

Newcomer Traditional Food

It can be hard to find traditional food in Winnipeg. These foods are important for good health, cultural traditions and building community. We hope this guide will help all community members find healthy foods from around the world!

Success Stories

Originally from El Salvador, Sarah Esperanza's path to selling food in Winnipeg was unconventional. "It all started with 100 pounds of pinto beans," she says. "Soon, people started asking when we [would] be bringing more." Today, Sarah's market is one of the specialty stores in Winnipeg offering products from Latin America.
- Sarah Esperanza, El Izalco



The Wong family's hard work provides for more than just their own family, but also the community at large who seek traditional foods. "We started our business 35 years ago to provide foods for other newcomers like us from Southeast Asia. We're growing with the community and today we also carry traditional foods from all over the world from places such as Africa, the Caribbean, and Latin America."
- Vivienne Wong May, Dong Thai Ltd.



Yusuf opened the first Halal store in Winnipeg over 30 years ago. He now sells a wide variety of specialty Middle Eastern and Mediterranean food products, and Yusuf is proud to serve the entire Winnipeg community. Welcoming everyone to his store, he says "it is not only for Muslims – there is stuff for everybody here."
- Yusuf Abdulrehman, Halal Meat Centre and Specialty Food



Common Newcomer Food Questions



Food Matters Manitoba
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**We believe everyone
deserves good food.
Join us!**

www.foodmattersmanitoba.ca

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Where to Buy Newcomer Traditional Foods in Winnipeg

African

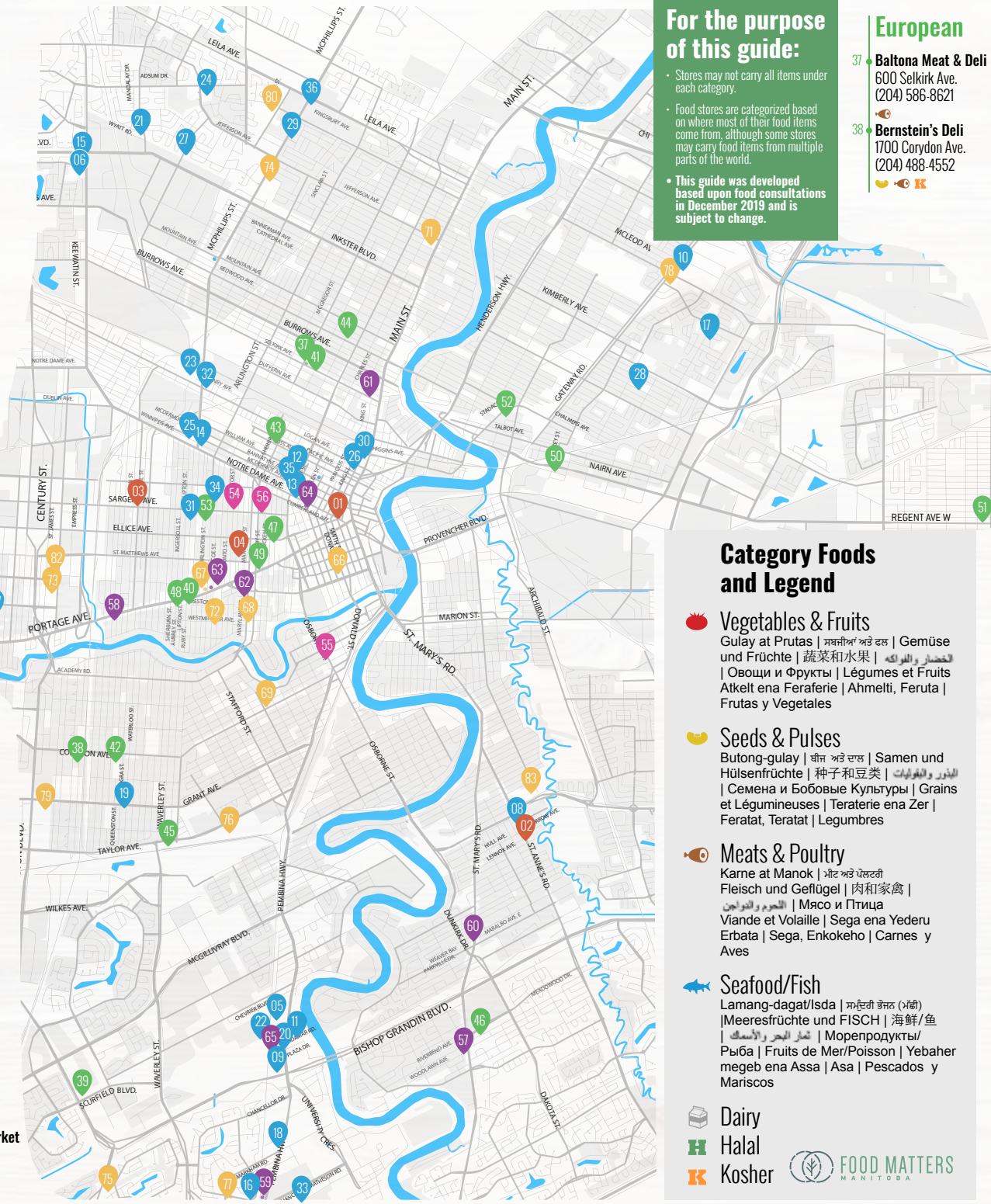
- 01 **African Foods General Wholesale**
245 Notre Dame Ave.
(204) 414-9226
- 02 **African Foodways Market**
1A-282 St. Anne's Rd.
(204) 253-4455
- 03 **Akin's International Food**
550 Sargent Ave.
(204) 779-8666
- 04 **Selam Grocery**
714 Elice Ave.
(204) 772-2662
- 11 **Didar Grocery Mart**
1-110 Adamar Rd.
(204) 275-6060
- 12 **Dino's Grocery Mart**
84 Isabel St.
(204) 942-1526
- 13 **Dong Thai Ltd.**
459 Notre Dame Ave.
(204) 943-9868
- 14 **Fong Yinh Trading**
19 McPhillips St.
(204) 772-1602
- 15 **Gill's Supermarket**
7-1030 Keewatin St.
(204) 697-3800
- 16 **Gill's Supermarket**
22-2855 Pembina Hwy.
(204) 615-3800
- 17 **Guru Nanak East Indian Grocery Store**
1-933 McLeod Ave.
(204) 615-4878

- 24 **Lucky Supermarket**
1303 Jefferson Ave.
(204) 285-8011
- 25 **Lucky Supermarket**
1051 Winnipeg Ave.
(204) 272-8011
- 26 **Oriental Market**
268 King St.
(204) 943-4103
- 27 **Punjab Grocery and Convenience**
668 Sheppard St.
(204) 633-5372
- 28 **Sahib Foods**
104-1100 Concordia Ave.
(204) 414-4709
- 29 **S-Mart (Punjabi Grocery)**
1099 Kingsbury Ave.
(204) 887-1000

Asian (South, East, South East)

- 05 **88 Mart**
101-1855 Pembina Hwy.
(204) 414-9188
- 06 **A2Z Super Mart**
998 Keewatin St.
(204) 632-9050
- 07 **Airang Oriental Food Mart**
1799 Portage Ave.
(204) 831-1212
- 08 **Bharat Grocery**
3-280 St. Anne's Rd.
(204) 253-5988
- 09 **Daily Food Oriental Supermarket**
17-2077 Pembina Hwy.
(204) 416-8288
- 10 **Didar Asian Supermarket**
8-1115 Gateway Rd.
(204) 663-8700
- 18 **Handy Food Store**
G-230 Dalhousie St.
(204) 275-1395
- 19 **Hyundai Mart**
1543 Grant Ave.
(204) 489-5023
- 20 **India Spice House + Video**
3-1875 Pembina Hwy.
(204) 261-3636
- 21 **India Spice House + Video**
66 Mandalay Dr.
(204) 261-4600
- 22 **ING Supermarket**
1873 Pembina Hwy.
(204) 269-4444
- 23 **Japanese Groceries from Japanese Community Assoc. of MB (JCAM)**
180 McPhillips St.
(204) 774-5909

- 30 **Sun Wah Supermarket**
303 King St.
(204) 944-9162
- 31 **Tindahan Food Mart**
906 Sargent Ave.
(204) 783-3946
- 32 **Water Plant**
305 McPhillips St.
(204) 775-6328
- 33 **Wenkai Garden Fresh**
2247 Pembina Hwy.
(204) 269-9182
- 34 **Young's Supermarket**
1000 McPhillips St.
(204) 957-1088
- 35 **Young's Trading**
397 William Ave.
(204) 957-0230
- 36 **Seafood City Supermarket**
307-2311 McPhillips St.
(204) 202-8404



For the purpose of this guide:

- Stores may not carry all items under each category.
- Food stores are categorized based on where most of their food items come from, although some stores may carry food items from multiple parts of the world.
- This guide was developed based upon food consultations in December 2019 and is subject to change.

European

- 37 **Baltona Meat & Deli**
600 Selkirk Ave.
(204) 586-8621
- 38 **Bernstein's Deli**
1700 Corydon Ave.
(204) 488-4552

Category Foods and Legend

Vegetables & Fruits
Gulay at Prutas | सब्जीय अउं फल | Gemüse und Früchte | الخضار والفاكهة | Овощи и Фрукты | Légumes et Fruits | Atkət ena Feraterie | Ahmetli, Feruta | Frutas y Vegetales

Seeds & Pulses
Butong-gulay | बीज अउं दाल | Samen und Hülsenfrüchte | 种子和豆类 | البذور والبقوليات | Семена и Бобовые Культуры | Grains et Légumineuses | Teraterie ena Zer | Feratat, Teratat | Legumbres

Meats & Poultry
Karne at Manok | ڪارن اउं پٽلڙي | Fleisch und Geflügel | 肉和家禽 | اللحم والدواجن | Viande et Volaille | Segə ena Yederu Erbata | Segə, Enkokeho | Carnes y Aves

Seafood/Fish
Lamang-dagat/Isda | ڪاٺيڙي ڀانڱن (ڀانڱي) | Meeresfrüchte und FISCH | 海鮮/鱼 | سمور السمك | Морепродукты/Рыба | Fruits de Mer/Poisson | Yebaher megeb ena Assa | Asa | Pescados y Mariscos

- Dairy
- Halal
- Kosher



- 39 **Calabria Market and Wine**
139 Scurliff Blvd.
(204) 487-1700
- 40 **De Luca's Specialty Food**
950 Portage Ave.
(204) 774-7617
- 41 **European Meats**
533 Burrows Ave.
(204) 586-2728
- 42 **Greek Market**
1440 Corydon Ave.
(204) 488-6161
- 43 **Harris Meats and Groceries Inc.**
1840 Arlington St.
(204) 339-8406
- 44 **Karpaty Meats & Deli**
536 Bannerman Ave.
(204) 586-1395
- 45 **La Grotta Mediterranean Market**
1360 Taylor Ave.
(204) 982-9461
- 46 **Lvov Euro Food Corner**
58-140 Meadowood Dr.
(204) 783-8777
- 47 **Ninho De Portugal**
920 Sherbrook St.
(204) 772-9378
- 48 **Portuguese Meat & Sausage Deli**
1032 Portage Ave.
(204) 775-5023
- 49 **Russian Deli Market**
643 Portage Ave.
(204) 774-1041
- 50 **Sausage Makers**
Delicatessen Meat Market
630 Nairn Ave.
(204) 667-2981
- 51 **Seval's Ukrainian Deli**
126 Victoria Ave. W
(204) 224-4900
- 52 **Tasse's Balkan Foods**
185 Stadacona St.
(204) 663-1445
- 53 **Viena Do Castelo**
857 Sargent Ave.
(204) 415-4615

- 54 **El Izalco Market**
696 Sargent Ave.
(204) 779-7092
- 55 **Latinos Market Osborne**
173 Osborne St.
(204) 691-3998
- 56 **Mercadito Latino**
570-C Sargent Ave.
(204) 415-2870

Middle Eastern

- 57 **Aisham Food Market**
1574 St. Mary's Rd.
(204) 416-2901
- 58 **Blady Market**
1324 Portage Ave.
(204) 615-2994
- 59 **Everyday Grocery**
501-2945 Pembina Hwy.
(204) 415-5979
- 60 **Grocery Bazar**
1052 St. Mary's Rd.
(204) 219-4711
- 61 **Gunn's Bakery**
247 Selkirk Ave.
(204) 582-2364
- 62 **Halal Meat Centre**
206 Maryland St.
(204) 774-8095
- 63 **Makka Halal Meat & Grocery**
861 Portage Ave.
(204) 783-2990
- 64 **Millad's Supermarket**
396 Notre Dame Ave.
(204) 947-9558
- 65 **Tehran Market**
88-1875 Pembina Hwy.
(204) 783-4726

Supermarket Chains

- 66 **Family Foods - Downtown**
1-120 Donald St.
(204) 947-6645
- 67 **Food Fare**
905 Portage Ave.
(204) 987-8849

- 68 **Food Fare**
115 Maryland St.
(204) 772-1250
- 69 **Food Fare**
247 Lilac St.
(204) 475-6638
- 70 **Food Fare**
839 Cavalier Dr.
(204) 889-8892
- 71 **IGA Main**
1650 Main St.
(204) 339-0231
- 72 **Organic Planet Worker Co-Op**
877 Westminster Ave.
(204) 772-8771
- 73 **Save-on-Foods**
850 St. James St.
(204) 783-9036
- 74 **Save-on-Foods**
1399 McPhillips St.
(204) 334-1012
- 75 **Save-on-Foods**
400 North Town Rd.
(204) 452-0241
- 76 **Sobey's**
1150 Taylor Ave.
(204) 474-1610
- 77 **Superstore**
80 Bison Dr.
(204) 275-4118
- 78 **Superstore**
1035 Gateway Rd.
(204) 987-7534
- 79 **Superstore**
550 Kenaston Blvd.
(204) 488-5800
- 80 **Superstore**
2132 McPhillips St.
(204) 631-6250
- 81 **Superstore**
3193 Portage Ave.
(204) 831-3528
- 82 **Superstore**
1385 Sargent Ave.
(204) 784-7901
- 83 **Superstore**
215 St. Anne's Rd.
(204) 258-2402