



# CHOICES MARKET

100% BC OWNED AND OPERATED

# PARKSVILLE WEEKLY CHOICES!

Special Parksville Edition Prices Effective • September 19 - 25, 2024

**SPECIAL PRICE**

**Top Sirloin Steaks or Roast**  
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, \$22.02/KG

**YOU SAVE 39%**

**\$9.99 / LB**

**SPECIAL PRICE**

**Organic Honeycrisp Apples**  
BC Grown, 1.36 kg Bag

**YOU SAVE \$2.00**

**\$7.98 / EA**

**DISCOVER LOCAL**

**Gala Apples**  
BC Grown, \$3.26/KG

**YOU SAVE 57%**

**\$1.48 / LB**

CHOICES MARKET

WEDNESDAY, SEPT. 25 ONLY

**ONE DAY SALE & COMMUNITY BBQ!**

**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.

**DISCOVER LOCAL**

**La Tortilla Factory Wraps & Tortillas**  
Assorted Varieties, 240g - 496g

**25% OFF**

**DISCOVER LOCAL**

**Spanakopita**  
Also Mushroom & Parmesan Pies, 185g

**YOU SAVE \$1.98**

**2 FOR \$10.00**

**L'Ancêtre Organic Cheese**  
Select Varieties, 200g & 250g

**YOU SAVE UP TO 23%**

**\$7.99**

**Canadian Heritage Organics Maple Syrup**  
500ml

**YOU SAVE 24%**

**\$13.99**

**Organic Bulk Foods Fruits, Nuts & Seeds**  
Make Your Own Mix  
Loose & Pre-Packaged, Select Varieties

**20% OFF**

**The Green Beaver Face Care, Body Care & Suncare**  
Assorted Varieties & Sizes

**20% OFF**

**FEATURED CHOICE**

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

**\$47.99**

**DISCOVER LOCAL**

**YOU SAVE 28%**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Green & Red Grapes**  
USA Grown,  
\$10.98/KG

**\$4.98 / LB**

DISCOVER LOCAL



**Organic Bunched Spinach**  
BC Grown

**\$3.48 / EA**

**Organic Romaine Lettuce**  
Also Green Leaf, Red Leaf, BC Grown

DISCOVER LOCAL



**\$2.98 / EA**

**Mixed Coloured Peppers**  
Canada Grown,  
907g Bag

**\$5.98 / EA**



**Everyday Bouquet**  
**\$14.98 / EA**

# MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



DISCOVER LOCAL

**\$7.99 / LB**

**Thomas Reid Organic Chicken Drumsticks**

Free Range, Non-GMO, Air Chilled,  
Fraser Valley Raised, \$17.61/KG



**\$8.99 / LB**

**Beef Stir Fry**

100% Grass Fed, Raised Without Antibiotics,  
Pasture Raised, \$19.82/KG



WESTERN CANADIAN

**\$5.99 / LB**

**Boneless Pork Shoulder Butt Roast or Steaks**

Raised Without Antibiotics, Fresh, \$13.21/KG



DISCOVER LOCAL

**\$8.99 / LB**

**Boneless Skinless Chicken Thighs**

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



**\$3.99 / 100G**

**Wild Sockeye Salmon Fillets**

Previously Frozen or Frozen, Value Pack



DISCOVER LOCAL

**2 FOR \$14.00**

**Soup Etc Fresh Soups**

Select Varieties, 700ml



DISCOVER LOCAL

**Duso's Stuffed Pasta**  
Select Varieties,  
250g - 300g

**\$6.49**

**Freybe's Rhineland Bacon**  
Double Smoked,  
375g

GLUTEN FREE

DISCOVER LOCAL



**\$7.99**





**Salt Spring  
Organic Whole  
Bean Coffee**  
400g



**\$13<sup>99</sup>**



**Nuts to You  
Nut Butters**  
Select Varieties,  
Organic &  
Non-Organic

**30% OFF**



**Bonne Maman  
Jam & Jelly**  
250ml

**\$5<sup>49</sup>**



**Brüst Cold Brew  
Protein Coffee**  
330ml

**\$2<sup>99</sup>**  
plus deposit & eco fees



**Organic  
Traditions  
Dried Fruit**  
Select Varieties

**20% OFF**



**Bob's Red Mill  
Rolled Oats**  
Select Varieties,  
794g & 907g

**\$9<sup>99</sup>**



**Stash Tea**  
Select Varieties,  
18 - 20 Bags

**\$4<sup>49</sup>**



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

**\$6<sup>99</sup>**



**Jordans  
Morning Crisp  
Granola**  
375g & 400g

**\$5<sup>99</sup>**

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



**Angie's  
Boomchickapop  
Popcorn**  
Also Puffs,  
Select Varieties,  
125g - 198g

**\$4<sup>49</sup>**



**Hippie Snacks  
Crisps**  
70g



**\$4<sup>99</sup>**



**Barbara's  
Cheez Puffs**  
155g & 198g

**\$2<sup>99</sup>**



**Gerolsteiner  
Carbonated Natural  
Mineral Water**  
750ml

**\$3<sup>99</sup>**  
plus deposit & eco fees



**Guayaki Organic  
Yerba Mate**  
473ml

**2 FOR \$6<sup>00</sup>**

plus deposit & eco fees



**Pulp & Press  
Organic Elixer  
Wellness Shot**  
70ml

**\$3<sup>29</sup>**

plus deposit & eco fees



**Ritter Sport  
Chocolate Bars**  
Select Varieties,  
100g

**3 FOR \$9<sup>99</sup>**



**Haribo  
Gummies**  
170g - 175g

**2 FOR \$7<sup>00</sup>**



**Pro Bar  
Meal On The  
Go**  
Select Varieties,  
85g

**\$3<sup>49</sup>**

# CHOICES MARKET

## ONE DAY SALE & COMMUNITY BBQ!

### AT OUR PARKSVILLE LOCATION ONLY



ENJOY THIS  
**LIMITED TIME  
OFFER**  
JUST FOR YOU!

**WEDNESDAY, SEPTEMBER 25 ONLY**

# 15% OFF\*

**YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE THROUGHOUT THE ENTIRE STORE.**

\*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions. Sale not available online.

Sale offer valid at Parksville location only.

**Community BBQ from 11:00am – 2:00pm.**

All proceeds will be donated to Forward House Community Society.



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



**Organic Meadow  
Organic  
2% Milk**  
4L

**\$9.99**  
plus deposit & eco fees



**Natur-A Organic  
Oat, Soy & Rice  
Beverages**  
946ml

**2 FOR \$6.00**  
plus deposit & eco fees



**Dairyland  
Organic Milk**  
1.89L

**\$5.49**  
plus deposit & eco fees



**Nature's Farm Organic  
Omega 3 Large Eggs**  
1 Dozen

**\$8.99**



**Only Goodness  
Organic  
Smoothie Blend**  
Frozen, 500g

**\$4.99**



**Donia Farms  
Grass Fed  
Yogurt**  
650g

**\$4.99**



**Cows Creamery Sea Salted Butter**  
Also Unsalted, 250g



**\$7.99**



**Melt Organic  
Buttery Spreads**  
368g & 454g

**\$5.49**



**Greek Gods  
Organic  
Yogurt**  
500g

**\$6.49**

**NOURISHING LIFESTYLES SINCE 1990**



**Amy's  
Frozen Entrées**  
Also Bowls,  
Select Varieties

**\$6.99**



**Carbone  
Pasta Sauce**  
660ml

**\$10.99**



**Maison Orphée  
Organic  
Extra Virgin  
Olive Oil**  
Select Varieties,  
750ml

**\$22.99**



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

**\$4.49**



**Rizopia Organic  
Brown Rice  
Pasta**  
Select Varieties,  
340g & 454g

**\$2.99**



**Primal Kitchen  
Dressings**  
237ml

**\$9.99**



**Bar Harbor  
Clam Chowders**  
Also Whole Clams,  
Select Varieties,  
398ml & 184g

**\$4.99**



**Earth's Choice  
Organic Beans**  
No Salt Variety Only,  
398ml

**2 FOR \$6.00**



**Lisc  
Pickled Dill  
Cucumbers**  
Also Sauerkraut,  
750ml & 900ml

**\$5.99**



# DELI PREPARED FRESH



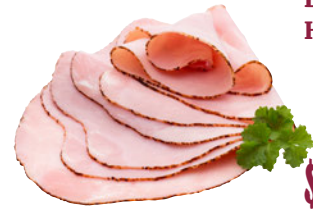
**Nicli Artisan Pizza**  
12 Inch, Assorted Varieties

**\$15.99 / EA**



**Summer Fresh Hummus Toppers**  
Assorted Varieties, 255g

**\$5.49 / EA**



**Black Forest Ham**

**\$2.99 / 100g**



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

**\$9.99**



**Sausage Rolls**  
Turkey or Beef, 130g

**2 FOR \$6.00**



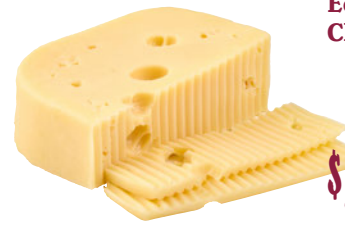
**Sliced Sundried Tomato Turkey Breast**

**\$3.99 / 100g**



**Parmigiano Reggiano Cheese**

**\$4.99 / 100g**



**Edam Cheese**

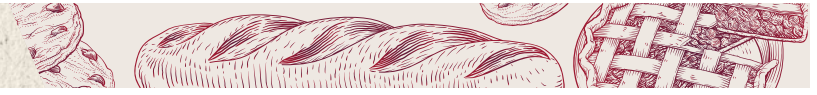
**\$3.49 / 100g**



**Choices Organic Cheeses**  
Assorted Varieties

**20% OFF**

# BAKERY FRESH BAKED • WHOLESOME



**Choices Pumpkin Pie**  
8 Inch

**\$9.99**



**Choices Festival Garlic & Cheddar Bread**  
200g

**\$5.99**

AVAILABLE FOR A LIMITED TIME



**Choices Cranberry Walnut Baguette**  
345g

NEW

**\$3.99**



**Choices Traditional Nanaimo Bars**  
Also Peanut Butter or Espresso, 70g - 85g

**2 FOR \$6.00**



**Silver Hills Sprouted Power Bread**  
Assorted Varieties, 430g - 615g

**2 FOR \$9.00**



**Alkeme Country Sourdough Bread**  
725g

**\$9.99**

**PARKSVILLE ONE DAY SALE**

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\*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions. One Day sale offer valid at the Parksville location only. Sale not available online.

**WEDNESDAY, SEPT. 25 ONLY**

Join us at our Parksville location ONLY for our Community BBQ from 11:00am - 2:00pm.  
All proceeds will be donated to Forward House Community Society.



# GROCERY

LOCAL • ORGANIC • SPECIALTY



**Katz Donut Holes**  
170g

GLUTEN FREE

**\$4.49**



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

**\$10.99**



**Yves Veggie Weiners**  
Also Tofu Dogs & Slices, Select Varieties,  
120g - 275g

**\$4.49**



**Nature Clean Liquid Laundry Detergent**  
3L

**\$12.99**



**Lakanto Monkfruit Sweeteners**  
235g

**\$7.99**



**Lucky Foods Seoul Kimchi**  
396g

GLUTEN FREE

**\$7.99**



**San J Cooking Sauces**  
Select Varieties,  
296ml

**\$5.99**

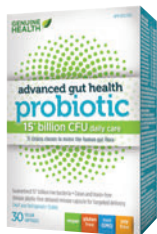


**Eco Max Ultra Dish Wash**  
740ml

**\$4.99**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



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

**20% OFF**



**Flora Udo's Choice 3.6.9 Blend**  
Also DHA Oil Blend, Assorted Varieties & Sizes

**20% OFF**



**Purica Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**Supplements**  
BioSil, Medi-C, Sealicious, Preferred and Vegiday, Assorted Varieties & Sizes

**25% OFF**

**Bio-K Plus Probiotics**  
Including Dairy & Vegan, Assorted Varieties, 6 Pack



**\$22.99**



**New Chapter Vitamins & Supplements**  
Assorted Varieties & Sizes

**15% OFF**



**Enerex Vitamins & Supplements**  
Assorted Varieties & Sizes

**20% OFF**



**withinUs TruMarine Collagen**  
Assorted Varieties & Sizes

**20% OFF**



**Derma E Facial Care**  
Also Body Care, Assorted Varieties & Sizes

**25% OFF**



**Gabriel Natural Cosmetics**  
Assorted Varieties & Sizes

**20% OFF**



**Dr. Bronner's Non GMO Organic Castile Soap**  
Assorted Varieties & Sizes

**\$22.99**



**The Kelowna Candle Factory Candles**  
Beeswax & Soy, Assorted Varieties & Sizes

**20% OFF**

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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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