

THE

CHOICES MARKET



HEARTBEET

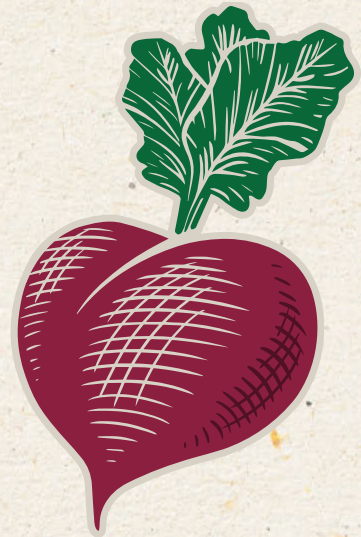
November 2025

DISCOVER CARROTS

BY CHEF ANTONIO pg 5

Recipe: Healthy Kid-Friendly Butter Noodles ~ pg 4

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Remembrance Day!

November 11th marks our time of remembrance. For those who have made the ultimate sacrifice in the fight for freedom, we wear red poppies to mark our respect. Please take a moment this month to reflect upon the deeds of the brave men and women who have served our country with distinction.



Star of the Season!

Every holiday season, our stores begin to glow with the stars, all thanks to our Star of the Season program.

This is a campaign that helps the most vulnerable members of our communities have an amazing holiday season.

From November 15th to December 24th, the cashiers at your local Choices Market will be our cheerleaders as we raise funds for local neighbourhood houses.

Last year, thanks to generous Choices customers like you, we were able to raise over **\$56,000**. To learn more, visit us online at choices.market.



SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

BLOOD SUGAR & NUTRITION: WHAT TO EAT FOR A HEALTHIER YOU

Join the Choices Nutrition Team for a practical session on how nutrition can balance blood sugar and support steady energy. Learn how foods like whole grains, protein, fibre, and healthy fats play a role, plus get simple meal and snack ideas the whole family can enjoy. Whether for prevention, support, or everyday wellness, you'll leave with easy, evidence-based tips and tasty inspiration.

**NOV.
20th**
6:30pm - 8pm
ONLINE

Free Event



REGISTER ONLINE AT CHOICES.MARKET/EVENTS



**OR SCAN THE QR CODE
TO REGISTER**



**NOV.
17**

6pm - 7:30pm
VALETOWN

26
5:30pm - 7pm
NORTH VANCOUVER

28
6pm - 7:30pm
KITSILANO

IN-STORE

CARBS, PROTEIN, AND YOU: MASTERING BLOOD SUGAR CONTROL

Get energized and informed with in-store nutritionist, Vishnu Vida, on managing blood sugars and reducing diabetes risk. Explore practical strategies through an insightful nutrition game, engaging presentation, and tasty food samples. Walk away with actionable tips and inspiration to support balanced blood sugars and overall wellness.



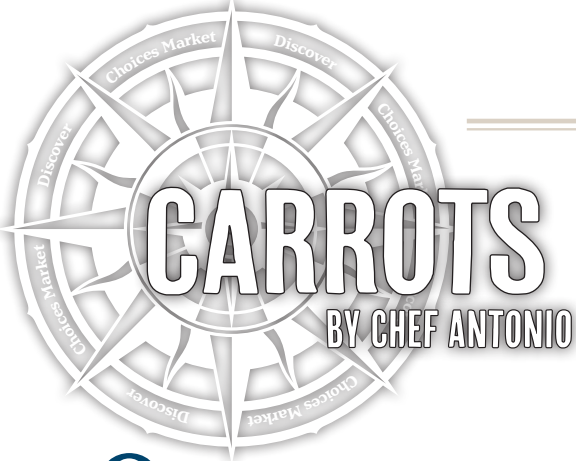
Healthy Kid-Friendly Butter Noodles

INGREDIENTS

- 200g** (7 oz) high protein or fibre spaghetti (we used Explore Cuisine's Red Lentil Spaghetti)
- 1 cup** Small zucchini, chopped
- 1/2 cup** Cauliflower florets, chopped
- 1 tsp** Avocado oil
- 1-2 tsp** Butter (or more to taste)
- 2-3 tbsp** Shredded mild cheese (cheddar, mozzarella, or feta; or to taste)
- 1-2 tbsp** Nutritional yeast (or to taste)
- 1-2 tbsp** Reserved pasta water
- Optional:** Pinch of garlic powder or mild herbs

INSTRUCTIONS

- 1. Cook the Pasta**
 - a. Bring a pot of water to a boil.
 - b. Add spaghetti and cook according to package instructions (usually 7-9 minutes).
 - c. Drain pasta, reserving some pasta water.
- 2. Make the Veggie Butter Sauce**
 - a. Steam or boil zucchini and cauliflower until soft (about 5-6 minutes).
 - b. Transfer vegetables to a blender or food processor. Add avocado oil, butter, and nutritional yeast then blend until smooth.
 - c. If needed, add some of the reserved pasta water to thin the sauce to a creamy consistency.
 - d. Optional: add a pinch of garlic powder or mild herbs for flavor.
- 3. Combine Pasta and Sauce**
 - a. Return drained pasta to the pot.
 - b. Stir in the veggie butter sauce until noodles are fully coated.
 - c. Mix in shredded cheese, letting it melt slightly.
- 4. Serve warm and enjoy!** Extra: portion into kid-friendly bowls or plates and/or add some cheese or finely chopped parsley as a garnish.



One of the world's most popular vegetables is the carrot. Originally found in the wild not orange, but purple, the carrot has been traced back to modern Afghanistan and Iran. Seeds dating back to 2000 BCE were discovered in Switzerland and south Germany. Paintings show orange carrots dating 500 CE, but they weren't common until the 17th century when Dutch farmers hybridized the orange roots for purely aesthetic reasons.

Today, worldwide, we produce and consume millions of metric tonnes of carrots each year. In BC we produce and consume 57 thousand tonnes.

Carrots are rich in beta carotene, which our body transforms into vitamin A. Studies show better absorption occurs when carrots are lightly cooked, in combination with healthy fats like extra virgin olive oil or avocado oil.

If buying carrots with the greens (which are edible,) make sure to remove once at home and store both in the cooler. Younger carrots are smaller, milder in taste, and are very tender. The popular baby carrots in bags make for a quite easy snack for hungry kids and adults, but are not young carrots as some people assume. They are mature carrots that have been cut and shaped into identical little pieces

Classic western and many other cuisines would be at a loss without our orange friend. Thousands of bases in classic dishes begin with a combination of carrot, onion, and celery

(mirepoix). Even though most carrots on the market are orange, it is becoming more common to find all sorts of colours. Ghost white to sunshine yellow, red, purple, and even almost black carrots can be found at the farmer's market. They all taste more or less the same, in my experience.

Carrot juice is a healthy way to eat your raw carrots. Juice with your favourite components such as ginger, apple, citrus or pineapple, just to mention a few.

Looking for a tasty salad? Raw, grated carrot, dressed with olive oil, lemon juice and salt was one of my favourite simple salads growing up.

Roast carrots, spiced with your favourite herbs, is a must on most holiday tables. How many good soups start with some tasty carrots? Use them as a base for curry, with coconut milk and lemongrass for an Asian flare.

Add cumin, lemon and harissa paste to be transported to north Africa. Add shredded carrot to saucy stir fried noodles for a flavourful crunch. The list of carrot options can truly take you around the world.

Carrots should always be in your fridge and on your plate, bowl or cup. This root is truly 24 carrot gold!



CARROT FACTS:

Nutrient-Rich:

Carrots are packed with beta-carotene, which the body converts into vitamin A for eye and skin health.

Good For Vision:

The link between carrots and eyesight comes from their high vitamin A content, which helps prevent night blindness.

Low in Calories:

One medium carrot has only about 25 calories, making it a great healthy snack.



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.

Simple Steps to Balanced Blood Sugar with Nutrition

By: The Choices Nutrition Team

Managing blood sugar doesn't have to be complicated. Canada's Food Guide offers a simple, balanced model to build meals: fill half your plate with fruits and vegetables, one quarter with protein foods, and one quarter with whole grains or starchy vegetables.

You can also use your hand as a guide: two handfuls of fruits and vegetables, one fist-size of carbohydrates, and a palm-sized portion of protein (about the thickness of your pinky or a deck of cards). This "healthy plate" approach helps stabilize blood sugars and provide steady energy.



Fruits and vegetables are the foundation. They are naturally rich in fibre, vitamins, and minerals that support blood sugar control. Remember—all forms count: fresh, frozen, or canned (just choose lower-sodium or no-added-sugar options). Soluble fibre, found in foods like oats, lentils, apples, and beans, is especially helpful because it slows digestion and reduces spikes in blood sugar.

Protein also plays an important role. Including foods like lean meats, poultry, tofu, eggs, or beans can help you feel satisfied and balance the carbohydrate portion of your meal. Protein helps slow the absorption of carbohydrates, prevents sharp rises in blood sugar, and promotes longer-lasting fullness, making it an essential part of every meal. Pairing protein with high-fibre foods is an excellent strategy for blood sugar control.

Finally, while many people focus on avoiding high glycemic index foods, recent research shows that building balanced meals using the healthy plate model can be even more effective and important for blood sugar management. The glycemic index can still be helpful for some, but this form of balanced eating is critical for all avenues of health, having substantial benefits in lowering cholesterol, high blood pressure, and countless other long-term benefits.



Little Bites, Big Benefits:

Helping Kids Build Lifelong Habits to Lower Diabetes Risk

By: The Choices Nutrition Team

Supporting children with healthy eating doesn't have to mean big changes—sometimes, small tweaks can make all the difference, especially when it comes to children building lifelong habits and good relationships with food. Here are some practical tips to help kids better balance their blood sugar and reduce risk for diabetes.

Choose Fibre and Protein Carbs: Swap regular pasta or crackers for higher-fibre or protein-rich versions, like chickpea pasta, whole grain wraps, or lentil-based snacks. These options help slow digestion and keep blood sugars more stable, helping avoid sugar spikes or crashes.

Veggie Boosts: Get creative with vegetables by grating carrots or zucchini into pasta sauces, soups, or even baked goods. Sneaky veggie add-ins can significantly boost the nutritional content of foods and the added fibre help slow digestion and prevent sugar spikes or crashes as well.

Rethink Drinks: Juice and pop can cause sharp spikes in blood sugar. Instead, encourage water, milk, or unsweetened plant-based beverages. If juice is a must, try diluting it with half—or even three-quarters—water to cut down on sugar while still offering flavour.

Portion with Purpose: Instead of letting kids snack straight from the bag, place snacks into a small bowl or container. This helps manage portions and makes it easier for children to recognize when they're full. Having a few minutes to “sit and digest” after finishing a portion can also help prevent overeating and promote listening to internal body cues.

Balanced Choices: Pairing snacks like fruit with a protein source (such as yogurt, cheese, or nut butter) can help balance energy and keep kids satisfied for longer. Some simple ideas include apple slices with peanut butter, veggie sticks with hummus, cheese cubes with whole grain crackers, or Greek yogurt topped with berries.

With these simple swaps and strategies, parents can feel confident they're supporting healthy blood sugars—without making mealtime a battle.





PREFERRED SHOPPER SPECIALS

NOVEMBER 1 - 15 ONLY!

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



MADE IN CANADA



Nuts To You Organic Peanut Butter
500g

\$7.49

Premium nut butter. Proudly Canadian since 1989



Bob's Red Mill Gluten Free Rolled Oat
794g & 907g

\$9.99

Oats aren't just for hot cereal: you can enjoy them as overnight oats, or whirl into a smoothie for added flavor and nutrition.

PRODUCT OF CANADA



Tree Island Grass Fed Cream Top Yogurt
Also Greek Yogurt, 325g & 500g

\$4.99

Grass fed, delicious yogurt. Made on Vancouver Island with milk from happy cows.

MADE IN CANADA



Dairyland Protein Milk 2% & 3.25%
1.89L

\$5.99

Plus Deposit, Recycling Fee Where Applicable

2x more protein than regular milk. Made with Canadian milk.

MADE IN CANADA



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

\$13.99

100% Traceability From Coffee Grower To Roaster. Trusted. Traceable. Tasty.



Hardbite Natural Potato Chips
128g & 150g

2 FOR \$6.00

Gluten-Free. Nothing Artificial ALL POTATO. NO COUGH.

PRODUCT OF CANADA



Rolling Meadow Grass Fed Milk
2% & 3.8%
2L

\$6.49

Plus Deposit, Recycling Fee Where Applicable

Our cows are grass fed and raised responsibly, on small family farms. We are mindful of the choices we make to get our milk to you.



Amy's Organic Soup
398 mL

\$4.99

The perfect soup to warm your heart on a cold autumn afternoon.

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



MADE IN CANADA



Faith Farms Cheese
320g & 340g

\$6.49

An essential for grilled cheese, nachos, or macaroni.



Carbone Premium Pasta Sauce
660 mL

\$10.99

Fresh Ingredients consume you, aroma resonates, that is the experience that erupts when you crack open any jar of Carbone sauces.



Alter Eco Organic Chocolate Bars
75g & 84g

\$3.99



Our decadent chocolates are organic, non-GMO, fair-trade certified, and responsibly sustainable packaged.



Earth's Choice Organic Extra Virgin Olive Oil
500 mL

\$15.99

We consider our quality organic extra virgin olive oil a health-giving food.



PREFERRED SHOPPER SPECIALS

NOVEMBER 16 - 30 ONLY!

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



Only Oats
**Gluten-Free Oat
Flour & Oats**
1 kg
\$8⁹⁹

Only Oats is committed to bringing you certified gluten-free oat products that are clean, safe, and pure from farm to table.



**Liberté Greek
Multipack Yogurt**
Also Mediterranean
Yogurts, 4-Pack & 400g

\$4⁹⁹

Portable 4-Pack Yogurt cups are perfect for breakfast on-the-go or for a convenient kids snack.



**Califia Oat or
Almond Beverage**
1.4L

\$5⁴⁹

Made with simple plant-based ingredients, it's a deliciously smooth swap. Find love at first taste.



**Kicking Horse
Organic Whole
Bean Coffee**
Assorted Varieties, 454g

\$21⁹⁹

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



Ritter Sport Bar
Assorted Varieties, 100g

\$4⁴⁹

Rainforest Alliance Certified.
Quality. Chocolate. Squared.



**Angie's Boom
chicka pop**
125g - 198g

\$5⁴⁹

Real, simple ingredients. Nothing fake.



**Earth's Choice
Coconut Flour**
Assorted
Varieties & Sizes

\$5⁴⁹

Earth's Choice organic coconut chips are made using minimal processing techniques such as low temperature dehydration.

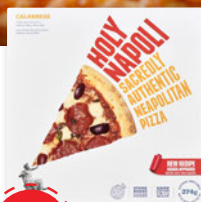


**Earth's Choice
Organic Canned
Beans**
398 mL

\$2⁴⁹

Cultivated and harvested on farms on which a decades-long commitment to organic farming produces the best-tasting beans.

NOURISHING LIFESTYLES SINCE 1990



Holy Napoli Pizza
Frozen, 355g - 425g

\$10⁹⁹

Stone baked. Hand stretched. Good ingredients.
Much flavour.



**Orchid Organic
Vanilla Extract**
100 mL

\$11⁹⁹

Made in Canada with imported ingredients.



**Prasad Ayurveda
Heritage Ghee**
200g

\$14⁹⁹

A versatile, premium oil with a pleasant, mild taste, a high heating point, nutritional benefits, and medicinal qualities.



Floating Leaf Wild Rice
120g & 400g

\$4⁹⁹

We are committed to ensuring fairness with our harvesters and sustaining the environment in our production.



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.

KABRITA TODDLER FORMULA

Kabrita continues to stand out in the toddler formula market with its goat milk-based formula, offering a gentle, nutritious option for little ones. Known for its high-quality nutrition profile, including protein, vitamins, and minerals suited to growing toddlers, Kabrita also emphasizes sustainable practices and strong animal welfare standards. Their commitment to global child-focused philanthropy makes it a brand you can feel good about. For families considering a toddler formula, Kabrita's range is worth exploring—check out their website to learn more about their products and values.



TRADITIONAL MEDICINALS TEAS

Traditional Medicinal teas are a go-to for naturally supporting wellness, offering carefully crafted blends that emphasize herbs and botanicals with a long history of use for digestion, relaxation, or immune support. Their products are certified organic and sustainably sourced, ensuring quality and environmental responsibility. With a wide variety of kid- and adult-friendly options, these teas can be an enjoyable, health-conscious addition to daily routines. Explore their range to find teas that fit your family's lifestyle and wellness goals.

A2 MILK

A2 Milk offers a gentle and nutritious dairy option by containing only the A2 type of beta-casein protein, which some individuals find easier to digest compared with regular milk. It provides all the essential nutrients of regular cow's milk, including calcium, protein, and vitamin D, supporting bone health and growth in children and adults alike. Plus, it's naturally creamy and delicious, making it a milk the whole family can enjoy in cereal, smoothies, or cooking.



PEARS

Pears are a naturally sweet, juicy fruit that's easy for kids and adults to enjoy. Packed with dietary fiber, vitamin C, and antioxidants, they support digestive health and immune function while providing a satisfying, low-calorie snack. Pears are versatile—try adding them to savory dishes like a spinach and goat cheese salad or roasting them alongside root vegetables for a unique side dish. They're also perfect fresh, in smoothies, or baked into healthy desserts—an easy and delicious way to add more fruit to your day.



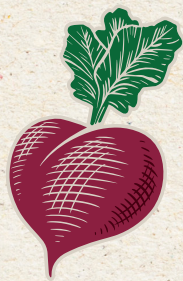
Fun & Healthy Mini Pizzas for Picky Eaters

INGREDIENTS

- 4** Whole wheat mini pitas or naan rounds
- 1/2 cup** Tomato sauce
- 1/2 cup** Shredded mozzarella or part-skim cheese
- 1 cup** (150 g) Diced cooked chicken breast or protein of your choice (salami or deli meats are also an option)
- 1 cup** Assorted finely chopped vegetables (e.g., bell peppers, mushrooms, spinach, cherry tomatoes)
- 1/4 tsp** Olive oil (optional, for drizzling)
- Optional:** Italian herbs or dried oregano (for extra flavor)

INSTRUCTIONS

1. Preheat Oven: 400°F (200°C).
2. Prepare Pitas: Place pitas on a baking sheet lined with parchment paper.
3. Add Sauce: Spread 2 tbsp of tomato sauce evenly on each pita.
4. Add Protein: Top with chicken or your protein choice.
5. Add Veggies & Cheese: Top with veggies of your choice and sprinkle cheese on top.
6. Season: Sprinkle a little Italian seasoning or oregano. Drizzle olive oil if desired.
7. Bake: 10–12 minutes, or until cheese melts and edges of pita are lightly golden.
8. Cool & Serve: Let cool slightly before slicing into kid-friendly wedges.



WELLNESS CENTRE SPECIALS

NOVEMBER 1 - 15 ONLY!

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



**Boiron
Homeopathic
Remedies**
Assorted Sizes

20% OFF

Oscillococcinum is a homeopathic medicine that reduces the duration of flu-like symptoms and relieves body aches, headache, fever, and chills. Oscillococcinum does not cause drowsiness or sleeplessness and is suitable for the whole family.



**NutraSea
Omega-3
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 tested, 1% for the planet.



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

20% OFF

Helps to temporarily promote relaxation; A factor in the maintenance of good health; With Vitamin B-6; Vegetarian / Vegan.



**DoMatcha
Matcha Tea
Powders**
Assorted Varieties & Sizes

20% OFF

Our Matcha teas contain L-theanine, an amino acid that increases alpha waves in the brain, reducing stress and anxiety.



**Healthology
Gut-FX**
180g

\$39⁹⁹

Formula to heal inflammation & restore our gut-neighbourhood. Provides the building blocks that your body needs to repair the lining of the intestinal tract.



**Bio-K+
Probiotic Capsules**
Assorted
Varieties & Sizes

20% OFF

The substrate and the enteric coating protect the probiotic bacteria from stomach acids, allowing them to pass through unharmed to the intestinal tract for colonization and health benefit.



**SierraSil Joint
Formula Supplements**
Assorted Varieties & Sizes

20% OFF

SierraSil Joint Formula14™ contains a pure mineral powder with essential minerals. Research shows SierraSil Joint Formula14™ supports joint, cartilage and muscle function. Also supports gentle detoxification because of its clay mineral structure.



**Host Defense
Mushroom
Supplements**
Assorted Varieties & Sizes

20% OFF

- Promotes mental clarity, focus, and memory.
- Supports a balanced mood.
- Promotes nervous system health.
- Supports a balanced immune response.



**Natural Factors
Vitamins &
Supplements**
Select Varieties
& Assorted Sizes
Bonus Bottle Only

15% OFF

- Promotes strong bones and teeth
- Protects against the effects of stress
- Aids in a restful sleep
- Highly bioavailable
- Supports healthy blood cells



**Divine Essence
Organic Essential
Oils**
Assorted Varieties & Sizes

20% OFF

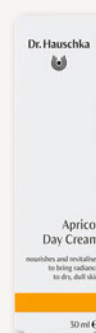
Patchouli essential oil is used in aromatherapy for the symptomatic relief of acne, eczema, boils and minor skin irritations as well as to help calm nerves.



**Aralea Vitamin D
Lip Care & Tints**
Assorted Varieties,
3.3g

\$21⁹⁹

Our new generation lip balm and lip tints are enriched with organic, vegan vitamin D and luscious nourishing botanicals.



**Dr. Hauschka
Facial Care**
Assorted Varieties & Sizes

20% OFF

Radiant skin the sustainable way. With natural cosmetics that care for you and the planet.



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NOVEMBER 1 - 15 ONLY!

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**New Roots
Clarity Magnesium**
90 Capsules

\$48⁹⁹

- Clarity Mag contains 50 mg of essential magnesium per capsule in the form of magnesium L-threonate.
- Magnesium is among the critical micronutrients essential for life. Clarity Mag delivers 50 mg of elemental magnesium in the form of 625 mg of magnesium L-threonate per capsule.
- Clarity Mag also helps maintain normal electrolyte balance, which is crucial for contractile function of muscles, especially the heart.

Among the many complementary tasks of magnesium are nutrient metabolism, tissue formation, and the development and maintenance of bones and teeth.



**Smart Solutions
Hormone Support
Supplements**
Assorted Varieties & Sizes

20% OFF

- Estrosmart supports the production of desirable estrogen metabolism, which helps maintain healthy estrogen-to-progesterone balance. Liver supportive herbs assist in the detoxification pathways necessary for optimum hormone balance. Age, health, genetics, lifestyle and environmental factors all influence the delicate interplay of our hormones. The nutrients found in Estrosmart help maintain a healthy estrogen-to-progesterone balance and provide antioxidants and factors for BPA detoxification.
- Maintains healthy estrogen-to-progesterone balance
- Helps reduce the severity of symptoms associated with recurrent breast pain (cyclical mastalgia)
- Supports the production of desirable estrogen metabolism
- Helps support estrogen metabolism by promoting a higher good estrogen (2-hydroxyestrone) to bad estrogen (16-hydroxyestrone) ratio
- Supports estrogen-to-progesterone balance



**Prairie Naturals
Men's Health
Vitamins &
Supplements**
Assorted
Varieties & Sizes

20% OFF

Being a man is full of rewards. It's also full of challenges. At Prairie Naturals, we believe the best investment any man can ever make is to invest in his own health and well-being.

Our premium quality men's natural health formulas give you the confidence, vigor and stamina to stand up to life's many changes and challenges.

Prairie Naturals Prost-Force is an evidence based formulation that synergistically combines the key nutritional and phytochemical ingredients researchers recommend for prostate health.



**Living Alchemy
Whole Food
Probiotics & Herbal
Supplements**
Assorted
Varieties & Sizes

20% OFF

The ultimate adaptogen for everyday stress support, energy, and strength. Through fermentation we enhance the antioxidantizing, anti-stress bioactive compounds and natural healing potency of ashwagandha while also making it easier for your body to absorb and digest. Fermented ashwagandha contains higher levels of withanolides, an antioxidantizing, anti-stress bioactive compound. With added supporting herbs organic bacopa and turmeric, the result is a potent supplement for mental and physical wellness while helping to improve anxiety, mood, focus, and concentration.



**St. Francis Herb Farm
Organic Tinctures**
Assorted
Varieties & Sizes

20% OFF

A balanced immune system is your strongest immune system!

Deep Immune® supports and fortifies the immune system by restoring the body's innate balance through the synergistic action of eight powerful adaptogenic herbs. Taken daily, Deep Immune® helps to keep your natural defences strong – ready to take on colds and flu!

Our best-selling Deep Immune® original formula. Contains targeted herbs that support a healthy immune system and counter fatigue. Helps to maintain immune defences against common viral infections, colds & flu.



**Hyalagic
Hyaluromic
Supplements
and Face Care**
Assorted
Varieties & Sizes

20% OFF

• Hyalagic®'s Collagen Facial Mist uses Marine Collagen with Hyaluronic Acid to support moisture levels and a firm, elastic appearance. This facial mist helps support skin with a more lifted appearance, better definition and helps make skin noticeably firmer.

• Collagen is a natural protein peptide produced inside the body. When present in the skin, it helps maintains skin elasticity. When the Collagen in our bodies naturally decrease with age, the skin takes on an unhealthy appearance. The marine collagen used is hydrolyzed and reduced down to a size that your skin can absorb to maintain a healthy, firm appearance. Just a quick misting everyday can help bring back the beauty.



WELLNESS CENTRE SPECIALS

NOVEMBER 16 - 30 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Whole Earth & Sea
Proteins & Greens**
Assorted Varieties & Sizes

15% OFF

Whole Earth & Sea Fermented Organic Protein & Greens is a 100% fermented and certified organic formula providing 21 g of quality plant protein in every serving.



**LeafSource
Vitamins &
Supplements**
Assorted Varieties & Sizes

20% OFF

LeafSource contains a spectrum of health-boosting, natural organic acids, derived exclusively from ancient fossilized tropical vegetation.



**Suro Elderberry
Syrup**
Assorted
Varieties & Sizes

20% OFF

Traditionally used in herbal medicine to help fight colds, sore throats, coughs and fevers.



**Beyond Silver
Structured Silver**
Assorted Varieties & Sizes

15% OFF

Beyond Structured Silver provides ideal access to silver's benefits.



**Salus Vitamins
& Supplements**
Assorted Varieties & Sizes

20% OFF

The Salus Calcium-Magnesium liquid formulation is easy to dose, gentle on the digestive system, and highly absorbed.



**Quantum Health
Immune
Supplements**
Assorted
Varieties & Sizes

20% OFF

SuperLysine+@ lysine tablets are ideal for those who prefer vitamins with lysine to promote immune health.



**Tints of Nature
Henna Cream**
Assorted Varieties,
70 mL

\$16⁹⁹

Made with natural henna and plant extracts, Tints of Nature Henna Cream offers a healthier way to colour your hair.



**Island Essentials
Hair & Body Care**
Assorted Varieties & Sizes

25% OFF

Gently cleansing, our shampoo will remove the grease from your hair without the use of sulphates or harsh chemicals.



**A. Vogel
Eye Drops**
10 mL

\$15⁹⁹

These drops help maintain lubrication of the eyes and are suitable for use while wearing contact lenses.



**Koope
Facial Care**
Assorted Varieties & Sizes

20% OFF

Gentle, soap-free, pH-balanced gel cleanser that removes makeup, dirt, and impurities.



**African Fair Trade
Shea Butter**
Unscented or Lavendar
57g/114g

\$6⁴⁹ / \$10⁹⁹

Raw unrefined 100% pure Shea butter organic & unscented is concentrated with the maximum benefits that produce amazing results for protecting, restoring or healing the skin.



**Marsielles
Theives Remedy**
Balm, 25 mL/
Essential Oil, 30 mL

\$11⁴⁹ / \$22⁹⁹

Ancient remedy that is all-natural, therapeutic and full-strength, for many antifungal, antibacterial and antiviral uses, personal and household.



WELLNESS CENTRE SPECIALS

NOVEMBER 16 - 30 ONLY!

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Ask us for details in store.



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

20% OFF

AquaOmega believes that high potency fish oil supplements stand above the rest in terms of their remarkable ability to help prevent health issues, correct pathological processes before they wreak havoc on the body, and maintain overall health.

AquaOmega Standard fish oil is our base level Omega-3 fish oil supplement. This product is made exclusively from wild-caught anchovies sourced from the pristine waters of the South Pacific. Our minimum daily dose of Omega-3s has over 3x the concentration of other leading brands on the market.



**Pure Encapsulations
Vitamins &
Supplements**
Select Varieties & Sizes

20% OFF

- DIM Detox - Cellular Health & Detoxification Support
- Promotes optimal estrogen balance
- Supports phase II detoxification enzyme activity
- Enhances healthy hormone detoxification through the glucuronidation pathway
- Promotes healthy estrogen metabolism and cell cycle activity
- Lignans provide support for cellular, heart, breast, bone and cognitive health
- Offers antioxidant support for cellular protection
- Contains BioResponse DIM® diindolylmethane complex
- Includes broccoli sprout concentrate (whole plant)
- Made with high-quality vegan ingredients backed by verifiable science.



**Goodprotein
All-In-One Shake**
440g

\$29.99

Egg Nog - Limited Edition
The taste of a rich, comforting, and creamy glass of eggnog with notes of vanilla and nutmeg.

Good Protein's All-in-One Shakes— they're so much more than just protein. Each shake is packed with probiotics, fibre, vitamins, minerals, digestive enzymes, and plant-based protein to fuel your body and satisfy your cravings. With a smooth, creamy texture and a variety of dessert-inspired flavours, they're as delicious as they are nutritious.



**New Roots
Exotic Skin Oils**
Assorted Varieties & Sizes

25% OFF

Luxurious and revitalizing Exotic Oils that will bring out your natural glow!

New Roots Exotic Oils are Certified Organic, ethically sourced, sustainably grown, and are extracted without solvents. They are lab-tested for identity, purity, heavy metals, pesticides, and environmental toxins. This testing also guarantees zero dilution with carrier oils and fillers.

Discover their many benefits, including:

- Nourishing hair, nails, and skin
- Reducing the appearance of stretch marks
- Reducing the signs of aging skin
- Deeply hydrating your skin
- Improving skin elasticity



**Gabriel Natural
Cosmetics**
Assorted Varieties & Sizes

20% OFF

Gabriel Cosmetics Inc. prides itself on the integrity and transparency of which it was founded. These core principles were the catalyst in developing clean, mistake proof and results driven beauty products, which have paved the way for the natural beauty industry for the past 25 years. Without compromising aesthetics, functionality, or accessibility, Gabriel products offer consumers earth conscious and ethical options to their beauty needs.

All products are made from 100% natural ingredients with no synthetic chemicals or animal by products.



**withinUs Creatine
Monohydrate
+TruMarine®
Collagen**
150g

\$29.99

withinUs new Creatine Monohydrate + TruMarine® Collagen, researched and perfected by our women-owned, BC-based, B Corp Certified team.

- Gentle on Digestion: Designed for everyday use
- Trusted Quality: Made with premium Creavitalis® Creatine, third-party tested and Health Canada compliant
- Smarter Stack: Paired with TruMarine® Collagen for whole body support
- Strength: Helps build and maintain lean muscle
- Energy and Recovery: Supports cellular energy and faster recovery
- Joint Support: Promotes mobility and resilience



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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

