

THE

CHOICES



MARKET

Supporting local communities since 1990

HEARTBEET

August 2026

PLANT FORWARD EATING

Colour Your Plate with Plant Diversity ~ pg 6

Discover Cucumbers ~ BY CHEF ANTONIO - pg5



BUYING LOCAL

At Choices, we've always been big on buying local and supporting the communities we live in. Now more than ever, we're looking to help the growers and producers who live in our communities. Help your friends, neighbours and family members by buying BC and Canadian made products, and we'll all be better off for it.



WHAT'S IN SEASON?

BC is home to some of the greatest fresh produce in the world! So, what's in season this month for those of us who love to eat local?



August Veggies

- Artichokes, Beets, Broccoli
- Cabbage, Carrots,
- Cauliflower, Corn, Cucumber
- Fennel, Garlic, Kale
- Potatoes, Radish, Shallots,
- Spinach, Summer Squash,
- Tomatoes, Zucchini

August Fruits

- Apples, Apricots
- Blackberries, Blueberries
- Cherries, Pears, Plums,
- Peaches, Nectarines
- Strawberries

MONTHLY GIVEAWAY

ENTER TO WIN!

1 of 4 - Year's Supply of VIP & Echowclean Cleaning Products!

Echowclean and VIP Cleaning Products are biodegradable and locally made in BC.

Name: _____

Phone Number: _____ Choices Location: _____

Skill Testing Question: $(56 - 18) \times (25 - 13) =$ _____

Contest open from August 1-31, 2026. One entry per person. All entries must have the skill testing question answered correctly to be valid. Employees of Choices Market and their family members are not eligible. The prize must be accepted as awarded, no substitutions will be made, cash or otherwise. No cash value if prize is not claimed or used fully. Winners consent to the release of their names (and photo when applicable) by Choices Market for publicity purposes. Entries can be dropped off at any Choices location. Winner is responsible for picking up their prize from the Choices Market location of their convenience. There can be no repeat winners for Choices contests throughout 2026.



SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

COOKING FRESH WITH LOCAL BC INGREDIENTS: COOKING SERIES

Hosted by: The Choices In-Store Nutritionists

This month's cooking classes and demos celebrate the abundance of local BC produce and the simplicity of plant-forward eating. We'll highlight fresh, seasonal ingredients like tomatoes, zucchini, berries, and herbs — sharing practical ways to turn them into nourishing, flavourful meals. Plant-forward eating doesn't mean eating exclusively vegetarian—it simply encourages adding more plant-based foods alongside the foods you already enjoy. Visit our Events page on the Choices website for session-specific recipes.

Dates, Times & Locations:

- **Kelowna:** August 18, 7pm ~ 8:30pm
- **North Vancouver:** August 19, 5pm ~ 6:30pm
- **Yaletown:** August 24, 6pm ~ 7:30pm
- **Burnaby:** August 26, 7pm ~ 8:30pm
- **South Surrey:** August 27, 6pm ~ 7:30pm
- **Abbotsford:** August 27, 7pm ~ 8:30pm

AUGUST
IN-STORE

Free Event



REGISTER ONLINE AT CHOICES.MARKET/EVENTS



**OR SCAN THE QR CODE
TO REGISTER**



AUGUST
25
6pm - 7:30pm

**IN-STORE
KITSILANO
&
ONLINE**
Free Event

COOKING FRESH WITH LOCAL BC INGREDIENTS: COOKING DEMO & WEBINAR

Hosted by: The Choices In-Store Nutritionists

Join us for a special hybrid cooking seminar and live demo featuring the Choices Nutrition Team. We'll showcase simple, creative ways to highlight fresh, local BC ingredients in nourishing, plant-forward meals — prepared in-person and livestreamed to our YouTube channel for virtual attendees, including an authentic Japanese eggplant and tofu stir-fry. Our nutrition team will share practical tips for incorporating more plant-based foods into your routine, along with the benefits of eating seasonally. Plant-forward eating doesn't mean eating exclusively vegetarian — it's simply about adding more plants to your plate in a flexible, balanced way.



Chickpea Chili

By: The Choices Nutrition Team

INGREDIENTS

1 tbsp	olive oil
1 large	onion, diced
2 - 3 cloves	garlic, minced
2 cans	chickpeas, drained and rinsed
2 cans	fire-roasted tomatoes
1 tbsp	tomato paste
1 tbsp	dried parsley
1 tbsp	dried oregano
1 tbsp	ground cumin
2 tsp	smoked paprika
1/2 tsp	chipotle powder
1/4 tsp	crushed red pepper flakes
2 tsp	maple syrup

OPTIONAL ADD-INS

1/2	avocado
	chopped herbs
handful	pumpkin seeds
drizzle	tahini
	fresh lime juice

INSTRUCTIONS

1. Heat olive oil in a large pot over medium heat. Add onion and garlic, sautéing for 4–5 minutes until softened.
2. Stir in chopped bell peppers and cook for another 3–5 minutes until slightly tender.
3. Add chickpeas, fire-roasted tomatoes, and tomato paste, stirring well to combine.
4. Season with parsley, oregano, cumin, smoked paprika, chipotle powder, and red pepper flakes.
5. Stir in maple syrup and bring to a gentle simmer. Reduce heat and let cook for 15–20 minutes, allowing flavours to develop. Stir occasionally.
6. Nutrition Tip: Serve chili over a roasted sweet potato (baked at 400°F for 45–60 minutes) for a balanced, plant-forward meal. The natural sweetness pairs well with the smoky spices for a nourishing and satisfying bowl. Brown rice or quinoa also works great for a balanced meal.

Servings: 4 - 6

Total Time: 40 Minuets



CUCUMBERS

BY CHEF ANTONIO

Crunchy, juicy and relatively inexpensive, cucumbers are a staple of the produce aisle. From the gourd family, they can be found in many varieties from home gardens to our stores. Botanically a fruit, rich with water, and low calorie, like so many other plants its wild origins are somewhere in Asia, likely India. Domesticated for at least 3000 years, it found its way to Europe first and to the Americas after, where it has become very common in many cuisines.

In BC and Alberta, we produce together 30% of all Canadian cukes, most of which are seedless and hothouse grown. China dominates the world production, with 3/4ths of the total, or 70 million tonnes a year.

The two cultivar groups are slicing and pickling cukes, which let you know exactly how best to use them. Size can also determine the use, with tiny gherkins and baby pickles mainly to be saved and brined or canned. English seedless cukes are to be eaten skin and all, different from Field cuke which usually have a coarser skin and larger seeds that can be removed for easier digestion.



To buy the best cucumber, always pick dark green, firm product. Keep refrigerated for up to a week if needed or only a few days if previously sliced or diced, ensuring that you cover them.



Most cultures use this tubular veggie raw on its own, or mixed with other ingredients to create delicious dishes. Cucumbers are famously used in Greek salad, spicy Asian dishes, or Indian raita. Chilled soup, refreshing beverages such as flavoured water or smoothies, cocktails, sauces, tzatziki, salsa and fresh relishes, or used in wraps and sandwiches, are just a few ways to use your cucumbers without a touch of heat. However, you can also saute your cukes if you wish with just a few extra ingredients to complement. Chinese noodles with sauteed cucumbers and chili crisp is a simple and amazing dish.

Cucumbers have a bit of structure, so that also makes them great as a vessel to create little bites or shots. Use them instead of a cracker to serve salads, soft cheeses, or hollow them out for drinks. One of my favourite summer cucumber recipes is a traditional southern Italian dish called Acquasale. It's a very simple combination of cucumber and fresh seasonal vegetables with a good extra virgin olive oil, water and salt. To be accompanied by some old crusty artisan bread slices, making a very refreshing and satisfying summer meal.

CUCUMBER FACTS:

Low in Calories:

A whole cucumber contains very few calories, making it a popular healthy snack.

Rich in Nutrients:

Cucumbers provide Vitamin K, Potassium, and small amounts of Vitamins C & B.

Pickles start as Cucumbers:

Most pickles are simply cucumbers preserved in a brine or vinegar solution. .



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.



Colour Your Plate with Plant Diversity

By: Dionne Legge, CNP, Choices Burnaby
and Abbotsford In-Store Nutritionist



A plant-forward pattern of eating is a flexible approach that centers on plants, without restricting overall diet. It focuses on vegetables and fruits, legumes, nuts and seeds, whole grains, herbs, and spices — while still allowing room for animal proteins in balanced amounts. Research consistently shows that plant-rich diets are associated with improved cardiovascular health, better metabolic outcomes and lower risk for many chronic diseases.

While increasing overall intake of fruits, vegetables and plant proteins remains an important goal, research has begun to suggest that variety may also play a meaningful role on our gut health. A diversity of plant intake seems to have a greater impact on the microbiome. Fill half your plate with vegetables and fruits, the other half divided with lean protein and a variety of whole grains.

A fun and practical way to include plant diversity is to eat the rainbow. Colours can give us clues to different phytochemicals they include.

Anthocyanins, found in red, purple, and blue foods like berries, cherries, and red cabbage, may help support heart and cognitive health.

Carotenoids give orange and yellow foods like carrots, pumpkin, sweet potatoes, and peppers their colour and are linked to eye, skin, and immune health.

Betalains, present in foods like beets and Swiss chard, contribute deep red and purple pigments and have antioxidant and anti-inflammatory properties.

Green vegetables such as kale, broccoli, and spinach are rich in vitamins like C and K, along with important minerals. There are so many wonderful different greens to try!

Rather than focusing on individual superfoods consider aiming for greater variety throughout the week when possible. Try adding different vegetables to soups, rotating seasonal fruits, trying new legumes and don't forget to include fresh herbs or spices when possible.



Eating Local:

Fresh Choices for Your Body, Community and Planet

By: The Choices Nutrition Team



With longer days and local harvests in full swing, summer is a great time to explore the benefits of eating closer to home.

Choosing locally grown foods isn't just about freshness — it's a simple way to support your health, your community, and the environment.

Here are a few reasons to fill your plate with local foods this season:

Supports a Healthy Gut Microbiome

Emerging research suggests that regularly eating foods grown in your local environment may help diversify your gut microbiome. Local produce can carry beneficial microbes from the soil and surrounding ecosystem, which may help your digestive system adapt and thrive. A varied, fibre-rich diet — especially one filled with seasonal fruits and vegetables — is key to maintaining strong gut health.

Boosts Nutrient Intake

Locally grown foods are often harvested at peak ripeness, meaning they can retain more nutrients compared to items transported long distances. Fresh berries, leafy greens, and vine-ripened vegetables not only taste better, but also deliver higher levels of vitamins, minerals and antioxidants that your body relies on for energy and overall well-being.

Lower Environmental Impact

Buying local reduces the distance food travels, helping to lower greenhouse gas emissions and the need for excess packaging. Supporting local farms also encourages more sustainable agricultural practices and helps protect regional biodiversity.

Strengthens Your Community

Choosing local keeps your food dollars within your community — supporting farmers, producers, and local businesses.

It's also a great way to connect with where your food comes from and try new seasonal ingredients.



Eating local doesn't have to be complicated — start small by choosing BC or Canadian-grown options when available. Fresh, simple choices can make a meaningful difference for your health and beyond.



SPECIALS

AUGUST 1 - 15 ONLY!



**Kettle Brand
Potato Chips**
Family Size, 368g

\$5.99

Enough deliciously crunchy chips for the whole family.
Perfect for parties!



**CHOCXO Organic
Chocolate Cups**
Selected Variety 98g

\$6.99

At Chocxo, we set out to make the most delicious
chocolate and make it better for you and the planet.



**San Pellegrino
Sparkling
Mineral Water**
6-Pack

\$7.99

Plus Deposit,
Recycling Fee
Where Applicable

Delicious Italian sparkling waters.



Butler Soy Curls
227g

\$7.99

Delicious plant-based meat alternative that's great
for adding a punch of protein to your recipes.



**Kidfresh
Pasta Meals**
179g & 206g

\$5.99

Wholesome, fast, and delicious - we got this.
Made With High Quality Ingredients.



**Mid-Day
Squares**
12-Pack

\$26.99

Mid-Day Squares makes indulgent
refrigerated snacks for the mid-day moment,
when energy dips and cravings hit.



**Kicking Horse
Organic
Ground Coffee**
284g

\$14.99

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



**Four Sigmatic Organic
Chai Latte CALM Mix**
with Turkey Tail and Reishi
Mushroom, 10-Pack

\$23.99

We've spent years studying, sourcing,
and perfecting functional mushrooms
to unlock real benefits — not hype.

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



**Earth's Choice
Organic Lemon Juice**
1 Litre

\$7.99

Juice from 40 lemons. Ideal for:
salads, fish, meat, beverages and desserts.



**Liberté
Greek Yogurt**
650g & 750g

\$7.49

Liberté Greek Yogurt features an
incredibly rich and creamy texture.



**Savör
New Zealand
Grass-Fed Butter**
Salted or Unsalted, 227g

\$6.99

Crafted in New Zealand where cows graze year round.



**Terra
Premium Granola**
340g

\$7.99

Small batch. Huge taste! What you
see is what you get. Whole ingredients
and big flavour.



SPECIALS

AUGUST 16 - 31 ONLY!



Silk Non-Dairy Beverage
1.89 Litres

\$6.49

Plus Deposit,
Recycling Fee
Where Applicable

Beverages ideal for people who are lactose intolerant and dairy-free.



Nature's Path Organic Love Crunch Granola
700g

\$12.99

We are committed to organic because we believe it's the best (and most delicious!) choice for our bodies and the planet.



Only Goodness Organic Peanut Butter
500g

\$6.49

The ideal nut butter to spread on your morning toast!



Made Good Organic Granola Bites, Cookies or Baked oat Cups, Selected Varieties, 5's, 6's or 200g

\$4.99

From our organic oats to our nutrients from plants, we always strive to make things better for people and the planet.



RJ's Licorice Allsorts & Twists
280g

\$3.99

Layer after layer of delicious licorice fun, there's allsorts of IRRESISTIBLE FLAVOURS and twists of colour to enjoy.



GT's Raw Kombucha or Alive Soda
480 mL

\$3.99

Plus Deposit,
Recycling Fee
Where Applicable

Heirloom Himalayan Cultures. Made in small <5-gallon batches in-house. Whole ingredients.



Sap Sucker Organic Sparkling Tree Water
355 mL

\$1.99

Plus Deposit,
Recycling Fee
Where Applicable

Light sweetness - Subtle bubbles - Low calorie - Highly refreshing - Certified Organic



La Cocina Tortilla Chips
300g - 400g

\$4.49

Authentic meals rely on authentic ingredients. Our corn tortillas embody the essence of traditional Mexican fare.

NOURISHING LIFESTYLES SINCE 1990



Guayaki Organic Yerba Mate Non-Sparkling Beverage
458 mL

\$3.49

Plus Deposit,
Recycling Fee
Where Applicable

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



Whittaker's Chocolate Slab
50g

\$2.29

We like to make good, honest chocolate, so we have committed to Rainforest Alliance certification for 100% of our Ghanaian cocoa beans.



Eco Living Club Laundry Strips
40-Pack

\$8.99

Easy to use. Non toxic. Lightly scented. 1 strip = 1 load.



Lundberg N/F Basmati or Jasmine Rice
Selected Variety, 907g

\$8.99

For four generations, our family has been growing wholesome, great-tasting rice while tending to soil, air, water, and wildlife as carefully as our crops.



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 Dietitian's Top Choices.



ALLERGY SMART COOKIES

Allergy Smart Cookies are a convenient, school-safe snack made without the top 10 priority allergens, including gluten, dairy, peanuts, tree nuts, eggs, soy, and sesame. Free from artificial flavours, preservatives, and unnecessary additives, they offer a simpler ingredient list that families can feel confident about. These cookies can be a helpful option for those managing food allergies or sensitivities, while still providing a source of carbohydrates for energy. They're a great addition to lunchboxes, after-school snacks, or paired with fruit for a balanced treat that supports steady energy levels throughout the day for all ages.



TREE ISLAND YOGURT

Produced in Cumberland, BC, Tree Island Yogurt is crafted using grass-fed milk sourced from small, family-run farms and made through a traditional small-batch process. This approach helps preserve the authentic texture and beneficial live bacterial cultures that support gut health and digestion. As a fermented dairy product, yogurt may also support nutrient absorption and immune function. Enjoy it as part of a balanced breakfast layered with fruit and granola, or incorporate it into sauces, curries, and cream-based soups for an added boost of protein.

EGGLIFE

Egglife wraps are made with 95% egg whites, offering a high-protein, low-carbohydrate option with zero sugar. Naturally gluten- and dairy-free, they can be a helpful choice for those managing blood sugar levels or looking to increase protein intake without added refined carbohydrates. Protein-rich foods like egg whites may support satiety, muscle maintenance, and more stable energy levels throughout the day. Use these wraps in place of traditional tortillas for quick lunches, breakfast roll-ups, or kid-friendly snacks filled with vegetables, lean proteins, or spreads. immune function.



EGGPLANT

Eggplant is a versatile late-summer vegetable rich in fibre and antioxidants, including compounds like nasunin that support cellular health. Its fibre content can help promote digestive health and contribute to more stable blood sugar levels after meals. Eggplant can be a helpful addition to plant-forward eating patterns that support heart health and overall well-being. Roast, grill, or stir-fry eggplant and pair it with herbs, legumes, or whole grains, or try it in dishes like curries, pasta, or your favourite stir-fry for a nourishing, seasonal meal.



Cinnamon Roll Protein Bites

By: Egglife

INGREDIENTS

- 2 Egglife Wraps, original
- 2 tbsp Vanilla Protein Powder
- 2 tsp Cinnamon
- 1 tbsp Maple Syrup

OPTIONAL ADD-INS

- 1 tsp Half & Half (or milk of choice)
- 1 tbsp powdered sugar
- Sprinkles (optional)

INSTRUCTIONS

1. Mix protein powder, cinnamon, and maple syrup.
2. Overlap 2 Egglife wraps by about 1-inch and spread cinnamon mix on wraps.
3. Roll from the short side then cut into 1-inch pinwheels and place on baking sheet with parchment paper.
4. Bake for 6 minutes at 350°F.
5. Top with glaze and sprinkles. Enjoy!



WELLNESS CENTRE SPECIALS

AUGUST 1 - 15 ONLY!



CanPrev Beauty Supplements
Assorted
Varieties & Sizes

20% OFF

Helps improve the appearance of skin,
reduces wrinkles and diminishes fine lines.



Roar Plus Electrolyte Powders
Assorted Varieties
Sachet/12-Pack

\$1⁹⁹ / \$19⁴⁹

ROAR Plus Powder delivers naturally derived electrolytes,
refreshing flavours, and B-vitamins with dietary antioxidant
sources from vitamins A, C and E.



Genestra Fit for School Probiotics
30 Chews

\$46⁹⁹

Genestra Fit for School combines probiotic strains
and vitamins C and D to support immune function
and digestive health in children.



Provita Vitamins & Supplements
Assorted
Varieties & Sizes

20% OFF

Serra-Plus Forte
Powerful, fast acting, anti-inflammatory.



Lokhia Anti-Nausea Chewables
30 Tabs

\$21⁹⁹

Lokhia anti-nausea chewables is an all natural alternative
to anti-nausea drugs. The powerful combination of ginger
and vitamin B6 has been carefully curated to help you
navigate nausea without the fatigue.



Purica Recovery Supplements
Assorted
Varieties & Sizes

20% OFF

Helps relieve the joint pain associated with osteoarthritis
Helps the development and maintenance of cartilage



SUBI Greens Super Juice Mix
Assorted Varieties,
264g - 280g

\$29⁹⁹

SUBI contains 20+ whole, real food ingredients, 4+ servings
of vegetables in every scoop, and 60% of your daily nutrition.



Mountain Sky Shampoo & Conditioner Bars
Assorted Varieties,
50g

\$9⁹⁹

Cleans effectively while keeping your scalp comfortable and
your hair strong, soft, and manageable.



Lemonaide Hand Wash
Assorted Varieties,
500 mL

\$7⁴⁹

Gently removes food smells while leaving
your hands soft and hydrated.



Diva Cup & Pelvic Wellness Products
Assorted
Varieties & Sizes

25% OFF

Contains 100% naturally-derived, non-irritating ingredients
specifically formulated for delicate vulvar skin. Made without
fragrance, sulphates, parabens, or dyes. Vegan and cruelty-free.



Thayers Facial Care & Witch Hazel
Assorted
Varieties & Sizes

25% OFF

This pH balanced, Alcohol-Free gentle facial toner is
formulated to cleanse, tone, moisturize the skin.



I Luv It Natural Deodorant
Assorted Varieties,
110g / Sensitive 100g

\$15⁹⁹ / \$22⁴⁹

Our deodorant is a cream/paste, apply a pea size
amount to clean underarms, rub in completely.
This is a very healthy way to apply a natural deodorant,
and can even attribute to its effectiveness.



WELLNESS CENTRE SPECIALS

AUGUST 1 - 15 ONLY!



**Suna Barista
Protein Tea Lattes**
Assorted Varieties
180g

\$26⁹⁹

Cafe Inspired | Barista Crafted

Inspired by your favourite cafe lattes, Suna blends premium tea with smooth, indulgent flavour, crafted to be savoured, not just consumed. A new way to enjoy protein that fits seamlessly into your daily routine.

- 20g Whey Protein
- 10g Marine Collagen
- Rich in Antioxidants
- Barista-Crafted, Cafe-Inspired Blends
- Rich, creamy, and effortlessly good.

Available in Matcha, Earl Grey, Hojicha & Royal Milk Tea



**Plumpp Irish
Sea Moss**
40g / 100g

\$10⁹⁹ / \$27⁹⁹

92 of 102 minerals you need!

Irish sea moss contains 15 of the 18 essential elements the human body needs, making it a superfood gut health and immunity. But thanks to his vitamin A and omega-3 fatty acids Sea Moss also has cemented itself as a skin care powerhouse.

Upgrade your immune system with critical minerals through a daily dose of this unprocessed, natural, straight from the ocean superfood.

Easily made into gel form, you simply add 1-2 tablespoons to your daily smoothie or protein shake.



**Whole Earth & Sea
Vitamins &
Supplements**
Assorted
Varieties & sizes

15% OFF

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

This exceptional non-GMO, vegan-friendly formula also includes grasses, fruits, and vegetables from our farms, and a comprehensive mushroom blend to support an active, healthy, and sustainable lifestyle. Available in four delicious, organic flavours.

A blend of antioxidants helps neutralize harmful free radicals. Provides 21g of pure plant-based vegan protein.



**Flora Flo-Essence
Herbal Cleanse**
500 mL / 941 mL

\$34⁹⁹ / \$54⁹⁹

Flor-Essence® is a traditional herbal formula developed to gently cleanse the whole body at the cellular level. Oxidative stress and free radicals can accumulate within your cells over time from an array of environmental stressors. Flor-Essence® supports your body's detoxification organs in removing these toxins and provides antioxidants that protect against the oxidative damage caused by free radicals.

Flor-Essence® can be used as a gentle cellular cleanse or as an integral part of your daily preventative health ritual.

- Safe and effective full body cleanse
- 8-herb formula synergistically supports multiple elimination pathways
- Organic + Gluten-Free + Kosher + Non-GMO + Vegan



**Before Whitening
Toothpaste**
Assorted Varieties,
100 mL

\$9⁹⁹

Incredible taste and incredibly clean, Before's award winning natural Whitening Toothpaste gradually and safely brightens your teeth with our custom blend of high-quality ingredients and sodium fluoride.

Upgrade your brushing routine with our perfectly balanced foaming, soothing Spearmint flavour and silky low-abrasion texture. Fight cavities, remineralize your tooth enamel, and level up your mouth health without harmful chemicals and synthetic ingredients.

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



UpCircle Facial Care
Assorted Varieties & Sizes

20% OFF

Our gentle face cleanser is made with oat powder upcycled from the food and drink industry. When applied to the face this creamy oat powder repairs and restores the skin's moisture barrier.

This multi-award winning oat cleanser has a milky, creamy formula that hydrates and nourishes the skin. You can think of the oat powder as the oat milk to your latte and the other ingredients as the skin-loving syrup shots.

Suitable for all skin types, this everyday vegan facial cleanser leaves skin buttery soft.

Dermatologically approved for use on sensitive skin. Suitable for use on babies and children.



WELLNESS CENTRE SPECIALS

AUGUST 16 - 31 ONLY!



**CanPrev
Fibre Feel
Low FODMAP**
325g

\$26⁹⁹

Found to increase levels of healthy bifidobacteria, reduce inflammation in the gut and contribute to reduced gut permeability.



**New Roots Wild
Omega 3**
60 Softgels / 120 Softgels

\$23⁹⁹ / \$43⁹⁹

High-potency Wild Omega EPA 660 mg DHA 330 mg fish oil helps improve cognitive function, supports heart health, and reduces inflammation.



**Ö Hydration Vitamin
& Electrolyte Powder**
Sachet / 10-Pack,
Assorted Varieties

\$17⁹⁹ / \$15⁹⁹

These natural vitamin powders are designed to support immune health daily, with no sugar, no artificial flavours, and no synthetic colours.



**Natural Factors Big
Friends Children's
Vitamins**
Assorted
Varieties & Sizes

15% OFF

Helps support gastrointestinal health
May promote a favourable gut flora
Source of probiotics



**Prairie Naturals
Ocu-Force**
60 Softgels

\$34⁹⁹

Ocu-Force have been shown to support normal eye function, reduce damage caused by free radicals, protect against oxidation of retinal tissues, restore metabolic balance disrupted by high blood sugar, improve night vision, increase circulation to and through eyes, soothe eye strain and strengthen eye tissue.



**KidStar Vitamins
& Supplements**
Assorted
Varieties & Sizes

25% OFF

KidStar All-In-One helps to meet protein needs for growing and developing children.



**Pasco
Petadolex 75 mg**
60 Capsules

\$57⁹⁹

Helps to reduce the frequency of migraine headaches when taken preventatively/as a prophylactic.



**Natural Factors
Probiotics
& Digestive
Supplements**
Assorted
Varieties & Sizes

15% OFF

Natural Factors Gastro-Assist contains ingredients used in herbal medicine to help relieve inflammation in the GI tract and mild digestive upset.



**Wild Rose
Herbal D-Tox
Kit**

\$54⁹⁹

Clinically tested to provide a full body cleanse, including a complete detoxification of the colon, while supporting the natural processes of the liver, kidneys and lymphatic system.



**Heritage Store
Rosewater
Facial Care**
Assorted
Varieties & Sizes

20% OFF

This cult fave has two ingredients of versatility to refresh, set, hydrate, and uplift.



**Life Candy
Shampoo or
Conditioner**
1 Litre, Assorted Varieties

\$21⁹⁹

Life Candy's non-silicone, all-natural formula seals the hair cuticle to lock in color molecules and slow color fading while enhancing the quality of your hair.



**Radius
Toothbrushes
& Oral Care**
Assorted
Varieties & Sizes

20% OFF

Eco-friendly toothbrush! Each super soft toothbrush is created with EcoPure®, meaning that it is 100% biodegradable in landfills.



WELLNESS CENTRE SPECIALS

AUGUST 16 - 31 ONLY!



CanPrev Hormone & Fertility Support Supplements
Assorted
Varieties & Sizes

20% OFF

CanPrev's Prime Fertility formula includes a therapeutic dose of myo-inositol to help support insulin sensitivity, a common factor behind PCOS which can impact fertility, while encouraging better egg quality and ovulation.

Essential antioxidants like coenzyme Q10, pyrroloquinoline quinone and N-acetyl cysteine are added to help support cellular health and reduce oxidative damage. And chastetree extract to help balance hormones, active folate and choline for neural health and cellular development.

Whether you're looking to support your reproductive health, balance hormones, your cycle, or prime for pregnancy, Prime Fertility formula is here to help.



Organika Kids Liquid Zinc & Vitamin C
100 mL

20% OFF

Zinc helps the body heal cuts, build proteins and grow new tissue. It helps maintain a regular metabolism while also regulating blood sugar.

Then there's vitamin C, a total go-to for immunity. This antioxidant helps defend cells from damage and supports the production of white blood cells (aka the body's infection fighters). Together, they do more than just ward off sniffles. They support healthy skin, bones, gums and energy metabolism.

Kids Liquid Zinc with Vitamin C is perfect for everyday immune support in a tasty orange flavour kids love. It's also incredibly easy for kids to take with a fuss-free format they can spray themselves.



Innotech Nutrition Gut Harmony Formula
210g

\$37.99

Support your digestive wellness with Innotech Nutrition's Gut Harmony! Specially formulated to support gastrointestinal health, this delicious blend features premium BiAloe® aloe extract and soothing ginger. It is packed with targeted amino acids and high-quality collagen protein that helps build and repair body tissues.

Expertly enhanced with essential biotin and magnesium, this comprehensive formula is the perfect addition to your daily routine for a happy gut. Empower your core health from the inside out.



AOR Zinc-Copper Balance
100 Capsules

\$29.99

Discover AOR Zinc Copper – Balanced Essential Minerals

Unlock optimal wellness with AOR Zinc Copper. This expertly formulated supplement delivers highly bioavailable zinc and copper in the ideal 15:1 ratio to maintain mineral balance.

Zinc supports immune function, healthy skin, hormone production, and antioxidant defense, while copper aids collagen formation, energy metabolism, and iron absorption.

Fight deficiencies, boost vitality, and protect against oxidative stress. Trusted by health professionals for purity and potency.



Revol cares. Period Underwear
Assorted
Varieties & 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



Capricare Infant Formula
Stage 1 & 2, 800g

15% OFF

Whole Goat Milk Infant Formula for Happy Healthy Babies

- Inspired by a simple belief in doing things naturally, Capricare is a premium goat milk infant formula crafted with care from farm to bottle.
- It's based on 30+ years of research and the natural goodness of whole goat milk.
- Capricare is a nutritionally complete, clean-label formula that is naturally gentle and easy to digest, making it a perfect choice for happy, healthy babies.
- Find it in our baby aisle!



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Shop online at Instacart.ca

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



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.

