

# Shopping for Bulk Foods

Depending on the average meals served per day, adequate storage space available, and current time spent grocery shopping, buying larger quantities of foods may be ideal for the Congregate Meal Program site.

## What to Look For:

### 1. Unit Price

- Unit price is the price per gram (ounce) or per kilogram (pound). Most stores display unit prices on shelf labels above or below the item.
- This allows for comparison between different brands and products.

### 2. Alternative Brands

- Always look for store brands or no name brands as these foods are usually cheaper to purchase instead of name brands like Kraft or General Mills.
- Often these items are not at “eye-level” on the shelf as name brands usually are.

### 3. Expiry Date

- Check to make sure the food does not expire before the planned date of use to avoid extra food costs.

*Planning the menu in advance (monthly) makes it easier to know which food items to purchase in large quantities.*

## Foods Suitable to Buy in Bulk:

- **Canned goods** – fruits, vegetables, lentils, pasta sauces, pie fillings, etc.
- **Dried goods** – flour, sugar, spices, coffee, spices and seasonings, etc.
- **Condiments** – salad dressings, sauces, oils, etc.
- **Frozen foods** – meats, fruits, vegetables, etc.

*Fresh produce may be suitable to buy in large quantities depending on the number of meals served per day, refrigerator/storage space, and expected date of use.*

## Best Locations in Winnipeg:

- **Real Canadian Wholesale Club** – 1725 Ellice Avenue (204) 775-8280
- **Costco** – 1315 St. James Street (204) 977-3935  
2365 McGillivray Blvd (204) 487-5100  
1499 Regent Avenue W (204) 654-4214
- **Sobeys - Winnipeg Cash & Carry** – 840 Dufferin Avenue (204) 586-7819
- **Superstore** –  
80 Bison Drive (204) 275-4118                      1035 Gateway Rd (204) 987-7534  
550 Kenaston Blvd (204) 488-5800              2132 McPhillips Street (204) 631-6250  
3193 Portage Avenue (204) 831-3528            1578 Regent Avenue West (204) 654-5500  
1385 Sargent Avenue (204) 784-7901            215 St Anne's Rd. (204) 258-2402