



CHOICES'

Monthly Newsletter | April 2023

Gut Health

Vegan Recipe by Dreena Burton

Beating The Bloat

The Dish on Mushrooms

the grape vine



Happy Easter

Hop to it!

Spring is here and the Easter Bunny is coming along with the flowers.

This year he's shopping at Choices to find Fairtrade chocolates, our bakery's hot cross buns, cupcakes and cookies in both regular and wheat free varieties.



Bedding Plant Sales

Will you be planting a garden in your backyard, balcony or community garden this Spring?

Choices Market's weekend plant sales are starting up again soon. We'll have ready to plant vegetables, fantastic flowers, perfect perennials and sensational succulents. Best of all, 5 percent of the proceeds from our weekend plant sales in April and May will be donated to local schools. Make your garden beautiful and help your community at the same time! Don't forget, Choices Full Circle Topsoil (made from compost collected at our stores) is also available and great for your plants.



Trust Your Gut!

This month we're talking all about gut health!

While we encourage trusting your gut, we all know sometimes it could use a little help to work its best.

Head to our nutrition articles to learn about how to keep your gut happy, healthy and feeling great.



ENTER TO WIN

A Year's Supply of Sustainable Cleaning Products Courtesy of EchoClean

Three lucky Choices customers will win an amazing prize pack from EchoClean of a year's supply of cleaning supplies, worth over \$800.

EchoClean is the next generation in all-natural cleaning solutions developed especially for the discerning customer.

Skill Testing Question: $(56 - 18) \times (25 - 13) =$ _____

Name: _____

Phone Number: _____ Choices Location: _____



Contest open from April 1 to 30, 2023. One entry per person.

All entries must have the skill testing question answered correctly to be valid. Employees of Choices Markets and their family members are not eligible. The prize must be accepted as awarded, no substitutions will be made, cash or otherwise. No cash value if prize is not claimed or used fully. Winners consent to the release of their names (and photo when applicable) by Choices Markets for publicity purposes. Entries can be dropped off at any Choices location.

There can be no repeat winners for throughout 2023.

Online Video Seminars

MARK YOUR CALENDAR

Tuesday, April 18th

7:00pm - 8:30pm

Shrooms Everyday!

with Jason Watkin

ONLINE ONLY

Ancient Wisdom meets
Modern Science for a
healthier YOU!

The integration of traditional eastern medicine and modern-day western practices can be a powerful ally in the fight against daily stress, dis"ease" and aging. PURICA Founder, CEO and Chief Formulator Jason Watkin gives you a strong game plan and winning strategy based on the power of Full Spectrum Medicinal Mushrooms to improve physical and mental health.

Free event.

Register online at choicesmarkets.com/events.
Details to join seminar will be available by email once sign-up is completed.

Sponsored By:



**Do you love our seminars,
but wish they were more
catered to you or your
organizations needs?**

*We love heading over to businesses, community centres,
schools, and more to teach you all things nutrition!*

*Email us at nutrition@choicesmarkets.com
to set up a personalized seminar for your group!*

Ps. We may even let you try some of our latest tastiest creations!



Thursday, April 20th, 6:30pm - 8:00pm

How Gut Health Plays a Role In Your Mental Wellness

with Dr. Miranda Wiley, ND

ONLINE ONLY

We now know that gut health plays a significant role in our mental wellness and can become a vicious cycle when we have dysbiosis and chronic infections going on. Join Dr. Miranda Wiley to learn targeted solutions for the whole family, to effectively address common gut issues and better support your mind/body health goals and more.

Free event.

Register online at choicesmarkets.com/events.
Details to join seminar will be available by email once sign-up is completed.

Sponsored By:



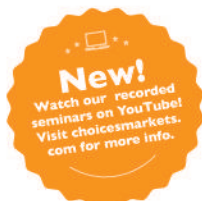
RenewLife



REGISTRATION DETAILS

To register for events, visit choicesmarkets.com/events.
For inquiries, please call 604.952.2266 or email eventregistration@choicesmarkets.com.

Choices Markets Nutrition Department Disclaimer Statement: The views and opinions expressed by the presenter do not necessarily represent those of Choices Markets and its employees. Choices Markets is not responsible for and does not verify the accuracy of any of the information presented. The information presented does not constitute medical or other professional advice and is for education purposes only. Seminar schedules are subject to change. For the most current schedule, please visit www.choicesmarkets.com/events/



the Dish

On Farmed Mushrooms



Over the millennia, humans all over the globe have enjoyed the pleasure of eating mushrooms. All over the world you can find thousands and thousands of them, but only a small percentage are fit for human consumption. In Roman times, emperors would have mushroom tasters to ensure that they were safe to consume. In the 17th century, King Louis the 14th was the first to attempt farming mushrooms. Nowadays, we know a lot about what are safe to eat, and so we can farm them with ease.



Oysters, shiitake, enoki, are just a few more specialty varieties, but most farmed mushrooms are white button, or *Agaricus bisporus*. These mushrooms are so common, that they're basically the first type of mushroom anyone imagines when you say the word. Interestingly, different stages of growth change the mushrooms' name. Button or white button becomes cremini or brown button. They then grow into baby bella or portobellini, which finally grow into portobello. They defer in colour texture and taste as they grow, but they are technically the same fungi. In Canada, two provinces share most of the production, Ontario, and BC. In BC we grow close to 40% of the Canadian product, hovering around 47 million kilos annually.

Most of us think of mushroom as a vegetable, which is true in a culinary sense, but they are not plants like most other veggies. The big difference is the lack of seeds for propagation. Mushrooms have spores. They don't have roots either, but mycelium. They do not need light and are the only non-animal food that naturally contains vitamin D, as well as various B vitamins and essential minerals.

Buy only firm mushrooms, use them within a few days, or cook them right away so you can freeze them. I suggest not to freeze raw mushrooms, because the result will be soggy wet mushrooms.

The number of dishes you can make with mushrooms is enormous. Fresh, thin slice and have raw in a salad, lightly dressed with an acid vinaigrette. They're tasty on their own, or topping a mixture of leaves and vegetables.



There's a million different ways to sauté mushrooms. Start with your favourite fat and finish with fresh herbs. My favourite is sautéing in extra virgin olive oil with a small bit of garlic and topping with freshly chopped parsley, or thyme and sage. But don't stop there, there are literally hundreds of sautéed mushroom variations. Soups, sauces, fillings, stuffed, pickled, grilled, and the list goes on. Sub your standard meat patty with a well-seasoned and grilled portobello cap in your burger for a healthy and delicious alternative. Add to your standard hot breakfast as a side, or include in an omelette, frittata or quiche. Some chefs have even managed to incorporate white mushrooms in a delicious dulce de leche rice pudding.

Whether you're cooking humongous portobellos or thin sliced little buttons, cooking with these flavourful ingredients will have you feeling like a fungi.



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.

How To Beat The Bloat!

10 easy tips on how to reduce bloating
from Registered Dietitian Beth Nanson.

- 1 Sip water or herbal tea throughout the day
- 2 Do daily walks with loved ones
- 3 Keep what you can from your regular routine
- 4 Chew some fennel seeds, they can reduce gas and bloating
- 5 Focus on fibre, aim for ~30 grams per day
- 6 Correct underlying constipation, see your doctor!
- 7 Manage chronic stress
- 8 Eat slow and chew 20 to 30 times per bite
- 9 Correct low stomach acid. Talk to your doctor!
- 10 Remove or limit food intolerances.

Want to learn more?

Check out Beth Nanson, IBS & Gut Health Dietitian at bethnansonrd.com



Beth is a Registered Dietitian in Vancouver and received her Bachelor of Science in Food, Nutrition, and Health (Honours, Major in Dietetics) from the University of British Columbia. Being from the small town of Gibsons, on the Sunshine Coast, Beth holds an outgoing and enthusiastic attitude, which has made the outpatient setting an ideal place to work. She is committed to helping each individual client find a nutrition plan that fits their lifestyle and needs, and believes any positive change towards better health is significant, no matter how small.

HEALTHY CHOICES MADE SIMPLE



PLANT-BASED



ANTI-INFLAMMATORY



GUT-FRIENDLY



GLUTEN-FREE

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

APRIL 1-15 ONLY

club specials



Smart Sweets
Low Sugar
Gummies
Assorted Varieties
2⁹⁹ 50g

Enjoy the delicious candy you know and love with 86-92% less sugar per 50g than the traditional candy equivalents. Kick sugar, keep candy with Smart Sweets!



Green & Black's
Organic Fair Trade
Chocolate Bars
3⁹⁹ 90g

Green embodies our commitment to using organic ingredients, that are ethically and sustainably sourced. Black represents the high cocoa content of our chocolate that delivers an intense, delicious taste.



Salt Spring
Fair Trade
Organic
Coffee
Whole Bean
11⁹⁹ 400g

We are committed to changing the world for the better through coffee. That's why we source 100% organic, fair trade, arabica coffee.

Califia
Non-Dairy
Beverages

4⁷⁹ 1.4L
+deposit +eco fee

Our dairy-free milks are delicious to drink and easy to use in recipes.



GT's
Organic Raw
Kombucha
8⁹⁹ 1.4L
+deposit +eco fee

The original kombucha brand that started the movement.

Lakanto Monk
Fruit Sweetener

Classic
or Golden
7⁹⁹ 235g
18⁹⁹ 800g

A fruit based sugar replacement made with sustainable farming practices.



Swerve Sugar
Replacement

7⁹⁹ 340g

Swerve is the ultimate sugar replacement!



Stahlbush Island Farms
Sustainable Frozen Fruit

4⁹⁹ 283g - 300g

Picked at the peak of freshness, then flash frozen for your delicious convenience.



Earth's Choice
Organic
Coconut Milk
Regular or Light
2⁹⁹ 400ml

Coconut milk and cream are the perfect, dairy-free alternatives for baking and savoury dishes.

Pacific Foods Organic Broth
Selected Varieties
Organic Broth
4⁴⁹ 946ml & 1L
Bone Broth
6⁹⁹ 946ml

Consciously crafted to bring more wellness to your pantry, we skip the GMOs and artificial preservatives, using only thoughtfully selected wholesome ingredients.



Rico'n Lalo All Natural
Frozen Dessert Bars

4⁹⁹ Pkg. of 4

Rico 'n Lalo frozen fruit bars are all-natural, all-fruit, handcrafted artisan treats.



APRIL 16-30 ONLY

club specials



Nature's Path
Organic Cereals
Assorted Varieties

6⁹⁹
650g - 907g Eco Pak

These much larger recyclable bags come without a box, eliminating unnecessary waste. Get more bang for your buck!



Harmless Harvest
Organic Coconut Water

5⁴⁹ 473ml
+deposit +eco fee

9⁹⁹ 946ml
+deposit +eco fee

Simply the best sugar-free, one ingredient organic coconut water available.



Justin's Organic
Peanut Butter Cups

1⁹⁹ 40g

Almond Butter
10⁹⁹ 454g

The best tasting organic peanut butter in the world delicately placed into the highest quality, organic and Rainforest Alliance certified chocolate available.

Terra Breads Granola



Regular, Pistachio or Pure Crunch

15⁹⁹ 850g - 1kg

Pure and simple granola. Small batch. No preservatives. Non-GMO ingredients.

Sota Sparkling Organic Tea & Adaptogenic Beverages

1⁹⁹ 355ml
+deposit +eco fee

Free from sugar, sweeteners, colours, misleading ingredients but also full of beneficial and organic herbs, fruit extracts and trace minerals.



Ethical Bean Organic
Fair Trade Coffee



Ground
9⁹⁹ 227g

Whole Bean
13⁹⁹ 340g

At Ethical Bean, fairtrade is not a marketing slogan - it's part and parcel of who we are.

Earth's Own Dairy-Free
Cream Alternative

Café Edition

2⁹⁹ 473ml

Culinary Edition

3⁹⁹ 473ml

+deposit +eco fee

All Canadian oats are grown using 7x less water than dairy. Better for your recipes, better for our planet.



Seventh Generation
Natural Dish

Liquid **2⁹⁹** 562ml

Packs **4⁹⁹** Pkg. of 20

Dried-on food and grease don't stand a chance against our plant and mineral powered dish washing liquid and automatic dish detergents.



Cucina Antica
Premium
Pasta Sauce

6⁹⁹ 670ml

Cucina Antica® award-winning Italian pasta sauces use only the most premium and pure ingredients to bring the taste of Italy from our world kitchen to your table.

Earth's Choice
Organic Tomatoes



4⁴⁹ 398ml

5⁹⁹ 796ml

Sun-ripened tomatoes. Earth's Choice works with farmers that employ sustainable, organic farming methods to build strong roots and enrich soil quality.

Echoclean Biodegradable
Laundry Liquid



12⁹⁹ 2.95L

We are committed to ongoing research and development of our plant-based cleaning solutions that have little or no impact on the world we live in.



COOK IT UP

Smoky Kale Caesar



By Dreena Burton

This creamy nut-free, dairy-free Caesar dressing gets a hint of smokiness from smoked paprika. Try it mixed into a kale-lettuce combo Caesar salad!

Smoky Caesar Dressing

- 1/2 cup precooked & cooled Red or Yukon Gold potatoes *(see note)*
- 1/4 cup raw pumpkin seeds and/or sunflower seeds
- 1 small-medium clove garlic or 1/2 teaspoon garlic powder
- 2 teaspoons nutritional yeast *(optional)*
- 1/4 teaspoon smoked paprika
- 3/4 teaspoon sea salt
- Freshly ground black pepper to taste
- 1 cup plain unsweetened nondairy milk
- 3 1/2–4 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon vegan Worcestershire sauce *(optional)*
- 2–3 tablespoons water, if needed

Directions:

1. Starting with 3 1/2 tablespoons lemon juice, combine all the dressing ingredients except the water in a blender (or in a deep cup if using an immersion blender) and puree until very smooth.
2. Add water to thin the dressing if desired.
3. Taste and add additional lemon juice and seasoning as desired.
4. Toss the kale with about 1/2 cup of the dressing in a large bowl.
5. Add a few pinches of coarse salt and let sit for 15–30 minutes to slightly wilt and soften the leaves.
6. Add the lettuce leaves and 1/4 cup more dressing. Use tongs to work the dressing through the salad.
7. Sprinkle with the croutons and season with salt and pepper. Sprinkle with extra smoked paprika (if using).
8. Serve with lemon wedges.

Any remaining dressing can be stored in fridge in airtight container for up to 6 days. Makes about 1 1/2 cups of dressing. Salad serves 4 or more.

Potato Note: Use leftover potatoes in this dressing! Anytime you roast, boil, or steam potatoes, cook extra to have some ready for this dressing. Just a little potato really thickens the dressing.

Kale Note: If you are new to using kale in a Caesar salad, start with less - maybe just 2 cups, and make up the difference by using extra lettuce. This helps your palate adjust to the more assertive flavour of kale in the salad.

Kale Caesar Salad

- 4–5 cups stemmed and julienned kale leaves *(see note)*
- Few pinches coarse ground or regular sea salt
- 4–5 cups julienned romaine lettuce leaves
- Croutons and lemon wedges, for serving



Dreena Burton is the OG vegan cookbook author, plant-based for over 25 years. Author and co-author of eight books, her most recent title “Dreena’s Kind Kitchen” won the world’s first vegan cookbook award. For more, visit dreenaburton.com.

Manitoba Harvest Hemp Hearts Rustic Spring Potato Salad

Rustic Spring Potato Salad

Ingredients

- 1 lb roasted fingerling potatoes (or any kind of small potato)
- 2 tbsp extra virgin olive oil
- 2 cloves garlic, minced
- ½ tsp sea salt
- 1/8 tsp black pepper
- 1 head butter lettuce, chopped or torn
- 4 radishes, thinly sliced
- 2 green onions, sliced
- 2 tbsp chives, sliced
- 3 tbsp Manitoba Harvest Hemp Hearts

Directions:

1. Preheat oven to 400°F
2. Slice potatoes in half lengthwise and place on sheet tray.
3. Drizzle potatoes with olive oil, salt, pepper and garlic then toss to coat.
4. Roast in oven for 20-25 minutes until golden on the outside and tender on the inside.
5. Remove potatoes from oven and let cool slightly.
6. Meanwhile, blend all vinaigrette ingredients until smooth.
7. In a large serving bowl, toss potatoes, dressing, and all remaining salad ingredients except lettuce together in a bowl.
8. Fold in lettuce at the last minute just before serving.

Creamy Lemon Mustard Vinaigrette

Ingredients

- ¼ cup extra virgin olive oil
- 3 tbsp lemon juice
- 1 tbsp Manitoba Harvest Hemp Hearts
- 2 tsp whole grain mustard
- ½ tsp lemon zest
- ½ date, optional
- ¼ tsp sea salt
- Dash cayenne pepper





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.

Produce

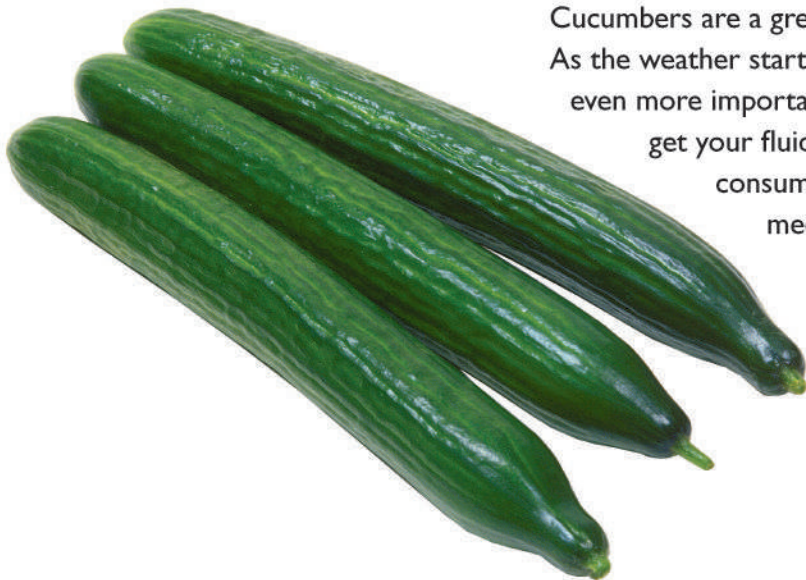
Cara Cara Oranges:

Oranges are often overlooked compared to other fruits but are naturally very sweet and are packed full of nutrients! They are high in vitamin C and getting enough vitamin C is important at all times but particularly when you have a cold. Try adding peeled oranges to smoothies, add slices to your favourite salad for extra sweetness or add to your own homemade salsa with a twist!



Cucumbers:

Cucumbers are a great vegetable to enjoy this spring. As the weather starts to get warmer adequate hydration is even more important. Turns out water isn't the only way to get your fluids in! Cucumbers are roughly 96% water so consuming them regularly this spring can help you meet your hydration needs!



Produce

West Coast Wild Foods Fiddleheads:

At Choices we are proud to source unique produce like fiddleheads! What are fiddleheads? Fiddleheads are the spring shoot of the ostrich fern that is only available during the spring!

These nutrient rich vegetables are high in vitamins A, C and K as well as are a source of manganese. Enjoy fiddleheads by sautéing lightly in avocado oil with mushrooms and garlic. When consuming fiddleheads, cook them first and follow proper food safe guidelines to prevent risk of food poisoning.



Wildwood Extra-Firm Tofu:

Firm, medium, or soft, you can find tofu in just about every consistency you could think of. Our go-to tofu texture is always extra-firm because it can easily be substituted for meat products in a variety of recipes. Tofu is a plant-based powerhouse packed with protein and rich in nutrients like calcium and magnesium. If you are not familiar with cooking tofu then think of it like a sponge that will soak up just about any flavour you add to it. So try something new and marinate some extra-firm tofu in your favourite sauce and enjoy it baked, fried or even raw.



Tasty Top Choices Recipe

Savoury Fiddlehead Side Dish

By: Kelsey Moore, RD Choices Markets

Ingredients:

- 400 g West Coast Wild Foods raw Fiddleheads
- 200 g Raw Button Mushrooms
- 2 tbsp. Butter or Avocado Oil
- 2 Cloves Garlic
- Pinch Sea Salt

Directions:

1. Wash fiddleheads under cold water until all of most of the brown papery husk is removed.
2. In a large pot, bring 1.5 L of water to a boil. Add clean fiddleheads and boil for 10 minutes or until slightly tender. While fiddleheads are cooking, peel, crush and mince garlic, wash mushrooms in cold water (rid of any dirt) and chop.
3. Once fiddleheads are cooked, drain and rinse with cold water.
4. In a large frying pan, heat pan to medium heat. Once heated add butter or oil and garlic. Sauté for 1 minute. Add chopped mushrooms and cooled fiddleheads.
5. Sauté for 5 minutes or until fiddleheads start to brown.
6. Season with salt and serve. Can be eaten on its own or as a side dish to accompany meats or plant protein dishes. **Makes 4 Servings**



APRIL 1-15 ONLY

wellness centre

Natural Factors WellBetX Berberine



19⁹⁹
60 Capsules
36⁹⁹
120 Capsules

Supports blood sugar balance. Helps maintain already-normal cholesterol levels.



CanPrev Vitamins & Supplements

20% Off

Assorted Varieties & Sizes

Canada's favourite magnesium!
Developed by ND's. 200 mg therapeutic dose, offering 20% more elemental than most brands.

Bulletproof Products



30% Off

Assorted Varieties & Sizes

Boost metabolism, reduce fat storage, and maintain healthy cholesterol levels.



Vitality Vitamins & Supplements

20% Off

Assorted Varieties & Sizes

Packed with 19 essential vitamins and minerals, made with plant fibres to slowly release and support absorption of nutrients.



Renew Life Probiotics & Supplements

20% Off

Assorted Varieties & Sizes

Our strongest daily multi-strain probiotic blend that provides 100 billion live bacterial cultures in a convenient once a day capsule.

Suku Vitamins & Supplements



20% Off

Assorted Varieties & Sizes

Just two sugar-free gummies equals one shot of raw, unfiltered, apple cider vinegar with the mother.

Martin & Pleasance Harmony Supplements



20% Off

Assorted Varieties & Sizes

Relieves symptoms associated with menopause, such as hot flashes, night sweats, sleeplessness and fatigue.

Prairie Naturals Green SuperFoods



20% Off

Assorted Varieties & Sizes

Prairie Naturals Fermented & Organic SuperFood blend is carefully crafted collection of 20 premium fermented & organic food-based antioxidants.



Nena Glacial Skin Care

30% Off

Assorted Varieties & Sizes

NENA is a natural skincare brand whose core is Glacial Oceanic Clay, a unique kind of earth only found in BC, Canada.



Redmond Silver Earthpaste

94⁹
113g

No foaming agents, no colouring, no glycerin, and no fluoride. Everything your mouth needs to feel and be clean, and nothing extra.



Island Essentials Shampoo & Conditioner

15⁹⁹
450ml

Our sulfate-free herbal shampoo & conditioner uses only organic & natural ingredients in three amazing scent choices.



Dr. Bronner's All-One! Pure Castile Soap

19⁹⁹
946ml

Dr. Bronner's soap is concentrated, biodegradable, versatile and effective. Made with organic and certified fair trade ingredients.

Pascoe Detox Kit

84⁹⁹ | Kit



Pascoe Detox Kit includes Lymphdiaral, Quassia Similiplex, Juniperus Similiplex all in 50mL drops. The Kit is a homeopathic kit for the relief of sinus congestion, indigestion, hives, bloating, irritability, fatigue, headaches, and constipation. The products are made from plant-based naturally sourced medicinal ingredients that aid in the detoxification process.

Pascoe's Detox Kit works to help eliminate unwanted toxins from the body. Use Basentabs pH Balance Pascoe (alkaline salt supplement) to aid in toxin elimination process. Support your body's overall health with Pascoe's Detox Kit - available over-the-counter.

Dr. Tung's Oral Care

Floss

5⁹⁹

Tongue Cleaner

8⁹⁹



Tongue Cleaning is the best remedy for bad breath, and Dr. Tung's is the #1 selling tongue cleaner! Why? Because like good silverware it is made of high quality austenitic Stainless Steel and our curved cleaning edge removes bacteria and soft plaque in seconds! Cleaning your tongue is comfortable, quick and effective with Dr. Tung's. Guaranteed! Modern research confirms that tongue cleaning is the best way to remove bacteria that causes bad breath. Tongue cleansing also helps improve taste, remove the coating on the tongue and slow the growth of plaque. We use high-grade stainless steel because it is impervious to bacteria, is more comfortable and gentle on the tongue than plastic. This is why people prefer eating with silverware than with plasticware. Precurved shape gives precise control, Great oral benefits for a small price, Soft, comfort-grip handles. Used and recommended by dentists and hygienists, Dr. Tung's cleaner is the leading tongue cleaner in the health market and is sold in health stores and dental offices around the country.

Kaia Naturals

Natural Deodorant

21⁴⁹ 65g

Sweat Powder

29⁹⁹ 10g



Part of the the takesumi detox® 3-step system naturally provides maximum odour and sweat protection for more hours with natural deodorant. Ultra-absorbent powder absorbs excess sweat and controls odor. Proprietary Thessalite 6® Powder Technology inspired by sweat-absorbing athletic chalk used by elite athletes. With magnesium carbonate, zinc oxide and apple cider vinegar. Refillable, mess-free brush application system for on-the-go touchups. A talc-free, natural and safe formulation without irritating baking soda or aluminum. Mattifying formula creates a moisture-absorbing barrier on the surface of the skin to keep you dry and comfortable. Reduces chafing and friction in skin folds that can lead to irritation and rashes. For maximum sweat and odour protection, use the takesumi detox the underarm bar and charcoal deodorant prior to applying the sweat powder. Vegan and cruelty-free.

Vega Nut Butter Shakes

31⁹⁹ 511g - 523g



Calling all peanut butter lovers! The wait is finally over, we're super excited to introduce to you our latest blender-free innovation: Vega Nut Butter Shake, made with real peanut butter but without the mess or extra fats. So, when you're looking for something quick and delicious, we've got you covered. Vega Nut Butter Shake will satisfy your hunger any time of day in as easy as one, two, three. Just scoop, shake, and enjoy

- Made with real peanuts
- 2 delicious flavours Classic Peanut Butter and Peanut Butter & Banana
- 85% less fat vs regular peanut butter shake
- 20g of protein

It's NUTritious any time protein snack!

CanPrev Rocket T Testosterone Recharge

52⁹⁹ 90 Capsules

Prime Virility or Prime Fertility

64⁹⁹ 150g - 276g



Testosterone is required for bone development, muscle mass and strength, fat distribution and the production of red blood cells and sperm. If you feel like you're falling short in these areas, you could likely benefit from a little extra support CanPrev's Rocket T is designed to promote healthy testosterone levels to help enhance athletic performance, support muscle growth and sex drive. Featuring Testofen®, a patented form of fenuGreek clinically proven to support testosterone production, KSM66® ashwagandha and vitamins for increased resistance to stress and added minerals important for anabolic hormone production. Fertility Support for 2, NEW unique formulas with nutrients essential to balance hormones, support reproductive health and help increase your chances. Women's Prime Fertility formula provides a natural way to Prime Your Ovulation Phase with 5-MTHF, Inositol, Choline & CoQ10 & Antioxidants Improves Oocyte Quality & Ovulatory Function. Men's Virility Fertility & Testosterone with CoQ10, L-Carnitine, Minerals, Saffron and Ashwagandha Profoundly Increases Testosterone Production, Resistance to Stress & Promotes Healthy Sperm Motility.

Purica Ionicbone Vegan Bone Builder

49⁹⁹ 300g



From the day we're born, calcium, phosphorus and other essential vitamins work together to develop and maintain strong bones. Yet daily wear and tear and other stressors over time take their toll on our body's essential framework. Never before have so many people been over the age of 30, the year we generally reach peak bone mass. Most of us become vulnerable to deteriorating bone health in the years that follow. That's why PURICA IONICBONE™ Vegan Bone-building Formula will make a difference in ensuring optimal bone health throughout adult life, especially in seniors and post-menopausal women. Helps in the development and maintenance of strong bones and teeth through the absorption and use of calcium and phosphorus. Calcium intake, when combined with sufficient Vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.

APRIL 16TH - 31ST ONLY

wellness centre

New Roots UltraB Complex

25⁹⁹

90 Capsules

48⁹⁹

180 Capsules



UltraB Complex incorporates coenzyme (active form) B vitamins, functional flush-free niacin, and enhanced-absorption choline.

Salus Floradix & Floravit Iron Supplements

23⁹⁹

250ml

39⁹⁹

500ml



Iron is a nutrient that is essential for the delivery of oxygen to every cell in the body.

Progressive Multivitamins

**30%
Off**

Assorted Sizes and Varieties
Excludes Bonus Bottles



Hot Price!

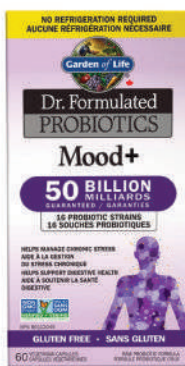
Whether you exercise, work long hours, raise a family or any combination of the above, your body needs the support of an Active MultiVitamin formula.

Garden of Life Dr. Formulated Probiotics

**20%
Off**

Assorted Sizes and Varieties

Promotes favourable gut flora for daily gastrointestinal support.



Lily of the Desert Aloe Vera Juice or Gel

**20%
Off**

Assorted Sizes and Varieties

• Support healthy digestion • Reduce harmful toxins
• Support a healthy immune system



Total Body Collagen

49⁹⁹

500g or 180 Tablets



Each scoop of Total Body Collagen powder contains Verisol® Bioactive collagen peptides, a clinically supported form of hydrolyzed collagen.

Anderson's Health Solutions ConcenTrace or Elete Electrolyte

**20%
Off**

Assorted Sizes & Varieties

The pure, original electrolyte concentrate without calories, sugars, or artificial ingredients.



Radius Toothbrushes & Toothpaste

**20%
Off**

Assorted Sizes and Varieties

Eco-friendly toothbrush!
Each super soft toothbrush is created with EcoPure®, meaning that it is 100% biodegradable in landfills.



Omega3 NutraCleanse Fibre

18⁹⁹

420g

33⁹⁹

1kg



A delicious, organic flaxseed blend rich in fibre & nutrients for a healthy inside.

Sukin Naturals Hair Care

10⁹⁹

500ml

Body Wash & Lotion

12⁹⁹

500ml

No harm to the ocean after its down the drain, no harmful processes, just ingredients from nature that work.



Pure Potent WOW Essential Oils & Body Care

**20%
Off**

Assorted Sizes and Varieties

Essential oils from Canada,
100% pure & organic
aromatherapy products.



Gabriel Natural Cosmetics

**20%
Off**

Assorted
Sizes & Varieties



All products are made from 100% natural ingredients with no synthetic chemicals or animal by products.

Bio-K Plus Extra Probiotics

25⁹⁹
Pkg. of 6



The NEW Extra line of vegan drinkable probiotics contains our unique and exclusive formula of 80 billion live and active good bacteria in addition to the active ingredient Cereboost® (American ginseng) - a scientifically supported active ingredient studied for its effects on cognitive performance, cognitive function and working memory.

Carefully crafted with fermented oat and pumpkin seeds, our gluten-free, organic and GMO-free peach and turmeric-flavoured probiotic product contains only 6 g of sugar. Its dreamy peach taste, delicate turmeric notes and not-too-sweet profile will win you over. Try it - it tastes like a delicious smoothie!

Om Mushroom Superfood Master Blend

14⁹⁹
54g



Supercharge your daily health with Om's unique Mushroom Master Blend. A curated blend from our master mycologist with 10 species of certified organic mushroom mycelial biomass and fruit body powder. Master Blend contains a full spectrum of naturally occurring active compounds and our proprietary organic Reishi whole food extract standardized to 35% Beta Glucans, plus 3 organic botanical adaptogens, including Ginkgo biloba, Holy Basil, and Astragalus. It's a powerful master blend for vibrant health.

Sibu Sea Berry Therapy Facial Care & Supplements

20% Off

Assorted Sizes and Varieties



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.

- Gentle but effective formula
- Premium Himalayan sea buckthorn infused
- Great make-up remover
- PETA cruelty-free and vegan
- Removes grime and bacteria without stripping moisture
- Perfect for sensitive skin, prone to irritation and breakouts

Subi Greens Super Juice Mix

31⁹⁹
264g - 280g



The easiest way to get 100% of your daily servings of vegetables. SUBI contains 20+ whole, real food ingredients, 4+ servings of vegetables in every scoop, and 60% of your daily nutrition. Simple, approachable, and delicious nutrition. Available in unflavoured, Peach and Pineapple Mango. A fresh, clean, and easy to read label. An easily accessible and resealable bag contains 100% natural whole food sources, nothing synthetic or lab-made. Proudly made with love in Vancouver BC.

Life Candy Shampoo or Conditioner

21⁹⁹
1L



Life Candy's non-silicone, all-natural formula seals the hair cuticle to lock in color molecules and slow color fading while enhancing the quality of your hair. Achieve noticeably better hair with color+ treatments, protect hair fibre integrity from sun exposure and friction damage, and maintain quality results with rinse-off and leave-on systems.

The Life Candy line up consists of fabulous products, all prolong hair colour + an additional benefit.

All natural formula are biodegradable, better for you, and better for the ecology.

Works Wonders Hydrosols & Salves

20% Off

Assorted Sizes and Varieties



Works Wonders has been sustainably growing calendula and lavender for handcrafting all-purpose skin care since 2004. These amazing flowers are known for their antiseptic and anti-inflammatory care of dry or troubled skin conditions, while gently toning for improved complexion, and for so many more practical and therapeutic uses. We currently offer, our original salve and lip balms, lanolin body balm, hydrosols for face, body and home care, and dried lavender flowers. Our products contain only healthy, beneficial ingredients, and no parabens, drying agents, artificial colours, fragrances, or synthetic preservatives. Enjoy peace of mind using our reliable, hand-crafted products for your whole family!



comments@choicesmarkets.com

/Choices_Markets

/ChoicesMarkets

@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): 27

Waste: 1,199 kg

Water: 97,773 L

Greenhouse Gas Emissions: 3,932 kg CO₂

Smog: 5 kg NO_x

Energy: 23 GJ

Results based on the Rolland Environmental Calculator



NOW HERE

ALL-NEW ONLINE CHOICES

SHOP.CHOICESMARKETS.COM



Kickstart Your Career

Join a team that values supporting local producers,
seeing happy customers and working towards
a sustainable future.



Apply Online:
choicesmarkets.com/careers