



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE HOLIDAY CHOICES!

Special Parksville Edition Prices Effective • December 14 - 20, 2023

LOCAL

FEATURED CHOICE

**Fresh Organic
Whole Chickens**

13.21/kg

\$5.99 / LB

YOU SAVE
27%

SPECIAL PRICE

**Organic Satsuma
Mandarin Oranges**
From USA, 907g Bag

\$5.98

YOU SAVE
\$3.00

FRESH TURKEYS

are available from
December 16, 2023



\$15.99

Choices Turkey Dinners

454g



FROM **\$5.99**

Choices Cranberry Sauce

Also Turkey Gravy, Shitake Mushroom Vegan Gravy
250ml - 500ml



\$15.99

Nicli Flat Crusted Artisan Pizza

12 Inch



\$3.49 / 100g

WILD
CAUGHT

Sockeye Salmon Fillets

Previously Frozen or Frozen, Ocean Wise



\$2.48 / LB

Brussels Sprouts

From USA, 6.57/kg

YOU SAVE
\$1.50 / kg



\$5.99

Choices Signature Shortbread Cookies

Pack of 6 or 9



PLANT
BASED

**Tofurky Roast
with Stuffing**
Assorted Sizes

YOU SAVE
\$11.00

\$13.99



**Faith Farms
Cheese**
360g & 380g

YOU SAVE
\$2.00

\$5.99

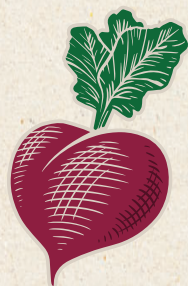


25% OFF

Choices Christmas Stollen

Also Fruit Cakes, 225g - 908g

CHOICES MARKET



Discover Your CHOICES



Enjoy these Specials December 14th - December 20th, 2023



**Hardbite
Natural
Potato Chips**
Assorted Sizes

3 FOR \$6.00



**Earth's Choice
Organic Peanut
Butter**
500g

\$5.49



Born 3 Large Eggs
Omega-3, One Dozen

\$4.49



**Fletcher's
Smoke House
Bacon**
375g

\$4.49



**Andalou
Naturals Body
Lotion**
Also Body Wash,
236ml - 251ml

\$6.49



**Happy Planet
Organic Juice**
Valencia Orange,
Mango Peach,
Pomegranate
Blueberry Bash, 1.75L

\$4.99
plus deposit & eco fee



Bick's Pickles
Baby Dill,
Polskie Ogorki,
Whole Garlic Dill
1L

\$3.99



**Christie
Crackers**
Triscuits, Ritz,
Wheat Thins
Assorted Sizes

\$2.99



**Green Seedless
Grapes**
From Peru, 6.57/kg

\$2.98 / LB



**Rosdown
Roasted
Chickens**

\$9.99



**Choices
Pumpkin Pie**
Gluten-Free,
8 Inch

\$8.49



**Organic
Navel Oranges**
From USA, 5.47/kg

\$2.48 / LB



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



\$5.48

Organic Cranberries
From Quebec, 340g Pkg.



\$4.98

Organic Broccolini
From USA



Organic Kale
Green, Black or Red,
Bunched, From USA

\$2.98

Blueberries
From Peru,
170g Pkg.



\$4.98

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$9.99 / LB

Striploin Roast or Steaks
100% Grass Fed, Raised without Antibiotics,
22.02/kg



\$4.99 / LB

Grimms Festive Ham Halves
100% Canadian Pork, 11.00/kg



WESTERN
CANADIAN

\$6.99 / LB

Pork Loin Roast or Chops
Centre Cut, Raised without Antibiotics, 15.41/kg



\$4.99 / 100g

Chilean Shrimp Meat
Hand Peeled, Previously Frozen, Ocean Wise



\$26.99 / LB

Fresh Lamb Racks or Rib Chops
From New Zealand, Raised without Antibiotics,
59.50/kg



Greenfield Bacon
Raised without
Antibiotics,
375g

\$8.99

Hills Foods Products

Patties, Sausages
& Grinds
Selection may vary per store



25% OFF

**Maple Hill Farms
Organic Free Range
Large Eggs**
1 Dozen



\$6⁹⁹



**Nuts to You
Almond Butter**
250g

\$5⁴⁹



**Elias Cold
Pressed Honey**
Also Organic
Creamed Honey,
375g

\$10⁹⁹



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



2 FOR \$8⁰⁰



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

\$12⁴⁹



**St. Dalfour
Jam**
225ml

\$5⁴⁹



**Liberté
Greek Yogurt**
1kg

\$6⁹⁹



**The Greek Gods
Organic Yogurt**
500g

\$5⁴⁹



**One Degree
Organic Granola**
312g

\$5⁴⁹

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



**49th Parallel
Organic Coffee**
340g

\$13⁹⁹



**Traditional
Medicinal
Organic Teas**
16 Bags

2 FOR \$8⁰⁰



**Dairyland
Cream**
946ml

\$4⁴⁹

plus deposit & eco fee



**Dairyland
Lactose Free Milk**
1.89L

\$5⁴⁹

plus deposit & eco fee



**Silk Dairy
Alternative
Beverages**
1.75L & 1.89L

\$5⁴⁹

plus deposit & eco fee



**Dairyland
Organic Milk**
1.89L

\$5⁹⁹

plus deposit & eco fee



**Red Crown Organic
Pomegranate
Juice**
1L

\$6⁹⁹

plus deposit & eco fee



**Dairyland
Egg Nog**
2L

\$5⁹⁹

plus deposit & eco fee



**Earth's Own
Oat Nog**
946ml

2 FOR \$8⁰⁰

plus deposit & eco fee





**Blue Monkey
Sparkling Juice**
330ml

\$1⁹⁹
plus deposit & eco fee



**Fentimans
Craft Beverages**
4 Pack

\$9⁹⁹
plus deposit & eco fee



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

2 FOR \$6⁰⁰
plus deposit & eco fee



**FreeYumm
Crackers**
120g

\$3⁹⁹

GLUTEN
FREE



**GoGo Quinoa
Organic Puffs**
Assorted Sizes

2 FOR \$6⁰⁰

GLUTEN
FREE



**Eve's
Crackers**
108g

\$5⁹⁹

GLUTEN
FREE



**Nairn's Organic
Oat Crackers**
Also Cookies,
200g & 250g

\$4⁹⁹



**Ritter Sport
Chocolate Bars**
Select Sizes &
Varieties

2 FOR \$6⁰⁰



**Chocolove Premium
Chocolate Bars**
Select Sizes &
Varieties

2 FOR \$6⁰⁰

NOURISHING LIFESTYLES SINCE 1990



**Bulk Roasted
Nuts & Nut Mixes**

25% OFF



**Wholly Veggie!
Frozen Products**
Assorted Sizes

30% OFF



**Favuzzi Pasta
& Pasta Sauce**
Assorted Sizes

FROM \$4⁹⁹



**Mezzetta
Olives & Peppers**
Assorted Sizes

30% OFF



**Green Organic
Frozen
Vegetables**
500g

2 FOR \$8⁰⁰



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

\$2⁹⁹



**Better Than
Boullion Base**
227g

FROM \$6⁴⁹



**Gathering Place
Organic Spices**
Assorted Sizes

25% OFF



**Saputo Lite
Mozzarellissima
Cheese**
454g

\$7⁹⁹

DELI

PREPARED FRESH



**Summer Fresh
Hummus
Toppers**
190g - 255g

\$4.99



**Choices Pate
or Salami**
Antibiotic Free

\$3.99 /100g



**La Panzanella
Crackers**
170g

2 FOR \$10.00



**Choices Tourtiere
Festive Meat Pie**
8 inch

\$14.99



**Gouda
Cheese**
Assorted Varieties

\$3.99 /100g



**Irish
Cheese**
198g - 200g

20% OFF



**Smoked
Gruyere
Cheese**

\$2.99 /100g



**Alexis de Portneuf
Camembert
Cheese**
Also Brie Cheese,
300g

\$9.99



**Divina
Jelly & Spreads**
190g - 255g

\$7.99

BAKERY

FRESH BAKED • WHOLESOME



**Choices
Stuffing
Bread**
Gluten-Free,
240g

GLUTEN
FREE

\$12.99



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

GLUTEN
FREE

\$10.99



**Choices
Artisan
Fruit Pies**
8 Inch

\$9.99



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

GLUTEN
FREE

20% OFF



**Choices
Pecan Tarts**
Also Mincemeat
Tarts, Pack of 4
or 6

20% OFF



**Choices
Baguettes**
Select Varieties

\$2.99



**Little Northern
Bakehouse
Dinner Rolls**
Gluten-Free,
Pack of 8

GLUTEN
FREE

\$4.99

**Choices
Dinner Buns**
Pack of 6

\$3.49

**Choices
Dried Bread
Stuffing Mix**
336g

\$3.99

**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



Enjoy Life Chocolate Baking Chips
225g - 283g

\$5.99



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

30% OFF



Green & Black's Organic Cocoa Powder
Also Hot Chocolate Fair Trade,
125g & 300g

FROM \$6.99



So Delicious Non-Dairy Frozen Desserts
500ml

\$5.99



Organic Meadow Organic Butter
454g

\$11.99



Maison Orphée Organic Extra Virgin Olive Oil
750ml

\$15.99



Patience Organic Juice
Also Dried Fruit, Baking Assorted Sizes

30% OFF
plus deposit & eco fee



Nature Clean Liquid Laundry Detergent
3L

\$13.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Bio-K Plus Probiotics
Dairy or Non Dairy,
Pack of 6

\$22.99



Platinum Naturals Vitamins & Supplements
Assorted Sizes

20% OFF



withinUs TruMarine Collagen
Also Creamer, Matcha Misto
Assorted Sizes

20% OFF



Prairie Naturals Vitamin D3
2500 IU, 500 Soft Gels or 15ml

BUY 1 GET 1 FREE



A.Vogel Echinaforce Supplements
Assorted Sizes

20% OFF



Flora Digestive Enzymes
Assorted Sizes

20% OFF



New Roots Wild Omega-3 Supplements
Also Vitamin C, Assorted Sizes

20% OFF



Natural Factors Magnesium Citrate
210 Caps

\$18.99



Divine Essence Essential Oils
Also Body Care Products, Assorted Varieties

30% OFF



Derma-E Facial & Body Care
Assorted Sizes

30% OFF



Alba Botanica Hair Care
355ml

\$8.99



The Kelowna Candle Factory Beeswax & Soy Candles
Assorted Sizes & Varieties

20% OFF

Shop online at ChoicesMarket

@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.