



**You could also try using
one of these apps:**

- Flash Food
- Flipp
- Too Good to Go
- Food Hero
- Feedback
- Olio

Food 4 Life Store

- 1550 14th Avenue (Al Ritchie Community Health Centre)
- 306-766-6320
- Low cost food available Monday to Friday as supplies last.

REACH

- 1350 Osler Street
- 306-347-3224
- Convenience frozen meals for purchase and Good Food Boxes available.

Sally's Shop

- 2240 13th Avenue (Haven of Hope Ministry Centre)
- 306-757-4600
- Variety of food, personal hygiene and household supplies at affordable prices.

YWCA

- 2817 12th Avenue
- 306-525-2141
- Women and children low cost grocery store Mondays 12:30 to 1:30 p.m.

**For 24 hour professional
health advice and
information, call:**

