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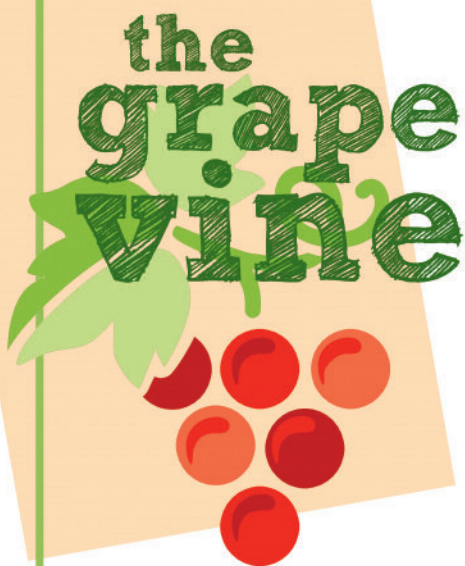
Monthly Newsletter | October 2021

The Dish on Pumpkins

Online Shopping

Thanksgiving Help

Food For Mood



The New Choice for Online Shopping

We've rigorously tested and perfected our new online store, and now we're proud to announce that it's launching this month! Soon you'll be able to click & collect on hundreds of your favourite, local, specialty and organic products at all of our locations. We're beginning our rollout first at our Kitsilano and South Surrey locations, with more stores coming soon after. Stay tuned for when online shopping is coming to your local Choices Markets by visiting shop.choicesmarkets.com.



Choices Meal Kits: Turkey Dinner for 4

Leave the cooking to us this holiday weekend. Choices Thanksgiving Dinner for Four comes fully prepared from our kitchen, ready to heat and eat in minutes and because we love to indulge a little, there's lots of food!

Includes:

Raised Without Antibiotics Roasted Turkey, Homemade Gravy, Garlic Mashed Potatoes, Dinner Rolls, Butternut Squash Soup, a selection of Vegetable Sides, plus optional Dessert Add-Ons!

Speak to a clerk at your local Choices Deli for more details and to order.

Order Deadline:

Noon October 7th

\$99



Thanksgiving Menu

The Holidays can be a stressful time, so let us help you make your holiday easier. Our gourmet creations are here to help you out with a few side dishes, dessert, or the whole thing if you forgot to set the oven timer again this year.

Call your local Choices Markets to order in advance to ensure you get exactly what you're looking for.

Start it Off

Baked Brie with Cranberries,
Pumpkin Seeds & Almonds

13⁹⁹

Goat Cheese Trio

12⁹⁹

Butternut Squash Soup

7⁹⁹

750ml

The Mains

Stuffed Roast Turkey Breast
Raised without antibiotics

4⁴⁹

/100g

Roasted Turkey Thigh Roast

Raised without antibiotics

4⁴⁹

/100g

Roast Turkey Meal
with All the Fixings
Perfect for One

12⁹⁹

meal



The Sides

Ready to Bake
Cranberry Stuffing

1⁹⁹

/100g

Garlic Mashed Potatoes

1⁴⁹

/100g



Roasted Yams & Sweet
Potatoes with Fennel

2⁴⁹

/100g

Green Beans with
Slivered Almonds

2⁴⁹

/100g



Roasted Honey Balsamic
Brussel Sprouts

2⁴⁹

/100g

The Sauces

Cranberry Sauce

4⁴⁹

250g tub

Turkey Gravy

5⁹⁹

500ml

7⁹⁹

750ml

Shitake Mushroom Gravy

5⁹⁹

500ml

The Sweet Finish

Pumpkin Pies

classic, vegan, or alternative flour

6⁹⁹-11⁹⁹

Fruit Pies

Apple, Peach Medley, Berry Rhubarb

6⁹⁹

6" pie

12⁹⁹

8" pie

Pecan Walnut Pie

9⁹⁹

8" pie

Pumpkin Tiramisu

5⁹⁹

cup

19⁹⁹

cake

Pumpkin Loaf

Great to start or to finish with!

7⁹⁹

loaf

Online Video Seminars



Tuesday October 5th, 2021
7-8:30pm

Breath is Your SuperPower

with Leila Stuart, BA, LLB, RMT, C-IAYT

ONLINE ONLY

Join Leila to learn about how you can use breath to calm your mind, increase energy, enhance digestion & improve your life in this gentle accessible class.

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

Wednesday October 6th, 2021
7-8:30pm

Problem Solving Your Gut: the Mental, Emotional and Physical

with Olisa Mak, ND

ONLINE ONLY

Join Dr. Olisa Mak (ND) to learn about some of the most common causes of digestive problems and how to navigate them.

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

Tuesday October 19th, 2021
7-8:30pm

Fuelling an Active Lifestyle on a Plant-Based Diet

with Rachelle Duckworth, RD, Choices Registered Dietitian

ONLINE ONLY

Join Rachelle Duckworth to learn about optimal nutrition for athletes on a plant-based diet.

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

Thursday October 28th, 2021
7-8:30pm

F45 Kitspoint Training Online Zoom HIIT Workout!

with the F45 Training Team

ONLINE ONLY

Join F45 to learn about how our time efficient training transforms members' physical and mental health while encouraging community growth.

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



REGISTRATION DETAILS

To register for events, visit choicesmarkets.com/events.
For inquiries, please call 604.952.2266 or email eventregistration@choicesmarkets.com.

Choices Markets Nutrition Department Disclaimer Statement: The views and opinions expressed by the presenter do not necessarily represent those of Choices Markets and its employees. Choices Markets is not responsible for and does not verify the accuracy of any of the information presented. The information presented does not constitute medical or other professional advice and is for education purposes only. Seminar schedules are subject to change. For the most current schedule, please visit www.choicesmarkets.com/events/

New Choices!

GROCERY



Phoeapolis Organic
Extra Virgin Olive Oil

9⁹⁹ 500ml

13⁹⁹ 750ml

Our Olive Oil is handpicked, extra virgin and first cold extracted from olives farmed in Tunisia.

Sweetmonk Liquid
Monk Fruit Sweetener



Two Varieties

15⁹⁹ 50ml

SweetMonk is a pure all natural liquid monk fruit sweetener. Zero calories and tastes delicious.

Yummy Bear
Plant Based Candy



2⁹⁹ 50g

Canada's 100% plant-based, low-sugar gummy bears that are quite literally "sweet by nature".

Quesava Gluten Free
Chocolate Brownie Poppers



5⁹⁹ 210g

A delicious, guilt free alternative to traditional brownie bites.

Beekind
Beeswax Food Wraps



13⁹⁹ 3pk

Beekind beeswax wraps replace wasteful plastic wrap & baggies, keep your food fresh longer, feature hand painted designs, and are hand-made right here in BC!



Luda
Vegan Gravies

5⁹⁹ 80g-100g

Delicious and instant VEGAN GRAVIES that will help you create wonderful beef or chicken-inspired dishes, without the meat!

WELLNESS



Iron Vegan
Energy Blends
Balanced Energy or
Rebound Recovery

31⁹⁹ 150g

Put your body into an optimal self state by kickstarting your day using the power of mushrooms and adaptogens.



Sukin Naturals
Hydrating Face Care

15% Off

Assorted Sizes

With a Bio-Marine Blend of Sea Algae, Hyaluronic Acid & Maize Complex to deeply rehydrate, leaving your skin looking plump and dewy for 72 hours after 4 weeks of use.

Organika
Liquid Zinc & Vitamin C



24⁹⁹ 300ml

Zinc has been known to help prevent acne and regulate the activity of oil glands. Vitamin C is well known for its role in helping immune systems combat attacks from colds and the flu.



Prairie Naturals
Test Force

21⁹⁹ 60caps

Prairie Naturals Test Force supports the biological systems that encourage optimal natural testosterone levels.

AquaOmega
Omega-3 Supplements



20% Off

Assorted Sizes

Our high-dose Omega-3 EPA formula is up to 5x more concentrated than the other leading brand of high EPA products on the market.

Derma E
Eczema Relief Lotion



16⁹⁹ 19⁹⁹

Lotion 175ml Cream 113g

Fast-absorbing, gluten-free lotion helps strengthen the skin's protective barrier while helping to relieve scaly, flaky, and itchy dry skin associated with Psoriasis and Eczema.

OCTOBER 1-15th ONLY

club specials

Stahlbush Island Farms Sustainable Frozen Vegetables Assorted Varieties



2 49
198g-350g

Fresh from the field to your freezer, these veggies are perfect for easy meals.

Gardein Plant Based Frozen Meat Alternatives Select Varieties



4 49
Bags - Assorted Sizes

Gardein makes your meatless lifestyle easy, not to mention delicious.

Stash Premium Tea



3 99

18-20 Tea Bags

Stash Tea is an opportunity to excite your senses with flavour.

Simply Organic Gravy Mix



1 49

24g-28g

Make your Thanksgiving table a snap with these quick and easy gravy mixes.



Simply Organic Vanilla Extract

19 99

118ml

Nothing but pure, organic vanilla. Perfect for baking and more.

Anita's Organic Mill Unbleached White or Whole Wheat Flour



7 99

Whole Wheat 2kg

8 99

Unbleached White 2kg

Freshly milled locally, Anita's flour provides the best possible flavour for your breads, desserts and more.

Hardbite Natural Potato Chips



2 49

128g-150g

Bold flavours with epic crunch make for an unforgettable chip experience.

Green & Black's Organic Fair Trade Chocolate Bars



3 49

90g

A wide variety of organic gourmet chocolates expertly crafted by master chocolatiers.

GT's Organic Raw Kombucha



3 49

480ml

+deposit +eco fee

The original kombucha brand that began the global movement.

Tree Island Cream Top Yogurt



4 49

500g

Creamy yogurts made with love and care in the heart of Vancouver Island.

Liberté Méditerranée Yogurt



2 99

500g

Rich tasting to carry intense flavours like black cherry, lemon and mocha.

Eco Max Natural Liquid Laundry



12 99

3L

The essential natural laundry detergent for a clean and healthy home.

OCTOBER 16-31st ONLY

club specials

Kettle Brand Potato Chips



2⁶⁹
220g

With dozens of flavours, you're sure to find a favourite Kettle Brand crunch.



Blue Monkey Coconut Water

Select Varieties

1⁷⁹

520ml
+deposit +eco fee

Take a visit to the tropics with Blue Monkey's tasty coconut water.

Kicking Horse Organic Fair Trade Whole Bean Coffee



12⁹⁹
454g

Get the taste of the Rocky Mountains with these expertly roasted coffees.

Riviera Vegan Coconut Yogurt & Coconut Milk Kefir



4⁹⁹

650g Yogurt
946ml Kefir

These dairy free yogurts are a tasty alternative to traditional milk-based ones.

Liberté Greek Yogurt

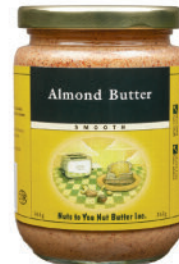


4⁹⁹

750g

Crafted with traditional Greek methods like old-time cheesecloth draining for a decadently thick yogurt.

Nuts to You Almond Butter



7⁹⁹

365g

Simply the finest nuts make for a pure and delicious spread.

Eden Organic Sauerkraut



3⁹⁹

447ml

5⁹⁹

796ml

Made from the finest cabbage for superior nutrients for your body.

Amano Organic Tamari or Wheat Free Tamari



5⁴⁹

Organic
500ml

11⁴⁹

Wheat Free
500ml

Brewed with traditional methods for an authentic Asian dining experience.

Bob's Red Mill Gluten Free 1:1 Flour



4⁹⁹

624g

8⁹⁹

1.24kg

This flour blend makes gluten free baking a snap.

Caboo Bamboo Bathroom Tissue



7⁹⁹

12 Rolls

14⁹⁹

24 Rolls

Bathroom tissues made with bamboo fibres for a sustainable clean.

Echoclean Natural Liquid Laundry



10⁹⁹

2.95L

For a natural, BC made clean, choose Echoclean.

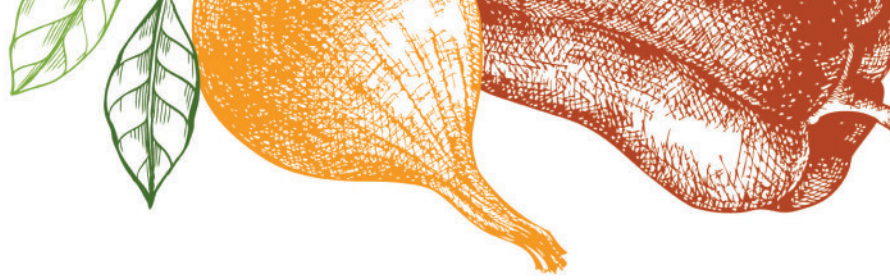
Echoclean Natural Dish Liquid



2⁷⁹

740ml

Naturally cuts through grease and tough residue.



With Registered Dietitian Tamara Paetsch

Q Tell us about yourself and why you consider yourself a non-diet dietitian?

A My name is Tamara, and I'm a registered dietitian! People usually assume my job is to recommend different diets or make people meal plans "healthy", but as a non-diet dietitian, I don't do any of these things! Research has shown, that diets don't work long term, for weight loss, physical, or mental health. A "non-diet" approach takes a whole person approach to help people build healthy and sustainable food habits for their long-term health.

Q As a non-diet dietitian, can you tell us about Intuitive Eating? Is this something you use in your practice?

A All the time! Intuitive eating is a non-diet approach to health and nutrition that allows people to feel empowered and confident in their body and food choices. It focuses on learning to listen to your body's hunger and fullness cues, and finding enjoyment and satisfaction in eating, and building a positive relationship with your body, no matter what it looks like.

Q As a society we relate body shape and size to health status, which isn't necessarily true. Can you share with us some better indicators of health we should be focusing on?

A There is nothing wrong with wanting to be healthy and feel good. However, diet culture and the multi-billion-dollar weight loss industry have made it seem that health can only be achieved by being lean, small, or losing weight. This is not true; people can be healthy at any shape or size. In fact, weight cycling (losing weight then gaining weight) increases the risk of cardiovascular disease, high blood pressure, and insulin resistance.

BMI was created by a mathematician over 200 years ago and was never intended to be an indicator of health; yet, it has been adopted by health systems around the world.

It has been found that millions of people categorized as overweight or obese were actually metabolically healthy.

The key to building habits for long-term health is shifting the focus from weight to behaviours and practices that support your health and work for your lifestyle. Weight is not a practice or behaviour. Instead of focusing on weight as an outcome or health indicator we should be focusing on indicators that will help us achieve long term health such as blood pressure, aerobic capacity, stress markers, and mental health indicators.

Q With October 10th being World Mental Health Day, what can we do to help create a better relationship with food?

A One of the first things I do with clients is noticing diet culture. Often, diet culture labels foods as good or bad; this makes you feel bad for eating certain foods. In reality, food doesn't have a morality, it is just food. Not all foods are nutritionally equal, but that doesn't make them bad. There is a time and place for every food. Your task is to be a diet culture detective. Try to notice diet culture when you see it, write it down if you can or make a mental note of it. This could be things like seeing weight loss or diet ads (What are they promising? What feeling are they selling? How do they make you feel?), it could be co-workers or family talking about the next diet fad or that they are being bad for eating something unhealthy, it could be posts on social media showing weight loss progress pictures or what I eat in a day. These are all examples of diet culture where weight loss, or health is being pursued and certain foods or behaviours are put on a pedestal while others are shamed.



As a Registered dietitian, Tamara has learned in her years of experience as a dietitian and in own journey as an athlete that dieting and restricting don't support physical and mental health. After overcoming restriction, improving body image, and learning to listen to her body, she now helps others do the same! She has helped others feel more confident in their body and food choices while achieving their health and nutrition goals.

Food for Mood?

By Rachelle Duckworth, Registered Dietitian(t), Choices Markets

Looking for a natural way to stabilize your mood? It turns out, we truly are what we eat - not just physically, but psychologically. Whole foods contain essential nutrients like tryptophan, that positively impact stress, mood, and cognition.

What is tryptophan?

Tryptophan is an essential amino acid that must be obtained in our diet. In the body, it acts as a precursor for the neurotransmitter serotonin. Serotonin is a mood-enhancing hormone that is necessary for offsetting stress and maintaining optimum mental wellbeing.

The more tryptophan I eat, the more serotonin I'll have?

Not exactly. A diet rich in tryptophan will indeed increase the availability of tryptophan to make serotonin, however, it also contains a large amount of other amino acids that compete with one another for uptake into the brain. Therefore, the net effect of high tryptophan consumption is widely lost when it is consumed through diet.

How can I effectively make more serotonin?

Antioxidants such as polyphenols and vitamins help make this conversion process more effective as they protect crucial steps and

slow down harmful factors that impair this conversion. Additionally, consuming tryptophan with carbohydrates causes the body to release insulin, which promotes amino acid absorption and leaves tryptophan in the blood for uptake into the brain.

Why do we want to boost our serotonin levels?

Low brain serotonin levels have been associated with various types of psychopathology including depression, aggression, anxiety, fibromyalgia, cravings for carbohydrates, alcohol and certain drugs, and gut, heart and sleep problems. Research has shown that a diet rich in tryptophan is potentially protective against depression and is positively related to functioning in social cognition.

What are high tryptophan-containing foods?

If you're looking to increase the amount of tryptophan in your diet, try incorporating more of the following: Nuts (cashews, walnuts, peanuts and almonds), seeds (sesame, pumpkin, sunflower), soy (soybeans, tofu, tempeh, edamame), and grains (wheat, rice and corn).

Top Nutrients for Mental Health

By Lilia Laihem, Nutrition Consultant Choices Markets Cambie

1

Get enough Fiber

Adequate fiber is important to feed the bacteria in your gut as they produce neurotransmitters like serotonin, an important regulator for mood, sleep, and appetite. Recommendations for fiber are 38g/day for men (19-51yrs) and 25g/day for women (19-50yrs). High fiber foods include fruits and vegetables, legumes, nuts and seeds and whole grains.

2

Eat foods with B Vitamins: Folate, Vitamin B12

B vitamins are nutrients associated with maintaining optimal mental health by producing brain chemicals that affect mood. Food sources include:

- B12: clams, liver, fortified trout, salmon, tuna, beef, nutritional yeast
- Folate: green leafy vegetables, beans, and citrus fruits

3

Consume Healthy Fats

Omega-3 fats are polyunsaturated fatty acids that have important roles in brain development and brain cell signaling. These are found in:

- Fatty fish: salmon, herring, sardines, mackerel, and trout
- Plant-based: walnuts, ground flax seeds and chia seeds

It's just as important for our mental health to eat a diverse diet that is not restrictive. Overall, aim for an inclusive diet and try to incorporate these foods to best support your mental health and overall wellbeing!



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.

Fresh From Bakery



Choices Purple Yam and Chia Boule:

Looking to elevate your next loaf of bread? Try Choice's own Purple Yam and Chia loaf! This bread incorporates purple yams offering a unique appearance, nutty flavour and added nutritional benefits. Purple yam provides a good source of potassium, vitamin C and powerful plant antioxidants all of which are important for maintaining good health. Additionally, the crust is coated with chia seeds, which not only offer a nice crunch but provide additional fiber and omega-3 fatty acids. The best part? You can use this bread just like any other! Try using it for your next sandwich, spread on avocado or peanut butter or slice it thick and use it for chia French toast!

Grocery Gossip



Farm House Culture Gut Shot:

Consuming fermented foods regularly may help to improve your gut health. An easy way to sneak in some extra gut friendly microbes into your diet is by adding in fermented foods and beverages! Try using Farm House Culture Gut Shots as brine for your vegetables to add flavour or as the "vinegar" component to your home made salad dressings!



Buck:

If you think you've tried all the plant-based milks on the market... think again! BUCK is a new plant-based milk made from whole buckwheat groats, giving a creamy consistency and nutty flavour.

It is fortified with calcium and vitamin B12 and caters to those who avoid dairy, gluten and nuts, which are commonly found in plant-based milk alternatives. Additionally, those with Irritable Bowel Syndrome (IBS) may benefit from this product as it is FODMAP free.

Fresh From Produce



Coronation Grapes:

Coronation grapes have a sweet berry with small, edible seeds that can be squeezed out of its skin. At Choices, we offer organic coronation grapes from Stoney Paradise Orchard located in Kelowna, BC. This farm harvests later in the season, making them the sweetest in BC! They are rich in fiber and antioxidants that support bone, tissue, eye and cognitive health. Additionally, they may prevent chronic diseases, lower blood pressure, and reduce cholesterol. Grapes are easy to incorporate into your diet. Simply have them fresh or frozen, throw into a salad or smoothie, or try this fun chia-seed jam.

Tasty Top Choices Recipe



CORONATION GRAPE CHIA JAM

By Rachelle Duckworth, RD(t),
Registered Dietitian Choices
Markets Kitsilano

2 cups coronation grapes, rinsed

2 tbsp. chia-seeds (+ more for a
thicker jam)

Optional: Add stevia, maple syrup,
agave or honey to taste

Pinch of salt

Wash your grapes and add to a blender
with sweetener and salt (if including).
Blend till smooth.

Add in your chia seeds and pulse till
evenly dispersed. Do not over blend.

Store in fridge.



OCTOBER 1-15th ONLY

wellness centre

Whole Earth & Sea Multivitamins



34⁹⁹

60tabs

64⁹⁹

120tabs

The next generation of whole food supplements, delivering raw, whole food nutrition with real health benefits.

Whole Earth & Sea Proteins and Greens



52⁹⁹

390g-438g Greens

59⁹⁹

640g-710g Protein & Greens

Whole Earth & Sea Fermented Organic Protein & Greens is a 100% fermented and certified organic formula.

Andalou Naturals Body, Face Care & Hair Care



25% Off

Assorted Sizes

Natural and effective, our face products are formulated to achieve radiant skin and a visibly healthy complexion for all skin concerns.



Platinum Naturals Vitamins and Supplements

20% Off

Assorted Sizes

Nourish your body with the nutrients it needs, thanks to Superior Nutrient Absorption from Platinum Naturals. Healthy oils protect nutrient value so that your body can absorb more of what it needs throughout the day.

Natural Factors Digestive Enzymes



20% Off

Assorted Sizes

Enzymes help the body to break down proteins, carbohydrates, and fats while improving nutrient absorption.

New Chapter Holy Basil Force



25⁹⁹

30caps

34⁹⁹

60caps

Supports your immune system and aids in alertness, focus, attention span, and short-term memory.

New Chapter Turmeric Force



29⁹⁹

60caps

49⁹⁹

120caps

Sourced from the whole herb, it goes beyond other Turmeric supplements that only give you isolated Curcumin extract.

NutraVeg Omega Plant DHA & EPA



20% Off

Assorted Sizes

It's the EPA/DHA that matter. Sustainably sourced with no impact on fish populations or ocean ecosystems.



Genuine Health Clean Collagen

19⁹⁹

8pk Collagen Bars

29⁹⁹

201g-301g
Marine or Bovine

Clean collagen makes it easy to get your daily dose of collagen.

Bio-K Plus Probiotics



19⁹⁹

6packs Dairy

21⁹⁹

6packs Rice or Soy

Strengthen your intestinal flora when you take the Bio K+ Fermented Drinkable Probiotic.

Salus Floradix & Floravit



46⁹⁹

500ml+250ml
Shrink wrapped

Clinically proven to raise serum ferritin levels (iron levels) quickly and restore your energy.

CanPrev
Beauty Collagen**25⁹⁹**

Liquid 500ml

33⁹⁹

Powder 300g

- Reduce wrinkles in 28 days
- Activate skin collagen production, increases moisture in skin and improves nail growth

CanPrev
NAC+ (N-Acetyl L-Cysteine)**24⁹⁹**

120 caps

NAC+ was designed for superior defence against oxidative stress from over-exercise, pollutants and respiratory conditions.

Natural Factors
Vitamin A, D & K**20% Off**

Assorted Sizes

Provides two major fat-soluble vitamins for bone and vascular health and together act on calcium and guide the mineral towards where it is needed throughout the body.

Botanica
Perfect Protein
Chocolate or Vanilla**48⁹⁹**

628g-840g

A fermented and sprouted complete plant protein blend packed with 20g of protein. Crafted in small batches with just a few simple organic ingredients.

Botanica
Organic Herbal
Supplement

Select Varieties

25% Off

Assorted Sizes

Botanica Ashwagandha Liquid Herb is an adaptogenic herb used to restore nervous and immune system health to normalize mood and energy levels.

Bulletproof Coffee, Collagen,
Brain Octane and more!**25% Off**

Assorted Sizes

Boost metabolism, reduce fat storage, and maintain healthy cholesterol levels. Up to 18 times stronger in quality MCT fats for better brain function and supporting energy metabolism at cellular level.

Natural Factors
Organic Oil
of Oregano**18⁹⁹**

30ml

34⁹⁹

60ml

A powerful antioxidant protection and immune system support, and helps relieve various respiratory conditions.



Marseille's Remedy

9⁹⁹

25ml Balm

21⁹⁹

30ml Essential Oil

Ancient remedy that is all-natural, therapeutic and full-strength, for many antifungal, antibacterial and antiviral uses, personal and household.

Weleda
Body Wash & Lotion**9⁹⁹**

200ml Body Wash

13⁹⁹

220ml Body Lotion

Brilliant, vitalizing shower cream with nourishing oils.

OM Organic
Mushroom Superfoods**15⁹⁹**

60g

26⁹⁹

75 caps

Health food for your brain to inspire clarity, creativity & mood.

Ancient Minerals
Magnesium Chloride**11⁹⁹**

1.65g Magnesium Chloride Flakes

21⁹⁹ 23⁹⁹

237ml Oil

237ml Gel

Soaking in magnesium salts has been shown to markedly improve skin hydration, speed wound healing, enhance skin barrier function, and decrease inflammation.

Santevia
Alkaline Water Filtration**20% Off**

Assorted Sizes

Enjoy mineralized, alkaline water at home with Santevia Alkaline Water Products.

wellness centre month long specials

Flora Super 8 Plus Probiotics



22⁹⁹ 30caps
39⁹⁹ 60caps

Super 8 probiotic blend, like the name implies, includes 8 strains of probiotics targeting the small intestine and helping maintain a healthy yeast balance.

Flora Senior's Probiotics



29⁹⁹ 30caps
52⁹⁹ 60caps

Formulated to meet the needs of adults aged 55 and over, and contains a much higher percentage of Bifidobacteria per serving.

Flora Kid's Probiotics



18⁹⁹ 60caps
25⁹⁹ 75g

Give your growing child a probiotic boost and help them maintain good gut health, a core foundation of overall good health.

Progressive VegeGreens



33⁹⁹ 265g
56⁹⁹ 530g

It helps to increase energy, renew mental clarity, detoxify your body and restore a healthy pH balance.

Progressive Complete Collagen



41⁹⁹ 500g

Use Complete Collagen by Progressive® for stronger bones, cartilage, connective tissue and more.

Suro iSleep Regular or X-Strong



23⁹⁹ 60caps

Physician formulated natural sleep aids that can also help relieve nervousness, anxiety and restlessness. Made in Canada from certified organic herbs.



Navita's Acai Powder

19⁹⁹ 113g

Known as the Amazonian "beauty berry," acai powder is beloved for its abundance of antioxidants and healthy fats, which support strong skin, hair and nails.

Pacha Whipped Soap + Scrub



14⁹⁹ 284g

Whipped Soap + Scrub combines creamy whipped soap and a blend of natural exfoliants to create the perfect addition to your daily routine.

Nutribiotics Body Care & Supplements



20% Off

Assorted Sizes

The gentle, deep cleansing action leaves no pore-clogging residue. Plant moisturizers help maintain your skin's moisture mantle and pH balance.

Dr. Jentschura Alkabath and Body Brushes



20% Off
Assorted Sizes

Due to the molecular structure of these fine bronze bristles, the ions which are important for our material and energetic well-being are generated directly on the skin, which makes them immediately available to the organism and the metabolism.

Maple Organics Joint Therapy & Muscle Therapy



21⁹⁹ 60ml

Safe and effective relief for sore muscles, Maple's Muscle Therapy is formulated to ease the stiffness and pain of over worked muscles.

Aura Cacia Bath Products



2/6 48

71g Bath Salt & Foam Bath

9⁹⁹ 384ml Bubble Bath

Aura Cacia Bubble Baths are blends of pure essential oils within a liquid foaming bath format to add both aroma and enjoyment to the bath experience.

the Dish

On on Pumpkin

A common denominator between the end of harvest, Halloween, and pie, is pumpkin. The orange fruit is one of the many pieces of squash we grow in North America, though I'd say it's the most famous. We love pumpkin in Canada. From tasty pies to jack-o'-lanterns to spiced lattes. However, pumpkin is much more than that. It's loaded with healthy nutrition, rich in fibre, and low in calories (if not combined with high fats and sugar).



Pumpkin has a unique trait in that it can be grown to huge proportions. Competition farmers often surpass the 100 kilo mark. A Belgian farmer has raised and harvested a Guinness record gourd weighing in at over 1000 kg. As exciting as these gargantuan gourds may be, when buying pumpkin for your culinary purposes, always choose smaller firmer gourds.

There are many tasty pumpkin varieties. Cinderella, Fairytale, Cherokee Bust and Casper are just a few varietal names. Sugar pumpkin is what you will commonly find in the produce aisle and farmers market. Denser and sweeter and less stringy than carving pumpkin, the initial preparation may vary based on the culinary application desired.

Roasting seedless wedges will result in caramel tasting pulp, but this isn't necessarily the best for

sweeter applications. If you want to make something sweet, go with a slow cooker. If it fits, you can actually slow cook pumpkin whole, seeds and all. Just give it a wash and place it in the slow cooker, then go about your day. Later when fully cooked, cut in half, remove seeds first, then scoop the juicy pulp. It'll be ready to turn into a pie, or perfect for the freezer for later. Pie is definitely what most people associate pumpkin with, but why not venture deeper into dessert? Cheesecake, muffins and bread, crème caramel, pumpkin bars, or even a tiramisu, just to name a few delights.



A savoury pumpkin menu is also extensive. Spiced soups, pasta sauces, rice dishes, stuffing for meats, ravioli or perogies are all some ideas that get my tummy rumbling. Pumpkin gnocchi is a delicious Italian fall classic. Chili, curry, casseroles, cabbage rolls, and even pumpkin hummus could be on your fall menu. Whether you've carved it, baked it, or poached it, don't forget the juicy plump seeds from your pumpkin. The seeds can be poached first in a salty brine and then roasted for the ultimate tasty snacks or garnishes.

Before we go, I just want to make sure you know that it's ok to drop a pumpkin. It will just turn into squash. Happy Halloween!



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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