

Types of Stores that Sell Food		
	PROS	CONS
<b>Large Supercentre Stores and Warehouse stores</b> <b>examples include Walmart, Superstore, Costco</b>	<ul style="list-style-type: none"> <li>• Low prices</li> <li>• Large selection of food and non-food items</li> <li>• Carries a variety of international food items</li> <li>• Larger shopping areas</li> <li>• Large bulk selection</li> <li>• Personal shopping service and curbside pick-up often available</li> </ul>	<ul style="list-style-type: none"> <li>• Larger shopping area can be tiring to shop in</li> <li>• Non-food items are distracting and make it easy to spend on unplanned items</li> <li>• Lack of personal service</li> <li>• Can be crowded with other shoppers</li> <li>• May require a membership to shop</li> </ul>
<b>Large Grocery Chains</b> <b>examples include Safeway, Sobeys, Save-On</b>	<ul style="list-style-type: none"> <li>• Excellent selection of quality food items</li> <li>• Often offer price matching</li> <li>• Offer points programs and in-store sale pricing</li> <li>• Might offer delivery service</li> <li>• Often have specialty depts like bakery, deli, flowers</li> </ul>	<ul style="list-style-type: none"> <li>• Specialty departments and fresh foods may be higher priced and make it easy to overspend on groceries</li> <li>• Some foods may be overpriced as in-store sale offers are common</li> </ul>
<b>Medium Size Grocery Stores</b> <b>examples include: Co-op, Foodfare, No-Frills</b>	<ul style="list-style-type: none"> <li>• Good selection of food items</li> <li>• Often carry locally grown /locally produced foods</li> <li>• Prices are usually fair</li> <li>• Might offer delivery service</li> </ul>	<ul style="list-style-type: none"> <li>• Smaller selection of non-food items</li> <li>• Less likely to offer price match guarantee</li> <li>• Fewer options for buying in bulk</li> </ul>
<b>Dollar Stores</b>	<ul style="list-style-type: none"> <li>• Low prices</li> <li>• Cheaper quality product</li> <li>• Can often find brand name packaged food items/snacks</li> <li>• Convenient locations</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh foods not available</li> <li>• Quality of food may be inferior to larger stores</li> <li>• Limited variety of food and non-food items</li> </ul>
<b>Specialty Stores and Ethnic Stores</b> <a href="#">Click for list of Winnipeg Stores</a>	<ul style="list-style-type: none"> <li>• Good selection of desired cultural/ethnic ingredients</li> <li>• familiar foods unique to one's own culture or tastes</li> <li>• Often has more personal service, on-site butcher</li> </ul>	<ul style="list-style-type: none"> <li>• May be higher priced</li> <li>• Shop areas are smaller in size</li> <li>• Limited grocery selection</li> <li>• Fewer locations</li> <li>• Less staff available on-site for assistance</li> </ul>
<b>Neighbourhood Corner Stores/ Convenience Stores</b>	<ul style="list-style-type: none"> <li>• Quick, on-the-go snack and food products</li> <li>• Individually wrapped, single serve items available</li> <li>• Usually open longer hours and late night</li> </ul>	<ul style="list-style-type: none"> <li>• Higher prices</li> <li>• Limited variety with fewer fresh food and healthy options</li> <li>• An abundance of low-nutrient food and snack items available</li> </ul>