



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SPECIALS!

Special Parksville Edition Prices Effective • January 30 - February 5, 2025

DISCOVER
LOCAL

SPECIAL PRICE

All Boneless Skinless Chicken Breast

Raised without Antibiotics, Conventional or Organic, Value Pack

30% OFF



DISCOVER
LOCAL



Roasted Chickens

Raised Without Antibiotics

\$13.99 / EA

YOU SAVE
22%



Organic Hass Avocados

Mexico Grown, Bag of 3

SPECIAL PRICE

\$5.98 / EA

YOU SAVE
\$1.00

DISCOVER
LOCAL



Choices Artisan Fruit Pies

8 Inch

\$10.99

YOU SAVE
\$2.00

DISCOVER
LOCAL



Prairie Naturals Vitamins, Supplements & Hair Care

Assorted Varieties & Sizes

20% OFF

DISCOVER
LOCAL



49th Parallel Whole Bean Coffee

340g

\$15.99

YOU SAVE
20%

FAIR TRADE



Camino Organic Chocolate Bars

80g & 100g

\$4.99

YOU SAVE
26%

FEBRUARY 1 - 28

SOS EMERGENCY NEEDS FUND

SOS Emergency Needs Fund provides assistance for food, medications, heating and other basic needs as well as mental health supports and advocacy assistance.

From February 1 - 28, your donation at the till will support local residents who are experiencing hardship this winter.

Thank you for sharing the love by joining Choices Market Parksville in support of our community!



Society of
Organized
Services



CHOICES MARKET

FEATURED CHOICE

Vega Sport Protein

Assorted Varieties, 801g - 837g

BUY 1 GET 1 FREE

DISCOVER
LOCAL



PRODUCE FRESH • LOCAL • ORGANIC



**Organic
Navel Oranges**
USA Grown,
\$6.57/KG

\$2.98 /LB



**Organic
Cosmic Crisp
Apples**
USA Grown,
907g Bag

\$7.98 /EA



**Organic Readycycle
Medley Mix
Tomatoes**
Mexico Grown,
1 Dry Pint

\$5.98 /EA

**Organic
Yellow or Red
Nugget Potatoes**
BC Grown,
\$7.67/KG



\$3.48 /LB

**Roma
Tomatoes**
Imported,
\$4.37/KG



\$1.98 /LB

Celery
USA Grown,
\$3.26/KG



\$1.48 /LB

**Gourmet
Bouquet**



\$24.98 /EA

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



Lean Ground Beef
100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, Imported, \$17.61/KG

\$7.99 /LB



WESTERN
CANADIAN

Pork Back Ribs
Raised Without Antibiotics,
Fresh, \$16.51/KG

\$7.49 /LB



DISCOVER
LOCAL

Thomas Reid Organic Chicken Thighs
Free Range, Non-GMO, Air Chilled,
Fraser Valley Raised, \$17.61/KG

\$7.99 /LB



Beef Stew
100% Grass Fed, Raised Without Antibiotics,
Pasture Raised, Value Pack, Imported, \$17.61/KG

\$7.99 /LB



WILD
CAUGHT

Cod Fillets
Fresh, Ocean Wise

\$3.29 /100G



WILD
CAUGHT

Sockeye Salmon Fillets
Ocean Wise, Previously Frozen
or Frozen, Value Pack

\$4.49 /100G

GLUTEN
FREE



Harvest Bacon
500g

\$13.99 /EA

Georels Bone Broths
100% Grass Fed,
Beef or Chicken,
Locally Made,
700ml



DISCOVER
LOCAL

\$13.99 /EA



Rise Organic Kombucha
414ml

2 FOR \$7⁰⁰
plus deposit & eco fees



Taylors Tea
20 Bags

\$6⁹⁹



Canadian Heritage Organics Maple Syrup
1L

\$26⁹⁹

GLUTEN FREE



Made Good Organic Crunchy Cookies
200g

\$4⁹⁹



Mid-Day Functional Chocolate Squares
12 Pack

\$23⁹⁹



Earth's Choice Organic Lemon Juice
1L

\$12⁹⁹



Kind Bars
40g

2 FOR \$4⁰⁰



Jordans Morning Crisp Cereal
375g & 400g

\$6⁹⁹

GLUTEN FREE



Bob's Red Mill Organic Rolled Oats
Select Varieties,
794g & 907g

\$10⁹⁹

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

DISCOVER LOCAL



Hardbite Handcrafted Potato Chips
Including Avocado Oil Chips, Select Varieties,
128g

2 FOR \$7⁰⁰

GLUTEN FREE

PLANT BASED



Frankie's Organic Puffs
113g - 140g

2 FOR \$7⁰⁰



Gerolsteiner Carbonated Natural Mineral Water
750ml

2 FOR \$7⁰⁰

plus deposit & eco fees

DISCOVER LOCAL



Que Pasa Organic Tortilla Chips
300g & 350g

\$3⁹⁹



Prana Organic Almonds
Also Cashews,
Select Varieties,
150g

\$5⁹⁹

GLUTEN FREE



Freelyumm Crackers
120g

\$4⁴⁹

FAIR TRADE



Galerie au Chocolat Organic Chocolate Bars
100g

\$6⁹⁹



Healthy Hippo Gummies
50g

2 FOR \$7⁰⁰



Loacker Quadratini Cream Wafer
220g & 250g

\$5⁹⁹

ONLINE CHOICES

NOW HERE

Click & Collect on all your
favourite local, organic and
specialty food and wellness items!



DISCOVER MORE AT:
Choices.Market





**Earth's Own
Zero Sugar
Oat Beverage**
946ml

2 FOR \$7.00
plus deposit & eco fees



**Organic Meadow
Organic
2% Milk**
4L

\$9.99
plus deposit & eco fees



**Dairyland
Lactose Free
Milk**
1.89 L

\$5.99
plus deposit & eco fees



**Tree Island
Cream Top
Yogurt**
Select Varieties,
1.5kg

\$10.99



**The Cultured
Coconut
Probiotic**
Fermented Organic
Coconut Milk, 460ml

\$19.99



**Woolwich
Chevreai
Goat Cheese**
113g

\$4.99



**Nuts For Cheese
Organic
Fermented
Cashew Product**
120g

\$9.99



**Violife 100%
Vegan Cheese
Alternative**
Select Varieties,
200g

\$6.99



**Tre Stelle
Mozzarella
Cheese**
340g

\$7.99

NOURISHING LIFESTYLES SINCE 1990



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

\$24.99



**Lundberg
Family Farms
Sustainably
Grown Rice**
Select Varieties, 907g

\$8.99



**Earth's Choice
Organic
Coconut Milk**
Select Varieties,
400ml

2 FOR \$7.00



**Kaslo
Sourdough's
Pasta**
Select Varieties,
454g

\$9.99



**San-J
Organic
Tamari Sauce**
Select Varieties,
296ml

\$7.99



**Raincoast Trading
Wild Sockeye
Salmon**
Select Varieties,
160g

\$6.99



**Sprague
Chili**
425g

\$3.99



**Pacific Foods
Organic Broth**
Select Varieties,
946ml & 1L

\$4.99



**Muir Glen
Organic
Fire Roasted
Tomatoes**
796ml

\$5.49

DELI

PREPARED FRESH



Happy Planet Soups
Assorted Varieties,
500ml - 650ml

\$7.99 / EA

HAPPY LUNAR NEW YEAR



Choices Rice or Noodle Bowls
Select Varieties,
335g - 490g

\$8.99 / EA



Vegetable, Chicken or Pork Gyoza

12 FOR \$6.00



Choices Chow Mein

\$2.29 / 100G



Choices Wild Salmon Lox Bagels

\$9.99 / EA



Yorkshire Valley Farms Organic Sliced Turkey Breast

Also Chicken Breast,
150g

\$9.99 / EA



Choices Organic Cheese

15% OFF



Fresh Cut Italian Reggiano Cheese

\$5.99 / 100G



Cathedral City Cheddar Cheese
Mature or Extra Mature,
200g

\$7.99 / EA

BAKERY

FRESH BAKED • WHOLESOME



Choices Red Onion & Rosemary Focaccia
Also Sundried Tomato & Olive, 315g

\$4.49 / EA



Choices Specialty Iced Cakes
6 Inch

\$19.99 / EA



Choices Nanaimo Bars
Assorted Varieties,
70g - 85g

2 FOR \$6.00



Silver Hills Sprouted Power Organic Breads
510g - 680g

\$5.49



Uprising Breads Whole Wheat Raisin Bread
740g

\$5.49 / EA



Uprising Breads Jumbo Gingersnaps
6 Pack

2 FOR \$9.00



Carbonaut Low Carb Breads
544g

\$8.99 / EA

GLUTEN FREE

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SOCIETY OF ORGANIZED SERVICES (SOS) | SOS069.COM | 250.248.2093

GROCERY

LOCAL • ORGANIC • SPECIALTY



Caboo Sustainable Bamboo Bathroom Tissue
9 Rolls

\$9.99



Food For Life Ezekiel 4:9 Organic Sprouted Bread
Select Varieties, 680g

\$8.99



Daiya Pizza
Also Flatbread, Dairy-Free, Gluten-Free
Select Varieties, Frozen,
322g - 550g

\$8.99



Righteous Gelato & Sorbetto
473ml

\$7.99



Biovert High Efficiency Laundry Detergent
1.4L

\$8.99



Nina's Pierogies
Select Varieties, Frozen,
400g - 550g

\$9.99



Mackellar Farms Edamame Pods
Frozen, 400g

\$4.99



Oat & Mill Vegan Non Dairy Frozen Dessert
500ml

\$8.99

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



Platinum Naturals Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Organika Bone Broths Chicken or Beef
Original or Ginger, 300g

\$45.49



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

20% OFF



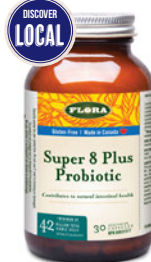
Bio-K Plus Probiotics
Dairy & Non-Dairy Assorted Varieties,
12 Pack

\$43.99



Mad Hippie Facial Care
Assorted Varieties & Sizes

20% OFF



Flora Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



Lily of the Desert Aloe Vera Juice or Gel
Assorted Varieties & Sizes

20% OFF



Living Alchemy Your Flora Series
Also Fermented Activated Herbals,
Assorted Varieties & Sizes

25% OFF



NOW Essential Oils & Topical Body Oils
Assorted Varieties & Sizes

20% OFF



Derma-E Vitamin A Facial Care
Assorted Varieties & Sizes

30% OFF



Desert Essence Face and Body Care Products
Assorted Varieties & Sizes

20% OFF



Herbatint Natural Permanent Hair Colour
Assorted Varieties

\$16.29

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

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/DiscoverChoicesMarket

@ChoicesMarket



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.