

For Your Information #5: *Grocery & Meal Programs*



SOUTH WINNIPEG SENIORS RESOURCE COUNCIL

**An information and referral hub
connecting older adults with community resources**

www.swsrc.ca

The Complete FYI Series

FYI #1 Home & Yard Support

FYI #2 Health & Personal Care

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Grocery Delivery Only

You must go to the store and do your own shopping.

Canada Safeway Ltd.

www.safeway.ca

655 Osborne Street

204-475-0793

- Available Monday to Friday before 2pm.
- Available Saturday before 1pm.
- Cost: \$8. for the first 10 bags.

3900 Grant Avenue

204-837-5339

- Available Monday to Friday 7am to 4pm.
- Available Saturday 7am to 2pm.
- Cost: \$10.

2025 Corydon Avenue

204-489-6498

- Available Monday to Friday before 4pm.
- Available Saturday before 2pm.
- Cost: \$10.

Red River Co-op

www.rrcoop.com

1120 Grant Avenue

204-452-7178

- Available Monday to Friday before 4pm.
- Available Saturday before 2pm.
- Cost: \$8.

Grocery Shop and Delivery

Place an order by phone or online
and they will shop and deliver for you.

Downtown Family Foods

www.winnipeggrocery.com

120 Donald Street

204-947-6645

- Available Monday to Saturday.
- Will take phone orders before 11am for same-day delivery.
- Cost: \$9 city-wide.

FoodFare

www.foodfare.com

115 Maryland Street

204-772-1250

247 Lilac Street

204-475-6638

- Available Monday to Friday.
- Must place order between 9am and 11am to be delivered the same day (12pm to 2pm).
- Cost: between \$9-20, depending on location.

G.J. Andrews Food and Wine

www.gjandrews.ca

384 Academy Road

204-487-7300

- Available Monday to Saturday.
- Will take phone orders before 2pm for same-day delivery.
- Cost: \$12.99, depending on location.

Grocery Shop and Delivery (cont.)

Save on Foods

204-783-9036

www.saveonfoods.com

- On-line delivery service only.
- Must sign up for a "More Rewards" card.
- Available Monday to Saturday 7am to 10pm.
- Cost: \$12.-\$13.75 (varies by time slot).

Meal and Grocery Assistance Services

Good Neighbours Active Living Centre

204-806-1303

www.gnalc.ca

- Good Neighbours Active Living Centre can provide names of individuals within your community who are able to do various jobs, such as shopping for groceries, preparing meals and much more.
- Rates are arranged by specific job between service provider and client directly.

Heart & Home: Errand Services

204-417-9396

www.heartandhomeservices.com

- Offer a wide array of errand services including grocery pick-up and meal preparation.
- Available in Charleswood, Westwood, St. James, West End, River heights, Wolseley, Downtown, Osborne, and Tuxedo
- Cost: \$30/hour.
- Minimum one hour booking.

Meal and Grocery Assistance Services (cont.)

Healthy Seniors at Home: Dietitian Services **204 471-4777**

<https://.healthy-seniors-at-home-dietitian-services.business.site>

- In-home nutrition services by a Registered Dietitian.
- Services include: Full nutrition assessment and nutrition care plan, follow-up appointments, and therapeutic meal plans.

Home Instead Senior Care **204-953-3720**

www.homeinstead.ca/3021

- Can prepare meals as a part of home care.
- Minimum 3hrs per visit, at least 2 visits per week.
- Cost: \$25.hour

Houseworks, Chores and More **204-237-7866**

www.houseworkschores.ca

- Can help with groceries, meal preparation, house cleaning, and other errands.
- Must book for a minimum of two hours.
- Cost: \$20 - \$30 hourly, dependent on type of service.

Reliable Home Care Agency **204-415-3471**

www.reliablehomecare.ca

- Upon request, caregiver can prepare meals in your own home.
- All foods can be frozen or ready to use on a daily basis.
- Call for pricing and more information.

Your Basic Needs and More **204-791-8816**

- Provides assistance with grocery shopping, meal preparation and more.

Meal Alternatives

Meals on Wheels

204-956-7711

www.mealswinnipeg.com

- A non-profit United Way agency that delivers nutritious meals between 11am and 1pm, Monday to Friday.
- Cost: Meals range from \$4 to \$11.95.
- No delivery fee.
- A non-refundable deposit of \$25 is required which consists of a commitment to purchase 10 hot meals.

Winnipeg Harvest

204-982-3660

www.winnipegharvest.org

1085 Winnipeg Ave

- Food assistance line helps people in accessing food as soon as possible as close to home as possible.
- Phone to book an appointment to pick up food from one of Harvest's food banks.

Food for Thought

204-772-3663

www.foodforthoughtcatering.ca

840 Erin Street

- Home-style fresh/frozen meals & catering delivered citywide.
- Can accommodate diabetic, vegan, low fat, low sodium, gluten free and lactose free diets.
- Available Monday to Friday from 8am to 6pm.
- Minimum order for delivery is \$30.
- Cost: \$7.99 per delivery.

Meal Alternatives (cont.)

Harman's Meal Service

204-233-5005

www.harmanmealsservice.com

857 Sargent Ave

- Monday to Friday city-wide service for meals delivery.
- Delivery time dependent upon area.
- Cost: \$8.50 per meal including delivery.

Les Filles Cuisine

204-254-1935

www.lesfilles.ca

996 St Mary's Road

- Delivery service of low sodium home-cooked frozen meals.
- Direct billing to Veteran's Affairs and Blue Cross is available.
- Available Monday to Friday from 10am to 5pm.
- Cost: frozen meals available for \$7.25 each.
- Cost: delivery is \$10.50.

Prairie Box

204-488-9927

www.prairiebox.com

1549 Grant Avenue

- Meal subscription service that delivers Sundays 11am to 4pm and Mondays 9am to 12pm.
- Must place order by Thursday before 5pm.
- Made with natural and local ingredients.
- Menu changes weekly.
- Costs:
 - Regular meals are \$9.99 each.
 - \$13.99 for low carbohydrate meals.
 - Delivery fee is \$7.

Meal Alternatives (cont.)

Supper Central

204-290-0909

www.suppercentral.ca

300-2355 McGillivray Boulevard

- In store or delivery.
- Available Monday to Friday, order must be placed before noon for same-day delivery.
- Direct billing available for some service providers.
- Costs:
 - \$8.25 for each individual meal.
 - \$58.89 for seven day packs.
 - \$10 delivery fee.

Congregate Meal Programs

Congregate meal programs offer older adults the opportunity to enjoy nutritious, affordable meals in a social setting.

Bethel Place

204-284-3762

www.bethelplace.ca

445 Stafford Street

- Meals are available Monday to Friday from 11:30am to 1pm for lunch and Tuesday and Thursday at 5pm for supper.
- Same day registration required for supper only.
- Costs: \$8.50 for lunch and \$11 for dinner.

Congregate Meal Programs (cont.)

Delmar Meal Program

204-269-6322

100/110 Adamar Road

- Noon meal available Monday, Wednesday and Friday.
- Cost: \$6.50 per meal.
- Call ahead to attend.

Nassau House

204 452-8758

64 Nassau Avenue

- Dinner (5pm) available Monday, Wednesday and Friday.
- Cost: \$7 per meal.
- Call ahead to attend.

Villa Cabrini

204-284-2880

www.villacabrini.ca

433 River Avenue

- Meals available Monday to Friday.
- Lunch:
 - 11am to 2pm.
 - includes a soup and sandwich made to order.
- Dinner:
 - sign up must be made by 11am.
 - 5pm.
 - includes a starter, entrée, dessert, and coffee or tea.
- Cost: \$5 for lunch and \$11 for dinner.

SENIORS RESOURCE FINDERS

(formerly Community Resource Councils)

Information and Referral Hub

Living Well
at
55+

1. St. James Assiniboia Area - Seniors Resource Coordinator	204-987-8850 ext. 108
2. Assiniboine South Area - Seniors Resource Coordinator	204-478-6169
3. Fort Garry Area - Seniors Resource Coordinator	204-792-1913
4.* St. Vital Area - Seniors Resource Coordinator For service in French see number 13	204-254-1010 ext. 217
5.* St. Boniface Area - Seniors Resource Coordinator For service in French see number 13	204-254-1010 ext. 217
6. Transcona Area - Seniors Resource Coordinator	204-222-9879
7. River East Area - Seniors Resource Coordinator	204-667-6812
8. Seven Oaks Area - Seniors Resource Coordinator	204-612-3888
9. Keewatin/Inkster Area - Seniors Resource Coordinator	204-774-3085
10. Point Douglas Area - Seniors Resource Coordinator	204-792-2920
11. East Downtown Area - Seniors Resource Coordinator	204-803-8329
11. West Downtown/Broadway Area - Seniors Resource Coordinator	204-772-3533
12. River Heights Area - Seniors Resource Coordinator	204-478-6169
13.* Conseil des francophones 55+ - serves the French speaking population of Winnipeg	204-793-1054
14.**Middlechurch Home of Winnipeg - serves West St. Paul and East St. Paul	204-336-4126

Seniors Resource Finders (SRF) help link and refer older adults 55+ to community supports, programs and services. Services vary from community to community based on identified needs; however, some common services are:

- E.R.I.K. (Emergency Response Information Kit)
- Escorted transportation and other transportation options
- Yard and home maintenance referral program
- Networking and community outreach
- Congregate meal programs
- Educational materials and community presentations



Winnipeg Regional
Health Authority
Caring for now!!

Différents réseaux de
santé à Winnipeg
À l'écoute de nos soins



Who we are:

South Winnipeg Seniors Resource Council (SWSRC) is a non-profit information and referral hub connecting older adults with community resources to assist them in daily living.

Who we serve:

- Adults 55+ living in accommodations ranging from private dwellings to personal care homes
- Families, friends and caregivers of older adults

Where we serve:

In the communities of Charleswood, Crescentwood, Fort Rouge, Lord Roberts, Osborne Village, River Heights, Riverview and Tuxedo.

Contact Us:

117 – One Morley Ave, Winnipeg, MB R2L 2P4
204-478-6169 resources@swsrc.ca

***** Disclaimer *****

Information in the FYI Brochure is for reference purposes only and is an exhaustive list of services available.

SWSRC does not take responsibility for the services provided.