



CHOICES MARKET

100% BC OWNED AND OPERATED

CHOICES FOR CAMPING!

Prices Effective • August 8 - August 14, 2024



DISCOVER LOCAL

SPECIAL PRICE

Fort Hardy Pork Back Ribs
Fully Cooked, Frozen or Previously Frozen, 568g

\$8.99

YOU SAVE 36%

Organic Corn On the Cob
Grown in BC

2 FOR \$3.00

DISCOVER LOCAL



DISCOVER LOCAL

YOU SAVE 33%

\$3.99

Habibi's Dips & Hummus
200g - 240g



NEW

DISCOVER LOCAL

YOU SAVE \$2.00

\$12.99

Choices Chocolate Smores Pie
Also Lemon Meringue or Young Coconut Pie, 8 Inch



CANADIAN

GLUTEN FREE

\$7.49

Greenfield Bacon
Raised Without Antibiotics,
Veggie Fed, 375g

YOU SAVE 38%



DISCOVER LOCAL

\$3.98

Blueberries
Grown in BC,
454g Pkg.

YOU SAVE \$2.00



Lily of the Desert Aloe Vera Gel
Also Juice, Assorted Varieties & Sizes

20% OFF



Hornby Organic Energy Bars
80g

YOU SAVE \$2.38

2 FOR \$5.00

DISCOVER LOCAL



FEATURED CHOICE

Chocxo Organic Dark Chocolate Cups
98g

\$4.49

YOU SAVE \$3.80

DISCOVER LOCAL

PRODUCE FRESH • LOCAL • ORGANIC

Organic Blackberry
Grown in USA,
170g Pkg.

\$5.98

Green & Red Grapes
Grown in USA,
\$8.77/KG

\$3.98 / LB

Everyday Bouquet

\$14.98

Bunched Carrots
Grown in BC

\$1.98



Russet Potatoes
Grown in USA,
2.27kg Bag

\$2.98

Lisianthus

\$9.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY

DISCOVER
LOCAL

\$9.99 / LB

Boneless Skinless Chicken Breast
100% Veggie Fed, Raised Without Antibiotics,
Fresh, Value Pack, \$22.02/KG

CANADIAN

\$12.99 / LB

Organic Lean Ground Beef
Grass Fed Grain Finished,
Fresh, Value Pack, \$28.64/KG

\$15.99 / LB

Organic Striploin Grilling Steaks
100% Grass Fed, Import,
Value Pack, \$35.25/KG

DISCOVER
LOCAL

\$8.99 / LB

Boneless Skinless Chicken Thighs
100% Veggie Fed, Raised Without Antibiotics,
Fresh, Value Pack, \$19.82/KG

WILD
CAUGHT

\$4.49 / 100G

Fresh Sockeye Salmon Fillets
Ocean Wise, Value Pack

DISCOVER
LOCAL

Rosstown Farms Chicken Breast Kabobs

Raised Without Antibiotics, 100% Veggie Fed, 400g

\$9.99

WESTERN
CANADIAN

\$6.99 / LB

Boneless Pork Chops
Centre Cut or Rib, Raised Without Antibiotics,
Fresh, Also Roast, \$15.41/KG

Maple Leaf Hot Dogs

Filler Free, Natural Ingredients, 375g

GLUTEN
FREE

2 FOR **\$10.00**





**Rise Organic
Kombucha**
414ml

3 FOR \$9.99
plus deposit & eco fees



**Guayaki Organic
Yerba Mate**
458ml

3 FOR \$6.99
plus deposit & eco fees



**Good Drink
Natural Iced Tea**
473ml

2 FOR \$5.00
plus deposit & eco fees



**Harmless
Harvest Organic
Coconut Water**
946ml

\$9.99
plus deposit & eco fees



**Phillips Soda
Works Craft
Brewed Soda**
355ml

2 FOR \$3.00
plus deposit & eco fees



**Kettle Brand
Potato Chips**
156g & 198g

\$3.29



**Made Good
Organic
Granola Bars**
Select Varieties &
Sizes

\$3.49



**Zazubean Organic
Chocolate Bars**
Fair Trade,
80g - 85g

\$3.99



**Skinny Pop
Popcorn**
125g - 150g

\$3.99

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



**Nature's Path
Organic Cereal**
Select Varieties,
Eco Pac,
650g - 907g

\$8.99



**Olympic Natural
Plain Yogurt**
1.75 kg

\$9.99



**Kicking Horse
Organic
Ground Coffee**
284g

\$10.99



**Nature's Path
Organic Love
Crunch Granola**
300g - 325g

\$5.49



**Rolling Meadow
Grass Fed
Yogurt**
500g

\$3.99



**Dairyland
Creamo**
946ml

\$3.99



**Bulk Foods
Organic
Seeds &
Snacks**
Select Varieties

20% OFF



**Only Goodness
Organic
Blueberries**
Frozen, 600g

\$6.99



**Blue Diamond
Almond Breeze
Almond Beverage**
946ml

2 FOR \$5.00
plus deposit & eco fees



— DISCOVER —

THOUSANDS
OF LOCAL
CHOICES

CHOICES  MARKET

**Nature's Farm Free Range
Omega 3 Eggs**
1 Dozen



\$6⁹⁹



**Saputo
Shredded
Cheese**
320g

\$6⁹⁹



**Daiya
Shredded
Cheese**
Select Varieties,
200g - 299g

\$4⁴⁹

Armstrong Cheese
600g



\$9⁹⁹



**Partners
Artisan Crackers**
114g - 124g

\$3⁹⁹



**Nuts To You
Almond Butter**
365g

\$7⁹⁹



**Gogo
Squeez
Apple Sauce**
4 Pack

\$3⁹⁹



**Once Upon A
Farm Organic
Baby Food**
85ml

\$2⁹⁹



**Origo
Freeze Dried
Fruit Snacks**
20g - 25g

\$4⁹⁹

NOURISHING LIFESTYLES SINCE 1990



**Rizopia Organic
Brown Rice Pasta**
Also Organic Quinoa
Pasta, Select Varieties,
340g - 454g

2 FOR \$5⁰⁰

Italpasta Traditional Pasta
900g



2 FOR \$7⁰⁰



**Earth's Choice
Organic
Coconut Milk**
Select Varieties,
400ml

2 FOR \$6⁰⁰



**Mutti Italian
Canned
Tomatoes**
Baby Roma &
Cherry, 398ml

2 FOR \$7⁰⁰



**Maison Orphée
Vinaigrette
Salad Dressings**
240ml & 250ml

\$3⁹⁹



**Lundberg
Nutra Farmed
Rice**
Select Varieties,
907g

\$8⁹⁹



**Bella Sun Luci
Sun Dried
Tomatoes**
99g

\$5⁴⁹



**Ocean's
Tuna**
Pole & Line
Select Varieties,
170g

\$2²⁹



**Quesava
Samosas**
Also Perogies
& Poppers,
Select Varieties,
200g - 240g

\$6⁹⁹



DELI

PREPARED FRESH

DISCOVER
LOCAL



**Choices
Artisan
Sandwiches**
Ham, Roast
Beef or Turkey

\$8.99

DISCOVER
LOCAL



**Choices
Artisan
Salad Bowls**
Select Varieties,
240g - 430g

\$9.99

DISCOVER
LOCAL



**Baked
Vegetable
Samosas**
Spinach or
Masala

2 FOR \$5.00

DISCOVER
LOCAL



**Choices
Vegetable
Cakes**
140g

\$2.99

DISCOVER
LOCAL



**Choices
Salsa**
Roasted Corn,
Mango, Tomato
or Chipotle,
350g

\$6.49



**Choices
Praga Ham**

\$3.99 / 100G



**Bothwell
Cheese**
Assorted Varieties

\$3.99 / 100G



**Tre Stelle
Feta Cheese
in Oil**
100g

\$3.99



**Krinos
Organic
Greek Feta
Cheese**
150g

\$6.99

BAKERY

FRESH BAKED • WHOLESOME



**Choices
Ciabatta
Loaf**
390g

\$3.49

Choices Baker's Crusty Loaf
450g



\$3.49

Choices Signature Muffins
Assorted Varieties, 4 Pack



\$5.99

**Choices Low Carb Cookies &
Cream Cheesecake**
Also Chocolate Mousse, 60g - 90g



\$4.99

Choices Lemon Bars
106g



\$3.99

**Silver Hills Sprouted Power
Organic Buns**
Hamburger or Hot Dog, 5 & 6 Pack



\$4.99



**Grimm's
Tortillas**
Assorted Varieties
& Sizes

15% OFF



**Little Northern
Bakehouse
Loaves**
Selected Varieties,
454g - 482g

\$6.49

DISCOVER **THOUSANDS** OF
LOCAL CHOICES

Since 1990, we've supported local growers to strengthen communities and protect the environment. Visit Choices for thousands of local products, produce and proteins.

GROCERY

LOCAL • ORGANIC • SPECIALTY



Savör Ice Cream
473ml

\$4.99



Righteous Sorbetto & Gelato
473ml

\$6.99



Remedy Kombucha
4 Pack

\$6.99
plus deposit & eco fees



Echoclean Natural Laundry Detergent
2x, High Efficiency, 2.95L

\$14.99

DISCOVER LOCAL



Island Farms Classic Ice Cream
1.65L

\$6.49



Honey Stinger Organic Fruit Chews
50g

2 FOR \$5.00



Vita Coco Coconut Water
500ml

2 FOR \$4.00
plus deposit & eco fees



Bamboolia Bathroom Tissue
4 Pack

\$3.49

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

DISCOVER LOCAL



Vega One All-in-One Nutritional Shakes
Assorted Varieties, 827g - 876g

\$49.99

DISCOVER LOCAL



Natural Factors Omega Supplements
Assorted Varieties & Sizes

20% OFF



NutraSea Omega-3 Fish Oil Supplements
Select Varieties, Assorted Sizes

20% OFF

DISCOVER LOCAL



Natural Factors All Bonus Bottles Supplements
Assorted Varieties & Sizes

20% OFF



Natrein Probiotics
Assorted Sizes

20% OFF



Purica Vitamins and Supplements
Assorted Varieties & Sizes

25% OFF



SierraSil Joint Supplements
Assorted Varieties & Sizes

20% OFF



Salus Floradix
Also Floravit, Assorted Varieties & Sizes

20% OFF



Sukin Botanicals Natural Face & Hair Care
Assorted Sizes

25% OFF



Desert Essence Face and Body Care Products
Assorted Varieties & Sizes

25% OFF



Radius Toothbrushes, Floss & Accessories
Assorted Varieties & Sizes

25% OFF



Weleda Facial Care & Body Care
Assorted Varieties & Sizes

30% OFF



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CHOICES MARKET

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

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