



CHOICES'

Monthly Newsletter | November 2020

Ocean Wise and Sustainability

The Dish on Steelhead Trout

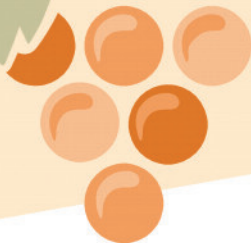
Oceanwise Q&A

Fish and Vitamin D

IF UNDELIVERABLE PLEASE DELIVER TO: CHOICES MARKETS 8188 River Way, Delta BC, Canada V4G 1K3



the grape vine



Star of the Season

Every holiday season, our stores begin to glow with the stars, all thanks to our Star of the Season program. From November 15th to December 24th, the cashiers at your local Choices Markets will be our cheerleaders as we raise funds for local neighbourhood houses. Last year, thanks to generous Choices customers like you, we were able to donate over \$45,000 towards this campaign. This is a campaign that helps the most vulnerable members of our communities have an amazing holiday season. To learn more, visit www.choicesmarkets.com



Oceanwise Month

This month, we're celebrating ocean sustainability with our friends at Ocean Wise. Keeping our oceans healthy and well stocked for generations to come is a top priority. We're proud to partner with Ocean Wise in our seafood program so that it's easy for you to make informed, sustainable shopping choices when shopping at our stores. Inside this issue you'll find some great articles to help you learn more about sustainability in seafood.



Remembrance Day

November 11th marks our time of remembrance. For those who have made the ultimate sacrifice in the fight for freedom, we wear red poppies to mark our respect. Please take a moment this month to reflect upon the deeds of the brave men and women who have served our country with distinction.



Left We Forget



COOK IT UP



Haida Gwaii Shore Lunch

Courtesy of Ned Bell,
Ocean Wise Executive Chef

1 side of white fish (halibut, lingcod or pacific cod will all work)

Salt & pepper

3 fresh kelp leaves (substitute rehydrated dry kelp if needed)

2 tbsp. neutral high heat cooking oil (canola, avocado, grapeseed, etc.)

3 tbsp. butter

1 small spruce branch with spring spruce tips attached

Zest of one lemon

1 cup morel mushrooms (or other mushrooms)

1 cup small spring turnips cut in half (or other roasting vegetables)

1 cup sea asparagus (or other spring vegetables)



Rub the fish with the cooking oil, season with salt and pepper.

Wrap fish with the kelp and place in a hot cast iron pan over a fire. Cover with a lid or sheet pan to keep the heat in and create a “beach oven” – let fish cook for about 10-20 minutes, depending on thickness of the fillet.

While fish is cooking grill the turnips, set aside.

Once fish is cooked through remove from pan and set aside.

Add butter to pan, sauté morels and sea asparagus. Add turnips to pan. Taste, adjust salt and pepper seasoning as needed.

Unwrap the kelp from the fish and place fish back into pan with the vegetables. Add more butter, melt and brush the fish with the melted butter using the spruce branch.

Grate lemon zest over top of dish.



Online Video Seminars



Tuesday Nov. 17th
7-8:30pm

Foundations for Healthy Aging

with Janette Mason, CNP

ONLINE ONLY

Join Janette Mason, an expert in the field of nutrition and mental health, for a one hour informative talk on improving your health through diet and supplementation during the busy fall season.

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



Thursday November 19th
7-8:30pm

Let's Talk Celiac Disease!

with Jess Pirnak, RD

ONLINE ONLY

Join Jess Pirnak, Registered Dietitian & Certified Wellness Coach, as she shares valuable tips for those recently diagnosed with celiac disease or gluten intolerance.

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

Thursday Nov. 26th
7-8:30pm

Emotional Eating: How to make peace with food through self-care practices

with Janine Scheffler, BSc

ONLINE ONLY

Join Janine Scheffler to learn about emotional eating and how you can make peace with food and decrease stress through self-care practices.

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

REGISTRATION DETAILS

To register for events, visit choicesmarkets.com/events.
For inquiries, please call 604.952.2266 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/

SAY CHEESE!

Grana Padano



Grana Padano is a close cousin of Italy's prized Parmigiano Reggiano. While production of Reggiano is strictly limited to the Emilia-Romagna region, Grana Padano is produced all over the Po Valley. This lovely cheese dates back to 1000 A.D.! First made by Cistercian monks at Chiaravalle Abbey, this aged cheese has a distinct granular texture and a crunchy bite from crystals formed by the amino acid tyrosine which develop as the cheese ages.

Grana Padano is a wonderful cheese to snack on and to use in your favourite recipes. There are a few different age classifications to try, each with their own unique properties. All ages are perfect for grating and make excellent table cheese. The youngest cheese aged between 9-16 months has a pale white colour and delicate taste with aromas of milk and cream. Grana Padano aged over 16 months has an extra special flavour and texture as the crystals have started to form. Aromas of hay and dried fruit have begun to develop. The premium Grana Padano Riserva is aged over 20 months and has an even more pronounced and fragrant aroma excellent for special occasions.

At Choices Markets, we crack each 40 kilogram wheel by hand, ensuring you get the most fresh and delicious piece every time! We leave part of the fire-branded rind on each wedge so you know you're getting genuine PDO Grana Padano. Stop into the deli to try some out. Make some cheese crisps to go with fresh figs and prosciutto for an easy appetizer, tuck it into your next ravioli filling, or use it instead of Reggiano the next time you make a Caesar salad for an unexpected twist.

COOK IT UP



Grana Padano Polenta Fries

500 g instant polenta cornmeal

3 cloves garlic, minced

2 green onions, finely chopped

125 g grated Grana Padano, divided

2 large eggs, beaten

50 g Panko breadcrumbs

50 g all purpose flour

Neutral oil for frying

Salt and pepper

1/4 cup chopped Italian Parsley for serving

1 cup marinara for serving

Prepare the polenta according to the package directions. Stir in the garlic and green onions, and 25 grams Grana Padano. Transfer the cooked polenta to a greased baking sheet, cover and refrigerate until set (a few hours or overnight). Once cooled, cut the polenta into rectangles about 3" x 3/4" in size. Set up a dredging station with three bowls: one for the eggs, one for the flour, and one for the breadcrumbs mixed with Grana Padano (save a little cheese for garnish).

Heat frying oil to 375°F. Dip the polenta fries into the flour, then into the egg, and finally into the cheese/breadcrumb mix. Fry in batches until golden brown, garnish with salt and pepper to taste, more grated cheese, and chopped parsley. Serve with marinara for dipping.



Lauren MacLean is Choices Cheese Specialist. When she isn't daydreaming about the perfect cheese plate or brainstorming cheese puns, she is cooking for her family. Stay tuned for more cheesy recipes.

NOVEMBER 1-15 ONLY

club specials

Prairie Harvest Organic Pasta Sauce

Assorted Varieties



4⁴⁹
705ml

Simple and delicious, these sauces are worthy of pasta night.

Rocky Mountain Flat Bread Frozen Pizza

Assorted Varieties



7⁹⁹
405g - 430g

Get the best in west coast flavour with these premium ingredient pizzas.

Faith Farms Cheese Assorted Varieties



5⁴⁹
360g/380g

The perfect start to a grilled cheese, nacho platter or baked potato.

Eden No Salt Added Beans

Assorted Varieties



4⁴⁹
796ml

Less salt, more fibre! Your body will thank you.

Wholesome Sweeteners Fair Trade Organic Golden Sugar



5⁹⁹
907g

Wholesome provides the most delicious Fair Trade, Organic & Non-GMO sweeteners.

Kicking Horse Organic Fair Trade Ground Coffee

Assorted Varieties



8⁹⁹
284g

Start your day off with a kick thanks to these delicious coffees.

Elias Premium Honey

Assorted Varieties



6⁹⁹
375g

Support local beekeepers with this sweet and tasty honey.

Bob's Red Mill Organic Oats & Gluten Free Oats



Assorted Varieties
2⁹⁹ to 6⁹⁹
Assorted Sizes

Whether the start of some tasty cookies or just a bowl of oatmeal, you know these grains are good.

Liberté Greek Crunch & Greek Yogurt

Assorted Varieties



2⁹⁹
Greek 4 Pack, Greek Crunch 2 Pk
The conveniently portable yogurt snack.

Seventh Generation Natural Laundry Liquid

Assorted Varieties



11⁹⁹
4x Concentrate 1.47L
2x Concentrate 2.95L

Made sustainably to support future generations.



San Pellegrino Mineral Water or Perrier Sparkling Water

Assorted Varieties

1⁷⁹
750ml/1L
+deposit +eco fee

Fresh spring water sourced from the mountains of France.

Love Good Fats Bars



Assorted Varieties
1⁹⁹
39g/40g
20⁹⁹
12 Pack

Support your body with good fats to feel healthy.

NOVEMBER 16-30 ONLY

club specials

Cucina Antica Pasta Sauce Assorted Varieties

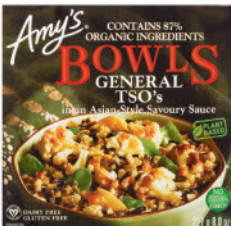


6⁹⁹

670ml

Award winning pasta sauces made in the Italian tradition.

Amy's Frozen Entrées and Bowls Assorted Varieties



4⁹⁹

241g - 291g

Whether for breakfast, lunch or dinner, Amy's has something delicious.

Bubbies Pickles & Sauerkraut Assorted Varieties



7⁹⁹

1L Pickles, 750ml Sauerkraut

Taste the difference with these naturally fermented pickles.

L'Ancêtre Organic Cheese Slices Assorted Varieties



5⁹⁹

180g

Premium Quebec made cheeses, now sliced for your convenience.

Bakery Dept La Tortilla Wraps and Tortillas



Assorted Varieties

3⁹⁹ to 6⁴⁹

assorted sizes

Try New Protein Tortillas!

Made with traditional methods and authentic ingredients.

Bakery Dept GluteNull Breads and Almond Fatty Buns



Assorted Varieties

7⁹⁹ | 11⁹⁹

737g Breads

425g

Almond Fatty Buns

Our buns are high in healthy monounsaturated fats and Omega-3-fatty acids.

Liberté Organic Kefir & Yogurt Assorted Varieties

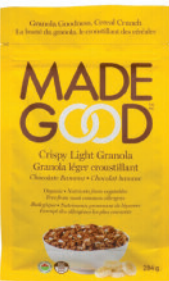


3⁴⁹

650g / 750g Yogurt | 1L kefir

Get ready for the day with these probiotic rich yogurts and kefir drinks.

Made Good Gluten Free Granola and Cereal Assorted Varieties



Assorted Varieties

3⁹⁹

284g

Free of gluten and the most common allergens for a safe snack.

Nuts to You Organic Peanut Butter Smooth Or Crunchy



5⁹⁹

500g

Nothing inside the jar but organic peanuts!

Ritter Sport Chocolate Bars Assorted Varieties



2⁴⁹

to 2⁹⁹

100g

Break off a piece of delicious chocolate to share, or just eat yourself!

Smart Sweets Low Sugar Candy Assorted Varieties



Assorted Varieties

2⁹⁹

50g

Enjoy the sweets without the sugars.

Nature Clean Natural Dish Liquid & New Laundry Strips



Assorted Varieties

3⁴⁹

Dish Liquid, 740ml

11⁹⁹

Laundry Strips, 32 Count

Get clean the natural way with Nature Clean.

Ocean Wise Q&A

**With Tania Leon, Ocean Wise
Senior Accounts Specialist**

1 What is Ocean Wise seafood, why should we choose it and how do we identify it?

Ocean Wise recommended seafood is caught in a way that ensures the long-term health and stability of the species and the greater marine ecosystem.

3.1 billion people worldwide rely on seafood as an important source of protein. Every time you purchase Ocean Wise seafood, you are showing demand for more sustainable seafood options.

You can identify Ocean Wise seafood by looking for the Ocean Wise symbol next to seafood items at the fresh seafood counter, labelled on product packaging, and next to menu items at restaurants.

2 Can you tell us what some of the largest ocean issues are globally and locally and why we should be concerned about them?

Our oceans are immensely intertwined with human activity and there are many factors that affect the health and resilience of our ocean creatures and habitats they rely on to survive. From climate change to pollution, each issue is global, but you can feel these impacts locally too.

Overfishing is one of the greatest threats our oceans face today. We aim to tackle this crisis with the continual support and commitment of our partners to consciously source Ocean Wise choices.

3 Are certain types of seafood more sustainable than others? Should we be limiting or avoiding certain types of seafood due to overfishing?

I would encourage people to eat lower on the food chain and farmed shellfish such as mussels, oysters and clams. We are very much used to 4 types of seafood in our diet – salmon, white fish, shrimp and tuna.

If we try to diversify our seafood consumption, we would put less pressure on fisheries and explore some other really amazing seafood options too.

4 Can Ocean Wise seafood be both wild and farmed? Can you explain the difference between wild and farmed seafood?

Absolutely, Ocean Wise seafood can be wild or farmed, depending on how it is harvested. In some cases, the farmed option is more sustainable than wild, while in other situations, reverse is true. More than half of the seafood we eat today is farmed and aquaculture is growing around the world.

5 What main varieties of Ocean Wise seafood are local to BC?

We are blessed to have a wide variety of locally harvested Ocean Wise seafood in BC. Some people might jump at the first sign of halibut or spot prawn season, but we also have lots of cultured shellfish on our coast that are sustainably cultivated.

6 What kinds of Ocean Wise seafood are offered at Choices?

In 2017, Choices made a commitment to selling 100% Ocean Wise seafood in their fresh counters. This includes farmed oysters, Alaskan salmon and Pacific halibut.

7 Can you tell us an interesting fact about Ocean Wise seafood that our readers may not be aware of?

This year is the Ocean Wise Seafood program's 15th anniversary! In 2005, we started out with just one restaurant partner in Vancouver and now we have nearly 800 partners with thousands of locations across Canada!



For more information on Ocean Wise products please visit seafood.ocean.org or contact Tania.Leon@ocean.org

Fish and Vitamin D – What you need to know

By Novella Lui, RD

Vitamin D is produced when your skin is exposed to the sun without sunscreen. Living in the northern hemisphere, however, it can be challenging to get this nutrient from the sun during the winter months.

Vitamin D can also be obtained from certain foods, such as egg yolk, where the nutrient is naturally present.

However, eating egg yolks alone is far from meeting the dietary recommendations as two medium-sized eggs only provide 47IU. Moreover, the required amount of vitamin D varies depending on your age ranging from 400 to 800IU daily.

Eating various foods with vitamin D, including certain types of fish, is essential to meet your daily requirements. Notably, salmon, mackerel, herring and trout have higher concentrations of vitamin D than other varieties.

In addition to vitamin D in some varieties, fish is also an excellent source of protein and healthy fats. Eating fish at least twice a week may also reduce the risk of strokes.

Five easy ways to include fish in your diet:

1. Add canned fish to sandwiches and salads
2. Eat canned fish as a snack with crackers
3. Make fish tacos
4. Make fish chowder and stews
5. Bake or poach fish with herbs and spices

Mercury in fish

Some people may choose to eat fish less often due to the concern of mercury, which could cause adverse effects on the developing brain. The good news is, some fish varieties have minimal amounts of mercury present, including farmed and wild salmon, Atlantic salmon, Atlantic mackerel, sardines and herring. Fish species, such as fresh and some canned tunas, shark, swordfish, marlin, orange roughy and escolar, have higher concentrations of mercury. Therefore, these should be enjoyed in moderation, with no more than 150 grams per week. Pregnant and breastfeeding women, and women who are planning a pregnancy are advised to eat no more than 150 grams per month. Children between 5 and 11 years old, and those between 1 and 4 years old, should also limit eating these types of fish to no more than 125 grams and 75 grams per month, respectively.



Novella Lui is a registered dietitian and a nutrition communications consultant who is passionate about sharing credible, evidence-based nutrition information. As a mother of two young children, she also has a keen interest in helping families and children to build healthy relationships around food, and supporting pregnant and postpartum mothers to eat well. She is also a foodie who loves seeking new flavours and exploring different cuisines. In her spare time, Novella looks for hidden food gems in the neighbourhoods of Vancouver and Toronto.

Seafood and Heavy Metals

By Wendy Wells BSc, MSc, RHN

Sustainably fished seafood can be an excellent addition to our diets and most of us are familiar with the benefits of the omega-3 fats seafood can provide. There is another topic however that often comes up in relation to seafood nutrition and that is heavy metal content in fish.

Mercury is of particular concern and due to issues, such as fossil fuel emissions, mining and a general increase in pollutants in our world, more mercury is ending up in our oceans. It then gets absorbed by the phytoplankton which are eaten by very small fish, these in turn are eaten by bigger fish and so up the food chain the mercury goes. The larger, predatory fish that live longer such as swordfish, tuna and shark consume vast quantities of these smaller fish over their lifetimes and therefore accumulate mercury in their own bodies.

So, how can we as seafood consumers limit our exposure to mercury? The answer is making wise choices about the types of fish we eat and looking closely at where it originates from. Generally, the smaller the fish and lower down the food chain it is, the lower level of mercury it contains so sustainably caught sardines, Atlantic mackerel and herring are great choices. Sustainably caught Wild Alaskan salmon is also a great choice. Tuna is a popular canned fish choice and generally smaller and younger fish are used in canned tuna. Consider choosing 'light tuna' which is a mixture of species, as opposed to Albacore tuna which can contain higher levels of mercury. Current advice regarding fish is to limit the higher risk swordfish, shark and fresh tuna to 150g per week or if you are a pregnant woman then to avoid these fish altogether. Organizations such as Public Health Canada and Ocean Wise offer lots of information on choosing safe, sustainable seafood to include in our diets.



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.

Choice Produce Picks

Brussels Sprouts :

Often seen as either the beloved or hated vegetable during holiday dinners, Brussels sprouts are full of nutrition and contrary to popular belief, can be incorporated in tasty and exciting ways! Some of the few potential health benefits of Brussels sprouts, along with consuming a well-balanced diet, include, decreased inflammation, reduce the risk of certain types of cancer and help to regulate blood sugars . Some new and exciting ways to include this high fiber vegetable in your diet this fall include; oven roasted balsamic glazed crispy Brussels sprouts, Brussels sprout slaw (sub half of your cabbage for shredded raw Brussels sprouts) and Brussels sprout cheese dip (think spinach dip but sub in roasted Brussels sprouts)!



Cauliflower:

From restaurant dishes to home cooked meals cauliflower's popularity seems to be trending upward in recent years. Cauliflower is full of nutrients including things like fiber, vitamin C & K as well as a number of B vitamins. These nutrients are important for helping to keep us fuller for longer, and play a role in energy metabolism in our bodies to name a few. How can we include more cauliflower in our diets? Some unique ways to include more cauliflower include using riced cauliflower as a lower carb side dish option, creating a cauliflower "mash" (substitute for mashed potatoes) or using in plant based meals as the main component of the dish. Don't forget to include a side of protein to your plant based meal when replacing the protein option of your dish with a vegetable!

Grocery Gossip



Organic Traditions Yacon Syrup:

What is Yacon Syrup? Yacon is tuberous root vegetable that comes from the Yacon plant home to the Andes Mountains. Yacon syrup is made similar to maple syrup, in that its juices are extracted (from roots) then filtered and evaporated to form a sweet, decadent syrup. Unlike many other syrups, yacon syrup is low in sugar (stick to the recommended serving size on the bottle if using yacon syrup as a lower sugar alternative) and high in fructans. Fructans are a source of soluble dietary fiber which acts as fuel for the good bacteria in our gut. Having properly fed good gut bacteria has been linked to lower risk of diabetes, plays a role in the gut-brain connection, and may help to support a healthy immune system. The benefits of yacon syrup are found when used at a low temperature so avoid baking with this syrup for maximal benefits. Some ways to include yacon syrup include drizzled over pancakes, in smoothies or added to coffee or teas.



Farro :

Looking for a new grain? Look no further than farro! Farro is an ancient wheat grain that has been used for 1000s of years. Its nut-like taste and chewy texture make it a great flavour rich substitute for the usual rice or pasta. Farro comes in a number of varieties such as spelt, einkorn and emmer, try experimenting with each one to see which one is right for you! This grain is a good source of fiber and moderate protein source. Not sure how to cook this grain? It's easy! Farro can be cooked essentially like rice with a 2:1 ratio of water to farro. Cooking time will vary depending on the variety but typically takes 15-30 minutes on medium-low heat. This nutrient dense grain can be used in a variety of ways such as in salads, wraps, side dishes, soups and more!



Bluebird Bone Broth:

Bluebird Bone Broth is committed to sourcing the highest quality ingredients possible, and it shows! Their broth comes from local, organic, grass-fed cattle and organic chicken. The animals are to graze and explore pasture year-round. For added flavour and nutrition, organic herbs and vegetables are also added to the broth, along with a dash of Himalayan salt. All products are free from gluten, GMOs, heavy metals, hormones, and antibiotics. For individuals following a vegetarian eating pattern, mushroom broth is available.

NOVEMBER 1-15 ONLY

wellness centre



Floradix Formula and Floravit Formula Bonus Packs

49⁹⁹

500ml + 250mL

Floradix helps fight back against iron deficiency by promoting the formation of healthy red blood cells. This safe, low dose, liquid iron supplement is formulated for easy absorption and assimilation, and is gentle on the digestive tract.

+Bonus Bottle

Healthology Vitamins and Supplements

Assorted Varieties

20% Off

Assorted Sizes

SLEEP-GREAT is a complete formulation that helps you fall asleep quickly, stay asleep and achieve deep, restful sleep.



Nordic Naturals Cod Liver Oil



24⁹⁹

90caps

29⁹⁹

236 mL

53⁹⁹

473 mL

Nordic Naturals Arctic Cod Liver Oil™ is made from 100% wild Arctic cod.

Nordic Naturals Omega-3 Fish Oil



18⁹⁹

90caps

28⁹⁹

236 mL

46⁹⁹

473mL

Delivers the purest Omega-3, offering support for heart, brain and inflammatory conditions.

Alpha Supreme MCT Oil



23⁹⁹

500mL

35⁹⁹

946mL

Provides energy for workouts, weight management and body building. Smoothest, Highest Quality, 100% MCTs.

SISU Ester-C Bonus Bottles



24⁹⁹

Ester-C 600mg 150caps

29⁹⁹

Ester-C 1000mg 150tabs

32⁹⁹

Ester-C Supreme 150caps

Clinical studies show that Ester-C® increases vitamin C levels in the body for up to 24 hours.

Natural Calm Magnesium



Assorted Varieties

24⁹⁹

226 grams

41⁹⁹

454 grams

Natural Calm is the better-tasting, better-absorbing, best-loved magnesium drink.

Joy of the Mountains Oil of Oregano

Assorted Varieties

20% Off

Assorted Sizes



For fighting colds, flu and numerous other infections, choose and Oil of Oregano for your family can depend on.

Now Solutions Body Oils

Assorted Varieties



20% Off

Assorted Sizes

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

Now Solutions Essential Oils

Assorted Varieties



20% Off

Assorted Sizes

NOW insists on the best raw materials, gentle processing methods, and an industry-leading commitment to quality.

Bach Flower Essences & Rescue Remedy

Assorted Varieties



20% Off

Assorted Sizes

Trusted worldwide for generations to help stay calm wherever stress finds you.

NOVEMBER 16-30 ONLY

wellness centre



Host Defense Medicinal Mushroom Supplements

Assorted Varieties

20% Off

Assorted Sizes

Certified organic, US grown, non-GMO medicinal mushrooms formulated and grown by world renowned mycologist Paul Stamets.



St. Francis Organic Herbal Supplements

Assorted Varieties

20% Off

Assorted Sizes

Deep Immune is a versatile remedy for the broad range of immune challenges that come with life in the modern world.



Salus Calcium Magnesium Bonus Bottle

Assorted Varieties

48.99

500ml + 250mL

Salus Calcium Magnesium is a highly absorbable liquid tonic combines calcium with magnesium, zinc, and vitamin D, promoting maximum calcium absorption where it's needed, in the bones, helping them stay strong and healthy.



NutraVege Omega-3 Plant Supplements

Assorted Varieties

20% Off

Assorted Sizes

A great tasting, plant-based liquid omega-3 for the maintenance of good health.



Harmony My Sleep



17.99

30 tabs

Harmony My Sleep is a unique & natural multi herb formula to induce sleep and relieve restlessness.

Flora Respire-Essence or Sleep-Essence



17.99

500mL

Formulated to support respiratory functions and alleviate the symptoms of a variety of chest complaints.

Island Essentials Shampoo, Conditioner and Castile Soap

Assorted Varieties

12.99

336 ml Hair Care

17.99

944mL Pure Castile Soap

Our sulfate-free herbal shampoo & conditioner uses only Organic & Natural ingredients in 3 amazing scent choices.



Aura Cacia Skin Care Oils

Assorted Varieties

25% Off

Assorted Sizes

Aura cacia body oils can be used alone or as carriers for Aura Cacia essential oils.



Himalaya Botanique Toothpaste

5.29

150grams

Helps fight plaque and leaves your mouth feeling clean and refreshed.

Dr. Hauschka Skin Care

Assorted Varieties

20% Off

Assorted Sizes

For oily, blemished and combination skin. Skin looks visibly radiant and fortified. Soothes dry skin.



wellness centre month long specials



SURO Organic Elderberry Syrup and Tincture

15⁴⁹ Tincture 59ml
21⁴⁹ Adult's Syrup 236mL
18⁴⁹ Kid's Syrup 236mL

Unlike over-the-counter cold and flu medications that only mask symptoms, Sambucol helps reduce your symptoms and the duration of your illness. Sambucol provides multi-symptom relief for cold and flu symptoms, including cough, fever, fatigue, headache, congestion, pain, sore throat, body aches, and pain.

Take Sambucol daily to boost your immunity and increase your dose at the first sign of cold and flu.

Quantum Health Super Immune+ & Super Lysine+



Assorted Varieties

25% Off

Assorted Sizes

SuperLysine+® Tablets are ideal for those who prefer lysine to promote immune health and support daily lip care.

Quantum Health Lozenges



5⁹⁹ Cough Relief 18pk
7⁹⁹ TheraZinc 18pk

Our lozenge delivery releases the zinc ions in your throat and mouth for effective immune support.

Purica Rebalance - Menopause Relief



39⁹⁹
 120 capsules

Naturally balances hormones and reduces stress. Halts hot flashes and night sweats. Regulates mood, enhances libido and skin health.

New Roots Medicinal Mushroom Supplements



26⁹⁹ 60 caps
39⁹⁹ Resilience 90caps

Our premium formula features the vast range of benefits from seven medicinal mushroom extracts: chaga, coriolus, maitake, shiitake, reishi, cordyceps, and lion's mane. The beta-glucans and polysaccharides within Resilience collectively exert powerful effects on immune function, energy, stamina, and stress resistance, with additional species-specific compounds expanding the therapeutic benefits of our formula.

Ecoideas Superfoods

Chia Seeds, Maca, Moringa & Baobab



15% Off

Assorted Sizes

Chia Seeds are a very high source of fibre and a vegetarian source of omega-3



MegaFood Blood Builder Bonus Bottles

52⁹⁹
 72 tabs +30 free tabs

+Bonus Bottle

This easy to digest whole food formula helps maintain healthy iron levels. Naturally combats fatigue and improves energy levels. Includes a FREE 30 tab bottle!

Enerex Best Start



44⁹⁹
 265 g

NEW! An energizing blend of greens, mushrooms & protein for focus, stamina and vitality!

the Dish

On Steelhead Trout

Trout or salmon? Steelhead is a fish that's been on the biology discussion table for a long time. They seem to agree that a Steelhead is a larger, seabound rainbow trout that's decided to act like a salmon and migrate between rivers and seas.



As Steelhead Trout are considered a trophy fish for catch and release, wild stocks of Steelhead are not a sustainable fishery. On the other hand, farmed Steelhead is approved by Ocean Wise and many other organizations as a sustainable seafood option.

Similar in flavour to salmon, Steelhead has a lower fat content and a more mild taste. I consider it the perfect fish to introduce to people who might be new seafood eaters, but it's also great for the connoisseur. It's very versatile, so let's talk about experimenting in the kitchen.

If not familiar with any fish, I suggest to start simple. Just broil it in the oven with a little olive oil, salt and pepper, or give it a poach. Either method is delicious for trout. Finish with a beurre blanc or reduce the court bouillon to turn it into an easy sauce. By doing these simple methods you should not overpower Steelhead's mild taste.

One great way to enjoy Steelhead is to cure it or make it into a super fresh tartar. This will make for great appetizers that will impress with their elegant simplicity. Lightly grilling with fresh herbs will also let the pleasant mild fish taste stay forward for your delight.

I personally like to cover the fillets with fresh bread crumbs (not dry), fresh herbs and a little healthy fat of your choice. Broil to perfection to create a golden crust and a moist fish underneath. Remember not to overcook.

Another great way to enjoy it if you have the equipment is to lightly smoke it. It's great as is, but If you're feeling truly bold, (and I swear this is delicious, chef's honour) try using smoked Steelhead in a savoury cheesecake or keto ice cream.



If you manage to not eat it all and have some leftovers, Steelhead is great to make into a salad, or perhaps even a tasty sandwich spread. It's a nutritious inclusion for stir fries, fresh veggies, potato dishes and rice dishes. Why not make Steelhead a star of taco night? Got a birthday coming up? Why not get your candles put on a Steelhead fishcake? The possibilities are only limited by your imagination.



Chef Antonio loves all the freshness and flavour that seafood can bring to a table. Try his latest recipes at the Choices Deli.



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Choices Markets Locations

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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

CHOICES markets

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Never wonder what to have for dinner again with our new fall line of healthy and flavourful ready-to-go meals from the Choices Deli. Explore your neighbourhood Choices to find locally made, simple to prepare and incredibly tasty meals for you and your family.

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