

CHOICES MARKET



THE

HEARTBEAT

June 2024

EATING SUSTAINABLY

Discover Canned Seafood ~ BY CHEF ANTONIO pg 5

Reducing Food Waste ~ pg 6

HEY NEIGHBOUR!

HERE'S WHAT'S HAPPENING AT CHOICES MARKET



SUSTAINABILITY AND SEAFOOD

This month, we're talking about the benefits of sustainability in food, especially when it comes to seafood. Check our articles this month to find great information on how you can eat more oceanwise, how to reduce your food waste, and more!

FATHER'S DAY

June 16th is all about Dad.

While we're sure your dad will be able to supply all the bad jokes and questionable fashions, come to Choices to get everything else you need for a great Father's day dinner. We'll have organic, free range meats for the grill, or Beyond Meat burgers and sausages if that's more his speed. Don't forget the buns, freshly made in our bakery every day. You can also stop by our wellness department to pick up some great shaving products and more to really help him relax and kick his slippers off.



MONTHLY GIVEAWAY

ENTER TO WIN! 1 of 6 - Paddleboard Kits

Name: _____

Phone Number: _____ Choices Location: _____

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

Courtesy of



Contest open from June 1-30, 2024. 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 2024.

SEMINARS

Brought to you by:
THE WELLNESS HUB
AT CHOICES MARKET

NOURISH & KNOWLEDGE NIGHTS

Hosted by: The Choices in-store Nutritionists

Are you looking to socialize, connect with your community, and gain valuable nutritional info? Great news!

Come to our monthly in-person “Nourish and Knowledge Nights” with educational games, prizes, snacks, and non-alcoholic drinks!

Dates, Times & Locations:

Kistilano - June 4th, 7pm - 8:30pm

Abbotsford - June 5th, 7pm - 8:30pm

South Surrey - June 6th, 6:30pm - 8:00pm

North Vancouver - June 8th & 22nd, 7pm - 8:30pm

Kelowna - June 11th, 7pm - 8:30pm

JUNE IN-STORE Free Event

There is no age restriction; all are welcome but this event is geared at those 19+ year olds

This is an exclusive event with limited availability; registration required.

Scan the QR Code to Register:



REGISTER ONLINE AT [CHOICES.MARKET/EVENTS](https://www.choicesmarket.com/events)



NAVIGATING PERIMENOPAUSE

with **Aeryon Ashlie**

As we step into the realm of Perimenopause and Menopause, it can often feel like stepping into the unknown. Yet, this new chapter of our lives does not have to be a bewildering experience. Armed with the latest scientific research, this seminar aims to dispel any uncertainties, offering a comprehensive look at what exactly is happening in your body during this significant time. More importantly, it will provide practical strategies to support your body, helping you navigate this remarkable transition with confidence and grace. So, join us as we embrace this powerful phase of life, turning the overwhelming into the empowering.

Sponsored By: Aeryon Wellness

JUNE 4

6pm - 7:30 pm

IN-STORE PARKSVILLE

Scan the QR Code to Register:



JUNE 13

7pm - 8:30 pm

IN-STORE SOUTH SURREY

Scan the QR Code to Register:



THE PERFECT GUT SOLUTION - YOUR FLORA

with **Rebecca Rausch**

Finally, find answers to your: Stomach Discomfort, Gas & Bloating, Unexplained Fatigue, Skin Irritation, Brain Fog, & Anxiety. Break this havoc now, join us for this in-person event to discover the missing components in your daily lifestyle, including foods, supplements plus other holistic tips to bring you back balance and feel even better!

Sponsored By: Living Alchemy





DISCOVER

CANNED SEAFOOD

BY CHEF ANTONIO

We have all come home after a busy day and realized we haven't gone shopping for a few days, looked in the pantry, and seen nothing but a few cans in a back corner. Don't despair, if you've stocked up on canned fish, you'll be fine.

Canned fish has been around since the mid 1800's. When refrigeration wasn't available, it allowed for storage of surplus harvest and the ability to transport fish further than ever before. Like all seafood, when choosing canned fish always look for sustainable fisheries. Production and consumption of canned fish is a global affair. So many countries will have preferred fish and canning methods.

Tuna in water or oil? Sardines in oil or all sorts of tomato products? Experiment with different countries of origin to see what your favourite might be. No matter what, look for Oceanwise, Marine Stewardship Council and other organizations for a guarantee that only what fisheries can be safely maintained for the future have been harvested.

The uses for canned fish are as diverse as anything. When thinking canned fish, don't be trapped by your sad memory of that tuna sandwich prepared by your best friend's aunty while growing up. It may have left you never wanting canned tuna ever again, but I promise there's so much better out there. Salmon, tuna, sardines, mackerel and anchovies are some of the most common canned fish. They're all convenient, economic, nutritionally dense and loaded with omega-3, vitamin d, b12 and even calcium.

To start, the thousands of canned fish salads you can create are truly endless.

Please don't stop at mayo, onion and celery. Venture into extra virgin olive oils or other healthy oils, and different vegetables like fennel, or asparagus.

Why not arugula, boiled potatoes and canned beans? Make canned fish into patties to be baked, pan fried or even grilled.

Delicious canned fish sauces, hot or cold, are perfect to toss on your freshly cooked rice, noodles or pasta. Why not fill dumplings or make casseroles? How about try stuffing all sorts of vegetables and mushrooms to be baked, then eaten hot or cold?

This time, don't be discouraged by discovering some canned fish in your pantry, but embrace and fully discover this great source of protein.

It's time to get the can opener.

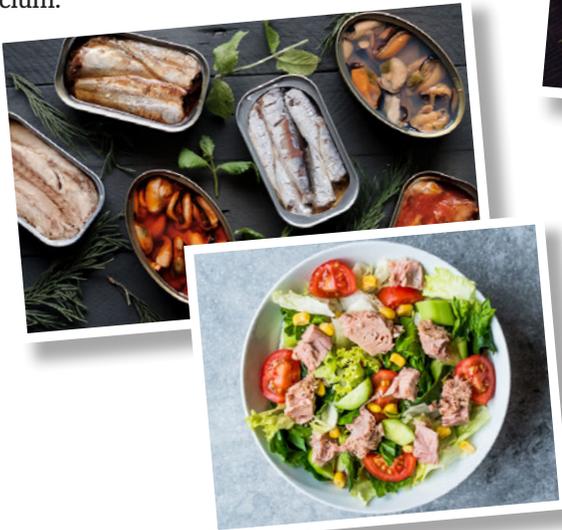


CANNED SEAFOOD QUICK FACTS

• Canned fish can be found in various preparations, including packed in water, oil, or sauces. Some canned fish may also be smoked or flavored with herbs and spices for added taste.

• Canned fish comes in various types, including tuna, salmon, sardines, mackerel, anchovies, and herring.

• Canned fish has a long shelf life, typically ranging from one to five years, depending on the type of fish and processing method.



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.

4 Creative Ways to Upcycle Food and Reduce Waste

By: The Choices Nutrition Team

In a world where food waste is a significant problem, upcycling offers a fantastic solution that's both eco-friendly and wallet-friendly. Here are four simple yet effective tips to upcycle food products and promote a healthier lifestyle:

1. Soup Stock Stash: Next time you're chopping up vegetables for a meal, don't discard the trimmings. Instead, collect them in a container in your freezer to make homemade vegetable stock later. Carrot ends, celery leaves, onion skins, and herb stems all work well in a homemade stock!

2. Save Those Bread Ends: Stale bread doesn't have to be destined for the trash. Give it new life by transforming it into homemade breadcrumbs. Simply toast the bread until crisp, then pulse it in a food processor until finely ground. Alternatively chop and freeze the ends to use for homemade bread and butter pudding.

3. Regrow Your Scraps: Did you know that you can regrow certain vegetables from their scraps? Save the ends of green onions, lettuce, celery, and leeks, and place them in water or soil to encourage regrowth. With a bit of patience and care, you can enjoy a continuous supply of fresh greens without having to buy them any time soon.

4. Freeze for Later: Fruits can be sliced and frozen for smoothies or turned into homemade popsicles. Leftover cooked grains and beans can be portioned into freezer bags for quick and easy meal prep. Even fresh herbs can be chopped and frozen in ice cube trays with a bit of olive oil for later use in cooking. Freezing allows you to preserve food at its peak freshness, reducing waste and ensuring you always have healthy options on hand.

By implementing these simple upcycling tips into your routine, you can reduce food waste and promote a healthier lifestyle for yourself and the planet. Get creative in the kitchen and let nothing go to waste!



A GUIDE TO CHOOSING SUSTAINABLE FISH AND SEAFOOD

By: The Choices Nutrition Team

Looking to choose more sustainable fish and seafood options? Here are some quick tips to help you help our aquaculture.

1. Choose varieties that are more abundant and more resilient to overfishing like certain species of shellfish. Check out the Ocean Wise website to learn more about which shellfish species are more sustainable.
2. Send your comments to our team by heading to the Contact Us page at our website, [Choices.Market/contact-us](#) to get more information about choosing sustainable fish and seafood options.
3. Remember, both wild and farmed options can be sustainable. It is all about the farming practices of each specific fishery.
4. Look for the Ocean Wise symbol on products. The Ocean Wise certification is based on the latest scientific research to recommend sustainable seafood choices to companies that partner with them. At Choices, all our fresh fish and seafood products bear the Ocean Wise symbol to show our commitment to sustainability.



Elevate Your Plate: 10 Savvy Tips For Sustainable Dining

By: *The Choices Nutrition Team*

In today's world, where wellness and environmental consciousness intertwine, making mindful choices about what we eat isn't just about personal health—it's about the health of our planet too. If you're eager to nourish your body and do your best to eat more sustainably here are ten tips to help you elevate your plate and make sustainable dining a delicious adventure:

1. Plant-Power Prevails: Embrace the vibrant world of plant-based delights!

From succulent veggies to grains and protein-packed legumes and tofu, increasing the consumption of these plant-based foods tend to be lighter on the environment. So, go ahead, savor that rainbow salad or whip up a mouthwatering chickpea curry—Mother Earth will thank you!

2. Local Love Affair: Fall head over heels for local farmers and products!

By supporting local producers, you're not only reducing food miles but also cultivating a deeper connection to your community and its culinary treasures.

4. Waste Not, Want Not: Turn kitchen scraps into culinary triumphs and bid farewell to food waste woes!

Whether it's crafting a delectable veggie broth from leftover scraps or transforming yesterday's dinner into today's gourmet delight, embracing the art of repurposing is a deliciously sustainable choice.

4. Seafood Sensibility: Dive into the deep blue with sustainable seafood choices. By opting for responsibly sourced options like certified Ocean Wise fish and seafood, you're not just pleasing your taste buds but also safeguarding our oceans for generations to come.

5. Label Love: Decode the language of eco-labels and certifications, and let your conscience be your guide.

Whether it's Fair Trade coffee, or Buy BC foods, these labels are your passport to choosing more sustainable products.

6. Packaging Perfection: Say goodbye to excess packaging and hello to eco-chic alternatives!

Seek out products with minimal or recyclable packaging, or better yet, embrace the bulk-buying revolution and revel in the joy of waste-free living.

7. Green Thumb Glory: Cultivate your own edible garden and bask in the glory of homegrown goodness!

Whether it's a sprawling garden or a cozy balcony plot, growing your own food is not just a hobby—it's a way to help support local agricultural practices.

8. Reuseable Bags: Yes, many of us are using reusable bags now when shopping at the grocery store but have you

considered other ways to reduce your plastic consumption? Look for things like reusable produce bags or choosing products that use less plastic and more recyclable packaging.

9. Brand Brilliance: Champion brands that share your passion for sustainability and let your shopping cart reflect your values. By supporting eco-conscious companies, you're not just buying products—you're investing in a brighter, greener future.

10. Spread The Word: Share your sustainable dining adventures far and wide, and let your passion inspire others to join the movement. Whether it's hosting a plant-based potluck or starting a community garden, together, we can turn the tables on food sustainability!

So, let your plate be your canvas, and let sustainability be your muse. With these ten tips as your trusty guide, every meal becomes a delicious celebration of health, flavor, and planet-friendly goodness. Cheers to nourishing both body and Earth—one delectable bite at a time!





PREFERRED SHOPPER SPECIALS

JUNE 1 - 15 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store..



Gusta Vegan Sausages
350g



BUY 1 GET 1 FREE

Our sausages get their flavour from succulent vegetables, and they're perfectly seasoned with spices and herbs.



Earth's Choice Organic Lemon or Lime Juice
250mL

\$4.49

Perfect for adding a dash of fresh flavour to just about anything!



Tate's Bake Shop Cookies
198g

\$7.49

Uniquely crispy and crunchy.



Clever Non-Alcoholic Mocktails
355mL

\$1.99

Plus Deposit, Recycling Fee Where Applicable

The secret of Clever mocktails lies in our careful choice of herbs and spices unique to each of our flavours.



King Island Coconut Water
1 Litre

\$4.49

Plus Deposit, Recycling Fee Where Applicable

King Island coconut water is from young green coconuts in Thailand.



Remedy Organic Kombucha
4-Pack

\$6.99

Plus Deposit, Recycling Fee Where Applicable

Makers of no-sugar, low calorie, live cultured, organic, surprisingly delicious drinks.



Bechtel Noodles
500g

\$4.99

An old world tradition, in harmony with nature.



Terra Breads Granola
800g - 850g

\$13.99

Inspired by nostalgia for family recipes.

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



Liberté Greek Yogurt
4-Pack

\$3.99

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



So Delicious Frozen Desserts
500mL & 4-Pack

\$5.99

Feed your soul with artfully crafted frozen desserts. Almond, Cashew, Coconut, Oat, Soy, and dozen of oh-so-tasty flavors.



Real Foods Corn Thins
150g

\$2.49

Always thin on calories, never thin on taste.



Wholly Veggie! Cauliflower Wings
Also Meals & Entrées
250g - 375g

\$5.99

Uncompromisingly delicious plant-based snacks and meals. Soy free, gluten-free, non-gmo and made to fit your daily routine.



PREFERRED SHOPPER SPECIALS

JUNE 16 - 30 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



Uncle Luke's Organic Maple Syrup
1 Litre

\$25⁹⁹

A true Canadian taste.



Partake Non-Alcoholic Beer
355 mL

\$1⁹⁹ Plus Deposit, Recycling Fee Where Applicable

Cheers to a non-alcoholic beer that can take you from recreation to relaxation and everywhere in between.



Karma Probiotic Water
532 mL

\$2⁹⁹ Plus Deposit, Recycling Fee Where Applicable

With 2 billion cultures, 100% of 6 essential vitamins and only 20 calories, Karma Probiotic Water optimizes digestive health and immune support.



DeeBee's Organic Superfruit Freezie
10-Pack

\$5⁹⁹

DeeBee's Organics creates delicious, all-natural SuperFruit Freezie Pops & fruit-filled treats.



Nuts To You Organic Peanut Butter
750g

\$8⁹⁹

Nothing but delicious nuts to make smooth and simply delicious nut butter.



Lis'c Polish Sauerkraut
900 mL

\$5⁴⁹

Polish sauerkraut that will take you straight to the streets of the old country.



GT's Organic Raw Kombucha
480 mL

\$3⁹⁹ Plus Deposit, Recycling Fee Where Applicable

SYNERGY is authentic raw Kombucha for anyone seeking better health. Fully fermented for 30 days in small batches.



Liberté Méditerranée Yogurts
500g Also Liberté Kefir, 1 Litre

\$4⁴⁹ / \$4⁹⁹

Our best tasting yogurt since 1984 features a full 9% or 10% fat and a smooth, glossy texture.

NOURISHING LIFESTYLES SINCE 1990



Righteous Gelato & Dairy-Free Gelato
473 mL

\$6⁹⁹

Small batch and plant based gelato made with only the good stuff.



Echoclean Dish Liquid
740 mL

\$3⁶⁹

Cuts through grease and tough residue, leaving your dishes sparkling.



Only Goodness Hemp Hearts
454g

\$7⁹⁹

Shelled hemp seeds. 10 grams of protein and 11.5 grams of omega 3 and 6.



Savör Organic Cookies
300g - 325g

\$4⁹⁹

A sweet snack you can feel good about.



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.

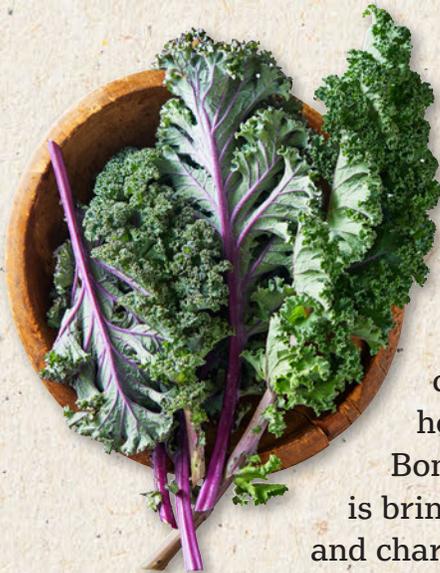


ORGANIC TRADITIONS SPROUTED

Did you know ground flax and chia are good sources of Omega 3s? It can be tricky to meet your Omega 3 needs which are vital for your brain health. Try Organic Traditions Sprouted Super Food Grains like their Organic Sprouted flax powder and Sprouted Chia in yogurt, cereal, smoothies and your favourite homemade baked goods recipes to help you get the Omega boost you need!

KALE

Kale is in season right now! Yup were talking, green, purple, black and rainbow, all the varieties! Further, kale is a good source of important vitamins and minerals like vitamin K, C and potassium. But how can you use kale other than just a salad (still a great option though!).



Try using a handful of kale in your smoothies, chopped up and put in savoury pancakes with green onion or chopped into a homemade pesto! Bonus Myers' Farm is bringing organic kale and chard this month to Choices!

RADISHES

Radishes are our spicy seasonal root vegetable! This often-forgotten vegetable is a great addition to add more seasonal, less expensive produce to your summer meals. Try peeling, slicing, and soaking them in any ice water bath to remove some of the spiciness. Some of our favourite ways to enjoy them: thinly sliced on a salad, pickled or baked and roasted with potatoes.





Not Your Average Tomato Salad

By: The Choices Market Nutrition Team

SALAD INGREDIENTS

- 1 cup** Organic Red Tomatoes, Diced
- 1 cup** Cherry Tomatoes (yellow or orange), Diced
- 1 cup** Peaches (canned or fresh), Diced
- 1/4 cup** Fresh Basil, Roughly Chopped
- 120g** Fresh Mozzarella (or plant-based feta)

DRESSING INGREDIENTS

- 1/4 cup** Extra Virgin Olive Oil
- 1 1/2 tsp.** Red Wine Vinegar
- 1 tsp.** Honey
- Dash of Salt and Pepper

DIRECTIONS

1. Add chopped produce and basil to a salad bowl with dressing and mix.
2. Drain and pat mozzarella dry, slice into 1 cm thick slices and top salad. If using plant-based feta top on salad.

Serves 4

WE USED

TOMATOES

If you haven't had a chance to try our local organic tomatoes from Origin Organics in Delta this is your chance! We promise these nutrient rich powerhouses do not lack on flavour! Further, did you know tomatoes contain essential nutrients like vitamin C, folate and vitamin K? Get more nutrients in your summer meal by lightly roasting tomatoes on the BBQ, adding to salad, or canning to stock up for the winter months!





WELLNESS CENTRE SPECIALS

JUNE 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



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

20% OFF

Ultra-pure, great tasting high quality omega-3
Helps support the maintenance of good health,
cardiovascular health, cognitive and brain function.



**St. Francis
Allergy Relief**
Tincture or Nasal Spray
30mL - 50mL

\$19⁹⁹

Helps relieve seasonal allergy symptoms and maintain
a healthy immune system.



**Sisu Vitamin B
Supplements**
Assorted
Varieties & Sizes

20% OFF

Every capsule of Sisu B Complex 100 contains a complete
high-dose vitamin B complex in a convenient
one-per-day dose.



**Natren
Probiotics**
Assorted
Varieties & Sizes

20% OFF

Natren specializes in single strain probiotics in a
delivery method that guarantees results!



**Healthology
Daily Fibre Blend**
240g

\$22⁹⁹

Daily Fibre Blend provides a healthy boost of fibre that can
be easily added to meals and snacks. It contains 3g of fibre
per serving, and is non-GMO, Certified Organic, and free
from additives.



**Algae-Cal
Plant Calcium**
90 Capsules

\$35⁹⁹

Plant Calcium Bio-Available calcium, magnesium
and trace minerals from ocean algae with vitamin D3
added.



**Tints of Nature
Henna Cream**
70 mL

\$16⁹⁹

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



**Dr. Bronners
Pure Castile Soap**
473mL

\$13⁹⁹

Pure Castile Liquid Soap
Face, body, hair—food, dishes laundry, mopping,
pets—the best for human, home, and Earth!



**Decode
Men's Bodycare**
Assorted
Varieties & Sizes

25% OFF

Made with quality natural ingredients and provides 24
hour protection against odours, leaving you feeling fresh
and confident all day.



**Life Candy
Shampoo or
Conditioner**
1 Litre

\$19⁹⁹

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.



**I Luv It
Natural Deodorant**
Regular or Sensitive
110g

\$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.



**Homeocan
Traumacare Cream
& Supplements**
Assorted
Varieties & Sizes

20% OFF

Traumacare cream provides effective relief for:
• muscle and joint pains • inflammation and minor
injuries such as sprains, and contusions.



WELLNESS CENTRE SPECIALS

JUNE 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



Lean Fit Organic Proteins

Plant-Based, 715g,
Whey, 832g - 858g

\$28⁹⁹ / \$35⁹⁹

LEANFIT™ is made for every body. Our products contain high quality protein and clean ingredients to deliver what you need to refuel, recover and balance your nutrition.

Our delicious powders can be shaken up with your choice of liquid, blended into shakes, or mixed into yogurt or oatmeal which makes it easy to fit healthier habits into your daily routine to amplify what you can do, so you can shine a little brighter and keep moving forward.

- Repairs and rebuilds muscle throughout the day with a complete amino acid profile.
- Builds antibodies and supports strong bones.
- Satisfies hunger - enjoy in a meal or as a snack.
- Provides energy to fuel your daily goals.
- Easy to digest thanks to pineapple bromelain, a natural digestive enzyme, for fast absorption.
- Free from preservatives artificial colours, artificial flavours, gluten, wheat, eggs and nuts.



Manitoba Harvest Hemp Hearts & Hemp Yeah!

Proteins and Oil
Assorted Varieties & Sizes

25% OFF

Shelling the hemp seed reveals the most nutritious and tender part of the seed: the heart. Ready to eat right out of the bag, Manitoba Harvest hemp hearts offer nutrition seekers a simple and delicious ingredient that adds plant protein and nutrients to any recipe or meal.

- 10g Protein
- 12g Omega 3 & 6
- 9 Essential Amino Acids
- Contains vital nutrients like magnesium, fibre, zinc, and iron
- Vegan, Paleo, Keto, and Gluten-Free
- Available in Organic and Natural



Nutramin Zero Sugar Vitamin Gummies

Kids & Adults,
90 Gummies

\$24⁹⁹

Introducing Nutramin multi vitamin gummies for adults and children. Proudly Canadian, always vegan, sugar free and tastes great! Nutramin gummies are also free from your top 14 allergens and formulated to support your overall health with high-quality ingredients-apple pectin, organic stevia leaf and real fruit for flavouring. Nutramin is a must-have addition to your daily routine to boost your immune system, aid in healthy metabolism, enhance cellular defence and strengthen bones, hair, and nails. Nutramin has you covered. Pick up your bottle of Nutramin at Choices today and take the first step towards a healthier, happier you!



Nelson Naturals Crush & Brush Toothpaste

60g/93g

\$8⁴⁹ / \$11⁴⁹

A mess-free, convenient, portable and perfectly portioned toothpaste tablet. Lightweight, perfect for travel or to brush on the go.

Crush & Brush is twice the size of other toothpaste tablets, and you will only need one to get your teeth squeaky clean.

- Fluoride free
- Vegan & Cruelty Free
- Gluten Free
- Perfectly Portioned Size
- Plastic-Free Jars
- Natural and Sustainably sourced Ingredients



Sibu Sea Berry Therapy Facial Care & Supplements

Assorted Varieties & Sizes

25% OFF

Gentle exfoliation is paired with deep cleansing but without the stripping of oils and moisture. Is that even possible?

It is with our Polishing Facial Cleanser, featuring our premium Himalayan sea buckthorn oil. Also known as sea berry oil, it helps to cleanse without drying out your skin. Fantastic as a make-up remover and powerful at removing the bacteria and microbes that can cause blemishes and irritation, our gel cleanser is a centerpiece of the SIBU product line. Jojoba beads work to gently exfoliate without risk of polluting our oceans and waterways with evil micro-plastics! The smell is amazing for any gender...light and citrusy.

- Gentle but effective formula
- Premium Himalayan sea buckthorn infused
- Great make-up remover
- PETA cruelty-free and vegan
- Removes grime and bacteria without stripping moisture
- Perfect for sensitive skin, prone to irritation and breakouts



Diva Reusable Menstrual Disc or Diva Cup

Assorted Varieties

\$34⁹⁹

Unlock the next level of cycle care with the DIVA™ Disc, consciously designed for increased comfort, ease-of-use, and up to 12 hours of continuous period protection. Switch your cycle care and prepare to never look back.

- One size fits most
- Holds 7 regular tampons of flow (36mL capacity)
- Safe for up to 12 hours of continuous wear
- Made of 100% medical grade silicone and pigments
- Folds to the size of a tampon
- Patent-pending Leakproof Shield™ prevents mid-wear leaks and messy removal
- Soft, flexible rim delivers ultimate comfort
- Oval-shaped design prevents rotation while wearing
- Anti-slip pull tab stays within reach



WELLNESS CENTRE SPECIALS

JUNE 16 - 30 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



**Vega All-In-One
Nutritional Shake**
Assorted Varieties
827g - 876g

\$53⁹⁹

Non- GMO, Gluten free, Vegan, No added sugar, No artificial colors, flavors or preservatives.



**Genuine Health
Clean Collagen**
Marine or Bovine
210g - 310g

\$31⁹⁹

Marine clean collagen helps to replace the collagen lost to the aging process and supports youthful, hydrated skin, healthy joints, nails and hair!



**New Roots
Prostate Perform**
30 Capsules

\$41⁹⁹

Prostate Perform relieves the symptoms of benign prostatic hyperplasia (BPH), including frequent urination particularly at night, inconsistent stream, the strain to urinate, and prostate growth.



**Aiya Matcha
Green Tea**
Assorted
Varieties & Sizes

20% OFF

Family owned and operated for over 130 years, Aiya is the world's leading Matcha green tea producer.



**Organic Traditions
Daily Cranberry+
with Probiotics**
100g

\$19⁹⁹

A high quality blend of organic cranberry juice powder, organic cranberry extract and gut nourishing probiotics.



**Boiron
RhinAllergy**
60 Tablets

\$13⁹⁹

Homeopathic medicine used to relieve symptoms caused by seasonal allergies and environmental allergens.



**Jusu
Facial Care**
Assorted
Varieties & Sizes

25% OFF

Crafted with a blend of natural ingredients, this cream provides the perfect balance your skin craves



**Oneka
Shampoo or
Conditioner**
500 mL

\$12⁹⁹

Our haircare products are crafted from organic plants carefully chosen for their toning, nourishing, and pH balancing properties.



**New Roots
Organic Tamanu
Oil**
30mL

\$14⁴⁹

Cold-pressed tamanu nut oil quenches the skin to help retain moisture and to reduce the signs of aging skin.



**Every Man Jack
Mens Bodycare**
Assorted
Varieties & Sizes

25% OFF

Our Sandalwood 3-in-1 All Over Wash simplifies your shower routine, formulated to cleanse your body while shampooing and conditioning your hair for a head-to-toe clean.



**Schmidt's
Natural Deodorant**
Assorted Varieties
75g

\$9⁹⁹

Canada's #1 Natural Deodorant is always plant-based, certified vegan and cruelty free.



**Jungalista Natural
Outdoor Spray**
60 mL

\$9⁹⁹

Jungalista is special formulated from natural ingredients for the outdoor enthusiasts who are simply exhausted from non-stop flailing.



WELLNESS CENTRE SPECIALS

JUNE 16 - 30 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



Natural Factors Curcuminrich Theracurmin Supplements
Assorted Varieties & Sizes

20% OFF

Curcumin, from the spice turmeric, has powerful anti-inflammatory, antioxidant, and antimicrobial properties that support neurological, cardiovascular, and joint health. Natural Factors CurcuminRich Theracurmin uses proprietary dispersion technology to create microscopic particles dispersed in a colloidal suspension for superior absorption.

- #1 absorbed form of Curcumin.
- Supports an occasional healthy inflammation response after exercise.
- Experts powerful antioxidant support.
- Supports muscle and joint health and function.
- Supports heart and vascular health.



Quantum Health Immune Supplements & Lozenges
Assorted Varieties & Sizes

20% OFF

SuperLysine+® lysine tablets are ideal for those who prefer vitamins with lysine to promote immune health. Many use this formula in conjunction with our ointment for optimal results. Six well-researched immune health nutrients are combined in this award winning formula.

- L-Lysine – Our feature ingredient known to promote oral health through influencing arginine activity*
- Vitamin C – Trusted whole health vitamin, long known to support a healthy immune response
- Garlic Bulb(deodorized) – Traditional botanical relied on during times of immune system challenge*
- Echinacea – Botanical found to support a healthy immune response, especially at the start of an immune system challenge.
- Propolis – A rich resin produced by bees to protect their hives; provides powerful antioxidant support when taken as a supplement.
- Licorice Root – Traditional botanical now known to demonstrate helpful antioxidant effects.



Sperri Organic Plant Based Meal Replacement
330 mL/ 4-Pack

\$5⁹⁹ / \$23⁴⁹

You already face many challenges throughout your day. It's good to have complete confidence in what you eat at mealtime.

Sperri contains ingredients that support immunity and reduces inflammation, helping you heal naturally. It complies with gluten-free, lactose-free and vegan diets.

- Organic
- Gluten Free
- Dairy Free
- Vegan
- No Artificial Sweeteners



Boiron Arnicare Products
Assorted Varieties & Sizes

\$14⁴⁹

Arnicare Gel is a homeopathic medicine for the relief of muscle and joint pain. It eases the resorption of bruises and inflammatory oedema caused by falls, blows, blunt injury or surgery. Arnica Gel is quickly absorbed, non-greasy, paraben free and fragrance free. Arnicare Gel is made from 100% naturally sourced medicinal ingredients. Adults and children 2 years of age and older can use Arnicare gel. Simply use Arnicare gel by applying a thin layer on the affected area as soon as possible. Massage gently until complete penetration. Repeat up to 3 times a day or as recommended by a health care practitioner. Arnicare gel is for external use only.

- Natural Health Product
- 100% naturally-sourced medicinal ingredients
- Gel texture, quickly absorbed
- Nonsteroidal Anti-inflammatory
- Drug Free



Tanit Tanitabs Toothpaste Tablets
Assorted Varieties
62 Tablets

\$9⁹⁹

TANITABS are formulated with nano-hydroxyapatite (nHAP), which makes up as much as 97% of our tooth enamel and up to 60% of human bones.

nHAP is an ideal and non-toxic alternative to fluoride since it consists of a biocompatible substance that is recognized and accepted by the body. Our nHAP is vegan and not sourced from cow bones

While fluoride helps remineralize teeth with saliva, nHAP directly remineralizes teeth on its own. In other words, it fills in microscopic fissures in the enamel and replaces minerals lost over time, working to thus strengthen teeth and prevent cavities.

It is also effective at helping restore the natural whiteness and smooth surface of teeth with extremely low abrasive qualities

Working for happier oceans one smile at a time without any plastic waste. With vegan nHAP, organic xylitol, and plant extracts for a powerful clean and effective protection. TANITABS are formulated with nano-hydroxyapatite (nHAP), which makes up as much as 97% of our tooth enamel and up to 60% of human bones.



The Future is Bamboo Personal Care & Oral Care
Assorted Varieties & Sizes

20% OFF

Bamboo charcoal facial rounds elevate your skin care routine to an eco friendly level! Say goodbye to single use wipes and cotton swabs with these reusable cruelty free charcoal facial rounds. The dark fabric helps conceal make-up stains, while the charcoal is anti-bacterial. Simply use with your favourite make-up remover then toss into your washing machine between uses. Can be reused hundreds of times!

- Sustainable Materials
- Chemical-Free
- Gentle on Skin
- Effective Makeup Removal
- Eco-Friendly Production
- Reusable & Easy to Clean
- Improved Waste Management



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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

CHOICES MARKET

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DISCOVER LOCAL CHOICES



Discover the LARGEST Selection of Wellness Choices on Vancouver Island



Your Choice for Wellness

Discover the largest number of vitamins, supplements and natural body care items on Vancouver Island to balance, restore and rejuvenate your body and mind.



Need Help?

We're here to help you navigate our extensive collection of wellness products. Simply speak to a member of our Wellness Team for one-on-one advice that's suited to your health needs.



Live Pure

Stop by Pure Integrative Pharmacy for your prescription compounding and explore the widest assortment of professional-grade supplements you will find on the island to ensure your optimal health solutions.



Pure INTEGRATIVE
PHARMACY

Phone: 250-947-8001

Pharmacy Hours: Monday - Friday 9am - 6pm |
Saturday 9am - 5pm | Sunday 10am - 4pm