest**

**148  
/lb**

3.26/kg

**BC Grown Yukon Nugget  
Potatoes 2.82/kg**

**128  
/lb**

**BC Grown Green Beans**

6.57/kg

**298  
/lb**

**BC Grown Organic  
Cantaloupe Melons  
from Secrest**

3.26/kg

**148  
/lb**

# MEAT

**100% Grass Fed Beef  
Tenderloin Steaks  
from Australia**

57.30/kg

**2599  
/lb**

**100% Grass Fed New Zealand  
Spring Lamb Loin Chops**

Raised Without Antibiotics

30.84/kg

**1399  
/lb**

**Local Pork Side Ribs**

Raised Without Antibiotics

15.41/kg

**699  
/lb**

**100% Grass Fed Beef Sliders**

Made In-Store

19.82/kg

**899  
/lb**

**Grimm's Smokin Sizzlers**

**649  
450g**

**Local Boneless Skinless  
Chicken Breasts**

Value Pack 15.41/kg

**699  
/lb**

**Local Organic Chicken Wings**

Value Pack 13.21/kg

**599  
/lb**

**Old Country Pasta Meals**

**529  
450g**

**Local Boneless Duck Breasts**

Raised Without Antibiotics

37.46/kg

**1699  
/lb**

**Choices' Own Ground**

**Dark Meat Turkey**

Raised Without Antibiotics

17.61/kg

**799  
/lb**

**Fresh Steelhead**

Value Pack

37.46/kg

**1699  
/lb**



# GROCERY

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**Southern Recipe  
Keto Pork Rinds**  
2 Varieties

**2/7<sup>00</sup>**  
85g



**Skinny Pop Popcorn**  
Assorted Varieties

**2/6<sup>00</sup>**  
125-150g



**Lundberg Organic  
Rice Cakes**  
Assorted Varieties

**2/7<sup>00</sup>**  
241-269g

**GoMacro Energy Bars**  
Assorted Varieties



**2/6<sup>00</sup>**  
65-71g

**Solo GI Energy Bars**  
Assorted Varieties



**2/3<sup>00</sup>**  
40-43g



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

**2/7<sup>00</sup>**  
90g

**Coconut Bliss Organic Dairy Free  
Frozen Dessert**  
Assorted Varieties



**5<sup>99</sup>**  
473ml

**Righteous Single Serve Gelato**  
Assorted Varieties



**2/5<sup>00</sup>**  
106ml

**Zevia Stevia Sweetened Sodas**  
Assorted Varieties



**4<sup>49</sup>**  
6 Pack • +deposit +eco fee

**San Pellegrino Sparkling Beverages**  
Assorted Varieties



**4<sup>99</sup>**  
6 Pack  
+deposit +eco fee

**La Croix Sparkling Water**  
Assorted Varieties



**5<sup>49</sup>**  
8 Pack  
+deposit +eco fee

**Taste Nirvana  
Coconut Water**



**2/6<sup>00</sup>**  
700ml • +deposit +eco fee

**Choices Natural  
Spring Water**



**2/2<sup>00</sup>**  
1.5L • +deposit +eco fee

**GoGo Quinoa**  
White or Tri-Colour



**3<sup>99</sup>**  
375g

**King Soba Organic  
Ramen Noodles**  
Assorted Varieties



**4<sup>49</sup>**  
250g

**Rizopia Gluten-Free  
Rice & Quinoa Pasta**  
Assorted Varieties



**1<sup>99-2<sup>99</sup></sup>**  
340-454g

**Choices Gourmet  
Small Batch Pasta Sauce**  
Assorted Varieties



**6<sup>99</sup>**  
750ml

**Choices Organic Cheese**  
Assorted Varieties



**6<sup>99</sup>**  
235g



# GROCERY

## Choices Organic Milk



1%, 2%, 3.8% & Skim

**4<sup>99</sup>**

2L 1%, 2% & Skim

**5<sup>19</sup>**

2L 3.8%

## Silk True Almond Beverages

Select Varieties



**2/5<sup>00</sup>**

946ml

## Earth's Own So Fresh Nut Beverages

Assorted Varieties



**2/7<sup>00</sup>**

1.89L



## Tree Island Cream Top Yogurt

Assorted Varieties

**3<sup>99</sup> 8<sup>99</sup>**

500g

1.5kg

## Danone DanActive & Danino Drinkable Yogurt & Danone



## Activia Yogurt

Assorted Varieties

**4<sup>99</sup>**

8 Pack Danino

**6<sup>49</sup>**

12 Pack Activa

## Cows Creamery Butter

Assorted Varieties



**4<sup>99</sup>**

250g



## One Degree Organic Sprouted Cereal, Oats, Flour & Granola

Assorted Varieties

**30% off**

assorted sizes

Regular Retail 5.49-8.79



## Nature's Path Organic Eco Pac Cereal

Assorted Varieties

**8<sup>99</sup>**

assorted sizes



## Choices Fluffy Gluten-Free Bread

White & Whole Grain

**3<sup>99</sup>**

454g



## Mighty Leaf Artisan Tea

Assorted Varieties

**8<sup>99</sup>**

15 Tea Bags



## Kicking Horse Organic Fair Trade Ground Coffee

Assorted Varieties

**8<sup>99</sup>**

284g



## Wholesome Organic Sweeteners

Assorted Varieties

**30% off**

assorted sizes

Regular Retail 6.49-19.99



## Bremner's Frozen Fruit

Select Varieties

**3<sup>99</sup>-6<sup>99</sup>**

assorted sizes



## Earth's Choice Organic Peanut Butter

Assorted Varieties

**4<sup>99</sup>**

500g



## Uncle Luke's Organic Maple Syrup

Assorted Varieties

**10<sup>99</sup>**

500ml

## Pamela's Gluten-Free Cookies, Flour & Baking Mixes



Assorted Varieties

**30% off**

assorted sizes • Regular Retail 4.99-23.99



## Organic Traditions Superfood Products

Assorted Varieties

**25% off**

assorted sizes

Regular Retail 5.99-66.99



## Prana Organic Dried Fruit, Pumpkin Seeds & Cacao Powder

Assorted Varieties

**30% off**

assorted sizes

Regular Retail 7.49-13.99



# DELI

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**Choices' Own Deli Salads**



**20% off**

**Vitale Imported Sliced Italian Prosciutto & Salamis**



**7<sup>99</sup>**  
each

**Kalamata Olives**



**1<sup>39</sup>**  
/100g

**Natural Pastures Brie or Camembert Cheese**



**4<sup>49</sup>**  
/100g

**Choices' Own Family Size Greek, Caesar or Rainbow Kale Salad**



**7<sup>99</sup>-  
9<sup>99</sup>**

**Choices' Own Tomato, Roasted Corn or Mango Salsa**



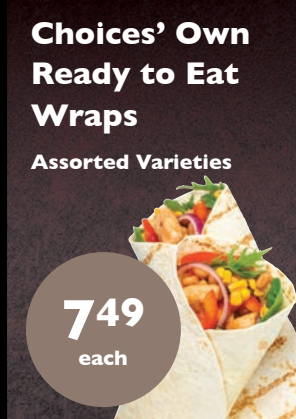
**2 for  
1<sup>000</sup>**

**Choices' Own Sushi Assorted Varieties**



**2<sup>49</sup>-  
7<sup>99</sup>**

**Choices' Own Ready to Eat Wraps Assorted Varieties**



**7<sup>49</sup>**  
each

**Shepherd Gourmet Cow & Sheep Cheese**



**4<sup>99</sup>-  
6<sup>99</sup>**

## CHOICES' OWN FRESHLY BAKED GOODS

**Morning Glory Vegan Muffins**



**3<sup>49</sup>**  
4 Pack Minis

**5<sup>49</sup>**  
4 Pack Regular

**NEW!**

**Premium Cookies**  
The Brownie, Almond Crunch, Salted Tahini Chocolate Chunk, & Peanut Butter Nest



**5<sup>99</sup>**  
6 Pack

**Cupcakes**  
Carrot, Mini Ganache, Chocolate & Chocolate with White Buttercream



**3<sup>49</sup>-  
5<sup>49</sup>**  
4 Pack

## Online Video Seminars!

Seminars offered online, via video conference. Must have email address to sign-up.

**Wednesday, September 9th | 7:00-8:30 pm**

**Change your Beliefs for Greater Health**

With Marie Martin

Discover how our beliefs are affecting your health and what you can do about it!

Free event, register online at [Choicesmarkets.com/events](https://Choicesmarkets.com/events).

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





# GROCERY



**Chosen**  
Avocado Oil  
Salad Dressings  
Select Varieties

**5<sup>99</sup>**  
237ml

**Primal Kitchen Avocado**  
Oil, Condiments,  
Salad Dressings  
& Pasta Sauces  
Assorted Varieties



**30% off**  
assorted sizes  
Regular Retail 7.59-19.99



**Choices Extra**  
Virgin Olive Oil

**5<sup>99</sup> 10<sup>99</sup>**  
500ml 1L

**Soyganic Tofu**  
Assorted Varieties



assorted sizes

**2/3<sup>00</sup> 2/5<sup>00</sup>**  
Soft Firm & Pressed

**TMRW Plant Based Burger**



**5<sup>99</sup>**  
226g

**Field Roast Vegan Cheese,**  
Frankfurters & Sausages



Assorted  
Varieties

**4<sup>99</sup>**  
200-368g

**Gardein Frozen Vegan Meat**



**Alternatives**  
Assorted Varieties

**4<sup>49</sup>**  
assorted sizes

**Daiya Plant Based**



**Frozen Pizza**  
Assorted Varieties

**5<sup>99</sup>**  
444-550g



**Seventh Generation**  
Natural Dish Liquid  
Assorted Varieties

**2/6<sup>00</sup>**  
739ml



**Cascades**  
Tuff Paper  
Towels & Fluff  
Toilet Paper

**6<sup>99</sup> 8<sup>99</sup>**  
6 Pack Paper Towel 12 Pack Toilet Paper

# WELLNESS

**Bio-K Plus Probiotics**



Assorted Varieties

**35<sup>99</sup> 38<sup>99</sup>**  
12 Pack Dairy 12 Pack Rice or Soy



**AOR Vitamins**  
& Supplements  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 29.99-124.99



**Alpha MCT**  
Oil & Gourmet  
Keto Oil Blend  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 10.99-44.99



**Natural Factors**  
Ubiquinol CoQ10  
Supplements  
Select Varieties

**20% off**  
assorted sizes  
Regular Retail 17.99-82.99



**Desert Essence**  
Oral, Hair &  
Body Care  
Assorted Varieties

**25% off**  
assorted sizes  
Regular Retail 4.29-21.49



**Organika Enhanced**  
or Marine Collagen  
Assorted Varieties

**18<sup>49</sup> 32<sup>99</sup>**  
250g Organika Enhanced Collagen 250-500g Organika Enhanced Collagen or Marine Collagen



**Platinum Naturals**  
Multivitamins  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 27.99-99.99



**Natural Factors**  
Probiotics  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 15.99-52.99



**Everyone Natural**  
Hand Soap  
& Body Care  
Assorted Varieties

**20% off**  
assorted sizes  
Regular Retail 9.49-18.49



**Herbatint Natural**  
Permanent  
Hair Colour  
Assorted Varieties

**17<sup>49</sup>**  
1 Kit



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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.