

## Individual items available to order:

2% milk, 2 L	\$3.20
Fat free yogurt, 12x100 gm (variety pack)	\$6.30
Cheddar cheese, 200 gm	\$3.40
Margarine, non-hydrogenated, 454 gm	\$2.30
Whole wheat bread, 1 loaf	\$1.90
Pasta, small shells, 500 gm	\$2.30
White rice, 900 gm	\$3.00
Instant Oatmeal, variety pack	\$3.40
Quick cooking oats, 1 kg	\$3.05
Cheerios, 400 gm	\$3.90
Raisin Bran, 475 gm	\$4.25
Kellogs, variety pack (8 boxes)	\$4.75
Soda Crackers, unsalted tops, 450 gm	\$2.80
Eggs, 1 dozen	\$2.15
Top dogs, singles, 375 gm	\$4.30
Peanut butter, natural, smooth, 500 gm	\$2.90
Italian salad dressing, 475 ml	\$3.00
Thousand island dressing, (fat free), 475 ml	\$3.00
Salad dressing, whipped, 475 ml	\$2.80
Soy sauce, less sodium, 296 ml	\$2.25
Mrs. Dash, 24 single portions	\$2.00
Strawberry spread, no sugar, 250 ml	\$2.80
Fruitful 3 berry spread, 500 ml	\$3.00
Ketchup, 1 L	\$2.55
Tea, orange pekoe, black, 96 gm	\$3.40
Coffee, medium roast, ground, 300 gm	\$2.30
Coffee, decaffeinated, ground, 326 gm	\$4.25
Bottled Water, 500 ml	\$0.75
Meal replacement drinks, (strawberry, chocolate, vanilla), 375 ml	\$1.50

**Substitutions may occur without notice based on product availability. Every effort will be made to provide a similar product.**

## How do I place an order?

Call Edmonton Meals on Wheels at  
780-429-2020

If you are not a current Meals on Wheels client, you will be asked a few questions to be sure you qualify for the program. Please inquire if you would like to know which week from the package rotation you are ordering.

**There is a minimum order of \$15. There is a \$5 service fee added to each order.**

**Grocery orders are placed weekly for delivery the following Thursday.** Inquires about the program can be made at any time.

**Grocery orders must be pre-paid.** Credit cards are accepted by phone. Cash, debit, money order or cheques are accepted in person.

**Groceries are delivered by a Meals on Wheels volunteer.** You must be home to receive your grocery order or make other arrangements with Meals on Wheels

### Edmonton Meals on Wheels

11111 103 AVE NW

Edmonton, AB T5K 2P1

Phone: 780-429-2020

Fax: 780-424-5561

[www.mealsonwheelsedmonton.org](http://www.mealsonwheelsedmonton.org)



## THE GROCERY BAG™

Edmonton Meals on Wheels has a new program to help get groceries to people who cannot shop on their own.

### Who can use the program?

The Grocery Bag™ is open to anyone who:

- Is not physically able to grocery shop; OR
- Has difficulty getting to a grocery store; OR
- Has limited help with shopping; OR
- Is already a Meals on Wheels client.

The program may also be used by families who are providing assistance to a loved one or individuals who are recovering from hospitalization or illness. You may use the program for a short time or long term. Our goal is to provide the service to as many people as we can. If you are able to grocery shop, we encourage you to do so. If you only require help in the winter when weather, sidewalk or road conditions are a concern, you may use the program at that time.

## What foods can I get from The Grocery Bag™?

The Grocery Bag™ offers a wide variety of foods chosen to provide a healthy diet based on Canada's Food Guide. Most canned food items and fresh produce are grouped as packages that can be ordered

**Grocery Bag 1:** Canned vegetables

**Grocery Bag 2:** Canned fruit and juice

**Grocery Bag 3:** Fresh fruit

**Grocery Bag 4:** Fresh vegetables

**Grocery Bag 5:** Canned meats and alternatives

The items included in the packages are changed weekly. You may order as many packages as you need.

Some individual items that can be added to your order are also available.



Package	Week 1	Week 2	Week 3	Week 4
<b>Grocery Bag 1</b> Canned vegetables <b>\$5 per package</b>	Peas, no salt Cream style corn Whole potatoes Whole baby beets Tomatoes, diced, no salt	Mixed vegetables Wax Beans, no salt Whole potatoes Stewed tomatoes Peas and carrots	Green Beans, no salt Whole baby beets Whole potatoes Cream style corn Tomatoes, diced, no salt	Peas and carrots Wax beans, no salt Whole potatoes Italian stewed tomatoes French cut green beans, seasoned
<b>Grocery Bag 2</b> Canned fruit and fruit juice <b>\$4.50 per package</b>	Pears in juice Fruit cocktail in juice Mandarin oranges in juice 100% unsweetened apple juice	Peaches in juice Tropical fruit salad in syrup Crushed pineapple in juice 100% unsweetened orange juice	Fruit cocktail in juice Mandarin oranges in juice Apricots in juice 100% unsweetened apple juice	Applesauce, unsweetened Peaches, sliced in juice Pineapple tidbits in juice 100% unsweetened orange juice
<b>Grocery Bag 3</b> Fresh Fruit <b>\$5 per package</b>	A variety of fresh fruit such as apples, oranges, pears, grapes, bananas, in season fruit such as berries, peaches, apricots, nectarines, melons. <i>Example order: 3 bananas, 2 oranges, 2 apples, 2 pears</i> <b>Please note: grapefruit will not be included in the fruit orders.</b>			
<b>Grocery Bag 4</b> Fresh vegetables <b>\$5 per package</b>	A variety of fresh vegetables such as carrots, potatoes, onions, broccoli, cauliflower, lettuce, bagged salad, tomatoes, cucumber, etc. <i>Example order: 3 carrots, 1 tomato, ½ cauliflower, 2 potatoes, 1 onion.</i>			
<b>Grocery Bag 5</b> Meat and alternatives <b>\$6.50 per package</b>	Beans with pork and molasses Tuna, solid white, low sodium Catelli pasta meat sauce Beef stew	Salmon, pink Beef ravioli Pea soup Chicken Stew	Beans in Tomato sauce Tuna, white, low sodium Irish Stew Minestrone soup	Salmon, pink Meatballs in Gravy Flakes of turkey Macaroni and cheese

Please note that the above items are sold as packages. Individual preferences cannot be accommodated. Items offered in the packages may change without notice. **Save-On-Foods** is a valued sponsor of the program. Their Western Family brand is our choice brand offered in the program. If a Western Family product is not available, another brand is substituted.