



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE CHRISTMAS CHOICES!

Special Parksville Edition Prices Effective • December 21 - 27, 2023



SPECIAL PRICE

Choices' Own Specialty Turkey
8.80kg

\$3.99 / LB

LOCAL

DISCOVER CHOICES' OWN SPECIALTY TURKEY

- Raised without Antibiotics • 100% Vegetable Fed • Fresh and Never Frozen
- Free Range with Outdoor Access • Locally Raised in Similkameen Valley

SPECIAL PRICE

Organic Carrots
From Fountainview Farm, BC, 907g Bag

\$3.98

LOCAL



25% OFF

Choices Christmas Stollen
or Fruit Cakes, 225g - 908g



\$15.98

Satsuma Mandarins
Stem & Leaf, USA Grown Blue Jay Label, From Johnston Farm, 1.81kg Pkg.



\$3.48

Russet Potatoes
USA Grown, 4.54kg Bag

YOU SAVE 61%



\$15.99

Choices Turkey Dinners
454g



FROM \$5.99

Choices Cranberry Sauce
Also Turkey Gravy, Shitake Mushroom Vegan Gravy
250ml - 500ml



\$1.89 / 100g

Choices Festive Side Dishes



La Croix Sparkling Water
8 Pack

\$5.49
plus deposit & eco fee

YOU SAVE \$2.00



Choices Mini Assorted Appetizers
6 or 12

FROM \$4.49

CHOICES MARKET

WEDNESDAY, DECEMBER 27

ONE DAY ONLY

15% OFF*

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE THROUGHOUT THE ENTIRE STORE AND PURE PHARMACY.

*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions.

FEATURED CHOICE
4 DAYS ONLY, DECEMBER 21ST - 24TH



Prime Rib Roast
or Boneless, 100% Grass Fed, Raised without Antibiotics, 24.23/kg

YOU SAVE 57%

LIMIT 1 \$10.99 / LB

CHOICES MARKET



Discover Your CHOICES



Enjoy these Specials December 21st - December 27th, 2023



**Sirloin Tip
Oven Roast**
100% Grass Fed,
Raised without
Antibiotics, 15.41/kg

\$6.99 / LB

YOU SAVE
38%



**Terra Bread
or Baguettes**
Assorted Varieties
and Sizes

\$3.49 / \$5.99

YOU SAVE
Up to \$2.00



**Choices' Own
7 Layer Dip**
Freshly Made In Store
Large, 800g

\$7.99

HOLIDAY GIFT IDEAS



**Saavy Body
Scrubs or
Bath Bombs**
340g or Pack of 2

BUY 1 GET 1 FREE

HOLIDAY GIFT IDEAS



**La Luna Brand
Candles
or Nova Scotia Brand
Lotion**
Assorted Varieties

25% OFF



**Organic
Brussels Sprouts**
From USA, 13.18/kg

\$5.98 / LB



**Pacific Foods
Organic Broths**
Assorted Varieties
946mL or 1 Litre

\$3.99

YOU SAVE
Up to \$3.50



**Farmer's Market
Organic
Pumpkin Puree**
Assorted Varieties
and Sizes

2 FOR \$6.00



**Tropicana
Beverages**
Assorted Varieties
1.5 Litre

\$4.99

YOU SAVE
\$3.00

plus deposit & eco fee



**Kraft Philadelphia
Cream Cheese
and Dips**
Assorted Varieties
227g & 250g

2 FOR \$8.00



**La Cocina
Authentic
Tortilla Chips**
Assorted Varieties
300g - 400g

\$3.99

YOU SAVE
\$2.00



**Silk Festive
Nog**
Assorted Varieties
946mL

\$2.99

YOU SAVE
\$2.00

plus deposit & eco fee



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



\$3.48 / LB

Organic Garnet and Jewel Yams

Also Organic Sweet Potatoes, USA Grown, 7.67/kg



\$5.98

Organic Cauliflower

California Grown



1.48 / LB

Celery

USA Grown, 3.26/kg

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



SPECIAL PRICE

\$15.99 / LB

Choices' Own Turkey Breast Roast

Also Thigh or Thigh/ Breast Combo, Raised without Antibiotics, 35.25/kg



SPECIAL PRICE

\$8.99 / LB

Rack of Pork

Raised without Antibiotics, 19.82/kg



\$3.69 / 100g

Fresh Steelhead Fillet

Ocean Wise, Value Pack



\$4.99 / LB

Fresh Lean Ground Pork

Raised without Antibiotics, 11.00/kg



Freybe Rhineland Bacon

375g

\$7.99

Selva Shrimp

Tail on, Frozen, 255g



\$10.99

**Country Golden Yolks
Medium Free Range Eggs**

1 Dozen



\$5.49

**Meadowvale
Creamery Butter**

454g



\$5.99

**Shady Maple
Farms Organic
Maple Syrup**

500ml



\$13.49



**Wedderspoon
Raw Manuka
Honey KFactor
12-16**

250g & 500g

\$10.00 OFF



**Nature's Path
Organic Hot
Cereals**

6 or 8 Pack

\$4.49



**The Granola King
Gourmet Granola**

750g

\$9.99



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

1.75L

\$4.99
plus deposit & eco fee



**Riviera Coconut
Milk Yogurt**

Also Oat Milk Yogurt,
500g & 650g

\$5.69



**Only Goodness
Organic
Blueberries**

Also Strawberries,
Frozen, 1.5kg

\$12.99

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



**Earth's Choice
Organic Coffee**

Rainforest Alliance
Certified, 340g

\$10.99



**Celestial
Seasonings
Organic Herbal
Tea**

18 or 20 Bags

2 FOR \$8.00



**Dairyland
Egg Nog**

946ml

\$2.99
plus deposit & eco fee



**Boylan Sugar
Cane Soda**

4 Pack

\$9.99
plus deposit & eco fee



**Teetotaler
Non-Alcoholic
Wine**

750ml

\$15.99
plus deposit & eco fee



**Partake Brewing
Non-Alcoholic
Beer**

4 Pack

\$7.99
plus deposit & eco fee



**Old Dutch
Potato Chips**

Regular or Ridgies,
200g & 235g

2 FOR \$8.00



**Fresh is Best
Tortilla Chips**

Also Salsa, Dips
Assorted Sizes

\$3.99



**Kettle Brand
Potato Chips**

Family Size,
368g

\$4.99



**Bulk Foods
Candy & Snacks**

30% OFF



**Terra
Vegetable Chips**
141g & 170g

\$5.99



**Angie's
Boomchickapop
Popcorn**
125g - 198g

2 FOR \$9.00



**Earth's Choice
Organic
Cranberry Sauce**
Assorted Varieties,
348ml

\$2.99



**Partners
Wisecrackers**
and Artisan Crackers,
114g & 124g

2 FOR \$8.00



**Laiki
Rice Crackers**
100g

\$3.69



**Haribo
Gummy Candies**
175g

2 FOR \$7.00



**Green & Black's
Organic Cocoa
Powder**
Fair Trade, 125g

\$6.99



**Ben & Jerry's
Ice Cream**
473ml

\$5.99

NOURISHING LIFESTYLES SINCE 1990



**Dairyland
Sour Cream**
450ml - 500ml

\$2.99



**Woolwich
Goat Cheese**
Select Varieties
and Sizes

30% OFF



**Balderson
Aged Cheddar
Cheese**
280g

\$9.99



**Violife
Plant-Based
Cheese**
200g - 227g

\$5.99



**Frontier Organic
Seasoning &
Spices**
10g - 55g

25% OFF



**Spectrum
Organic
Canola Oil**
750ml

\$13.99



**Maison Orphée
Vinaigrette
Dressing**
240ml & 250ml

\$4.99



**Imagine
Organic Broths**
1L

\$4.99



**Nature Clean
Liquid Dish
Detergent**
740ml

2 FOR \$9.00

DELI

PREPARED FRESH



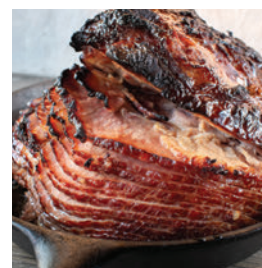
Choices Stuffed Turkey Breast
Raised without Antibiotics

\$3.99 /100g



Summer Fresh Dips & Hummus
227g

\$3.99



Choices Dijon Maple Glazed Ham

\$2.49 /100g



Italian Sliced Prosciutto
or Salami, 70g ~ 120g

25% OFF



Choices Tourtiere Festive Meat Pie
8 inch

\$14.99



BC Local Cheese
Select Variety

20% OFF



All Castello Cheese
Select Variety

25% OFF /100g



Alexis de Portneuf Camembert Cheese
Also Brie Cheese, 300g

\$9.99



Boursin Cheese
150g ~ 170g

\$5.99

BAKERY

FRESH BAKED • WHOLESOME

GLUTEN FREE



Choices Stuffing Bread
Gluten-Free, 240g

\$11.99

GLUTEN FREE



Gluten-Free Pies
Pumpkin, Apple, Strawberry Rhubarb, 8 Inch

\$9.99

GLUTEN FREE



Wendel's Sugar Cookies
Also Shortbread, Gingerbabies
Gluten-Free

20% OFF

GLUTEN FREE



Little Northern Bakehouse Dinner Rolls
Gluten-Free, Pack of 6

\$4.99



Choices Dried Bread Stuffing Mix
336g

\$2.99



Choices Artisan Fruit Pies
8 Inch

\$9.99



Choices Dinner Buns
Pack of 6

\$3.49



Choices Pecan Tarts
Also Mincemeat Tarts, Pack of 6

FROM \$6.99



Choices Signature Shortbread Cookies
Pack of 6 or 9

\$5.99



Choices Baguettes
Select Varieties
250g

2 FOR \$5.00

GROCERY

LOCAL • ORGANIC • SPECIALTY



**Gardein
Plant-Based
Frozen Meat
Alternatives**
Assorted Sizes

30% OFF



**Raincoast Trading
Wild Sockeye Salmon**
Also Wild Pink Salmon
150g & 160g

\$2.00 OFF



**Only
Goodness
Canned
Vegetables**
341ml & 398ml

2 FOR \$4.00



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

\$2.99



**Lucky Kimchi
& Spring Rolls**
241g & 374g

\$5.69



**Earth's Choice
Organic
Canned Beans**
398ml

3 FOR \$7.00



**Di Martino
Pasta**
500g

\$3.49



**Mezzetta
Pasta Sauce**
Also Pesto,
177g & 709ml

\$5.49

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Natural Factors
CurcuminRich
Theracurmin
Supplements**
Assorted Sizes

20% OFF



**Organika
Bone Broths**
Chicken, Beef or
Veggie
Original or Ginger,
300g

\$34.99



**Acure Facial
Care & Body
Care**
Assorted Varieties

25% OFF



**Everyone
For Every
Body Soap**
377ml & 946ml

FROM \$6.49



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

20% OFF



**Garden of Life
Proteins and Sport
Nutrition Products**
Assorted Sizes &
Varieties

20% OFF



**Jason Body,
Hair and
Oral Care**
Assorted
Varieties

20% OFF



**Aura Cacia
Foam Bath**
or Mineral Salt
Bath, Assorted
Sizes

\$3.49



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

20% OFF



**New Roots
Digestive
Enzymes**
Assorted Varieties

20% OFF



**Sundhed
Himalayan
Salt Lamps**
Assorted Varieties

20% OFF



**Herbatint
Natural
Permanent
Hair Colour**
1 Kit

\$17.99

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

@ChoicesMarket

/DiscoverChoicesMarket

@ChoicesMarket



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

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.

CHOICES MARKET



ENJOY THIS
**LIMITED TIME
OFFER**
JUST FOR YOU!

WEDNESDAY, DECEMBER 27 ONLY

15%
OFF*

**YOUR IN-STORE PURCHASE, INCLUDING ITEMS
ON SALE THROUGHOUT THE ENTIRE STORE.**

*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions. Sale not available online.