

THE

CHOICES MARKET



HEARTBEET

December, 2023

DISCOVER CARDAMON

BY CHEF ANTONIO pg 5

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Holiday Edition*

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HAPPY HOLIDAYS!

On behalf of the staff, management and ownership of Choices Market, we'd like to wish all of our customers and community members a happy holidays. No matter what holiday you celebrate at this most wonderful time of year, we hope that you enjoy it with health, happiness and the joy of a fantastic meal.

DONATE TO STAR OF THE SEASON!

Each holiday season, Choices' holiday charity campaign kicks into high gear. From November 15th to December 24th, the cashiers at each Choices Market location will be selling stars to raise funds for local neighbourhood houses.

These neighbourhood houses are dedicated to helping those less fortunate in our communities, and this is just our way of helping to give back.

To learn more, visit choices.market

I donated to
STAR of the SEASON



PLU 5757

STOCKING STUFFERS

PRICES EFFECTIVE DECEMBER 1 – 24, 2023



**Weleda
Hand Mask**
1 Kit

\$22⁹⁹

Hydrates dry cuticles, cracked fingers and helps hands regain their natural glow. Skin Food 75ml + Cotton Gloves.



**Himalaya
Botanique
Toothpaste**
113g ~ 150g

\$6⁴⁹

Carefully formulated to gently clean teeth and maintain great oral health.



**Colour Energy
Karma Sprays**
30mL

\$5⁹⁹

Energetically created to release negativity and enhance blessings!



**Rebel's
Refinery
Lip Balm**
Assorted Varieties
7g

\$4⁹⁹

Made from almond oil, coconut oil, lavender essential oil, and some more natural ingredients, our lip care collection will repair sensitive and dry lips.



**Aura Cacia
Foam Bath**
Assorted Varieties
70g & 71g

\$3⁴⁹

Aura Cacia Essential Oil Foam Baths are a blend of 100% pure botanical ingredients. Relax and unwind without the use of synthetic colors or fragrances.



**Nova Scotia
Lotion & Body
Care**
Assorted
Varieties & Sizes

20% OFF

Natural beeswax infused with powerful Nova Scotia sea kelp to lock in moisture and block the weather.



No-Bake Chocolate Éclair Cake

PUDDING LAYERS

- 2 cups** a2 Milk™ 3.25% Homogenized
- 4** Egg yolks
- 1/2 cup** Cane sugar
- 1/4 cup** Cornstarch
- 2 tbsp.** Unsalted butter
- 1 tsp.** Pure vanilla extract
- 1/2 cup** Prepared coconut whipped topping
- 12** Whole Graham crackers
- Kosher salt, to taste

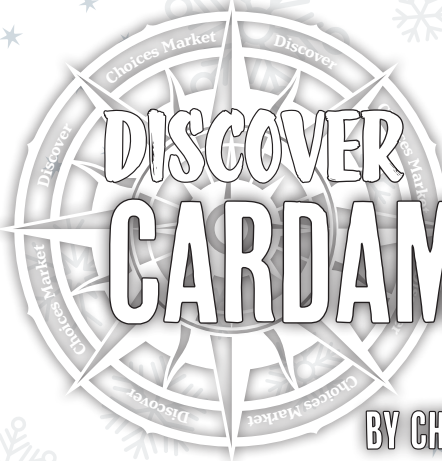
CHOCOLATE GANACHE

- 8 oz.** Dark Chocolate chips or chunks
- 1/2 cup** a2 Milk™ 3.25% Homogenized
- Shaved Coconut for garnish (optional)

DIRECTIONS

1. Whisk together the milk and egg yolks. Set aside.
2. In a medium saucepan, whisk together the sugar, cornstarch, and a pinch of kosher salt. Add the butter and the vanilla.
3. Place the saucepan over medium heat. Whisking, add the a2 Milk™ 1/2 cup at a time as the mixture comes to a simmer (do not boil). Just as it begins to thicken, remove the pan from the heat. Place the pan on a cold burner or a trivet and whisk constantly until the pudding is fully thickened.
4. Pour the pudding through a strainer into a mixing bowl. Place parchment paper directly on top of the pudding to avoid a skin. Chill for 2 hours or overnight.
5. Incorporate the pudding and the whipped coconut topping.
6. To make the ganache, place the dark chocolate in a heat-proof bowl. Heat the milk to 180 degrees (steaming but not simmering) and pour over the chocolate. Allow it to rest and melt without stirring, 5 minutes.
7. Line the bottom of an 8x8" baking pan with graham crackers, breaking as needed to form an even layer.
8. Spoon 1/2 of the pudding mixture on top of the graham crackers and spread with a spatula. Repeat to make 3 layers, ending with graham on top.
9. Whisk the chocolate and hot milk until smooth. Pour over the top of the cake.
10. Sprinkle the surface of the cake with shredded coconut (if using). Cover and chill for 20 minutes before cutting and serving.





BY CHEF ANTONIO

There's something magical about the way that certain smells can bring us memories of our fondest moments. The smell of rich spices coming out of a holiday kitchen is truly special. One of the great, unique spice aromas is that of cardamom.

After saffron and vanilla, cardamom is the third most expensive spice in the world. Originally from the Indian subcontinent, like many other spices, cardamom eventually found its way west. From Persia, to the Arabic peninsula, to North Africa. From there, it somehow made its way to Scandinavia where it became a staple of Nordic cuisine. Many years later, in the 1900's, a Guatemalan coffee farmer decided to try growing it there. Today, Guatemala is the largest cardamom producer in the world, and between it, India and Indonesia, ninety percent of the world cardamom is produced.

Related to the ginger plant, cardamom pods contain seeds which can be ground into powder. The pods will maintain their flavour much longer than the seeds or powder, so they can be a great addition to your pantry. Green, or true cardamom, is the



most common variety. Black cardamom is a different cultivar and originated near the Himalayas. Both have distinct, unique flavours. A lot of Indian curries and chai simply wouldn't be the same without cardamom's infusing flavour.

In Scandinavia, cardamom is the smell of Christmas just like cinnamon is in many North American homes. The fragrant smell brings memories of the holidays across northern Europe. In fact, personal consumption of cardamom, per capita, is sixty percent higher in Sweden than it is in the USA. Used in baked goods like cookies and infused into beverages, Cardamom is well loved.

If you're looking to use cardamom in your own kitchen this holiday, just remember that a little goes a long way. Start with a warm drink, like tea, coffee, spiced apple cider or mulled wine. From there I'm sure you'll enjoy experimenting with this aromatic flavour all year round.

Happy holidays!



CARDAMOM QUICK FACTS

Varieties and Flavours:

- **Green for a milder, sweeter flavour**
- **Black for a smokier, earthy flavour**

Different Uses:

In some cultures cardamom is used as a digestive aid and is used in traditional medicines.

Cultivation:

Cardamom cultivation requires tropical regions with high rainfall.



CHEF ANTONIO

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.



PREFERRED SHOPPER SPECIALS

DECEMBER 1 - 15 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS
Ask us for details in store..



**Bremners
100% Organic
Juice**
946 mL

starting at
\$8⁹⁹ Plus Deposit,
Recycling Fee
Where Applicable

Pure juice made from only the finest quality fruit.



**Orchid Organic
Pure Vanilla Extract**
100 mL

\$9⁹⁹

Made from carefully extracting premium organic vanilla.



**Simply Organic
Baking Extracts
& Flavours**
59 mL & 118 mL

starting at
\$4²⁹

Simply Organic has the organic ingredients to
enhance your cooking experience.



**Kettle Brand
Potato Chips**
368g & 397g

\$4⁹⁹

Crunchy and full of flavour. The perfect snack for any
party.



**Simply
Organic Spices**
Assorted Sizes

starting at
\$4⁴⁹

Make sure you're putting the best into your recipes
with Simply Organic spices and seasonings.



**Stahlbush
Organic
Vegetables**
Selected Varieties

\$2⁸⁹

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



**L'Ancêtre Organic
84% MF Butter**
250g

\$7⁴⁹

Enjoy the true, time-honoured taste of real
butter with L'Ancêtre organic butters.



**Liberté
Greek Yogurt**
750g

\$6⁴⁹

Smooth, creamy, loaded with protein, and
most importantly, delicious.

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



**Canadian Heritage
Organic Maple Syrup**
1 Litre

\$22⁹⁹

Canadians know the importance of quality maple
syrup.



**Denman Island
Organic Chocolate
Bars**
44g - 46g

\$3²⁹

Canada's original organic chocolate. Over 22 years
we have perfected the finest small batch organic
chocolate on Denman Island, BC.



**Love Child Organic
Pureed Baby Food**
128 mL

\$2⁶⁹

Founded by parents, Love Child Organics makes delicious,
nutritionally-focused organic food for babies and young children.



**Sol Cuisine
Meatless Alternatives**
Selected Varieties

\$5⁴⁹

Juicy and savoury meatless products for
any occasion.



PREFERRED SHOPPER SPECIALS

DECEMBER 16 - 31 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS
Ask us for details in store.



**Pacific Foods
Organic Broths**
946 mL & 1 L

\$4.29

Use this broth as a base for soups, risottos and pasta dishes, and add flavor and depth to your favourite recipes.



**Mary's Organic
Kookies and Crackers**
142g

\$4.69

Deliciously crunchy and full of great organic ingredients.



**Zazubean
Organic Fairtrade
Chocolate Bars**
80g & 85g

\$3.69

Zazubean creates chocolate that is Good For The Growers, Good For The Planet, Good For You! Female founded and Canadian.



**Panda Natural
Licorice**
170g

\$2.69

Soft black and red licorice since 1927 from carefully selected natural ingredients, no artificial nasties! It's vegan, too.



**ChocXo Organic
Chocolate Snacks**
98g

\$4.49

At Chocxo, carefully selected, sustainably-sourced organic cocoa and simple organic ingredients come together for a chocolate experience like no other.



**Savor
Grass Fed
Butter**
250g

\$5.99

Our butter is made from local grass fed dairy cows and delivers a churned to perfection product with a light yellow colour.



**Liberté
Méditerranée
Yogurt**
500g

\$3.99

Manufactured in the purest Mediterranean tradition, this opulent line of yogurts, is a special treat.



**Que Pasa
Tortilla Chips**
300g & 350g

\$3.49

Every Que Pasa chip is crafted simply from whole grain organic corn that's ground between hand-cut Mexican volcanic lava millstones.

NOURISHING LIFESTYLES SINCE 1990



**Terra Bread
Granola**
850g

\$12.99

Small batch. No preservatives. Non-GMO ingredients.



**Sunflower Kitchen
Organic Hummus**
227g

\$3.49

Hummus with flavours that are a rich source of nutrients like fibre, good fats and vegetable protein.



**San Pellegrino
Italian Sparking
Beverages**
6-Pack

\$7.49

Plus Deposit, Recycling Fee Where Applicable

Delicious Italian sparkling drinks.



**Kicking Horse Organic
Fairtrade Coffee**
Whole Bean, 454g

\$15.99

This coffee kicks ass. All organic & certified Fairtrade beans.

WELLNESS CENTRE SPECIALS

DECEMBER 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS
Ask us for details in store.



**Harmonic Arts
Superfood Elixirs
& Mushrooms**
Assorted
Varieties & Sizes

20% OFF

Harmonic Arts Elixirs are functional herbal lattes that are packed with organic herbs, superfoods and mushrooms to help you feel your best.



**Genuine Health
Omega-3+ Joy**
120 Softgels

\$46⁹⁹

Formulated with 2000mg EPA and 100mg DHA to give you all the benefits of essential fatty acids while also achieving a healthier sense of wellbeing.



**Blume
Superfood Lattes**
100g

\$23⁹⁹

Caffeine jitters & crash? No thank you. Organically grown, hand-picked matcha, and antioxidant-rich moringa, with a creamy coconut finish.

See in store for
Limited Edition
Holiday Blends



**Kyolic Garlic
Supplements**
Assorted
Varieties & Sizes

20% OFF

Protect your heart health with research-proven Kyolic Aged Garlic Extract™.



**Vega
Real Food
Smoothie**
518g - 539g

\$19⁹⁹

Real food in a flash! Shake up a creamy wholesome smoothie on the go – no bulky blender required. Each scoop contains 20g of protein and real food ingredients.



**Bio-K
Extra Vegan
Probiotics**
Wellmune Elderberry
or Cereboost Peach
& Tumeric

\$25⁹⁹

The 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 Wellmune®.



**Andalou Naturals
Face and Body Care**
Assorted
Varieties & Sizes

30% OFF

Natural and effective, our face products are formulated to achieve radiant skin and a visibly healthy complexion for all skin concerns.



**Marsielle's Remedy
Thieves Blend**

Balm
25mL

Essential Oil
Blend
30mL

\$11⁴⁹ / \$22⁹⁹

Gelatinization breaks down the long chain starches making maca more bioavailable.



**One With Nature
Dead Sea Minerals
Soaps**
200g

\$6⁹⁹

Made with sea salts and mud from the dead sea, gently exfoliates skin with a light, nice scent.



**Aura Cacia
Essential Oils
& Body Oils**
Assorted Varieties & Sizes

30% OFF

Aura Cacia offers natural essential oils, diffusers and aromatherapy products made from simple and pure botanical ingredients.



**Sundhed Himalayan
Salt Lamps**
Assorted
Varieties & Sizes

20% OFF

Sundhed salt lamps have a beautiful warm glow and help refresh the air with negative ions to create a balanced, healthier environment.



**Pacifica
Fragrance &
Hair and Body Mist**
Assorted Varieties & Sizes

20% OFF

A mesmerizing blend of pink rose, velvety sandalwood and subtle, earthy patchouli inspired by the dreamy full moon, which is said to spark compassion, kindness and dreams.

WELLNESS CENTRE SPECIALS

DECEMBER 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS
Ask us for details in store.



**New Roots
Vitamin C8**
Assorted
Varieties & Sizes

20% OFF

For your body to get all the benefits of vitamin C, it's best to get it from more than one source.

Vitamin C⁸ features mineral ascorbates of calcium, magnesium, potassium, zinc, manganese, selenium, and sodium, along with ascorbyl palmitate, providing a full spectrum of antioxidant benefits. Vitamin C⁸ helps immune function and is an excellent source of electrolytes which can replenish those lost through perspiration. It also delivers the antioxidant action of three cups worth of green tea per capsule.



**CanPrev
Cold-Pro
Immune Formula**
90 Capsules

\$24.99

A common cold is a viral infection of the upper respiratory tract that includes your nose and throat. Symptoms usually appear one to three days after exposure and include the typical sore throat, runny or congested nose, cough, sneezing, low-grade fever and mild body aches. A fever higher than 39.4 C distinguishes a cold from a different type of viral infection. Your immune system is the first defence against infectious organisms. It's made up of a network of cells, tissues and organs that work together to create an immune response. Most of the time it does its job, but sometimes a weak link can allow for a virus or other infectious organisms to creep in and lead to illness. Cold-ProTM Immune Formula is designed to maintain and strengthen the immune system, aid in the symptomatic relief of colds and flus and speed recovery. It contains seven potent, immune boosting nutrients plus antiviral and antibacterial herbs. Research shows that each ingredient in Cold-ProTM is extremely effective on its own, and combining them has produced a synergistic and powerful immune formulation.



**Tanit Revolubar
Foaming Soaps**

Soap
Tab
4g
\$4.49 / \$14.99
Reusable
Bottle

The glass foaming soap dispenser is designed to be used with the compressed tablets that create a rich, foaming soap made up of plant extracts and essential oils that are gentle on the skin and planet. Introduce yourself to a new kind of clean. All-natural hand soap tablets will wow you with their convenience, effectiveness, and unparalleled sustainability.

- **SAVE SPACE** — Store a pile of tablets oh so minimally thanks to their ultra-compact design.
- **SAVE THE PLANET** — No plastic waste with 100% compostable pouches and no transport emissions produced by needlessly shipping water you already have in your home.

With our super-soft formula using plant extracts and essential oils, no matter how often you wash, your hands will thank you.



**I luv it
Natural
Deodorant**

\$15.99 / \$22.99

Our sensitive skin formula is entirely baking soda free, it's gentler on your skin, but equally as powerful against odour. Trust us, it works equally as awesome as our original formula, without the risk of any irritation. 100% Pure, clean and natural. With 6 ingredients or less, and only pure essential oils for scent, our hand poured all natural deodorant is free from aluminums, parabens, sulphates, synthetics, toxins or nasty unwanted chemicals. Our deodorant not only neutralizes odours without changing your bodies natural performance, its packed with bacteria-stopping ingredients and gentle but effective clay and arrowroot to keep you dry.

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. Works best when applied to clean skin. Wait 30 minutes after shaving to apply. Do not apply to broken, irritated skin, discontinue use if irritation occurs.

We're proud to be plastic free and in a earth friendly, reusable, refillable and recyclable glass jar.



**LaVigne Natural
Skincare & Derm
Immortelle Facial Care**
Assorted
Varieties & Sizes

20% OFF

Liminal Resilience Face Oil! Announcing the first product in our Derm Immortelle line by LaVigne Natural Skincare. Awaken your senses and transform your skincare ritual with this powerful, poppy-infused blend of active botanicals that hydrate, nourish, and encourage resilience. Revitalizing Papaver Rhoeas (Ronacare Poppy) Extract is clinically proven to reduce appearance of under-eye bags, visibility of dark circles, and improve over skin density, support elasticity, luminosity and radiance. This invigorating Ronacare Poppy infused face oil formula is a must-have in your beauty routine. Protect your skin's natural collagen by fighting back against daily exposure to oxidative stress. Contains 10 beneficial botanicals with antioxidant properties, including Rosehip, Marula Oil, Vitamin E and Ginger extracts.



**Work Wonders
Moisturizing Salve
& Hydrosols**
Assorted
Varieties & Sizes

20% OFF

Works Wonders Moisturizing Salve was originally made in 1998 to care for our young children. It is still lovingly handcrafted in small batches with hand-picked flowers now grown on our sustainable farm on Gabriola Island, BC.

Our original, all-purpose Salve is ideal for all ages and skin types, and for your whole body and general baby care. Its clean ingredients offer essential nutrients like Vitamin A, CoQ-10, calcium, and anti-oxidant rich emollient oils for soothing and breathable care of general dryness, improved tone and complexion, softening the appearance of early aging lines, balancing dry or oily skin, rough elbows, knees, and heels, chapped or dry lips, cracked cuticles and finger tips.

WELLNESS CENTRE SPECIALS

DECEMBER 16 - 31 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS
Ask us for details in store.



**Prairie Naturals
Vitamins &
Supplements**
Assorted
Varieties & Sizes

20% OFF

Organic fermented superfoods is a source of fibre, calcium and iron.



**NutraVege
Plant Based
Omega-3**
Assorted Varieties & Sizes

20% OFF

Vegetarian Omega-3 Supplement. It's the EPA/DHA that matter. Sustainably sourced with no impact on fish populations or ocean ecosystems.



**Healthology
Sleep-Great**
30 Capsules

\$21⁴⁹

SLEEP-GREAT is a complete formulation that helps you fall asleep quickly, stay asleep and achieve deep, restful sleep.



**Suro Organic
Canadian Chaga**
Powder or Chunks
56.7g

\$10⁹⁹

We offer our chaga both in chunk and powder form, to be made in a tea or to be sprinkled on food.



**Himalaya
PartySmart**
Single/10-Pack

\$2⁹⁹ / \$26⁹⁹

PartySmart is the most effective hangover prevention pill available, and it starts working right after consumption.



**Nature's Way
Olive Leaf**
100 Capsules

\$11⁴⁹

Nature's Way Olive Leaf is a source of antioxidants for the maintenance of good health. Nature's Way Olive Leaf is Vegetarian and Non-GMO Project Verified.



**Ancient Minerals
Magnesium**
Assorted
Varieties & Sizes

20% OFF

Soaking in magnesium salts has been shown to markedly improve skin hydration, speed wound healing, enhance skin barrier function, and decrease inflammation.



**Pure Creations
Facial Care**
Assorted
Varieties & Sizes

20% OFF

Pure Creations is a proud Canadian company that is family run and extremely passionate and dedicated to a natural and healthy lifestyle.



**Urban Spa
Bath Products**
Assorted
Varieties & Sizes

25% OFF

The bamboo and jute bath mitt will cleanse and exfoliate, leaving you with perfectly polished skin.



**La Luna
"The Journey
From Home"
Candle Collection**
Assorted
Varieties & Sizes

20% OFF

Our candles are made of 100% vegetable and non-GMO soy and coconut waxes. Our candles are vegan and allow a cleaner combustion.



**Tints of Nature
Henna Hair Cream**
1 Kit

\$16⁴⁹

Henna Cream is our semi-permanent hair dye range, perfect for trying out a new shade before committing to a permanent option, or adding hue and shine.



**Weleda
Face and Body
Care**
Assorted
Varieties & Sizes

25% OFF

Weleda's NATRUE certified natural Hydrating Body Wash has plant-rich oils to help your skin feel clean.

WELLNESS CENTRE SPECIALS

DECEMBER 16 - 31 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS
Ask us for details in store.



**Organika
Bone Broths**
Original or Ginger
300g

\$42⁹⁹

Beef Bone Broth Protein Powder
High in protein, collagen & essential nutrients for healthy gut, joints & energy.

"Beef up" your recovery with a tasty, comforting broth! Add this clean, single-ingredient broth powder to your kitchen arsenal for a high protein, high collagen, low sodium alternative to conventional bouillon. Sourced from grass-fed cows from Sweden, our bone broth is free from antibiotics and added hormones.



**Harmonic Arts
Feel Calm Tincture**
50 mL

\$17⁹⁹

- Nourish the nervous system, inspire deeper relaxation and have a peaceful sleep with our Feel Calm tincture.
- Reduces nervousness and restlessness.
- Promotes restful sleep.
- Gently relaxes muscles with antispasmodic nerve herbs.
- Skullcap, Valerian and Passionflower alleviate nervous tension.
- Use our Feel Calm tincture blend if you're experiencing insomnia or physical exhaustion.



**Purica
Immune 7**
Assorted
Varieties & Sizes

20% OFF

The immune system is complicated. If it's underactive, you're left completely susceptible to infection. If it's overactive, then the immune system can mistakenly attack the body. Fortunately, these problems can all be addressed naturally.

Purica's Immune 7, a safe, full-spectrum supplement that uses a potent blend of six carefully chosen medicinal mushrooms with the addition of our propriety blend Nutricol.

Immune 7 is an excellent option for those with suppressed immune systems, stress, infectious disease including cold and flu, allergies and skin conditions as well as athletes or those who exercise.



**Plumpp
Irish Sea Moss**
40g/120g

\$10⁹⁹ / \$27⁹⁹

Upgrade your immune system with critical minerals through a daily dose of this unprocessed, natural, straight from the ocean superfood! Can be applied topically or ingested. Anti-inflammatory properties make sea moss excellent for dry & sensitive skin, providing relief from symptoms of rashes, eczema and psoriasis. Prep with a rinse, soak, strain and blend. Make a full batch and keep in the fridge or freezer, adding to your daily shake or taking it straight up.



**Herbatint
Natural
Permanent
Hair Colour**
1 Kit

\$17⁹⁹

Herbatint is the permanent ammonia-free colouring, containing 8 organic herbal extracts, which covers 100% of grey hair for a natural and intense result that is rich in highlights. Your hair regains brightness and vitality, and is immediately healthier and naturally beautiful. Dermatologically tested on sensitive skin, its skin compatibility is excellent. This result confirms the brand's distinctive quality and its unique finely balanced formula. The developer contains a low hydrogen peroxide concentration (less than 3% after mixing, equivalent to 10 volumes), well below the 6% limit permitted by the European legislation. Herbatint uses gluten-free and Nickel tested ingredients. Suitable for vegans.



**Anne-Marie Borlind
Facial Care**
Assorted
Varieties & Sizes

20% OFF

ANNEMARIE BÖRLIND stands for natural cosmetics with proven efficacy, which we develop from singular raw materials through innovative and sustainable action. ANNEMARIE BÖRLIND uses, whenever possible, raw materials that are either certified organic or wild harvested. These high-quality raw materials are key ingredients in Börlind skin care products, proving that nature and innovation can work together to produce extraordinary, effective skin care. ANNEMARIE BÖRLIND skin care products are made with only the pristine, soft spring water taken from our own deep well. This thermal water from the Northern Black Forest is free of chlorine, pesticide and herbicide residue and other chemicals found in tap water. The well, some 160 meters in depth, forms the pure ideal base of all Annemarie Börlind skin care products.

LET'S CHAT!

Q & A with EMMA FROM ZIMT CHOCOLATES

**Hi Emma, excited to be sitting down with you today!
We are big fans of your plant-based chocolate, can you
give us a brief insight as to how Zimt came to be?**

I've been vegan for about 17 years, and so wanted to create something that aligned with my values. I was fortunate enough to try some very special vegan chocolate while backpacking and volunteering in Europe- it really stuck with me! So, I started a chocolate company that promoted kindness and thoughtfulness- that's the goal anyway. We've only used organic ingredients- to reduce demand for pesticides, which can destroy habitats- and compostable packaging from day one as well. We also do not use slave labour cacao- and make our chocolate in-house, with coconut sugar- which, according to the Food and Agriculture Organization (FAO) is the world's most sustainable sweetener (it requires next to no water to grow the trees). And we donate to local rescues- we'd love to do more, but these guiding principles have been with Zimt from the beginning.

**Thanks for sharing, it's always great to have a local
product so committed to the environment!**

**Can you tell us about Zimt's commitment to
biodegradable packaging, how that works for
customers?**

Sure thing. We've been prioritizing compostable packaging from day one. Our compostable packaging is made from wood cellulose, from tree pulp from responsibly managed forests (this is very important!). This limits the reliance on petroleum for packaging, which is a non-renewable resource and really does not have optimal recycling systems for disposal.

Our packaging is backyard compostable, as well as commercially compostable, but it is unlikely that the city will compost it if put into your pick-up bin- please check with your city's waste management to make sure. You are also welcome to bring back your empty bags to us and we can compost them.



**We hear some exciting changes are coming to Zimt,
are you able to share more about that with us?**

Oh there is plenty! For starters, we are going through a rebrand in 2024!. We tend to take a different approach to things and in this case, shrinkflation is one of them as we are increasing our bar sizes ever so slightly in the new year.

**That's exciting! For any of our customers who haven't
tried your tasty treats, which is your favourite
product and what flavour do recommend?**

Well, the funny thing is, my faves are some of the lowest sellers! Most people like the Peppermint Nib'd (and I do love it, too), as well as the Salt of the Earth, Chocolate 80%, The Milkless Way and Double Chocolate Macaroons. The Rosemary bar is a consistent fan fave, too. I really do love all of those (though I must admit I may have overdone it with the macaroons... and need a break)- they're special snowflakes in their own way.

My personal faves, however, are our Chocolate Nib'd bar and our Kaffee bar- they're just so... perfect. I do also love toasting a Salted Vanilla Bean Caramel Macaroon- especially with some peanut butter. Our line of barks is no joke- absolutely delicious- and I love our drinking chocolate.



NO BAKE KID-FRIENDLY GINGERBREAD BITES

By: The Choices Market Team

The holidays are such a fun and magical time for kids. It's an opportunity to introduce them to family traditions (new or old) and that of course includes food! Many favourite recipes can be easily modified by swapping ingredients for more healthy alternatives without sacrificing the flavour or fun. Here is a fun kid-friendly recipe that incorporates all the taste of the holidays along with healthy fats, fiber, vitamins and minerals. Don't forget kids love helping in the kitchen and they learn so much when we involve them. Have them measure, mix, pour, roll, decorate. The memories are sure to outlast the mess!

INGREDIENTS

- 1 cup** rolled oats
- 2 tsp.** cinnamon
- 1 tsp.** nutmeg
- 1/4 tsp.** ginger
- 1 cup** pecans
 - *if there is a nut allergy swap for pumpkin seeds
- 1 cup** soft medjool dates
- 1 tbsp.** molasses
- 1 tbsp.** almond butter
 - *if there is a nut allergy swap for sun butter or tahini
- 1 tbsp** maple syrup



INSTRUCTIONS

1. Combine rolled oats, cinnamon, nutmeg, ginger, salt and nuts or seeds in a food processor and pulse to combine (until it resembles a powder). Remove from food processor.
2. Add dates, molasses and almond butter/seed butter to food processor and pulse until combined.
3. Scrape the sides with a spatula and add dry ingredients. Pulse until everything is blended evenly.
4. Using a cookie scoop or your hands roll into 1" balls. You can roll or sprinkle them with shredded coconut to make them look like snowballs. Refrigerate for about an hour before eating. Store in an airtight container for up to 5 days in the fridge. Enjoy!

THE JOY OF SHARING FOOD WITH FRIENDS AND LOVED ONES OVER THE HOLIDAYS

By: Dionne Legge, CNP

Food brings us together, especially during the festive season. As the weather becomes colder and the days are shorter it feels only natural to want to gather and share a comforting meal around the table. Plates are passed around, stories are shared and the atmosphere is filled with happiness and laughter. This is the right time to share with others what is going on in your life. The act of preparing a meal or recipe together can be just as joyful of an experience as the meal itself. The kitchen becomes the hub of bubbling activity as loved ones chop, stir and taste test. A sense of community and connection is achieved as we join together and learn from one another while creating nourishment and memories.

During the holidays, food offers a unique opportunity for families to embrace their traditions. Sharing handed-down recipes and heritage dishes from different cultures allows us to honour our collective history. It's these wonderful flavours that make holiday meals and gatherings so special. This is the time of year when being asked to bring a dish can be an exciting way to share a part of your family tradition with someone else.

The act of sharing food brings about a special spirit of giving. While many of us gather for a feast, others may be home alone. What a wonderful way to show someone you are thinking of them by extending an invite or even offering to drop off a plate. Commonly we end up with too much food left over after a gathering. Leftovers can be used to make sandwiches or soups that can also be given as great gifts to others in need. So let us toast to the joy of sharing food with those who mean the most to us.





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.

CHOICES LOW-CARB CHOCOLATE MOUSSE CAKE



Creamy, smooth, rich and very chocolatey, our low-carb chocolate mousse is everything you hope a chocolate mousse will be but it's made without sugar or sweetened chocolate. And it's low carb without tasting like it!

What makes it low carb? Made with unsweetened chocolate, cocoa, egg yolks and whip cream, erythritol instead of sugar, and a little coconut oil to add to the smoothness. It's moussnificent!

TREE ISLAND YOGURT

Tree Island Cream Top Yogurt uses milk from cows that are grass fed. Grass fed milk tends to be higher in particular nutrients like omega-3 fatty acids. Since our bodies can't make omega-3's they are crucial for us to get from our diet. Omegas-3's are vital for supporting heart and brain health. This holiday enjoy Tree Island Yogurt in a savoury dipping sauce with crunchy fresh vegetables, your favourite smoothie, or in smoothie bowl!



THE CULTURED COCONUT

Increase the diversity of your gut microbiome with this dairy-free probiotic food! In just one tablespoon of Cultured Coconut, you get 4+ trillion CFU which may help manage or prevent various diseases such as IBD, IBS, type 1 diabetes, obesity and other health concerns. These microbes can withstand our stomach acid, therefore are able to reach our intestinal

area alive and active, and have a positive effect on our gut microbiome. You can add The Cultured Coconut to a smoothie, yogurt, cold overnight oats, juice, or on its own with crunchy fresh vegetables, to your favourite smoothie, or in smoothie bowl!





Sweet Potato and Apple Side Dish

By Anne Pepperdine, BSc.

INGREDIENTS

- 3** Medium sized Sweet Potatoes
- 4** MacIntosh Apples
- 1 tbsp.** Coconut Sugar or Brown Sugar
- 1 tsp.** Cinnamon
- 1 cup** GluteNull Granola
- Unsalted butter or margarine

DIRECTIONS

1. Preheat your oven to 400F
2. Peel and slice your sweet potatoes and apples into about quarter-inch rounds.
3. Mix the cinnamon with your choice of sugar in a small dish
4. Butter a baking dish and layer your sweet potato rounds on the bottom, lightly sprinkle with the cinnamon sugar and 4-5 cubes of butter or margarine
5. Add a layer of apples and again lightly sprinkle with cinnamon sugar and add 3-4 cubes of butter or margarine
6. Repeat these layers until you run out of sweet potatoes and apples.
7. Bake covered for 40-45 minutes and uncovered for 10-15 minutes or until the sweet potatoes can be easily pierced with a fork

WE USED

GLUTENULL GRANOLA

Glutenull Quinoa Granola is a great low-sugar option that is also gluten-free, vegan and non-GMO. Glutenull Quinoa Granola uses simple ingredients like buckwheat, seeds,

nuts and dried fruit for a tasty whole food granola.

Try enjoying granola in unconventional ways like in an apple crumble, as a based to nut butter energy bites, or try coating a banana in honey and rolled in granola for a tasty yet nutritious snack!



MEAT & DELI SPECIALS

DECEMBER 1 - 24 ONLY!

Choices' Turkey Dinner

with mashed potatoes, gravy, cranberry sauce, stuffing and winter root vegetables

\$15⁹⁹



Choices' Turkey Dinner for 4

Order instore until December 19th

\$99

Cranberry Sauce or Turkey Gravy

\$5⁹⁹ - \$6⁹⁹



Fresh Cranberry Stuffing

\$1⁹⁹ /100g



Choices Festival Holiday Side Dishes

\$1⁴⁹ - \$2²⁹ /100g



Choices Stuffed Turkey Breast

Raised Without Antibiotics

\$4⁴⁹ /100g



Choices Dijon Maple Glazed Ham

\$2⁷⁹ /100g



Italian Sliced Prosciutto or Salami

Imported

20% OFF



La Panzanella Crackers

\$5⁹⁹



Choices Olives

20% OFF



Choices Tourtiere Pies

\$15⁹⁹



Choices Mini Savory Appetizers

\$6⁹⁹ / \$12⁹⁹



Swiss Emmental or Gruyere

\$4⁹⁹ / \$5⁹⁹ /100g



Sila Salamis

Selected Varieties, 300g

\$10⁹⁹



Choices Own Turkey Stock

750mL

\$5⁹⁹



Smoked Salmon Lox

Ocean Wise, Wild Caught

\$4⁹⁹ /100g



Shorba's Bone Broth

Beef or Chicken

\$13⁹⁹



SEASONAL WELLNESS SPECIALS

DECEMBER 1 - 24 ONLY!



**La Luna
"Inner Journey"
Candles**
Assorted
Varieties & Sizes

20% OFF

Individually scented candles where each scent and crystal is filled with the healing energy of the specific intention.



**Kelowna Candle
Factory Beeswax
Candles**
Assorted
Varieties & Sizes

20% OFF

Local BC company 100% pure beeswax with 100% cotton wick.



**Sundhed
Himalayan
Bath Salts**
850g

\$7.99

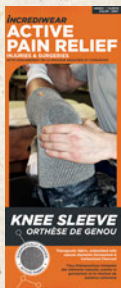
Anyone can benefit from an invigorating salt bath. Bathing with Himalayan bath salts cleanses and rejuvenates the skin.



**La Luna
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The perfect combination of a decorative salt lamp and essential oil warmer.



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Varieties & Sizes

20% OFF

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Natural Cosmetics
and Nail Polish**
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Mineral makeup that delivers. Mineral Fusion offers a variety of natural beauty products powered by minerals. Shop cosmetics, nail, and skin care today!



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Jack**
Assorted
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Men's personal care and grooming products made with naturally derived ingredients and outdoor-inspired scents.



**Alaffia EverDay Shea
Hair and Body Care**
Assorted
Varieties & Sizes

20% OFF

For daily cleansing. Suitable for normal to very dry skin.

SEASONAL GROCERY SPECIALS

DECEMBER 1 - 24 ONLY!



Earth's Choice Organic Coconut Products
Assorted Varieties

40% OFF

Unsweetened coconut or coconut chips add a delicious topping for cereal and yogurt, or enjoy just as a snack.



Anita's Organic Flours
Assorted Varieties

30% OFF

Our grains come from Canadian farmers, and are milled right here, in Chilliwack, B.C.



Wholesome Organic Fairtrade Sugars
Selected Varieties

35% OFF

We strive to obtain ingredients grown using sustainable farming practices.



If You Care Baking Supplies
Assorted Varieties

40% OFF

If You Care has put sustainability at the forefront of its mission since its creation in 1990.



Chosen Foods Pure Avocado Oil & Sprays
Assorted Varieties

30% OFF

Chosen Foods celebrates avocados in our non-GMO cooking sprays, oils, mayonnaise, dressings and more.



Uncle Luke's Organic Maple Syrup
1 Litre

\$24.99

100% pure maple syrup, perfect for recipes or some yummy hot pancakes!



Dalla Terra Antipasto & Roasted Red Pepper
375 mL

\$3.99

Fantastic inclusions on any holiday charcuterie board.



Green & Black's Organic Chocolate Bar
90g

2 For \$9

Discover out intense and indulgent range of Green & Black's chocolate Bars.



Silly Cow Farms Hot Chocolate
480g

\$7.49

Silly Cow Farms Hot Chocolates are all Gluten-Free, Non-GMO and Made with only Real Ingredients!



Arla Organic Cream Cheese
200g

\$3.99

An essential topper for cakes, rolls and other desserts.



Tre Stelle Ricotta Cheese and Mozzarella Ball
475g/340g

\$5.69

Tre Stelle Lactose Free Mozzarella Ball 340g
\$6.99

Perfect for your recipes from pasta to pizza and more.



Maille Gherkins & Mustards
200 mL/500 mL

25% OFF

A dollop of mustard and some crunchy gherkins are essential for your appetizer spread.



Happy Planet Organic Juices
1.75 Litre

Starting At \$4.49

Plus Deposit, Recycling Fee Where Applicable

Happy Planet makes juices packed full of nutritious and delicious ingredients - from juicy fruits to superfoods.



Earth's Own Almond Beverage
1.89 Litre

\$3.99

Our Almond Milks are voted Canada's Best Tasting for a reason. Believe the hype!



Walter Caesar Mixes
946 mL

\$6.99

Our mission is to make the best Caesar products for Canadians from coast-to-coast.



Efrutti Fruit Gummies
100g

\$1.99

Playful fruity snacks made for kids and fun loving adults.



Stash Tea Bags
Pkg. of 18 or 20

2 For \$9

A lovely cup of tea is essential for watching falling snow.



Boylan Craft Soda
4 Pack

\$9.49

Plus Deposit, Recycling Fee Where Applicable

Producing authentic classic sodas from time honored recipes.

GROCERY & BAKERY SPECIALS

DECEMBER 1 - 24 ONLY!



Armstrong Cheese
600g

\$10⁴⁹

The trusted choice for Canadians for over a century with award-winning cheese makers working every day to produce premium cheese.



Lesley Stowes Organic Crisps
150g

\$4⁸⁹

Baked in small batches, with the finest quality, visually appealing, familiar ingredients.



Bonne Maman Jams & Spreads
250g

\$5⁴⁹

Premium spreads and jams made in the finest French tradition.



Laiki Rice Crackers
100g

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Deliciously simple crackers made from black and red rice.



Loacker Wafers
250 g

\$4⁹⁹

Delicious treats made in the heart of the Alps.



Righteous Dairy Free Gelato
562 mL

\$7⁴⁹

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



Choices Christmas Stollen
Small or Medium

\$8⁹⁹ / \$14⁹⁹



Choices Christmas Stollen
Large

\$28⁹⁹



Choices Artisan Fruit Pies

\$10⁹⁹



Choices Pecan Walnut Pie

\$10⁹⁹



Choices Stuffing Bread

\$4⁴⁹



Choices Tarts
Butter or Pecan

\$4⁹⁹



Choices Shortbread Cookies

\$6⁹⁹



Choices Mincemeat Tarts

\$10⁹⁹



Choices Gluten-Free Pumpkin Pie

\$10⁹⁹



Choices Christmas Fruit Cake

\$10⁹⁹



Wendals Gluten-Free Shortbread or Ginger Babies

\$9⁹⁹ / \$12⁹⁹



Choices Gluten-Free Stuffing Mix

\$13⁹⁹



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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

Parksville

319 Island Hwy East
250.947.8000

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 NOx

Energy: 23 GJ

Results based on the Rolland Environmental Calculator

STAR OF THE SEASON

NOVEMBER 15 - DECEMBER 24

Choices' Star of the Season Program enriches the lives of families all across Metro Vancouver, the Fraser Valley Vancouver Island and the Okanagan.

Kindly donated by Calabar Printers, Choices' Holiday Stars may be purchased between November 15th and December 24th for a donation of \$2.00.

FOR MORE DETAILS ON EACH NEIGHBOURHOOD HOUSE,
PLEASE VISIT OUR WEBSITE: CHOICES.MARKET

- Little Mountain Neighbourhood House
- Britannia Community Services
- Gordon Neighbourhood House
- Marpole Oakridge Family Place
- Fraserside Community Services
- Semiahmoo Family Place
- Downtown Eastside Neighbourhood House
- Abbotsford Community Services
- The Bridge Youth & Family Services
- North Shore Neighbourhood House
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STAR of the SEASON



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