



CHOICES MARKET

Supporting local communities since 1990

PARKSVILLE WEEKLY SAVINGS!

Special Parksville Edition

Prices Effective • February 19 - February 25, 2026



SPECIAL PRICE

Sirloin Tip Roast or Steaks
100% Grass Fed, Pasture Raised, Value Pack, Imported from Australia, \$19.82/KG

\$8.99 / LB

YOU SAVE **36%**



SPECIAL PRICE

Asparagus
Mexico Grown, \$10.98/KG

\$4.98 / LB

YOU SAVE **37%**

WEDNESDAY, FEBRUARY 25 ONLY

ONE DAY SALE

15% OFF*

IN-STORE PURCHASE

*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions. Sale not available online.



MADE IN CANADA

NEW

Choices Breakfast Croissants
Ready to Eat

\$7.99 / EA

YOU SAVE UP TO **\$2.00**



SPECIAL PRICE

Organic Mini Red Watermelon
Mexico Grown

\$5.98 / EA

YOU SAVE **33%**



MADE IN CANADA

Choices Artisan Fruit Pies
8 Inch

\$10.99

YOU SAVE **\$2.00**



PRODUCT OF CANADA

Green Beaver Face Care, Body Care and Oral Care
Assorted Varieties & Sizes

20% OFF



MADE IN CANADA

Hornby Organic Energy Bars
80g

2 FOR \$5.00

YOU SAVE **32%**



MADE IN CANADA

Hardbite Handcrafted-Style Potato Chips
128g & 150g

\$2.99

YOU SAVE **33%**

FEATURED CHOICE

Natural Factors Coenzyme Q10 - 100mg
120 Softgels

\$19.99

YOU SAVE **\$18.00**



YOU SAVE \$18.00

PRODUCE FRESH • LOCAL • ORGANIC



Up Vertical Assorted Salad Blends

Crunch Up, Power Up, Stand Up, Toss Up or Up & Away, BC Grown, 142g Pkg.

\$4.98 / EA



Organic Roma Tomatoes

Mexico Grown, \$6.57/KG

\$2.98 / LB



Organic Valencia Oranges

Mexico Grown, 1.36 kg Bag

\$7.98 / EA

Organic Mini Sweet Peppers

Mexico Grown, 454g Pkg.



\$6.48 / EA

Organic Ataulfo Mangoes

Mexico Grown



2 FOR \$5.00

Organic Pomelo

USA Grown



\$4.98 / 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



PRODUCT OF CANADA

\$5.99 / LB

Pork Sirloin Chops or Roast

Fresh, Boneless, Raised Without Antibiotics, \$13.21/KG



PRODUCT OF CANADA

\$10.99 / LB

Boneless Skinless Chicken Breast

100% Veggie Fed, Raised Without Antibiotics, Fresh, Value Pack, \$24.23/KG



\$9.99 / LB

Extra Lean Ground Beef

100% Grass Fed, Pasture Raised, Value Pack, Imported from Australia, \$22.02/KG



PRODUCT OF CANADA

Pork Schnitzel

Fresh, Raised Without Antibiotics, \$17.61/KG

\$7.99 / LB

Legends Haul Spades Bacon

Hand Crafted in Vancouver, All Natural Ingredients, Made with Raised Without Antibiotics Pork, 400g



\$11.99 / EA



PRODUCT OF CANADA

7.99 / LB

Thomas Reid Organic Chicken Legs

Local, Free Range, Non-GMO, Air Chilled, Fraser Valley Raised, \$17.61/KG



\$4.29 / 100G

Steelhead Fillet

Ocean Wise, Fresh, Value Pack



\$4.49 / 100G

Hand Peeled Shrimp

Previously Frozen, Ocean Wise, Chilean



**Oso Negro
Whole Coffee
Beans**
340g

\$16⁹⁹



**Camino
Organic
Chocolate Bars**
80g & 100g

\$5⁹⁹



**Traditional
Medicinals
Organic Tea**
16 Bags

\$5⁴⁹



**Food For Life
Ezekiel 4:9
Organic Sprouted
Grain Bread**
Selected Varieties,
680g

\$7⁹⁹



**Happy Planet
Creamery Organic
Grass Fed Milk**
2% & 3.5% M.F.,
Selected Varieties,
1.5L

\$7⁹⁹

plus deposit & eco fees



**Earth's Own
Organics
Organic Almond
Milk**
Selected Varieties,
1.75L

\$4⁹⁹

plus deposit & eco fees



**Nuts to You
Almond
Butter**
735g

\$19⁹⁹



**Orchid Pure
Vanilla Extract**
100ml

\$9⁹⁹



**Wholesome
Organic
Sweeteners**
(454g - 907g), Also
Organic Blue Agave
Syrup (240ml & 480ml)

20% OFF

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



**NoochPop!
Savoury Popcorn**
Seasoned with
Nutritional Yeast,
Selected Varieties,
120g

\$4⁴⁹



**Good Drink
Natural
Iced Tea**
473ml

\$2⁹⁹

plus deposit & eco fees



**Fresh Is Best
Yellow Corn
Tortilla Chips**
Selected Variety,
300g

\$3⁹⁹



**Sonoma
Creamery
Cheese Crisps**
64g

\$5⁴⁹



**Made Good
Organic
Snackers**
142g

\$5⁹⁹



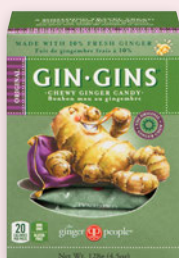
**The Good Crisp
Company
Potato Crisps**
160g

\$4⁹⁹



**Avalon Organic
Premium
Ice Cream**
946ml

\$11⁹⁹



**The Ginger People
Gin-Gins Ginger
Candy**
31g - 128g

25% OFF



**Wiley Wallaby
Licorice**
113g

\$1⁹⁹

FEBRUARY 25 ONLY!



ONE DAY SALE!

AT OUR PARKSVILLE LOCATION ONLY



***Excluding Lotto, Gift Card purchases and Pharmacy prescriptions. Sale not available online. Sale offer valid at Parksville location only.**



Olympic Organic Yogurt
Selected Varieties,
650g

\$5.49



Tree Island Grass Fed Cream Top Yogurt
Selected Varieties,
1.5kg

\$10.99



Siggi's High Protein Skyr Yogurt
Selected Varieties,
650g & 750g

\$7.49



The Granola King Gourmet Granola
also Hazelnut Hemp & Blueberry Orange Granola, 750g

\$12.99



Only Goodness Organic Blueberries
Also Sliced Organic Strawberries, Selected Varieties, Frozen, 600g

\$6.99



Truely High Protein Cereal
200g

\$12.99



Saputo Shredded Cheese
320g

\$6.99



Sunflower Kitchen Hummus
227g

\$3.49



La Chaudière Bingo! Organic Cheese
Selected Varieties,
168g - 200g

\$7.99

NOURISHING LIFESTYLES SINCE 1990



Pacific Foods Organic Broth
Selected Varieties,
946ml & 1L

\$4.99



Rustichella D'Abruzzo Pasta
500g

\$6.99



Eat Wholesome Organic Tomatoes
796ml

\$4.99



Earthbound Farm Organic Vegetables
Frozen, 255g - 300g

\$3.99



Maison Orphée Organic Extra Virgin Olive Oil
750ml

\$19.99



Amy's Pizza
Frozen,
340g - 397g

\$11.99



Safe Catch Wild Albacore Tuna
142g

\$5.99



Dairyland Sour Cream
450ml & 500ml

\$3.99



Bamboolia Bamboo Bathroom Tissue
12 Pack

\$9.99

PRODUCE FRESH • LOCAL • ORGANIC



Organic Snow or Snap Peas
Mexico Grown,
227g Pkg.

\$7.98 / EA



Heirloom Navel Oranges
USA Grown,
\$4.37/KG

\$1.98 / LB



Organic Romaine Heart
USA Grown,
Pack of 3

\$6.98 / EA



Zucchini
Mexico Grown,
\$6.57/KG

\$2.98 / LB



Gourmet Bouquet

\$24.98 / EA

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

DELI PREPARED FRESH



Choices Hot Soup
500ml

\$5.49 / EA



Choices Signature Sandwiches
Assorted Varieties,
120g - 200g

\$7.49 / EA



Choices Salmon & Kale Caesar Salad
290g

\$11.99 / EA



Spanakopita Phyllo
Also Mushroom & Parmesan, 185g

2 FOR **\$10.00**



Habibi's Hummus & Dips
200g - 240g

\$4.49 / EA



Choices Freshly Sliced Angus Roast Beef

\$4.49 / 100G



Grand'Or Cheese Slices
Netherlands,
160g

\$6.49 / EA



Traditional Goat Feta Cheese

\$2.49 / 100G



Celebrity Sheep Cheese
113g

\$6.99 / EA

**WEDNESDAY,
FEBRUARY 25 ONLY
PARKSVILLE**

ONE DAY SALE 15% OFF*

IN-STORE PURCHASE ONLY.

*Excluding Lotto, Gift Card purchases and Pharmacy prescriptions. One Day sale offer valid at the Parksville location only. Sale not available online.

BAKERY FRESH BAKED • WHOLESOME

BULK FOODS

MADE IN CANADA



Cinnamon Raisin Sourdough Loaf
430g

\$5.99 / EA

MADE IN CANADA



Choices Scones
Cheese, Blueberry, Sour Cream & Chive or Cranberry Chocolate, 2 Pack

2 FOR \$8.00

MADE IN CANADA



Choices Irish Soda Bread with Walnuts & Raisins
750g

\$3.99 / EA



Organic Roasted Almonds & Cashews
Bulk Bins Only, Select Varieties

20% OFF

MADE IN CANADA



Choices Banana Loaf Slice
Also Chocolate Banana or Orange Cranberry, 145g - 150g

2 FOR \$5.00

MADE IN CANADA



Mount Royal Bagels
6 Pack

\$6.99 / EA

MADE IN CANADA



La Tortilla Factory Wraps
200g - 328g

20% OFF

MADE IN CANADA **GLUTEN FREE**



Little Northern Bakery Loaves
454g - 494g

\$6.49 / EA

WELLNESS REJUVENATE • ENERGIZE • REPAIR • STRENGTHEN

PRODUCT OF CANADA



Organika Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF

MADE IN CANADA



Genuine Health Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

MADE IN CANADA



Bio-K Plus Probiotics
Assorted Varieties, 6 Pack

\$23.99

MADE IN CANADA



Platinum Naturals Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

MADE IN CANADA



Prairie Naturals Vitamins, Supplements & Hair Care
Assorted Varieties & Sizes

20% OFF

CANADIAN OWNED



Flora Organic Flax Oil
Assorted Sizes

20% OFF

MADE IN CANADA



Smart Solutions Vitamins & Supplements
Assorted Varieties & Sizes

25% OFF

MADE IN CANADA



Good Protein
Assorted Varieties, 880g

\$49.99

MADE IN CANADA



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

25% OFF

MADE IN CANADA



Joy of the Mountains Oil of Oregano
Assorted Varieties & Sizes

20% OFF

MADE IN CANADA



Sukin Botanicals Natural Face & Hair Care
Assorted Varieties & Sizes

25% OFF

NOW



Essential Oils
Also Topical Body Oils, Assorted Varieties & Sizes

20% OFF

Shop online at [ChoicesMarket](https://www.choicesmarket.com) | [@ChoicesMarket](https://www.instagram.com/ChoicesMarket) | [/DiscoverChoicesMarket](https://www.facebook.com/DiscoverChoicesMarket) | [@ChoicesMarket](https://www.x.com/ChoicesMarket)



PARKSVILLE, BC
319 Island Highway East, Parksville
Open 8:00am - 9:00pm Daily | Phone: 250-947-8000

Pure INTEGRATIVE PHARMACY
Phone: 250-947-8001
Pharmacy Hours: Monday - Friday 9 am - 6 pm
Saturday 9 am - 5 pm | Sunday 10 am - 4 pm

While quantities last. Not all items available at all stores. We reserve the right to correct printing errors. Product may not appear exactly as depicted. Buy One Get One Deals not available online.