



# CHOICES'

Monthly Newsletter | January 2021

## The Dish on Chickpeas

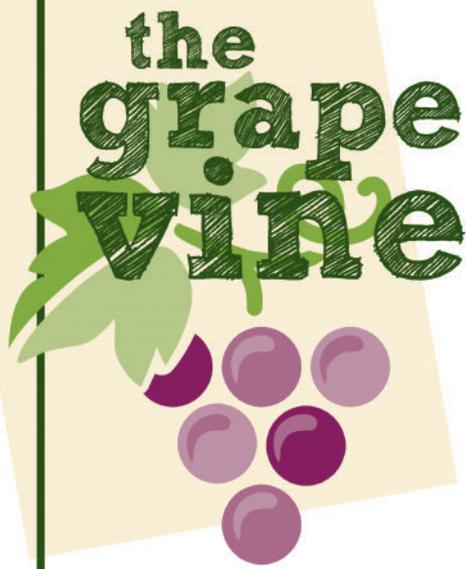
**Q&A with BC Dietitians**

**Say Cheese! Manchego**

**Staying Away from Fad Diets**



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



## Happy New Year

Happy New Year to all of our customers! We hope that your 2021 is filled with achieved goals, delicious food and good health.



## Saying Goodbye to Single Use Plastic



Choices Markets will no longer be offering single use plastic grocery bags at our checkouts. As a part of our commitment to sustainability, we'll still have recycled paper bags available and will continue to offer a five cent refund when you bring a reusable bag from home.

## Newsletter Distribution

Choices Markets is always looking for new ways to be sustainable. That's why we've decided to move to a digital first distribution model for the Choices Newsletter. Our newsletter will now be primarily offered on our website in an effort to use less paper. We'll still have printed copies available for you in store, but we will no longer be shipping copies direct to our customers. Be sure to read through our great food and health articles each month at [choicesmarkets.com/monthly-newsletter](https://choicesmarkets.com/monthly-newsletter). Or you can get it right to your inbox by signing up for our email at [choicesmarkets.com](https://choicesmarkets.com) and scrolling down to the bottom of our home page and hitting the 'subscribe to our newsletter' button.

## COOK IT UP



# Roasted Sweet Potato and Garlic Hummus Recipe

By Kelsey Moore, RD

- 1 small Yam**
- 1 14 oz can Chickpeas**
- 1-2 tbsp. Water (as needed)**
- 1 tbsp. Tahini**
- 2 tbsp. Olive oil**
- 3 Cloves Garlic**
- 2 tsp. Smoked Paprika**
- Dash Salt & Pepper**
- 1 tsp. Cumin (optional)**
- 1 tsp. Chipotle spice (optional)**

Preheat oven to 400F. Use a fork to poke a few holes in the yam. Bake on a baking sheet for 35-45 minutes or until yam is cooked through.

Cool yams. Once cooled remove the skin and in a bowl mash the yams, set aside. Peel and crush garlic.

Add all ingredients to a blender. Blend until smooth. If mixture is not blending add 1 tbsp. of water at a time to blend until smooth. Add cumin and chipotle for added flavour!

Serve with crispy pita, crackers, raw vegetables, use as a spread on sandwiches or water down slightly and use as a sauce on noodles.

Store left over hummus in a container in the fridge for up to one week.

## ENTER TO WIN

# Vitamix E320 Explorian Blender

Courtesy of Bulletproof!

Create delicious and health boosting meals with Bulletproof products and your powerful new Vitamix Blender!



### Skill Testing Question:

$(56 - 18) \times (25 - 13) =$  \_\_\_\_\_

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Choices Location: \_\_\_\_\_



Contest open from January 1-31, 2021. 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 2021.

# Online Video Seminars



**Tuesday January 12th, 2021  
7-8:30pm**

## Biome Shaping Humans – Understanding the Role of Dietary Fibre in Gut Health

with Zahra Tromsnes, MHS, RD

### ONLINE ONLY

Join Zahra Tromsnes to learn about gut health, gut microbiome and practical strategies based on the latest research, so you can eat well and feel great!

**Free event.** Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events). Details to join seminar will be available by email once sign-up is completed.

**Wednesday January 13th, 2021  
7-8:30pm**

## SOS: Stress or Sleep Trouble? How to Break Through and Feel Energized Again!

with Shannon, BSc.

### ONLINE ONLY

Join Shannon, Vitality's Educator to discuss energy zappers and learn lifestyle & supplement tips to help you de-stress and feel refreshed.

Please note this is a sponsored event.

**Free event.** Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events). Details to join seminar will be available by email once sign-up is completed.

**Wednesday January 20th, 2021  
7-8:30pm**

## Heal Your Past: How to Take Control of Your Life Using EMDR Therapy

with Tricia Veltri, MCC, BA, BEd.

### ONLINE ONLY

Join Tricia Veltri from Core Level Healing to learn about how to heal your past using EMDR Therapy.

**Free event.** Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events). Details to join seminar will be available by email once sign-up is completed.

**Thursday Jan. 21st, 2021  
7-8:30pm**

## How to Advocate for Yourself in Our Medical System

with Dr. Navnirat Nibber, ND

### ONLINE ONLY

Join Dr. Nibber to learn about how to navigate the medical system and advocate for your health.

**Free event.** Register online at [choicesmarkets.com/events](https://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](https://choicesmarkets.com/events).**  
For inquiries, please call 604.952.2266 or email [eventregistration@choicesmarkets.com](mailto: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/](https://www.choicesmarkets.com/events/)

# SAY CHEESE!

## Manchego



**M**anchego is one of Spain's most well-known cheeses. This lovely sheep milk variety hails from the La Mancha region in Spain just south of Madrid and is made using only milk from the area's famed Manchega sheep breed. It has been a Protected Designation of Origin (PDO) cheese since 1984 and continues to gain popularity worldwide.

It is made using pasteurized or unpasteurized whole milk which is higher in butterfat, making this cheese very rich in flavour. The texture is firm and buttery with a bit of crumble. After the curds are gently cut, they get pressed into molds which give the cheese its signature crosshatched rind. Originally the cheese was pressed into baskets which were made of woven esparto grass. The new molds give the cheese the same look but production is easier to control.

Manchego is an excellent addition to your cheese board! The older varieties (aged 12 months plus) are the most firm in texture and have more pronounced sweet notes of caramel, while the younger ones (aged 3 to 6 months) are more tangy and nutty. The rind is not edible so be sure to trim it off each side of the wedge before slicing. Marinate cubes in olive oil with fresh citrus, roasted garlic and herbs, or try it grated onto a potato gratin. For dessert, top slices of Manchego with a drizzle of honey and a sprinkle of pistachios for an easy treat.

## COOK IT UP



## Manchego and Roasted Veggie Sandwiches

This sandwich with roasted vegetables is a great way to warm up your kitchen on cold winter days. It makes for a wonderful lighter meal after the holidays. Using whole grain Dijon mustard will help to balance the sweetness of the cheese and roasted peppers and onions.

**2 ciabatta buns**

**80 grams manchego, aged 12 months**

**1/2 cup baby spinach**

**1/2 medium eggplant, sliced**

**1 large red pepper, cored and sliced**

**1 medium onion, sliced**

**2 tbsp extra virgin olive oil**

**Salt and pepper**

**Dijon mustard for serving**

Heat oven to 425 degrees. Toss sliced vegetables with olive oil, salt, and pepper. Roast in oven for 25-30 mins, or until tender and starting to brown. Make two piles of mixed roasted vegetables on the baking pan and top with sliced cheese. Place back into oven with the buns for 2 minutes, or until the cheese is melted and the buns are toasted.

To serve, spread buns with mustard and top with spinach and vegetables.



**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.**



JANUARY 1-15 ONLY

# club specials

## Earth's Choice Organic Tomatoes

Assorted Varieties



**2<sup>99</sup>** 398ml  
**3<sup>99</sup>** 796ml

Picked for freshness, then canned for your convenience.

## GoGo Quinoa Organic Pasta

Select Varieties



**3<sup>49</sup>**  
227g

Made from high quality quinoa grains sourced direct from the Andes.

## Annie's Homegrown Pasta & Cheese Side Dishes

Select Varieties



**1<sup>99</sup>**  
149g - 170g

You can never go wrong with these classic dishes.

## Gardein Frozen Meat Alternatives

Assorted Varieties



**4<sup>49</sup>**  
Bags, 190g - 390g  
**4<sup>99</sup>**  
Bowls, 24 | g

Celebrate a healthier lifestyle with these meat-free dishes.

## Nutiva Organic Virgin Coconut Oil



**7<sup>99</sup>** 444ml  
**14<sup>99</sup>** 860ml

Premium oils, cold-pressed directly after harvesting.

## Navitas Organic Cacao, Goji Berries, Turmeric, & Acai Powder



Assorted Varieties

**4<sup>99</sup> to 16<sup>99</sup>**  
Assorted Sizes

Crave worthy products, filled with nutrients for a healthier you.

## Love Good Fats Bars

Assorted Varieties



**1<sup>99</sup>** 39g/40g  
**20<sup>99</sup>**  
Box of 12 Bars

Kick the sugar out with these keto-friendly bars.



## Lundberg Organic Rice Cakes

Assorted Varieties

**3<sup>49</sup>**  
241g - 269g

A healthy option for your favourite toppings.

## Prana Organic Chia, Flax, & Hemp Superseeds



Assorted Varieties

**3<sup>49</sup>** FLAX, 320g  
**5<sup>99</sup>** CHIA, 200g - 300g  
**6<sup>99</sup>** HEMP, 200g

Healthy seeds and grains from a certified B-corp.

## GT's Organic Raw Kombucha

Assorted Varieties



**2<sup>99</sup>** 480ml  
+deposit +eco fee

The original kombucha brand that started the craze!

## Blue Diamond Almond Breeze Beverages

Assorted Varieties



**1<sup>99</sup>** 946ml Tetra

The best almonds make the best almond milk, so you can trust Blue Diamond to be delicious!



## Joyya Ultrafiltered Milk

Assorted Varieties

**3<sup>79</sup>** 1L

Joyya packs more protein per sip than other milks and less lactose!

JANUARY 16-31 ONLY

# club specials

## Pacific Organic Soup



Assorted Varieties

**3.99**

320-472ml

**4.79**

1L

Pacific Organics begins with simple ingredients to create nourishing recipes.

## Rao's Gourmet Pasta & Pizza Sauce



Assorted Varieties

**5.49**

Pizza Sauce, 370ml

**8.99**

Pasta Sauce, 660ml

Bring home the flavours of Italy with these premium sauces.

## Bob's Red Mill Almond Meal Flour & Coconut Flour

Select Varieties



**4.79**

Coconut Flour

**10.99**

Almond Meal, 453g

Delicious alternatives to wheat and other grain flours.



## Califa Non-Dairy Beverage

Assorted Varieties

**4.49**

1.4L

Enjoy a rich, creamy taste without any dairy! Great flavours available.

## Stash Premium Tea



Assorted Varieties

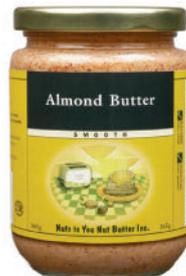
**3.99**

18 & 20 Tea Bags

Premium teas lead for a better, more satisfying cup.

## Nuts to You Almond Butter

Smooth or Crunchy



**12.99**

735g

Nothing but the good stuff in here, just the nuts!

## Tree Island Grass Fed Greek + Fruit Yogurts

Assorted Varieties



**4.49**

Greek, 325g

Fruit, 350g

Made from happy cows who eat yummy grass on Vancouver Island.

## Liberté Greek & Greek Crunch Yogurt

Assorted Varieties



**2.99**

Greek 4x100g

Crunch 2x100g

A perfect portable snack. Take it on the go for a boost of protein whenever you need it.

## Bremner's Frozen Fruit

Assorted Varieties



**5.99**

Blueberries, 600g

**6.99**

Blackberries & Mangoes 600g

**7.99**

Dark Cherries, 600g

Perfect for smoothies and more.

## Hardbite Natural Root Chips



Assorted Varieties

**3.49**

150g

A healthier crunching option for when you just need a crispy snack.

## Wedderspoon Organic Manuka Honey Drops



Assorted Varieties

**6.99**

120g

Soothe that sore throat the natural way with powerful manuka honey.

## Caboo Bamboo Bathroom Tissue

Assorted Varieties



**7.99**

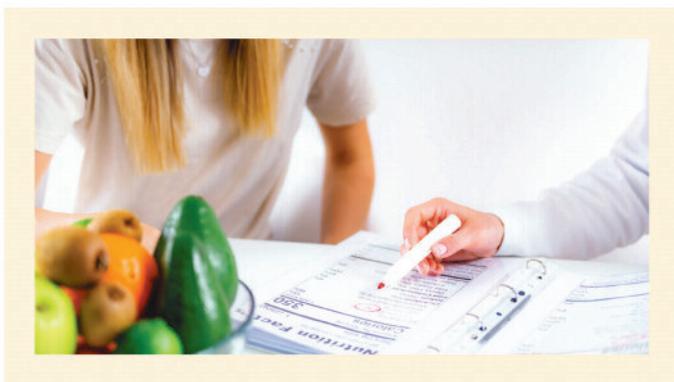
12 Rolls

**14.99**

24 Rolls

Bamboo is a more sustainable fibre option than traditional paper.

# Q&A WITH BC DIETITIANS



**Q: With the start of the New Year, dieting has become quite popular. How do you recommend we focus on health in the New Year?**

**A:** The most popular New Year goals tend to revolve around weight, diet, and exercise. The messages are popping up everywhere from store promotions to emails to social media, “New Year, New You” – people are excited for the new year for a fresh start, especially for this year where many people are just done with 2020!

The New Year can be a great time to gain some momentum and make positive changes. We want to remind you to set goals that actually matter to you, not because it's expected that in the New Years we should “eat clean, lose weight and get fit”. So, we challenge you this year to make meaningful and sustainable changes that will contribute to your health, strength, ability, endurance, happiness, self-compassion, kindness, and self-worth. For a step-by-step guide on how to start feeling amazing for the New Years, please visit: <https://www.bcdietitians.ca/blog/4-steps-to-feel-amazing-for-the-new-year>

**Q: Can you discuss the importance for individuals with nutrition related health concerns to reach out to a Registered Dietitian?**

**A:** We make about 200+ decisions around food and nutrition everyday. From the moment we wake up, we think about breakfast, lunch, dinner... not only for ourselves but for our family. We think about foods that are nourishing for our body and health. We look online to find inspiration for recipes, meal plans and even do our grocery shopping.

As registered dietitians, we know how important these decisions are for you and your family. We know how complicated nutrition is and how powerful food can be for our body. But we also know how messy it is out there on the internet!

We need to be critical of the nutrition information we hear! Question the source and credibility of information, what is their level of training in nutrition, how are they influenced? Dietitians are regulated health professionals trained to provide nutrition advice.

The titles “Dietitian”, “Registered Dietitian” and the initials “RD” are protected by law in BC. Dietitians are regulated the same way “nurses”, “pharmacists”, “doctors” are under the Health Professions Act and the college.

## Registered dietitians must complete:

- a minimum of four years university-level bachelor degree in dietetics
- a one year (~1300 hours) of practicum in acute clinical nutrition care, population & public health nutrition and nutrition management
- passed the Canadian Dietetic Registration Examination
- participate in an annual quality assurance program to keep up with competency
- many have masters and doctorate graduate degrees

Connect with a registered dietitian this New Year to help you reach your nutrition goals!



Find BC Dietitians is an online directory with services, products and events from registered dietitians across BC. We provide quality care by connecting people to a nutrition expert that can support you in achieving your nutrition goals with best practices. Find BC Dietitians also offers convenient online appointments and matches you with a dietitian to help you get started. [www.bcdietitians.ca](http://www.bcdietitians.ca)

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# Avoiding Fad Diets

## By Emily Tomaszewski, RD

**Q** How do I know what diets are good or are just a fad?

**A** It's that time of year again! The holidays are over, and I know what you're thinking... New year, new me! Whether it's time to make a healthy change through reducing stress, being more active, or eating better, we're all aware of the changes we want to make in the New Year. Maybe you've been here before, and come January 1st, it's time for a new diet. You're hopeful this diet you found will do the trick, as it promises quick weight loss, beautiful hair and an improved mood! The only catch? It requires some BIG changes to your lifestyle, and some of these changes may be unrealistic, and unsustainable... Sound familiar?

We're talking about fad diets, commonly used by those wanting an easy weight loss solution. They often entice you with their "too good to be true" health claims. The problem with these diets? They never work! They often involve extreme restriction and even cutting out some healthy foods, which can be difficult to achieve and quite harmful. Instead, we need to shift our focus to developing healthy eating behaviours, because these are going to be the most beneficial to making positive changes last. One way to do this is through mindful eating, a message from Canada's Food Guide.

Mindful eating is simply being aware of your eating environment. Start by asking yourself if you're even hungry! Then, look at your plate: Is it a balanced meal with quality proteins, vegetables/fruit filling half the plate, and a source of complex carbohydrates? Next, assess how you're feeling: Full? Or hungry for more? It's easy to eat without thinking, but taking the time to sit down and assess what your body needs will allow you to feel better about the food choices you're making, and create healthier eating habits in the process.



**Emily is the Nutrition Consultant at Choices Markets Kelowna. She is passionate about helping people navigate healthy eating with food allergies and dietary restrictions, and providing evidence-based recommendations. She is a Registered Dietitian who recently moved back to her hometown in Kelowna after graduating from the University of Alberta's Dietetics Specialization.**

# Building Better Habits

## By D'Arcy Furness, RHN

The pandemic has thrown us into an alternate reality where the routines we once took for granted may have become unavailable to us or vastly changed. For some, the stressors associated with Covid have led us to behaviours we'd rather not continue. On a positive note, many of us have become more introspective about our priorities and this can be very empowering. If you want to build better habits, here are 3 fast ways to get started!

- 1 Recognize and Understand**  
The little decisions we make each day become our habits, and, according to researchers at Duke University, habits account for 40% of our behaviours. Essentially, the lives we're each living today is really no more than the sum of our habits. A goal achieved is never the result of one choice – it's the result of us implementing good habits, consistently and over time.
- 2 Be Specific and Measurable**  
Have you ever claimed that you want to "eat healthier", and then be disappointed with yourself when you don't? Vagueness is the killer of goal-setting. Reword your goal to be specific and measurable. Rather than set a goal of "eating healthier", choose "I will eat five servings of vegetables every day".
- 3 Harness The Power of The Mini-Win**  
Deliberately set your bar low and succeed. If "I will eat five servings of vegetables every day" is a big change from where you are now, adopt "I will eat one serving of vegetables every day". Then, after a week of success, move the bar to 2 servings, then 3 servings and so on. At the end of the month, you'll be eating 4 servings of vegetables every day and be well on your way to achieving your goal of eating healthier.



## 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 Choices Recipe



#### Hearty Winter Oatmeal

By Kelsey Moore, RD

1/2 cup rolled oats

3/4 cup oat milk

1 tbsp. hemp hearts

2 tbsp. nut or seed butter  
(recommend almond or pumpkin)

1 tbsp. dark chocolate chips

1/2 cup fresh or frozen berries

Heat oats and oat milk on stove on medium-low heat until oats are cooked.

Remove from stove and scoop into a bowl, add nut or seed butter, hemp hearts, chocolate chips and top with fruit, enjoy!





### King Soba Noodles:

What are soba noodles? Soba noodles are a popular noodle used in Japanese cooking. Unlike spaghetti noodles soba noodles are made from buckwheat, which despite its name actually contains no wheat, making this a great alternative for those that can't eat gluten. How does the nutrition measure up? Soba noodles are high in important minerals (such as manganese, zinc and iron) which play a role in metabolism, carrying oxygen, bone health and wound healing. As well, soba noodles have been linked to improving blood sugars, heart health and play a role in inflammation. These versatile noodles can be used in a variety of ways, try using King Soba Noodles in a soup, salad, in a poke bowl or swap in for spaghetti noodles in your favourite pasta dish!



### Caliente Hot Sauce:

Caliente hot sauce is a fresh, raw BC product with simple ingredient list containing no preservatives (other than vinegar). It comes in several flavours including Jalapeno, Habanero and my favourite, Chipotle. Other than as a side for Mexican dishes, how else can we spice up our variety of this hot sauce? Lots of ways! Some less common ways include Caliente hot sauce as an ingredient in a marinade, in a homemade Greek yogurt vegetable dip or in chillis or soups! It can act as a lighter swap for wrap or sandwich sauces like spicy mayo or heavy cream based dressings.



### Chosen Avocado Sprays:

What makes avocado oil a great cooking oil? Avocado oil, unlike some other oils has a very high smoke point (500 F), what does this mean? Avocado oil is the perfect oil for cooking methods that require high heat, such as pan frying at a high temperature! The advantage of using an oil spray over an oil is that it is easier to control the amount of oil used and easier to distribute the oil more evenly over the surface. What's great about Chosen Avocado Spray is that it uses minimal ingredients, and good news, it only includes common simple ingredients! Something unique about Chosen Avocado Sprays is that they come in a variety of unique flavours like garlic, chipotle, Italian herb and even pumpkin spice and cinnamon!



### Bluebird Bone Broth:

Athletes! Are you prone to sport injuries? Good news, including a daily source of gelatin in your diet may help with injury prevention. A great way to get gelatin from a food source is bone broth. Bluebird Provisions offers an Organic Chicken and Organic Beef Bone Broth which are both high in gelatin. Research shows consuming gelatin one hour prior to exercise or physiotherapy may help to prevent and improve healing from injuries. In order for gelatin to be effective it must be consumed with a source of vitamin C – think adding lightly cooked vegetables rich in vitamin C (like tomatoes, dark leafy greens or bell peppers) to your Bluebird Provisions bone broth soup!

New Roots Probiotics

Assorted Varieties



**20% Off**  
Assorted Sizes

New Roots offers advanced probiotic products for a wide variety of needs. All include a natural enteric coating for 100% delivery past stomach acids, resulting in higher intestinal colonization.

withinUs Coconut Creamer & Rehydrate

Assorted Varieties



**21<sup>49</sup>**  
Rehydrate, 144grams  
**39<sup>99</sup>**  
Coconut Creamer, 274gram

A delicious and nutritious, dairy-free boost for your hot beverage or smoothie.



Basd Body Care  
Assorted Varieties

**30% Off**

Assorted Sizes

Basd is a range of organic, plant-based, cruelty-free body care products to make you feel good, look good and do good.

Natural Factors  
Vitamin C Supplements

Assorted Varieties



**20% Off**

Assorted Sizes

Natural Factors Vitamin C 1000 mg time release tablets are designed to gradually release their contents over an 8-hour period.

Organika Bone Broths

Assorted Varieties



**35<sup>99</sup>**

Chicken or Beef Original or Ginger

Add this to your kitchen arsenal for a high protein, high collagen alternative to conventional bouillon.

Garden of Life Proteins

Assorted Varieties



**20% Off**

Assorted Sizes

Designed to refuel and repair muscles, support recovery and protect your immunity.

Ener-C Sport Drink

Assorted Varieties



**2/148** Sachets  
**749** 12pk  
**19<sup>99</sup>** 154grams

Ener-C Sport is an electrolyte drink mix formulated on World Health Organization standards.

Bulletproof Collagen, Brain Octane, Coffee and more!

Assorted Varieties



**25% Off**

Assorted Sizes

Boost metabolism, reduce fat storage, and maintain healthy cholesterol levels.

Now Vitamins & Supplements

Assorted Varieties



**20% Off**

Assorted Sizes

GABA is naturally produced in the body and its presence within the central nervous system may help promote relaxation and ease nervous tension.

Andalou Cannacell Face Care and Body Care

Assorted Varieties



**35% Off**

Assorted Sizes

Synergistic, super-powered antioxidant blend that energizes skin's own defense system.



**AOR Vitamins and Supplements**

Assorted Varieties

**20% Off**

Assorted Sizes

Active forms of B-vitamins in a form your body can utilize immediately. Balanced ratios and clinically-supported doses. Support for energy, stress and burnout, metabolism, and nerve function. Supports the function of the brain, nervous system, metabolism and methylation. Doesn't cause niacin "flush".

**Bio-K Plus Probiotics**



Dairy & Non-Dairy

Composed of unique bacterial strains to aid in your digestion.

**21<sup>99</sup>** 6packs  
**15% Off**

Assorted Sizes, Bio-K Plus Probiotic Capsules

**MegaFood**

Fresh From Farm to Table - Vitamins and Supplements

Assorted Varieties



**20% Off**

Assorted Sizes

MegaFood goes out of their way to source fresh and local foods, crafting these into wholesome supplements that deliver authentic nourishment — far more than vitamins and minerals alone.

**NutraSea Omega-3 and Omega-3+D Fish Oil**

Assorted Varieties



**20% Off**

Assorted Sizes

You'll enjoy the clean, light taste of NutraSea+D premium quality liquid omega-3, in a delicious grapefruit-tangerine flavour, with no fishy burp-back.

**Vega Protein & Energy**

Vanilla or Chocolate



**26<sup>99</sup>**

510-513 grams

With MCT oil, plant-based protein, and caffeine from organic coffee fruit, Vega Protein & Energy will help improve alertness.

**SISU Magnesium Supplements**

Assorted Varieties



**25% Off**

Assorted Sizes

Supports heart function and muscle strength and aids in the prevention of headaches and migraines.

**Weleda**

Face Care and Body Care

Assorted Varieties



**25% Off**

Assorted Sizes

The cool, hydrating serum acts quickly to boost skin's moisture.

**Healthology Vitamins and Supplements**

Assorted Varieties



**20% Off**

Assorted Sizes

GUT-FX is the ultimate formula to repair your intestinal tract lining, heal inflammation, and restore your gut.

**Epsom Gel**

Assorted Varieties



**8<sup>49</sup>** 30mL  
**18<sup>99</sup>** 90mL  
**26<sup>99</sup>** 150mL

A unique water based solution that absorbs quickly and is non irritating for everyday use.

**Canprev Vitamins and Supplements**

Assorted Varieties

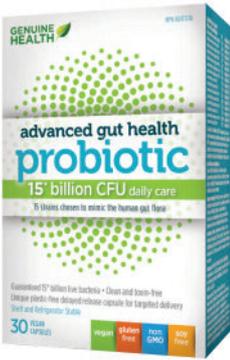


**20% Off**

Assorted Sizes

Adrenal-Pro™ is specially formulated to support the adrenal glands, increase energy, reduce stress and fatigue.

# wellness centre month long specials



**Genuine Health**  
Advanced Gut Health Probiotics  
Assorted Varieties

**Buy One Get One  
50% Off** Assorted Sizes

Your gut is a diverse ecosystem filled with trillions of bacteria. Seed it with the heartier probiotic with carefully chosen strains to mimic a healthy gut flora† – in a vegan delayed-release capsule that delivers up to 10x the bacteria to your gut for maximum effectiveness.

**Pascoe Tussiflorin**  
Assorted Varieties



**14<sup>99</sup>** 100mL  
**15% Off**  
All Other Pascoe Supplements

Relieves Wet/Dry Cough.  
Relieves symptoms of bronchitis.  
Suitable for ages 1 and older - perfect for the whole family!

**Flora Flor-Essence**  
Assorted Varieties



**15% Off**

Assorted Sizes

Flor-Essence® is a traditional herbal formula developed to gently cleanse the whole body at the cellular level.

**Flora Beyond Greens**  
Assorted Varieties



**34<sup>99</sup>**  
255g

Provides the foundation for optimum nutrition with the best that nature has to offer including organically grown cereal grasses.

**Host Defense Lion's Mane & Brain Supplements**  
Assorted Varieties



**15% Off**

Assorted Sizes

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

**Smart Solutions**  
Lorna Vanderhaeghe Weight Management & Digestive Supplements

Assorted Varieties



**15% Off**

Assorted Sizes

Aids weight loss. Balances blood sugar. Treatment for PCOS. For men and women

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Gentle on the stomach, well absorbed and non-constipating to help build blood, deliver oxygen through the body to improve energy and mood.

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No.7 Joint Complex, 30caps

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Full Spectrum Curcumin, 30softgels

Water-soluble liquid in a soft gel.

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**Garden of Life mykind Organics Vitamins and Supplements**

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**15% Off**

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The first ever 100% Certified USDA Organic, Non-GMO Project Verified, food extracted multivitamin formulas.

# the Dish

## On Chickpeas

**C**hickpeas, -- aka Garbanzo beans-- are a great legume who've been around since the bronze age. Originating in West Asia, today India dominates the world in both chickpea production and consumption. Canada also stands within the top ten global producers. Chickpea is one of the largest legume cultivars in the world with many varieties grown in different countries that vary in size and colour. If you're curious about just how many types of chickpeas there are, take a trip to your closest Indian grocer and you may be surprised at how many.



Rich in iron and potassium, they're great for reducing cholesterol. Best of all, chickpea is easy to incorporate into your diet, with almost limitless uses. A traditional Indian restaurant might have dozens of chickpea based specialties. Chana masala and other curries are just the start. Many variations of meat and veggies dishes use chickpea flour. It's a great start to a batter for tasty fried or oven roasted foods. Pakoras anyone? If trying chickpea flour for yourself, my native Italy makes tasty dishes in socca bread or farinata.

We can't talk about chickpeas without talking about falafel. This Middle Eastern fried street food is popular around the world for a reason. Enjoy it with hummus for a double chickpea delight. Speaking of hummus, it might just be the number one way we eat chickpeas in Canada! This modern and delicious dip is easy to make and versatile. All you need is a few ingredients and a food processor. Try experimenting

with adding fun flavours, like roasted red pepper or pesto. The Choices Kitchen makes all sorts of tasty hummus delights for you to try.

One of my favourite garbanzo based snacks is dry roasting them. Cook your chickpeas as normal, then put them in the oven with some seasoning until they get nice and crispy. It turns them into a crunchy, low cal snack or crunchy salad topper.

Now that you have all these chickpea ideas, you're going to need a lot of them! Preparing dried chickpeas is a more economical option than canned. Check our bulk section for great options. Soak the legumes over night for best results. Cook in unsalted water, only adding salt when you've reached your desired level on doneness. You can refrigerate your cooked chickpeas for up to three days, or portion and freeze for later. Don't throw out the water! Known as aquafaba, the chickpea cooking liquid can be used as an egg white substitute that is excellent for vegan baking. Try making vegan meringues.

One of my favourite chickpea discoveries recently is using them in sweet dishes. Process your garbanzos, add some non-dairy milk, maple syrup, vanilla and a small amount of almonds or walnuts with a dash of cocoa. You'll have a great, healthy, vegan spread that's delicious on toast for a sweet breakfast.

Don't worry if you think you're going to overdo it on the chickpeas. You'll never falafel with this versatile ingredient!



**Chef Antonio's delicious creations are on sale every day in the Choices Deli. His recipes are a great start for people looking to eat healthier this New Year!**



**Choices Own  
Garbanzo Beans**

**| 98** 398ml

Looking to add more chickpea into your diet? Try Choices Own Organic Garbanzo Beans -- available only at Choices Markets!



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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 CO<sub>2</sub>

Smog: 5 kg NO<sub>x</sub>

**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator



Choices Markets will no longer be offering single use plastic grocery bags at our checkouts.



As a part of our commitment to sustainability, we'll still have recycled paper bags available and will continue to offer a 5¢ refund when you bring a reusable bag from home.