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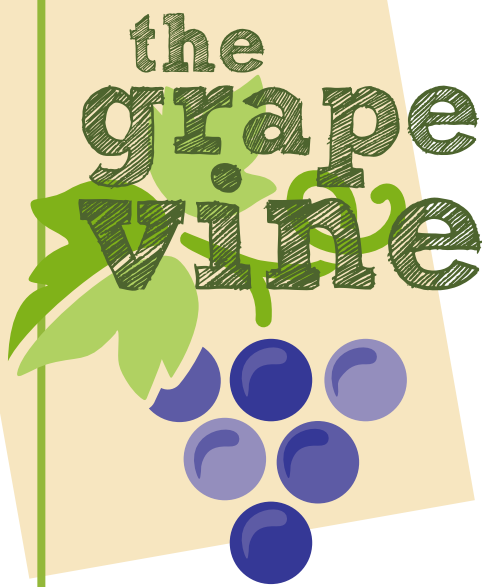
Monthly Newsletter | September 2021

The Dish on **CARROTS**

Online Seminars Return

Say Cheese! **Paneer**

Back to School Tips



The Heatwave and Local Growers

At Choices, we make the effort to support our local growers whenever possible. Due to the extended and unprecedented heat wave across BC in June and July, our growers are experiencing many challenges harvesting quality products for our stores.

Please be aware that some local products that we typically carry may not always be available. Thank you for your understanding.



September Veggies	September Fruits
Artichokes, Beans, Beets	Apples, Blueberries, Cranberries
Brussels Sprouts, Corn, Celery	Grapes, Melons
Cucumbers, Fennel, Kale, Leeks	Plums, Pears
Pumpkins, Peppers, Tomatoes	

Store Anniversaries

September is a big month for many of the Choices Markets in your communities.

Choices South Surrey is our biggest store, and will be turning 16 this year. We'd like to thank our customers for supporting us and letting this store become the successful story it is today.

Our Kelowna store will be turning 14! We'd like to thank all of our loyal customers for shopping at our first ever location outside of the Metro Vancouver area. Without you, our store wouldn't have become the flourishing centre of the community it is today.

Our youngest store, Choices North Vancouver, will be turning 5! This store on the beautiful north shore is a star, and an active member of the community.

Stay tuned to our social media and website for more info on how we'll be celebrating at each of these locations, including anniversary sales!

Nutrition Tours Return

Our Nutrition Team is excited to announce the return of our in-store Nutrition Tours! Visit choicesmarkets.com/nutrition for more details.



New Choices!

GROCERY



Earth's Choice
Organic Sunflower Oil

5⁹⁹ 500ml
10⁴⁹ 1L

Two varieties of Sunflower oil, one with a high smoke point & high-oleic oil for cooking & frying and a second unrefined, virgin grade oil for dressings and marinades.

Whistler Organic Fair Trade
Chocolate Bars



3⁴⁹ 580g

Delicious Organic, Fair Trade Chocolate with compostable wrapper. Made with love in beautiful British Columbia.

WELLNESS



New Roots
Vitamin D3 Drops

24⁹⁹ 30ml

New 2,500 IU Strength! Vitamin D's role in maintaining strong bones and teeth is widely known, but it's also vital for a range of other bodily processes, including immune function.

Ozery Super Seed
Crunch Keto Snacks



3⁹⁹ 150g

Our chocolate Super Seed Crunch bites are made with a blend of pumpkin, sunflower, sesame, and flax seeds to make sure you're ready for wherever you're going.

Sno Oat Based Frozen
Desserts & Cookie



Sandwiches

5⁹⁹ 500ml Pints

4⁹⁹ 3Pk Cookies

Canadian made, dairy-free frozen treats made without the top ten most common allergens.

Nixit Menstrual Cup



42⁹⁹ each

Nixit is a suction-free, one-size fits all menstrual cup with 12-hours of protection.

Caulipower Buffalo Chicken
or Pepperoni Pizza



8⁹⁹

2310g - 320g

Now you can enjoy a delicious, crispy, restaurant-style taste straight from your freezer with our delicious stone-fired cauliflower crust.

Smashmallow Crispy Rice
Treats & Marshmallows



4⁴⁹

128g Marshmallows

5⁹⁹

198g Crispy Rice Treats

A blast of wow, a sprinkling of fun and a carnival of yum are packed into every whipped-to-perfection treat.

Aura Cacia Bubble Bath



9⁹⁹

384ml

Bringing the benefits of essential oils to your routine by providing relief to mind, body and spirit.

Pacific Organic Canned Soup



2⁴⁹

284ml

Our gluten-free condensed soups are made with simple ingredients like free-range chicken and organic cream

Daydream Adaptogenic
Sparkling Water



3⁴⁹

355ml
+deposit +eco fee

Infused with hemp & adaptogens, 0 sugar & no caffeine, it's the perfect plant-based beverage to naturally reduce stress.

Vitality Glow
Marine Collagen+Rose



45⁹⁹

200g

Combine modern and traditional beauty routines with VITALITY GLOW Marine Collagen + Rose.

Online Video Seminars



Tuesday Sept 14th, 2021
7-8:30pm


Gut Health: Why Does it Matter?

with Alexandra Inman, BSc, RD – Co-Founder of The Vancouver Dietitians

ONLINE ONLY

Join Registered Dietitian and Co-Founder of 'The Vancouver Dietitians', Alexandra Inman to learn about Gut Health: Why does it Matter?

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

 @a2milkcanada

Wednesday, Sept 15th, 2021
7-8:30pm


Interpreting Your Lab Tests

with Dr. Navnirat Nibber ND at Crescent Health Clinic

ONLINE ONLY

Join Dr. Nibber ND to learn about interpreting your lab tests: how to look at your tests from a preventative perspective.

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

 @crescenthealthclinic

Thursday Sept 16th, 2021
7-8:30pm


Modern Mushroom Medicine

with Herbalist Yarrow Willard CI.H

ONLINE ONLY

Join Clinical Herbalist Yarrow Willard to learn about Modern Mushroom Medicine.

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

 @harmonic_arts

Wednesday Sept 22nd, 2021
7-8:30pm

Brain Health, Mood and the Inflammation Connection

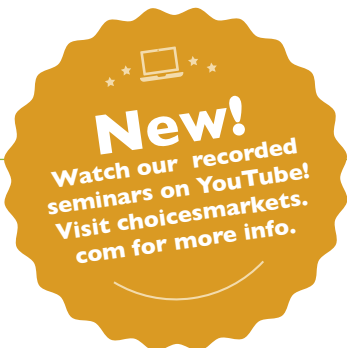
with Dr. Kate Rhéaume ND

ONLINE ONLY

Join Dr. Kate Rhéaume ND to learn about Brain Health, Mood and the Inflammation Connection.

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

 @naturalfactors



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!

Paneer



Paneer is not a new idea; however it has recently become quite popular in this part of the world.

Some say that the Persian and Afghani people started making it in the north of India using sheep and goat rennet in the 16th century. Others believe that it originated in 17th century India, created by Portuguese spice traders who began using lemon juice to produce their cheese curds, which eventually evolved into modern day paneer. Whichever story you believe, I'm sure we can all agree on one thing. This mild flavoured, versatile cheese which does not melt is absolutely delicious any way you cut it.

I love a good melty cheese, but sometimes that isn't what you are looking for, and paneer is the answer to moments like those. While I find it a little on the plain side for a snacking cheese, paneer will take on the flavour of whatever dish you add it to, making it a great ingredient for anything from starter, through main and well into desert. It can even replace tofu and become the star of your plate!

Paneer is a staple in India and has made itself well known here in Canada, with some paneers even boasting the Dairy Farmers of Canada logo which declares it to be made with 100% Canadian Milk. I love to support local while sending my taste buds on a vacation to somewhere far away. This month I have written another barbecue friendly recipe with the hope of spending a few more hours on the patio before fall hits and we all stop craving those fresh flavours of summer.



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



Curried Paneer Skewers

Skewers:

- 200 grams paneer, cut in bite size cubes**
- 1 red bell pepper, large dice**
- 1 red onion, large dice**
- 4 cremini mushrooms cut in quarters**

Marinade:

- 2 Tbsp plain Greek yogurt**
- 1 Tbsp brown sugar**
- 1/2 tsp minced ginger**
- 1/2 tsp minced garlic**
- 1 Tbsp lime juice**
- 2 tsp chipotle puree**
- 1 tsp Madras curry powder**
- 1 tsp turmeric powder**
- 1 tsp cumin powder**
- 1 tsp coriander powder**
- 1 tsp coarse black pepper**
- 1/2 tsp salt**
- 2 Tbsp olive oil**

Wash and prep the veggies. Cut the paneer into medium sized cubes.

Combine all the marinade ingredients and mix the veggies and paneer so that everything is evenly coated. Let stand in the fridge for 2 hours.

Skewer all ingredients, alternating to make sure that all of the skewers have some of each thing.

Grill on a pre-heated medium-high barbecue, turning over after 3-4 minutes.

When the peppers are starting to blister, remove from grill and serve as a side to your favourite rice, or wrap the whole thing in warm naan bread (taking care not to eat the stick).



Love Good Fats Keto Friendly Bars
1.99
 39g / 40g
 Sugar is out. Fat is back! Add good fats to your diet with these snack bars.



Clif & Luna Energy Bars
.99
 68g Clif / 48g Luna
 Stay energized on your next adventure with Clif Bars.

Ritter Sport Chocolate Bars



2.49
 100g Premium
2.99
 100g Nut Collection

Chocolate made with the best ingredients and timeless recipes.



Earth's Choice Organic Rainforest Alliance Certified Coffee
8.99
 340g
 At Earth's Choice we try to balance the demand for great tasting coffee with the desire for sustainability.



Kettle Brand Potato Chips
3.99
 Family Size 397g
 Crunchy and flavourful, these chips are a favourite of families everywhere.

Coconut Bliss Vegan Frozen Cookie Sandwiches



4.99
 155ml

Plant-based ice cream sandwiched between two decadent cookies.

Tree Island Grass Fed Greek & Fruit Yogurt



4.29
 325g Greek
 350g Fruit
 We make artisan Cream Top yogurt using local ingredients and traditional kettle cooking.

Earth Balance Non-Dairy Spreads
 Select Varieties



4.99
 368g - 500g
 Our spreads have buttery goodness without any of the dairy. Just goodness!

Sunrise Soyganic Soft Tofu



1.49
 2x150g
 These custard-like tofus are a great vegan friendly dessert.

Caboo Bamboo Facial Tissues



1.59 **1.79**
 90 Count Cube 184 Count
 Tree free facial tissues made from 100% bamboo.



Annie's Homegrown Pasta & Cheese
 Select Varieties
1.99
 149g - 170g
 The perfect cheesy meal for the whole family to enjoy.



Pacific Foods Organic Soup
4.49
 946ml-1L Tetra
 We make foods that are clean and simple, using only natural and organic grains, meats and veggies.



GT's Organic Raw Kombucha

7⁹⁹

1.4L
+deposit +eco fee

Health and happiness come together in each bottle of GT's Kombucha.

Kind Fruit & Nut Bars



1⁴⁹ 40g

Whole nuts and fruit bound in honey that make this a snack that's easy to enjoy.

Lundberg Organic Thin Stackers



2⁹⁹

167g

Freshly milled organic brown rice, popped to perfection, and carefully crafted to be thin and crunchy.

Ethical Bean Organic Fair Trade Coffee



6⁹⁹

227g Ground

9⁹⁹

340g Whole Bean

100% Fairtrade Certified & Organic coffee roasted in Canada.

gimMe Organic Roasted Seaweed Snacks



5⁹⁹ 330g

A perfect crunchy snack for lunch boxes or on-the-go.

Coconut Bliss Organic Vegan Frozen Bars



5⁹⁹

3 Pack / 4 Pack

Ultra creamy, totally organic and plant-based snack bars.

Califia Non-Dairy Beverages & Cold Brews



3⁹⁹

1.4L Non Dairy

4⁹⁹

1.4L Cold Brew

Our plant milks are made with low-to-no sugar added and REAL ingredients.

Yumi Organic Overnight Oats



5⁹⁹

6 Pack

Yumi oats are a great breakfast, snack, or dessert to keep you healthy at home.

Stahlbush Island Farms Sustainable Frozen Fruit



4⁴⁹

283g - 300g

At Stahlbush, only perfect varieties that are naturally sweet, colourful and bursting with flavour make the cut.

Pacific Foods Organic Broth



3⁹⁹

946ml / 1L

We use nothing but real, simple ingredients, cooked slowly to bring out the rich complex flavours that enhance any recipe.

Earth's Choice Organic Coconut Milk



1⁸⁹ 160ml

2⁹⁹ 400ml

Adds richness to culinary creations like sauces, pancakes, soups or curries.

Alexia Frozen Potatoes



3⁴⁹

425g - 567g

When it comes to potatoes, we leave no culinary ideas unearthed.



With Registered Dietitian Amy Chow

Q Tell us about yourself and why you decided to focus your nutrition practice primarily on family and child nutrition?

A I became really interested in pediatric and family nutrition when my son turned 6 months old and I was getting so much conflicting information and unsolicited opinions around how to feed my child. I run support groups for parents and provide them with up-to-date information around starting solids and picky eating as well as individual consultations. I love supporting families to make feeding less overwhelming and make eating enjoyable again!

Q What are three key tips parents can use when dealing with picky eaters?

A **1. Relax** - stress and anxiety kill appetite! Picky eating can make mealtimes very stressful and the more pressure and stress kids feel around eating, the less likely they will enjoy mealtime and try new foods. Pleasant family meals are very helpful in fostering a positive relationship with food.

2. Routine - a consistent routine and schedule for eating times can help the body develop strong reliable internal cues. Hunger is especially important when it comes to feeding kids and having them actually wanting to eat. Kids also have a smaller appetite so it is important to offer a meal or snack every 2-3 hours with nothing but water in between.

3. Involve the kids - kids as young as 18 months can help out in the kitchen with age appropriate tasks rather it be washing and tearing up the lettuce leaves or throwing ingredients into the bowl. The more positive experiences kids can have with food, the more likely they will be willing to try something new.

Q What advice would you give to parents that have kids experiencing body image issues or experiencing mixed messaging around social media?

A Kids are exposed to the dangers of diet culture at an early age, especially through social media. I would encourage parents to foster a positive environment at home – avoid dieting and body image talks around your kids, make food and mealtimes enjoyable, teach about media literacy and help your kids identify and appreciate their qualities that aren't based on appearances such as being a good friend.

Q What are some of your favourite kid-friendly back to school snacks and why?

A Muffins and Energy Bites are my favourite back to school snacks because they can be made with so many different types of ingredients to pack them full of nutrition! These are so handy for the busy weekdays and easy for the kids to bring and eat at school.



I have been practicing as a Registered Dietitian in BC, Canada since 2011 since completing my training at McGill University. Most importantly, I am a mom of a 5 year old kindergartener who is constantly testing boundaries and helped me gain a lot of real life perspectives! I work with families on introducing solids, managing picky eating, gain clarity around food allergies and/or intolerance, resolving digestive symptoms, as well as supporting eating disorder recovery. If you're interested in learning more about family and pediatric nutrition visit www.chowdownnutrition.com

Making Veggies Fun for Kids!

By Dionne Legge CNP, Choices Nutrition Consultant Abbotsford

Vegetables are an important part of a healthy eating pattern. The Canadian Food Guide recommends we fill half our plates with vegetables and fruit. Fresh, frozen and canned vegetables are all healthy options for eating your greens, but how can we make vegetables and/or fruit fun for kids and the whole family?

1

Cut them in fun shapes

Choose an assortment of colour and textures. Give each piece a creative name. Make a vegetable smiley face! You can find some really fun adventurous shape ideas online.

2

Prepare a snacking tray with different dips or spreads

Have it out and accessible for everyone. Try nut butters, tahini, salsa, pesto, guacamole, cottage cheese, yogurt, or hummus.

3

Blend up a smoothie

Frozen cauliflower, avocado or butternut squash will give smoothies a creamy texture. To keep the hue vibrant, try not to mix complimentary colours such as red and green. Although they will still taste great, the final product may come out brown and unappetizing. You can make green smoothies purple by adding frozen blueberries.

4

Be creative with toppings, fillings or thickeners

Make your own mini pizzas with a variety of chopped raw and roasted vegetables for options to go on top. Grate vegetables such as raw carrot to stuff in pitas. You can thicken a sauce or soup with canned pumpkin or puréed squash.

5

Recruit the kids to get involved

Have them help make the grocery list, or bring them along with you to the market. Suggest they pick one vegetable and/or fruit from each colour of the rainbow. Find a fun recipe you can all make together. Experiment with dishes or cooking methods from different countries! Not only does this bring you all together but will also help with learning new skills.

Avoiding Sugary Drinks

By Toni Vandenbrink BSc, Choices Nutrition Consultant Kelowna

Q
A

What are some other tasty alternative drinks for kids that aren't loaded with sugar?

Sugary drinks include pop, sport drinks, energy drinks, flavored milk, juice, fruit-flavoured drinks etc. The main reason why these drinks pose a health problem is because they can lead to dental cavities and can also displace nutrient dense options, leading to excess calorie consumption.

Luckily, there are lots of flavourful alternatives to sugary drinks that you and your family can choose from! Some tasty alternatives include:

Water Kefir

- Low-in sugar (~6-8g)
- Source of probiotics= help support gut health!

Fun flavours:

- strawberry rosehip
- lemon ginger
- blood orange

Fruit Infused Water

Add a fun combo of fruit and/or herbs to a pitcher of water, refrigerate & enjoy!

Fun flavours:

- Mint + Cucumber slices + Lime
- Strawberry slices + Lemon slices
- Mango + Ginger
- Grapefruit + Orange + Watermelon

100% Unsweetened Juice

Natural fruit juice still contains natural sugar and acid so children should have no more than ½ cup per day

Next time you're at your local Choices Market, ask the Nutrition Consultant to show you some fun, low-sugar drink alternatives you and your family will enjoy!



Grocery Gossip



Fody:

Let's talk FODMAPs. FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols which is an acronym for foods high in sugars that can easily ferment in the gut for some individuals. Those living with gut disorders like IBS may benefit from following a low FODMAP diet for a short period of time to ease unwanted digestive symptoms. That's where Fody comes in. Fody has created a wide range of tasty low FODMAP products from sauces, to bars to spices!

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.



Floating Leaf:

Floating Leaf's rice blends focus on using whole grains, are organic, and are produced right here in Canada! Choosing whole grains most often is important as they are high in fiber and B vitamins. Fiber is particularly important as it helps to regulate blood sugar levels and helps to keep us fuller longer! Usually stick to plain brown rice? Try switching it up with one of Floating Leaf's rice blends like Basmati Brown & Wild Rice or Jasmine Thai Trio!



Eden Tart Cherry Juice:

Eden Tart Cherry Juice is organic and made from 100% percent cherries! This vibrant juice contains important nutrients like antioxidants and potassium. Potassium is an electrolyte which is important for a variety of functions like muscle contractions, nerve impulses and water balance. Try adding half a cup of Eden Tart Cherry Juice with a dash of warming cinnamon to 1 cup of soda water for a refreshing, yet warming autumn drink.

Tasty Top Choices Recipe



WARM AUTUMN SALAD

By Kelsey Moore RD,
Nutrition Operations Manager Choices Markets

Salad

- 1/2 cup dried farro
- 1 cup diced butternut squash
- 3 cups shredded kale
- 1/4 cup pine nuts
- 1/4 cup dried cranberries
- 2 sprigs chopped, fresh rosemary

Dressing

- 2 tbsp. Eden Tart Cherry Juice
- 1 tbsp. extra virgin olive oil
- 1 tbsp. balsamic vinegar
- 1 tsp. honey

Cook farro and squash simultaneously. Rinse the farro. Add farro to a pot with 1 cup of water. Bring water to a boil then reduce heat to simmer. Farro will take about 20 mins until all of the water is boiled off.

For the squash, pre-heat the oven to 350F. Remove all skin, chop into small bite sized pieces and scrape the seeds out. Place on a roasting pan. Bake for 30-40 min. or until tender

Once the farro and squash is cooked, add to a bowl. Add all remaining ingredients; kale will wilt slightly from the heat of the farro and squash.

Add all dressing ingredients to a bowl, mix and pour on top of the salad. Serve as a warm side salad to your meal.



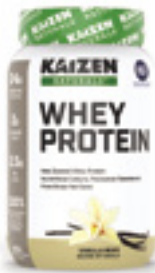
HAVN Life Rhodiola Relief:

Rhodiola is an adaptogen that appears to help reduce symptoms in mental fatigue and burnout related to stress and anxiety. HAVN Life's Rhodiola Relief is gluten free, vegan and non-GMO so it can work for a wide variety of individual lifestyles. Talk with a Choices Wellness consultant to see if you would benefit from consuming Rhodiola.



Organika Maca:

What is maca? Maca is the root of a plant, traditionally grown in Peru! Maca root is similar in look to a turnip and has an earthy and nutty taste. Research shows, maca can reduce symptoms of menopause like depression, anxiety, fatigue and hot flashes. Talk to a Choices Wellness consultant to see if maca is right for you. Along with consuming a well-balanced diet, try adding Organika Maca Powder to smoothies, oatmeal or homemade energy bites.



Kaizen
Naturals Proteins
36⁹⁹ 840g
Whey Protein
41⁹⁹ 840 - 854g
All in one Complete Meal
or Vegan Protein

One of the cleanest, most natural product lines available, using primarily natural sweeteners and flavours and being free of genetically modified ingredients.



Kaizen Naturals
Pre-Workout
25⁹⁹
243g

Improves mental focus, and helps you power through your workout by promoting endurance during brief, highly intense physical activity.

Smart Solutions
Lorna Vanderhaeghe
Beauty Supplements



20% Off

Assorted Sizes

Beautiful skin begins from within. Smart Solutions for skin address both age related nutrient decline and underlying inflammatory issues.



Prairie Naturals Vitamins
and Supplements
20% Off

Assorted Sizes

Enzyme-Force does more than treat the symptoms; it helps to correct one of the underlying causes of indigestion – poor enzyme activity! Get quick relief and activate good digestion with Digest-Force™ Activated Coconut Charcoal & Ginger Root Extract.

Organika Organic Spirulina



26⁹⁹ 300g
37⁹⁹ 500g

Source of iron for better blood health. Provides protein that helps repair muscle tissue and build antibodies. Strengthens immune function.

Nordic Naturals Cod Liver Oil



25⁹⁹ 90caps
32⁹⁹ 237ml
58⁹⁹ 473ml

Nordic Naturals Arctic Cod Liver Oil™ (CLO) is made from 100% wild Arctic cod. No fish body oil; or synthetic vitamins or additives are ever used.

Nordic Naturals
Omega-3 Fish Oil



29⁹⁹ 236ml
49⁹⁹ 473ml

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

Goli Nutrition Apple Cider
Vinegar Gummies



24⁹⁹
60 gummies

Each and every gummy contains some of our favourite superfoods. Make our Goli Gummy part of your daily routine!



Dr. Bronner's
Pure Castile Soap
17⁹⁹

944ml

Dr. Bronner's 18-in-1 Pure-Castile Soaps are good for just about any cleaning task.

Acure Facial and Hair Care



25% Off

Assorted Sizes

Get glowing with this super gentle, nutrient-packed cleanser that gets right to work washing away dirt, oil and make-up.

Organyc Organic
Cotton Feminine Care



25% Off

Assorted Sizes

Made with 100% organic cotton inside and out, to give you unsurpassed absorbency and leak protection.



AOR Advanced B Complex
37⁹⁹ 90caps
52⁹⁹ 180caps

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".



AOR L-Glutamine
32⁹⁹ 120caps
43⁹⁹ 454g

Enhances muscle building. Supports the immune system during periods of stress. Reduces intestinal permeability, or "leaky gut".

NutraSea Omega-3 Fish Oil Supplements



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.

MegaFood
 Fresh from Farm to Tablet Vitamins and Supplements



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.

Progressive VegEssential All-In-One Protein



52⁹⁹
 840g

VegEssential™ combines the benefit of an entire cupboard full of supplements with the ease of consuming a single smoothie.

Harmonic Arts Elixirs & Concentrated Mushroom Powders



25% Off
 Assorted Sizes

Elixirs provide a tasty, convenient way to add nourishing mushrooms, herbs, and superfoods to your daily routine!

Enzymedica Digestive Enzymes



20% Off
 Assorted Sizes

Breaks down fat, fiber, protein & carbs. Speeds up digestion. Boosts energy. Reduces occasional gas, bloating & indigestion.

Pure Potent Wow Essential Oils



20% Off
 Assorted Sizes

We choose certified organic and wild-harvested essential oils whenever possible.

Avalon Organics Bodycare



8⁹⁹ 350ml Shower Gel
9⁹⁹ 325ml Hair Care

Nurture and revitalize skin with Avalon Organics® advanced skin care lines. Each formula has been thoughtfully created to respect unique skin care needs.



Green Beaver Facial, Oral and Body Care
20% Off
 Assorted Sizes

Made from natural ingredients, our gentle natural body lotions will leave your skin feeling moisturized and smooth with a healthy natural glow.

Dr. Bronner's Pure-Castile Soap Bar



4⁴⁹
 140g

Made with certified fair trade ingredients and organic U.S.-grown hemp oil for a soft, smooth lather that won't dry your skin.

wellness centre month long specials

New Roots Acidophilus Ultra Daily Care



27⁹⁹
60caps

52⁹⁹
120caps

Acidophilus Ultra is a synergistic blend of 11 probiotics and 11 billion live active cells. With GPS™ enteric coating.

New Roots IBS Urgency Probiotics



24⁹⁹
30caps

Can help reduce the duration of diarrhea in those with irritable bowel syndrome.

New Roots Children's Probiotic



24⁹⁹
20g 67 daily portions

Helps establish and maintain healthy digestion and immune-system functions from infancy through adolescence.

Flora Elderberry Crystals



17⁹⁹
50g

Helps relieve symptoms of colds and flus such as coughs, sore throat and catarrh of the upper respiratory tract.

SISU Vitamin B Supplements



20% Off
Assorted Sizes

Full-spectrum B vitamin formula plus rhodiola to support overall health, particularly in people under physical or mental stress.

Pascoe Tussiflorin Thyme



13⁹⁹
100ml

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

Manitoba Harvest Hemp Yeah! Plant Protein Blend & Hemp Protein Powder



20% Off
Assorted Sizes

A delicious blend of hemp and pea protein that's packed with 20 grams of plant-based protein and tastes great.

Manitoba Harvest Hemp Hearts



12⁴⁹
340g-454g
Organic or Conventional

Hemp Hearts (a.k.a shelled hemp seeds) are at the heart of all our hemp foods. Great tasting, easy to use, and nutritious.

Genuine Health Kids' Nutrition



Boost, build and balance your child's nutrition with Genuine Health-y kids in partnership with Joyous Health.

18⁹⁹
88g
Superfood Greens

22⁹⁹
30tabs Probiotics
or 150ml Omega-3



A.Vogel Eye Drops

16⁹⁹
10ml

100% Natural. For relief of extremely dry, irritated or tired eyes.

- Contact lens friendly
- Preservative and phosphate free
- Single drop dispenser = no waste, no mess

Colour Energy Spa Collection Dead Sea Salts



Fine or Coarse

9⁹⁹
600g

15⁹⁹
1kg

Since ancient times Dead Sea Salts have been known for their therapeutic and healing powers that even the Ancient Egyptians used in their beauty treatments.

SUKU Vitamins



15% Off
Assorted Sizes

Your daily sidekick that delivers 21 essential micro-nutrients including CoQ10 and Vitamin K2.

the Dish

On Carrots

Cartoon rabbits, snowmen and chef's lives would not be the same without carrots. Like all our modern vegetables, once wild, this domesticated vegetable is a staple of many traditional and modern cuisines alike. Farmed all over the globe, almost half of the world's production of carrots is in China. Here in BC, carrots are farmed in many parts of the province, including the Fraser Valley, Okanagan and Vancouver Island. The Pemberton Valley hosts the largest percent of organic carrot production in the province.



Eurocentric trained chefs all use mirepoix, a mixture of celery, onions and carrots as a standard base for many of their recipes. From basic stocks to sauces to stews, veggie and meat dishes alike get started when those three veggies hit the pan. Carrots are an essential in the kitchen, and many of your favourite recipes just wouldn't be the same without them.

The orange of the carrot is what we think about when we think carrots, but that's far from the only colour we find them in. White, yellow, purple and even black varieties of carrots can be found, especially in great produce departments like you find at our stores. The original carrot colour mentioned by historical data appears to have been purple and not orange. Orange carrots were first cultivated by the Dutch, and they were so popular that they've become the standard.

Carrots should be found in your refrigerator year round, and when buying them always look for bright

and firm roots. If buying carrots in bunches make sure the greens are not wilted or limp. Make sure that you remove the tops if you're not consuming right away. The greens will draw moisture and nutrients from the root, so to keep your carrots as healthy for you as possible give them a trim. Younger and smaller carrots tend to be sweeter, but don't have the same taste as larger older ones.

In salads, solo or combined with other veggies, carrots are super delicious and nutritious. Steamed, glazed, roasted alone or with other roots, pickled for you to enjoy the summer crunch during winter months, or even sliced and frozen can provide a quick and easy side dish or soup ingredient year round.

In the late 80's I visited Tunisia, right across the Mediterranean from my native Italy. Thanks to some basic irrigation and mild winters, all the oasis in the south of the country grew remarkably delicious carrots. The same fields also grew radishes, fennel, green onions, cherry tomatoes and parsley. Dice all the above veggies and add some small olives (Gaeta, Nicoise or even Kalamata will do), squeeze fresh lemon juice, drizzle a good amount of flavourful extra virgin olive oil and you will have a new favourite fresh salad.

Carrots are truly a culinary superstar that can show up in your meals from breakfast to midnight snacks. Whether you enjoy carrots as a crispy snack or basic ingredient for endless hot recipes, don't forget about carrot desserts. Carrot cakes and muffins are some of my favourite desserts. Freshly juiced carrots are a healthy and nutritious beverage, and you can turn it into carrot sorbet for a new exciting and hot weather treat. With such an amazing vegetable showing up in kitchens and recipes all over the world, is it any wonder that we measure the quality of gold and gems in karats? Enrich your life with these amazingly versatile veggies.



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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