



CHOICES MARKET

PARKSVILLE FAMILY DAY SAVINGS!

Monday
Feb. 19
ONLY

10% OFF

Sale not available
online.

Special Parksville Edition Prices Effective • February 15 - 21, 2024

FRESH PRODUCE CHOICES



SPECIAL PRICE

Organic Cauliflower
Grown in USA
\$4.98

SPECIAL PRICE

Organic Mandarin Oranges
Grown in USA, 907g Bag
\$5.98



\$6.98

Organic Mini Watermelons
Grown in Mexico



2 FOR \$5.00

Organic Bunched Kale
Green, Black or Red, Grown in USA



LOCAL

\$5.98

Organic Potatoes
Red, Yellow or Russet, Grown in BC,
From Fraserland Organics, 2.27kg Bag



\$4.98

Blueberries
Grown in Chile, 1 Dry Pint



2 FOR \$4.00

Hass Avocados
Large Size, Grown in Mexico

FEATURED CHOICE



Natural Factors
Coenzyme Q10
100mg, 120 Softgels

\$19.99

YOU SAVE \$20.00

100% NATURAL
100 mg
120 Softgels
CARDIOVASCULAR HEALTH



\$2.98

Ataulfo Mangos
Grown in Mexico



LOCAL

2 FOR \$4.00

Long English Cucumbers
Grown in BC



\$3.98 / LB

Hot House Peppers
Orange, Red or Yellow
Imported, 8.77/kg

DISCOVER YOUR LOCAL CHOICES



**Canadian Heritage
Organics 100% Pure
Organic Maple Syrup**
1L

\$22⁹⁹



**Crofter's Organic
Premium Fruit
Spreads**
383ml

\$4⁹⁹



**Sisu
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Rosstown
Roasted
Chickens**

\$11⁹⁹



**Nicli Specialty
Pizzas**
Assorted Varieties,
12 Inch

\$15⁹⁹



**Choices
Sourdough Bread**
Levain Style, 530g

2 FOR \$9⁰⁰

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$4⁹⁹ / LB

Lean Ground Beef
100% Grass Fed, Raised without Antibiotics,
Value Pack, Imported, 11.00/kg



LOCAL

\$13⁹⁹ / LB

Organic Chicken Breasts
Fresh, Boneless Skinless, Value Pack, 30.84/kg



**WESTERN
CANADIAN**

\$4⁹⁹ / LB

Pork Shoulder Butt Roast or Steaks
Boneless, Raised without Antibiotics, 11.00/kg



20% OFF

Choices' Own Sausages
In Store Made, Including Pork, Turkey & Chicken,
Varieties may vary by Store



**WESTERN
CANADIAN**

\$7⁹⁹ / LB

Fresh Pork Schnitzel
Raised without Antibiotics, 17.61/kg



**WILD
CAUGHT**

\$2⁹⁹ / 100 G

Fresh Sable Fish Fillets
Ocean Wise



**Butterball
Turkey Bacon**
375g

\$6⁹⁹

**Old Country
Pasta & Entrees**
350g - 907g

20% OFF



CHOICES MARKET

Extra CHOICES for the Island

Enjoy these Specials February 15th - 21st, 2024

FAMILY DAY SALE



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



Choices Fresh Cold Soup
Assorted Varieties
650mL

2 FOR \$10⁰⁰



Outside Round Roast or Steak
100% Grass Fed,
Raised Without
Antibiotics, Imported,
Value Pack, 13.21/kg

\$5⁹⁹ / LB



Celestial Seasonings Tea Bags
Assorted Varieties
20 Pack

2 FOR \$7⁰⁰



Classico Pasta or Pesto Sauce
Assorted
Varieties & Sizes

3 FOR \$9⁹⁹



Clif Energy Bars
Assorted Varieties
68g

4 FOR \$6⁰⁰



La Croix Sparkling Water
Assorted Varieties
8x355mL

\$4⁹⁹
plus deposit & eco fee



Tropicana Orange Juice
Homestyle
or No Pulp
2.63 Litres

\$7⁴⁹
plus deposit & eco fee



English Muffins
Assorted Varieties
390g

2 FOR \$3⁰⁰



Alter Eco Organic Fairtrade Chocolate Bars
Assorted Varieties
& Select Sizes

3 FOR \$8⁰⁰



Natural Factors CurcuminRich Theracurmin Supplements
Assorted Sizes
& Varieties

30% OFF



Organic Gala Apples
BC Grown,
1.36kg Bag

\$4⁹⁸



Tulips
5 Stems
per Bunch

\$3⁹⁹



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 8am to 9pm every day



CHOICES.MARKET



DiscoverChoicesMarket



ChoicesMarket



ChoicesMarket

**Maple Hill Farms
Organic Eggs**
Medium, One Dozen



\$5⁹⁹

**Donia Farms
Grass Fed Butter**
250g



\$8⁹⁹ 

**Kicking Horse
Organic
Fair Trade Coffee**
Whole Bean,
454g



\$12⁹⁹

**Only Goodness
Almond Butter**
340g



\$6⁹⁹

**The Granola
King Gourmet
Granola**
750g



\$10⁹⁹

**Silly Cow Farms
Hot Chocolate**
480g



\$6⁹⁹

**Only Goodness
Organic Honey**
750g



\$9⁴⁹

**Barbara's
Puffins Cereal**
285g & 312g



\$3⁹⁹

**Happy Planet
Organic Milk**
Grass Fed, 1.5L



\$6⁹⁹
plus deposit & eco fee

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

**Danone
Oikos Yogurt**
Greek or Regular,
Pack of 4



\$3⁹⁹

**Olympic
Krema Yogurt**
Also Organic or Greek
Yogurt, 1.75kg



\$11⁴⁹

**Tree Island
Grass-Fed Yogurt**
350g



\$3⁴⁹

**Rocky Mountain
Flatbread**
Frozen, 227g - 251g



\$6⁹⁹ 

**Numi Organic
Fair Trade Tea**
Pack of 16 or 18



\$5⁴⁹

**Earth's Own
Almond Beverage**
946ml



2 FOR \$6⁰⁰
plus deposit & eco fee

**Hardbite Natural
Potato Chips**
128g - 150g



2 FOR \$6⁰⁰ 

**Fentimans
Craft Beverages**
Pack of 4



\$9⁹⁹
plus deposit & eco fee

**Sober Carpenter
Non-Alcoholic
Beer**
473ml



2 FOR \$5⁰⁰
plus deposit & eco fee



Rise Organic Kombucha
414ml

2 FOR \$7.00
plus deposit & eco fee



Lesser Evil Organic Paleo Puffs
142g

\$4.99



Schär Crackers
Also Breadsticks,
150g & 210g

\$7.49

GLUTEN FREE



Endangered Species Chocolate Bars
Fair Trade, 85g

2 FOR \$8.00



Only Goodness Quinoa Cookies
Chocolate Chip or Double Chocolate,
165g

2 FOR \$8.00



Haribo Gummies
170g & 175g

2 FOR \$7.00



Kind Energy Fruit & Nut Bars
40g

3 FOR \$5.00



Rico'n Lalo All Natural Frozen Fruit Bars
Handcrafted,
Pack of 4 or 6

\$4.99



Ben & Jerry's Ice Cream
Also Non-Dairy Frozen Desserts, 473ml

\$5.99

NOURISHING LIFESTYLES SINCE 1990



Quesava Samosas
Also Poppers, Perogies
200g - 240g

\$5.99



Big Mountain Foods Tofu
340g

\$3.49



Raincoast Trading Wild Sockeye Salmon
150g & 160g

\$7.49



Kaslo Fermentata Pasta
227g

\$5.99



Antico Organic Pasta Sauce
700ml

\$5.99



Earth's Choice Organic Canned Tomatoes
796ml

2 FOR \$8.00



Imagine Organic Soup
1L

\$5.99



Lotus Foods Organic Pad Thai Rice Noodles
227g

\$4.99



Thai Kitchen Sauces & Paste
112g & 200ml

\$3.99

DELI

PREPARED FRESH



**Summer Fresh
Dips & Hummus**
227g

\$4.99



**Vegetable
Herb Samosa**
160g

4 FOR \$10.00



**Choices
Hot Soup**
500ml

\$4.99



**Yorkshire Valley Farms
Organic Chicken Breast**
Also Organic Turkey Breast,
Sliced, 150g

\$9.99



**Fresh Salsa or
Guacamole**
Assorted Varieties,
227g & 350g

20% OFF



**Choices
Ready to Eat
Wraps**

\$9.99



Choices Deli Salads
Assorted Varieties

20% OFF



**Saputo
Bocconcini
Cheese**
or Mozzarella Fresca,
190g & 200g

\$5.99



**Dofino
Gouda Cheese
Rounds**
Original or
Smoked, 198g

\$6.99



**Goat Cheese
Trio**
with Dill,
Cranberry &
Almond, 285g

\$10.99

BAKERY

FRESH BAKED • WHOLESOME



**Silver Hills Sprouted
Power Bread**
430g - 600g

2 FOR \$9.00



**Choices
Garlic Bread**
Made with Roasted
Garlic, 320g

\$5.99



**Choices
Cheesecake
Bars**
190g

\$7.99



**Choices
Spiced Cake**
Also Tuxedo Cake,
450g

\$12.99



**Carbonaut
Bread**
White, Seeded or
U.F. Low Carb,
355g - 544g

\$6.99



**Queen St. Bakery
Superfood Bagels**
Pack of 5

\$7.49

**GLUTEN
FREE**



**Choices
Mini Muffins**
Pack of 4

\$2.99

CHOICES MARKET™
FAMILY DAY SALE



10% OFF
ENTIRE STORE*
INCLUDING SALE ITEMS

**MONDAY,
FEBRUARY 19
ONLY!**

*Sale not available online. Excluding Lotto, Gift Card purchases and Pharmacy prescriptions. Available at all Choices locations.

GROCERY

LOCAL • ORGANIC • SPECIALTY



**Woolwich
Chevrai Goat
Cheese**
113g

\$3.99



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

\$4.99



**Earth's Choice
Organic Olive Oil**
Extra Virgin, 1L

\$24.99

YOU SAVE
\$10.00



**Maison Orphée
Organic Wine
Vinegar**
White or Red, 500ml

\$6.99

**Saputo Mozzarellissima
Cheese**

340g



\$5.49



**Native Forest
Organic Sliced
Peaches**

Also Pineapple
Chunks, 398ml

\$5.99



**Earth's Choice
Organic
Coconut Milk**

Also Cream, 400ml

2 FOR \$6.00



**Biovert
Dishwashing
Liquid**

700ml

2 FOR \$8.00

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Flora Organic
Flax Oil**
Assorted Varieties
& Sizes

20% OFF



**Platinum Naturals
Vitamins &
Supplements**

Assorted Varieties &
Sizes

20% OFF



**Bio-K Plus
Probiotics**

Dairy & Non-Dairy
Assorted Varieties,
12 Pack

\$43.99



**Organika
Bone Broths**

Chicken, Beef
or Veggie Broth,
Original or Ginger,
300g

\$39.99



**Lily of the Desert
Aloe Vera Gel**

Also Juice, Assorted
Varieties & Sizes

20% OFF



**Nordic Naturals
Cod Liver Oil**

Also Omega-3,
Children's Fish Oil
Supplements, Assorted
Varieties & Sizes

20% OFF



**Suro Organic
Elderberry Syrup**

Breath & Sleep,
Assorted Varieties &
Sizes

20% OFF



**Living Alchemy Your
Flora Series & Fermented
Activated Herbs**
Assorted Varieties & Sizes

20% OFF



**South of
France Soaps**

Bar or Liquid,
Assorted Varieties,
170g or 236ml

\$7.49



**Alba Botanica
Hair Care**

Assorted Varieties,
350ml - 355ml

\$8.99



**Aura Cacia
Essential Oils**

Also Body Oils,
Assorted Varieties
& Sizes

BUY 1 GET 1 FREE



**Andalou Naturals
Facial Care**

Assorted Varieties &
Sizes

25% OFF

Shop online at ChoicesMarket

[@ChoicesMarket](https://www.instagram.com/ChoicesMarket)

[/DiscoverChoicesMarket](https://www.facebook.com/DiscoverChoicesMarket)

[@ChoicesMarket](https://twitter.com/ChoicesMarket)



PARKSVILLE, BC

319 Island Highway East, Parksville
Open 8:00am - 9:00pm 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.