

THE

HEARTBEET

December 2025

THE PERFECT HOLIDAY CHEESE PLATTER

BY CHEF ANTONIO pg 5

Immune Support for Cold & Flu Season ~ pg 13

Cultural Foods To Celebrate December Holidays ~ pg 12

20 Page
Holiday
Edition



WE'RE TURNING 35!!!

**Celebrate with us on Saturday, December 6th
at Choices Kitsilano - the store where it all started.**

Enjoy 10% off store-wide, free samples, live music and exciting prizes — plus,
the first 100 customers get a \$10 gift card!

Let's make our 35th anniversary one to remember!

DONATE TO STAR OF THE SEASON!

Each holiday season, Choices' holiday charity campaign kicks into high gear.

From November 15th to December 24th, the cashiers at each Choices Market location will be selling stars to raise funds for local neighbourhood houses. These neighbourhood houses are dedicated to helping those less fortunate in our communities, and this is just our way of helping to give back. To learn more, visit shop.choicesmarket.com



HAPPY HOLIDAYS!

On behalf of the staff, management and ownership of Choices Market, we'd like to wish all of customers and community members a happy holidays. No matter what holidays you celebrate at this most wonderful time of year, we hope that you enjoy it with health, happiness and the joy of a fantastic meal.





Focaccia Stuffing with Mushrooms & Leeks

This savoury stuffing combines hearty focaccia, rich Italian sausage, and earthy mushrooms for a comforting holiday classic. Celery, leeks, and garlic add depth, while Pacific Foods Organic Chicken Broth keeps every bite moist and flavourful. Finish with a sprinkle of fresh parsley for a vibrant touch.

INGREDIENTS

- 1 loaf** Focaccia Bread, cut into 1-inch cubes, about 10 cups
- 1 pound** Spicy Italian Pork Sausage, casings removed
- 1 tbsp.** Butter
- 8 ounces** Mushrooms, Sliced (about 2 cups)
- 2 stalks** Celery (about 1 cup)
- 2 cloves** Minced Garlic
- 2 1/2 cups** Pacific Foods® Organic Chicken Broth (1/2 cup = 625 mL)
- 1/4 cup** Fresh Parsley, chopped
- 2** Large Leeks, chopped (white parts only) or
- 1** Large Onion, chopped (about 1 cup)

DIRECTIONS

- 1.** Heat oven to 375°F. Spread the focaccia cubes on a rimmed baking sheet. Bake for 25 minutes or until lightly browned, stirring once halfway through the baking time. Transfer to a large bowl and let cool.
- 2.** While the focaccia cubes are toasting, heat a 12-inch skillet over medium-high heat. Add the sausage and cook until well browned, stirring often to separate meat. Pour off any fat. Remove the sausage from the skillet and drain on paper towel.
- 3.** Heat the butter in the skillet over medium heat. Add the mushrooms, celery, leeks or onions, and garlic and cook for 10 minutes or until tender and most of the liquid from the mushrooms has evaporated. Add the broth and heat to a boil.
- 4.** Add the mushroom mixture, cooked sausage and parsley to the focaccia cubes and mix lightly. Spoon the stuffing mixture into a lightly greased 13×9×2-inch baking dish. Cover with foil.
- 5.** Bake for 25 minutes. Uncover and stir the stuffing lightly. Bake for another 20 minutes, uncovered, or until the top is golden brown.

Tip: You can make this stuffing 1 day ahead and reheat. Prepare and bake the stuffing as shown above. Let cool to room temperature, then cover and refrigerate. To reheat, bake at 350°F. for 20 minutes covered with foil, then uncover and bake for another 10 minutes or until hot.

Winter Solstice Citrus & Beet Salad with Goat Cheese

INGREDIENTS

- 2 Medium Beets, roasted and sliced
- 2 Oranges, peeled and sliced
- 1 Small Pomegranate (optional)
- 2 tbsp. Olive Oil
- 1 tsp. Honey or Maple Syrup
- 1 tsp. Cinnamon
- 2 tbsp. Walnuts, chopped
- 1/4 cup Goat Cheese, crumbled (or cheese of your choice)
- Handful** Arugula or greens of your choice
- Fresh Mint for garnish



DIRECTIONS

- 1. Roasted Beets:** Preheat oven to 400°F. Wrap beets in foil and roast for 35 ~ 40 Minutes, until tender. Let cool slightly, then slice.
- 2. Make Dressing:** Whisk olive oil, honey or maple syrup, and cinnamon together.
- 3. Assemble Salad:** Toss roasted beets with orange slices, drizzle with dressing, sprinkle chopped walnuts, and crumbled goat cheese. Garnish with mint.
- 4. Optional:** Add a handful of arugula, sprinkle of pomegranate seeds, or any of your favourite seeds for extra colour and antioxidants.

Makes 4 Servings

SPICY MANGO JAM

INGREDIENTS

- 2 Ripe mangoes, diced
- 1 tsp. Lime zest
- 1 tbsp. Lime juice
- 1/4 cup Sugar
- 1 Small jalapeño, seeds removed and diced
- 1 tbsp. Cilantro leaves, chopped
- 1 Block of cream cheese, softened
- 1 Package of Super Seed Everything Crackers



DIRECTIONS

- 1.** In a pot over medium heat, bring the diced mangoes, lime zest, lime juice, and sugar to boil. Simmer for 30 minutes, or until consistency is thick
- 2.** Remove from heat, allow to cool, and fold in the jalapeños
- 3.** Place a block of cream cheese in the middle of a plate
- 4.** Spoon the spicy mango jam over the cream cheese, garnish with cilantro, and serve with Super Seed Everything Crackers



DISCOVER A HOLIDAY

CHEESE PLATTER TO REMEMBER

BY CHEF ANTONIO



We all love cheese, and winter celebrations are the perfect time to indulge in serving a cheeseboard or platter. Many factors should be considered when designing your own, such as your personal favourite cheeses, who and how many people you'll be entertaining. Plus, you have to think of your serving options and space available! Will you have space for a large beautiful board? It'll have incredible visual impact! But maybe it's more practical for you and your space to divide your cheeses into smaller platters and spread them around the room?

Will there be kids at your gathering? If so, you should cater a platter for the palate of little ones. Let them have fun and enjoy the experience by focusing on plain Cheddars, mild Havarti, mini bocconcini balls with a light dressing, and a healthy amount of fruits and vegetables. All in bite sizes for kids, of course.

If displaying large boards, it's important to make a feast for your eyes. Colour and texture play a big role in your final look. Fresh or dried fruit and nuts can be placed on empty spaces around cheeses, creating some nice visual contrast. Small bowls of jams, compotes, chutneys or honey can also be complimentary to taste and visuals. Olives, pickles and other bite sized stuffed veggies can add another layer of fun.

Now that we've talked looks, we have to talk about the taste. There are literally thousands of cheeses available from innumerable global traditions. They all have their unique characteristics, but as a rule of thumb you could aim to include one of each of the main cheese varieties.

Hard and semi-hard cheeses like Parmigiano and Cheddar make a familiar core. So called pasta filata cheeses are stretchy and creamy, like Bocconcini, Burrata and Mozzarella add a nice contrast. Soft and mold ripened Brie and Camembert are creamy and flavourful. Fresh and unripened cheese like Ricotta and Cream cheese add a tangy element. Washed rind cheeses like Fontina and Gruyere bring the funk. And don't forget the good old Blue category, with Stilton and Roquefort bringing a distinct and powerful aroma. Or course, some varieties cross over with each other and defy classification.

The milk producing animal will also be a factor in your cheese, as well as spices and flavorings. Goat, cow, sheep, buffalo or more exotic animals all lend distinct flavours to cheese. Peppercorn, cumin, fresh herbs, dried fruit, truffle, port, and brandy are just some additions to mention. You could create your own spreadable cheese ball by using ricotta, cream cheese, soft goat cheese or a mix of them all, and spicing it up with some seasonal fun.

Remember, if placing larger pieces on your board, you should have a dedicated knife per cheese variety. Avoiding contamination from stronger cheese to milder is essential. Always serve your cheese with fresh crusty bread, homemade crostini, breadsticks, and a variety of crackers. And of course, add cured sliced meats, pate, terrines, or vegetarian alternatives. You can prepare your platter well in advance and keep it in a cool place to be brought out before your guests arrive, allowing you to enjoy their company and the spirit of the season.

Be sure to visit the Choices deli to see the fantastic cheeses we have available. From incredible local specialties to global favourites, we can help you make a cheeseboard to remember.



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.

CHEESE PLATTER TIPS:

Mix of Textures: A good platter usually includes 3 - 5 cheese, with a variety of textures

Seasonal Pairings: Winter and holiday platters often feature cranberries, figs, candied nuts, spiced jams and honey to complement cheese.

Serving Temperature: Cheese tastes best served at room temperature, so it's good to remove it from the fridge at least 30 - 45 minutes before serving.



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4-Pack

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We believe the simple, natural goodness of oats is for everyone to enjoy.



Kettle Brand
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Family Size
368g

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Here at Kettle Brand we strive to be mindful of our environmental footprint. In 2019 we launched an initiative that uses 43% less packaging than before.



Enjoy Life
Chocolate Chips
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100% real chocolate mini chips. School-friendly.

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Acropolis Organics
Organic Pitted Olives
720 mL

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The excellent accompaniment to your holiday charcuterie board.



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Simply Organic offers rotisserie seasonings, finishing sugars, ground seeds, and various blends.



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Whole Bean Coffee**
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Exceptional coffee, sustainably sourced.



Unlike most other corn chips, which use highly processed corn flour, Que Pasa tortilla chips are crafted from whole kernel corn.

**Que Pasa Organic
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A great natural and delicious taste without dairy products.



**Happy Planet
Creamery Grass
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750 mL, Also Fine
Cultured Butter 200g

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Where Applicable

Classic Egg Nog made creamy & festive like no other.



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Crafted from milk and cream with a texture that's the richest and creamiest on the market; crafted the Liberté way.



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**Righteous Gelato
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Small batch gelato made with only the good stuff.

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227g

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200g

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Dairy free cheese that brings bold flavor and fierce melt to all your dishes.



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Non-Alcoholic Beer**
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Plus Deposit, Recycling Fee
Where Applicable

Sober Carpenter is a microbrewery dedicated to brewing premium craft non-alcoholic beer.



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Plant Sterols**
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Plant Sterols help in maintaining healthy cholesterol levels and in reducing low-density lipoproteins (LDL) and total cholesterol.

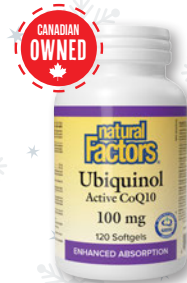


**Natural Factors
Stress & Sleep
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Selected Varieties
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Stress-Relax Tranquil Sleep helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed, without the potentially serious mental and physical side effects caused by pharmaceutical "sleeping pills."



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Your natural defence against sore throats and oral infections like cold sores—in liquid form.



**Ganesha's Garden
Solid Perfume**
Assorted Varieties
13g

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Blended with natural, organic beeswax, essential oils, fair trade MCT oil from coconut and safe lab produced ingredients that are completely phthalate, paraben, sulfate, and formaldehyde free.



**Dom's Natural
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50 mL

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- Aluminum free formula • Vegan & Cruelty Free
- SLS free • Plastic-Free Jars



**Phillip Adam
Shampoo or
Conditioner**
Assorted Varieties,
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Made with mild coconut-based cleansing agents and easy to rinse out. No parabens or SLS. Buy clean & effective Fragrance Free shampoo.



**ShiKai Borage
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Borage Therapy can offer real results for those suffering from extreme dry skin conditions.



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- Dermatologist Tested • Reef Friendly • Non-Aerosol
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**Mrs. Meyer's
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370 mL

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See
Instore for
Seasonal
Scents

Hand soap made with essential oils, aloe vera, olive oil and other thoughtfully chosen ingredients



**Attitude Natural
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**CanPrev Cold-Pro
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Cold-Pro™ Immune Formula is designed to maintain and strengthen the immune system, aid in the symptomatic relief of colds and flus and speed recovery. It contains seven potent, immune boosting nutrients plus antiviral and antibacterial herbs. Research shows that each ingredient in Cold-Pro™ is extremely effective on its own, and combining them has produced a synergistic and powerful immune formulation.

- For colds, flus, and more
- Supports optimal immune function
- Speeds recovery



**Organika Collagen
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From healthy hair, glowing skin and strong nails to gut and joint health – this super powder has super powers! Organika's Enhanced Collagen is a clean, single-ingredient formula, sourced from grass-fed, pasture-raised cattle and free from all hormones, antibiotics, GMOs and gluten. This flavourless and odourless formula is hydrolyzed for maximum absorption in the body.

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- Helps maintain healthy joints
- Collagen may strengthen and promote the growth of hair and nails
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**Capri Care
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- It's based on 30+ years of research and the natural goodness of whole goat milk.
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**Purica
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Assorted Varieties
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Zensation Universal Harmony is a remarkable blend of eight medicinal mushrooms and Ashwagandha, infused with the rich flavor of cacao. This organic concoction is designed to alleviate stress symptoms like fatigue, sleeplessness, irritability, and poor concentration, featuring organic ingredients like Reishi, Cordyceps, Shiitake, Maitake, Agaricus, Coriolus, Chaga, Lion's Mane, along with Ashwagandha and Monk fruit.

- Reduces various stress-related symptoms
- Combines the therapeutic properties of eight medicinal mushrooms
- Helps cardiovascular health



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Support with
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Support joint function and healthy inflammation relief with an herbal supplement.



**Honibe Honey
Lozenges & Gummie
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Lozenges, 10-Pack/
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- Vegetarian Friendly • Gelatin Free
- No Unwanted Additives • Made in Canada



**Nature's Way
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Delicious Sleep Well gummies help increase the total sleep time in people suffering from sleep restriction or altered sleep schedule.



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**Pure Creations
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Assorted Varieties & Sizes

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A luxurious serum with plant-based Retinol, peptides, and Glucosyl Hesperidin that brights the skin, reduce the look of dark circles and wrinkles.



**South of France
Soap**
Assorted Varieties,
170g Bar or 236 mL

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Traditional French soap is triple-milled to produce a completely uniform and smooth soap, without impurities, thus lasting longer.



**Sundhed
Pure Himalayan
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Assorted Varieties & Sizes

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Crystal Salt Lamps & Candle Holders release negative ions in abundance when heated by either an electric light bulb or flame.



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**Allimax
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Garlic is great for you! Seventeen amino acids, at least 33 sulphur compounds, 8 minerals (germanium, calcium, copper, iron, potassium, magnesium, selenium and zinc) and the vitamins A, B and C. But garlic itself contains no allicin, the powerful antimicrobial compound found in Allimax. Garlic makes allicin only once its structure is ruptured and the two compounds alliin and allinase come into contact to form allicin which attacks the cell walls of soil borne microorganisms.



**Vega Protein
Made Simple**
Assorted Varieties,
258g - 271g

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Simple does it!

- 15g Plant-Based Protein: Provides a strong, plant-based protein boost from peas.
- Minimal Ingredients: Made with only 4-8 naturally sourced, simple ingredients.
- No Stevia or Added Gums: Offers a clean formula without alternative sweeteners or fillers.
- Subtle Sweetness: Lightly sweetened with cane sugar for a pleasant taste.
- Versatile: Easily blends into smoothies, shakes, or your favorite non-dairy beverage.



**New Roots
Chill Pills**
Relaxation,
30 Capsules/60 Capsules

\$24⁹⁹ / \$44⁹⁹

New Roots Herbal Chill Pills are a natural herbal and vitamin synergistic "feel-good" formula, crafted with potent ingredients like L-theanine, passionflower, ashwagandha, and holy basil. While working at the office or tackling daily struggles, they will promote relaxation while calming your nerves, allowing you to concentrate and help you work more effectively. Although we all talk about stress, often it is not really clear what it means: When your body is under stress, it is effectively triggering the flight-or-fight response. When your body is busy fighting or fleeing, it is not restoring and healing. Whether tackling daily challenges or facing stressors, New Roots Herbal Chill Pills promote relaxation, helping you feel better, and alleviate feelings of being overwhelmed, so you can enjoy quality time with loved ones, concentrate at work, feel good about yourself, and look at life more positively.



**Newco
Rub Ease**
120 mL

\$23⁴⁹

Natural Pain Relief Cream
Contains a synergistic blend of Arnica Flower Extract, as well as Menthol, MSM, Hyaluronic Acid, Glucosamine Sulphate, Chondroitin Sulphate, Peppermint, Wintergreen, Tea Tree & Eucalyptus Oil. This cream may provide relief from the pain of sports injuries, inflammation, arthritic pain, sore muscles, joint pain and bruises.
Active cooling and soothing peppermint and eucalyptus essential oils.
Deep penetrating and well absorbed for an easy to apply massage cream.



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Period Underwear**
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& Sizes

20% OFF

Our daytime Bikini Brief offers super absorbency and is the perfect style for everyday wear for periods, postpartum, and light bladder leaks. Made with our ultra soft and breathable bamboo ribbed fabric, they offer up to 12 hours of protection and can hold up to 40 ml - that's 5 SUPER tampons/pads!

Leakproof underwear that:

- Banishes leaks for good
- Is sexy, soft, and comfortable
- Looks and feels amazing on every body at any size
- Is toxin-free, ethically-made, and environmentally sustainable



**Works Wonders
Body Oils and
Serums**
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& Sizes

20% OFF

Our replenishing daily serum is blended with botanical oils and floral extracts for increasing permeability and deeply restoring delicate skin with emollients, essential amino acids, linoleic and oleic acids, GLA essential fatty acids, vitamins and anti-oxidants.
Apply a few drops to your face and neck, and massage in gently for a smoother, firm appearance.

CULTURAL FOODS TO CELEBRATE DECEMBER HOLIDAYS

By: The Choices Nutrition Team

December is a month of celebration across cultures, with food playing a central role in traditions that bring families and communities together. From Christmas and Kwanzaa to the Winter Solstice and Hanukkah, holiday dishes are more than meals—they are expressions of history, culture, and connection.

For many, Christmas features hearty dishes like roasted meats, root vegetables, and seasonal fruit desserts such as plum pudding or stollen bread. Roasted carrots, parsnips, and beets—abundant in local markets this time of year—are naturally rich in fibre and antioxidants that support heart health and digestion.

Kwanzaa, a week-long celebration of African heritage, highlights staples like black-eyed peas, collard greens, sweet potatoes, and cornbread. Black-eyed peas are high in soluble fibre, which helps steady blood sugars and lower cholesterol, while dark leafy greens provide calcium and vitamin K to support bone health.

For those marking the Winter Solstice, warming soups and stews often feature lentils, squash, and root vegetables. Lentils and winter squash are excellent sources of plant-based protein, vitamins, and prebiotic fibre, which nourishes the gut microbiome and supports long-term digestive health.

Hanukkah, the Festival of Lights, is often celebrated with latkes (potato pancakes) and sufganiyot (jelly-filled doughnuts). Enjoyed in moderation, these festive favourites can be paired with a fresh salad or roasted vegetables to add other nutrients without losing tradition.

Whatever your holiday table looks like, cultural foods connect us to our histories and communities. This season, savour the flavours, embrace the health benefits, and enjoy the abundance of local or seasonal foods that make December celebrations so special.



KWANZAA HARVEST BOWL: COLLARD GREENS, SWEET POTATOES & BLACK-EYED PEAS

INGREDIENTS

- 1 Bunch** Collard Greens, washed, stems removed, chopped
- 1** Medium Sweet Potato, peeled and diced
- 1 cup** Black-Eyed Peas, cooked
- 1** Large Onion, thinly sliced
- 1** Lemon (optional)
- 1-2 tbsp.** Olive Oil
- 1 tsp.** Smoked Paprika
- 1/2 tsp.** Cumin
- Salt & Pepper to taste

DIRECTIONS

- 1. Roast sweet potatoes:** Toss diced sweet potato with 1 tbsp. olive oil, smoked paprika, cumin, salt and pepper. Roast at 400°F for 20-25 minutes until tender.
- 2. Caramelize onions:** While the sweet potatoes roast, heat 1 tbsp. olive oil in a skillet over medium-low heat. Add sliced onion and cook slowly, stirring occasionally, until golden and caramelized (10 - 12 minutes).
- 3. Cook collard greens:** In a separate large pan, sauté collard greens for 5-7 minutes until wilted but still bright green.
- 4. Combine:** Add roasted sweet potatoes, black-eyed peas, and caramelized onions to the collard greens, toss gently and adjust seasoning if needed.
- 5. Optional:** Finish with a squeeze of lemon juice for brightness or a sprinkle of toasted pumpkin seeds for crunch.

Makes 5 Servings



IMMUNE SUPPORT FOR COLD & FLU SEASON

By: Anna Pepperdine, BSc., Kelowna Nutrition Consultant

As the days grow colder and we spend more time indoors, our immune system works harder to protect us from seasonal colds and flu. While no single food can prevent illness, certain nutrients play a key role in supporting immune health and resilience during the winter months.

Vitamin C is one of the most well-known immune supporters. Found in citrus fruits, bell peppers, and berries, this antioxidant helps stimulate the production of white blood cells and protects them from damage. Adequate dietary intake and supplementation are both viable and important options to consider when you're feeling a bit under the weather or want to prevent the flu.

Zinc plays a critical role in the development and activation of immune cells. Even a mild deficiency can impair immune function. Good dietary sources include pumpkin seeds, lentils, poultry, and seafood such as oysters.

Elderberry has been traditionally used for centuries to help the body fight off colds and flu. Rich in antioxidants and flavonoids, elderberry may help reduce the severity and duration of cold symptoms when taken at the onset of illness. Elderberry can be consumed as a syrup, tea, or supplement, though it's best to choose products that are prepared safely and avoid raw berries, which can be toxic.

Omega-3 fatty acids, found naturally in fatty fish, walnuts, and chia seeds, help regulate inflammation and keep immune responses balanced. This is especially important during winter, when inflammatory conditions often flare up.

Alongside these nutrients, remember the basics: consistent sleep, hydration, and stress management are just as vital as what's on your plate. By combining smart food choices with healthy habits, you can give your immune system the best chance to thrive this season. Reach out to your in-store nutritionist or wellness consultant to learn more about the many great Canadian and family-owned supplements and products that are on sale for December.



FEEDING BC: CONFRONTING THE SILENT STRUGGLE OF FOOD INSECURITY IN BC

By: Chris Culhane, RD(t)

No one should go hungry. Having consistent access to nutritious food is a human right, yet food insecurity continues to rise in BC. Since 2019, individual food bank use has increased by 32% and households by 81%. Food insecurity can mean not having enough food, lacking access to nutritious options, or having to obtain food in socially unacceptable ways. Many people may rely on convenience foods, vending machines, or even resort to dumpster-diving to meet basic needs.

From personal experience, I know how challenging food insecurity can be both physically and mentally. Going through periods without reliable access to nutritious meals taught me that you never truly know who may be struggling. Someone who seems fine on the outside may be quietly facing these challenges every day.

At Choices Market, we are proud to support our communities in meaningful ways. Each of our 11 stores donates 12 Christmas hampers annually to neighbourhood houses and community organizations, including Little Mountain Neighbourhood House, Britannia Community Services, Gordon Neighbourhood House, Marpole Oakridge Family Place, Fraserside Community Services, Semiahmoo Family Place at Kensington Prairie Community Centre, The Bridge Youth & Family Services, Downtown East Side Neighbourhood House, Abbotsford Food Bank, North Shore Neighbourhood House, and Forward House Community Society. These hampers provide nutritious foods, festive treats, and essential items to families across our communities.

Choices Market is also actively involved in the Food Mesh program, redistributing surplus food to local organizations to reduce waste and support those in need. We also offer free nutrition services and community programs for many of the organizations mentioned about and the likes of Affordable Housing BC and Capilano Community Services, empowering individuals and families with knowledge and resources to make healthier choices.

Through these initiatives, Choices Market aims to create a ripple effect of health, nourishment, and community connection—helping ensure everyone has access to the food and resources they need, especially during the holiday season. Connect with our Nutrition Team for more information on how you can support or be a part of our countless free nutrition programs in the community.





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.

HAPPY PLANET CREAMERY GRASS-FED BUTTER

Happy Planet Grass-Fed Butter is made from the milk of cows that graze on nutrient-rich pastures, giving it a naturally rich, creamy flavor and higher levels of omega-3s and fat-soluble vitamins A, D, E, and K compared to conventional butter. It's perfect for adding a nutritious boost to your holiday cooking—try it in roasted vegetables, festive mashed potatoes, or baked goods. A simple way to enjoy the benefits of grass-fed dairy while making your December dishes extra delicious.



NOW BETTER STEVIA

Now Better Stevia is a natural, plant-based sweetener that provides the sweetness you love without added sugar or calories. It's versatile for everyday use in baking, beverages, or sauces, helping you reduce sugar while keeping your recipes flavorful. It's a great and simple way to enjoy sweet flavors more mindfully any time of year but especially during the Holidays—try it in festive cookies, spiced drinks, or homemade sauces to reduce sugar while keeping your treats delicious.

SWEET POTATOES

Sweet potatoes are a naturally sweet, nutrient-dense root vegetable rich in fiber, vitamin A, and potassium. Perfect for the holiday season, they add warmth and color to roasted vegetables, mashed sides, or festive casseroles—supporting digestive health and adding natural sweetness to your dishes.

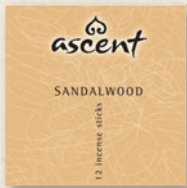


BEETS

Beets are vibrant, antioxidant-rich vegetables packed with folate, fiber, and nitrates that support heart health and circulation. Their natural sweetness and earthy flavor make them a festive addition to holiday roasting trays, salads, or grain bowls—a colorful, nutrient-packed way to celebrate delicious and cultural meals.

STOCKING STUFFERS

PRICES EFFECTIVE DECEMBER 1 – 24, 2025



**Ascent
Incense**
Assorted Varieties
12 - Pack

\$3⁹⁹

Sandalwood has been used in incense for at least 4000 years. Its effects are relaxing with a woody, sweet and exotic scent.



**Voesh
Shower Filter**
Lasts Up To
110 Showers

\$39⁹⁹

The VOESH Vitamin C shower filter brings the spa to your bathroom with skin-loving ingredients. Vitamin C removes residual chlorine and other impurities from hard water to rejuvenate your skin and condition your hair, one shower at a time.



**No Days
Wasted
DHM Blend**
2 - Pack

\$3²⁹

A better way to celebrate and experience life's moments without wasting the next day. Science-backed formulation with Dihydromyricetin (DHM), L-Cysteine, Milk Thistle, Prickly Pear, and Vitamin B Complex



**Rebel's
Refinery
Lip Balm**
Assorted Varieties
7g

\$4⁹⁹

Made from almond oil, coconut oil, lavender essential oil, and some more natural ingredients, our lip care collection will repair sensitive and dry lips.



**Aura Cacia
Foam Bath**
Assorted Varieties
70g & 71g

\$3⁴⁹

Aura Cacia Essential Oil Foam Baths are a blend of 100% pure botanical ingredients. Relax and unwind without the use of synthetic colors or fragrances.



**Dr. Squatch
Bar Soap**
Assorted Varieties
141g

\$8⁹⁹

Natural products, designed for men, in fresh, manly scents.

DELI & MEAT SPECIALS

DECEMBER 1 - 24 ONLY!

Choices' Turkey Dinner

with mashed potatoes, gravy,
cranberry sauce, stuffing and winter root vegetables

\$15⁹⁹



**Choices' Turkey Dinner for 4
3 Course Dinner!**
Order instore
until December 19th

\$129

Choices Cranberry Sauce or Turkey Gravy

250mL - 710mL

\$5⁹⁹



Available starting December 6th

Choices Fresh Cranberry Stuffing

\$2⁶⁹ /100g



Available starting December 19th

Choices Stuffed Turkey Breast

Raised Without
Antibiotics

\$4⁴⁹ /100g



Available starting December 6th

Choices Olives & Antipasto

175g - 200g

\$4⁸⁹



Choices Tourtier Pie

8 Inch

\$21⁹⁹



Italian Sliced Prosciutto or Salami

Imported, 70g - 120g

\$8⁹⁹



La Panzanella Crackers

170g

\$7⁹⁹



Saltspring Kitchen Jams & Spreads

250g

\$12⁹⁹



Castello Cheese

Selected Varieties

10% OFF



Alexis D'Portneuf Brie Cheese

or Camembert
Cheese, 300g

\$12⁹⁹



Burrata Cheese

250g

\$15⁹⁹



Northern Glacier Black Tiger Prawn Ring

Frozen, 312g

\$11⁹⁹



Mississippi Honey Mustard Mayonnaise

375g, Made in BC

\$5⁹⁹

LOCAL



Smoked Sockeye Salmon Lox

Ocean Wise, Wild Caught,
Previously Frozen

\$5⁹⁹ /100g



Choices' Own Turkey Stock

750 mL

\$5⁹⁹



LOCAL



SEASONAL WELLNESS SPECIALS

DECEMBER 1 - 24 ONLY!

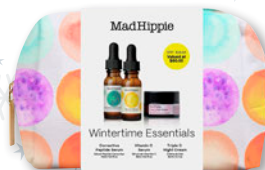


La Luna "Inner Journey" and "Journey Home" Candles

Assorted Varieties & Sizes

20% OFF

Soy and coconut wax scented candles that will transport you to around the world.



Mad Hippie Facial Care

Assorted Varieties & Sizes

20% OFF

See Instore for a Special Gift Kit

Radiance boosting blend that softens & smooths while gently removing dirt & impurities. Non-comedogenic & perfect for naturally removing makeup!



Voesh Mani & Pedi Moments Spa Kits

Assorted Varieties 1 kit

\$8⁹⁹ / \$9⁹⁹

All-in-one kits for spa-style care. Experience the cleanest, Safest & Healthiest Spa. thically-sourced 100% vegan products using green chemistry.



La Luna Wooden Cap Diffuser

Assorted Varieties & Sizes

\$17⁹⁹



These innovative wooden cap diffusers gradually release fragrance for a continuous atmosphere of well-being.



Incrediwear Therapeutic Socks & Braces

Assorted Varieties & Sizes

20% OFF

Incrediwear's tech (backed by scientific research) offers knee sleeves, ankle braces, elbow sleeves, and more relieve pain, prevent injury.



Works Wonders Moisturizing Salve & Hydrosols

Assorted Varieties & Sizes

20% OFF

Works Wonders Moisturizing Salve was originally made in 1998 to care for our young children. It is still lovingly handcrafted in small batches with hand-picked flowers now grown on our sustainable farm on Gabriola Island, BC.



NOW Essential & Body Oils

Assorted Varieties & Sizes

20% OFF

NOW insists on the best raw materials, gentle processing methods, and an industry-leading commitment to quality when creating our essential oils.



The Bathologist Bath Soaks and Gift Sets

Assorted Varieties & Sizes

20% OFF

Experience luxurious, all-natural bath soaks, bath bombs, and bubble elixirs with no artificial fragrances or toxins. Vegan, cruelty-free and ethically made.



Every Man Jack Body Care & Holiday Gift Kits

Assorted Varieties & Sizes

20% OFF

Exclusive to Choices

The bamboo and jute bath mitt will cleanse and exfoliate, leaving you with perfectly polished skin.



Blume Superfoods Lattes

Assorted Varieties, 100g

\$21⁹⁹

Caffeine jitters & crash? No thank you. Organically grown, hand-picked matcha, and antioxidant-rich moringa, with a creamy coconut finish.



SEASONAL GROCERY SPECIALS

DECEMBER 1 - 24 ONLY!



**Wedderspoon
Manuka Honey
KFactor 12**
250g

\$13⁹⁹

Manuka Honey a multitasking superfood that has many different compounds including antioxidants and polyphenols.



**Mount Hagen Organic
Instant Coffee**
100g

\$10⁹⁹

Fairtrade certified and sourced from Fairtrade producers.



Stash Tea
Seasonal Varieties
18 Bags

\$5⁴⁹

Just like curling up by the fire on a snowy Christmas Eve.



**Bonne Maman
Spreads**
250 mL & 290 mL

\$5⁹⁹

Add a touch of indulgence and sweetness to your daily life.



**Kicking Horse Organic
Ground Coffee**
284g

\$13⁹⁹

Our coffee is Organic, Fairtrade & Rocky Mountain-roasted. Wake up with us!



**Terra Premium
Granola**
800g & 850g

\$16⁹⁹

Whole nuts and fruit. Soft oat clusters. Sweetened with honey.



**Cows Creamery
Cultured Butter**
Salted or Unsalted
250g

\$7⁹⁹

Cultured butter is made from cream that is cultured with active bacteria and has a distinctive, slightly tangy taste.



**Dandie's
Vegan Mini
Peppermint
Marshmallows**
142g

\$4⁴⁹

We carefully selected our ingredients to not include gelatin, corn syrup, and artificial flavours and colours.



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

\$6⁴⁹

Fairtrade contributes to sustainable development for certified producers by enabling fairer trading conditions, social change and environmental protection.



**Island Farms
Classic Ice Cream**
1.65L

\$7⁹⁹

Enjoy the creaminess of Island Farms' wide variety of ice cream. Go on, have a scoop!



**Armstrong
Cheese**
600g

\$10⁹⁹

Strong on quality: our natural cheeses will taste delicious in all your recipes.



**Efrutti Fruit
Gummies**
100g

2 FOR \$5⁰⁰

Fruit gummy shaped as bears, with different colours and flavour.



**Nature's Choice
Spices**
Assorted sizes

20% OFF

Perfect for your holiday baking and dinner recipes.



**Daiya Dairy Free
Cheesecake**
400g

\$6⁹⁹

Finally! A dairy-free dream come true. Who doesn't love cheesecake?



**Mary's Organic
Crackers**
156g & 184g

\$6⁹⁹

We like to think of each cracker as a tiny plate with endless topping possibilities.



**Divina Organic
Olives**
290 mL

\$7⁹⁹

Greece's most prized olives. Aromatic, herbal, and fruity.



**Gardein
Entrées &
Stuffed Turkey**
Assorted
Varieties & sizes

20% OFF

Baked golden brown, stuffed with cranberries and sage with a homestyle gravy - it's an everyday feast!



**If You Care
Baking &
Household
Products**
Assorted
Varieties & sizes

20% OFF

The natural, ideal solution for so many household uses.



GROCERY & BAKERY SPECIALS

DECEMBER 1 - 24 ONLY!



**Smoky Bay
Non-Alcoholic
Wine**
750 mL

\$10⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Delicious and flavourful, without any alcohol.

**Choices Christmas
Stollen**
Medium
454g

\$16⁹⁹



**Choices Pecan
Walnut Pie**
8 Inch

\$10⁹⁹



**Simply
Non-Alcoholic
Cocktail Mix**
480 mL

\$9⁹⁹

All-natural, Canadian-made mixers crafted by bartenders.

**Uprising Breads
Wheat Free
Fruit Cake**
720g

\$17⁹⁹



Christmas Panettone
Product of Italy, 500g

\$39⁹⁹



**CRFT
Non-Alcoholic
Beer**
4-Pack

\$10⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Authentic craft beer without the alcohol. 50 calories per can.

**Choices Christmas
Fruit Cake**
Light or Dark
380g

\$14⁹⁹



**Choices
Gluten-Free
Seasoned
Stuffing Mix
or Bread Crumbs**
240g

\$13⁹⁹



Not exactly
as illustrated.



**La Croix
Sparkling
Water**
8-Pack

\$7⁴⁹

Plus Deposit,
Recycling Fee
Where Applicable

LaCroix Sparkling Water is refreshment at its best—just crisp bubbles and bright flavors that make hydration fun.



**Choices Holiday
Shortbread Cookies**
6 Pack

\$6⁹⁹



**Choices
Tarts**
Mince or Pecan
6 Pack

\$12⁹⁹



**Duchessdry
Non-Alcoholic
Cocktails**
4-Pack

\$13⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Ready to serve non-alc cocktails.

**Wendel's
Gluten-Free Pies**
8 Inch

\$12⁹⁹



**Wendel's Gluten-Free
Festive Cookies**
160g - 250g

\$10⁹⁹



**Martinelli's
Sparkling
Apple Juice**
750 mL

\$7⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

No moment is too big or small for our lightly carbonated and satisfyingly crisp Sparkling Apple Juice.

**Choices Christmas
Gingerbread Cookie
Decorating Kit**

\$19⁹⁹



**Bakery Bling
Gingerbread
Kits**

\$24⁹⁹



Not exactly as illustrated.



comments@choices.market

 @ChoicesMarket

 /DiscoverChoicesMarket

 @ChoicesMarket

 Shop online at
Choices.Market

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

STAR OF THE SEASON

NOVEMBER 15 - DECEMBER 24

Choices' Star of the Season Program enriches the lives of families all across Metro Vancouver, the Fraser Valley, Vancouver Island and the Okanagan.

Kindly donated by Calabar Printers, Choices' Holiday Stars may be purchased between November 15th and December 24th for a donation of \$2.00.

FOR MORE DETAILS ON EACH NEIGHBOURHOOD HOUSE, PLEASE VISIT OUR WEBSITE: CHOICES.MARKET

- Little Mountain Neighbourhood House
- Britannia Community Services
- Gordon Neighbourhood House
- Marpole Oakridge Family Place
- Fraserside Community Services
- Semiahmoo Family Place
- Downtown Eastside Neighbourhood House
- Archway Community Services
- The Bridge Youth & Family Services
- North Shore Neighbourhood House
- Forward House

