

BC DAY CHOICES!

100% BC OWNED AND OPERATED

Week 31 • Prices Effective • August 3 - 9, 2023





Rossdown Roasted Chicken





Choices' Own Salads Pasta, Macaroni or Potato









Choices' Own Hamburger or **Hot Dog Buns** 6 Pack

Blueberries From BC, 2.27 kg Box



Cherries From BC, 6.57/kg



New Roots Vitamins & **Supplements Assorted Sizes Assorted Varieties**





Zevia Zero Calorie Soda Stevia Sweetened 355ml / 6 Pack



.99/\$589



Lesser Evil Organic Paleo Puffs





Spread'em **Cashew Dips** & Spreads 183g



FROM \$599

PRODUCE FRESH · LOCAL · ORGANIC



Organic Gold and Red Bunched Beets From Myers Organic Farms, BC



Organic Cauliflower From Lina's Garden, BC



Bunched Spinach From BC

MEAT & SEAFOOD RESPONSIBLY RAISED - PREMIUM QUALITY





Striploin Steaks Value Pack, Imported, 28.64/kg



Fresh Chicken Drumsticks Raised without Antibiotics, Value Pack, 8.80/kg



Certified Organic Lean Ground Beef Grass Fed, Value Pack, 26.43/kg



Fresh Pork Tenderloin Raised without Antibiotics, 17.61/kg



Honey Stinger Organic Waffles & Chews

Assorted Sizes

40% OFF



Uncle Luke's Organic #1 Maple Syrup 250ml

\$ Kuo



Pamela's Gluten-Free Fig Cookies

or Pancake Mixes, Honey Grahams, Assorted Sizes

FROM \$649



Omega 3, Large 12 Pack / 18 Pack





Nuts to You Almond Butter 365g

\$749



Olympic Organic Yogurt

or Krema, Greek, Natural 500g & 650g

ROM \$1149



Dairyland Organic Milk

\$949 plus deposit & eco fee



Blue Diamond Almond Breeze 946ml

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2/\$**5**00 plus deposit & eco fee



Bremner's Organic Frozen Fruit

300g / 600g

FROM \$1189

DISCOVER LOCAL, ORGANIC AND SPECIALTY FOODS TO NOURISH YOUR BODY AND MIND



Nature's Path
Organic Cereal &
Envirokidz
Eco Pak, Assorted Sizes

\$899



Kicking Horse Organic Fair Trade Ground Coffee

\$1 ()99



Dairyland Cream & Whipping Cream 946ml & 1L

20% OFF



Rizopia Rice Pasta 340g - 454g

FROM \$199



Dalla Terra Antipasto

& Roasted Red Pepper 375ml - 500ml

FROM \$399



Thai Kitchen Coconut Milk

or Noodles, Sauces Assorted Sizes

30% OFF



Filippo Berio Extra Virgin Olive Oil Non-Organic / Organic 750 ml

FROM \$1899



Wildbrine Sauerkraut & Kimchi 500ml & 500g

\$799



Maison Orphée Vinaigrette Dressing 240ml & 250ml

399



Siete Grain Free Tortilla Chips and Churro Strips 142q

\$599



Covered Bridge Potato Chips 142g & 170g

\$319



Skinny Pop Popcorn 125g & 150g

2/\$800



Las Margaritas Salsa

500ml

\$599



Kettle Brand Potato Chips 368q

\$1199



Lundberg
Organic Rice
Cakes & Stackers
Assorted Sizes

\$1199



Theobroma
Organic Chocolate
Bars

31g - 35g / 80g

FROM 2/\$300



Prana Organic Dried Fruit

Assorted Sizes

30% OFF



Prana Organic Snacks

Assorted Sizes

30% OFF

NOURISHING LIFESTYLES SINCE 1990



Zazubean Organic Chocolate Bars

80g - 85g

\$389



Saputo Shredded Cheese

170g - 320g

FROM \$1169



Armstrong Cheese 600g

\$4 1)99



Yves Veggie Meat Alternatives

Assorted Sizes

30% OFF



Saputo Mozzarellissima Cheese

Lite, 454g

\$799



L'Ancetre Organic Cheese

Select Sizes

30% OFF



Beyond Meat Plant Based Burger & Sausage 226g - 340g

\$649



Caboo Bamboo Bathroom Tissue And Paper Products

Assorted Sizes

40% OFF



Echoclean Liquid Laundry Detergent 2.95L

1399



Summer Fresh Dips & Hummus 227g





Bella Casara Burrata Cheese 250g



Arla Cheese

Assorted Sizes

Slices



Choices' Own **Salmon Lox Bagels**

Ile de France

Brie Cheese Soft Ripened



Italian Sliced Prosciutto or Salami 70g - 120g



Choices' Own Turkey Breast Smoked or Cooked, Antibiotic Free



Choices' Own Pate Pepper, Apricot, Cranberry or Cognac

BAKERY

FRESH BAKED · WHOLESOME



La Tortilla **Factory Tortillas Assorted Sizes**



Silver Hills Organic Sprouted Power Buns Hamburger or Hot Dog, 6 Pack



Uprising Breads Laura's Vegan **Cookie Bites**

Chocolate Chunks, 300g



Choices' Own **Carrot Cake** Party Size, 600g



No Wheat Blueberry **Lemon Muffins**

or Apple Cinnamon Muffins, 4 Pack



Schär Gluten-Free Buns

Hamburger or Hot Dog 4 Pack



OPENING AUGUST 31ST

PARKSVILLE, BC

319 Island Highway East, Parksville







Phillips Sparkmouth **Sodas**

355ml / 4 Pack

plus deposit & eco fee



Rise Organic Kombucha & **Botanicals** 414ml / 1L

nlus denosit & eco fee



BioSteel Sports Drink 500ml

plus deposit & eco fee



Guayaki **Organic** Yerba Mate Tea



Nanton Water 24 Pack

plus deposit & eco fee



Perrier Sparkling Water

nlus denosit & eco fee



Flow Alkaline **Spring Water** 500ml / 1L

nlus denosit & eco fee

So Delicious Dairy-Free, Gluten-Free **Frozen Desserts**

500ml / 4 Pack / 8 Pack





WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Mega Food Baby & Me and Gummie **Supplements**

Assorted Varieties &

1)% ()FF

Vega **Protein & Greens** or Vega One

586g - 618g/ 834g - 876g

\$3599/\$5

Bio-K Plus Probiotics

Dairy/Non Dairy 6 Pack

\$**21**99/\$**23**99



Phillip Adam Hair Care & **Body Care**

Assorted Varieties

BUY 1 GET 1 FREE



Platinum Naturals Multivitamins Assorted Varieties



NutraSea Omega-3 Fish Oil **Supplements Assorted Sizes**



Garden of Life mykind Organics Vitamins and **Supplements**

Assorted Sizes



Weleda Facial Care and Body Care

Assorted Varieties

30% OFF



Salus Floradix & Floravit **Liquid Iron Supplements Assorted Sizes**

()% ()FF



Natural Factors Probiotics Assorted Sizes

20% OFF

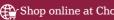


Nature's **Way Herbal Supplements Assorted Sizes**

Mountain Sky

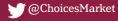
Natural Body Bar Soap, 135g/ Shampoo & Conditioner Bars,













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