



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE BACK TO SCHOOL!

Special Parksville Edition Prices Effective • September 5 - 11, 2024

SEPTEMBER 6, 7 & 8

PARKSVILLE ANNIVERSARY GIVEAWAY

Each day from
September 6 to 8,
the first 50 customers will
receive a \$10 gift card.

FREE
\$10 GIFT CARD

SPECIAL PRICE

All Fresh RWA Ground Meats

Beef, Chicken, Pork,
Turkey, Lamb, Bison,
Varieties May Vary by Store

25% OFF

RAISED
WITHOUT
ANTIBIOTICS



SATURDAY, SEPTEMBER 7 ONLY

PARKSVILLE ANNIVERSARY SALE & COMMUNITY BBQ

10% OFF
ENTIRE STORE*
INCLUDING SALE ITEMS

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

*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions.
One Day sale offer valid at Parksville location only.
See page 5 for details. Sale not available online.

ORGANIC CHOICES

YOU SAVE
35%



Pacific Foods Organic Soup & Chili

946ml - 1L, 468g

\$5.49

YOU SAVE
\$2.00

DISCOVER
LOCAL



Organic Gala Apples BC Grown, 1.36 kg Bag

SPECIAL PRICE

\$6.98 / EA

Nuts To You Organic Peanut Butter

750g

\$8.99



YOU SAVE
35%

YOU SAVE
25%

DISCOVER
LOCAL



Choices Mini Muffins 4 Pack

2 FOR \$6.00

YOU SAVE
30%



Bio-K Plus Probiotics

Dairy or Non-Dairy,
Assorted Varieties,
6 Pack

\$22.99

FEATURED CHOICE



RAISED
WITHOUT
ANTIBIOTICS

DISCOVER
LOCAL

Choices
Deli Meats
Select Varieties

25% OFF

PRODUCE FRESH • LOCAL • ORGANIC



Organic Lemons
USA Grown, 907g Bag

\$7⁹⁸ / EA



Organic Mini Carrots
USA Grown, 454g

\$2⁹⁸ / EA



Organic Coronation Grapes
BC Grown, 907g

\$8⁹⁸ / EA



Organic Prune Plums
BC Grown,
\$8.77/KG

\$3⁹⁸ / LB



Yellow Potatoes
BC Grown, 2.27 kg Bag

\$4⁹⁸ / EA

Lily Bouquet

\$15⁹⁸ / EA



Sunflowers
3-Stems
per Bunch

\$4⁹⁸ / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Thomas Reid Organic Whole Fryers
Free Range, Non-GMO, Air Chilled,
Fraser Valley Raised, \$15.41/KG

\$6⁹⁹ / LB



Boneless Pork Chops
Fresh, Raised Without Antibiotics,
Also Roast, \$15.41/KG

\$6⁹⁹ / LB



Organic Striploin Grilling Steaks
100% Canadian, Grassfed,
Grain Finished \$70.53/KG

\$31⁹⁹ / LB



Chicken Thighs
Fresh, Raised Without Antibiotics,
100% Veggie Fed, \$13.21/KG

\$5⁹⁹ / LB



Sockeye Salmon Fillets
Previously Frozen or Frozen,
Value Pack

\$3⁹⁹ / 100G



Stapleton Sausages
Select Varieties,
Frozen
Varieties May Vary by Store

15% OFF



Greenfield Bacon
Raised Without Antibiotics, Canadian Raised, 375g

\$7⁹⁹ / EA

Freybe Lunch Meats
Ham, Lyoner, Beer Sausage,
Jagdwurst, 175g,
Varieties May Vary by Store



BUY 2 GET 1 FREE

CHOICES  MARKET

PARKSVILLE ANNIVERSARY SALE & COMMUNITY BBQ!

SEPTEMBER 6 TO 8



SAT, SEPT 7 ONLY

10% OFF
ENTIRE STORE*
INCLUDING SALE ITEMS

3-Day Community BBQ

- Friday, Sept. 6 to Sunday, Sept. 8
from 11:00am – 2:00pm
- Spin the Wheel and win prizes!

**The first 50 customers each day
will receive a \$10 gift card.**

All proceeds will be donated to the Seniors Drop-In Centre.

319 Island Highway East, Parksville

*Anniversary sale offer valid at this location only. Sale not available online.
Excluding Lotto, Gift Card purchases and Pharmacy prescriptions.





**Uncle Luke's
Organic
Maple Syrup**
1L

\$24.99



**Remedy Organic
Kombucha**
4 Pack

\$6.99
plus deposit & eco fees



**Pukka
Organic Tea**
20 Bags

\$5.99



**Organic Bulk
Nuts & Seeds**
Select Varieties,
Selected Bins Only

20% OFF



**Galerie Au
Chocolat Organic
Chocolate Bars**
100g

\$5.49

**Island Gold
Large Brown Eggs**
1 Dozen



\$4.49



**L'Ancêtre
Organic
Cheese**
Select Varieties,
200g

\$7.99



**Nuts For
Cheese Organic
Fermented
Cashew Wedges**
120g

\$8.99

DISCOVER ORGANIC AND NATURAL CHOICES TO NOURISH YOUR BODY AND MIND



Amy's Meals
Also Bowls &
Entrées, Select
Varieties

\$6.99

Amy's Bean & Rice Burritos
Select Varieties, 170g



\$3.99



**Earth's Choice
Organic Canned
Tomatoes**
796ml

\$4.49



**Seasnax
Organic
Seaweed
Snacks**
5g

3 FOR \$4.98



**Phoeapolis
Organics Extra
Virgin Olive Oil**
750ml

\$18.99



**Chickapea
Organic
Pasta**
227g

\$4.99



**Karthain's
Organic
Sauerkraut**
Raw Unpasteurized,
Select Varieties,
750ml

\$9.99



**Better Than
Bouillon
Organic Base**
227g

\$8.99



**Western Rice
Mills Organic
Brown Rice**
Select Varieties,
907g

\$10.99



**Jordans
Morning Crisp
Cereal**
375g - 400g

\$5⁹⁹



**Bob's Red
Mill Oats**
794g - 907g

\$9⁹⁹

GLUTEN
FREE



**Tree Island
Grass-Fed
Gourmet Yogurt**
325g - 350g

\$3⁹⁹

PLANT
BASED



**Elmhurst
Milked Nuts
Beverages**
946ml

\$7⁹⁹

plus deposit & eco fees

DISCOVER
LOCAL



**Donia Farms
Grass Fed
Heritage Milk**
2L

\$5⁹⁹

plus deposit & eco fees



**Liberté
Yogurt**
4 Pack

\$4⁴⁹

DISCOVER
LOCAL



**Chasers 100%
Cold Pressed
Juice**
500ml

\$5⁹⁹

plus deposit & eco fees



**Armstrong
Cheese
Slices**
220g - 240g

\$4⁹⁹

DISCOVER
LOCAL



**Fraser Valley
Butter**
Salted or Unsalted,
454g

\$7⁴⁹

NOURISHING LIFESTYLES SINCE 1990

DISCOVER
LOCAL



**Hardbite
All Natural
Potato Chips**
128g - 150g

3 FOR \$9⁹⁹



**Tate's
Bake Shop
Cookies**
198g

\$6⁹⁹



**Nature's Bakery
Fig Bars**
6 Pack

\$6⁹⁹

DISCOVER
LOCAL



Daiya Pizza
Also Flatbread,
Select Varieties,
322g - 550g

\$7⁹⁹

PLANT
BASED



**Primal Kitchen
Avocado Oil
Dressings**
237ml

\$8⁹⁹



**Favuzzi
Pasta**
500g

\$5⁹⁹

DISCOVER
LOCAL



**Raincoast Trading
Wild Sockeye
Salmon**
Select Varieties, 160g

\$6⁹⁹

Hot Kid Rice Crisps Rice Crackers
Select Varieties, 100g



3 FOR \$7⁴⁷



**Pasta Tavola
Ravioli**
Frozen, 400g

\$9⁹⁹

PLANT
BASED

SEPTEMBER 5 TO 11

CHOICES  **MARKET**




PARKSVILLE ANNIVERSARY GIVEAWAY

Join us in the celebration of our
first anniversary as part of the incredible
Parksville community.

FEELING LUCKY?
WE'VE THROWN SEVEN \$100 GIFT CARDS TO BE WON!

Each day, from September 5 to 11,
we will draw a new winner and it could be you!

FREE \$100 GIFT CARD

SHOP ONLINE AT **CHOICES.MARKET**  /DiscoverChoicesMarket  @ChoicesMarket  @ChoicesMarket

PARKSVILLE, BC 319 Island Highway East, Parksville

DELI

PREPARED FRESH

DISCOVER
LOCAL



Choices Quiche
Assorted Varieties,
4 Inch

2 FOR \$10.00

DISCOVER
LOCAL



**Choices Broccoli
& Cheddar
Egg Muffins**
or Spinach & Feta,
80g ~ 90g

2 FOR \$3.00

DISCOVER
LOCAL



**Spanakopita or
Mushroom &
Parmesan Pies**
185g

2 FOR \$10.00

DISCOVER
LOCAL



**Choices
Croissant
Sandwiches**
Turkey, Ham,
Egg Salad or
Chicken Salad

\$7.99 / EA

DISCOVER
LOCAL



**Rosstown
Roasted Half
Chickens**

\$6.99 / EA

DISCOVER
LOCAL



**Habibi's
Hummus or Dips**
200g ~ 240g

\$3.99 / EA



**Choices
Organic
Cheeses**
Assorted Varieties

15% OFF



**Cows Creamery
1, 2 or 3 Year
Old Cheddar**
200g

20% OFF

DISCOVER
LOCAL



**Choices
Snack Trays**
Savory or Sweet,
200g ~ 220g

\$6.99 / EA

BAKERY

FRESH BAKED • WHOLESOME

Choices Multigrain Bread
530g



DISCOVER
LOCAL

\$5.99 / EA



Ozery Onebun
Including Buns or
Morning Rounds,
Snacking Rounds,
312g ~ 600g

20% OFF



**Choices Artisan
Half Fruit Pies**
280g

DISCOVER
LOCAL

\$5.99 / EA

DISCOVER
LOCAL



**Silver Hills
Sprouted Power
Organic Tortillas**
Assorted Varieties,
255g

\$4.99 / EA



Choices Cupcakes
including Mini Chocolate
Ganache & Carrot,
4 Pack

DISCOVER
LOCAL

\$3.99 / EA

GLUTEN
FREE

NEW



**Adian's
Fermented
Sourdough Bread**
500g

\$8.99 / EA

**ANNIVERSARY SALE
& COMMUNITY BBQ**

JOIN US SATURDAY, SEPTEMBER 7

To celebrate Choices Parkville anniversary!



10% OFF
ENTIRE STORE*
INCLUDING SALE ITEMS

*Anniversary sale offer valid at Parkville location only.
Sale not available online.

3 DAY COMMUNITY BBQ!
SEPTEMBER 6, 7 & 8

319 Island Hwy East, Parksville

- Community BBQ from 11:00 AM to 2:00 PM each day,
with additional product giveaways via the spinning wheel.
- All proceeds will be donated to the Seniors Drop-In Centre.

The first 50 customers each day will receive a \$10 gift card.

* See website for details.

GROCERY

LOCAL • ORGANIC • SPECIALTY



Twinings Herbal Tea
20 Bags

\$5.49



Wedderspoon Raw Manuka Honey
K Factor 12 or 16, 500g

\$15 OFF



Ben & Jerry's Ice Cream
473ml

\$5.99



Echoclean Concentrated Liquid Laundry Wash
1.5L

\$8.99



Bonne Maman Jam
250ml

\$5.99



We Love Van Liquid Honey
Select Varieties, 500g

\$8.99



Daiya New York Style Cheezecake
400g

\$6.99



Nature Clean Liquid Dish Detergent
Also Multi Surface Cleaners, 740ml

\$4.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Living Alchemy Your Flora Series
Also Fermented Activated Herbals, Assorted Varieties & Sizes

30% OFF



MegaFood Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF

BioSil, Medi-C, Sealicious, Preffered and Vegiday Supplements

Assorted Varieties & Sizes

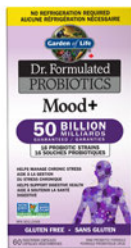


25% OFF



Progressive Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Garden of Life Dr. Formulated Probiotics
Assorted Varieties & Sizes

20% OFF



NutraVege Omega-3 Plant DHA & EPA
Assorted Varieties & Sizes

15% OFF



AOR Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



Nuun Hydration Electrolytes
Sport, Boost, Immunity & Vitamin Tabs, Assorted Varieties & Sizes

\$9.29

Ener-C Effervescent Drink Mix

Vitamin C or D, Assorted Varieties, 24 - 30 Pack



\$15.29



Genuine Health Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



The Green Beaver Body Care
Also Face & Sun Care, Assorted Varieties & Sizes

20% OFF



Organyc Organic Feminine Hygiene
Assorted Varieties & Sizes

20% OFF

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

@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

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.