

WEEKLY SAVINGS!

100% BC OWNED AND OPERATED

Prices Effective • February 29 - March 6, 2024





Rossdown Roasted Half Chickens



Parmigiano Reggiano Cheese



Choices Signature Hot Cross Buns Pack of 6



Organic Nugget Potatoes Yellow and Red, From Fraserland Organics, BC, 6.57/kg



Hass Avocados Imported



Happy Planet Organic Valencia Orange Juice Including Smoothie Blends,



900ml & 1.75L





Organika Collagen **Supplements** Assorted Varieties

30% OFF



Progressive Vitamins & **Supplements** Assorted Varieties & Sizes

30% OFF



Sprague Organic Soup & Baked **Beans** Select Varieties,

398ml

2 FOR \$ 700

PRODUCE FRESH · LOCAL · ORGANIC



Organic Chard Red and Rainbow, Grown in USA, Sold by the Bunch



Mandarin Oranges From Wonderful Halo, USA, 907g Bag



Roma **Tomatoes** Imported, 5.47/kg

\$248/LB

Large Navel Oranges

Blue Jay Label, From Johnston Farm, USA, 4.37/kg

\$**1** 98/LB



MEAT & SEAFOOD RESPONSIBLY RAISED · PREMIUM QUALITY



Fresh Chicken Thighs Boneless Skinless, Raised without Antibiotics, Value Pack, 17.61/kg



Fresh Pork Back Ribs Raised without Antibiotics



Sockeye Salmon Fillets Previously Frozen or Frozen. Ocean Wise, Value Pack



Fresh Beef Stew Raised without Antibiotics, 100% Grass Fed, Value Pack, Imported, 19.82/kg



Duso's Stuffed Pasta Select Varieties, 250g - 300g



Hills Foods Sausages Also Appetizers, Grinds, Burgers Frozen, Assorted Sizes

Country Golden Yolks Free Range Large Eggs

1 Dozen



\$699



Canadian Heritage Organics 100% Pure Organic Maple Syrup

\$1299



Silk Dairy-Free Beverages 1.89L

5549 plus deposit & eco fee



Earth's Choice Organic Peanut Butter

Assorted Varieties, 500g

\$549



Bonne Maman Jam & Jelly Imported from France,

\$479



We Love Van Honey Select Varieties,

\$999



Tree Island Natural Grass-Fed Yogurt

\$1149



Dairyland Organic Milk 1.89L

\$1199 plus deposit & eco fee



Yoggu! Coconut Yogurt 450g

> PLANT **BASED**

\$699

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



Genuine Organic Tea 15 Tea Bags

\$649



Fiji Natural Artesian Water

2 FOR \$500 plus deposit & eco fee



Black River Juice

Also Lemonade, 1L

\$1199 plus deposit & eco fee



Mogiana Coffee 340g



\$1299



Vita Coco Coconut Water

1L

2 FOR \$



Kettle Brand Potato Chips368g

\$**1**199



Tate's Bake Shop Cookies 198g

5699



Tortilla Chips155g



plus deposit & eco fee

2 FOR \$800



Rise Organic Kombucha

\$699 plus deposit & eco fee



Primal Kitchen Avocado Oil Dressing

237ml

\$899



Only Goodness Organic Broth Select Varieties, 946ml

2 FOR \$600



Only Goodness Organic Smoothie Blend Select Varieties,

Frozen, 500g 2 FOR \$900



Bragg Organic Apple Cider Vinegar 473ml

\$499



Only Goodness Organic Vegetables Frozen, 500g

2 FOR \$700



Only Goodness All Purpose Cleaner

Also Glass Cleaner, Select Varieties. 710ml & 950ml

2 FOR \$ 700



Bubbies Pickles & Sauerkraut 750ml & 1L

\$899



Nora's **Non-Dairy Frozen Dessert** 500ml

BASED



Gardein **Meatless Products**

Frozen, Select Varieties, Assorted Sizes



NOURISHING LIFESTYLES SINCE 1990



Bioitalia Organic Tomato Sauce

Including Pesto, Assorted Varieties 160ml & 660ml



500g



2 FOR \$600



Indian Life Indian Meals

Frozen, Also Cooking Sauces, Select Varieties, Assorted



Bar Harbor Chowders & **Bisque**

284ml & 398ml

2 FOR \$900



Caulipower **Cauliflower Pizza**

Frozen, 310g



LUNDBERG **JASMINF** Lundberg **Organic Jasmine Rice**

Also Basmati Rice, 907g



Konscious Sushi Products Frozen, 204g & 210g





Nature Clean Dish Soap

Also Multi Surface Cleaner, Select Varieties Liquid, 740ml



Echoclean Liquid Laundry Detergent 1.5L



Choices' Own Fresh Soup & Sandwich or Wrap Combo

Assorted Varieties & Sizes

\$**9**99



Choices' Own Coffee & Fresh Baked Muffin

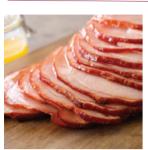




Choices Curry Paneer Chickpea

Also Morrocan Chickpea Salads

\$**919** / 100g



Rosemary or **Honey Ham**



Summer Fresh Hummus Toppers 255g

\$549



Choices Lemon Herb Potatoes

Also Savoury Mexican Wedges







German Cambozola Cheese



Choices Quiche

4.5 Inch

2 FOR \$ 1 200

BAKERY

FRESH BAKED · WHOLESOME



Choices Sourdough Seeded Rye **Bread** 760g





Also Vanilla Cream, 6 Inch



Choices Apple Cinnamon Muffins

Also Blueberry Lemon, Wheat Free, 4 Pack



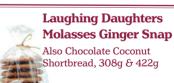




Portofino Breads Assorted Varieties & Sizes

\$1199





\$**9**99

Let us help you navigate nutrition

Loaf 450g



WITH A FREE, **PERSONALIZED** STORE TOUR



REGISTER HERE OR VISIT US ONLINE AT CHOICES.MARKET





Saputo Feta Cheese Regular or Light, 200g

\$1149

Lesley Stowe Artisan Crisps



Breyers Creamery Style Ice Cream

1.66L



Smart Sweets Low Sugar **Gummies** 50a

2 FOR \$ 700

Faith Farms Cheese

360g & 380g



Gone **Crackers** 142g



FreeYumm **Bars & Cookies**

135g & 154g





Ritter Sport Chocolate **Bars**

Select Varieties, 100g

2 FOR \$700

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Whole Earth & Sea **MultiVitamins** 60's or 120's





Mushroom **Supplements Assorted Varieties** & Sizes

1% ()FF

NutraSea Omega-3 **Fish Oil Supplements**



Assorted Varieties & Sizes





AOR Vitamins & Supplements Assorted Varieties & Sizes



Aiya Matcha **Green Tea**

Culinary or Ceremonial Grade, 30g & 100g



St. Francis Herb **Farm Herbal Supplements**

Assorted Varieties & Sizes

1% OFF



Vitality Vitamins & **Supplements**

Assorted Varieties

20% OFF



Schmidt's **Natural Deodorant** Assorted Varieties,



Herbaria Wild-Crafted **Herbal Tea** Assorted Varieties,

25 Pack



Natural Factors Magnesium Supplements

Select Varieties, Assorted Sizes



Sisu Ester-C **Supplements** Select Varieties,

Assorted Sizes





BUY 1 GET 1 FREE











Kerrisdale - 1888 W 57th Ave, Vancouver Yaletown - 1202 Richards St, Vancouver Cambie - 3493 Cambie St, Vancouver Kitsilano - 2627 W 16th Ave, Vancouver Commercial Drive - 1045 Commercial Dr, Vancouver North Vancouver - 801 Marine Dr, North Vancouver South Surrey - 3248 King George Blvd, Surrey Burnaby Crest - 8683 10th Ave, Burnaby Abbotsford - 3033 Immel St, Abbotsford Kelowna - 1937 Harvey Ave, Kelowna Parksville - 319 Island Hwy East, Parksville

While quantities last. Not all items available at all stores. We reserve the right to correct r exactly as dep v One Get One Deals