



# CHOICES'

Monthly Newsletter | November 2022

## The Dish on WINTER SQUASH

**ENTER TO WIN!** A Year's Supply of VIP Cleaning Products!

Top 5 Nutrients For Healthy **Glowing Skin**

**Prostate Cancer** Awareness



# the grape vine



## Remembrance Day

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



## Star Of The Season

Every holiday season, our stores begin to glow with the stars, all thanks to our Star of the Season program. This is a campaign that helps the most vulnerable members of our communities have an amazing holiday season. From November 15th to December 24th, the cashiers at your local Choices Markets will be our cheerleaders as we raise funds for local neighbourhood houses. Last year, thanks to generous Choices customers like you, we were able to raise over \$54,000. To learn more, visit [www.choicesmarkets.com](http://www.choicesmarkets.com)



## HEALTHY CHOICES MADE SIMPLE



PLANT-BASED



ANTI-INFLAMMATORY



GLUTEN-FREE



GUT-FRIENDLY

## NUTRITION TOURS ARE BACK!

Sign up for a **FREE** nutrition tour personalized to your needs with the Choices Nutrition Team in-store or online at [choicesmarkets.com](http://choicesmarkets.com)



# NOW HERE

## ALL-NEW ONLINE CHOICES

[SHOP.CHOICESMARKETS.COM](http://SHOP.CHOICESMARKETS.COM)





# the Dish

## on Winter Squash



In 1600 when the first Europeans arrived and settled what is now Rhode Island, they were met by the Narraganset people. They had inhabited this part of the northeast coast for millennia. The Narraganset were eating and using what the first settlers thought to be a melon, which they called askupasquash and this is where the name squash is thought to have originated.



Related to cucumbers and other melons, there are now over 900+ varieties of squash being grown today. There are two main groups, Summer squash, which includes zucchini, patty pan, yellow crookneck among others, and Winter squash which include acorn, butternut, delicata, kabocha, spaghetti, pumpkins and more. The main difference between these two is that summer varieties have thin skin and not completely formed seeds. This makes them 100% edible fruit. Winter squash have thicker skin, denser flesh and fully formed seeds, meaning they have to be peeled, deseeded and cooked to be eaten.

Winter squash, used as both vessels and as food, are distributed and found all over the Americas, with the main origin for most varieties being centered in Mexico. Hybridization of squash has resulted in a huge number of varieties, which can all trace their lineage from twenty wild species. Modern squash that is commercially available is linked to just 5 of those wild varieties. A true marker that Fall has arrived is the arrival of winter squash on our produce shelves.

When shopping, always pick squash with firm exteriors and no cracks or soft spots. Depending on variety and ripeness, squash can be stored for a very long time, even months if kept cool, making it ideal as a cellar storage crop. It can be steamed, grilled, sauteed, fried or baked. Squash is a worthy star of the plate, but is often used

as a component in other dishes. Soups, sauces, fillings for pastas, meats or fish, casseroles, and of course lasagnas and risottos are all great ways to incorporate squash. Small squash are a great serving option. Bake them in the oven with a filling of your choice. Nutritious salads with slices of cooked squash mixed with kale and grains are a healthy way to enjoy this veggie.



Of course, while you may think of squash as a savoury delight, remember that pumpkin is a winter squash. Pumpkin pie is as synonymous to Fall as anything out there, but there's no reason other squash varieties can't be made with a sweet tooth in mind. All sorts of sweet treats from ice creams, sorbets, puddings, cheesecakes, waffles or donuts can be made with squash in mind. All of these tasty ideas, and I've even run out of room to write about what to do with the seeds! Infinite is what the book on cooking with winter squash looks like to me.



So whether you're pumpkin iron at the gym, or just hitting balls at the squash court, you'll be loaded with energy and nutrition when enjoying squash in your kitchen.



**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

**Tuesday, November 8th**  
**7:00pm - 8:30pm**

## Heal Your Gut For Good

with Cheryl Grant, President and CEO of Vitality

**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.

**Sponsored  
By Vitality**

**Free event.**

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



**Wednesday, November 16th**  
**6:00pm - 7:30pm**

## Cooking Class: Eating with No Added Sugars

with Renee Chan RD, BSc., MS, MBA, Chef

**IN PERSON AT CHOICES MARKET - Kitsilano**  
2627 W 16th Ave., Vancouver

Learn how you can cut down on sugar  
in your everyday life!  
Come join us in creating delicious  
desserts that will contain no added  
sugars.

**Free event.**

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



**Wednesday, November 23rd**  
**7:00pm - 8:30pm**

## Host Defense Mushrooms For Immune Health

with Dr. Miranda Wiley, ND

**IN PERSON AT CHOICES MARKET - Kitsilano**  
2627 W 16th Ave., Vancouver

Let Dr. Miranda teach you about  
the multi-benefits of adding  
Host Defense Mushrooms to your  
daily routine for Immune Health.

**Sponsored By  
Host Defense**

**Free event.**

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



**Thursday, November 24th**  
**7:00pm - 8:30pm**

## Ester-C by Sisu: Critical to Everyday Immune Health

with M. Dino Halikas

**ONLINE ONLY**

Learn about the benefits of  
supplementing with Vitamin C  
and why Vitamin C is  
important for good health.

**Sponsored By:**



**Free event.**

Register online at [choicesmarkets.com/events](http://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](http://choicesmarkets.com)  
for more info.

## REGISTRATION DETAILS

**To register for events, visit [choicesmarkets.com/events](http://choicesmarkets.com/events).**  
For inquiries, please call 604.952.2266 or email [eventregistration@choicesmarkets.com](mailto:eventregistration@choicesmarkets.com).

Choices Markets Nutrition Department Disclaimer Statement: The views and opinions expressed by the presenter do not necessarily represent those of Choices Markets and its employees. Choices Markets is not responsible for and does not verify the accuracy of any of the information presented. The information presented does not constitute medical or other professional advice and is for education purposes only. Seminar schedules are subject to change. For the most current schedule, please visit [www.choicesmarkets.com/events/](http://www.choicesmarkets.com/events/)

## Tasty Top Choices Recipe



### Raw Sauerkraut Maki Rolls with Chives and Smoked Salmon

8 to 10 slices of smoked salmon  
or smoked trout  
1 green apple  
375 ml jar of Karthein's sauerkraut  
1/2 small lemon  
1 ripe avocado  
2 tbsp. cream  
2 tbsp. chives finely chopped  
Pepper

#### Directions:

Chop the sauerkraut roughly and put it in a bowl.

1. Grate the green apple. Mix with sauerkraut. Sprinkle with a drizzle of lime juice and mix together.

2. Put everything in a clean cloth. Squeeze above the sink to remove all vegetation water. Return to the bowl.

3. Add the chopped avocado, chives, cream and pepper. Mix well.

4. Place a strip of food films on your worktop. Juxtapose 4 slices of smoked salmon, overlapping slightly to form a rectangle. Shape a roll of the length of your rectangle with half of the sauerkraut mix. Arrange it on the salmon rectangle 1 cm from the edge and form a roll by tightening well. Repeat the process by forming a rectangle with the remaining 4 slices of smoked salmon. Place your two rolls in the freezer for about twenty minutes to facilitate cutting.

5. Take the rolls out of the freezer. Cut out sections about 1.5 cm high. Decorate each maki with a little salmon or trout eggs, sprigs of chives or a green apple match.

#### For Decoration:

Chopped Chives



## ENTER TO WIN

### A Year's Supply of Cleaning Products

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

Four lucky Choices customers win an amazing prize pack from V.I.P. Soap Products and EchoClean of a year's supply of cleaning supplies, worth over \$800.

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 November 1 to 30, 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.



NOVEMBER 1-15th ONLY

# club specials

Liberté Greek Yogurt  
or Greek Crunch Yogurt



**349**

Selected Varieties

Greek 4 Pack or Greek Crunch 2 Pack

Deliciously creamy yogurt, conveniently packed  
for on the go snacks.

Tree Island  
Greek Yogurt



**1199**

1.5kg

Tasty cream top yogurt, made at a size the  
whole family can enjoy.

Kicking Horse Organic Fair  
Trade Whole Bean Coffee



**1399**

454g

Wake up and kick ass  
with Kicking Horse's  
organic coffees.

Nuts to You  
Organic Peanut Butter

Smooth or Crunchy



**599**

500g

Nothing in these jars  
but the good stuff, just  
simple peanuts.



Silk True Almond  
Beverages

**299**

946ml  
plus deposit  
and eco fee

Perfect for coffee, cereal,  
smoothies and more!

Faith Farms Cheese



**599**

360g - 380g

From pizza to sandwiches, these cheeses are  
perfect for any recipe.

Kettle Brand  
Krinkle Cut Potato Chips



**449**

397g

The crunch you love, now  
the perfect shape for  
holding up to thick dips.

Ritter Sport  
Chocolate Bars



**299**

100g

These colourful chocolate squares are made  
from the best chocolate and premium flavours.

Vita Coco  
Coconut Water



**199**

500ml  
plus deposit  
and eco fee

Hydrate nature's way,  
with Vita Coco's delicious  
coconut waters.

7th Generation  
Natural Dish Soap



**299**

Liquid, 562ml

Made with renewable,  
plant-based ingredients  
for people and planet.

7th Generation Natural  
Laundry Detergent



**1399**

Liquid, 2.66L

Made with recyclable  
packaging for a  
sustainable product  
inside and out.

7th Generation Diapers



**2299**

Assorted  
Sizes

Made with sustainably harvested plant pulp to  
help nurture our forests.

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



Pacific Foods  
Organic Soups

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

946ml - 1L

Made with the best in delicious ingredients for a wow worthy bowl of soup.

La Tortilla Wraps  
& Simmer Sauces



**2<sup>49</sup>**

Tortillas, 240g - 496g

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

Sauces, 85g

Perfect for any Mexican recipe, from tacos to enchiladas and more.

Rocky Mountain Frozen  
Artisan-Style Pizzas



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

Other Varieties  
**8<sup>99</sup>**

370g - 430g

These flatbreads are more than just frozen pizza, they're made with quality in mind.



Kettle Brand  
Potato Chips

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

220g

The crunch you love, in tons of delicious flavours.



Barbara's  
Cheese Puffs

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

155g-198g

Cheesy and crunchy for the snack attack you're happy to have.

Choices' Own  
Organic Cheese



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

235g

We source our cheese from the best local organic producers.



Alter Eco  
Organic Fair Trade  
Chocolate Bars

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

75g-80g

Made from Fair Trade chocolate, so you can enjoy every delicious bite.



GT's Organic  
Raw Kombucha

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

1.4L  
plus deposit  
and eco fee

The original kombucha brand that started the worldwide craze!



San Pellegrino  
& Perrier  
Sparkling Water

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

750ml - 1L  
plus deposit  
and eco fee

Refreshing sparkling water sourced from natural springs.

Bob's Red Mill  
Gluten-Free Oats



Selected Varieties

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

794g - 907g

The perfect oats for baking and more.

Terra Granola  
Premium Granola



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

850g - 1kg

Made in Vancouver, these granolas are satisfying in your morning bowl or on the trail.

Just Egg Plant-Based  
Egg Alternative



Folded or Scrambled

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

227g - 355g

Cooks just like eggs, but totally plant-based!



# Prostate Cancer Awareness

By Erin Roman, RD with Inspire Health



Did you know that prostate cancer is the most diagnosed cancer in Canadian men? There are almost 25,000 new cases each year. There are several options and considerations when it comes to treatment including surveillance, surgery, radiation, chemotherapy, and hormone therapy. These treatments may bring about different side effects, however there are strategies that can support along the way. In fact, some research shows that intensive lifestyle and diet changes can stop or even reverse progression of the cancer.

Cancer and its development are complex. When it comes to prostate cancer, there are factors that can increase the risk of its development including family history, genetics, ethnicity, and age. There are also possible associations between lifestyle factors, such as nutrition, and prostate cancer and knowing more can be empowering.

## Physical Activity:

Exercise during and after prostate cancer can have a positive impact on both quality of life, such as improving energy and mental health, and survival. Numerous studies have demonstrated that 90 minutes of moderate-to-vigorous activity such as biking, jogging, or swimming and 2 resistance training sessions per week reduces the risk of prostate cancer recurrence and significantly improves survival.

## Stress Reduction:

We are beginning to see potential associations between psychosocial factors such as stress and cancer progression in animal studies. Beyond this correlation, we know that stress reduction can have a profound effect on our health and wellbeing. Breathing practices, meditation and seeking counselling support are just a few ways of starting a path towards decreased stress.

## Nutrition:

Nutrition can play a crucial role before, during, and after cancer treatment. Generally, consuming a plant-based diet, where most foods come from plants, is associated with a lower risk of developing prostate cancer and a reduced risk of cancer recurrence and progression. Here are a few other nutrition tips to consider:

- Fill  $\frac{1}{2}$  your plate with a wide variety of coloured fruits and vegetables. Generally, the different colours indicate the different kinds of antioxidants they contain.
- Use  $\frac{1}{4}$  of your plate as a guideline for your protein serving. Choose plant-based proteins such as beans, lentils, or tofu when possible and benefit from the added fibre. If choosing animal-based options, go for leaner meats and fish most often.
- The last  $\frac{1}{4}$  of your plate is for starchier carbohydrates such as whole grains, potatoes, etc. Whole grains are a wonderful opportunity for increasing fibre and protein.
- Omega-3 fats can be supportive. Foods such as wild fish, chia seeds, walnuts, hemp hearts and ground flax, are just a few options.
- Beneficial nutrients from certain whole foods such as isoflavones (tofu, edamame, soy milk, etc.), flavonoids (green tea), lycopene (cooked tomatoes, watermelon), and cruciferous vegetables (broccoli, cabbage, brussels sprouts, kale, etc.) have all been shown to be potentially associated with a decreased risk of prostate cancer and progression.
- Consider meeting with a Registered Dietitian for a personalized approach designed to help you with any nutrition concerns including optimizing your nutrition, dealing with digestive concerns, managing side effects and more.

**InspireHealth**  
Supportive Cancer Care

InspireHealth Supportive Cancer Care is a non-profit that enhances the quality of life for those affected by cancer. For over 25 years, InspireHealth has supported the physical and emotional health

of cancer patients and their loved ones during and after cancer with free services and programs. Support is available every step of the way through individual appointments with our physicians, dietitians, exercise therapists, counsellors as well as a comprehensive weekly schedule of 15-20 virtual group classes and workshops. All programs and services are free of charge to anyone with a current or past cancer diagnosis and their support people. Join us to get started today: [www.inspirehealth.ca](http://www.inspirehealth.ca).



# Do Blood Sugar Spikes Lead To Major Health Problems?

By Rachelle Duckworth, RD

Our blood sugar levels fluctuate throughout the day, but do higher levels lead to major health problems? Read on to find out!

## Q What is a glucose spike?

**A** Glucose spikes occur when sugar builds up in the bloodstream. The cause of this can be attributed to a number of factors, including your diet. Consuming carbohydrates, such as pasta or potatoes, will raise your blood sugar regardless of whether you are diabetic or in good health.

## Q How do glucose spikes affect diabetics?

**A** For people with diabetes, restoring normal blood sugar levels after a glucose spike may be more challenging. This is due to either a lack of insulin or a decreased response to insulin. Insulin is a hormone that regulates the amount of glucose in the blood, where it mobilizes excess sugar for the body to use immediately or store as energy for later use. Amongst this population, chronically high blood sugar levels can lead to heart disease, blindness, neuropathies, and kidney failure if not managed properly.

## Q Among healthy people, do blood sugar spikes cause similar health complications?

**A** People in good health have a tightly controlled metabolic system, which allows them to release insulin and respond to it effectively by rapidly restoring healthy blood sugar levels following a glucose spike. Having said that, maintaining healthy blood sugar levels is still encouraged to promote satiety and maintain stable energy levels.

### To maintain healthy blood sugar levels, follow these 3 tips:

1. Eat smaller, more frequent meals throughout the day. This way, you'll prevent excessive hunger, which could cause you to overeat carbohydrate-rich foods that spike blood glucose levels.
2. Combine carbohydrates with protein, fat, and fibre. By doing so, digestion is slowed and blood glucose levels are reduced.
3. As a way to help control your blood sugar levels, try engaging in some sort of activity 10-15 minutes after eating. It could be as simple as taking a walk, climbing the stairs or doing chores like vacuuming.



# Top 5 Nutrients for Healthy Glowing Skin

By Wendy Wells, BSc., MS, RHN

Many of us are good at remembering to support our skin health on the outside such as using sun protection and moisturizers. But the true secret to skin health lies much deeper below the surface. What you eat is just as important as what is in your cosmetics cupboard.

**Collagen:** The most abundant protein in our bodies, think of it as the glue that holds our skin together and gives it elasticity. Collagen levels decline as we age, and this can lead to more saggy, wrinkled skin. Supplementing with collagen peptides or consuming natural sources of collagen or protein can be supportive for skin health.

**Vitamin C:** This well-known antioxidant vitamin helps our bodies make collagen and fights against cellular damage caused by sun exposure and other pollutants. While supplements are popular, it is always best to consume your vitamin C in food form so include plenty fruits and vegetables in your diet. Top sources are berries, kiwi fruits and bell peppers.

**Omega-3 Fats:** These anti-inflammatory nutrients are incredibly important to skin health, particularly for anyone suffering from inflammatory skin conditions such as eczema, rosacea and acne. Although fatty fish such as salmon and trout are top sources of this essential nutrient, try to include other omega-3 rich foods such as walnuts, ground flax seeds, chia seeds and egg yolks in your diet regularly.

**Zinc:** This mineral is involved in skin healing and helps maintain healthy skin membranes. Top food sources include pumpkin seeds, grass fed beef, lamb, chickpeas and lentils.

**Vitamin A:** Plays a crucial role in maintaining healthy skin. Your body can make Vitamin A from Beta carotene which is the pigment that gives the orange and yellow colour to plant foods. Rich sources include sweet potatoes, butternut squash, kale, spinach and carrots.







## 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.

### Top Choices Recipe



#### Comforting Plant-Based Pear Pizza

By Rachelle Duckworth, RD

- 1 - 2 Pears, sliced thinly
- 1/4 - 1/3 cup Pine nuts, toasted
- 1/2 Onion, sliced thin and caramelized
- Vegan brie/gouda, sliced (quantity to taste)
- 1 large handful of Kale, shredded and massaged
- Hot honey, to taste
- Olive oil
- Ultra thin Pizza Crust (Golden Home Bakery)

#### Directions

1. Preheat oven to the temperature indicated on the crust box. As your oven is heating, prepare your ingredients.
2. Lightly coat the crust with olive oil. Evenly place your toppings in the following order: cheese, pear, onion, kale and pine nuts. Note: leave the hot honey till the end.
3. Bake your pizza for the time indicated on the crust directions. Once it's finished cooking, drizzle with hot honey prior to serving.



#### Pears:

*Pears are an underrated fruit!*

Pears are both delicious and highly nutritious. Crisp or soft, these bell-shaped fruits make a sweet addition to a healthy diet. Pears are beneficial for improved digestion and reducing risk of heart disease, diabetes, and inflammation. Look for BC local pears in October and November.

They're only available for 2-4 weeks, so get them while you can!

Not sure what to do with them? Try adding them in oatmeal, muffins, fruit crumble, or salads. I recommend making this pear pizza recipe for a creative twist!





### Nona Vegan Sauces:

Adding nutrient-dense foods to your diet has never been easier! With a unique blend of cashews and spices, Nona Vegan emulates the taste and mouthfeel of real Italian sauces all while staying dairy and gluten-free. Cashews are a rich source of fibre and heart-healthy fats which helps slow digestion and promote satiety. Additionally, they contain minerals like copper, magnesium, and manganese, which contribute to energy production, brain function, immunity, and bone formation. Simply enjoy this plant-based deliciousness with pasta, roasted vegetables, sandwiches and salads!



### Organika Hyaluronic Acid:

Hyaluronic acid (HA) is a water-retaining substance that lubricates and moistens tissues. It is naturally produced by the body, but external factors such as aging and UV exposure can reduce its levels. Dietary HA may prevent this decline, however, depending on the desired outcome dosages may vary. In osteoarthritis patients, 80-200mg/d for at least two months may reduce knee pain, while 120-240mg/d for at least one month supports healthy, youthful skin. If you plan to take any new dietary supplements, always consult your healthcare provider first.



### The Cultured Coconut:

Increase the diversity of your gut microbiome with this dairy-free probiotic food! In just one tablespoon of Cultured Coconut, you get 4+ trillion CFU which may help manage or prevent various diseases such as IBD, IBS, type 1 diabetes, obesity and other health concerns. These microbes can withstand our stomach acid, therefore are able to reach our intestinal area alive and active and have a positive effect on our gut microbiome. You can add The Cultured Coconut to a smoothie, yogurt, cold overnight oats, juice, or on its own!



### Olympic Kefir:

Ever wondered what's the difference between kefir and yogurt? Yogurt making involves the addition of lactic acid bacteria to milk whereas kefir is made by adding lactic acid and kefir grains (a type of yeast) to milk, then both products undergo a fermentation process. Kefir is a source of important nutrients like calcium, and protein. Some kefir, like Olympic Kefir, also contain probiotics, live bacterial cultures that benefit the consumer. What are some great ways to use kefir? Try adding it to smoothies, overnight oats, or just drink as a snack!



NOVEMBER 1-15 ONLY

wellness centre

### NutraSea Omega-3 Supplements



**20% Off**

Assorted Varieties & Sizes

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

### Natural Factors Vitamin & Supplements



**20% Off**

Selected Varieties & Bonus Bottles

Magnesium regulates growth and development, and supports immune function and temperature regulation.

### Suku Vitamin & Supplement Gummies



**25% Off**

Assorted Varieties 60 Gummies

SUKU Vitamins are the most convenient way to manage your functional wellness and maintain your beauty.

### SierraSil Joint Formula Products



**20% Off**

Assorted Varieties & Sizes

Research shows SierraSil Joint Formula 14™ supports joint, cartilage and muscle function.

### BeeKeeper's Naturals B.Powered Superfood Honey



**31<sup>99</sup>**

330g

This therapeutic blend of royal jelly, bee pollen, propolis, and raw honey is designed to support those heavy, low energy days while supporting your immune system and more.

### Gandalf Hawaiian Spirulina 1000mg



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

60 Tablets

**42<sup>99</sup>**

120 Tablets

Spirulina is a type of blue green algae rich in protein, carotenoids, essential fats, and trace minerals.

### Flora Sleep•Essence



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

500ml

Sleep•Essence eases restlessness and insomnia, allowing you to fall asleep more easily and stay asleep all night.

### Nature's Way Ultimate Iron



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

90 Softgels

Nature's Way Ultimate Iron replaces iron loss for vital energy and stamina.

### New Roots Organic Pumpkin Seed Protein



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

450g

New Roots Herbal's Pumpkin Seed Protein powder is packed with 10g of protein with a diverse amino-acid profile.

### NENA Glacial Skin Care



**30% Off**

Assorted Varieties & Sizes

NENA is a natural skincare brand whose core is Glacial Oceanic Clay, a unique kind of earth only found in BC, Canada.



### Tints of Nature Henna Cream

**16<sup>99</sup>**

70ml

Made with natural henna and plant extracts, Tints of Nature Henna Cream offers a healthier way to colour your hair.

### Green Cricket Hand Wash



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

300ml

### Body Wash & Lotion

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

500ml

Our foaming hand washes are good for both you and the environment! 100% natural. Cruelty free. Vegan. Gluten-free. Biodegradable. No SLS, SLES, parabens, PEG, artificial fragrances or colours.



### Bio-K Plus Extra Probiotics

**25<sup>99</sup>**  
6 Pack



The NEW Extra line of vegan drinkable probiotics contains our unique and exclusive formula of 80 billion live and active good bacteria in addition to the active ingredient Cereboost® (American ginseng)- a scientifically supported active ingredient studied for its effects on cognitive performance, cognitive function and working memory. Good gut health can support a healthy lifestyle. Our unique probiotic strains can help support gut microbiota by sending beneficial bacteria to the digestive tract. Go the extra mile, with Bio-K+ Extra

### A.Vogel Prostate 1

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

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



Sabalasan® Prostate Relieves BPH symptoms saw palmetto caps 1 capsule a day! Sabalasan Prostate 1 prevents and relieves BPH (benign prostate hyperplasia) symptoms. Sabalasan® Prostate 1 is the ONLY Saw Palmetto product proven to improve:

- Sexual drive & satisfaction
- Erectile function
- Ejaculatory function

All symptoms improved by 40% after only 8 weeks.

### Efamol Evening Primrose Oil 1000mg

**28<sup>99</sup>**  
90 Softgels

**48<sup>99</sup>**  
180 Softgels



Beautiful skin doesn't come from creams, lotions or serums. It starts inside, with what you put in your body. If you want skin that's positively glowy, moisturize from the inside out with Efamol® Beautiful-Skin Evening Primrose Oil. Evening primrose oil (EPO) is naturally rich in GLA—a skin-loving omega-6 fatty acid that minimizes fine lines, wrinkles and dull skin. Efamol® uses a patented evening primrose plant, Rigel®, which is grown in selected areas of The Netherlands and New Zealand by dedicated farmers and is higher in GLA than other varieties. Efamol is the only brand clinically proven to improve skin moisture, elasticity and firmness. Let your natural beauty shine through, with Efamol.

### AOR SAME 400mg



**63<sup>99</sup>** 30 Tablets **104<sup>99</sup>** 60 Tablets

SAMe's effectiveness to support a balanced mood is demonstrated by many clinical studies. SAMe is in fact so effective for boosting a low mood that it is legally registered as a prescription drug in several European countries for mood balance. One study showed that SAMe was as effective as a common prescription medication for mood. It is thought that SAMe works by help boosting serotonin, dopamine and melatonin levels in the brain, low levels of which are commonly associated with mood imbalances such as anxiety and depression. SAMe has also been found to support joint health in osteoarthritis patients as effectively as a popular anti-inflammatory drug by reducing inflammation and protecting joint tissue from degradation.

### African Fair Trade Shea Butter

Unscented or Lavender

**5<sup>99</sup>**  
57g

**9<sup>99</sup>**  
114g



Shea butter restorative, healing and protective qualities are why it is found in the highest quality beauty products. Our West African raw unrefined 100% pure Shea butter organic & unscented is concentrated with the maximum benefits that produce amazing results for protecting, restoring or healing the skin. Use to intensely moisturize, heal or treat the skin. Available in 100% pure unscented and scented versions.

### Hyalogic Skin Care

**20% Off**

Assorted Varieties & Sizes



Hyalogic®'s Coenzyme Q10 Face Serum combines ultra-hydrating Hyaluronic Acid with Coenzyme Q10. This light, non-greasy formula helps to hydrate and nourish the skin as well as lessen the appearance of fine lines and wrinkles. We believe in the shortest ingredient list possible. You don't need the entire periodic table to be effective, and we work tirelessly to include only the necessities.



Natural Factors Vitamin C & Quercetin Supplements



**20% Off**

Assorted Varieties & Sizes

Enhanced source of the antioxidant quercetin that is used in herbal medicine to protect blood vessels, and protect against oxidative stress.

Salus Vitamins & Supplements



**20% Off**

Assorted Varieties & Sizes

Containing nutritional iron in a gentle-to-digest and easily absorbed formula with vitamin C, essential B complex vitamins, and herbal extracts to help you live your best life.

Joy of the Mountains Oil of Oregano



**20% Off**

Assorted Varieties & Sizes

100% Certified Organic Ingredients; Wild, Handpicked, Certified Organic Oregano from the Mediterranean.

Genuine Health Gut Superfoods & Greens+



**20% Off**

Assorted Varieties & Sizes

Made with 22 fully-fermented plant-based organic superfoods and prebiotics, fermented organic gut superfoods+ nourishes a healthy gut ecology for total body health.



Healthology Lung-FX Formula

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

90 Capsules

LUNG-FX works by supporting the lungs' natural defense systems.



Pascoe Tussiflorin Thyme

**14<sup>99</sup>**

100ml

Help relieve coughs, symptoms of bronchitis and catarrhs of the upper respiratory tract.

Organika Bone Broth Powder



Beef or Chicken

**36<sup>99</sup>**

Original or Ginger, 300g

Veggie Broth

**36<sup>99</sup>**

300g

A 100% pure and natural product free from additives such as emulsifiers and fillers.

Gabriel Natural Cosmetics



**20% Off**

Assorted Varieties & Sizes

Gabriel Cosmetics is committed to sustainable natural beauty and earth-conscious practices, never compromising on ingredients.

Decode for Men Body Care



**25% Off**

Assorted Varieties & Sizes

Decode personal care products are clean, natural, high-performance products designed for men.

Dom's Natural Deodorant



**17<sup>49</sup>**

50ml

Vegan, 100% Natural, 85% Organic Strength: Extra-strength. All day odour control.



Avalon Organics

Shampoo or Conditioner

**11<sup>49</sup>**

325ml

Shower Gel

**11<sup>49</sup>**

350ml

Formulated with organic botanicals and essential oils, Avalon Organics® gentle, safe and effective plant-based shampoos and conditioners.



All Good Organic Body Care

Body Lotion

**11<sup>49</sup>**

177ml

Healing Balm

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

57g

Lather organic coconut body lotion all over and watch your skin hydrate and glow. Non-greasy, made with botanical ingredients.



### New Roots Exotic Skin Oils

**20%  
Off**

Assorted  
Varieties & Sizes



Experience this selection of our most popular exotic oils: Argan Oil, Rosa Mosqueta Seed Oil, Tamanu Oil, and Skin Lovers' Oil.

You can discover many benefits such as:

- Nourishing hair, nails, and skin
- Reducing the appearance of stretch marks
- Reducing the signs of aging skin
- Deeply hydrating your skin
- Improving skin elasticity

### Smart Solutions Hormone Support Supplements

**20%  
Off**

Assorted  
Varieties & Sizes



Adrenasmart is a comprehensive formula that offers support for physical and mental functions in anyone experiencing periods of chronic stress. Adrenasmart contains herbs that have adaptogenic properties, meaning they support the body and help bring it back into balance. This non-stimulative approach ensures your body is getting the support it needs. These adaptive qualities are what allows Adrenasmart to support both energy and sleep.

### Newco Broccofusion & BroccoSpa Body Care

**20% Off**

Assorted Varieties & Sizes



BroccoSpa Advanced Anti-Aging Facial Treatment Creme 50ml with Sulfuraphane & Shitake Mushroom Extracts Essential Oil of Blood Orange For All Skin Types Contains a synergistic blend of exotic oils, extracts and potent antioxidants, providing a wealth of nourishment for your delicate skin;

- Reverses the Visible Signs of Aging
- Minimizes the Look of Dark Circles
- Improves Tone and Texture of Skin
- Protects Against the Drying Effects of the Sun & Abuse of the Elements

### Progressive VegEssential All In One

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

840g - 1080g



VegEssential combines the benefit of an entire cupboard full of supplements with the ease of consuming a single smoothie. This simple to use all-in-one formula not only provides unmatched nutritional density, it also provides unmatched convenience. VegEssential embraces the wisdom of consuming an alkaline-forming, whole-food diet and draws on almost 100 plant-based ingredients to deliver an incredible spectrum of nutrients. It is also dairy, trans fat and cholesterol free, with no added sugars and no artificial flavours, colours or sweeteners.

### Purica Ashwagandha Stress Relief & Sleep Support

**31<sup>99</sup>**

120 Capsules



Balance. Strengthen. Restore. Widely used in Ayurvedic medicine, Ashwagandha (Withania somnifera) helps reduce symptoms of stress such as sleeplessness, fatigue, irritability and inability to concentrate. Helps reduce cortisol and C-reactive protein — the biomarkers of physical stress and inflammation. Sensoril® optimized Ashwagandha has been shown to reduce cortisol levels by over 24 percent, and to significantly increase DHEA levels. (DHEA helps restore the body to balance following a stress reaction.)

### Nixit Menstrual Products



Menstrual Cup

**44<sup>99</sup>**

each

Wash

**14<sup>99</sup>**

163ml

Save hundreds of dollars annually with a cup that lasts up to 5 years. The original menstrual disc made in Canada. Nixit is a suction-free, reusable, BPA-free menstrual cup that fits you. FDA registered, medical grade silicone. One Size Fits All, no matter your shape or size. Nixit confirms to you. 12-Hour Protection. Perfect Period Accessory. Reconnect with your cycle and your body. Made in Canada!





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 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

# Choices' Star of the Season Program

November 15th – December 24th

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

For more details on each neighbourhood house, please visit our website, [www.choicesmarkets.com](http://www.choicesmarkets.com).

### All proceeds are donated to ten different organizations:

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

I donated to  
**STAR of the SEASON**

