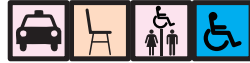


## Supermarkets

**A) Metro**  
2300 Yonge St.  
24 Hours Everyday  
416-483-7340



**F) Loblaws**  
369 St. Clair Ave. W.  
7am to Midnight Everyday  
416-651-5166



Delivery: \$15 for 3 boxes

**B) Metro**  
656 Eglinton Ave. E.  
24 Hours Everyday  
416-482-7422



**G) Bruno's Fine Foods**  
1560 Yonge St.  
M-F 8am to 9pm; Sa-Su 8am to 9pm  
416-923-1311



Delivery: \$10

**C) Sobeys**  
710 Mount Pleasant Rd.  
7am to 11pm Everyday  
416-483-1290



Discount: 10% on last Fri Delivery: \$5 to %9

**H) Loblaws**  
12 St. Clair Ave. E.  
M-F 7am to 8pm; Sa 8am to 7pm; Su 9am to 7pm  
416-960-8108



Delivery: \$15 for 2 boxes

**D) Tremblett's Valu-Mart**  
1500 Bayview Ave.  
24 Hours Everyday  
416-486-8294



Discount: 5% on Wed Delivery: \$10

**I) Sobeys**  
81 St. Clair Ave. E.  
24 Hours Everyday  
416-413-0594



**E) Sobeys**  
28 Balliol St.  
7am to 11pm Everyday  
416-485-1022



**J) Loblaws**  
301 Moore Ave.  
7am to Midnight Everyday  
416-425-0604



Delivery: \$15 for 3 boxes

## Specialty Stores

**1) Pascale Gourmet's**  
2393 Yonge St.  
416-486-8546



Cheeses & Preserves

**13) Cumbrae's**  
1636 Bayview Ave.  
416-485-5620



**2) Dave Young**  
494 Eglinton Ave. W.  
416-489-1118



Fresh Produce

**14a) Badali's Fruit Market**  
1587 Bayview Ave.  
416-488-4232



**3) Tony's On The Block**  
430 Eglinton Ave. W.  
416-483-6006



Meat & Pantry

**14b) Savory Tymes**  
1537 Bayview Ave.  
416-322-6110

**4) Healthy Butcher**  
298 Eglinton Ave. W.  
416-674-2642



Meat & Pantry

**15) De La Mer**  
1543 Bayview Ave.  
647-350-3355



**5) What A Bagel**  
2275 Yonge St.  
416-489-2166



Bakery

**16) Fresh Buy Market**  
1913 Yonge St.  
416-489-3800



**6) MarcheLeo's**  
181 Eglinton Ave. E.  
416-932-1100



Gourmet & Organic Food

**17) Hasty Market**  
21 Davisville Ave.  
416-487-8675



**7) Cheese Emporium**  
245 Eglinton Ave. E.  
416-440-1462



Cheeses & Preserves

**18) Friends Fine Foods & Groceries**  
1881 Yonge St.  
416-480-0222

**8) Kenpik Bulk Shop**  
151 Manor Rd. E.  
416-932-8428



Bulk Specialty Food

**19) What A Bagel**  
421 Spadina Rd.  
416-480-9358

**9) Yonge Seafood Gourmet**  
2044 Yonge St.  
416-546-7277



Seafood

**20) The Kitchen Table**  
389 Spadina Rd.  
416-484-7787



**10a) Butcher's Son**  
2055 Yonge St.  
416-901-9414



Meat & Pantry

**21) The Health Shoppe**  
1375 Yonge St.  
416-968-1225



Discount: Tuesdays

**10b) Fanfare Flowers**  
2023 Yonge St.  
416-488-8732

Fresh Produce

**11a) La Salumeria**  
2021 Yonge St.  
416-486-8327

Deli

**11b) Pasta Pantry**  
1997 Yonge St.  
416-482-4848

Pasta & Prepared Foods

**12) Ken Cho Fruit Market**  
573 Mount Pleasant Rd.  
416-482-0760

Fresh Produce



If we've missed a grocer in Ward 22 please let my office know so we can include it in our next edition.

## Supermarkets

Order By Phone

Taxi Service

Seating Available

Accessible Restrooms

Wheelchair Accessible

Seniors Discount

Delivery Available

Prepared Foods

Water Provided

## Supermarkets

Dear Friends,

Since I was elected to City Council in 2010, I have been working closely with our communities, experts and City staff to develop the new City of Toronto Seniors Strategy, a proactive, holistic and inclusive initiative that seeks to create a truly accessible, respectful and age-friendly Toronto.

In this spirit, I am delighted to share Toronto's first age-friendly grocery guide with you. This has been created specifically for Ward 22 residents. I've prepared this guide to help connect older adults with local businesses that provide age-friendly services in our community including deliveries, discounts and many other accommodations.

Special thanks to New York Council Member Gale Brewer for inspiring this project.

As always, please feel very welcome to contact me if I can ever be of assistance to you.

Sincerely,



Josh

## Supermarkets



## Community Services Directory

INFO Toronto & City Service Requests	311	Landlord and Tenant Board	416-645-8080
Community Services Information	211	Seniors/Disabled Snow Clearing	311
Police (53 Division)	416-808-5300	Solid Waste	416-338-2010
Bylaw Enforcement	416-338-0711	Tenants Hotline	416-921-9494
Elder Abuse (Police)	416-808-7040	Toronto Public Library	416-393-7131
Gas Emergency	1-866-763-5427	Tree Pruning	416-338-8733
Hydro Emergency	416-222-3300	Water Emergency	416-338-8888



# 2013-2014 AGE-FRIENDLY GROCERY GUIDE



### Councillor Josh Matlow

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