

## Grocery Delivery Services in Winnipeg



Here are some of the locations in Winnipeg that will delivery groceries to your home. There are different ways that you can order your groceries for delivery, including:

- **Phone-in Order** - You call the store; list grocery items over the phone and the store will shop for you and deliver the items to your home.
- **Shop-in Order** - You go the store, select, and pay for the groceries and the store will deliver them to your home later that day.
- **Pick-up Service** - You call the store, list grocery items over the phone and the store will get the items ready for you so that you can pick them up.
- **Online Shopping** - You order your groceries over the Internet from a store website and your groceries may be delivered or picked up.
- **Customer Pick-up** - The store will pick you up at home and drive you to the store so you can shop, then give you a ride home when you are done.

**When using any delivery service make sure to verify the delivery fees, times and general information as stores may modify their services from what is listed below.**

Please note: The following companies are not necessarily endorsed by your Occupational Therapist. This is not an exhaustive list.

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### **Downtown/Central Winnipeg**

#### **Food Fare - 905 Portage Ave.**

Phone: 204-987-8844

Delivery: Call order before 11am for same day delivery, Monday-Friday; delivery fees may apply

#### **Food Fare - 115 Maryland St.**

Phone: 204-772-1250; Email: ff17@shawbiz.ca

Delivery: Call order before 11am for same day delivery, Monday-Friday; delivery fees may apply

#### **Downtown Family Foods - 1-120 Donald Street**

Phone: 204-947-6645

Delivery: Order groceries online; no minimum order. Delivery fees range from \$4-\$12 depending on distance and driving time.

**Pal's Supermarket – 619 Broadway**

Phone: 204-783-7468

Delivery: Delivery available; place order over telephone; delivery fees apply

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**South Winnipeg****Dakota Family Foods - 1099 St. Mary's Road**

Phone: 204-255-6129

Delivery: Fees start at \$9. Call in order Monday-Friday, excluding holidays

**Lilac Food Fare - 247 Lilac Street**

Phone: 204-475-6638

Delivery: Call order before 11am for same day delivery, Monday-Friday; delivery fees may apply

**Save on Foods - 410-400 North Town Road**

Phone: 204-452-0241

Delivery: Order can be made online. Minimum \$40 purchase for grocery delivery; delivery fees apply (\$4-95-\$12.95); Free delivery for purchases greater than \$100

Website: <https://www.saveonfoods.com/>

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**West Winnipeg****Food Fare - 839 Cavalier Dr.**

Phone: 204-889-8892

Delivery: Call order before 11am for same day delivery, Monday-Friday; delivery fees may apply

**Family Foods - 1881 Portage Ave.**

Phone: 204- 988-4810, ext. 2

Delivery: Please contact store for delivery fees.

**Food Fare - 2285 Portage Ave.**

Phone: 204-885-2381

Delivery: Call order before 11am for same day delivery, Monday-Friday; delivery fees may apply

**Save on Foods - 850 St. James St.**

Phone: 204-783-9036

Delivery: Order can be made online. Minimum \$40 purchase for grocery delivery; delivery fees apply (\$4-95-\$12.95); Free delivery for purchases greater than \$100

Website: <https://www.saveonfoods.com/>

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## North/North-East/North-West Winnipeg

### **Watt Street Family Foods - 724 Watt. St.**

Phone: 204-668-2269

Delivery: Minimum \$50 purchase for grocery delivery with \$5 delivery fee; Delivery on Tuesdays only

### **Sun Valley Fine Foods - 1529 Gateway Road**

Phone: 204-669-6469

Delivery: Delivery is available; phone in order. Delivery fees may apply

### **Pal's Supermarket - 855 McGregor**

Phone: 204-338-0266

Delivery: Delivery available; place order online or via telephone; delivery fees apply



### **Cantor's Grocery and Meats - 1445 Logan Ave.**

Phone: (204) 774-1679

Delivery: Minimum order of \$50 - \$7 delivery fee within catchment, plus \$2 fuel surcharge; \$9.95 outside catchment area, plus \$4 fuel surcharge; delivery available outside Winnipeg – please contact for delivery fees.

### **Save on Foods - 1399 McPhillips St.**

Phone: 204-334-1012

Delivery: Order can be made online. Minimum \$40 purchase for grocery delivery; delivery fees apply (\$4-95-\$12.95); Free delivery for purchases greater than \$100

Website: <https://www.saveonfoods.com/>

## Other

### **Superstore - “Click and Collect” (all locations)**

Shop for groceries online at [www.shop.superstore.ca](http://www.shop.superstore.ca), select desired time for grocery pick-up; groceries will be delivered to your car in Superstore parking lot.

### **Wal-Mart (all locations)**

Shop for groceries online at [www.walmart.ca/en/grocery/N-117](http://www.walmart.ca/en/grocery/N-117), select desired time for grocery pick-up; groceries will be delivered to your car in Wal-Mart parking lot.

### **Fresh Option Organic Delivery - <https://www.freshoption.ca/>**

1338 Clifton Street

Phone: 204-772-1479

Note: Fresh Option is not set up as a retail location. The Fresh Option warehouse is located 1 block west of Erin St. and south of Notre Dame. This is where you can get pick-up orders.