



BACK TO SCHOOL

100% BC OWNED AND OPERATED

Organic Lean Ground Beef
100% Grass Fed,
Value Pack

99/lb
26.43/kg

Organic Corn on the Cob

4/5⁰⁰

LOCAL

Hot House Grown Long Seedless Cucumbers

LOCAL

2/3⁰⁰

'Cooking with Spinach' Baby Spinach Blends



3⁹⁸
376g-454g

Rosstown Roasted Chickens

Assorted Varieties

9⁹⁹

Ready to Eat

Choices' Own Sourdough Bread

4⁹⁹
530g

BULK: Organic Seeds

Bulk & Prepackaged

20% Off



Garden of Life Dr. Formulated Probiotics

20% off
assorted sizes
Regular Retail 24.49-53.99



GT's Organic Raw Kombucha

7⁹⁹
1.4L
+deposit +eco fee



Smart Sweets Low Sugar Candy

2/6⁰⁰
50g

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

Prices Effective
September 2-8, 2021

PRODUCE

Organic Whole Red Watermelon

from Secret Farm in Oliver

2.82/kg

LOCAL

128
/lb

Organic Prune Plums

from Nature's First Fruit in Cawston

LOCAL

498

907g pkg

Organic Heirloom Tomatoes

from Origin Organics in Delta

10.98/kg

LOCAL

498
/lb

MEAT

Halibut Fillets

66.12/kg

LOCAL

2999
/lb

Whole Rainbow Trout

22.02/kg

LOCAL

999
/lb

Organic Boneless Skinless Chicken Breast

33.05/kg

LOCAL

1499
/lb

Ling Cod Fillets

33.05/kg

1499
/lb

Pinty's Eat Well Chicken

Select Varieties



Frozen

1599
assorted sizes

Beef Sirloin Tip Steaks

15.41/kg

699
/lb

Value Pack
from New Zealand

Venison Boneless Leg Steaks

44.07/kg

1999
/lb

from New Zealand

Pork Back Ribs

19.82/kg

LOCAL

899
/lb

Raised Without Antibiotics

Lamb Rack Chops

50.68/kg

2299
/lb

from New Zealand

Rosstown Chicken Kabobs

LOCAL

899
400g

Ozo Plant Based Products



599-799

227g-339g

Yorkshire Valley Farms Organic Chicken and Turkey Burgers



Frozen

1299
400g

GROCERY

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Late July
Tortilla Chips

2/6⁰⁰

156g-170g



Theobroma Organic
Chocolate Bars

2/7⁰⁰

80g

Hornby Organic Energy Bars



2/5⁰⁰

80g



Armstrong
Natural
Cheese Slices

4⁴⁹

220g-240g



L'Ancetre
Organic Cheese

30% off

190g-200g



Laiki
Rice Crackers

2/7⁰⁰

100g

Udi's Gluten-Free
Frozen Breads & Pizzas



30% off

assorted sizes
Select Varieties



Wise Bites
Gluten-Free
Soft Mini Pies
and Cookies

4⁹⁹

150g



Eve's Sunflower
Crackers

6⁹⁹

108g



Tate's Bake Shop
Cookies

4⁹⁹

198g



Prana Organic Chia,
Flax & Hemp Seeds

30% off

assorted sizes

Sunflower Kitchen
Hummus & Pesto



30% off

227g-300g



Zevia
Tea & Energy Drinks

2/4⁰⁰

355ml
+deposit +eco fee



Chasers
Cold Pressed Juice

9⁹⁹

1L
+deposit +eco fee

Island Farms
Ice Cream and Frozen Yogurt



4⁹⁹

1.65L

Stahlbush Island Farms
Sustainable Frozen Fruit



3⁹⁹

283g-300g



Biovert Natural Liquid
Laundry Detergent
or Fabric Softener

5⁹⁹

1.4L

12⁹⁹

4.43L



Echoclean Liquid
or Powdered
Laundry Detergent

6⁹⁹

Assorted Sizes

GROCERY



Nature's Path
Eco Pac
Organic Cereal

8⁹⁹

Assorted Sizes



Terra
Breads Granola

13⁹⁹ - 14⁹⁹

1Kg



Anita's
Organic Pancake
Mix & Oats

30% off

Assorted Sizes



Califa
Dairy-Free Beverages
& Cold Brew Coffee

3⁹⁹ - 4⁹⁹

1.4L



Dairyland
Organic Milk

5²⁹

2L



Olympic
Organic Kefir

8⁹⁹

2L



Salt Spring
Organic Fair
Trade Coffee

11⁹⁹

400g



Traditional Medicinals
Organic Herbal Tea

Select Varieties

4⁴⁹

16-20 tea bags



Wedderspoon
Manuka Honey
& Drops

30% off

Assorted Sizes

Maple Hill Organic Extra Large
Free Range Eggs



5⁷⁹

1 Dozen



Fatso
High Performance Peanut
or Almond Butter

8⁹⁹

500g
Peanut Butter

12⁹⁹

454g
Almond Butter



Shady Maple Farms
Organic Maple Syrup
& Sugar

30% off

Assorted Sizes

Melt Organic Plant-Based Butter



3⁹⁹ - 4⁴⁹

368g-454g



Donia Farms
Grass-Fed Yogurt

3⁹⁹

650g

8⁹⁹

1.75Kg

Liberté Greek Yogurt

Select Varieties



2/6⁰⁰

4pk

Fraser Valley Butter
Salted & Unsalted



5⁴⁹

454g



Yoso
Dairy-Free
Creamy Yogurt

3⁹⁹ - 4⁴⁹

440g

Riviera Vegan Yogurt

Select Varieties



4⁷⁹

500g

DELI

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**Choices
Deli Salads**



**20%
off**

**Kalamata
Olives**



1 49
/100g

**Vegetable
Herb Samosas**



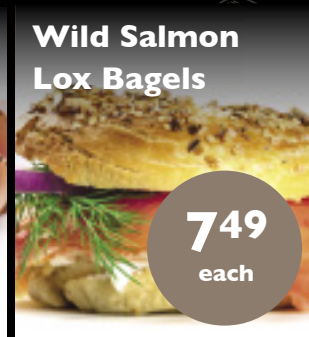
2/ 500
160g

**Choices
Black Forest or
Honey Ham**



2 99
/100g

**Wild Salmon
Lox Bagels**



7 49
each

**Caesar, Greek, Kale or Cham Pa
Family Size Salads**



**10 99-
12 99**
350g-880g

**Arla
Cheese Slices**



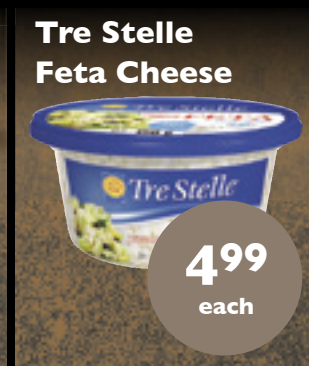
2/ 10 00
125g-
175g

**Imported Swiss
Emmental,
Gruyere or Cave
Aged Cheese**



**4 49-
5 99**
/100g

**Tre Stelle
Feta Cheese**



4 99
each

BAKED GOODS

**Choices' Own
Classic Cookies**



4 99
12 pack

**Choices' Own
Hot Dog and
Hamburger
Buns**



4 49
6 pack

**Choices' Own
Bars**
assorted varieties



**4 99-
6 49**
150g-220g

**Dempster's
Bagels**
assorted varieties



2/ 8 00
5+6 pack

**GluteNull
Cookies**
assorted varieties



**6 99-
9 99**
210g-240g



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

GROCERY



Daiya
Dairy-Free
Products

30% off

assorted sizes



Very Good
Butcher
Vegan Meat
Alternatives

30% off

assorted sizes



Simply Organic
Mexican Sauces
and Guacamole
Mix

24⁹-2⁹⁹

113g-227g



Earth's Choice
Organic Beans

2/5⁰⁰

398ml



Bubbies Pickles,
Sauerkraut &
Relish

30% off

assorted sizes



Parmela
Creamery
Plant-Based
Cheese

5⁴⁹

198g



Rao's Pasta &
Homemade
Pasta Sauce

2/7⁰⁰ 9⁹⁹

454g Pasta

680ml Sauce

Prairie Harvest
Organic Pasta



2/5⁰⁰

454g

WELLNESS



Vega One
All-in-One
Nutritional
Shakes

49⁹⁹

827g-876g



Natural Factors
CurcuminRich
Theracurmin
Supplements

20% off

assorted sizes

Regular Retail 24.99-80.99



Salus
Kindervital

24⁹⁹ 39⁹⁹

250ml

500ml



Derma E
Facial Care

20% off

assorted sizes

Regular Retail 10.99-49.99



MegaFood
Vitamins and
Supplements

25% off

assorted sizes

Regular Retail 34.99-84.99



Innovite
Vitamins and
Supplements

20% off

assorted sizes

Regular Retail 12.99-69.99



Genuine
Health
Greens+
Superfoods
Powder

20% off

assorted sizes

Regular Retail 29.99-129.99

Green Beaver Toothpaste



4⁹⁹

75ml
Toothpaste

7⁴⁹

Select Varieties
100g Naturapeutic
Toothpaste



Nuun Hydration
Electrolytes - Sport
Boost, Immunity &
Vitamin Tabs

8⁹⁹

10 tabs



Platinum Naturals
Vitamin D &
Oregano 8

20% off

assorted sizes

Regular Retail 10.49-49.99



Host Defense
Medicinal Single
Mushroom
Supplements

27⁹⁹ 49⁹⁹

30caps

60caps



Radius
Dental Care
Toothbrushes, Floss, and
Accessories

20% off

assorted sizes

Regular Retail 5.49-14.99



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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 Immet 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.