



# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • April 18 - 24, 2024



### SPECIAL PRICE

Organic Broccoli  
from USA, \$6.57/KG

**\$2.98 / LB**

YOU SAVE  
**\$1.00 / LB**

### SPECIAL PRICE

**Striploin Steaks**  
Raised without Antibiotics,  
Grass Fed, Value Pack,  
Also Roasts, Imported,  
\$26.43/KG

**\$11.99 / LB**

YOU SAVE  
**55%**

### Peppers

Orange, Red & Yellow, Hot House,  
from Canada, \$7.67/KG

YOU SAVE  
**\$1.50 / LB**

**\$3.48 / LB**



CHOICES MARKET

WEDNESDAY, APRIL 24

ONE DAY ONLY

**15% OFF**

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE  
THROUGHOUT THE ENTIRE STORE AND PURE PHARMACY.

\*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions.



**Natural Factors  
Vitamins &  
Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Divine Essence  
Essential Oils**  
Also Body Care Products,  
Assorted Varieties & Sizes

BUY 1 GET 1 **FREE**



**Prairie Naturals  
Superfoods**  
Assorted Varieties &  
Sizes

**35% OFF**



**Choices Wraps**  
Ready to Eat, 380g

**\$9.99 / EA**

YOU SAVE  
**\$1.00**



**Choices Artisan  
Half Fruit Pies**  
280g

**\$6.49**

YOU SAVE  
**\$1.00**



**Earth's Choice  
Organic Coffee**  
Whole Bean,  
Fair Trade, 340g

**\$9.99**

YOU SAVE  
**33%**

## FEATURED CHOICE



YOU SAVE  
**32%**

**Nature's Path  
Organic Cereal**  
Eco Pac,  
Assorted Sizes

**\$7.99**



# PRODUCE FRESH • LOCAL • ORGANIC



**\$8.98 / EA**

**Organic Valencia Oranges**  
from Mexico, 1.81kg Pkg.



**\$5.98 / EA**

**Organic Mandarin Oranges**  
from USA, 907g Bag



**Cantaloupe Melon**  
from Mexico

**\$4.98 / EA**

## Romanella Tomatoes

Hot House,  
from Canada,  
454g Pkg.

**\$5.98 / EA**



# MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**LOCAL**

**\$6.99 / LB**

**Boneless Skinless Chicken Breasts**  
Fresh, Value Pack, \$15.41/KG



**WESTERN CANADIAN**

**\$5.99 / LB**

**Boneless Pork Chops**  
Centre Cut or Rib, Raised without Antibiotics,  
\$13.21/KG



**20% OFF**

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



**WILD CAUGHT**

**\$3.49 / 100 G**

**Wild Sockeye Salmon**  
Ocean Wise, Value Pack,  
Frozen or Previously Frozen



**WILD CAUGHT**

**\$3.99 / EA**

**Ahi Tuna Steaks**  
Ocean Wise, Frozen, 6 oz.



**Spades Bacon**  
No Nitrates,  
No Added Water,  
All Natural Ingredients,  
400g

**\$10.99**

**Soup Etc!**  
700ml Including  
Rosabella  
Pasta Sauce,  
Select Varieties



**2 FOR \$12.00**





**Nature's Path Organic Waffles**  
Frozen, 210g

**\$3.99**



**Island Gold Free Run Eggs**  
1 Dozen



**\$5.49**



**Natur-a Organic Milk Alternative Beverage**  
Oat, Rice & Soy, 946ml

**2 FOR \$5.00**  
plus deposit & eco fee



**Nut Jar Nut Butter**  
240g

**\$9.99**



**We Love Van Honey**  
500g

**\$7.99**



**Avalon Organic Milk**  
2% & Homogenized, 1.89L

**\$6.99**  
plus deposit & eco fee



**Liberté Kéfir**  
1L

**\$4.69**



**Danone Activia Yogurt**  
650g & 8 Pack

**\$4.49**



**Olympic Organic Yogurt**  
Select Varieties, 1.75kg

**\$10.99**

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



**Stash Tea**  
18-20 Bags

**\$4.49**



**Ceres Juice**  
1L

**2 FOR \$7.00**  
plus deposit & eco fee



**Chasers Cold-Pressed Juice**  
500ml

**\$5.99**  
plus deposit & eco fee



**Guayaki Organic Yerba Mate**  
Including New Flavours - Peach & Berry Lemonade, 458ml

**2 FOR \$4.00**  
plus deposit & eco fee



**Blue Monkey Sparkling Tropical Beverages**  
330ml

**\$1.69**  
plus deposit & eco fee



**Fentimans Botanically Brewed Beverages**  
4 Pack

**\$8.99**  
plus deposit & eco fee



**Alter Eco Organic Chocolate Bars**  
Assorted Sizes

**2 FOR \$6.00**



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

**2 FOR \$6.50**



**Smart Sweets Low Sugar Gummies**  
50g

**2 FOR \$7.00**



**Prana Organic  
Chia Seeds**  
200g - 300g

**\$5.99**



**Bob's Red Mill  
Flours**  
624g



**\$5.99**



**Karthain's  
Organic  
Sauerkraut**  
375ml

**\$5.99**



**Naked & Saucy  
Organic Sauces**  
296ml

**\$5.99**



**Briannas  
Dressing**  
355ml

**\$5.49**



**Simply Organic  
Bottled Spices**  
Select Varieties & Sizes

**\$4.49**



**Maison Orphée  
Vinaigrette  
Dressing**  
240ml & 250ml

**\$3.99**



**Earth's Choice  
Organic Extra  
Virgin Olive Oil**  
1L

**\$24.99**



**If You Care Baking Supplies**  
Also Household Products, Assorted  
Sizes & Varieties

**\$6.99**

## NOURISHING LIFESTYLES SINCE 1990



**Spread'Em  
Dips**  
185g



**\$6.99**



**Faith Farms  
Cheese**  
360g - 380g

**\$5.99**



**Saputo  
Mozzarellissima  
Cheese**  
340g

**\$5.49**



**Enlightened  
Keto Frozen  
Desserts**  
473ml

**\$6.99**



**Righteous  
Gelato**  
473ml

**\$6.99**



**So Delicious  
Frozen Desserts**  
Assorted Sizes

**\$5.99**



**Aspen Clean  
Kitchen  
Cleaners**  
or Bathroom,  
650 ml

**\$5.99**



**Good Juju  
Laundry Strips**  
30 Pack

**\$9.99**



**Caboo Bamboo  
Bath Tissue**  
24 Double Roll

**\$16.99**

YOU SAVE  
**\$10.00**



# DELI

PREPARED FRESH



**Rosdown  
Half Roasted  
Chickens**

**\$6.49 / EA**



**Choices Black Bean  
& Quinoa Salad**

Also Moroccan Chickpea  
or Curry Paneer Chickpea

**\$1.99 / 100G**



**Baked Samosas**

Vegetable Spinach  
or Masala, 115g

**2 FOR \$5.00**



**Summer  
Fresh Dips &  
Hummus**

Assorted Varieties,  
227g

**\$3.99 / EA**



**Choices Wild  
Salmon Lox  
Bagels**

**\$8.99 / EA**



**La Panzanella  
Artisan Crackers**

Assorted Varieties,  
170g

**\$5.99 / EA**



**Preferisco  
Italian Sliced  
Prosciutto**

Also Sliced Salami,  
70g - 80g

**\$8.99 / EA**



**Castello  
Gorgonzola  
Cheese**

Also Blue Cheese

**\$3.99 / 100G**



**Alexis de  
Portneuf  
Camembert  
Cheese**

Also Brie Cheese,  
300g

**\$9.99 / EA**

# BAKERY

FRESH BAKED • WHOLESOME



**Choices  
Sourdough  
Multiseed Bread**

660g

**\$4.99**



**Choices Vegan  
Almond Crunch  
Cookies**

Also Chocolate  
Crunch, 6 Pack

**\$6.99**



**Choices Keto  
Strawberry  
Raspberry Pudding**

Also Peanut Butter, 150g

**\$4.49**



**Silver Hills  
Sprouted Power  
Bread**

Select Varieties,  
510g - 600g

**2 FOR \$9.00**



**Saman Bakery  
Crackers**

160g - 200g

**\$6.99**



**Ozery Rounds**

Also Onebuns,  
All Varieties,  
312g - 600g

**25% OFF**

CHOICES  MARKET

**APRIL 24, 2024**

**15% OFF\***

**ONE DAY ONLY**

YOUR IN-STORE PURCHASE, INCLUDING  
ITEMS ON SALE THROUGHOUT  
THE ENTIRE STORE AND PURE PHARMACY.

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# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Hardbite Root Chips**  
150g



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



**Nora Seaweed Snacks**  
32g - 45g



**Sober Carpenter  
Non-Alcoholic Craft Beer**  
473ml



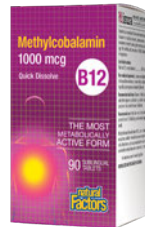
## WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Vega Sport Products**  
Assorted  
Varieties & Sizes

**20% OFF**



**Natural Factors All Bonus Bottles**  
Assorted Varieties & Sizes

**20% OFF**



**Bio-K Plus Probiotics**  
Assorted Varieties,  
Dairy or  
Non Dairy,  
6 Pack

**FROM \$21.99**



**Progressive VegeGreens & Probiotics**  
Assorted Varieties & Sizes

**25% OFF**



**New Roots Magnesium Bisglycinate**  
120 Caps

**\$28.49**



**Sisu Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Prairie Doctor Herbal Tinctures**  
Assorted Varieties & Sizes

**20% OFF**



**Pascoe Homeopathic & Herbal Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Attitude Natural Care Toothpaste and Body Care,**  
Assorted Varieties & Sizes

**25% OFF**



**Everyone for Every Body 3 in 1 Soap**  
946ml

**\$14.99**



**Desert Essence Face & Body Care Products**  
Assorted Varieties & Sizes

**25% OFF**



**Routine Natural Deodorant**  
Assorted Varieties,  
50g - 58g

**\$24.99**

Shop online at [ChoicesMarket](https://ChoicesMarket.com)

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**PARKSVILLE, BC**  
319 Island Highway East, Parksville  
Open 8:00am - 9:00pm Daily | Phone: 250-947-8000



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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