



CHOICES'

Monthly Newsletter | March 2021

Personalizing Nutrition:

What's Good for You

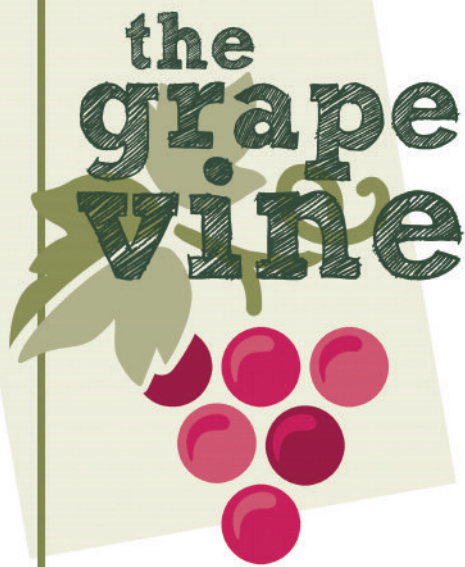
The Dish on Broccoli

Say Cheese! Gouda

Cooking Class: Lamb

IF UNDELIVERABLE PLEASE DELIVER TO: CHOICES MARKETS 8188 River Way, Delta BC, Canada V4G 1K5

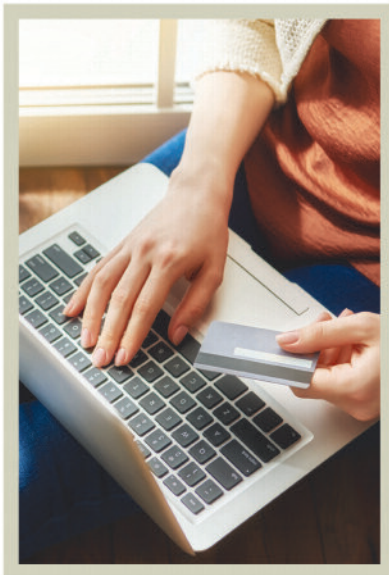




March is Nutrition Month!



Online Shopping Coming Soon



We've seen a lot of changes to the way people shop over the past 30 years. We're moving into the future and will soon be launching a new online store so that you can get the best in local, organic and specialty foods easier than ever. Stay tuned for the details on our pilot program coming in April!

Every year, Dietitians of Canada celebrate nutrition month in March. This campaign is meant to help spread awareness and education to up-and-coming nutrition trends to help build healthy communities. This year's theme is Good for You. Healthy eating looks different for everyone. This year we'll explore how your culture, food traditions, personal circumstances & nutritional needs all contribute to what healthy looks like for you. Book an appointment with one of our nutrition specialists at our website: choicesmarkets.com/nutrition-tours-choices-markets/.

Got a Green Thumb?

The sun is staying out longer and longer each day, and you know what that means: time to plant some seeds! Start first with Choices Full Circle Topsoil. Full Circle is made from food scraps collected from our stores and processed in to nutritious top soil at a facility in Delta, BC. It's a great product that gets made thanks to Choices' commitment to sustainability.



COOK IT UP



Roasted Brussels Sprouts with Pacific Natural Bone Broth



– Serves 4 –

2 pounds halved Brussels sprouts

1/4 cup Pacific Foods Unsalted Chicken Bone Broth

2 tbsp melted ghee or butter

1/2 tsp sea salt

1/2 tsp black pepper

Preheat oven to 450° F and line a baking tray with parchment paper.

Heat a large skillet over medium-high heat. Add Brussels sprouts and bone broth and gently sauté until Brussels sprouts turn bright green, about 4-5 minutes.

Carefully transfer Brussels sprouts to lined baking tray. Drizzle with melted butter or ghee and sprinkle with sea salt and pepper.

Roast sprouts for 25-30 minutes, or until sprouts are crispy. Enjoy!



ENTER TO WIN

Win a Year's Supply of Cleaning Products

Courtesy of V.I.P. Soap Products Ltd.
and EchoClean

One lucky Choices customer will win an amazing prize pack from V.I.P. Soap Products and EchoClean of a year's supply of cleaning supplies. That's over 120 cleaning products!

EchoClean is the next generation in all-natural cleaning solutions developed especially for the discerning customer. Made in BC since 1951, V.I.P. Soap produces biodegradable, non-toxic, plant-based cleaning products. A healthier choice for you, your family and the environment.

Skill Testing Question:

(56 - 18) x (25 - 13) = _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from March 1 to 31, 2021. One entry per person. All entries must have the skill testing question answered correctly to be valid. Employees of Choices Markets 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 Markets for publicity purposes. Entries can be dropped off at any Choices location. There can be no repeat winners for throughout 2021.



Online Video Seminars



Tuesday March 30th
6-7:30pm

Learn to Cook Lamb in New and Delicious Ways!

with Chef Mandy Finley-Chiarenza

ONLINE ONLY

Join Chef Mandy Finley-Chiarenza from The Red Accordion to learn two simple & delicious lamb recipes, featuring handpicked lamb from the Alliance Group Limited.

 @chef.mandy_1986

Free event. Register online at choicesmarkets.com/events. Details to join seminar will be available by email once sign-up is completed.



Wednesday March 17th
7-8:30pm

Gentle Movement and Relaxation Class

with Dr. Sandhu, DC, Kinesiologist

ONLINE ONLY

Join Dr. Sandhu to learn about Gentle Movement and Relaxation! This class is ideal for a seated movement break or those with chronic conditions. It can be as challenging as you would like!

 @solajlaserphysioclinc

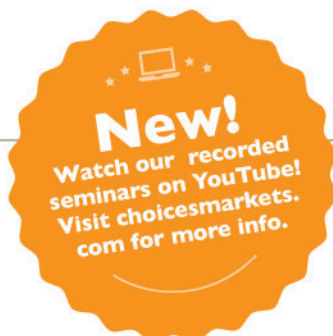
Free event. Register online at choicesmarkets.com/events. Details to join seminar will be available by email once sign-up is completed.



REGISTRATION DETAILS

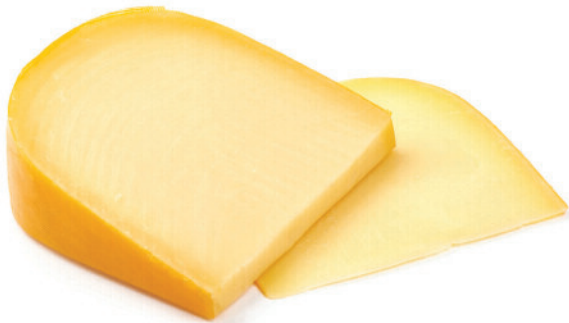
To register for events, visit choicesmarkets.com/events.
For inquiries, please call 604.952.2266 or email eventregistration@choicesmarkets.com.

Choices Markets Nutrition Department Disclaimer Statement: The views and opinions expressed by the presenter do not necessarily represent those of Choices Markets and its employees. Choices Markets is not responsible for and does not verify the accuracy of any of the information presented. The information presented does not constitute medical or other professional advice and is for education purposes only. Seminar schedules are subject to change. For the most current schedule, please visit www.choicesmarkets.com/events/



SAY CHEESE!

Gouda



Gouda is a delicious style of cheese from the Netherlands that is loved and imitated all over the world. Dutch cheese makers became well known for their sweet creations that aged and traveled well without spoiling due to a lower moisture content and a protective coating of wax.

Named after the city in South Holland, production of this type of cheese dates back to the 12th century. In the Middle Ages, the city of Gouda was granted a monopoly on all cheese trade in the area. The cheeses weren't made there, but cheese makers would travel to Gouda to sell their wares. To this day, producers still gather at that market square to have their cheeses sampled and sold.

These cheeses are characterized by the way the curds are washed after the milk is curdled. This process of washing the curds (adding warm water after draining some of the whey, then draining the water from the curds) removes some of the lactose and leads to a sweeter final product. After the curds are pressed into round molds that give the cheese its signature shape, the wheels are bathed in a brine solution, then dried and waxed.

The flavours of gouda can vary greatly depending on the age of the wheel. The cheese will develop more pronounced caramel notes the older it gets, and can be aged anywhere from one month to a few years. Try using the younger, more mild varieties as a snacking cheese. Great on a sandwich, eaten with crackers, or shaved over a salad. The older ones are perfect for baking into your favourite comfort foods or melting into rich sauces.

Stop by the deli at Choices to find a wonderful selection of gouda. Try out a few of our local or imported varieties, goudas that are spiced or extra aged, ones made with cow or goat milk. You'll be sure to find a wedge you love!

COOK IT UP



Roasted Sweet Potatoes with Aged Gouda Compound Butter

Making a compound butter with cheese is an excellent way to make a special wedge last a little longer. Try this technique out with your favourite blue cheese to make decadent steak topper. I always keep a few different cheesy butters in my fridge, ready to make any meal a bit more fabulous.

4 medium sweet potatoes, halved lengthwise

2 Tbsp. olive oil

200 gr salted butter, softened

100 gr Choices Organic Aged Gouda, finely grated

1/4 cup minced chives

Salt and pepper to taste

Mix the aged gouda into the softened butter and form into a log on a sheet of parchment paper. Roll up tightly and place in fridge to firm up.

Heat oven to 425 F. Rub sweet potatoes with olive oil, season with salt and place cut side down on a baking sheet. Roast for 25-30 minutes until tender.

To serve, top the sweet potatoes with slices of the gouda butter as soon as they come out of the oven. Garnish with chives. Save the extra butter for your next cooking adventure!

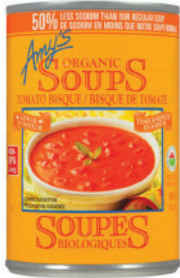


Lauren MacLean is Choices Cheese Specialist. When she isn't daydreaming about the perfect cheese plate or brainstorming cheese puns, she is cooking for her family. Stay tuned for more cheesy recipes.

MARCH 1-15 ONLY

club specials

Amy's Organic Soup
Assorted Varieties



2⁹⁹

398ml

With both classic and international flavours, Amy's has the soup for you.

Rocky Mountain Flatbread Co. Frozen Artisan Pizza
Assorted Varieties



8⁹⁹

405g - 430g

From the heart of the Rocky Mountains comes these tasty artisan flatbreads.

Coco Natura Organic Coconut Based Products
Assorted Varieties



4⁹⁹-9⁹⁹

Assorted Sizes

Coconut is a delicious and creamy non-dairy alternative for all your cooking needs.

Nuts to You
Organic Almond Butter



Smooth or Crunchy

10⁹⁹

365g

These almond butters are made from nothing but great quality nuts.

Bonne Maman Jam
Assorted Varieties



4⁹⁹

250ml

Classic jam flavours made in the traditional French style.

Traditional
Medicinals Herbal Tea



Select Varieties

4⁴⁹

20 Tea Bags

Whether for a sore throat or to help you sleep, these tea styles are sure to soothe.

Liberté Méditerranée Yogurt
Assorted Varieties



2⁹⁹

500g

Yogurts loaded with great flavours from fruits and more.

Olympic Yogurt
Family Size Tubs



Assorted Varieties

Keep the family full at breakfast with these economical yogurt tubs.

8⁹⁹ 10⁹⁹ | 11⁹⁹

Natural 1.75kg

Organic

Greek / Crema

Califia Non-Dairy Beverages
Assorted Varieties



Assorted Varieties

4⁴⁹

1.4L

Perfect for creaming up your coffee or just for enjoying a glass.

Eco-Max Natural
Liquid Laundry Detergent



Assorted Varieties

12⁹⁹

3L

Clean your clothes without harmful chemicals or additives.

GT's Organic Raw Kombucha
Assorted Varieties



Assorted Varieties

3⁴⁹

480ml

+deposit +eco fee

Get the benefits of kombucha with this classic brand of drinks.

Panda Licorice
Assorted Varieties



.79

Logs 32g

2⁹⁹

Bags 170g

Tasty, high quality licorice that will have you coming back for more.

MARCH 16-31 ONLY

club specials

Pacific Organic Natural Bone Broth



Assorted Varieties

3⁹⁹

946ml/1L

Rich and complex flavours that can enhance an recipe.

Anita's Organic Flour



Unbleached or Whole Wheat

17⁹⁹

5KG

Get flour milled locally with Anita's BC made products.

Lily's Stevia Sweetened Baking Chips

Assorted Varieties



6⁹⁹

255g

Get the sweet without the sugar with Lily's chocolate.

Hardbite Natural Potato Chips



Assorted Varieties

1⁹⁹

128g - 150g

Great crunch and tasty flavours make Hardbite chips worth eating.

Prasad Ayurveda Organic Ghee



13⁹⁹

225g

22⁹⁹

425g

Ghee is a delicious component of Indian recipes, but you can use it in any style cooking.

Lactantia Butter

Assorted Varieties



2⁴⁹

125g Salted or Garlic

6⁹⁹

4x125g Sticks

High quality butters made with tradition in mind.

Nature's Nuts Organic Peanut Butter or Natural Almond Butter



Assorted Varieties

4⁹⁹

Peanut Butter 500g

9⁹⁹

Almond Butter 500g

Creamy, premium nut butters made in Canada.

St. Dalfour Jam



Assorted Varieties

3⁹⁹

225ml

These jams are sweetened with grape and other fruit juices.

Liberté Greek Yogurt

Assorted Varieties



4⁹⁹

750g

Greek style yogurt is thick, creamy and perfect in recipes.

Wize Monkey Coffee Leaf Tea

Assorted Varieties



6⁹⁹

15 Bags

Get an even caffeine boost without the crash with these light and refreshing teas.

Happy Planet Organic Juice



Assorted Varieties

3⁹⁹-4⁹⁹

1.75L - 1.89L

Fresh squeezed juice that's sure to put a smile on your face!

Nature Clean Natural Dish Liquid & Dishwasher Pacs



Assorted Varieties

3⁹⁹

Dish Liquid 740ml

14⁹⁹

Dishwasher Pacs 60 Pacs

Naturally-derived, hypoallergenic and biodegradable cleaning products.

Q&A with Kara Vogt

from Dietitians of Canada



needs that influence what they eat and how they eat. The good news is - there is a healthy eating style that can work for everyone! Dietitians are expertly skilled to work with individuals, groups and communities to create exactly what feels good for you.

Q Does Dietitians of Canada have any special events planned this year for Nutrition Month?

A Yes! Dietitians across the country will be connecting with the public in March through virtual events, media interviews and social media posts. Visit NutritionMonth2021.ca to learn more and find your healthy!

Q What do you hope the public takes away from this year's Nutrition Month theme?

A There is a lot of noise in the world of nutrition; it can be overwhelming to try and figure out what to eat to optimize health. I hope this year's Nutrition Month theme will support people to trust their inner wisdom, that they know their bodies best. There is a common myth that dietitians simply tell people what to eat, when in reality dietitians are health partners, to guide you towards what feels right and will work long-term.

Q Can you share one key take away about nutrition you'd like Choices readers to know?

A It is hard to choose just one! I'm going to sneak in two things: (1) nutrition does not have to be complicated or have specific rules; if anyone tells you otherwise, be skeptical! (2) eat fewer processed foods when possible; prepare meals and snacks using fresh foods and ingredients that have little to no added salt, sugars or saturated fat.

Q Every year for the past 30 years Dietitians of Canada hosts Nutrition Month. Can you tell us about the history of Nutrition Month and what it aims to bring awareness to?

A Nutrition Month has a long and wonderful history in Canada. It started as "Nutrition Week" in the late 1970s, as a grassroots initiative organized by local community dietitians. It grew to be a national event and became Nutrition Month by the end of the 1980s. Nutrition Month's core purpose is to raise awareness of the connection between food, nutrition and health, and to celebrate registered dietitians as the most credible food and nutrition experts. Our world has changed so much since the 1980s, and so has the science of nutrition. Dietitians continue to serve Canadians as their trusted food and nutrition experts.

Q Tell us about this year's Nutrition Month theme "Good for You" and what it means to you?

A I love this year's theme, "Good for You", it captures the reality that there are many ways to eat healthy. Every person has unique culture, traditions, preferences and nutritional



Kara Vogt is a registered dietitian and member of Dietitians of Canada. She has been practicing as a dietitian for 14 years and has worked with a variety of individuals, groups and communities in hospitals, long-term care facilities and community-based clinics. She currently works at the University of British Columbia, educating the next generation of registered dietitians. She also volunteers her time on the Board of Directors for Dietitians of Canada.

Eating What's Best for YOU

By Kelsey Moore, RD

& Choices Nutrition Operations Manager

Q

How Do You Do What's Good for You?

A

Ever been told: eat this it's good for you, or that a particular food is good or bad? Diet rules are so passé and need to be tossed out for good! This nutrition month take time to focus on your individual health and don't let others tell you what is "healthiest" for you and your body. Making food choices is based off of many individualized factors such as, budget, time, preferences, cooking abilities, cultural beliefs, and health status to name a few. So, when it comes to individualized health, try focusing on these 3 simple tips:

1. Trust your body. For example if you feel like having a lentil power bowl for lunch, great. If you feel like enjoying a slice of pizza, great. If you feel like having a smaller lunch like a smoothie because you are practicing intuitive eating, great.

2. Purge your social media accounts. It's time to unfollow health accounts that are doing more harm than good by preaching X or Y is simply the best food to eat. Our bodies are all different

and complex so we all need to eat differently to meet our individual needs.

3. Seek professional help when needed. Finding the right practitioner for you can be challenging. Choose a healthcare provider that listens to your needs and helps you to navigate the ever daunting world of the medical system.



Good For You: Asian Cuisines!

By Elaine Zhang, RD & Choices Nutrition Consultant

March is nutrition month! This year's theme is Good For You: healthy eating looks different for everyone! The purpose of this year's campaign is to explore how culture, religion, and personal circumstances can influence what healthy eating means to each of us. Dietitians can help to tailor your diet to accommodate your specific needs, including your cultural needs! As an example, here is a short review of different foods that are popular in Asian cuisines.

1

Japanese cuisine:

Traditional Japanese cuisine includes healthy ingredients such as fresh vegetables, seafood, miso, edamame beans, natto beans. Less healthy food choices include deep fried fish or veggies such as tempura. For sashimi lovers, try to choose fish that are high in omega-3 but low in mercury such as salmon, mackerel. Some fish such as tuna can be quite high in mercury.

2

Vietnamese cuisine:

Vietnamese spring rolls, can be quite nutritious and healthy with fresh veggies such as lettuce leaves, bell pepper, cucumber, herbs such as mint, basil and protein foods like shrimp. Also, the preparation method is quite simple and clean without excessive amounts of oil. If you like Vietnamese food, you may want to minimize deep fried food which can be common in this cuisine. Also, try to minimize dipping sauces if they are high in salt.

3

Chinese cuisine:

Chinese cuisine includes healthy foods such as tofu, fish, and vegetables like bok choy, napa choy, bamboo shoots, shiitake and wood ear mushrooms. However, many dishes can be quite oily or deep fried. Try to prepare and cook food in small amounts of oil or choose entrees that are baked, steamed or roasted. For example, steamed shrimp dumplings are a better choice than fried pork dumplings!



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.

Grocery Gossip



Organic Traditions Flax Oil:

Omega-3s are an important healthy fat we need to consume regularly. Flaxseeds are one of the highest dietary plant based sources of omega-3s. However, in order to access these omega-3s, choose ground or flaxseed oil over whole flaxseeds. Traditionally flaxseed oils should never be heated at high temperature as its nutrients will be destroyed. However, with Organic Traditions proprietary filtration technology, this flaxseed oil can be used at temperatures as high as 250 °C (482 °F) while retaining its nutrients! How is this possible? Lignans, a plant compound found in high amounts in flax, have been removed in order to drastically increase the smoke point of this oil. Now you can enjoy it in baking, and high heat pan frying to get your daily requirements of omega-3s easily!



a2 Milk:

What is a2 milk? Let's break it down; the main protein found in cow's milk is casein protein. Casein comes in two forms, A1 and A2. Traditional milk contains both A1 and A2; however some cows naturally only produce milk that contains A2. Studies show that A1 releases an opioid peptide called BCM-7 when digested. Research is still unclear as to why but, BCM-7 seems to increase digestive discomfort. On the other hand, A2 appears to limit the release of BCM-7. Studies show that both adults and children drinking milk only containing A2 report fewer digestive symptoms like bloating gas and diarrhea compared to traditional milk. And great news, the taste is identical to traditional milk so no need to sacrifice flavour here.

Meat

Grass-fed Lamb:

Remember grandma's questionable homemade mutton stew? Forget about that! When choosing high quality lamb not only can it taste incredible but it can also be high in vital nutrients. Alliance Group Limited's handpicked lamb is pasture-fed, is certified hormone free, antibiotic free, and non-GMO. What's great about grass-fed lamb? Grass-fed meats tend to be higher in omega 3 fatty acids than conventional meats. Omega 3s are essential to obtain from the diet as the body cannot make them. Omega 3s play an important role in reducing risk of certain types of cancer, reducing inflammation, may prevent asthma in children and important in brain development in babies during pregnancy. What about taste? This high quality New Zealand lamb has consistently low pH levels which increases the tenderness and improves texture. Goodbye grandma's mutton stew!



Tasty Top Choices Recipe



Moonshine Mama:

While turmeric and ginger both act as powerful antioxidants and have well studied anti-inflammatory properties, what are some other health benefits of these amazing ingredients? Turmeric may aid in the treatment of Alzheimer's Disease. Studies show that curcumin, the main active component of turmeric, may help to clear amyloid plaque buildup associated with Alzheimer's disease. Ginger appears to be beneficial in treating nausea. Specifically, studies show that ginger may reduce symptoms of

nausea for those experiencing chemotherapy-related nausea, those undergoing particular types of surgery and most notably, morning sickness in early stages of pregnancy. What is a simple and delicious way to include more turmeric and ginger in your diet? Try one of Moonshine Mama's elixirs! These elixirs come in a variety of flavours such as turmeric lime, sour cherry, sublime, winter warrior and seasonal flavours! These concentrates can be taken as a 2oz shot or try adding to a cup of hot water or soda water.



MaraNatha Nut Butters:

Nut butters are a simple and easy way to get in source of healthy fats in your snack or meal! Nuts are particularly high in healthy monounsaturated fats, fiber and protein as well as essential vitamins and minerals making them a nutrient powerhouse! Nuts contain a host of benefits including reducing risk of heart disease, blood sugar lowering effects and may help to promote the

growth beneficial bacteria living in our guts! MaraNatha is known for their velvety smooth nut butters made with whole simple ingredients. Try adding a serving of their almond or peanut nut butter to your smoothie to increase satiety and fullness, add to soups for a creamy rich texture or make into a spicy peanut/almond sauce to drizzle over your favourite stir-fry recipe.



Blueberry Almond Butter Chia Pudding

By Cook Nourish Bliss

Yield: 4 small servings

Total time: 15 mins

- 2 cups unsweetened almond milk
- 1/2 cup Maranatha almond butter
- 1 1/2 - 2 tbsp. pure maple syrup
- 1/4 tsp ground cinnamon
- 1 tsp vanilla extract
- 1/2 cup chia seeds

Add the almond milk, almond butter, maple syrup, cinnamon and vanilla to a blender. Process until smooth and well combined (about 30 seconds)

Pour the mixture into a medium bowl, then whisk in the chia seeds. Let the mixture rest for about 8-10 minutes, then whisk again until all the clumps have smoothed out

Cover and refrigerated overnight. Portion into 4 servings, top with 1/3 cup blueberries.



MegaFood - Fresh From Farm to Tablet Multivitamins

Assorted Varieties



20% Off

Assorted Sizes

Convenient, once-daily multis that nourish the whole body and are gentle enough to take on an empty stomach. A blend of FoodState Nutrients™ are delivered with real, whole foods, including orange, carrot and rice.

New Roots Liver

Assorted Varieties



20⁹⁹ 45 caps
39⁹⁹ 90 caps
73⁹⁹ 180 caps

Liver Protection is formulated with potency validated botanical extracts traditionally used to protect and support liver function.

St. Francis Herbal Tinctures

Assorted Varieties



20% Off

Assorted Sizes

An adaptogenic formula, supports and fortifies the immune system by restoring the body's innate balance.

Bach Rescue Remedy

Assorted Varieties



9⁹⁹

10ml

14⁹⁹

20ml (drops or spray)



Trusted worldwide for generations to help stay calm wherever stress finds you.

Vega One All-in-One Nutritional Shake

Assorted Varieties



49⁹⁹

827-876g

Non- GMO, Gluten free, Vegan, No added sugar, No artificial colours, flavours or preservatives.

Garden of Life Dr. Formulated Probiotics

Assorted Varieties



20% Off

Assorted Sizes

Promotes favourable gut flora for daily gastrointestinal support.

NutraSea Omega-3 Supplements

Assorted Varieties



20% Off

Assorted Sizes

Omega-3 + vitamin D for the maintenance of good health; 750 mg EPA + 500 mg DHA + 1000 IU vitamin D.

New Roots Evening Primrose Oil

Assorted Varieties



20⁹⁹

38⁹⁹

90 caps
108 caps

Cold-pressed, organic, and non-GMO, containing a minimum of 10% GLA. GLA is recognized as beneficial for women's health.

Andalou CannaCell Face, Body Care & Men's Body Care

Assorted Varieties



20% Off

Assorted Sizes

Fortifying vitamin-enriched shampoo with CannaCell® hemp stem cells, organic hemp seed oil, and pure plant essential oils for hair that needs a daily dose of wonderful.

Schmidt's Natural Deodorant

Assorted Varieties



9⁹⁹

92 grams

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

Seventh Generation Feminine Hygiene

Assorted Varieties



25% Off

Assorted Sizes

Organic cotton tampons, chlorine-free processed pads and pantliners.

A. Vogel Vitamins & Supplements



Assorted Varieties
20% Off

Assorted Sizes

Clinically shown to help prevent and relieve the symptoms of upper respiratory tract infections such as the common cold and flu.

A. Vogel Dry Eye Drops



Assorted Varieties

15⁹⁹

10mL

100% Natural. For relief of extremely dry, irritated or tired eyes. Contact lens friendly.

Natural Factors Magnesium Supplements



Select Varieties

20% Off

Assorted Sizes

Magnesium is required for the formation of bones and teeth, and for nerve and muscle function.

Sealicious Omega-3



Assorted Varieties

20% Off

Assorted Sizes

Each teaspoon contains a minimum of 1250 mg of omega-3 concentration as combined EPA and DHA..

AOR Advanced B Complex

Assorted Varieties



38⁹⁹

90 caps

54⁹⁹

180 caps

Active forms of B-vitamins in a form your body can utilize immediately. Support for energy, stress and burnout, metabolism, and nerve function.

Living Alchemy Your Flora Supplements



Assorted Varieties

20% Off

Assorted Sizes

Plant-based Probiotics, Prebiotics & Enzymes. Everyday Gut Support for everyone, whole food source with diverse strains.

Organic Traditions Wheat Grass and Barley Grass Powders



Assorted Varieties

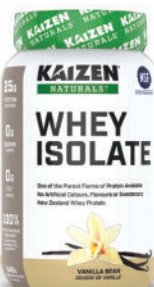
20⁴⁹

150 grams

High vibrancy instant greens, a source of potassium and iron.

Kaizen Naturals Proteins

Assorted Varieties



20% Off

Assorted Sizes

Contains cold-pressed, cross-flow micro and ultra-filtered, undenatured whey proteins, sourced from grass-fed New Zealand cows.

Own Beauty Shave Cream & Gel



Assorted Varieties

9⁴⁹

200ml or 198grams

Our foaming shave gel delivers a smooth, close shave. Enriched with aloe and shea butter to deeply hydrate and moisturize dry skin.

Prairie Doctor Herbal Tinctures



Assorted Varieties

20% Off

Assorted Sizes

Traditionally used in Herbal Medicine as a sleep aid.



I Luv It Natural Deodorant

Assorted Varieties



14⁹⁹

100 grams

21⁹⁹

100 grams Sensitive

Finally! A Natural deodorant that really keeps you smelling clean ALL day!



Island Essentials

Assorted Varieties



12⁹⁹

Shampoo & Conditioner 336 mL

17⁹⁹

Castile Soap 944 mL

Be kind to your hair! Our sulfate-free herbal shampoo & conditioner uses only Organic & Natural ingredients in 3 amazing scent choices.



wellness centre month long specials



**Genuine Health
Clean Collagen**

Assorted Varieties

Clean collagen makes it easy to get your daily dose of collagen. Also available in bars!

29⁹⁹ 2⁹⁹ 22⁹⁹

Marine or Bovine
210-301 grams

Collagen Bars
each

Collagen Bars
8pack



**Genuine Health
Organic
Gut Superfoods+**

Assorted Varieties

45⁹⁹

229grams

22 fully-fermented plant-based organic superfoods and prebiotics to nourish a healthy gut ecology for total body health.

FERAPRO Iron Supplement



46⁹⁹

100 caps

A holistic blend of iron, vitamins, and cofactors to prevent and/or treat iron deficiency anemia.

Tru Niagen



Assorted Varieties

51⁹⁹

30 caps

A unique form of vitamin B3 clinically proven to increase levels of NAD, to support cellular health.

Gabriel Natural Cosmetics

Assorted Varieties



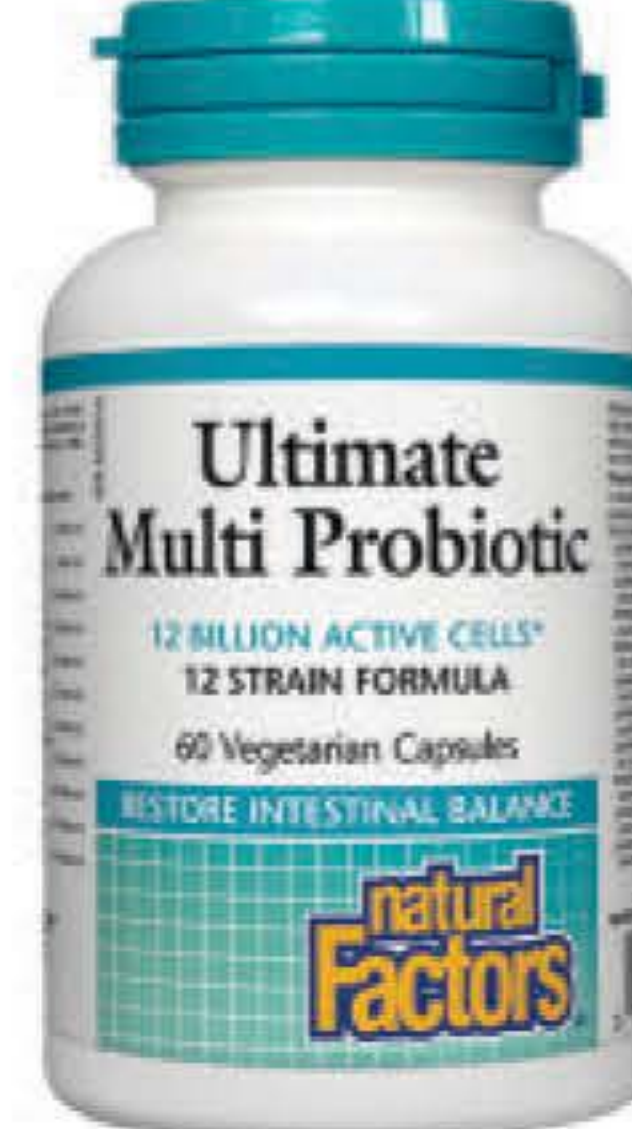
15% Off

Assorted Sizes

Natural cosmetics designed to bring out your natural beauty and revitalize the skin.

Natural Factors Probiotics

Assorted Varieties



15% Off

Assorted Sizes

Contains 12 billion active cells of a blend of specially cultured strains of probiotics, chosen for their compatibility and ability to survive stomach acidity.

Flora Florasil



21⁹⁹

90 caps

37⁹⁹

180 caps

It's prized for its ability to help restore natural beauty by providing valuable nutrients to skin, bones, hair, and nails.

Flora CircuVein



23⁹⁹

60 caps

Clinically proven to alleviate symptoms of varicose veins / chronic venous insufficiency.

**Healthology
Lung-FX Formula**

Assorted Varieties



29⁹⁹

90 caps

LUNG-FX works by supporting the lungs' natural defense systems.



Smart Solutions Lorna

Vanderhaeghe Hormonal



Support Supplements

Assorted Varieties

15% Off

Assorted Sizes

Helps support estrogen metabolism by promoting a higher good estrogen (2-hydroxyestrone) to bad estrogen (16-hydroxyestrone) ratio.

Organika Mylk Lattes

Turmeric Mylk, Blue Mylk, Pink Mylk, & Adaptogen Mylk



28⁹⁹

200grams

A delicious blend of butterfly pea flower, spirulina, coconut milk, and spices to support memory and relaxation.

Nature's Aid

True Natural Solid Shampoo Bars & Conditioner Bars

Assorted Varieties



9⁴⁹

60 grams

Each bar is biodegradable, cruelty free and vegan friendly. No artificial colours or fragrances.

the Dish

On Broccoli

Not too long ago, I was asked what my favourite food is. Since I'm a chef and love all food, the easy answer was good food, and a close second was chocolate. The question stuck with me, and after many a sleepless night, I came up with the conclusion that, in my heart the true answer was cruciferous vegetables. I love cabbages, cauliflower, kale, collards, Romanesco, gai lan, rapini and, most of all broccoli.



As a young boy, I would get very excited when on a winter day, walking into the kitchen, I'd detect the scent of steaming broccoli in the air. Not like many fussy North American children, I would load as much broccoli on my plate as physically possible. I'd drown them in fresh lemon juice, extra virgin olive oil and sprinkle a little salt on top. Absolutely delicious. Once I finished all my broccoli I would dip fresh bread in the leftover juices until the plate would shine. Not a drop or crumb would be wasted. This weird looking flower is a true Italian vegetable. Originally hybridized by the Romans, it is now produced around the world, an astonishing 20 million tons of it per year. And, as an added bonus it is incredibly good for you. Broccoli is a good source of vitamin a, c, k, riboflavin, calcium, iron and much more.

Broccoli is simple to enjoy. Just steam and toss with you fav dressing and you've got a snack or side dish. Or roast it in a very hot oven with tamari, chilli, nutritional yeast, citrus salt and oil for a tasty, crispy snack. Another favourite is tossed in a

balsamic reduction with spices. Broccoli is also a star ingredient in the stir fry of various Asian cultures. And who doesn't love broccoli au gratin (aka broccoli covered in cheese sauce)? One of my personal recommendations, of course, is broccoli pasta.



Steam your broccoli lightly, and save the water. Sauté with lots of extra virgin olive oil and garlic or, if you prefer, onions and shallots. Cook on medium high, adding small amounts of the cooking water a bit at a time, reducing until the broccoli has cooked to a smooth sauce. Then toss in your freshly cooked pasta, or even rice, then finish with freshly grated cheese, and a bit more raw extra virgin olive oil. You can also layer this same sauce on lasagna noodles and more cheese and bake until fully cooked. Many variations of this style of broccoli sauce exist, but steer clear from any that asks you to add whipping cream.

Broccoli can be served cold, cooked or raw, with dry fruits or grains, broccoli slaws, quiches and pies, frittatas and fritters, in wraps, even in your fresh smoothies, for an extra health kick. You can literally make a complete multi course meal just based around broccoli. Don't hesitate to venture into the forest of broccoli recipes. Hundreds of recipes of all sorts and styles are just one internet search away, including broccoli dessert. So get cooking and don't let it be a long time before you next brocc and roll!





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.



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Choices Markets 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

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604.770.2868

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



Choices Markets will no longer be offering single use plastic grocery bags at our checkouts.



As a part of our commitment to sustainability, we'll still have recycled paper bags available and will continue to offer a 5¢ refund when you bring a reusable bag from home.