



LOCAL BC CHOICES

100% BC OWNED AND OPERATED

LOCAL

Fuji Apples
from the Okanagan

.98/lb
2.16/kg

Organic
Yellow Peaches
from Nature's First Fruit
in Cawston

4.98
907g bag

LOCAL

LOCAL

Organic
Yellow
Nectarines

from Nature's First Fruit
in Cawston

5.98
907g bag

All Beauty & Body
Care Products
from our Wellness Department

15% OFF
including sale items

3 Days Only
September 17, 18 & 19
Offer available at all Choices locations.

Choices' Own Multigrain
Bread and Scandinavian
Rye Sandwich Loaf

LOCAL

**2/
8.00**
530g-580g

Organic Roma
Tomatoes
6.57/kg

LOCAL

2.98
/lb

from the
Similkameen Valley

Organic Bunch
Carrots

LOCAL

2.98
bunch

from Crisp
Organics in Abbotsford

Yukon Gold
Potatoes

LOCAL

2.98
2.27kg

Organic Lean Ground Beef
26.43/kg

LOCAL

11.99
/lb

Vega Sport Protein



**BUY 1
GET 1
FREE**

801 - 837g

Terra Breads
Granola

LOCAL

14.99 - 15.99
1kg

Earth's Own
Oat Beverages

LOCAL

3.99
1.75L

Physical Distancing: Please remain 2 metres from others. Prices Effective
One customer using the checkout belt at a time. Thank you. September 16 -22, 2021

MEAT

Beef Top Sirloin Steaks

19.82/kg

8⁹⁹
/lb

100% Grass Fed
value pack

Icelandic Cod Fillets

41.87/kg

18⁹⁹
/lb

Boneless Pork Butt Roast

13.21/kg

LOCAL

5⁹⁹
/lb

Raised without antibiotics
Great for pulled pork!

Greenfield Sliced Deli Meat



Raised
without
antibiotics

6⁴⁹
175g

Organic Sturgeon Steaks

37.46/kg

LOCAL

16⁹⁹
/lb

Sockeye Salmon Fillets

39.66/kg

17⁹⁹
/lb

previously frozen

Ocean Mama Frozen Raw Shrimp



4⁹⁹
61-70 count
180g

Lean Ground Chicken Breast

26.43/kg

LOCAL

11⁹⁹
/lb

Raised without antibiotics

Lamb Loin Chops

33.05/kg

14⁹⁹
/lb

from New Zealand

GROCERY

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Prices Effective
September 16 -22, 2021



Nature's Path
Organic Eco Pac
Cereal

8⁹⁹

assorted sizes



Anita's
Organic Pancake and
Waffle Mix & Oats

30% off

assorted sizes



One Degree
Organic Flour,
Oats & Cereal

30% off

assorted sizes



Earth's Choice
Organic
Rainforest Alliance
Certified Coffee

8⁹⁹

340g



Four O'Clock
Organic Tea

4⁴⁹

16 Tea Bags



Avalon
Organic Milk

2⁹⁹

1L
+deposit

Riviera Petit Pot Style Yogurt



4⁴⁹

4pack

Olympic Yogurt



7⁹⁹-9⁹⁹

1.75kg



Liberté
Greek Yogurt

4⁹⁹

750g



Nuts to You
Organic Butter
Hazelnut, Almond
and Cashew

30% off

250g - 365g



Earth's Choice
Organic
Peanut Butter

5⁴⁹

500g



Bonne Maman
Jelly & Spreads

4⁹⁹

250ml



La Chaudiere
Bingo Organic
Cheese

30% off

168g - 340g

Armstrong Cheese



9⁹⁹

600g

Maple Hill
Extra Large Free Range Eggs



4⁷⁹

1 Dozen

Edward & Sons Rice Toast & Snaps



2⁹⁹-3⁹⁹

65g - 100g



Eve's
Sunflower Crackers

6⁹⁹

108g



Kinnikinnick
Gluten-Free
Products

30% off

assorted sizes

GROCERY

Caulipower
Cauliflower Crust Frozen Pizza



Select Varieties

7⁹⁹

310g



Mia's Kitchen
Pizza & Pasta Sauce

3⁹⁹

340ml
Pizza Sauce

6⁹⁹

710ml
Pasta Sauce

Italipasta Pasta



2/6⁰⁰

assorted sizes



Gold Rush
Organic Frozen
Potatoes

3⁹⁹-4⁹⁹

454g



Maison Orphee
Toasted Sesame
Oil & Extra Virgin
Olive Oil

9⁹⁹

500ml Sesame

13⁹⁹

750ml Olive Oil



Cape Herb & Spice
Giant Salt &
Pepper Shakers

Select Varieties

7⁹⁹-11⁹⁹

175g - 390g



King Soba
Organic Noodles

Select Varieties

4⁴⁹

250g

Wildwood
Organic Sprouted Tofu



2/7⁰⁰

2pack



Cha's Organics
Coconut Milk
and Cream

2/7⁰⁰

400ml



Eden
Organic Beans

30% off

398ml



Lotus Foods
Ramen Noodles,
Crackers & Rice

30% off

assorted sizes



Bragg
Organic Apple
Cider Vinegar

3⁹⁹

473ml

Daiya Dairy-Free Products
& Frozen Burritos



30% off

assorted sizes



Earth's Choice
Organic No Salt
Added Beans

Select Varieties

4/5⁰⁰

398ml

Sunflower Kitchen
Hummus, Dips & Pesto



30% off

227g - 300g



Wedderspoon
Manuka Honey
& Lozenges

Select Varieties

30% off

assorted sizes



Seventh Generation
Natural Household
Cleaners

Select Varieties

30% off

assorted sizes

Granny's Ultra Liquid
Laundry Detergent



**BUY 1
GET 1
FREE**

3.78L

BULK

Organic
Nuts

**20%
Off**

DELI

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Prices Effective
September 16 -22, 2021

Choices 4.25" Quiche

**2/
800**

English Muffins, Bagel Sandwiches or Parfaits

**349-
549**

NEW! Choices Sandwiches

**499-
699**
155-215g

Summer Fresh Toppers

449
255g

Black Forest, Honey or Old Fashioned Ham

199
/100g

Sunflower Kitchen Soup

699
925ml

La Panzanella Crackers

549
170g

Havarti Cheese

299
/100g

Imported Swiss Emmental, Gruyere or Cave Aged Gruyere Cheese

**449-
599**
/100g

Shepherd Gourmet Cow or Sheep Feta Cheese

**499-
699**
200g

BAKED GOODS

Choices' Own Muffins

regular or mini

**299-
449**

Choices' Own 9" Pies

1099

Choices' Own Scones

349
2 pack

Choices' Own Premium Cookies

599
6 pack

Silver Hills Sprouted Power Bread

449
430g-615g

Kickstart Your Career

Join a team that values supporting local producers, seeing happy customers and working towards a sustainable future.

- As an essential service we offer steady, dependable employment and flexible work schedules
- Full benefits, including health, dental, vision and an Employee and Family Assistance Program (EFAP)
- Company discounts, free nutrition services and so much more!

Apply Online: choicesmarkets.com/careers



**Happy Anniversary,
Choices North Vancouver**
Saturday, September 18th ONLY!

at Choices North Vancouver, 801 Marine Drive

10% OFF

THE ENTIRE STORE, **INCLUDING SALE ITEMS**

Anniversary sale is available at our North Vancouver location only.

GROCERY



La Cocina
Tortilla Chips

2/7⁰⁰
300g-400g



Lundberg
Rice Chips

2/6⁰⁰
170g

Sonoma Creamery
Cheese Crisps



4⁹⁹
64g

MadeGood Bars,
Crackers and Cookies



2/7⁰⁰
120g-142g

ChocXO Keto Snaps &
Almond Butter Cups



4⁴⁹
98g & 100g



Alter Eco Organic
Fair Trade
Chocolate Bars

2/6⁰⁰
75g-80g



Smart Sweets
Low Sugar
Candy

2/6⁰⁰
50g

Larabars



2/3⁰⁰ 22⁹⁹
48g singles 16Pk

WELLNESS



Vitality
Vitamins and
Supplements

25% off
assorted sizes
Regular Retail 22.99-74.99



Garden of Life
Dr. Formulated
Probiotics

20% off
assorted sizes
Regular Retail 24.49-53.99



Thayer's
Witch Hazel
Astringent
Assorted Varieties

12⁹⁹
340ml & 355ml



Natural Factors
Omegas &
Cognitive
Support
Supplements

20% off
assorted sizes
Regular Retail 12.99-47.99



Healthology
Vitamins and
Supplements
Select Varieties

20% off
assorted sizes
Regular Retail 22.99-48.99



MegaFood
Vitamins and
Supplements
Select Varieties

25% off
assorted sizes
Regular Retail 34.99-84.99



Everyone
Hand Soaps
and Lotions

6⁴⁹ 13⁹⁹
377 mL 946mL 3 in 1 Soap
Hand Soap & Body Lotions



Silver Biotics
Immune
Support, Armor
Gel and Healing
Skin Creams

25% off
assorted sizes
Regular Retail 12.49-49.99



Host Defense
Medicinal
Mushroom
Supplements

20% off
assorted sizes
Regular Retail 29.99-112.99



NutraSea
Omega-3
Fish Oils

20% off
assorted sizes
Regular Retail 23.99-99.99



Aura Cacia
Essential Oils

25% off
assorted sizes
Regular Retail 4.99-49.99



Mrs. Meyer's
Hand Soap

5⁹⁹
370 mL



choicesmarkets.com



/ChoicesMarkets



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/Choices_Markets

Kerrisdale - 1888 W 57th Ave, Vancouver
Yaletown - 1202 Richards St, Vancouver
Cambie - 3493 Cambie St, Vancouver
Kitsilano - 2627 W 16th Ave, Vancouver
Commercial Drive - 1045 Commercial Dr, Vancouver

North Vancouver - 801 Marine Dr, North Vancouver
South Surrey - 3248 King George Blvd, Surrey
Burnaby Crest - 8683 10th Ave, Burnaby
Abbotsford - 3033 Immel St, Abbotsford
Kelowna - 1937 Harvey Ave, Kelowna

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted.