



# CHOICES'

Monthly Newsletter | December 2022

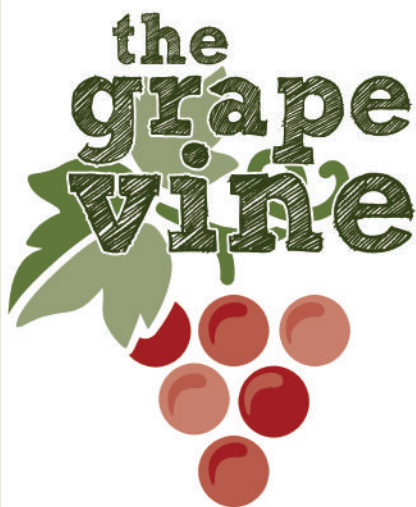
## THE DISH ON CHOCOLATE

20 Page Holiday Edition

Seasonal **Recipes**

Low FODMAP Holiday Help





## Happy Holiday

On behalf of the staff, management and ownership of Choices Markets, we'd like to wish all our customers and community members a Happy Holiday.

Not matter what holiday you celebrate at this most wonderful time of the year, we hope that you enjoy it with health, happiness and the joy of a fantastic meal.



## Donate to Star of the Season

Each holiday season, Choices' holiday charity campaign kicks into high gear.

From November 15th to December 24th, the cashiers at each Choices Markets location will be selling stars to raise funds for local neighbourhood houses. These neighbourhood houses are dedicated to helping those less fortunate in our communities, and this is just our way of helping to give back. 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)





# Holiday Recipes



## Turmeric Masala Hummus on Naan Crisp with Sliced Apples and Walnuts

### Ingredients

- Naan Crisps or Melba Rounds
- 227g Sunflower Kitchen Certified Organic Turmeric Masala Hummus
- 227g Sunflower Kitchen Basil Pesto
- Red Apple, Thinly Sliced
- Chopped Walnuts (toasted if preferred) for Garnish

### Instructions:

Place 1 tsp of Turmeric Masala Hummus on top of a Crisp or Toast.  
Top with Apple Slice.  
Place ½ tsp of Basil Pesto on top of Apple.  
Garnish with chopped walnuts.



## Smokey Red Pepper Hummus on Baguette with Avocado and Alfalfa Sprouts

### Ingredients

- 1 Baguette, Sliced (toasted if preferred)
- 227g Certified Organic Sunflower Kitchen Smokey Red Pepper Hummus
- 227g Sunflower Kitchen Basil Pesto
- Avocado, Peeled and Thinly Sliced
- Alfalfa Sprouts for Garnish

### Instructions:

Place 1 tsp of Smokey Red Pepper Hummus on Sliced Baguette.  
Place ½ tsp of basil pesto on red pepper hummus.  
Add a thin slice of avocado.  
Garnish with alfalfa sprouts.





# the Dish

## On Chocolate



**M**any are the passions in my life. Family, the outdoors, good food, and much more. But one food has a very close spot in my heart: chocolate. The origin of the word is from the Aztec *xocolatl*, which means bitter water in that ancient language. The belief was that the beverage made from cocoa beans was an aphrodisiac, and gave humans some supernatural powers.



Chocolate, and the cocoa tree, originated in Mesoamerica, but today, it is farmed around the tropical belt all over the world. More than 60% of the global production comes from just two countries, Ghana and the Ivory Coast.

Chocolate is the result of processing of the cocoa bean, harvested, de-podded, fermented, cleaned and roasted. These are the first steps in obtaining cocoa nibs, which are subsequently, ground into cocoa mass and chocolate liquor, to be further processed and separated into cocoa butter and cocoa solids. From here, the chocolate making process goes through more processing, finally yielding the magic bar we enjoy today.

In the 1600s, the colonial Europeans started consuming cocoa in Europe. It wasn't until 1828 when Dutch Chemist Coenraad van Houten discovered a process for separating the cocoa butter from the liquor that eventually would lead to the modern chocolate bar. This Dutch process was essential for modern chocolate, but the first bar wasn't created for nearly twenty years afterwards. In 1847 a British man named Joseph Fry was the first to make it in bar form.

It took until 1875 for milk to get added by the Swiss. Now over 175 years since the Dutch began experimenting, the chocolate bar has evolved into so many products.

The main difference in table chocolate is the percentage of cocoa mass and cocoa liquor. The exception is raw chocolate, which should be produced from only unroasted beans and formed into bars. Dark chocolate mostly only varies in cocoa mass percentage to sugar. Milk chocolate usually has a smaller percentage of cocoa, but it always contains milk solids, making it creamier than the dark variety. White chocolate is not true chocolate, made using cocoa butter, sugar and milk solids, but no cocoa solids. All three choices are nowadays mixed with thousands of different ingredients. Nuts, dried fruits, nibs, caramel, coffee, candy peels, spices and even salt flakes.



When shopping for chocolate, I follow a few rules. First, always buy your favourite bar, but also a second you've never had before. By trying a new one bar every time you go you might be surprised at what flavour combinations you love. Plus, now you have two chocolate bars instead of one! In addition, make sure you support Fairtrade and when possible, organic. Remember, that the dark days of winter are fine, even if bittersweet. Don't hesitate, just chocolate!



**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.**



# Stocking Stuffers

Prices Effective December 1 – 24, 2022

## Sundhed Himalayan Bath Salts



**7<sup>99</sup>**  
850g

Anyone can benefit from an invigorating salt bath. Bathing with Himalayan bath salts cleanses and rejuvenates the skin.

## Jason Naturals Toothpaste

Assorted Varieties

**6<sup>79</sup>**  
122g-170g



Jason, which has been pioneering the power of natural botanicals for many decades has created a unique formula for fluoride free toothpaste, which delivers fantastic results.

## Weleda Skin, Foot and Hand Mask



**19<sup>99</sup>**  
1 Kit

Hydrates dry cuticles, cracked fingers and help hands regain their natural glow.

## Rebels Refinery Lip Balm

Assorted Varieties



**4<sup>99</sup>**  
7g

Made from almond oil, coconut oil, lavender essential oil, and some more natural ingredients, our lip care collection will repair sensitive and dry lips.

## Radius Toothbrushes & Oral Care

Assorted Varieties

**20% Off**

Regular Retail

Radius is an eco-friendly toothbrush company inspired by nature and designed with purpose for a better you and a better world.



## La Luna Pebble Diffuser Stones

Assorted Varieties

**12<sup>99</sup>**  
3 Pack



A wonderful portable and convenient diffuser solution! Easy to use, just place a few drops of essential oil of your choice onto the plaster center of the disk.



DECEMBER 1-15th ONLY

club\*specials



Anita's  
Organic Flour  
White or  
Whole Wheat

**8<sup>99</sup>**  
2Kg

Choose locally milled  
flours with Chilliwack's  
Anita's Flour.

Lily's Stevia Sweetened  
Baking Chips Selected Varieties



**5<sup>99</sup>**  
255g

Perfect for low-sugar holiday baking.

Kicking Horse Organic  
Fair Trade Whole Bean Coffee

Selected Varieties



**14<sup>99</sup>**  
454g

Wake up and kick ass with  
these tasty organic coffees.



Simply Organic  
Vanilla Extract

**8<sup>99</sup>**  
59ml  
**16<sup>99</sup>**  
118ml

Perfect organic vanilla to add  
amazing flavour to all your  
favourite recipes.



Simply Organic  
Bottled Spices

**549-**  
**9<sup>99</sup>**

Assorted Sizes

No matter what spices  
your recipe needs, these  
organic spices are high  
quality and flavourful.

Wedderspoon Kfactor  
Manuka Honey



Kfactor 12  
**32<sup>99</sup>**  
500g

Kfactor 16  
**37<sup>99</sup>**  
500g

This manuka honey is  
unpasteurized, raw, delicious  
and healthy.



Bremner's Juice  
Cranberry  
or Blueberry

**12<sup>99</sup>**  
946 ml  
plus deposit and eco fee

Trust these BC made  
pure juices for all your  
recipe needs.

Stahlbush Island Farms  
Sustainable Frozen Vegetables

Selected  
Varieties



**24<sup>99</sup>**  
198g - 350g

Flash frozen at the peak of freshness for your  
table.

L'Ancetre Organic Butter  
Salted or Unsalted



**5<sup>99</sup>**  
250g

Authentic organic butter. Grass-fed,  
smooth and creamy.

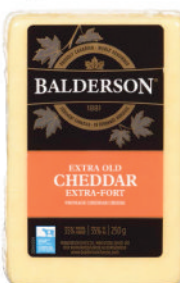


St. Dalfour  
Jams

**549**  
225ml

Delicious fruit spreads made  
in France's Bordeaux region.

Balderson  
Aged Cheese



**899-**  
**10<sup>99</sup>**  
250g - 280g

These award winning  
cheeses are a great  
centrepiece to a holiday  
charcuterie plate.

Liberté Yogurt



Kefir  
**449**  
1L

Greek  
**599**  
750g

Crafted using traditional Greek methods for,  
thick, rich, creamy and high protein yogurt.



DECEMBER 16-31st ONLY

club specials

### 49th Parallel Coffee



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

340g

Premium specialty coffees roasted in the heart of Vancouver.



### Uncle Luke's Organic Maple Syrup

**22<sup>99</sup>**

1L

There's nothing more Canadian than the taste of Maple Syrup!

### Liberté Méditerranée Yogurt



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

500g

Rich tasting yogurt, perfect for carrying intense fruit flavours.



### Zazubean Organic Fair Trade Chocolate Bars

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

80g-85g

Fun, funky chocolate flavours, perfect for snacks or stocking stuffers.

### Smart Sweets Low Sugar Candy



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

50g

Kick Sugar, Keep Candy!



### Twigz Craft Pretzels

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

130g

A new twist on a classic favourite, these made in Canada pretzels are packed with flavour.

### Zevia 0 Sugar Tonic or Ginger Beer Mixers



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

6 Pack plus deposit and eco fee

The perfect mixer for lower calorie cocktails!

### San Pellegrino Sparkling Italian Sodas



**1<sup>49</sup>**

330ml plus deposit and eco fee

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

6x330ml plus deposit and eco fee

The taste of Italy in a glass, these sodas are perfect for holiday parties.

### Mary's Organic Gluten-Free Crackers



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

142g-184g

For a tasty crunch, dip these crackers in hummus or serve your favourite toppings on them.



### Pacific Foods Organic Broths Selected Varieties

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

946ml - 1L

A good broth is the start to the best holiday recipes. Trust Pacific for yours.



### Spectrum Organic Mediterranean Extra Virgin Olive Oil

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

1L

These fine quality olive oils are perfect for dipping straight in to.

### Gardein Frozen Vegan Meat Alternatives Selected Varieties



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

Assorted Sizes

Perfect for a plant-based appetizer spread, or an entire meal.



# Q&A with Peter Higgins

## from ChocXO



**Q: Tell us about ChocXO and how the brand came to be?**

**A:** Chocxo, now made here just outside Vancouver, BC, in Delta, was originally founded as a bean-to-bar chocolate company. The brand has evolved over the last ten years into a fast-growing, better-for-you chocolate brand with a portfolio of astonishingly delicious, low in real sugar, organic chocolates available across Canadian retailers.

**Q: You can really taste the quality of your chocolate, where do you source your cocoa from?**

**A:** Our cocoa beans are sourced specifically from Peru and the Dominican Republic. Chocxo's recipes, developed through years of chocolate expertise and experience that spans decades, use only these Latin American fine-flavour cocoa beans that are naturally fruity, and less bitter than traditional "bulk" cocoa beans. Our Bean to Bar/Craft chocolate experience is at the heart of our exceptional taste experience.

**Q: We love that ChocXO is a low-sugar chocolate that doesn't miss on flavour, can you share with us what else makes ChocXO unique?**

**A:** Because we source flavourful, high-quality cocoa beans that are naturally more flavourful, there is no need for large amounts of additional sugar. Only a small amount of organic cane sugar is needed to underscore the chocolate's already incredible taste – we never use any substitute sweeteners or "natural flavour enhancers" to ensure the finest pure clean chocolate taste. Chocxo is also organic, kosher and gluten-free, which is very important to many of our fans. But, most importantly, Chocxo is truly astonishingly delicious. With our long time chocolate experience, we know that amazing taste is the MOST important and we have crafted phenomenal, low in real sugar recipes to delight the tastebuds. And, we are proud to be acknowledged by many awards - Chocxo products have been recognized by Good Housekeeping as the Best Chocolate Nut Butter, by Cosmopolitan as the Best Chocolate Snack, and by Clean Eating as one of the Best.

**Q: Do you have any new products coming out and if so, can you give us a sneak peek?**

**A:** Yes, we have two new astonishingly delicious products that will begin popping up in Canadian retailers later this year. First is our Dark Chocolate Coconut Cup. It is nothing like any nut butter cup you've ever tasted. Organic coconut is ground smooth and creamy then mixed with a slightly sweet white chocolate before being encased in our beautifully-balanced 85% cacao dark chocolate shell. The intense dark chocolate compliments the sweet-yet-nutty flavour of the coconut for a perfectly-portioned, low in sugar treat. Each cup satisfies that craving for only 3 grams of sugar. We are also introducing Chocolate Covered Coconut pieces - pure dried coconut coated in 85% cacao dark chocolate. The natural sweetness of the coconut pairs beautifully with the rich chocolate for a delicious, snackable treat.

**Q: With the holiday season coming up do you have any recipes you can share with us that we have to try?**

**A:** We always love to hear from our brand fans about how they are using Chocxo in recipes at home all through the year. I have two fun ideas. One Chocxo fan let me know that she puts one Coconut Almond Sea Salt Snap on top of her hot oatmeal every morning. The Snap melts and she gets the richness of the chocolate and the textures of the almonds and coconut to make her breakfast an amazing start to the day! Another fan let us know that they use our Almond Butter Cup in s'mores. Pairing a Chocxo Almond Butter Cup with graham squares and toasted marshmallow – doesn't get better than that!





## Low FODMAP Eating For The Holidays

By Dionne Legge, CNP, Nutrition Consultant Choices Abbotsford

The festive season is here! Managing a specific eating pattern can feel overwhelming during the holidays. If you are currently following the low FODMAP diet, here are a few tips to help you along the way:

**1. Eat before you go out:** Try having a low-FODMAP snack (like a firm banana and 10 almonds) or a small meal before you go to a party or event. This will ensure you will not arrive feeling hungry and anxious and can focus on having a good time. After all, that is what the holidays are all about. When it is time to eat, pick the foods you know are low FODMAP to fill up on. Be mindful of serving sizes and if you need a reminder on specific green light servings sizes refer to the Monash University FODMAP diet app.

**2. Bring something with you:** FODY salsa is an excellent sharable snack that everybody can enjoy. Pair the salsa with corn tortilla chips. Consider a FODMAP-friendly grazing platter. Choose low-lactose cheese such as cheddar, Swiss, or brie. Schär entertainment crackers are Monash certified and delicious. Olives are low FODMAP just watch out for the ones stuffed with garlic or onion. Gluten-free or sourdough stuffing balls would make a fun dish to bring to a turkey dinner, as the traditional stuffing will most likely be high in FODMAPs. A homemade low-FODMAP gravy would be another option of something you could offer to bring. If you need inspiration, Monash University has a free holiday recipe PDF book available on their website titled "A Monash FODMAP Christmas".

**3. Stock up on your favourite low FODMAP foods:** Popcorn, mandarin oranges, kiwis, peanuts! If you have extra time, try some new recipes that you can freeze. If you would like help with a grocery list or meal ideas reach out to your local Choices Markets nutrition team! Happy Holidays.

To learn more low FODMAP snack ideas check out our article *10 Simple Low FODMAP Snacks* on our website.



## Tasty Top Choices Recipe

### Holiday Nut Loaf

By D'Arcy Furness, RHN, Choices Market Nutrition Consultant South Surrey

#### Ingredients:

- 1 medium onion chopped
- 1 tbsp butter or extra virgin olive oil
- 2 cups finely chopped mushrooms
- 2-3 cloves garlic, minced
- 1 tbsp + 1 tsp Gathering Place poultry spice (or 1 tsp each of dried sage, thyme, marjoram and tarragon)
- ¼ cup veggie stock or red wine
- 2 cups cooked rice, white or brown
- 2 cups walnuts or pecans finely chopped
- 1 cup cashews or almonds, finely chopped
- 5 large eggs
- 1 cup cottage cheese
- 12 oz cheese, grated your choice, Swiss, Parmesan, Cheddar, Gouda, Gruyere or a combo
- 1-2 tsp salt and ½ tsp ground black pepper

#### Directions:

1. Pre-heat oven to 350F. Line two 8 ½ x 4 ½ loaf pans with parchment paper.
2. Sauté the onion in butter or oil until soft. Add mushrooms, a pinch of salt and pepper, and cook until mushrooms release juices. Add the garlic, and poultry spice and continue to cook until the pan begins to dry a bit. Add a tablespoon or two of the stock or wine and cook until reduced. Remove from heat and cool.
3. In a large bowl, toss the rice and nuts together. In a separate bowl, beat the eggs with the cottage cheese. Add the rice mixture to the rice/nut mixture, then stir in the cooled mushrooms and grated cheese.
4. Mix well. This can be refrigerated for up to one day if desired.
5. Fill the loaf pan with the nut mixture and smooth the top with a spatula
6. Bake for about 50 minutes or until loaves are firm and lightly browned (slightly longer if the mixture was refrigerated)

#### Vegan Loaf- swap:

- 1 cup Just Eggs for eggs;
- 1 cup mashed firm tofu with 1 tbsp of nutritional yeast
- 1 tsp lemon for cottage cheese and vegan shredded cheese for cheese







## Grocery Gossip



### A2 Milk:

What is A2 milk? The main protein found in cow's milk is casein protein which comes in two forms, A1 and A2. However, some cows naturally only produce milk that contains A2. Studies show that individuals drinking milk only containing A2 report fewer digestive symptoms like bloating, gas and diarrhea compared to traditional milk. Bottom line, if you are not lactose intolerant but still are still experiencing digestive concerns A2 milk may help to alleviate these symptoms! And great news, the taste is identical to traditional milk so no need to sacrifice flavour here.

## 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.

## Choice Produce Picks

### Sweet Potatoes:

Are you still feeling hungry shortly after you eat a meal? In addition to protein and healthy fat, whole, starchy carbohydrates are essential when building a satiating meal. They provide us with a good source of fibre and slow-burning energy that helps fuel our body and mind throughout the day. Sweet potatoes are a great source of fibre, containing ~7g in just one cup!

Additionally, evidence suggests that part of the reason why they're so filling is because of a specific protein which may play a role in appetite reduction.



### Cranberries:

Cranberries are very high in antioxidants, including quercetin. Quercetin is a natural pigment present in many fruits, vegetables and grains, however, it is most abundant in cranberries. This nutrient may help to promote a healthy immune system, as it works by reducing inflammation and boosting the immune system and is thought to reduce the risk of illness.

To help decrease your risk of catching a seasonal cold, try throwing cranberries into your next salad, nourish bowl or homemade trail mix!





## Fresh Produce

### Cabbage:

Cabbage is a cruciferous vegetable that may promote good digestion and general health. It contains soluble fibre, which is a type of carbohydrate that cannot be broken down or absorbed by your digestive system. Besides promoting regular bathroom visits, it also contributes to a healthy gut microbiome. There is a strong link between our overall health and the types of bacteria found in our gut, which are in turn influenced by our eating patterns. Boost your gut health with this fibre-rich cabbage roll recipe!



## Tasty Top Choices Recipe

### Grilled Cabbage Rolls

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

#### Ingredients:

##### Filling:

- 1-2 large napa cabbage, leaves separated
- 4 cloves of garlic, minced
- 1 tbsp fresh ginger, finely grated
- ½ cup mushrooms, finely diced
- 1 cup carrot, finely diced
- 1 cup red bell pepper, finely diced
- 1 small onion, minced
- 1 cup brown rice
- 1 block of Big Mountain Foods Soy-Free “Tofu”, crumbled
- 4 tbsp soy sauce
- 2 tbsp hoisin sauce
- 1 tbsp rice vinegar
- 1 tsp maple syrup
- 1 tsp sesame oil
- 1-2 tbsp sambal oelek
- 2 tbsp fresh mint, roughly chopped
- 1 bunch fresh cilantro, roughly chopped

**Optional:** Green onion for garnish

##### Directions:

1. Cook the cabbage leaves in a pot of boiling water for 1-2 minutes, or until they are tender. To cool, remove and place in a bowl of cold water.
2. To make the filling, heat an oiled frying pan on medium-high and add the garlic, ginger, and onion for 2-3 minutes or until fragrant.
3. Crumble in your “Tofu” and cook till it turns slightly brown and has firmed up (~5-10 minutes). Stir in your soy sauce, hoisin sauce, rice vinegar, sambal oelek and maple syrup.
4. Add your carrot, red pepper and mushrooms. Sauté with the “tofu” till your vegetables have softened. Turn off the heat and add the cooked rice, sesame oil, mint, and cilantro. Mix well and season further if needed.
5. Using a clean surface, place a cabbage leaf on a clean surface such as a cutting board. Add ~¼ cup of filling in the middle, fold in the ends, then roll up to seal. Repeat with the remaining ingredients.
6. Place a griddle over a high heat. Gently place the cabbage wraps on the griddle (flap side down) and cook on both sides until nicely browned/charred. When done, remove from the griddle and set aside.
7. To make the peanut sauce, add all your ingredients (except for the water) to a bowl and whisk together. Add water slowly till you reach a nectar thick consistency (slightly thinner than honey).
8. To serve, place the cabbage wraps in shallow bowls then drizzle the peanut sauce over the top. Garnish with green onion and enjoy!

##### Peanut Sauce:

all ingredients are estimated and may be altered per your taste buds!

- ½ cup natural peanut butter  
(you may substitute this for almond butter or nut/seed butter of choice)
- 3 tbsp soy sauce
- 2 tbsp hoisin sauce
- 1-2 tbsp rice vinegar
- 1 tbsp maple syrup
- 1-2 tsp sesame oil
- 2-3 tbsp sambal oelek (if you're sensitive to spice, you may use less)
- 1 clove garlic, minced
- Water to thin (I used enough to make this sauce nectar thick)

**Optional:** Fresh ginger, and finely chopped green onion.





DECEMBER 1-15 ONLY

wellness centre

### Genuine Health Organic Fermented Proteins



**48<sup>99</sup>**  
600g

**62<sup>99</sup>**  
900g

Support lean muscle mass, muscle recovery and feel fuller between meals with NO BLOAT.

### Bio-K Plus Probiotics



Dairy  
**21<sup>99</sup>**  
6 Pack

Non-Dairy  
**23<sup>99</sup>**  
6 Pack

Our products are available in two different forms; Bio K+ Fermented Drinkable Probiotic and Bio K+ Probiotic Capsules. The choice of product is a question of taste and convenience.

### Progressive Vege Greens & PhytoBerry



**30% Off**

Assorted Varieties & Sizes

Helps to increase energy, renew mental clarity, detoxify your body and restore a healthy pH balance.

### withinUs Collagen



Coconut Creamer + Collagen

**39<sup>99</sup>**  
275g

Matcha Misto + Collagen  
**55<sup>99</sup>**  
280g

This ready-to-mix blend combines the health benefits of Organic Grade A matcha from Japan, withinUs TruMarine® Collagen, and naturally sweet organic coconut milk.

### Organika Enhanced Peppermint Collagen



**19<sup>99</sup>**  
252g

LIMITED EDITION!  
Hydrolyzed bovine collagen with cocoa and pepperoni

### Purica Extra Strength Recovery



**29<sup>99</sup>**  
180 Tablets

**53<sup>99</sup>**  
350g

Helps relieve inflammation and supports joint health.

### Andalou Naturals Facial and Body Care

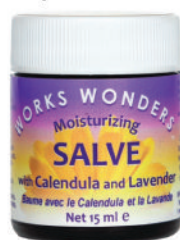


**30% Off**

Assorted Varieties & Sizes

Natural and effective, our face products are formulated to achieve radiant skin and a visibly healthy complexion for all skin concerns.

### Works Wonders Salve, Lip Balms & Gift Sets



**20% Off**

Assorted Varieties & Sizes

Our original, all-purpose Salve is ideal for all ages and skin types, and for your whole body. Locally grown and produced.

### Basd Body Care



Body Wash  
**12<sup>99</sup>**  
227ml

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

Natural ingredients like organic aloe and organic green tea will leave you feeling soft, smooth and sexy, and like you can take on the world.

### Urban Spa



**25% Off**

Assorted Varieties & Sizes

Urban Spa high performance natural products bring beauty rituals into our daily lives, and improve our impact on the planet.

### Aura Cacia Essential Oils



**25% Off**

Assorted Varieties & Sizes

Aura Cacia offers natural essential oils, diffusers and aromatherapy products made from simple and pure botanical ingredients.

### South of France Hand Soap



**6<sup>99</sup>**  
236ml or 170g

Our hydrating plant-powered proprietary blend of ingredients includes moisturizing sea algae, coconut and olive oils, delivering waves of skin-drenching goodness.



### Smart Solutions Beauty Supplements



**20% Off**

Assorted Varieties  
& Sizes

Supports healthy hair, skin, nails, and joints. Source of the essential amino acids for the maintenance of good health and involved in protein synthesis. Helps to reduce joint pain associated with osteoarthritis. Marine source, wild caught, sustainable, and hydrolyzed. Bovine, fowl, and porcine free. As early as our 20s, our collagen production begins to naturally decrease and drops off significantly after menopause. Daily use of sustainably sourced and wild caught Active Collagen can help to offset this natural decline.

### New Roots Vitamin C8



**21<sup>99</sup>**

90 Capsules

**39<sup>99</sup>**

250g

For your body to get all the benefits of vitamin C, it's best to get it from more than one source. Vitamin C8 combines calcium, magnesium, potassium, zinc, manganese, selenium, and sodium mineral ascorbates with ascorbyl palmitate to provide a full spectrum of antioxidant benefits. Vitamin C8 helps immune function and is an excellent source of electrolytes which can replenish those lost through perspiration. It also delivers the antioxidant action of three cups worth of green tea per capsule.

### Trophic Digest-Aide

**14<sup>49</sup>**

90 Softgels



Trophic's Digest-Aide helps the body and aids in the proper absorption and utilization of fat-soluble vitamins A, D, E and K. It's effective in promoting healthy gallbladder function. Digest-Aide contains three digestive enzymes, lipase, trypsin and bromelain. The herbs chamomile and goldenseal and the mineral charcoal have been added to further aid the digestive process. In the formula, lipase splits fats into two compounds: glycerine and fatty acids. Trypsin and bromelain are powerful proteolytic enzymes that digest proteins more rapidly and completely than pepsin. Goldenseal is traditionally used to soothe the mucous membranes of the digestive tract and aids with difficult digestion and dyspepsia.

### La Vigne Natural Skincare & Derm Immortelle Facial Care

**20% Off**

Assorted Varieties  
& Sizes



Liminal Resilience Face Oil! Announcing the first product in our Derm Immortelle line by LaVigne Natural Skincare. Awaken your senses and transform your skincare ritual with this powerful, poppy-infused blend of active botanicals that hydrate, nourish, and encourage resilience. Revitalizing Papaver Rhoeas (Ronacare Poppy) Extract is clinically proven to reduce appearance of under-eye bags, visibility of dark circles, and improve over skin density, support elasticity, luminosity and radiance. This invigorating Ronacare Poppy infused face oil formula is a must-have in your beauty routine. Protect your skin's natural collagen by fighting back against daily exposure to oxidative stress. Contains 10 beneficial botanicals with antioxidant properties, including Rosehip, Marula Oil, Vitamin E and Ginger extracts.

### I Luv It Natural Deodorant

Original

**15<sup>49</sup>**

110g

Sensitive

**22<sup>49</sup>**

100g



Natural Sweetheart - A mildly spiced vanilla but not too sweet. This is our best seller in our original formula. 100% Pure, clean and natural. With 6 ingredients and only pure essential oils for scent, our hand poured all natural deodorant is free from aluminums, parabens, sulphates, synthetics, toxins or nasty unwanted chemicals. Our deodorant not only neutralizes odours without changing your bodies natural performance, its packed with bacteria-stopping ingredients and gentle but effective clay and arrowroot to keep you dry. We're proud to be plastic free.

### Platinum Naturals Chanca Piedra

**20<sup>99</sup>**

90 Capsules



The traditional healers of Peru were not far off when they coined the name "stone crusher." Studies have shown that Chanca Piedra (Phyllanthus Niruri) interferes with many stages of stone formation and has the ability to promote relaxation of the muscle-specific to the urinary tract. Diuretic Properties - Chanca Piedra herb has diuretic properties. Several human studies have reported that Chanca Piedra may increase urinary output. Protect against infection - Chanca Piedra has been used in Ayurvedic medicine for over 2000 years as an antiviral and antimicrobial agent. Studies have shown that Chanca Piedra is effective against bacterial strains, such as E. coli, that are frequently associated with urinary tract infections. Cleanse and detoxify the kidney in Traditional Chinese Medicine the kidney is considered the mother organ. Blockages of energy or Qi may result in harmful toxins accumulating in the body. Headaches, back pain, low energy, and puffiness in the face or legs may be triggered by kidney congestion. Chanca Piedra can be used to gently cleanse and detoxify the kidney, helping the body rejuvenate.



## Whole, Earth & Sea Proteins & Greens



Greens

**55<sup>99</sup>**

340g - 438g

Protein & Greens

**59<sup>99</sup>**

640g - 710g

Whole Earth & Sea Fermented Organic Protein & Greens is a 100% fermented and certified organic formula providing 21g of quality plant protein in every serving.

## Probiotic Intensity

EXTRA DAILY CARE

**20 Billion+**

Live Active Whole Cells

18 Strains

10 Human - 1 Plant - 7 Dairy

Helps Support Intestinal and Gastrointestinal Health

Leading-Edge Formula

Potency Guaranteed at Expiry

ISO 17025 Laboratory-Tested

Water-based PPID Elicitor: Cooling

New Roots

60 enteric-coated vegetable capsules

## New Roots Probiotics

**20% Off**

Assorted Varieties & Sizes

It could help reduce the duration of diarrhea in those with irritable bowel syndrome.

## Harmonic Arts Superfood Elixirs & Concentrated Mushrooms



**20% Off**

Assorted Varieties & Sizes

Elixirs provide a tasty, convenient way to add nourishing mushrooms, herbs, and superfoods to your daily routine!

## Quantum SuperImmune Lysine Plus Supplements



**25% Off**

Assorted Varieties & Sizes

Our Immune Support capsules provide more than twice your daily vitamin C along with other well-known immune health botanical.

## Botanica Herbal Supplements



**20% Off**

Assorted Varieties & Sizes

Whether you are looking to reduce inflammation, manage adrenal health or get a better sleep, Botanica's Liquid Capsules are a highly concentrated and effective way to improve your health with herbs.



## Healthology Go-Lax

**21<sup>49</sup>**

60 Capsules

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

120 Capsules

It works to hydrate and soften the stool, promote peristalsis, soothe the gut lining, and promotes bowel movements



## Herban Cowboy Natural Deodorant

**9<sup>49</sup>**

80g Stick

**10<sup>99</sup>**

80g Spray

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



## Alba Botanica Haircare

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

355ml

For healthier hair with every wash. 100% vegetarian ingredients no animal testing, no sulfates



## Everyone Soap

Hand Soap

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

377ml

3-in-1 Soap

**14<sup>49</sup>**

946ml

Everyone 3-in-1 Soaps are formulated to be used as a shower gel, shampoo, bubble bath, or a shave gel.



## Weleda Face and Body Care

**25% Off**

Assorted Varieties & Sizes

The ultimate moisturizer for dry, rough skin.

## Pure Potent Wow Essential Oils and Body Care



**20% Off**

Assorted Varieties & Sizes

We choose certified organic and wild-harvested essential oils whenever possible, and traditionally farmed essential oils when organic sources or certifications are not possible.

## Skin Essence Organic Facial Care



**20% Off**

Assorted Varieties & Sizes

Premium Certified Organic Skin Care Products. 100% Natural, Results Based, Environmentally Conscious For Healthy Glowing Skin With Anti-Aging Benefits.





### Nature's Way Devil's Claw Root

**13<sup>99</sup>**  
100 Capsules

Nature's Way Devil's Claw Root is Vegetarian and Non-GMO Project Verified

- **HEALTH & WELLNESS:** Devil's Claw is traditionally used to help treat inflammation of the joints
- **MADE WITH GOODNESS:** Nature's Way Devil's Claw Root is Vegetarian and Non-GMO Project Verified; Bottles made from 97% post-consumer recycled plastic. Recommended use or purpose: Used in Herbal Medicine to help relieve joint pain associated with osteoarthritis. (Traditionally) used in Herbal Medicine as a bitter to help stimulate appetite. (Traditionally) used in Herbal Medicine to help relieve digestive upset/indigestion.

### Organika Electrolytes



**39<sup>99</sup>**  
350g  
100 Servings Per Tub

Electrolytes play several important roles in the body, including hydration, maintaining water balance, muscle contraction, nerve impulses, temperature regulation. We lose electrolytes when we sweat, lose liquids due to sickness, or consume large amounts of dehydrating substances like alcohol and caffeine. Organika® Electrolyte powder ensures you are replenishing these vital nutrients to support your daily needs. Organika® Electrolyte powder is designed to maximize your daily hydration – take it anytime you want to quench your thirst and refresh! Some occasions where electrolytes will come in extra handy include: During or post-workout to replenish important nutrients lost through sweat. Mid-day to avoid the afternoon slump and keep up with your daily hydration goals. Throughout the day when sick or hungover to avoid dehydration. All summer long, especially when spending time outdoors, to prevent the effects of heat exposure.

### Purica Curcumin



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

**95<sup>99</sup>**  
120 Capsules

PURICA Curcumin Provides antioxidants for the maintenance of good health. Used in herbal medicine to help relieve joint inflammation. PURICA Curcumin is Extra Strength. It works to provide Rapid Relief and Optimal Performance on the strength of 30% bisdemethoxycurcumin (BDMC), compared to the 1% BDMC found in regular curcumin extract. That's a 30-to-1 ratio designed to make a difference for you!

### Aeryon Wellness Löse It

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



**Löse It Metabolism Support Supplement** is an all-natural supplement that promotes fat loss by supporting estrogen metabolism and thermogenesis. At Aeryon Wellness, providing customers with scientifically backed products to improve overall health and well being is the main philosophy. This Löse It Metabolism Support Supplement contributes to your overall health by helping support weight management. How does Löse It work? Löse It Metabolism support works by promoting estrogen metabolism and a healthy balance of estrogen in the body, while supporting fat loss through increased thermogenesis and calorie burning. Unlike other fat metabolizers that only boost thermogenesis, Löse It works to balance out the female hormonal system and unlock estrogen's hold on your fat-burning potential.

### Sibu Sea Berry Therapy Facial Care

**20% Off**  
Assorted Varieties & Sizes



Gentle exfoliation is paired with deep cleansing but without the stripping of oils and moisture. Is that even possible? It is with our Polishing Facial Cleanser, featuring our premium Himalayan sea buckthorn oil. Also known as sea berry oil, it helps to cleanse without drying out your skin. Fantastic as a make-up remover and powerful at removing the bacteria and microbes that can cause blemishes and irritation, our gel cleanser is a centerpiece of the SIBU product line. Jojoba beads work to gently exfoliate without risk of polluting our oceans and waterways with evil micro-plastics! The smell is amazing for any gender...light and citrusy.

### Prairie Naturals Silver Toning Shampoo & Conditioner

**20<sup>99</sup>**  
250ml-500ml



Silver Toning Shampoo deposits rich purple pigment to maintain a perfect cool shade by progressively brightening and toning down brassiness in grey, silver, white and blonder hair. Helps to eliminate harsh yellow or orange tones, promote shine, extend your colour, and even blend in grey roots. The restorative protein-rich silk amino acids will moisturize the hair and prevent split ends/breakage Silver Toning Shampoo is effective whether you have natural, colour-treated, or highlighted light tones in your hair. All Prairie Naturals hair care products are enriched with pure, natural aromatic oils. Perfect for blonde, grey, silver or bleached hair. For best results, use regularly with Silver Toning Conditioner and Prairie Naturals Styling Products.



# Seasonal Specials

Prices Effective December 1 – 24, 2022

## Delicious Holiday Choices

### Choices' Turkey Dinner

with mashed potatoes, gravy, cranberry sauce, stuffing and winter root vegetables



### Turkey Toppers

cranberry sauce, turkey gravy or shitake mushroom gravy



Available Dec 13th

**4.99-9.99** 250ml-710ml

### Side Dishes

festive vegetable dishes, mashed potatoes, scalloped potatoes, stuffed turkey breast, dijon maple glazed ham & much more

**1.69-5.49/100g**

### 14 Inch Christmas Wreath

**34.98**



Not available at all locations  
May not be exactly as shown

### Live Christmas Trees

**45.98**

18L Pot



Not available at all locations  
May not be exactly as shown

### Holiday Gift Basket

**69.99**



### Choices' Own Shortbread Cookies

**6.49** 120g - 200g



### Choices' Own Christmas Stollen

**8.99-28.99** 225g-454g



### Choices' Own Fruit Cake

**11.99** 380g



### Choices' Own Tarts Butter, Pecan or Mincemeat



**4.99-10.99** Pkg. of 4 or 6

### Rustic Bakery Christmas Cookies

**9.99** 142g



### Wendel's Seasonal Gluten-Free Sweet Treats

**8.99-11.99** Assorted Sizes



### Choices' Own Gluten-Free Stuffing Mix

**11.99** 240g



### Choices' Own Gluten-Free Pumpkin Pie 8 inch

**9.99**





DECEMBER 1-24 ONLY

# deli & meat

Italian Sliced  
Prosciutto or Salami

Imported

**\$1<sup>00</sup> Off**

70g - 120g



SaltSpring  
Kitchen Jams

**10<sup>99</sup>**

270g

La Panzanella Crackers

**6<sup>49</sup>**

170g



Italian  
Panetonne  
Imported

**45<sup>99</sup>**

1kg

Choices' Own  
Tourtiere Pies

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

8 Inch



Emmental  
Swiss Cheese  
Imported

**20% Off**

Assorted Sizes



"Cut At Choices"  
Reggiano Cheese

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

100g



Castello Cheese

**20% Off**

200g



Alexis de Portneuf  
Cheeses  
Brie or Camembert

**9<sup>99</sup>**

300g



Summer Fresh  
Dips & Hummus

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

227g



Sila  
Salami

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

300g



Rosstown Farms  
Chicken Breasts  
Marinated



**13<sup>00</sup>/lb**

30.84/kg



Choices' Own  
Turkey Stock

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

750ml



Pork Tenderloin  
raised without  
antibiotics

**9<sup>99</sup>/lb**

22.02/kg



Chicken  
Drumsticks  
Raised Without Antibiotics  
Value Pack

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

8.80/kg



Harvest  
Bacon

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

500g



Freybe  
Taste of Europe  
Charcuterie Salami

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

100g - 150g

Crab  
Cakes

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

Pkg. of 2



Shorba  
Bone Broth  
Beef or Chicken

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

750ml



DECEMBER 1-24 ONLY

# grocery



Wholesome Organic Sweeteners

**30% Off**

Assorted Varieties & Sizes

These sweeteners are perfect for all your bakings needs and more.



If You Care Household & Baking Products

**30% Off**

Assorted Varieties & Sizes

Made from recycled materials for better-for-the-planet cooking supplies.



Green & Black's Organic Fair Trade Chocolate Bars

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

90g

These premium chocolates make a great stocking stuffer.



Bakers Supply House Organic Baking Soda, Vanilla Extract or Cornstarch

**30% Off**

Assorted Varieties & Sizes

When you need that recipe to turn out right, trust Bakers Supply House.



Earth's Choice Organic Coconut Cream, Milk, Oil or Flour

**30% Off**

Assorted Varieties & Sizes

Perfect dairy-free alternatives for both baking and savoury dishes.



Whittaker's Chocolate Bars

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

200g - 220g

Fine chocolate bars made in New Zealand.

Lesley Stowes Rainforest Crisps



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

150g

Any canape appetizer is instantly elevated with a Lesley Stowes Rainforest crisp.



Healthy Hippo Plant-Based Gummies

**2/6<sup>00</sup>**

50g

Dedicated to being low-sugar, but still hugely delicious. Sweetened with monk fruit juice concentrate.



Efruti Gummies

**2/4<sup>00</sup>**

100g

Discover the crazy fun shapes and flavours of Efruti Gummies!



Earth's Own & So Nice Beverages

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

1.75L - 1.89L plus deposit and eco fee

These plant-based milks are perfectly paired with Santa's cookies.



Righteous Gelato or Sorbetto

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

562ml

Small batch gelato made only with the good stuff.



Purplesful Ancient Grain Popcorn

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

136g

Purple corn is loaded with healthy antioxidants that survive the popping process.



Happy Planet Organic Juices

**4<sup>49</sup>-5<sup>49</sup>**

1.75L - 1.89L plus deposit and eco fee

Feel good juices for happy people. Made with sustainability in mind.



Stash Premium Seasonal Teas

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

18's - 20's Tea Bags

Get the taste of the holidays in a cup with these fragrant seasonal teas.



Salt Spring Organic Fair Trade Coffee

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

400g

Freshly roasted on Salt Spring Island for over 25 years.



Sillycow Hot Chocolate

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

480g

These hot chocolate mixes are tasty as can be and come in a variety of fun flavours.



Canadian Heritage Organic Maple Syrup

**22<sup>99</sup>**

1L

Perfect for pancakes, candy, hot drinks or anything that needs a touch of Canadian flavour.



Bonne Maman Jam

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

250ml

Delicious jams made in the traditional French style.



DECEMBER 1-24 ONLY

# grocery & wellness



Dalla Terra  
Antipasto &  
Roasted Peppers

**30% Off**

Assorted Sizes

Delicious topping or spread for simple but delicious appetizers.

Armstrong  
Cheese

**10<sup>99</sup>**

600g



The trusted choice for award winning Canadian cheese for over a century.

Savor Grass Fed  
Butter

Salted or Unsalted

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

250g



Made from local grass-fed dairy milk and churned to perfection.

Blue Heron  
Plant-Based  
Cultured Cheese

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

170g - 175g



Perfect for a plant-based charcuterie plate and made in Vancouver.

Rawesome Plant-Based  
Cream Cheese Spreads

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

227g



Feel good juices for happy people. Made with sustainability in mind.



Nuts to You Organic  
Peanut Butter

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

500g

Nothing but the good stuff is found in these delicious peanut butters.

La Luna "The Journey From Home"  
Candle Collection



**20% Off**

Assorted  
Varieties & Sizes

La Luna  
Salt Lamp & Oil Warmer

Agra & Mumbai



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

each

Kelowna Candle Factory  
Candles



**20% Off**

Assorted  
Varieties & Sizes



Aura Cacia  
Foam Bath

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

70g - 71g

Every Man Jack  
Bodycare  
and Kits

**20% Off**

Assorted Varieties & Sizes



La Luna  
Bath Fizzies

Assorted Varieties

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

90g



Attitude  
Holiday  
Hand Soaps

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

473ml

Mineral Fusion Natural Cosmetics  
and Nail Polish

**30% Off**

Assorted Varieties  
& Sizes



Le Comptoir Aroma  
Diffuser Collection



**20% Off**

Assorted Varieties  
& Sizes

Now Solutions  
Essential Oils



**20% Off**

Assorted Varieties  
& Sizes





comments@choicesmarkets.com

/Choices\_Markets

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@ChoicesMarkets

## 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**

