

WEEKLY SPECIALS!

100% BC OWNED AND OPERATED

Organic
Lean Ground
Beef

11.99/lb

26.43/kg

Grass Fed,
Value Pack

LOCAL
from
Comox, BC

Organic
Cauliflower
from USA

4.98
each

Farmcrest Specialty
Roasted Chickens

13.99
each

Beef Striploin Steaks

26.43/kg

11.99
/lb

Grass Fed, Value Pack

from New Zealand/Australia

Fair Trade and Organic
Bananas 1.94/kg

.88
/lb

Silver Hills
Sprouted Power
Bread

2 / 800
assorted
sizes

Select Varieties



Vega Sport
Protein

46.99

801g - 837g



Que Pasa Organic
Tortilla Chips &
Salsa

2 / 700

Assorted Sizes



Green & Black's
Organic Fair Trade
Chocolate Bars

3.99

90g

ALL-NEW ONLINE CHOICES NOW HERE!

Now available at all locations shop.choicesmarkets.com

Prices Effective

Feb 3 - Feb 9, 2022

PRODUCE

French Cut Green Beans
from Mexico



2.98
300g package

Cara Cara Red Navel Oranges
4.37/kg



1.98
/lb

from USA

Organic Blood Oranges



from USA

6.98
907g bag

Organic Heirloom Tomatoes
6.57/kg



from Mexico

2.98
/lb

MEAT

Thomas Reid Organic Whole Chicken
15.41/kg



6.99
/lb

LOCAL from Fraser Valley

Ground Chicken Breast
28.64/kg



12.99
/lb

LOCAL from Fraser Valley

Raised without Antibiotics

Choices Turkey Sausages
22.02/kg



9.99
/lb

LOCAL from Fraser Valley

made in store

Coho Fillets
48.48/kg



21.99
/lb

Previously Frozen

Lamb Rib Chops
61.71/kg



27.99
/lb

Grass Fed, from New Zealand

Beef Fajita Kits
28.64/kg



12.99
/lb

made in store

Icelandic Cod Fillets
41.87/kg



18.99
/lb

Venison Boneless Leg Steak
44.07/kg



19.99
/lb

Grass Fed, from New Zealand

Pork Tenderloin
19.82/kg



8.99
/lb

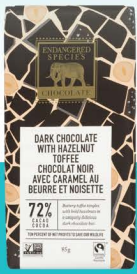
LOCAL from Fraser Valley

Raised without Antibiotics

GROCERY

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Endangered Species
Chocolate Bars

2/7⁰⁰
85g



Love Good Fats Keto Bars

2/4⁰⁰
39g - 40g



Mid-Day Superfood Squares

2/6⁰⁰
70g



Covered Bridge & Lela's Potato Chips

3/8⁰⁰
120g - 170g



NoochPop Nutritional Yeast Popcorn

3⁹⁹
120g



Mrs. Renfro's Salsa and Cheese Sauce

4⁴⁹
473ml



Rise Organic Kombucha

2/6⁰⁰
414ml
+deposit +eco fee



Happy Planet Smoothies

3⁹⁹
900ml
+deposit +eco fee



Ben & Jerry's Ice Cream

5⁹⁹-6⁹⁹
473ml - 500ml
Regular or Non-Dairy

Enjoy Life Cookies &



Chocolate Pieces

4⁴⁹ **5⁴⁹**
Cookies Assorted Sizes
Chocolate Pieces Assorted Sizes



Patience Organic Cranberry and Blueberry Candies and Juice

30% off
Assorted Sizes
(juice +deposit +eco fee)



Now Stevia & Xylitol

30% off
Assorted Sizes



Crofter's Organic Spreads

3⁴⁹ **4⁴⁹**
235ml 383ml



Nuts to You Almond Butter

7⁹⁹-8⁹⁹
365g, Select Varieties



Uncle Luke's Organic Maple Syrup

10⁹⁹
500ml



Bob's Red Mill Oats

30% off
Assorted Sizes



Traditional Medicinals Organic Tea

4⁴⁹
16 Tea Bags



Ethical Bean Organic Fair Trade Coffee

6⁹⁹ **9⁹⁹**
227g Ground 340g Whole Bean

GROCERY



San-J Cooking
Sauces &
Marinades

30% off
296ml - 592ml



Thai Kitchen
Coconut Milk,
Cooking Sauces
& Noodles

30% off
Assorted Sizes



Tiger Tiger
Noodles

3⁹⁹ - 4⁴⁹
200g



Cucina Antica
Organic Pasta
Sauce & Ketchup

4⁹⁹ 6⁹⁹
575ml Ketchup
670ml Pasta Sauce

Prairie Harvest Organic Pasta &
Sauce



2/5⁰⁰ 4⁹⁹
454g Pasta
705ml Sauce

Rizopia Gluten-Free Rice & Quinoa
Pasta



2⁴⁹ - 2⁹⁹
340g - 454g



Good Food For
Good Organic
Bolognese Sauce &
Ketchup

5⁹⁹ 8⁹⁹
250ml Ketchup
450ml Bolognese



Maison Orphée
Organic Cooking
Oils

30% off
296ml - 592ml



Lundberg Nutra
Farmed Rice

30% off
Assorted Sizes



Sol Cuisine
Frozen Vegan
Appetizers

4⁹⁹
Assorted Sizes

Gusta Vegan Sausages & Grounds



3⁹⁹ 4⁹⁹
340g Grounds
350g Sausages



Karthein's Organic
Sauerkraut &
Kimchi

9⁹⁹ - 10⁹⁹
750ml



Golden Home
Pizza Crusts

6⁹⁹
Assorted Sizes



Amy's Organic
Frozen Pizzas

7⁹⁹
Assorted Sizes



Armstrong
Cheese Slices

4⁴⁹
220g - 240g



Sunrise
Soyganic Tofu

1⁴⁹ - 2⁹⁹
Assorted Sizes



Cascades Tuff Paper
Towels & Fluff
Bathroom Tissue

6⁹⁹ 8⁹⁹
6 Pack Paper Towels
12 Pack Bathroom Tissue



Seventh
Generation Natural
Laundry Products

30% off
Assorted Sizes

DELI

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Prices Effective
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Choices Turkey, Beef or Vegan Chili



799
650ml

Choices Turkey, Ham or Roast Beef Sandwiches



649
each

Choices Potato Side Dishes



129-
149
/100g

Happy Planet Soups

Assorted Varieties



599
500ml - 650ml

Vegetable Samosas



2/
500

Yorkshire Valley Farms Organic Turkey or Chicken Breast



799
150g

Castello Blue or Brie Cheese



399
/100g

Kroon Gouda Cheese



399-
449
/100g

Cows Creamery 1, 2 or 3 Old Cheddar Cheese



899-
1099
200g

BAKED GOODS

Choices' Own Individual Cake Slices



2/
700
assorted sizes

Choices' Own Bread
French or Rosemary & Caramelized Onion



499
420g - 480g

Choices' Own Nanaimo Bar, Cheesecake or Chocolate Mousse Low Carb or Keto



349-
399
60g - 90g

Bakestone Brothers Organic Bagels

Assorted Varieties



499
450g

GluteNull Gluten Free Buns & Breads

Assorted Varieties



999-
1399
425g - 737g

Saman Bakery Cookies & Macarons

Select Varieties



749
240g - 250g



Star of the Season



Thanks to your generosity, we were able to raise over

\$54,200

for local food banks and community neighbourhood houses!

GROCERY

Happy Planet Creamery
Cultured Butter



8⁹⁹
200g



Olympic
Organic Sour
Cream

3⁹⁹
500ml



Dairyland
Cottage
Cheese

2/7⁰⁰
500g



Donia Farms
Grass Fed Milk

5⁴⁹
2L
+deposit +eco fee



Happy Planet
Organic
Orange Juice

3⁹⁹-4⁹⁹
1.75L - 1.89L
+deposit +eco fee



Olympic
Yogurt

3⁴⁹-4⁴⁹
500g - 650g



Riviera Goat
Yogurt

4⁹⁹
500g



Blue Diamond
Almond
Beverages

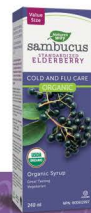
4⁴⁹
1.89L
+deposit +eco fee

WELLNESS

Nordic Naturals Omega-3,
Cod Liver Oil and
Children's Fish
Oil Supplements



20% off
Assorted Sizes
Regular Retail 24.99 - 72.99



Nature's Way
Cold & Flu
Supplements

20% off
Assorted Sizes
Regular Retail 10.99 - 33.49



Prairie Naturals
Vitamins &
Supplements

20% off
Assorted Sizes
Regular Retail 6.99 - 79.99



Mad Hippie Natural
Cosmetics
and Facial
Care

25% off
Assorted Sizes
Regular Retail 21.49 - 51.49



Enzymedica
Digestive
Enzymes

20% off
Assorted Sizes
Regular Retail 10.99 - 107.99



CanPrev
Synergy B

23⁹⁹
60 Caps



Natural Factors
Omegas &
Cognitive Support
Supplements

20% off
Assorted Sizes
Regular Retail 10.49 - 99.99



Herbatint
Natural
Permanent Hair
Colour

17⁹⁹
One Kit



Manitoba
Harvest Hemp
Hearts

6⁹⁹ 8⁴⁹
227g 200g
Organic



AOR
Vitamin D

31⁹⁹ 39⁹⁹
50ml 100ml



Platinum Naturals
Vitamins &
Supplements

20% off
Regular Retail 10.49 - 99.99



La Luna
The Journey
Home
Candles

20% off
Regular Retail 10.49 - 99.99



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Kerrisdale - 1888 W 57th Ave, Vancouver
Yaletown - 1202 Richards St, Vancouver
Cambie - 3493 Cambie St, Vancouver
Kitsilano - 2627 W 16th Ave, Vancouver
Commercial Drive - 1045 Commercial Dr, Vancouver

North Vancouver - 801 Marine Dr, North Vancouver
South Surrey - 3248 King George Blvd, Surrey
Burnaby Crest - 8683 10th Ave, Burnaby
Abbotsford - 3033 Immel St, Abbotsford
Kelowna - 1937 Harvey Ave, Kelowna

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.