



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE CHOICES FOR CAMPING!

Special Parksville Edition 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%**

SPECIAL PRICE

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

DISCOVER LOCAL

2 FOR \$5.00

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



\$9.99 / LB

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



\$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



\$8.99 / LB

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



\$4.49 / 100G

Fresh Sockeye Salmon Fillets
Ocean Wise, Value Pack



Rosstown Farms Chicken Breast Kabobs
Raised Without Antibiotics, 100% Veggie Fed, 400g

\$9.99



\$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



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



MORE CHOICES. MORE VALUE.

INTRODUCING THE CHOICES PRICE DROP ON
THOUSANDS OF YOUR FAVOURITE ITEMS.

Discover **new lower prices** on thousands of food and wellness items throughout your local Choices, and we will keep working to **maximize savings** on all our local, organic and specialty choices and household staples.

Find a lower price somewhere else? Just bring proof of their current in-market pricing, and **we will be happy to match*.**

*See Customer Service for details



CHOICES  MARKET

**Island Gold Free Run
Medium Eggs**
1 Dozen



\$4.99



**Saputo
Shredded
Cheese**
320g

\$6.99



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

\$4.49

Armstrong Cheese
600g



\$9.99



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

\$3.99



**Nuts To You
Almond Butter**
365g

\$7.99



**Gogo
Squeez
Apple Sauce**
4 Pack

\$3.99



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

\$2.99



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

\$4.99

NOURISHING LIFESTYLES SINCE 1990



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

2 FOR \$5.00

Italpasta Traditional Pasta
900g



2 FOR \$7.00



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

2 FOR \$6.00



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

2 FOR \$7.00



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

\$3.99



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

\$8.99



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

\$5.49



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

\$2.29



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

\$6.99



DELI

PREPARED FRESH

DISCOVER
LOCAL



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

\$8⁹⁹

DISCOVER
LOCAL



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

\$9⁹⁹

DISCOVER
LOCAL



**Baked
Vegetable
Samosas**
Spinach or
Masala

2 FOR \$5⁰⁰

DISCOVER
LOCAL



**Choices
Vegetable
Cakes**
140g

\$2⁹⁹

DISCOVER
LOCAL



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

\$6⁴⁹



**Choices
Praga Ham**

\$3⁹⁹ / 100g



**Bothwell
Cheese**
Assorted Varieties

\$3⁹⁹ / 100g



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

\$3⁹⁹



**Krinos
Organic
Greek Feta
Cheese**
150g

\$6⁹⁹

BAKERY

FRESH BAKED • WHOLESOME



**Choices
Ciabatta
Loaf**
390g

\$3⁴⁹

Choices Baker's Crusty Loaf
450g



\$3⁴⁹

Choices Signature Muffins
Assorted Varieties, 4 Pack



\$5⁹⁹

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



\$4⁹⁹

Choices Lemon Bars
106g



\$3⁹⁹

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



\$4⁹⁹



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

15% OFF



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

\$6⁴⁹

MORE CHOICES. MORE VALUE.

INTRODUCING THE CHOICES PRICE DROP ON
THOUSANDS OF YOUR FAVOURITE ITEMS.

PRICE
DROP

**VISIT CHOICES
PARKSVILLE TODAY.**

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



**Natrene
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**

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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