

# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE HARVEST CHOICES!

Special Parksville Edition

Prices Effective • September 26 - October 2, 2024



### SPECIAL PRICE

**Ribeye Steaks**

or Roasts 100% Grass Fed,  
Raised Without Antibiotics,  
Pasture Raised, Value Pack

BUY 1 GET 1 **FREE**

### ORGANIC CHOICES



DISCOVER  
**LOCAL**

YOU SAVE  
**\$100/BAG**

FIRST OF THE SEASON

**\$6.98 / EA**

**Organic MacIntosh Apples**

BC Grown, 1.36 kg Bag



**Amy's Organic Soup**

398ml

YOU SAVE  
**33%**

**2 FOR \$8.00**



DISCOVER  
**LOCAL**

YOU SAVE  
**\$2.00**

**\$10.99 / EA**

**Choices Artisan Fruit Pies**

Assorted Varieties, 575g



DISCOVER  
**LOCAL**

NOW AVAILABLE

**\$15.99 / EA**

**Turkey Holiday Meal**

545g

### FEATURED CHOICE



DISCOVER  
**LOCAL**

YOU SAVE  
**\$12/LB**

**Organic  
Red Russian  
Jumbo Garlic**

BC Grown, \$35.23/kg

**\$15.98 / LB**



ALL ITEMS  
ON SALE

**Natural Factors  
Vitamins &  
Supplements**

Assorted Varieties  
& Sizes

**20% OFF**



**Crofter's Organic  
Premium Fruit  
Spread**

383ml

YOU SAVE  
**35%**

**\$5.99**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Hass Avocados**  
Imported

2 FOR \$5.00



**Organic Zucchini**  
BC Grown,  
\$5.47/KG

\$2.48 / LB



**Gourmet Bouquet**

\$24.98 / EA

**Organic Gold Potatoes**

BC Grown,  
2.27 kg Bag



\$6.98 / EA



**Navel Oranges**

South Africa Grown,  
1.81 kg Bag

\$6.98 / EA



**Asiatic Lily**

5 Stems

\$7.98 / EA



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$7.99 / LB

**Island Farm Poultry Chicken Breast**

Boneless, Skinless, Air Chilled,  
Value Pack, \$17.61/KG



\$8.99 / LB

**Beef Stew**

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



\$7.99 / LB

**Pork Tenderloin**

Raised Without Antibiotics, Fresh, \$17.61/KG



20% OFF

**Choices Own Sausages**

Raised Without Antibiotics, In-Store Made, Pork,  
Chicken or Turkey, Select Varieties



\$3.69 / 100G

**Steelhead Fillet**

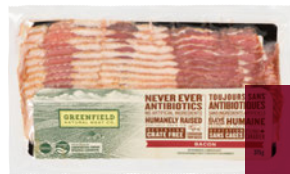
Fresh, Ocean Wise, Value Pack



**Maple Leaf Hot Dogs**

Filler Free, Natural  
Ingredients, 375g

2 FOR \$10.00



\$7.99 / EA

**Greenfield Bacon**

Raised Without Antibiotics, Canadian Raised, 375g

**Northern Glacier Black Tiger Prawn Rings**

Ocean Wise, Frozen,  
312g

\$12.99 / EA





DISCOVER  
LOCAL



**49th Parallel  
Organic Whole  
Bean Coffee**  
340g

**\$12<sup>99</sup>**



**Four O'Clock  
Tea Crafters  
Organic Tea**  
16 Bags

**4<sup>99</sup>**



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

**\$23<sup>99</sup>**



**Alter Eco  
Organic  
Chocolate Bars**  
75g - 84g

**\$3<sup>79</sup>**



**Cha's Organics  
Organic Coconut  
Milk**

Also Coconut Cream,  
Select Varieties,  
400ml

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



**Organic Meadow  
Organic Butter**  
Salted or Unsalted,  
454g

**\$12<sup>99</sup>**

DISCOVER  
LOCAL



**Que Pasa  
Organic Tortilla  
Chips**  
300g & 350g

**\$3<sup>69</sup>**



**Healthy Hooch  
Organic  
Kombucha**  
500ml

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

plus deposit & eco fees



**La Chauderie  
Organic Cheese**  
Select Varieties,  
168g - 200g

**\$7<sup>99</sup>**

DISCOVER **ORGANIC CHOICES** TO NOURISH YOUR BODY AND MIND



**Patience  
Organic  
Dried Fruit**  
Select Varieties,  
85g - 283g

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



**Earth's Choice  
Organic Peanut  
Butter**  
500g

**\$6<sup>49</sup>**



**Edward & Sons Organic  
Brown Rice Crackers**  
100g

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



**Farmer's Market  
Organic Pumpkin  
Puree**

Also Organic Butternut  
Squash, 398ml

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



**Pacific Foods  
Organic Soup**  
946ml ~ 1L

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



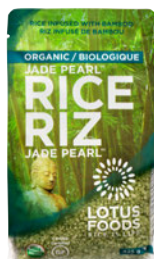
**Sunflower Kitchen  
Organic Hummus**  
227g

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



**Go-Bio Organic  
Bouillon Cubes**  
54g & 66g

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



**Lotus Foods  
Organic Jade  
Pearl Rice**

Select Varieties,  
425g

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



**Omega Nutrition  
Organic Apple Cider  
Vinegar**  
946ml

**\$7<sup>99</sup>**



# 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





**Earth's Own  
Naked Oat  
Beverage**  
Select Varieties, 1.75L

**\$4.49**  
plus deposit & eco fees



**Terra Premium Granola**  
800g & 850g

**\$13.99**

**Stahlbush Island Farms  
Sustainable Fruit**  
Select Varieties, Frozen, 283g - 300g



**\$4.99**



**Maison Riviera  
Petit Pots Yogurt**  
Select Varieties,  
4 Pack

**\$5.99**



**Siggi's  
Skyr Yogurt**  
Select Varieties,  
650g & 750g

**\$5.99**



**Earth Balance  
Buttery  
Spread**  
425g & 454g

**\$6.49**



**Barbara's  
Puffins Cereal**  
285g & 312g

**\$4.49**



**Danone Activia  
Probiotic  
Yogurt**  
12 Pack

**\$7.99**

## NOURISHING LIFESTYLES SINCE 1990



**Kettle Brand  
Potato Chips**  
Family Size Bag,  
368g

**\$4.99**



**Poptastic  
Popcorn**  
130g

**2 FOR \$7.00**



**Sonoma  
Creamery  
Cheese Crisps**  
64g

**\$4.99**



**Vita Coco  
Coconut Water**  
1L

**\$3.99**  
plus deposit & eco fees



**Loop  
Cold Pressed  
Juice**  
1L

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



**Woolwich  
Chevreai  
Goat Cheese**  
113g

**\$4.99**



**Allergy Smart  
Cookies**  
140g

**\$3.99**



**Smart Sweets  
Low Sugar  
Gummies**  
Select Varieties,  
50g

**\$3.79**



**Love Good  
Fats Keto  
Friendly Bars**  
39g & 40g

**2 FOR \$5.00**



# DELI

PREPARED FRESH



DISCOVER  
LOCAL

**Rosstown  
Roasted  
Half  
Chickens**

**\$6.99 / EA**



DISCOVER  
LOCAL

**Choices  
Ready To  
Eat Wraps**

**\$9.99 / EA**



DISCOVER  
LOCAL

**Happy Planet  
Soups**

Assorted Varieties,  
500ml - 650ml

**\$7.99 / EA**



DISCOVER  
LOCAL

**Habibi's  
Hummus &  
Dips**

200g - 240g

**\$4.99 / EA**



DISCOVER  
LOCAL

**Black  
Forest Ham**

**\$2.99 / 100g**



**German  
Cambozola  
Cheese**

**\$5.49 / 100g**



**Fontina  
Cheese**

**\$4.99 / 100g**



DISCOVER  
LOCAL

**Natural Pastures  
Cheese**

**20% OFF**



**Ile De France  
Brie Cheese**

**\$4.49 / 100g**

# BAKERY

FRESH BAKED • WHOLESOME



DISCOVER  
LOCAL

**Choices  
Cake Slices**

Assorted  
Varieties, 120g  
- 150g

**\$3.99**



DISCOVER  
LOCAL

**Choices  
Sourdough  
Levain  
Style Bread**

530g

**\$4.99**



DISCOVER  
LOCAL

**Choices Signature  
Cookies**

Assorted Varieties,  
12 Pack

**\$5.99**



DISCOVER  
LOCAL

**Choices Mini  
Butter Tarts**

4 Pack

**\$3.99**



DISCOVER  
LOCAL

**Carbonaut  
Low Carb Bread**

Select Varieties,  
355g - 544g

**\$6.99**



DISCOVER  
LOCAL

**Choices  
Pumpkin Pie**

8 Inch

**\$10.99**

GLUTEN  
FREE

**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



## Chosen Foods 100% Pure Avocado Oil

Also Avocado  
Mayonnaise,  
710ml - 750ml

**\$14.99**

## Raincoast Global Wild Yellowfin Tuna

Also Raincoast Trading Pink  
Salmon, Select Varieties,  
142g ~ 160g



**2 FOR \$7.00**



## Gardein Meat Alternatives

Select Varieties,  
190g ~ 390g

**\$6.49**



## Daiya Cheezecake

Frozen, 400g

**\$6.99**



## Naam Miso Gravy & Sauces

350ml

**\$6.99**



## Bubbies Pickles

Also Sauerkraut  
750ml & 1L

**\$9.99**

## Gusta Sausages

350g



**PLANT BASED VEGAN \$5.99**



## Wedderspoon Raw Manuka Honey

K Factor 16 or 12,  
500g

**\$15 OFF**

# WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



## Progressive Vitamins & Supplements

Assorted Varieties  
& Sizes

**20% OFF**



## St. Francis Herb Farm Herbal Supplements

Assorted Varieties  
& Sizes

**20% OFF**



## Sisu Ester-C Supplements

Assorted Varieties  
& Sizes

**20% OFF**



## Now Vitamins & Supplements

Assorted  
Varieties & Sizes

**20% OFF**



## AOR Vitamins & Supplements

Assorted Varieties  
& Sizes

**20% OFF**



## LeanFit Proteins

Organic Plant  
Based, Whey &  
Whey Isolate  
Assorted Varieties

**20% OFF**



## NutraSea Omega-3 Fish Oil Supplements

Select Varieties,  
Assorted Sizes

**15% OFF**



## Living Alchemy Your Flora Series

Also Fermented  
Activated Herbals  
Assorted Varieties &  
Sizes

**20% OFF**



## Mountain Sky Natural Body Bar Soap

Assorted Varieties,  
135g

**\$5.49**



## Oneka Hair & Body Care

Assorted Varieties  
& Sizes

**20% OFF**



## Mad Hippie Facial Care

Assorted Varieties  
& Sizes

**20% OFF**



## South of France Soaps

Bars or Liquids,  
Assorted Varieties,  
236ml or 170g

**\$7.99**

Shop online at [ChoicesMarket.com](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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