



CHOICES'

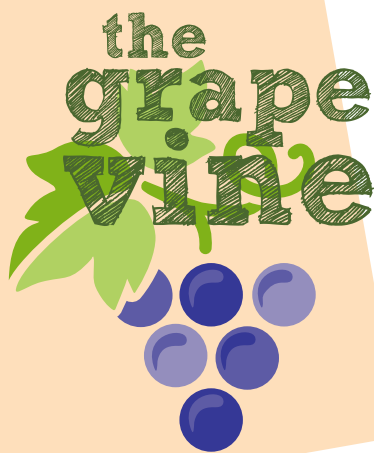
Monthly Newsletter | September 2022

BACK TO SCHOOL!

Better School Snacks

Comfort Food For Fall

Sugar & Kids Does Sugar Really Cause Hyperactivity?



What's in Season

September Veggies

Artichokes, Beans, Beets
Brussels Sprouts, Corn, Celery
Cucumbers, Fennel, Kale, Leeks
Pumpkins, Peppers, Tomatoes

September Fruits

Apples, Blueberries, Cranberries
Grapes, Melons
Plums, Pears



Store Anniversaries

September is a big month for many of the Choices Markets in your communities.

Choices South Surrey is our biggest store, and will be turning 17 this year.

We'd like to thank our customers for supporting us and letting this store become the successful story it is today.

Our Kelowna store will be turning 15!

We'd like to thank all of our loyal customers for shopping at our first ever location outside of the Metro Vancouver area. Without you, our store wouldn't have become the flourishing centre of the community it is today.

Our youngest store, Choices North Vancouver, will be turning 6!

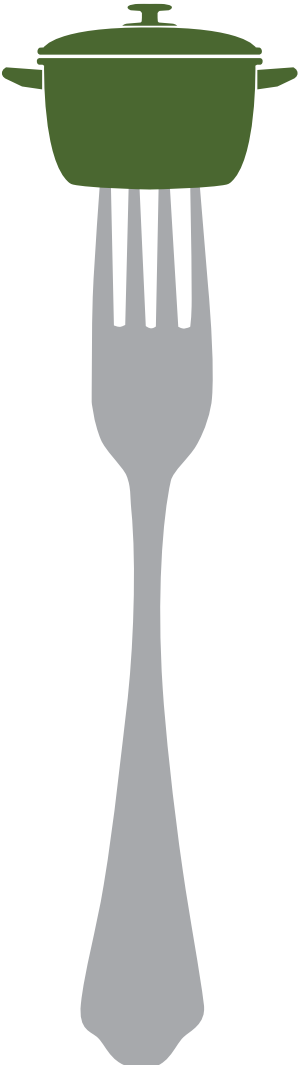
This store on the beautiful north shore is a star, and an active member of the community.

Stay tuned to our social media and website for more info on how we'll be celebrating at each of these locations, including anniversary sales!



the Dish

On Ground Pork



These days, I think we're all looking to save a little where we can. Having grown up with a varied diet, I know how to cook a tasty vegetarian meal, but I still enjoy some animal protein now and then. Pork, and specifically ground pork, is a very affordable option. Pork is consumed around the world and shows up in all the best cuisines and the best dishes, so why not bring some to your plate?



My mind first goes to sausages and salamis made with pork. Always juicy and delicious, nothing quite hits the spot like a tasty sausage right off the grill. Making your own fresh sausages can be a fun and rewarding experience. However, unless you're familiar with the correct and safe handling of cured meats, I strongly discourage you from heading in that direction. Let the professionals handle the curing salts and safe fermentations.

There's a reason that recipes with ground pork show up in so many cuisines, and that's due to its versatility. It's a fantastic addition to meat sauces and ragus. Wrap it up with rice in a cabbage roll, or fill your taco with it. Ground pork stir fries are a staple of Asian dishes, with rice or noodles and rich sauces. It's a great addition to your favourite meatballs or meatloaf recipe, and can really up the flavour in a meat pie or kebab. Form them into cutlets, bread and fry, or incorporate into your burger mix.

As a filling, ground pork is perfect for pastas or dumplings. Incorporate it into your casseroles, lasagnas or moussaka. Traditionally, ragout a la Bolognese is made with a blend of ground beef and pork. Pork is a great meat to cut other meats with to improve fat content and flavour. Lean bison, chicken or turkey can be made more delicious with a blend of pork. This same tip can be used with a lot of vegetarian protein options! Cut down your meat content by subbing breadcrumbs, tofu, tempeh, mashed potatoes or cooked rice. It's a helpful way to save money and make a little go a long way.



Another tip, always taste test a small bit of your meat mixture for seasoning before you cook the whole thing. Just form a little tablespoon sized patty, fry it up, then try it. It's better to find out if you need more salt, pepper or spices at this point than after you cook it all and wind up with underwhelming meatballs or kebabs.

Remember for safety reasons all ground meats should be fully cooked. That's why we at Choices always grind our meats in house so we can ensure food safety is paramount. Look for our organic and raised without anti-biotics pork products to be sure you're getting the best available.

Contrary to popular believe, you don't have to wait for ground hog day to enjoy some fresh minced pork.



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

MARK YOUR CALENDAR



Heal Your Gut For Good

with Cheryl Grant, President and CEO of Vitality

Tuesday, September 27th
7:00pm -8:30pm

IN PERSON AT CHOICES MARKET - SOUTH SURREY
3248 King George Blvd., Surrey

Join Cheryl Grant as she shares tips to heal your gut for good. Finally end bloating and gas, and gain your energy back with VITALITY.

Free event.

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

Event Sponsored By:
Vitality



Natural Ways To Relieve Inflammation & Pain

with Dr. Jennifer Brix, ND

Wednesday, September 28th
7:00pm -8:30pm

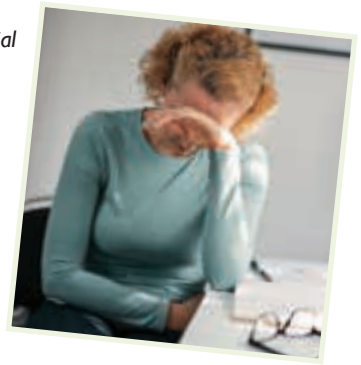
IN PERSON AT CHOICES MARKET - SOUTH SURREY
3248 King George Blvd., Surrey

Learn about why inflammation is essential to life and how to preserve its beneficial effects while blocking the negative associated with it.

Free event.

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

Event Sponsored By:
Vitality



Wednesday, September 7th
7:00-8:30pm

Yoga Therapy For Nourishing Sleep

with Leila Stuart, BA, LLB, C-IAYT

ONLINE ONLY

Join Leila to learn how improving your sleep with Yoga Therapy can benefit your mental and physical health in this accessible gentle class.

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



New!

Watch our recorded seminars on YouTube! Visit choicesmarkets.com for more info.

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/

Fall Into Comfort

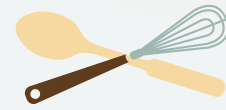
By D'Arcy Furness, RHN
Choices Markets South Surrey

Fall is nearly here! Get ready to pull on your boots, wrap yourself in your favourite sweater and head out into the crisp day, kicking rustling leaves underfoot. Celebrate autumn at Choices Markets with our gorgeous, local, economical, seasonal produce. You'll get the freshest, most nutritious food, save money, and with a reduced carbon footprint, make the best choice for the planet!

For a major dose of yummy and comfort, whip up some roasted fall veggies. The ultimate in simplicity and convenience, always make extra for an easy roasted vegetable soup another night. Multiple meals with little effort – and kiddos will love them too! Swap out your favourite veggies, adjusting the cooking time accordingly.



COOK IT UP



Roasted Fall Veggies

1 Medium Sweet Potato

1 Large Yukon Gold Potato

1 Large Chioggia or Golden Beet

2 Large Carrots

1 Medium Parsnip

1 Medium Rutabaga or Celeriac Root

**1 Delicata Squash, cut and seeded
(no need to peel)**

6 Garlic Cloves chopped in half lengthwise

5 Shallots chopped in half lengthwise

1/4 Cup Extra Virgin Olive Oil

Salt & Pepper to taste

Directions:

Preheat oven to 400° F

**Cut Veggies into 3/4" cubes and place
into a big bowl**

**Peel Garlic, Shallots and chop in half
lengthwise, add to bowl.**

**Drizzle 1/4 cup Extra Virgin Olive Oil,
Salt and Pepper to taste and mix well.**

**Arrange on pan(s) and tuck sprigs of
rosemary, thyme and/or sage.**

**Roast about 35 - 40 minutes or until
Veggies are fork tender**

**Save half for a soup and savour these
fresh hot veggies along side your
favourite protein for dinner tonight!**

Helpful Tip:

To make soup, puree the extra veggies and 1 1/2 - 2 cups of chicken or veggie stock in batches in a blender. Add 1/2 cup cream or coconut milk. Season to taste. Reheat slowly and enjoy with Choices fresh artisan bread. Try the Caramelized Onion and Rosemary Sourdough!

SEPTEMBER 1-15 ONLY

club specials

Earth's Own Oat Beverages



Regular Oat

3⁹⁹

1.75L

+deposit +eco fee

Naked Oat

4⁹⁹

1.75L

+deposit +eco fee

Oat milk so creamy you'll wonder why you ever bothered with dairy.

Nature's Path Organic Boxed Cereal



4⁴⁹

283g - 400g

A comforting bowl of goodness to start your morning.

Earth's Choice Organic Rainforest Alliance Certified Coffee



9⁹⁹

340g

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

Love Good Fats Keto Friendly Bars



1⁹⁹

39g - 40g

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

Tree Island Grass Fed or Greek Yogurt



4⁴⁹

325g - 350g

We make artisan Cream Top yogurt using local ingredients and traditional kettle cooking.

Uncle Luke's Organic Maple Syrup



22⁹⁹

1 L

Canadians know good maple syrup, so choose Uncle Luke's for great taste and quality.

Smart Sweets Low Sugar Candy



2⁹⁹

50g

Kick sugar and keep the sweets with Smart Sweets candy.

Green & Black's Organic Fair Trade Chocolate Bars



3⁹⁹

90g

Premium quality chocolate for a truly decadent experience.

Angie's Boomchickapop Popcorn & Puffs



3⁹⁹

125g - 198g

Whole grain popcorn with live out loud flavour for a snack you can feel good about eating.

Kettle Brand Krinkle Cut Chips



4⁴⁹

397g

It doesn't get more crispy and crunchy than these chips. Perfect for dips!

General Assembly Frozen Pizzas



8⁹⁹

321g - 376g

Naturally leavened frozen pizzas made with premium ingredients for a gourmet taste.

7th Generation Easydose Natural Liquid Laundry Detergent



17⁹⁹

683ml

Each press of the button gives you the perfect amount of detergent for your wash.

SEPTEMBER 16-30 ONLY

club specials

Bob's Red Mill Oats



3⁹⁹-8⁹⁹

Assorted Sizes

The best oats around! Perfect for oatmeal cookies, granola bars, or hot oatmeal.

Califia Dairy-Free Beverages & Cold Brew Coffee



Dairy Free
Beverages

4⁴⁹

1.4L
+deposit +eco fee

Cold Brew

4⁹⁹

1.4L
+deposit +eco fee

Enjoy the rich comforting taste of a creamy glass of milk without the dairy!

Kicking Horse Organic Fair Trade Whole Bean Coffee



Regular Varieties

13⁹⁹

Decaf

14⁹⁹

Our coffee beans offer a broad assortment of tastes and aromas.

Happy Planet Organic Juice



3⁹⁹-4⁹⁹

1.75L - 1.89L
+deposit +eco fee

Feel good juices for happier people and a happy planet.

GT's Organic Raw Kombucha



7⁹⁹

1.4L
+deposit +eco fee

The original kombucha brand that started the craze.

Annie's Homegrown Mac & Cheese Side Dishes



2⁹⁹

149g - 170g

Deliciously cheesy side dishes that are perfect for the whole family.

Hardbite Natural Potato Chips



2⁹⁹

128g - 150g

We've mastered the chip so that you can enjoy the most satisfying crunch around.

Barbara's Cheez Puffs



2⁹⁹

155g - 198g

These cheesy and crunchy puffs are the snack attack you'll be happy to have.

Ritter Sport Chocolate Bars



2⁹⁹-3⁴⁹

100g

Delicious European chocolates that are so delicious that they're hard to share.

Pacific Organic Soup



4⁹⁹

946ml - 1L

Hearty and delicious, these soups are the perfect meal for cooling autumn days.

Earth's Choice Coconut Milk & Cream



2⁹⁹-3⁴⁹

400ml

Add richness to your culinary creations with delicious coconut flavour.

GoGo Quinoa Organic Pasta



3⁴⁹

227g

Finally, a quinoa pasta with both great taste and texture!

Packing Allergy-Friendly Lunches & Snacks For Back to School

with RD Amy Chow



It's that time of the year, families are gearing up to go back to school and navigating food allergies can add another layer of planning and consideration. Good eating habits can be encouraged from a young age and helping your child make healthy food choices while navigating a food allergy is entirely possible. Here are a few things to consider when packing lunches and snacks to school.

Aim For Balance:

Choose at least 3-4 food groups for a meal and 1-2 food groups for a snack. Try to include a variety of food groups (protein, grains, fruits, veggies) for taste, balance, and nutrition.

Swap Out the Nuts:

Many schools have a peanut-free and/or nut-free policy, check with your child's particular school and class to help protect other children with food allergies. Seeds and seed butters are great easy alternatives to nuts and nut butters, and a great source of healthy fats, protein, iron, and fibre. Be sure to check the label and assess the risk for cross-contamination.

Adapt these ideas as needed for your child's allergen(s).

Allergy Friendly Lunch ideas:

- Wraps: pita bread + mashed chickpeas + vegetables (lettuce/cucumber/carrots) + apple
- Sandwiches: smoked tofu + hummus + vegetables on whole grain toast
- Pasta salad: whole grain pasta + salad dressing + cucumbers + black beans + cheese
- Rice balls: rice + canned tuna + mixed vegetables (peas/corns/carrots)
- Pumpkin seed muffins + bell peppers + tomatoes

Visit my website at www.chowdownnutrition.com for lots of simple to make and allergy friendly snack ideas!



I have been practicing as a Registered Dietitian in BC, Canada since 2011 since completing my training at McGill University. Most importantly, I am a mom of a 5 year old kindergartener who is constantly testing boundaries and helped me gain a lot of real life perspectives! I work with families on introducing solids, managing picky eating, gain clarity around food allergies and/or intolerance, resolving digestive symptoms, as well as supporting eating disorder recovery. If you're interested in learning more about family and pediatric nutrition visit www.chowdownnutrition.com

Does Sugar Really Cause Hyperactivity in Children?

By Rachelle Duckworth, RD



Q What effect does sugar have on our body?

A There are two categories of sugars: naturally occurring and added sugars. Naturally occurring sugars are found in whole foods such as milk and fruit, whereas added sugars are found in many processed foods. For the most part, our body cannot tell the difference between natural and added sugars. Both are used by our body to create energy for immediate use or storage. However, processed sugar lacks additional nutrients such as fibre or protein that are found in their whole food counterparts.

Q Does processed sugar cause hyperactivity in children?

A Hyperactive behaviour is common in children and many parents worry it's the result of consuming processed sugar. However, reliable evidence shows no discernible effect of sugar on hyperactivity, attention problems or poor behaviour in children.

Q Should I allow my child to eat sugar?

A A nutrient dense diet is key to supporting a child's growth, development and learning. This can be achieved by using the Plate Model based on the Canada's Food Guide; focus on including a variety of fruits and vegetables, whole grains and protein-rich foods.

Although highly processed foods should be limited, they can still be a part of a healthy diet. Allowing your child to consume added sugar may help to prevent feelings of overindulgence and guilt in times of access. Additionally, it promotes a healthy relationship with food that can continue into adulthood.

Q Can diet help improve symptoms of hyperactivity?

A There is no one food or nutrient that will decrease symptoms of hyperactivity, however, foods rich in omega-3 fats, iron, zinc and magnesium may benefit children with low blood levels. Offer your child a variety of foods such as omega-rich fish, nuts and seeds, legumes and soy products.

Tasty Top Choices Recipe



Savoury Sheet Pan Tart with a2 Milk™, Zucchini and Goat Cheese

Ingredients:

1 Sheet Puff Pastry
3 Eggs, divided
Flaked Sea Salt
2/3 cup a2 Milk™ 3.25 % Homogenized Milk
½ tsp. Kosher Salt
2 Tbsp. Chopped green onions
2 Tbsp. Chopped parsley
1 cup Zucchini, sliced into thin coins
Black pepper, to taste
140 g. Soft goat cheese

Direction:

1. Preheat the oven and prepare the puff pastry according to package directions. Line a half-sized sheet pan with foil.
2. Roll out the pastry to fit the pan, about 5 mm thick. Place it on the foil.
3. In a small bowl, whisk one of the eggs. Reserve the other two for the filling.
4. Brush 1-inch of the pastry's outer edge with the whisked egg. Roll or fold the edge over twice and crimp with a fork. Lightly brush the top of the rolled edge with egg and sprinkle with flaked sea salt.
5. Place a lightweight rectangular baking dish in the centre of the pastry and par-bake until puffed around the edge but not browned, 5-8 minutes.
6. Meanwhile, whisk together the remaining two eggs, a2 Milk™, and kosher salt.
7. Remove the rectangular dish and fill the pastry well with the egg mixture. Top with sliced green onions, chopped parsley, squash coins and small knobs of goat cheese.
8. Bake until the edges of the crust are golden, and the egg is just set, about 20 minutes.





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.

Plant-Based

Very Good Butchers:

Want to enjoy the end of patio season with your meat-loving friends but haven't found a good plant-based alternative? If you haven't already heard of the Very Good Butchers you're missing out! Their plant-based meats are a great alternative to meat as they are high in protein. You won't be missing out on meeting your nutrient needs, and of course, they taste unbelievably great!



Grocery Gossip

Blender Bites:

Smoothies are a great vessel for getting in some added nutrition in the day. Blender bites make it even easier to get in your daily fruits and vegetables and other important nutrients in a simple shake and drinkable form. Simply add a bite or bites to water or your liquid of choice (we recommend dairy or non-dairy milk for added nutrition!) shake and drink!



Fresh Produce

Plums:

This delicious fruit is a nutrient powerhouse! Plums can be consumed fresh or dried, as prunes. Their health benefits are plentiful, as they contain fibre and vitamin C. Plums can be easily incorporated into your diet by having them as a snack, in yogurt or even in a salad.



Garlic:

Garlic belongs to the Allium family of plants and is related to onions, shallots, and leeks. Research shows that in high doses of garlic may help to lower cholesterol, reduce blood pressure and help to shorten the duration of the common cold. Garlic is easily added to stir-fries, pasta sauces, marinades, dips, and salad dressings. When cooking with it, it is imperative to crush, mince, and wait at least 10 minutes before cooking to allow the beneficial compounds in garlic to fully form.



Top Choices Recipe

Fall Garlic Corn Salad

By Kelsey Moore RD

Serves: 6

Ingredients

- 1 can Black Beans
- 1 can Lentils
- 1 small can Corn
- 1 Cucumber
- 1 Medium Container Cherry Tomatoes (about 30 Tomatoes)

1/8 of an Onion

Half a bunch of Cilantro

240 g Goat Cheese

Optional: Sub 2 ripe Avocados for Goat Cheese

Dressing

- 1 Lime, juices
- 1/2 Cup Extra Virgin Olive Oil
- 2 Cloves Crushed Garlic

Rinse corn and beans, add to a large bowl,

Chop tomatoes, cucumber, onion, and cilantro, add to bowl

Prepare dressing: mix all ingredients in a separate bowl.

Pour dressing over salad mixer.

Top with crumbled goat cheese or diced avocado.



Botanica Organic Perfect Proteins & Perfect Greens



Perfect Organic Greens

32⁹⁹

154g - 216g

Perfect Protein & Elevated Protein

48⁹⁹

629g-840g

An organic plant protein blended with adrenal-supporting superfoods.

NutraSea Omega-3 Fish Oil Supplements



Assorted Varieties

20% Off

Assorted Sizes

Ultra-pure, great tasting high quality omega-3. Helps support the maintenance of good health, cardiovascular health, brain function and more.

Genuine Health Kids Vitamins & Supplements



Fermented Superfood

18⁹⁹

88g

Probiotics or Omega-3 + Vit D

22⁹⁹

30 Chewables or 150ml

An omega-3 fish oil made to support your child's health! Support healthy development of your child's brain, eyes, bones, teeth, nerves and cognitive health and provide blue light support.

Anderson's Health Solutions Elete Electryte Add-In



13⁴⁹

120ml

18⁴⁹

250ml

Elete Electrolyte Add-In™ is the pure, original electrolyte concentrate without calories, sugars, or artificial ingredients.

Living Alchemy Vitamins & Supplements



Assorted Varieties

25% Off

Assorted Sizes

Your Flora WOMAN:Vaginal Balance & UTI, 35-Strain Plant-based Probiotics, Prebiotics & Enzymes.

Pure-lē Natural Chlorophyll



Unflavoured or Mint

17⁴⁹

450ml

Pure-lē Natural Liquid Greens Chlorophyll is both food and healer.

Kyolic Aged Garlic Extract Supplements



Assorted Varieties

20% Off

Assorted Sizes

This convenient, high-potency formula supports healthy cholesterol levels, which are already within normal ranges and overall heart health.

Purica Cardio Probiotic & Fiberlicious

Buy a Cardio Probiotic and get a Free Fiberlicious 250g



22⁹⁹

30 Caps

Source of probiotics to support gastrointestinal health and cardiovascular health by promoting favourable gut flora and healthy cholesterol level.

Acure Facial and Body Care



20% Off

Assorted Sizes

100% VEGAN. The perfect combination of super nutrients for powerful products that take skin & hair from blah to brilliant.

Dr. Bronner's All-One! Pure Castile Soap



19⁹⁹

946ml

Dr. Bronner's soap is concentrated, biodegradable, versatile and effective. Made with organic and certified fair trade ingredients.

Himalaya Botanique Toothpaste



5⁹⁹

113g-150g

Cleansing fibres from Bamboo Stem Powder leave you with clean teeth and a bright smile.

Shikai Borage Therapy Body Care



Hand Cream

8²⁹

72.5ml

Body Lotion

14⁹⁹

232ml-238ml

Borage Therapy keeps skin healthy and supple long after the lotion is applied – and even after it's washed away.

New Roots Probiotics

Assorted Varieties

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!

MegaFood Vitamins & Supplements

Assorted Varieties

20% Off

Assorted Sizes



Our full line of premium multivitamins pair essential vitamins and minerals with real food from trusted farm partners, because we believe our bodies recognize real food. We offer supplements for the whole family, whether you're looking for convenience, potency or multis that are age and gender-specific. Find your multivitamin and take it daily for optimal wellness. MegaFood® Men's One Daily is specifically formulated without iron to support the health and wellbeing of men.* (Iron is not recommended for men unless specifically directed by their healthcare practitioner.) Our convenient, once-daily multi nourishes the whole body.* FoodState® B vitamins assist with already healthy cardiovascular function, healthy energy production and nervous system health,* while 400 IU (10 mcg) of FoodState® Vitamin D supports healthy bones/* Zinc, an essential mineral, supports prostate health.*

Flora Ferritin+

Assorted Varieties

26⁹⁹

30 Caps



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-Constituting + Non-toxic

Salus Manna-Fig Syrup

15⁹⁹

200ml



We should aim to have at least one easy-to-pass, fully evacuated bowel movement per day. If you are having infrequent, difficult-to-pass, or incompletely evacuated bowel movements, then you're likely experiencing constipation. Constipation can be caused by many factors, including dehydration, inflammation in the gut, unhealthy gut flora, stress, low-fibre diet, or a slow metabolism. The incomplete elimination of waste can cause auto-intoxication, where we reabsorb metabolites from the colon, and it leads to a build-up of toxins in the body. This can cause symptoms of fatigue, brain fog, low mood, hormonal issues, acne, pain, and bloating. Manna-Fig Syrup is a gentle laxative that provides an effective solution for occasional constipation. Figs have been traditionally used to support regular bowel function. Manna ash softens the stool to alleviate pain associated with constipation.

Dessert Essence Hair & Body Care

25% Off

Assorted Sizes



A deeply nourishing treat for dry skin, this coconut oil body lotion softens and delights. Organic Coconut and Jojoba Oil help protect your skin's natural moisture barrier, Organic Hibiscus and Passion Fruit leave you feeling soft and sensuous, and a light Coconut aroma leaves your skin deliciously scented.

"The way it smells is heavenly and the way it feels is divine. I get compliments on how great I smell and how soft my hands are. It absorbs well and it is not greasy. I use it on my whole body. It is gentle and natural. I just love it!!" - Shelby

Innovite Muscle Rescue

45⁹⁹

196g



Muscle Rescue
2x muscle building action vs whey!
Looking for greater results and want to step up your game?
Muscle rescue is powered by Reginator, a patented, optimized vegan blend of amino acids clinically proven to increase muscle tissue growth. It's shown to provide a remarkable 800% INCREASE in strengthening muscle during surgical recovery (perfect for taking pre or post surgery for rapid recovery)
Not working out enough? Have limited mobility? This is clinically proven to prevent muscle loss without exercise.
Also an ideal product for vegans and the lactose intolerant.
Great tasting fruit punch flavour!

Nordic Naturals Omega-3 Fish Oils



20% Off

Assorted Sizes and Varieties

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

Natural Factors Vitamin C and Quercetin Supplements



20% Off

Assorted Sizes and Varieties

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

Prairie Naturals Vitamins & Supplements



20% Off

Assorted Sizes and Varieties

Aqua Greens support the body's daily detoxifying process while controlling inflammation, cholesterol, blood sugar and appetite.

Flora Probiotics



20% Off

Assorted Sizes and Varieties

These live friendly bacteria colonize in your system, shoring up your natural microflora.

Lean Fit Proteins



Organic Plant-Based

29⁹⁹

715g

Grass Fed Whey

35⁹⁹

825g-875g

Fuel, build, and maintain muscle with our deliciously smooth, high-quality LEANFIT WHEY PROTEIN!

Honibe Vitamins & Lozenges

Lozenges

4²⁹

10 Pack

Vitamin D or Kids Multivitamins

14⁴⁹

70 Gummies



Honibe Honey Lozenges are made with 100% pure Canadian honey.

Sibu Sea Berry Therapy Facial Care & Supplements



25% Off

Assorted Sizes & Varieties

Harvested responsibly and environmentally sensitively, we make sure our Sea Buckthorn is produced through our proprietary process to ensure you receive nothing but the highest quality product.

Avalon Organics Shampoo & Conditioner



9⁹⁹

325ml

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.

Herban Cowboy Natural Deodorant



9⁹⁹

80g Stick

11⁹⁹

80g Spray

Smell great and feel good knowing your deodorant is aluminum free, cruelty-free and never tested on animals.

Aura Cacia Essential Oils, Body Oils and Bath Products



20% Off

Assorted Sizes and Varieties

Use Aura Cacia body care products to moisturize skin while enjoying the aromatherapy benefits of your favourite essential oils.

Dr. Bronner's Bar Soaps



4⁹⁹

490g

Made with certified fair trade ingredients and organic U.S.-grown hemp seed oil for a soft, smooth lather that won't dry your skin. Biodegradable in a 100% post-consumer recycled wrapper.

Urban Spa



20% Off

Assorted Sizes and Varieties

The bamboo and jute bath mitt will cleanse and exfoliate, leaving you with perfectly polished skin.

Healthology Sleep-Great Sleep Formula

1849

30 Capsules



SLEEP-GREAT works by enhancing the body's natural sleep hormone pattern so that you enter all five stages of a healthy sleep, allowing you to wake up feeling refreshed every day.

Do you wake up feeling well-rested every day? You should! However, 43% of men and 55% of women report trouble with falling asleep or staying asleep. We know how great it feels to fall asleep easily, get a deep and restful sleep, and wake up feeling refreshed. What you may not realize is how important sleep is for our overall wellbeing.

Salus Floradix Kindervital

2399

250ml

3999

500ml



Floradix-Kindervital is a delicious food supplement for children providing vital calcium and vitamin D which are needed for normal growth and bone development. Floradix-Kindervital contains several fruit juice concentrates and selected herbs for a pleasant, slightly malty, taste. Floradix-Kindervital contains no alcohol, preservatives, colourings or artificial flavourings. It is lactose free and suitable for vegetarians. Contains herbal extracts, 9 vitamins and fruit juice concentrates Calcium and vitamin D are needed for normal growth and development of bones in children.

- Vitamins C, B6 and B2 contribute to maintain a normal immune system
- Pleasant, slightly malty, taste
- Without preservatives, colourings, artificial flavourings

Renew Life Supplements & Cleanses

20% Off

Assorted Sizes
& Varieties



Renew Life's CleanseSMART® Kit is a two-part, 30-day herbal cleansing program specifically formulated to cleanse and detoxify the entire body, with added focus on the body's two main detoxification pathways, the liver and the colon. Designed to reduce the toxic load in your body and relieve occasional constipation, CleanseSMART® also contains silymarin, a mixture of flavonolignans isolated from the botanical seed milk thistle, an herbal ingredient traditionally used for liver protection. FULL BODY CLEANSE: Ideal for people who have cleansed before and want a stronger cleanse for occasional constipation.

Genstra Probiotics

10% Off

Assorted Sizes
& Varieties



Genstra HMF Fit For School Probiotic Formula helps to reduce incidence of upper respiratory tract infections (URTI) symptoms. Also helps to support the immune system.

-Helps to reduce incidence of upper respiratory tract infection (URTI) symptoms

- Provides 12.5 billion CFU of live microorganisms that temporarily modify gut flora
- Includes 50 mg of vitamin C and 1000 IU of vitamin D per serving
- Chewable tablets with a delicious natural blackcurrant flavour

Nelson Naturals Crush and Brush -Zero Waste Toothpaste

1099

60ml



Raise your hand if you're trying to reduce plastics in your life ... Raise your hand if your toothpaste still comes in a plastic tube ... ok, hands down and say hello to Crush & Brush!

A mess-free, convenient, portable and perfectly portioned toothpaste tablet.

Lightweight, perfect for travel or to brush on the go.

Twice the size of other toothpaste tablets, you will only need one to get your teeth squeaky clean.

- Fluoride free
- Vegan
- Gluten Free

Essential Oxygen Rinse Organic Mouthwash

Toothpaste
or Polish Mouthwash

1199 1599

57g-113g

473ml



The original flavour of the top selling natural mouthwash, just got tastier! This super-powered oral rinse refreshingly cleans your whole mouth; gets your teeth their sparkly whitest and kills bad breath germs! Use it as a rinse before you brush OR as a rinse to brush with!

MORNING MOUTH PROTOCOL

While we sleep at night our bodies are in cleanse cycle and our saliva doesn't circulate. Consequently, we wake up with a mouthful of bad oral bacteria and not the best breath. Rather than swallow this bacteria with your first drink of water, spit out your saliva and swish with our Organic Mouthwash for 60 seconds while you do other morning activities. Spit out the foamy rinse (foam = cleaned mouth!) and if you choose, rinse with water. Your mouth and body will thank you.



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

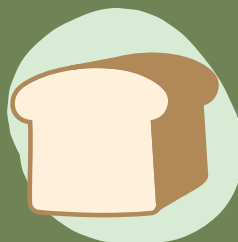
HEALTHY CHOICES MADE SIMPLE



PLANT-BASED



ANTI-INFLAMMATORY



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GUT-FRIENDLY

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