



BUY ONE GET ONE FREE!

100% BC OWNED AND OPERATED

Organic Pork Back Ribs

Regular Retail 8.16lb/17.99kg

BUY 1
GET 1

FREE

Choices' Own Fresh Soup

Assorted Varieties

650ml • Regular Retail 7.49

BUY 1
GET 1

FREE

Choices' Own Keto Puddings

Including Strawberry Raspberry,
Peanut Butter & Blackberry • 150g

Regular Retail 3.99

BUY 1
GET 1

FREE

Country Cottage Bacon

375g • Regular Retail 11.99

BUY 1
GET 1

FREE

Mia's Kitchen

Gourmet Pasta Sauce

Assorted Varieties • 710ml

Regular Retail 9.99

BUY 1
GET 1

FREE

GoGo Quinoa

Organic Pasta

Assorted Varieties • 227g

Regular Retail 4.99

BUY 1
GET 1

FREE

Hass Avocados from Mexico

Regular Retail 2.48 each

BUY 1
GET 1

FREE

Mineral Fusion Natural Cosmetics, Hair Care & Nail Polish

Assorted Varieties & Sizes

Regular Retail 11.99-45.49

BUY 1
GET 1

FREE

Vega Sport Protein

Assorted Varieties • 801-837g

Regular Retail 54.99

BUY 1
GET 1

FREE

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

Prices Effective
September 24 - 30, 2020.

PRODUCE

**BC Grown Organic Clapping
Chimp Gala Apples**

5⁹⁸

1.36kg Bag

**BC Grown Organic
Bartlett Pears**

3⁹⁸

1.36kg Bag

**BC Grown Organic on the
Vine Tomatoes from
Origin Organic**

8.77/kg

3⁹⁸

/lb

**BC Grown Organic Green
Butter Lettuce from Myers
Organic Farm**

1⁹⁸

each

BC Honey Crisp Apples

4.37/kg

1⁹⁸

/lb

**BC Grown Mixed
Coloured Peppers**

3⁹⁸

907g Bag

MEAT

Venison Boneless Leg Steaks

44.07/kg

1⁹⁹⁹
/lb

Choices' Own Pork Sausages

Made In-Store

15.41/kg

6⁹⁹
/lb

**Rosstown Organic
Frozen Chicken Sausages**

9⁹⁹

300g

Breaded Pork Cutlets

Made In-Store

15.41/kg

6⁹⁹
/lb

**Nourish Yourself
Bone Broth**

9⁹⁹

750ml

**Local Boneless Skinless
Chicken Breast**

Raised Without Antibiotics

Value Pack

24.23/kg

10⁹⁹
/lb

**100% Grass Fed Beef Ribeye
Steaks From Australia**

Value Pack

35.25/kg

15⁹⁹
/lb

**Local Pork Boneless
Loin Chops**

Raised Without Antibiotics, Value Pack

15.41/kg

6⁹⁹
/lb

Large Prawns

Previously Frozen

44.07/kg

1⁹⁹⁹
/lb

GROCERY

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**Crofter's Organic
Just Fruit Spreads**
Assorted Varieties 235ml
Regular Retail 5.39

**BUY 1
GET 1
FREE**



**BioVert Natural
Laundry Liquid**
Assorted Varieties 4.43L
Regular Retail 17.99

**BUY 1
GET 1
FREE**



BioVert Natural Dish Liquid
Assorted Varieties
700ml • Regular Retail 4.49

**BUY 1
GET 1
FREE**

**Simply Organic Mexican Sauce &
Guacamole Mix**
Assorted Varieties & Sizes
Regular Retail 3.99-4.99



**BUY 1
GET 1
FREE**



Campbell's Soup
Assorted Varieties
284ml
Regular Retail 1.99

**BUY 1
GET 1
FREE**



**Omega Organic
Coconut Oil**
908g
Regular Retail 19.99

**BUY 1
GET 1
FREE**



**Rao's Homemade
Pasta Sauce**
Assorted Varieties

8⁹⁹
680ml

Rizopia Organic Gluten-Free Pasta
Assorted Varieties



2/5⁰⁰ 2/6⁰⁰
340-454g 454g
Quinoa/Brown Rice Wild Rice



**Earth's Choice
Organic Olive Oil**

9⁹⁹ 14⁹⁹
500ml 1L

**Amy's Frozen Meals, Bowls
& Entrées**
Assorted Varieties



4⁹⁹
assorted sizes

**VG Gourmet Burgers,
Gyros & Crumble**
Assorted Varieties



30% off
assorted sizes
Regular Retail 7.99-8.99

Gardein Frozen Meatless Products
Assorted Varieties



3⁹⁹ 4⁹⁹
190-390g Bags 241g Bowls

Caulipower Frozen Pizza
Assorted Varieties



7⁹⁹
330 & 340g



**Gold Rush Organic
Frozen Potatoes**
Assorted Varieties

4⁴⁹
454g



**GoBio Organic Bouillon
Cubes & Broth Powder**
Assorted Varieties

30% off
assorted sizes
Regular Retail 3.99-6.99



**Spice Works Meal
Marinade Mixes**
Assorted Varieties

349-399
assorted sizes



Divina Olives & Spreads
Assorted Varieties

30% off
assorted sizes
Regular Retail 5.79-12.99

**Organic Traditions Organic Cacao
Nibs & Powder**
Assorted Varieties



30% off
227 & 454g
Regular Retail 11.99-21.99

GROCERY



Happy Planet
Organic Grass Fed
Creamery Milk
Assorted Varieties

5⁹⁹
750ml & 1L

Nature's Farm Organic
Omega-3 Large Eggs



6⁹⁹ 12 Pack **8⁹⁹** 18 Pack

Melt Organic Buttery Spread & Sticks



3⁹⁹
368 & 454g



Greenhouse
Cold-Pressed Juice
Assorted Varieties

4⁹⁹
300ml • +deposit +eco fee



Tropicana Pure
Premium Juice
Assorted Varieties

2/8⁰⁰
1.54-1.75L • +deposit +eco fee



Elias Honey

4⁹⁹ **8⁹⁹**
375g Friendly Bear 375g Organic Creamed



Traditional
Medicinals
Organic Tea
Assorted Varieties

4⁴⁹
20 Tea Bags



Kicking Horse
Whole Bean Organic
Fair Trade Coffee
Assorted Varieties

12⁹⁹
454g

Sunflower Kitchen Hummus & Dips
Assorted Varieties



30% off
227-300g
Regular Retail 3.99-6.99

Yoso Dairy Alternative Yogurt



Assorted Varieties

3⁷⁹ **4⁷⁹**
440g Coconut 440g Almond

Riviera Petit Style & Set Style Yogurt



Assorted Varieties

4²⁹
750g Set 4 Pack Petit

Liberté Greek Yogurt & Kefir

Assorted Varieties



3⁹⁹
500g Greek Yogurt 1L Kefir

Arla Cream Cheese

Assorted Varieties



3⁷⁹
200g

Avalon Organic Cottage Cheese

1% or 2%



5⁹⁹
500g

L'Ancetre Organic Cheese

Assorted Varieties



5⁹⁹
200g



Silver Hills
Organic Sprouted
Power Bagels
Assorted Varieties

4⁴⁹
400g



Silver Hills
Organic Sprouted
Power Buns
Assorted Varieties

3⁹⁹
330-520g



Kinnikinnick Gluten-Free
Bread, Pizza Crust
& English Muffins
Select Varieties

30% off
assorted sizes
Regular Retail 4.99-9.49

DELI

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Parmigiano Reggiano Cheese



4⁹⁹
/100g

Swiss Imported Emmental or Gruyere Cheese



**3⁹⁹-
5⁴⁹**
/100g

Bothwell Cheese Assorted Varieties



2⁹⁹
/100g

Jamaican Patties Spicy Beef, Curry Chicken or Vegan



3²⁹
183g

Black Forest, Honey, or Old Fashioned Ham



2¹⁹
/100g

Choices' Own Chicken or Beef Pot Pies



5⁴⁹
250g

Choices' Own Hummus Assorted Varieties



3⁹⁹
250g

Choices' Own Curry Entrees Assorted Varieties



6⁹⁹
148g

Choices' Own Artisan Ham, Turkey or Roast Beef Sandwiches



7⁹⁹
each

CHOICES' OWN FRESHLY BAKED GOODS

Country French & Garlic Bread



3⁹⁹
320g Garlic

4⁹⁹
480g Country
French

Premium Cookies 4 Delicious Varieties



5⁹⁹
6 Pack

Morning Glory Vegan Muffins



3⁴⁹
4 Pack Minis

5⁴⁹
4 Pack
Regular

5" Dessert Cakes Devils Food or Red Velvet



7⁹⁹
250-300g

Online Video Seminars!

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

Wednesday, Sept 30 | 7:00-8:30pm

Resolve Energy Imbalances Mindfully

with Bonita Kay Summers, Balance Well-Being

Discover ways to maintain vitality, increase energy flow and resolve imbalances in your energy field that affect your well-being.

Free event. Register online at choicesmarkets.com/events. Details to join seminar will be available by email once sign-up is completed.



GROCERY



Fresh is Best
Tortilla Chips,
Salsa, &
Taco Shells
Assorted Varieties

3.99
assorted sizes



Beanitos Bean
Snack Chips &
Crunch Mac &
Cheese Puffs
Assorted Varieties

2/7.00
assorted sizes



Smart Sweets
Candy
Assorted Varieties

2/6.00 3.600
50g 12 Pack

Nature's Path Organic
Granola Bars & Envirokidz
Organic Crispy Rice Bars

Assorted Varieties



3.79
168-200g



Harvest & Lea
Crunchy
Rice Rolls
Assorted Varieties

2/5.00
70g



Theobroma
Organic
Chocolate Bars
Assorted Varieties

2/3.00 2/7.00
31-35g 80g



GT'S Organic
Raw Kombucha
Beverages
Assorted Varieties

3/9.00
480ml • +deposit +eco fee



Happy Planet
Smoothies
Assorted Varieties

2/4.00
325ml • +deposit +eco fee



Blue Monkey
Organic
Coconut Water
Assorted Varieties

2/4.00 2/7.00
500ml 1L
+deposit +deposit



Ben & Jerry's
Ice Cream
Assorted Varieties
Including Non-Dairy Desserts!

4.99 5.99
500ml Dairy 500ml Non-Dairy

WELLNESS

All
Products
on Sale!

New Chapter Turmeric



Force &
Herbal
Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 25.99-57.99

Natural Factors



and Whole Earth
& Sea Vitamins
& Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 3.79-82.99



AOR Ortho Sleep,
Zen Theanine &
Gaba Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 34.99-44.99



Divine Essence
Organic Essential
Oils & Body Care
Assorted Varieties

25% off
assorted sizes
Regular Retail 7.99-129.99



Green Beaver
Face Care, Body
Care & Sunscreens
Assorted Varieties

30% off
assorted sizes
Regular Retail 6.79-23.99



Enerex Vitamins
& Supplements
Assorted Varieties

20% off
assorted sizes
Regular Retail 20.99-81.99



CanPrev
Adrenal-Pro,
Synergy-B &
L-Theanine

20% off
assorted sizes
Regular Retail 24.49-37.99



Renew Life
Vitamins &
Supplements
Assorted Varieties

25% off
assorted sizes
Regular Retail 16.49-72.99



Incrediwear
Socks, Braces
& Wraps
Assorted Varieties

20% off
assorted sizes
Regular Retail 18.99-148.99



Dr. Bronner's
Non GMO Organic
Castile Soap
Assorted Varieties

4.99 18.99
140g Bars 944ml Liquid



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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.