



# CHOICES'

Monthly Newsletter | July 2023

## Love Your Local Produce

**Reducing Food Waste**

**Recipe Roasted Red Pepper Dip**

**The Dish on Carrots**





## Canada Day

On July 1st, we Canadians celebrate the beautiful land that we all call home. From the Maritimes to the Yukon, we live in a place filled with beautiful vistas, diverse people and delicious, locally grown foods.

*Happy Canada day from the Choices family to yours!*



## Supporting Local



Right now, it's more important than ever to support the local producers in our communities.

Our friends, neighbours and community members need help to stay on their feet and provide for you. Choices Markets has always been a staunch supporter of local producers, and we're asking you now to help in any way you can. Pick BC grown fruits and vegetables when choosing produce. Choose seafood harvested in BC waters. Find out which of your favourite foods and wellness items are Canadian made. Every little bit we can do to help goes a long way towards our sustainable future.

## What Produce is in Season?

BC is home to some of the greatest fresh produce in the world! So what's in season this month for those of us who love to eat local?

July Veggies	July Fruits
Beans, Beets, Broccoli	Apricots
Carrots, Chard, Corn	Blackberries, Raspberries, Gooseberries, Strawberries
Kale, Leeks, Lettuce	Cherries
New Potatoes, Radishes, Spinach	Currants
Shallots, Tomatoes, Zucchini	





# Roasted Red Pepper Dip

by Dreena Burton

## Ingredients

- 2 large red peppers  
(see note for roasting peppers)
- pinch of salt (for roasting)
- 1/2 cup pre-cooked white potatoes, cubed or roughly chopped  
(skins removed, not packed to measure)
- 1 tbsp red wine vinegar
- 1 tbsp tahini
- 1 tbsp nutritional yeast
- 1/2 tbsp mild miso  
(ex: brown rice or chickpea miso)
- 1 small clove garlic  
(can use more if desired)



- 1/2 tsp sea salt
- 1 tbsp water  
(or more, if needed to thin)
- 1/4 – 1/2 tsp pure maple syrup  
(optional, see note)
- 1/4 cup fresh basil leaves  
(loosely packed, optional)

## Directions:

1. Preheat oven to broil. Core peppers and remove the seeds, cutting the pepper flesh into about 3 or 4 large pieces.
2. Lay on a baking sheet lined with parchment, skin side up. Sprinkle with sea salt. Place in oven for 12–15 minutes or longer, until the peppers are well charred and blistered. Remove from oven and transfer to a glass bowl that is deep enough to hold the peppers below the surface area of the bowl. Cover bowl with plastic wrap and let sit for 20–30 minutes. Peppers should be cooled and the skins will slip off easily.
3. Remove the skins and discard. Place peppers in with the potato, vinegar, tahini, nutritional yeast, miso, garlic, and salt. Puree until smooth. Depending on your blender and the moisture of peppers, you may need to thin with water. Add a tbsp at a time, puree and check consistency. Also taste and see if you'd like to add a touch of sweetener.
4. Finally, if you have fresh basil, pulse or puree through. Taste, and adjust with seasonings.
5. Serve at room temperature, or place in a heat proof dish and heat in the oven until warmed through.

**Makes about 1 3/4 cups**

**Note:** If you want to use jarred roasted red peppers, that's fine. Drain well and measure about 1–1 1/2 cups.

**Note:** Sweetness of bell peppers can vary based on time of year, where you buy them, etc. So, you may want the touch of maple syrup (I typically use it), but it's optional.

**Idea:** Try using as a pasta sauce!



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](http://dreenaburton.com).



# the Dish

## on Carrots



One of the world's most popular vegetables is the carrot. Originally found in the wild not orange, but purple, the carrot has been traced back to modern Afghanistan and Iran. Seeds dating back to 2000 BCE were discovered in Switzerland and south Germany. Paintings show orange carrots dating 500 CE, but they weren't common until the 17th century when Dutch farmers hybridized the orange roots for purely aesthetic reasons.



Today, worldwide, we produce and consume millions of metric tonnes of carrots each year. In BC we produce and consume 57 thousand tonnes.

Carrots are rich in beta carotene, which our body transforms into vitamin A. Studies show better absorption occurs when carrots are lightly cooked, in combination with healthy fats like extra virgin olive oil or avocado oil.

If buying carrots with the greens (which are edible,) make sure to remove once at home and store both in the cooler. Younger carrots are smaller, milder in taste, and are very tender. The popular baby carrots in bags make for a quite easy snack for hungry kids and adults, but are not young carrots as some people assume. They are mature carrots that have been cut and shaped into identical little pieces.



Classic western and many other cuisines would be at a loss without our orange friend. Thousands of bases in classic dishes begin with a combination of carrot, onion, and celery (mirepoix). Even though most carrots on the market are orange, it is becoming more common to find all sorts of colours. Ghost white to sunshine yellow, red, purple, and even almost black carrots can be found at the farmer's market. They all taste more or less the same, in my experience.

Carrot juice is a healthy way to eat your raw carrots. Juice with your favourite components such as ginger, apple, citrus or pineapple, just to mention a few. Looking for a tasty salad? Raw, grated carrot, dressed with olive oil, lemon juice and salt was one of my favourite simple salads growing up.



Roasted carrots, spiced with your favourite herbs, is a must on most holiday tables. How many good soups start with some tasty carrots? Use them as a base for curry, with coconut milk and lemongrass for an Asian flare. Add cumin, lemon and harissa paste to be transported to north Africa. Add shredded carrot to saucy stir fried noodles for a flavourful crunch. The list of carrot options can truly take you around the world.

Carrots should always be in your fridge and on your plate, bowl or cup. This root is truly 24 carrot gold!



**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.**



## Reducing Food Waste

By Dionne, Choices Nutrition Consultant

It has been estimated that 47% of food waste happens at home. Research on household food waste in Canada conducted by the National Zero Waste Council in 2022 found that 63% of the food thrown away by Canadians could have been eaten. That 140 kilograms of wasted food amounts to a cost above \$1300 for the average Canadian household per year. 45% of that waste is produce.

### What are 3 steps in reducing produce waste?

#### Plan Ahead

For many of us, summer can be a spontaneous time of year. To minimize waste of vegetables and fruits, try doing small frequent shops and buy less. Before each shop plan ahead, make a list and come up with a small meal plan. Start by opening the fridge first. Ask yourself what needs to be used up? Plan the next meals around what is ready to be eaten inside the fridge. Add to the list what produce you need to complete those meals. Leave yourself a few spaces open to dine out or fend for yourselves. Before you go to the store make sure your fridge is clean and organized. Pull the stuff that needs to be eaten right away to the front.

#### Storage is Key

Set the humidity level in your crisper drawers based on what's inside.

Generally fruits like low humidity and vegetables like high humidity.

A helpful resource for tips on storage can be found at: [lovefoodhatewaste.ca](https://lovefoodhatewaste.ca)

#### Eat What You Buy

Be sure to eat your delicate fruits and vegetables first, such as berries, herbs and leafy greens. Encourage everyone to consume what you have by washing and cutting up produce and setting out a grazing platter at easy access such as on the counter. Throw over ripe fruits and vegetables into a smoothie with some ice for a refreshing summer treat.



## 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](https://choicesmarkets.com)



JULY 1-15 ONLY

# club specials



Only Goodness  
Organic Beans

**2<sup>99</sup>**  
398ml



Only Goodness  
Organic Frozen  
Berries

**14<sup>99</sup>**  
1.5kg



Only Goodness  
Organic BBQ Sauce

**5<sup>49</sup>**  
350ml

Tasted the good news yet? Introducing Only Goodness.

A range of organic and free from products made with only goodness without compromising taste, quality and affordability. We know making healthy choices are important to you, so it was only natural to introduce a range of organic and free from products made with only goodness. Healthy goodness made simple!



GT'S Organic  
Raw Kombucha

**8<sup>99</sup>**  
1.4L  
Plus Deposit  
& Eco Fee

The original kombucha brand  
that started the craze!

Zevia Stevia Sweetened  
Soda



**5<sup>99</sup>**  
6x355ml  
Plus Deposit  
& Eco Fee

All the flavour without any of the sugar,  
Zevia is a great summer drink.



Kettle Brand  
Natural  
Potato Chips

**3<sup>29</sup>**  
198g

Crunchy and flavourful,  
just like how a chip  
should be!



Rise Nitro

Oat Milk Latte

**3<sup>99</sup>**  
207ml  
Plus Deposit & Eco Fee

Oat Milk

**6<sup>99</sup>**  
946ml  
Plus Deposit & Eco Fee

Nitrogen-infused cold brew coffee enhanced  
with a dash of delicious, Original Oat Milk.



Gerolsteiner  
Sparkling Water

**3<sup>29</sup>**  
750ml  
Plus Deposit & Eco Fee

A natural mineral water that is  
very high in minerals.



Que Pasa  
Organic

Tortilla Chips

**3<sup>49</sup>**  
300g - 350g

Salsa

**3<sup>99</sup>**  
420ml

Not only are our products certifiably delicious,  
they're also gluten-free, nut free, and vegan!

Silk Alternative Beverages



**2<sup>99</sup>**  
473ml

Plus Deposit & Eco Fee

**4<sup>99</sup>**

890ml, 1.75L or 1.89L  
Plus Deposit & Eco Fee

Taste the many flavours of Silk's plant-based  
progress!

Sunflower Kitchen  
Hummus Dip



**2<sup>49</sup>  
to  
3<sup>49</sup>**  
227g

At Sunflower Kitchen,  
we make it easy to feel good about what you are  
eating and feeding your family.

Gardein Frozen Plant-Based  
Meat Alternatives



**4<sup>99</sup>**

Assorted  
Varieties  
& Sizes

Gardein makes your  
meatless lifestyle easy.  
Find plant-based meat substitutes for chicken,  
sausage, beef, and more.



JULY 16-31 ONLY

# club specials



**Hardbite Natural Potato Chips**  
**2/4<sup>00</sup>**  
128g - 150g

Hardbite chips are free from GMOs, trans fat, cholesterol and gluten.



**Terra Vegetable Chips**  
**5<sup>49</sup>**  
141g - 170g

Colourful, delicious and crunchy.



**Angie's BoomChicka Pop**  
**3<sup>99</sup>**  
125g - 198g

There's nothing quite as cravable as a bowl of delicious popcorn.



**Santa Cruz Organic Lemonade**  
**2/6<sup>00</sup>**  
946ml  
Plus Deposit & Eco Fee

Organic lemonades that are refreshingly perfect, everytime and every sip!



**Healthy Hooch Kombucha**  
**3<sup>49</sup>**  
500ml  
Plus Deposit & Eco Fee

Healthy Hooch Kombucha is a premium, certified organic kombucha, brewed with care in Abbotsford, BC.



**Enlightened Keto Frozen Dessert**  
**6<sup>99</sup>**  
473ml

Discover creamy, delicious ice cream made with 8g net carbs per serving or fewer!



**Daydream Sparkling Water**  
**2<sup>99</sup>**  
355ml  
Plus Deposit & Eco Fee

Canada's first Sparkling Water infused with hemp extracts and adaptogens.



**Perrier Sparkling Water**  
**2<sup>29</sup>**  
1L  
Plus Deposit & Eco Fee

Perrier Carbonated Natural Spring Water is daringly elegant and boldly refreshing.



**Deebee's Organic Superfruit Freezies**  
**5<sup>99</sup>**  
10 Pack

We're bringing more joy to the world with tasty organic treats created thoughtfully.

**Olympic Yogurt**



**4<sup>29</sup> to 5<sup>99</sup>**  
500g - 650g  
Selected Varieties

Wholesome and delicious yogurt. Perfect for recipes or to enjoy with a bowl of granola.



**Terra Breads Premium Local Granola**  
**6<sup>99</sup>**  
340g

Small batch granola, inspired by Head Baker Mary Mackay's family recipe.



**Uncle Luke's Organic Maple Syrup**  
**12<sup>99</sup>**  
500ml

100% pure maple syrup handcrafted in the Canadian tradition.



# Celebrate Summer with Produce Galore!

*By D'Arcy Furness, Choices Nutrition Consultant*

Hooray for fruits and vegetables – the food group that unites us all! And lucky us, to live in a location with abundant summer crops. There are so many reasons to eat more produce. This category of food packs the biggest nutrition punch for the calorie hit – think fibre, vitamins, minerals, phytonutrients – that amazing group of nutrients that do so much for plant health and then so much for us when we eat them!

And talk about fresh being best, salads reign supreme in the summer months – from large varied green salads with fresh herbs, crisp bell peppers, hydrating cucumbers, zesty onions to family favourite potato salads, slaws and fruit salads, we can enjoy an infinite variety of our seasonal bounty.



**Try these 9 tips to easily fill half your plate (or bowl!) with these meal time superstars:**

**1.** Make a gorgeous salad bowl and include greens, veggies, grains, legumes, cold meats, hard boiled eggs, cheeses, olives, and nuts and seeds. Theme them out to include Greek, Italian, Thai and Indian inspired ingredients. (If vegetarian or vegan, make sure to include legumes, chickpeas, tempeh, tofu and nuts and seeds to round out your protein.)

**2.** Keep fresh veggies and fruit cut up in your fridge so they're "at the ready". These can be a quick addition to a lunch platter, easily packed for snacks on the go for summer outings, or could be a great mirepoix starter (typically diced onion, carrots and celery) for a fast dinner prep.

**3.** Think veggies at breakfast. Add chopped up arugula and spinach along with herbs to your morning omelet. And what's wrong with salad or leftover roasted veggies for breakfast?

**4.** Consider making a new salad dressing once a week to dress these sumptuous salads. If you're too busy, check out the great selection of bottled dressings in store - half the fun of eating veggies is a saucy finish.

**5.** Treat yourself to a vegetable grilling basket this summer and savour grilled bell peppers, onions, garlic, zucchini, beans and mushrooms for an outdoor feast. Or barbecue your corn on the cob while keeping the kitchen cool.

**6.** Create the perfect dessert with multiple types of cut up fruit, from succulent berries, to peach, plum and pear chunks. Add melons and grapes and top with ice cream or whipping cream for a special summer treat.

**7.** Shop with the kiddos and play "let's build a rainbow" game – challenge them to choose fruits and veggies in a variety of colours. Different pigments equals different nutrients – the greater the variety the better!

**8.** Wow your friends and family with watermelon aqua fresca, a perfect alcohol free summer drink made with watermelon, lime juice and water. Or enjoy watermelon popsicles on a hot, sultry day.

**9.** Add several potted herbs to your patio or kitchen – snippets of fresh basil, rosemary or cilantro will instantly elevate any veggie or fruit dish while amping up the nutrition of your meal.





# Vega Peanut Butter Smoothies

## Peanut Butter Cup Butter Cup

### Ingredients

- 1/2 to 1 serving Vega Nut Butter Protein Peanut Butter
- 1 Small Banana
- 1 Cup Ice
- 1/2 Cup Water
- 1 Tbsp Cocoa
- Pinch of Sea Salt
- 1/4 Tsp Vanilla Extract (optional)

### Directions:

Combine all ingredients in blender and mix until smooth.



## Peanut Butter Chocolate Coconut Caramel

### Ingredients

- 1 serving Vega Nut Butter Protein Peanut Butter
- 2 Tbsp Shredded Coconut or Coconut Manna
- 2 Frozen Dates, no Pits
- 2 Tsp Cacao Nibs
- 1 Cup of Ice
- 1 1/2 Cups Coconut Milk

### Directions:

Combine all ingredients in blender and mix until smooth.







## 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



#### Plant-Based Butter Board

By Kelsey Moore, RD Nutrition Operations Manager

*We know that butter boards have been dominating social media this year.*

*However, we thought we'd do our own take on the social media craze with a plant-based option!*

#### Ingredients

- 2 tbsp. Le Grand Plant-Based Butter
- 2 tbsp. Almond Butter
- 2 tbsp. Walnut Butter (or other nut butter)
- 2 tbsp. Pumpkin Seed Butter (or other seed butter)
- ½ cup Sliced strawberries
- 1 cup Cherries
- 1 sliced Apple
- 4 slices Choices Sourdough Bread

#### Directions:

1. Spread nut butters evenly on a small section of a cutting board.
2. Slice all fruit and bread and place on board.
3. Optional, if you're looking to dazzle friends and family for a special event, try sprinkling edible flowers, chia, hemp or drizzling honey on top.







### Le Grand Plant-Based Spread:

Are you in the market for vegan butter that actually tastes good? Trust us when we say vegans and non-vegans alike will appreciate this butter! Le Grand prioritizes sourcing organic and non-GMO ingredients and is Canadian-based. If you're still into the butter board trend this is a fun swap for traditional butter!



### Enercheez:

Enercheez is a local BC cheese that uses no additives or preservatives. Bonus, Enercheez makes a great snack on the go as it is a source of protein, energy, calcium and it doesn't require refrigeration so it works for any occasion!



### Wize Tea:

Wize is a tea you can feel great about! Wize sources its coffee leaf tea from Nicaragua and provides off-season work for coffee farmers. Further, Wize contains only 35mg of diffused caffeine (so it won't give you the jitters) and is a great low-sugar summer drink option. Enjoy this hydrating sparkling tea in grapefruit or our personal favourite, mango, on a hot summer day!



### Cherries:

Get ready, it's cherry season!! Cherries make a great beach snack and weekend cherry-picking is a fun family activity!

We are also proud to say at Choices we source our cherries locally and offer a wide variety. Did someone say Rainier?

Now tell us, do you get as excited about cherries as we do?



JULY 1-15 ONLY

# wellness centre

## Salus Red Beet Crystals



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

Salus Red Beet Crystals blend well into fruit juices, milk and milk products, soups, muesli, cereals, and other dishes and are also delicious when eaten dry.



## Nuun Electrolyte & Vitamin Enhancer

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

Don't wait until you're dehydrated, start hydrated with Nuun. Being hydrated keeps you moving forward.



## AOR L-Glutamine

**33<sup>99</sup>**  
120 Capsules  
**44<sup>99</sup>**  
454g

L-Glutamine is an amino acid that is critical for a wide variety of essential functions, including optimal operation of the kidneys, and the brain.



## Botanica Perfect Omega

750mg Omega-3  
**23<sup>99</sup>**  
450ml  
1500mg Omega-3  
**26<sup>99</sup>**  
450ml

Botanica Perfect Omega is a delicious way to add omega-3 to your diet.



## Omega-3 Nutracleanse

**18<sup>99</sup>**  
420g  
**34<sup>99</sup>**  
1 kg

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



## Garden of Life All-In-One Raw & Sport Proteins

**20% Off**  
Assorted Varieties & Sizes

Delivers 20g of clean protein per scoop from 13 raw sprouted ingredients, along with greens, fibre, probiotics, enzymes, plus 21 vitamins and minerals.



## MacroLife Miracle Reds

**2<sup>99</sup>**  
Singles  
**54<sup>99</sup>**  
283g

Miracle Reds has nutrient-rich, anti-aging anti-oxidants, polyphenols and heart-friendly plant sterols.



## Earth's Care Castor Oil

**12<sup>99</sup>**  
236ml

100% Pure, Expeller Pressed Castor Oil. Non GMO. Hexane and Paraben-Free.

## Nature's Aid Shampoo & Conditioner Bars



**9<sup>99</sup>**  
60g

These true natural solid shampoo bars offer all the benefits of a liquid shampoo, without the plastic packaging.



## New Roots Organic Skin Oils

**20% Off**

Assorted Varieties & Sizes

Protective, regenerative, and therapeutic, these exotic oils offer a pure, organic, never diluted way to healthy, beautiful skin.



## All Good Mineral Sunscreen Lotion

**18<sup>99</sup>**  
89ml  
Spray or Tinted  
**21<sup>99</sup>**  
177ml

Made with plant based ingredients that are lightweight and non-greasy. Adults and Kid's.



## Heritage Store Rosewater Facial Mist

**20% Off**

Assorted Varieties & Sizes

This cult fave has two ingredients of versatility to refresh, set, hydrate, and uplift.



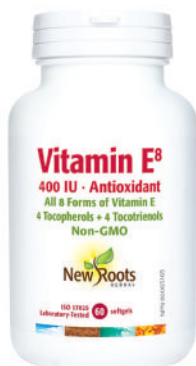
**JULY 1-15 ONLY**

# wellness centre

## New Roots Vitamin E8 400 IU

**19<sup>99</sup>**  
60 Softgels

**36<sup>99</sup>**  
120 Softgels



Most vitamin E supplements contain only one form D-alpha-tocopherol - and often the synthetic form. There are eight compounds that make up the vitamin E family, all present in Vitamin E8, including four tocopherols and four tocotrienols. They are extracted from vegetable oils and are present in their natural, fully active, unesterified form. Likewise, food contains all eight compounds, to which our bodies are accustomed. Vitamin E8 also provides squalenes and beta-sitosterols, all non-GMO certified.

## Healthology Inflamma Mend

**39<sup>99</sup>**  
60 Softgels



People who are living with chronic health conditions, are experiencing pain, or have undergone long-term exposures to physical, infectious, or environmental damages will undoubtedly have high levels of chronic inflammation, but the signs can be easy to miss. INFLAMMA-MEND targets inflammation by reducing pain and swelling, increasing the production of anti-inflammatory mediators, and preventing the production of pro-inflammatory cells. The individual components of INFLAMMA-MEND work synergistically to provide support for both short and long-term exposures to damage by targeting the underlying mechanisms of inflammation.

## Ener-C Sport Electrolyte Drink Mix

**7<sup>99</sup>**  
12 Pack

**24<sup>99</sup>**  
154g



Packed with the vitamins and minerals you need for winning performance and just the right electrolyte balance for maximum rehydration, Sport's light subtle berry flavour won't distract you from your workout.

Ener-C Sport Electrolyte Drink Mix. Perfect for before, during and after exercise to support muscle function and re-hydration. Each packet contains less than 1g of sugar; all you need to get maximum absorption of all these essential electrolytes!

Caffeine Free

- No Artificial Flavours or Colours
- No modified corn or food starch

## Pure Potent WOW Essential Oils & Body Care

**20%  
Off**

Assorted Varieties & Sizes



Aromatherapy is the art and science of using essential oils to enhance our physical, emotional & spiritual well-being. Essential oils can be incorporated into your everyday life. A single drop of Peppermint Oil in a palm inhalation for nausea, or a drop of Lavender Oil on a tissue for a deep restful sleep. Rose Oil for grief and Spruce for grounding yourself again from a stressful day. One drop can change everything! Essential oils are easily evaporated, highly concentrated essences that occur naturally in the flowers, herbs, roots, seeds, leaves, barks and berries, growing the world over. Through various methods, the essential oils are extracted from the plants and this pure essential oil is what we bring to you. Essential oils can relax us, energize us, relieve muscle aches and pains, and much, much more.

## Attitude Oceanly Face Care

**20%  
Off**

Assorted Varieties & Sizes



Plastic-free skincare, for all skin types. Oceanly™ is the first complete line of 100% plastic-free, EWG VERIFIED™ and vegan solid face care. This line is crafted in Montreal and created with innovative, effective, sustainable ingredients. All products are fragrance-free and biodegradable.

Star ingredient: Phytoglycogen

Phytoglycogen helps improve the health and appearance of the skin by providing long-lasting hydration, proven to be more moisturizing than hyaluronic acid after 7 hours. Oceanly™'s Phytoglycogen is 100% plant-derived, helping preserve marine ecosystems.

## Purica Skin Care Red Orange Complex H + Hyaluronic Acid

**34<sup>99</sup>**  
60 Capsules



Red Orange Complex H is an anti-oxidant which helps to reduce oxidative stress throughout the body. Helps to maintain healthy skin and reduce skin erythema process induced by UV radiation. Provides antioxidants that protect cell against free radicals. Provides cellular protection from harmful free radicals due to aging. Helps support joint health. Reduces UV related skin sensitivity and damage Source of antioxidants Provides cellular protection from harmful free radicals due to aging. Helps support joint health.



JULY 16-31 ONLY

# wellness centre



Natural Factors  
Magnesium  
Citrate

**20%  
Off**

Assorted Sizes & Varieties

Magnesium is required for the formation of bones and teeth, and for nerve and muscle function.



Purica  
Curcumin  
Extra Strength

**52<sup>99</sup>**

60 Capsules

**98<sup>99</sup>**

120 Capsules

Provides antioxidants for the maintenance of good health. Used in herbal medicine to help relieve joint inflammation.



BioSteel  
Hydration  
Mixes

**10<sup>79</sup>**

7 Pack

**22<sup>99</sup>**

140g

Originally developed for professional athletes, our zero sugar Hydration Mix is now available to provide Clean. Healthy. Hydration™. to all.

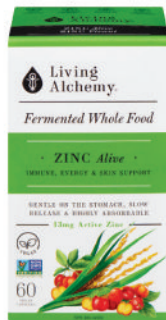


Enerex  
Greens

**20%  
Off**

Assorted Sizes  
& Varieties

High-potency premium superfood powder made with Lion's Mane, Reishi, and Cordyceps functional mushrooms.



Living Alchemy  
Zinc Alive

**23<sup>99</sup>**

60 Capsules

Helps increase energy at a cellular level, while promoting healing, enhancing metabolism, skin, and immunity; all with no unwanted side effects.

Botanica  
Beverages

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

80g-150g



Botanica Turmeric Lemonade is a refreshing and delicious way to add turmeric to your day.



Vega  
Nut Butter  
Shakes

**29<sup>99</sup>**

511g - 523g

Enjoy a creamy wholesome Nut Butter shake but without the mess or extra fats.



Aeryon  
Wellness  
Up and Away

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

14 Day

Up and away boric acid is used as a feminine suppository and is an effective, safe treatment to balance vaginal pH.



Seaweed Bath Co.  
Body Wash

**12<sup>49</sup>**

354ml

Lotion or Body Cream

**14<sup>49</sup>**

118ml

With vitamin-rich blue green algae and a nourishing blend of Hawaiian kukui oil, coconut oil and sustainably harvested Atlantic seaweed, this replenishing body wash delivers essential moisture.

African Fair Trade Society  
Organic Shea Butter



**6<sup>49</sup>**

57g

**10<sup>99</sup>**

114g

Raw unrefined 100% pure Shea butter organic & unscented is concentrated with the maximum benefits that produce amazing results for protecting, restoring or healing the skin.



Skin Essence  
Organics  
Facial Care

**20%  
Off**

Assorted Sizes & Varieties

Pure is a gentle cleanser that has been specifically designed to effectively clean the skin without leaving it feeling dry or irritated.



Island Essentials  
Hair Care

**16<sup>49</sup>**

450ml

Castile Soap

**18<sup>99</sup>**

944ml

Gently cleansing, our shampoo will remove the grease from your hair without the use of sulphates or harsh chemicals.



### Prairie Doctor Herbal Tinctures

# 20% Off

Assorted Varieties & Sizes



At Prairie Doctor Brand, we are deeply inspired by ancient wisdom and traditional ways of healing the mind and the body. Guided by various different herbal traditions, such as Ayurveda, Traditional Chinese Medicine, Western Herbalism, Folk Herbalism and more, we create intentionally handmade, herbalist formulated, sustainable and medicinal grade herbal tinctures and herbal oils. All of our products are made by hand, in small batches, using only the simplest and most natural methods. We are proud to create products that are genuinely filled with nothing but plants, love and a whole lot of reverence for the natural world. The quality of our products is incredibly important to us, so we are incredibly diligent in everything that we do, from sourcing all of our materials from as close to home as possible to placing all of our labels on our bottles by hand. Our organic liver formula herbal tincture can be used to support liver function.

### Natreve Proteins

Vegan or Whey  
**46<sup>99</sup>**  
648g - 720g



Natreve Vegan Protein Powder is a light and delicious blend featuring nutrients needed for your daily activities. It contains a special and carefully blended multi-sourced plant-based protein complex from organic pea, organic pumpkin seed, and organic brown rice. And brings you a well-balanced protein source with 25 grams of protein and 4.5 grams BCAA with the added benefits of probiotics, organic grains, and organic greens. Vegan Protein is Non-GMO Project Verified, Informed Sport Certified, and Gluten-Free. This product contains no added sugar and is made with no artificial colours, flavours, or sweeteners.

### AOR Arginine

**34<sup>99</sup>**  
180 Capsules



Arginine is an amino acid with many important health benefits, but is best known for its key role in the production of nitric oxide, a potent factor in relaxing blood vessels and promoting blood flow. By increasing nitric oxide levels, Arginine has the ability to prevent plaque and blood clot formation and reduce the stickiness of platelets. Clinical studies have found high doses of arginine beneficial for many cardiovascular conditions including high blood pressure, peripheral vascular disease and angina. In addition to its effects on blood vessels, arginine enhances the release of human growth hormone (hGH), enhances insulin sensitivity, supports liver detoxification, and has been shown to support interstitial cystitis, sperm formation, and treatment of brain injuries.

### Sovereign Copper Bio-Active Copper Hydrosol

**15<sup>49</sup>**  
59ml  
**24<sup>99</sup>**  
118ml



**COPPER: THE ESSENTIAL MINERAL**  
Copper is used every day to support whole body wellness. While it's found in foods such as organ meats, whole grains, mushrooms and nuts, we only absorb 30-40% for a number of reasons which include changes in commercial agricultural practices. A good way to obtain sufficient amounts of copper is to supplement appropriately.

- A factor in the maintenance of good health
- Helps produce and repair connective tissue
- Maintains normal iron transport in the body
- Helps to form red blood cells

### Natural Stacks Dopamine Brain Food

**25%  
Off**

Assorted Varieties & Sizes

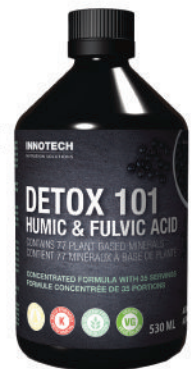


Safe and Natural Brain Support Dopamine Brain Food supports the brain's natural pathways of dopamine production and is safe to take every day.

- Helps maintain memory, focus, and cognitive performance even under stressful conditions.
- Naturally supports dopamine production in the brain to provide more mental drive and ambition on a regular basis.
- Provides a multi-ingredient approach for improved cognitive function, memory and healthy neurons over the long-term.

### Innotech Detox 101

Humic & Fulvic Acid  
**33<sup>99</sup>**  
530ml



Detox 101 from Innotech Nutrition Solutions combines the power of humic and fulvic acids with vitamin C, magnesium, zinc and choline to support breakdown of toxins and excretion of metals. Humic and fulvic acids are organic compounds that form part of the humus, which is the major organic portion of soil and peat. These compounds are dense in plant based minerals and are capable of protecting cells from reactive oxygen species, and binding to heavy metals which may be ingested through water and food consumption. There is also some evidence that suggests that humic and fulvic acid may protect against cognitive impairments such as Alzheimer's disease. Vitamin C, magnesium, zinc and choline are added into the formula to synergistically enhance its detoxifying potential.





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## 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 CO<sub>2</sub>

Smog: 5 kg NO<sub>x</sub>

**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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