



See Wellness
Section for
IMMUNE HEALTH ITEMS!

GARLIC CHOICES!

100% BC OWNED AND OPERATED

BC Grown Garlic

From small family farms between Abbotsford, Oliver and Salmo

Try Inchelium Red, Susan Delafield, Siberian Red Stripe,
Organic Chesnok Red, Russian Red, Northern Quebec, Fish Lake 3,
White Music, Italian and Majestic.

Stores may
not have all
varieties!

BC Garlic
2⁰⁰ off
per pound

Choices' Own
Festival Garlic &
Cheddar Bread

5⁴⁹

200g

Made
Locally!

Chicken
Garlic Sausages

Made In-Store

10⁹⁹/lb

24.23kg

Rosdown Roasted Chickens

8⁹⁹
each

AOR Vitamins & Supplements

Assorted Varieties & Sizes
Regular Retail 29.99-122.99

**20%
off**



Barbara's Cheez Puffs

Assorted Varieties

2/5⁰⁰
155-198g



Silver Hills Sprouted Power Bread

Assorted Varieties

2/8⁰⁰
430-615g

Zevia Stevia Sweetened Sodas

Assorted Varieties



4⁴⁹
6 Pack
+deposit +eco fee

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

Prices Effective
October 1 - 7, 2020.

PRODUCE

**BC Grown Organic
Bunch Spinach from
Olera Farm
in Abbotsford**

Weather
Permitting!

2⁹⁸
each

**BC Grown Organic Roma
Tomatoes from Secrest Farm
in Oliver 6.57/kg**

2⁹⁸
/lb

**BC Grown Prune Plums
4.37/kg**

1⁹⁸
/lb

**BC Grown Organic Fuji
Apples from Liber Farm
in Cawston 5.47/kg**

2⁴⁸
/lb

**BC Grown Organic Venus
Grapes from Secrest
Farm in Oliver**

6⁹⁸
2L Package

MEAT

Sockeye Salmon Fillets

Value Pack, Previously Frozen
35.25/kg

1⁵⁹⁹
/lb

**100% Grass Fed Lean
Ground Beef from Australia**

Value Pack

15.41/kg

6⁹⁹
/lb

Organic Boned Broth

Assorted Varieties

8⁴⁹
460ml



Arctic Char Fillets

41.87/kg

1⁸⁹⁹
/lb

**100% Grass Fed Beef Top
Sirloin Roasts From Australia**

22.02/kg

9⁹⁹
/lb

Local Pork Side Ribs

15.41/kg

6⁹⁹
/lb

Breaded Chicken Cutlets

Made In-Store

19.82/kg

8⁹⁹
/lb

**Choices' Own Ground
Chicken Breast**

24.23/kg

10⁹⁹
/lb

**Thomas Reid Organic
Whole Chickens**

13.21/kg

5⁹⁹
/lb

Local BC Fresh Whole Duck

11.00/kg

4⁹⁹
/lb

**Local Boneless Skinless
Chicken Breasts**

Value Pack 15.41/kg

6⁹⁹
/lb

GROCERY

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**Boulder Canyon
Potato Chips**
Assorted Varieties

2/5⁰⁰
128-142g



**Old Dutch
Potato Chips**
Assorted Varieties

2/6⁰⁰
220-255g



**Hippie Snacks
Avocado &
Cauliflower Crisps**
Assorted Varieties

3⁹⁹
70g



**Sigdal Bakeri
Crispbread Crackers**
Assorted Varieties

4⁷⁹
190-220g



Gone Crackers
Assorted Varieties

4⁴⁹
142g



**Annie's Homegrown Crackers,
Cookies & Gummy
Fruit Snacks**
Assorted Varieties

30% off
assorted sizes
Regular Retail 4.99-6.49



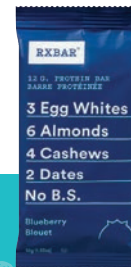
**Theo Organic
Chocolate Bars &
Peanut Butter Cups**
Assorted Varieties

2/7⁰⁰
36-85g



**Lily's Stevia Sweetened
Chocolate Bars**
Select Varieties

3⁹⁹
80-85g



RXBar Energy Bars
Assorted Varieties

2/5⁰⁰
52g



**Blue Monkey
Coconut Water**
With or Without Pulp

3/5⁰⁰
520ml • +deposit +eco fee



**Flow Naturally Alkaline
Water and Organic
Flavoured Water**
Select Varieties

3/4⁰⁰ 2/4⁰⁰
500ml 1L
+deposit +eco fee +deposit +eco fee



Vita Coco Coconut Water

3⁹⁹
1L • +deposit +eco fee



**So Delicious
Frozen Dessert**
Select Varieties

4⁹⁹
500ml



**Betterwith
Ice Cream**
Assorted Varieties

4⁹⁹
500ml



Righteous Gelato
Assorted Varieties

6⁹⁹
562ml



**Farmhouse Culture
Organic Gut Shots**
Assorted Varieties

6⁹⁹
473ml • +deposit +eco fee



**Wildbrine Kimchi,
& Sauerkraut**
Assorted Varieties

6⁹⁹
500ml



Eco Max Natural Dish Soap
Assorted Varieties

3⁹⁹
740ml

GROCERY



Olympic Yogurt

Assorted Varieties

2/6⁰⁰ 2/8⁰⁰

650g Natural
& 500g Crema

650g Organic,
Greek & Crema

Liberté Skyr Yogurt

Assorted Varieties



2/7⁰⁰

500g

Riveria Coconut or Goat Yogurt

Assorted Varieties



4⁷⁹

500g



L'Ancetre Organic Cheese

Assorted Varieties

8⁹⁹

325g



Armstrong Natural Cheese Slices

Assorted Varieties

4⁴⁹

220-240g

Le Grand Plant-Based Cheese Spread

Assorted Varieties



4⁹⁹

227g

Spread'Em Vegan Dips & Spreads

Assorted Varieties



5⁹⁹-7⁹⁹

183g

Maple Hill Organic Free Range Medium Eggs



4⁷⁹

1 Dozen

Bob's Red Mill Almond & Organic Coconut Flour



4⁹⁹ 10⁹⁹

453g Coconut 453g Almond



Traditional Medicinals Tea

Select Varieties

4⁴⁹

20 Tea Bags



Frog Friendly Rainforest Alliance Certified Coffee Beans

Assorted Varieties

10⁹⁹

340g



Califia Dairy-Free Betterhalf Almondmilk Creamer & Cold Brew Coffee

Assorted Varieties

2/6⁰⁰ 2/7⁰⁰

295-310ml Cold Brew Coffee

500ml Creamer



Blue Diamond Almond Breeze

Assorted Varieties

2/5⁰⁰

946ml



Happy Planet Smoothies

Assorted Varieties

3⁹⁹

900ml • +deposit +eco fee



Bremner's Juice

Select Varieties

30% off

946ml • +deposit +eco fee
Regular Retail 9.99-14.99



Anita's Organic Steel Cut & Rolled Oats

5⁹⁹

1kg

Nuts to You Organic Almond, Hazelnut & Cashew Butter



8⁹⁹-11⁹⁹

250-365g



Uncle Luke's Organic Maple Syrup

Assorted Varieties

10⁹⁹

500ml

DELI

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Choices' Own Hot Soup



2⁹⁹
Small

4⁹⁹
Medium

7⁹⁹
Large

Choices' Own Turkey, Roast Beef or Ham Artisan Sandwiches



7⁹⁹
each

Shepherd's Gourmet Cow or Sheep Feta Cheese



**4⁹⁹-
6⁹⁹**
200g

Castello Aged Havarti, Mature Cheddar or Gouda Cheese



5⁹⁹
200g

Spinach & Feta Spanakopita



3⁹⁹
each

NEW! Choices' Own Mac & Cheese Entrées Assorted Varieties



**5⁹⁹-
6⁹⁹**

Vegan Savory Pies: Red Lentil, Potato & Tumeric or Black Bean & Quinoa



4⁹⁹
each

Le Grand Fresh Pesto's & Chimichurri Assorted Varieties



6⁹⁹
170g

Italian Parmesan Reggiano Cheese Blocks



4⁹⁹
/100g

CHOICES' OWN FRESHLY BAKED GOODS

6" Fruit Pies

Apple, Cherry Rhubarb & Peach Medley



5⁹⁹
each

Cake Slices

Decadent Chocolate, Carrot, Tuxedo & Ganache



3³⁹
120-150g

Bread Crumbs & Bread

Stuffing
3 Varieties



4⁴⁹
180-336g

Benefits of Garlic

The Main Benefits that May Help You:

- 1 Reduce the frequency and duration of symptoms of the common cold
- 2 Reduce LDL "bad" cholesterol and may help to raise HDL "good" cholesterol in individuals
- 3 Regulate blood pressure in those with high blood pressure
- 4 Reduce the risk of dementia & Alzheimer's disease

For maximal health benefits, always crush & dice garlic prior to use.

GROCERY



Choices
Organic Beans
Assorted Varieties

2/300
398ml



Chosen Foods
Cooking Oil
Select Varieties

5.99-16.99
assorted sizes



Fody Condiments,
Pasta Sauces, Salsa
& Salad Dressings
Assorted Varieties

30% off
227-550g
Regular Retail 5.99-7.79



Ginger People
Products
Assorted Varieties

30% off
assorted sizes
Regular Retail 2.29-8.99



Simply Organic
Bottled Spices
Assorted Varieties

30% off
assorted sizes
Regular Retail 7.99-22.99



Avaflora
Organics Spices,
Seeds & Grains
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.99-21.99

Choices Gourmet Small
Batch Pasta Sauce
Assorted Varieties



6.99
750ml

Choices Frozen
Tortellini
Pasta
Assorted Varieties



5.99
500g

Artisan Bake Shoppe
Cheese Buns



3.99
4 Pack

Daiya Plant Based
Frozen Pizzas
Assorted Varieties



5.99
444-550g

WELLNESS

SUPPORTS IMMUNE HEALTH!



Sisu Ester-C
Supplements
Select Varieties

25% off
assorted sizes
Regular Retail .79- 69.99



A.Vogel Echinaforce
Throat Spray,
Tincture & Tablets
Assorted Varieties

20% off
assorted sizes
Regular Retail 14.79-51.99



Genuine Health
Advanced Gut
Health Probiotics
Assorted Varieties

20% off
assorted sizes
Regular Retail 26.99-87.99



New Chapter
Vitamins
& Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 25.99-87.99

Wild Rose Herbal or Liver
D-Tox
Kits



37.99 42.99
1 Kit
Herbal Detox 1 Kit
Liver D-tox



Progressive
Vitamins &
Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 15.79-72.99

Nourish Organic
Facial Care
Select Varieties



20% off
assorted sizes
Regular Retail 21.99-33.99



Naturtint
Hair Natural
Permanent Colour
Assorted Colours

15.99 8.49
1 Kit
Hair Colour 1 Kit
Root Touch-Up



routine.
Natural
Deodorant

20% off
assorted sizes
Regular Retail 28.99-30.99



withinUs
TruMarine
Collagen

42.99 62.99
20 Pack 250g



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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.