



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY CHOICES!

Special Parksville Edition Prices Effective • January 23 - 29, 2025



SPECIAL PRICE

Inside Round Roast or Steaks
100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, Imported, \$19.82/KG

\$8.99 / LB

YOU SAVE **25%**

SPECIAL PRICE

Large Navel Oranges

From Johnston Farm, USA, \$4.37/KG

\$1.98 / LB



YOU SAVE **43%**



DISCOVER LOCAL

YOU SAVE **28%**

2 FOR \$10.00

Choices Hot Soup

16oz, Medium



DISCOVER LOCAL

YOU SAVE **22%**

\$6.99 / EA

Choices Banana Bread

454g



Nature's Path Organic Eco Pac Cereals

650g - 907g

\$8.99

YOU SAVE **23%**



Traditional Medicinals Organic Tea

16 Bags

\$4.99

YOU SAVE **23%**



Vega One All-in-One Nutritional Shakes

Assorted Varieties, 827g - 876g

\$49.99

YOU SAVE **28%**



Natural Factors Vitamins & Supplements

Assorted Varieties & Sizes

25% OFF

ALL NATURAL FACTORS PRODUCTS ON SALE

FEATURED CHOICE



Only Goodness Organic Fruit

Blueberries, Sliced Strawberries, Frozen, 1.5kg

\$12.99

YOU SAVE **23%**

PRODUCE FRESH • LOCAL • ORGANIC



Organic Cauliflower
USA Grown

\$4.98 / EA



Organic Green or Black Kale
Imported,
Sold by the Bunch

2 FOR \$5.00



Organic Orange or Rainbow Carrots
From Shuswap Organics,
BC, 907g Bag



\$7.98 / EA

Organic Blackberries
Imported,
170g Pkg.



\$6.98 / EA

Blueberries
Grown in Peru
170g Pkg.



2 FOR \$6.00

Organic Mini Sweet Peppers
Grown in Mexico,
454g Bag



\$5.98 / EA

Gourmet Bouquet



\$24.98 / EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$10.99 / LB

Top Sirloin Steaks

100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, Imported, \$24.23/KG



\$7.99 / LB

Island Farm Poultry Boneless Skinless Chicken Thighs

Fresh, Value Pack, \$17.61/KG



20% OFF

Choices Own Sausages

Raised Without Antibiotics, In Store Made,
Pork, Chicken or Turkey, Select Varieties



Pork Tenderloin
Raised Without Antibiotics,
Fresh, \$17.61/KG

\$7.99 / LB



\$3.29 / 100G

Sable Fish Fillets

Fresh, Ocean Wise



Maple Leaf Natural Bacon
Select Varieties,
Made with Natural Ingredients, 375g

\$7.99 / EA



Salmon Village Smoked Salmon Nuggets
Ocean Wise, 150g

\$9.99 / EA

Varieties May Vary By Store

Pinty's Products

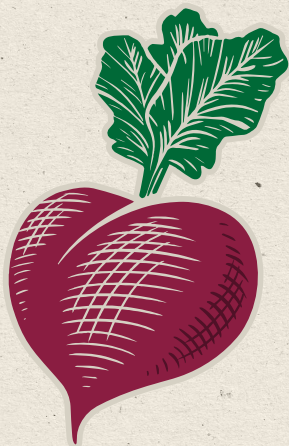
Frozen,
780g ~ 790g

20% OFF

Varieties May Vary By Store



JANUARY 29 ONLY!



**ONE
DAY**

SALE!

AT OUR PARKSVILLE LOCATION ONLY



***Excluding Lotto, Gift Card purchases and
Pharmacy prescriptions. Sale not available
online. Sale offer valid at Parksville
location only.**



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



\$13.99



**Elmhurst
Milked Oats**
946ml

\$7.99

plus deposit & eco fees



**Bob's Red Mill
Protein Oats**
907g

\$9.99



**Kicking Horse
Organic
Ground Coffee**
284g



\$10.99



**Taylor's Yorkshire
Red & Orange
Pekoe Tea**
Select Variety,
80 Bags

\$6.99



**Theo
Organic
Chocolate Bars**
85g



\$4.99



**ProBar
The Simply
Real Bar**
85g

\$3.99



**Nuts To You
Organic
Peanut Butter**
500g

\$6.99

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



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

2 FOR \$6.00



**Bioitalia
Organic
Tomato Sauce**
660ml

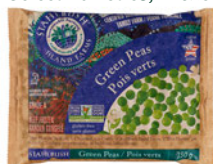
\$7.99



**Sprague
Organic Soup**
398ml

\$3.99

**Stahlbush Island Farms
Sustainably Grown Vegetables**
Select Varieties, Frozen, 198g - 397g



2 FOR \$6.00



**Primal Kitchen
Salad Dressing**
Made with Avocado
Oil, 237ml

\$9.49



**Maison Orphée
Extra Virgin
Olive Oil**
750ml

\$24.99



**Earth's Choice
Organic Coconut
Milk & Cream**
Guar Free, Select
Varieties, 400ml

\$3.99



**Eden
Organic Beans**
398ml

\$3.79



**Beyond Meat
Chicken Tenders**
Also Breakfast
Sausages & Burger,
Select Varieties,
226g & 235g

\$6.99



Nature's Farm
Organic Omega-3 Eggs
 1 Dozen

\$9⁹⁹



The Granola King
Gourmet Granola
 2kg

\$32⁹⁹



Only Oats
Quick, Rolled
and Steel Cut
Oats
 Also Flour, 1kg

\$8⁴⁹



Liberté
Greek Yogurt
 Select Varieties,
 650g & 750g

\$7²⁹



Yoggu!
Coconut Yogurt
 450g

\$6⁹⁹



Danone
Oikos
Greek Yogurt
 4 Pack

\$4⁴⁹



Daiya
Shredded,
Slices & Blocks
 Select Varieties,
 185g - 220g

\$4⁹⁹



Armstrong
Cheese
 600g

\$9⁹⁹



Armstrong
Cheese
Snack Packs
 10 Pack

\$5⁹⁹

NOURISHING LIFESTYLES SINCE 1990



Chateau
Lightly Sparkling
Water
 750ml

\$3⁹⁹

plus deposit & eco fees



Kettle Brand
Potato Chips
 156g - 198g

\$3²⁹



Zevia
Zero Sugar
Soda
 6 Pack

\$5⁹⁹

plus deposit & eco fees



Health-Ade
Organic
Kombucha
 473ml

\$3⁹⁹

plus deposit & eco fees



Freyyumm
Oat Bars
 135g - 154g

\$4⁴⁹



Black River
Juice
 Select Varieties,
 1L

\$6⁹⁹

plus deposit & eco fees



Athletic
Brewing Co.
Non-Alcoholic
Beer
 6 Pack

\$10⁹⁹

plus deposit & eco fees



NoochPOP!
Savoury Popcorn
 Seasoned With
 Nutritional Yeast,
 120g

2 FOR \$9⁰⁰



Happy Planet
Organic
Valencia
Orange Juice
 1.75L

\$6⁹⁹

plus deposit & eco fees

JANUARY 29 ONLY!



TAKE A SHOT FOR YOUR HEALTH: NEW YEAR, NEW YOU

AT CHOICES PARKSVILLE

from 11:00am – 2:00pm

**Visit your local Choices to enjoy Pulp & Press shots
that support gut health and boost immunity!**

**Come by and share your New Year's resolution for
a chance to win a Choices Reusable Bag!**



DELI PREPARED FRESH



DISCOVER LOCAL

Choices Quiche
Assorted Varieties,
4.25 Inch

\$5.49 / EA



DISCOVER LOCAL

Rosstown Roasted Chickens
Half Chicken,
Roasted in Store

\$6.99 / EA



DISCOVER LOCAL

Choices Ready to Eat Sandwiches
Assorted Varieties,
130g - 200g

\$6.99 / EA



DISCOVER LOCAL

Choices Egg Bites
Broccoli & Cheddar
or Spinach & Feta,
80g - 90g

2 FOR \$4.00



Habibi's Hummus
Family Size,
450g

\$7.99 / EA



DISCOVER LOCAL

Choices Praga Ham
Raised Without
Antibiotics

\$3.49 / 100G



Castello Cheese Slices
125g - 165g

\$6.99 / EA



DISCOVER LOCAL

Choices Organic Cheese

15% OFF



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

\$12.99 / EA

BAKERY FRESH BAKED • WHOLESOME



DISCOVER LOCAL

Choices Artisan Half Fruit Pies
280g

\$6.99

Choices Seeded Sourdough Bread
Also Olive Feta Sourdough,
500g - 760g



\$5.99



DISCOVER LOCAL

Choices Artisan Cookies
6 Pack

\$6.99



DISCOVER LOCAL

Choices Tiramisu Cake
600g

\$19.99



DISCOVER LOCAL

Uprising Breads Sourdough Light Rye
Also 100% Whole
Wheat Bread, 650g

\$4.99



DISCOVER LOCAL

Silver Hills Sprouted Power Organic Bagels
5 Pack

\$5.49



DISCOVER LOCAL

Alkeme Ancient Grain Sourdough Bread
725g

\$9.99

GLUTEN FREE



DISCOVER LOCAL

GluteNull Cookies & Bars
112g - 320g

15% OFF

GLUTEN FREE

CHOICES MARKET PARKSVILLE ONE DAY SALE

15% OFF*

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE THROUGHOUT THE ENTIRE STORE.
*Excluding Lotto and Gift Card purchases. One Day sale offer valid at North Vancouver location only. Sale not available online.

WEDNESDAY, JANUARY 29 ONLY

TAKE A SHOT FOR YOUR HEALTH: NEW YEAR, NEW ME
Join us from 11:00am - 2:00pm.
Visit your local Choices to enjoy Pulp & Press shots that support gut health and boost immunity!



GROCERY

LOCAL • ORGANIC • SPECIALTY



**Pür Gum
Mint Pouches**
80g

2 FOR \$8.00



**Benny
Energy Drink**
355ml

\$3.99

plus deposit & eco fees



**Karthain's
Organic
Sauerkraut**
375ml

\$6.79



**Eco Max
High Efficiency
Laundry Wash**
4X Concentrate,
1.5L

\$12.99



**Wedderspoon
Organic
Manuka
Honey Drops**
120g

\$9.99



**Drizzle
Raw Honey**
500g

\$12.99



**Gusta
Vegan Sausage**
350g

\$5.99



**Nature Clean
Dishwasher
Tabs**
24 Pack

\$9.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Ener-C
Effervescent Vitamin C**
Also Vitamin D Drink Mix,
Assorted Varieties, 24 - 30 Pack



\$15.29



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

20% OFF



**Nuun Hydration
Electrolytes**
Sport Boost, Immunity &
Vitamin Tabs, Assorted
Varieties, 10 Tabs

\$9.29



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

20% OFF



**Prairie Doctor
Brand
Herbal
Tinctures**
Assorted Varieties
& Sizes

20% OFF



**Manitoba
Harvest
Hemp Hearts**
Also Hemp Yeah!
Proteins, Assorted
Varieties & Sizes

25% OFF



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

20% OFF



**Everyone For
Every Body
3 in 1 Soap or
Lotion**
Assorted Varieties,
946ml

\$14.99



**Organic
Traditions
Superfoods**
Assorted Varieties
& Sizes

20% OFF



**Sisu
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



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

20% OFF



**Green Beaver
Face Care,
Body Care &
Oral Care**
Assorted Varieties
& Sizes

20% OFF



Shop online at ChoicesMarket.com



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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

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.