



Grocery Delivery Services in Winnipeg

Here are some of the locations in Winnipeg that will delivery groceries to your home. 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 or the WRHA. This is not an exhaustive list.

Downtown/Central Winnipeg

Food Fare – 905 Portage Ave. <https://foodfare.com/>

Phone: 204-987-8844

Delivery: Call order before 11am for same day delivery. Mon/Wed/Thurs/Fri/Sat

Food Fare – 115 Maryland St. <https://foodfare.com/> Email: ff17@shawbiz.ca

Phone: 204-772-1250

Delivery: Call order before 11am for same day delivery. Mon – Fri

Downtown Family Foods – 1-120 Donald Street <http://familyfoods.ca/>

Phone: 204-947-6645

Delivery: Order has to be placed day before. Mon – Fri

Pal's Supermarket – 619 Broadway <https://palssupermarket.com/>

Phone: 204-783-7468

Delivery: Call order before 3:00pm for same day delivery. Mon – Sun

South Winnipeg

Dakota Family Foods – 1099 St. Mary's Road <https://dakotafamilyfoods.com/>

Phone: 204-255-6129

Delivery: Call order before 11am for same day delivery, Mon – Fri

Lilac Food Fare – 247 Lilac Street <https://foodfare.com/>

Phone: 204-475-6638

Delivery: Call order before 11am for same day delivery, Mon – Fri

Save on Foods – 410-400 North Town Road <https://www.saveonfoods.com/>

Phone: 204-452-0241 (orders only online)

Delivery: Minimum order of \$40. Call order before 11am for same day delivery. Mon – Sun

West Winnipeg

Food Fare – 839 Cavalier Dr. <https://foodfare.com/>

Phone: 204-889-8892

Delivery: Call order before 11am for same day delivery, Mon – Sun

Family Foods – 1881 Portage Ave. <http://familyfoods.ca/>

Phone: 204- 988-4810, ext. 2 (for delivery on Saturday order has to be placed online)

Delivery: Call order before 11am for same day delivery, Mon – Sat

Food Fare – 2285 Portage Ave. <https://foodfare.com/>

Phone: 204-885-2381

Delivery: Call order before 11am for same day delivery, Mon – Fri

Save on Foods – 850 St. James St. <https://www.saveonfoods.com/>

Phone: 204-783-9036 (orders only online)

Delivery: Minimum order of \$40. Call order before 11am for same day delivery. Mon – Sun

North/North-East/North-West Winnipeg

Watt Street Family Foods – 724 Watt. St. <http://familyfoods.ca/>

Phone: 204-668-2269

Delivery: Minimum order of \$50. Call order before 10am for same day delivery. Tues only

Cantor's Quality Meats & Groceries – 1445 Logan Ave. <https://cantorsmeats.com/>

Phone: 204-774-1679

Delivery: Minimum order of \$50. Order has to be placed day before. Mon – Sat

Save on Foods – 1399 McPhilips St. <https://www.saveonfoods.com/>

Phone: 204-334-1012 (No phone-in orders, online orders only)

Delivery: Minimum order of \$40. Call order before 11am for same day delivery. Mon – Sun

Other

Instacart – www.instacart.ca

The service allows customers to order groceries from participating retailers online with the shopping and delivery being completed by a “personal shopper”.

Curbside Delivery at most major grocery stores such as Superstore, No Frills, Walmart, Sobeys, Safeway – Shop for groceries online, pick a desired pick up time and your order will be delivered to your car in a designated space in the parking lot. (curbside pickup)

Fresh Option Organic Delivery – 1338 Clifton Street <https://www.freshoption.ca/>

Phone: 204-772-1479

Delivery: Minimum order of \$75, Order has to be placed by noon the day before, Tues/Wed/Thurs