



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE FAIR TRADE CHOICES!

COMING
SOON

FRESH TURKEYS

See last page for more
Meat choices

Special Parksville Edition Prices Effective • October 3 - 9, 2024

SPECIAL PRICE

Organic Bananas
Grown in Peru,
\$2.16/KG

98¢/LB

FAIR TRADE

YOU SAVE 17%

SPECIAL PRICE

Organic Hass Avocados
Grown in Mexico

2 FOR \$5.00

FAIR TRADE

YOU SAVE 37%

FAIR TRADE

Camino Organic Chocolate Chips
Also Organic Hot Chocolate,
200g - 336g

YOU SAVE 30%

\$7.99 / EA

FAIR TRADE

Mid-Day Squares Functional Bar
33g

YOU SAVE 29%

\$1.99 / EA

FAIR TRADE

Numi Organic Tea
Select Varieties, 16 - 18 Bags

\$5.99 / EA

YOU SAVE 29%

FAIR TRADE

Wholesome Foods Organic Sweeteners
Select Varieties

25% OFF

Numi Organic Tea
Select Varieties, 16 - 18 Bags

YOU SAVE 29%

Wholesome Foods Organic Sweeteners
Select Varieties

25% OFF

FAIR TRADE

Earth's Choice Fair Trade Coffee
12 oz

YOU SAVE 47%

\$1.00

fair for life

Alaffia Everyday Shea Hair and Body Care
Assorted Varieties, 950ml

YOU SAVE 31%

\$19.99

FAIR TRADE

Salt Spring Organic Coffee
Whole Bean, 400g

YOU SAVE \$5.00

\$13.99

DISCOVER LOCAL

BLUE HERON
Organic, Fair Trade
Medium Dark Roast
400g / 14.1oz

PRODUCE FRESH • LOCAL • ORGANIC

DISCOVER
LOCAL

Organic Grape Tomato
Grown in BC, 1 Dry Pint



\$5.98 / EA

DISCOVER
LOCAL

Long English Cucumber
Grown in BC



\$1.98 / EA

Gourmet Bouquet



\$24.98 / EA

Honeycrisp Apples

Grown in BC,
\$5.47/KG



\$2.48 / LB

DISCOVER
LOCAL

Organic Green Beans

Grown in BC,
\$9.88/KG



\$4.48 / LB

DISCOVER
LOCAL

Mini Carnations

\$7.98 / EA



WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

DISCOVER
LOCAL



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

\$52.99



Platinum Naturals Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



CanPrev Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

DISCOVER
LOCAL



Natural Factors Vitamin C Supplements
Assorted Varieties & Sizes

15% OFF



Bio-K Plus Probiotics
including Dairy and Non-Dairy,
Assorted Varieties,
12 Pack

\$43.99

DISCOVER
LOCAL



Organika Vitamins & Supplements
Assorted Varieties & Sizes

30% OFF

DISCOVER
LOCAL



Flora Digestive Enzymes
Assorted Varieties & Sizes

20% OFF



Joy of the Mountains Oil of Oregano
Assorted Sizes

20% OFF



Santevia Alkaline Water Pitchers
Also Water Systems & More, Assorted Varieties & Sizes

20% OFF



Herbatint Natural Permanent Hair Colour
Assorted Varieties,
1 Kit

\$16.29



Weleda Face Care & Body Care
Assorted Varieties & Sizes

20% OFF



Dr. Bronner's Pure-Castile Soap
Non-GMO, Assorted Varieties,
237ml

\$7.49



Island Gold Free Run Eggs

Large, 1 Dozen



\$5.49

Organic Meadow Grass Fed Organic Butter

250g



\$10.99



Only Goodness Organic Blueberries

Frozen, 600g

\$6.99



Earth's Own Almond Beverage

Also So Nice Fresh Organic Almond Beverage, 1.75L & 1.89L

\$4.49

plus deposit & eco fees



Dairyland Lactose Free Milk

1.89L

\$5.99

plus deposit & eco fees



Saugeen Country Organic Yogurt

908g

\$5.49



Frog Friendly Organic Whole Bean Coffee

340g

\$14.99



Celestial Seasonings Herbal Tea

20 Bags

\$3.99



Capilano Organic Honey

375g

\$7.49

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



Sigdal Bakeri Crispbread

190g & 220g

\$5.99



Hornby Organic Energy Bar

80g

2 FOR \$5.00



Whittaker's Chocolate Bars

200g & 220g

\$5.99



L'Ancêtre Organic Cheese

Select Varieties, 325g

\$10.99



Armstrong Cheese Slices

220g & 240g

\$5.99



McVitie's Digestive Cookies

300g & 400g

\$4.49



Prana Organic Trail Mix

Also Nuts, Chia & Flax Seeds, Select Varieties

25% OFF



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





Rise Organic Kombucha
414ml

3 FOR \$9.99
plus deposit & eco fees



Guayaki Organic Yerba Mate Tea
458ml

2 FOR \$5.00
plus deposit & eco fees



Good Drink Natural Iced Tea
Also Lemonade,
473ml

\$2.99
plus deposit & eco fees



Whistler Glacial Spring Water
1L

2 FOR \$3.00
plus deposit & eco fees



Vita Coco Coconut Water
500ml

\$2.49
plus deposit & eco fees



Athletic Brewing Non-Alcoholic Beer
6 Pack

\$10.99
plus deposit & eco fees



Berri Fresh Cold Pressed Juice
370ml

\$4.49
plus deposit & eco fees



Covered Bridge Potato Chips
142g & 170g

\$3.49



Nora Seaweed Snacks
32g & 45g

\$4.49

NOURISHING LIFESTYLES SINCE 1990



Quesava Samosas, Perogies & Poppers
Frozen, 200g - 240g

\$6.99



Sprague Organic Soup
Select Varieties,
398ml

2 FOR \$8.00



Wildbrine Raw Organic Sauerkraut
Also Kimchi 500ml

\$7.99



Earth's Choice Organic Extra Virgin Olive Oil
1L

\$24.99



Better Than Bouillon Base
Select Varieties,
Including Vegan Bases, 227g

\$6.99



Thai Kitchen Coconut Milk
Also Curry Paste,
750ml & 112g

\$4.69
plus deposit & eco fees

Delverde Pasta
250g & 450g



2 FOR \$5.00



Antico Organic Pasta Sauce
700ml

\$6.99



Bella Sun Luci Sun Dried Tomatoes with Olive Oil & Herbs
251ml

\$7.99

DELI

PREPARED FRESH



Choices Catering Party Trays

Ask for details in-store or find the brochure at Choices.Market



Rosstown Roasted Chickens

\$12.99 / EA



Pumpkin Fritters

Also Yam or Kale & Corn, Wheat Free

\$3.99 / 100G



Choices Hot Chili
Turkey or Beef
16 oz

\$5.99 / EA



Choices Signature Sandwiches
130g - 200g

\$6.49 / EA



Vitale Italian Prosciutto

Also Salami, 100g

\$10.99 / EA



Paris Toasts
Also Organic & Whole Wheat
80g

2 FOR \$5.00



Jarlsberg Cheese

\$4.99 / 100G



Divina Spreads
Assorted Varieties

\$8.99



Boursin Cheese
150g

\$6.99

BAKERY

FRESH BAKED • WHOLESOME



Choices Muffins
Assorted Varieties,
4 Pack

\$5.99



Choices Vegan Chocolate Crunch Cookies
Also Almond Crunch,
6 Pack

\$6.99



Choices Party Cakes
Including Tiramisu,
600g - 750g

\$19.99



Choices Apple Crisp Pie
8 Inch

\$11.99



Choices Thanksgiving Cookies
350g

\$8.99



Choices Apple Cinnamon Muffins
Also Blueberry Lemon, 4 Pack

\$5.99



Wendel's Family Size Bars
540g - 660g

\$11.99



Silver Hills Sprouted Power Organic Breads
510g - 680g

2 FOR \$9.00



Choices Turkey Holiday Meals & All the Fixings Now Available In Store

GROCERY

LOCAL • ORGANIC • SPECIALTY



Righteous Gelato

Also Sorbetto, 473ml

\$6⁹⁹



Gay Lea Real Coconut Whipped Topping

Also Real Whipping Cream, 225g

\$5⁹⁹



Orchid Organic Pure Vanilla Extract

100ml

\$10⁹⁹



Caboo Sustainable Bamboo Bath Tissue

12 Double Rolls

\$9⁹⁹



Avalon Organic Ice Cream

946ml

\$11⁹⁹



True Taste Cafe Belgian Waffles

400g

\$7⁹⁹



Organic Bulk Assorted Baking Products, Flour & Nuts

Loose & Pre-Packaged, Select Varieties

20% OFF



V.I.P. Dish Soap

740ml

\$3⁴⁹

MEAT & SEAFOOD

RESPONSIBLY RAISED • PREMIUM QUALITY



ISLAND LOCAL

\$3⁴⁹ / LB

Island Farm Poultry Whole Frying Chicken

Air Chilled, Fresh, \$7.69/KG



\$12⁹⁹ / LB

Striploin Grilling Steak

100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, \$28.64/KG



DISCOVER LOCAL

\$3⁹⁹ / LB

Chicken Drumsticks

100% Veggie Fed, Raised Without Antibiotics, Fresh, Value Pack, \$8.80/KG



WILD CAUGHT

Halibut Fillets

Fresh, Ocean Wise

\$6⁹⁹ / 100G



WESTERN CANADIAN

Pork Back Ribs

Raised Without Antibiotics, Fresh, \$17.61/KG

\$7⁹⁹ / LB



Legends Haul Burgers, Grinds, Sausages

Frozen

25% OFF



WILD CAUGHT

Ahi Tuna Steaks

Ocean Wise, Previously Frozen or Frozen, 6oz

\$3⁹⁹ / EA



MADE LOCAL

Shorba Bone Broth

Frozen, 750ml

\$11⁹⁹ / EA



GLUTEN FREE

Taste Republic Pasta

Varieties May Vary by Store, 250g - 340g

25% 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



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.