



Discount Groceries

May 2022

H&W Produce - 'Spend Less for Fresh'

Edmonton family-owned operation sources much of its produce locally and sells it for a discount. They charge for bags so bring your own. Eleven items go on sale weekly: handwproduce.com

Five Locations:

Hours: Monday to Saturdays - 9 a.m. to 8 p.m. and Sunday - 10 a.m. to 6 pm.

Capilano

Address: 6120 Terrace Road

Phone: 780.485.2018

North East (Clareview)

Address: 14083 Victoria Trail

North Central (Kensington)

Address: 12510 132 Avenue

South (Mill Woods)

Address: 31, 9261 34 Avenue

West End [Terra Losa]

Address: 17220 95 Ave

Edmonton Potato Growers

Offers 50 lb. bag of potatoes for \$10. Pay with cash, debit, or credit card.

Address: 12220 170 Street

Phone: 780.447.1860

Hours: Monday to Friday - 7 a.m. to 3:30 p.m. (closed from 11:30 a.m. to 12 p.m.)

Fatimas Fruit & Vegetables

Large selection of fruits and vegetables at reduced prices.

Address: 11809 66 Street

Phone: 780.761.0415

Hours: Monday to Saturday - 9 a.m. to 6:30 p.m. Sunday - 10:00 a.m. to 5:00 p.m.



Discount Grocery Services

Most major grocery stores have their own online flyers that you can find on their websites. These services compile many of those flyers into one location.

Flipp.com

Flipp.com compiles flyers from several different grocery providers. The app is available for both Apple and Android devices.

www.flipp.com/flyers

Flashfood App

Browse discounts at Loblaws, Superstore, No Frills, and Wholesale Club locations for food nearing its best before date that is still perfectly edible. You can buy these items directly from the app and pick them up in store. The app is available on both Apple and Android devices.

www.flashfood.com/