

CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • October 17 - October 23, 2024



DISCOVER LOCAL

SPECIAL PRICE

Lean Ground Beef
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, \$15.41/KG

\$6.99 / LB

YOU SAVE 49%

Organic Gala Apples
Grown in BC, 1.36kg Bag

\$6.98 / EA

YOU SAVE \$1.00 / BAG

DISCOVER LOCAL



Andalou Naturals
Face Care and Body Care Products
Assorted Varieties & Sizes

25% OFF



Cha's Organics
Organic Coconut Milk
Also Organic Coconut Cream, Select Varieties, 400ml

\$3.99

YOU SAVE 33%

FAIR TRADE



Lily's
Chocolate Bars
No Sugar Added, 80g & 85g

\$3.99

YOU SAVE 33%

FAIR TRADE



SPECIAL PRICE

Strawberries
Grown in USA, 454g Pkg.

\$5.98 / EA

YOU SAVE \$2.00 / PKG.

FEATURED CHOICE



Kicking Horse
Organic Whole Bean Coffee
Select Varieties, 454g

\$14.99

YOU SAVE 26%

FAIR TRADE



DISCOVER LOCAL

Rosdown
Roasted Half Chickens

YOU SAVE \$1.00

\$6.99 / EA



DISCOVER LOCAL

Silver Hills
Sprouted Power Breads
430g - 615g

YOU SAVE 38%

2 FOR \$8.00

PRODUCE FRESH • LOCAL • ORGANIC



Organic Hass Avocados
Grown in Mexico,
Bag of 3

\$5.98 / EA



Organic Lemons
Grown in Mexico,
907g Bag

\$6.48 / EA



Gourmet Bouquet

\$24.98 / EA

Organic Celery

Grown in USA,
\$4.37/KG



\$1.98 / LB

Nante Carrots

Grown in BC,
1.36kg Bag



\$3.98 / EA

Lily Bouquet



\$8.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$8.99 / LB

Inside Round Roast or Steaks

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



\$4.99 / LB

Boneless Pork Sirloin Roast or Chops

Raised Without Antibiotics,
Fresh, \$11.00/KG



\$7.99 / LB

Island Farm Poultry Chicken Breasts

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



\$8.99 / LB

Pork Schnitzel

Fresh, Made in Store, Raised Without Antibiotics,
\$19.82/KG



\$3.29 / 100G

Sable Fish Fillets

Fresh, Ocean Wise



Duso's Pasta
Select Varieties,
250g ~ 300g

\$6.49 / EA

Northern Glacier Raw Black Tiger Prawns

Ocean Wise, Frozen,
41 - 50 Count, 340g

\$8.99 / EA



GLUTEN FREE

\$12.99 / EA

Harvest Bacon

500g



Happy Planet Organic Valencia Orange Juice
1.75L

\$6.99

plus deposit & eco fees



Bremner's 100% Blueberry Juice
Also 100% Cranberry,
946ml

\$12.99

plus deposit & eco fees



Health-Ade Organic Kombucha
473ml

2 FOR \$8.00

plus deposit & eco fees



Covered Bridge Potato Chips
Also Lela's Chickpea Chips,
120g - 170g

\$3.49



GoMacro Organic Protein Bars
59g - 69g

2 FOR \$7.00



Fiji Natural Artesian Water
1L

\$2.99

plus deposit & eco fees



Le Pain des Fleurs Organic Buckwheat Crispbread
150g

\$6.99



Awake Chocolate Bites
10 Pack

\$7.99



Haribo Gummies
170g & 175g

2 FOR \$7.00

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



Maple Hill Farms Organic Free Range Eggs
Large, 1 Dozen

\$7.99



Rabbit River Farms Organic Egg Whites
500ml

\$8.99



One Degree Organic Granola
312g

\$5.99



Olympic Greek Yogurt
Also Krema,
1.75kg

\$11.49



Siggi's Icelandic Skyr Yogurt
4 Pack

\$4.49



Love Child Organic Baby Food
128ml

2 FOR \$5.00



Avalon Organic Milk
1.89L

\$6.99

plus deposit & eco fees



Earth's Own Oat Beverage
946ml

2 FOR \$7.00

plus deposit & eco fees



Greenhouse Organic Almond Beverage
Also Organic Oat,
946ml

\$4.99

plus deposit & eco fees



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

CHOICES  MARKET



Pastificio G. Di Martino Italian Pasta
Select Varieties,
500g

2 FOR \$7.00



Kaslo Sourdough Fermentata Pasta
227g

\$5.99



Pacific Foods Organic Broth
946ml & 1L

\$4.49



Stefano Pasta Sauce
648ml

\$6.99



Mutti Solo Pomodoro 100% Italian Cherry Tomatoes
Also Baby Roma,
Select Varieties, 398ml

\$3.99



Bragg Organic Apple Cider Vinegar
946ml

\$8.99



Thai Kitchen Curry Paste
112g

\$5.99



San-J Cooking Sauces
Select Varieties,
296ml

\$5.99



Brianna's Salad Dressing
355ml

\$6.49

NOURISHING LIFESTYLES SINCE 1990



Only Goodness Organic Beans
398ml

2 FOR \$5.00



Only Goodness Organic Vegetables
Select Varieties,
Frozen, 340g &
500g

\$3.99



Only Goodness Organic All Purpose Flour
2kg

\$12.99



Caulipower Pizza
Select Varieties,
Frozen, 310g

\$8.99



Beyond Meat Ground
Also Sausage, 340g
& 400g

\$8.99



Armstrong Cheese Snacks
10 Pack

\$5.99



Tre Stelle Ricotta Cheese
475g

\$5.99



Violife 100% Alternative Cheese
Select Varieties,
200g

\$5.99



Daiya Cream Cheese Style Spread
Cheesy Macaroni &
Salad Dressing, Select
Sizes & Varieties

\$4.49

DELI PREPARED FRESH



DISCOVER
LOCAL

Choices
Salad Bowls
Harvest or Hearty
Lentil Kofta,
350g ~ 430g

\$8.99 / EA



DISCOVER
LOCAL

Happy
Planet Soups
500ml ~ 650ml

\$6.99 / EA



DISCOVER
LOCAL

Habibi's
Hummus
Family Size,
450g

\$7.99 / EA



DISCOVER
LOCAL

Indianlife
Nann
Also Tortillas &
Roti,
250g ~ 500g

\$7.49 / EA



DISCOVER
LOCAL

Choices
Pasta Entrées
Select Varieties,
425g ~ 550g

9.99 / EA



Cabbage
Roll Entrée
Beef or Vegan,
3 Pack

\$8.99 / EA



Montreal
Smoked Meat
Also Pastrami

\$3.99 / 100g



DISCOVER
LOCAL

Happy Days
Goat Cheese
Marble or Gouda

\$4.49 / 100g



Bothwell
Lactose Free
Cheddar Cheese
Assorted Varieties,
250g

15% OFF



Grated,
Shredded
Parmesan
Also New Italian
Blend Cheese

\$4.99 / 100g

BAKERY FRESH BAKED • WHOLESOME



DISCOVER
LOCAL

Choices Seeded
Sourdough Rye
Bread
Also Caramelized
Onion & Rosemary
Loaf, 420g ~ 760g

\$5.99



DISCOVER
LOCAL

Choices
Artisan
Cookies
6 Pack

\$6.99



DISCOVER
LOCAL

Choices
Banana Loaf
Also Orange
Cranberry, 300g
~ 454g

\$7.99

Spooky Hollow Cookie
Decorating Kits
810g



\$21.99

Choices Keto
Chocolate Mousse
Also Cookies & Cream Cheesecake,
60g ~ 90g



DISCOVER
LOCAL

\$4.99

Choices Tres Leches Cake
515g



DISCOVER
LOCAL

\$8.99



Bakestone
Brothers
Organic Bagels
6 Pack

\$5.99

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

PLANT
BASED



**Nora's
Frozen
Dessert**
500ml

\$7.49

PÜR Gum
9 Pack

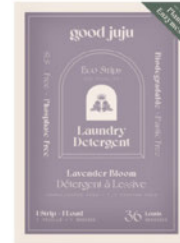


2 FOR \$3.00

**If You Care Household
Products**
Select Varieties



25% OFF



**Good JuJu
Laundry
Strips**
30 Pack

\$11.99

DISCOVER
LOCAL



**Avalon
Organic
Ice Cream**
946ml

\$9.79



**Organic Bulk
Foods Snacks
& Candy**
Pre-Packaged &
Loose, Select
Varieties

20% OFF



**Biovert
Dishwashing
Soap**
700ml

\$3.99

DISCOVER
LOCAL



**Echoclean
All Purpose
Cleaners**
Select Varieties,
700ml

\$3.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Platinum Naturals
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**CanPrev
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Nordic Naturals
Supplements**
Also Omega-3, Cod
Liver & Fish Oil,
Assorted Varieties
& Sizes

20% OFF



**Organika
Vitamins &
Supplements**
Assorted Varieties
& Sizes

30% OFF



**Nature's Way
Herbal
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Nature's Way
Sambucus
Supplements**
Also Zinc, Assorted
Varieties & Sizes

20% OFF



**Progressive
Multi-Vitamins**
Including Adults
& Kids, Assorted
Sizes

20% OFF

Bio-K Plus Probiotics
Including Dairy & Non-Dairy,
Assorted Varieties, 12 Pack



\$43.99



**Lily of the Desert
Aloe Vera Juice**
Also Gel, Assorted
Varieties & Sizes

20% OFF



**Natural Factors
Cognitive
Support
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Weleda
Body Care**
Assorted Varieties
& Sizes

25% OFF



**Herbatint
Natural
Permanent
Hair Colour**
Assorted
Varieties, 1 Kit

\$16.29

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



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/DiscoverChoicesMarket



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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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