



## The Grocery Bag™ Program Order Form

\*\*To place an order call Meals on Wheels at 780-429-2020 or visit our website  
www.mealsonwheelsedmonton.org\*\*

\*\*Orders are placed until Tuesday at noon for delivery on Thursday\*\*

\*\*Minimum \$15 order; A \$5 service fee applies to all orders\*\*

\*\*All orders must be pre-paid by Visa, Mastercard or Online\*\*

\*\*Groceries are picked & packed by the Save on Foods at 10180 109 ST\*\*

\*\*The Western Family brand of products is provided unless otherwise noted\*\*

### **FRESH PRODUCE**

- \_\_\_\_\_ Fresh Fruit Grocery Bag: *a variety of fresh fruit such as apples, bananas & seasonal fruit. NO GRAPEFRUIT.* \$5.00
- \_\_\_\_\_ Fresh Vegetable Grocery Bag: *a variety of fresh vegetables such as carrots, potatoes, onion, lettuce, broccoli, etc.* \$5.00

### **CANNED GOODS**

#### **Fruit & Juice**

- |  |  |
|--|--|
| _____ Applesauce, <i>unsweetened, 398 ml</i> \$1.20                    | _____ Pear halves, <i>in juice, 398 ml</i> \$1.40        |
| _____ Del Monte Fruit Salad, <i>no sugar added, 4x107 gm</i><br>\$3.60 | _____ Pineapple, <i>crushed, in juice, 398 ml</i> \$0.85 |
| _____ Fruit Cocktail, <i>in juice, 398 ml</i> \$1.20                   | _____ Apple Juice, <i>unsweetened, 1 L</i> \$1.20        |
| _____ Mixed Fruit, <i>4 x 107 g</i> \$3.50                             | _____ Orange Juice, <i>unsweetened, 1L</i> \$1.50        |
| _____ Peaches, <i>sliced, in juice, 398 ml</i> \$1.10                  |  |

#### **Vegetables**

- |   |  |
|---|--|
| _____ Beans in Tomato Sauce, <i>398 ml</i> \$0.75         | _____ Peas, <i>no salt added, 398 ml</i> \$0.95            |
| _____ Green Beans, <i>no salt added, 398 ml</i> \$0.95    | _____ Del Monte Cut Sweet Potatoes, <i>540 ml</i> \$3.40   |
| _____ Kernal Corn, <i>398 ml</i> \$1.20                   | _____ Tomatoes, <i>Diced, no salt added, 398 ml</i> \$0.95 |
| _____ Mixed Vegetables, <i>398 ml</i> \$0.95              | _____ Tomatoes, <i>Stewed, 398 ml</i> \$0.95               |
| _____ Mushrooms, <i>stems &amp; pieces, 284 ml</i> \$1.35 | _____ Whole Potatoes, <i>540 ml</i> \$1.10                 |

#### **Soup**

- |   |   |
|---|---|
| _____ Campbells Healthy Request Herbed Chicken<br>Noodle Soup, <i>540 ml</i> \$2.25     | _____ Campbells Tomato Soup, <i>284 ml</i> \$0.95               |
| _____ Cambells Healthy Request Vegetable Beef<br>with Barley Soup, <i>540 ml</i> \$2.25 | _____ Campbells Tomato Soup, <i>reduced salt, 284 ml</i> \$1.80 |
| _____ Campbells Mushroom Soup, <i>284 ml</i> \$0.95                                     | _____ Pea Soup, <i>540 ml</i> \$1.30                            |

#### **Fish**

- |                                    |  |
|------------------------------------|--|
| _____ Salmon, <i>213 gm</i> \$1.50 | _____ Tuna, <i>flaked, low sodium, 170 gm</i> \$1.40 |
|------------------------------------|--|

### **BREAD & CRACKERS**

- |  |  |
|--|--|
| _____ Country Harvest Plain Bagels, <i>6 pack</i> \$4.13 | _____ Sesame Wheat Crackers, <i>225 gm</i> \$2.55        |
| _____ Italian Style Jumbo Buns, <i>8 pack</i> \$3.25     | _____ Soda Crackers, <i>unsalted tops, 450 gm</i> \$2.80 |
| _____ Whole Wheat Bread, <i>1 loaf</i> \$1.90            |  |

### **CEREALS & GRAINS**

- |  |   |
|--|---|
| _____ Cheerios, <i>400 gm</i> \$3.90                       | _____ Quick Cooking Oats, <i>1 kg</i> \$3.05    |
| _____ Instant Oatmeal, <i>variety pack, 428 gm</i> \$3.40  | _____ Raisin Bran, <i>475 gm</i> \$4.25         |
| _____ Kellogs Frosted Flakes, <i>485 gm</i> \$5.40         | _____ Sunnyboy Cereal, <i>907 gm</i> \$3.25     |
| _____ Kellogs Variety Pack, <i>8 boxes</i> \$4.75          | _____ Pasta, <i>small shells, 500 gm</i> \$2.30 |
| _____ Kraft Cream of Wheat, <i>3 minute, 800 gm</i> \$4.00 | _____ White Rice, <i>900 gm</i> \$3.00          |

**DAIRY & EGGS**

___ 2% Milk, 2 L \$3.20	___ Light Cream Cheese, 250 gm \$4.00
___ Skim Milk, 2 L \$3.20	___ Margarine, non-hydrogenated, 454 gm \$2.30
___ Cheddar Cheese, 200 gm \$3.40	___ Fat Free Yogurt, variety pack (12x100 gm) \$6.30
___ Kraft Parmesan Cheese, 250 gm \$5.40	___ Eggs, 1 dozen \$2.15

**FRESH MEAT & DELI**

___ Bacon, regular, sliced, 375 gm \$3.90	___ Pork Chop, approx 2/pack \$3.50
___ Chicken Breast, approx 454 gm \$7.00	___ Salmon, approx 200 gm \$7.50
___ Lean Ground Beef, approx 250 gm \$2.50	___ Schneider's Heritage 1890, sliced, baked ham, 125 gm \$3.25
___ Outside Round Roast, approx 750 gm \$7.00	

**DESSERTS & SNACKS**

___ Cyclone Multigrain Tortilla Chips, 340 gm \$2.75	___ Kellogs Nutrigrain Bars, apple, 8 pack \$4.15
___ Dare Digestives, with oat bran, 350 gm \$2.90	___ Low Fat Chocolate Pudding, 4x99 gm \$1.65
___ Devils Food Cake Mix, 510 g \$1.97	___ White Cake Mix, 510 g \$1.97

**BEVERAGES**

___ Coffee, Decaffeinated, ground, 326 gm \$4.25	___ Diet Gingerale, 12 x 355 ml \$4.50
___ Coffee, Medium Roast, ground, 300 gm \$2.30	___ Low Calorie Drink Mix, assorted, 2 boxes \$3.50
___ Instant Coffee, 100 gm \$3.10	___ Tea, Orange Pekoe, black, 96 gm \$3.40

**SALAD DRESSING**

___ Italian Salad dressing, 475 ml \$3.00
___ Kraft Ranch Dressing, 250 ml \$2.55
___ Kraft Thousand Island Dressing, 475 ml \$3.00
___ Salad Dressing, Whipped, 475 ml \$2.80

**JAMS & SPREADS**

___ Fruitful 3 Berry Spread, 500 ml \$3.00
___ Peanut Butter, natural, smooth, 500 gm \$2.90
___ Strawberry spread, no sugar, 250 ml \$2.80

**SPICES, CONDIMENTS & SAUCES**

___ Emporia Chili Powder, 109 gm \$4.40	___ 100% Canola Oil, 500 ml \$4.20
___ Emporia Italian Seasoning, 47 gm \$3.55	___ Pasta Sauce, Original, 700 ml \$2.60
___ Emporia Salt & Pepper, 2 pack, 155 gm \$1.70	___ Pasta Sauce, 6 Vegetable, 700 ml \$2.60
___ Ketchup, 375 ml \$2.15	___ Salsa, Exquista, 430 ml \$3.15
___ Mustard, 250 ml \$1.50	___ Soy sauce, less Sodium, 296 ml \$2.25
___ Sweet Green Relish, 375 ml \$1.70	___ Sugar, Rogers, 1 kg \$2.40

**HOUSEHOLD ITEMS**

___ Aluminum Foil, 25 feet \$2.60	___ Bath therapy, Juicy 3 in 1 (body wash & shampoo), Citrus Splash, 500 ml \$4.50
___ Plastic Wrap, 30 m \$1.75	___ Comet, 400 gm \$1.30
___ Freezer Bags, medium, re-closable, 20 \$3.60	___ Dishwashing Liquid, lemon, 950 ml \$2.60
___ Facial Tissue, 3 pack \$4.80	___ Glass Cleaner, 950 ml \$3.50
___ Paper Towels, 2 pack \$2.60	___ Ivory Soap Bars, 6 x 90 gm \$3.00
___ Soft Toilet Paper, 8 pack \$6.15	___ Lemon Crème Cleanser, 500 ml \$2.50
___ Colgate Toothpaste, regular, 130 ml \$2.10	___ Liquid Laundry Detergent, concentrate, 2.95L \$12.30

