



# CHOICES'

Monthly Newsletter | July 2022

## The Best of Summer Produce

**The Dish On Currants!**

**Q&A with OriginO Greenhouses**

**Keep Your Fruits & Veggies Fresh**



## Canada Day

On July 1st, we Canadians celebrate the beautiful land that we all call home. From the Maritimes to the Yukon, we live in a place filled with beautiful vistas, diverse people and delicious, locally grown foods.

*Happy Canada day from the Choices family to yours!*



## Supporting Local



Right now, it's more important than ever to support the local producers in our communities.

Our friends, neighbours and community members need help to stay on their feet and provide for you. Choices Markets has always been a staunch supporter of local producers, and we're asking you now to help in any way you can. Pick BC grown fruits and vegetables when choosing produce. Choose seafood harvested in BC waters. Find out which of your favourite foods and wellness items are Canadian made. Every little bit we can do to help goes a long way towards our sustainable future.

## What Produce is in Season?

BC is home to some of the greatest fresh produce in the world! So what's in season this month for those of us who love to eat local?

July Veggies	July Fruits
Beans, Beets, Broccoli	Apricots
Carrots, Chard, Corn	Blackberries, Raspberries, Gooseberries, Strawberries
Kale, Leeks, Lettuce	Cherries
New Potatoes, Radishes, Spinach	Currants
Shallots, Tomatoes, Zucchini	





# Chocolate Coconut Coffee Balls

By Toni Vandenbrink,  
BSc, Choices Nutrition Consultant

*It's hiking season! Try this easy energy-rich snack great for long hikes. These energy balls not only provide carbohydrates and fats for sustained energy but also a quick caffeine kick that will help you stay alert.*

## Ingredients:

**2 cups dates**

**1 tbsp espresso beans**

**2 tbsp cocoa powder**

**1 cup chocolate chips**

**1/2 cup puffed rice**

**1/3 cup shredded coconut**

- Put dates in a bowl & pour boiling water over them and let soak for 5-10 minutes.
- Chop espresso beans into small pieces
- Add dates, cocoa powder, shredded coconut & chopped espresso beans to food processor or blender. Blend until dates are smooth and everything is mixed.
- Take mixture out of blender and put into large bowl. Stir in puffed rice cereal & chocolate chips.
- Roll into golf ball size balls.
- Place a thin layer of shredded coconut on a plate and roll the balls in shredded coconut.
- Place in freezer for 2 hours, then enjoy!



## ENTER TO WIN

# 1 of 2 Paddleboards and a Vega Sport Protein Prize Pack

Courtesy of: **vega**

### Skill Testing Question:

**(56 - 18) x (25 - 13) = \_\_\_\_\_**

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Choices Location: \_\_\_\_\_

Contest open from July 1-31, 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. Winner is responsible for picking up their prize from the Choices Markets location of their convenience. There can be no repeat winners for Choices contests throughout 2022.



# Q&A

## with Raymond Wong, President OriginO Organic Farms

### Q Tell us about the story behind Origin Organic Farms?

A Origin Organic Farms (formerly South Alder Greenhouses) started in 2000. It was just a typical hydroponic greenhouse operation back then. The switch to organic idea started based on a research thesis project. The research was about utilization of compost in greenhouses. Through many trials and research, we started growing half an acre of the greenhouse with organic tomatoes in 2005. From that point on, we never looked back. Our passion is to grow the best quality organic greenhouse vegetables. We invented our growing techniques. We created our own soil blend and fertilizer mix. All the R&D behind our production know how was done in house. Currently, we have 2 locations in BC (Langley and Delta) with a total of 23 acres under glass. Our philosophy in growing is back to basic. Our concept is to feed the soil instead of feeding the crop. Our belief is that if we take care of the soil, the soil will provide the nutrients, the aroma, and the flavor to the fruits that we grow.

### Q What types of produce do you grow and what makes them stand out?

A Our product range covers basically all essential greenhouse crops. We produce Tomato on Vine, Heirloom Tomatoes, Long English Cucumber, and Red, Orange, & Yellow colour sweet bell peppers. Our operation cycle is year round with production from March to November. We strive to produce the best quality organic vegetables in the world. We have proven to most people that if we put the effort in nurturing the plants with the right growing environment and innovative pest control, the fruit can be just as picture perfect with good shelf life as conventional greenhouse vegetables.

### Q We know your tomatoes are particularly high in lycopene and lycopene is an antioxidant that supports heart health and helps to protect us against certain types of cancer. Can you share your favourite ways to use your tomatoes?

A We have done some trials in the past and the results shown that when a crop was grown organically, the fruits tend to have higher lycopene (antioxidant) content. A healthy organic tomato will have more meat content and better shelf life. When the fruit is done right, it doesn't matter how you prepare it, it will taste right! Our tomato is good for cooking, making soup, or just eat it raw as salad. We are so proud of our products and you can taste the difference.

### Q How is sustainability important to you and what do you do to contribute to sustainable practices?

A Sustainability is a very important component of our practice. We continue to look for ways to reduce waste and create a positive impact on the environment. Being an organic operation, we don't use any synthetic fertilizers in terms of feed and pest control. That is the fundamental principle on organic production which significantly reduce the use of chemicals. Most organic greenhouse soil media can only be used once and cannot be used again due to high sodium level. We formulated our soil media to be able to reused for 2 to 3 seasons in an intensive growing environment. Our way of fertilization won't leave the soil with a high amount of sodium level. Hence, the soil can be used for other applications such as home gardening, and field crop production. In a way, our greenhouse produces both vegetables and good quality soil for the environment.

### Q We love working with local companies, can you tell us why serving your local community in BC is important to you?

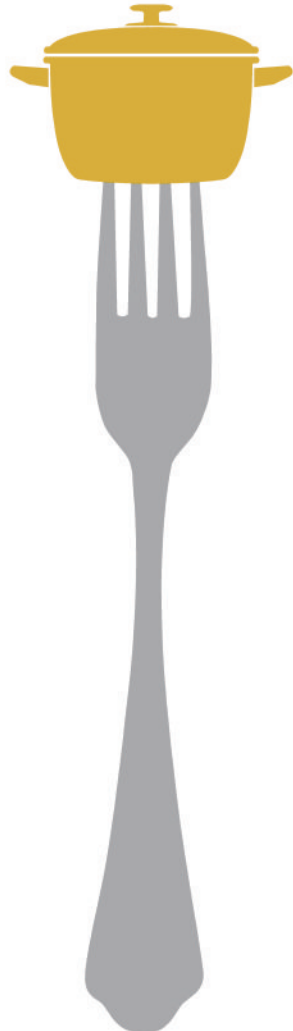
A We do a fair bit of community work as a company. We believe in giving back to our local community as they support local produce. We support local sports teams when they are in need. We have donated our vegetables to food banks. For the past few years, we have been the title sponsor for the VSO kids concert series to provide support to help kids to enhance their interest in music at a young age.



Origin Organics is who we are, but our dearest friends call us OriginO. We were founded in 1997 with the intent to grow the best tasting greenhouse tomatoes and cucumbers of the highest quality. In 2005, we switched from conventional to organic farming because we realized that there was a need for consistently high quality, great tasting organic tomatoes and cucumbers in the North American market. We currently have two greenhouses located in Langley and Delta, BC, which consist of 23 acres of farming land altogether

# the Dish

## on Currants



In my earliest days as a world traveler in the 80's one of the highlights of my journeys was the beautiful town in the south of France named Cassis. This seaside town also happens to share its name with the common name of the shrub that grows the sweet little berries named currants, so there are two reasons I love cassis. I'll just tell you about reasons to love the fruit kind today, a town in the south of France should speak for itself.



Being a shrub that is primarily found in northern Europe, many Dutch, German, French and Swiss recipes call for currants. Interestingly, the cassis shrub was banned in the USA in 1911 due to complaints by turn of the century loggers who believed that cassis was a host to a fungus that also affected valuable pine trees. The cassis was re-legalized in 2003 and its fruits have since become popular in the Americas. There are dozens of varieties of currants that come in many unique colours and sizes. Red, white, black and pink are just some of the rainbow of colours. Gooseberries and Jostaberries are also closely related to currants. However, confusingly Zante currants are a type of grape raisin grown in Corinthe, and not a currant at all!

Currants ripen between June to August depending on your latitude, and like all edible berries, are a fantastic treat. Freshly picked they are sweet, juicy and flavourful. They're also nutritionally loaded with antioxidants and vitamins. If you get some perfectly ripe currants, don't let them sit on your counter for long. They'll only last a short time. Keep them in your fridge for 3-4 days maximum before eating, cooking or freezing.

Fresh currants are wonderful on top of desserts. Place some on top of your ice cream, cheesecake or warm custard for a delightful pop of fruity flavour. Breakfast porridge or granola with fresh currants will be a new favourite way to start the morning. Mix some into a fruit salad, or as a replacement for other berries in a green summer salad. Currants roasted with meats are a classic combination in both classical recipes and modern gastronomy, perfect for fish or beef.



Other than popping them straight into your mouth, how else should you cook with currants? They absolutely love being baked into pies, muffins or scones, turned into jams, jellies or compotes, or frozen into sorbets, ice creams, popsicles or gelato. Preserving them whole in some vodka or gin with a little simple syrup makes for a refreshing summer cocktail ingredient. There is a reason that crème de cassis is a popular mixer in well stocked bars.

Though currant events can be a little stressful these days, it's important to never berry your feelings. Instead, reach for these yummy little berries and take some joy in the simple things!



**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.**

JULY 1-15 ONLY

# club specials



Kettle Brand  
Potato Chips

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

220 g

With tons of crunchy flavours, you're sure to find your favourite flavour!

Que Pasa Organic  
Tortilla Chipis & Salsa



**3<sup>49</sup>**

Selected  
Sizes & Varieties

These traditionally made chips are perfect for deep dives into organic salsa.

Healthy Hippo  
Low Sugar Candy



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

Selected Varieties  
50g

These candies may be low sugar, but they're still highly delicious!



Happy Planet  
Smoothies

**3<sup>99</sup>**

Selected Varieties  
900ml  
Plus Deposit & Eco Fee

A Happy Planet, we like to spread happiness with our tasty smoothies and positive impacts.



GT'S Organic  
Raw Kombucha

**7<sup>99</sup>**

1.4L  
Plus Deposit & Eco Fee

The original kombucha brand that started the kombucha craze.

Fentimans  
Craft Sodas



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

Selected  
Varieties  
Pkg. of 4  
Plus Deposit  
& Eco Fee

Perfect for sipping straight out of the cooler or mixing into a refreshing cocktail.

Dream Plant-Based  
Pops & Bites



Pops

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

Pkg. of 4

Bites

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

118ml

Plant-based ice cream pops packed with superfoods and low calorie.

Island Farms  
Ice Cream



Classic

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

1.65L

Premium

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

1.65L

Enjoy the creamy flavour of Island Farms wide variety of ice cream flavours.

Primal Kitchen Condiments,  
Dressings & Oils



**5<sup>69</sup>**

to

**13<sup>99</sup>**

Assorted Sizes

Our guilt-free products are made with real ingredients and are paleo friendly.

Yoggu Vegan  
Coconut Based Yogurt



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

450g

Yoggu! Is the alternative yogurt of your dreams! Probiotic rich and dairy-free.

Granola King  
Gourmet Granola



**26<sup>99</sup>**

2kg

Wholesomely handcrafted in small batches for a delicious all-natural granola.

Silver Hills Organic  
Sprouted Power Buns



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

200g - 300g

Serve your favourite hot dogs or burgers between these organic sprouted wheat buns.

JULY 16-30 ONLY

# club specials

## Angie's Boomchickapop Popcorn & Puffs



**3<sup>99</sup>**

126g - 198g

Popcorn made with the good stuff like whole grains and amazing taste.

## Neal Brothers Organic Tortilla Chips & Salsa



Tortilla Chips

**5<sup>49</sup>**

300g

Salsa

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

410ml

We've made our tortilla chips delicious straight out of the bag or enjoyed with our delicious salsa.

## Kettle Brand Potato Chips



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

Family Size  
397g

The ridges make these chips incredibly crispy and perfect for your favourite summer dips.

## Terra Vegetable Chips



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

141g - 170g

You've never experienced veggies like this! Crisp, crunchy and satisfying.



## Vita Coco Coconut Water

**3<sup>99</sup>**

1L  
Plus Deposit  
& Eco Fee

Coconut water is full of nutrients, electrolytes and vitamins to give you a boost when you need it!



## Perrier & San Pellegrino Sparkling Water

**1<sup>99</sup>**

750ml & 1L  
Plus Deposit & Eco Fee

These sparkling mineral waters are perfect for making any occasion more special.

## Gardein Plant-Based Frozen Meat Alternatives



**5<sup>49</sup>**

Selected  
Sizes & Varieties

Gardein makes it easy to eat meatless!

## Holy Napoli Frozen Pizza & Dough



Dough

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

Assorted Sizes

Pizza

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

Assorted Sizes

Holy Napoli takes pizza seriously, so that you can have a classic Neapolitan pizza at home whenever the mood strikes.

## Spectrum Mayonnaise & Cooking Oils



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

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

Assorted Sizes & Varieties

These cooking oils and condiments are your best partner for making delicious recipes even better.

## Choices Granola

**12<sup>99</sup>**

Assorted Varieties  
700g - 750g

Hand crafted in small batches in the Choices Markets bakery.



## Olympic Natural, Organic & Crema Yogurt



**3<sup>79</sup>**

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

Assorted Varieties  
500g - 650g

Taste the freshness of BC dairy with these smooth and flavourful yogurts.

## Uncle Luke's Organic Maple Syrup

**11<sup>99</sup>**

Assorted Varieties  
500ml

Rich in Canadian tradition and full of maple flavour.



# 3 Tips To Minimize Produce Waste

By Dionne Legge, CNP, Choices Abbotsford

*Summer is a fantastic time of year when produce is abundant and at its prime! Don't let the freshness go to waste!*

**Here are 3 tips to help minimize produce waste:**

• **Store it properly** - Not all produce belongs in the fridge, peaches, nectarines, plums, and pears are best on the counter to ripen. Enjoy them when ripe, or move them to the fridge for another 3-5 days. Need to use them up? Throw them in a salad, try a cobbler, or make a simple freezer jam!



• **Eat in Order**

Try to consume delicate picks first such as cherries or berries. Cherries will last 2-3 days if refrigerated. Berries will last stored in the fridge for 3-6 days depending on the variety. Berries freeze well, so pop them in the freezer if you predict that you won't be able to eat them all. Typically they freeze best if you flash freeze them. Lay them on a baking tray individually and put them in the freezer for an hour. After they are frozen, transfer them into your freezer-safe container. If your berries are about to go, try making a compôte, purée, or fruit leather.

• **Get Creative** - Don't let your produce go to waste. Make a rainbow salad or a power bowl. Need to use up your tomatoes? Try a fresh salsa. Pulse up a pesto or dip with your greens and herbs. Blend a smoothie or make a smoothie bowl topped with diced fruit. Bake a delicious oat and fruit crumble!



• **Bonus Tip** - Check your phone app store for a food storage app. It tells you when to consume foods, and how long they typically keep when ripe.

*If you need creative suggestions reach out to your Choices in-store nutrition consultant*

# The Best of Summer Produce

By Wendy Wells, RHN, BSc., MS

Early summer is the best time of year to enjoy some of the fruits and vegetables that our beautiful province grows in abundance. This month we are highlighting the nutritional benefits of some of our most popular produce items.

- **Strawberries** – always a favourite, these popular fruits get their bright red colour from anthocyanins which act as powerful antioxidants in our bodies. They are also chock full of other antioxidants such as Vitamin C which help support our immune systems and it is no accident that strawberries are shaped like hearts, they also contain nutrients to support your heart health!

- **Blueberries** – one of the most popular smoothie ingredients out there, and with good reason!

Fresh or frozen, these small berries are bona fide superfoods. The darker the berry, the more antioxidants they contain and 1 cup will provide at least 1/4 of your recommended daily intake of Vitamin C. Blueberries are also rich sources of specific nutrients such as lutein that support your eye health.

- **Beets** – Often overlooked as a great nutrition source, beets have a long growing season here in BC and are one of the most versatile vegetables out there. They are a particularly rich source of a phytonutrient called betalain which provides them both with their colour and acts as a powerful anti-inflammatory in our bodies. Your liver in particular loves betalain as it supports healthy liver function and keeps it working efficiently.

See the recipe below for a fun way to include these foods in your summer diet!



## Tasty Top Choices Recipe



### Berry and Beet Popsicles

**Makes 10 Popsicles**

#### Ingredients:

2 cups fresh or frozen blueberries

2 cups fresh or frozen strawberries

1 medium sized cooked beet (peeled and chopped into quarters)

1/2 cup water

1/4 cup maple syrup (or more if you like it sweeter)

2 tsp lemon juice

#### Directions:

- Place all ingredients in a blender and blend well until smooth.
- Pour the mixture into popsicle molds (this should make 10 good sized popsicles).
- Transfer to the freezer and freeze for at least 4 hours or until set.
- You can also add some finely chopped mint leaves or switch the lemon juice for lime juice to shake the flavour up a little!





## 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

#### SafeCatch Canned Fish:

Did you know you should consume at least 5oz of fish per week?

Canned fish is a great source of protein and calcium which is important for muscle and bone maintenance and development. SafeCatch products are sustainably caught and have an elevated nutrient profile; they retain more omega-3's and have a much lower mercury content than their counterparts. Use their fish in lettuce cups, sandwiches or homemade fish cakes!



### Fresh Produce

#### Cherries:

Did you know that 95% of the cherries grown in Canada are grown in BC? Cherries are not only delicious but are extremely nutrient-dense. They're packed with fiber, vitamins and minerals, antioxidants and anti-inflammatory compounds which may decrease the risk of heart disease, diabetes, mental decline and certain cancers. Although cherries are delicious on their own, they're a great addition to smoothies, baked goods, or on top of ice cream!

## Fresh Produce



### Warba Nugget Potatoes:

Organic warba nugget potatoes are recognized by their unique small pink eyes. They're rich in potassium and are a great source of resistant starch when eaten cold! Resistant starches are indigestible chains of sugar that function similarly to soluble fibre. Its benefits include improved insulin sensitivity, lower blood sugar levels, reduced appetite and improved gut health. Not sure how to eat cold potatoes? Try this summer-fresh nugget potato salad!

## Grocery Gossip

### Sunflower Kitchen:

Canada's food guide recommends choosing protein foods that come from plants more often. Sunflower Kitchen makes this easy with their wide selection of plant-based products. The spreads and soups contain a variety of pulses, which means eating more fibre and less saturated fat. This has a positive effect on our health and may decrease the risk of cancer, heart disease and type 2 diabetes.



## Tasty Top Choices Recipe



### Plant-Based Potato Salad with Sunflower Kitchen Hummus

Serves 6

#### Salad Ingredients:

- 1.5lb nugget potatoes
- 2 stalks celery
- ½ bunch green onions, finely chopped
- ¼ cup tightly packed fresh dill, chopped
- ¼ cup hemp hearts

#### Dressing:

- 1 container (~½ cup) Sunflower Kitchen, Roasted Garlic and Onion Hummus
- 1-2 tbsp vinegar
- ½ lemon, juiced
- 1 tbsp Dijon mustard
- Salt & pepper to taste

#### Directions:

- Add the potatoes into a pot and cover with enough water to cover them by 1-inch. Season with salt and bring the water to a boil. Cook until the potatoes are just tender and can pierce them with a fork. Time will vary depending on the size of your potatoes - Do not overcook!
- Drain the potatoes and return them to the uncovered pot, off the heat. Leave to cool.
- While your potatoes are cooling, chop your green onion, celery and dill and add them into a bowl, large enough to hold your potatoes.
- Prepare your dressing: Add all of your dressing ingredients into a medium-sized bowl and whisk together till smooth. Season with salt and pepper to taste. If you want a thinner consistency, add more lemon juice or water to thin.
- Add the hemp hearts and dressing into your potato-vegetable mixture and gently stir until all potatoes are evenly coated. Serve and enjoy!



JULY 1-15 ONLY

# wellness centre



## Vega Protein

Rest & Repair

**32<sup>99</sup>**  
401g - 426g

Sport Protein

**45<sup>99</sup>**  
801g - 837g

Pure plant power, packed with purposeful ingredients to help you go (even) harder.

## Nuun Sport, Vitamin and Immunity Tabs



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

Pkg. of 10 Tabs

A tasty & hydrating blend of electrolytes and minerals for exercise and on-the-go.



## Natural Factors Lutein & Astaxanthin

**20% Off**

Assorted Varieties & Sizes

Astaxanthin, one of nature's most powerful antioxidants, with lutein and zeaxanthin to protect cells from oxidative damage.



## Ferapro Iron

**46<sup>99</sup>**

100 Capsules

FERAPRO™ is a holistic blend of iron, vitamins, and cofactors to prevent and/or treat iron deficiency.



## Organika Organic Spirulina

**33<sup>99</sup>**  
300g

**49<sup>99</sup>**  
500g

Spirulina is a blue-green algae known as an amazing plant-based source of iron and antioxidants.



## Suro Organic Chaga

**11<sup>99</sup>**

Powder or Chunks  
56.7g

Chaga contains antioxidants, polysaccharides, polyphenols, triterpenes like betulinic acid, minerals, vitamins B2 and D2 and many other beneficial nutrients.



## Attitude Natural Care Toothpaste

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

Flouride & Flouride Free  
120g

This vegan, cruelty-free toothpaste also helps restore and mineralize enamel for stronger, healthier teeth.

## Nature's Aid Shampoo or Conditioner Bars



**10<sup>49</sup>**  
60g

These true natural solid shampoo bars offer all the benefits of a liquid shampoo, without the plastic packaging.



## Patch Natural Bamboo Bandages

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

Pkg. of 25

Made from a combination of natural minerals and nanotechnology (think tiny suction cups) to gently adhere to the skin without causing reactions.



## Basd Body Care

Bodywash

**9<sup>99</sup>**  
227ml

Body Lotion

**13<sup>99</sup>**  
227ml

Basd is a range of organic, plant-based, cruelty-free body care products to make you feel good, look good and do good.



## Radius Big Kidz Forever Toothbrush

**7<sup>49</sup>**

Replacement Heads

**6<sup>79</sup>**

Eco-friendly toothbrush! Each super soft toothbrush is created with EcoPure®, meaning that it is 100% biodegradable in landfills.



## Alaffia Authentic African Black Soap

**11<sup>99</sup>**

473ml - 476ml

Black soap is made by extensive cooking of the soap to the point of charcoal to detoxify and purify the skin.

### Healthology Inflamma Mend

**39<sup>99</sup>**  
60 Capsules



INFLAMMA-MEND targets inflammation by reducing pain and swelling, increasing the production of anti-inflammatory mediators, and preventing the production of pro-inflammatory cells. The individual components of INFLAMMA-MEND work synergistically to provide support for both short and long-term exposures to damage by targeting the underlying mechanisms of inflammation.

### New Roots Vitamin E8

**18<sup>49</sup>**  
60 Softgels  
**35<sup>99</sup>**  
120 Softgels



Most vitamin E supplements contain only D-alpha-tocopherol, and often the synthetic form; at New Roots Herbal, there is much more to vitamin E than D-alpha-tocopherol—there are eight compounds that make up the vitamin E family; four tocopherols and four tocotrienols, extracted from vegetable oils that are present in their natural, fully active, unesterified form. Our form contains all eight compounds, and this is the form our bodies have been processing since the beginning of our time.

### Organic Traditions Fibre Fuel Smoothie Boost

**16<sup>99</sup>**  
300g



Our Berry Fibre Fuel Smoothie Boost contains a fibre packed base of chia, flax, acacia and psyllium. Enhanced with antioxidant rich acai, blueberry, maqui and camu camu berry powders, enhance your smoothies and smoothie bowls with fibre. A diet high in fibre has been shown to provide long-lasting energy, promote regularity and support digestive health. Combine 3 tbsp to your morning, afternoon or evening smoothie to help fuel your day!  
• 4g of net carbs per serving.  
• An excellent source of vitamin C and fibre.

### Smarty Pants Organic Vitamins Kid's

**27<sup>99</sup>**  
120 Gummies

Men's &  
Women's  
**35<sup>99</sup>**  
120 Gummies



Smarty Pants set out on a mission to simplify health through nutritious (and delicious) multifunctional supplements for the whole family. Smarty Pants organic multivitamin gummies contain premium nutrients that are carefully chosen based on extensive research and every batch is third party lab tested for purity and potency. Certified USDA Organic, NON-GMO project verified, gluten free, vegetarian and contain Omega 3s. No synthetic colours, artificial flavours, artificial sweeteners or preservatives.

### Trophic Super Concentrate Chlorophyll

**11<sup>49</sup>**  
100ml  
**22<sup>99</sup>**  
250ml



Chlorophyll is a rich source of nutrients and antioxidants for the maintenance of good health. It is thought to enhance the absorption and utilization of vitamins and minerals and aids in digestion. It is helpful in treating bad breath and body odour as it is thought to assist in detoxifying the liver, blood and colon. Chlorophyll is known to enhance the effects of vitamins and minerals and plays an important role in digestion. It is well-known as nature's deodorant for oral hygiene and is an effective treatment for athlete's foot.

### Naturtint Hair Food Hair Mask

**9<sup>99</sup>**  
150ml



Protect your hair with a superfood turned hair food! Enriched with Chia, this protective, deep-conditioning hair mask will help replenish lost moisture while boosting vitality in damaged, sun-beaten or bleached hair, leaving it soft, shiny and manageable. Made with these unique hair loving ingredients:  
• Chia, a superfood full of antioxidants  
• Shea Butter, a natural conditioner  
• Baobab Proteins from the tree of life  
• Milk Thistle, a silicone alternative

JULY 16-30 ONLY

# wellness centre

## Garden of Life Protein & Sports Supplements



**20% Off**

Assorted Sizes & Varieties

Certified Grass Fed Whey, so it is not only free of hormones and antibiotics, but we are very proud to have the Only Non-GMO Project Verified Whey.

## Plantinum Naturals Total Vision Care



**48<sup>99</sup>**

60 Softgels

Total Vision Care is a blend of powerful antioxidants that supports visual acuity in conditions such as age-related macular degeneration and helps reduce the risk of developing cataracts.

## Purica Vitality Adrenal Support



**48<sup>99</sup>**

12 Capsules

Helps the body to better handle stress, reduces cortisol production and optimizes the immune system.

## Enerex Serrapeptase



**20% Off**

Assorted Sizes & Varieties

Serrapeptase is a natural enzyme that can help to effectively reduce pain, inflammation, and mucous build-up.

## Natural Factors All Night Sleep Melatonin



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

90 Tablets

Helps increase total sleep time releasing 5 mg immediately and an additional 5 mg gradually over several hours.

## Organika Electrolytes + Enhanced Collagen



**38<sup>99</sup>**

360g

Electrolytes + Enhanced Collagen™ is your go-to blend for an instant dose of thirst-quenching nutrients and grass-fed bovine collagen.

## Prairie Naturals Morning Rise & Shine



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

126g

**49<sup>99</sup>**

252g

Lemon & aloe with mineral salts. Promotes bone health, Alkalizes & cleanses. Tested gluten-free, and is Vegan.

Tasty & energizing, Balances body pH and is Vegan.

## Earth Science Facial Care



**11<sup>99</sup>**

118 ml - 240ml

At Earth Science, we are dedicated to providing clean and effective skin, body, and hair care solutions created with plant-based ingredients from healthful sources for sustainability and wellness.

## New Roots Exotic Skin Oils



**20% Off**

Assorted Sizes & Varieties

Ideal for topical use to support supple, resilient skin. Supercritically extracted, this pure, nutrient-rich oil is solvent-free.



## Routine.

### Deodorant

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

50g Jar or Stick

### Natural Perfume

**34<sup>99</sup>**

15g

Discover why SO many formerly stinky people have been converted to a deodorant that is not only natural, but is more effective than conventional.

## Attitude Natural Care



### Soap Bars

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

113g

### Body Bar

**184<sup>99</sup>**

85ml

ATTITUDE leaves bar™ collection is designed to provide a cleansing action using just the right ingredients: no added fluff, better for you and the environment.



## Avalon Organics Hair & Body Care

**20% Off**

Assorted Sizes & Varieties

Formulated for normal to dry hair, this shampoo, containing a medley of Lavender Essential Oil, Quinoa Protein, Aloe, Babassu Oil and Vitamin E, works to cleanse and nourish every strand.

## MacroLife Macro Greens & Miracle Reds

Greens

**49<sup>99</sup>**  
283g

Miracle Reds

**55<sup>99</sup>**  
283g

Macro Greens is a non-allergenic nutrient-rich super food supplement that optimizes pH for stimulant-free health and surpasses the nutrition of five servings of fruits and vegetables without the calories or carbohydrates. The benefits of using Macro Greens daily include: Increased energy, Weight loss, Improved digestion, Increased mental clarity, Balanced blood sugar and Strengthened immune system. BEYOND VITAMINS. Macro Greens goes far beyond basic nutrition in maintaining health. You can take lots of capsules, plus a whole lot of fruits and vegetables, or... one tablespoon of Macro Greens! Macro Greens is a non-allergenic nutrient-rich super food supplement that optimizes pH for stimulant-free health and surpasses the nutrition of five servings of fruits and vegetables without the calories or carbohydrates.



## New Roots Femina Floral Oral Probiotic

**47<sup>99</sup>**

30 Capsules

Femina Flora Oral is specifically formulated for women, featuring high-potency probiotics beneficial for the maintenance of healthy gut flora, with strains essential for female urinary and vaginal health. Our lactic acid-forming probiotics create a favourable pH level for probiotic proliferation. Oral and topical birth control, hormonal fluctuations, and menstrual cycles can disrupt urogenital health. Femina Flora Oral is ideal for acute or chronic gastrointestinal and urogenital dysbiosis (microbial imbalance), and for better health in general.



## Flora Ferritin+

**25<sup>99</sup>**  
30 Capsules

Support your energy levels with Ferritin+. Ferritin+ is a plant-based ferritin-iron, made with organic peas. Ferritin is a naturally protein-coated form of iron. It allows for time release and efficient absorption, which helps to minimize digestive upset. Clinical studies have shown that plant-based ferritin iron capsules can effectively maintain healthy iron levels.

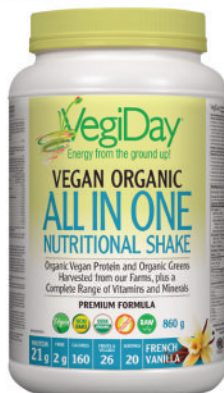
- Supports healthy iron levels,
- Just one capsule per day!
- Gluten-Free
- Vegan
- Non-Constipating
- Non-toxic



## VegiDay All In One Nutritional Shake

**52<sup>99</sup>**  
720g

VegiDay All in One Nutritional Shake provides a perfect blend of WHOLE FOOD INGREDIENTS to give you the energy needed to get the most out of your day. It's energy from the ground up! Everything you need in one delicious scoop. A delicious and limited-edition nutritional shake, specially made from our farms, bursting with the flavours of Spring Blossom with a Hint of Vanilla. Complete range of vitamins and minerals in every scoop.



## Just Sun Suncare

**22<sup>99</sup>**  
90ml

An All-Natural Mineral Sunscreen that's Luxurious and Creamy. Certified 30 SPF and Broad Spectrum. Made in Canada without UV chemical filters and is suitable for ages 6 months +. Perfect for Baby, Face and Body. Spreads on easily. Uses sustainable ingredients that are ethically sourced. Reef and environment friendly. A Worry-free formula that's safe for our family and yours, so you can feel good about what you put on your skin!



## St. Francis Therapeutic Body Care

Skin Healing Salve  
**15<sup>99</sup>**  
60ml

Calendula  
Vitamin E Cream  
**22<sup>99</sup>**  
60ml

St. Francis Herb Farm have formulated natural, herbal, therapeutic body care products for the whole family! Our complete line of traditional, all-natural, and certified organic herbal topical preparations helps to stimulate healing and fight infection, effectively treating and relieving common conditions – from cuts and scrapes to rashes and infections!





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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 m<sup>3</sup> world eq. of water

**Greenhouse Gas Emissions:**

109 kg CO<sub>2</sub> 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



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