



CHOICES MARKET

100% BC OWNED AND OPERATED

PARKSVILLE BACK TO SCHOOL SAVINGS!

Special Parksville Edition Prices Effective • September 4 - September 10, 2025

PRODUCT OF CANADA

SPECIAL PRICE

Organic
Coronation
Grapes

BC Grown, 907g Pkg.

\$8.98 / EA

YOU SAVE
\$2.00

SPECIAL PRICE

All Boneless
Skinless
Chicken Breast

Raised without Antibiotics,
Conventional or Organic,
Local, Value Pack, Fresh

25% OFF



MADE IN CANADA

YOU SAVE
23%

Choices Quiche
150g-175g

2 FOR **\$10.00**



MADE IN CANADA

YOU SAVE
25%

Choices Mini Muffins
4 Pack

2 FOR **\$6.00**

CANADIAN OWNED



SPECIAL PRICE

\$5.99 / EA

Earth's Choice Organic
Peanut Butter
500g

YOU SAVE
36%

PRODUCT OF CANADA



SPECIAL PRICE

\$5.98 / EA

Organic Green Bartlett Pears
BC Grown, 1.36kg Bag

YOU SAVE
42%

MADE IN CANADA



Purica Vitamins
& Supplements
Assorted Varieties
& Sizes

20% OFF

MADE IN CANADA



Kiju Organic
Juice

Select Varieties,
4 Pack and 1L

YOU SAVE
29%

2 FOR **\$7.00**

plus deposit & eco fees

FEATURED CANADIAN CHOICE

MADE IN CANADA

MADE GOOD
ORGANIC CHEWY
GRANOLA BARS

GLUTEN FREE



YOU SAVE
45%

5 chocolate chip
BARS 24 g PER BAR NET (200 g)

Made Good Organic
Granola Bars

Also Granola Minis, Drizzled
& Soft Baked Bars, 5 Pack

\$2.99

PRODUCE FRESH • LOCAL • ORGANIC



Organic Himrod Grapes
BC Grown,
1.36kg Pkg.

\$8.98 / EA



Organic Mango
Mexico Grown

\$3.48 / EA



Hass Avocados
Mexico Grown

\$2.58 / EA

Organic Yellow Onion
Canada Grown,
1.36kg Bag



\$4.98 / EA

McIntosh Apples
BC Grown,
1.36kg Bag



\$5.48 / EA

Organic Mini Carrots
USA Grown,
454g Pkg.



\$2.98 / EA

Product appearance may differ from that shown in the flyer. Product availability is subject to variation across stores.

MEAT & SEAFOOD RESPONSIBLY RAISED • PREMIUM QUALITY



\$7.99 / LB

Lean Ground Beef

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



\$7.99 / LB

Pork Tenderloin

Fresh, Boneless, Raised Without Antibiotics,
Whole or Medallions, \$17.61/KG



\$8.99 / LB

Outside Round Roast or Steaks

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



Greenfield Bacon

Raised Without Antibiotics,
Gluten Free, 375g

\$7.99 / EA

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



\$9.99 / EA



BUY 1 GET 1 FREE

Sable Fish Fillets
Ocean Wise, Fresh



Stapletons Sausages
Frozen,
Locally Made

10% OFF

VARIETIES MAY VARY BY STORE

Freybe Lunch Meats
Prepackaged,
125 - 175g

25% OFF

VARIETIES MAY VARY BY STORE





**Island Gold
Organic
Large Eggs**
1 Dozen

\$7⁹⁹



**Donia Farms
Heritage
Grass Fed Milk**
2L

\$6⁴⁹

plus deposit & eco fees



**The Granola King
Gourmet Granola**
2kg

\$29⁹⁹



**Armstrong
Sliced Cheese**
220g & 240g

\$5⁴⁹



**Elmhurst Milked
Oats & Nuts**
(946ml), Also Barista
Almond & Oat
and Oat Creamers
(473ml)

\$7⁹⁹

plus deposit & eco fees



**Tree Island
Grass Fed Yogurt**
325g & 350g

\$4⁹⁹



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

\$6⁹⁹



**Uncle Luke's
Organic
Maple Syrup**
1L

\$29⁹⁹



Liberté Yogurt
4 Pack

\$4⁴⁹

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



**Rise Organic
Kombucha**
1L

\$7⁹⁹

plus deposit & eco fees



**Sunrise
Soyganic Tofu**
350g & 500g

2 FOR \$7⁰⁰



**Chasers
Cold Pressed
Juice**
Select Varieties,
500ml

\$7⁹⁹

plus deposit & eco fees



**Salt Spring
Organic Coffee**
Select Varieties,
400g

\$18⁹⁹



**Green & Black's
Organic
Chocolate Bars**
90g

\$5⁹⁹



**Celestial
Organics Tea**
18 Bags

\$4⁹⁹



**Hardbite
All Natural
Potato Chips**
150g

2 FOR \$7⁰⁰



**Gimme
Organic Roasted
Seaweed Snacks**
6 Pack

\$6⁹⁹



**Old Dutch
Restaurant
Tortilla Chips**
Also Arriba Chips,
200g - 295g

\$4⁴⁹



— DISCOVER —

THOUSANDS OF CANADIAN CHOICES



100% BC OWNED



CHOICES.MARKET



CHOICES
MARKET



Garofalo Pasta
500g

2 FOR \$7⁰⁰



Favuzzi Italian Tomatoes
Peeled or Diced,
796ml

\$3⁹⁹



GoGo Quinoa Organic Pasta
227g

\$3⁹⁹



Lundberg Organic Rice
Select Varieties,
907g

\$14⁹⁹



Imagine Organic Low Sodium Chicken Broth
Also Vegetable,
Beef & Miso,
946ml & 1L

\$5⁹⁹



Amy's Meals & Bowls
Select Varieties,
Frozen, 241g - 284g

\$7⁴⁹



Raincoast Trading Sockeye Salmon
(160g) Also Raincoast
Global Skipjack Tuna
(142g), Select Varieties

20% OFF



L'Ancêtre Organic Cheese
Select Varieties,
150g - 325g

20% OFF



Gathering Place Organic Spices
3g - 50g

20% OFF

NOURISHING LIFESTYLES SINCE 1990



Annie's Pasta
149g - 170g,
Also Gluten Free
Rice Cups, 57g

\$2⁹⁹



Violife 100% Dairy Free Cheese
200g

\$5⁹⁹



Spectrum Organic Extra Virgin Olive Oil
750ml

\$29⁹⁹



RW Garcia Crackers
156g - 184g

\$6⁹⁹



Alderwood French Fries
Frozen, 450g

\$6⁹⁹



Stellas Perogies
Frozen, 520g

\$8⁹⁹



Chapman's Super Premium Plus Ice Cream
500ml

\$5⁴⁹



Echoclean Laundry Detergent
2x Concentrated,
Liquid, 1.5L

\$10⁹⁹



Aspen Clean Dishwasher Pods
Also Kitchen &
Bathroom Cleaners,
Assorted Sizes

20% OFF

PRODUCE FRESH • LOCAL • ORGANIC



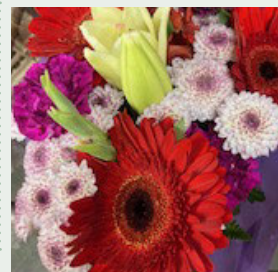
Grape Tomatoes
BC Grown,
907g Pkg.

\$6.98 / EA



Russet Potatoes
BC Grown,
2.27kg Bag

\$3.98 / EA



Gourmet Bouquet

\$24.98 / EA



Navel Oranges
Grown in South
Africa,
1.81kg Bag

\$6.98 / EA



Sun Rich Fruit Cups
Fruit Salad,
Pineapple Chunk,
Watermelon Chunks,
369g & 425g

\$6.48 / EA



Living Basil Plant
Houweling

\$3.98 / EA

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DELI PREPARED FRESH



Choices Ready to Eat Wraps

\$9.99 / EA



Summer Fresh Snack & Go
83g

2 FOR \$5.00



Casalinga Italian Inspired Soup
700ml

\$7.99 / EA



Zorbas Spankopita Pie
Also Mushroom & Parmesan,
185g

2 FOR \$10.00



Choices Spinach & Feta Egg Muffins
Also Broccoli & Cheddar,
80g - 90g

2 FOR \$4.00



Black Forest Ham
Also Honey or Old Fashioned

\$2.99 / 100g



Vegetable Pakora
Also Spinach

\$2.99 / 100g



Bothwell Cheese

\$3.99 / 100g



Cows Creamery Cheddar
200g

20% OFF

DISCOVER THOUSANDS OF CANADIAN CHOICES

As a BC grocer, Choices Market has always made sourcing local and Canadian products our first priority. Building lasting relationships with growers and producers and fostering healthy, sustainable communities are core to who we are. From fresh, farm-to-table produce to premium, local proteins, we offer thousands of Canadian-sourced products to help support our communities while nourishing your family.



100% BC OWNED



CHOICES.MARKET

BAKERY FRESH BAKED • WHOLESOME



**Choices
Garlic Bread**
Made with
Roasted Garlic
Butter, 320g



\$4.99 / EA



**Choices
Multigrain
Bread**
530g



2 FOR \$10.00



**Choices Cake
Tray Bakes**
Also Our
Signature
Carrot Cake,
210g - 330g



\$8.99 / EA

BULK FOODS



**Organic
Nuts & Seeds**
Almonds,
Cashews, Pumpkin
& Chia Seeds,
Bulk Bins Only,
Select Varieties

20% OFF



**Bakestone
Brothers
Naan Bread**
Also Roti,
472g - 500g



\$4.99 / EA



**La Tortilla
Factory
Tortillas**
200g - 496g

20% OFF



**Alkeme
Sourdough
Bread**
Also Country or
Ancient Grain,
725g



\$9.99 / EA



**Wisebites
Cookies**
Also Bars
or Treats,
150g - 340g



15% OFF

WELLNESS

REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN



**Bach Rescue
Remedy**
Also Flower
Remedies,
Assorted Varieties
& Sizes

20% OFF



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

\$15.99



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

20% OFF



**Bio-K Plus
Probiotics**
Assorted Varieties
& Sizes

20% OFF



**Botanica
Organic
Proteins or
Greens**
Assorted Varieties
& Sizes

20% OFF



**NOW
Vitamins &
Supplements**
Assorted Varieties
& Sizes

20% OFF



**LeanFit
Proteins**
Also Sports
Nutrition
Supplements,
Assorted Varieties
& Sizes

25% OFF



**NutraVege
Omega-3
Plant DHA
& EPA**
Assorted Varieties
& Sizes

20% OFF



**Enerex
Vitamins &
Supplements**
Assorted Varieties
& Sizes

15% OFF



**Desert Essence
Hair Care
Products**
Also Body Care,
Assorted Varieties
& Sizes

30% OFF



**Naturtint
Natural
Permanent
Hair Colour**
Assorted Colours,
1 Kit

\$16.99



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

20% OFF

Shop online at [ChoicesMarket](https://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

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