

CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition Prices Effective • February 20 - February 26, 2025

FEATURED CHOICE

Inside Round Roast or Steaks

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

\$7.99 / LB

YOU SAVE
33%



Organic Kale

Green, Black or Red, Mexico Grown,
Sold by the Bunch

SPECIAL PRICE

2 FOR **\$5.00**

YOU SAVE
37%



Green or Red Grapes

Grown in Peru, \$8.77/KG

SPECIAL PRICE

\$3.98 / LB

YOU SAVE
38%



Pacific Foods
Organic Broth
946 ml & 1 L

\$3.99

YOU SAVE
42%

DISCOVER
LOCAL



Happy Planet
Soups
500ml & 650ml

\$8.49

YOU SAVE
\$1.50

MADE IN
CANADA



Platinum Naturals
Vitamins &
Supplements
Assorted Varieties & Sizes

25% OFF



Andalou Naturals
Face & Body Care
Assorted Varieties &
Sizes

25% OFF

CHOICES MARKET

WEDNESDAY, FEBRUARY 26 ONLY

ONE DAY SALE

**15%
OFF***

YOUR IN-STORE PURCHASE, INCLUDING ITEMS ON SALE
THROUGHOUT THE ENTIRE STORE AND PURE PHARMACY.

*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions.
See page 5 for details. Sale not available online.

DISCOVER
LOCAL



YOU SAVE
\$2.00

\$8.99 / EA

Choices Casserole Entrées

Ready to Eat, Assorted Varieties, 340g - 400g

DISCOVER
LOCAL

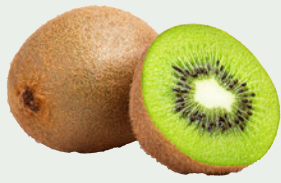


YOU SAVE
20%

\$5.99 / EA

Choices Artisan Half Fruit Pies
280g

PRODUCE FRESH • LOCAL • ORGANIC



Organic Kiwi Fruit
Grown in Greece,
454g Bag

\$6.98 / EA



Organic Gold Nugget Mandarin Oranges
USA Grown,
907g Bag

\$8.98 / EA

Asparagus
Grown in Mexico,
\$13.18/KG



\$5.98 / LB

Ataulfo Mangos
Mexico Grown



\$3.48 / EA



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



Chicken Drumsticks

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

\$4.49 / LB



Pork Loin Chops or Roast

Boneless, Raised Without Antibiotics,
Fresh, \$15.41/KG

\$6.99 / LB



Beef Stewing Meat

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

\$8.99 / LB



Sable Fish Fillets

Ocean Wise, Fresh

BUY 1 GET 1 FREE



Stapleton Sausages
Locally Made

15% OFF

Varieties may vary by store



Maple Leaf Natural Bacon

Made with Natural Ingredients,
Select Varieties, 375g

\$7.99 / EA

Freybe 1844 Salami Chubs
175g

GLUTEN FREE

\$7.99 / EA



FEBRUARY 26 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.**



**Earth's Choice
Organic Diced
Tomatoes**
398ml

2 FOR \$6⁰⁰



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

2 FOR \$7⁰⁰



**Fody
Pasta Sauce**
547ml



\$7⁹⁹



**San-J
Cooking
Sauces**
Select Varieties,
296ml

\$5⁹⁹



**Rizopia Organic
Brown Rice
Pasta**
Select Varieties,
454g

2 FOR \$6⁰⁰



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

\$24⁹⁹



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

\$8⁹⁹



**Earth's Choice
Organic Beans**
Select Varieties,
398ml

2 FOR \$5⁰⁰



**Maison Orphée
Organic Balsamic
Vinegar**
500ml

\$9⁹⁹

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



**Nina's
Pierogies**
Select Varieties,
Frozen, 400g & 450g

\$12⁹⁹



**Amy's
Pizzas**
Frozen,
340g - 397g

\$10⁹⁹



**L'Ancêtre
Organic
Cheese**
Select Varieties,
200g

\$7⁹⁹



**Dairyland
Sour Cream**
450ml & 500ml

2 FOR \$7⁰⁰



**Saputo
Shredded
Cheese**
320g

\$6⁹⁹



**Sunrise Soyganic
Organic Tofu**
Extra Firm & Firm,
350g & 500g

2 FOR \$6⁰⁰



**Karthain's
Organic
Sauerkraut**
750ml

\$10⁹⁹



**The Plant-Based
Workshop**
Ramen & Udon
Noodles,
Frozen, 3 Pack

\$12⁹⁹



**Lucky Foods
Spring Rolls**
Select Varieties,
Frozen, 241g

\$4⁹⁹



**Nature's Farm Free Run
Omega-3 Large Eggs**
1 Dozen

\$7²⁹



**Donia Farms
Grass-Fed
Heritage Yogurt**
650g

\$5⁹⁹



**Thomakis Artisanal Greek
Yogurt - Mango Lassi**
Select Variety Only, 454g

\$9⁹⁹



**Earth's Own
Almond
Beverage**
1.89L

2 FOR \$8⁰⁰
plus deposit & eco fees



**Bremner's
Organic
Blueberries**
Also Organic Berry Blend,
Frozen, 1.5kg

\$26⁹⁹



**Nuts To You
Almond Butter**
365g

\$8⁹⁹



**Jordans
Morning Crisp
Cereal**
375g & 400g

\$6⁹⁹



**the Granola King
Gourmet Granola**
750g

\$12⁹⁹

NOURISHING LIFESTYLES SINCE 1990



**Two Bears Flashed
Brew Coffee**
Also Frothed Oat Latte
and Oat Milk,
207ml & 946ml

20% OFF
plus deposit & eco fees



**Earth's Own
Oat Barista**
946ml

\$5⁹⁹



**Traditional
Medicinals
Organic Tea**
16 Bags

\$4⁹⁹



**Covered Bridge
Potato Chips**
142g & 170g



2 FOR \$7⁰⁰



**La Croix
Sparkling Water**
8 Pack

\$5⁹⁹
plus deposit & eco fees



**La Cocina
Tortilla Chips**
300g - 400g

\$4⁴⁹



**Zazubean
Organic
Chocolate Bars**
80g & 85g

\$4⁹⁹



**Haribo
Gummies**
170g & 175g

2 FOR \$8⁰⁰



**Purplesful
Popcorn**
136g



2 FOR \$9⁰⁰

Shop CANADIAN

Look for these symbols throughout Choices Market to make it easier to shop Canadian:

Product of CANADA

At least 98% of the total direct costs of producing or manufacturing the good have been incurred in Canada.

Made in CANADA

At least 51% of the total direct costs of producing or manufacturing the good have been incurred in Canada.

DELI PREPARED FRESH

DISCOVER LOCAL



Vegetable Herb Samosas
160g

2 FOR \$6.00

DISCOVER LOCAL

NEW



Choices Snack Boxes
Assorted Varieties,
180g - 270g

\$7.99/EA



Spinach & Feta Twisters
Also Ricotta & Feta,
200g

2 FOR \$7.00

DISCOVER LOCAL



Choices Croissant Sandwiches

\$7.99/EA

DISCOVER LOCAL



Old Fashioned Ham

\$2.99/100G

DISCOVER LOCAL



Freybe Roasted Chicken Breast

\$3.99/100G



Choices Organic Cheese

15% OFF



Saputo Mozzarella Fresca
Fresh Cheese
190g

\$6.99/EA



Castello Aged Havarti Wedges
Also Gouda or Cheddar,
200g

\$8.99

BAKERY FRESH BAKED • WHOLESOME

DISCOVER LOCAL



Choices Signature Cookies
12 Pack

\$5.99

DISCOVER LOCAL



Choices Sourdough Buns
4 Pack

\$3.49

DISCOVER LOCAL



Choices Sourdough Baguettes
250g

\$3.29

DISCOVER LOCAL

NEW



Choices Raspberry Coffee Cake
215g

\$8.99

DISCOVER LOCAL



La Tortilla Factory Tortillas
Assorted Varieties,
200g - 496g

20% OFF

DISCOVER LOCAL



Choices Dulce Cookie Cake Tray Bake
250g

\$8.99

DISCOVER LOCAL



Golden West English Muffins
6 Pack

2 FOR \$5.00

DISCOVER LOCAL



Aidan's Fermented Sourdough Bread
500g

\$9.99

GLUTEN FREE

WEDNESDAY,
FEBRUARY 26 ONLY
PARKSVILLE

ONE DAY SALE 15% OFF*

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GROCERY

LOCAL • ORGANIC • SPECIALTY



Caboo Bathroom Tissue
9 Rolls

\$9.99

GLUTEN FREE



Silly Cow Farms Hot Chocolate Mix
480g

\$8.79



So Delicious Non-Dairy Frozen Dessert
500ml

\$5.99

GLUTEN FREE



O'Doughs Bagels
Frozen, 300g

\$4.99



Eco Living Club Laundry Strips
40 Pack

\$8.99



Whittaker's Milk Chocolate Bar Mini Slabs
50g

2 FOR \$4.00



Ben & Jerry's Ice Cream
Select Varieties, 473ml

\$5.99



Daiya Dairy-Free Cheese Shreds, Blocks & Slices
Select Varieties, 185g - 220g

\$4.99

GLUTEN FREE
PLANT BASED

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

ALL ITEMS ON SALE



New Roots Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF



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

\$43.99



Dr. Hauschka Facial Care
Assorted Varieties & Sizes

20% OFF



Mrs. Meyer's Hand Soap
Assorted Varieties, 370ml

BUY 1 GET 1 FREE



Natural Factors Healthy Aging Supplements
Assorted Varieties & Sizes

15% OFF



Sisu Ester-C Supplements
Assorted Varieties & Sizes

20% OFF



Phillip Adam Hair Care
Assorted Varieties & Sizes

20% OFF



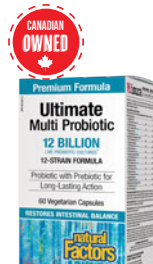
Radius, Toothbrushes, Floss and Accessories
Assorted Varieties & Sizes

25% OFF



Womensense Supplements
Assorted Varieties & Sizes

20% OFF



Natural Factors Probiotics
Assorted Varieties & Sizes

15% OFF



Mountain Sky Natural Body Bar Soap
Assorted Varieties, 135g

\$5.49



NOW Essential Oils
Also Topical Body Oils, Assorted Varieties & Sizes

20% OFF

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

@ChoicesMarket

/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.