

CHOICES MARKET

PARKSVILLE WELLNESS SPECI

ALL BODY CARE 15% OFF - DECEMBER 1, 2, 3

100% BC OWNED AND OPERATED

Special Parksville Edition Prices Effective • November 30 - December 6, 2023





Choices Festive Turkey Meals



Choices' Own Mincemeat Tarts Also Pecan Tarts, Pack of 3





YNU SAV





20% OFF

Curcumin



49th Parallel **Organic Coffee**



CHOICES MARKET



Your CHOICE for LOCAL, ORGANIC & NATURAL Produce

Just the way Mother Nature intended

LEADERS IN UNIQUE &

Let us help you discover something new, healthy and delicious.

HEALTHY FOOD COMES NATURALLY

We prioritize organic and naturally produced fruit and vegetables.

LOCAL FIRST

We strive to offer more local produce than anyone else!

LOOKING FOR MORE CHOICES?

If you don't see it, we'll get it. Please ASK!

Enjoy these Produce Specials November 30th - December 6th, 2023



Green or Black 2 FOR \$500 **Organic Kale** From Longview Farms,



Pink Lady Apples From Blossom River Organics





Organic Satsuma Mandarins





Red Potatoes From Fraserland Organics,



NOW AT CHOICES MARKET

Pharmacy Hours: Monday - Friday 9am - 6pm Saturday 9am - 5pm | Sunday 10am - 4pm

PARKSVILLE, BC 319 Island Highway East Open 7am to 10pm every day











PRODUCE FRESH · LOCAL · ORGANIC



Organic Mini Peeled Carrots From USA, 454g Bag

LOCAL

Organic Russet Potatoes

From Fraserland Organics, BC, 1.36kg Bag

\$598



Ambrosia Apples From BC, 4.37/kg

\$198/LB

Broccoli Crowns

From BC, 6.57/kg



MEAT & SEAFOOD RESPONSIBLY RAISED · PREMIUM QUALITY

Navel Oranges

From USA,

1.81kg Bag









Boneless Pork Butt Steak or Roast Raised Without Antibiotics, 11.00/kg



Boneless Beef Blade Pot Roast 100% Grass Fed, Raised Without Antibiotics, 19.82/kg



Boneless Skinless Chicken Breast Raised Without Antibiotics, Value Pack, 24.23/kg



Soup Etc! Select Varieties, 700ml



Raw or Cooked Prawns Ocean Wise Frozen, 340g





Earth's Own Naked Organic Oat Beverage 1.75L





GoldEgg Free Run Liquid Egg Whites 500g





Organic Meadow Organic Butter 454g

\$1199



Nature's Path Organic Waffles Frozen, 210g

2 FOR \$900



Uncle Luke's Organic Maple Syrup 500ml

\$1249



St. Dalfour Jam 225ml

\$549



One Degree Organic Granola 312g

\$1199



The Granola King Gourmet Granola 750g

\$999



The Greek Gods Yogurt 500g

\$549

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



Celestial Seasonings Organic Herbal Tea 18 - 20 Bags

2 FOR \$800



Dairyland Organic Milk 1.89L

\$1199



Sensible Portions Veggie Chips 141g & 142g

329



Glutino Cookies

Also Pretzels, Crackers Assorted Sizes

35% OFF



FreeYumm Crackers 120g

\$399



Covered Bridge Potato Chips 142g - 170g

2 FOR \$600



Chocolove Chocolate Bars90g

2 FOR \$600



RJ's Licorice 180g

2 FOR \$11.50



Whittaker's Chocolate Bars 200g & 220g

2 FOR \$ 900



Enjoy Life Chocolate Baking Chips 225g - 283g

\$599





Gathering Place Organic Spices Assorted Sizes

30% OFF



Maison Orphée Organic Extra Virgin Olive Oil 750ml

\$1599



Imagine Organic Broths 1L

\$1199



Better Than Boullion Base 227g

\$649



Balderson Aged Cheddar Cheese 280g

\$999



Violife Cheese Alternative

200g - 227g



FROM \$599



Armstrong Natural Cheese Slices

220g - 240g

\$1199

NOURISHING LIFESTYLES SINCE 1990



Dairyland Sour Cream

\$429

750ml



Eat Wholesome Organic Canned Tomatoes 796ml

\$1199



Lucky Seoul Kimchi

396ml

\$649



Raincoast Trading Wild Sockeye Salmon

Also Wild Pink Salmon, 150g & 160g

30% OFF



Wholly Veggie! Products

Assorted Sizes, Frozen

30% OFF



Konscious Sushi Products

Frozen, 204g & 210g



\$699



Earthbound Farm Organic Frozen Vegetables 300g - 400g

\$299



Earth's Choice Organic Cranberry Sauce 348ml

\$299



Rizopia Rice Pasta

340g & 454g



FROM \$249











Choices Holiday Dinner for 4 See details in store



Rossdown **Roasted Half** Chickens



Happy Planet Soup

500ml - 650ml

Sizes



Habibi's **Hummus** Family Size, 450g



Choices Potato Side **Dishes**



La Panzanella Crackers 170g



Indianlife Naan Also Tortillas, Wraps, Assorted



Kerrygold **Irish Cheese** 198g



ILE DE FRANCE Brie Cheese



Parmesan

\$599



German Cambozola Cheese

\$799

\$399/100g

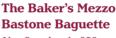






Choices' Own **Tuxedo Cake** 450g

§**12**99





95g

FROM \$4 99

Choices Traditional Pumpkin Pies

Also Alternative Flour, Vegan









Uprising Sourdough **Light Rye Bread** Also Finnish, 650g or

2 FOR \$200



Rawesome Cheesecake





Uprising Jumbo Gingersnap Cookies 300g

2 for \$1 000

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





Handfuel **Nut Snacks** 120g & 150g

\$599



Mid-Day Superfood **Squares** 33q

2 FOR \$4400



Spread'Em **Cashew Dips** & Spreads

185g PLANT BASED



Chapman's **Specialty Ice Cream** 500ml

\$549



La Croix **Sparkling** Water 8 Pack

plus deposit & eco fee



Fentimans Craft **Beverages** Select Varieties, 4 Pack



BSA Non-Alcoholic **Craft Beer** 473ml



Echoclean **Biodegradable Liquid Dish Soap** 740ml

2 FOR \$ 700

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Natural Factors Vitamin C **Supplements** Select Varieties

20% OFF



Prairie Naturals Vitamins & **Supplements**

Assorted Sizes & Varieties

1)% ()FF



CanPrev Magnesium Supplements

Select Varieties

20% OFF



Smart Solutions Beauty Support Supplements

Select Varieties

20% OFF



Natural Factors Immune Support Supplements

Assorted Sizes & Varieties

20% OFF



Nature's **Way Herbal Supplements**

Assorted Sizes

20% OFF



Bio-K Plus Probiotics

Dairy & Non Dairy, 12 Pack



Vega Sport **Protein**

Assorted Varieties, 801g - 837g



withinUs Creamer +TruMarine Collagen Also Matcha Misto, **Assorted Sizes**



Sisu Stress & Sleep **Supplements** Assorted Sizes

& Varieties



AOR Zinc-Copper **Balance**

100 Caps

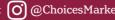


Naturtint Natural Permanent Hair Colour

Assorted Colours, 1 Kit



Shop online at Choices.Market (O) @ChoicesMarket









PARKSVILLE. BC

319 Island Highway East, Parksville Open 7:00am - 10:00pm Daily | Phone: 250-947-8000



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