



# HEALTHY START

100% BC OWNED AND OPERATED

Little Creek  
Organic Salad  
Dressings  
assorted varieties

**6<sup>98</sup>**

295ml



LOCAL  
from

Little Creek,  
Kelowna

Organic  
Romaine  
Hearts  
from USA

**5<sup>98</sup>**

pkg. of 3

Blood or Cara  
Cara Red Navel  
Oranges  
from USA

**1<sup>98</sup>/lb**

4.37/kg

Organic Red  
Grape Cherry  
Tomatoes  
from Mexico

**2<sup>98</sup>**

1 pint pkg.



Natural Factors  
and Whole Earth  
& Sea Vitamins and  
Supplements

**20% off**

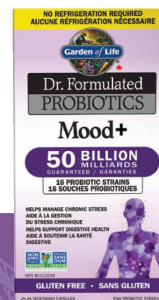
Assorted Sizes  
Assorted Varieties



Smart Solutions  
Vitamins and  
Supplements

**20% off**

Assorted Sizes  
Assorted Varieties



Garden of Life  
Dr. Formulated  
Probiotics

**20% off**

Assorted Varieties



NutraSea Omega-3  
Fish Oil Supplements

**25% off**

Assorted Sizes



withinUs  
TruMarine  
Collagen

**42<sup>99</sup> 57<sup>99</sup>**

20 pack

280g



Natural Calm  
Ionic Magnesium

**26<sup>99</sup> 43<sup>99</sup>**

226g

454g

For a limited time, enjoy **free pickup** from your local Choices  
[shop.choicesmarkets.com](http://shop.choicesmarkets.com)

Prices Effective  
January 5 - 11, 2023



# PRODUCE

ALL-NEW ONLINE CHOICES NOW HERE!

shop.choicesmarkets.com

Prices Effective  
January 5 - 11, 2023

## Organic Blueberries and Raspberries

Imported

2/  
1000

170g pkg.

## Nugget Potatoes

Assorted Varieties

from The Little Potato Company in Canada

398

680g  
pkg.

# MEAT

## Organic Lean Ground Beef 28.64/kg



Value Pack  
Raised Without Antibiotics

12<sup>99</sup>  
/lb

## Boneless Skinless Chicken Breast - 24.23/kg



Value Pack  
Raised Without Antibiotics

10<sup>99</sup>  
/lb

## Choices' Own Dark Ground Chicken - 22.02/kg



Value Pack  
Raised Without Antibiotics

9<sup>99</sup>  
/lb

## Sockeye Salmon Fillets

Previously Frozen  
Value Pack

3<sup>99</sup>  
/100g

## Pork Tenderloin 19.82/kg



Raised Without Antibiotics

8<sup>99</sup>  
/lb

## Beef Sirloin Tip Steaks 22.02/kg

Grass Fed, Value Pack  
from New Zealand/Australia

9<sup>99</sup>  
/lb

## Fresh Rockfish Fillets

24<sup>9</sup>  
/100g

## Soup ETC! Soup & Stock



6<sup>99</sup>  
750ml

## Bison Sirloin Tip Steaks 37.46/kg

16<sup>99</sup>  
/lb

## Smoked Salmon Lox

6<sup>59</sup>  
/100g



# GROCERY

For a limited time, enjoy **free pickup** from your local Choices  
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Kicking Horse  
Organic Fair  
Trade Ground  
Coffee

**10<sup>99</sup>**  
284g



Say When  
Organic Chai  
or Chai Co  
Concentrate

**4<sup>99</sup>-5<sup>99</sup>**  
946ml



Traditional  
Medicinals  
Organic Tea

**4<sup>49</sup>**  
16 Tea Bags



Rolling Meadow  
Grass Fed Milk or  
Creamer

**2/7<sup>00</sup> 5<sup>49</sup>**  
473ml Creamer 2L Milk  
+deposit + eco fee



Dairyland  
Lactose Free  
Milk

**5<sup>99</sup>**  
2L  
+deposit + eco fee



Drizzle Raw  
Honey

**7<sup>99</sup> 10<sup>99</sup>**  
375g 500g



Earth's Choice  
Organic Peanut  
Butter

**6<sup>99</sup>**  
500g



Crofter's  
Organic Jam &  
Spreads

**4<sup>99</sup> 5<sup>99</sup>**  
235ml 383ml



Rawcology  
Organic  
Raw Crunch  
Granola

**6<sup>99</sup>**  
200g



Nature's Nuts  
Organic Peanut  
Butter or Almond  
Butter

**7<sup>49</sup> 12<sup>99</sup>**  
500g Peanut Butter 500g Almond Butter



Good Good  
Stevia Spreads &  
Keto Bars

**2/4<sup>00</sup> 5<sup>99</sup>**  
35g Bars 330g Spreads



Prana Organic  
Granolove to Go  
or Overnight Chia

**5<sup>99</sup>**  
250g - 300g



Bob's Red Mill  
Coconut or  
Almond Flour

**5<sup>99</sup> 11<sup>99</sup>**  
453g Coconut 453g Almond

Nature's Farm Organic  
Omega-3 Eggs



**7<sup>49</sup>**  
One Dozen



Yoggu! Vegan  
Coconut Based  
Yogurt

**6<sup>99</sup>**  
450g



Tree Island  
Greek or  
Grass Fed  
Yogurt

**4<sup>49</sup>**  
325g - 350g



Olympic  
Organic Kefir  
& Siggis Skyr  
Yogurt

**5<sup>99</sup> 9<sup>99</sup>**  
650g Siggis Yogurt 2L Kefir



Earth's Own  
Oat Beverages

**3<sup>99</sup> 4<sup>99</sup>**  
1.75L Regular Oat +deposit + eco fee 1.75L Naked Oat +deposit + eco fee



Happy Planet  
Clean Protein  
Shakes

**4<sup>49</sup>**  
900ml  
+deposit + eco fee



# GROCERY



Zevia Zero  
Calorie Soda &  
Energy Drinks

**1.99** **5.49**  
Energy Drinks 6 pack  
+deposit+eco fee +deposit+eco fee



GT's Alive &  
Organic Raw  
Kombucha

**3.49**  
480ml  
+deposit+eco fee



Wedderspoon  
Organic Manuka  
Honey Lozenges

**7.49**  
120g



Bremner's  
Juice

**30% off**  
946ml  
+deposit+eco fee



Thirsty Buddha  
Coconut Water

**2/4.00** **4.99**  
330ml 1L  
+deposit+eco fee +deposit+eco fee



Healthy Hippo  
Monk Fruit  
Sweetened  
Gummies

**2/6.00**  
50g



Love Good Fats  
Keto Friendly  
Bars

**2/4.00** **22.99**  
Single Bars 12 pack  
39g - 40g Assorted Sizes



No Sugar Co  
Keto Bombs

**10.99**  
10 pack



Siete Grain Free  
Tortilla Chips and  
Churro Strips

**5.99**  
142g



Sambazon  
Organic Fruit  
Puree

**7.99**  
400g



Koukla Delights  
Gluten-Free  
Macaroons & Bites

**6.99**  
150g



Organic Traditions  
Superfood  
Products

**25% off**  
Assorted Sizes



Amy's Organic  
Frozen Burritos

**3.99** **4.49**  
170g Regular 170g  
Varieties Gluten-Free



Holy Napoli  
Frozen Pizza &  
Pizza Dough

**3.49** **8.99**  
300g Assorted Sizes  
Pizza Dough Pizza



Earthbound Farm  
Organic Fruit &  
Vegetables

**2/6.00** **2/8.00**  
Assorted Sizes 300g  
Vegetables Fruit



Amy's  
Organic Soup

**2/8.00**  
398ml



Carbone  
Premium  
Pasta Sauce

**8.99**  
660ml



Earth's Choice  
Organic  
Canned Beans

**3/7.00**  
398ml



Faith Farms Cheese

**5.99**  
360g & 380g



# DELI

## Choices' Own Hot Chili

**4<sup>99</sup>** small  
**6<sup>99</sup>** medium  
**11<sup>99</sup>** large

## Choices' Own Ready to Eat Artisan Salads

**749-949**  
assorted sizes

## Choices' Own Chicken Adobo or Char Siu Pork Bowl

**NEW**

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

## Farmcrest Roasted Specialty Chicken

**15<sup>99</sup>**  
each

## Summer Fresh Hummus Toppers

**4<sup>99</sup>**  
200g - 240g

## Choices' Own Ready to Eat Wraps

**10<sup>49</sup>**  
each

## Pastrami

**349**  
/100g

## Arla Cheese Slices

**6<sup>99</sup>**  
assorted sizes

## Kerrygold Irish Cheese

**7<sup>99</sup>**  
198g

## Tre Stelle Crumbled Feta Cheese

**649**  
150g

# BAKED GOODS

## Choices' Own Banana, Orange Cranberry or Pumpkin Spice Loaves

**6<sup>99</sup>**  
300g - 454g

## Choices' Own Buns

**349-449**  
assorted sizes

## Choices' Own Vegan Cookies Almond or Chocolate Crunch

**NEW**

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

## Choices' Own Mini Muffins

**349**  
4 pack

## Choices' Own Low Carb Keto 6" Chocolate Mousse Cake

**19<sup>99</sup>**  
each

## Little Northern Bakehouse Gluten-Free Bread

**549-649**  
assorted sizes

## Wendel's Gluten-Free Brownies and Bars

**2/600**  
120g - 160g

ALL-NEW ONLINE  
CHOICES  
**NOW**  
**HERE**



FOR A LIMITED TIME, ENJOY

**FREE PICKUP**

FROM YOUR LOCAL CHOICES

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# GROCERY



The Ginger People Chews & Marinades

**30% off**  
Assorted Sizes

NuPasta Keto Friendly Konjac Pasta

**2/7<sup>00</sup> 2/8<sup>00</sup>**  
210g Conventional 210g Organic



Lightlife Vegan Meat Alternatives

**30% off**  
Assorted Sizes



Cha's Organics Organic Coconut Milk & Cream

**3<sup>99</sup>**  
400ml



Amano Miso Paste

**4<sup>99</sup>**  
400g

GoGo Quinoa Gluten-Free Pasta & Cereal



**30% off**  
Assorted Sizes



Savör Organic Products

**30% off**  
Assorted Sizes



Imagine Organic Broths

**4<sup>99</sup>**  
946ml - 1L

# WELLNESS



A.Vogel Echinaforce Supplements

**20% off**  
Assorted Sizes



Garden of Life mykind Organics Vitamins and Supplements

**20% off**  
Assorted Sizes



Prairie Doctor Herbal Tinctures

**20% off**  
Assorted Sizes



Vitality Vitamins and Supplements

**20% off**  
Assorted Sizes



Aiya Organic Matcha Green Tea

**21<sup>99</sup> 25<sup>99</sup>**  
100g Culinary Grade 30g Ceremonial Grade



Nutiva Organic MCT Oil

**21<sup>99</sup> 35<sup>99</sup>**  
473ml 946ml



Nuun Hydration Electrolytes - Sport, Boost, Immunity and Vitamin Tablets

**8<sup>99</sup>**  
10 Tablets



Flora Organic Flax Oil

**9<sup>99</sup> 25<sup>99</sup>**  
250ml 941ml



Mountain Sky Natural Body Bar Soap

**4<sup>49</sup>**  
135g Assorted Scents



The Green Beaver Face & Body Care & Sunscreens

**20% off**  
Assorted Sizes



Organyc Feminine Hygiene

**20% off**



Acure Face & Body Care Products

**20% off**  
Assorted Varieties



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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  
**Burnaby** - 3033 Immel St, Abbotsford  
**Abbotsford** - 3033 Immel St, Abbotsford  
**Kelowna** - 1937 Harvey Ave, Kelowna

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