



CHOICES'

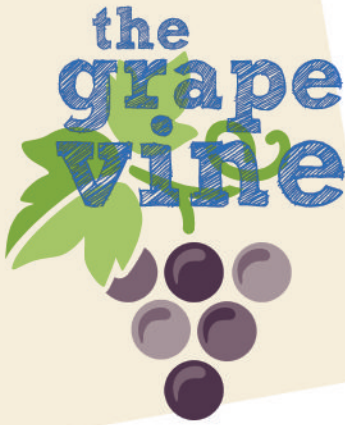
Monthly Newsletter | June 2023

The Mediterranean Diet

The Dish On Ground Beef!

Staying **Summer Hydrated**

Win A Paddleboard



Father's Day

June 18th is all about Dad!

While we're sure your dad will be able to supply all the bad jokes and questionable fashions, come to Choices to get everything else you need for a great Father's day dinner. We'll have organic, free range meats for the grill, or Beyond Meat burgers and sausages if that's more his speed. Don't forget the buns, freshly made in our bakery every day. You can also stop by our wellness department to pick up some great shaving products and more to really help him relax and kick his slippers off.



Summer at Choices

This summer, we're happy to help you bring the best out of the sunshine. From our articles this month on hydration and the Mediterranean diet, to our great selection of foods for the grill, you'll be sure to have a great summer when Choices is involved!

Don't forget to start stocking up on sunscreen from our Wellness department!



CHOICES SEMINARS

MARK YOUR CALENDAR

Learn to Bake Gluten-Free!

with Anna Pepperdine BSc, and Sarah (Choices Bakery Manager)

Saturday, June 3rd

1:00pm - 3:00pm

IN PERSON AT CHOICES MARKET - KELOWNA

1937 Harvey Ave, Kelowna

Have you or your child been recently diagnosed with Celiac disease? Perhaps you are sensitive to gluten? Here you'll learn how to bake tasty gluten-free recipes to suit your needs.

Free event.

Register online at

choicesmarkets.com/events.

Details to join seminar will be available by email once sign-up is completed.



Water Kefir Making Class

with D'Arcy Furness, RHN

Wednesday, June 7th

7:00pm - 8:30pm

IN PERSON AT CHOICES MARKET - SOUTH SURREY

3248 King George Blvd, Surrey

Learn to make your own homemade water kefir in this in-person class!

Free event.

Register online at

choicesmarkets.com/events.

Details to join seminar will be available by email once sign-up is completed.



Mitochondrial Health & Cellular Regeneration

with Dr. NavNirat Nibber, ND

Wednesday, June 28th

7:00pm - 8:30pm

ONLINE ONLY

Mitochondrial health is the most important factor for cellular health which in turn determines how cells age. Mitochondrial damage and its relation to health and disease, risk reduction, and nutritional and lifestyle interventions that save stressed out or dysfunctional mitochondria.

Dr. NavNirat Nibber ND, is a graduate of the Canadian College of Naturopathic Medicine, and a registered Naturopathic Doctor and recipient of the 2015 Naturopathic Honour Award.

Sponsored By  AOR

Free event. Register online at choicesmarkets.com/events.

Details to join seminar will be available by email once sign-up is completed.



The Power of Positive Aging

with Rose Marie Pierce, B.Sc. Pharm

Tuesday, June 20th

7:00pm - 8:30pm

ONLINE ONLY

Everyone ages. Positive aging is the practice of embracing health and happiness in all stages of life physically, mentally, and socially. Aging positively means embracing the natural process of maturity, and actively working to maintain physical and mental health so we remain strong, vibrant and active through all our years. Positive aging is holistic; physical, mental and emotional wellness all play a crucial part in aging well. For that reason, Prairie Naturals has created a collection of products to help people engage fully in life at every stage of aging. Our formulas support: Cognitive Wellness, Stress Management, Healthy Vision, Cardio Care, Mobility & Motion, Healthy Glucose Metabolism, and Disease Prevention

Sponsored By  prairienaturals

Free event. Register online at choicesmarkets.com/events.

Details to join seminar will be available by email once sign-up is completed.



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/

New!

Watch our recorded seminars on YouTube! Visit choicesmarkets.com for more info.

the Dish

On Ground Beef



The treasure is in the ground! As we approach BBQ season, some of us will start dreaming of delicious grilled meats. Sirloins, striploins, tenderloins, ribeye and more, but most of us will also crave a juicy burger.

The main ingredient in the average burger is ground beef. Always present in the meat counter, this humble protein is traditionally found in different styles cuts, extra lean 10% fat, lean 17% fat medium 23% fat and regular 30% fat. What you choose depends on recipe and diet. The higher the fat percent, the richer the taste, but be aware of your fat consumption. When available, always choose organic.



Lots of people prefer burgers from fresh ground rather than pre-bought (myself included), and season them once they are broiled. I like to add ingredients to boost and complement the flavour of the patty. Depending on your meat choice and fat content, you might want to add a small amount of finely chopped bacon, onion, a dash of mustard and ketchup, and ground pepper and salt. Do not add too many wet ingredients, because it will make the patty hard to manage and you'll just end up with a mess. If unsure of your seasoning, microwave a teaspoon of your mixture to taste.



Not feeling a burger? You can also make kebabs with your ground beef. Finely chop garlic and fresh herbs, your choice of seasonings and once portioned, form the meat mix one skewer. Proceed to grill, then dip in a minty yogurt sauce or maybe a chutney.



Ground beef taco filling could become a regular menu item. You can buy already mixed seasoning or make your own, load up a tortilla with fresh veggies and cheese, and dinner is served.

One of the best things about ground beef is how economical it can be as a protein option. Pasta sauce with or without tomatoes is one of the many ways to stretch your ground. It is a great way to feed more people with less dollars. You can cut your meat sauce with a 1:1 ratio of chopped veggies to ground beef to really stretch it out and feed a lot of people. Soups, chillies, and curries can also be a healthy thing to consider once grilling season is over. Remember to add lots of legumes and veggies to your dishes. Casseroles, pies, lasagna, spanakopita, fillings for dumplings and stuffed pastas, are all great ways of using this humble ingredient.

Meatballs and meat loaves are also a wonderful way to stretch your dollar and can be enhanced by your favourite flavour profile. From grandma's classic meat balls with bread and parmigiano, to more modern creations that can include quinoa, rice or even tofu.

Do you know why ground beef is so popular with ranchers? Apparently flying cows are much harder to wrangle!



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.

Importance of hydration for sport

By Anne Pepperdine, BSc, Choices Kelowna Nutrition Consultant

Proper hydration is a necessary part of our everyday lives, but it becomes even more important during exercise. Our bodies lose water and salts through sweating, which needs to be replenished so nutrients and energy are transported to the muscles, waste is properly removed, and body temperature is regulated. When our body is dehydrated these functions are impaired, which can lead to fatigue, muscle cramps, dizziness, and even fainting. Having good hydration consistently can greatly improve performance during training.

This brings us to the all-important question how much and what should you be drinking when it comes to sport? The amount you need to drink will vary from person to person, but a general way to tell if you are hydrated is to check if your urine color is a pale-yellow color. What to drink can vary based on the type of exercise you're doing. For lower intensity exercise that lasts around an hour, plain water should do the trick of hydrating the body. For more intense exercise that lasts over an hour you might want to choose an electrolyte or sport drink. Both contain electrolytes that are necessary to replace the salt losses coming from sweating, however, sport drinks also contain sugars, which help give an extra boost of energy during your training.

Most of us struggle to drink enough throughout the day, here are some tips that might help you stay hydrated.

1. Creating a plan for how much you will drink and setting reminders on your phone might be a good way to establish the habit of drinking enough.
2. Carrying around a large water bottle also helps ensure that you always have water with you when you need to hydrate.
3. Eating high-water-content foods, like cucumbers, can help you stay hydrated throughout the day.



Tasty Top Choices Recipe



Sun-Dried Tomato Pesto Tabbouleh with Sorghum

Meet Sorghum: A gluten-free grain, high in protein and fibre.

Try this easy salad as a vegetarian main (throw in some chick peas for even more fibre!) or as a delicious side.

Ingredients

- 1/2 cup sorghum, rinsed and drained (I used Bob's Red Mill)
- 1/2 cup Sun-Dried Tomato Pesto
- 1 English cucumber, peeled and diced (2 cups)
- 2 cups halved grape or cherry tomatoes
- 1 cup chopped fresh basil, parsley, or cilantro
- 8 green onions, thinly sliced (1 cup)
- 2 Tbs. lemon juice



Directions:

1. Combine sorghum and 1 cup water in medium saucepan; bring water to a boil.
2. Cover pan, reduce heat to medium-low, and simmer 1 hour, or until grains are tender.
3. Drain, and transfer to bowl.
4. Stir pesto into hot sorghum, allow mixture to cool.
5. Once sorghum is cool, stir in remaining ingredients, and season with salt and pepper, if desired.
6. Let stand 1 hour or refrigerate overnight for best flavour.

Makes 6 Servings

JUNE 1-15 ONLY

club specials

Zevia Stevia Sweetened Soda



4⁹⁹
6x355ml
Plus Deposit
& Eco Fee

Zevia is the healthy alternative to artificial commercial beverages.



Santa Cruz Organic Lemonade

3⁴⁹
946ml
Plus Deposit
& Eco Fee

Citrusy, tart, tangy and just the right amount of sweet.

Fentimans Botanically Brewed Beverages



9⁹⁹
4 Pack
Plus Deposit
& Eco Fee

From Ginger Beer to Rose Lemonade, our soft drinks are botanically brewed for superior quality and unrivalled flavour.

Seasnax Organic Seaweed Snax



3⁷⁹
15g

Strangely addictive snacks that are nutrient rich.



Tate's Bake Shop Cookies

6⁹⁹
198g

These chocolate chip cookies are uniquely thin, buttery, crispy, & deeply delicious. Share them with anyone in your life!

Seventh Generation



Natural Dish Liquid

2⁹⁹
562ml

2x Laundry Liquid

12⁹⁹
2.66L

Powered by plants. No artificial fragrances.

Salt Spring Organic Fair Trade Coffee



11⁹⁹
400g

Roasted fresh on Saltspring Island.

Nuts to You



Organic Peanut Butter

7⁹⁹
750g

Organic Almond Butter

12⁹⁹
365g

Nothing but the good stuff, fresh nuts!

Liberté Greek Yogurt



3⁹⁹
Greek, 4 Pack
Crunch, 2 Pack

Made with care, time honoured technique, and only the best ingredients.

Garofalo Pasta



Regular
2⁹⁹
500g

Gluten-Free
4⁹⁹
400g

From the most traditional shapes to the most creative ones, discover Garofalo Pasta.

Authentica World Cuisine Pasta Sauce



3⁴⁹
530ml

Authentica pasta sauces layer rich flavours on top of the bold acidic flavour of classically prepared tomato sauce.

Lisc Pickles, Sauerkraut & Horseradish



**2⁹⁹
to
5⁷⁹**

Assorted Varieties
& Sizes

Polish style, old country fermented flavours.

JUNE 16-30 ONLY

club specials



Bio Steel Sports Drinks

1.99

500ml
Plus Deposit
& Eco Fee

Our Sports Drink is made from clean, quality ingredients, has essential electrolytes and contains no artificial flavours and colours.



GT's Organic Raw Kombucha

3.49

480ml
Plus Deposit
& Eco Fee

The original kombucha brand that started the craze.



Guayaki Yerba Mate Tea

2.49

458ml
Plus Deposit
& Eco Fee

Awaken the mind and come to life with Guayaki Yerba Mate.

Let's Do Organic Ice Cream Cones



4.99 to 5.99

Assorted Sizes

All Let's Do Organic Baking Products On Sale!

Righteous Gelato & Sorbetto



6.99

562ml

Small batch and plant based gelato made with only the good stuff.



Love Child Organic Baby Food

2.99

30g/128ml

Our products are natural and organic without any unnecessary ingredients.

Uncle Luke's Organic Maple Syrup



20.99

1L

Canadian made organic maple syrup, harvested with traditional methods.

Bonne Maman Fruit Jam



5.49

250ml

Jams made in the classical French tradition.

Liberté Méditerranée Yogurt or Kefir



Yogurt

3.99

500g

Kefir

4.99

1L

A pantry staple in every chef's kitchen.

Beyond Meat Plant-Based Products



Burgers

4.99

226g

Sausages

7.99

400g

Beyond Meat is plant-based, vegan meat that's tasty, better for you and for our planet.

Konscious Plant-based Onigiri & Sushi Rolls



Onigiri

5.99

204g

Sushi Rolls

6.99

210g

At Konscious, our chefs create plant-based seafood people choose over traditional options.



EchoClean Biodegradable Dish Liquid

3.49

740ml

Biodegradable cleaning products made in BC!

The Mediterranean Diet

By Wendy Wells, BSc, MS, RHN, Choices Nutritionist Consultant

The Mediterranean diet is a way of eating that is based on the eating patterns of the people and communities living in and around the Mediterranean sea – countries such as Greece, Turkey, Spain and Southern Italy. It is less of a diet in the traditional sense and more a way of lifelong way of eating and lifestyle choices.

The Mediterranean diet emphasises fresh vegetables and fruits, healthy fats as well as lean meats, beans and wholegrains and is widely credited as being one of the healthiest ways to eat.

One of the main reasons this style of eating is considered so beneficial for our health is that the foods eaten on a regular if not daily basis are rich in anti-oxidant and anti-inflammatory nutrients. Many studies have found that people following this Mediterranean-style diet are less likely to suffer from heart disease, cardiovascular disease, strokes and dementia. There is also some evidence that this style of eating may help to protect against depression, obesity, type 2 diabetes and certain types of cancer.



Top Foods To Focus On:

- fresh fruits and vegetables (especially leafy greens like spinach and arugula and non-starchy veggies like eggplant, cauliflower, artichokes and tomatoes).
- olives and olive oil
- nuts and seeds (like almonds and sesame seeds used to make tahini).
- legumes and beans (especially lentils and chickpeas used to make hummus).
- wild-caught oily fish and seafood at least twice a week (which provide omega-3 fatty acids).
- moderate amounts of pasture-raised poultry, eggs, cheese, and fermented foods such as yogurt or kefir.
- red meat is only consumed on special occasions or about once a week.

Here are some examples of meals you can have on the Mediterranean Diet:

Breakfast:

- High protein (more than 15g), low sugar yogurt (less than 5g added sugar) with berries and a little local honey with some unsalted nuts.
- Eggs and vegetables (such as spinach, mushrooms and tomatoes) served as a Spanish omelet with a side of whole-grain toast.
- Overnight oats with soy milk, hemp hearts, chia seeds, slivered almonds topped with berries and a drizzle of maple syrup.

Lunch:

- Minestrone or a Bean soup served with fresh whole grain bread, olive oil and a salad .
- Tofu rice bowl with brown rice, avocado and veggies like cucumber and carrots topped with a miso tahini dressing.
- A Greek style salad with olives, feta, tomatoes, and plenty fresh greens, topped with chickpeas.

Dinner:

- Grilled sardines, sauteed vegetables and small portion of whole grains like farro.
- A large mixed bean salad containing olive oil served with whole grain pita bread and hummus.
- Grilled salmon with lemon, side of brown rice and steamed broccoli and cauliflower.

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

ENTER TO WIN

1 of 5 Paddleboard Kits

Skill Testing Question:

$(56 - 18) \times (25 - 13) =$ _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from June 1-30, 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. Winner is responsible for picking up their prize from the Choices Markets location of their convenience. There can be no repeat winners for Choices contests throughout 2023.

Courtesy of





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.



Top Choices Recipe

Quinoa Salad

From Cookie + Kate Favourite Quinoa Salad Recipe

Ingredients:

- 1 cup uncooked quinoa (rinsed)
- 2 cups water
- 1 can (15 ounces) chickpeas, rinsed and drained
- 1 medium cucumber
- 1 medium red bell pepper, chopped
- ¾ cup chopped small red onion
- 1 cup finely chopped flat-leaf parsley
- ¼ cup olive oil
- ¼ cup lemon juice
- 1 tbsp. red wine vinegar
- 2 cloves garlic pressed
- ½ tsp. fine sea salt.
- Freshly ground black pepper to taste

Directions:

1. To cook the quinoa; combine the rinsed quinoa and the water in a medium saucepan. Bring the mixture to a boil over medium-high heat then decrease the heat to maintain a gentle simmer. Cook, uncovered until the quinoa has absorbed all of the water, about 15 minutes, reducing heat as the time goes on to maintain a gentle simmer. Remove from heat, cover and let the quinoa rest for 5 minutes, to give it time to fluff.
2. In a large serving bowl, combine the chickpeas, cucumber, bell pepper, onion and parsley. Set aside.
3. In a small bowl, combine the olive oil, lemon juice, vinegar, garlic and salt. Whisk until blended, then set aside.
4. Once the quinoa is mostly cool, add it to the serving bowl and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper to taste and add an extra pinch of salt if necessary. For best flavour, let the salad rest for 5 to 10 minutes before serving.
5. This salad keeps well in the refrigerator, covered, for about 4 days. Serve chilled or at room temperature.



Choices Salad Dressings:

Have you tried our tasty salad dressings yet!? Choices Salad dressings are made in house and use whole food ingredients with no added preservatives whatsoever. They are rich in healthy fats and antioxidants which are important to reduce risk of heart disease and help to prevent cancer.

Try our Tamarind Honey and Moringa Green Olive to elevate your favourite summer salad!



Amano Miso:

Amano miso is an authentic miso produced right here in Vancouver BC! This high-grade artisanal Japanese miso comes in a variety of tasty flavours like Shiro, Aka, Genmai and Mugi. Miso is a great way to bring flavour to soups, and sauces and works particularly well to bump up the flavour in a vegetarian meal!



Cape Herb & Spice Table Top Grinders:

Looking to spice up your meals? Look no further than Cape Herb! Cape Herb is a Canadian-owned spice company that is free from artificial flavours or colours, and preservatives, is non-GMO, Halal and vegan, making it's suitable to meet a wide range of dietary needs. So, give one of their many flavourful spices a try for this BBQ season!



Organic Traditions Sprouted Superfoods:

Organic Traditions offers a wide variety of whole grains and seeds like sprouted quinoa, chia and flax. Whole grains are an important component of a meal as they provide slow-burning energy. As well, seeds like chia and flax are great sources of Omega-3's which are vital for brain and heart health. Try adding chia or flax to your morning oatmeal or smoothie and switch up your rice with quinoa for more variety.



Kirk's Sparkling Kefir:

Kirk's sparkling kefir is a low sugar-fun summer drink you can sip on at the beach with your friends. Kirk's Kefir also contains kefir culture which may help to support a healthy gut. So, skip the alcohol this summer and enjoy a refreshing water kefir instead!



Flora Organic Red Beet Crystals:

Athletes this one's for you! Research shows that the nitrates in beet juice may help to support cardiovascular health during exercise. Flora's Organic Red Beet Crystals are also vegan, non-GMO, and gluten-free and are a great way to try the potential effects of improved exercise!

JUNE 1-15 ONLY

wellness centre

New Roots Prostate Perform



41⁹⁹

30 Capsules

75⁹⁹

60 Capsules

104⁹⁹

90 Capsules

Prostate Perform relieves the symptoms of benign prostatic hyperplasia (BPH), including frequent urination particularly at night, inconsistent stream, the strain to urinate, and prostate growth.

Natural Factors Probiotics



20% Off

Assorted Varieties & Sizes

Natural Factors Ultimate Multi Probiotic contains 12 billion active cells of a blend of specially cultured strains of probiotics, chosen for their compatibility and ability to survive stomach acidity.

NutraSea Omega-3 Fish Oil Supplements



20% Off

Assorted Varieties & Sizes

Ultra-pure, great tasting high quality omega-3. Helps support the maintenance of good health, cardiovascular health, brain function and more.



Pure-lē Natural Chlorophyll

17⁴⁹

450ml

Unflavoured or Mint

Pure-lē Natural Liquid Greens Chlorophyll is both food and healer.



Alpha Organic Flax Seed Oil

13⁹⁹

500ml

Unrefined, cold-pressed, and made from certified organic Canadian flax seeds.



New Roots Chromium Picolinate 500mcg

16⁹⁹

100 Capsules

Our chromium picolinate helps manage blood glucose levels.



Pure Creations Facial Care

20% Off

Assorted Varieties & Sizes

A luxurious serum with plant-based Retinol, peptides, and Glucosyl Hesperidin that brights the skin, reduce the look of dark circles and wrinkles.

I Luv It Natural Deodorant



15⁹⁹

110g

Sensitive

22⁴⁹

110g

Our deodorant is a cream/paste, apply a pea size amount to clean underarms, rub in completely. This is a very healthy way to apply a natural deodorant, and can even attribute to its effectiveness.



Dr. Bronner's Pure Castile Soap

11⁹⁹

473ml

Dr. Bronner's makes pure-castile soap, hair and body care products of the highest quality. We're committed to socially and environmentally responsible products. All-One!

Gabriel Natural Cosmetics



20% Off

Assorted Varieties & Sizes

Gabriel Cosmetics is committed to sustainable natural beauty and earth-conscious practices, never compromising on ingredients.

Nelson Naturals Zero Waste Toothpaste



11⁴⁹

60g

A mess-free, convenient, portable and perfectly portioned toothpaste tablet.

Decode Men's Bodycare



30% Off

Assorted Varieties & Sizes

Made with quality natural ingredients and provides 24 hour protection against odours, leaving you feeling fresh and confident all day.

Botanica
Organic
Perfect
Greens
31⁹⁹

154g - 216g
Assorted Varieties



Botanica Perfect Greens is a clean, organic blend of chlorella, spirulina, barley and wheat grasses plus leafy greens to help top up and ensure that you're getting your greens. Crafted with 100% organically grown ingredients. So good we didn't need to add any sweeteners, not even stevia.

- 7140 mg of organic greens per serving
- 27 servings / 50 servings
- Previous name: Botanica Organic Greens

Vitality Iron
Supplements

**20%
Off**

Assorted
Varieties & Sizes



Improve your energy and mood with Power Iron + Organic Spirulina. Starting with a high level of iron: 45 mg, plus key vitamins and organic spirulina to increase absorption and energy. VITALITY uses iron bisglycinate which is gentle on the stomach, well absorbed and non-constipating to help build blood, deliver oxygen through the body and to improve energy and mood.

VITALITY's Power Iron + Organic Spirulina has the highest quality ingredients and is sustainably sourced. All products are processed and third party tested in Canada. Our VITALITY line is vegan, gluten-free, soy free, non gmo, and has no artificial flavours, colours or preservatives.

Natural Factors
RegenerLife
NMN Surge

46⁹⁹

60 Capsules



Aging is caused by so many processes, but did you know there are several natural compounds that are pivotal to healthy biological aging, such as NAD+? Give your life a surge with RegenerLife NMN Surge. Nicotinamide mononucleotide (NMN) is a biologically active form of vitamin B3 that is converted into NAD+, providing support for optimal energy production and cell renewal. This unique anti-aging ingredient rejuvenates cellular health to provide anti-aging support! Provides a cutting-edge, metabolically active form of vitamin B3

Activates NAD+ for anti-aging support
Supports energy production in cells
Replenishes age-related declines in NAD+

The Future is Bamboo
Personal Care

Cotton Swabs

64⁹⁹

400 Pack

Refill Rounds

18⁹⁹

Starter Kit

28⁹⁹



Bamboo charcoal facial rounds elevate your skin care routine to an eco friendly level! Say goodbye to single use wipes and cotton swabs with these reusable cruelty free charcoal facial rounds. The dark fabric helps conceal make-up stains, while the charcoal is anti-bacterial. Simply use with your favourite make-up remover then toss into your washing machine between uses. Can be reused hundreds of times!

Boiron
Arnica
Products

13⁹⁹

Assorted Varieties
& Sizes



Arnica Gel is a homeopathic medicine for the relief of muscle and joint pain. It eases the resorption of bruises and inflammatory oedema caused by falls, blows, blunt injury, or surgery. Arnica

Gel is quickly absorbed, non-greasy, paraben-free and fragrance free. Arnica Gel is made from 100% naturally sourced medicinal ingredients. Adults and children 2 years of age and older can use Arnica gel. Simply use Arnica gel by applying a thin layer on the affected area as soon as possible. Massage gently until complete penetration. Repeat up to 3 times a day or as recommended by a health care practitioner. Arnica gel is for external use only.

Lily of the Desert
Aloe Vera Gelly

54⁹⁹

114g

10⁹⁹

342g



99% Aloe Vera Gelly

Replenish, moisturize, and hydrate your skin each day with our aloe vera gelly! Whether you're at home or on the go, we have your ideal convenient size.

Revitalize & reduce the appearance of damaged skin with nature's favorite natural moisturizer! Aloe Vera is known for its deep, nourishing properties. Our 99% Aloe Vera Gelly is uniquely formulated to instantly cool the skin while hydrating at least 3 epidermal layers.

JUNE 16-30 ONLY

wellness centre



AOR
Citicoline

50⁹⁹
60 Capsules

Promotes phospholipid balance in the brain
Enhances neurotransmitter production.
Supports brain structure.

Natural Factors
Vitamin B
Supplements

20% Off

Assorted Sizes & Varieties

Natural Factors B12 Methylcobalamin is the biologically active form of vitamin B12, the form most readily absorbed into the body.



Genuine Health
Gut Superfoods
& Greens

20% Off

Assorted Sizes & Varieties

Made with 22 fully-fermented plant-based organic superfoods and prebiotics, fermented organic gut superfoods+ nourishes a healthy gut ecology for total body health



Vega
All-In-One
Shake

53⁹⁹
834g - 876g

Made from carefully selected, premium, plant-based food ingredients you'd choose yourself if you had the time, Vega One™ helps give you the nutritional confidence to live your best life.

Natren
Probiotic

20% Off

Assorted Sizes & Varieties



Natren specializes in single strain probiotics in a delivery method that guarantees results!



AquaOmega
Omega-3 Fish Oil
Supplement

25% Off

Assorted Sizes & Varieties

Our Omega-3 EPA formula is up to 5x more concentrated than the other leading brand of high EPA products on the market.



Bass
Hair Brushes

20% Off

Assorted Sizes & Varieties

Hair brushes with beautifully classic designs that are made with unsurpassed quality and emphasis on natural, genuine, and durable materials for long product life and environmental sustainability.



Basd

Body Lotion

16⁹⁹
227ml

Shampoo & Conditioner

18⁴⁹
240ml

Basd is a range of organic, plant-based, cruelty-free body care products to make you feel good, look good and do good.



Everyone

Hand Soap

7⁴⁹
377ml

3 in 1 Soap

15⁹⁹
946ml

Upgrade your hand washing routine with gentle coconut cleansers, essential oils, and other skin-loving ingredients that leave your hands clean and moisturized.



Patch Natural
Bamboo
Bandages

8⁹⁹
25 Pack

Made from a combination of natural minerals and Nano technology (think tiny suction cups) to gently adhere to the skin without causing reactions.



Junglista Natural
Outdoor Spray

9⁹⁹
60ml

Junglista is special formulated from natural ingredients for the outdoor enthusiasts who are simply exhausted from non-stop flailing.



Schmidt's
Natural
Deodorant

9⁹⁹
75g

Canada's #1 Natural Deodorant is always plant-based, certified vegan and cruelty-free.

Haven Life Vitamins & Supplements

20% Off

Assorted Sizes



Four different sources of mushrooms designed with human performance in mind. With a mix of reishi, chaga, lion's mane and codyceps mushrooms, Mind Mushroom is formulated as a source of antioxidants to fight against free radical cell damage and to balance the immune system.

Formulated as a source of antioxidants to fight against free radical cell damage and to balance the immune system. Our ingredients have also been used in herbal medicine as an adaptogen to increase energy and resistance to stress.

Tanit Tanitabs Toothpaste Tablets

9⁹⁹

62 Tablets



TANITABS are formulated with nano-hydroxyapatite (nHAp), which makes up as much as 97% of our tooth enamel and up to 60% of human bones. nHAp is an ideal and non-toxic alternative to fluoride since it consists of a biocompatible substance that is recognized and accepted by the body. Our nHAp is vegan and not sourced from cow bones. While fluoride helps remineralize teeth with saliva, nHAp directly remineralizes teeth on its own. In other words, it fills in microscopic fissures in the enamel and replaces minerals lost over time, working to thus strengthen teeth and prevent cavities. It is also effective at helping restore the natural whiteness and smooth surface of teeth with extremely low abrasive qualities. Working for happier oceans one smile at a time without any plastic waste. With vegan nHAp, organic xylitol, and plant extracts for a powerful clean and effective protection. TANITABS are formulated with nano-hydroxyapatite (nHAp), which makes up as much as 97% of our tooth enamel and up to 60% of human bones.

New Roots Organic Cardiac Health Tincture

39⁹⁹

100ml



Organic Cardiac Health Tincture is a traditional formula featuring eight nutrients recognized for their positive, therapeutic beneficial effects on cardiovascular wellness. Our unique formula employs certified-organic, non-GMO sugarcane alcohol extraction spanning a three-week steeping process; this maximizes the isolation of biologically active, beneficial compounds. Organic Cardiac Health Tincture is an excellent complement to healthy nutrition and an active lifestyle to elevate your cardiovascular status, naturally.

St. Francis Allergy Relief

18⁴⁹

30ml Nasal Spray
or 50ml Tincture

Natural allergy relief that is as effective as traditional over-the-counter products, without the side effects!

A uniquely powerful two-pronged allergy solution that provides symptom relief plus addresses the underlying cause of an overactive immune system without drowsiness or dryness side-effects.

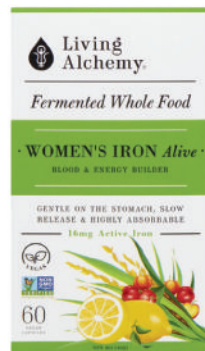
The essential elements of our classic Deep Immune® formula plus homeopathic ingredients = the ideal combination of preventative and reactive healing strategies.

A potent array of homeopathic ingredients that specifically target immediate allergy symptoms. Includes the key herbs in our Deep Immune formula. The non-homeopathic herbal ingredients in Allergy Relief with Deep Immune® are Certified Organic or Wildcrafted. This formula is Non-GMO, Gluten-Free, Soy Free, Corn Free, Lactose Free, and Vegetarian.

Living Alchemy Women's Iron Alive

31⁴⁹

60 Capsules



Koji Fermented
Women's Iron Alive

is clinically proven to help form red blood cells, prevent iron deficiency anemia, and provide daily energy to a woman's body; all without side effects.

- Prevents iron deficient anemia
- Alleviates tiredness and fatigue
- Improves form and function of red blood cells
Increases energy
- Supports menstruation, pregnancy & breastfeeding

Natural Factors Regener Life Mitochondrial Energy

43⁹⁹

120 Capsules

49⁹⁹

81g



You probably learned in middle school that mitochondria are the powerhouse of the cell. But did you know that mitochondria play a critical metabolic role in all organ systems? Their most important job is the production of cellular energy, or ATP. Every cell in our body needs energy to do its job, and our mighty mitochondria are key for critical processes and all body functions.* RegenerLife is formulated to optimize mitochondrial function with powerful, targeted nutritional compounds.* Supports the health and cellular response of mitochondria.* Helps reduce fatigue and contributes to brain, muscle, and cardiovascular health and function.* Promotes the increase of energy production (ATP) at the cellular level.*



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Choices Markets Locations

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2627 W 16th Ave, Vancouver
604.736.0009

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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

SINCE 1990



DISCOVER LOCAL CHOICES

We're big fans of cultivating long-lasting relationships with local growers and producers. By supporting local, we make our communities stronger and help protect our environment.



100% BC OWNED & OPERATED.

VISIT YOUR LOCAL CHOICES AND DISCOVER ALL OUR NEW BC PRODUCTS, PRODUCE AND PROTEINS THROUGHOUT OUR STORE.

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