



FESTIVE SEASON SPECIALS

100% BC OWNED AND OPERATED

Choices Fresh Whole Turkeys

Free Range

499/lb

11.00/kg
raised without antibiotics

Organic Satsuma Mandarin Oranges

from Johansen Ranch
in USA

1698

2.27kg pkg.

Brussels Sprouts

from USA

298/lb

6.57/kg

Christmas Dinner from our Deli Dept

Not all items are available online.

Specialty Stuffed Turkey Breast

549/100g

Turkey Gravy

999 710ml

Cranberry Stuffing

199/100g

Cranberry Sauce

449 250g

Delicious Side Dishes

see in-store for details

Choices' Own Christmas Stollen

Mini

799

Medium

1399

Sundhed
Himalayan Bath
Salts & Salt Lamps

20% off

Assorted Sizes



Earth's Choice
Organic Pumpkin
& Cranberry Sauce

2/700

348ml - 398ml



Earthbound Farm
Organic Frozen
Vegetables

2/600

300g - 400g

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

Prices Effective
December 15 - 24, 2022

PRODUCE



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

Prices Effective
December 15 - 24, 2022

Organic Garnet and Jewel Yams - 5.47/kg

from USA

248
/lb

Organic Celery

5.47/kg

from USA

248
/lb

Organic #1 Red & Yellow Table Potatoes

LOCAL
from
Fraserland
Farms, Delta

598
2.27kg
pkg.

Organic Cranberries

from Quebec

2/
700
227g pkg.

Organic Table Carrots

LOCAL
from
Fountainview
Farm, Lillooet

998
2.27kg
pkg.

Romaine Hearts

from USA

598
3 pack

MEAT



Lamb Racks and Rib Chops

66.12/kg

Raised Without Antibiotics
Grass Fed, from New Zealand

2999
/lb

Pork Sausages

19.82/kg

Great for
Stuffings!

made in store

899
/lb

Fresh Steelhead Fillets

399
/100g

Whole Chicken

11.00/kg

Raised Without Antibiotics

499
/lb

Pork Chops

19.82/kg

Boneless, Value Pack
Raised Without Antibiotics

899
/lb

Boneless Skinless Chicken Breast - 15.41/kg

Value Pack

699
/lb

Johnston's Ham

15%
Off

Ground Pork

13.21/kg

Raised Without Antibiotics

599
/lb

Beef Sirloin Tip Roast

19.82/kg

Grass Fed, from Canada

899
/lb

GROCERY

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Simply Organic
Turkey Flavoured
Gravy &
Mushroom Mix

2/4⁰⁰

24g - 28g



Komo Vegan
Lasagna or
Shepherd's Pie



21⁹⁹

1.42kg



Garofalo Pasta

4⁹⁹

400g
Gluten-Free

2/6⁰⁰

500g
Regular



Better Than
Bouillon Bases

30% off

227g



Simply Organic
Bottled Spices

549-999

Assorted Sizes



Carbone
Premium Pasta
Sauce

8⁹⁹

660ml



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

30% off

Assorted Sizes



Mezzetta
Olives

7⁹⁹

398ml



Phoeapolis
Organic Extra
Virgin Olive Oil

10⁹⁹

500ml

14⁹⁹

750ml



Violife Vegan
Cheese

5⁹⁹

200g - 227g



Woolwich Goat
Cheese

30% off

Assorted Sizes



Faith Farms
Cheese

549

360g - 380g

Rabbit River Farms Free Range
Large Eggs



5⁹⁹

1 Dozen



Happy Planet
Creamery
Fine Cultured Butter

8⁹⁹

200g



Organic Meadow
Butter

10⁹⁹

454g



Equal Exchange
Organic Fair
Trade Tea

3⁹⁹

28g - 40g



Traditional
Medicinals
Organic Tea

449

16 Tea Bags



Ethical Bean
Organic Fair
Trade Coffee

9⁹⁹

227g
Ground

14⁹⁹

340g
Whole Bean

GROCERY



Gay Lea
Whipped
Cream

4⁴⁹

225g



Earth's Own
Oat Nog

2/7⁰⁰

946ml
+deposit +eco fee



Happy Planet Mornin'
Oatz Shake

2/4⁰⁰ 4⁴⁹

250ml 946ml
+deposit +eco fee +deposit +eco fee



Dairyland
Creamo &
Whipping Cream

3⁹⁹-5⁴⁹

946ml



Dairyland
Egg Nog

5⁴⁹

2L
+deposit +eco fee



Dairyland
Lactose Free
Milk

5⁴⁹

2L
+deposit +eco fee



Green & Black's
Organic Hot
Chocolate or
Cocoa Powder

5⁹⁹ 10⁹⁹

125g 300g
Cocoa Powder Hot Chocolate



Bob's Red Mill
Baking Aids

30% off

Assorted Sizes



Anita's Organic
Unbleached or
Whole Wheat
Flour

8⁹⁹

2kg



Earthbound Farm
Organic Frozen
Fruit

2/8⁰⁰

300g



Nuts to You
Almond Butter

15⁹⁹

735g



Patience Organic
Snacks, Dried
Fruit & Juice

30% off

Assorted Sizes



Spread'em
Kitchen Co.
Vegan Dips &
Spreads

30% off

Assorted Sizes



Organic
Traditions
Chocolate Nuts

25% off

100g - 227g



Partners Artisan
Crackers

3⁹⁹

114g - 124g



Que Pasa
Organic
Tortilla Chips
& Salsa

2/7⁰⁰

Assorted Sizes



Hardbite
Natural
Potato Chips

2/6⁰⁰

128g - 150g



Sonoma Creamery
Cheese Crisps

3⁹⁹

64g



DELI

Choices' Own Holiday Turkey Meal

14⁹⁹
545g

Choices' Own Tourtiere Pie

14⁹⁹
8 inch

Italian Sliced Prosciutto & Salami

20% Off
70g - 120g

La Panzanella Crackers

2/
10⁰⁰
170g

Summer Fresh Dips & Hummus

3⁹⁹
227g

Choices' Own Salami or Pate

3⁹⁹-
4⁹⁹
/100g

Alexis de Portneuf Brie & Camembert Cheese

9⁹⁹
200g

Emmental Imported Swiss Cheese

20% Off

Boursin Cheese

5⁹⁹
150g - 170g

BAKED GOODS

Choices' Own Party Cakes

14⁹⁹
540g - 600g

Choices' Own Artisan Fruit Pies

10⁹⁹
8 inch

Choices' Own Pecan or Mincemeat Tarts

7⁹⁹-
9⁹⁹
6 pack

Wendel's Gluten-Free Sweet Cookies & Tarts

7⁹⁹-
10⁹⁹
200g - 360g

Choices' Own Stuffing Bread or Dinner Buns

4⁹⁹
336g Bread

3⁹⁹
6 pack Buns

Gluten-Free 8" Pies

8⁹⁹
Pumpkin Pie

10⁹⁹
Fruit Pies

Choices' Own Gluten-Free Stuffing Mix or Bread Cubes

10⁹⁹
240g

Choices' Own Bread 100% Whole Wheat, Country French or Sourdough Multiseed

4⁹⁹
Assorted Sizes

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



Lily's Stevia
Sweetened
Chocolate
Bars

4⁴⁹

80g - 85g



So Delicious
Frozen
Dessert

5⁹⁹

500ml



Partake
Non-Alcoholic
Beer

2²⁹

355ml Single
+ deposit + eco fee

7⁹⁹

4 Pack
+ deposit + eco fee



Fentimans
Craft Sodas

2/5⁰⁰

275ml Single
+ deposit + eco fee

8⁹⁹

4 Pack
+ deposit + eco fee



Seattle
Chocolate
Bars

4⁴⁹

70g



Dandies Vegan
Marshmallows

2⁹⁹

142g

4⁴⁹

283g



La Croix
Sparkling
Water

.99

355ml Single
+ deposit + eco fee

5⁴⁹

8 Pack
+ deposit + eco fee



Phillips
Craft Sodas

2/3⁰⁰

355ml Single

5⁴⁹

4 Pack
+ deposit + eco fee

WELLNESS



Organika
Collagen
Supplements

20% off

Assorted Sizes



A.Vogel
Echinaforce
Supplements

20% off

Assorted Sizes



Divine Essence
Essential Oils
and Body Care
Products

25% off

Assorted Sizes



Derma E
Facial Care
& Body Care

25% off

Assorted Sizes



Vega Sport
Protein

45⁹⁹

801g - 837g



Natural Factors
Digestive Enzymes
& Digestive
Support

20% off

Assorted Sizes



Alaffia Everyday
Shea Hair &
Body Care

20% off

Assorted Sizes



Everyone For
Every Body
Soap

6⁹⁹

377ml
Hand Soap

14⁴⁹

946ml
3 in 1 Soap



CanPrev
Magnesium
Bis-Glycinate

23⁹⁹

120 Caps
or 500ml

33⁹⁹

240 Caps



Bio-K Plus
Probiotics

22⁹⁹

6 pack
Dairy

24⁹⁹

6 pack
Non Dairy



Natural Factors
Stress and Sleep
Supplements

20% off

Assorted Varieties



Bäsd Body
Care

12⁹⁹

227ml
Body Wash

14⁹⁹

227ml
Body 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

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.