



CHOICES'

Monthly Newsletter | December 2021



20 page holiday edition!

Holiday SPECIALS

The Dish on Dates

Cheesing Up Holiday Leftovers

Donate to Star of the Season



Happy Holidays

On behalf of the staff, management and ownership of Choices Markets, we'd like to wish all our customers and community members a happy holidays. No matter what holidays you celebrate at this most wonderful time of year, we hope that you enjoy it with health, happiness and the joy of a fantastic meal.

All New Online Choices

We're proud to announce that shop.choicesmarkets.com is live! Now you can click & collect on hundreds of your favourite, local, specialty and organic and holiday products at all of our locations without ever having to get out of your new reindeer pajamas! Visit shop.choicesmarkets.com to start shopping today!

Donate to Star of the Season

Each holiday season, Choices' holiday charity campaign kicks into high gear. From November 15th to December 24th, the cashiers at each Choices Markets location will be selling stars to raise funds for local neighbourhood houses. These neighbourhood houses are dedicated to helping those less fortunate in our communities, and this is just our way of helping to give back. To learn more, visit www.choicesmarkets.com.

ENTER TO WIN

Organika Gift Basket!

Courtesy of Organika

Win one of two Organika Gift Baskets Valued at \$250

Organika Health Products is a Canadian leader in quality vitamin, supplement, and functional food products.

Skill Testing Question: $(56 - 18) \times (25 - 13) =$ _____

Name: _____

Phone Number: _____ Choices Location: _____

Contest open from December 1 to 31, 2021. One entry per person. All entries must have the skill testing question answered correctly to be valid. Employees of Choices Markets and their family members are not eligible. The prize must be accepted as awarded, no substitutions will be made, cash or otherwise. No cash value if prize is not claimed or used fully. Winners consent to the release of their names (and photo when applicable) by Choices Markets for publicity purposes. Entries can be dropped off at any Choices location. There can be no repeat winners for throughout 2021.



stocking stuffers



Incrediwear

20% Off

Assorted Sizes

The Incrediwear Circulation Socks relieve pain and discomfort for those suffering from poor circulatory conditions.



Bass
Hair Brushes



20% Off

Assorted Sizes

Provides absolutely superior glide through the hair yielding a better and more complete polishing affect for all hair types.

Basd
Body Lotion Bundle Pack



9.99

4 pack

Natural ingredients like organic aloe and organic green tea will leave you feeling soft, smooth and sexy, and like you can take on the world.



Aura Cacia Bath Soaks



2/6.48

70 grams

There's certainly emotional, mood-improving benefits to be realized from lying back in a warm tub of aromatic, relaxing bath water.

Mountain Sky Handcrafted
Natural Bar Soaps



5.49

2 pack

Mountain Sky Natural Soap offers a variety of Canadian handcrafted essential oil natural soaps, massage bars and gift packs.



Urban Spa

Assorted Varieties

20% Off

Assorted Sizes

Urban Spa high performance natural products bring beauty rituals into our daily lives, and improve our impact on the planet.



COOK IT UP



Coconut Creamer Latte

Courtesy of withinUs™

2 scoops of withinUs™ Coconut Creamer + TruMarine® Collagen

200 ml brewed coffee

50-100 ml milk (or non-dairy milk)

Cinnamon or nutmeg to taste

Optional: maple syrup or natural sweetener to taste



Add all ingredients into a blender. Blend until creamy. Enjoy!

Make it festive:

Add up to 5 drops of organic peppermint extract to make this a delicious peppermint latte.

SAY CHEESE!

Cheesing Up Holiday Classics

With Christmas fast approaching we all have our own little traditions and events to get excited for. I know that speaking for my own family, there has to be a cheeseball on my mother's dinner table over the holidays, along with a hefty platter of sliced cheeses and sausages. Here's a few of my tips for making your holiday cheesier than ever.



Turkey is of course the star of many a fine family Christmas dinner but what to do with the leftovers? The leftover turkey sandwich is extra delicious if you add Havarti, Swiss or Gouda. Why not try making a pot pie with the extra gravy and a generous shaving of Parmesan or Edam? Stir in some of your surplus mash potatoes for a boost of creamy goodness. You'll be gobbling them up in no time.

A lot of holiday tables also have a roast ham. Ham loves Swiss, Jarlsberg and Cheddar both as an accompaniment for a platter or in sandwiches, but why not try making up a leftover ham grilled cheese with some strong Blue cheese or creamy Brie?

Change up your holiday yams by making a béchamel sauce with either mozzarella or goat cheese, to transform them from into a sweet and savoury take on scalloped potatoes.

Now if you forget the cranberries I am sure you will never hear the end of it, yet there always seems to be a few extra servings when all is said and done. Add them to a nice wheel of Brie and bake it until it's nice and gooey before sitting down for a family movie. If that isn't your speed, a tried and true match is Cranberry and Goat Cheese, with a little Blue in the mix to kick it up a notch. Failing these, you could grab a nice fair trade dark chocolate from Choices Markets and serve it topped with cranberry sauce.

What is a stocking if it doesn't have a Mandarin orange somewhere down in the toe? Christmas morning is a time when it is easy to forget to eat something healthy before diving into the snacks and candy canes so why not try slicing your orange into a wholesome bowl of cottage cheese to tide you over until the presents are done and the real feast begins?

Apples are one of the fruits that store well until deep into the winter and so they are sure to put in an appearance on your table. If yours happen to be in a pie, who can blame you? Have you tried yours with a nice slice of Cheddar on top? Apple pie and Cheddar is an east coast American classic. If you have the patience you can slice the apples and dollop a spoon of Brie on each one. Wrap them in prosciutto and top the whole thing with a good balsamic reduction.

In my books, the more places you can work cheese into a feast, the more festive it becomes and Christmas is just the excuse we are all looking for!

Whatever your family traditions are, we here at Choices Markets are always ready to help make it amazing and we wish you and yours a safe and happy holiday season.



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.

Seasonal Specials

Prices Effective December 1 – 24, 2021

Delicious Holiday Choices

Choices' Turkey Dinner

with mashed potatoes, gravy, cranberry sauce, stuffing and winter root vegetables



12⁹⁹
each

Turkey Toppers

cranberry sauce, turkey gravy or shitake mushroom gravy



Available Dec 13th

4⁴⁹ - 7⁹⁹

250ml-750ml

Side Dishes

festive vegetable dishes, mashed potatoes, scalloped potatoes, dijon maple glazed ham & much more

1²⁹ - 2²⁹ / 100g

14 Inch Christmas Wreaths



Not available at all locations.
May not be exactly as shown.

29⁹⁸
each

Live Christmas Trees



39⁹⁸
18 L. pot

Not available at
all locations.
May not be
exactly as
shown.

Holiday Gift Basket

May not be exactly
as shown



60⁰⁰

Large

Choices' Own Christmas Stollen



7⁹⁹ - 13⁹⁹

225g-454g

Choices' Own Dark Fruit Cake with Marzipan or Deluxe Light Fruit Cake



9⁹⁹

Bakery

Meat

DECEMBER 1-24 ONLY

Choices' Own
Shortbread Cookies



549
6 pack

Choices' Own 8 Inch
Gluten-Free Pumpkin Pies



899

Choices' Own
9 Inch Apple Pies



1199

Choices' Own
8 Inch Pecan Walnut Pies



899

Choices' Own Gluten-Free
Seasoned Stuffing Mix



1199
240g

Choices
Turkey Stock

599
750ml



Lamb Leg
Bone In Roast
from New Zealand

1299/lb
28.64/kg



Smoked
Salmon Lox

2799/lb
61.71/kg



Marinated
Chicken Wings
made in store

799/lb
17.61/kg



Prime Rib
Boneless Roast
100% Grass Fed,
from Australia

1799/lb
39.66/kg



Pork Tenderloin
raised without
antibiotics

999/lb
22.02/kg



Nourish
Yourself
Bone Broths
1099
750ml



Freybe Taste
of Europe
Sliced Meats
499
100g-150g

Sockeye Salmon Nuggets
Previously Frozen



2999
/lb
66.12/kg

Harvest Bacon



1399
350g



Sila Salami
1199
300g

Selva Prawn Shrimp Ring
with Sauce 31/40



1199

DECEMBER 1-24 ONLY

Deli

Produce

Italian Imported Sliced
Prosciutto & Salami



749-1249 70g-120g

Dalmatia Fig Cherry or
Quince Spread



799 240g

Imported
Italian
Panettone

3499-4499

500g-1 Kg



Summer Fresh Dips
& Hummus



399 227g

La Panzanella Crackers



649 170g

Choices 8 Inch
Tourtire Pies

1499



Imported Swiss Emmental,
Gruyere or Cave Aged
Gruyere Cheese



549-649
/100g

Alexis D'Portneuf Brie &
Cambembert Cheese



999 300g

Parmigiano-Reggiano
Cut at Choices



499/100g

Goat Cheese Trio with Dill,
Cranberry and Almond



1199 285g

Baked Brie Cheese with
Cranberry, Almond &
Pumpkin Seeds



1299 325g

Organic
German Butter Potatoes



698 2.27kg bag

Organic
Ambrosia Apples



598 1.36kg bag

Organic Table Carrots



898 2.27kg bag

Organic Satsuma
Mandarin Oranges

from USA

1998

2.27kg box

Organic Winter Squash



198/lb

4.36/kg

Holiday Sweets!

Wendel's Seasonal Gluten-Free
Baked Goodies



4⁹⁹-10⁹⁹
Assorted Sizes

Artisan Bake Shoppe Vegan Stollen



5⁴⁹
Stollen Bites 125g
12⁹⁹
Rum Stollen 500g

Walker's Shortbread Cookies



Select
Varieties

25% Off
Assorted Sizes

Ingredients for all your Baking Needs



Wholesome
Sweeteners Organic
Fair Trade Sugar
25% Off
Assorted Sizes



Bob's Red Mill
Baking Products
Select Varieties
25% Off
Assorted Sizes



Earth's Choice Organic
Coconut Products
25% Off
Assorted Sizes

Bakers Supply House
Organic Baking Aids



4⁹⁹
210g, Baking Powder
5⁹⁹
250g, Corn Starch
10⁹⁹
100ml, Vanilla Extract



Orchid Pure Organic
Vanilla Extract
10⁹⁹
100ml
26⁹⁹
500ml

If You Care Bakeware Products



Select Varieties
25% Off
Assorted Sizes

Meadowvale Salted Butter



4⁴⁹
454g



Earth's Choice
Organic Extra
Virgin Olive Oil
10⁹⁹
500ml
17⁹⁹
1L



Pacific Foods
Organic Broth
Select Varieties
4⁴⁹
946ml/1L
Bone Broth Not Included

Stocking Stuffers



Green & Black's
Organic Fair Trade
Chocolate Bars
2/7⁰⁰
90g



Panda Licorice
.89
32g Bars
2⁹⁹
170g Bags



Efruti Fruit Juice
Gummies
3/5⁰⁰
100g

Breakfast Specials



Canadian Heritage
Organic Maple Syrup
21⁹⁹
1L



Bonne Maman Jam,
Jelly and Spreads
4⁹⁹
250ml



Wedderspoon
Manuka Honey
Select Varieties
25% Off
Assorted Sizes

Appy Time!

Lesley Stowe Raincoat Crisps



4⁹⁹
150g

Pulse Kitchen Cashew & Almond
Based Cheese Alternative Spreads



5⁹⁹
100g

Armstrong Cheddar Cheese



9⁹⁹
600g



Dalla Terra
Antipasto &
Roasted Vegetables

25% Off
Assorted Sizes

Christmas Morning



Stash Premium Tea
& Holiday Tea
Select Varieties

3⁹⁹
18&20 Tea Bags



49th Parallel
Whole Bean Coffee

13⁹⁹
340g

Works Wonders Lavender
Hydrosol
& Salve



10⁹⁹
Kit

Kelowna Candle Factory
Candles



20% Off
Assorted Sizes

Now Solutions Toothpaste



7⁹⁹
181g Toothpaste

Alaffia
Hair Care &
Body Care



20% Off
Assorted Sizes



Sundhed
Himalayan
Bath Salt

6⁹⁹
850g
Assorted Scents

Mineral Fusion Natural
Cosmetics and Nail Polish



30% Off
Assorted Sizes

Le Comptoir Aroma
Diffusers and Pebble Stones



20% Off
Assorted Sizes



Sukin
Face and Body
Care Kits

20% Off
Assorted Sizes



ThinkSport
29⁹⁹

ThinkSport Water Bottles,
750ml
See instore for more sizes

La Luna "The Journey From
Home" Candle Collection
assorted scents



20% Off
Assorted Sizes

COOK IT UP



Lentil Walnut Mushroom Balls

By Rachelle Duckworth, RD(t) Choices Markets

Plant Based | Gluten-Free



**1 540 ml can Eden brown lentils
(or 1 can brown lentils and 1 tbsp. tomato paste)**

2 cups Finely chopped mushrooms

1 cup Toasted crushed walnuts

1 cup Finely chopped kale

1/2 cup Certified gluten-free oat flour

1/2 cup Nutritional yeast

1/3 cup Dried cranberries, finely chopped

1/2 Chopped yellow onion

6 gloves Crushed and chopped garlic

2 tbsp. Cooking sherry

2 tbsp. Ground flax

2 tsp. Extra virgin olive oil

**1/2 tsp. each Fresh chopped oregano,
thyme, rosemary**

Sea salt and black pepper to taste



Pre-heat oven to 350F.

In a large frying pan, heat pan to medium heat then add olive oil. Add mushrooms, onion and garlic. Sauté until onion is cooked through, 5-7 minutes. Add cooking sherry, kale, walnuts herbs and salt and pepper. Cook until kale has wilted, 2-3 minutes. Remove from heat.

Add mixture to a mixing bowl, mash in lentils. Add nutritional yeast, oat flour and ground flax. Stir mixture so ingredients are evenly dispersed.

Line a baking sheet with parchment paper. Roll mixture in to "bite-sized balls". Place balls on baking sheet and bake for 15 minutes. Remove from oven and flip over the balls, bake for another 10 minutes until golden brown and firm to touch.

Enjoy with a homemade cranberry sauce or spicy maple Dijon mustard.

Serves ~12 (two balls/person)



No Guilt Over the Holidays

By Toni Vandenbrink, Nutrition Consultant Choices on the Drive



Here are 3 mindset tips to get through the holiday season guilt-free!

1

There are no good or bad foods!

- Food doesn't have morals, and eating certain foods doesn't make you good or bad.
- View all foods on equal grounds. Even though some may be more nutrient dense than others that doesn't mean they are better, they just serve a different purpose. Grandma's apple pie serves the purpose of providing pure bliss while enjoying each bite!

2

Food brings people together, focus on that!

- Cherish the time spent with your loved ones, and relish the moments spent sharing delicious food.

3

No restriction.

- Don't restrict any food throughout the day, so no skipping breakfast to make room for dinner!
- Listen and honor your hunger and fullness cues. If that means you feel like a slice of Grandma's apple pie for breakfast, eat apple pie for breakfast!
- Eat slowly & savour each delicious bite.



Plant Based Holiday Swaps

By Lilia Laihem, Nutrition Consultant Choices Cambie

The holiday season is a time to share your favourite foods with family and friends. If you are a plant-based eater or cooking for a plant-based eater here are some easy plant-based swaps for some favourite holiday dishes.

1

Plant-based Proteins

Substitute meat with tempeh, tofu, or lentils. They have similar amounts of protein per serving as meat while also containing a good amount of fiber. Holiday chili and casseroles are perfect dishes to add these protein alternatives to. Meatballs or meatloaves can be made plant-based with lentils, mushrooms, and nuts.

2

Egg Replacements

Finding plant-based egg swaps for your baking has never been easier! Choices carries products like Just Egg, which is a plant based egg replacer that contains similar amounts of protein and fat compared to a chicken egg. Alternatively, Bob's Red Mill egg replacer is a great shelf stable option. If you are looking for a scrambled egg texture, extra firm tofu can work as a great replacement with some added turmeric for colouring. A longtime favourite, two tablespoons of ground flax mixed with one tablespoon of water is a versatile option that works well in baking. Does your recipe call for egg whites? Two tablespoons of aquafaba, the leftover liquid from the can of chickpeas, can substitute for one egg white and is useful in making frostings or homemade mayonnaise!

3

Dairy Alternatives

Beverages such as soy, oat, pea, almond, coconut, buckwheat, and hemp, can work in many recipes as great dairy alternatives. Due to its high fat content, coconut milk works as a swap for cream in a recipe like a cheese cake along with some soaked cashews to replace the traditional cream cheese. To make your own dairy free hot chocolate try using higher fat or higher protein non-dairy milks like soy, oat or coconut to give a creamy texture. In general we recommend choosing plant-based milks that are higher in protein (ideally 8 g/cup) and are fortified with calcium and vitamin D to help you meet your daily nutrient needs!

DECEMBER 1-15th ONLY **club specials**

Anita's Organic Flour

Unbleached White or Whole Wheat



8⁹⁹ 2Kg
19⁹⁹ 5Kg

Anita's Organic is committed to the highest artisan-quality grains for their BC based mill.

Lily's Stevia Sweetened Baking Chips



5⁹⁹ 255g

Bold chocolate flavour, but sweetened with stevia. Perfect for holiday baking!

Simply Organic Vanilla Extract

Regular or Non Alcohol



10⁹⁹ 59ml
19⁹⁹ 118ml

When you simply need the best vanilla flavour for your baking, trust Simply Organic.

Mary's Gluten-Free Organic Crackers



4⁹⁹ 141g - 184g

These crispy crackers are amazing for holiday cheese boards, hors d'oeuvres, and enjoying straight from the box.

Sunflower Kitchen Spreads & Dips



24⁹⁹
44⁹⁹ 227g - 300g

Healthy, energy rich snacks that make for the perfect quick snack or party dip.

Liberté Kefir & Greek Yogurt



3⁹⁹ Kefir, 1L
4⁹⁹ Greek Yogurt, 750g

Smooth and luxuriously creamy, these yogurts are ideal in recipes and for eating by the bowlful.

Nuts to You Organic Almond Butter



12⁹⁹ 365g

With nothing but almonds in the ingredient list, this almond butter is perfect for your holiday treats.



St. Dalfour Jam

4²⁹ 225ml

Artisanally crafted jams made in the French style for the perfect spread.

Kicking Horse Fair Trade Organic Coffee



13⁹⁹ 454g

Roasted in the shadows of the epic Rocky Mountains, is it any wonder this coffee is so good?

Caboo Bamboo Bathroom Tissue



8⁹⁹ 12 Rolls
15⁹⁹ 24 Rolls

The sustainable choice for your bathroom tissue is tree-free and perfectly soft!

Earth's Choice Organic Beans



2²⁹ 398ml

Earth's Choice beans are packed with goodness: protein, minerals like iron, vitamins like folic acid and other antioxidants.



Bremner's Juice

Cranberry, Blueberry or Blackberry

11⁹⁹ 946 ml
+deposit +eco fee

Bremner's juices are the perfect inspiration for your holiday cocktail menu.

DECEMBER 16-31st ONLY

club specials

Righteous Gelato & Sorbetto



6⁹⁹

562ml

Small batch and plant based gelato and sorbetto made with only the good stuff.

Coconut Bliss Organic Frozen Dessert



6⁹⁹

473ml

Coconut Bliss is ultra creamy, organic, and 100% plant-based.

Stahlbush Island Farms Sustainable Frozen Vegetables



2⁴⁹

198g - 350g

Picked from the fields and immediately frozen for the ultimate fresh convenience.

L'Ancetre Organic Cheese Frugal, Mozzarella, or Marble



8⁹⁹

325g

These organic Canadian made cheeses are the perfect flavourful addition to your recipes.

Liberté Méditerranée Yogurt



2⁹⁹

500g

Deliciously creamy yogurts that are rich tasting enough to carry intense flavours.

Earth's Choice Organic Rainforest Alliance Certified Coffee



8⁹⁹

340g

At Earth's Choice we try to balance the demand for great tasting coffee with the desire for sustainability.

Barbara's Cheez Puffs



2⁹⁹

155g - 198g

A family favorite, Barbara's deliciously cheesy and crunchy cheese puffs are the snack attack you will be happy to have.

Kettle Brand Organic Potato Chips



2⁷⁹

142g

With dozens of deliciously crunchy flavours, Kettle Brand has a taste sensation perfect for every palate.

Fentimans Botanically Brewed Craft Beverages



7⁹⁹

4x275ml +deposit +eco fee

Elevate your holiday drinks with these delicious botanically brewed refreshments.

Alter Eco Organic Fair Trade Chocolate Bars & Truffles



2⁹⁹

75g/80g Bars

6⁹⁹

120g Truffles

Alter Eco chocolate helps to restore the forest, making it a clean and green option. Perfect for stockings!



Love Good Fats Keto Friendly Bars

1⁹⁹

39g/40g

These keto bars are loaded with good fats from nuts and coconut.

Lundberg Organic Thin Stackers & Organic Quinoa



2⁹⁹

Thin Stackers, 167g

6⁹⁹

Quinoa, 454g

Thin and crispy, these rice cakes are the perfect vessel for your favourite toppings and spreads.



Meat Department



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.

Choices Turkeys:

It's turkey season! Choosing local this holiday season has never been easier as our turkeys are exclusively produced right in here in BC in the Similkameen Valley! Our turkeys are free range and RWA meaning no antibiotics are used throughout the animals' lifespan. Give our homemade cranberry sauce a try with your turkey this year for a truly magical holiday experience!

Bakery

Caramelized Onion Rosemary Loaf:

Have you tried our Caramelized Onion and Rosemary Loaf? Other than its soft inside and crisp golden brown crust, rosemary steals the show. Rosemary has been gaining interest worldwide for its potential health benefits. This aromatic culinary staple is currently being researched for its use in dementia prevention and possible role in skin cancer prevention. Try pairing this bread with leftover turkey and cranberry sauce for a tasty leftovers sandwich, or for a plant based meal serve warm with a butter-alternative and morning tofu scramble!



Fresh From Produce



Cranberries:

Can anyone say holiday cranberry sauce? Instead of opting for a canned version, this year we encourage you to try making your own cranberry sauce that will be higher in nutrients like fiber. Not only is it more tasty but cranberries are also chock full of important nutrients like vitamin C, vitamin E and manganese!



Mandarins:

We all know that vitamin C and oranges go hand and hand but do you know why vitamin C is important? Vitamin C is important for our skin health including wound healing and plays a role in immune support. Including oranges in your snacks this holiday season is one way to help ensure you are supporting your immune system!

Tasty Top Choices Recipe



TANGY ORANGE CRANBERRY SAUCE

By Kelsey Moore RD, Nutrition Operations Manager Choices

- 3 cups Fresh cranberries
- 1 cup Fresh squeezed orange juice
- ½ cup Cane sugar (or maple syrup)
- 1 tsp Orange zest
- Dash Cinnamon

Bring Orange juice, sugar, orange zest and cinnamon to a boil.

Add cranberries and reduce to medium heat. Cook for 10-12 minutes or until the cranberries can be mashed easily. Once cranberries are soft, mash, stir and serve!



Sisu
Sweet Dreams



17⁹⁹

60 caps

Gentle Sisu Sweet Dreams helps restore and maintain healthy sleep patterns to bring back restful nights for body and mind.

Havn Life
Mushroom Supplements



20% Off

Assorted Sizes

A blend of four mushrooms, mind is designed to help balance the immune system, fight cell damage and increase energy.

Boiron
Cough and Cold



Homeopathics

20% Off

Assorted Sizes

Homeopathic medicine used for colds and cold symptoms such as nasal congestion, sneezing, runny nose and more.

Echoclean Hand Soap
Peppermint Stick or Holly Wreath



2⁹⁹

320 ml

A gentle yet effective hand soap, good for your whole family.



Sundhed
Himalayan
Salt Lamps

20% Off

Assorted Sizes

Negative ions are best for cleaning the air of many allergens. At work it can help improve your concentration and refresh you, minimizing the effects of fatigue.

Everyone Body Care



12⁹⁹

3 in 1 Body Soap, 946 ml

14⁹⁹

Body Lotion, 946 ml

Everyone 3-in-1 Soaps are formulated to be used as a shower gel, shampoo, bubble bath, or a shave gel.

Andalou Naturals & Canacell
Shampoo & Conditioner



Buy One Get One Free

251-304ml

Effective, natural hair care without the sulphates and silicones — because you deserve it!

Andalou Naturals & Canacell Facial Care



30% Off

Assorted Sizes

Fruit Stem Cell Science® is our synergistic, super-powered antioxidant blend that energizes skin's own defense system

I Luv It
Natural Deodorant



14⁹⁹

100grams

21⁹⁹

Sensitive, 100 grams

With 6 ingredients and only pure essential oils for scent, our hand poured all natural deodorant is free from aluminums, parabens, sulphates, synthetics, toxins or nasty unwanted chemicals.

Divine Essence
Organic Essential Oils



25% Off

Assorted Sizes

Certified Organic Essential Oils sustainably sourced from family owned artisan distilleries.

Nelson Naturals
Crush and Brush Tabs



11⁴⁹

60grams ~ 80 tabs

Crush & Brush Toothpaste Tablets are mess-free, convenient, portable and perfectly portioned.

Senza Bamboo Toothbrushes



4⁴⁹

Children's

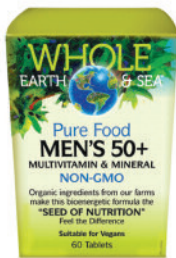
4⁹⁹

Adult's

Billions of plastic manual toothbrushes pollute landfills and oceans every year so we decided to do something about it!

DECEMBER 16-31st ONLY

wellness centre



Whole Earth & Sea
Multi Vitamins

34⁹⁹

60 tabs

65⁹⁹

120 tabs



Whole Earth & Sea
Deep Sea Minerals

25⁹⁹

100ml

Whole plants provide a broad spectrum of phytonutrients, both known and unknown, that make raw nutrition the optimal source of nutrients. Likewise, each bioenergetic supplement from Whole Earth & Sea brings together a complex matrix of vitamins, minerals, enzymes, and phytonutrients – all in a single tablet.

Sisu
Kid's Supplements



20% Off

Assorted Sizes

Great-tasting, vegan multivitamin gummies that help bridge nutritional gaps for growing bodies and minds.



Bio-K Plus Probiotics

36⁹⁹

dairy 12 pack

39⁹⁹

non-dairy 12 pack

Our products are available in two different forms; Bio K+ Fermented Drinkable Probiotic and Bio K+ Probiotic Capsules. The choice of product is a question of taste and convenience. You can take the product you prefer since their effectiveness is the same. Indeed, both formulations have shown the same efficacy in our clinical studies.

Sisu
Full Spectrum Curcumin



29⁹⁹

30 softgels

51⁹⁹

60 softgels

Unlock the full potential of curcumin with this herbal antioxidant in a patented, water-soluble form.

Every Man Jack Body Care



30% Off

Assorted Sizes

Made from high-quality formulas and natural ingredients. We'll make you clean. And we'll keep you feeling comfortable.

Oneka
Shampoo & Conditioner



11⁴⁹

500 ml

All our shampoos are pH balanced, color-safe, vegan, and biodegradable. For use on all hair types.

Natural Factors
Saffron Extract



24⁹⁹

60 caps

Stress-Relax Saffron Extract is a premium supplement used to support mood balance and relaxation, and to help relieve symptoms of stress.



Jason Naturals
Body Care

20% Off

Assorted Sizes

Nourish your skin with botanical surfactants plus Vitamin E and Pro-Vitamin B5 for a gentle, healthful cleanse.

Organyc Organic
Cotton Feminine Care



20% Off

Assorted Sizes

The absorbent core made with only 100% organic cotton is highly absorbent, breathable and hypoallergenic.



Nena
Facial Care

25% Off

Assorted Sizes

Canadian skincare made with natural oceanic glacial clay and mineral water.

wellness centre month long specials



New Roots Stress & Sleep Supplements

20⁹⁹

Chill Pills, 30 caps

26⁹⁹

Magnesium, 120caps

22⁹⁹

Joyful, 30caps

37⁹⁹

Chill Pill, 60caps

23⁹⁹

Sleep8, 60caps

41⁹⁹

Ultra B Complex, 180 caps

- Natural treatment for day-to-day stress and chronic anxiety
- Synergistic combination of 25 herbs, adaptogens, and B-Vitamins.
- Non-addictive and non-drowsy



Genestra Calcium Magnesium

10% Off

Assorted Sizes

Calcium and magnesium along with therapeutic dosages of vitamins A, D and K to help in the development and maintenance of bones



Genestra HMF Probiotics

10% Off

Assorted Sizes

HMF Women's Daily was specifically designed to support the unique needs of women.

Prairie Naturals Vitamin D3



9⁹⁹

15 ml

16⁹⁹

500 softgels

Topical use of Vitamin D oil is recommended for a variety of skin conditions including psoriasis and skin aging due to overexposure to sunlight.

MegaFoods

Vitamin B & Vitamin C Supplements



20% Off

Assorted Sizes

Dairy, Gluten and Soy Free. Non-GMO. Glyphosate Residue Free. Vegetarian. Made with farm fresh whole foods.

Smart Solutions Weight Management Supplements



20% Off

Assorted Sizes

Glucosmart promotes healthy glucose metabolism and reduce symptoms of Polycystic Ovarian Syndrome.

Pure Creations Facial Care



20% Off

Assorted Sizes

Pure Creations is a proud Canadian company that is family run and extremely passionate and dedicated to a natural and healthy lifestyle.

Weleda

Skin Food Body Butter & Lotions

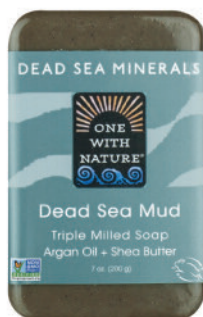


20% Off

Assorted Sizes

The ultimate moisturizer for dry, rough skin.

One With Nature Soap



5⁷⁹

200grams

Our soaps have a 100% vegetable base and do not include artificial colors, fragrances or animal ingredients of any kind.

Aura Cacia

Essential Oils & Body Oils



25% Off

Assorted Sizes

Each Blend offers unique and pointed aromatherapy benefits. Each takes advantage of the inherent aromatherapy synergies among certain oils.

the Dish

On Dates



If you could travel back in time to ancient Mesopotamia, one of the very first human civilizations, you might not recognize much compared to our modern way of life. One thing you would notice though, is dates. These ancient people farmed and harvested the sweet fruit for a variety of uses, many of which we still do today. Fresh dates contain 55% sugar, so once dried these natural sugars make dates excellent for long term unrefrigerated preservation. Plus, all that sugar sure helps them taste amazing. Is it any wonder they're one of the first fruits humans ever farmed?



Nowadays, dates have spread out beyond the fertile crescent to be farmed in sunny locales all over the world. Saudi Arabia, Iran, Egypt and Algeria account for over 60% of the world date crops. While there are over 400 varieties of dates, In North America farms mainly grow Medjool dates. This variety began in Morocco from just ten plants, but is now the variety you're most familiar with and the kind we sell in our stores. You can get fresh dates from late summer into fall, but dried dates are of course available year round.

In countries where dates are a staple you'll see them served at the table for almost every meal in one form or another. The sweet little stone fruit can be found whole, pitted or diced. Often used in baked goods, dates are a natural sweetener with a unique flavour that can be found in plenty of natural health products.

Loaded with benefits like anti-oxidants and vitamins, dates are also great for boosting gut health.

So how do we enjoy these gems of the fruit world? It's easy to complement the sweetness by pairing them with other dried fruits like apricots or nuts like almonds and walnuts. They're great as an ingredient in granola bars, cookies, muesli or baked treats. This holiday season, why not include diced dates in your famous fruitcake?

But what about savory applications? Sweet and salty is the name of the game when working with dates. Stuff dates with tart goat cheese or salty feta for a delicious treat. To make them even more delicious, wrap them in prosciutto or bacon. I guarantee that will be a hit as an appetizer at your next holiday gathering. Dip them into a tahini sauce for a real Middle Eastern flair. Try them in vegetable dishes, or perhaps a grain based salad. I like the idea of mixing them into couscous with some bright lemon. If you've ever made tagine, dates are a star of these Moroccan stews.



For home brewers, you can look back to ancient Mesopotamia for inspiration. Did you know one of the first alcoholic beverages humanity ever enjoyed was date wine? Bring out a bottle of that at your holiday party and you'll have a date wine wine date!

From the bottom of my heart, I hope you have a happy holidays and see you back here in 2022 for more great stories about the foods we all love. Buon appetito!



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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Eco Audit

Reducing our environmental impact, we chose to print our newsletters on 100% post consumer recycled fibres. Look what we saved this month:

Tree(s): 0

Waste: 1,199 kg

Water: 1 m³ world eq. of water

Greenhouse Gas Emissions:

109 kg CO₂ or 432 km driven by car +

1 kg NMVOC or 260 km driven by car

Energy:

2 GJ or 8,164 60-W light bulbs for one hour

Results based on the Rolland Environmental Calculator

Choices' Star of the Season Program

November 15th – December 24th

Your donation of only \$2 supports the growth of healthy communities. Choices' Star of the Season Program enriches the lives of families all across Metro Vancouver, the Fraser Valley and the Okanagan. Kindly donated by Calabar Printers, Choices' Holiday Stars may be purchased between November 15th and December 24th for a donation of \$2.00.

For more details on each neighbourhood house, please visit our website, www.choicesmarkets.com.

All proceeds are donated to ten different organizations:

- Little Mountain Neighbourhood House
- Britannia Community Services
- Gordon Neighbourhood House
- Marpole Oakridge Family Place
- Fraserside Community Services
- Semiahmoo Family Place
- Downtown Eastside Neighbourhood House
- Abbotsford Community Services
- The Bridge Youth & Family Services
- North Shore Neighbourhood House

I donated to
STAR of the SEASON

