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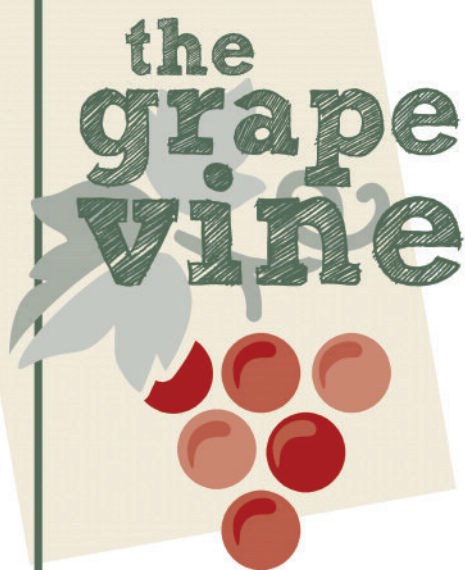
Monthly Newsletter | January 2022

New Year BALANCED YOU

The Dish on Celery

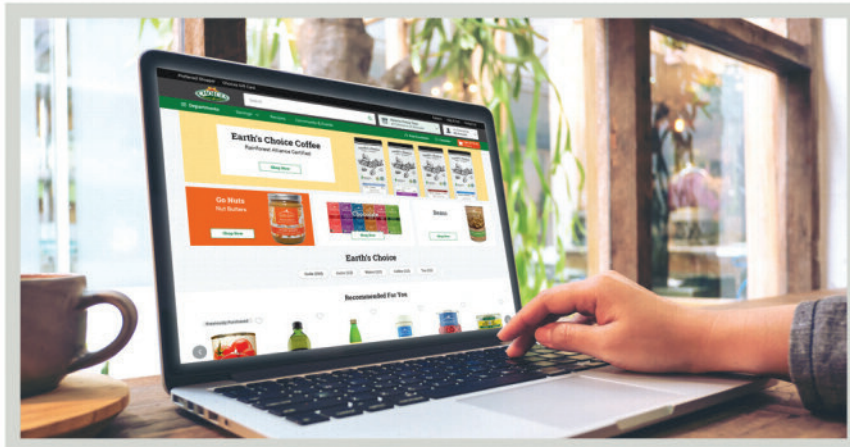
Balancing Exercise **and** Expectations

The 80:20 Method



All New Online Choices

The all-new shop.choicesmarkets.com is live at all of our locations! Visit our site where you can click & collect on hundreds of your favourite, local, specialty and organic products at all of our locations. Visit shop.choicesmarkets.com to start shopping today!



Happy New Year

Happy New Year to all of our customers! We hope that your 2022 is filled with achieved goals, delicious food and good health.

COOK IT UP



GREEN POWER SMOOTHIE

Courtesy of Earth's Own

– Serves 2 –



- 1 1/2 cups Earth's Own Unsweetened Oat
- 1 cup pineapple juice
- 2 kiwis, peeled
- 1 cup frozen seedless red grapes
- 1 cup loosely packed fresh spinach
- Half ripe avocado, pitted and peeled
- 1 tbsp grated fresh ginger
- 1 tbsp flax seeds or hemp seeds

Blend all ingredients until smooth and enjoy!
Garnish with kiwi slices, if desired.

the Dish

On Celery

As one of the Western World's most popular fresh vegetables, celery was once used primarily as a medicinal herb. It's still used today in herbal and Ayurveda medicine. As its high in fibre, water, potassium and vitamin A, and low in calories, it's no wonder that it's been such a popular food for centuries. While people mostly concerned with the health benefits are keen to make bright green juice from celery, in the culinary world it is an immensely important ingredient.



Classically combined with carrots and onions in mirepoix and sofrito, celery is a key ingredient in the base of hundreds of recipes. Without that inclusion of celery at the start of cooking, many of your favourite dishes just wouldn't taste quite as delicious.

Personally though, I can appreciate when celery is the star of the show. As a main ingredient, celery is delicious to me both cooked and raw. Get a crispy crunch in a blue cheese and walnut salad by including some diced up celery. One tasty dish I like to make is a mixture of small diced celery, lemon juice, chopped capers and olives, parsley, smashed anchovies, and enough extra virgin olive oil to bring it all together. It's a very Mediterranean combo. I

enjoy it raw on some steamed cauliflower or boiled potatoes, but it's also a great sauce with a little cooking.

To that mixture add some chopped garlic and sautee it on medium low until nice and fragrant. It makes a wonderful no-cream, no-tomato sauce for pasta. Alternatively, use it as a sauce to finish grilled fish or chicken. To make a rich pasta or rice sauce, add a good splash of white wine and reduce. Omit the wine and reduce with balsamic vinegar for a delectable salad dressing. Great tossed while warm with radicchio, escarole or another hearty green. It's a great way to get your veggies in winter.



While I can't give you advice on the stock market, I can certainly help you buy some celery stalks. When looking to buy celery always look for firm stalks that don't bend or sag. You want it to stay crisp, so keep it refrigerated. Never throw out your leaves and trimmings though! Instead, save them and add them to your next stock pot.



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.

Online Video Seminars



Wednesday January 5th, 2022
7-8:30pm

Gentle Movement Workshop

with Dr. Jag Sandhu, Chiropractor

ONLINE ONLY

Dr. Sandhu will guide you through a safe and accessible movement and relaxation class for those living with chronic pain that can be done from the comfort of your own home.

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

Wednesday January 12th, 2022
7-8:30pm

Omega-3's for Brain Health

with Karlene Karst BSc Nutrition

ONLINE ONLY

Are you looking for tips on increasing concentration for the whole family? In this seminar Karlene will teach you about eating a whole food, real food diet as well as discuss omega-3 fatty acids and why they are integral for brain health.

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

Wednesday January 19th, 2022
7-8:30pm

Your Essential Wellness Toolkit

with Dr. Miranda Wiley, ND

ONLINE ONLY

Feeling overwhelmed by all of the nutritional supplements out there? Join local Vancouver Naturopath Dr. Miranda Wiley, to learn how to address 3 key health issues – mood, energy, and immune function

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

Wednesday January 26th, 2022
7-8:30pm

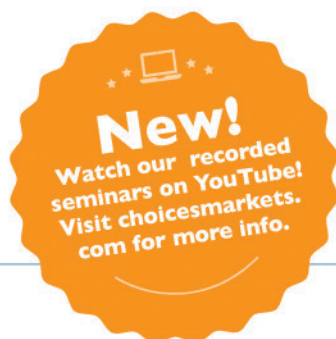
Winning at Weight Loss

with Aeryon Ashlie RHNC

ONLINE ONLY

Learn tips and strategies that you can apply NOW to get your mindset, hormones, nutrition, movement and supplementation aligned to start achieving your health and wellness goals

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/

SAY CHEESE!

Applewood Smoked Cheddar



In winter the nights are long and cold, but the smell of wood smoke wafts on the breeze reminding me of the cozy fireside dinners from my childhood. Is it any wonder that smoked cheese evokes such a feeling of warmth and comfort?

Smoked cheese has been around for such a long time that it is impossible to track its origins. It might have been an accidental discovery by storing fresh cheese indoors while heating homes with wood fire. It became a useful way of preserving this highly perishable food, making it easier to store protein for the winter. There are countless kinds of cheese styles that are smoked around the world. They use many kinds of wood, and some even use nut shells used to create the smoke. Today we will focus on Applewood Smoked Cheddar.

Applewood Smoked Cheddar is a pasteurized cow's milk cheese but is not actually smoked. Today, many smoked cheese have smoke flavoring added to it. This helps avoid any bitter burnt aftertastes that can be found in some other smoked cheeses and instead just gives us the delicious flavour. It is usually rubbed with paprika or another spice to give it that nice golden color on the outside.

Delicious any way you cut it, this cheese is a great addition to nearly any cold weather dish, as the subtle smoke brings a warming nostalgic comfort to mind.



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



Acorn Squash and Applewood Smoked Cheddar Soup

1 acorn squash, quartered, seeds scraped out.
1 large or 2 smaller sweet potatoes, peeled, quartered.

1 yellow onion, peeled and sliced.

2 medium gala apples, peeled, quartered and cored.

4 garlic cloves, sliced

1 large carrot peeled and sliced.

1 TBSP olive oil

3/4 tsp each salt and coarse black pepper

1/2 tsp cumin

1/4 tsp chili flakes

2 cups whipping cream.

1.5 cups shredded Applewood Smoked Cheddar

Preheat oven to 350 F

Prepare veggies as per ingredient list.

Lay squash quarters on the other end of the sheet, Drizzle veggies, squash and apple with the olive oil and sprinkle with 1/4 tsp each of salt and pepper. Roast for 25-30 minutes until onions are starting to caramelize and the squash is softened.

Meanwhile, grate the cheese.

After roasting, peel the squash and put all the veggies in a soup pot, add water to cover (approx. 2.5 litres) and add remaining spices.

Bring to a boil for 15-20 minutes until everything is very soft and puree with an immersion blender.

Bring back to a boil and add whipping cream, simmer for 5 minutes, stirring frequently to avoid scorching the cream.

Remove from heat and add grated cheese, stirring to melt through.

Bowl up and serve with a fresh grilled cheese sandwich.

JANUARY 1-15th ONLY

club specials



Earth's Choice
Organic Extra Virgin
Olive Oil

10⁹⁹ 500ml
17⁹⁹ 1L

Earth's Choice goes far to bring you and your family the finest quality, best tasting and affordable oil we can find.



Annie's Mac
& Cheese
Side Dishes
Select Varieties

1⁹⁹
149-170g

Our Mac & Cheese is a flavour-packed mac made the Annie's way – without artificial flavours or synthetic colors.

GoGo
Quinoa Organic
Gluten-Free Pasta



34⁹⁹ 227g

Finally, quinoa pasta that tastes great and is perfect for any type of sauce.



Califia
Non-Dairy
Beverages

44⁹⁹
1.4L

The possibilities are endless with Califia. Creamy and delicious for coffee and recipes alike.

Prana
Organic Granolove & Chia



3⁹⁹ Granolove, 300g
5⁹⁹ Chia, 200g - 300g

Light on sugar, rich in fibre and unconditional yum.

Tree Island Grass Fed Greek
Yogurt & Fruit Yogurt



3⁹⁹
325g - Greek
350g - Fruit

Made with 100% Canadian grass-fed milk, these rich & delicious recipes are inspired by culinary traditions of the Mediterranean and spices of the Silk Road.

Love Good Fats
Keto Friendly Bars



7⁹⁹
4 Pack

Ridiculously delicious good fats, low in sugar, keto friendly protein bar flavours.

gimMe Organic Roasted
Seaweed Snacks



4⁹⁹
6 Pack

The most nutrient-dense vegetable on earth doesn't grow on land, and now it's a crispy seaweed snack!

Bremner's Frozen Fruit



**6⁹⁹-
8⁹⁹**
600g

Bremner's always uses local quality fruits first including our own locally grown blueberries & cranberries.

Caboo
Bamboo Bathroom Tissue



7⁹⁹ 12 Rolls
14⁹⁹ 24 Rolls

We use innovative technology and materials in order to provide sustainable, treeless paper that is also soft and strong.

Navitas Organic Superfoods



**4⁹⁹-
15⁹⁹**
assorted sizes

Superfoods that offer value, nutrition and functional benefits in one easy scoop.

Earth Balance
Buttery Spread



4⁹⁹
368g - 454g

A critical ingredient in your dairy-free and vegan baking arsenal.

JANUARY 16-31st ONLY

club specials

Rao's Homemade Gourmet Pasta & Pasta Sauce



349

454g pasta

899

660ml sauce

Simple ingredients, great flavours to please everybody and an unforgettable taste.

Pacific Foods Organic Soup



479

946ml / 1L

No matter what you have a hankering for, Pacific makes a flavourful soup that's as healthy as it is delicious.

Stahlbush Island Farms Sustainable Frozen Fruit



449

283g - 300g

Fresh fruits frozen immediately after harvest to seal in the perfect flavour.

Stash Premium Tea



399

18-20 Tea Bags

Stash teas are more than just tea, but flavourful little bags to bring you cups of joy.

Barbara's Puffins Cereal



399

283g - 312g

Since 1971, Barbara's has been following one simple goal – create wholesome food that tastes delicious.

Liberté Greek & Greek Crunch Yogurt



299

4x100g Greek & 2x130g Crunch

Crafted using traditional Greek methods, which gives it an incredibly rich and creamy texture.



GT's Organic Raw Kombucha

349

480ml

+deposit +eco fee

The original kombucha brand that began the craze!



Zevia Organic Stevia Sweetened Soda & Tea

199

Iced Tea, 355ml
+deposit +eco fee

499

Soda, 6 x 355ml
+deposit +eco fee

Our flavours come from real ingredients. Zero calories, zero sugar, and naturally sweetened.



Hardbite Root Vegetable Chips

379

150g

Hardbite chips are made with no preservatives, no GMOs, no trans fat, no gluten, no cholesterol... no artificial anything.

SimplyProtein Bars



179

40g

Plant-powered fuel for athletics or busy days alike.

ChocXO Keto Friendly Chocolate & Butter Cups



399

98g/100g

Every ingredient is carefully selected to create a chocolate experience unlike any other.

Camino Organic Fair Trade Chocolate Bars & Hot Chocolate



349

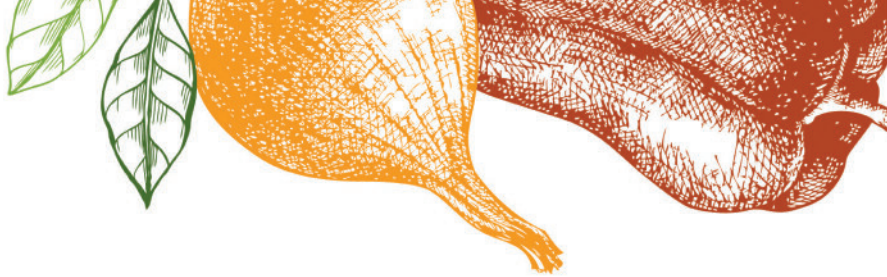
Bars, 80g/100g

599

Hot Chocolate

275g-336g

All our ingredients are sourced from amazing groups of small-scale farmers in the South.



With Amy Schappert, Clinical Exercise Physiologist

Q Tell us about yourself and why you are so passionate about movement?

A Growing up my family was very active; we spent a lot of time outside either exploring the outdoors or playing sports. One of my favourite things to do was gymnastics, so by the age of eight I focused most of my time and energy in the gym. I trained as a gymnast for thirteen years, which helped me develop a strong foundation for movement and allowed me to explore other sports, activities, and adventures after that chapter came to a close. I'm passionate about movement because I appreciate all that my body can do for me - whether that's hiking a mountain, or simply carrying all my groceries in one trip.

Q In what ways specifically does regular activity improve our overall health?

A According to the Canadian Society for Exercise Physiology, achieving 150 minutes per week (that's just 30 minutes per day on 5 days of the week), of moderate to vigorous activity can help to lower risk of heart disease, type 2 diabetes, certain types of cancers, anxiety, depression, dementia, and osteoporosis. This can be achieved through a variety of modalities including structured exercise, recreational activities, active transportation (i.e. walking or biking to work or grocery store), and even through household chores. If 30-minutes doesn't sound reasonable, try breaking up your bouts of movement into just 10-minute blocks! Something is better than nothing.

Q How can we include movement in our daily life in way that works with our busy schedules?

A I recommend finding ways to move that you enjoy or that you have fun with. Simply put, if we enjoy something, we're more likely to do it often! If movement or exercise is not something you tend to enjoy, consider finding a

person or a buddy to help keep you accountable. That could be a friend, a family member, or a qualified exercise professional. Finally, I'd also recommend taking a moment to reflect upon how your health, either at present or in the future, could impact your goals in life. Then consider how investing in your health today, for as little as 3-10 minute bouts, could provide long term benefit and an improved quality of life.

Q For someone wanting to try one of your classes, what can they expect?

A The classes I offer are a combination of traditional strength training with an integration of Pilates. There's always a big focus on core strength, which I believe everyone can benefit from! I also believe that movement should be accessible, so I offer a variety of modifications so that everyone in the class can feel challenged and successful.

Q Being that it's the start of a New Year, when it comes to exercise how can we shift our focus from an "all or nothing" approach to a more balanced way of including regular activity?

A I'm a firm believer that 'small changes add up'. If we can replace our 'all or nothing' mindset, with the belief that 'small changes add up' and that 'something is better than nothing', I believe movement (and most other things health related) will become much more approachable. No-one ever runs a marathon by taking one massive leap, but rather by taking a series of small steps.



Amy is a Clinical Exercise Physiologist (CSEP-CEP), a Certified Strength & Conditioning Specialist (NSCA-CSCS), and a Certified Pilates Instructor. Since graduating with a Bachelor's of Science in Human Kinetics (2017), Amy has experience working with a range of clients including those rehabilitating from surgery to those training for performance. She is passionate about helping her clients live their fullest lives through movement and exercise with a focus on proper breath, alignment, and functional movement.

More Balance, Better Results

By D'Arcy Furness, R.H.N.

This is the year we strive for balance. Rather than jump on extreme resolutions that are impossible to keep, choose one of these healthy habits and build on them, week over week. By spring, you've improved your life in multiple dimensions, one easy step at a time!

Practice Mindfulness:

Before you eat, ask yourself "Am I hungry"? Then decide whether or not you want to eat, and eat slowly, until just satisfied. It takes 20 minutes to register fullness. Eat one meal each day totally free of distractions, no devices, nada! Really pay attention to the colour, taste, smell and texture of your food.

Up Your Nutrition:

Reach for homemade trail mix, a healthy homemade treat or fresh fruit instead of processed, sugary foods. Add veggies to your breakfast every day. Include fermented foods at least once a day – think sauerkraut, kefir, tempeh, miso or kombucha. Include 1 Tbsp of ground flax or chia seeds in your diet each day.

Save Money and Waste Less:

Make a meal plan for the week. Cut the bottoms off your green onions and put in water. Change daily and watch your green onion garden grow! Make one dinner each week totally plant-based with protein-rich beans, lentils, legumes, nuts and seeds. Already there? Try another meal or a whole day of healthy plant eating. Save leftovers, chop up on a weekend and use as the base for a frittata. Buy bulk

and try something new. Think sorghum, barley, buckwheat or adzuki beans

Eat Out Guilt Free While Supporting Your Favourite Restaurants:

Choose two appetizers (one a salad) instead of an entrée. When with a friend or partner, share an appetizer, entrée and dessert. Enjoy just one alcoholic beverage.



New Year Balance

By Wendy Wells BSc., MSc., RHN,
Choices Nutrition Consultant Burnaby Crest

The New Year often arrives with plans to revamp our diets and make changes towards a healthier lifestyle. This year, consider making balance your watch word rather than focussing on restricting certain foods or increasing certain activities. A weight loss plan that promises you instant and significant results is almost never going to be sustainable. Focus on developing some lifestyle habits that will still be with you come summertime!

A balanced lifestyle is one that is based on nourishing foods combined with regular activity but also allows for treats and days off from the gym now and then!

Consider the 80:20 idea when it comes to your diet. For 80% of the time your food intake should be based on good quality vegetables, fruits, lean proteins including those from plant sources such as beans and soy and higher fibre carbohydrates. This allows for 20% of your diet to include your favourite treats. An example might be having a piece of cake or dessert one day and maybe a glass of wine another day, but not having them together. By looking at your diet in this way, no food is banned or forbidden. Research has shown that people who choose to eat this way have a healthier relationship with food in the long term and do better with weight loss goals.

A similar idea can be applied to exercise – aim for regular physical activity 80% of your week but allow for rest and relaxation for the other 20%. This might look like a daily walk, hike, cycle or gym class 5 days a week and sitting on the sofa watching a movie or relaxing in a warm bath on 2 days a week without feeling that you should be out doing something.



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



King Soba Noodles:

King Soba Noodle Culture provides a wide range of organic, and non-GMO products. Their noodles are made from naturally wheat and gluten-free grains such as rice, quinoa, buckwheat, millet and amaranth making them suitable for celiacs or those sensitive to wheat and gluten. Their products have a low-glycemic index, meaning when consumed the body takes longer to break down the carbohydrates, resulting in a slow rise in blood sugar. Try swapping pasta for these noodles, or incorporate them in your next homemade soup!



Sea Tangle Kelp Noodles:

Sea Tangle Kelp Noodles are a fun way of incorporating sea vegetables into your diet. They are free of common allergens, including gluten, and have a neutral taste, making them a perfect addition to any noodle dish. These noodles provide a good source of iodine, which helps promote thyroid health and cognitive function. Try adding them into soup, salad or a stir-fry!



Big Mountain Cauli Crumble:

Big Mountain Cauli Crumble is a meat-free and allergen-free product suitable for both vegetarians and vegans. It is a locally made product that provides 11g of complete plant-protein per serving, as it contains both yellow split peas and sunflower seeds! Additionally, it packs 12g of fibre which helps promote regularity, a healthy gut microbiome, and helps keep us fuller for longer. Try throwing these Cauli Crumbles in a taco, on pasta or mixed into homemade chilli!



Tasty Top Choices Recipe



Rice Paper Dumplings with Big Mountain Foods Cauli Crumble

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

1 package of Cauli Crumbles Veggie Ground

1-2 tbsp Avocado Oil or Canola oil

10 Rice Paper Wraps

Soy Sauce (or dipping sauce of choice)

1. Heat 1 tsp of avocado oil in a pan over medium heat. Add 1 package of Cauli Crumbles and cook as directed.
2. Add cooked Cauli Crumbles to a bowl and set aside.
3. Add a rice paper wrap in warm water till slightly soft.
Note: Do not let it sit till overly soft as this will make it more prone to tearing.
4. Lay rice paper wrap on a clean surface and add 1/4 - 1/3 cup of Cauli Crumbles to the center of the wrap, forming a rectangular shape.
5. Fold the rice paper over the Cauli Crumbles. Start by folding the bottom, then the sides, and finishing with the top end.
6. Repeat step 3 then add the previously folded rice paper roll to the center of the second wrap. Make sure the thin side is facing upward, then fold it in the same sequence as step 5.
7. Heat the remaining avocado oil on a pan over medium heat and cook the twice-wrapped rice paper roll until it has browned on both sides.
8. Repeat steps 3-7 till you are out of Cauli Crumble filling.
9. Serve with a side of soy sauce or any dipping sauce of choice.

Choice Produce Picks



Carrots:

Have you tried the best local organic carrots from Fountainview Farm in Lillooet? Carrots are a good source of beta carotene, which is an antioxidant that is converted to vitamin A in the body. Vitamin A is important for eye sight, immune support and growth and development. Some great ways you can include more carrots this winter include in stews, cooked and pureed in sauces or baked topped with fresh herbs.



JANUARY 1-15th ONLY

club specials

Vega All in One Shake



49⁹⁹

834g-876g

Non-GMO, Gluten free, Vegan, No added sugar, No artificial colours, flavours or preservatives.

NutraSea Omega-3



20% Off

Assorted Sizes

You'll enjoy the clean, light taste of NutraSea+D premium quality liquid omega-3, in a delicious grapefruit-tangerine flavour, with no fishy burp-back.

Andalou Naturals & Cannacell Shampoo and Conditioner



9⁹⁹

251-340ml

Fortifying vitamin-enriched shampoo with CannaCell® hemp stem cells, organic hemp seed oil, and pure plant essential oils for hair that needs a daily dose of wonderful.

Nutiva Organic MCT Oil



19⁹⁹

473ml

32⁹⁹

946ml

Made without chemicals, filler oils or additives, Nutiva Organic MCT Oil is a premium source of energy-boosting MCTs, or medium-chain triglycerides.

Natural Factors Quercetin & Vitamin C Supplements



20% Off

Assorted Sizes

Quercetin Complex is an exceptional antioxidant formula specially developed to maintain optimal health, combat disease, and prevent accelerated aging.

Aeryon Wellness Supplements



31⁹⁹

60caps

Löse It Metabolism Support Supplement is an all-natural supplement that promotes fat loss by supporting estrogen metabolism and thermogenesis.

Now Vitamins & Supplements



20% Off

Assorted Sizes

Melatonin is involved in the brain and glandular biological functions including regulation of normal sleep/wake cycles.

Plantinum Naturals Vitamin D3 & Oregano 8



20% Off

Assorted Sizes

Vitamin D3 is essential for a healthy immune system, cardiovascular health, bone health and many other systems in the body.

AOR Zinc-Copper Balance



26⁹⁹

100caps

AOR's Zinc-Copper Balance™ provides a balanced, research-based ratio of zinc to copper, each in various forms in order to ensure optimal absorption and function.

Innotech Whole Tea Original & Detox Cleanse



29⁹⁹

pack

A unique blend of herbal tees for your Whole body....You'll love the way you feel!

Earthrise Spirulina Natural



19⁹⁹

180tabs

54⁹⁹

454g

Earthrise Spirulina has been the authority and the world's #1 manufacturer in cultivating pure, clean, and high quality spirulina.

Lily of the Desert Aloe Vera Juice and Gel



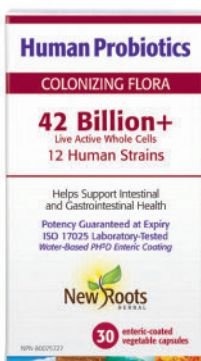
20% Off

Assorted Sizes

- Support healthy digestion
- Support a healthy immune system
- Reduce harmful toxins

JANUARY 1-15th ONLY

club specials



New Roots Probiotics

20% Off

Assorted Sizes

New Roots Herbal is a pioneer in probiotics, with an extensive selection of daily use and condition specific formulas, featuring scientifically researched probiotic strains.

Results driven formulas are only as effective as their delivery method. This inspired the development of the exclusive GPS™ enteric coating. It keeps harsh stomach acid from seeping into the capsule and protects it from disintegrating in your stomach. This safeguards the delicate probiotics and preserves their viability until they reach the safety of your intestines! Once there, the capsule releases live, healthy, colony forming probiotics, which get to work on improving your gut health!



Purica TrimActive

34⁹⁹

168caps

PURICA TrimActiv® contains a combination of natural ingredients recognized for their ability to support the processes involved in healthy weight management. The unique formulation has been developed using active plant ingredients that have been shown to help manage a variety of factors that lead to weight gain.

This unique formulation uses active plant ingredients to help:

- Enhance the burning of fat
- Reduce the absorption of carbohydrates
- Suppresses hunger pangs
- Reduces the likelihood of blood sugar spikes
- Enhances the body's metabolism and ability to process dietary sugars

Healthology Gut-FX



35⁹⁹

108g

GUT-FX is the ultimate formula to heal inflammation and restore our gut-neighbourhood. It provides the building blocks that your body needs to repair the lining of the intestinal tract. It contains herbs to reduce inflammation and soothe digestion, and probiotics to support a healthy gut flora. GUT-FX provides a well-rounded approach to supporting gut health, which improves our ability to absorb nutrients, eliminate toxins, balance the immune system, and support neurological hormones.

Organika Bone Broth



33⁹⁹

300g

Chicken, Beef or Veggie,
Original & Ginger

Nutritious support for skin, joint and gut health. Organika Chicken Bone Broth provides protein, collagen, gelatin, glucosamine, hyaluronic acid and chondroitin, also calcium, potassium and iron.

100% pure, natural bone broth powder. Free from additives, made from the bones of cage-free chickens fed with organic grain. Tested for heavy metals and pesticides. Free from antibiotics and hormones

Sisu Ester-C Energy Boost



1⁹⁹

for 3 single sachets

18⁹⁹

30pack

Your daily dose of get up and go – Sisu Ester-C® Energy Boost! Each thirst-quenching serving provides B vitamins, minerals, electrolytes and 1000 mg of Ester-C® for 24 hour immune support. Energize your tastebuds with Pina Colada, Orange, Wildberry, or Lemon-Lime. We've also got all 4 flavours in a variety pack.

JANUARY 16-31st ONLY

club specials

Bio-K Plus Probiotics



Both dairy and non-dairy strengthen your intestinal flora is to take Bio K+ Fermented Drinkable Probiotic.

21⁹⁹

Bio-K Plus dairy & non-dairy, 6pack

25⁹⁹

Bio-K Extra Probiotics 6pack

Garden of Life Protein & Sports Nutrition



20% Off

Assorted Sizes

Designed to refuel and repair muscles, support recovery and protect your immunity so you can get the most out of your training and workouts.

CanPrev Vitamins and Supplements



20% Off

Assorted Sizes

Adrenal-Pro™ is specially formulated to support the adrenal glands, increase energy, reduce stress and fatigue and provide an improved sense of well being.



Bulletproof Supplements

20% 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.



Flora Flor-Essence

29⁹⁹

500ml

Flor-Essence® is a traditional herbal formula developed to gently cleanse the whole body at the cellular level.



Vega Hello Wellness

31⁹⁹

384g-405g

NEW! Help support a healthy gut with prebiotics, probiotics and plant protein in every scoop. Go with your gut on this one.



Sealicious Omega-3

20% Off

Assorted Sizes

The highest quality fish oils sourced from sardines, anchovies and mackerels, flavoured with all natural fruit flavours.

Purica Probiotics



20% Off

Assorted Sizes

This blend of Lactobacillus plantarum clinical strains is designed to promote immune defense.

Hyalogic Hyaluronic Supplements and Face Care



20% Off

Assorted Sizes

Our products help to hydrate joints, and support hair, skin, eyes, and bones with Hyaluronic Acid, nature's hydrator.



Dr Bronner's Pure Castile Soap

6⁴⁹

237ml

Face, body, hair—food, dishes laundry, mopping, pets—the best for human, home, and Earth!

SUKU Vitamins and Supplements



20% Off

Assorted Sizes

This specially formulated, sugar-free multi delivers your little ones with essential vitamins, minerals and prebiotic soluble fiber to support their everyday biological functions.



Nature's Way Sambucus

13⁹⁹

Kids, 120ml

26⁹⁹

Adults, 240ml

A delicious tasting syrup for kids, traditionally used in Herbal Medicine to help relieve symptoms of colds and flus.

JANUARY 16-31st ONLY

club specials

Ener-C Effervescent Vitamin C Drink



14⁹⁹

30 pack

Ener-C is a range of Vitamin C drink mix powders that are designed to make you live your best self every day. Containing the best form of Vitamin C (mineral ascorbate) plus essential minerals and vitamins in an all-natural, non-GMO certified formulation, with nothing artificial. Ener-C is suitable for adults, vegans and vegetarians, travellers and those wanting a natural energy boost or hydration. Ener-C is free from gluten, dairy and lactose, and now available in Sugar Free flavours!



Boiron

Oscilloccoccinum

11⁹⁹

6 dose

17⁹⁹

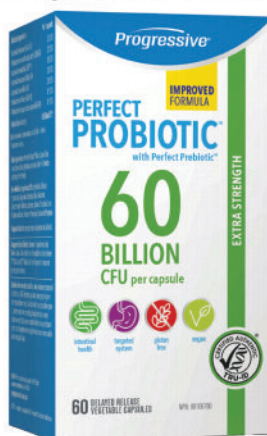
12 dose

29⁹⁹

30 dose

Oscilloccoccinum is a homeopathic medicine that reduces the duration of flu-like symptoms and relieves body aches, headache, fever and chills. Oscilloccoccinum does not cause drowsiness or sleeplessness and is suitable for the whole family: adults, children and infants. Oscilloccoccinum is available in different size formats.

Progressive Probiotics



20% Off

Assorted Sizes

The Perfect Probiotic line from Progressive is formulated with only strains backed by clinical research. With a targeted delayed release capsule to ensure the probiotics get delivered where you need them, a simple one/day dose with multiple strains and a prebiotic blend - it's the perfect formula to support your intestinal health.

Megafood Vitamins and Supplements



25% Off

Assorted Sizes

Premium supplement brand made with nutrients and real food from trusted farm partners who share our commitment to organic and regenerative agriculture. We are dedicated to crafting clean, high quality, award-winning supplements, and promise we'll always be transparent about what is in or not in them. That's "the MegaFood Way".

Pascoe Pascoflair



22⁹⁹ 49⁹⁹

30 tabs

90 tabs

Pascoflair® is an herbal remedy to help relieve restlessness, nervousness and as a sleep aid. Each tablet provides 425 mg passion dry extract. Pascoflair® naturally calms the mind and helps to stop racing thoughts, fall asleep and stay sound asleep throughout the night. Non addictive and no dependency.



comments@choicesmarkets.com

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Choices Markets Locations

Kitsilano

2627 W 16th Ave, Vancouver
604.736.0009

Cambie

3493 Cambie St, Vancouver
604.875.0099

Kerrisdale

1888 W 57th Ave, Vancouver
604.263.4600

Yaletown

1202 Richards St, Vancouver
604.633.2392

Commercial Drive

1045 Commercial Dr, Vancouver
604.678.9665

Kelowna

1937 Harvey Ave, Kelowna
250.862.4864

South Surrey

3248 King George Blvd, Surrey
604.541.3902

Burnaby Crest

8683 10th Ave, Burnaby
604.522.0936

Abbotsford

3033 Immel St, Abbotsford
604.744.3567

North Vancouver

801 Marine Dr, North Vancouver
604.770.2868

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

ENTER TO WIN

Win a Year's Supply of Cleaning Products

Courtesy of V.I.P Soap Products Ltd. and EchoClean

One lucky Choices customer will win an amazing prize pack from V.I.P. Soap Products and EchoClean of a year's supply of cleaning supplies. Approximate value of each pack is \$695.

EchoClean is the next generation in all-natural cleaning solutions developed especially for the discerning customer. Made in BC since 1951, V.I.P. Soap produces biodegradable, non-toxic, plant-based cleaning products. A healthier choice for you, your family and the environment.

Skill Testing Question:

$(56 - 18) \times (25 - 13) =$ _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from January 1 to 31, 2022. 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 2022.

