



CHOICES'

Monthly Newsletter | January 2018

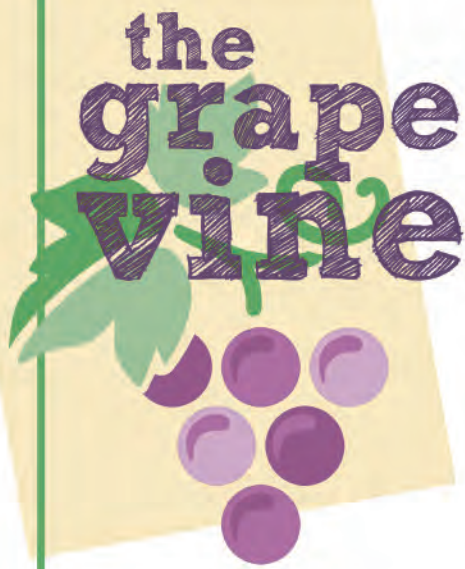
Rethink Your Resolutions

Refresh Your Health Goals

The Dish on **Tahini**



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



Happy New Year

2017 certainly was a whirlwind of a year! Events big and small changed the world. One of our biggest accomplishments was the grand opening of our Commercial Drive location. The Drive is such a vibrant and welcoming community in Vancouver, and we're so happy that we can be a part of it for years to come. Come stop by 1045 Commercial Drive and say hello! We've got a lot to look forward to in 2018 and we can't wait to share it with you.



Rethink Your Resolutions Challenge



Every year, millions of people create some resolutions to begin a change towards a healthier lifestyle. This year, we're doing everything we can to help you with your resolution goals. Check page 8 for our Rethink Your Resolutions Challenge! We're even throwing in a little incentive prize raffle for a \$100 gift card to help you stay motivated. Read on for more information.

Correction Notice: In our Beyond Ocean Wise story published in our November 2017 Monthly Newsletter, we did not cite Melissa Evanson's article written for Skipper Otto as a source of information for our own story. We would like to apologise to both Melissa Evanson and Skipper Otto for this mistake. To read Melissa's article, Tuna Tales: Why you don't need to worry about mercury in B.C. albacore tuna, please visit: skipperotto.com/tuna-tales-dont-need-worry-mercury-b-c-albacore-tuna.

COOK IT UP



Raspberry Almond Smoothie

Courtesy of Blue Diamond, Wholesome Sweeteners, Manitoba Harvest, Stahlbush and Amazing Grass Greens

– Prep Time: 8 minutes | Serves 1 –

- 1 cup (250 mL) Blue Diamond Almond Breeze Original almond milk
- 1/2 cup (125 mL) Coconut water
- 3 tbsp (45 mL) Wholesome Sweeteners agave syrup
- 1/2 banana, sliced
- 2 tbsp (30 mL) Manitoba Harvest Hemp Hearts
- 1 tbsp (15 mL) Almond butter
- 1 cup (250 mL) Stahlbush frozen raspberries

Place all ingredients in a blender and blend until smooth.

Healthy Tip:

Add 1 Tbsp Amazing Grass Green Superfood for an immune boost and added antioxidants!



ENTER TO WIN

Win a Fitness Club Membership!

Courtesy of Blue Diamond, Wholesome Sweeteners, Manitoba Harvest, Stahlbush and Amazing Grass!

Win a One Year Membership to
Steve Nash Fitness Centres.

After you have your morning smoothie, be sure to burn off that energy while reaching your fitness goals at the gym!

Skill Testing Question:

$(56 - 18) \times (25 - 13) =$ _____

Name: _____

Phone Number: _____

Choices Location: _____

Contest open from January 1 to 31, 2018. 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. Winner is responsible for picking up their prize from the Choices location of their convenience. There can be no repeat winners for Choices contests throughout 2018.



Upcoming Events

MARK YOUR CALENDAR

Monday, January 15
5:00 – 7:00 pm

Complimentary Naturopathic Consults

with Dr. Tanner Alden, ND and Dr. Alexandra Power, ND,
Restoration Health Clinic

Choices North Vancouver

Free 15 minute consults, registration required. To register call 604-770-2868.
For more information visit choicesmarkets.com/events.

Tuesday, January 16
7:00 – 8:00 pm

Blood Sugar 101

with Michelle Garland, CNP

Choices Burnaby Marine

Learn how blood sugar impacts the body and strategies to consume less.

Free event. Register online. See top of page 5 for registration information.

Sunday, January 21
1:00 – 2:30 pm

Broth for your Bones

with Chef Scott Nystrom, BA, RHN

Choices Kelowna

Vegans and carnivores unite! Bone up on the healing power of broths while savoring samples and recipes for Vegan Glow Broth and Chicken Bone Broth.

Cost \$10 plus tax. Register and prepay online. See top of page 5 for registration information.



Sunday, January 28
1:00 – 2:00 pm

Stress Less with Breathing Basics

with Shae Savage, Kinesiologist, Creative Movement
Therapist, Yoga Teacher E-RYT 200

Choices South Surrey

Gain a greater understanding of your body and how to increase your energy levels by recalibrating your nervous system and relieving stress.

Cost \$8 plus tax. Register and prepay online. See top of page 5 for registration information.

Everyday Plant Medicine

with Choices Nutritionist

Wednesday, January 10 | 7:00 – 8:00 pm
Choices Kelowna

Thursday, January 18 | 6:30 – 7:30pm
Choices South Surrey

Herbal medicine is still the most widely used type of medicine worldwide. Learn how you can use common medicinal plants to heal everyday ailments of yourself and your family.

Free seminar, registration required. Register online or call 250-862-4864 for Kelowna or 604-541-3902 for South Surrey.



REGISTRATION DETAILS

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

Please note: these seminars and events are for information purposes only. For any health-related seminars or events, no diagnosis or specific treatments will be prescribed.

Thursday, January 18
7:00 – 8:00 pm

Freedom from Disordered Eating

with Dr. Hailey Kanester, ND, Helix Integrative Health

Choices Kelowna

Freedom from disordered eating requires an integrative mind body approach. Dr. Hailey invites you to an overview of key aspects to address and to include in the journey. Friends and family welcome.

Free seminar, registration required. Register online or call 250-862-4864.



Seminars and cooking classes at our Kitsilano store will be on a bit of hiatus this winter as we undergo some much needed renovations. Check back in the Spring when our programming will be back in full swing.

Thursday, February 1
6:30 – 7:30 pm

Turn On the Lights, Turn Off the Pain

with Dr. Jas Nijjer, DC, Solaj Wellness

Choices South Surrey

Learn about how light therapy may be used to eliminate your pain and promote healing for a variety of medical conditions.

Free seminar, register online. See top of page 5 for registration information.



You Can Brew Kombucha

with the Choices Nutrition Team

Thursday, January 18 | 6:30 – 8:00 pm

Choices South Surrey

Monday, January 22 | 6:30 – 8:00 pm

Choices North Vancouver

Wednesday, January 31 | 6:30 – 8:00 pm

Choices Burnaby Marine Way

Join our team of dietitians and nutritionists and learn to make this deliciously fizzy beverage at home. Whether a bucha novice or a seasoned brewer this class is for you – learn everything from brewing basics up to advanced flavouring techniques.

Free events. Register online. See top of page 5 for registration information.

Thursday, February 8
6:30 – 7:30 pm

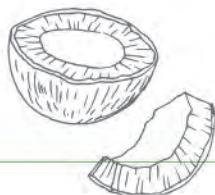
Coconut Quinoa 4 Ways

with Choices Nutritionist D'Arcy Furness, RHN

Choices South Surrey

Join D'Arcy Furness, RHN, in-store to learn how to make delicious coconut quinoa and enjoy it 4 different ways; save time, eat well, be happy!

Cost \$7 plus tax. Register and prepay online. See top of page 5 for registration information



Heal Your Gut for Good

with Irene Humpsletter, Certified Holistic Nutritionist, VITALITY

Tuesday, January 16th | 6:30 – 7:00 pm

Choices Abbotsford

Thursday, January 25 | 7:00 – 8:30 pm

St. Faith's Anglican Church 7284 Cypress St, Vancouver (Across from Choices Kerrisdale)

Do you want to finally enjoy your meals without the bloating and gas, loose that extra weight and have a solid deep sleep every night!

Free event. Register online. See top of page 5 for registration information.

preferred shopper club specials



Liberte Greek Yogurt
Select Varieties



3 49
2 pack or 4 pack

A tantalizing yogurt treat that's rich in protein.

Bakery on Main Gluten Free Granola or Oatmeal



Assorted Varieties

5 99

300g Oatmeal

7 99

340g Granola

Trusted gluten free breakfast meals for your family.

Blue Diamond Almond Breeze Beverage



Assorted Varieties

2 99

946ml Shelf Stable Tetra

Delicious in everything, from cereal to smoothies to baking.

Rolling Meadow Grass Fed Yogurt or Kefir

Assorted Varieties



Canadian grass fed dairy products.

4 49 to 6 99

500g/1L

Terra Breads Premium Granola



Assorted Varieties

7 99

454g

14 99

1Kg

Deliciously crunchy and flavourful granola.

Elias Honey

Assorted Varieties



8 99 to

10 99

500g

Western Canada's finest premium honey since 1972.

Seasnax Seaweed Snacks

Assorted Varieties



1 49 5g

2 29 10g

The uniquely delicious snack that is gluten free and nutrient packed.

Wasa Crispbread

Assorted Varieties



2 99

230g - 275g

The original Scandinavian crispbread, perfect for spreads and toppings.

Celestial Seasonings Herbal Tea



Select Varieties

3 59 to

4 99

16 - 20 Tea Bags

Both relaxing or energizing teas perfect for any time of day.

Kiju Organic Juice

Assorted Varieties



2 99

1L or 4 Pack
+eco fee +deposit

100% organic juices for natural goodness and great taste.

Go Raw Organic Sprouted Snacks

Assorted Varieties



7 49 85g

16 99 to

19 99 454g

Raw, organic and junk-free snacks.

G.H Cretors Organic Popcorn



Select Varieties

3 99

113g-255g

All natural and delicious popcorn treats.

Imagine Organic Soup and Organic Broth



Assorted Varieties

4⁴⁹ to 5⁴⁹ IL

Soups made from real, wholesome ingredients so that you can enjoy the very best.

Simply Natural Organic Salad Dressing



Assorted Varieties

4⁴⁹
354ml

Organic dressings that bring only the finest ingredients to your salad bowl.

Casa Fiesta Mexican Products

Assorted Varieties



Perfect for Taco Tuesday - bring home the fiesta!

1⁴⁹ to 4⁹⁹

Assorted Sizes

Stahlbush Farms Sustainable Frozen Fruit

Assorted Varieties



5⁹⁹
227g - 300g

Smoothies are a great way to get more fruit in your diet. Start with Stahlbush!

Alexia Frozen Potato Products

Assorted Varieties



Get the bold and genuine taste of these delicious potato products right from the freezer section.

3⁴⁹ to 4⁶⁹

340-567g

Nutiva Organic Virgin Coconut Oil



11⁹⁹ 444ml
22⁹⁹ 860ml
37⁹⁹ 1.6L

Keep this nourishing superfood in your pantry. It's great for cooking or baking.

Four O'Clock Medicinal Tea

Assorted Varieties



5⁷⁹
20 Tea Bags

Fight the winter blues with these healthy herbal teas.

La Croix Sparkling Water

Assorted Varieties



.79 355ml
5⁴⁹
8 Pack
+eco fee +deposit

New to Choices!
Tasty and trendy.

NEW TO CHOICES!

Eco Max Biodegradable Natural Dish Liquid

Assorted Varieties



4⁹⁹ 740ml

A variety of plant-based dish washes that cut through tough grease.



HalfPops Crunchy Popcorn

Assorted Varieties

3⁴⁹
128g

New to Choices!
Extra crunchy popcorn in four exciting flavours.

Bragg Organic Apple Cider Vinegar Drinks

Assorted Varieties



3²⁹ 473 ml
+eco fee +deposit

All the health benefits of Apple Cider Vinegar in a tasty drink.

Seventh Generation Bathroom Tissue



4⁴⁹ 4 Roll
9⁹⁹ 12 Roll

Premium recycled bathroom products for sustainable hygiene.

Rethink Your Resolutions



Seek Social Support

For motivation, social support is so important and that's why your in-store nutrition consultant wants to hear from you every week. First, book an in-store consult to narrow down your individualized four habits. Plus, with exclusive access to an online support group moderated by our team of nutritionist and dietitians, you will never be alone. See your in-store nutrition consultant or check online for the list of nutrition expert recommended healthy habits.

Be Accountable

After your initial in-store consult - follow up weekly with your nutrition consultant over the next three weeks to ensure you're on the right track (plus, pick up more recipes). This will keep you accountable and zero out any barriers that get in the way.

Don't Give Up

Set backs are a BIG part of the change process - do not give up but learn from the experience. What was happening for you at the time of the set back? What were the triggers? And most importantly focus on what is working and on your strengths. Then, spend extra time exploring the areas in which expectations have not been met and create a plan for improvement. Try different tools and resources and reach out for support – that's what we're here for.

You're on the right track to building lasting lifestyle changes. It can take 10 weeks to build a habit so continue to focus on your four newfound habits until they become an effortless part of your everyday routine.

How many times have you made News Year's resolutions? How many of those resolutions have you kept to date? Maybe, this year, it's time to rethink your resolutions so they lead to lasting change and to a healthier happier you. Rethink your New Year's resolutions this year by building smarter habits for more sustainable lifestyle change, not quick fixes. Below we outline the keys to making a plan for changes that will actually last:

Be specific

Instead of saying you will eat more fruits and veggies clarify by saying every meal and snack will include a vegetable or that you will have a serving of fruit at breakfast.

Baby steps

Every week master one goal relating to your final wellness goal. For instance, want to work towards eating less animal products? Week one start by drinking your coffee with almond milk.



Need an Incentive? We Challenge You for a Chance to Win!

We're here to help you meet your resolution goals with a great contest. Check the back page for full details!



Are you ready to make small steps towards a healthier, happier you? Contact Jess and Elizabeth at nutrition@choicesmarkets.com to rethink your resolutions and get started on your path to incremental change.

Importance of Breath and your Health

By Shae Savage, B.Kin, Creative Movement Therapist

Q I've heard that breath can be an important part of our health. What makes it so important and what can I do to improve how I breathe?

A There is not one thing that you do in a day that does not require your breath; from every waking moment to all through the night. You are always breathing. Our lung capacity naturally declines with age, starting at age 30. By the age of 50, our lung capacity may be reduced by as much as 50 percent.

This means as we age it becomes harder for your lungs to expand and hold air. When we breathe in less oxygen, our body and cells also receive less oxygen, forcing our heart to work harder to pump oxygen throughout the body.

The heart working overtime long-term can lead to heart complications as extra stress is being placed on it. Earlier symptoms of reduced lung capacity include shortness of breath, decreased stamina and reduced endurance and frequent respiratory infections.

Like any practice breathing is a learned behavior, unlearning years of behavior and mechanical patterns takes practice, patience and dedication. Start by taking a comfortable seated position, on the ground or in a chair. Feet are uncrossed if you are in a chair. Close your eyes and take 5 big sighs. Let go of whatever you were doing before you sat down.

- Place one hand to your belly and one hand to your chest.
- Start to breath normally through your NOSE, observing which hand moves upon your inhalation and exhalation.
- Start to direct more expansion (think fully belly) on your inhalation to have more movement into the lower lungs.
- SLOW the breathing down on both the inhale and exhale by counting the pace of breath (1-2-3-4-5-6)

Continue to relax muscles in the face, neck and chest that have tightened to accommodate this breathing pattern. Breathe here for the length of a song or two. Slowly open your eyes when you are done and notice how you feel.



Learn more with Sage directly with her event at Choices South Surrey, Stress Less with Breathing Basics. See registration info on page 4.

www.shaesavage.com

Refresh Your Fitness Goals

By Choices Nutritionist Sharan Malhi, BA, BSc RHN

When the holidays are over and it's time to get back into real life schedules, it can be a motivating, yet a very daunting time. Dieting and intense calorie- burning workouts become a part of many peoples' New Year resolutions, although they hardly make it past a few weeks.

Take your New Year's lifestyle changes a step further and rethink your workout. Just like dietary goals, take a step back and make changes more manageable. Even small amounts of physical activity can make a big difference and can be a lot less daunting. Pick bits and pieces from the latest fad workout to find what works best for you.

Here are my top tips for making your health goals more enjoyable and less daunting:

1

Challenge the Time

All you need is 15 minutes of moderate to high-intensity exercises to get your heart pumping, muscles moving, and brain amped full of energy again. Remember a little goes a long way.

2

Do it Anywhere, Anytime

All you need is your body, and a great remix. Lunges, squats, push-ups, and planks will do wonders for you in a quick way, within a couple weeks you will be noticeably stronger. Find your flow.

3

Remember to Rest and Refuel

As you sweat it out, putting those nutrients back in can make a world of a difference. Sticking to nutrient dense whole foods help keep cravings away, staying hydrated, resting well, incorporating anti-inflammatory foods like ginger, turmeric and berries helps recovery, and lastly, adding adaptogenic herbs may help balance energy levels and stamina.

Not sure where to get started? Connect with Sharan at yaletownnutrition@choicesmarkets.com



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.

Meet our Meat



Choices Own Turkey:

Organic poultry have a higher standard of living with more space to roam for each bird. Better yet, Choices' Turkey is certified humane! They receive organic feed, and do not receive antibiotics. By cooking the whole bird, the cost is reduced compared to portioned pieces, and portioning yourself is a breeze once it's cooked. Turkey is a good source of immune-strengthening zinc and energizing iron.

Produce Picks



Organic Bananas:

Bananas are anything but basic – this inexpensive and versatile fruit is a great prebiotic food, which helps to feed beneficial bacteria. Rich in folate and potassium, bananas are gentle on a stressed gut and easy to eat even when tummy troubles such as diarrhea strike. Create a one ingredient 'soft serve' by pureeing frozen ripe banana slices.

Deli Delights



Happy Planet Globally Inspired Fresh Soups:

These delicious fresh soups are locally made in Burnaby with ingredients just like you would find in homemade soups. Go beyond boring chicken noddle and try their flavour-packed plant-based varieties like Portuguese Kale and White Bean or Moroccan Chickpea. Packed full of fibre and protein rich legumes these soups are sure to leave you feeling satisfied.

Grocery Gossip



Happy Planet Cream Top Milk:

Milk from local organic, grass fed cows that graze on lush organic pastures during the grazing season and have year-round access to the outdoors. Grass fed dairy has a more balanced omega-3 to omega-6 fatty acid profile compared to grain-fed dairies.



Spread'Em Dips:

Looking for a delicious, nutritious, mind-blowing spread? Well look no further! These fermented, vegan, gluten-free and non-GMO cultured cashew cream-cheese-style spreads and dips are out of this world with ingredients that you will actually recognize. Enjoy as is as a veggie dip, spread on a sandwich or wrap or make into a pasta sauce!



Brew Dr. Kombucha:

The brewers at Brew Dr. really know their tea. Using high quality herbs for flavour, instead of juice, this fizzy fermented tea will make your taste buds happy. Plus with energizing B vitamins, antioxidants and gut-happy probiotics this refreshing beverage should be your go-to when you need an afternoon boost.



Manitoba Harvest Hemp Hearts:

Hemp hearts (a.k.a shelled hemp seeds) are at the heart of all hemp foods! This annual crop has a broad leaf that naturally suppresses weeds, meaning no pesticides or herbicides are needed to successfully grow hemp. Hemp foods are rich in protein, omega-3, omega-6, magnesium, fibre, iron, zinc and phosphorous. Try them in our Tasty Top Choice Recipe!



TASTY TOP CHOICES RECIPE

Courtesy of Manitoba Harvest Hemp Hearts

Hemp Ranch Dressing

1/2 cup Manitoba Harvest Hemp Hearts
1/2 cup filtered water
2 tbsp. lemon juice
1/2 tsp. sea salt
1 tsp. onion powder

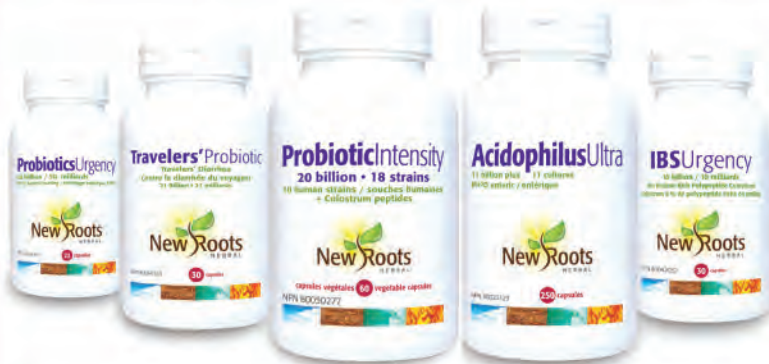
1 tsp. garlic powder
1 Tbsp. parsley
1 Tbsp dill, dried
1/4 tsp. black pepper, freshly cracked

Blend all ingredients until smooth. Adjust salt to taste. Stir or shake before serving!
Refrigerate, covered, for up to 1 week.

wellness centre monthly specials

New Roots Probiotics

15% Off
Regular Retail Assorted Sizes



Our probiotics feature an advanced natural water-based PH5D enteric coating for a 100% survival rate from harsh stomach acids. Our probiotics, all tested in an ISO 17025 lab, will strengthen immune-system performance, normalize bowel function, maximize nutrient absorption, and more.



Organika Chicken and Beef Bone Broth Protein Powder

33⁹⁹
300g

A traditional favourite in an easy to mix and convenient form! Bone Broth, packed with 16 grams of protein, essential minerals such as calcium, magnesium, sodium, potassium and phosphorus is a gut friendly protein source.



MegaFood Vitamins and Supplements

Assorted Varieties

Whole food supplements for active people.

20% Off
Regular Retail Assorted Sizes



Renew Life Cleanses

20% Off
Regular Retail Assorted Sizes

First Cleanse is a 15 day total body herbal cleanse, formulated specifically for the 'first time' or 'sensitive' cleanser. First Cleanse is strong enough to be effective, yet gentle enough ease the body into the process of cleansing and detoxification.



Manitoba Harvest Hemp Seeds

Hemp foods taste great, are easy to use, and nutritious too!

15% Off
Regular Retail Assorted Sizes



SISU Ester-C Supplements

22⁴⁹ 600mg - 120 Capsules
26⁹⁹ 1000 mg - 120 Tablets
28⁹⁹ Supreme - 120 Capsules

Enhanced with citrus bioflavonoids for superior absorption.

SISU Curcumin



29⁹⁹
30 Soft Gels

49⁹⁹
60 Soft Gels

Curcumin has been used for skin and joint health, gastro-intestinal and lung conditions, and neurological conditions.



VegaOne All-In-One Nutritional Shakes

Assorted Varieties

49⁹⁹ 827g-876g

We put the best in so you get the best out. Made from real, whole food, non-GMO ingredients, Vega One is like a serving of "I've totally got this" in a glass. With everything you need, Vega One gives you:

- 20 grams of premium plant-based protein
- 6 servings of greens
- 50% DV food-based vitamins and minerals
- 25% DV fiber
- 1.5 grams of Omega-3s
- Antioxidants
- Probiotics (1 billion CFU)



Prairie Doctor Echinacea

12⁹⁹ 50ml

19⁹⁹ 100ml

17⁹⁹ 50ml throatspray

Now is the time for Prairie Doctor Brand throat spray to naturally soothe scratchy, raw throats. Our unique blend of Certified Organic herbs is instantly effective, soothing, and pleasant tasting.

Wild Rose Herbal Detox Kit



36⁴⁹ 1 kit

Detoxify and feel great in 12 days with Canada's #1 selling detox kit. Easy to follow meal plan included. Join Wild Rose Herbal D-Tox: 12 Day Guided Cleanse on Facebook.



Nanton Rhoziva

27⁹⁹

30 caps

Stressed, Tired or Depressed? Rhoziva - 100% Canadian grown Rhodiola Rosea helps lessen the feelings of stress and mental fatigue, helps fight depression and lessen anxiety.



Enerex Serrapeptase



Reduces pain and inflammation. Benefits arthritis, joint pain, muscle pain and sport injuries.

15% Off Regular Retail Assorted Sizes



FlorEssence

29⁴⁹ 500ml

45⁹⁹ 941ml

The remarkable 8-herb Ojibwa formula, made from burdock root, sheep sorrel, Turkish rhubarb root, slippery elm bark, blessed thistle, red clover, watercress and kelp.



Flora Sambu Guard and Elderberry Concentrate

15% Off Regular Retail

Assorted Sizes

A delicious liquid formula, made with elderberries, elder blossoms, echinacea and vitamin C.



Avalon Organic Bath and Body care products

Gentle yet effective product is made from a carefully selected medley of potent essential oils and fragrant botanicals to cater to a specific skin type or need.

20% Off Regular Retail Assorted Sizes

wellness centre **monthly specials**



My doctor says that my belly fat and skin tags are due to my hormones. What can I do?

Belly fat is a stubborn problem. No end of sit-ups and crunches make it disappear. There is a connection between belly fat and your hormones—and that hormone is insulin. Elevated insulin promotes weight gain, diabetes and excess belly fat. Thankfully, busting belly fat and balancing blood sugar just got easier. The nutrient ChiroSitol found in GLUCOsmart has been researched in over 30 studies at the Virginia Medical School where it was shown to manage blood sugar. GLUCOsmart also enhances our happy hormone serotonin which halts sugar cravings and controls appetite. But where GLUCOsmart really shines is in busting belly fat in both men and women.



52.99
30 vcaps



LORNA'S CORNER
Canada's leading women's natural health expert

hormonehelp.com



Natural Factors PGX

18.99 30pk
57.99 240sg

Leading scientists have discovered that PGX, a novel functional fibre complex developed using the proprietary EnviroSimplex® process, can safely help people balance their blood sugar levels and lose weight.

New Chapter Bone Strength



Provides key nutrients like Vitamin D3.

20% Off
Regular Retail Assorted Sizes



Bio K+ Probiotics

15% Off
Regular Retail Assorted Sizes

Bio-K+ is a clinically proven, high potency, human strain probiotic that helps fight off unwanted bacterial strains to help balance the intestinal flora and fight inflammation. This unique combination of three bacterial strains is Health Canada approved to help fight the unpleasant side effects of antibiotic use. Made in Canada.

New Chapter Fermented Iron Complex



35.99
60 tabs

Fermented iron and supporting nutrients help form red blood cells.

Genuine Health Fermented Organic Gut Superfoods+



47.99
Assorted Sizes

With 22 fully fermented plant-based superfoods and prebiotics to nourish a healthy gut flora.



Nutiva MCT Oil



Assorted Varieties
15% Off
Regular Retail
Assorted Sizes



Great for adding an energy boost to smoothies.

Bontanica Organic Turmeric Golden Mylk



17.99
110grams

A modern take on a traditional ayurvedic beverage. Organic, non-GMO, vegan.

the Dish

On Tahini

Tahini is an unprocessed paste made from sesame seeds. It's extremely popular in Balkan, Middle Eastern, and many other ethnic cuisines. On its own, tahini is used as a spread on breads and pita, or similar baked goods. On top of tahini and bread, you can try drizzling honey, jam or flavoured syrup to make a sweet and savoury treat.



Of course, hummus is the most common place you'll find tahini. Blending chickpeas and tahini with spices creates something rather magical. Hummus has really taken off in recent years as a popular spread, and I can see why. The varieties you can create really show how versatile the spread and dip can be and they're just too many to list here. One of my favourites is our Hemp Hummus that we make in our Choices deli.

Sesame seeds have a high oil content, so they add fat (and therefore flavour) to any food that you add them to. That's why tahini is so useful to emulsify dressings, soups and sauces. Ever heard of tahino soup? If it wasn't obvious, it gets its name from our subject spread. If you've never heard of it, tahino soup is a classic Greek dish that is quick to make, super healthy, and vegan to boot. Tahini is also found in that other popular Mediterranean dip, tzatziki.

So what are some other ways that you can get some more tahini in your life? Why not try drizzling tahini on your favourite squash? Butternut, delicata or spaghetti squash are just a few favourites. Drizzle tahini over the squash and bake it just like you always do. Sautéed or wilted greens get a little more magical when you add tahini. Toss up some kale, collards, Swiss chard or other greens with some tahini, lemon juice and garlic and you have yourself an amazing side dish.



Tahini is a magic sauce that can be used in so many ways. From your appetizers, to soup, to salad dressings, to rice and noodle dishes, to veggies and stir fries with meat, fish or tofu, tahini makes it tasty. It's even good in desserts, like ice creams, bars and squares, and sweet toppings. Not many ingredients can say that, can they?



January is a great time to start making healthy eating choices an important change in your life. Chef Antonio and the Choices deli are here to help out. Check out our deli for all sorts of deliciously healthy options to help you reach your wellness goals.



comments@choicesmarkets.com

/Choices_Markets

/ChoicesMarkets

@ChoicesMarkets

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

Burnaby Marine Way

8620 Glenlyon Pkwy, South Burnaby
778.379.5757

Abbotsford

3033 Immel St, Abbotsford
604.744.3567

North Vancouver

801 Marine Dr, North Vancouver
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

Enter!
to Win

We Challenge You for a Chance to Win a \$100 Choices Gift Card!

Tired of making and breaking your New Year's resolutions? Let Choices team of dietitians and nutritionists help you make lasting changes one small step at a time. Plus, they'll keep you accountable with weekly check-ins.

Here's how it works

- 1 Book a complimentary appointment with your local nutrition consultant and pick 4 new healthy habits
- 2 Check in with your nutrition consultant once a week for four weeks as you incorporate each habit gradually. We'll even give you a coupon to make it that much easier.
- 3 Complete all 4 weeks and be entered into a draw for 1-of-3 \$100 Choices gift cards!
- 4 See page 9 for tips on making your resolutions lasting ones.

