

FOOD PROCUREMENT IN NORTHERN MANITOBA

Our hope is that this information will be a helpful resource for schools in their food procurement efforts. This fact sheet highlights efficient and cost effective options for purchasing food in the geographic area of interest.

DATA IS BASED ON REPORTS FROM FLIN FLON SCHOOL DIVISION, FRONTIER SCHOOL DIVISION, KELSEY SCHOOL DIVISION, MYSTERY LAKE SCHOOL DISTRICT, OPASKWAYAK EDUCATIONAL AUTHORITY, SAYISI DENE FIRST NATION, SHAMATTAWA EDUCATION AUTHORITY, TATASKWEYAK EDUCATION AUTHORITY, AND WUSKWI SIPIHK EDUCATION AUTHORITY

Popular Stores and Distributors

The most frequented grocery stores by schools in Northern Manitoba are as follows:

- Co-op
- Northern Store
- Costco
- Safeway
- Extra Foods
- Walmart
- Family Foods

Distributors used throughout the region include:

- Arctic Beverage
- R A Distributing Ltd.
- Ernie's Wholesale
- Sysco
- Pratt's Wholesale
- Wholesale Club

Discounts Available

Discounts may be available at the following stores. Please contact your local store for further information.

- Co-op
- Eddie's Family Foods
- The Grub Box
 - \$600 minimum purchase
- Harris Meats & Groceries Ltd. (Winnipeg)
- IGA
- Northern Store

Delivery Options

- Arctic Beverages
- Harris Meats & Groceries Ltd.
 - Willing to arrange delivery for fly-in communities at a fee.
- Pratt's Wholesale
 - Organized through a third-party for Northern locations. \$600 minimum + fuel surcharges and freight charges. Representatives in Flin Flon and Thompson.
- R A Distributing Ltd.
 - Located in Thompson, ship to many Northern locations and willing to organize delivery to fly-in communities. Fees may apply.
- Sysco
 - Fuel surcharge. Sysco North delivers to road access communities, willing to arrange shipping to fly-in communities. Fees may apply.

Delivery availability and associated fees may be dependent on your location.

Delivery may also be available through local or chain grocery stores in your area.

Grocery delivery to Northern or remote areas may be organized through third-party delivery services such as Gardewine or Perimeter Cargo.

Please refer to the "Food Procurement in Winnipeg" fact sheet if you shop in Winnipeg

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HELPFUL TIPS



Online shopping through distributors: Pratt's Wholesale, Sysco, Wholesale Club

Distributors with no minimum purchase quantities: Sysco, Harris Meats & Groceries Ltd., Sobeys Wholesale, Wholesale Club

Pratt's Wholesale has a chef that can work with schools to come up with cost-effective food options and assist with ordering. They also have computer programs that tell you what to order & associated prices when you enter a recipe.

Some schools have partnered with local hospitals to purchase food through their supplier. This can increase variety and may help save costs.

Partnering with other local schools in purchasing food may be helpful for remote communities. For example, take turns shopping in the city so you do not need to make the trip as often.

<https://flipp.com/> and <https://www.reebee.com/> are websites that allow you to view all active flyers within your postal code, and results can be refined by items of interest (ex: cheese)

It is worth connecting with managers at the stores and distributors you shop with to see if there are any discounts available to schools participating in meal and snack programs or if they would be willing to waive convenience, delivery or other fees.

PAYMENT OPTIONS



Charge accounts are offered at the following stores and distributors:

- Arctic Beverages
 - Co-op
 - Ernie's Wholesale
 - Family Foods
 - The Grub Box
 - IGA
 - Midway Foods Ltd.
 - Northern Store
 - R A Distributors Ltd.
- Autodebit:
- Pratt's Wholesale
 - Sysco

The information provided in this resource is not exhaustive and may differ on a store-by-store basis. This is simply intended as a tool to help reveal purchasing options that may be available within your geographical area.

If any of the information contained in this document is incorrect, please contact us at info@childnutritioncouncil.com