



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • December 7 - 13, 2023



SPECIAL PRICE

Chicken Legs
Back Attached, Value Pack,
Island Farm Poultry,
4.39/kg

\$1.99 / LB

LOCAL

SPECIAL PRICE

Green, Red and Romaine Leaf Lettuce
Organic USA Grown

\$2.48

YOU SAVE \$1.00



YOU SAVE \$4.00

\$13.99

Farmcrest Roasted Specialty Chickens



2 FOR \$8.00

Silver Hills Sprouted Power Bread
430g - 615g



YOU SAVE 29%

\$11.99 / LB

Leg of Lamb Roast or Steaks
Fresh, Boneless, Raised without Antibiotics,
26.43/kg



SPECIAL PRICE

\$15.98

YOU SAVE 17%

Satsuma Mandarin Oranges
USA Grown, Stem & Leaf From
Johnston Farm, 1.81 Kg. Pkg.



**NOW Essential
Oils and Topical
Body Oils**
Assorted Sizes

25% OFF



**L'Ancetre
Organic Cheese**
325g

\$5.00 OFF

FEATURED CHOICE

**Bremner's Organic
Frozen Blueberries
& Berry Blend**
1.5kg

\$18.99

YOU SAVE \$11.00



PRODUCE FRESH • LOCAL • ORGANIC



Bosc Pears

Organic USA Grown, 6.57/Kg

\$2.98 / LB



Broccoli

Organic Fair Trade From Mexico, 7.67/Kg

SPECIAL PRICE

\$3.48 / LB



Navel Oranges

USA Grown, From Johnston Farm, 5.47/Kg

\$2.48 / LB

Tomatoes On The Vine

USA Grown, Hot House, 5.47/Kg

\$2.48 / LB



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



LOCAL

Lean Ground Beef

Organic, 100% Grass Fed, Value Pack, 28.64/kg

\$12.99 / LB



YOU SAVE
37%

\$9.99 / LB

Top Sirloin Roast or Grilling Steaks

100% Grass Fed, Raised without Antibiotics, 22.02/kg



Fresh Split Chicken Wings

Raised without Antibiotics, 17.61/kg

\$7.99

Crab or Prawn Cakes

Frozen, Ocean Wise, 280g

\$9.99



YOU SAVE
35%

\$7.99 / LB

Fresh Pork Schnitzel

Western Canadian, Raised Without Antibiotics, 17.61/kg



WILD CAUGHT

\$3.99 / 100g

Fresh Sable Fish Fillet

Ocean Wise



Harvest Bacon

Select Varieties, 500g

\$12.99

Selva Shrimp

Tail On Frozen, Ocean Wise, 255g

\$11.99





**Nature's Farm
Free Run
Omega-3 Eggs**
12 Pack

\$6⁶⁹



**Happy Planet Fine
Cultured Butter**
200g

\$9⁴⁹



**Donia Farms
Grass Fed Butter**
250g

\$8⁹⁹



**Shady Maple
Farms Organic
Maple Syrup**
500ml

\$13⁴⁹



**Peace River
Organic Raw
Clover Honey**
500g

\$9⁹⁹



**Nuts to You Organic
Fair Trade Tahini
& Almond Butter**
365g & 500g

\$7⁴⁹



**Olympic Organic
Yogurt, Organic
Greek Yogurt &
Natural Crema Yogurt**
1.75kg

FROM **\$11⁴⁹**



**Riviera Oat Milk
and Coconut Milk
Yogurt**
500g & 650g

\$5⁹⁹



**Ethical Bean
Organic Fair
Trade Coffee**
340g

\$13⁹⁹

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



**Only Oats
Gluten-Free Oat
Flour & Oats**
1kg

\$7⁹⁹

**GLUTEN
FREE**



**Kicking Horse
Organic Fair
Trade Ground
Coffee**
284g

\$9⁹⁹



**Earth's Own
Oat Barista
Blend Beverage**
946ml

\$4⁹⁹

plus deposit & eco fee



**Dairyland
Organic Milk**
4L

\$9⁴⁹
plus deposit & eco fee



**Happy Planet
Grass Fed Egg
Nog**
750ml

\$7⁴⁹
plus deposit & eco fee



**Fiji Natural
Artisan Water**
1L

2 FOR \$5⁰⁰
plus deposit & eco fee



**Seattle's
Chocolate Bars**
Rainforest Alliance
Certified and a Carbon
Neutral company, 70g

\$3⁹⁹



**Lily's
Chocolate Bars**
No Sugar Added,
80g & 85g

\$3⁶⁹



**Whistler Organic
Fair Trade
Chocolate Bars**
80g

\$3⁹⁹





Zimt Organic Raw Chocolate Bars & Macaroons
Assorted Sizes

\$4.69



Organic Traditions Chocolate Covered Nuts
227g

\$13.49



YumEarth Organic Licorice
142g

\$6.99



Haribo Gummies
175g

\$3.49



Fresh is Best Salsa, Tortilla Chips & Dips
Assorted Sizes

30% OFF



Cedar Valley Pita Chips
180g

\$3.99



Sonoma Creamery Cheese Crisps
64g

\$4.99



Partner's Crackers
114g & 124g

\$3.99



Schar Gluten-Free Cookies & Crackers
Assorted Sizes

GLUTEN FREE

25% OFF

NOURISHING LIFESTYLES SINCE 1990



Bulk Foods Seasonal Baking
Select Nuts, Sweeteners, Flours, Dried Fruit & Spices

30% OFF



Bob's Red Mill Gluten-Free Flour
Select Sizes & Varieties

GLUTEN FREE

25% OFF



Frontier Organic Seasoning & Spices
10g-55g

30% OFF



Saputo Shredded Cheese
320g

\$5.99



Bari Ricotta Cheese
500g

\$5.99



Wedderspoon Raw Manuka Honey or KFactor
250g and 500g

30% OFF



Maison Orphee Vinegrette Dressing
240ml & 250ml

\$4.99



Gay Lea Whipped Cream, Lactose Free Sour Cream and Cottage Cheese
Assorted Sizes

\$4.99



Nature Clean Liquid Dish Detergent
740ml

2 FOR \$9.00

DELI PREPARED FRESH



Choices Holiday Dinner for 4
See details instore

\$99.00



Choices Mini Assorted Appetizers
Assorted Sizes

FROM **\$4.99**



Vitale Imported Sliced Prosciutto or Salami
100g

\$9.99



Habibi's Dips & Hummus
200g-240g

\$3.99



Rustic Bakery Crackers
170g

\$8.99



Zorba's Gluten-Free Assorted Mini Appetizers
10 Pack

\$9.99

GLUTEN FREE



Divina Entertaining Antipasto Spreads
190g-240g

\$8.99



Tre Stelle Reggiano, Romano or Grana Padano Cheese
200g

\$2.00 OFF



Arla Mascarpone Cheese
275g - 475g

25% OFF

Double Gloucester, Applewood Smoked Cheddar, Red Leicester, Wensleydale or Fiddler's Green Cheese
Per 100g



25% OFF

BAKERY FRESH BAKED • WHOLESOME



Choices Wholesome Country Sourdough or Traditional Sourdough Rye Bread
575g-760g

2 FOR **\$9.00**



Choices Cupcakes
Assorted Varieties, 4 Pack

\$5.99



Choices Nanaimo Bars
Assorted Varieties, 70g-85g

2 FOR **\$6.00**

Choices Pecan Walnut Pie
8 inch



\$9.99



Choices Apple Crisp Pie
8 inch

\$12.99



Choices Christmas Cookie & Treat Box
850g

\$17.99



GluteNull Square Cookies and Bars
Select Varieties 240g - 320g

\$9.99

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



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

\$5.69



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

30% OFF



**Sprague
Organic Soup
and Baked
Beans**
398ml

\$2.99



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

3 FOR \$7.00



**Ocean's
Pole & Line
Light Tuna**
170g

3 FOR \$7.00



**Lundberg
Organic Rice**
907g

FROM \$7.99



Italpasta Pasta
900g

2 FOR \$7.00



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

\$5.49

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Joy of the
Mountains Oil
of Oregano**
Assorted Sizes

20% OFF



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

20% OFF



**Weleda Facial
Care and Body
Care**
Assorted Varieties

25% OFF



**Mineral
Fusion Natural
Cosmetics**
Assorted Varieties

35% OFF



**Natural Factors
Vitamin A, D &
K Supplements**
Select Varieties

20% OFF



**Sisu
Multivitamins**
Assorted Varieties

20% OFF



**Everyone For
Every Body**
3 in 1 Soap or
Lotion, 946ml

FROM \$14.99



**Herbatint
Natural
Permanent
Hair Colour**
1 Kit

\$17.99



**Natural Factors
CurcuminRich
Theracurmin
Supplements**
Assorted Sizes

20% OFF



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

25% OFF

**La Luna The Inner &
Journey Home Candles**
Assorted Varieties



20% OFF



**South of France
Soaps Bars or
Liquids**
236ml or 170g

\$7.99

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.

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THIS HOLIDAY SEASON, CHOICES IS PROUDLY SUPPORTING THE FOLLOWING NEIGHBOURHOOD HOUSES:

- Forward House Community Society
- 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

*For more details on each neighbourhood house,
please visit our website: choices.market*



NOW AT CHOICES MARKET

Phone: 250-947-8001

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

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



CHOICES.MARKET



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