

# THE GROCERY BAG™

*“The convenience of a corner store delivered to your door!”*

Edmonton Meals on Wheels Grocery Bag will help to get basic 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 and cannot shop on their own.

The program may be used by families who are providing assistance to a loved one or individuals who are recovering from hospitalization, illness or injury. Anyone who is a current MOW client may also access the program.

If you are able to grocery shop, we encourage you to do so. If you require help in the winter when weather, sidewalk or road conditions are a concern, you may use this program.

## How do I place an order?

To place an order, call Meals on Wheels at 780-429-2020. Grocery orders are placed until Tuesday at noon for delivery on Thursday. Inquiries about the program can be made at any time.

The Grocery Bag™ offers a wide variety of foods chosen to provide a healthy diet based on Canada's Food Guide. Produce is available as Grocery Bag™ packages. Each package includes an assortment of either vegetables or fruit for one or two people.

There is a minimum order of \$15 for all clients. There is a \$5 service fee added to each order. Meals on Wheels clients who receive meal delivery 5 days a week, are not charged a service fee.

Grocery orders must be pre-paid. Credit cards are accepted by phone. Cash, debit, money order, or cheques are accepted in person at the Edmonton Meals on Wheels office during regular business hours. (Monday-Friday 8:00 am – 3:00 pm).

Groceries are delivered by Meals on Wheels volunteers. Someone must be home to receive the grocery order or other arrangements can be made with Meals on Wheels.

Edmonton Meals on Wheels

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Edmonton, AB T5K 2P1

Phone: 780-429-2020

Fax: 780-424-5561

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

*The Grocery Bag program is possible due to the generous support of Save On Foods- Jasper Avenue location. The Western Family brand of products is the preferred product for the grocery bag program.*

<b>Canned Vegetables</b>		<b>Meat and Alternatives– Canned or Frozen</b>	
Peas, no salt added, 398 ml	\$0.95	Frozen Mini Meatloaf (4x113 gm loaves)	\$8.00
Mixed Vegetables, 398 ml	\$0.95	Canned Salmon, 213 gm	\$1.50
Green Beans, no salt added, 398 ml	\$0.95	Canned tuna, flaked, low sodium, 170 gm	\$1.40
Kernal Corn, 398 ml	\$1.20	Canned beans in tomato sauce, 398 ml	\$0.75
Stewed Tomatoes, 398 ml	\$0.95	<b>Canned Soups</b>	
Diced Tomatoes, no salt added, 398 ml	\$0.95	Campbells Mushroom Soup (284 ml)	\$0.95
Mushrooms, stems and pieces 284 ml	\$1.35	Campbells Tomato Soup (284 ml)	\$0.95
Whole Potatoes, 540 ml	\$1.10	Pea Soup, 540 ml	\$1.30
<b>Canned Fruit and Juices</b>		<i>See frozen menu for more soups</i>	
Pear halves, in juice, 398 ml	\$1.40	<b>Spices and Condiments</b>	
Fruit Cocktail, in juice, 398 ml	\$1.20	Emporia Chilli Powder (109 gm)	\$4.40
Peaches, sliced, in juice, 398 ml	\$1.10	Emporia Italian Seasoning (47 gm)	\$3.55
Pineapple, crushed, in juice, 398 ml	\$0.85	Emporia Salt & Pepper (2 pack, 155 gm)	\$1.70
Applesauce, unsweetened, 398 ml	\$1.20	Sugar, Rogers (1 kg)	\$2.40
Orange Juice, unsweetened, 1 L	\$1.50	Ketchup (375 ml)	\$2.15
Apple Juice, unsweetened, 1 L	\$1.20	Mustard (250 ml)	\$1.50
<b>Cereals &amp; Grains</b>		Sweet Green Relish (375 ml)	\$1.70
Cheerios (400 gm)	\$3.90	Soy Sauce, less sodium (296 ml)	\$2.25
Kellogs, variety pack (8 boxes)	\$4.75	<b>Jams, Spreads &amp; Peanut Butter</b>	
Raisin Bran (475 gm)	\$4.25	Peanut Butter, natural, smooth (500 gm)	\$2.90
Sunnyboy cereal (907 gm)	\$3.25	Strawberry spread, no sugar (250 ml)	\$2.80
Instant Oatmeal, variety pack (428 gm)	\$3.40	Fruitful 3 Berry Spread (500 ml)	\$3.00
Quick cooking oats (1 kg)	\$3.05	<b>Beverages</b>	
Pasta, small shells (500 gm)	\$2.30	Coffee, decaffeinated, ground (326 gm)	\$4.25
White rice (900 gm)	\$3.00	Coffee, medium roast, ground (300 gm)	\$2.30
<b>Bread, Buns and Crackers</b>		Instant coffee ( 100 gm)	\$3.10
Italian Style Jumbo Buns (8)	\$3.25	Tea, orange pekoe, black (96 gm)	\$3.40
Whole wheat bread (1 loaf)	\$1.90	Low calorie drink mix – assorted flavors (2 boxes for \$3.50)	\$3.50
Sesame wheat crackers (225 gm)	\$2.55	Meal replacement drinks; strawberry, chocolate, or vanilla (375 ml)	\$1.50
Soda crackers, unsalted tops (450 gm)	\$2.80	<b>Desserts</b>	
<b>Meat – Fresh</b> (*Note: weight is approximate and may vary depending on store prices).		Kellogs Nutrigrain Bars, apple, 8/pack	\$4.15
*Lean Ground Beef – approx 250 gm	\$2.50	Dare Digestives with oat bran, 350 gm	\$2.90
*Outside Round Roast – approx 750 gm	\$7.00	Low Fat Chocolate Pudding – 4 x 99 gm	\$1.65
*Chicken Breast – approx 454 gm	\$7.00	<b>Fresh Produce</b>	
*Pork Chop – approx. 2/ pack	\$3.50	Fresh Fruit Grocery Bag – a variety of fresh fruit such as apples, oranges, bananas and seasonal fruit. NO GRAPEFRUIT.	\$5.00
Schneider's Heritage 1890, sliced, baked ham (125 gm)	\$3.25	Fresh Vegetable Grocery Bag – a variety of fresh vegetables such as carrots, potato, onion, lettuce, broccoli, etc.	\$5.00
Bacon, regular, sliced 375 gm	\$3.90	<b>Cleaning/Kitchen/ Bathroom Supplies</b>	
<b>Dairy and Eggs</b>		Glass Cleaner, 950 ml	\$3.50
2 % milk (2 L)	\$3.20	Lemon Creme Cleanser, 500 ml	\$2.50
Skim Milk (2 L)	\$3.20	Liquid laundry detergent, concentrate, 2.95 L	\$12.30
Cheddar Cheese (200 gm)	\$3.40	Comet, 400 gm	\$1.30
Margarine, non-hydrogenated (454 gm)	\$2.30	Paper Towels – 2 pack	\$2.60
Fat Free Yogurt variety pack (12x100gm)	\$6.30	Dishwashing liquid – lemon, 950 ml	\$2.60
Eggs (1 dozen)	\$2.15	Plastic Wrap – 30 m	\$1.75
<b>Salad Dressing</b>		Aluminum foil – 25 feet	\$2.60
Italian Salad dressing (475 ml)	\$3.00	Colgate toothpaste – regular, 130 ml	\$2.10
Ranch Dressing, Kraft (250 ml)	\$2.55	Ivory soap bars – 6 x 90 gm	\$3.00
Thousand Island Dressing, Kraft (475 ml)	\$3.00	Soft toilet paper – 8/pack	\$6.15
Salad dressing, whipped (475 ml)	\$2.80	Facial tissue – 3 pack	\$4.80