



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • March 14 - 20, 2024



FEATURED CHOICE

Organic Strawberries
Imported, 454g Pkg.

\$6.98

SPECIAL PRICE

Organic Asparagus
From Mexico, 10.98/kg

\$4.98 / LB



\$1.49 / 100g

Choices Dijon Potato Salad
Also Traditional Macaroni Salad



\$4.49

Choices Sourdough Bread
Levain Style, 530g



LOCAL

YOU SAVE 34%

SPECIAL PRICE

\$5.99 / LB

Boneless Skinless Chicken Breasts
Fresh, Value Pack,
13.21/kg



\$10.99 / LB

Ribeye Grilling Steaks or Roasts
100% Grass Fed, Raised without Antibiotics,
Value Pack, Imported, 24.23/kg



\$9.99

Choices Artisan Fruit Pies
575g



Organika Collagen Supplements
Assorted Varieties & Sizes

35% OFF



Kettle Brand Potato Chips
Family Size Bag, 368g

\$3.99



Smart Sweets Gummies
Low Sugar, 50g

2 FOR \$7.00

PRODUCE FRESH • LOCAL • ORGANIC



\$2.48 /LB

Organic Navel Oranges
Large, From USA, 5.47/kg



LOCAL

\$3.98

Organic Russet Potatoes
Also Pugly, Yellow or Red Potatoes, From BC, 2.27kg Bag



Hot House Mini Cucumbers
From USA
454g Pkg.

\$4.98

Lemons
From USA



4 FOR \$3.00

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



WESTERN CANADIAN

BUY 1 GET 1 FREE

Fresh Pork Sirloin Chops or Roast
Raised without Antibiotics



LOCAL

\$4.99 /LB

Fresh Chicken Thighs
Raised without Antibiotics, Value Pack, 11.00/kg



20% OFF

Choices' Own Fresh Sausages
Made in Store, Raised without Antibiotics, Varieties include Pork, Chicken or Turkey



WESTERN CANADIAN

\$5.99 /LB

Fresh Ground Pork
Raised without Antibiotics, Value Pack, 13.21/kg



WILD CAUGHT

30% OFF

Cod or Sole Fillets
Fresh, Ocean Wise



GLUTEN FREE

Freybe Rhineland Bacon
Double Smoked, 375g

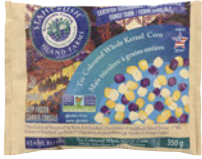
\$7.99

Grimm's Sizzlin' Smokies
450g



GLUTEN FREE

\$7.99



Stahlbush Island Farms Vegetables

Assorted Varieties & Sizes, Frozen

2 FOR \$6.00



Farmer's Market Organic Canned Pumpkin

Also Butternut Squash, Sweet Potato, 397g - 425g

\$3.69



Wholly Veggie! Frozen Products

284g - 375g

\$5.49



Konscious Sushi Products

Frozen, 204g & 210g

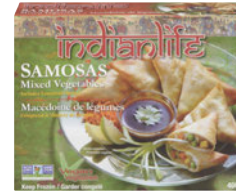
\$6.49



Caulipower Cauliflower Pizza

Frozen, 310g

\$8.49



Indian Life Frozen Indian Meals

Also Cooking Sauces, Chutney, Select Varieties, Assorted Sizes

\$6.49



Gratitude Canned Salmon

Boneless Skinless, Select Varieties, 150g

\$4.99



Bar Harbor Chowders

Also Bisque, Herring & Whole Clams, Assorted Sizes

2 FOR \$9.00



Sprague Organic Soup

Also Simply Soup, 398ml

2 FOR \$7.00

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



Nuts For Cheese Organic Cheese Alternative

120g

\$8.99



Gone Crackers

Also Jalapeño Jelly, Select Varieties, 142g & 250ml

\$5.49



Mezzetta Pasta Sauce

Also Pesto, 709ml or 177ml

\$5.49



Mary's Organic Crackers

Also Kookies, 142g

\$4.99



Armstrong Cheese

600g

\$9.99



Favuzzi Pasta

500g

\$4.99



Only Goodness Organic All Purpose White Flour

2 kg

\$12.99



Only Goodness Organic Apple Cider Vinegar

473ml

\$2.49



Spectrum Organic Extra Virgin Olive Oil

750ml

\$16.99



**Born 3
Omega-3
Large Eggs**
1 Dozen

\$5.49



**Savör
Grass Fed
Butter**
250g

\$5.99



**Canadian
Heritage Organics
Organic Maple
Syrup**
500ml

\$12.99



**Nuts to You
Organic Peanut
Butter**
750g

\$7.99



**Only Goodness
Organic Honey**
375g

\$4.99



**Holy Crap
Organic
Superseed Blend**
225g

\$6.99



**Yoggu!
Coconut Yogurt**
450g

\$6.99



**Twinings
Tea**
20 Tea Bags

\$4.99



**Siggis
Skyr Yogurt**
650ml - 750ml

\$5.99

NOURISHING LIFESTYLES SINCE 1990



**Avalon
Organic Yogurt**
1.75kg

\$9.99



**Anita's
Organic Oats**
1kg

\$7.99



**Joyya
Ultrafiltered
Milk**
1L

\$4.99

plus deposit & eco fee



**Bremner's
100% Juice**
946ml

\$12.99

plus deposit & eco fee



**Earth's Own
Fresh
Oat Beverage**
1.75L

\$3.99

plus deposit & eco fee



**Santa Cruz
Organic
Lemonade**
Also Limeade,
946ml

\$4.49

plus deposit & eco fee



**Old Dutch
Potato Chips**
Also Ridgies,
200g & 235g

2 FOR \$7.00



**Fiji Natural
Artesian Water**
1L

2 FOR \$5.00

plus deposit & eco fee



**Rise Organic
Kombucha**
1L

\$6.99

plus deposit & eco fee

DELI PREPARED FRESH



Indianlife Naan
Also Roti or Chapati Wraps, Select Varieties, 250g - 500g

\$200 OFF



Habibi's Dip & Hummus
200g - 240g

\$4.49



Rosstown Roasted Chickens

\$11.99



Choices 7 Layer Dip
Large Size

\$8.99



Cajun or Italian Chicken Bites
225g

\$6.49



Choices Pasta Salads

\$1.99 / 100g



Kaltbach Cave Aged Gruyere Cheese

\$5.99 / 100g



Kerrygold Irish Cheese
198g

\$7.99



Bella Casara Burrata Cheese
200g

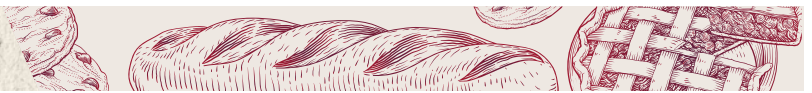
\$13.99



Truly Grass-Fed Cheddar Cheese
Also Ireland's Own, 198g

\$7.99

BAKERY FRESH BAKED • WHOLESOME



Choices Hot Dog Buns
White or Whole Wheat, Pack of 6

\$4.49



Choices Muffins
Pack of 4

\$5.99



Choices Irish Cream Cake
6 Inch

\$10.99

Choices Cookies & Cream Cheesecake

Also Chocolate Mousse, Low Carb, 60g - 90g



\$4.99



Silver Hills Sprouted Power Bread
430g - 615g

2 FOR \$9.00



Uprising Jumbo Gingersnaps
6 Pack

2 FOR \$8.00

Let us help you navigate nutrition



WITH A FREE, PERSONALIZED STORE TOUR

CHOICES MARKET

REGISTER HERE OR VISIT US ONLINE AT CHOICES.MARKET



GROCERY

LOCAL • ORGANIC • SPECIALTY



Zevia Tea & Energy Beverages
355ml

2 FOR \$4.00
plus deposit & eco fee



Tate's Bake Shop Cookies
198g

\$6.99



Panda Natural Licorice
170g

2 FOR \$7.00



Nature Clean Laundry Detergent
Liquid, 3L

\$12.99



Vita Coco Coconut Water
1L

2 FOR \$8.00
plus deposit & eco fee



Chapman's Specialty Ice Cream
500ml

\$5.99



FreeYumm Cookies
Also Bars, 135g & 154g

2 FOR \$8.00
GLUTEN FREE



Nature Clean Dish Detergent
Also Multi-Surface Cleaner, Select Varieties, 740ml

\$4.69

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Progressive Vitamins & Supplements
Assorted Varieties & Sizes

30% OFF



Nature's Way Herbal Supplements
Assorted Varieties & Sizes

20% OFF



Flora Digestive Enzymes
Assorted Varieties & Sizes

20% OFF



The Green Beaver Face and Body Care & Suncare
Assorted Varieties & Sizes

25% OFF



Now Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



Smart Solutions Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



AOR Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Thinksport Suncare
Assorted Varieties & Sizes

25% OFF



Healthology Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



Natural Factors Magnesium Supplements
Select Varieties, Assorted Sizes

20% OFF



Prairie Naturals Vitamin D3 1000 IU
15ml

BUY 1 GET 1 FREE



Alaffia Everyday Shea Hair & Body Care
Assorted Varieties, 950ml

\$17.99

Shop online at ChoicesMarket @ChoicesMarket /DiscoverChoicesMarket @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

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