

CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • February 22 - February 28, 2024

SPECIAL PRICE

Ribeye Grilling Steaks or Roasts
Raised without Antibiotics,
100% Grass Fed,
Value Pack, Imported,
26.43/kg

\$11⁹⁹ / LB

YOU SAVE 59%

SPECIAL PRICE

Tomatoes On the Vine
Grown in Mexico,
5.47/kg

\$2⁴⁸ / LB

CHOICES  MARKET

WEDNESDAY, FEBRUARY 28

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.

Magnesium Bisglycinate Plus 150 mg
Supports Healthy Muscle Function
Sustained release formula for extended relief

New Roots

20% OFF

New Roots Vitamins & Supplements
Assorted Varieties & Sizes

\$5⁹⁸

Organic Lemons
Grown in USA, 907g Bag

\$5⁹⁹

Choices Pot Pies
Including NEW Masala
Vegetable and Paneer,
245g ~ 320g

FEATURED CHOICE

Kicking Horse Organic Ground Coffee
Fair Trade, 284g

\$8⁹⁹

KICKING HORSE COFFEE
GRIZZLY CLAW
ORGANIC GROUND COFFEE
DARK ROAST
RICH / DARK CHOCOLATE / DECAFFINATED
18 oz (508g)

Mrs. Meyer's Hand Soap
Assorted Varieties, 370ml

BUY 1 GET 1 FREE

Earth's Own Almond Beverage
1.89L

2 FOR \$7⁰⁰
plus deposit & eco fee

Choices Artisan Fruit Pies
8 Inch

\$10⁹⁹

PRODUCE FRESH • LOCAL • ORGANIC

LOCAL



\$4.98

Organic Ambrosia Apples
Grown in BC, 1.36kg Bag



\$5.98

Large Pineapples
Grown in Costa Rica



Asparagus
Grown in Mexico,
8.77/kg

\$3.98 / LB

Organic Carrots

Orange or Rainbow,
Grown in USA,
Sold by the Bunch

\$3.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$3.49 / 100g

Fresh Steelhead Fillets
Ocean Wise, Value Pack



ISLAND
LOCAL

\$2.49 / LB

Fresh Chicken Drumsticks
Island Farm Poultry, Value Pack, 5.49/kg



WESTERN
CANADIAN

\$6.99 / LB

Pork Belly Slices
Raised without Antibiotics, 15.41/kg



LOCAL

15% OFF

Stapleton Sausages
Select Varieties, Frozen



LOCAL

\$12.99 / LB

Rosdown Marinated Chicken Breasts
Boneless Skinless, Raised without Antibiotics,
Select Varieties, 28.64/kg



Greenfield Bacon
Raised Without
Antibiotics,
375g

\$6.99

Soup Etc!
Select Varieties,
700ml

LOCAL

2 FOR \$14.00



Nature's Farm Omega-3 Free Run Eggs

Large or Extra Large,
Dozen



\$6.69



Jordans Morning Crisp Cereals

Including Muesli,
375g & 400g

\$5.99



Only Oats Rolled Oats

Including Flour,
1kg

\$7.99

GLUTEN
FREE



We Love Van Honey

Raw or Liquid,
500g

\$8.49



Siggis Skyr Yogurt

650g & 750g

\$5.99



Donia Farms Grass Fed Yogurt

650g

\$4.99



Level Ground Organic Whole Bean Coffee

Fair Trade, 300g

\$9.99



Four O'Clock Organic Tea

16 Bags

2 FOR \$9.00



Donia Farms Grass Fed Milk

2% & 3.25%,
2 L

\$5.99
plus deposit & eco fee

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



Old Dutch Restaurant Tortilla Chips

Also Arriba Tortilla
Chips, 235g - 295g

2 FOR \$7.00



Purplesful Snacking Popcorn

Purple Kernel, 136g

2 FOR \$9.00



Blue Monkey Sparkling Juice

330ml

2 FOR \$3.50
plus deposit & eco fee



Covered Bridge Potato Chips

142g & 170g

2 FOR \$6.00



Alter Eco Organic Chocolate Bars

Fair Trade,
75g - 84g

2 FOR \$6.00



RW Knudsen Organic Just Juice

Select Varieties,
946ml

\$9.99
plus deposit & eco fee



Simply 7 Quinoa Chips

Also Lentil Chips,
100g & 113g

\$3.99



RJ's Licorice

180g

2 FOR \$5.00



La Croix Sparkling Water

8 Pack

\$5.49
plus deposit & eco fee



**Amy's
Frozen Pizza**
340g - 397g

\$10⁹⁹



**Nina's Frozen
Pierogies**
400g - 550g

\$9⁹⁹



**Pastificio
Di Martino Pasta**
500g

\$3⁴⁹



**Saputo
Shredded Cheese**
320g

\$5⁹⁹



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

\$3⁴⁹



**Cucina Antica
Pasta Sauce**
670ml

\$7⁴⁹



**Armstrong
Cheese**
600g

\$9⁹⁹



**Violife Cheese
Alternative**
Blocks, Slices & Shreds,
200g - 227g

\$6⁹⁹



**Chickapea
Organic Pasta**
227g

\$4⁴⁹

NOURISHING LIFESTYLES SINCE 1990



**Gold Seal
Wild Pink
Salmon**
213g

2 FOR \$7⁰⁰



**Lucky
Spring Rolls**
241g

\$5⁴⁹



**Yves Meat
Alternatives**
Assorted Sizes

\$4⁴⁹



**Casbah
Side Dishes**
198g & 340g

\$3⁹⁹



**Mutti
Tomatoes**
398ml

2 FOR \$7⁰⁰



**Pacific Foods
Organic Broths**
946ml - 1L

2 FOR \$9⁰⁰



**Bragg Liquid
Soy Seasoning**
473ml

\$5⁹⁹



**Maison Orphée
Organic Canola Oil**
Also Organic Sunflower
Oil, 750ml

\$11⁹⁹



**Omega Nutrition
Apple Cider
Vinegar**
946ml

\$5⁴⁹

DELI PREPARED FRESH



**Happy Planet
Fresh Soups**
500ml - 650ml

\$7.99



**Spinach & Feta
or Ricotta &
Feta Twisters**

2 FOR \$6.00



**Sundried
Tomato Turkey
Breast**
Also Dijon Turkey
Breast

\$3.99 / 100g



**Choices
Croissant
Sandwiches**

\$6.99 / EA



**Choices
Spaghetti &
Meatballs**
or Spaghetti &
Chicken Parmesan
425g - 550g

\$9.99



Choices Chili
Beef, Turkey or Vegan,
650ml

\$8.99



**Parmigiano
Reggiano
Cheese**

\$5.99 / 100g



**Le Grand Pestos
or Chimichurri
Sauces**
170g

\$5.99



**Cows Creamery
Applefree
Smoked Cheddar
Cheese**
Also Extra Aged

\$4.99 / 100g

BAKERY FRESH BAKED • WHOLESOME



**Choices
Signature
Cookies**
12 Pack

\$5.99



**Choices
Caramelized
Onion Bread**
Also Rosemary Bread,
420g

\$4.99



**Choices Dessert
Tuxedo Cups**
Also Mocha
Strawberry,
150g

\$3.99



**Bakestone
Brothers
Organic Bagels**
6 Pack

\$5.49



**La Tortilla
Factory Tortillas**
Assorted Varieties

25% OFF



**Saman Bakery
Cookies &
Crackers**
160g - 250g

\$2.00 OFF

FREE WELLNESS EVENT

SUPPORT YOUR BONES AND A HEALTHY HEART

FEBRUARY 27TH, 6:00PM - 7:30PM, CHOICES PARKVILLE

Confused about calcium? Suspicious of statins?

Join naturopathic doctor Jennifer Brix to learn more about calcium balance, clear the confusion about cholesterol, and demystify bone health, while learning ways to support your body as it ages.



Secure your spot for this free educational seminar by scanning the QR Code and registering on EventBrite.



**CHOICES
MARKET**

GROCERY

LOCAL • ORGANIC • SPECIALTY

Hot Kid Rice Crisps

100g



2 FOR \$5.00

PLANT
BASED



Spread'em Cashew Cheeze

200g

\$7.99



Mid-Day Functional Chocolate Squares

33g

2 FOR \$4.00



Mezzetta Olives

398ml

\$6.99



FreeYumm Crackers

120g

GLUTEN
FREE

2 FOR \$7.00



Made Good Organic Granola Bars

Also Cookies,
Crackers, Assorted
Sizes, Select Varieties

2 FOR \$7.00



Nature's Bakery Fig Bars

6 Pack

\$6.99



So Delicious Frozen Dessert

500ml

\$5.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Quantum Health Immune Vitamins & Supplements

Assorted Varieties
& Sizes

20% OFF



Vega Sport Protein

Assorted Varieties,
801g - 837g

\$47.99



Mineral Fusion Natural Cosmetics

Assorted Varieties
& Sizes

25% OFF



Weleda Facial & Body Care

Assorted Varieties
& Sizes

25% OFF



Natural Factors regenerLife Supplements

Assorted Varieties
& Sizes

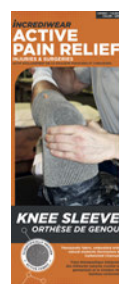
20% OFF



Joy of the Mountains Oil of Oregano

Assorted Sizes

20% OFF



Incrediwear Socks, Braces and Wraps

Assorted Varieties
& Sizes

20% OFF



NOW Essential Oils

Also Topical Body
Oils, Assorted
Varieties & Sizes

20% OFF



Natural Factors Probiotics

Assorted Varieties
& Sizes

20% OFF



Enzymedica Digestive Enzymes

Assorted Varieties
& Sizes

20% OFF



Derma E Facial & Body Care

Assorted Varieties
& Sizes

25% OFF



Herbatint Natural Permanent Hair Colour

Assorted Varieties,
1 Kit

\$16.49

Shop online at Choices.Market

@ChoicesMarket

/DiscoverChoicesMarket

@ChoicesMarket



PARKSVILLE, BC

319 Island Highway East, Parksville
Open 8:00am - 9:00pm Daily | Phone: 250-947-8000



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.