

THE

CHOICES



MARKET

Supporting local communities since 1990

HEARTBEET

October 2026

MAKING SUSTAINABLE CHOICES SIMPLE OCEAN WISE SEAFOOD

BY THE CHOICES NUTRITION TEAM pg 9

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SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

SEAFOOD MADE SIMPLE: COOKING SERIES

Hosted by: The Choices Nutrition Team

Celebrate Seafood Month with the Choices Nutrition Team at our in-person cooking classes and demos. We'll showcase simple, nutritious ways to prepare a variety of seafood and fish, highlighting easy recipes that can fit into busy lifestyles. Along the way, we'll explore the nutritional benefits of seafood, including high-quality protein, omega-3 fats, and key nutrients that support heart, brain, and healthy aging. Whether you're a confident home cook or just looking to add more seafood to your routine, you'll leave with practical tips, recipe inspiration, and a few new favourites. Visit our Events page on the Choices website for session-specific recipes.

Dates, Times & Locations:

- **Kelowna:** October 20, 7pm ~ 8:30pm
- **Yaletown:** October 22, 6pm ~ 7:30pm
- **Burnaby:** October 28, 7pm ~ 8:30pm
- **Abbotsford:** October 29, 7pm ~ 8:30pm

**OCTOBER
IN-STORE**

Free Event



REGISTER ONLINE AT [CHOICES.MARKET/EVENTS](https://choices.market/events)



**OR SCAN THE QR CODE
TO REGISTER**



**OCTOBER
21
5pm - 6:30pm**

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

THE OCEAN WISE DIFFERENCE: SEAFOOD, SUSTAINABILITY & NUTRITION

Hosted by: Mhairi Chandler, Ocean Wise

Join representatives from Ocean Wise for a special educational webinar exploring how sustainable seafood choices help support the long-term health of our oceans. Learn about the science behind Ocean Wise recommendations, how seafood is assessed, and what consumers can look for when choosing responsibly sourced fish and seafood. The webinar will also highlight the environmental and community benefits of sustainable seafood practices, while helping attendees better understand the Ocean Wise symbol. At Choices Market, we're proud that 100% of the fresh seafood and fish available in our seafood departments are Ocean Wise recommended, making it easy to shop with confidence while supporting healthier oceans for future generations.

Salmon Teriyaki Bowl

From The Choices Nutrition Team

INGREDIENTS

For Salmon

- 4 Salmon Fillets (about 150g each)
- 3 **tbsp** Low-Sodium Soy Sauce
- 1 **tbsp** Sesame Oil
- 1 **tbsp** Maple Syrup
- 1 **tbsp** Mirin
- 1 **clove** Garlic, minced
- 1 **tsp** Fresh Ginger, grated

For Rice

- 1 **cup** Brown Rice
- 2 **cups** Water

For Vegetables

- 2 **cups** Broccoli Florets
- 1 Carrot, medium, sliced
- 1/2 Onion, medium, sliced
- 1 **tsp** Sesame Oil
- Optional** Sesame Seeds and Green Onions for garnish

DIRECTIONS

1. In a bowl, whisk together soy sauce, sesame oil, maple syrup, mirin, garlic and ginger.
2. Place salmon in a shallow dish and pour marinade over top. Marinate for at least 30 minutes, or overnight in fridge if possible.
3. Cook brown rice according to package directions.
4. Preheat oven to 400°F (200°C).
5. Place Salmon on a lined baking sheet and bake for 12-15 minutes, or until fish flakes easily with a fork.
6. While the Salmon cooks, heat sesame oil in a large skillet over medium-high heat.
7. Add onion, carrot and broccoli. Stir-fry for 5-7 minutes until vegetables are tender-crisp.
8. Divide rice among serving plates. Top with salmon and vegetables.
9. Garnish with sesame seeds and sliced green onions if desired.



Sweet & Spicy Shanghai Shrimp Noodles

From The Choices Nutrition Team

INGREDIENTS

- 1 **lb** Shrimp, peeled and deveined
- 8 **oz** Buckwheat Soba Noodles or high-protein noodles
- 1 **tbsp** Avocado Oil
- 1 Red Bell Pepper, thinly sliced
- 1 Green Bell Pepper, thinly sliced
- 2 Carrots, julienned
- 3 Green Onions, sliced
- 2 **cloves** Garlic, minced
- 1 **tbsp** Fresh Ginger, grated

For Sauce

- 3 **tbsp** Low-Sodium Soy Sauce
- 1 **tbsp** Maple Syrup
- 1 **tbsp** Rice Vinegar
- 1 **tsp** Sesame Oil
- 1 **tsp** Chili garlic sauce
- 1 **tsp** Cornstarch
- 2 **tbsp** Water

Optional Garnishes

- Sesame Seeds, Fresh Cilantro, Lime Wedges, Blanched Bok Choy

DIRECTIONS

1. Cook noodles according to package directions. Drain and rinse under cool water.
2. In a small bowl whisk together soy sauce, maple syrup, rice vinegar, sesame oil, sambal, cornstarch and water.
3. Heat avocado oil in a large skillet or wok over medium-high heat.
4. Add shrimp and cook for 2-3 minutes per side, until pink and opaque. Remove from pan and set aside.
5. Add garlic, ginger, red and green peppers, and carrots. Stir-fry for 3-4 minutes until vegetables are tender-crisp.
6. Return shrimp to pan and add noodles.
7. Pour sauce over the mixture and toss until evenly coated and heated through, about 2 minutes.
8. Top with green onions, and garnish with sesame seeds, cilantro, and lime wedges, if desired.



A New Local Tradition is Coming to Choices Thanksgiving Table:

Meet JD Farms Specialty Turkey

For nearly 50 years, JD Farms has been proudly farming in the Fraser Valley. Today, three generations of our family continue to work alongside an incredible team dedicated to raising exceptional turkeys.



What sets JD Farms Specialty Turkey apart from conventional turkeys?

Raised with Care: At JD Farms, the health and wellbeing of our birds is at the heart of everything we do. Our turkeys are raised with plenty of space to move, fresh air, clean bedding and constant access to fresh water and feed. Being animal welfare certified is very important to us.

The Difference You Can Taste: Unlike conventional turkeys, JD Farms Specialty Turkeys are raised on a non-GMO vegetable-based turkey feed, without any antibiotics or animal by-products, allowing them to develop exceptional flavour, tenderness, and texture. Every turkey is expertly processed, and delivered fresh for Thanksgiving and the holiday season, ensuring you receive a premium product you're proud to serve.

Proudly Local: As a BC family farm, we're grateful for the continued support of our local communities and partners like Choices Markets who believe in supporting local agriculture. When you choose JD Farms Specialty Turkey, you're supporting a local family business, local farming, and a team of dedicated people who take tremendous pride in what they do every single day. Every turkey we raise reflects our family's commitment to quality, integrity, and exceptional taste.



THANKSGIVING MADE EASY

The Choices Deli and Bakery are here for you with freshly made and ready-to-eat items for quickly and effortlessly elevating your holiday table.

READY TO HEAT AND EAT

Turkey Holiday Meal

\$15⁹⁹

Stuffed Turkey Breast

\$5⁴⁹/100G

SIDES

Garlic Mashed Potatoes
or Roasted Potatoes

\$1⁴⁹/100G

Roasted Yam & Sweet
Potato with Fennel

\$2⁴⁹/100G

Roasted Colored
Vegetables

\$2⁴⁹/100G



Maple Buttered
Brussel Sprouts

\$2⁴⁹/100G

Fresh Cranberry Stuffing

\$2⁶⁹/100G

SAUCES & GRAVY

Cranberry Sauce
250g

\$5⁹⁹

Turkey or Shiitake
Mushroom Gravy
500 mL

\$8⁴⁹/8⁹⁹

SWEET BAKERY TREATS

Signature Pumpkin Pie 8"

\$11⁹⁹

Pecan Walnut Pie 8"

\$12⁹⁹

Artisan Fruit Pies

\$13⁹⁹

Butter, Pecan or Mince
Meat Tarts

\$9⁹⁹

Pumpkin Spice Shortbread
6-Pack

\$6⁹⁹

Gluten Free Pumpkin Pie 8"

\$11⁹⁹



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.

ORGANIC TRADITIONS SPROUTED FLAX SEEDS

Organic Traditions Sprouted Flax Seed is an easy way to boost the nutritional value of smoothies, oatmeal, yogurt, and baking. What sets it apart is the sprouting process, which may improve digestibility and nutrient availability compared to unsprouted seeds. Flax is one of the richest plant sources of omega-3 fats and is packed with fibre to support heart, brain, and digestive health. Made in Canada by a family-owned company, Organic Traditions products are certified organic, pesticide-free, third-party tested, and free from fillers and refined sugars.



FROG FRIENDLY COFFEE

Craft roasted in small batches in Enderby, BC, Frog Friendly Coffee combines exceptional flavour with local craftsmanship. This family-run company works with coffee growers in Oaxaca, Mexico, a region renowned for producing high-quality, shade-grown coffee with rich, complex flavours. By roasting in small batches, Frog Friendly prioritizes freshness and quality over mass production. Coffee is naturally rich in antioxidants, and research suggests moderate consumption may support alertness, cognitive function, and long-term brain health. For customers looking to support a local BC business while enjoying thoughtfully sourced coffee with deep farming roots, Frog Friendly Coffee is a standout choice.

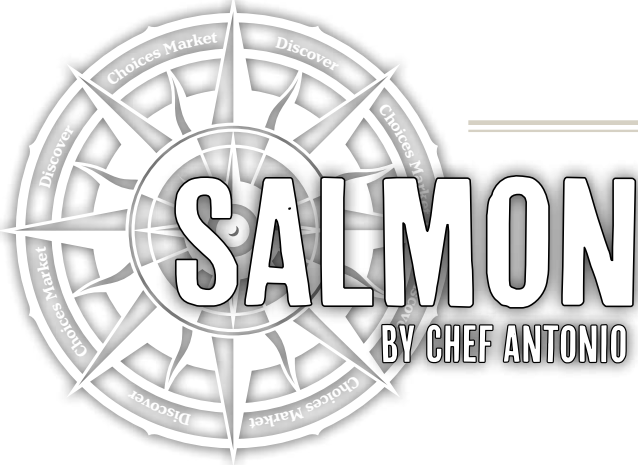
WHOLLY WHOLESOME PIE SHELLS

Wholly Wholesome Pie Shells offer a convenient shortcut without compromising on ingredient quality. Unlike many conventional pie crusts, they feature a simple ingredient list and avoid artificial preservatives. They're made with responsibly sourced palm shortening from suppliers committed to ethical and sustainable practices. The result is a flaky, ready-to-use crust that's perfect for seasonal favourites like pumpkin, apple, and berry pies while aligning with the ingredient standards many shoppers value.



WINTER SQUASH

Fall is the perfect time to enjoy winter squash varieties such as butternut, acorn, kabocha, and delicata. Naturally rich in fibre, vitamin A, vitamin C, and potassium, squash provides satisfying nutrition with a naturally sweet flavour. Its vibrant orange colour comes from beta-carotene, which supports vision, immune function, and skin health. Whether roasted, blended into soups, or added to grain bowls, squash is a simple and nutritious seasonal staple.



Our West coast has been blessed with the presence in many of its streams and rivers of salmon. Pacific salmon species are an amazing reflection of the biodiversity that First Nations have revered and depended on for millennia. Not just as a source of food for humans, but as an essential food source for the entire coastal ecosystem.

Five species are present in our waters, from California all the way to Alaska and across to northeastern Russia. They all have different life cycles and characteristics. Chinook or King can reach up to 50 kilos, shiny Coho or Silverbright, Sockeye or Red salmon, smallest sized Pink or Humpback salmon, and Chum or Dog salmon which has the lowest fat content. Salmon is a high source of protein, omega 3, vitamin A and vitamin B group.

When buying fresh frozen, smoked or canned salmon, please remember to check the sustainability of the fish. Incredible efforts have been made to preserve or reintroduce salmon in our streams and coastline. Many years ago we collaborated with the Okanagan nation alliance in their effort to reintroduce sockeye in the Okanagan, which has been successful.

Like all fish, how to cook salmon best might vary on species, tools available and your technical ability. What you generally find in our stores would be fillets and occasionally whole

fish. Whole fillets or whole fish can be baked in the oven or wrapped in foil to be cooked at medium low temperature on the barbeque. Pan frying portions or steaks can be an easy way to learn how to cook salmon if you're not familiar. Remember not to overcook. For an easy weeknight meal, try putting a portion in your air fryer.

There are thousands of delicious salmon recipes out there. Thanksgiving is coming soon, and I can't think of a reason not to put your stuffing and cranberries inside a whole salmon to bake alongside your turkey. Use cranberry sauce with the salmon for a truly BC thanksgiving experience. Closer to Christmas each year I prepare some gravlax by curing with salt, sugar and spices. It's a traditional Scandinavian way to preserve fillets without using smoke. It creates a delicious easily sliceable product, perfect for snacks or entertaining.

Ask a friend or family member to help you discover the many ways you can enjoy this wonderful fish. Everyone has their favourite ways to prepare this incredible fish, so share yours with the people you love.



SALMON FACTS:

Natural Colour:

The pink-to-red colour of salmon flesh comes largely from astaxanthin, a pigment obtained through their diet.

Extremely Versatile: **Salmon can be baked, grilled, smoked, poached, canned, cured or eaten raw, when properly prepared.**

Pairs Well with Bold Flavours: **It works particularly well with lemon, dill, garlic, ginger, mustard, soy sauce, maple, and chili.**



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.

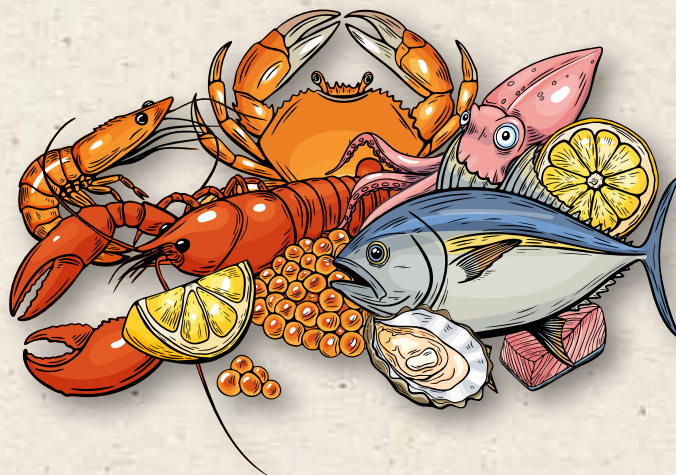


Seafood:

Nutrition from the Sea

By: The Choices Market Nutrition Team

October is Seafood Month, making it the perfect time to celebrate the many health benefits of fish and seafood. Here on the West Coast, we're fortunate to have access to incredible local seafood options, including wild Pacific salmon, halibut, sablefish, mussels, oysters, and spot prawns.



Seafood is one of the most nutrient-dense proteins available. It provides high-quality protein that helps build and maintain muscle, supports immune function, and helps keep us feeling satisfied after meals. Fish and seafood are also rich in important nutrients such as vitamin D, vitamin B12, selenium, and iodine.

Fatty fish like salmon, herring, sardines, and trout are especially valued for their omega-3 fats. These healthy fats support heart health by helping maintain healthy blood pressure and triglyceride levels while supporting overall cardiovascular wellness.

Omega-3 fats also play an important role in brain health. They contribute to cognitive function and are especially important during pregnancy and childhood, supporting the development of healthy brains and eyes. Studies have linked regular fish consumption with a reduced risk of cognitive decline and Alzheimer's disease, making seafood a valuable addition to the diet throughout life.



Seafood offers benefits at every age. For children, the combination of protein, healthy fats, and key nutrients supports growth and development. For adults, seafood provides

nutrient-dense fuel that supports energy, heart health, and overall wellness. For older adults, the combination of protein and omega-3 fats may help support healthy aging, brain function, and muscle maintenance.

Whether you're enjoying wild B.C. salmon on the grill, local shellfish in a chowder, or baked halibut for dinner, seafood is a delicious way to nourish your body. This Seafood Month, consider adding more locally sourced seafood to your plate and enjoy the benefits from coast to coast.



Ocean Wise Seafood:

Making sustainable choices simple



By: The Choices Market Nutrition Team

Seafood is an excellent source of protein, omega-3 fats, and essential nutrients, but how it is sourced also matters. That's why Choices Market is proud to offer 100% Ocean Wise recommended seafood in our seafood departments.



Founded by the Vancouver Aquarium, Ocean Wise is a conservation program that helps consumers and businesses make informed seafood choices that support the long-term health of our oceans. Their goal is simple: make sustainable seafood easy to identify and choose.

Ocean Wise recommendations are based on science and evaluate both wild-caught and farmed seafood. Assessments consider factors such as healthy fish populations, responsible harvesting or farming practices, ecosystem impacts, and traceability throughout the supply chain. Seafood that meets these rigorous standards earns the Ocean Wise recommendation.

These efforts are important because overfishing remains one of the greatest threats facing marine ecosystems worldwide. Choosing responsibly sourced seafood helps protect ocean habitats, supports biodiversity, and contributes to the long-term sustainability of seafood resources for future generations.

At many retailers, only a handful of products meet sustainability standards. At Choices, we've taken the extra step of ensuring every fresh seafood option in our seafood department is Ocean Wise recommended. From wild Pacific salmon and cod to shrimp, and sablefish, every choice supports responsible sourcing.

This Seafood Month, look for the Ocean Wise symbol and enjoy seafood that supports your health while helping protect our oceans. Small choices at the seafood counter can have a lasting impact on the waters that sustain us all.





SPECIALS

OCTOBER 1 - 15 ONLY!



Simply Organic Spices
4g - 133g

30% OFF

Organic and delicious spices for your recipes.



Simply Organic Gravy
24g & 28g

2 for \$5

Give your turkey the gravy it deserves with this mix.



Simply Organic Extracts
59 mL & 118 mL

25% OFF

An essential ingredient for taking your baking to the next level.



Only Goodness Organic Broth
946 mL

\$3.49



Delicious broth made with no artificial colours or flavours.



Millsie Cashew Based Spreads
185g

\$7.49



Traditionally cultured for optimal flavour and gut health.



Stahlbush Island Farms Sustainable Vegetables
Selected Varieties,
198g - 350g

\$3.49

Sustainable farming with earth friendly agriculture.



Red Crown Organic Pure Pomegranate Juice
1 Litre

\$8.99

Plus Deposit, Recycling Fee Where Applicable

100% pure Cold-pressed. Not from concentrate.



La Croix Sparkling Water
8-Pack

\$6.49

Plus Deposit, Recycling Fee Where Applicable

0-calorie, 0-sweetener, 0-sodium = innocent!

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



Silk Non-Dairy Beverage
1.89 Litres & 1.75 Litres

\$6.99

Plus Deposit, Recycling Fee Where Applicable

Ideal for people who are lactose intolerant and dairy-free.



Kettle Brand Potato Chips
156g & 198g

\$3.99



Incredible tasting potato chips, kettle-cooked and air fried.



Alter Eco Organic Chocolate Bars
75g - 84g

\$4.99



This chocolate bar is made of organic, clean ingredients: no fake sugars or additives.



Uncle Luke's Organic Maple Syrup
500 mL

\$15.99



100% pure, 100% Canadian.



SPECIALS

OCTOBER 16 - 31 ONLY!



**49th Parallel
Organic Coffee**
Selected Varieties, 340g

\$18⁹⁹



Based in Vancouver, British Columbia, 49th Parallel endeavours to sustainably source and craft exceptional coffee.



**Happy Planet
Organic
Grass Fed Milk**
1.5 Litres

\$8⁴⁹

Plus Deposit,
Recycling Fee
Where Applicable

Our cows are grass fed, pasture-raised for happy cows and a happy planet.



**Earth's Own
Oat Beverage**
Selected Varieties,
946 mL

\$2⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

Grown using 7x less water than almond or cow's milk.



**Riviera Coconut
Milk Yogurt**
500g & 650g

\$5⁹⁹



Enjoy a rich and creamy texture, true to classic yogurt.



**Liberté
Greek Yogurt**
650g & 750g

\$7⁴⁹



Crafted using traditional Greek methods, the yogurt is strained according to the principles of old-time cheesecloth draining.



**GT's Raw
Kombucha
or Alive Soda,**
480 mL

\$3⁹⁹

Plus Deposit,
Recycling Fee
Where Applicable

At GT's, we are stewards of Nature—the world's greatest healer and our divine source of inspiration.



**HU Organic
Dark Chocolate**
60g

\$6⁴⁹



Hu Dark Chocolate Bars are crafted with simple ingredients that deliver on taste and indulgence so you can feel good about every bite.



**Hardbite
All Natural
Potato Chips**
50g

4 for \$5



All potato. No couch.
Crispy, crunchy, delicious.

NOURISHING LIFESTYLES SINCE 1990



**Only Goodness
Organic Beans**
398 mL

2 for \$5



High fibre, high flavour, only goodness.



**Garafalo
Italian Pasta**
500g

\$3⁴⁹

Garafalo chooses only the best wheat in the world.
Try their delicious pastas.



**Violife Dairy
Free Cheese**
200g

\$5⁴⁹

Violife is a range of award-winning vegan alternative to cheese products that can help you move effortlessly into a plant based diet.



**Echoclean 2XHE Liquid
Laundry Detergent**
2.95 Litres

\$17⁹⁹



High efficiency, plant-based
and made in Canada.



WELLNESS CENTRE SPECIALS

OCTOBER 1 - 15 ONLY!



CanPrev Heart Supplements
Assorted Varieties & Sizes

20% OFF

Inno-Q-Nol features ubiquinol, the most bioactive form of coenzyme Q10 available, formulated with a 3-tier approach.



Natural Factors Vitamins A, B, C, D & K Supplements
Selected Varieties & Sizes

15% OFF

Regenerlife Liposomal Bioenergetic Vitamin C offers stomach-friendly vitamin C to support healthy aging and immune function.



AOR Ortho Sleep
60 Capsules

\$37⁹⁹

Helps one fall asleep, stay asleep and wake up feeling refreshed.



Organika Colostrum
180 Capsules

\$43⁹⁹

Supports immune health, especially in the upper respiratory tract.



Nature's Way Hydraplenish MSM & HA
60 Capsules

\$37⁹⁹

Helps lubricate and cushion joints, relieve osteoarthritis pain in the hip and knee, and support healthy skin, hair, and nails.



Aeryon Wellness U Got This Stress Support
120 Capsules

\$38⁹⁹

Reduces Mental Stress. Supports Cognitive Function. Supports Libido. Supports Thyroid.



Dr. Tung's Oral Care
Assorted Varieties & Sizes

25% OFF

The double-sided, eco-certified Nordic birch sticks feature a flat, tapered profile designed for efficacy and comfort while cleaning between your teeth.



Dr. Bronner's Pure-Castille Soap
Assorted Varieties, 237 mL

\$9⁴⁹

Made with Regenerative Organic Certified® oils, it gently cleanses while filling the air with a soothing, genuine scent.



Dr. Jentschura Body Brushes
Assorted Varieties & Sizes

20% OFF

The firm bristles ensure excellent blood circulation, removes dead skin cells and leaves the skin velvety soft.



Skin Essence Organics
Assorted Varieties & Sizes

20% OFF

Premium Certified Organic Skin Care Products. 100% Natural, Results Based, Environmentally Conscious For Healthy Glowing Skin With Anti-Aging Benefits.



Bathologist Bubble Bath, Lotions & Shower Steamers
Assorted Varieties & Sizes

25% OFF

This zesty, skin-softening bubble bath combines sweet orange and rosemary with shea butter to help brighten your mood and deeply hydrate.



La Luna Diffusers & Aromatherapy Products
Assorted Varieties & Sizes

20% OFF

This innovative diffuser uses a natural wooden cap to absorb and gradually release the fragrance, creating a continuous and natural atmosphere of well-being.



WELLNESS CENTRE SPECIALS

OCTOBER 1 - 15 ONLY!



New Roots Mushroom Supplements

Assorted Varieties & Sizes

25% OFF

Discover the Real Power of Medicinal Mushrooms. New Roots Herbal's Medicinal Mushroom collection starts with expertly grown mushrooms, using premium fruiting body, or filler-free Cordyceps mycelium for cleaner potency.

The hot-water extraction process releases locked away medicinal compounds, so your body can absorb and benefit from them.

Standardized beta-glucan content in every capsule means consistent potency you can count on. Every batch is independently tested and validated by an ISO 17025-accredited laboratory. Strengthen your immunity, sharpen your focus, and support lasting vitality.



Nordic Naturals Fish Oils

Assorted Varieties & Sizes

20% OFF

Every Body Needs Omega-3

Backed by science, trusted by doctors.

Nordic Naturals fish oil formulas deliver foundational omega-3 support for a healthy heart, brain, and immune system.

Omega-3 fats help make up the cells throughout your body, supporting cellular functions that are foundational to overall health and well-being.

Every Nordic Naturals fish oil product is made with fresh and pure omega-3 oil from sustainable wild-caught fish, third-party tested and good for the whole family.



Allimax Allicin

Assorted Varieties & Sizes

20% OFF

Traditionally used in Herbal Medicine to help relieve the symptoms associated with upper respiratory tract infections and catarrhal conditions.

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.



Birch Babe Natural Skin Care

Assorted Varieties & Sizes

25% OFF

A fast-absorbing, 93% organic moisturizer that keeps skin hydrated all-day. Wears beautifully under makeup and feels light on every skin type.

Infused with ingredients that gently help reduce redness while soothing and calming the skin. Enriched with Hyaluronic Acid, it provides deep hydration, leaving skin feeling soft and plumped.

The cream features luxurious ingredients like Rosehip Butter, Grape Seed, and Avocado Oils. With Rose Water comprising about a quarter of the formula, it offers true nourishment.



Sheka Shea Shea Butter & Body Care Products

Assorted Varieties & Sizes

25% OFF

Quality is of utmost importance to us. We take pride in our Grade A Shea butter—making sure each batch is made to the highest standard in Ghana: all natural with no added ingredients, great for skin and hair, and packed with vitamins.

- Skin Hydration
- Anti oxidant
- Healing Properties
- Reduces Wrinkles
- Anti - Inflammatory
- Reduces Scars
- Improves Skin Imperfections
- Reduces Stretch Marks
- Improves Acne & Eczema



Womensense PCOSense

129g

\$29⁹⁹

PCOSense helps support hormonal and metabolic balance in polycystic ovarian disease (PCOS) by promoting healthy glucose metabolism and supporting insulin sensitivity.

It is one of the first formulas to combine myo-inositol and D-chiro-inositol at a 40:1 ratio, plus folate and vitamin B12.

This formula helps support a normal menstrual cycle and egg quality[MF1.1], healthy glucose metabolism, and reduced serum testosterone in women with PCOS.



WELLNESS CENTRE SPECIALS

OCTOBER 16 - 31 ONLY!



**Newco BroccoGen
10 Broccoli Sprout
Concentrate
Supplements**
Assorted Varieties & Sizes

20% OFF

Newco is committed to reducing harmful chemical damage from toxins that cause free radical production and damage our cells, leading to illness and disease.



**Organic Traditions
Superfoods Skin
Glow Smoothie**
100g

\$24⁹⁹

A skincare routine you can sip on. Blend of four antioxidant-rich berries - blueberry, acai, maqui, and camu camu, to promote glowing skin, immunity, and overall wellness.



**Pascoflair &
Pascoflair Night**
30 Tablets

50% OFF

Used in Herbal Medicine to help relieve restlessness and nervousness (calmative) and as a sleep aid during times of mental stress.



NutraSea Dry Eye
120 Capsules or 200 mL

\$49⁹⁹

NutraSea Dry Eye Targeted Omega-3 is formulated to help relieve and improve dry eye symptoms, including support for proper tear function.



**Quantum
See Lutein+**
30 Soft Gels

\$13⁹⁹

See Lutein+ features Lutein and Zeaxanthin, along with Vitamins C and E to give your eyes the nutrition they need.



**Smart Solutions
GLA Borage Oil**
120 Capsules or 237 mL

25% OFF

GLA nourishes skin from within by providing essential fatty acids that improve skin hydration and reduce inflammation.



**Marseille's Remedy
Traditional
Oil Blend**
Balm 25 mL /
Essential Oil 30 mL

\$10⁹⁹ / \$21⁹⁹

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



**Epsomgel Pain
Relief Solution**
Assorted Varieties & Sizes

20% OFF

Epsomgel Pain Relief Solution is a 100% natural topical formula traditionally used in herbal medicine to help relieve pain and inflammation in muscles and joints.



**Green Cricket
Hand Soap**
300 mL

\$7⁴⁹

This 100% natural formula gently cleanses and hydrates your hands, while the tropical coconut fragrance transports you to sun-kissed beaches.



**Abio Cosmetic
Vitamin E & Marine
Collagen Skin Care**
Assorted Varieties & Sizes

30% OFF

Multi-purpose daily face and body nourishing cream fortified with an intense level of antioxidant Vitamin E.



**Andalou Naturals
Body & Face Care**
Assorted Varieties & Sizes

25% OFF

Unlock the power of Fruit Stem Cell Science® and the illuminating qualities of Magnesium Ascorbyl Phosphate (aka vitamin C) to promote skin radiance.



**Now Solutions
Essential Oils
& Body Oil**
Assorted Varieties & Sizes

20% OFF

NOW® Solutions' natural carrier oils are a gentle, natural way to maintain smooth, radiant skin.



WELLNESS CENTRE SPECIALS

OCTOBER 16 - 31 ONLY!



**Canprev
Adrenal-Pro
Recharge Yourself**
120 Capsules

\$35⁹⁹

When your adrenal glands aren't secreting the right amount of hormones to keep levels elevated, you may need to seek support. Some signs of adrenal fatigue include low energy, body aches, low blood pressure, unexplained weight loss, lightheadedness and skin discoloration or hyperpigmentation.

Adrenal-Pro™ is a blend of adaptogenic herbs and nutrients used in herbal medicine, specially formulated to provide an improved sense of well being and help improve mental and physical performance after periods of exertion.

Helps increase energy and reduce stress and fatigue
Enhances physical and mental performance
Provides an improved sense of well being



**Natural Factors
Omega-3 Fish Oils**
Assorted Varieties & Sizes

15% OFF

100% Wild Alaskan Salmon Oil 1300 mg

Complete Omega 100% Wild Alaskan Salmon Oil is the leading product of its kind, providing the full spectrum of 17 synergistically active fatty acids. It includes omegas 3, 5, 6, 7, 8, and 9, plus astaxanthin and vitamin D3, in their naturally occurring ratios – just as nature intended.

Omega-3 fatty acids, including EPA and DHA, help maintain cardiovascular health and reduce serum triglycerides/triacylglycerols. These essential fatty acids also help support cognitive health and brain function.



**Sipology
Inflammation
Fighter**
12-Pack

\$17⁹⁹

Inflammation Fighter is an herbal remedy made from natural ingredients that are:

- Traditionally used in Herbal Medicine to help relieve inflammatory conditions of the digestive system.
- Traditionally used in Herbal Medicine as an anti-inflammatory to help relieve joint pain.
- Traditionally used in Ayurveda to relieve pain and inflammation.



**African Fair
Trade Society**
57g / 114g

\$7⁹⁹ / \$11⁹⁹

We believe that small amounts of targeted money can make a huge difference in the lives of people in rural West Africa. The African Fair Trade Society uses the profits of our Shea Butter sales to invest back into the education and health care of rural villages. Also by providing employment for communities, we are giving people a means to provide. We have earned a strong reputation for offering African Shea butter wholesale in Canada. Our online store stocks a range of Shea butter products that can nourish your skin and hair. The pure Shea butter wholesale we provide is of the highest quality. Apply as often as required to help moisturize dry skin and hair. Shea Butter naturally combats wrinkles and protects while moisturizing and rejuvenating the skin. Apply as often as required to help moisturize dry skin and hair. pure organic raw Shea Butter naturally combats wrinkles and protects while moisturizing and rejuvenating the skin. 100% pure unrefined organic raw shea butter Naturally contains vitamins A, E, and F. Tones, evens, and repairs skin with a smooth natural glow. Revitalizes face, body, hands, hair, nails and feet.



**Provita
SerraPlus**
60 Capsules

\$29⁹⁹

Comprehensive Enzymatic Support for Everyday Comfort and Mobility. Bromelain is used in Herbal Medicine to help relieve minor pain, swelling, and inflammation, offering reassuring support for joints and tissues involved in daily movement.

Serrapeptase is a proteolytic enzyme, included at a high potency 120,000 SU to help break down unwanted protein-based by products in the body's tissues. Features a higher dosage of Boswellia serrata extract (minimum 65% boswellic acids) to complement the enzyme blend and support overall physical comfort. Includes a specialized Curcumin complex (with Tetrahydrocurcumin and Bisdemethoxycurcumin), plus Stem Bromelain, Papain, Ginger, and Piperine to enhance absorption and maximize the formula's synergistic effect.

100% vegan, non GMO, stomach acid resistant vegetarian capsules, designed for those seeking a thoughtfully formulated, fast acting natural option for whole body comfort.



**Sheka Shea
Cocoa Powder**
200g

\$13⁴⁹

Sheka Cocoa Powder is Natural and Made in Ghana. Our high quality fine Cocoa powder exceeds market standards. One ingredient smooth, bold and non-alkalized, it contains no added sugar or additives.

- High source of Magnesium and Fibre
- Excellent for Heart Health
- Contains Antioxidants
- Natural Anti-Inflammatory
- Boosts Energy & Fights Fatigue
- Improves Brain Function and Mood

Packaged locally in British Columbia. Great for baking or adding to smoothies, oatmeal, hot chocolate, desserts and everyday recipes.



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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 NO_x

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.

