



FALL SAVINGS

100% BC OWNED AND OPERATED

Chicken Thighs
Bone In, Raised
Without Antibiotics

5.99/lb

13.21/kg
Value Pack

Choices' Own Pot Pies

7.99

248g - 285g

Choices' Own Hot Chili

1.00 off

8oz, 16oz & 32oz

Organic Long Seedless Cucumbers

LOCAL
from

Origin
Organics,
Delta

**2/
7.00**

Organic Large Cauliflower

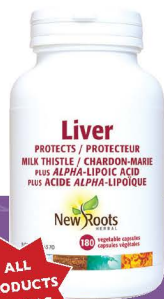
from USA

**4.98
each**

**Choices' Own Whole Wheat
or White Bread**

**4.29-
4.99**

500g & 530g



**New Roots
Vitamins &
Supplements**

20% off

Assorted Sizes



**Uncle Luke's
Organic Maple
Syrup**

22.99

1L



**Bremner's
Frozen Fruit**

30% off

Assorted Sizes

For a limited time, enjoy **free pickup** from your local Choices |
choicesmarkets.com

Prices Effective
October 20 - 26, 2022

PRODUCE

For a limited time, enjoy **free pickup** from your local Choices
choicesmarkets.com

Prices Effective
 October 20 - 26, 2022

Organic Spartan Apples



4.98
 1.36kg
 bag

Organic Red Tomatoes On the Vine - 8.77/kg



3.98
 /lb

Blueberries

HOT PRICE

2/600
 170g

from Peru

Organic Bartlett Pears



4.98
 1.36kg
 bag

MEAT

Beef Striploin Steaks 37.46/kg

Grass Fed, Value Pack
 from New Zealand/Australia

16.99
 /lb

Marinated Chicken Breasts 26.43/kg



Raised Without Antibiotics
 made in store

11.99
 /lb

Whole Chicken 12.10/kg



Raised Without Antibiotics

5.49
 /lb

Lamb Steaks or Roasts 35.25/kg

Raised Without Antibiotics
 Grass Fed

15.99
 /lb

Soup ETC!



2/10.00
 700ml

Fresh Rockfish Fillets

2.99
 /100g

Pork Tenderloin 22.02/kg



Raised Without Antibiotics

9.99
 /lb

Ground Pork 13.21/kg



Raised Without Antibiotics

5.99
 /lb

BBQ Salmon Tips

Regular or Peppered

3.29
 /100g

GROCERY

For a limited time, enjoy **free pickup** from your local Choices | **choicesmarkets.com**

Prices Effective
October 20 - 26, 2022



Blue Diamond
Almond Breeze

3.99

1.89L
+deposit +eco fee



Avalon Organic
Milk

6.49

1.89L Homo & 2%
+deposit +eco fee

6.79

1.89L Chocolate
+deposit +eco fee



Earth's Own Oat Barista
Blend or So Nice Coffee
Creamer Barista

2/6.00

946ml
So Nice

4.99

946ml
Earth's Own



Traditional
Medicinals
Organic Tea

4.49

16 Tea Bags



Natural Traditions
Focus Fuel Coffee and
Organic Traditions
Organic Tea & Lattes

30% off

Assorted Sizes



Mogiana Coffee

13.99

340g



Elias Creamed
or Liquid
Squeeze Honey

7.99

500g



Coco Natura
Organic Sweeteners,
Seasoning & Sauces

30% off

Assorted Sizes



Wholesome
Organic
Sweeteners

30% off

Assorted Sizes



Nature's Path
Organic Hot
Cereal

4.49-4.99

6 Pack & 8 Pack



Terra Breads
Premium
Granola

7.99

340g - 454g



Liberté
Greek or
Méditerranée
Yogurt

2/7.00

Assorted Sizes
Select Varieties



L'Ancêtre
Organic Butter

5.99

250g

8.99

454g



Dairyland
Sour Cream

3.69

750ml



Good Juu Eco
Friendly Laundry
Strips

9.99

30 Pack



Just Egg
Plant-Based
Egg Alternative

5.99

227g - 355g

Rabbit River Farms
Vegetarian Fed Free Run Eggs



5.99

One Dozen



Nature Clean
Natural Liquid
Laundry Detergent

12.99

3L

15.99

4.5L

GROCERY



Humble Organic
Potato Chips

2/7⁰⁰
150g



Angie's
Boomchickapop
Popcorn & Puffs

3⁹⁹
Assorted Sizes



Nora Seaweed
Snacks

2/7⁰⁰
32g & 45g



Spread'em
Kitchen Co.
Cashew Dips &
Spreads

30% off
Assorted Sizes



Annie's Crackers,
Cookies & Fruit
Snacks

30% off
Assorted Sizes



Laiki Black
or Red Rice
Crackers

2/7⁰⁰
100g



Sweet Nutrition
Cookies

4⁴⁹
68g



Zazubean
Organic Fair
Trade Chocolate
Bars

3⁹⁹
80g - 85g



Whittaker's
Chocolate Bars

4⁴⁹
200g - 220g



Chapman's
Frozen Yogurt

5⁹⁹
2L



Brew Dr. Organic
Kombucha

2/6⁰⁰
414ml
+deposit +eco fee



Good Drink Organic
Spritzers & Iced Tea

2/4⁰⁰ 2/5⁰⁰
355ml Spritzers
+deposit +eco fee 473ml Iced Tea
+deposit +eco fee



Righteous
Sorbetto &
Gelato

6⁹⁹
562ml



Mate Libre Organic
Yerba Mate

2/4⁰⁰ 14⁹⁹
250ml Single
+deposit +eco fee 8 Pack
+deposit +eco fee



Kiju Organic
Juice

2/5⁰⁰
4 Pack or 1L
+deposit +eco fee



Suzie's Organic
Condiments

30% off
Assorted Sizes



Daiya Dairy-Free
Plant-Based Cream
Cheese and Mac &
Cheeze

30% off
Assorted Sizes



Frontier Organic
Spices & Herbs

30% off
Assorted Sizes

DELI

Choices' Own Breakfast Bagels, Burritos, English Muffins & Parfaits



20% Off

Choices' Own Honey or Praga Ham Antibiotic Free



349 /100g

Choices' Own Ready to Eat Wraps



999 each

Yorkshire Valley Farms Organic Chicken or Turkey



899 150g

Habibi's Hummus & Dips



399 200g - 240g

Indianlife Naan & Tortillas



699 each

Cows Creamery Extra Aged or Applewood Smoked Cheese



499 /100g

Bothwell Cheese



349 /100g

BAKED GOODS

Choices' Own Cinnamon or Caramel Pecan Crumble Cake



NEW

399 190g & 200g

Choices' Own Cheesecake, Nanaimo or Brownie Bars



699 150g - 200g

Golden West English Muffins



299 6 pack

Little Northern Bakehouse Gluten-Free Bread



599 455g - 567g

Wendel's 8" Gluten-Free Apple or Strawberry Rhubarb Pie



1099 each

Silver Hills Sprouted Power Bread



499 430g - 615g

**Happy Anniversary, Choices Abbotsford
Saturday, October 22nd ONLY!**

10% OFF

THE ENTIRE STORE,
INCLUDING SALE ITEMS

Anniversary sale is only available at Choices Abbotsford | Sale not available online

GROCERY



Lundberg
Organic Rice

7⁹⁹-8⁹⁹

907g



RightRice
Alternatives

4⁹⁹

170g - 198g



Caulipower
Cauliflower
Frozen Pizza

7⁹⁹

310g
Vegetarian

9⁹⁹

310g & 320g
Meat Varieties



Field Roast Plant-Based
Products

30% off

Assorted Sizes



Earth's Choice
Organic Coconut
Products

30% off

Assorted Sizes



Spectrum
Cooking Oil &
Mayonnaise

30% off

Assorted Sizes



Garofalo
Pasta

2/6⁰⁰

500g
Regular

2/7⁰⁰

400g
Gluten-Free



VG
Gourmet
Burgers

5⁹⁹

400g

WELLNESS



Vega One &
Vega Sport
Products



4⁹⁹

Assorted Sizes



Smart Solutions Lorna
Vanderhaeghe
Vitamins and
Supplements

25% off

Assorted Sizes



Garden of Life
mykind Organics
Vitamins and
Supplements

20% off

Assorted Sizes



The Kelowna
Candle Factory
Beeswax
Candles

20% off

Assorted Sizes



Natural Factors
Digestive Enzymes
& Digestive
Support

20% off

Assorted Sizes



Nature's
Way Herbal
Supplements

20% off

Assorted Sizes



New Chapter
Turmeric Force

29⁹⁹ 49⁹⁹

60 caps 120 caps



Sundhed
Himalayan
Bath Salts &
Salt Lamps

20% off

Assorted Sizes



Organika
Collagen Powder

32⁹⁹

500g Enhanced Collagen
or 250g Marine Collagen



Joy of the
Mountains Oil
of Oregano

12⁹⁹ 24⁹⁹

10ml 30ml

Wild Rose Herbal



D-Tox
Kit

49⁹⁹

One Kit



Dr. Bronner's
Non-GMO
Organic Castile
Soap and Lotion

6⁹⁹ 9⁹⁹

237ml 237ml
Soap Lotion



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Kerrisdale - 1888 W 57th Ave, Vancouver
Yaletown - 1202 Richards St, Vancouver
Cambie - 3493 Cambie St, Vancouver
Kitsilano - 2627 W 16th Ave, Vancouver
Commercial Drive - 1045 Commercial Dr, Vancouver

North Vancouver - 801 Marine Dr, North Vancouver
South Surrey - 3248 King George Blvd, Surrey
Burnaby Crest - 8683 10th Ave, Burnaby
Abbotsford - 3033 Immet St, Abbotsford
Kelowna - 1937 Harvey Ave, Kelowna

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