



Discount Groceries

April 2024

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:

<https://handwproduce.com/>

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

Five Locations:

Capilano

Address: 6120 Terrace Road

Phone: 780.485.2018 NW

North East (Clareview)

Address: 14083 Victoria Trail NW

North Central (Kensington)

Address: 12510 132 Avenue NW

South (Mill Woods)

Address: 31, 9261 34 Avenue NW

West End (Terra Losa)

Address: 17220 95 Ave NW

Edmonton Potato Growers

Offers 50 lb. bag of potatoes for \$15. Supply is limited, call to confirm availability.

Address: 12220 170 Street NW

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.)

WECAN Food Basket Society

The WECAN Food Basket operates by buying in bulk and passing the savings on to its members. As a member you may select between produce, meat, and non-pork meat orders. A food basket can contain as few or as many meat and produce orders as your household needs. Membership is \$5 annually. A meat order is \$20 and a produce order is \$15. Orders are picked up on the third week of the month at pop-up locations.

Address: 12122 68 Street

Office Hours: Wednesday – Friday; 9:00 a.m. – 2:00 p.m.

Phone: 780.413.4525

<https://wecanfood.com/>



Discount Food Apps

Try these free apps to reduce your food costs.

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/

Too Good to Go

There is surplus food waiting to be rescued. Once registered, users can choose from their favourite local shops and restaurants to pick up meals and ingredients at 1/3 the normal price. The app is available on both Apple and Android devices.

<https://www.toogoodtogo.com/en-ca/user>

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