



CHOICES'

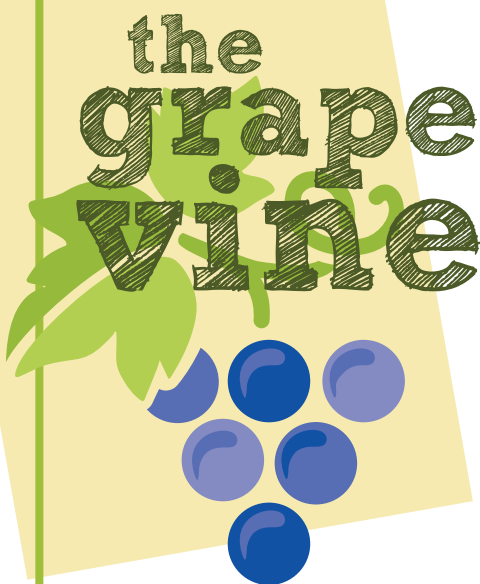
Monthly Newsletter | August 2021

The Dish on Watermelon

Say Cheese! Cotija

Early Season Apples

Learn More About our Produce Program



Plant Sales



Each spring Choices donates a portion of the proceeds we generate from our weekend bedding plant sales to local schools. By growing your own garden, you're helping us fundraise for local youth. How great is that? This year, we raised over \$5000 that we're happy to donate to schools in the communities that you live in.

Buying Local

At Choices, we've always been big on buying local and supporting the communities we live in. More than ever, we're looking to help out the growers and producers who live in our communities. Help out your friends, neighbours and family members by buying BC and Canadian made products, and we'll all be better off for it.



Buying Local. What's in Season?

BC is home to some of the greatest fresh produce in the world! So what's in season this month for those of us who love to eat local?

August Veggies	August Fruits
Artichokes, Beets, Broccoli	Apples, Apricots
Cabbage, Carrots, Cauliflower, Corn	Blackberries, Blueberries, Cherries
Cucumber, Fennel, Garlic, Kale	Pears, Plums, Peaches
Potatoes, Radishes, Shallots, Spinach, Summer Squash	Nectarines, Strawberries
Tomatoes, Zucchini	



COOK IT UP



Grilled Salmon Summer Salad

By Kelsey Moore RD,
Nutrition Operations Manager Choices Markets

– Serves 4 –

- | | |
|-----------|------------------------------------|
| 4-6 cups | Spring Greens |
| 1 cup | Strawberries, sliced |
| 100 g | Feta, or 1 avocado |
| ½ cup | Pecans or walnuts, chopped |
| 1 tbsp. | Avocado oil |
| 150 g x 4 | Ocean Wise Atlantic Salmon fillets |
| 1 | Lemon, sliced into 4 |
| 2-3 tbsp. | Balsamic glaze |
| | Salt and pepper to taste |



Pre-heat grill 500 F.

Brush salmon fillets with avocado oil and add salt and pepper to taste. Once grill is preheated, add salmon fillets to grill skin side up for 5 minutes. Flip and grill for another 3 minutes, ensure the internal temperature has reached 145F before serving, if not cook until the internal temperature has reached 145F. Remove and let cool for a few minutes.

Wash greens; add to a large salad bowl.

Add sliced strawberries, crumbled feta or sliced avocado, and nuts. Drizzle balsamic glaze over salad.

Serve salad on a plate with salmon on the side with a lemon slice. Enjoy!



New Choices!

GROCERY

Oat & Mill Non-Dairy Frozen Dessert



5⁹⁹ 500ml

With the taste of parlour shop ice cream, Oat & Mill is lusciously vegan and dairy-free.

Buck Dairy Free Buckwheat Gelato



6⁹⁹ 500ml

Unlike anything you've experienced before, this unbelievably addictive line-up of flavours will win you over.

Dwarf Stars Vegan Pumpkin Seed Butter Cups



2⁹⁹ 42g

What's a pumpkin seed butter cup? Think, healthier spin on a peanut butter cup...but without the peanuts or top 10 food allergens.

Chiwis Kiwi Chips Original or Tropical



4⁹⁹ 50g

Did you know the health benefits of kiwis exceed most fruit? Not to mention that Chiwis taste just like candy, without the additional sugar and chemicals.

Nature's Path Envirokidz Plant Based Frozen Waffles



2 Varieties
4⁴⁹ 240g

As part of the Nature's Path family, we wanted to create a breakfast staple for kids that didn't compromise on nutrition or taste.

DJ&A Vegetable Snacks



3⁹⁹ 65g - 100g

We love to share our passion for quality food that the whole family can enjoy.

WELLNESS

Havn Life Supplements



15% Off

Assorted Sizes

A blend of four mushrooms, mind is designed to help balance the immune system, fight cell damage and increase energy.

CanPrev Milk Thistle Liposomal



41⁹⁹ 450ml

Milk Thistle Liposomal's active medicinal ingredient, an antioxidant known as silymarin, is responsible for its protective and regenerative effects on the liver.

Skin Essence Organic Face Care



15% Off

Assorted Sizes

Our bottle's filled with nature's extracts designed to nourish, heal, and hydrate the skin.

Dose Organic Cold Pressed Juice



4⁹⁹ 300ml
+ deposit + eco fee

DOSE offers fresh, delicious and never-processed cold-pressed juices.

Chili P Red Chili Condiment



9⁹⁹ 250ml

Your best friend in the kitchen. Spice up your meals with this flavour BOMB.

Organika Electrolyte



43⁹⁹ 350g

Organika Electrolyte powder ensures you are replenishing these vital nutrients to support your daily needs.

SAY CHEESE!

Cotija Cheese

There are many things that come to mind when I think about Mexico. The sun and surf, palm trees and vanilla, but the food has a special place in my heart.

In a tradition spanning nearly four centuries, Cotija cheese takes its name from the town where it originates: Cotija de la Paz in Michoacán Mexico. Said to be the Mexican equivalent of Parmesan, this is a highly versatile cheese which pairs well with foods all the way from high end to the more approachable street style.

Cotija ranges from white to pale yellow and has up to 4 times as much salt as many other common cheeses, and can be found fresh or aged. The fresh version is similar to Ricotta with a mild flavour, but once aged it becomes harder with a noticeable sharp and earthy taste.

This cheese has spread to other regions and has many separate styles. The original style is dry, with a hard rind and almost no melt factor. The flavour is tangy and salty with notes of butter and, so some claim, also hints of pineapple. It crumbles easily and is often grated and used to finish foods while plating. Another interesting version is Querétaro style which is unique because, as a way to preserve it they traditionally coat it in a paste made from garlic, dried chilies and vinegar. This adds colour while making it softer, with a fresher taste and it also holds together better than the original.

This enticing cheese is wonderful when served as a topping for grilled corn on the cob on a hot day.

Come see more of these and other fantastic cheeses at the Choices Markets deli.



Drew Baughman is a Red Seal Chef with over 7 years' experience in the food industry. He is a key factor in the running of the Choices Markets Kitchen. He loves great food, the outdoors and a good book.

COOK IT UP



Chili Lime Chicken Tacos with Roasted Corn Salsa and Cotija Cheese

2 Chicken Breasts, Butterflied.

**1 tsp each of Garlic Powder, Cumin,
Ancho Chili Powder**

1/2 tsp chili flakes

1/2 tsp each of Black Pepper and Salt.

2 Tbsp Olive Oil

2 Tbsp Fresh Lime Juice

1 large Tomato, diced

1 small Red Onion, Diced

1 Bell Pepper, Diced

100 grams of Baby Spinach, chopped

80 grams Cotija, grated.

1/2 cup Choices' Own Roasted Corn Salsa

**4 to 6 Corn Tortillas depending on
how full you like them!**

Mix the spices with the olive oil and paint it onto the butterflied chicken breasts.

Grill (keeping an eye out for flare ups) or bake until fully cooked.

While the chicken is cooking, rinse and cut the veggies and grate the cheese.

Slice the chicken into thin strips and drizzle with lime juice while still warm.

Just before plating, warm up the tortillas slightly in a large frying pan or on a baking sheet in the oven.

Load all of the toppings onto your tortillas, I start with the Spinach, then Tomato and Bell Pepper followed by onion, chicken then cheese and last but not least, the Roasted Corn Salsa.

AUGUST 1-15 ONLY

club specials

Zevia Zero Calorie Stevia Sweetened Soda



4⁹⁹

6 x 355ml
+deposit
+eco fee

Jump into summer with our line of sugar-free sodas.



Kettle Brand Potato Chips

2⁴⁹

220g

You know that Kettle Brand chips are some of the yummiest, crunchiest chips around, but did you know they also pair great with beers and cocktails? Visit kettlebrand.com/pairings to find out how to take your summer picnic to the next level by pairing your beverage to your favourite chip flavour.



GT'S Organic Raw Kombucha

3⁴⁹

480ml
+deposit +eco fee

With over 25 years of brewing experience, GT's is the most loved Kombucha in the world.

Nature's Path Organic Cereal



Select Varieties

4⁴⁹

283g - 400g

Delightful blends of crunchy and healthy grains to help you start your morning right.

Nature's Nuts Organic

Nut Butters



4⁹⁹

500g Peanut Butter

1²⁹⁹

340g Almond Butter

Natural and organic peanut and tree nut butters and blends using the highest quality ingredients.

Earth's Own Dairy Free Spreads



3⁹⁹

227g
Cream Cheese

4⁹⁹

340g Sour Cream & Butter Spread

Smooth, creamy and perfectly salted all while being better for our planet and for yo' body.

Liberté Organic Kefir



3⁹⁹

1L

An excellent probiotic, kefir's generally well-tolerated by people with a lactose intolerance.

Liberté Organic Yogurt & Greek Yogurt



3⁹⁹

650g/750g Organic

4⁹⁹

750g Greek

Smooth, creamy and decadently delicious yogurt.

VIP Biodegradable Laundry Liquid



2.95L • Regular Pricing 12.49

BUY 1 GET 1

FREE

Specializing in household cleaning supplies. V.I.P. Soap Products Ltd. is a local BC company.

Gardein Vegan Frozen Meat Alternatives



Select Varieties

4⁴⁹

190g - 390g

Gardein makes your meatless lifestyle easy.

Silver Hills Organic Sprouted Power Tortillas



4 Varieties

4²⁹

255g

Soft, hand-stretched sprouted whole-wheat and superfood tortillas.

AUGUST 16-31 ONLY

club specials

Coconut Bliss Frozen Non-Dairy Dessert



5⁹⁹

473ml

Coconut Bliss believes that the only thing better than dessert is dessert everyone can feel good about. That's why they're certified organic, dairy-free, egg-free, soy-free and preservative-free, all while being super delicious.

Deebee's Organic Superfruit Freezies



Freezies

4⁹⁹

10 Pack

Bursting with fresh fruit flavour, this is first 100% organic fruit freezer pop!

GoodDrink Organic Spritzer & Natural Iced Tea



1⁶⁹

355ml

Organic Spritzer

1⁹⁹

473ml

Natural Iced Tea

+deposit +eco fee

Refreshing and thirst quenching bottled teas made just for Canadians.

LesserEvil Popcorn & Paleo Puffs



3⁹⁹

142g Popcorn

4⁴⁹

142g Paleo Puffs

LesserEvil is dedicated to creating clean, healthy snacks that are as tasty as they are guilt-free.

Nuts to You Organic Peanut Butter



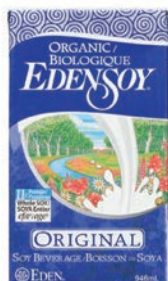
Butter

5⁹⁹

500g

Taste the goodness of 100% organic nut butters.

EdenSoy Organic Soy Beverages



3⁴⁹

946ml

Enjoy the best in dairy-free soy milk.

Barbara's Puffins Cereal



3⁴⁹

283g - 312g

A beloved, best-selling cereal delivers the goodness moms want and the just-sweet-enough crunch kids can't get enough of.

Liberté Greek Yogurt



2⁹⁹

2pk Greek Crunch 4pk Greek

Our Greek yogurt contains twice the protein of any other traditional yogurt.

La Tortilla Factory Wraps and Sauces



3⁴⁹-

7⁴⁹

200g - 496g

Simply stated, our tortillas are better. Better ingredients, better for you, better tasting, and better for eating on the go.

Sunflower Kitchen Hummus & Dips



2⁴⁹-

4⁴⁹

227g - 300g

Sunflower Kitchen, we make it easy to feel good about what you are eating and feeding your family.

Seventh Generation Natural Liquid Laundry



1^{2⁹⁹}

2.95 to 2.96L

Our laundry detergent formulas give you a stain fighting clean for your toughest stains.



Dave Wilson, Choices Program Manager of Produce and Floral

Q Can you tell us about your journey to become the Program Manager for Produce and Floral at Choices?

A I started as a Produce Clerk in 1994 at our original store, when there was only one, on West 16th avenue. I hadn't worked Produce since my high school days and forgot how much I enjoyed it. Hands-on tasks, pivoting quickly and thinking on your feet, visually impacting displays – it seems I had a knack for those things. I was tapped to be the Produce Manager at our Cambie location when it opened a few years later. With expansion in the future, they needed someone to organize, plan and direct the various locations, and I'm still doing that today.

Q Choices is a proud supporter of small local businesses, how in your role do you help to support local companies?

A I believe our local growers and producers are the backbone of our food system – without them we'd be 100% dependent on imported food. My goal is to work with as many as possible – whether procuring directly for shipment to our stores – or working as a trilateral partner ensuring we have access to local product through our vendor partners. Our Produce Team has spent countless hours visiting different growers to build connections and better understand their food business challenges. Our policy is to source BC first when available.

Q Tell us what makes the produce at Choices unique?

A As well as having the widest selection of organic and conventionally grown produce, we have a big space in our heart for Fair Trade producers. In 2013 I was lucky enough to visit seven different Fair Trade organic producers in Peru in a three day period. The growers had all sustained heavy damage from torrential rains during the winter of 2012. I visited as a part of a program delivering direct donations

generated by Choices customers and others to assist the Farmers getting back on their feet. Upon return, I created 'Pennies for Peru – A Rainy Day Fund', and with the help of many others, eventually generated over \$10,000, mostly from de-circulated pennies, then donated to various growers in Peru.

Q What types of specialty products are offered in our produce departments?

A We take a lot of pride in sourcing produce you won't find at the average grocery store. Wild crafted products like Chanterelle, Morel, Maitake, Lobster, and Porcini Mushrooms, Fiddleheads, Sea Asparagus, Spruce tips, Coloured Cauliflowers and Romanesco, many varieties of BC Garlic, specialty citrus and tropical fruit, and every type of sprout and microgreen you are looking for, will be available for all your dietary wishes.

Q What is your favourite local fruit or vegetable and why?

A BC Melons!! Not everyone realizes that we grow a wide range of melons in B.C. When they're in season – late summer – I find nothing more refreshing than a sun ripened and freshly picked galia, honeydew, cantaloupe or watermelon. The season is always short, but the product is always amazing.



Vancouver born and raised, Dave had various careers in retail, production/manufacturing, distribution, and a 2 week stint on a commercial fish boat, prior to joining Choices as a produce clerk in 1994. His knowledge and responsibilities grew along with Choices expansion, where for the last 15 years, he has been responsible for developing and delivering operational programs, strategic planning, and grower relationships. When he's not working or enjoying various micro-beers, Dave enjoys riding his motorcycle to far-flung locations, quite often ending up in remote small town grocery stores, or eating lunch looking over an orchard.

My Early Memories of Early Season Apples

By D'Arcy Furness R.H.N.,
Choices Nutrition Consultant South Surrey

We in BC are blessed with some of the best apple orchards in the world. Over 400 farmers from the Okanagan to the Fraser Valley provide us with the “king of fruits” starting mid-August through to early November. Specific varieties of apples store well, continuing the bounty for months.

I grew up in Vancouver where it was common to find apple trees right in people's backyards. We had such a tree and every mid to late August it produced lots of little green apples streaked with red. These weren't sweet like modern day prized apples such as Gala or Ambrosia but were tart and mouth-puckering. This saved them from decimation by me and my siblings while the neighbour's sweet-treat-laden cherry tree didn't fare as well. Through my research, I'm pretty sure they were Gravenstein apples which are loved for their great baking attributes – crisp, tart, acidic with honey notes. The magic happened when mom would transform them into pies, apple squares, muffins and apple sauce –these are precious apple memories and the beginning of my love of apples.

The majority of Choices' apples come from the sunny Cawston area in the Similkameen valley where the summers are sunny and hot. Early season apples tend to be tart and more acidic but can be very flavourful so are perfect for baking. Apples are both delicious and nutritious – they're a great source of fibre, potassium, Vitamin C and antioxidants such as quercetin, catechins and chlorogenic acid. Low on the glycemic scale and fibre rich, apples are great weight management food!

Watch for these mostly heirloom varieties with names such as Transparent, Gravenstein, Early Gold, and Sunrise as they land in our produce sections late summer and create your own early season apple creations!



Reaping the Benefits of Eating Locally and Seasonally

By Choices Nutrition Consultant Sharan Malhi, B.ASc R.H.N.
Yaletown, Vancouver, B.C.

In our modern lifestyle of convenience, eating locally and in season has become a lost concept; we have taken for granted the convenience of food availability. We live in a world where food can be transported across long distances in matter of days, where refrigeration and preservation are a part of the normal. Here are the benefits of eating locally and in season:

1

Nutrition Composition

In a recent study, it was found that broccoli grown during its peak, in the fall season, had a higher vitamin C content than broccoli grown during the spring. In the summer months we have more access (particularly in BC) to foods that have high water content like watermelon, cantaloupe, tomatoes, etc. This helps to maintain our hydration levels when we are sweating more due to hot temperatures. We crave vibrant coloured fruits and vegetables, which are abundant during the summer and beneficial to our gut and overall immune system!

2

Environment-friendly

Many local farmers tend to have smaller farms and therefore are more diversified in their crops. By rotating crops on a regular basis they lead to healthier soil. Also, local food travels less distance to get to our plates therefore may aid in contributing less fossil fuels to the environment. Consuming foods that are local and in season also allows for the land and its harvest to be sustained and not over cropped. Picking local produce can be a great way to help discover what is in season near you.

3

Cost-Effective

When a fruit or veggie is in season, it is abundant and can be available at a lower price i.e. local BC peaches, nectarines and corn!

Overall, choosing local and in season when we can allows for us to create a deeper appreciation for food we eat and remind us how lucky we are to have access to delicious and nutritious produce right here in BC! Look for local in season produce like berries, cucumber, watermelon, and zucchini.



Grocery Gossip

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.



Rumble:

Rumble is a high protein drink with added nutrition that comes in both dairy and dairy free options. Protein plays an important role in repairing muscles, providing energy and in immune support. An added bonus, rumble is also high in Omega-3s! An adequate intake of Omega-3s helps to support heart and brain health and helps fight inflammation. Try Rumble's Grass-Fed coffee bean drink for an on-the-go morning pick me up snack!



Shockingly Healthy:

Looking for a tasty treat that won't have your blood sugars soaring? Shockingly Healthy bakery items are plant-based, gluten free and made with fibre rich ingredients like chickpeas and dates. Fibre plays an important role in balancing blood sugars so pairing foods with fiber rich sources can help reduce those blood sugar spikes! Shockingly Healthy comes in mouth-watering tasty flavours like Coconut Chocolate Chip Blondie, Double Chocolate Brownie or Chocolate Chip Salted Peanut Butter Blondie.

Fresh From Produce



Apples:

We are proud to carry a wide variety of crisp BC apples across all of our Choices locations! Apples are full of nutrients like vitamin C and potassium and are rich in fiber. Apples are an incredibly diverse fruit and can be used in recipes like sauces, pies, smoothies, salads and more! Check out our tasty apple sauce recipe here.



Melons:

It's melon season! Did you know that melons are grown in BC in the summer? Melons are high in a host of nutrients like folate, vitamin C, vitamin K, potassium and more. Consuming fresh BC melons this summer is one way to help ensure you are getting a wide variety of micronutrients to meet your needs. A great way to enjoy a refreshing melon- chop and freeze, then once frozen blend with soda and a dash of fresh mint; sip and enjoy on a hot summers day!

Tasty Top Choices Recipe



Backyard Apple Sauce (makes about 4 cups)

By D'Arcy Furness R.H.N. Choices
Nutrition Consultant South Surrey

1 1/2 lb Early season apples,
peeled, cored and roughly
chopped (about 4 medium)

1/3 cup Water

1-2 tbsp. Maple syrup (for lower
carb, use stevia or erythritol)

2 tsp. Lemon juice or
apple cider vinegar

1-2 tsp. Cinnamon

*1 tsp. Optional: allspice,
cardamom or ginger

Place the apples in a large heavy-
bottomed pot. Add the water,
maple syrup and spices and bring
to a boil.

Once boiling, reduce heat to a
simmer and cook until apples
are tender, adding more water if
necessary, stirring frequently. When
tender (about 15-20 min), remove
from heat. If you like a chunky
sauce, mash with a potato masher
until you have the consistency
you like. For a super smooth
apple sauce, puree in your food
processor.

Add the lemon juice or apple cider
vinegar and adjust seasonings if
desired.

Serve apple sauce straight up, layer
it with yogurt and granola for a
healthy parfait, mix in your oatmeal
or serve over ice cream for easy
apple pie in a bowl!

AUGUST 1-15 ONLY

wellness centre

CanPrev Beauty Collagen



25⁹⁹

Liquid 500mL

33⁹⁹

Powder 300 gram

Reduce wrinkles in 28 days. Activate skin collagen production Increase moisture in skin Improve nail growth

CanPrev Silicon



28⁹⁹

500mL

A nourishing combination of silicon and biotin to help maintain beautiful hair, skin and nails.

CanPrev Healthy Hair



34⁹⁹

30 caps

Reduces hair loss by 50% after a minimum of 3 months and stimulates hair growth

Salus Organic Beet Crystals



23⁹⁹

200 grams

Red Beet Crystals are produced without carrier substances in a special drying procedure from organic red beet juice.

Natren Probiotics



20% Off

Assorted Sizes

Heal your gut flora with the best quality probiotics today.

Organic Traditions Full Spectrum Herbs



20% Off

Assorted Sizes

Perfect for smoothies, smoothie bowls, juices and water. Can also be used topically for in hair and skin masks.

Andalou Naturals Body & Face Care



20% Off

Assorted Sizes

Our face products are formulated to achieve radiant skin and a visibly healthy complexion for all skin concerns.



Andalou Naturals Hair Care

9⁹⁹

340 mL

Effective, natural hair care that's sulphate free and silicone free - because you deserve it!



ThinkSport Stainless Steel Water Bottles

27⁹⁹

500mL

29⁹⁹

750mL

Double-walled and vacuum-sealed stainless steel keeps contents hot or cold for hours.

LACC Natural Nail Polish



10⁹⁹

13ml

Eco-friendly nail lacquers are 14 toxin-free, breathable & halal, gluten-free, paraben-free, cruelty-free and vegan.



Boiron Arnica

20% Off

Assorted Sizes

At Boiron, our homeopathic medicines are available in several formulations to relieve a wide range of ailments.



Dr. Bronner's Organic Shaving Soap

9⁹⁹

207mL

Get a close, comfortable shave with organic ingredients that nourish and cleanse the skin!

AUGUST 16-31 ONLY

wellness centre

Renew Life Probiotics



20% Off

Assorted Sizes

Ultimate Flora® Critical Care 50 Billion is a one-a-day probiotic that helps to support intestinal and gastrointestinal health.

Renew Life Kid's Probiotics



21⁹⁹

120 tabs Florabear

28⁹⁹

30 pack

Kid's Throat Defense or Boost Probiotics

Provides 10 billion live bacterial cultures in a convenient once a day serving.

New Roots Wild Omega-3



19⁹⁹

60 softgels

37⁹⁹

120 softgels

High-potency fish oil helps improve cognitive function, supports heart health, and reduces inflammation.



Organika Enhanced Collagen

19⁹⁹

250 grams

37⁹⁹

500 grams

An excellent multi-function supplement powder. It's an excellent product for joint/bone health & sports recovery.



Organika Chicken, Beef or Veggie Broths

Original & Ginger

34⁹⁹

300 grams

Made from cage-free, antibiotic and hormone-free chicken, this bone broth gives you a powerful boost of protein and collagen.

Botanica Organic Herbal Phytocaps



20% Off

Assorted Sizes

An adaptogenic herb that help to restore nervous and immune system health to normalize mood and energy levels.

Bach Rescue Remedy & Rescue Sleep



20% Off

Assorted Sizes

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

Bach Flower Essences



12⁹⁹

20mL

As you navigate the highs and lows of life, know that Bach® offers a collection of natural flower essences to let you be you.

Sovereign Silver



15⁴⁹

59mL Spray

23⁹⁹

118mL

55⁹⁹

473mL

Colloidal Silver has been used since the late 1800's to help stimulate the immune system and promote healing.

La Vigne Natural Face Care



20% Off

Assorted Sizes

Ultra-mild foaming gel-wash that is 100% natural source yet very effective in removing dirt, oil and makeup.

Weleda Body Wash & Lotion



9⁹⁹

200mL Body Wash

13⁹⁹

220mL Body Lotion

Brilliant, vitalizing shower cream with nourishing oils.

Redmond Earthpaste



Natural Toothpaste

9⁴⁹

113 grams

This nano silver toothpaste contains antimicrobial properties that can help reduce the risk of gum disease.

wellness centre month long specials



CanPrev
Curcumin
100 Liposomal
33⁹⁹
450ml

Liposomal supplements envelop your active ingredients in a bubble of phospholipids – the same stuff our cell walls are made from. Because of its unique biological properties, it's an exciting new way to administer nutrients. Unlike other supplement forms, you don't have to worry about how long it takes for your nutrients to be absorbed.



CanPrev
Vitamin C
1000 Liposomal
33⁹⁹
450ml

Bio-Strath



26⁹⁹

100 mL Drops,
250ml Elixir or 100 tabs

Helps promote well-being by decreasing fatigue and supporting the body during periods of physical and mental stress.

Natural Factors Big Friends
Vitamins and Supplements



15% Off
Assorted Sizes

Providing children three years and older with optimal amounts of the vitamins and minerals their bodies need for good health.

Total Body Collagen



49⁹⁹

500 grams or 180 tabs

Improve skin and hair health, reduce joint pain, heal leaky gut, enhance energy, protect your heart, and so much more!

Platinum Naturals Total
Vision Care



51⁹⁹

60 softgels

Supports eyesight in AMD. Helps reduce the risk of developing Cataracts. Protects your eyes from digital eye burn.

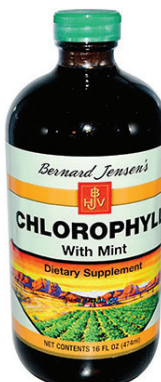
New Roots Heme Iron



29⁹⁹

30caps

Helps to form red blood cells and helps in their proper function. A factor in the maintenance of good health.



Bernard Jensen's
Chlorophyll
Original or Mint

15⁹⁹

474mL

Chlorophyll helps to cleanse the blood and change blood pH to a more alkaline state. Chlorophyll also helps to neutralize body odors.

Innotech Vitamins
& Supplements



20% Off

Assorted Sizes

People who are looking for the natural health benefits of these ingredients will enjoy the taste profile of this clean tasting herbal tea.



Nena
Natural Skincare

20% Off

Assorted Sizes

Enriched with natural botanical extracts and minerals from Glacial Oceanic Clay to leave skin soft and fresh.

Wild Creek Naturals
Junglista Outdoor Spray



9⁹⁹

60mL

Junglista is special formulated from natural ingredients for the outdoor enthusiasts who are simply exhausted from non-stop flailing.

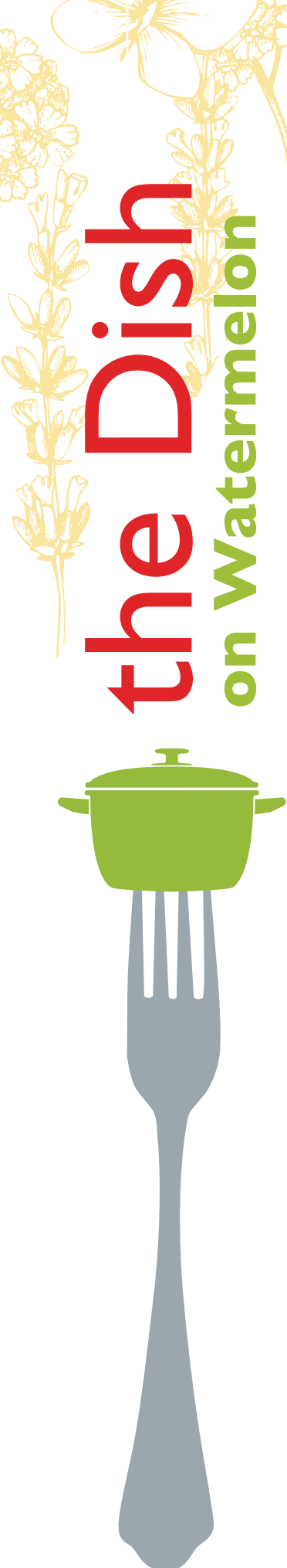


Patch Bamboo
Bandages

8⁹⁹

25pk

Natural bandages that are eco-friendly and hypoallergenic



On a hot summery day, nothing feels as refreshing, juicy and sweet as a slice of watermelon. Whether you buy it by the slices, halves, or whole, watermelons are as synonymous with summer as sunshine. Believe it or not, watermelon is a cucumber cousin and is made of over 90% water. Hence, the name. It is loaded in vitamins and minerals and is reasonably low in calories so can be eaten guilt free in large quantities. That water content is also what makes watermelon the perfect snack for kids and adults alike wanting to stay hydrated in the heat



Most watermelons found in Canada nowadays are modern seedless hybrids. Lost are the days of seed spitting contests, but I'll take that trade if it means I can eat a melon that much faster. When picking a watermelon, you're looking for firm rind with no cracks or blemishes. When tapped on the side it should resound with a hollow thump. That's the secret to finding the juiciest melons.

Another fun thing about watermelons is just how many shapes and colours they can come in. The outside rind may vary from classic green and yellow stripes to dense green, almost black skin. Then, crack it open and you may be surprised! Watermelon flesh is almost as assorted as the rainbow. Bright

pink, red, orange, yellow and even white are all juicy delicious choices. Sizes vary from tiny two pound personal melons all the way up to crowd pleasing thirty pounders. Just how big a watermelon can get is astounding! The largest recorded watermelon weighed an astonishing three hundred and fifty pounds.

Personally, I love fresh juicy watermelon and so rarely cook it. Here's a few culinary ideas if you'd really like to round out your melon repertoire.

Watermelon drinks are always easy and quick to prepare. Juiced in cocktails with or without alcohol, punches, smoothies, slushies, and granitas. Watermelon sorbet and popsicles are a dream worthy summer treat. Try pureeing watermelon and then freezing it into cubes to be added to your drinks, or just plain water to get a punch of melon at any time. Salads, sweet or savoury, are a guaranteed success on summer picnics and dinner tables with a bright pop of watermelon colour.

Sweet is neat, but how about a savoury watermelon application? How about a fresh watermelon bruschetta or salsa to brighten your corn chips or tacos. Let's go all out and turn a round slice into a fresh and delicious pizza. Top it sweet with yogurt and fresh fruit, or try it savoury with sour cream, feta cheese, veggies and spices. Why not try grilling watermelon to get some nice sugar caramelization? Soup? How about a watermelon gazpacho?

A joke I probably told my kids once says; what is the only time you start on red and stop on green? When you're eating a watermelon! But did you know that the rind is edible? It's packed with nutrition, so don't forget to put it in your smoothie or pickle it! Another thing I've heard about with watermelons is that they're the only thing in the produce department that can make you cry worse than onions. A dropped melon has squashed many a toe!




Chef Antonio's delicious creations are made fresh and on sale every day in the Choices Deli. Pick something up today for a quick lunch or a meal for the whole family.



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