

PARKSVILLE SPRING CHOICES!

100% BC OWNED AND OPERATED

Special Parksville Edition Prices Effective • March 21 - 27, 2024





Freybe's Holiday Ham 13.21/kg



Long English Cucumbers from BC



Choices Wild Salmon Cakes 130g

2 FOR \$800



Choices Mexican Fajitas Also Quesadillas or Burritos, 200g - 375g



Genuine Health Vitamins & **Supplements** Assorted Varieties &

25% OFF

BIOITALIA SPECIAL BOGO OFFER



Buy 1 jar of Bioitalia Organic Pasta Sauce 660ml and receive 1 package of 500g Bioitalia **Organic Spaghetti for Free**





PRODUCE FRESH · LOCAL · ORGANIC



Organic Celery

from Mexico, 3.26/kg

\$148/LB



Bartlett, Bosc & d'Anjou, Imported, 7.67/kg

\$**348**/LB





\$248/LB

Cantaloupe Melon

Imported

\$11.98 / EA







MEAT & SEAFOOD RESPONSIBLY RAISED · PREMIUM QUALITY





Pork Centre Cut or Rib Chops

Value Pack or Pork Roasts, Raised without Antibiotics,13.21/kg



Harvest Bacon

Naturally Smoked, No MSG Added, 500g



Boneless Leg of Lamb Roast or Steaks

Raised without Antibiotics, Free Range, New Zealand, 24.23/kg



Sockeye Salmon Fillets

Ocean Wise, Previously Frozen or Frozen



Lean Ground Beef

Raised without Antibiotics, Grass Fed, Imported, 13.21/kg



Ahi Tuna Steaks

Frozen or Previously Frozen, 6oz

Maple Hill Farms Free Range Large Eggs



599



Tree Island Grass Fed Greek Yogurt



\$1149



Mogiana Whole Bean Coffee

340g

\$1299



Rabbit River Farms Egg Whites Cage Free, 500g

549



Bremner's Organic Fruit Frozen, 600g





Elias
Raw Creamed
Natural Honey
500g

899



Terra Breads Granola

340g



\$599



Olympic Krema Yogurt

650



GENUINE
HA CO.

Genuine Organic Tea

15 Tea Bags

\$699

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



Brew Dr. Organic Kombucha

414ml





Hardbite Potato Chips

128g - 150g



2 FOR \$600



GoodDrink Natural Iced Tea

473ml

2 FOR \$500 plus deposit & eco fee



Ritter Sport Chocolate Bars

Select Varieties, 100g

2 for \$600



Greenhouse Organic Cold-Pressed Juice 300ml

\$599 plus deposit & eco fee



Prana Organic Trail Mix

\$469

150g



YumEarth Organic Licorice

142g

\$699



Camino Organic
Baking Chocolate
and Chocolate Chips

Fair Trade, Select Varieties, 200g - 225g

649



Carr's Crackers 125g & 150g

2 FOR \$600



Rolling Meadow Grass Fed Milk

569 plus deposit & eco fee



L'Ancêtre Organic Cheese 325g

\$1199



McVitie's Cookies 300g & 400g

2 FOR \$900



Avalon Butter 454g

899



Savör Crackers 170g & 185g

2 FOR \$1100



Arla
Organic Cream
Cheese

Assorted Flavours, 200g

2 for \$900



Olympic Organic Sour Cream 500ml

\$1169



Armstrong Cheese Slices 220g & 240g

\$549



Good to Go Keto Bar ^{40g}

2 FOR \$1100

NOURISHING LIFESTYLES SINCE 1990



Cape Herb & Spice Table Top Grinders

Assorted Sizes

\$599



Lundberg Organic Jasmine Rice

Also Basmati Rice, 907g

\$999



Dream Pops Frozen Dessert

4 Pack



\$1199



Earth's Choice Organic Beans

Select Variety, No Salt Varieties, 398ml

2 FOR \$500



Bragg Organic Apple Cider Vinegar 473ml

\$1199



Amy's Organic Canned Soup 398ml

2 for \$900



La Tourangelle Organic Extra Virgin Olive Oil 750ml

\$1499



Delverde Pasta 250g - 450g

2 FOR \$500



Raincoast Global Wild Skipjack Tuna 142g

2 FOR \$600











Choices Fresh Sushi Rolls Assorted Varieties, 155g - 245g



Choices **Turkey Breast** Cooked or Smoked



Choices Veggie Cakes 140g

2 FOR \$500



Choices Hummus 250g

399 /100g



Bothwell Cheese

20% OFF



Vitale Sliced Prosciutto Also Salami, 100g



Cows Creamery Cheddar Cheese

Extra Aged or Appletree Smoked

\$1199/100g



Tre Stelle Feta Cheese 200g

BAKERY

FRESH BAKED • WHOLESOME



Multigrain **Bread** 530g

Choices

\$599



Choices Signature Cookies 6 Pack

\$599



Choices Keto Puddings

Strawberry or Peanut Butter, 150g



Choices White Bread



Choices Mini Ganache **Cupcakes** Also Carrot Cake,

4 Pack



Choices Kalamansi Cake

Also Tiramisu,



Rebel Foods Seed & Nut Bars

\$799

Let us help you navigate nutrition



WITH A FREE, **PERSONALIZED** STORE TOUR







255g - 300g





Tofurky Roast with Stuffing.

736g





Only Goodness Bread Crumbs

454g





Only Goodness Chocolate Chip Cookies

165a

2 FOR \$800



Better Than Boullion Base

Select Varieties, 227g



Frozen, 300g - 400g





Only Goodness Organic Broths Select Varieties,

946ml

3 FOR \$ 800



Only Goodness Laundry **Detergent**

2.95L



REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



MegaFood **MultiVitamins Assorted Varieties**

& Sizes

25% OFF



CanPrev Beauty Supplements

Select Varieties, Assorted Sizes



Vitality Vitamins & **Supplements**

Assorted Varieties & Sizes



Renew Life Cleanses

Select Varieties, Assorted Sizes,

25% OFF



Natural Factors Stress & Sleep **Supplements**

Select Varieties, **Assorted Sizes**



Purica Vitamins & **Supplements**

Assorted Varieties & Sizes

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Sisu Ester-C **Supplements Assorted Varieties**

& Sizes

20% OFF



Flora Probiotics

Assorted Varieties & Sizes

20% OFF



Preferred Nutrition Berberine

Also Supplements, Assorted Varieties



NutraSea Omega-3 Fish Oil **Supplements**

Assorted Varieties & Sizes

Newco Natural Skin, Oral Care & Supplements

Assorted Varieties & Sizes



20% OFF

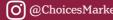
Santevia Alkaline **Water Pitchers**

Also Water Systems & More, Assorted Varieties & Sizes





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