



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE - BUY ONE GET ONE FREE!

Special Parksville Edition Prices Effective • January 9 - 15, 2025



DISCOVER
LOCAL

SPECIAL PRICE

Chicken Thighs
100% Veggie Fed, Raised
Without Antibiotics, Fresh,
Value Pack

BUY 1 GET 1 **FREE**



DISCOVER
LOCAL

**Organika
Enhanced
Collagen**
500g

BUY 1 GET 1 **FREE**

**Dr. Bronner's
Toothpaste**
Assorted Varieties,
140g

BUY 1 GET 1 **FREE**



WESTERN
CANADIAN

BUY 1 GET 1 **FREE**

Pork Shoulder Butt Roast or Steaks
Raised Without Antibiotics, Fresh



DISCOVER
LOCAL

BUY 1 GET 1 **FREE**

Organic Pugly Potatoes
Yellow, Red or Russet,
Grown in BC, 2.27kg Bag



BUY 1 GET 1 **FREE**

Choices Own Fresh Soups
650ml



BUY 1 GET 1 **FREE**

Choices Sourdough Multiseed Bread
600g



**Tonica Organic
Kombucha**
355ml

BUY 1 GET 1 **FREE**

plus deposit & eco fee

**Only Goodness
Smoothie Blend**
Frozen, 500g & 600g

BUY 1 GET 1 **FREE**



PRODUCE FRESH • LOCAL • ORGANIC



**Organic
Navel Oranges**
Grown in USA,
1.81kg Bag

\$8.98 / EA



**Organic
Hass Avocados**
Grown in Mexico

\$2.98 / EA



**Organic
Anjou Pears**
Grown in USA,
\$7.67/KG

\$3.48 / LB

**Halos Clementine
Mandarin Oranges**
Grown in USA,
907g Bag

\$6.98 / EA



**Tomatoes
On the Vine**
Grown in Mexico,
\$6.57/KG

\$2.98 / LB



**Gourmet
Bouquet**

\$24.98 / EA



MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$8.99 / LB

Sirloin Tip Roast or Steaks

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



\$8.99 / LB

Boneless Skinless Chicken Breast

Raised Without Antibiotics, 100% Veggie Fed,
Fresh, \$19.82/KG



15% OFF

All Ground Poultry

100% Veggie Fed, Turkey or Chicken, Raised
Without Antibiotics or Organic, Fresh



Beef Stirfry
100% Grass Fed,
Raised Without
Antibiotics, Pasture
Raised, \$22.02/KG

\$9.99 / LB



**Fresh
Steelhead
Fillets**

Ocean Wise,
Value Pack

\$3.99 / 100g



BUY 1 GET 1 FREE

Northern Glacier Shrimp

Raw or Cooked, Ocean Wise, Frozen, 340g,
31- 40 Count, 41- 50 Count



Greenfield Bacon
Raised Without Antibiotics,
Canadian Raised, 375g

\$7.99 / EA

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

\$6.99 / EA





**Earth's Choice
Organic Beans**
Also No Salt Added
Variety, 398ml

BUY 1 GET 1 **FREE**



**Pacific Foods
Organic Chili**
468g

BUY 1 GET 1 **FREE**



**If You Care
Kitchen Products**
Select Varieties

BUY 1 GET 1 **FREE**



Sunrise Tofu
Medium, 454g

BUY 1 GET 1 **FREE**



**Nora
Seaweed Snacks**
32g & 45g

BUY 1 GET 1 **FREE**



**Château Lightly
Sparkling Water**
355ml

BUY 1 GET 1 **FREE**
plus deposit & eco fee



**Ryvita
Crispbread**
200g & 250g

BUY 1 GET 1 **FREE**



**Allergy Smart
Cookies**
140g

BUY 1 GET 1 **FREE**



**The Gluten Free
Brothers Bites**
113g

BUY 1 GET 1 **FREE**

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



**Salt Spring
Organic Coffee**
Whole Bean,
400g

\$14.99



**GT'S Synergy
Kombucha**
480ml

\$4.49
plus deposit & eco fee



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

\$12.99
plus deposit & eco fee



**Yogi
Organic Tea**
16 Pack

\$5.99



**Harmless
Harvest Organic
Coconut Water**
946ml

\$9.99
plus deposit & eco fee



**Organic Traditions
Fruit, Seeds &
Latte Mixes**
Select Varieties

20% OFF



**RXBAR
Protein Bars**
52g

2 FOR \$5.00



Bliss Balls
150g

\$6.99



**Once Upon A
Farm Organic
Baby Food**
85ml

2 FOR \$7.00



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





**One Degree
Organic Oats**
Select Varieties,
680g

GLUTEN
FREE

\$6⁹⁹



**Elmhurst
Milked Oats**
946ml

\$7⁹⁹

plus deposit & eco fee



**Dairyland
Lactose Free
Milk**
1.89L

\$5⁹⁹

plus deposit & eco fee



**Yoggu!
Coconut Yogurt**
Select Varieties,
450g

PLANT
BASED

\$6⁹⁹



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

\$6⁹⁹



**Liberté Greek
Yogurt**
Select Varieties, 4 Pack

\$4⁴⁹



**Canadian
Heritage Organic
Maple Syrup**
500ml

\$15⁹⁹



Elias Honey
500g

\$9⁹⁹



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

\$6⁹⁹

NOURISHING LIFESTYLES SINCE 1990



**Pheapolis
Organics Extra
Virgin Olive Oil**
500ml

\$12⁹⁹



**Mezzetta
Pasta Sauce**
709ml

\$6⁴⁹



Amy's Burritos
Select Varieties,
Frozen, 170g

\$3⁹⁹



**Bar Harbor
Clam Chowder
& Bisque**
398ml

\$5⁴⁹



**Lundberg
Organic Rice
Cakes**
142g - 269g

GLUTEN
FREE

\$5⁹⁹



Annie's Pasta
Select Varieties,
149g - 170g

2 FOR \$5⁵⁰



**Wildbrine
Organic Kraut**
500ml

\$8⁹⁹



**Amano
Organic
Tamari**
250ml

\$4⁹⁹



**GimMe Organic
Roasted Seaweed**
6 Pack

\$6⁹⁹

DELI

PREPARED FRESH



**Choices
Snack Boxes**
Assorted Varieties,
180g - 270g

\$7.49 / EA



**Summer Fresh
Hummus
Toppers**
Assorted Varieties,
255g

\$5.99 / EA



**Choices
Croissant
Sandwiches**

\$7.99 / EA



**Ricotta & Feta
Twisters**
or Spinach & Feta,
200g

2 FOR \$6.00



**Choices Wild
Salmon Cakes**
130g

2 FOR \$8.00



**Choices
Pasta Entrées**
Assorted Varieties,
405g - 550g

\$9.99 / EA



**Tre Stelle
Parmigiano
Reggiano
Cheese Wedges**
Also Romano or
Grana Padano, 200g

\$12.99 / EA



**Provolone
Cheese**
Regular or Smoked

\$3.99 / 100G



**Castello
Cheese Slices**
Assorted Varieties,
125g - 165g

\$6.99 / EA

BAKERY

FRESH BAKED • WHOLESOME



**Silver Hills
Sprouted Power
Bread**
Select Varieties,
510g - 680g

2 FOR \$9.00



**Silver Hills
Sprouted Power
Organic Bagels**
Select Varieties,
5 Pack

\$5.49 / EA



**Choices
Signature
Cookies**
Assorted Varieties,
12 Pack

\$5.99 / EA

Choices Wheat Free Muffins
Apple Cinnamon or Lemon Blueberry,
4 Pack



\$5.99

Choices Carrot Cake
or Tres Leche Tray Bake, 310g - 515g



\$8.99



**Wendel's
Cookies**
310g

\$8.99 / EA



**Little Northern
Bakehouse
Loaves**
Assorted Varieties,
454g - 567g

\$6.99 / EA

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



**Hardbite
Hand Crafted
Root Chips**
150g

\$4.99



**Zevia Zero
Sugar Soda**
6 Pack

\$5.99

plus deposit & eco fee



**Arla
Cream Cheese**
200g

\$4.49



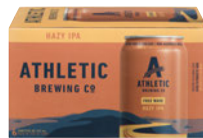
**L'Ancêtre
Organic
Shredded
Cheese**
200g

\$6.99



**Hippie Snacks
Cauliflower
Crisps**
70g

\$4.99



**Athletic Brewing
Non-Alcoholic
Beer**
6 Pack

\$11.99

plus deposit & eco fee



**Spread'em
Creamy Cashew
Cheese Dips**
185g

\$7.99



**Faith Farms
Cheese**
360g & 380g

\$6.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

ALL ITEMS
ON SALE

DISCOVER
LOCAL



**Natural Factors
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF

DISCOVER
LOCAL



**SierraSil
Joint
Supplements**
Assorted Varieties
& Sizes

20% OFF



**AOR
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Pascoe
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF

DISCOVER
LOCAL



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

\$14.99



**Enzymedica
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Genestra
Vitamins &
Supplements**
Select Varieties
& Sizes

15% OFF



**Now
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Natural Calm
Magnesium**
454g

\$42.99



**AquaOmega
Omega-3
Fish Oil
Supplements**
Assorted Varieties
& Sizes

20% OFF



**Garden of Life
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF

**Joni Organic Feminine
Hygiene Products**
Assorted Varieties & Sizes



\$5.49

DISCOVER
LOCAL



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@ChoicesMarket



**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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