

BUY ONE CET ONE FREE



















PRODUCE









Organic Large Navel
Oranges from USA
3.26/kg
/lb

MEAT



GROCERY

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



L'Ancetre Organic Cheese Slices & Shreds

Assorted Varieties

30% off

Regular Retail 5.29-9.99

OARMELA

NATURAL

Parmela Creamery **Nut Based Cheese** Shreds & Slices

Assorted Varieties

199 198g





Regular or Light

700

Liberté Skyr Yogurt



Assorted Varieties

Olympic Yogurt

Select Varieties



Armstrong Cheese Snacks

Assorted Varieties

2/700 2/800



449

10 Pack, 210g

Yoso Coconut & Almond



Based Yogurt

Assorted Varieties

Daiya Dairy-Free Yogurt, Dressings, Frozen Burritos & Cheezecakes



Assorted Varieties

Happy Planet Organic Grass Fed Milk



Regular Retail 2.19-9.99



599

1.5L Cream Top



Earth's Own Oat Beverages

Assorted Varieties

Silk True Almond Beverages

Assorted Varieties



Malk Organic Dairy-Free Oat & Almond Beverages

Assorted Varieties



Nature's Path

Organic

Rawcology Raw Crunch Granola

Assorted Varieties



Nature's Path Organic Grain Free Granola

Select Varieties



Eco Pac Cereal Assorted Varieties





Anita's Organic Pancake Mixes & Oats

assorted sizes

Assorted Varieties



Uncle Luke's Organic Maple Syrup

Assorted Varieties

○# **○**=

Capilano Honey Assorted Varieties



30% off Regular Retail 7.99-14.99

GROCERY



Sprague Organic Canned Soup

Assorted Varieties



Karine & Jeff Soup

Assorted Varieties



Earth's Choice Organic

Canned Tomatoes Assorted Varieties



Prairie Harvest Organic Pasta Sauce Assorted Varieties

GARBANZO BEANS/ POIS CHICHES

Eden Organic Beans Assorted Varieties

099



Cha's Organic Coconut Milk & Cream Assorted Varieties



Berio Extra Virgin Olive Oil



Fody Low **FODMAP** Pasta Sauces & Condiments

Assorted Varieties



Sunrise Tofu

Conventional



Little Northern Bakehouse Gluten-Free Loaf

30% off

Regular Retail 5.99-7.99

454g Medium





Assorted Varieties

Frozen Vegetables

Assorted Varieties

Maman Jam

Bonne



Assorted Varieties



Earthbound Farm Organic





Frozen Fruit Assorted Varieties



Evive Frozen Smoothie Cubes

Assorted Varieties

2/600

Level Ground Organic



Fair Trade Coffee & Tea



Pukka Organic Tea



Assorted Varieties



Kicking Horse Organic Fair Trade





Silver Hills Fresh Sprouted Power Bread Assorted Varieties

assorted sizes

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Prices Effective January 14 - 20, 2021.



Assorted Varieties • 82g



Baked **Veggie Samosas** for 100 I I 5 g



















Tre Stelle

CHOICES' OWN FRESHLY BAKED GOODS

Alternative Flour Muffins:

Blueberry Lemon & Apple Cinnamon



Purple Yam & Chia Boule

> 199 400g

Keto Desserts:

Donut Bites, Roasted Pepper & Cheddar Corn Bread & Coconut Muffins

6" Pies:

Apple, Peach Medley & **Berry Rhubarb**

150-200g

599 each

Online Video Seminars:

NEW! Watch our recorded seminars on YouTube. Visit choicesmarkets.com for more info.

Wednesday, January 20th | 7:00-8:30 pm

Heal Your Past: How to Take Control of Your life Using EMDR (Eye Movement Desensitization and Reprocessing) Therapy

with Tricia Veltri, MCC,BA,BEd.

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

Free Event. Register online at choicesmarkets.com/events.

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



GROCERY



Beanfields Bean Chips Assorted Varieties

Simply7)

Simply 7 Quinoa & Lentil Chips Assorted Varieties



Botanica Perfect Proteins & Greens Superfood **Powders**

WELLNESS



Natural Factors Immune Support Supplements

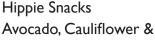
Select Varieties

Assorted Varieties

Perfect Proteins

Greens

Regular Retail 12.49-39.99





Almond Crisps Assorted Varieties

Suzie's Thin Rice Cakes Assorted Varieties

Renew Life **Probiotics**

Select Varieties



assorted sizes Regular Retail 17.49-72.99



Hornby Organic **Energy Bars**



Assorted Varieties

Theobroma Organic Chocolate Bars Assorted Varieties



Nature's Way Herbal **Supplements**

Assorted Varieties



Natural Calm Magnesium Supplements

Assorted Varieties

assorted sizes Regular Retail 11.99-35.49

Regular Retail 15.49-54.99

Wise Bites Gluten-Free Vegan School Safe Cookies,



Muffins, Bites & Bars Assorted Varieties

49-699



Earth's Choice Organic Peanut Butter Assorted Varieties

E/49 500g

AOR Vitamins & Supplements AOR Assorted Varieties

Progressive Vitamins & Supplements



Assorted **Varieties**

AII **Products** on Sale!

Regular Retail 29.99-122.99

Regular Retail 15.79-72.99

GT8 KOMBUCHA

GT's Organic Raw Kombucha Assorted Varieties



Greenhouse Organic Cold Pressed Juice Assorted Varieties

300ml • +deposit +eco fee

Suro Organic Elderberry Syrup & Tincture Supplements

Assorted Varieties

assorted sizes Regular Retail 11.79-25.49 Vega One All-in-One Nutritional Shakes



See In-store for more Vega One Products on Sale!

480ml • +deposit +eco fee



