

PARKSVILLE WEEKLY SAVINGS!

100% BC OWNED AND OPERATED

Special Parksville Edition 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 Blence

Including Smoothie Blends, 900ml & 1.75L





Organika
Collagen
Supplements
Assorted Varieties
& Sizes

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 Legs Island Farm Poultry, 4.39/kg



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



Fresh Pork Tenderloin 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

Country Golden Yolks Free Range Large Eggs

1 Dozen



\$649



Canadian Heritage Organics 100% Pure Organic Maple Syrup

\$1299



Silk Dairy-Free Beverages 1.89L

\$1199 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,

899



Tree Island Natural Grass-Fed Yogurt

\$1149



Dairyland Organic Milk

\$1199 plus deposit & eco fee



Yoggu! Coconut Yogurt 450g

PLANT BASED

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



Genuine Organic Tea 15 Tea Bags

\$599



Fiji Natural Artisan Water

FOR \$500

plus deposit & eco fee

plus deposit & eco fee



Black River Juice

Also Lemonade, 1L

\$1199 plus deposit & eco fee



Mogiana Coffee 340g



\$1199



Vita Coco Coconut Water

1L

2 FOR \$



Kettle Brand Potato Chips

368g

2 FOR \$ 900



Tate's Bake Shop Cookies 198g

12 nn



Tortilla Chips155g



2 FOR \$800



Rise Organic Kombucha 1L

5699 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

\$999

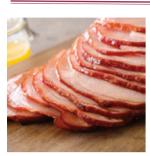




Choices Curry Paneer Chickpea

Also Morrocan Chickpea Salad

\$**219** / 100g



Rosemary or Honey Ham

\$**99** / 100g



Summer Fresh Hummus Toppers 255q

\$549



Choices Lemon Herb Potatoes

Also Savoury Mexican Wedges

\$4 39 / 100g





Henri Willig Gouda Cheese

Mild, Medium or Aged, Imported



\$**399** / 100g



German Cambanzola Cheese

\$**599** / 100g



Choices Quiche

4.5 Inch

2 FOR \$**12**00

BAKERY

FRESH BAKED · WHOLESOME



Choices Sourdough Seeded Rye Bread 760g

\$599



Choices Red Velvet Cake

Also Vanilla Cream, 6 Inch



1999



Also Blueberry Lemon, Wheat Free, 4 Pack



\$599





Portofino Breads Assorted Varieties & Sizes

\$1199



Choices Artisan Cookies

6 Pack

\$699



\$**9**99

navigate nutrition

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



After Limit Price ... \$599

Meadowvale Creamery **Butter**

454a



FreeYumm **Bars & Cookies**

135g & 154g

2 FOR \$**8**00



Ritter Sport Chocolate **Bars**

Select Varieties, 100g

2 FOR \$700

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

Host Defense Medicinal



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,

20% OFF

Assorted Sizes

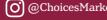
The Green Beaver Toothpaste



BUY 1 GET 1 FREE



Shop online at Choices.Market (©) @ChoicesMarket









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