



# CHOICES MARKET

100% BC OWNED AND OPERATED

## PARKSVILLE WEEKLY SAVINGS!

### DISCOVER WOMEN-OWNED CHOICES

SEE BACK PAGE FOR DETAILS.

Special Parksville Edition Prices Effective • March 6 - 12, 2025



**SPECIAL PRICE**

**Organic  
Hass Avocados**  
Mexico Grown,  
Bag of 3

**\$4.98 / EA**

**Ribeye**

**Grilling Steaks**

100% Grass Fed, Raised  
Without Antibiotics,  
Pasture Raised, Value Pack,  
Imported from Australia,  
or Roast, \$30.84/KG

**\$13.99 / LB**

**YOU SAVE  
52%**

**YOU SAVE  
\$2.00/BAG**



**PRODUCT OF  
CANADA**

**YOU SAVE  
\$3.00**

**\$14.99 / EA**

**Roasted Chickens**

Raised Without Antibiotics

**CANADIAN  
OWNED**

**BACK IN SEASON**



**YOU SAVE  
\$1.00**

**\$5.99 / EA**

**Choices Signature Hot Cross Buns**  
Pack of 6



**PRODUCT OF  
CANADA**

**\$4.99 / LB**

**Choices Own**

**Whole Frying Chickens**

Raised Without Antibiotics,  
100% Veggie Fed, Fresh, \$11.00/KG

**YOU SAVE  
17%**



**SPECIAL PRICE**

**\$1.98 / LB**

**Roma Tomatoes**

Mexico Grown, \$4.37/KG

**YOU SAVE  
33%**



**Amy's  
Organic Soup**  
398ml

**YOU SAVE  
27%**

**2 FOR \$8.00**

**MADE IN  
CANADA**



**Nuts to You  
Organic Almond  
Butter**  
365g

**YOU SAVE  
25%**

**\$12.99**

## FEATURED CHOICE



**MADE IN  
CANADA**

**WOMEN  
OWNED**

**withinUs  
TruMarine  
Collagen**  
Assorted Varieties  
& Sizes

**40% OFF**



# PRODUCE FRESH • LOCAL • ORGANIC



**Organic Bunched Carrots**  
Mexico Grown

**\$2.98 / EA**



**Organic Pineapple**  
Costa Rica Grown,  
\$6.57/KG

**\$2.98 / LB**



**Organic Valencia Oranges**  
Mexico Grown,  
1.8kg Bag

**\$8.98 / EA**

**Mixed Coloured Peppers**  
Mexico Grown,  
907g Bag

**\$6.98 / EA**



**Yellow Potatoes**  
BC Grown,  
2.27kg Bag

**\$5.48 / EA**



**Gourmet Bouquet**

**\$24.98 / EA**



## MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



**\$4.99 / LB**

**Whole Chicken Legs**

Raised Without Antibiotics, 100% Veggie Fed, Fresh, \$11.00/KG



**\$9.99 / LB**

**Flank Steak**

100% Grass Fed, Raised Without Antibiotics, Pasture Raised, Value Pack, from Australia, \$22.02/KG



**\$4.99 / LB**

**Pork Butt Bones**

Raised Without Antibiotics, Fresh \$11.00/KG



**\$6.99 / LB**

**Pork Belly**

Raised Without Antibiotics, Fresh, Sliced or Piece, \$15.41/KG



**\$4.49 / 100G**

**Sockeye Salmon Fillets**

Ocean Wise, Previously Frozen or Frozen, Value Pack



**Shorba Bone Broth**  
Locally Made,  
Frozen, 750ml

**\$12.99**



**\$7.99 / EA**

**Greenfield Bacon**

Raised Without Antibiotics, Canadian Raised, 375g



**Northern Glacier Hand Peeled Cooked Shrimp**  
Ocean Wise, Frozen,  
340g

**\$9.99 / EA**







— DISCOVER —

# THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES  
MARKET



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

**\$4.49**

plus deposit & eco fees



**Donia Farms  
Grass Fed Milk**  
2L

**\$5.99**

plus deposit & eco fees



**Dairyland  
Lactose Free  
Milk**  
1.89L

**\$5.99**

plus deposit & eco fees



**Terra Granola  
Premium  
Granola**  
340g

**\$7.99**



**Riviera  
Petit Style  
Yogurt**  
Select Varieties,  
4 Pack

**\$5.99**



**Avalon  
Organic  
Probiotic Yogurt**  
650g

**\$5.99**



**Bremner's  
Premium  
Blueberries**  
Frozen, 600g

**\$8.99**



**Love Child  
Organics  
Organic Fruit  
Purée**  
128ml

**2 FOR \$5.00**



**Annie's Organic  
Cheddar Bunnies  
Crackers**  
213g

**\$3.99**

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



**Ritter Sport  
Chocolate Bars**  
Select Varieties,  
100g

**2 FOR \$8.00**



**Organic Traditions  
Organic Cacao  
Powder**  
Also Nibs & Chia Seeds,  
Select Varieties,  
227g & 454g

**20% OFF**



**Left Coast Naturals  
Organic Bulk Seeds  
& Snacks**  
Loose Bulk Only,  
Select Varieties

**20% OFF**



**Galerie au  
Chocolat  
Vegan Bars**  
80g

**\$5.99**



**Elias  
Raw White  
Creamed Honey**  
500g

**\$10.99**



**Alkiss PH 8+  
Alkaline Water**  
4L

**\$3.99**

plus deposit & eco fees



**Vita Coco  
Coconut Water**  
1L

**\$3.99**

plus deposit & eco fees



**Fiji Natural  
Artesian Water**  
1.5L

**2 FOR \$7.00**

plus deposit & eco fees



**Boylan Bottling Co.  
Cane Sugar  
Soda**  
4 Pack

**\$9.99**

plus deposit & eco fees





**Indianlife  
Samosas  
& Pakoras**  
Frozen, 400g

**\$6<sup>99</sup>**



**La Presserie  
Noodle Soup**  
Frozen, 500g

**\$11<sup>99</sup>**



**Konscious  
Sushi Rolls**  
Frozen, 210g ~ 220g

**\$7<sup>99</sup>**



**Delverde Pasta**  
450g

**2 FOR \$5<sup>00</sup>**



**Mezzetta  
Pasta Sauce**  
709ml

**\$6<sup>99</sup>**



**Bragg  
Savoury Liquid  
Soy Seasoning**  
946ml

**\$10<sup>99</sup>**



**Daiya  
Dairy-Free  
Pizza**  
Also Flatbread,  
Frozen,  
332g ~ 550g

**\$8<sup>99</sup>**



**Divina  
Olives**  
375ml

**\$7<sup>99</sup>**



**Lotus Foods  
Organic Rice**  
Select Varieties,  
425g & 426g

**\$6<sup>99</sup>**

**NOURISHING LIFESTYLES SINCE 1990**

**NEW TO CHOICES** TIKKA MASALA FLAVOUR



**Hardbite All Natural  
Potato Chips**  
Select Varieties,  
128g & 150g

**2 FOR \$7<sup>00</sup>**



**Schär  
Crackers**  
Also Breadsticks,  
150g & 210g

**\$7<sup>99</sup>**



**Carr's Crackers**  
Select Varieties,  
125g & 150g

**2 FOR \$6<sup>00</sup>**



**L'Ancêtre  
Organic Cheese**  
Also Grass Fed,  
Select Varieties,  
325g

**\$12<sup>99</sup>**



**Armstrong  
Cheddar Snacks**  
10 Pack

**\$5<sup>99</sup>**



**Dairyland  
Cottage Cheese**  
500g

**\$4<sup>49</sup>**



**Campbell's  
Condensed Soup**  
284ml

**3 FOR \$5<sup>00</sup>**



**Sundhed  
Himalayan  
Pink Salt**  
750g

**\$6<sup>99</sup>**



**Granny's  
Ultra Liquid  
Laundry Wash**  
High Efficiency,  
3.78L

**\$8<sup>99</sup>**

# 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



**Choices Signature Fresh Soups**  
650ml

**\$8.99** / EA



**Choices Wild Salmon Cakes**  
130g

**\$3.99** / EA



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

**\$5.49** / EA



**Rosemary Ham**  
Also Capicola, Pepper or Emperor

**\$3.49** / 100G



**Little Qualicum Cheeseworks Cheese**

**\$4.99** / 100G



**Burrata Cheese**  
250g

**\$14.99** / EA



**Tre Stelle Grana Padano Cheese**  
200g

**\$10.99** / EA



**Tre Stelle Crumbled Feta Cheese**  
150g

**\$5.99** / EA

## BAKERY FRESH BAKED • WHOLESOME



**Choices Artisan Buns**  
4 Pack

**\$3.79** / EA



**Choices Mini Muffins**  
4 Pack

**\$3.49** / EA



**Choices Banana Bread**  
Also Orange Cranberry Loaf, 300g ~ 454g

**\$7.99** / EA



**NEW**



**Choices Keto Chocolate Mousse Tray Cake Bake**  
210g

**\$8.99** / EA



**Choices Indulgence Brownies**  
Also Salted Caramel, 60g ~ 65g

**2 FOR \$6.00**



**Silver Hills Sprouted Power Organic Breads**  
660g ~ 680g

**\$5.49** / EA



**Schär Breads**  
Also Buns or Pizza Crusts, 200g ~ 400g

**15% OFF**



**Uprising Breads Jumbo Gingersnap Cookies**  
6 Pack

**\$4.99** / EA

DISCOVER THOUSANDS OF **CANADIAN** CHOICES



100% BC OWNED



CHOICES.MARKET

# CELEBRATE INTERNATIONAL WOMEN'S DAY MARCH 8

 <p><b>WOMEN OWNED</b></p> <p><b>Zorbas Spanakopita or Mushroom &amp; Parmesan Phyllo</b></p> <p>2 FOR \$10<sup>00</sup></p>	 <p><b>WOMEN OWNED</b></p> <p><b>Wheat Free Savoury Fritters</b></p> <p>\$3<sup>99</sup> /100g</p>	 <p><b>CANADIAN OWNED</b></p> <p><b>WOMEN OWNED</b></p> <p><b>Mogiana Whole Bean Coffee</b></p> <p>340g</p> <p>\$15<sup>99</sup></p>
 <p><b>PRODUCT OF CANADA</b></p> <p><b>WOMEN OWNED</b></p> <p><b>Yumi Overnight Oats</b></p> <p>250g</p> <p>\$6<sup>99</sup></p>	 <p><b>CANADIAN OWNED</b></p> <p><b>WOMEN OWNED</b></p> <p><b>Koukla Delights Organic Coconut Bites</b></p> <p>150g</p> <p>\$7<sup>99</sup></p>	 <p><b>MADE IN CANADA</b></p> <p><b>WOMEN OWNED</b></p> <p><b>Eve's Crackers</b></p> <p>108g</p> <p>\$6<sup>99</sup></p> <p><b>GLUTEN FREE</b></p>
 <p><b>MADE IN CANADA</b></p> <p><b>WOMEN OWNED</b></p> <p><b>Yoggu! Coconut Yogurt</b></p> <p>450g</p> <p>\$6<sup>99</sup></p>	 <p><b>WOMEN OWNED</b></p> <p><b>GoMacro Protein Bars</b></p> <p>59g - 69g</p> <p>2 FOR \$7<sup>00</sup></p>	 <p><b>MADE IN CANADA</b></p> <p><b>WOMEN OWNED</b></p> <p><b>Hornby Organic Protein Bars</b></p> <p>80g</p> <p>2 FOR \$5<sup>00</sup></p>
		 <p><b>MADE IN CANADA</b></p> <p><b>WOMEN OWNED</b></p> <p><b>Tofino Organic Kombucha</b></p> <p>355ml</p> <p>2 FOR \$6<sup>00</sup></p> <p>plus deposit &amp; eco fees</p>

## WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

 <p><b>MADE IN CANADA</b></p> <p><b>Vega Sport Protein</b></p> <p>Assorted Varieties, 801g - 837g</p> <p>\$44<sup>99</sup></p>	 <p><b>CANADIAN OWNED</b></p> <p><b>Preferred Nutrition Berberine</b></p> <p>Assorted Varieties &amp; Sizes</p> <p>20% OFF</p>	 <p><b>MADE IN CANADA</b></p> <p><b>Purica Vitamins &amp; Supplements</b></p> <p>Assorted Varieties &amp; Sizes</p> <p>20% OFF</p>	 <p><b>ACURE</b></p> <p><b>Acure Face, Hair &amp; Body Care</b></p> <p>Assorted Varieties &amp; Sizes</p> <p>20% OFF</p>
 <p><b>PRODUCT OF CANADA</b></p> <p><b>Organika Electrolytes</b></p> <p>Assorted Varieties, 210g</p> <p>\$39<sup>99</sup></p>	 <p><b>NOW</b></p> <p><b>Now Vitamins &amp; Supplements</b></p> <p>Assorted Varieties &amp; Sizes</p> <p>20% OFF</p>	 <p><b>CANADIAN OWNED</b></p> <p><b>Natural Factors Omega Supplements</b></p> <p>Assorted Varieties &amp; Sizes</p> <p>15% OFF</p>	 <p><b>CanPrev</b></p> <p><b>CanPrev Beauty Supplements</b></p> <p>Assorted Varieties &amp; Sizes</p> <p>25% OFF</p>
 <p><b>CANADIAN OWNED</b></p> <p><b>Natural Factors Stress &amp; Sleep Supplements</b></p> <p>Select Varieties, Assorted Sizes</p> <p>15% OFF</p>	 <p><b>MegaFood</b></p> <p><b>MegaFood Multivitamins</b></p> <p>Assorted Varieties &amp; Sizes</p> <p>20% OFF</p>	 <p><b>Salus</b></p> <p><b>Salus Floradix Supplements</b></p> <p>Assorted Varieties &amp; Sizes</p> <p>20% OFF</p>	 <p><b>MADE IN CANADA</b></p> <p><b>The Soap Works Bar Soap</b></p> <p>Assorted Varieties, 90g - 110g</p> <p>\$2<sup>79</sup></p>

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

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