



# CHOICES'

Monthly Newsletter | November 2021

## The Dish on OYSTERS

**The New** [shop.choicesmarkets.com](https://shop.choicesmarkets.com)!

**The Glycemic Index and You**

**Say Cheese! Goat Cheese**



# the grape vine



## Star of the Season

Every holiday season, our stores begin to glow with the stars, all thanks to our Star of the Season program. This is a campaign that helps the most vulnerable members of our communities have an amazing holiday season. From November 15th to December 24th, the cashiers at your local Choices Markets will be our cheerleaders as we raise funds for local neighbourhood houses. Last year, thanks to generous Choices customers like you, we absolutely smashed all of our previous records and raised over \$62,000. To learn more, visit [www.choicesmarkets.com](http://www.choicesmarkets.com)



## Remembrance Day



November 11th marks our time of remembrance. For those who have made the ultimate sacrifice in the fight for freedom, we wear red poppies to mark our respect. Please take a moment this month to reflect upon the deeds of the brave men and women who have served our country with distinction.

## All New Online Choices



We've rigorously tested and perfected our new online store, and now we're proud to announce that it's live and rolling out to more stores each week! Soon you'll be able to click & collect on hundreds of your favourite, local, specialty and organic products at all of our location. We've started our rollout first at our Kitsilano and South Surrey locations, and more are coming each week. Visit [shop.choicesmarkets.com](http://shop.choicesmarkets.com) and stay tuned for when online shopping is coming to your local Choices Markets!



# New Choices!

## Health Care

### Bio-K Plus Extra Probiotics



**26<sup>99</sup>**  
6 pack

The NEW Extra line of vegan drinkable probiotics contains our unique and exclusive formula of 80 billion live & active bacteria in addition to the active ingredients.



### Alaffia Beautiful Curls Hair Care

**15<sup>99</sup>**

355ml

Formulated to define, hydrate, soften, reduce frizz and restore waves, curls or coils.



### Derma-E Anti-Acne Skincare

**20% Off**

Assorted Sizes

Clinically proven to reduce the signs of acne, by effectively ridding the skin of pore-clogging dirt, oil, and blemish-causing bacteria.

### Organic Traditions Freeze Dried Maqui Berry Powder



**18<sup>99</sup>**

100 grams

Organic Traditions Maqui Berry Powder contains a host of antioxidants and supports optimal immune health.

### Prairie Naturals Vitamin D3 2500IU



**19<sup>99</sup>**

500+50 bonus softgels

Canada's favourite Vitamin D3 brand is now available in a high-potency 2500 IU dose.



### Aeryon Wellness Supplements

**29<sup>99</sup>**

30 caps

Water B Gone is an all-natural supplement that reduces water weight and bloating.

## Grocery

### Humble Organic Potato Chips



**2<sup>99</sup>**

150g

A traditionally cooked potato chip made with Canadian, Organic Potatoes. Seasoned with chef-created organic flavours and packaged in compostable bags.

### Sweetwell Keto Meringue Bites & Cookies



**5<sup>99</sup>**

40g, Meringues

**6<sup>99</sup>**

90g, Cookies

Our Meringue Bites are flavoured with calorie-free, plant based Stevia. These delicious sweets are made with natural ingredients.

### Workshop Vegan Ramen Noodles & Spicy Tan Tan Broth



**8<sup>99</sup>**

500ml, Broth

**10<sup>99</sup>**

3Pk, Noodles

Wholesome vegan ramen noodles made by hand using organic flour from British Columbia.

### Just Egg Plant Based Scramble



**4<sup>99</sup>**

355ml

The world's simplest and most transformational food, now reimagined with plants.

### Califia Dairy-Free Almond & Oat Coffee Creamers



**4<sup>49</sup>**

750ml

Indulge in the future. Califia's new smooth & creamy plant-based creamers offer a better way to start your morning.

### Forager Project Cashew Yogurt & Drinkable Probiotic Yogurt



**5<sup>99</sup>**

Assorted Sizes

Creamy, delicious organic plant-based yogurt and drinkable yogurt alternatives rich in probiotics.



# Online Video Seminars



**Wednesday November 3rd, 2021**  
**7-8:30pm**

## Host Defense Mushrooms for the Mind, Body & Health

with Jerry Angelini, MS, Host Defense Educator

### ONLINE ONLY

Join Jerry to learn about Host Defense Mushrooms and the multi-benefits of adding these mushrooms into your daily routine.

**Free event.** Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events). Details to join seminar will be available by email once sign-up is completed.

**Thursday November 4th, 2021**  
**7-8:30pm**

## GLOW through the Holidays

with Shannon Dragasevich, National Product Educator  
for Vitality Supplements

### ONLINE ONLY

Join VITALITY to learn how your skin ages and easy tips to boost skin health through diet and supplements.

**Free event.** Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events). Details to join seminar will be available by email once sign-up is completed.

**Tuesday November 9th, 2021**  
**7-8:30pm**

## Gut Health, Stress & Immunity

with Dr. Miranda Wiley, ND

### ONLINE ONLY

Join Dr. Miranda Wiley to learn how you can best support a happy gut for overall well-being and health.

**Free event.** Register online at [choicesmarkets.com/events](https://choicesmarkets.com/events). Details to join seminar will be available by email once sign-up is completed.

**Tuesday November 16th, 2021**  
**7-8:30pm**

## The Perfect Gut Solution: Your Own Flora

with Irene Pauline Humpelsetter, BComm, CNP, Manager  
of Marketing & Education, Living Alchemy

### ONLINE ONLY

Join Irene to learn how to manage stomach discomfort, fatigue and brain fog.

**Free event.** Register online at [choicesmarkets.com/events](https://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](https://choicesmarkets.com/events).**  
For inquiries, please call 604.952.2266 or email [eventregistration@choicesmarkets.com](mailto: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/](https://www.choicesmarkets.com/events/)



# SAY CHEESE!

## Goat Cheese

Goat cheese springs from humble beginnings in the Mediterranean and the Middle East. In these mountainous areas, letting a cow graze was not feasible so farmers turned to goats. Goats are notorious for eating anything that grows and as such are ideal sources of milk in rough terrain where the local flora is less than appetizing to other animals.

Goat cheese comes in several different styles but today we will focus on the fresh, soft, buttery kind that is the first thing to come to mind when someone says goat cheese.

Fresh goat cheese, or chevre can be a little overpowering for some, but with the right pairing it can meld flavours together in a unique way. A wide variety of fruits from the familiar apple to the decadent fig go extremely well side by side with chevre. The tangy smoothness of the cheese balances out fruit very nicely. Another common additive is fresh herbs, usually on the delicate side such as dill, chervil, parsley and others in the same vein.

I find goat cheese to be one of those amazing ingredients that can walk the fine line between day to day savoury and the lush luxurious flavours of the holidays to come. In the spirit of this, I have prepared a recipe that could be had at any time of the year, but will absolutely shine on your upcoming holiday table this year, sure to make discerning guests come back for a second helping. Just be sure to leave some room for the main course.

Stop by Choices Markets to gather your favourite ingredients for this tasty treat.



**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



### Yam and Goat Cheese Filo Tart

**200g grated yams**  
**85g diced apricot (reserve 20g)**  
**1 Tbsp brown sugar**  
**1 Tbsp butter**  
**1/8 tsp salt**  
**4 Tbsp white balsamic vinegar**  
**125ml apple juice**  
**1 sprig chopped rosemary**  
**1/4 cup melted butter**  
**4 sheets filo pastry**  
**100g crumbled goat cheese**

#### **The Reserved Apricots:**

Combine Yams, Butter, Apricots, Sugar, Salt, Vinegar, Apple Juice and Rosemary in a small saucepan.

Over high heat, bring to a boil. Lower heat and simmer until yams soften up, approx. 5 minutes.

Chill completely

#### **The Filo Tart:**

Lay out filo pastry, one layer at a time, brushing each one with melted butter before stacking the next sheet on top.

Cut filo pastry into 12 squares of about the same size.

Lay 1 square in each cup of a muffin pan and gently press them down to form bowls.

Spoon the filling into the pastry bowls until all used up, it should be 1.5 to 2 TBSP per each.

Top with the crumbled goat cheese and bake in a preheated oven at 350°F for 10 minutes or until pastry is golden brown and Goat cheese is fully softened.

Garnish with reserved apricot.

Serve hot or cold!

For those who are looking to make this light appetizer a little heartier, try it with puff pastry instead, it should be right beside the filo in your the Choices freezer section.



NOVEMBER 1-15th ONLY

# club specials

## Rao's Homemade Pasta & Pasta Sauce



**349**

Pasta, 454g

**999**

Pasta Sauce, 660ml

Rao's slow cooks sweet Italian plum tomatoes with fresh ingredients to create this classic sauce.

## Pacific Organic Cream Based Soups



**249**

284ml

Versatile and perfect for a busy cook, serve these gluten free soups over rice or steamed vegetables for an easy dinner.

## Native Forest Organic Canned Fruit, Vegetables, and Jackfruit



**299-499**

Assorted Sizes

Get a taste of the tropics with these organic delights.

## Faith Farms Cheese



**549**

360g - 380g

The perfect cheese for sandwiches, casseroles, pasta and more.

## Bakery on Main Gluten Free RTS Oatmeal or Granola



**499**

RTS Oatmeal, 300g

**599**

Granola, 340g

Delicious, gluten free and celiac-friendly breakfast and snack foods that make it easy for people with unique dietary needs.

## Nuts to You Almond Butter



**1499**

735g

There's nothing in these jars but high quality nut butter!

## GT's Organic Raw Kombucha



**799**

1.4L

+deposit +eco fee

The original kombucha brand that started the movement.

## Yoggu! Dairy Free Vegan Coconut Yogurt



**699**

500ml

Yoggu is dairy-free coconut yogurt locally made in Vancouver.

## Liberté Greek Yogurt and Greek Crunch Yogurt



**299**

Greek 4 Pack, Greek Crunch 2 Pack

Our Greek yogurt is an excellent source of energy and the perfect choice for a low-fat diet.

## Kettle Brand Family Sized Potato Chips



**399**

397g

These bags of chips are perfect for getting enough crunch for the whole family.

## Love Good Fats Keto Friendly Bars



**199**

39g/40g

Ridiculously delicious and only 1-2 grams of sugar.

## Galerie Au Chocolat Premium Chocolate Bars



**449**

100g

If you're looking to treat a friend, relative, teacher or colleague, these chocolates are a sure bet!



# NOVEMBER 16-30th ONLY **club specials**

## Kettle Brand Potato Chips



**2<sup>69</sup>**  
220g

With dozens of amazing flavours, these chips have the perfect crunch for everyone.

## Smart Sweets Low Sugar Gummies



**2<sup>99</sup>**  
50g

Kick Sugar, Keep Candy!

## Ritter Sport Chocolate Bars



**2<sup>49</sup>**  
Premium, 100g  
**2<sup>99</sup>**  
Nut Collection, 100g

Delightful chocolate squares in dozens of great unique flavours.

## Made Good Gluten Free Snacks



Select Varieties  
**3<sup>49</sup>**  
Assorted Sizes

Free from the most common allergens, so it's safe for school lunches.

## Elias Honey



**7<sup>99</sup>**  
375g

Pure, locally sourced honey from hard working Canadian bees.

## Wedderspoon Organic Manuka Honey Drops



**6<sup>99</sup>**  
120g

Soothe throats with this time-tested recipe still crafted with care in small batches.

## Earth's Own Plant-Based Butter Spread and Sour Cream



**4<sup>49</sup>**  
340g

Made with organic plant-based ingredients, you won't be able to tell the difference between our butter and the dairy stuff.

## Tree Island Natural Grass Fed Yogurt



**11<sup>99</sup>**  
1.5kg

Made on Vancouver Island using milk from grass fed cows.

## Riviera Coconut Vegan Yogurt & Goat Yogurt



**4<sup>79</sup>**  
500g

A new vegan option offering exotic and tropical flavours.



Khazana Organic Indian Sauces and Curries  
**3<sup>49</sup>**  
Curry Dishes, 284g  
**4<sup>99</sup>**  
Indian Sauces, 360g

These bold sauces are packed with exotic spice and the aroma of Indian home cooking.

## La Tortilla Tortilla Wraps



Assorted Varieties  
**4<sup>49</sup>-7<sup>99</sup>**  
240g-496g

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

## Nature Clean Liquid Laundry or Laundry Strips



**6<sup>99</sup>**  
Laundry Strips, 32 Each  
**10<sup>99</sup>**  
Liquid Laundry, 3L

Gets your clothes clean using only naturally derived, powerful ingredients.





## With Registered Dietitian Katie Bartel

**Q What led you to becoming a Registered Dietitian and working with people with diabetes?**

**A** I was diagnosed with type-1 diabetes (T1D) over 30 years ago, and as a person with T1D, I saw so many gaps in healthcare with regards to working with this population. I wanted to fill those gaps!

**Q I see that you work with individuals with Type 1 diabetes. Can you share with us some strategies for optimizing health in people with Type 1 specifically?**

**A** The cornerstone of therapy for T1D is focused on managing nutrition, insulin dosing, and blood sugars. Meals that have a good balance of high fibre grains, vegetables, and lean protein are going to help with blood sugar management. But because blood sugars can be affected by more than just nutrition, including stress, poor sleep, activity levels, menstrual cycles, illness, etc., we also need to focus on balance and self care. Looking after our self is just as important as looking after our diabetes.

**Q What is a common misconception about people with diabetes?**

**A** When people hear “diabetes” many think that it’s caused by poor nutrition decisions, when in fact that’s often not the case. Currently, there are no clear risk factors for type-1 diabetes. Genetics may play a role, but the percentage for risk is fairly low. And for type-2 diabetes, the main risk factors, beyond lifestyle, include genetics, age, and culture.

**Q What is one key strategy you use in your practice to help improve quality of life for those living with Type 1 diabetes?**

**A** It can be really easy to burnout with T1D – especially with today’s technologies, such as continuous blood glucose monitoring, and insulin pumps, always informing you of what’s going on.

These technologies are fantastic. They’ve helped make diabetes management more flexible for a lot of people, and they’ve helped many people better understand their T1D. But if all that comes at a cost to mental health, that’s not going to be good for your diabetes management overall.

Look after your diabetes as best as you can, but also look after yourself. Allow treats once in awhile. Miss a day of exercise once in awhile. Read a book. Balance is key. If you’re working to manage your diabetes well most of the time, once in awhile is not going to harm you. And if diabetes throws you a curve ball, which it inevitably will, and causes your blood sugars to go low or high, for whatever reason, do not beat yourself up over it. Be kind to yourself. No one is perfect with or without diabetes.

**Q November is Diabetes Awareness month in Canada, what specifically would you like to bring more awareness to in the world of diabetes?**

**A** Diabetes is not a limitation. We can do anything that people without diabetes can do, and we can eat anything that people without diabetes can eat – we just have extra tools to help manage our health well.



Katie Bartel is a Registered Dietitian and person with type-1 diabetes. She manages a nutrition private practice, specifically for people with type-1 diabetes, specializing in general health, sport, eating disorders, diabulimia, health at every size, and pregnancy. To learn more, visit her website at [www.katiebartel.ca](http://www.katiebartel.ca) and her Instagram page: [diabetictodietetics](https://www.instagram.com/diabetictodietetics), or message her at [info@katiebartel.ca](mailto:info@katiebartel.ca)



# Stabilizing Blood Sugar Without Cutting Carbs

By Rachelle Duckworth, RD(t) Choices Markets Kitsilano

**Q**  
**A**

**Are you struggling to regulate your blood sugar levels?**

Eating a healthy, well-balanced diet is important when it comes to controlling blood sugars. Together, carbohydrates, protein and fat help promote satiety, provide slow-burning energy, and stabilize blood sugar levels.

Carbohydrates turn into sugar in our blood and as a result, raise our blood sugar. This triggers the release of a hormone called insulin which helps shuttle the sugar from our blood into our cells to be used as energy. However, this process is not as efficient in those with diabetes, which may cause elevated blood sugars over time.

That being said, it is still necessary to consume carbohydrate-containing foods as carbohydrates are our body's main source of energy. Below is a list of strategies on how you can consume carbohydrates while keeping your blood sugar levels at bay:

## **Include a source of protein and healthy fat:**

Protein and fat help slow down the rate of digestion and decrease the rate at which blood sugars increase.

## **Choose high fiber carbohydrates:**

Simple sugar, processed and refined grain products affect our blood sugar differently than whole grain, high fiber products do. Our body is unable to break down and absorb fiber, therefore, it helps improve blood sugar control by slowing down digestion and absorption of sugar.

## **Carbohydrate servings:**

The more carbohydrates you eat at one sitting, the higher your blood sugars will rise. Minimize your carbohydrate servings at each meal by spreading them across smaller, more frequent meals. Try having 3 balanced meals 4-6 hours apart, with 2-3 healthy balanced snacks to help minimize fluctuation of blood sugar, regulate hunger and help with portion control.

# The Glycemic Index and You

By Dionne, Nutrition Consultant Choices Markets Abbotsford

The Glycemic Index (GI) is a rating system for foods containing carbohydrates. It shows how quickly each food affects your blood sugar level when that food is eaten on its own. This system ranks foods on a scale of 0-100. Low GI, scores 55 or less. Medium GI is between 56- 69. High GI is 70 or more, with Glucose at 100. Foods that contain no carbs are not assigned a GI and include meat, fish, poultry, oils and some herbs and spices.

The Glycemic Load (GL), accounts for serving size and how many carbohydrates you are actually going to eat. (Glycemic Index x Carbohydrate Intake / 100) Like the GI, the GL has three classifications. Low: 10 or fewer. Medium: 11-19. High: 20 or more. Glycemic load may give more of an accurate picture of how a particular food and serving size may affect your blood sugar levels. Watermelon for example is considered high GI with a score of 72, but a 120 gram serving is low GL at 4 which means it will have less impact on your blood sugars at an average serving size.

## **Examples of Low GI Foods:**

**Fruit:** peaches, strawberries, apricots

**Vegetables:** onions, leafy greens, tomatoes

**Legumes:** green peas, chickpeas, kidney beans, lentils, mung beans, edamame, split peas

**Whole Grains:** popcorn, quinoa, barley

How food is prepared can have an effect on GI. Lower the GI by cooking pasta al dente; which means still firm. Potatoes that are cooked then chilled have a lower GI.

The glycemic index is only one tool in the toolbox that can be utilized and should be used in combination with serving sizes. Focus on filling half your plate with vegetables and fruit, choosing protein foods for a quarter of the plate and whole grains and starchy vegetables for the other quarter. Include healthy fats along with making water the main beverage of choice.





## Produce Picks



### Autumn Squash:

We are proud to source our squash varieties locally from within BC grown from the Coast to the Okanagan. Squash is a great vegetable to help you meet your nutrient needs this winter as it's particularly high in nutrients like fiber and Vitamin A. Vitamin A is not only important for eye health but it also is essential for bone health, immune support and regulating cell growth. Tasty ways to enjoy squash this winter season include pureed in soups, baked and included as a side dish at dinner and added to curries and stews!

## 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.

## Grocery Gossip



### Bluebird Bone Broth:

Athletes! Are you prone to sport injuries? Good news, including gelatin in your diet may help with injury prevention. A great way to get gelatin from a food source is bone broth. Bluebird Provisions offers an Organic Chicken and Beef Bone Broth which are both high in gelatin. Research shows consuming gelatin one hour prior to exercise or physiotherapy may help to prevent and improve healing from injuries. For gelatin to be effective it must be consumed with a source of vitamin C – try adding lightly cooked vegetables rich in vitamin C to your Bluebird Provisions bone broth soup!



### Olympic Kefir:

Ever wondered what's the difference between kefir and yogurt? Both products undergo a fermentation process, however, yogurt making involves the addition of lactic acid bacteria to milk whereas kefir is made by adding lactic acid and kefir grains (a type of yeast). In addition to providing calcium and protein, kefir contains probiotics, though not all kefir products can be considered a good source. If you're looking for probiotic-containing kefir, Olympic Kefir is a great choice. Try adding it to smoothies, overnight oats or just drink as a snack!





## Tasty Top Choices Recipe



### KID-FRIENDLY FRUIT WRAP

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

- 1 Apple and Kale GemWrap
- 1 tbsp coconut peanut butter (or nut or seed butter of choice)
- 1 small banana
- 1/4 cup fresh blueberries
- 1/4 cup crunchy granola
- 1 tbsp unsweetened shredded coconut
- 1 tbsp dark chocolate chips

Remove plastic backing from your GemWrap and place the shiny side face down.

Spread your nut or seed butter evenly in the centre of your GemWrap then add your remaining toppings.

Wet both edges of your GemWrap prior to rolling.

Cut in the centre and enjoy!



### NewGem Foods GemWraps:

Looking for a plant-based, gluten free wrap alternative? NewGemFoods sandwich wraps have it all. These wraps are made from vegetable and fruit purees, and contain no preservatives or artificial sweeteners. They come in different flavours such as apple kale, tomato, carrot and mango chipotle! Try making this kid friendly recipe!





NOVEMBER 1-15th ONLY

wellness centre



Host Defense  
Mushroom

**24<sup>99</sup>**

30ml

This combination of five powerful mushrooms provide a unique "shield" of immune support.

Host Defense  
Mushroom Capsules



**20% Off**

Assorted Sizes

Certified organic medicinal mushrooms formulated and grown by world renowned mycologist Paul Stamets.

AOR  
Curcumin Active or  
Curcumin Ultra



**63<sup>99</sup>**

60 Capsules or Softgels

High-dose Longvida-optimized curcumin from turmeric. Free from rapid breakdown by the body, absorbable, bioavailable and effective.



Salus  
Floradix and Floravit

**23<sup>99</sup>**

250ml

**39<sup>99</sup>**

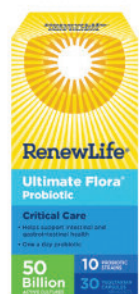
500ml

**53<sup>99</sup>**

700ml

Floravit Liquid Iron Formula is clinically proven to raise serum ferritin levels (iron levels) quickly and restore your energy. Safe for pregnancy. Naturopath and Midwife recommended.

Renew Life  
Vitamins and Supplements



**20% Off**

Assorted Sizes

Probiotics contain friendly bacteria that work in harmony with your body, playing an important role in our overall health and wellness.

Innovite  
Vitamins and Supplements



**20% Off**

Assorted Sizes

An antioxidant to maintain and support cardiovascular health.



NutraSea Omega-3  
Lemon Fish Oil

**22<sup>99</sup>**

200ml

**41<sup>99</sup>**

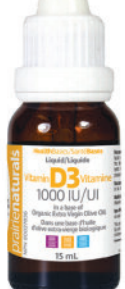
240 softgels

**45<sup>99</sup>**

500ml

A great tasting, liquid omega-3 for the maintenance of good health.

Prairie Naturals  
Vitamin D3



**Buy One  
Get One  
Free**

15ml

- Organic & extra virgin olive oil base!
- Vitamin D3 form for best absorption
- Helps strengthen bones

Natural Factors  
Bonus Bottle Supplements



**20% Off**

Assorted Sizes

Magnesium is required for the formation of bones and teeth, and for nerve and muscle function.

Aiya Organic Matcha



**9<sup>99</sup>**

Matcha to Go

**19<sup>99</sup>**

100grams Culinary

**23<sup>99</sup>**

96 grams Ceremonial

Family owned and operated for over 130 years, Aiya is the world's leading Matcha green tea producer.

Now Solutions  
Essential Oils



**20% Off**

Assorted Sizes

Tap into the ancient healing of aromatherapy with our purity tested/quality assured essential oil products.



NOVEMBER 16-30th ONLY

wellness centre



### Natural Calm Magnesium

**24<sup>99</sup> 41<sup>99</sup>**

226g

454g

Natural Calm is the better-tasting and highly absorbable ionic magnesium drink.



### Natural Calm Sleep

**21<sup>99</sup>**

113g

**54<sup>99</sup>**

452g

A naturally relaxing nighttime drink, for extra sleep support.

### Natural Factors Vitamin C Supplements



**20% Off**

Assorted Sizes

Natural Factors Vitamin C 1000 mg time release tablets are designed to gradually release their contents over an 8-hour period.

### Harmonic Arts Elixirs



**21<sup>99</sup>**

110g-160g

**52<sup>99</sup>**

450g-460g

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

### Harmonic Arts Concentrated Mushroom Powders



**25% Off**

Assorted Sizes

Support whole-body harmony and immune system intelligence with the world's top medicinal mushrooms.

### Alpha Supreme MCT Oil



**21<sup>99</sup>**

500ml

**32<sup>99</sup>**

946ml

Alpha Supreme MCT Oil provides energy for workouts, weight management and body building.

### Suro Elderberry Syrup



**17<sup>99</sup>**

236ml Kids

**19<sup>99</sup>**

236ml Adults

Traditionally used in herbal medicine to help fight colds, sore throat, cough and fever.

### Nordic Naturals Omega-3 Fish Oils & Cod Liver Oils



**20% Off**

Assorted Sizes

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

### Salus Calcium Magnesium



**25<sup>99</sup>**

250ml

**39<sup>99</sup>**

500ml

Salus Calcium Magnesium Zinc & Vitamin D - A factor in the maintenance of good health.

### Mad Hippie Face Care and Natural Cosmetics



**20% Off**

Assorted Sizes

Eco friendly packaging, clean formulas with rejuvenating activities.

### Now Solutions Topical Body Oils



**20% Off**

Assorted Sizes

NOW® Solutions' natural carrier oils are a gentle, natural way to maintain smooth, radiant skin.

### Green Beaver Body Care & Face Care



**20% Off**

Assorted Sizes

Only organic & natural ingredients. No harmful chemicals. GMO-free.



# wellness centre month long specials

## Organika Enhanced Collagen Vitality or Relax



**27<sup>99</sup>**  
250g

Support growth and recovery of lean muscle mass and joints while building stronger hair, skin and nails. Plus, prepare to chill with two great relaxation-supporting nutrients.

## Organika Marine Collagen



**35<sup>99</sup>**  
250g

Contains 15 essential and non-essential amino acids to boost your overall health and mixes easily with your favourite food and drink.

## Healthology Lung-FX Formula



**29<sup>99</sup>**  
90 caps

LUNG-FX works by supporting the lungs' natural defense systems, like by helping to expel mucous and promoting detoxification.

## New Roots Mushrooms



**26<sup>99</sup>**  
60 caps

Lion's mane extract is a rich source of beta-glucans, polysaccharides that stimulate immune functions.

## New Roots Resilience



**39<sup>99</sup>**  
90 caps

Resilience features seven polysaccharide-rich mushroom extracts that will increase energy, stamina, stress resistance, and immunity.

## Genestra Probiotics



**10% Off**

Assorted Sizes

Probiotics and cranberry to support vaginal and urinary tract health.

## Newco BroccoFusion & BroccoSpa Body Care



**25% Off**

Assorted Sizes

Reverses Visible Signs of Aging  
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BroccoFusion® Sulforaphane Ointment provides deep down moisture for trouble spots.

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A unique form of vitamin B3 clinically proven to increase levels of NAD, to support cellular health.

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High Quality and Sustainable Omega-3 Supplements for the Whole Family



# the Dish

## on oysters

Oysters are a delight that are found on beaches all over the world. Archaeological digs of middens worldwide have shown that ancient humans had discovered that the hard-to-open mollusk has long been appreciated for its nutrient dense and delicious flesh. Some evidence shows that the First Nations of coastal BC enjoyed oysters as far back as 10,000 years ago! It's a real testimony towards the value of this bivalve beyond the pearls they make.



The species of wild oysters are far too many to list here. Most commercially bought and sold oysters are farmed. Unlike open pen fish farms, oyster farms can actually be quite beneficial to the local environment. They're a low impact crop, and as they filter water they can help clean the water in the area.

Freshly shucked oysters on the half shell are probably the most popular way to eat them. That comes with some warnings though. Only eat oysters that have been harvested by a reputable source. You can get quite sick otherwise, so it's better to do your homework ahead of time. Pre-shucked oysters, while less fun to eat, are a lot more convenient for recipes and are both cheaper and safer to eat.

Broiled, fried, grilled, poached, stewed in sauce, or just enjoyed raw with some sauce are all valid ways to enjoy an oyster. You can't really replicate the delicious taste and texture of these ocean delights. Some old classic oyster preparations include the famous Oysters Rockefeller, rich and buttery. Smoked oysters are a great inclusion into seafood chowders and can really add a flavourful element.



Oysters on a sandwich? Look to the American South, where fried oysters are the star of Po' Boy sandwiches. Oysters are great in a stir fry or curry, but are quite delicious in a creamy pasta sauce. Try rice dishes with oysters for an interesting change.



Along with many other phrases in English, 'the world's your oyster' evolved from a line in a Shakespeare play. Symbolizing easy to pluck richness, I sometimes wonder if William had ever shucked an oyster himself. They can be rather hard to open!



**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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## Choices Markets Locations

### Kitsilano

2627 VW 16th Ave, Vancouver  
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### Cambie

3493 Cambie St, Vancouver  
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1888 VW 57th Ave, Vancouver  
604.263.4600

### Yaletown

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### Kelowna

1937 Harvey Ave, Kelowna  
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8683 10th Ave, Burnaby  
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### Abbotsford

3033 Immel St, Abbotsford  
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**Waste:** 1,199 kg

**Water:** 1 m<sup>3</sup> world eq. of water

**Greenhouse Gas Emissions:**

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