

St. Michael's

Inspired Care.
Inspiring Science.

**Academic Family
Health Team**

Low Cost groceries

Pay What you Can Grocery store

2770 Dundas street west

Nonprofit grocery store in the junction area (Dundas West and Keele) that sells very low cost groceries. It is run by volunteers

<https://feeditforward.ca/>

The Grocery Outlet

1150 Sheppard ave west (near Sheppard west station)

At least half the items in this grocery store are very low priced. They keep prices low by purchasing overstock from food manufacturers

<https://thegroceryoutlet.ca/about/>

Too Good to Go

This is an app you can download onto your phone where you can purchase leftover food from various food stores, restaurants and takeout places, at a big discount. More information can be found here:

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

Low cost produce

Our Fair Share on Wheels

Get a surprise assortment of seasonal and healthy fruits and vegetables delivered to your door weekly on Fridays.

Cost is \$15 per week

Must be aged 55 or older

Must live in the downtown east.

For more information contact 416 863 0499 ext 3222 or email:

mealsonwheels@dixonhall.org

<https://dixonhall.org/media-centre/our-fair-share-on-wheels/>

Moss Park Market

260 Queen street east (near Sherbourne street)

Every Saturday from 11 to 3pm, year round. They sell low cost fruits and vegetables

'pay what you can'

More info can be found here:

<https://buildingroots.ca/projects/moss-park-market/>

Mustard Seed Good Food Market

Market that sells produce at low cost, year round every Wednesday from 2-4pm.

791 Queen street east (near Broadview ave)

For more information, call 416 465 6069

St James town Community Co-op's Oasis good Food Club

325 Bleecker street (near Wellesley and Sherbourne streets)

They offer two baskets of fruits and vegetables, and 3 cooking staples (for eg rice, potatoes, oil, flour) per month. Cost is \$50 per month.

To use their service, you must sign up for an account, and order your food through their website:

<https://openfoodnetwork.ca/st-james-town-community-co-op/shop>

You can pick up your food or they do delivery for a \$5 fee.

Economy Fruit

1170 Bloor street west (near Dufferin street)

Grocery store that sells misshapen fruits and vegetables at very cheap prices. Here is an article about the store:

<https://www.blogto.com/city/2024/06/cheap-groceries-toronto-produce/>

Odd Bunch

They sell boxes of misshapen and scarred fruits and vegetables at very cheap prices (they claim to be up to 40% cheaper than a regular grocery store). A small box of their items will cost \$20 plus \$4 for delivery. One must create an account on their website to use their service:

<https://www.oddbunch.ca/>

to contact them email: support@oddbunch.ca

Good Food Market – Little Trinity

425 King street east (near Parliament street)

Open Wednesday 5-7pm

They provide fruits and vegetables at very cheap prices.

If a customer cannot afford to pay, they can receive up to \$10 of food for free (they just have to say at the cash register they are 'paying with hearts').

They also give out \$5 coupons at the market that people can use to pay for their items

They give out free meals that can be warmed up at home

For more information:

<https://littletrinity.org/outreach/good-food-market/>

or contact Karen: kkoiter@littletrinity.org