

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