



HAPPY EASTER!

100% BC OWNED AND OPERATED

Choices' Own
Holiday Turkey
Meal
15.99
each

Roasted Golden
Nugget Potatoes,
Mashed Potatoes or
Scalloped Potatoes

1.69
/100g

Gourmet Bouquet

24.98
each

Bunched Tulips
10 Stems

7.98
each

Choices' Own 8" Artisan Fruit Pies

10.99
each

Boneless Ham Portion
11.00/kg

LOCAL

4.99
/lb

organicgirl Salad Greens



4.98

119g - 142g

from USA

Pineapples



3.98
each

from Costa Rica



Natural Factors
Digestive Enzymes
Support

20% off

Assorted Sizes



Earthbound Farm
Organic Frozen
Vegetables

HOT
PRICE

50% off

300g - 400g



Simply
Organic
Gravy

HOT
PRICE

50% off

24g & 28g

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

Prices Effective
April 6 - 12, 2023

BULK

Nuts & Nut Mixes Select Varieties, Bins & Random Weight Bags

20%
Off

PRODUCE

Organic Hass Avocados

2
/5.00

from Mexico

Organic Garnet Yams &
Sweet Potatoes - 6.57/kg

2.98
/lb

from USA

Organic Orange Bunch
Carrots

2.98
each

from USA

Organic Mushrooms

3.98
/lb
White -
8.77/kg

4.98
/lb
Crimini -
10.98/kg

from Canada

MEAT

Organic Lean Ground Beef
26.43/kg

LOCAL

11.99
/lb

Value Pack

Boneless, Skinless Chicken Breasts
11.00/kg

LOCAL

HOT
PRICE

4.99
/lb

Value Pack

Choices' Own Grade A
Turkey - 12.10/kg

5.49
/lb

Raised Without Antibiotics

Smoked BBQ Chum
Salmon Portions

2.90
/100g

Pork Tenderloin
17.61/kg

LOCAL

7.99
/lb

Raised Without Antibiotics

GROCERY

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

Prices Effective
April 6 - 12, 2023



Earth's Choice
Organic
Canned Beans

HOT PRICE

50% off

398ml



Earth's Choice
Coconut Milk
Regular or Light

HOT PRICE

50% off

400ml



Frontier
Organic Spices
& Seasonings

HOT PRICE

50% off

Assorted Sizes



Omega Nutrition
Avocado,
Coconut or
Pumpkin Oil

HOT PRICE

50% off

Assorted Sizes



Stash Tea

HOT PRICE

50% off

18 & 20 bags



Alter Eco
Organic
Fair Trade
Chocolate Bars

HOT PRICE

50% off

75g - 85g



Dairyland Cream
& Whipping
Cream

100 off

946ml



Earth's Choice Organic
Pumpkin & Organic
Cranberry Sauce

2/600 2/700

348ml Cranberry 398ml Pumpkin



Mayacamas
Gravy

18g - 22g

Naam Miso
Sauce

350ml

2/300 599

Happy Planet Creamery
Cultured Butter



799

200g



Dairyland
Sour Cream

2/600

450ml - 500ml



Bo & Marrow
Frozen Bone
Broth

999

591ml



Carr's Crackers

2/600

125g & 150g

Armstrong Cheese



999

600g



GoGo Quinoa
Non GMO
Quinoa

399

375g

Lesley Stowe Raincoat Crisps



499

150g



Woolwich Goat
Cheese

2/700

113g



Saputo Shredded
Cheese

449-599

170g - 320g

GROCERY



Love Good Fats
Keto-Friendly
Bars

2/4⁰⁰

39g - 40g



Galerie Au
Chocolat
Chocolate Bars

3⁹⁹

100g



Fentimans
Botanically
Brewed
Beverages

249 8⁹⁹

275ml 4 Pack
+deposit+eco fees +deposit+eco fees



Yummy Bear
Plant-Based
Gummies

2/5⁰⁰

50g



Pür
Aspartame
Free Gum

2/7⁰⁰

80g



Rise Organic
Kombucha

6⁹⁹

1L
+deposit+eco fees



Hardbite
Natural Root
Vegetable
Chips

4⁷⁹

128g & 150g



Old Dutch
Potato Chips

2/8⁰⁰

200g - 235g



Kiju Organic
Juice

2/6⁰⁰

4 Pack & 1L
+deposit+eco fees



Plumm Good
Organic Rice
Thins

2/6⁰⁰

95g



Organic
Traditions
Superfoods

25% off

Assorted Sizes



Bubbies Pickles,
Sauerkraut &
Horseradish

25% off

Assorted Sizes



Bob's Red Mill
Almond &
Coconut Flour

25% off

453g & 907g



Wholesome
Organic Fair
Trade Sweeteners

25% off

Assorted Sizes



Maison Orphee
Salad Dressings

3⁹⁹

240ml & 250ml



Good Juu
Laundry Strips

9⁹⁹

30 Pack



Seventh
Generation
Natural Laundry
Liquid

12⁹⁹ 16⁹⁹

2.66L 683ml
2X Concentrated Easy Dose



EchoClean
Biodegradable
Dish Liquid

2/7⁰⁰

740ml

GROCERY

Shady Maple Farms
Organic Cookies,
Sugar & Maple Syrup



25% off
Assorted Sizes



Wedderspoon
Organic
Manuka Honey

29⁹⁹ 34⁹⁹
500g K Factor 12 500g K Factor 16

Rabbit River Farms
Vegetarian Fed Free Run
Eggs



4⁹⁹
1 Dozen



Just Egg
Plant-Based
Eggs

4⁹⁹
227g & 355g



Riviera Oat or
Coconut Milk
Yogurt

4⁹⁹
500g & 650g



Terra Breads
Premium
Granola

14⁹⁹
850g & 1kg



Donia Farms
Grass Fed Milk

5⁹⁹ 64⁹
2% & 3.25% 2L Chocolate
+ deposit+eco fees + deposit+eco fees



Earth's Own
Organic & So Nice
Fresh Almond
Beverages

2/7⁰⁰ 2/8⁰⁰
1.89L 1.75L
+ deposit+eco fees + deposit+eco fees

DELI

Rosstown Roasted
Chickens



10⁹⁹
each

Roasted Yam &
Sweet Potato with
Fennel or Green
Beans with Almonds
Dishes



2²⁹
/100g

Italian Sliced
Salami or
Prosciutto



1⁰⁰
OFF

Wild Salmon
Cakes



**2/
8⁰⁰**

La Panzanella
Crackers



5⁹⁹
170g

Imported Swiss
Gruyere, Emmental,
Appenzeller Cheese



**20%
Off**

Bella Casara
Burrata Cheese



13⁹⁹
250g

Alexis de Portneuf
Brie or Camembert
Cheese



9⁹⁹
300g

Summer Fresh
Dips & Hummus



3⁹⁹
227g

Dijon Maple Glazed
Ham



2⁹⁹
/100g

BAKED GOODS

Choices' Own Hot Cross
Buns



5⁹⁹
6 pack

Choices' Own Easter
Cupcakes or Shortbread



5⁹⁹
180g &
280g

Choices' Own Banana or
Orange Cranberry Loaf



7⁹⁹
300g &
454g

Choices' Own Sourdough,
Multigrain or Cheese
Baguettes



3²⁹
250g-300g

Wendel's Gluten-Free
Apple or Strawberry
Rhubarb Pie



10⁹⁹
8 inch

Silver Hills Organic
Sprouted Power Bagels



44⁹
400g

Choices' Own Easter
Sugar Cookies



8⁹⁹
380g

Choices' Own Gluten-Free
Stuffing Mix



10⁹⁹
240g

3 DAY PLANT SALE

Sale Effective: Friday April 7th - Sunday April 9th, 2023

5% of weekend plant sales will be donated to a local school.



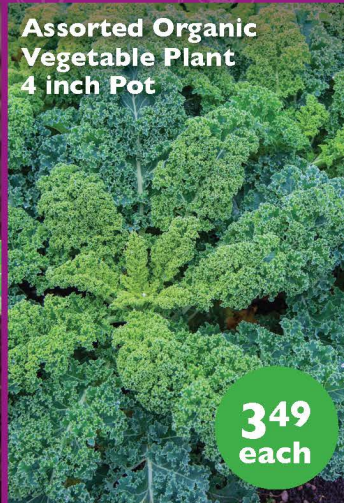
Assorted Organic Herb Plant - 4 inch Pot

3.99
each



Organic Strawberry Plant - 4 inch Pot

3.99
each



Assorted Organic Vegetable Plant 4 inch Pot

3.49
each



West Coast Seeds

Assorted Varieties

10% off

Ocean Plus
Earth Mix
Cinnabar Valley
Farm
40 L bag

17.99
each

Leong's Nursery
Premium
Potting Soil
20 L bag

12.99
each

Island's Finest
Mushroom
Manure-Cinnabar
Valley
10 kg bag

6.99
each

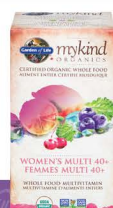
Sale not available at: The Drive, Abbotsford and Kelowna locations. Plus applicable taxes. Weather Permitting.

WELLNESS



Purica
Vitamins &
Supplements

20% off
Assorted Sizes



Garden of Life
mykind Organics
Vitamins &
Supplements

20% off
Assorted Sizes



LeanFit Whey,
Whey Isolate &
Organic Plant
Based Proteins

20% off
Assorted Sizes



AOR
Vitamins &
Supplements

20% off
Assorted Sizes



Nuun Hydration
Electrolytes
Sport, Boost,
Immunity &
Vitamin Tabs

8.99
10 Tablets



Bio-K Plus
Probiotics

21.99 **23.99**
6 Pack Dairy 6 Pack Non Dairy



NutraVege
Omega-3
Plant-Based
DHA & EPA

20% off
Assorted Sizes



Organic
Traditions
Superfoods

25% off
Assorted Sizes



Santevia Alkaline
Water Pitchers,
Water Systems
& More

20% off



Sukin
Botanicals
Natural Face &
Body Care

20% off
Assorted Varieties



Weleda
Face and
Body Care

25% off
Assorted Varieties



Genuine Health
Vitamins &
Supplements

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
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.