



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE HEALTHY CHOICES!

Special Parksville Edition Prices Effective • January 2 - January 8, 2025

ISLAND
LOCAL

FEATURED CHOICE

**Boneless Skinless
Chicken Breasts**
Island Farm Poultry,
Fresh, Air Chilled,
Value Pack, \$15.41/KG

\$6.99 / LB



YOU SAVE
44%



YOU SAVE
43%

Large Navel Orange

USA Grown, From
Johnston Farm,
\$4.37/kg

\$1.98 / LB

**Organic Green
or Black Kale**
Imported

2 FOR \$5.00

YOU SAVE
37%



YOU SAVE
\$2.00

**Organic Long
English Cucumber**
Mexico Grown

\$2.98



**LeanFit
Proteins &
Sports Nutrition
Supplements**
Assorted Varieties
& Sizes

25% OFF



**MegaFood
Vitamins &
Supplements**
Assorted Varieties
& Sizes

25% OFF



**Prairie
Naturals
Creatine
Monohydrate**
Bonus Bottle
(300+100g)

YOU SAVE
\$4.00

\$22.99



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

20% OFF



**Bio-K Plus
Probiotics**
Dairy or Non-Dairy,
Assorted Varieties,
6 Pack

YOU SAVE
UP TO
\$7.00

\$22.99



**withinUs
TruMarine
Collagen**
280g

YOU SAVE
\$20.00

\$51.99

PRODUCE FRESH • LOCAL • ORGANIC



Organic Daisy Tangerine **\$3.48 / LB**
USA Grown, \$7.67/kg

Broccoli Crown

USA Grown,
\$8.77/kg

\$3.98 / LB



Organic On The Vine Tomato **\$3.98 / LB**
Mexico Grown, \$8.77/kg

Yellow Potato Bag

B.C. Grown,
2.27 Kg Bag

\$5.48



Gourmet Bouquet

\$24.98



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$6.99 / LB

Lean Ground Beef

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



\$4.49 / LB

Chicken Drumsticks

Raised Without Antibiotics, 100% Veggie Fed,
Fresh, Value Pack, \$9.90/KG



\$8.99 / LB

Beef Stew

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



Pork Schnitzel

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

\$8.99 / LB



\$5.99 / LB

Boneless Pork Sirloin Roast or Chops

Raised Without Antibiotics, Fresh, \$13.21/KG



Soup ETC! Fresh Soups

Locally Made,
Select Varieties,
700ml

2 FOR \$14.00

Sockeye Salmon Fillets

Ocean Wise,
Previously Frozen
or Frozen,
Value Pack

\$4.49 / 100G



Shorba Bone Broth

Locally Made,
Frozen, 750ml

\$12.99 / EA





**Rise
Organic
Kombucha**
1L

\$7⁹⁹

plus deposit & eco fees

**Aids digestion
and regulates
blood sugar and
cholesterol**



**Bragg Organic
Apple Cider Vinegar**
946ml

\$9⁹⁹



**Chasers
Cold Pressed
Juice**
1L

\$10⁹⁹

plus deposit & eco fees



**Thirsty Buddha
Organic
Coconut Water**
1L

\$4⁹⁹

plus deposit & eco fees



**Pulp & Press
Organic Elixir**
70ml

\$2⁹⁹

plus deposit & eco fees



**Kettle Brand
Air-Fried
Potato Chips**
Also Regular Potato
Chips, 156g ~ 198g

2 FOR \$6⁰⁰

GLUTEN
FREE



**GoMacro
Organic
Protein Bars**
59g ~ 69g

2 FOR \$7⁰⁰



**Wedderspoon
Organic Manuka
Honey Drops**
120g

\$9⁹⁹

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



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

\$4⁹⁹

plus deposit & eco fees

GLUTEN
FREE



**Carbonaut
Granola**
283g

\$9⁹⁹



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

\$5⁹⁹



**Blue Diamond
Almond Breeze**
946ml

2 FOR \$5⁰⁰

plus deposit & eco fees



**Riviera
Coconut Yogurt**
Select Varieties
500g & 650g

\$5⁹⁹



**Olympic
Organic Yogurt**
Select Varieties,
650g

\$4⁹⁹



**Dairyland
Organic
Milk**
4L

\$9⁹⁹

plus deposit & eco fees



**Armstrong
Natural
Cheese Slices**
500g & 650g

\$5⁹⁹



**Dairyland
Cottage
Cheese**
500g

\$4⁴⁹



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





Stash Tea
18-20 Pack

\$3⁹⁹



Nuts To You Organic Almond Butter
365g

\$14⁹⁹



Maple Joe Organic Maple Syrup
355ml

\$9⁹⁹



Earth's Choice Rainforest Alliance Certified Organic Coffee
340g

\$10⁹⁹



Drizzle Raw Honey Golden & White
375g

\$8⁹⁹



Maple Hill Organic Free Range Extra Large Eggs
1 Dozen

\$7⁹⁹



Anita's Organic Pancake & Waffle Mix
900g & 1kg

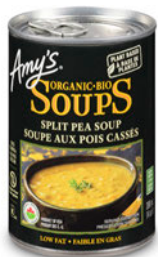
\$6⁹⁹



Just Egg Plant-Based Scramble
500g

\$8⁹⁹

NOURISHING LIFESTYLES SINCE 1990



Amy's Organic Soups
398ml

2 FOR \$9⁰⁰



Amy's Meals & Bowls
Frozen, 241g - 284g

\$6⁹⁹



Legends Haul Falafels
400g

\$7⁹⁹



Sigdal Bakeri Crispbreads
190g & 220g

\$6⁹⁹



Edward & Sons Brown Rice Snaps
100g

\$4⁴⁹



Coconut Secret Coconut Aminos
237ml

\$8⁴⁹



Enlightened Keto Frozen Dessert
473ml & 4 Packs

\$7⁹⁹



Bamboolia Bamboo Bathroom Tissue
4 Rolls

2 FOR \$7⁰⁰



Aspen Cleaning Products
Select Varieties

20% OFF

DELI PREPARED FRESH



Roasted Chicken
Raised without Antibiotics

\$12.99 / EA



Habibi's Hummus
Family Size, 450g

\$7.99 / EA



Vancouver Soup Company Soup
700g

\$8.49 / EA



Choices Ready to Eat Wraps

\$9.99 / EA



Baked Samosa's
Including Vegetable or Masala, 115g

2 FOR \$5.00



Black Forest Ham

\$3.29 / 100g



Choices Wild Salmon Lox Bagels

\$8.99 / EA



Tre Stelle Feta Cheese
200g

\$7.49 / EA



Parmigiano Reggiano Cheese

\$5.99 / 100g



Choices Organic Cheese

15% OFF

BAKERY FRESH BAKED • WHOLESOME



Choices Mini Muffins
4 Pack

\$3.49 / EA



Choices Coconut Dulce Cookie Tray Bake
295g

\$8.99 / EA

NEW TO CHOICES



Choices Raspberry White Chocolate Tray Bake
215g

\$8.99 / EA



Choices Multigrain Bread
530g

\$4.99 / EA



Choices Muesli Bars
3 Pack

\$5.99 / EA



Bakestone Brothers Organic Bagels
6 Pack

\$5.99 / EA



Grimm's Tortilla
6-10 Inch

15% OFF

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



Only Goodness Organic Blueberries
Frozen, 1.5kg

\$12⁹⁹



Only Goodness Organic Peanut Butter
500g

\$5⁹⁹



Only Goodness Organic Beans
398ml

2 FOR \$5⁰⁰



Only Goodness Organic Free Range Chicken Broth
946ml

\$2⁹⁹



Only Goodness Organic Mango
Also Strawberries,
Frozen, 600g

\$5⁹⁹



Only Goodness Organic Vegetables
Select Varieties,
Frozen, 500g

2 FOR \$7⁰⁰



Only Goodness Organic Extra Virgin Olive Oil
Unfiltered, 750ml

\$19⁹⁹



Only Goodness Organic Whole Grain Rice Cakes
140g

2 FOR \$7⁰⁰

WELLNESS

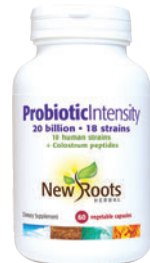
REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

DISCOVER LOCAL



Vega All-in-One Nutritional Shakes
Assorted Varieties

\$51⁹⁹



New Roots Probiotics
Assorted Varieties & Sizes

20% OFF



Boiron Homeopathic Remedies
Assorted Varieties & Sizes

20% OFF

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

DISCOVER LOCAL



20% OFF

DISCOVER LOCAL



Wild Rose Herbal D-Tox 1 Kit

\$55⁹⁹



St. Francis Herb Farm Herbal Supplements
Assorted Varieties & Sizes

20% OFF



Bach Rescue Remedy
Also Flower Remedies,
Assorted Varieties & Sizes

20% OFF



Natracare Natural Feminine Hygiene Products
Assorted Varieties & Sizes

20% OFF



Total Body Collagen Supplements
135g ~ 500g or 180 Tabs

\$57⁴⁹



Sisu Vitamins and Supplements
Assorted Varieties & Sizes

20% OFF



NutraVege Omega-3 Plant DHA & EPA
Assorted Varieties & Sizes

20% OFF



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

20% OFF

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CHOICES MARKET

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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