



# CHOICES'

Monthly Newsletter | June 2018

## The Dish on Bell Peppers

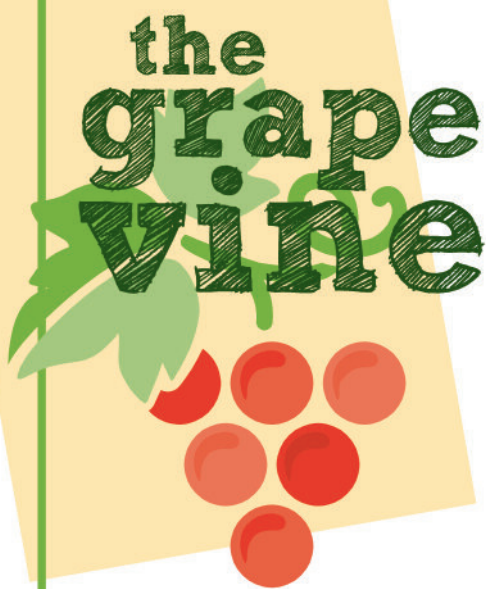
**Tips for Vibrant Skin**

**Improving Joint Pain**

**Support the World Partnership Walk**

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





## Italian Day on the Drive

This year, Choices celebrates Italian Day on the Drive on Sunday, June 10th. Italian Day on the Drive is a vibrant and exciting street festival that respects the heritage of immigrant cultures on Vancouver's Commercial Drive. This fourteen-block street festival is huge and exciting, a true feast for all the senses. Choices will have a tent outside of our Commercial Drive location where we'll be offering up a barbeque with free samples off a freshly cracked open wheel of Italian Parmesan cheese.

## Father's Day



## World

### Partnership Walk

For more than a decade, Choices has been supporting the World Partnership Walk. This national fundraising event aims to eradicate extreme poverty in developing nations, where thousands of people do not have access to clean water, basic education and health care. All of the funds raised through the Walk are invested in sustainable, long-term, community-led projects in the areas of health, education, civil society and rural development. It is a way to offer hope, a hand-up, know-how and support to some of the world's most vulnerable populations. Join the Choices team on Sunday, June 13th in Stanley Park. See more details at [choicesmarkets.com](http://choicesmarkets.com).

#### Correction for our April article:

Traditional Chinese Medicine for Home Cooking. Carrots and Apples are not warming foods. In addition, steaming is a method that increases the warming property of a dish.

On June 17th, it's dad's special day! If you're looking to say thanks with a little special something, Choices has all sorts of stuff to help you. For the grill-master dad, Choices' meat department has all sorts of premium organic cuts of meat, as well as grass-fed beef and oceanwise seafood options. Does dad love to cook with unique ingredients? Why not try specialty oils like walnut, sesame, avocado or flax? Our wellness department is also home to some great men's personal care products, like deodorants and aftershaves made from natural ingredients.

## 20 Years on Cambie Street

In June of 1998, times were a little different than today, but some things haven't changed. Our little store on Cambie and 19th Ave in Vancouver has blossomed in to a real pillar of the community, and we love seeing our regular customers walk through our doors with a smile on their face. We'd like to thank our loyal neighbours for supporting us for the last 20 years and we can't wait to share the next twenty with you. Stay tuned to our social media for more information on how we'll be celebrating this big anniversary.

## COOK IT UP



# Peanut Butter Chocolate Chip Beauty Bites

Courtesy of  
Lorna Vanderhague

**1/2 cup peanut butter**

**1/2 cup raw honey**

**1 teaspoon vanilla extract**

**2 tbs raw cacao powder**

**1/4 cup unsweetened coconut flakes**

**1 1/4 cup quick oats**

**2 scoops Lorna Vanderhaeghe  
BEAUTYsmart Women's Whey with Collagen  
(natural vanilla flavour)**

**1/4 cup chocolate chips (add more if desired)**

Add peanut butter, honey, and vanilla in a bowl and stir

Add cacao powder and mix well

Add unsweetened coconut flakes, quick oats and  
BEAUTYsmart Women's Whey protein powder; mix  
thoroughly

Add in dark chocolate chips and place in freezer for  
approximately 15 minutes

Remove from freezer; take heaping tablespoon and roll  
into balls

Serve immediately; can also be placed in refrigerator or  
freezer to serve later; Enjoy!



## ENTER TO WIN

# An Outdoor Grill

Courtesy of Kettle Brand



One lucky Choices customer will be sure to have a great  
summer once they start cooking on this Weber BBQ.

Approximate value is \$1000.

### Skill Testing Question:

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

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Choices Location: \_\_\_\_\_

Contest open from June 1 to 30, 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. There can be no repeat winners for throughout 2018. Winners must arrange pick up of prize from the Choices Markets location of their convenience.

**KETTLE**  
— BRAND —

# Upcoming Events

MARK YOUR CALENDAR



**Tuesday, June 5, 2018**  
**7:00-8:00 PM**

## The Three Secrets to Stress

with Dr. James Whillans, DC

### Choices Kelowna

Learn about the detrimental effects of stress! Dr. James will share the three secrets of stress and how to ensure it does NOT affect your health.

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

**Wednesday June 20, 2018**  
**6:30-8:00 PM**

## You Can Brew Kombucha

with The Choices Markets Nutrition Team

### Choices South Surrey

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



**Thursday, June 14, 2018**  
**6:30-8:00 PM**

## Finding Your Forever Body

with Kimberley Record, RHN, Body Love Coach and Author of Finding Your Forever Body: A 10-Step Guide to Breaking the Diet Cycle for Good

### Choices South Surrey

There's so much more to maintaining a healthy body than simply willpower. Come find out the 3 keys to setting the foundation for long-term results.

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

## REGISTRATION DETAILS

To register for events, visit [choicesmarkets.com/events](http://choicesmarkets.com/events).  
For inquiries, please call 604.952.2266 or email [eventregistration@choicesmarkets.com](mailto: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, June 7, 2018**  
**6:30-8:00 PM**

## Improve Your Sleep with Bach Flower Remedies

with Heike Walker, Reflexologist & Bach Flower Remedies Practitioner

**Choices South Surrey**

Join Heike to learn about sleep practices and relaxation techniques that help you find better sleep. Get introduced to Dr. Bach's philosophy and the positive effects of the Bach Flower Remedies. Find out how to identify remedies that are relevant for you to improve sleep & find better health and well-being.

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



**Wednesday, June 20, 2018**  
**7:00-8:00 PM**

## The Body Code: How Healthy are YOU?

with John Schlapbach, Certified Body Code Master Practitioner

**Choices Kelowna**

The absence of symptoms does not mean good health! The Body Code is a form of energy work where we access the Mind-Body connection to identify and correct physical and emotional imbalances.

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 as we undergo some much needed renovations. Check our social media for updates as they become available.

**Tuesday, June 12, 2018**  
**7:00-8:00 PM**

## Bone Broth: Your Grandma was a Genius

with Dr. Jennifer Dyck, ND & Dr. Christian Brix, DC

**Choices Kelowna**

Dynamic duo Dr. Jennifer Dyck and Dr. Christian Brix share their knowledge and expertise of making and using bone broth in clinical practice to support digestion, skin, and joint health.

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



# preferred shopper club specials



**Kettle Brand Potato Chips**  
Assorted Varieties



**2<sup>99</sup>**

170g - 220g

That crunch you need in all the flavours you love.

**Ten Acre Popcorn and Crisps**



Assorted Varieties

**2<sup>79</sup>**

80g Popcorn or 135g Crisps

**1<sup>29</sup>**

28g Popcorn

Delightful snacks filled with character that everyone can enjoy.



**Happy Planet Protein Smoothies**

Assorted Varieties

**4<sup>79</sup>**

900ml  
+deposit +eco fee

Perfect for a post-workout refresher.

**Nina Muru Giant Corn Snacks**

Assorted Varieties



**3<sup>99</sup>**

100g

Delicious Andean corn tossed with tasty herbs and spices.

**Choices Gourmet Salsa**

Mild, Medium or Hot



**6<sup>99</sup>**

750ml

Only at Choices! Handcrafted in small batches with local ingredients.

**Boylan Craft Sodas**

Assorted Varieties

**2<sup>29</sup>**

296ml - 355ml

**8<sup>99</sup>**

4 Pack

+deposit +eco fee

Classic soda flavours that harken back to years gone by.

**Wedderspoon Organic Manuka Honey Pops**

Assorted Varieties



**7<sup>49</sup>**

120g

Perfect for a sweet treat or to soothe a sore throat.

**Deebee's Organic Superfruit Freezies**

Assorted Varieties



**6<sup>99</sup>**

12 Pack

100% organic frozen treats with nothing artificial, just goodness.

**Dandies Vegan Gluten Free Marshmallows**

Assorted Varieties



Light and fluffy and perfect over a campfire.

**4<sup>99</sup>**

283g

**Bob's Red Mill Organic Oats**  
Regular, Quick or Thick



**3<sup>99</sup>**

453g

Get the best, award winning oats in the world with Bob's Red Mill.

**Elias Honey**

Assorted Varieties



**12<sup>99</sup> to**

**18<sup>99</sup>**

1 Kg

Locally harvested honey from hard working Western Canadian bees.

**Riviera Petit Pot Goat Yogurt or Organic Yogurt**

Assorted Varieties



**5<sup>49</sup>**

4 Pack

European-style yogurts made in Quebec.



### Chosen Foods Avocado Oil Salad Dressing

Assorted Varieties

**10<sup>99</sup>**

355ml



### Chosen Foods Avocado Oil Mayonnaise

**13<sup>99</sup>**

355ml



### Chosen Foods Avocado Oil

**8<sup>99</sup>**

140ml Spray

**17<sup>99</sup>**

500ml

**24<sup>99</sup>**

750ml

The mission of Chosen Foods is to support true nourishment through the rediscovery and accessibility of real food. Their avocado oil products are healthy nutritious and uniquely delicious.

### Yves Veggie Cuisine Sliced Meat Alternatives



Assorted Varieties

**2<sup>99</sup>**

120g - 165g

### Yves Veggie Cuisine Burger Alternatives

Assorted Varieties



**4<sup>79</sup>**

300g

### Red Duck Foods Gourmet Ketchup & BBQ Sauce



Assorted Varieties

**6<sup>99</sup>**

Ketchup 384g

**9<sup>99</sup>**

BBQ Sauce 482g

These are everyday sauces taken to the next level. Be sure to try them!

### Stahlbush Island Farms Sustainable Frozen Fruits

Assorted Varieties



**5<sup>99</sup>**

227g - 300g

Certified sustainable produce grown on a multi-generational family farm.

### Organic Traditions Sprouted Chia & Flax



**7<sup>49</sup>**

Sprouted Flax

**8<sup>99</sup>**

Chia/Flax

**9<sup>99</sup>**

Chia

Perfect for adding nutrition to smoothies.

### Canyon Bakehouse Gluten Free Frozen Hotdog & Hamburger Buns



**6<sup>99</sup>**

340g-397g

Great tasting gluten free buns made from whole grains that won't fall apart!

### Liberte Yogurt Multipacks Selected Varieties



**3<sup>49</sup>**

2 Pack Crunch or Mediteranee 4 Pack Greek Smooth and delicious grab and go yogurts.

### Spread 'Em Vegan Cashew Dips Assorted Varieties



**6<sup>49</sup> to**

**8<sup>99</sup>**

183g

These dips are so creamy you won't believe they're not dairy based!

### Echoclean Natural Dish Liquid Assorted Varieties



**2<sup>99</sup>**

740ml

Locally made cleaning supplies.

# Skin Food

It's time to take care of our largest organ – our skin! This amazing organ does so much for us: it is our first line of defense against microbes and pollution, it regulates our body temperature, protects us from the sun's potentially cancer-causing ultra violet (UV) rays and it's a great diagnostic tool for overall health. Did you know that how you eat and drink can affect your skin? Here are our top 5 foods for healthy, glowing, and vibrant skin.

## Peppers

Antioxidants, such as vitamins A, C and E, all play a role in reducing the sun's damage to our skin. When we forget to wear sunscreen, the sun's radiation causes oxidative damage to our skin by creating unstable molecules called free radicals. This is where antioxidants come in by disarming these free radicals! Red and green peppers are a great source of vitamin C. Enjoy them roasted on the BBQ or cut up in a beautiful salad.

## Salmon



Eating a diet rich in omega-3 fatty acids, specifically EPA and DHA, can help to reduce overall dryness of the skin. In one study, participants with dermatitis, were given 1.8 g of EPA daily and had significant improvement in their skins itchiness. Besides being a powerful anti-inflammatory nutrient, omega-3s can also protect our skin from sun damage. Salmon and other cold water fish are great sources of omega-3. Nothing says summer on the West Coast quite like grilled sockeye salmon. Instead of BBQing a large filet, portion before grilling for perfectly flaky fish and a quicker cooking time.

## Melons



Melons are a great addition to any picnic lunch! They are over 90% water, making them one of the most hydrating fruits, and are also packed with the vitamins A and C – both powerful antioxidants for healthy skin. Are you crazy for cantaloupe? Dice some up and toss together a delicious salsa fresca to top off a fish taco or add to your homemade pizza.

## Tomatoes



Fresh local tomatoes are in season and full of the antioxidant lycopene. Lycopene is what gives tomatoes their beautiful red colour and has been the star in several studies investigating its protective ability against UV radiation, specifically the topical application of lycopene. Not in the mood to use it topically? That's ok - tomatoes are full of the skin-loving antioxidant vitamin C. Enjoy them simply – slice and serve as a salad with a drizzle of olive oil, salt, pepper and freshly torn basil.



As a Choices Dietitian Jess believes that beautiful glowing skin begins on your plate. Have questions about how to incorporate more skin nourishing food into your diet? Contact Jess at [jpirnak@choicesmarkets.com](mailto:jpirnak@choicesmarkets.com) or visit her in our North Vancouver store.



# Improving Joint Pain with Cold Laser Therapy

By Dr. J.S. Sandhu, DC, Solaj Laser & Wellness Clinic

## Q

**I've heard that Cold Laser Therapy can be great for improving joint pain, how does it work?**

## A

Light therapy is not a new concept. It has been and continues to be used by doctors to treat a wide variety of conditions. For example, light has shown to be effective for treating many skin conditions including psoriasis and acne, depression and even tuberculosis before there were medications. Most people who suffer from arthritis can attest to the fact that their pain usually reduces or even completely subsides during the summer or on a vacation to a sunny destination. Cold Laser Therapy utilizes modern technology to provide our cells with similar energy that we obtain from the sun.

Scientific research conducted over the last few decades has shown that human cells heal better and faster when the right wavelengths of light energy get delivered to them.

Cold Laser Therapy is a breakthrough solution for musculoskeletal pain because it shines a concentrated amount of only helpful wavelengths of light vital for healing (which are in the red and infrared parts of the spectrum) directly on targeted areas. This allows the bones, ligaments, and tissues deep inside our bodies to be exposed to the healthy light that otherwise

cannot reach these areas. By delivering just the helpful parts of the light spectrum, the overall laser light power can be kept at very low and therefore very safe levels, which will not burn or otherwise harm the skin or any other tissues.

Cold Laser Therapy targets injured cells, resulting in elimination and prevention of pain, reduction of inflammation and swelling, and improved range of motion. Laser therapy does not just mask the pain, it actively stimulates healing to resolve musculoskeletal conditions for the long term.



**Dr. J.S. Sandhu has over 18 years of experience as a Doctor of Chiropractic and focuses on triggering the body's natural ability to heal itself. He uses this innovative technology to treat a variety of acute and chronic – often painful – conditions at Solaj Laser & Wellness Clinic, located next to Choices in South Surrey. Visit his clinic website at [www.solaj.ca](http://www.solaj.ca)**

## Tips for Vibrant Skin All Summer Long

By Choices Nutritionist Sharan Malhi, BASc RHN

When you gaze into the mirror, looking beyond your own history of every little thing your skin has endured, it's time for self-love and appreciation. Miraculously, skin regenerates itself approximately every 27 days, inviting repair and nourishment each day.

### 1

#### Antioxidants to Rebuild & Repair

Drink one hefty, hydrating green smoothie daily. Loaded with a variety of antioxidant-rich fruits and vegetables, even nuts and seeds for good fats and essential minerals, it's a fundamental start to help your skin soak up nutrients.

Include vitamin A, C, E-rich serums and oils to your skincare routine. These nutrients rebuild and protect skin from free radical damage externally. Add sea buckthorn, rose hip, or cacay oil, to your nightly routine after a good exfoliation to nourish, tonify, and rejuvenate skin cells.

### 2

#### Collagen Formation

Revvig up your collagen production starts with what you're eating. Food high in amino acids, omega-3s, vitamin C, vitamin A, and anthocyanidins support collagen formation. Add free range eggs, wild salmon, walnuts, cabbage, bone broth, and blueberries to your meals daily.

If you're looking to venture into the supplement world, do your research. Not all collagen peptide proteins are created equal – look for companies that prioritize animal welfare.

### 3

#### Hydrated Skin is Beautiful Skin

Lastly, but most importantly, increase your water intake. Skin cells don't function optimally under dehydrated conditions. Tip: Veggies are a great way to hydrate. Cauliflower is 92 percent water, and cucumber has even more, as well as a dose of vitamin K, which may help reduce broken capillaries.



## 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.

### Bulk Basics



#### Walnuts:

Walnuts are the only nut to contain a significant amount of the plant-based omega-3, alpha-linolenic acid. Besides being a powerful anti-inflammatory nutrient, omega-3 fatty acids also protect our skin from sun damage. One ounce of walnuts also offers 4 grams of protein, 2 grams of fibre, and is a good source of magnesium. Enjoy as a snack, in a salad or granola.



### Produce Picks



#### Non GMO Papaya:

This deliciously sweet fruit not only tastes amazing but it's also a nutrition powerhouse for your skin! Papaya's yellow and red flesh comes from the presence of carotenoids including beta-carotene, which is stored in our skin and can help protect the skin from harmful ultraviolet radiation - helping to prevent sun damage and reduce premature ageing. Papaya is also naturally high in water ensuring your skin remains hydrated. Eat up!



### Naturally Yours



#### Nordic Naturals Omega-3:

Looking for an amazing omega-3 supplement? Look no further! This award winning fish oil is one of a kind with its sustainability practices and superior absorption ability. Nordic Naturals is 70% more absorbable than other fish oil brands who use ethyl esters – ask your wellness consultant for more information!



## Grocery Gossip



### Sea Tangle Kelp Noodles:

Take a slurp of these delicious kelp noodles straight from sunny San Diego and you'll feel like you're actually sitting on the beach in California! Kelp noodles are literally made from kelp, the sea vegetable, making these noodles gluten-free and low in carbohydrates. Plus with their neutral taste you can add them to any dish. See our Tasty Top Choice Recipe for inspiration.



### DeeBee's Organic TeaPops:

Summer heat is just around the corner and what better way to cool off than with an ice cold popsicle. Not just any popsicle, a TeaPop! Using tea as the liquid base instead of water, these gluten-free, dairy-free and non-GMO Teapops are simple, clean and organic – making them a great treat for kids (and adults alike).



### So Nice Organic Almond Beverage:

Enjoy Canada's only organic almond beverage on its own or as a base for any smoothie. Just one serving of So Nice Almond gives you a nice boost of calcium, and vitamins B12, D and E. Make sure you grab the unsweetened organic original for a delicious taste of Spanish almonds without the added sugar.



### TASTY TOP CHOICES RECIPE

#### Kelp Noodle and Vegetable Stir Fry (courtesy of Sea Tangle)

12 ounces Kelp Noodles  
 1/2 cup onion  
 1/2 cup bean sprouts  
 1/2 cup carrots  
 1/2 cup red bell pepper  
 1/2 cup mushrooms

1 tsp garlic, minced  
 1 Tbsp olive oil  
 Tamari or soy sauce, to taste  
 Dash of salt and pepper  
 1/2 cup vegetable broth or water

Sautee the garlic in the olive oil. Add the vegetables and sautee until cooked. Add the rinsed Kelp Noodles along with the soy sauce, and broth and mix. Sautee until the noodles have softened. Add salt and pepper to taste.

# wellness centre **NEW TO CHOICES!**

**Sproos Collagen**



**20% Off**  
Regular Retail

Assorted Sizes

Sproos offers Enhanced collagen supplements to keep you moving, healing, and glowing.

**Garden of Life Organic Digest+ Enzymes**



**32<sup>99</sup>**  
90 tabs

Promotes nutrient absorption and helps digestion after meals.

**withinUs Matcha Misto + Collagen**



**59<sup>99</sup>**  
280g

Approximately 2.5 grams of Premium-Select Grade withinUs TruMarine™ Collagen per scoop (scoop included).

**Zen Sports Spray**



Free Pair of Bamboo Socks, Limited Quantities

**24<sup>99</sup>**  
125mL

A topical, fast acting pain relief spray, plus injury healing support.

**Derma E Essentials Face Care**



Assorted Varieties

These essentials consist of innovative, beauty inspired, forward trending products.

**20% Off**  
Regular Retail

Assorted Sizes

**Sleep Naturally U-Dream**



Full Night or Lite

**14<sup>99</sup>**  
10 caps

Designed to promote restful sleep, combining traditional herbs with state-of-the-art medicine.

**Bach Kids Rescue Remedy**



**12<sup>49</sup>**  
10ml

The Bach Kids remedy is a combination of 5 ingredients to promote calmness, focus, patience, peach and comfort and consolation.

**Gabriel Clean Kids Bath Products**



Assorted Varieties

**24<sup>99</sup>**  
480ml

Carefully crafted natural, non-toxic formulas based on rich ingredients found in nature.

**All Good Sunscreen**



**16<sup>99</sup>**  
89ml

**22<sup>99</sup>**  
177ml

Non-greasy broad spectrum protection with organic calendula.

**Goddess Garden Oil Blends and Aroma Bracelets**



Assorted Varieties

**13<sup>49</sup>**  
3.69ml oil blends

**19<sup>99</sup>**  
bracelets

Boost mood on-the-go.

**Goddess Garden Perfumes**



Assorted Varieties

**19<sup>99</sup>**  
each 9.7ml

Essential oil perfumes with clean ingredients.

**Herban Cowboy Deodorants**



Assorted Varieties

**8<sup>99</sup>**  
80g

No animal ingredients, no phthalate, aluminum and paraben free.

# wellness centre monthly specials

**LORNA**  
vanderhaeghe  
Health Solutions

## Get Rid of Varicose Veins with VEINsmart

May 25<sup>th</sup> – June 3<sup>th</sup>

Varicose veins are lumpy, bulging, bluish veins that appear mainly on the legs. VEINsmart supports vein health and reduces varicose veins. It contains powerful herbs shown to reduce edema and swelling and the feeling of heaviness in the legs, while eliminating hemorrhoids fast. VEINsmart helps to heal leg ulcers, lymphedema, and spider veins.



**25% OFF**



### Organika Maca Products

**20% Off**  
Regular Retail Assorted Sizes

- Balances hormones and promotes mental clarity.
- Increases stamina and athletic performance.
- Supports physical and emotional aspects of sexual health.
- Balances mood and emotional state during menopause.
- Supports healthy bone structure and stress levels.

### Organika Enhanced Relax Collagen



**29<sup>99</sup>**  
250 G

Perfect for a your night time tea to relax and restore.

### New Chapter Herbal Extracts Assorted Varieties



With Nature's Whole Herb you get the plant's medicinal benefits, complete with all of nature's healing wisdom.

**15% Off**  
Regular Retail Assorted Sizes

### Alaffia Shampoo, Conditioner, Bodywash and Lotions.

Assorted Varieties



**14<sup>99</sup>**  
950ml

For every day use on normal to very dry skin.

### Boiron Arnicare

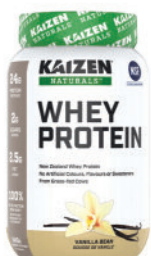


**14<sup>99</sup>**  
Gel or Cream  
70g-75g

**13<sup>49</sup>**  
60 Tablets

Relieves muscle and joint pain, and eases resorption of bruises and inflammatory oedema.

### Kaizen Proteins



**38<sup>99</sup>**  
Vegan Proteins  
840-908g

**31<sup>99</sup>**  
Whey Proteins

Provides a source of essential amino acids for the maintenance of good health.

### Spoonk Acupressure Mats

Assorted Colours



**27<sup>99</sup>**  
Travel Size

**54<sup>99</sup>**  
Full Size

Spoonk products are produced with the highest environmental criteria in mind and they are made with all natural materials.

### Andalou Masks, Sponges & Pod Face Care



Select Varieties

Synergistic, super-powered antioxidant blend that energizes skin's own defense system.

**20% Off**  
Regular Retail Assorted Sizes

# wellness centre monthly specials



Whole Earth & Sea  
Organic Fermented  
Proteins & Greens

**64<sup>99</sup>**

660-710g

A 100% fermented and certified organic formula providing 21g of quality plant protein in every serving.



Whole Earth & Sea Organic  
Fermented Greens

**55<sup>99</sup>**

390-438g

Fermented organic whole foods such as dandelion, cilantro, carrot, kale, and beets are harvested from our own farms and deliver a broad spectrum of phytonutrients.

Salus Red Beet Crystals



**19<sup>99</sup>**

200g

A great addition to smoothies, soup, muesli, and more.

A.Vogel Supplements



Assorted Varieties

Healthy food products and dietary supplements made from organic raw materials.

**20% Off**  
Regular Retail

Assorted Sizes

Natural Factors Probiotics



Assorted Varieties

Probiotic supplementation provides live microorganisms that temporarily modify gut flora.

**15% Off**  
Regular Retail

Assorted Sizes

NutraSea High Potency Fish Oil  
Zesty Lemon



**20% Off**  
Regular Retail

Assorted Sizes

Made from pure, sustainably sourced fish or plant-based ingredients, our NutraSea and NutraVege Omega-3 supplements help boost overall health.

NutraVege Plant Omegas  
Select Varieties



**20% Off**  
Regular Retail

Assorted Sizes

New Roots  
Prostate Perform



**35<sup>99</sup>**

30caps

**64<sup>99</sup>**

60caps

A natural and effective way to improve your prostate health in just 7-10 days.

AOR Advanced  
Magnesium &  
Bone Basics



- Superior Bone and Joint Health Formula.
- Increases calcium absorption.
- Stimulates bone growth.

**20% Off**  
Regular Retail

Assorted Sizes

Ultima Replenisher

Assorted Varieties



Electrolytes plus support minerals that provide complete hydration.

**20% Off**  
Regular Retail

Assorted Sizes

Renew Life Fibre Smart



Assorted Varieties

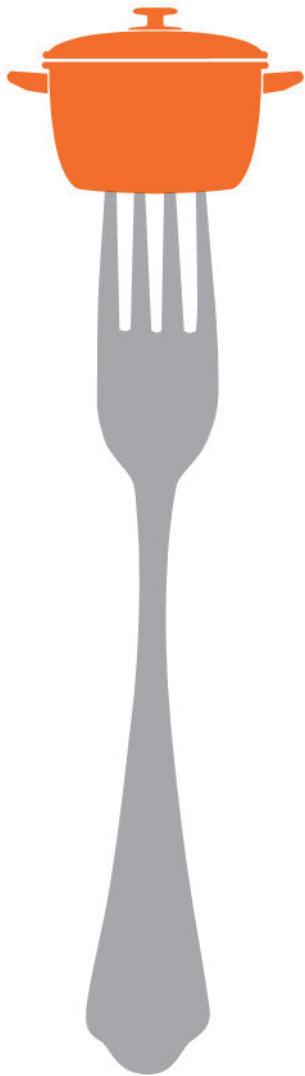
It is not only a source of dietary fibre, but a complete digestive care formula.

**20% Off**  
Regular Retail

Assorted Sizes

# the Dish

## On Bell Peppers



**T**he capsicum (aka pepper) family first came to popularity after the expeditions to North and South America in the 1500's. From there it propagated all over the world. There are hundreds, if not thousands, of pepper varieties worldwide, all featuring different sizes, shapes and heat levels. To keep this article from going on forever, we'll just focus on your everyday sweet bell pepper today.



Most commonly found in green, yellow, orange and red varieties, bell peppers can be spotted in a multitude of other varieties in summer months. Head down to your local farmers market and you'll see peppers that are purple, brown, pale yellow or even striped. Most green peppers are actually just red peppers that haven't fully matured. As a result they're often less sweet than their more brightly coloured friends, but still perform great in a multitude of dishes. Though technically a fruit, treat peppers more like a vegetable when choosing for your dinner. They should be consumed as fresh as possible and are best when firm, smooth and plump.

Raw, peppers are amazing. A perfect finger food for your favourite dips or chopped into salads for a bright, crunchy taste. A pepper slice on a bruschetta

with a company of other summer vegetables makes for a great appetizer. Can you imagine a Greek salad without peppers? It's simply not the same. On the cooked front, peppers are simply unreplaceable. Fresh fajitas or Asian stir fry's are just two classic dishes that just don't work without peppers. Pepper dishes can be found from the Far East all the way to the heart of the Mediterranean.

Let's not forget how great pepper is in marinades for meat and fish, or how about a delicious vegan roast pepper soup? Ratatouille and caponata are two similar dishes that also feature peppers. Stuffed peppers are a thing of beauty, perfectly portioned as a single serving. Depending on what you choose to stuff them with, they can be a complete meal in a gorgeous package. Let's not forget how essential peppers are to curries, pastas and rice dishes.

Peppers are also great as a preserve. Pickling peppers, roasted or raw, in brine or oil, will give you a shot of much needed summer colour during the monochromatic winter months. Peppers are also underrated as a jam or jelly, and pepper chutney on a samosa is a special thing. Peppers are so versatile I could write a cookbook just featuring this wonderful vegetable.

Let me share with you a special recipe inherited from my maternal grandmother's kitchen. Roast summer plump peppers on a BBQ or under the broiler whole, until all the skin is completely charred. Place them in a bowl while still hot, cover with a plate or baking sheet, so the heat can't escape, and let them sit for 20-30 minutes. Peel off the pepper skin and remove the seeds, then cut into strips and dress with a small amount of fresh garlic, lemon juice, extra virgin olive oil, a touch of dry oregano or fresh basil, and salt and pepper. Even though labour intense, once you experience this beauty you'll crave it forever.



**There's nothing a chef loves more than fresh summer produce, and Chef Antonio is no exception. That's why we always carry the freshest local fruits and vegetables in our produce department. It's part of our commitment to quality that our customers rely on.**



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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

### 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 CO<sub>2</sub>

Smog: 5 kg NO<sub>x</sub>

**Energy:** 23 GJ

Results based on the Rolland Environmental Calculator

## COOK IT UP



# Key Lime Shrimp Tacos

Courtesy of Courtesy of Frontera

**2 Tbsp cooking oil**

**1 Small onion**

**1 Medium Chili Pepper**

**450 g Oceanwise shrimp**

**1 Package Frontera Key Lime Shrimp Taco Sauce**

Heat 1 Tbsp oil in a non-stick skillet over high heat. Add 1 small onion and 1 medium sized, medium heat chili pepper, thinly sliced. Cook, stirring until tender, about 4 minutes. Remove from heat and set aside cooked vegetables.

Add 1 Tbsp oil to skillet. Add 450g medium sized shrimp, peeled and deveined: cook and stir over high heat until opaque, 2 to 4 minutes. Remove to plate.

Heat Frontera Key Lime Shrimp Taco Sauce in skillet. Add shrimp and vegetables, then stir until heated. Serve in warm tortillas with cilantro.

