



**3 DAYS
ONLY**

WELLNESS SPECIAL!

**Friday
December 2**

**Saturday
December 3**

**Sunday
December 4**

15% OFF

*no minimum
purchase

All Body Care From the
Wellness Department,
**INCLUDING SALE ITEMS
LIKE THESE**

**Andalou Naturals
Facial Care**



30% off
Assorted Sizes

**Mineral Fusion Natural Cosmetics
And Nail Polish**



30% off
Assorted Sizes



**Everyone
For Every Body**

649 1449
Hand Soap 3 in 1 Soap
377ml 946ml

15% off sale available at all Choices retail locations. Not available online.

PRODUCE

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

Prices Effective
 December 1 - 7, 2022

Romaine Hearts
 from USA

4⁹⁸
 pkg.
 of 3

Clementine Mandarin Oranges
 from USA

4⁹⁸
 907g
 pkg.

Organic Gold & Red Bunch Beets
 from Cal Organics USA

**2/
5⁰⁰**

Fair Trade Organic Lemons
 from Mexico

4⁹⁸
 907g

Organic Red Grapefruit
 from Mexico

7⁹⁸
 1.81kg
 pkg.

Organic Green Asparagus
 13.18/kg
 from Mexico

**5⁹⁸
/lb**

MEAT

Beef Ribeye Steaks
 41.87/kg

**18⁹⁹
/lb**

Grass Fed, Value Pack
 from New Zealand/Australia

Thomas Reid Whole Organic Chicken - 15.41/kg

**6⁹⁹
/lb**

Ground Chicken Breast
 30.84/kg

**13⁹⁹
/lb**

Raised Without Antibiotics

Sockeye Salmon Fillets

**3⁶⁹
/100g**

Previously Frozen, Value Pack

Pork Tenderloin
 22.02/kg

**9⁹⁹
/lb**

Raised Without Antibiotics

Marinated Butterfly Boneless, Skinless Chicken Breast
 22.02/kg

**9⁹⁹
/lb**

made in store
 Raised without Antibiotics

Soup ETC!

**2/
10⁰⁰**
 700ml

Ground Lamb
 37.46/kg

**16⁹⁹
/lb**

Raised Without Antibiotics
 from New Zealand

Chicken Sausages
 22.02/kg

**9⁹⁹
/lb**

made in store

Prawn Cakes

**4⁹⁹
2 pack**

GROCERY

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

Prices Effective
 December 1 - 7, 2022



49th Parallel
 Coffee

13⁹⁹
 340g



Traditional
 Medicinals
 Organic Tea

4⁴⁹
 16 Tea Bags



Granola King
 Premium
 Granola

10⁹⁹
 750g



Earth's Own
 Oat & Almond
 Beverages

2/6⁰⁰
 946ml*
 + deposit + eco fee



Whole Earth
 Sugar Alternatives

30% off
 Assorted Sizes



One Degree
 Organic Oats,
 Granola & Flour

30% off
 Assorted Sizes

Earth's Own Dairy-Free
 Sour Cream,
 Butter &
 Cream Cheese



3⁹⁹ 4⁴⁹
 227g Cream
 Cheese 340g Sour
 Cream & Butter



Nuts to You
 Organic Almond
 Butter

12⁹⁹
 365g



Earthbound Farm
 Organic Frozen
 Fruit

2/8⁰⁰
 300g



Riviera Vegan
 Coconut or Oat
 Yogurt

4⁹⁹
 500g & 650g



Olympic Yogurt

8⁹⁹-11⁹⁹
 1.75kg

GoldEgg Free Run Large Eggs



5⁴⁹
 One Dozen



Donia Farms
 Grass Fed
 Butter

7⁹⁹
 250g

La Chaudiere Organic Cheese



30% off
 Assorted Sizes



Armstrong Natural
 Cheese Slices

4⁹⁹
 220g - 240g



Echoclean
 Natural Dish
 Liquid

2/7⁰⁰
 740 ml

PaperChef Parchment
 Paper & Baking Cups



2/5⁰⁰ 4⁴⁹
 Assorted Sizes Parchment
 Baking Cups Paper



Love Child
 Organic Baby
 Food Purees &
 Snacks

30% off
 Assorted Sizes

GROCERY



Amy's Frozen
Macaroni &
Cheese Entrées

449-549
227g - 255g



Gardein
Frozen
Vegan Meat
Alternatives

499
Assorted Sizes



Annie's Homegrown
Macaroni & Cheese
Side Dishes

30% off
Assorted Sizes



Sprague Organic
or Keto Soups

2/6⁰⁰ 2/7⁰⁰
398ml Organic
Varieties 398ml Keto
Varieties



Thai Kitchen
Instant Noodles
or Noodle
Bowls

2/3⁰⁰ 2/6⁰⁰
45g Instant Noodles 68g Bowls



Eden Organic
No Salt Added
Beans

549
796ml



Mezzetta Pasta
& Marinara
Sauce

599
473ml - 709ml



Rizopia
Gluten-Free
Rice Pasta or
Quinoa Pasta

249-299
340g & 454g



Nutiva Organic
Coconut Oils or
Coconut Secret
Aminos

30% off
Assorted Sizes



Earth's Choice
Organic Cranberry
Sauce or Canned
Pumpkin

2/6⁰⁰
348ml - 398ml



Ocean's
Pole & Line
Canned Tuna

199 399
170g Regular
Varieties 170g Albacore
Varieties



Earthbound Farm
Organic Frozen
Vegetables

2/6⁰⁰
300g - 400g



Hardbite Natural
Potato Chips

2/6⁰⁰
128g - 150g



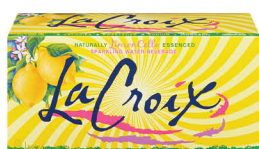
Spread'em
Kitchen Co. Vegan
Dips & Cheeze
Alternatives

30% off
Assorted Sizes



Fresh Is Best
Tortilla Chips,
Salsa & Dips

399
Assorted Sizes



La Croix
Sparkling Water
Beverage

.89 549
355ml Single
+ deposit + eco fee 8 Pack
+ deposit + eco fee



CRFT
Non-Alcoholic
Beer

2/5⁰⁰ 899
473ml Single
+ deposit + eco fee 4 Pack
+ deposit + eco fee



Gerolsteiner
Carbonated
Natural Mineral
Water

2/7⁰⁰
750ml
+ deposit + eco fee

DELI

Choices' Own Holiday Turkey Dinner



Now Available

14⁹⁹
545g

Choices' Own Pot Pies



7⁹⁹
245g - 285g

Choices' Own Festive Holiday Dinner for 2 or 4



Order in Store.
Deadline:
Dec. 19, 2022

**59⁵⁰-
11⁹⁰**

Farmcrest Roasted Specialty Chicken



15⁹⁹
each

Habibi's Hummus & Dips



4⁴⁹
200g - 240g

Indianlife Naan Bread & Wraps



**5⁹⁹-
6⁹⁹**
250g - 500g

Vitale Italian Prosciutto & Salami



8⁹⁹
100g

Tre Stelle Reggiano, Grana Padano or Romano Cheese Wedges



**10⁹⁹-
12⁹⁹**
200g

Tre Stelle Mascarpone Cheese



9⁹⁹
275g

Queen's Castle Truffler or Spagna Sheep Cheese



**10⁹⁹-
11⁹⁹**
150g-200g

BAKED GOODS

Choices' Own 8" Traditional Pumpkin Pie



9⁹⁹
each

6⁹⁹
6" alternative flour

10⁹⁹
9" vegan

6⁴⁹
8" traditional half pie

Choices' Own Artisan Cookies



6⁹⁹
6 pack

Choices' Own Crostini Plain, Parmesan or Italian Spiced



NEW

4⁹⁹
150g

Choices' Own Cranberry Walnut or Cinnamon Raisin Loaf



6²⁹
420g - 580g

Kitchening & CO. Marshmallows



5⁹⁹
135g

Saman Bakery Cookies, Macaroons or Crackers



**6⁹⁹-
7⁹⁹**
160g - 250g

Carbonaut Low Carb Bread



5⁹⁹
355g - 544g

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 campaign helps the most vulnerable members of our communities have an amazing holiday season. From November 15th to December 24th, our cashiers will be cheerleaders as we raise funds for local neighbourhood houses.



GROCERY



Smart Sweets
Low Sugar
Candy

2⁹⁹
50g



Endangered
Species
Chocolate
Bars

2/7⁰⁰
85g



Sonoma
Creamery
Crisps

3⁹⁹
64g



So Delicious
Dairy-Free
Frozen
Dessert

5⁹⁹
Assorted Sizes



Kiju Organic
Juice

2/5⁰⁰
4 Pack & 1L
+ deposit + eco fee



Chocolove
Chocolate
Bars

2/7⁰⁰
90g



Nairn's Organic
Cookies and
Crackers

3⁹⁹
200g - 250g



Glutino Gluten-Free
Cookies
& Snacks

30% off
Assorted Sizes

WELLNESS



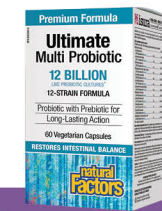
Platinum Naturals
Vitamins and
Supplements

20% off
Assorted Sizes



NutraVege
Omega-3 Plant
EPA+DHA

20% off
Assorted Sizes



Natural
Factors
Probiotics

20% off
Assorted Sizes



Organyc
Feminine
Hygiene

20% off
Assorted Sizes



Vega
Protein &
Greens

35⁹⁹
586g - 618g



MegaFood
Turmeric
and Immune
Supplements

20% off
Assorted Sizes



New Chapter
Vitamins and
Supplements

20% off
Assorted Sizes



Phillip Adam
Hair Care

12⁹⁹
355ml
Select Varieties



CanPrev
Magnesium
Bis-Glycinate

23⁹⁹ 33⁹⁹
120 Caps or 240 Caps
500ml



SiSU Stress
and Sleep
Supplements

20% off
Assorted Sizes



Flora
Digestive
Enzymes

20% off
Assorted Sizes



Attitude
Natural Care
Toothpaste

6⁴⁹
120g



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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 Immel St, Abbotsford
Kelowna - 1937 Harvey Ave, Kelowna

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.