

Buying Local Manitoba Products



Manitoba grows, raises and produces many local products. The following is a sample of just a few that are available in March and where you can find them in Winnipeg. Visit www.gov.mb.ca/agriculture/food/buymanitoba.html for information on local Manitoba products and where you can buy them.

Item	Product	Where to find them
Beef	Manitoba Beef Interlake Packers Beef – quarters and cuts Smith's Quality Meat Products – beef, veal Triple C Beef Products	www.manitobabeef.com (free home delivery) Broadway Family Foods, Cantors Meat, Hoffmans, Lake Manitoba Convenience Store, Portage Ave. Family Foods, Riverton Co-op, Roblin's Choice, Scott's Super A, The Forks Meat Market Sobeys, Safeway, Food Fare, Super A Bernstein's Meat & Deli
Bison	Bison Spirit Ranch (ground bison, patties, rib-eye, New York & sirloin steaks, sausage, jerky) Overby Natural Bison Meat Smith's Quality Meat Products – bison	Crampton's Market Frigs' Natural Market Sobeys, Safeway, Food Fare, Super A
Cheese	Bothwell Cheese Lucerne Cheese Products Oak Island Acres Goat Dairy products	Vic's Fruit Market, Miller's Super Valu Meats, Food Fare, Safeway, Sobeys, De Luca's Specialty Foods, The Bay Food Mart (downtown), Carver's Knife, Calabria Market Pizzeria & Wine Store, Organza Market, La Grotta, Roblin Choice Meats Safeway Colefield's, Organza Market, Vita Health, House of Nutrition, Deluca's Fine Foods, Blue Earth Organics, Eat It Organic Delivery & Market, Crampton's Market
Elk	Stonewood (ground elk, hamburger patties, limited meat cut selection, smoked products and meat cuts)	Carver's Knife, Organza Market, Vita Health Stores, Miller's Super Value Meats, Forks Market
Eggs	Burnbrae Farms Eggs (Nature Eggs, Naturegg Omega 3) Countryside Farms (Countryside Farms Eggs, Gold Egg, Vita Egg) Nature's Farm (Vita-Eggs, Original Omega 3 Free Run Vita-Eggs, Organic Eggs)	Safeway, Superstore, Costco, Sobeys, IGA Costco, Wal-Mart, Shoppers Drug Mart, Sobeys, Food Fare Sobeys, Safeway, Vic's Fruit Market, Federated Market Place

Fish	Freshwater Fish Marketing Corporation (Freshwater Baby Pickerel, Freshwater Lake Whitefish fillets, Freshwater Pike, Freshwater Whole Whitefish)	Sobeys, Price Choppers, Safeway, Superstore, Extra Foods, IGA, Costco, Mariner Neptune, Independent Fish
Honey	Sunshine Valley Brand Honey Bruegemann Organic Farms Honey FortWhyte Farms Honey John Russell Honey (different sources, flavoured)	Safeway, Federated Co-ops, Sobeys De Luca's Specialty Foods, Carvers Knife FortWhyte Alive Organza, Eat It, Frigs' Natural Meats, The Almond Tree (The Forks), The Bay (downtown)
Jams & jellies	Manitoba Maid (jams, jellies, marmalades) Miinan Wild (jam, jellies) Oak Nook Honey (flavoured, slice, flax seed honey)	Almond Tree (The Forks), De Luca's Specialty Foods, Stephen & Andrew's Food & Wine Shoppe, Scoop 'n Weight Fine Ingredients, Co-op & Save Bulk Foods, Vic's Fruit Market, Foodland, Miller's Super Value Meats, Natural Bakery, Frigs' Natural Meats, J&H Garden Centre, Lacoste Garden Centre, Jardin St. Leon Gardens, Petrasko Brothers, Neumann's Market, Crampton's Market Neechi Foods Community Store, Fenton's Gourmet Foods (The Forks), Scoop 'n Weigh Fine Ingredients, Scoop & Save Bulk Foods, Jolly Green Thumb, De Luca's Specialty Foods A1 Nutrition, Calabria Market Pizzeria & Wine Store, Vita Health, De Luca's Specialty Foods, Miller's Super Valu Meats, Nutrition Plus
Mushrooms	Loveday Mushrooms (white, crimini, portabella, oyster, shitake)	Sobeys, Safeway, Superstore, Extra Foods, Food Fare
Pasta	Nature's Farm Pasta Old Fashioned Noodle Products (egg noodles, spinach or whole wheat, wild rice noodles) Sunpeak whole grain pasta	Sobeys, Safeway, Vic's Fruit Market, Federated Market Place Main St. IGA, Karpathy Meats & Deli, Tenderloin Meats, Scoop & Save, Dutch Meat Market, The Bake Oven, Stephen & Andrews Food & Wine Shoppe, Riediger's Supermarket Ltd., Central Meats Fresh Option Organic Delivery (www.freshoption.ca), Meat at the Forks, Naleway Caterers Cash & Carry, Neechi Foods, Frigs' Natural Meats, Organza Market, Vita Health, Scott's Super A, Vic's Market, La Grotta Mediterranean Market, Eat It, A1 Nutrition, Nature's Nutrition
Pork	Barn raised pork Ian Smith Natural Pork products Interlake Packers (pork – side cuts, breakfast sausages, smoked sausage, smoked meat, leg hams, picnic hams, bacon)	www.manitobabeef.com (free home delivery) Crampton's Market Broadway Family Foods, Cantors Meat, Portage Ave. Family Foods, Roblin's Choice, Scott's Super A, The Forks Meat Market Foodland, Don Deli, Price Choppers, Denny's Federated Co-ops,

	Pioneer Meat (pork sausage, garlic sausage) Smith's Quality Meats (pork, sausage, cooked & cured meat products) Winkler Meats Ltd. (farmer's sausage, ham garlic sausage)	Big Ways, Family Foods Sobeys, Safeway, Food Fare, Super A Safeway, Superstore, Co-ops, Marketplaces, Foodland, Cantors, other major & independent grocery stores
Poultry (chicken and turkey)	Range fed chicken Dunn-Rite Fresh Poultry Segments Pop's Farms Certified Organic Chicken Granny's Poultry Cooperative (MB) Ltd. Sunpeak All Natural Chicken Tender	www.manitobabeef.com (free home delivery) Sobeys, IGA, Price Choppers, The Marketplace, Foodland House of Nutrition, Vita Health, Organza Market, Organic Planet, A1 Nutrition, Ambrosia Centre Organic Grocery, Aviva Natural Health Solutions Many different locations – call Customer Service at 1-800-832-6122, ext 2 for more information Fresh Option Organic Delivery (www.freshoption.ca), Meat at the Forks, Naleway Caterers Cash & Carry, Neechi Foods, Frigs Natural Meats, Organza Market, Vita Health, Scott's Super A Foods, Vic's Market, La Grotto Mediterranean Market, Eat It Organic Delivery & Market, A1 Nutrition, Nature's Nutrition
Wild Rice	Bruegemann Organic Farms (long grain brown, wild rice) Du Bois Wild Rice Ltd. (regular, organic) Northern Take-out Wild Rice	De Luca's Specialty Foods, Carvers Knife Scoop & Save Bulk Foods, Scoop 'n Weigh Fine Ingredients, Almond Tree (The Forks) FortWhyte Alive, Arctic Trading Company

Visit www.foodManitoba.ca for great recipes and food facts on locally grown Manitoba foods!

