

THE

CHOICES MARKET



# HEARTBEET

June 2025

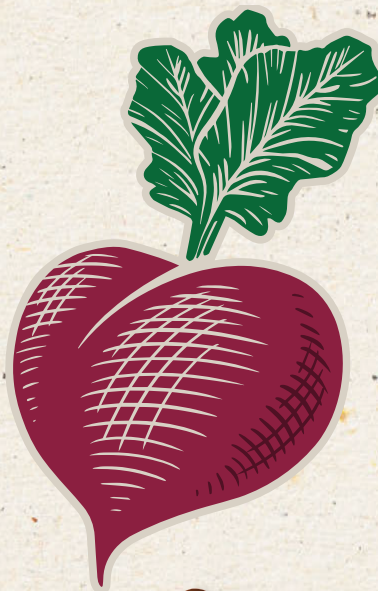
## DISCOVER SALSA

BY CHEF ANTONIO pg 5

Turning Waste into Gold, An Intro to Composting ~ pg 7

Local Produce: A Guide to What's in Season ~ pg 6





## FATHER'S DAY

**June 15th is all about Dad.**

While we're sure dad will be able to supply all the bad jokes and questionable fashions, come to Choices to get everything else you need for a great Father's day dinner. We'll have organic, free range meats for the grill, or plant-based burgers and sausages if that's more his speed. Don't forget the buns, freshly made in our bakery every day. You can also stop by our wellness department to pick up some great shaving products and more to really help him relax and kick his slippers off.



## SUSTAINABILITY AND SEAFOOD

This month, we're talking about the benefits of food sustainability. Eat local, dispose of your waste properly, and eat healthier!

## LET US HELP YOU NAVIGATE NUTRITION

**Choices in-store nutritionists offer free 60-minute nutrition consultations**

Tired of navigating countless websites and sources for evidence-based nutrition advice or rising health care costs to speak to a nutrition professional? Choices' nutritionists are certified, experienced, and empathetic and passionate to your nutrition needs, challenges, and goals and offer countless free services! Speak to a nutritionist or dietitian for more information by emailing [nutrition@choicesmarket.com](mailto:nutrition@choicesmarket.com)





# SEMINARS

Brought to you by:  
**THE WELLNESS HUB**  
AT CHOICES MARKET

## EATING LOCAL, EATING HEALTHY: NUTRITION WORKSHOP ON SEASONAL PRODUCE

*Hosted by: The Choices In-Store Nutritionists*

Join our in-store nutritionists for an enriching, educational, and interactive workshop on the physical and mental benefits of eating local and learn key components of gardening and composting.

Flex your nutrition knowledge, enjoy delicious and nutritious recipes and foods, and win prizes and coupons!

### ***Dates, Times & Locations:***

- **Kitsilano:** June 10, 7pm - 8:30pm
- **Burnaby:** June 11, 2pm - 3:30pm
- **Kelowna:** June 12, 7pm - 8:30pm
- **Abbotsford:** June 18, 7pm - 8:30pm
- **Yaletown:** June 23, 6pm - 7:30pm
- **Parksville:** June 24, 6pm - 7:30pm
- **South Surrey:** June 25, 2pm - 3:30pm
- **North Vancouver:** June 25, 5pm - 6:30pm

**JUNE  
IN-STORE**

**Free Event**



**REGISTER ONLINE AT [CHOICES.MARKET/EVENTS](https://choices.market/events)**



**OR SCAN THE QR CODE  
TO REGISTER**



**JUNE  
10  
7pm - 8:30pm  
IN-STORE  
ABBOTSFORD**

**Free Event**

## INTRODUCTION TO HYPNOTHERAPY FOR SELF-CARE

*Hosted by: The Choices In-Store Nutritionists*

Join Joyce Love, registered clinical hypnotherapist, and Choices Abbotsford's in-store nutritionist, Dionne Legge, for an engaging, insightful, and informative workshop on deepening our practices for sleep and stress from a multi-dimensional and holistic lens.





# Delicious BC Summer Salad

By: The Choices Nutrition Team

## INGREDIENTS

<b>1 pkg</b>	Spring Greens	<b>1 tbsp</b>	Sunflower Seeds (or seeds of your choice)
<b>1 cup</b>	Blueberries	<b>1/2 cup</b>	Olive Oil (can be virgin or extra virgin)
<b>1 cup</b>	Strawberries, diced	<b>1/4 cup</b>	Balsamic Vinegar (or a vinegar of your choice)
<b>1 cup</b>	Cooked Pinto beans, rinsed (or any beans of your choice)	<b>1 large</b>	Lemon, juiced
<b>1 medium</b>	Cucumber, diced	<b>2 tsp</b>	Honey
<b>1 medium</b>	Field Tomato, diced (or a handful of cherry tomatoes)	<b>1 tsp</b>	Salt
<b>1 cup</b>	Feta Cheese (or crumbled/shredded cheese of your choice)	<b>1 tsp</b>	Pepper

## DIRECTIONS

1. Toss the Spring greens/mix, blueberries, diced strawberries, beans, diced cucumber, diced tomato, feta cheese, and sunflower seeds together in a large bowl.
2. Combine olive oil, vinegar, lemon juice, honey, salt, and pepper in a jar with a lid. Close tightly and shake well until fully mixed. Drizzle over salad and enjoy!

**Makes 10 Servings, Total Time, 20 minutes**





**M**erengue and the cha-cha-cha are very popular Latin dances, but let's talk Salsa. Not the dance, the sauce! In Spanish and Italian, the word salsa is a generic term for any sauce. In the 1980's, restaurants in the southern United States, started using the term salsa to refer to tomato based Mexican style sauces. It became a favourite and the name stuck. By the 1990's, the sale of salsa in the United States exceeded that of ketchup. In 2017 a report from Mexico showed that 92% of the population ate a form of salsa with every one of their daily meals. 19% of which was prepared at home.

Typical red salsa, the most common, is raw and contains ripe tomatoes, red or sweet onion, cilantro, lime and a form of hot pepper, commonly jalapeño. Originally made with mortar and pestle, nowadays most of us will use a blender, food processor or hand-dice the ingredients. Some traditional salsas might include cooked ingredients, like smoked peppers or grilled veggies.

Many variants of red salsa or pico de gallo can be freshened up with many other ingredients. Avocado, habanero peppers, corn, beans, smokey chipotle peppers, or even sweet peppers. Make a salsa verde with tomatillos instead of tomato. Fresh fruit can also find its place in salsa recipes. Often omitting tomatoes, mango, pineapple, papaya, peach, pomegranate, apricot, watermelon, strawberry, salsas are delicious.

Please take care of proper washing of all your veggies, and eat your salsa within a few days, depending on your chosen ingredients. Since fruit might start fermenting sooner than tomatoes and vegetables, make sure you produce according to your consumption.

Where a red salsa is good for 3 or 4 days, a mango or papaya salsa might start spoiling in just a couple of days.

Eat your salsa creations with corn chips, use it as a side dish to traditional Mexican or southwest cuisine. You can pair your protein with the appropriate salsa, just like any garnish. Grilled beef with pico, or a chimichurri. Roasted chicken with corn, bean and habanero salsa. Broiled halibut with a fruit salsa. Marinate tofu or tempeh with any salsa of your choice. Toss it over a baked potato or even plain steamed rice. Make sure you take advantage of seasonality of fresh ingredients for maximum flavour. Make it a weekly tradition, adding a fresh splash of taste and colour to your menu. Your taste buds will dance with excitement for every meal.



## SALSA FACTS:

### *Aztec Origins:*

**Salsa dates back to the Aztecs, Mayans and Incas, who used chilies, tomatoes, and squash seeds in early versions.**

### *Endless Varieties:*

**There's red salsa (salsa roja), green salsa (salsa verde), chunky (pico de gallo), roasted, fruit-based, creamy – you name it.**

### *Health Bonus:*

**Most fresh salsas are low-calorie, high in vitamin C, and full of antioxidants**



## CHEF ANTONIO

**Chef Antonio's** delicious creations are made fresh and on sale every day in the Choices Deli.

Pick something up today for a quick lunch or a meal for the whole family.





# Local Produce: A Guide to What's in Season

By: The Choices Nutrition Team

Here in BC, we're so lucky to have access to an abundance of delicious and nutritious seasonal fruit and vegetables. As Summer rolls in, we can take a closer look at some in-season produce and how to gauge their ripeness. Feel free to checkout our Choices Nutrition Team recipes for more guidance on how to get the biggest nutrition punch from this month's produce!

**1. Fruit:** June marks the start of the season for most local strawberries, blueberries, and cherries. Many delicious and vibrant varieties of these fruits can be found growing in the Fraser Valley, Okanagan, Similkameen Valley, Creston Valley, and Vancouver Island. These fruits can be extremely beneficial for proper immune function, protecting against cell damage, and maintaining healthy blood sugars, cholesterol, and blood pressure.

The Choices Nutrition Team loves to incorporate Albion variety strawberries into salads for their crunch, Patriot blueberries for cereal and porridge for their large size and juiciness, and Rainier cherries in charcuterie boards for their delicious pop of colour.

**2. Vegetables:** June is also a great time for a variety of vegetables such as asparagus, beets, broccoli, cauliflower, garlic, peas, radishes, and zucchini – June is certainly a great month to bring out the spiralizer and make some delicious salads and pastas!

This wide array of veggies is also deeply beneficial for your health, linked with benefits to digestive, cardiac, bone, inflammatory, immune, and skin health among other things.

Look for nutrition demos and workshops highlighting local produce throughout stores this month for a chance to learn more about telling ripeness of fruit and vegetables, flex your nutrition knowledge, and win prizes and coupons.

Check out our website or speak to your in-store nutritionist for more information!



## Homemade Healthy Berry Jam

### INGREDIENTS

- |               |  |                    |                       |
|---------------|--|--------------------|-----------------------|
| <b>3 cups</b> | Berries of your choice                   | <b>6 tbsp</b>      | Chia seeds            |
| <b>3</b>      | Medium-sized peaches<br>peeled and diced | <b>2 tbsp</b>      | lemon (or lime) juice |
| <b>7 tbsp</b> | Maple syrup (or honey)                   | <b>Servings:</b>   | 3 cups                |
|               |  | <b>Total time:</b> | 25 min.               |

### INSTRUCTIONS

1. Combine berries, peaches, and lemon juice in a medium saucepan, slowly bringing to a boil over medium heat.
2. Crush the fruit using a saucepan-safe spatula (i.e., wood or rubber) into a smooth texture.
3. Remove saucepan from heat and gradually stir in maple syrup (about 1 tbsp at a time) until desired sweetness is achieved.
4. Stir in chia seeds and let the jam thicken by setting aside for about 10 minutes.
5. Let jam cool and transfer into a jar or container and keep in fridge (shelf-life 2-3 weeks). Enjoy with toast, porridge, charcuterie boards, and just about anything!





# Turning Waste Into Gold: An Intro to Composting

By: The Choices Nutrition Team

Composting has been often praised for its sizeable impacts on reducing household economic costs, improving garden health and nutrition, and global sustainability. Although many of us know the benefits, it can still be intimidating figuring out where and how to start and how much time it'll take to properly implement.

Almost all cities in BC have a green bin you can chuck organic waste into for curbside pickup or at most restaurants or establishments. But why should we put organic waste into the right (green) bin? In the landfill, food that's buried under layers of waste and without access to oxygen can't decompose properly and will create methane. Methane is a greenhouse gas that's 30 times stronger than CO<sub>2</sub> and greatly linked to climate change. Putting your organic waste into the correct bin can reduce CO<sub>2</sub> emissions by up to 60%!

You'd be surprised as to what counts as organic waste. Things that count include all food scraps (including produce, grains, dairy, and meat), prepared food or leftovers, bones, shells (egg or seafood), and small amounts of fat, oil, or grease. You can also dispose of paper napkins, food-soiled newspaper, paper towel, coffee grounds, wooden chopsticks or skewers, or even pet food.

Additionally, composting can greatly improve soil structure and health by retaining moisture and nutrients, attracts beneficial organisms reducing the needs for pesticides or fertilizers, and even reduces risk for soil erosion. Throughout the lower mainland, there are countless workshops and courses on how to compost at home. Here, at Choices, we offer a multitude of workshops on gardening and composting and our team of knowledgeable in-store nutritionists are free to help!







# PREFERRED SHOPPER SPECIALS

**JUNE 1 - 15 ONLY!**

Become a Preferred Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store.



**Earth's Choice  
Organic Coffee**  
Whole Bean or Ground,  
340g

**\$13<sup>99</sup>**

100% traceability from coffee grower to roaster.  
Trusted. Traceable. Tasty.



**Liberté Greek  
Multipack Yogurt**  
4-Pack & 400g  
Mediterranean yogurt

**\$4<sup>99</sup>**

Requiring three times more milk than a regular yogurt,  
our Greek yogurt also contains twice the protein of any  
other regular yogurt.



**Tree Island Grass  
Fed Cream Top  
Yogurt**  
500g

**\$4<sup>99</sup>**

We craft our Cream Top yogurt in the Comox Valley on  
Vancouver Island. We are proud to use only 100% fresh  
whole milk from local grass-fed cows.



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

**\$15<sup>99</sup>**

Nothing but the good stuff inside these jars!



**King Island Pure  
Coconut Water**  
1L

**\$4<sup>99</sup>**

Plus Deposit,  
Recycling Fee  
Where Applicable

Zero Fat. Zero Cholesterol. Zero Sugar. Added Excellent  
source of potassium.



**Guayaki  
Organic  
Yerba Mate**  
355 mL

**\$2<sup>99</sup>** Plus Deposit,  
Recycling Fee  
Where Applicable

Brewed from the naturally caffeinated  
leaves of the yerba mate tree native to South  
America.



**Honey Stinger  
Organic Fruit  
Chews**  
50g

**\$2<sup>99</sup>**

Honey Stinger Energy Chews provide a  
quick energy source that your body can  
easily break down.



**Zevia Sleek Zero  
Sugar Natural  
Flavoured Sodas**  
355 mL

**\$1<sup>99</sup>**

Plus Deposit,  
Recycling Fee  
Where Applicable

We set out to make a soda that  
breaks away from all things fake.

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



**Remedy Organic  
Kombucha**  
4-Pack

**\$7<sup>99</sup>** Plus Deposit,  
Recycling Fee  
Where Applicable

We do things the old school way. Long-aged brews. Small  
batches. Full of goodness.



**Lisc Pickles &  
Sauerkraut**  
750 mL & 900 mL

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

Made with Grandma's secret recipe.



**Gusta Vegan  
Sausages**  
350g

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

Our sausages get their flavour from succulent vegetables,  
and they're perfectly seasoned with spices and herbs.



**Bechtel Egg Noodles  
& Spaetzle**  
500g

**\$5<sup>49</sup>**

Specialty Spaetzle is traditionally served as an  
accompaniment to meat dishes. It is also delicious topped  
with a creamy sauce.



# PREFERRED SHOPPER SPECIALS

**JUNE 16 - 30 ONLY!**

Become a Preferred Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store.



**Riviera Goat Yogurt**  
500g



**\$6.49**

Our goat's milk is used to make products that are incredibly flavourful, delicate, and easily digestible.



**Harmless Harvest Organic Coconut Smoothie**  
296 mL

**\$4.99**

Plus Deposit,  
Recycling Fee  
Where Applicable

Coconut smoothie, but make it mango.  
We blend our hydrating coconut water with coconut meat to create an oh-so-creamy smoothie.



**Liberté Kéfir**  
1L, Also 500g  
Mediterranean yogurt

**\$5.99**

Plus Deposit,  
Recycling Fee  
Where Applicable

Our non effervescent Kefir contains 10 strains of active cultures and provides two billion probiotics per 250 mL.



**Deebee's Organic Superfruit Freezies**  
10-Pack

**\$6.99**

100% fruit juice/purée with added organic ingredients.  
Made with solar power.



**GT's Alive Sparkling Adaptogenic Beverage**  
480 mL, Also Raw Kombucha

**\$5.49**

Plus Deposit,  
Recycling Fee  
Where Applicable

Awaken your mind and body. Enjoy a boost of uplifting and sustained energy, free of jitters or a crash, with natural caffeine.



**Tonica Organic Kombucha**  
355 mL

**\$3.29**

Plus Deposit,  
Recycling Fee  
Where Applicable

Only 2 g of sugar per serving. Sparkle with Life. Woman owned Since 2006.



**Real Food Corn Thins**  
150g

**\$2.99**

The great taste of golden sun-ripened corn Real Foods Corn Thins are made simply by popping grains of corn under high temperature.



**Effervé Sparkling Lemonade**  
750 mL

**\$7.49**

Plus Deposit,  
Recycling Fee  
Where Applicable

Flavorful and refreshing, Effervé is delicious and the perfect beverage for the entire family.

## NOURISHING LIFESTYLES SINCE 1990



**Maison Orphée Vinaigrette Salad Dressings**  
250 mL

**\$4.99**

Made with first cold-pressed oil. Plant-based. Family owned. Naturally gluten-free.



**Stefano Pasta Sauces**  
405 mL & 648 mL

**\$6.99**

Only the simplest and most authentic ingredients, seasoned with family know-how and a pinch of Montreal's little Italy.



**Eco Max Liquid Laundry**  
3L

**\$15.99**

Powerful & Plant-based eco max. The natural choice.



**Righteous Gelato & Sorbetto**  
473 mL

**\$7.69**

Our mission is to enrich people's lives, one tiny spoonful at a time. We just happen to do it by making gelato.





# Are you looking for healthy variety in your diet?

Let the Choices Nutrition Team help.

Each month in our stores you'll find green labels on certain products, indicating our Dietitians' Top Choices.



## ORGANIC TRADITIONS SUPERGREENS

These supergreen powders are an excellent source of plant-based vitamin A and B12 essential vitamins for immune health, eye health, and energy production. Additionally, the anti-inflammatory properties of turmeric along with gut-promoting probiotics offer another level of nutritional benefits. Ranging in flavours such as pear, cucumber melon, and pineapple coconut, the Choices Nutrition Team loves to incorporate these powders into smoothies, overnight oats, and countless desserts!



## ORGANIC TRADITIONS SPROUTED MIXES

The process of sprouting can be deeply beneficial, promoting the nutrient profile of foods by increasing their digestibility, absorbability, and overall health benefits. Organic Traditions carries the Sprouted Flax, Quinoa, and Chia and Flax mixes, excellent sources of healthy fats and fibres shown to lower cholesterol, protect against cardiovascular disease, and promote gut health. The Choices Nutrition Team loves to add these mixes into soups, casseroles, smoothies, and desserts!

## NANAPOPS! BARS

These delicious bars are plant-based, gluten-free, and naturally sweetened with bananas and without refined sugars; made from 5 simple ingredients: organic bananas, water, cashews, peanut butter, organic agave, and natural flavour. They're wonderful for all ages, and a relatively good source of healthy fats, fibre, and protein – making them an ideal healthier swap for ice cream!







## Are you looking for healthy variety in your diet?

Let the Choices Nutrition Team help.

Each month in our stores you'll find green labels on certain products, indicating our Dietitians' Top Choices.

### ORGANIC BC BLUEBERRIES

Blueberries are an amazing source of vitamin C, antioxidants, and dietary fibre contributing to their profile as agents to help manage blood sugars and cholesterol, and promote gut health, cognitive health, and bone health. They're wonderful options to add into smoothies, salads, porridge, and desserts. Freezing them can also make a delicious and nutritious substitute for ice cream!



### ORGANIC ON THE VINE TOMATOES

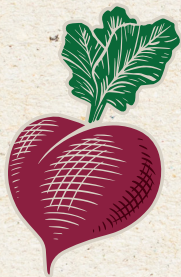
Tomatoes are in season here in BC! They're known as a superfood for skin health, offering great hydration, antioxidants, and vitamins linked to supple and beautiful skin. They're wonderful foods to incorporate into sauces, curries, and soups; check out our recipe section or speak to an in-store nutritionist for more tomato-centred recipe inspiration!

### CHOSEN FOODS AVOCADO SPRAY

These 100% avocado oil sprays offer a nutritious and versatile array of uses: great for high-temperature cooking, sautéing, grilling, and baking with its high smoke point of 500°F. Avocado oil is heralded not just for its high smoke point and neutral taste, but also its nutritional benefits for supporting heart and digestive health, and anti-inflammatory properties.







# WELLNESS CENTRE SPECIALS

**JUNE 1 - 15 ONLY!**

Become a Wellness Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store.



**AOR Advanced B Complex**  
180 Capsules

**\$54<sup>99</sup>**

- Active forms of B-vitamins in a form your body can utilize immediately
- Balanced ratios and clinically-supported doses
- Support for energy, stress and burnout, metabolism, and nerve function
- Supports the function of the brain, nervous system, metabolism and methylation • Doesn't cause niacin "flush"



**Vega All-In-One Nutritional Shake**  
834g - 876g

**\$52<sup>99</sup>**

- Non- GMO • Gluten free • Vegan • No added sugar
- No artificial colors, flavors or preservatives



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

**20% OFF**

- Great tasting, ultra pure Omega-3 • Supports the maintenance of good health, cardiovascular health, cognitive and brain function
- Sustainably sourced ingredients. • Pure Check 3rd party test, 1% for the planet.



**Botanica Organic Herbs & Supplements**  
Assorted Varieties & Sizes

**20% OFF**

Botanica Ashwagandha Liquid Capsules are an adaptogenic herb that help to restore nervous and immune system health to normalize mood and energy levels.



**Living Alchemy Men's Daily+ and Women's Daily+ Multivitamins**  
60 Capsules

**\$37<sup>99</sup>**

- Whole Body Optimizer for Maintaining Men's Health
- Provides Maintenance for Immunity, Metabolism, Bones & Skin • Includes Siberian Ginseng for Men's Energy & Vitality



**Omega Nutrition Flax Seed Powder**  
454g

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

Our Flax Seed Powder has a nutty flavor and works perfectly as an egg replacement.



**Sproos Collagen Supplements**  
Assorted Varieties & Sizes

**25% OFF**

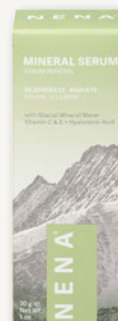
Our lifestyle-focused supplements and functional beverages are easy for busy individuals to incorporate into their daily lives and provide them with purposeful, clean and sustainable nutrition.



**Nixit Menstrual Disc**  
Pkg. of 1

**\$46<sup>99</sup>**

Our disc-style menstrual cup is made from ultra soft silicone, with a unique, one size fits all shape.



**Nena Canadian Glacial Natural Face Care**  
Assorted Varieties & Sizes

**25% OFF**

Feel the earth, see the glow. Because when you choose purity, you are choosing a glow that's truly yours.



**Dr. Bronner's Pure Castile Soap**  
473 mL

**\$16<sup>99</sup>**

- Face • Body • Hair • Food • Dishes • Laundry • Mopping
- Pets - The best for human, home, and Earth!



**Lafe's Natural Deodorant**  
Assorted Varieties & Sizes

**20% OFF**

Lafe's Deodorants are Aluminum Free, are scented with essential oils which naturally fight odor-causing bacteria for 24 hours without the use of harmful chemicals and are all baking soda free, gluten free, alcohol free, propylene glycol free, non-GMO, cruelty free (no animal testing), & vegan (plant based).



**Every Man Jack Men's Bodycare**  
Assorted Varieties & Sizes

**20% OFF**

Our Sandalwood 3-in-1 All Over Wash simplifies your shower routine, formulated to cleanse your body while shampooing and conditioning your hair for a head-to-toe clean.





# WELLNESS CENTRE SPECIALS

**JUNE 1 - 15 ONLY!**

Become a Wellness Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store.



**Manitoba Harvest  
Hemp Hearts  
& Hemp Yeah!  
Proteins and Oil**  
Assorted Varieties  
and Sizes

**25% OFF**

Shelling the hemp seed reveals the most nutritious and tender part of the seed: the heart. Ready to eat right out of the bag, Manitoba Harvest hemp hearts offer nutrition seekers a simple and delicious ingredient that adds plant protein and nutrients to any recipe or meal.

- 10g Protein
- 12g Omega 3 & 6
- 9 Essential Amino Acids
- Contains vital nutrients like magnesium, fibre, zinc, and iron
- Vegan, Paleo, Keto, and Gluten-Free
- Available in Organic and Natural



**Natren Probiotics**  
Assorted Varieties  
and Sizes

**20% OFF**

**HEALTHY START SYSTEM** - A unique and specific 3-step custom probiotic system designed to fit individual needs for optimal digestive, immune, skin, brain, and microbiome health. Natren Healthy Start System® dairy probiotic powders and dairy free probiotic capsules are the building blocks for the good health you deserve. Not only can you help aid digestion and relieve occasional gas and irregularity, when your digestive system works properly, every part of your body benefits. Support your health and free yourself to focus on other aspects of your life.

- Digestion of dairy products by assisting with lactose metabolism
- Optimal fertility function (both female and male)
- Production of neurotransmitters - mental health
- Pre and post antibiotic health
- By destroying invading hostile bacteria (ingested through food, water, and air) by producing natural antibiotic substances
- Help reduce harmful enzyme activity in the large intestine



**St. Francis  
Allergy Relief**  
Nasal Spray, 30 mL  
or Tincture, 50 mL

**\$19<sup>49</sup>**

Natural allergy relief that is as effective as traditional over-the-counter products, without the side effects!

A uniquely powerful two-pronged allergy solution that provides symptom relief plus addresses the underlying cause of an overactive immune system without drowsiness or dryness side-effects.

The essential elements of our classic Deep Immune® formula plus homeopathic ingredients = the ideal combination of preventative and reactive healing strategies.

A potent array of homeopathic ingredients that specifically target immediate allergy symptoms. Includes the key herbs in our Deep Immune formula. The non-homeopathic herbal ingredients in Allergy Relief with Deep Immune® are Certified Organic or Wildcrafted. This formula is Non-GMO, Gluten Free, Soy Free, Corn Free, Lactose Free, and Vegetarian.



**Suro Breathe**  
236 mL

**\$16<sup>99</sup>**

URO BREATHE™ is a liquid remedy based on certified organic herbs, to help in cases of various breathing difficulties. If you have difficulty breathing due to asthma, sinus congestion due to seasonal allergies or a cold or flu, or simply modern-day pollution, SURO BREATHE™ will help maximize your breathing by relaxing the airways while helping to clear them of congestion. In addition to helping you breathe better, SURO BREATHE™ is also formulated to help relieve inflammation and irritation of the tissues.



**Tanit Revolubar  
Foaming Soap**  
Soap Tab, 4g  
or Reuseable Bottle  
Assorted Varieties

**\$4<sup>49</sup> / \$14<sup>99</sup>**

The glass foaming soap dispenser is designed to be used with the compressed tablets that create a rich, foaming soap made up of plant extracts and essential oils that are gentle on the skin and planet. Introduce yourself to a new kind of clean. All-natural hand soap tablets will wow you with their convenience, effectiveness, and unparalleled sustainability.

- **SAVE SPACE** — Store a pile of tablets oh so minimally thanks to their ultra-compact design.
- **SAVE THE PLANET** — No plastic waste with 100% compostable pouches and no transport emissions produced by needlessly shipping water you already have in your home.
- With our super-soft formula using plant extracts and essential oils, no matter how often you wash, your hands will thank you.



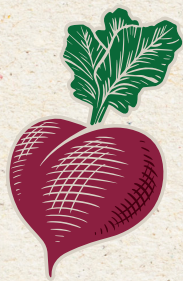
**Before  
Toothpaste**  
100 mL

**\$9<sup>99</sup>**

Incredible taste and incredibly clean, Before's award winning natural Whitening Toothpaste gradually and safely brightens your teeth with our custom blend of high-quality ingredients and sodium fluoride. Upgrade your brushing routine with our perfectly balanced foaming, soothing Supermint flavour and silky low-abrasion texture. Fight cavities, remineralize your tooth enamel, and level up your mouth health without harmful chemicals and synthetic ingredients.

- Safely whiten your teeth without hydrogen peroxide. See real results and brighter pearly whites.
- Aloe extract: Soothes your gums and boosts your immune system.
- Plant-based 100% recyclable tube: YES, plants!
- An industry first! No more fossil fuel-based plastic.





# WELLNESS CENTRE SPECIALS

**JUNE 16 - 30 ONLY!**

Become a Wellness Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store.



**CanPrev  
Vitamin B & C  
Supplements**  
Assorted  
Varieties & Sizes

**15% OFF**

CanPrev's Vitamin C provides a potent and therapeutic 1000mg dose of pure ascorbic acid in every capsule.



**New Roots  
Prostate Perform**  
Assorted  
Varieties & Sizes

**20% OFF**

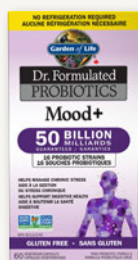
Prostate Perform relieves the symptoms of benign prostatic hyperplasia (BPH), including frequent urination particularly at night, inconsistent stream, the strain to urinate and prostate growth.



**WomenSense  
Vitamins &  
Supplements**  
Assorted  
Varieties & Sizes

**20% OFF**

Helps support and promote healthy estrogen balance. Promotes healthy estrogen metabolism. Helps maintain healthy hormone balance. Reduces the symptoms of estrogen dominance



**Garden of Life  
Dr. Formulated  
Probiotics**  
Assorted  
Varieties & Sizes

**20% OFF**

Promotes favorable gut flora for daily gastrointestinal support.



**Freshfield  
Vegan Omega-3**  
Assorted  
Varieties & Sizes

**20% OFF**

Get your omega-3s straight from the source—pure, algae-based omegas. Same benefits, no bycatch, no waste. Just clean, plant-based nutrition for everyday performance and ocean protection.



**Healthology  
Daily Fibre Blend**  
240g

**\$23<sup>99</sup>**

Daily Fibre Blend provides a healthy boost of fibre that can be easily added to meals and snacks. It contains 3g of fibre per serving and is non-GMO. Certified Organic and free from additives.



**Nelson Naturals  
Crush & Brush ~ Zero  
Waste Toothpaste**  
93g / 60g

**\$8<sup>49</sup> / \$11<sup>49</sup>**

A mess-free, convenient, portable and perfectly portioned toothpaste tablet.



**Pure Creations  
Facial Care**  
Assorted  
Varieties & Sizes

**20% OFF**

Get your omega-3s straight from the source—pure, algae-based omegas. Same benefits, no bycatch, no waste. Just clean, plant-based nutrition for everyday performance and ocean protection.



**Decode Men's  
Bodycare**  
Assorted  
Varieties & Sizes

**25% OFF**

Made with quality natural ingredients and provides 24 hour protection against odours, leaving you feeling fresh and confident all day.



**Schmidt's  
Natural Deodorant**  
Assorted Varieties, 75g

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

Canada's #1 Natural Deodorant is always plant-based, certified vegan and cruelty free.



**Boiron Arnica  
Products**  
Assorted  
Varieties & Sizes

**20% OFF**

Arnica Gel is a homeopathic medicine for the relief of muscle and joint pain.



**The Future is  
Bamboo Personal  
Care & Oral Care**  
Assorted  
Varieties & Sizes

**20% OFF**

Say goodbye to single use wipes and cotton swabs with these reusable cruelty free charcoal facial rounds.





# WELLNESS CENTRE SPECIALS

**JUNE 16 - 30 ONLY!**

Become a Wellness Shopper today.  
**DISCOVER SAVINGS & EARN POINTS**  
Ask us for details in store.



**Nuun Electrolyte & Vitamin Enhancer**  
10 Tablets

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

Nuun Sport provides a great balance of ingredients for mineral replenishment and optimal hydration before/during/after your workout.  
A tasty & hydrating blend of electrolytes and minerals for exercise and on-the-go. 10 tablets per tube.  
Dissolve in 475 mL of water.



**Lean Fit Organic Proteins**  
Plant Base 715g / Whey 832-858 g

**\$30<sup>99</sup> / \$38<sup>99</sup>**

LEANFIT™ is made for every body.  
Our products contain high quality protein and clean ingredients to deliver what you need to refuel, recover and balance your nutrition.  
Our delicious powders can be shaken up with your choice of liquid, blended into shakes, or mixed into yogurt or oatmeal which makes it easy to fit healthier habits into your daily routine to amplify what you can do, so you can shine a little brighter and keep moving forward.



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

**15% OFF**

The active constituent of turmeric, curcumin, has a broad range of actions that support good health. Unfortunately, regular curcumin has poor bioavailability, so it may not give you the curcumin benefits you're looking for. Theracurmin is the answer. This advanced curcumin preparation is made using special natural technology that dramatically increases curcumin absorption compared to regular curcumin.

In fact, Theracurmin gives you the best curcumin absorption as demonstrated by human clinical research.

It is available in regular and double-strength formulas.



**New Roots Sea Buckthorn Oil**  
30 Softgels

**\$47<sup>99</sup>**

Sea buckthorn softgels contain therapeutic amounts of the omega-7 fatty acids.  
New Roots Herbal's Sea Buckthorn softgels are formulated with 1000 mg of omega-7-rich sea buckthorn fruit and seed oils, with an additional 40 mg of goji seed oil.  
Contains no: Gluten, wheat, corn, eggs, dairy, yeast, citrus, preservatives, artificial flavour or colour, starch, or sugar.



**Organika Myo-Inositol**  
90 Capsules / 500g

**\$24<sup>49</sup> / \$64<sup>49</sup>**

Inositol has many important roles in the body. It helps cells, hormones, neurotransmitters and growth factors all talk to each other. It's also important for the water/electrolyte balance between the inside and outside of cells.

Functions like insulin communication, cell membrane production, breakdown of fats and gene expression all rely on having enough inositol in the body.

- Supports the regulation of cellular response for overall health
- Known to boost serotonin levels in the brain, helping support healthy mood balance
- Helps improve insulin resistance
- Aids in the management of Polycystic Ovarian Syndrome (PCOS)
- Improves menstrual cycle and ovarian function



**Rebel Green Fresh & Clean Hand Soap**  
Assorted Varieties, 355 mL

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

Rebel Green presents Fresh & Clean Hand Soap, a refreshing blend of nature's finest ingredients to pamper and cleanse your hands. Crafted with care, our natural plant-based formula ensures a gentle yet effective cleansing experience, leaving your hands feeling soft, moisturized, and invigorated.

Formulated without synthetic fragrances, our hand soap offers a pure, clean scent that uplifts the senses without overwhelming. Let the subtle aroma transport you to a place of freshness & tranquility with every lather.





comments@choices.market

 @ChoicesMarket

 /DiscoverChoicesMarket

 @ChoicesMarket

 Shop online at  
ChoicesMarket

 **100% BC OWNED**

## CHOICES MARKET LOCATIONS

### Kitsilano

2627 W 16th Ave, Vancouver  
604.736.0009

### Cambie

3493 Cambie St, Vancouver  
604.875.0099

### Kerrisdale

1888 W 57th Ave, Vancouver  
604.263.4600

### Yaletown

1202 Richards St, Vancouver  
604.633.2392

### Commercial Drive

1045 Commercial Dr, Vancouver  
604.678.9665

### Kelowna

1937 Harvey Ave, Kelowna  
250.862.4864

### South Surrey

3248 King George Blvd, Surrey  
604.541.3902

### Burnaby Crest

8683 10th Ave, Burnaby  
604.522.0936

### Abbotsford

3033 Immel St, Abbotsford  
604.744.3567

### North Vancouver

801 Marine Dr, North Vancouver  
604.770.2868

### Parksville

319 Island Hwy East  
250.947.8000

### Eco Audit

Reducing our environmental impact, we chose to print our newsletters on 100% post consumer recycled fibres. Look what we saved this month:

Tree(s): 27

Waste: 1,199 kg

Water: 97,773 L

Greenhouse Gas Emissions: 3,932 kg CO2

Smog: 5 kg NOx

Energy: 23 GJ

Results based on the Rolland Environmental Calculator

# ORGANIC RETAILER OF THE YEAR!

## Choices Market Named Organic Retailer of the Year by the Canada Organic Trade Association!

Being recognized as Organic Retailer of the Year is extremely meaningful and represents Choices' dedication to the organic industry and the strength and growth of the entire sector in Canada and worldwide. Not only are regional grocery chains up for this award, but mass merchandisers, online retailers, restaurant and food service outlets, farmer's markets and community supported agriculture programs are also considered, making this a prestigious win.

At a time when navigating the ever-changing landscape of food and nutrition is more complicated than ever, Choices Market remains focused on educating and simplifying the organic lifestyle for consumers. Congratulations to the entire Choices Market team on this exciting recognition!

COTA presents the Organic Leadership Awards annually to recognize accomplishments and leadership in the Canadian organic sector. The Organic Retailer of the Year award recognizes retailers of all shapes and sizes for their committed efforts to promote organic to consumers.



Ali Davies, COTA Board Member & Jon Janower, Chief Operating Officer



Choices Team: Kim Planinsic, Head of HR • Tyler Romano, Director of Marketing  
• Jon Janower, Chief Operating Officer • Dawn Haig, Director of Retail Operations

*"As a proud, local, grassroots grocer, we are truly honoured by this recognition. COTA's vision is aligned with our own environmental stewardship and healthy living values, and I am thrilled to share this award with our team who are dedicated to helping British Columbians discover the best ways to nourish a healthy body and mind. A resounding thank you also goes out to our loyal and supportive customers who have trusted us with their natural, organic and specialty shopping needs for the past 35 years."*

*- Jon Janower, Chief Operating Officer, Choices Market*