



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • October 31 - November 6, 2024

DISCOVER
LOCAL

SPECIAL PRICE

Organic
Hass Avocados
Imported

2 FOR 5⁰⁰

SPECIAL PRICE

All Boneless Skinless
Chicken Breast
Raised Without Antibiotics,
Conventional or Organic,
Value Pack

30% OFF

YOU SAVE
28%

DISCOVER
LOCAL

ALL NATURAL
FACTORS PRODUCTS
ON SALE



Natural Factors
Vitamins &
Supplements
Assorted Varieties
& Sizes

20% OFF

withinUs
TruMarine
Collagen
Assorted Varieties
& Sizes



DISCOVER
LOCAL

20% OFF



GLUTEN
FREE

YOU SAVE
36%

Made Good Organic
Granola Bars
Select Varieties, 5 Pack

2 FOR \$7⁰⁰

YOU SAVE
51%

\$7⁹⁹ / LB

Stewing Beef

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, \$17.61/KG



SPECIAL PRICE

\$3⁹⁸ / EA

Raspberries

Imported, 170g Pkg.

YOU SAVE
\$2⁰⁰

DISCOVER
LOCAL

Rosstown
Roasted
Chickens

YOU SAVE
\$1⁰⁰

\$12⁹⁹ / EA

DISCOVER
LOCAL

Choices Artisan
Half Fruit Pies

280g

YOU SAVE
\$1⁰⁰

\$6⁴⁹ / EA

FEATURED CHOICE

Kicking Horse
Organic Ground
Coffee
284g

\$10⁹⁹

FAIR
TRADE

YOU SAVE
32%



PRODUCE FRESH • LOCAL • ORGANIC

DISCOVER
LOCAL

Organic Red or Yellow Nugget Potatoes
Grown in BC,
\$7.67/KG

\$3.48 / LB



DISCOVER
LOCAL

Hot House Tomatoes
Grown in BC,
\$5.03/KG

\$2.28 / LB



Gourmet Bouquet

\$24.98 / EA



Organic Pomegranate
Grown in USA

\$2.98 / EA



Cauliflower
Grown in USA

\$4.48 / EA



Asiatic Lily

\$7.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$14.99 / LB

Ribeye Steaks

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, \$33.05/KG



DISCOVER
LOCAL

\$7.99 / LB

Split Chicken Wings

100% Veggie Fed, Raised Without Antibiotics,
Fresh, \$17.61/KG



WESTERN
CANADIAN

6.99 / LB

Pork Tenderloin

Raised Without Antibiotics, Fresh
\$15.41/KG



Cod or Sole Fillets
Ocean Wise,
Fresh

20% OFF

WILD
CAUGHT



DISCOVER
LOCAL

\$9.99 / EA

Rosstown Farms Chicken Breast Kabobs

Raised Without Antibiotics, 100% Veggie Fed, 400g



GLUTEN
FREE

CANADIAN

Greenfield Bacon

Raised Without Antibiotics,
Vegetable Grain Fed, 375g

\$7.99 / EA



Smash'Em's Potatoes
Fresh, Select
Varieties, 1kg

\$9.99 / EA

Freybe European Wieners

Also Bavarian Smokies,
European Frankfurters,
500g - 600g

\$9.99 / EA



ONLINE CHOICES

NOW HERE

Click & Collect on all your
favourite local, organic and
specialty food and wellness items!



DISCOVER MORE AT:
Choices.Market





**Earthbound Farm
Organic
Vegetables**
Frozen, 300g

2 FOR \$7⁰⁰



**Holy Napoli
Pizza**
Frozen,
365g - 425g

\$9⁹⁹



**Carbone
Pasta Sauce**
660ml

\$10⁹⁹



**Karine & Jeff
Soups**
780ml

\$12⁹⁹



**Bar Harbor
Clam Chowder**
Also Whole Clams,
398ml & 184g

\$4⁹⁹



**Garofalo
Pasta**
500g

2 FOR \$7⁰⁰



**Laiki
Rice Crackers**
100g

2 FOR \$7⁰⁰



**Bechtel
Broad Egg
Noodles**
500g

\$4⁹⁹



**Amy's
Organic Chili**
398ml

\$6⁴⁹

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



**Zevia
Zero Sugar
Soda**
6 Pack

\$6⁴⁹

plus deposit & eco fees



**Thirsty Buddha
Organic
Coconut Water**
1L

\$4⁹⁹

plus deposit & eco fees



**Healthy Hooch
Organic
Kombucha**
500 ml

\$3⁹⁹

plus deposit & eco fees



**Pulp & Press
Organic Elixir**
70 ml

\$2⁹⁹

plus deposit & eco fees



**La Cocina
Tortilla Chips**
300g - 400g

2 FOR \$7⁰⁰



**NoochPop!
Savoury Popcorn**
120g

\$4⁴⁹



**Smart Sweets
Low Sugar
Gummies**
45g & 50g

2 FOR \$7⁰⁰



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

2 FOR \$5⁰⁰



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

\$6⁹⁹



**Earth's Choice
Organic
Whole Bean
Coffee**
340g

\$10⁹⁹



**Genuine
Organic Tea**
15 Bags

\$6⁹⁹



**Happy Planet
Organic Juice**
Also Smoothies,
Select Varieties,
1.75L & 900ml

\$5⁹⁹

plus deposit & eco fees



**Island Gold
Organic Large Eggs**
One Dozen

\$7⁹⁹



**Yoggu!
Coconut Yogurt**
450g

\$6⁹⁹

**GLUTEN
FREE**



**Donia Farms
Grass Fed Yogurt**
650g

\$5⁴⁹



**Dairyland
Organic Milk**
1.89L

\$5⁹⁹

plus deposit & eco fees

**DISCOVER
LOCAL**



**Califia Farms
Oat & Almond
Beverages**

Also Cold Brew &
Creamers, Select Varieties

25% OFF

plus deposit & eco fees



**Bulk
Organic Berries**
Includes Blueberries,
Raspberries and Mixed
Berries, Assorted Sizes

20% OFF

NOURISHING LIFESTYLES SINCE 1990



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

\$5⁹⁹



**Nature's Path
Organic
Hot Oatmeal**
Select Varieties,
8 Pack

\$4⁹⁹



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

\$4⁹⁹



**Nature's Path
Organic Cereal**
Select Varieties,
284g - 400g

\$5⁴⁹



**Nature's Nuts
Organic
Peanut Butter**
500g

\$7⁹⁹



**Crofter's
Organic Jam**
383ml

\$6⁹⁹



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

\$7⁹⁹



**Armstrong
Cheese Slices**
220g & 240g

\$5⁹⁹



**Saputo
Feta Cheese**
200g

\$4⁹⁹

DELI

PREPARED FRESH

DISCOVER
LOCAL



**Nicli
Artisan Pizza**
12 inch

\$16.99 / EA

DISCOVER
LOCAL



**Vancouver
Soup Company
Soups**
700 ml

\$7.99 / EA



**Summer Fresh
Hummus
Toppers**
255g

\$5.49 / EA

DISCOVER
LOCAL



**Vegetable
Herb Samosa**
160g

2 FOR \$6.00

DISCOVER
LOCAL



**Pepper or
Rosemary
Ham**

\$3.49 / 100G



**Roasted
Root Vegetable
or Potato
Side Dishes**

\$1.59 / 100G



**L'Extra
Brie Cheese**

\$3.99 / 100G



**Castello
Cheese Slices**
Assorted Varieties,
125g - 175g

\$7.49 / EA



**Havarti
Cheese**

\$2.99 / 100G

BAKERY

FRESH BAKED • WHOLESOME

DISCOVER
LOCAL



**Choices
Halloween
Sugar
Cookies**
150g

\$4.49 / EA

DISCOVER
LOCAL



Choices Loaf
Pumpkin Spice, Banana
and Orange Cranberry,
300g - 450g

\$7.99 / EA

DISCOVER
LOCAL



**Choices Cranberry
Walnut Loaf**
or Caramelized Onion
Loaf, 420g

\$5.99 / EA

DISCOVER
LOCAL



**Choices
Wheat Free
Muffins**
Select Varieties,
4 Pack

\$5.99 / EA

DISCOVER
LOCAL



**Uprising
Breads**
100% Whole Wheat
or Buttermilk
Honey, 650g

\$4.99 / EA

DISCOVER
LOCAL



**Uprising Breads
Jumbo
Gingersnap
Cookies**
6 Pack

2 FOR \$9.00



**English
Muffins**
6 Pack

2 FOR \$4.00



**Little Northern
Bakehouse
Bagels**
5 Pack

\$6.99 / EA

PARKSVILLE ONLINE CHOICES
NOW HERE

Click & Collect on all your favourite local,
organic and specialty food and wellness items!



DISCOVER MORE AT:
Choices.Market



GROCERY

LOCAL • ORGANIC • SPECIALTY



Wedderspoon Organic Manuka Honey Cough Drops
120g

\$8.99



Vortex 9.5 High Alkaline Water
1.5L

2 FOR \$5.00

plus deposit & eco fees



Bag To Earth Food Waste Bags
10 Pack

\$6.99



Nellie's All-Natural Laundry Soda
1.5kg

\$19.99



Only Goodness Organic Honey
375g

\$6.99



Only Goodness Organic Brown Flaxseed
453g & 500g

\$6.99



Only Goodness Organic Household Cleaners
710ml & 950ml

\$3.99



Only Goodness Organic Dish Soap
532 ml

\$2.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

COLD & FLU RELIEF



Organika Bone Broth
Chicken, Beef
Original or Ginger, 300g

\$42.99



Host Defense Mushroom Supplements
Assorted Varieties & Sizes

20% OFF



Ener-C Effervescent Vitamin C
or Vitamin D Drink Mix,
Assorted Varieties, 24's - 30's



\$15.29



Flora Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

Boiron Homeopathic Remedies
Assorted Varieties & Sizes



20% OFF



Renew Life Probiotics
Assorted Varieties & Sizes

20% OFF



Platinum Naturals MultiVitamins
Assorted Varieties & Sizes

20% OFF



Genuine Health Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



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



\$49.99



Desert Essence Shampoo or Conditioner
Assorted Varieties,
236 ml

\$9.99

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



20% OFF



The Kelowna Candle Factory Beeswax & Soy Candles
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

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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