

CHOICES MARKET



THE

HEARTBEET

December, 2024

VEGETARIAN HOLIDAY MEALS

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Healthy Eating Tips For The Holiday Season pg 12

20 Page
Holiday
Edition



HAPPY HOLIDAYS!

On behalf of the staff, management and ownership of Choices Market, we'd like to wish all of customers and community members a happy holidays. No matter what holidays you celebrate at this most wonderful time of year, we hope that you enjoy it with health, happiness and the joy of a fantastic meal.

DONATE TO STAR OF THE SEASON!

Each holiday season, Choices' holiday charity campaign kicks into high gear. From November 15th to December 24th, the cashiers at each Choices Market location will be selling stars to raise funds for local neighbourhood houses. These neighbourhood houses are dedicated to helping those less fortunate in our communities, and this is just our way of helping to give back. To learn more, visit choices.market



MONTHLY GIVEAWAY ENTER TO WIN! A DeLonghi Espresso Machine

Courtesy of 49TH Parrallel Coffee



Name: _____

Phone Number: _____ Choices Location: _____

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

Contest open from December 1-31, 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.

STOCKING STUFFERS

PRICES EFFECTIVE DECEMBER 1 - 24, 2024



**Suncoat
Nail Polish Kits**
Assorted
Varieties & Sizes

15% OFF

This nail polish is water based & peelable. Only water evaporates into the air when applied, no chemical fumes. Virtually odorless. Dries fast & durable.



**Ganesha's
Garden
Solid Perfume**
13g

\$9.99

Blended with natural, organic beeswax, essential oils, fair trade MCT oil from coconut and safe lab produced ingredients that are completely phthalate, paraben, sulfate, and formaldehyde free.



**Colour Energy
Karma Sprays**
30mL

\$5.99

These karma specific vibrational sprays were specially formulated and supercharged using an intricate alchemical process to help you break any bonds that may be preventing you from moving forward in this lifetime.



**Rebel's
Refinery
Lip Balm**
Assorted Varieties
7g

\$4.49

Made from almond oil, coconut oil, lavender essential oil, and some more natural ingredients, our lip care collection will repair sensitive and dry lips.



**Aura Cacia
Foam Bath**
Assorted Varieties
70g & 71g

\$3.49

Aura Cacia Essential Oil Foam Baths are a blend of 100% pure botanical ingredients. Relax and unwind without the use of synthetic colors or fragrances.



**Dr. Squatch
Star Wars or
Harry Potter
Soaps**
Assorted Varieties
141g

\$9.99

Natural products, designed for men, in fresh, manly scents.

Crispy Chocolate Peanut Butter Bites

Using If You Care Parchment Paper

INGREDIENTS

- 2 cups** Creamy Peanut Butter
- 8 tbsp.** Unsalted Butter
- 2 cups** Powdered Sugar (sifted, with no lumps)
- 1 cup** Puffed Rice Cereal
- 3 cups** Dark Chocolate Chips
- 1 tsp.** Salt

DIRECTIONS

1. In a microwave safe bowl melt the peanut butter and butter in 30 second increments, stirring in between.
2. Add powdered sugar and rice cereal to the peanut butter mixture and stir until well combined. Set aside.
3. Line a baking sheet with If You Care parchment paper. Set aside. Melt the chocolate chips in another microwave safe bowl in 30 second increments, stirring in between.
4. Use a mini-ice cream scoop or tablespoon measure to form balls out of the peanut butter mixture. Use a fork to dip each ball into the melted chocolate, let excess chocolate drip off then place on baking sheet lined with If You Care Parchment Paper. Sprinkle a little sea salt on top while chocolate is still melted. Repeat until mixture is used up.
5. Place in the freezer for 15-20 minutes to set, or in the fridge for 1 hour. Store in an airtight container in the fridge for up to 10 days.



BUTTER & SUGAR COOKIES

INGREDIENTS

- 1/2 cup** Unsalted L'Ancêtre Butter
- 1/2 cup** Sugar
- 1/2 cup** Mayonnaise
- 1/2 tsp.** Vanilla Extract
- 1** Egg
- 1/2 tsp.** Baking Powder
- 1 3/4 cups** Flour

DIRECTIONS

1. Preheat your oven to 325° F (165° C).
2. In a large bowl, cream the softened butter with sugar until light and creamy.
3. Add mayonnaise and vanilla extract, then mix until well incorporated.
4. Incorporate the egg and mix until fully integrated.
5. In another bowl, sift the flour with baking powder.
6. Gradually add the flour mixture to the butter mixture, stirring well after each addition, until the dough is homogeneous.
7. Shape the dough into spirals on an ungreased baking sheet, spacing them slightly apart.
8. Bake the prepared cookies in the preheated oven for 14 to 18 minutes, or until lightly golden around the edges.
9. Once baked, remove the cookies from the oven and let them cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.
10. Once cooled, enjoy these delicious butter cookies with a glass of milk or a cup of coffee. Bon appétit!





DISCOVER VEGETARIAN HOLIDAY MEALS

BY CHEF ANTONIO

Over the holiday season you can picture the traditional meals that will be prepared. Most families have well kept standards and favourite recipes for starters, proteins, sides and sauces and don't forget dessert. But more and more of us, for ethical or dietary reasons, are seeking partial and complete menu changes to plant-based choices. So how do we do this?

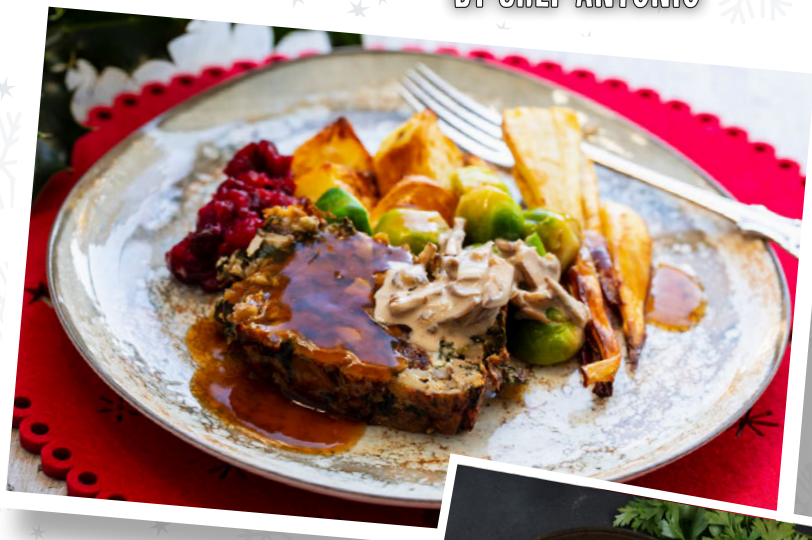
It only takes a little experimentation to be able to create delicious meal components and not to have to rely on frost encrusted boxes of veggie substitutes from the freezer section. Your focus should be on creating new family classics to be enjoyed by all for years to come. Here are a few ideas on tackling some new menu items.

Vegetarian soups can be incredibly diverse and offer a pleasing starter to your meal. Veggie broth, scotch broth, or minestrone are a satisfying start. Why not try a roasted carrot squash and apple soup for a splash of colour on your table?

Move on to a wilted warm salad. With your choice of garnishes, croutons, toasted nuts, and dried fruit, it can be a colourful and flavour rich experience.

Veggie fritters are great as an appetizer. Brind roast veggies with chickpea flour and serve with chutney or savoury jams. Think cranberry or quince for seasonality.

As a main, think of a loaf or individual cakes made with roasted veg and mushrooms. Add cooked beans or lentils, easily bound with ground flax seed and bread crumbs. Fresh herbs will help to bring some of the familiar festive flavours to the table regardless of the absence of meat. If fresh isn't available, dry will work. Rosemary, sage, thyme, Italian parsley are must on the fresh list. Nutmeg, cinnamon, clove on the dry, just to mention some and don't forget salt and pepper to make something delicious.



Gravy in many households is an essential staple, but don't panic that you won't have turkey drippings. Roast carrots, onion and celery and make a strong broth with them. Reduce, add fresh herbs, and finish with some fresh or dried mushroom, miso paste and nutritional yeast. Your veggie gravy can be thickened by pureeing some of the mushrooms and roasted veg, or simply by adding your choice of starch.

These are just a few ideas to bring to the table during, but not only, the holiday season. May your food bring you family and friends to enjoy.



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.



PREFERRED SHOPPER SPECIALS

DECEMBER 1 - 15 ONLY!

Become a Preferred Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store..



Anita's Organic Flour
Selected Varieties
2 kG

\$10⁹⁹

We skillfully craft this beautiful flour on our stone mills, at a low temperature, to ensure all of the whole grain nutrition stays intact.



Simply Organic Organic Extracts
Selected Varieties
59 mL

\$12⁹⁹

No artificial colors, no imitation flavors, no GMOs and no added sugars.



Simply Organic Spices
Bottles
Selected Varieties

20% OFF

It's time to savour the holidays with these delicious and aromatic spices.



Kettle Brand Potato Chips
Family Size, 368g

\$4⁹⁹

There's enough crunch to go around with our family sized bags.



Bremner's 100% Juice
Blueberry, Cranberry and Pomegranate
946 mL

\$12⁹⁹

Plus Deposit, Recycling Fee Where Applicable

The Bremner name is your guarantee of quality and freshness.



Stahlbush Island Farms Vegetables
Selected Varieties
198g/397g

\$3²⁹

Stahlbush Island Farms has been a farmer and food processor since 1985, farming sustainably in the Oregon Willamette Valley.



Cows Creamery Butter
250g

\$7⁴⁹

COWS Creamery has an extensive history, deeply rooted in Prince Edward Island.



Earth's Choice Organic Peanut Butter
500g

\$6⁴⁹

Made simply, the old-fashioned way. We choose only the finest certified organic nuts, dry roast them in small batches.

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



Liberté Greek Yogurt
Selected Varieties, 750g

\$7²⁹

Requiring three times more milk than a regular yogurt, our Greek yogurt also contains twice the protein of any other traditional yogurt.



St. Dalfour Deluxe Fruit Spreads
225 mL

\$5²⁹

Made in the epicurean heart of the French countryside.



Caboo Sustainable Bamboo Paper Towels
12 rolls

\$9⁹⁹

Caboo bamboo toilet paper saves trees. Our tree-free TP is soft & sustainable.



Righteous Gelato & Sorbetto
Selected Varieties
473 mL

\$7⁴⁹

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



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Ask us for details in store.



Happy Planet Organic Juice
1.75 L

\$6.99

Plus Deposit, Recycling Fee Where Applicable

Happy Planet makes a wide range of shakes and juices packed full of nutritious and delicious ingredients – from juicy fruits to superfoods.



Que Pasa Organic Tortilla Chips
Selected Varieties
300g/350g

\$3.99

Every Que Pasa chip is crafted simply from whole grain organic corn that's ground between hand-cut Mexican volcanic lava millstones.



Savor Organic Crackers
142g/156g

\$4.49

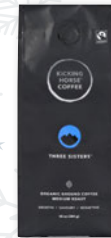
We at Savor are committed to offer high-quality organic and natural products that spice up your shelves and daily meals.



Zazubean Organic Chocolate Bars
Selected Varieties
80g/85g

\$4.49

Zazubean creates chocolate that is Good For The Growers, Good For The Planet, Good For You!



Kicking Horse Organic Ground Coffee
Includes Decaf
284g

\$11.99



In the heart of our mountains, a strong spirit roams. This wild roast roars from within!



Nairn's Cookies and Crackers
Selected Varieties
200g/250g

\$5.49

We believe the simple, natural goodness of oats is for everyone to enjoy. Perfect for on the go.



Organic Meadow Lightly Salted Butter
250g

\$8.99

Made with fresh organic cream from grass-fed cows and lightly salted, this limited batch boasts an indulgently rich and creamy texture.



La Chaudière Organic Cheese
Selected Varieties
340g

\$10.99

High quality cheese from Quebec.

NOURISHING LIFESTYLES SINCE 1990



So Delicious Frozen Dessert
500 mL

\$5.99

Feed your soul with artfully crafted frozen desserts.



Olympic Organic Yogurt
Selected Varieties
1.75 kg

\$11.99

Our organic yogurt is made with good, fresh, organic milk that is turned into yogurt in less than 48 hours.



Boylan's Cane Sugar Soda
355 mL

\$2.49

Plus Deposit, Recycling Fee Where Applicable

The Boylan Bottling Company has been making sodas in small batches since 1891.



Tonica Organic Kombucha
Cans & Bottles,
355 mL

\$2.99

Plus Deposit, Recycling Fee Where Applicable

Canadian Handcrafted, Woman owned Since 2006.



WELLNESS CENTRE SPECIALS

DECEMBER 1 - 15 ONLY!

Become a Wellness Shopper today.
DISCOVER SAVINGS & EARN POINTS

Ask us for details in store.



Purica Immune 7
Assorted Varieties & Sizes

20% OFF

Fortify your defenses with PURICA Immune 7, a powerhouse combination of mushrooms and Nutricol® – Bioflavonoids. This formulation is a beacon of immunity, offering protective layers against daily health challenges.



Natural Factors Ubiquinol & CoQ10
Assorted Varieties & Sizes

20% OFF

CoQ10 helps maintain cardiovascular health and offers antioxidant protection for the maintenance of good health.



Natural Factors Stress and Sleep Supplements
Assorted Varieties & Sizes

20% OFF

Stress-Relax Tranquil Sleep helps you fall asleep quickly, sleep soundly through the night, and wake up feeling refreshed, without the potentially serious mental and physical side effects caused by pharmaceutical "sleeping pills."



AOR Bone Basics
240 caps

\$44.49

Helps maintain healthy bones. Supports joint health and cartilage repair. Helps in connective tissue formation. May reduce the risk of developing osteoporosis.



Kyolic Garlic Supplements
Assorted Varieties & Sizes

20% OFF

Protect your heart health with research-proven Kyolic Aged Garlic Extract™



Organika Hyaluronic Acid
90 caps or 100g

\$41.99

Hyaluronic acid and vitamin C team up for a major rejuvenating boost, supporting the natural production of skin-firming collagen and increasing hydration in connective tissues throughout the body.



Marsielle's Remedy Thieves Blend

Balm 25mL
Essential Oil Blend 30mL

\$11.49 / \$22.99

Eliminates phlegm and decongests the airways. Eliminates pathogens in the air and bad odors. Antifungal: treatment for feet, hands, scalp, and mold.



Attitude Hand Soap
473 mL

\$7.49

Gently eliminate impurities with ATTITUDE™ hand soap. Its vegan and dermatologically tested formula is enriched with watercress and Indian cress to revitalize skin and keep it healthy.



Sundhed Himalayan Salt Lamps
Assorted Varieties & Sizes

20% OFF

Sundhed salt lamps have a beautiful warm glow and help refresh the air with negative ions to create a balanced, healthier environment.



Weleda Bodycare
Assorted Varieties & Sizes

20% OFF

For whatever mood you're in, experience our plant-rich body wash formulas, crafted with essential oils for the ultimate shower experience.



Andalou Naturals Face Care
Assorted Varieties & Sizes

20% OFF

Natural and effective, our face products are formulated to achieve radiant skin and a visibly healthy complexion for all skin concerns.



Now Essential Oils & Body Oils
Assorted Varieties & Sizes

20% OFF

Now insists on the best raw materials, gentle processing methods, and an industry-leading commitment to quality when creating our essential oils.



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Ask us for details in store.



**New Roots
Vitamin C8**
Assorted
Varieties & Sizes

20% OFF

For your body to get all the benefits of vitamin C, it's best to get it from more than one source.

Vitamin C⁸ features mineral ascorbates of calcium, magnesium, potassium, zinc, manganese, selenium, and sodium, along with ascorbyl palmitate, providing a full spectrum of antioxidant benefits.

Vitamin C⁸ helps immune function and is an excellent source of electrolytes which can replenish those lost through perspiration.

It also delivers the antioxidant action of three cups worth of green tea per capsule.



**CanPrev
Cold-Pro
Immune Formula**
90 Capsules

\$24.99

A common cold is a viral infection of the upper respiratory tract that includes your nose and throat. Symptoms usually appear one to three days after exposure and include the typical sore throat, runny or congested nose, cough, sneezing, low-grade fever and mild body aches. A fever higher than 39.4 C distinguishes a cold from a different type of viral infection. Your immune system is the first defence against infectious organisms. It's made up of a network of cells, tissues and organs that work together to create an immune response. Most of the time it does its job, but sometimes a weak link can allow for a virus or other infectious organisms to creep in and lead to illness. Cold-Pro™ Immune Formula is designed to maintain and strengthen the immune system, aid in the symptomatic relief of colds and flus and speed recovery. It contains seven potent, immune boosting nutrients plus antiviral and antibacterial herbs. Research shows that each ingredient in Cold-Pro™ is extremely effective on its own, and combining them has produced a synergistic and powerful immune formulation.



**Natural Factors
Vitamin B
Supplements**
Assorted
Varieties & Sizes

20% OFF

B vitamins support our energy production, maintain healthy metabolism, and help the body form red blood cells and tissues. However, some B vitamins take time to convert into their active forms to become usable by the body. Active B Complex solves this problem with a balanced formula of eight essential B vitamins in their biologically active forms, so they can get to work right away.

- Aids nutrient metabolism to support energy production in the body
- Helps the body form red blood cells and tissues
- Helps support normal growth and development

With Farm Fresh Factors®, a highly concentrated organic wholefood blend from Factors Farms®



**Phillip Adam
Shampoo or
Conditioner**
355 mL

\$15.99

Straight from Vancouver, BC we bring the latest innovation from Phillip Adam and his impressive 50-year career in the hair care industry - the Rosemary Mint Collection of natural based hair and body care products. With the invigorating notes of rosemary + mint natural extracts, this collection offers a revitalizing, soothing and nourishing experience for the whole body.

Carefully formulated to be nourishing and gentle, it caters to all hair + skin types and is safe for color treated hair.



**Active Humans
Natural Deodorant**
30 mL/60 mL

\$15.99 / \$23.99



Our deodorant spray takes a multi-angled approach to underarm health, powered by naturally derived anti-odour ingredients. An enzyme loaded fermentation, made from sugarcane, neutralizes odour at its bacterial basis. Moisture-wicking witch hazel has intense astringent and antibacterial properties to keep you fresh for the day.

The base pH measures slightly acidic, which reduces odorous bacteria from cultivating and supports skin barrier health. Use 2 - 4 sprays per clean underarm.



**La Vigne Natural
Skincare & Derm
Immortelle Facial Care**
Assorted
Varieties & Sizes

20% OFF

Liminal Resilience Face Oil! Announcing the first product in our Derm Immortelle line by LaVigne Natural Skincare. Awaken your senses and transform your skincare ritual with this powerful, poppy-infused blend of active botanicals that hydrate, nourish, and encourage resilience. Revitalizing Papaver Rhoëas (Ronacare Poppy) Extract is clinically proven to reduce appearance of under-eye bags, visibility of dark circles, and improve over skin density, support elasticity, luminosity and radiance. This invigorating Ronacare Poppy infused face oil formula is a must-have in your beauty routine. Protect your skin's natural collagen by fighting back against daily exposure to oxidative stress. Contains 10 beneficial botanicals with antioxidant properties, including Rosehip, Marula Oil, Vitamin E and Ginger extracts.



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DECEMBER 16 - 31 ONLY!

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**Prairie Naturals
Vitamins &
Supplements**
Assorted
Varieties & Sizes

20% OFF

Organic fermented superfoods is a source of fibre, calcium and iron.



**Flora
Immune Support
Supplements**
Assorted
Varieties & Sizes

20% OFF

Traditionally used in Herbal Medicine to help relieve symptoms of colds and flus, such as coughs, sore throat and catarrh of the upper respiratory tract.



**Suro Organic
Canadian Chaga**
56.7g

\$13⁴⁹

We offer our chaga both in chunk and powder form, to be made in a tea or to be sprinkled on food.



**Atrantil
IBS Relief**
90 caps

\$39⁹⁹

Atrantil is a first in class, patented, clinically proven solution that targets IBS where it starts - in the small bowel.



**Vega
Nut Butter Shakes**
511 - 523g

\$31⁹⁹

Vega Nut Butter Shake, made with real peanut butter but without the mess or extra fats.



**Nature's Way
Olive Leaf**
100 Capsules

\$12⁹⁹

Nature's Way Olive Leaf is a source of antioxidants for the maintenance of good health. Nature's Way Olive Leaf is Vegetarian and Non-GMO Project Verified.



**Life Candy
Shampoo or
Conditioner**
1L

\$24⁹⁹

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.



**Mrs. Meyer's
Seasonal Hand
Soap**
370mL

\$6⁴⁹

Hand soap made with essential oils, aloe vera, olive oil and other thoughtfully chosen ingredients



**Anne Marie Borlind
Facial Care**
Assorted
Varieties & Sizes

20% OFF

The bamboo and jute bath mitt will cleanse and exfoliate, leaving you with perfectly polished skin.



**Radius
Sustainable
Toothbrushes**
Assorted
Varieties & Sizes

25% OFF

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



**Attitude
Natural Care
Oral Care**
Assorted Varieties
120g

\$6⁴⁹

Its plant- and mineral-based formula contains fluoride to protect your teeth from cavities, and hydroxyapatite, an effective natural whitening agent.



**I Luv It
Natural Deodorant**
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.

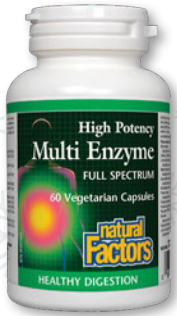


WELLNESS CENTRE SPECIALS

DECEMBER 16 - 31 ONLY!

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Natural Factors Enzymes
Assorted Varieties & Sizes

20% OFF

High Potency Multi Enzyme from Natural Factors is a blend of vegetarian sourced enzymes to assist and enhance normal digestion.

The enzymes help the body to break down proteins, carbohydrates, and fats while improving nutrient absorption. They stimulate the good bacteria in the gut and cleanse the colon.



New Roots Chill Pills - Relaxation
30caps/60 caps

\$23⁹⁹ / \$42⁴⁹

New Roots Herbal Chill Pills are a natural herbal and vitamin synergistic "feel-good" formula, crafted with potent ingredients like L-theanine, passionflower, ashwagandha, and holy basil. While working at the office or tackling daily struggles, they will promote relaxation while calming your nerves, allowing you to concentrate and help you work more effectively.

Although we all talk about stress, often it is not really clear what it means: When your body is under stress, it is effectively triggering the flight-or-fight response. When your body is busy fighting or fleeing, it is not restoring and healing.

Whether tackling daily challenges or facing stressors, New Roots Herbal Chill Pills promote relaxation, helping you feel better, and alleviate feelings of being overwhelmed, so you can enjoy quality time with loved ones, concentrate at work, feel good about yourself, and look at life more positively.



Natural Stacks Brain Supplements
Assorted Varieties & Sizes

30% OFF

Safe and Natural Brain Support
Dopamine Brain Food supports the brain's natural pathways of dopamine production and is safe to take every day.

- Helps maintain memory, focus, and cognitive performance even under stressful conditions.
- Naturally supports dopamine production in the brain to provide more mental drive and ambition on a regular basis.
- Provides a multi-ingredient approach for improved cognitive function, memory and healthy neurons over the long-term.



Aromatic Creation Shower & Linen Sprays
120 mL

\$9⁹⁹

Indulge in the refreshing blend of nature's finest essences with our Deep Breath Linen + Room Spray. Crafted with the invigorating aromas of Eucalyptus, Peppermint, and Rosemary essential oils, this revitalizing spray brings the crisp, rejuvenating scents of the outdoors into your home.

Our Deep Breath Linen + Room Spray promises a subtle yet invigorating ambiance, perfect for revitalizing linens, bedding, or simply refreshing the air. Embrace the tranquility of nature with every spritz.



Skin Essence Organics Facial Care
Assorted Varieties & Sizes

20% OFF

This unique product helps achieve smooth, vibrant skin by removing dead skin cells that clog pores and form blackheads. Exfoliating regularly improves skin's elasticity and its ability to absorb moisture and retain the rich nutrients found in each one of our serums.

- Softens & balances the skin's complexion
- Brightens the skin's natural tone
- Prevents blackheads and clogged pores
- Helps to regenerate and renew the skin
- Helps reduce the appearance of dark spots



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

HEALTHY EATING TIPS FOR THE HOLIDAY SEASON

By: Chris Culhane, RD(t), Nutrition Operations Manager, Choices Market

As the holiday season rolls around, we can sometimes struggle with balancing our holiday food cravings with our health and nutrition goals, adopting an all-or-nothing approach. Here are a few nutrition tips for the holiday season.

1. Eat more mindfully - The way we consume our favourite treats, or the surrounding environment can have a significant impact on our eating. There's a big difference between eating our beloved holiday cookies while staring at the television or supplementary to rich conversation with loved ones. People are less likely to overeat and are more likely to listen to their body's internal cues on hunger and fullness when practicing more mindful eating. So, consider removing distractions like cell phones and television, during mealtime.

2. Pour it into a bowl (and savour slowly) - Pouring snacks into a bowl instead of eating out of a bag can really help us become more aware of what and how much we're eating. Oftentimes, it's not until we're scavenging for the loose crumbs at the bottom of the bag, we realize that we just finished the whole bag! Each time we refill our bowls it gives us a bit more time to digest and reflect if we are, still in fact, hungry.

3. Enjoy it - It's important to have health goals and strive to give our bodies and minds the high-quality fuel it deserves, but extreme and overly restrictive diets have been linked with negative long-term outcomes, and really, are just not that enjoyable.

So, this holiday season, try eating more mindfully, being present with dinner guests, and taking time to pour snacks and treats into bowls, savoring and enjoying our meals slowly. These small steps add up over time and can help strengthen our relationship with food and ourselves.



MEET CHRIS CULHANE *RD(t), Nutrition Operations Manager, Choices Market*



Chris is the Nutrition Operations Manager for Choices Markets. Graduating with honours from UBC, Chris received a Bachelor of Science with a major in Dietetics. As a current registrant with the BC College of Dietitians, Chris is licensed as a registered dietitian with the "temporary" tag, or RD(t), awaiting results from the Canadian Dietetic Registration Exam to become a permanent RD.

Having practicum rotations in clinical areas such as GI surgery and neuroscience, along with stints in rehab, long term care, public health and management, Chris is well-versed across a variety of nutritional domains. Prior to working with Choices, Chris worked as a clinical dietitian at Ridge Meadows Hospital, helping many patients and their families in ER, medicine, surgery, rehab, and long-term care.

Through a multitude of volunteer and work experiences with groups such as at-risk youth in East Vancouver, residents of the Collingwood Neighbourhood House, and the Vancouver Society of Childcare Centres, Chris has a deep passion for improving local communities' health and well-being. Focusing on realistic goals and timelines, community and stakeholder involvement, and practical collaborative solutions, Chris believes each person has the potential to make a tangible impact on the local food system.

Evidence-based research will always be emphasized in nutrition programming and community events at Choices. Chris also believes good nutrition is not just nutritious, but also deeply nurturing and able to bring people and cultures together.

Catch Chris writing content for the Choices Newsletter and hosting a variety of free nutritionally engaging online and in-store seminars!

Contact Chris by email at nutrition@choicesmarket.com

HOLIDAY FOOD SWAPS FOR A PLANT-BASED EATER

By: The Choices Market Team

The holiday season is a time to share your favourite foods with family and friends. If you are a plant-based eater or cooking for a plant-based eater here are some easy plant-based swaps for some favourite holiday dishes.

1. Plant-Based Proteins - Include more plant-based protein sources by substituting meat dishes with tempeh, tofu, or lentils. They have similar amounts of protein per serving as meat while also containing a good amount of fiber and essential minerals.

Holiday chilies and casseroles are perfect dishes to add plant-based proteins. Meatballs or meatloaves can be made plant-based with lentils, mushrooms, and nuts.

2. Egg Replacements - Finding plant-based egg swaps in your baking has never been easier! Choices carries products like Just Egg, which is a plant-based egg replacer that contains similar amounts of protein and fat compared to a chicken egg.

Alternatively, Bob's Red Mill egg replacer is a great shelf stable option. If you are looking for a scrambled egg texture, extra firm tofu can work as a great replacement with some added turmeric for colouring.

A longtime favourite, two tablespoons of ground flax mixed with one tablespoon of water is a versatile option that works well in baking.

Does your recipe call for egg whites? Two tablespoons of aquafaba, the leftover liquid from the can of chickpeas, can substitute for one egg white and is useful in making frostings or meringues!

3. Dairy Alternatives - Beverages such as soy, oat, pea, almond, coconut, buckwheat, and hemp, can work in many recipes as great dairy alternatives. Due to its high fat content, coconut milk works as a swap for cream in a recipe like a cheesecake along with some soaked cashews to replace the traditional cream cheese.

To make your own dairy free hot chocolate try using non-dairy milks like soy. In general, we recommend choosing plant-based milks that are higher in protein (ideally 8 g/cup) and are fortified with calcium and vitamin D to help you meet your daily nutrient needs!



QUICK HOLIDAY NUTRITION TIPS

The holidays are a time to gather with loved ones, and food plays a central role in these celebrations. With a few simple additions, you can enjoy your favorite holiday treats while still nourishing your body.

Incorporate Seasonal Produce - Take advantage of winter's vibrant produce to add nutrition and flavor to your meals. Fruits like pomegranates and cranberries bring antioxidants, while vegetables like Brussels sprouts, sweet potatoes, and winter squash provide vitamins and fiber. Roasted Brussels sprouts, pomegranate salads, and sweet potato casseroles can brighten any holiday spread.

Stay Hydrated - It's easy to forget about hydration with so much focus on food during the holidays, but hydration is important for maintaining energy and digestion. Try making festive drinks like citrus-infused sparkling water or mocktails with cranberry juice and pomegranate seeds. Cozy up with herbal teas like peppermint or chamomile for a soothing, hydrating drink.

Incorporate Plant-Based Proteins - Change up traditional holiday dishes by incorporating plant-based proteins like beans, lentils, tofu, and tempeh. These options are rich in fiber and protein, making them a nutritious addition to your holiday dishes. A lentil stew or roasted tempeh with seasonal spices can add warmth and depth to your meals.

Have Fun with Side Dishes - Make vegetables the star of your sides. Roasting carrots, parsnips, and Brussels sprouts with herbs enhances their natural sweetness, while leafy green salads with nuts or seeds add crunch and nutrients. Sautéed kale or spinach with garlic and lemon is another quick, flavorful option that complements any dish.

The holidays are a time for celebration, so have fun with your food and enjoy all the incredible holiday flavors this season offers!





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.

CABBAGE

Cabbage is a cruciferous vegetable that may promote good digestion and general health. It contains soluble fibre, which is a type of carbohydrate that cannot be broken down or absorbed by your digestive system and thus acts as fuel for our gut bacteria. Try making a homemade borscht with cabbage this holiday season to nourish your gut!



SWEET POTATO

Are you still feeling hungry shortly after you eat a meal?

Carbohydrates are essential when building a satiating meal. They provide us with a good source of fibre and slow-burning energy that helps fuel our body and mind throughout the day. Sweet potatoes are a great source of fibre, containing ~ 7g in just one cup!

BEETS

These rich vibrant vegetables are even more nutritious, and tastier, than you think! Beets are high in a nutrient called betaine which may help reduce your risk of developing certain types of cancers. Canned beets or fresh beets can be a great addition to salads, soups, roasted or pureed in a dip!





Tangy Orange Cranberry Sauce

By: The Choices Nutrition Team

INGREDIENTS

- 3 cups** Fresh or Frozen Cranberries
- 1 cup** Fresh squeezed orange juice
- 1/2 cup** Maple Syrup
- 1 tsp.** Orange Zest
- Dash** Cinnamon

DIRECTIONS

1. Bring orange juice, sugar, orange zest and cinnamon to a boil.
2. Add cranberries and reduce to medium heat.
3. Cook for 10 - 12 minutes or until the cranberries can be mashed easily.
4. Once cranberries are soft, mash, stir and serve!

WE USED

CRANBERRIES

Can anyone say holiday cranberry sauce? Instead of opting for a canned version, this year we encourage you to try making your own cranberry sauce that will be higher in essential nutrients like fiber, vitamin E and manganese. Our secret tip, add orange juice and orange zest for to your cranberry sauce for added flavour.





DELI & MEAT SPECIALS

DECEMBER 1 - 24 ONLY!

Choices' Turkey Dinner

with mashed potatoes, gravy, cranberry sauce, stuffing and winter root vegetables

\$15⁹⁹



Choices' Turkey Dinner for 4
3 Course Dinner!
Order instore
until December 19th

\$129⁰⁰

Choices Cranberry Sauce or Turkey Gravy

250mL - 500mL

\$5⁹⁹ - \$7⁹⁹



Choices Fresh Cranberry Stuffing

\$2²⁹ /100g



Choices Stuffed Turkey Breast

Raised Without Antibiotics

\$4⁴⁹ /100g



Italian Panettone

Imported, Selected Varieties

\$39⁹⁹ / \$49⁹⁹

or Gluten-Free
\$19⁹⁹



Choices Tourtiere Pies

8 Inch

\$21⁹⁹



Italian Sliced Prosciutto or Salami

Imported, 70g - 120g

From
\$8⁹⁹



La Panzanella Crackers

170g

\$6⁹⁹



Choices Petite Savory Appetizers

Baked in Store, 12 Pack

\$8⁹⁹



Castello Cheese

Selected Varieties

10% OFF



President French Brie Cheese

or Camembert Cheese, 230g

\$10⁹⁹



Choices Festive Cranberry Brie Loaf

660g

\$12⁹⁹



Sila Salamis

Selected Varieties, 300g

\$11⁹⁹

LOCAL



Choices Own Turkey Stock

750mL

\$6⁹⁹

LOCAL



Smoked Sockeye Salmon Lox

Ocean Wise, Wild Caught, Previously Frozen

\$5⁹⁹ /100g



Northern Glacier Shrimp

Raw or Cooked, 51/60 Count, Frozen, 200g

\$5⁹⁹





SEASONAL WELLNESS SPECIALS

DECEMBER 1 - 24 ONLY!



La Luna "Inner Journey" and "Journey Home" Candles

Assorted Varieties & Sizes

20% OFF

Soy and coconut wax scented candles that will transport you to around the world.



Divine Essence Organic Essential Oils

Assorted Varieties & Sizes

25% OFF

Tap into the ancient healing of aromatherapy with our purity tested/quality assured essential oil products.



Sundhed Himalayan Bath Salts

Assorted Varieties 850g

\$8.99

Anyone can benefit from an invigorating salt bath. Bathing with Himalayan bath salts cleanses and rejuvenates the skin.



La Luna Wooden Cap Diffuser

Assorted Varieties & Sizes

20% OFF

These innovative wooden cap diffusers gradually release fragrance for a continuous atmosphere of well-being.

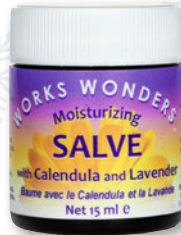


Incrediwear Therapeutic Socks & Braces

Assorted Varieties & Sizes

20% OFF

Incrediwear's tech (backed by scientific research) offers knee sleeves, ankle braces, elbow sleeves, and more relieve pain, prevent injury.



Works Wonders Moisturizing Salve & Hydrosols

Assorted Varieties & Sizes

25% OFF

Works Wonders Moisturizing Salve was originally made in 1998 to care for our young children. It is still lovingly handcrafted in small batches with hand-picked flowers now grown on our sustainable farm on Gabriola Island, BC.



Pacifica Face Masks and Kits

Assorted Varieties & Sizes

15% OFF

It's time to get glowing with our Glow Baby Skincare Kit! This set of glow-bestowing formulas is deliciously orange-scented and infused with key ingredients such as vitamin C, AHAs and glycolic acid to help improve texture, brighten, and refresh lackluster skin.



Urban Spa Bath Products

Assorted Varieties & Sizes

20% OFF

The bamboo and jute bath mitt will cleanse and exfoliate, leaving you with perfectly polished skin.



Every Man Jack Personal Care

Assorted Varieties & Sizes

20% OFF

Every Man Jack offers a range of men's personal care and grooming products made with naturally derived ingredients and outdoor-inspired scents.



Blume Superfoods Lattes

100g

\$23.99

Caffeine jitters & crash? No thank you. Organically grown, hand-picked matcha, and antioxidant-rich moringa, with a creamy coconut finish.



SEASONAL GROCERY SPECIALS

DECEMBER 1 - 24 ONLY!

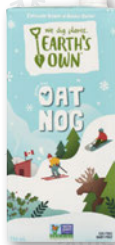


**Califia
Almond Nog**
1.4 Litre

\$5.99

Plus Deposit,
Recycling Fee
Where Applicable

Our dairy-free milks are delicious to drink and easy to use in recipes.



**Earth's Own
Dairy Free Oat Nog**
946 mL

\$3.99

Plus Deposit,
Recycling Fee
Where Applicable

Move over egg nog! You don't need all that cream to bring a little joy to the season.



Stash Tea
Including
Seasonal Varieties
18 - 20 Bags

\$4.49

Keeping Your Hands Warm & Hearts Full Since 1972.



**Terra
Granola**
800g/850g

\$16.99

Original Granola. Soft + chewy. Inspired by nostalgia for family recipes.



**Silly Cow
Hot Chocolate**
480g

\$7.99

We source ingredients that are Certified Gluten Free and Non-GMO Project Verified.



**Walker's Pure
Butter Shortbread**
150g

Discover classic Scottish shortbread.



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

\$5.99

Our delicious products are made with simple and certified organic ingredients.



**Dandie's Vegan
Marshmallows**
283g

Our light and fluffy marshmallows are perfect for campfire roasting, s'mores or topping a cup of hot cocoa.



**Green & Black's
Organic
Chocolate bars**
90g

\$5.99

Find your perfect chocolate gift or treat with Green & Black's.



**Efruti
Fruit Gummies**
100g

\$2.29

Tasty and creative candies kids and adults will love.



**Armstrong
Cheese**
600g

\$9.99

The trusted choice for Canadians for over a century with award-winning cheese makers working every day to produce premium cheese.



**Sonoma
Creamery
Crisps**
64g

\$4.99

Crunchy, savory, real cheese snacks. Made with high quality, simple ingredients.



**Bonne Maman
Spreads**
250mL

\$5.99

Premium quality jams made in the French tradition.



**Divina
Olives**
Assorted
Varieties & sizes

\$7.99

Our delicious olives are your passport to the Mediterranean.



**If You Care
Baking &
Household
Products**
Assorted
Varieties & sizes

20%OFF

If You Care has put sustainability at the forefront of its mission since 1990.



**Meadowvale
Butter**
454g

Bread just isn't the same without a spread of high quality butter.



**Lucky Spring
Rolls**
241g

\$5.99

Vegan, artisanally crafted and available in original and gluten-free.



**House of Yee
Premium
Dumplings**
15 Pack

\$13.99

A frozen dumpling that's made with quality ingredients.



GROCERY & BAKERY SPECIALS

DECEMBER 1 - 24 ONLY!



Clever Premium Mocktails
355mL

\$2⁵⁹
Plus Deposit, Recycling Fee Where Applicable

Choices Christmas Stollen
Medium
454g

\$15⁹⁹



Choices Pecan Walnut Pie
8 Inch

\$10⁹⁹



Ole Non-Alcoholic Cocktails
4 Pack

\$11⁴⁹
Plus Deposit, Recycling Fee Where Applicable

Uprising Breads Wheat Free Fruit Cake
720g

\$17⁹⁹



Choices Chris Kringle's Cookies

\$29⁹⁹



Sober Carpenter Non-Alcoholic Beer
473 mL

\$2⁹⁹
Plus Deposit, Recycling Fee Where Applicable

Choices Christmas Fruit Cake
Light or Dark
380g

\$12⁹⁹



GLUTEN FREE

Choices Gluten-Free Seasoned Stuffing Mix or Bread Crumbs
240g

\$13⁹⁹



BSA Craft Non-Alcoholic Beer
473 mL

\$2⁹⁹
Plus Deposit, Recycling Fee Where Applicable

Choices Holiday Shortbread Cookies
6 Pack

\$6⁹⁹



Choices Tarts
Butter, Mince or Pecan
6 Pack

\$9⁹⁹



Smoky Bay Non-Alcoholic Wine
750 mL

\$9⁹⁹
Plus Deposit, Recycling Fee Where Applicable

Wendel's Gluten-Free Pies
Apple or Strawberry Rhubarb
675g

\$12⁹⁹



Wendel's Gluten-Free Festive Cookies
200g - 360g

\$8⁹⁹ / \$12⁹⁹



GLUTEN FREE



Martinelli's Sparkling Apple Juice
750 mL

\$6⁹⁹
Plus Deposit, Recycling Fee Where Applicable

Choices Christmas Cookie Decorating Kit

\$19⁹⁹



Cozy Cottage or Moose Lodge Gingerbread Kits

\$24⁹⁹





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Choices.Market

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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

STAR OF THE SEASON

NOVEMBER 15 - DECEMBER 24

Choices' Star of the Season Program enriches the lives of families all across Metro Vancouver, the Fraser Valley Vancouver Island and the Okanagan.

Kindly donated by Calabar Printers, Choices' Holiday Stars may be purchased between November 15 and December 24 for a donation of \$2.00.

FOR MORE DETAILS ON EACH NEIGHBOURHOOD HOUSE, PLEASE VISIT OUR WEBSITE: CHOICES.MARKET

- Little Mountain Neighbourhood House
- Britannia Community Services
- Gordon Neighbourhood House
- Marpole Oakridge Family Place
- Fraserside Community Services
- Semiahmoo Family Place
- Downtown Eastside Neighbourhood House
- Abbotsford Community Services
- The Bridge Youth & Family Services
- North Shore Neighbourhood House
- Forward House

I donated to
STAR of the SEASON



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