



# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE WELLNESS SPECIAL!

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

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

**LOCAL**

**SPECIAL PRICE**

**Fresh Whole Frying Chicken**  
Raised without Antibiotics,  
11.00/kg

**\$4.99 / LB**

**YOU SAVE 19%**

**SPECIAL PRICE**

**Organic Asparagus**  
From Mexico, 15.39/kg

**\$6.98 / LB**

**YOU SAVE \$2.00 / LB**

**NOW AVAILABLE**

**\$15.99**

**Choices Festive Turkey Meals**  
454g

**\$4.99**

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

**SPECIAL PRICE**

**Fresh Steelhead Fillets**  
Ocean Wise, Value Pack

**\$3.49 / 100g**

**YOU SAVE 35%**

**FEATURED CHOICE**

**Rabbit River Farms Free Range Large Eggs**  
1 Dozen

**\$5.99**

**YOU SAVE \$2.20**

**Platinum Naturals Vitamins & Supplements**  
Assorted Sizes

**20% OFF**

**49th Parallel Organic Coffee**  
340g

**\$12.99**

**YOU SAVE \$7.00**

**Rabbit River Farms Free Range Large Eggs**  
1 Dozen

**\$5.99**

**YOU SAVE \$2.20**



# CHOICES MARKET

## Your CHOICE for LOCAL, ORGANIC & NATURAL Produce

### Just the way Mother Nature intended

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

#### LEADERS IN UNIQUE & SPECIALTY PRODUCE

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!



LOCAL

Green or Black  
Organic Kale  
From Longview Farms,  
BC

2 FOR \$5<sup>00</sup>



LOCAL

Organic  
Pink Lady Apples  
From Blossom River Organics,  
BC, 6.57/kg

\$2<sup>98</sup>  
/lb



FIRST OF  
THE SEASON

Organic Satsuma  
Mandarins  
From U.S.A.,  
907g

\$7<sup>98</sup>  
/ea



LOCAL

Organic  
Red Potatoes  
From Fraserland Organics,  
BC, 2.27 kg Bag

\$5<sup>98</sup>  
/ea



NOW AT CHOICES MARKET

Phone: 250-947-8001

Pharmacy Hours: Monday - Friday 9am - 6pm

Saturday 9am - 5pm | Sunday 10am - 4pm

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



CHOICES.MARKET



DiscoverChoicesMarket



ChoicesMarket



ChoicesMarket



# PRODUCE FRESH • LOCAL • ORGANIC



**\$2<sup>98</sup>**

**Organic Mini Peeled Carrots**  
From USA, 454g Bag



**LOCAL**

**Organic Russet Potatoes**  
From Fraserland Organics, BC,  
1.36kg Bag

**\$5<sup>98</sup>**

**Navel Oranges**  
From USA,  
1.81kg Bag

**\$8<sup>98</sup>**



**LOCAL**

**Ambrosia Apples**  
From BC, 4.37/kg

**\$1<sup>98</sup> / LB**

**Broccoli Crowns**  
From BC, 6.57/kg

**\$2<sup>98</sup> / LB**



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**WESTERN  
CANADIAN**

**\$4<sup>99</sup> / LB**

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



**\$8<sup>99</sup> / LB**

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



**LOCAL**

**\$10<sup>99</sup> / LB**

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



**BUY 2 GET 1 FREE**

**Soup Etc!**  
Select Varieties, 700ml



**\$7<sup>99</sup>**

**Raw or Cooked Prawns**  
Ocean Wise Frozen, 340g



**Freybe 1884 Sliced Meats**  
Select Varieties  
100g

**\$4<sup>99</sup>**

**Freybe 1884 Salami Chubs**  
Select Varieties,  
175g

**\$7<sup>99</sup>**





**Earth's Own Naked  
Organic Oat  
Beverage**  
1.75L

**\$5.49**  
plus deposit & eco fee



**GoldEgg  
Free Run Liquid  
Egg Whites**  
500g

**\$3.99**



**Organic Meadow  
Organic Butter**  
454g

**\$11.99**



**Nature's Path  
Organic Waffles**  
Frozen, 210g

**2 FOR \$9.00**



**Uncle Luke's  
Organic  
Maple Syrup**  
500ml

**\$12.49**



**St. Dalfour  
Jam**  
225ml

**\$5.49**



**One Degree  
Organic Granola**  
312g

**\$4.99**



**The Granola King  
Gourmet Granola**  
750g

**\$9.99**



**The Greek Gods  
Yogurt**  
500g

**\$5.49**

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



**Celestial Seasonings  
Organic Herbal Tea**  
18 - 20 Bags

**2 FOR \$8.00**



**Dairyland  
Organic Milk**  
1.89L

**\$4.99**  
plus deposit & eco fee



**Sensible Portions  
Veggie Chips**  
141g & 142g

**\$3.29**



**Glutino  
Cookies**  
Also Pretzels, Crackers  
Assorted Sizes

**35% OFF**



**FreeYumm  
Crackers**  
120g

**\$3.99**



**Covered Bridge  
Potato Chips**  
142g - 170g

**2 FOR \$6.00**



**Chocolove  
Chocolate Bars**  
90g

**2 FOR \$6.00**



**RJ's  
Licorice**  
180g

**2 FOR \$4.50**



**Whittaker's  
Chocolate Bars**  
200g & 220g

**2 FOR \$9.00**



**Enjoy Life  
Chocolate  
Baking Chips**  
225g - 283g

**\$5<sup>99</sup>**



**Bulk Foods  
Baking  
Raw Nuts**  
**20% OFF**



**Gathering Place  
Organic Spices**  
Assorted Sizes

**30% OFF**



**Maison Orphée  
Organic Extra  
Virgin Olive Oil**  
750ml

**\$15<sup>99</sup>**



**Imagine  
Organic Broths**  
1L

**\$4<sup>99</sup>**



**Better Than  
Boullion Base**  
227g

**\$6<sup>49</sup>**



**Balderson  
Aged Cheddar  
Cheese**  
280g

**\$9<sup>99</sup>**



**Violife Cheese  
Alternative**  
200g - 227g

**FROM \$5<sup>99</sup>**



**Armstrong  
Natural Cheese  
Slices**  
220g - 240g

**\$4<sup>99</sup>**

**NOURISHING LIFESTYLES SINCE 1990**



**Dairyland  
Sour Cream**  
750ml

**\$4<sup>29</sup>**



**Eat Wholesome  
Organic Canned  
Tomatoes**  
796ml

**\$4<sup>99</sup>**



**Lucky Seoul  
Kimchi**  
396ml

**\$6<sup>49</sup>**



**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

**\$6<sup>99</sup>**



**Earthbound Farm  
Organic Frozen  
Vegetables**  
300g - 400g

**\$2<sup>99</sup>**



**Earth's Choice  
Organic  
Cranberry Sauce**  
348ml

**\$2<sup>99</sup>**



**Rizopia  
Rice Pasta**  
340g & 454g

**FROM \$2<sup>49</sup>**





# DELI PREPARED FRESH



**\$99<sup>00</sup>**

**Choices Holiday Dinner for 4**  
See details in store



**Rosstown  
Roasted Half  
Chickens**

**\$5<sup>99</sup>**



**Happy Planet  
Soup**  
500ml ~ 650ml

**\$7<sup>99</sup>**



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

**\$7<sup>99</sup>**



**Choices  
Potato Side  
Dishes**

**\$1<sup>69</sup> / 100g**



**La Panzanella  
Crackers**  
170g

**\$5<sup>99</sup>**



**Indianlife  
Naan**  
Also Tortillas,  
Wraps, Assorted  
Sizes

**FROM \$6<sup>99</sup>**



**Kerrygold  
Irish Cheese**  
198g

**\$7<sup>99</sup>**



**ILE DE  
FRANCE  
Brie Cheese**

**\$3<sup>99</sup> / 100g**



**Parmesan  
Reggiano  
Cheese**

**\$4<sup>99</sup> / 100g**



**German  
Cambozola  
Cheese**

**\$5<sup>99</sup> / 100g**

## BAKERY FRESH BAKED • WHOLESOME



**Choices' Own  
Christmas  
Mincemeat  
Buns**  
with Rum Sauce,  
460g

**\$5<sup>99</sup>**



**Choices' Own  
Tuxedo Cake**  
450g

**\$12<sup>99</sup>**



**The Baker's Mezzo  
Bastone Baguette**  
Also Sourdough, 250g

**FROM \$1<sup>99</sup>**



**Choices Traditional  
Pumpkin Pies**  
Also Alternative Flour, Vegan  
6 Inch, 8 Inch or 9 Inch

**20% OFF**



**Choices' Own Spice Cake**  
450g

**\$12<sup>99</sup>**



**Uprising  
Sourdough  
Light Rye Bread**  
Also Finnish, 650g or  
800g

**2 FOR \$8<sup>00</sup>**



**Rawesome  
Cheesecake**  
95g

**2 FOR \$10<sup>00</sup>**



**Uprising Jumbo  
Gingersnap  
Cookies**  
300g

**2 FOR \$10<sup>00</sup>**

**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



# GROCERY

LOCAL • ORGANIC • SPECIALTY



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

**\$5.99**



**Mid-Day  
Superfood  
Squares**  
33g

**2 FOR \$4.00**



**Spread'Em  
Cashew Dips  
& Spreads**  
185g

**\$7.99**

PLANT  
BASED



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

**\$5.49**



**La Croix  
Sparkling  
Water**  
8 Pack

**\$5.49**  
plus deposit & eco fee



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

**\$9.99**  
plus deposit & eco fee



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

**2 FOR \$6.00**  
plus deposit & eco fee



**Echoclean  
Biodegradable  
Liquid Dish Soap**  
740ml

**2 FOR \$7.00**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Natural Factors  
Vitamin C  
Supplements**  
Select Varieties

**20% OFF**



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

**20% OFF**



**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

**\$43.99**



**Vega Sport  
Protein**  
Assorted Varieties,  
801g - 837g

**\$49.99**



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

**20% OFF**



**Sisu Stress  
& Sleep  
Supplements**  
Assorted Sizes  
& Varieties

**20% OFF**



**AOR  
Zinc-Copper  
Balance**  
100 Caps

**\$29.99**



**Naturtint Natural  
Permanent Hair  
Colour**  
Assorted Colours,  
1 Kit

**FROM \$8.99**

Shop online at [ChoicesMarket](https://ChoicesMarket.com)

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**PARKSVILLE, BC**

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

**Pure** INTEGRATIVE PHARMACY

Phone: 250-947-8001  
Pharmacy Hours: Monday - Friday 9 am - 6 pm  
Saturday 9 am - 5 pm | Sunday 10 am - 4 pm

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